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# LLEUST

## 'TAILS' FROM THE TRUST

*Linus, Rubin & Joey enjoying  
the snow in their winter coats.*

# THANK YOU

We'd like to wish all Post readers a very happy new year and to thank everyone who has supported us during this most challenging time which we know has been difficult for everyone. Our kind-hearted and generous supporters have continued to donate what they can, despite facing their own incredibly difficult circumstances, there is so much to be grateful for.

We also want to give huge praise, gratitude and recognition to our fellow animal welfare charities, workers and volunteers. We have continued to save lives and make a difference to the animals who have come into our care during the Covid crisis. Our own small and mighty Lluest team have done this whilst battling illness, injury and awful winter storms. We could not deliver

the quality of care our equines need without our hard working vets at Dyffryn Tywi Equine Clinic and our wonderful Farriers at Gareth Thomas Farrier Services....we thank them so much.

During these times when we know it's critical to support small local businesses we are proud to say that we continue to use local suppliers, agricultural contractors, tradespeople and equine professionals. So, a big shout out to all those hard-working people on our local patch who continue to deliver exceptional service and support, we'd be lost without you.

*continued on page 3*



## FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

# ALL ABOUT *The Post*

**COPY DATE  
for next issue:  
16th February 2021**

**Next issue distributed:  
1st March 2021**

## *The Post* Future Copy Dates

April ..... 16th March  
May ..... 16th April  
June ..... 17th May

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0421(3)

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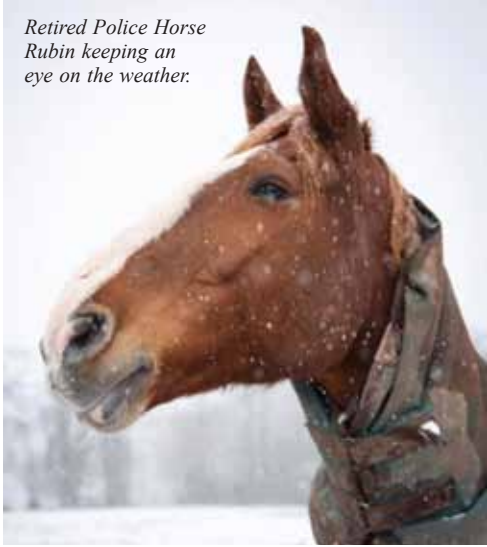
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 Doggy Divas in Llandeilo



0321(6)

*Retired Police Horse  
Rubin keeping an  
eye on the weather.*



## HAPPY FOREVER HOMES

In between lockdown periods we have been lucky to move some of our ponies into their forever Guardian homes. None more deserving of a new life with a loving family were Luther and Darwin. Both ponies arrived at Lluest in February 2020 in a group of five, having been abandoned to starve on a small piece of land with no food or shelter. Luther was suffering with pneumonia and Darwin was seriously underweight suffering with lice, worms and zoonotic. Given their terrible condition we were immensely grateful to Ceri from TopSpec for feeding advice and for the kind feed donations that helped to transform them from emaciated shadows into the beautiful ponies you see in the photographs today. Luther and Darwin have been on a long road to physical and psychological recovery and while Welfare Assistants Alice and Lauren were sad to see them leave Lluest, they were super happy knowing



*Darwin gets ready to  
say goodbye to Welfare  
Assistant Alice.*



*Welfare Assistant Lauren  
helps Luther prepare for the  
journey to his new home.*

that they'd finally found their own special homes. We will never know all that they had experienced in their short lives before being rescued, but we promise that will never happen to them again. We wish both sweet boys the best of luck in their wonderful new homes.

It's thanks to everyone who supports us and who specifically donated towards the costs of rehabilitation for these two special ponies that they're now living the lives they truly deserve. This year has been a struggle for so many and we are always blown away by the continued generosity towards our rescue ponies. You helped us to make this possible.

If you're interested in re-homing a Lluest rescue pony or if you'd like to donate to their rehabilitation costs please visit our website (listed below) for details.

## SUPPORT US JUST BY DOING YOUR SHOPPING!

Did you know you can raise money for us for FREE through your regular shop?

- If you shop on Amazon you can select Lluest as your chosen charity to support through Amazon smile.
- If you're local and have a Co-op membership card you can select us as your cause
- You can also use @GiveasyouLive when you shop online to generate free donations for us too!

Full details on how to raise donations for us can be found on our website: [www.lluesthorseandponytrust.co.uk](http://www.lluesthorseandponytrust.co.uk)





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10/21(12)

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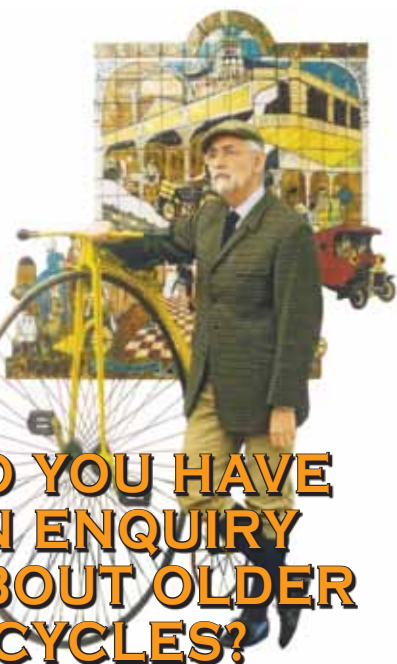
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03/21(12)



## DO YOU HAVE AN ENQUIRY ABOUT OLDER BICYCLES?

Did you know that information about older bicycles is free from cycle history expert Mr Scotford Lawrence, historian for the UK's National Cycle Museum, a charity in Llandrindod Wells?

Mr Lawrence has written several books about cycle history which goes back to the 1817 wooden Hobby Horse design.

You may have an old bicycle and are unsure of its make, or would to know about restoration ideas and contacts for parts.

No valuations can be given due to changing prices but photographs will be appreciated if you need help with ID

Please contact Mr Lawrence via email [cycle.museum@care4free.net](mailto:cycle.museum@care4free.net). If you have an old cycle the museum may have a cycle similar to yours – there are 250 cycles of all ages on display. Details about the museum charity can be found on <http://www.cyclemuseum.org.uk>

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11/21(12)



# COMPUTING EXPERT BECOMES COMMUNITY HERO



A Llandeilo resident who fixes computers for a living offered a life line to families without the funds for their own laptop. Due to the increase in home learning some children miss out on their education, worrying many about the technological gap between families of different income groups.

Andrew Sharpe of EasyPC has called on social media for old and unused laptops that may have only minor issues. In his spare time, he refurbished them and donated them to families via the Llandeilo schools.

“We have been overwhelmed with the response!!!!” Andrew says on his Facebook page. “We have managed to give away 12 laptops so far and currently have 8 machines here which I will be wiping and refurbishing this week for donation to the schools. Busy week for Easy PC! Thank you again – what a lovely community we have here in Llandeilo.”

You can reach him on – Andrew@easypccomputing.co.uk

Alternatively, you may wish to donate money via our Covid 19 Community Support Group account to the cause (quote Laptops as reference)

#### Our Bank details are:

Llandeilo Covid 19 Community Support,  
HSBC. Sort Code: 40-16-23 | Acc No: 71755307

“We would like to say a very big DIOLCH YN FAWR to Andrew Sharp @ EasyPC” says Karen Towns of Llandeilo Primary School. “Andrew is another Community Hero ”

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# GOOD NEWS FROM THE RAMBLERS

Walking has come to be seen as increasingly important for the health and wellbeing of many people during the Covid-19 pandemic. But the conditions for walking across the country have been deteriorating in recent years following the restrictions in local authority spending which have led to mounting difficulties in maintaining the footpath network.

It is against this background that the Ramblers organisation in Wales, Ramblers Cymru, has been lobbying the Welsh Government to provide more funding to improve the conditions for walking across Wales. The good news is that the government has now agreed to provide a total of £1,375m for path improvements which will be shared among local authorities and national parks throughout the country this year.

The Ramblers group for this area, Dinefwr Ramblers, is looking forward to seeing the path improvements although the pandemic will inevitably have an effect on how soon they can be carried out as well as on the activities of the group. But the group is aiming to resume offering led walks which will provide enjoyable exercise and good company with adherence to safety measures as soon as possible when restrictions are eased.

To keep up to date with what the Dinefwr Ramblers group has to offer and to learn more about the benefits of joining the Ramblers to support the organisation's work for walkers, visit the website [www.dinefwrRamblers.org.uk](http://www.dinefwrRamblers.org.uk).

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07/21(12)

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**Taken/Torn Morning of 25/12/2020**

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**Diolch - Thanks**

04/21(13)



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# BEST BUSINESS CHRISTMAS LIGHTS DISPLAY

The winners of the above competition are:



(Gold) Pets Pantry



(Silver) Cibola



(Bronze) A.R. & H. Davies Pharmacy

Thank you to all the businesses, and residents, for making Llandoverly sparkle during Christmastime.

May we wish each of you a peaceful, healthy and happier 2021! Blwyddyn Newydd Dda

Diolch/Thank you


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03/21(12)




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09/20(6)

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Before After

References available

# TUTOR CENTRE NEWS

## Net-Teach Online Learning – plus some

Net-Teach has had a very busy start to the year, with enquiries from families, schools and colleges. As an online school with a decade of experience in this way of learning, we could not be better placed to provide the expertise needed in these difficult times. Our teachers have been working very hard to keep up with the changes.

At the turn of the year we started to offer ESOL teaching, which is proving very popular with a range of students from across the world.

A new partnership with a school in Devon also looks set to begin by Easter, providing another 5-10 teaching post opportunities.

With most examinations again cancelled, we are putting together some free information packages for parents and students; there is such conflicting information that we hope to not only present some clarity in order to understand the situation better, but to give some practical advice about how to revise for an assessment based grade rather than an examination one. Please e-mail or call us for your free copy.

International examinations are still going ahead, whilst the main UK Boards are not. The latter are mostly being replaced by assessments being introduced by the Boards along with teacher assessment grades. At time of print, we are waiting for more information about the nature of these assessments and whether in fact they are to be adopted.

We are continuing to offer our small class revision in GCSE Maths, Science and English for £5.00 a session.

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03/21(3)

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Our sister company was launched last month and is free for teachers to sign up:

Tutors-online.uk is a way for students to find a tutor in their subject specific area.

We hope you are all keeping well and if there is any area of education we can help with, please call us; all advice and support is free for our local community.

## NET-REACH

Working with the Red Cross and Denbighshire Council, our charity Net-Reach is teaching English to a group of settled refugees in North Wales and we are in negotiation with other statutory bodies hoping to provide extra learning sessions where applicable. Our successful pilot project lasted 3 months and the word has spread to other areas where the service can be rolled out. In light of this, we are hoping to report an expansion of our efforts in next month's issue.



In the meantime, we are continuing to carry out our primary function of offering teaching to people who have been disadvantaged by their educational experience. We are open for online learning so if you find yourself not in education, employment or training currently and wish to take a qualification, please do not hesitate to call us. You may also be able to apply for funding if you have been adversely affected by your education in the past.

In order to be able to offer these services we are planning a series of fundraisers in the local area such as an online quiz, a walking treasure hunt and online competitions. We, and more importantly our students, would be very grateful for your support – volunteers and contributors more than welcome. Please call: 01550 779298.

## LLANEGWAD RAINFALL



November: Rain fell on 25 days this month  
The wettest day was the 2nd with 22mm.  
November Total: 159mm – 6 1/8"

December: Rain fell on 28 days this month, 155mm  
fell between 14th & 20th wettest day was 19th  
with 37mm.

December Total: 298.5mm – 11 3/4" the wettest  
December since recordings started in 2008.

D. R. DUKE

07/21(6)

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## ASHMOLE & CO EXAM SUCCESS

Ashmole & Co are delighted to announce Kane Williams, in the Ammanford office, has completed his studies and passed all his exams to become a qualified member of the ACCA (Association of Chartered Certified Accountants).

Kane, from Pontardawe, has been working full time in Ashmole & Co's Ammanford office since August 2019, after he gained his degree in Accountancy with first-class honours from Swansea University.

Kane did two weeks work experience with Ashmole & Co in 2014 and enjoyed working for the firm so much that he joined, part time, in November 2017, whilst in his second year at Swansea University. Kane continued to work two days a week for the firm whilst studying up until qualifying in 2019..

Laura Craddock, Partner in Ashmole & Co's Ammanford office said, "We are all so proud of Kane and his fantastic achievements. He has become an integral part of our team in the Ammanford office, even offering advice to other staff studying. It's been an absolute pleasure to watch him going from strength to strength. It is important as a profession that we help to train the next generation of accountants. Qualified staff members are the lifeblood for the future success of our firm."

A number of staff have achieved exam success including Vinal Patel and Sam Jones in the firm's Ammanford office who have passed exams on the way to becoming ACCA members. Gareth Thomas passed his AAT exam. Poppy Wilks in the Haverfordwest office passed her exam on the way to become ACCA qualified.

Ashmole & Co Chartered, Certified Accountants have been established since 1897 and are one of the largest accountancies and auditing practices in Wales, operating from thirteen offices throughout south and west Wales including Swansea, Neath, Carmarthen and Tenby.



12/21/12

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# HONEYBEES REVEAL HOW OUR FLORAL LANDSCAPE HAS CHANGED OVER THE LAST 65 YEARS – AND THE CONTROVERSIAL INVASIVE PLANT THEY NOW ADORE



Honeybee historians might seem like a flight of fancy but these tiny pollinators have been helping researchers from the National Botanic Garden of Wales track how the UK's fields, hedgerows, wild spaces and gardens have changed since the 1950s.

Using cutting-edge DNA barcoding techniques, scientists at the Botanic Garden identified which plants modern-day honeybees visited most often by looking at the pollen grains trapped within honey.

They compared this to a 1952 survey of honey plants where a microscope had been used to painstakingly identify pollen grains in honey sent from hives across the country. The full open access article can be viewed on the Communications Biology website.

The differences were clear. White clover had been the most important plant for honeybees but, with fewer pastures today and increased use of herbicides and inorganic fertiliser in farming, this has dropped to second place. Now the insects are visiting much more of:

- their modern-day favourite, bramble
- oilseed rape, a plant which has a sting in its tail
- the highly invasive Himalayan balsam

Also important were spring-flowering shrubs and trees, including hawthorn (*Crataegus monogyna*), apple (*Malus*

species), Cotoneaster species, sycamore and maples (*Acer* species), cherries and plums (*Prunus* species), and towards the end of the season, heather (*Calluna vulgaris*).

Dr Natasha de Vere, Head of Conservation and Research at the National Botanic Garden of Wales, said: "The last 65 years have been a period of profound change within the UK landscape. Agricultural intensification after the Second World War led to a decline in species-rich grasslands and permanent pastures, while hedgerows and woodlands were destroyed so that field sizes could increase, and new crops were grown. The distribution and abundance of the UK's wildflowers has changed, with some species declining whilst new plants have been introduced.

"Natural historians, scientists and government agencies have made detailed records over this time, but they are not the only witnesses to this changing world. Honeybees also travel through these landscapes, flying through fields and woodlands, over hedgerows and croplands, searching for nectar and pollen to return to their hives."

The new research:

In 2017, Dr Laura Jones repeated a 1952 survey, undertaken by A.S.C. Deans, as part of her PhD research with the National Botanic Garden of Wales and Bangor University. She analysed 441 samples of honey sent in from across the UK. This time, instead of using a microscope, the pollen was identified using plant DNA barcoding, work for which the Botanic Garden has an international reputation.

White clover – in 1952 the most important plant for honeybees was white clover (*Trifolium repens*). In the new research, white clover was still the second most important plant but there was a significant reduction in its presence within the honey. In 1952 it was found in 93% of honey samples and was a major honey plant in 74% of these, but by 2017 it was found in 62% of samples and was a major source in only 31% – a sign that our modern-day landscape has far less white clover.

The Countryside Survey for the UK shows that between 1978 and 2007 white clover decreased within the landscape by 13%. It used to be a dominant plant within permanent pastures and was also often included in grass leys as a source of protein for livestock. Agricultural intensification led to a reduction in the amount of permanent pastures and increased use of inorganic nitrogen fertiliser meant that clover was less likely to be sown in grass leys. Reseeding without clover made it easier to control docks and thistles with a broad-spectrum herbicide that killed off all of the plants that were not grasses. Where white clover was still included in leys, much more regular cutting for silage meant that it was unlikely to be allowed to flower.

Bramble – with the reduction of such an important nectar source, honeybees needed to find alternative supplies of nectar and pollen. The research suggests that honeybees increased the amount of bramble, *Rubus fruticosus*, in their diets. Bramble and white clover flower at similar times and bramble increased significantly as a major honeybee plant between 1952 and 2017. In 1952, *Rubus* was found in 58% of honey samples but was a

major source in only 5% of these. In 2017, bramble was found in 73% of honey samples and was a major honey plant in 36% of these.

Oilseed rape - first grown in the late 1960s. By 1988, 279,030 ha of oilseed rape (*Brassica napus*) were in production and this increased to 332,000 ha in 2000. The bright yellow fields are now a common sight in spring. In 1952 the genus *Brassica*, to which oilseed rape belongs, was a major plant in only 2% of honey samples, by 2017 this had increased to 21%. The presence of *Brassica* pollen within the honey was found to be significantly greater from hives found within 2 km of oil seed rape crops. Honeybees make full use of the nectar and pollen from oilseed rape and single-origin oilseed rape honey is now widely available. It has a high glucose content that makes it granulate very rapidly into a set, white honey with a mild flavour. The rapid granulation can cause problems for the beekeeper as if it is not extracted rapidly from the combs it can set hard and be impossible to remove.

But there is a sting in the tale of this new resource, as oilseed rape seeds are often treated with neonicotinoid insecticides which harm honeybees. These neonic insecticides are currently banned within the UK and hopefully this ban will remain in place.

Himalayan balsam – honeybees in their search for nectar and pollen have also tracked the emergence of an invasive species. Himalayan balsam (*Impatiens glandulifera*) was first introduced into the UK in 1839. Its fast-growing stature (up to 3 m tall), orchid-like flowers in shades of white, pink and purple, and exploding seed pods, appealed to Victorian gardeners. Himalayan balsam soon made its escape from the garden walls, first spreading slowly, then increasing more rapidly from the 1940s to the 1960s, gradually establishing along waterways and field margins. In 1952 it was present within UK honey at low levels, occurring in 3% of samples with only 1% as a major plant.

Himalayan balsam now rampages along riversides and road verges. In 2017 it was found within 15% of samples and was a major source in 6%. However, this is an under estimation of its importance, since most of the honey samples were provided in July and August, whilst Himalayan balsam tends to be used by honeybees later in the year. Himalayan balsam is now an important late season plant for honeybees, providing an abundant nectar source at a time of year when there is little else available. It helps the bees build up their winter stores and is sometimes sold by beekeepers as a single-origin straw-coloured honey with a sweet, fragrant, floral taste. It is easy to tell when honeybees are foraging on Himalayan balsam as they return to the hive with a characteristic whitewash of pollen covering their bodies, leading them to be called ‘ghost bees’.

Himalayan balsam is undoubtedly a good plant for honeybees but this is a controversial issue as it is a highly invasive species listed under Schedule 9 of the Wildlife and Countryside Act 1981, making it an offence to plant or cause this species to grow in the wild. Its vigorous growth means it competes with native plants for light, nutrients and space. It dies back in winter leaving



riverbanks bare and open to erosion whilst its dead stems and leaves can block waterways. Even its popularity with pollinators can cause problems, as it can outcompete native wildflowers for their services, leading to reduced seed production in native plants.


Dr de Vere added: “Honeybees and wild pollinators need abundant and diverse sources of nectar and pollen within the landscape, to provide sufficient, high-quality food. By understanding which plants are the most important sources we can provide recommendations on which plants to grow so that honeybees and wild pollinators can thrive.”

Recommendations from the research include:



- Landscape level changes to provide more floral resources. The UK needs more flower-filled hedgerows with bramble margins and grasslands rich in wildflowers. The conservation of remaining species-rich meadows is a priority, but the area that these habitats cover is vanishingly small.
- To make the biggest gains in nectar and pollen, changes are needed in the most prevalent habitat in the UK today – improved grassland. Wildflowers are squeezed out to create grasslands dominated by a small number of grass species, where there are very few flowers to sustain pollinators. But because of the scale of this habitat, small changes here could vastly increase nectar resource. For honeybees providing more white clover in improved grasslands would be best, for other pollinators different flowers are more important.

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0721(12)

## Padmasambhava Yoga & Meditation Centre

Padmasambhava hopes you were able to enjoy the Christmas celebrations, even if they were not as full as previous years, and sincerely hopes and wishes for a better, happier, and healthier year with fewer restrictions in 2021 and that the spring flowers bring hope and joy to all.

We all look forward to the time that classes will be able to start again in person at the Centre. Until then Padmasambhava is continuing to offer Zoom classes and has a comprehensive Spring term programme.

Chair Yoga classes have now re-started on Monday mornings on the Zoom platform. The Centre offers a mixture of classes online – from a mixed daytime class to the more experienced 3rd Year classes. Each of the classes spends time on breathing and relaxation techniques which help ease the mind and reduce stress, as well as the gentle physical practices to help release tension within the body to encourage flexibility and strength. Many students have found value in the sense of practicing together, once again, as part of a group.

All at PadmaSamBhava hope that you are well and are still able to enjoy good times with some of your friends and family. Indeed, as time goes on, it is even more important to remain positive and continue to do your yoga practices and also to take some time to be quiet and meditate. PadmaSamBhava is there for students old and new – so please do call the Centre if you would like help or guidance or resources for practice. A few simple practices can provide us with the tools to enhance our awareness and begin to make a difference to the state of our minds, our health, our energy, as well as relax the body. The centre offers reduced rates – please don't hesitate if helpful. Classes at PadmaSamBhava are special in that they take into account the health and abilities of everyone and aim to help both the mind and the body. To speak to someone at the Centre please call 01558 823842 – and if there is no one to speak to, please leave a message leaving your details and they will get back to you as soon as possible.

The Centre is chanting the healing manta at 6 pm every Friday. If you would like anyone added to the list of named recipients for this chant, please send an email to [mail@padma.org.uk](mailto:mail@padma.org.uk).

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Also Conversational French via Zoom, with Genevieve Caminade. Starts on Thursday 11th February 2021, from 5.30pm to 6.30 pm, for total beginners and intermediary, or advanced, from 6.45pm to 7.45pm. For further information and bookings please contact [genecaminade@hotmail.com](mailto:genecaminade@hotmail.com) or ring 01558 685175.

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03/21(12)



# END OF YEAR REPORT FOR LLANGADOG YFC

On Friday 27th November, the club held a virtual quiz organised by former quiz winner Aaron Hughes, Godre Garreg. Seven teams competed with the following results –

- 1st – Lois Williams, Bronallt, Llangadog.
- 2nd – Ifan Williams and Jasmine Emerick, Llanwrda.
- 3rd – Mari and Cadi James, Llanddeusant.

Light entertainment was the theme of the virtual club gathering on Friday 11th December, which recorded 32 officials and members from 16 families present. Under the leadership of the James family, Stangau, Llanddeusant a sausage sampling session was held. Each member and official of the 2020/2021 club were given a pork and leek sausage and a pork and apricot sausage a week before the meeting. The purpose of the session was to identify which sausage members preferred? It was confirmed from over 200 sausages despatched that pork and apricot sausages were a hit. The club survey therefore confirms there is truth in tasting before purchasing!!!

The second half of the evening was to view photographs electronically of the 4 weaner pigs at 8 weeks of age and then at five and a half months at porker age. Guess the weight of the pigs was educational with the evening drawn to a close with 12 top tips which every member and household should know!!! Newly elected club leader Cllr Andrew James shared a few of the essential tips with members which he gathered from his mothers' recently published book, celebrate with Winnie's book of recipes.

Sharing information was an element of the evening, so for all those suffering with a sore throat, - rather than gargling with saltwater, try a drop or two of port!! It really works wonders.

Inspired by the pig rearing talk, the club is pleased to announce, club vice chairman, Carys Jones, Carreg Cynffyrdd, Gwynfe has purchased 3 saddleback weaner pigs as a new business venture for 2021. Good luck Carys.

Unfortunately, due to the increase of Covid 19, new regulations resulted in the tractor fun run having to be cancelled. The club hopes to rearrange the event later in the new year.

The Christmas raffle was drawn and the food hamper



*A photograph of the James Family, Stangau Farm, Llanddeusant with their home produced sausages.*

won by Mr Marcus Bickford, Blaenllynnant Holiday Cottages in Gwynfe. The raffle raised £162.00 towards the clubs much needed funds. Llangadog YFC would like to acknowledge and thank Wendy Morgan, club president for donating the food hamper, to all who bought raffle tickets and to the Morgan family of Llangadog Post Office for kindly promoting the food hamper and selling the tickets during these difficult times of communication and contact.

As the club concludes its activities in 2020, officers and members wish to thank all local businesses for their continued support and loyalty of help and care to residents within the Llangadog community. Llangadog YFC looks forward to a prosperous and safe 2021!!



*Pictured is the Club President – Wendy Morgan with the Christmas Hamper in the newsagents.*

This report was written by Mari and Cadi James, Press Secretaries of Llangadog YFC.

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03/21(12)

# THE CLEAN AIR ACT IN WALES

News about the proposed Clean Air Act in Wales and its consequences for domestic coal and wet wood burners have caused ire and some heated debate on social media. "This emotional response is very understandable," says Nick Cater of Birdshill, Llandeilo.

"Of course, coal played an important role in the industrial development of Wales, additionally a high proportion of homes, especially in more rural areas, have no access to mains gas and have relied on coal and wood to provide affordable heating". With the potential ban on sales of coal this could leave homeowners without the means to affordably heat their homes and many people in this situation are likely to switch to heating oil, LPG (Liquid Petroleum Gas) or, most expensively Electric heating, unaware of the schemes that are available to help.

The Domestic Renewable Heat Incentive (UK Government scheme) does for now (ends 2022) provide payments over 7 years that would cover the cost of a new renewable (wood pellet log boilers, heat pumps and solar thermal technologies) installation. In one case Powys – the County Councils offer rural homeowners access to an interest free loan up to £10,000 to cover the capital costs and then the RHI scheme can be used to repay the loan – effectively proving a new free renewal heating solution. "We're working actively in this market replacing coal/ log boilers for clients, throughout Wales, with more automated, cleaner and greener heating solutions and the existing schemes, whilst a bit piecemeal, have helped many homeowners move away from relatively dirty coal and wood boilers."

But there is a problem looming in Wales with a gap though in the policies for the future. When the Domestic RHI ends in March 2022 there is no replacement scheme in Wales. In England the Westminster administration have recently introduced the Clean Heat Grant which provides an upfront capital payment towards the cost of a renewable heating system but there is nothing like this planned in Wales.

"If Welsh Government are serious about their commitment to clean air, then they need to come up with a replacement for the scheme so people can afford to go green," says Cater. "The RHI has enabled many people to replace their old carbon heating systems and done exactly what the Clean Air Act wants to do."

## LLANDEILO ROTARY CLUB

On the 11th December Llandeilo Rotary's President Chris Parish presented a cheque to Mydrim Davies of Ammanford Food Bank on behalf of Llandeilo Rotary. Also present was Owain Davies the Manager of Ammanford Coop. Llandeilo Rotary have been fortunate to receive the Coop Community Fund and part of this fund has been used to support various Covid 19 projects in the Area. The number of Ammanford Food Bank clients has increased dramatically since Lock down and they need all the support they can get.

Thanks must also go to the Coop and Llandeilo Coop members for funding this food via the Coop Community Fund.



The picture shows left to right, President Chris Parish, Mydrim Davies Ammanford Foodbank Manager and Owain Davies Manager Ammanford Coop



09/21(12)



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# FAMINE IN SOUTHERN MADAGASCAR

A desperate and very urgent humanitarian crisis is developing in southern Madagascar at the moment. 2020 has been a hard year for us all but for families in southern Madagascar the combination of relentless drought and COVID 19 has been catastrophic. 1/3 of the total population is now affected.

Three years of drought means that no crops have grown and water sources have dried up. COVID restrictions have reduced incoming food supplies and sent prices sky rocketing.

Although drought is common in the south, the current level of hunger is unprecedented. Mothers are reduced to preparing a mixture of clay and tamarind to fill their children's empty stomachs. Even the tamarinds are running out and the cacti, a staple at times of hunger, have long shrivelled and dried up. Vulnerable families are beginning to see their loved ones die from starvation. One village leader is keeping the names of the dead in a notebook. "We're used to famine, but this time it is just too much," he says. "Before this we never had people in our village dying of hunger."

1,400 very young children are severely malnourished. The UN has contributed \$10 million but the World Food Programme says that more than \$56 million is needed.

The World Food Programme has already begun to distribute food but they do not have enough resources to reach everyone in need. Money for Madagascar is



Measuring the circumference of the arm of a malnourished child.

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**It costs £30 to provide enough rice to keep a family of eight alive for one month and £46 to provide them with enough fresh water for a month.**

Dear Readers of The Post, if you are able to help we should be most grateful. You can donate via our website: [www.moneyformadagascar.org](http://www.moneyformadagascar.org) (Donate button at top right of each page) or you can send a cheque/CAF voucher to: MfM Famine Appeal, Langthwaite House, Lancaster LA2 9EB. Via the website is the preferred option as cheques mean visits to the bank or post office which is difficult given the present COVID 19 restrictions.

Theresa Haine  
December 2020

## CARMARTHENSHIRE LIBRARIES

The winter season is upon us again with the night's drawing in, there is nothing better than to stay home and read a good book.

For those in the community who are self-isolating or having trouble getting out to the library may not be aware that Carmarthenshire libraries are continuing to offer Click & Deliver to members who are unable to visit the library.

Telephone one of our regional libraries, you will be able to chat to our helpful team about what you would like and they can make a selection on your behalf. Staff will then arrange for them to be delivered to your home

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# LLANDEILO COVID-19 SUPPORT GROUP STILL ACTIVE

As we're heading for another long lockdown with possibly even tougher restrictions coming the Llandeilo volunteer group would like you to know that they are still here for you.

If you need any help with shopping, prescriptions, dog walking or any other tasks please call them on 07395949914, email them on [llandeilocovid19@mail.com](mailto:llandeilocovid19@mail.com).

"Please look after your neighbours where you safely can do so" says volunteer coordinator Christoph Fischer, "or let us know so we can help. We've been supporting people in isolation, vulnerable people who were told to shield and people with the virus since March. People may not have kept our details since the summer and we're keen to let them know that help is still available."

A reminder leaflet has been delivered door to door in and around Llandeilo with important phone numbers, advice and information on food and take-out operations available.

"You're not alone," stresses volunteer and Llandeilo Mayor Owen James. "Please don't suffer in silence. Get in touch."

**IMPORTANT COVID-19 INFORMATION**  
*Advice for residents of Llandeilo*  
*from Llandeilo Covid 19 Community Support Group and Llandeilo Town Council*

**Wanted that you have Covid-19?**

- 1 Call 111, the National Coronavirus 24 hour helpline, for information and advice. Please do not call the surgery.
- 2 Please do not call the surgery with enquiries about the vaccine. You will be contacted when it is available to you.

**Do you need help with essential supplies? Shopping? Prescriptions? Other necessities?**

- 1 Call Llandeilo Covid 19 Helpline on 07395 949914 or email [llandeilocovid19@mail.com](mailto:llandeilocovid19@mail.com)
- 2 Llandeilo Food Hub continues to supply families in need. Call 07395 949914 for food parcel requests.

**Some cafes, takeaways and food retailers will remain open.**

**Many offer a delivery service:**

Gerwyn's Fruit and Veg	07774 663029	Ginhaus	01558 823050
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*Details correct at time of printing*

**Other useful numbers:**

- 1 Carmarthenshire County Council/Llaniest Ddeta Wellbeing 0300 333 2222. This will put you in touch with other services.
- 2 Carmarthenshire County Council website <https://www.carmarthenshire.gov.uk>
- 3 Aged Cymru helpline 0800 8223 444

**Finally, food donations can be dropped off at Llandeilo Rugby Club at Cae William every day between 2:00 and 4:00 pm.**

**And please look out for your neighbours wherever it is possible to do so safely.**



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## MERCHED Y WAWR BRO PANTYCELYN

Ar ddechrau blwyddyn ansicr iawn i bawb nid oes llawer o obaith bydd y gangen yn cwrrdd am beth amser. Bu 2020 yn siawns i bawb a gobeithiwn bydd pethau yn gwella y flwyddyn hon. Fel gangen, trist iawn oedd colli dwy aelod ffyddlon sef Dilys Lewis a Valmai Holdaway. Cydymdeimlwn a'u teuluoedd a chofiwng amdanant a'u cyfraniad i'n cymdeithas.

Dymunwn wellad buan iawn i Ann Williams, Y Berllan, sydd wedi treulio amser yn yr ysbyty dros y Nadolig a'r flwyddyn newydd. Gobeithio bydd unrhyw aelod arall sydd heb fod yn hwylyu yn teimlo yn well. Pan bydd y feirws ofnadwy yn cilio mae yn siwr byddwn i gyd yn edrych mlan i gwrdd ac i gymdeithasu unwaith eto. Nid oes rhaglen wedi ei threfnu eto ond mae digon o syniadau gennym a mae rhai pethau yn cario ymlaen o llynedd. Dymuniadau gorau i bawb a cadwch yn saf.

## POSTDATUM Producers of *The Post*





# LLANWRDA CRICKET CLUB

Training for juniors, and also the new Women and Girls' team, is on Friday evenings and restarts in April. Girls and boys aged 5 and over are welcome to join Llanwrda C C. We will be running All Stars cricket once again and also the new exciting Dynamos for 8 to 11-year-olds. These programmes start on Friday 7 May.

Please call Liz on 07791 241197 for details about the Women and Girls' team. Please contact Gwynn Davies for information about the juniors on 07956 14 74 64 or LlanwrdaCC@gmail.com for more details, or just search online for "Llanwrda Cricket." We are also on Facebook. Come and join us.

We are always on the look out for new senior players - on a weekly basis for the 1st XI, or on a casual basis for our new Occasionals XI who play midweek and Sunday games. If interested in any of the teams, please contact Adrian Davies on 07867794771 for more information.

The club was founded in 1992 and we will be celebrating our thirtieth anniversary next year. We are already planning a special cricket match to commemorate this notable achievement.

## LLANWRDA C C BONUS BALL WINNERS

11/11/20	38	Carwyn Jones
18/11/20	45	No winner
25/11/20	48	No winner
02/12/20	48	No winner
09/12/20	26	Dai Thomas
16/12/20	33	Denise Thomas
23/12/20	21	No winner
30/12/20	45	No winner
06/01/21	10	Evelyn Jones
13/01/21	4	Cliff Cowell

If you would like to help the Club and join our Bonus Ball, please contact David Cumming on 07768 426 449. It's only £4.33 per month.

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# LLANDOVERY ROTARY CLUB



Every morning when I look in the mirror, I see my dear Dad looking back at me. That means I'm getting older, old even. I don't like being old because I know that most of my life has gone. There again, I feel fortunate because I had many friends who never got the chance to become old. And that is what is so worrying about these very difficult times. The future is so uncertain. We have been almost a year now and we are learning how to live with a world wide pandemic. It is not easy. It is not nice. Who would EVER have thought we would have to wear a mask to go shopping in Llandoverly. Who would have thought many could not go to work, schools would close, businesses would close and help us, even the pubs would shut! Lifestyles have had to change, we can't meet our friends, holidays have had to be cancelled and shopping simply means just getting food in. We have acquired a new vocabulary. We now use 'pandemic', 'Coronavirus', 'Zoom meeting', 'vaccine' and 'Social distancing' as a matter of everyday conversation. How bizarre. And of course No Rotary Meetings. Now 'No Rotary meetings' is the worst possible news for anyone who is tasked with writing a 2 page Rotary report for the local magazine. No meetings means no news. No news means nothing to write. Right. So, I have nothing to write. Right? Well, a bit. A little bit.

During the Christmas period in normal times, we as a club derive much pleasure delivering hampers in Llandoverly. As with everything this year and in the interest and safety of ourselves and the recipients of the hampers the whole project had to be greatly scaled down. It is normal for the whole club to get involved but the scaling back meant it had to be left to as few as possible. Dan and Gina took on the bulk of this task this year and sourced the contents from our local Co-op then packed them ready for delivery. The Co-operative store were once again extremely generous and contributed the iced cakes and the mince pies free of charge. The deliveries were carried out by Dan, Gina, Ieuan and Barbara under Covid regulations meaning we were not allowed to enter any of the houses this year. On delivering the hampers on



*Dan and Gina loading up the hampers ready for Covid safe deliveries.*

a Sunday morning, after church, we would all gather in our headquarters for a lovely Christmas lunch. So sadly we missed that as well this year. The cards were given by Dai and Carol and special thanks to Hilda for her assistance. In all 36 hampers were delivered which is a lot less than normal but they were gratefully received and we have received a number of lovely letters of thanks.

In November we provided marshals for the flu jab clinic held at the Rugby Club and such was the success of the event then that we were asked by Llanfair Surgery if we were available to repeat the process to enable more people to get the benefit of the vaccination. Some of us that had attended the November date had since received letters stating we were 'High Risk' which prevented us from attending the December date. It was fortunate that numbers were well down so the ones that were able to attend coped easily. The Rotary Club wishes to extend our sincere thanks to Dr Rees and his team of Doctors, Nurses together with all staff at the Hospital and Surgeries for the way they have kept us informed during this pandemic. Their regular bulletins giving informative updates sent out via the Love Llandoverly facebook page has been a wonderful way to keep patients informed. These updates are viewed on average over 6,000 times in the first day. Just another part of the superb healthcare we enjoy in Llandoverly. On behalf of the community we thank you all most sincerely.

The lovely Ellie from Cyngordy has been hugely generous to us during the last few months and it has been most welcome. Whilst making up and selling her superb hampers which she has sold in great numbers Ellie has donated £350 to the Rugby Club and £350 towards Chloe's Caravan as well. Not only that, we had already received £150 from her earlier in the year. Ellie



*A few of us waiting for others to arrive for a recent Zoom meeting.*



*Ieuan and Barbara loading their car with hampers all ready for delivery.*

you are a star, truly. Thank you. Thank you. Thank you.

Each month I ask some poor unsuspecting Rotary member to take part in a Question & Answer session which gives us the 'Inside Track' on how that person goes about their life. Given some of the answers I've had recently all I can say is that it's a good job we are all different!

This week it is the turn of Mike Blud to sit under the spotlight.

Here goes:-

- Where were you born Mike? Nantwich in Cheshire but moved to Shropshire when I was 2 and consider myself a Shropshire lad.
- What are your hobbies? Just pottering.
- Best day of your life? Getting married to my wife Gill.
- Ambitions? At my age, to live healthily for the years I have left and to die peacefully.
- The most memorable holiday that you have had? To the South of France - The Moyenne Corniche eating Whitebait and Haricot Beans.
- Childhood hero? Kingdom Brunel.
- Your hopes for Llandoverly Rotary Club? To recruit younger members to ensure it continues on as an active and enjoyable club.
- Most memorable day out? Sailing off Tenby and we capsized. Had to be rescued by the inshore lifeboat.
- How would you spend your ideal day with no time constraints? I would wake up in Ayers Rock in Australia, have lunch at the Taj Mahal in India and dinner at the Great Pyramids.
- Name three guests you'd like to have for dinner? Sandra Bullock, Jason Statham and my wife Gill, who will cook for us.

- You can spend an evening with anyone. Who would you choose and Why? Sandra Bullock. Why do you think!

Thanks Mike.

Former President Gary Strevens received an invitation from his brother in law Barry Holmes to join the Rotary Club of Soham Staploe in Cambridgeshire for a Zoom Meeting as they had a Speaker evening. In fact they invited anyone from our club to attend. Well, bravely I accepted this kind invitation to attend with Gary. The Speaker was a Rotary Ambassadorial Global Scholar named Emile Szmraz and we duly signed in on the evening from our respective living rooms. We were very warmly welcomed by their President Jeff. Little did we know, but we were extremely pleased to see that Emile was a very attractive young lady and she gave an extremely interesting talk. We were so glad we attended! It was lovely to see how other clubs run their meetings especially by Zoom. The most obvious difference between our two clubs was that one of them only drinks tea or coffee during the evening while the other has copious amounts of alcohol scattered all over the place (not everybody it has to be said). At this stage I am not prepared to indulge you the information as to which club is which! Entries on a postcard please (with the £5 entry fee!).

We were thanked again by President Jeff who wished us well in the future. We returned the compliment to Soham Staploe Rotary Club.

As this goes to press our colleague Mickey Gough is in hospital undergoing surgery. We wish you all the very best Mickey, sincerely. Looking forward to that next pint my friend. See you soon.

As you can imagine our diary of events for this year is already under huge threat. DroverFest in June is beginning to look highly unlikely as are the remainder of events until September which may be the earliest date we can look at. Of course we are relieved and pleased that President Alan has agreed to continue for another year in office to make up for this lost year. Well, he hasn't had anything to do at all this year! Don't worry Alan we'll make up for it next year. Anyone for a party? What, EVERYBODY?

Derek Jones.

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# WINNERS OF THE ANNUAL LLANDEILO TOWN COUNCIL WINDOW COMPETITION

(Cystadleuaeth addurno ffenest Cyngor Tref Llandeilo) have been announced:

“The standard this year is superb!” says Town Mayor Owen James. “Thank you all for being creative with your windows, really adds to the Christmas spirit!

Mae'r safon y blwyddyn yma wedi bod yn wych! Diolch i chi gyd am fod yn greadigol, yn ychwanegu naws nadoligedd i'r dre!

Drumroll please..... results as follows:

1st place / 1af – Peppercorn Cookware



2nd place / 2ail – Steil



Diolch a nadolig Llawen i chi gyd!”

This year the Festival of Senses and popular Facebook page Love Llandeilo also held a people's choice. After counting 1,155 answers and 3,768 votes for all the shop in town here are their Top 3:



3rd place / 3ydd – Barr & Co Jewellery

Third: Heavenly Exquisite Desserts  
227 votes and 19.7%



Second: Peppercorn Cookware Specialists  
230 votes and 19.9%



And joint First:  
 Barr & Co Jewellery and Chess Menswear Llandeilo  
 with both a staggering 306 votes and 26.5%



Well done all and thanks for voting!  
 For the full album click here <https://www.facebook.com/media/set/?vanity=LoveLlandeilo&set=a.3456168487835794>

Foto credits: Mike Richards IG @mikethesnow

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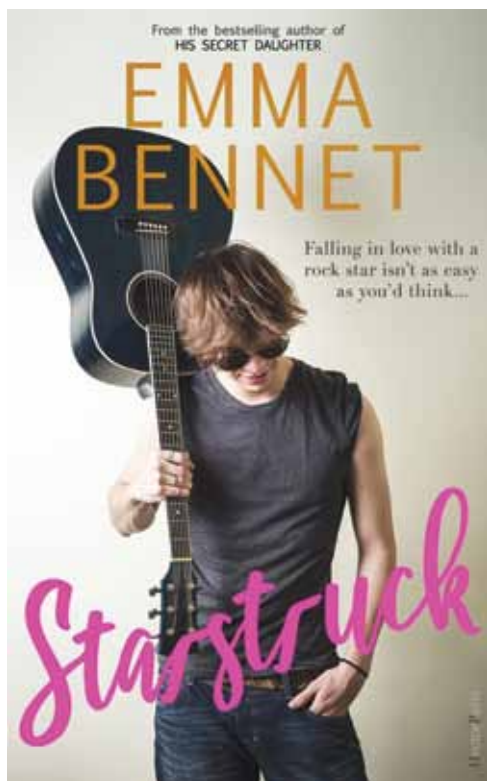
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02/21(1)



Local author Emma Bennet has signed a contract with new kids on the publishing block, Spellbound Books.

Emma was previously published by Joffe Books, with whom she released 3 romance novels and 2 romance novellas. Her bestselling book 'His Secret Daughter' hit the number 1 spot for Amazon in Australia and her latest novel, 'Starstruck', was published last year.

Emma grew up and lived in London, before falling in love and moving to Wales to marry her own hero. Emma now lives with her husband and four children in Llandeilo. She can often be found in local rivers attempting to control two overexcited chocolate Labradors.

The working title for Emma's manuscript is 'Her Sister's Baby'. It's an emotional contemporary romance and is set to be released March 2021 – so not too long to wait!

If you'd like to follow along with Emma's publication process, make sure you sign up to her newsletter by visiting her website [www.emma-bennet.co.uk](http://www.emma-bennet.co.uk). It's completely free and she promises she won't bombard you with emails!

All of Emma's previous romances are available from Amazon as both e-books and paperbacks, and several can be found in our local libraries.



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10/21(6alt)



# KINDNESS IS POWERFUL AND IS AT THE HEART OF LLANDOVERY

## Llygaid oeddwn i'r dall; a thraed oeddwn i'r cloff.

You'll find this plaque on the wall of one of the consulting rooms in Llanfair surgery, Llandoverly, which I had cause to visit several weeks ago [and at this point, may I add my voice to the many singing the praises of our wonderful surgery and staff, working so patiently and enthusiastically under these extreme conditions]. It looks as if the plaque has been painted onto a cement surface and was obviously created to survive. In appearance it looks as if it may have been moved to this location, and it certainly pre-dates the surgery, the council-run girls' home, and the use of the building when it was a highways depot for the council. It is very likely it was part of the building when it was constructed as a workhouse in about 1838. The map below from 1904 shows the original shape of the workhouse, part of which was demolished when it was placed into the care of the county council.

I recognised the plaque as a quotation from the ancient Book of Job, aided by the fact that the quote is ascribed to Job on the plaque....a bit of a give-away, really!



The ancient text of Job was probably written almost 3000 years ago and even possibly before that. It is set out like a drama and seeks to answer the question that is still asked in the surgery in Llandoverly today: why is there suffering?

At one stage Job is commended for his care and attention of others even when he suffers tragedy and loss. He was known as a man who rescued the poor who cried for help, and the fatherless who had none to help them, he was eyes to the blind and feet to the lame, he broke the fangs of the wicked and snatched the victims from their teeth.\* Wow! ....to be known for that! How do I want to be known? How would I like to be described?

At Williams Pantycelyn Memorial Chapel we are asking just that. In 2021 we are keeping it simple, and our mission that moves us towards our overall vision is simple, to be kind. Kindness is a massively powerful force for good, that can transform community and make connections. It can bring people together, increase feelings of self-worth, and show each other that we are valued.

It is healthy to be kind. Neuroscience clearly shows us that endorphins, dopamine, and serotonin are activated or released when we do something kind, or even witness someone else doing something kind. These are related to our personal feelings of happiness. They are also the same chemicals released when we exercise....this is why it is possible to become addicted to exercise.

In addition, another chemical [oxytocin] is released and this can have a positive impact on reduction of inflammation and blood pressure. So, even from a selfish point of view, it is good to be kind!

Kindness is not just about random acts of kindness and being 'nice' to each other. It is a powerful force of good.





One of our members commented on Sunday during our live zoom service; "it reverses the downward spiral of hatred and fractured relationships." Kindness transforms lives.

Even business and management training organisations are calling kindness a 'business currency', citing its value to networking and increased productivity. "If you want to accomplish your personal and business goals, get rid of the "me-first" attitude, and put others' needs first." [trainingindustry.com/blog/strategy]

Strange how things come full-circle. This is the precise teaching of Jesus.

At the chapel we further believe that being kind ought to be a reflection of our nature. Just as love is the essence of God's qualities, so we need to be reflecting that in all we do. It's as simple as that.

We see kindness in many aspects of Llandovery. Especially in the days of Covid with restrictions on movement and meeting each other, it is wonderful to see creative responses to negate loneliness and the effects of isolation and lockdown. Long may kindness continue. Long may it grow. As the plaque says, let's be eyes to the blind, and feet to the lame.

Rob, Pastor.

*"Kindness is a massively powerful force for good, that can transform community and make connections. It can bring people together, increase feelings of self-worth, and show each other that we are valued."*

Microchipped  
Sprayed

**STILL  
MISSING**



**SPOT**

Spot a young female collie missing since 5th December 2018 from Gwynfe near Llangadog SA19 area Wales.



Substantial reward offered for any information leading to her safe return.

**Please ring  
07760 491131  
or 07746 856502**

If found must be reported to the warden as required by law.

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ON QUALIFICATION*

Experience not essential as NVQ training provided.

**Please contact Nia on 01550 720495**

12/20(3)

# LLANDOVERY CHRISTMAS PRIZE QUIZ 2020 RESULTS

There was a good response to the Christmas Quiz and the definitive results are as follows:

*1st prize of a carvery meal for two people, kindly donated by Chris Reeve, chef at the Llandovery RFC Clubhouse.*

**Winner: Teulu Mithig (Mrs Margaret Davies) 44/47**

*2nd prize of an embroidered Drovers face mask/snood, donated by the club.*

**Winner: Mrs Dawn Williams 40/47**

*3rd prize of a bottle of wine donated by Huw S Thomas.*

**Winner: Huw and Angela Protheroe 39/47**

The other impressive contestant was Mrs Janice James (ex Morris Isaac) who got 38/4. Other totals ranged from 9/47 to 35/47

Please claim prizes from Gina Deering at the Llandovery RFC club office, Gina.Deering@droversrfc@gmail.com

Full answers are attached at the end of the question sheet

- 1 Which current Llandovery public house was formerly called The Glanbrwn Arms?
- 2 Ysgol Pantycelyn was opened as an Intermediate School In 1896 – was it for boys or girls or as a mixed school?
- 3 What is generally reckoned to be the most famous hymn composed by William Williams, Pantycelyn?
- 4 Which Welsh rugby international has a father who played 29 times for The Drovers in the 1990s?
- 5 The Tywi is the longest river entirely Wales? What is its length in miles? – 75, 85 or 112 miles?
- 6 What species of fish was once caught in the Tywi, weighing 176 kilos?
- 7 Which member of royalty opened Llyn Brienne in 1973?
- 8 How did the ship HMS Llandovery Castle meet its end in 1916?
- 9 Which former pupil of Llandovery College is now a successful Newmarket based racehorse trainer?
- 10 What important event took place in Llandeilo in 1996?
- 11 Which Llandovery man was awarded the MVO (Member of the Royal Victorian Order) in the Queen's 2020 Birthday Honours list?
- 12 What is Alabum?
- 13 Who was the author of Canwyll y Cymry?
- 14 Why is 1858 an important date in the history of Llandovery?
- 15 What Tywi Valley site did the famous landscape artist JMW Turner paint in 1795?
- 16 When was Llwynywermod purchased by the Duchy of Cornwall?
- 17 Why will the years 2007 and 2016 be remembered in a sporting way for Llandovery?
- 18 What was Queensways's former name?
- 19 Who or what is a Cyw Bawddwr?
- 20 Where or what is this?



- 21 What runs from Swansea in Wales to Chester in England via Llandovery, Llandrindod Wells, Oswestry and Wrexham, a distance of around 153 miles (246 km)?
- 22 What is South Wales's highest mountain?
- 23 Which lake is central to the story of The Lady of the Lake?

- 24 Which former Welsh rugby international was the founder of Llangadog RFC?
- 25 Who stayed overnight at the Castle Hotel in Llandovery on 28th July, 1802?
- 26 Who have been the last three MPs for Carmarthen East and Dinefwr? (3)
- 27 Who is our constituency MS (Member of the Senedd)?
- 28 With a Llandovery connection, who or what is Teaser?
- 29 Which former Llandovery College Warden became Archbishop of Wales in 1971?
- 30 In which département (county) of France is Llandovery's twin town?
- 31 What house in Llandovery is named after a battle in the Crimean War?
- 32 What happened on the Llandovery-Brecon road on 19 December 1835?
- 33 Where are the only known Roman gold mines in Britain?
- 34 Who is the only Wales rugby union player born in Patagonia?
- 35 Who represents Llandovery as a Carmarthenshire County Councillor?

## WELSH NAMES

Give the English equivalent of the following Welsh towns: Aberhonddu; Aberteifi; Abergwaun; Brynbuga; Casgwent; Trefdraeth; Y Trallwng; Aberdaugleddau; Llanelwly; Trefaldwyn

## ANSWERS

- 1 THE WHITE HALL
- 2 GIRLS
- 3 ARGGLWYDD ARWAIN TRWY'R ANIALWCH (GUILD ME O THOU GREAT JEHOVAH)
- 4 KIERAN HARDY
- 5 75 MILES
- 6 STURGEON
- 7 PRINCESS ALEXANDRA
- 8 TORPEDOED OFF SOUTHERN IRELAND
- 9 DAVID SIMCOCK
- 10 NATIONAL EISTEDDFOD
- 11 STEPHEN NIEDOJADLO
- 12 ROMAN FORT AT LLANFAIRARYBRYN
- 13 RHYS PRITCHARD
- 14 RAILWAY REACHED LLANDOVERY
- 15 LLANDEILO BRIDGE ( Llandovery Castle painting was c 1798)
- 16 NOVEMBER 2006
- 17 LLANDOVERY RFC WON SWALEC CUP FINAL
- 18 STATION ROAD
- 19 PEOPLE BORN IN LLANDOVERY
- 20 OLD LLANDOVERY GOLF PAVILLION AT THE CRUG
- 21 A483
- 22 PENYFAN
- 23 LLYN Y FAN FACH
- 24 CARWYN DAVIES
- 25 LORD NELSON (WITH SIR WILLIAM AND LADY HAMILTON)
- 26 JONATHAN EDWARDS, ADAM PRICE, ALAN WILLIAMS (3)
- 27 ADAM PRICE
- 28 RACEHORSE PART OWNED BY LOCAL AUCTIONEER MICKY GOUGH
- 29 DR. GWILYM OWEN WILLIAMS
- 30 FINISTÈRE
- 31 ALMA
- 32 MAIL COACH PLUNGED OVER THE EDGE OF THE ROAD NEAR HALF WAY
- 33 DOLAU COTHI, PUMPSAINT
- 34 JOHN LEWIS "JOHNNIE" / JACK MORGAN (EX-LLANDOVERY COLLEGE)
- 35 HANDEL DAVIES

ENGLISH EQUIVALENT OF THE FOLLOWING WELSH TOWNS: ABERHONDDU – BRECON; ABERTEIFI – CARDIGAN; ABERGWAUN – FISHGUARD; BRYNBUGA – USK; CASGWENT – CHEPSTOW; TREFDRAETH – NEWPORT (Pemb); Y TRALLWN – WELSHPOOL; ABERDAUGLEDDAU – MILFORD HAVEN; LLANELWLY – ST ASAPH; TREFALDWYN – MONTGOMERY

# READERS' SALES & WANTS

are free of charge  
(subject to space availability)  
NO TRADE ADS

## FOR SALE

- **Featheredge boards** 600mm x 100mm treated in bundles of 12, £2.50 per bundle. Tel: 07761 107055.
- **Plastic Tool box** (as new) 19ins long with tray, £6. Tel: 07761 107055.
- **Set of car battery jumper leads**, £3. Tel: 07761 107055.
- **Coil of Galvanised plain wire**, £9. Tel: 07761 107055.
- **Dual Ball & Jaw hitch suitable for a 4x4**, £15. Tel: 07761 107055.
- **Shepherds Crook** (by Richey), £8. Tel: 07761 107055.
- **Wooden extension ladder** (2 piece) with aluminium rungs 15ft closed, £25. Tel: 07761 107055.
- **Logs, hard & soft wood**. Dried & split ready. Tel: 07761 107055.
- **Fascia boards** UPVC, 3 x 5 metres long x 225mm deep. 2 x 3 metres long x 225mm deep. Bargain £45 the lot. Tel: 07761 107055.
- **40 Gal plastic drum** (Green) open top, £7. Tel: 07761 107055.
- **Esse Ironheart Multi-Fuel Cooker** with boiler (at present

disconnected). Wood or smokeless coal. Large capacity oven and hotplate. Heat output up to 9.7KW. Sensible offers considered. Tel: 01550 777978.

- **LIGHTBOX/TABLE**. Bieffe lightbox with adjustable stand. 36" X 24" light table which can be angled from flat to vertical. In excellent condition, £100. Bethlehem, 01550 777749.
- **Baby cot**. White wooden adjustable cot for 0-12 months with mattress. Excellent Condition, £30. Cilycwm. Tel: 01550 722933.
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- **Rear wheel cover for Jeep** with American Indian image, offers. Tel: 01550 779292.
- **Dining room furniture**, table & 6 chairs, sideboard and tall corner cupboard, offers. Tel: 01550 779292.
- **Franklin Mint decorative plates**, all different American Indian images, perfect condition with boxes, offers. Tel: 01550 779292.
- **White stone resin shower tray**, £50, 76cms x 76cms x 8cms, brand new and unused, standard but can be used with risers, trap included. Tel: 01550 720928.
- **A beautiful Vintage style sleeveless dress**, size 12, pale blue with a floral design. In good condition, £40. Tel: 01558 685175.
- **Mans dark grey soft leather jacket**, excellent condition, good as new. Size: XL Trade name: Redskins, £99. Tel: 01558 685175.
- **A vintage pilot leather jacket**, fur inside, light brown, in very good condition, £85. Tel: 01558 685175.
- **Paul Beuscher Mandolin**, in excellent condition, £35. Tel: 01558 685175.

## WANTED

- **Petrol Garden Rotovator**, runner or non runner. Tel: 07737 213188.

## HOME

Oh! gentle landscape on and on.  
Oh! flowing grass in summer long.  
So long ago, dark forests grew.  
Where storms would rant and leaves once blew.  
Where now they skip and dance along,  
the breeze now plays a happy song.  
The lightest rain and mist we find.  
And sunlight of a dazzling kind.  
Where thunder stole the sky at night,  
then followed soon with forks of light.  
Or moonlit stars that shone above,  
the gentle landscape – that I love.

Cheryl Tansley

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07/21(12)

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11/21(12)



## THANK YOU

Hefina, Emyr, Glenda, Alun and Dylan would like to express their sincere heart felt thank you for loyal support from family friends and neighbours shown during the extremely sad loss of my husband Meirion (Charlie Cwmrhew) in such challenging and devastating times.

Thank you for the kind messages received in sympathy cards, phone calls, flowers and all provisions.

Thank you to CDU for their care and the Renal Unit also for the dignified help and support from Cenfil Reeves & Son Funeral Directors.

Thanks to Rev. Jeff Thomas for taking the service at Cwmrhew and at the crematorium in the most dignified and respectful manner.

Diolch o galon i bawb a fi'n gerfnogol.

## COR MEIBION LLANYMDDYFRI

Draws taken place in complete accordance of Covid 19 rules.

### November

1. Huw Morgan
2. Huw Nicholas
3. Dafydd Bennett
4. Dan Jones
5. Daniel Long
6. Kevin Davies
7. David long

### December

1. Adrian Lloyd
2. Annie Grant
3. Chris Williams
4. Sam Morgan
5. Gareth Morgan
6. Eleri Williams
7. Iwan Price-Davies

### Christmas Draw

1. Sharron Evans
2. Daniel Long
3. Huw S Thomas

Llandovery M.V.C. wishes to thank everyone who has joined our "friends" monthly draw, some for a long number of years, but as the choir have not sung a note since last March, we will not be asking you for some of your hard earned cash, so the draws will be cancelled for 2021. We hope to be back singing and entertaining people in the near future, when hopefully this nightmare scenario is over.

LL. M. V. C



## Happy Valentines

*He don't do hugs*

*She don't do kisses*

*So just what is left*

*For a man and his missus?*

*There's caring and sharing*

*And rubbing along*

*There's trying to put right*

*Whatever seems to be wrong*

*There's feeding and needing*

*That trusted true friend*

*Who stands by you, protects you*

*From what life may send.*

*So what message is apt*

*On this Valentine's day?*

*For you, so much more than a*

*lover - I'd say*

*Thank you for being there,*

*For all that you do.*

*I'll try hard to deserve a*

*someone like you.*

*Happy Valentine's Day, Darling*

*Let's celebrate awhile*

*And say (thanks to Emir)*

*I still love your smile!*



## Church Services

E-English W-Welsh B-Bilingual

### St David's Catholic Church, Llandeilo

Sunday Mass 11.00a.m.

During the present Covid Virus crisis booking is essential for Sunday Mass

Weekday Masses – see notices or Telephone – 01558 824305 Mob: 07507 071337 for details.

### Our Lady's Catholic Church Llandovery

College View SA20 0BD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00 p.m.

Booking not essential

Wednesday 10.00 a.m.

Tel. 01570 421003 Mob: 07495 802711  
Email: davidkeithevsans@hotmail.co.uk for details

### CILYCWYM GROUP (INCLUDING CILYCWYM, CYNGHORDY AND RHANDIRMWYN)

Rev'd Ann McKnight 01550 721109

### TALLEY GROUP

Rev'd Patrick Mansel Lewis 01558 822942  
(Abergorlech and Llansawel)

patmanlew@gmail.com

patmanlew@btconnect.com

Rev'd Tim Nelson 01558 685415

(Talley and Caio)

timnelson@btconnect.com

Rev'd Rik Mayes 01558 685186

revrmayes@hotmail.co.uk

### LLANDOVERY GROUP (INCLUDING LLANDINGAT, LLANFAIR AND MYDDFAI)

Rev'd Paul Pritchard 01550 938534

revpaulpritchard@gmail.com

### LLANWRDA GROUP (INCLUDING LLANWRDA, LLANSADWRN, MANORDEILO AND CAPEL DEWI SANT)

Rev'd Viv Sayer 01550 777200

revd.viv.sayer@gmail.com

### LLANGADOG GROUP (INCLUDING LLANGADOG, LLANDEUSANT AND GWYNFE)

Rev'd Jeff Thomas 01550 777758

jeffthomas@churchinwales.org.uk

### WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

Tuesday drop-in prayer and reflection from 10.00am – 12.00pm [available also via zoom from 11.00am]

For further information or to contact Pastor Rob please visit  
[www.williamspantycelyn.co.uk](http://www.williamspantycelyn.co.uk)

# Local Directory

Support Local Business

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**ELISSA ALDOUS-HUGHES, GENEALOGIST.** Would you like a full family tree, detailed research into individual ancestors or help solving a family mystery? I am an experienced family history researcher and particularly enjoy uncovering the personal stories of everyday life. Please email elissa@elissaonline.net or call 01558 650525 www.elissaonline.net. 02/22/12

## FINANCIAL ADVICE

**PLAN YOUR FINANCIAL FUTURE.** Chartered Financial Planners provide advice to Business Owners and other UK Residents, covering all financial advice aspects including Mortgages, Insurances, Pensions, Investments and Intergenerational Wealth Planning to ensure suitable and sustainable solutions for your own individual circumstances. To discuss your requirements with no initial cost contact Malcolm your local Carmarthenshire based Independent Financial Adviser by email malcolm.simpson@ljfp.co.uk or on 07384 645606. For additional information visit <https://www.linkedin.com/in/malcolmsimpson/> 07/21/6

## FUNDRAISING

**THE GREEN HOUSE.** Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 07/21/12



## GARDENING — SERVICES

**TUNDRA LANDSCAPES (est. 1978).** Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777108 or mob: 07790 210397 *04/21(12)*

**AGAP LANDSCAPES.** Specialists in Hard & Soft Landscaping. All aspects of fencing / decking / pergolas / driveways / patio's / paths / shed and shed bases, hedge cutting / tree work / pruning and garden maintenance. Free quotes and fully insured. Tel: 01558 543087 or Mob: 07990 554667. [www.agap-landscapes.co.uk](http://www.agap-landscapes.co.uk). *07/21(6)*

**GARDEN PURSUIT – FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS.** Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered [www.gardenpursuit.co.uk](http://www.gardenpursuit.co.uk) *02/22(12)*

## HEALTH AND WELLBEING

**LLANDEILO ORGANIC HEALTH AND WELLNESS.** Do you prefer to shop local Welsh products? Are you looking for way to support your immune system and digestion? Would you like help to detox, lower inflammation and reach your ideal weight at home? Do you believe you deserve the purest, cleanest and most natural ingredients available? Magical Mushrooms.World is based in Llandeilo, we believe good health is found in nature and balance is key. All our formulas are organic and vegan or vegetarian, perfectly synergised to help you achieve balance in body and mind. We care passionately about your safety and for that reason we have brought our products on line, so you can browse and purchase from the comfort of your own home. We love to see you online and chat, don't hesitate to ask any questions you like. Take care and hope to see you soon on: [MagicalMushrooms.World](http://MagicalMushrooms.World) *07/21(6)*

## HEATING OR RENEWABLE HEATING

**LLANDEILO BASED BUSINESS,** delivering high quality, innovative renewable heating solutions, including Wood Pellet and Log Boilers, Ground Source Heating Pumps, Air Source Heat Pumps and Solar Thermal hot water. Contact Nick or Lloyd 01558 824726 [info@birdshill.wales](mailto:info@birdshill.wales) [www.birdshill.wales](http://www.birdshill.wales) *03/21(12)*

## HOUSE CLEARANCES

**HOUSE CLEARANCES.** Trusted, reliable service. Competitive rates. No obligation quote. Anything considered. Tel: 07872 509031 / 07770 777992. *02/21(6)*

## HYPNOTHERAPY

**HYPNOTHERAPY AT HOME. Feeling low?** These troubled times have impacted many people's peace of mind and sense of well-being, leaving a deep furrow of stress and anxiety. Hypnotherapy is a natural technique that sets you back on the road to wellbeing and happiness, to help you discover again your enjoyment of life and rekindle the spark of positivity and hope. I am Duncan Lochhead, a registered clinical hypnotherapist in Llandeilo, offering hypnotherapy via online video-conferencing in the comfort of your own home. You can contact me on 07782 482511 for an initial consultation with no charge, or visit my website to find out more [www.hypno-at-home.co.uk](http://www.hypno-at-home.co.uk) *06/21(6)*

## JEWELLERY REPAIRS & ENGRAVING SERVICES

**NICHOLAS WALL.** Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. Previously located on Rhosmaen Street, Llandeilo. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. *04/21(12)*

## JOINERY

**CABINET MAKER.** I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: [info@harryguilecarpentry.co.uk](mailto:info@harryguilecarpentry.co.uk) [www.harryguilecarpentry.co.uk](http://www.harryguilecarpentry.co.uk) *04/21(12)*

## LAUNDRY SERVICES

**IRONING SERVICE.** All work considered. Competitive rates, reliable and trustworthy. Contact 07872 509031. *02/21(6)*

## LIPREADING CLASSES

**HARD OF HEARING? WANT TO IMPROVE YOUR LIPREADING SKILLS? WOULD YOU LIKE TO JOIN A LIPREADING AND MANAGING HEARING LOSS CLASS?** Due to the current situation these groups are run online and no more than a group of six. When the chance arises hopefully that can become face to face. I am offering an initial free lesson to see if this would be of use to you. I am a qualified Lipreading Teacher, qualifying in 2009. For more information please contact Anne on Mobile no: 07939 567846 text or ring or email: [aolipreading@btinternet.com](mailto:aolipreading@btinternet.com) *05/21(6)*

## MAN WITH A VAN

**MAN WITH A VAN / COURIER:** LOCAL OR DISTANCE, FROM 1 ITEM TO A FULL LOAD. If you would like something delivered or collected, simply ask for a quote – there's no obligation. I provide a friendly and honest service, and am here to help. I'm happy to travel locally, throughout the UK & abroad. I have a medium sized Transit, and am able to hire a larger capacity Luton van or 7 ton for larger jobs. Extra hands can be called upon too when required. I am usually able to accept and respond to short notice or urgent requests. Please phone or email Jerry on 01591 620327 or 07803 589627, [jerry@thetump.co.uk](mailto:jerry@thetump.co.uk) *06/21(6)*

## MONUMENTAL MASON

**BEAUTIFUL, AFFORDABLE, HAND-CARVED WELSH SLATE MEMORIALS AND HOUSE SIGNS** made to order by local craftsman Gabriel Hummerstone. Business established 2000. For further information visit [www.hummerstone.wales](http://www.hummerstone.wales); to discuss your requirements and for a free quotation e-mail [gabriel@hummerstone.wales](mailto:gabriel@hummerstone.wales) or 'phone 07805 694016. Visits to my workshop in Gelli Aur/ Golden Grove are most welcome. *08/21(12)*

## PAINTER & DECORATOR

**HAYDN ADAMS.** For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. [www.haydnadams.co.uk](http://www.haydnadams.co.uk) 09/21(12)

**PAINTABILITY DECORATING.** Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: [philashworth@hotmail.co.uk](mailto:philashworth@hotmail.co.uk) [www.paintabilitydecorating.co.uk](http://www.paintabilitydecorating.co.uk) 02/21(12)

## PEST CONTROL

**THE MOLE MAN.** ADAS qualified pest control operative. Moles trapped, rats and wasps exterminated. Domestic and agricultural. Stuart 01550 777394 or mobile: 07791 378958. 08/21(12)

## PETCARE SERVICES

**PAWSITIVE PETCARE.** Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include dog boarding, pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. 04/21(6)

## PICTURE FRAMING

**PICTURE FRAMING.** Over 30 years experience of all types of work. Better buy reputation. Howell Whitney, The Old Printing Office, Llandoverly. Tel: 01550 720690. 08/21(12)

## PLUMBERS

**KB HOME Maintenance Plumbing.** For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 05/21(12)

## PROPERTY MAINTENANCE

**PROPERTY MAINTENANCE:** From replacing damaged plaster board to replacing drains. To drilling service pipe holes, sawing up concrete, earth drilling and gate installations. Owner driver mini digger hire. Contractor to Swift Relocations. Licenced waste carrier. Tel: Nick Marson 07721 042383. Email: [marsondrilling@yahoo.co.uk](mailto:marsondrilling@yahoo.co.uk) 12/21(12)

## SOLICITORS

**HUGH WILLIAMS SON & CO.** Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing. Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandoverly 01550 721500. 11/21(12)

## TUITION

**MATHEMATICS TUITION IN LLANDEILO.** If you would like to improve your grades for GCSE, AS or A Level, or need a bit of extra help in understanding mathematics, then contact me for one-one tuition. I am a retired mathematics lecturer (PhD, PGCE) with an excellent record of student success. Please contact Lynne Roberts on 01558 824431. 02/21(12)

**PIANO LESSONS:** Beginner to Advanced, Grades 1 to 8 with ABRSM or learn for fun: Pop, Rock, and Blues. Will travel to yours, or come to my home studio in Llangadog. Call Ben Montaigne on 07969 887271 or Email: [info@panio.co.uk](mailto:info@panio.co.uk) 03/21(12)

## UPHOLSTERY

**MICK SHERIDAN UPHOLSTERY.** Reupholstery of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, etc. Specialists in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for a quote – 07719 801672 Email: [mick@micksheridanupholstery.co.uk](mailto:mick@micksheridanupholstery.co.uk) [www.micksheridanupholstery.co.uk](http://www.micksheridanupholstery.co.uk) 02/22(12)

## WILL WRITING SERVICES

**MB WILLWRITING.** Willwriting, Lasting power of attorney, trusts, legacy planning, Funeral plans for more information please contact Melanie at [info@mbwills.co.uk](mailto:info@mbwills.co.uk) 01269 542742 [www.mbwills.co.uk](http://www.mbwills.co.uk) 09/21(12)

## WINDOW CLEANING

**WINDOW CLEANER: 'DAZZLERS' THE WINDOW CLEANER** Windows, Conservatories, Fascias, Gutters, Patios, Gutter clearance – covering Llandoverly and surrounding areas. Tel: 07761 097389 Email: [Dazzlerswindow@gmail.com](mailto:Dazzlerswindow@gmail.com) Facebook: [dazzlers](https://www.facebook.com/dazzlers) the window cleaners 02/22(12)

## YOGA

**HOLISTIC HEAVEN YOGA:** Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandoverly in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and your immune system. Releases aches and pains and also great for toning and strengthening muscles. Phone Claire on 01550 721332 or 07985 077227 for timetable or visit [www.holistic-heaven.com](http://www.holistic-heaven.com). Yoga Classes – Workshops – Retreats – Holistic Treatments. 07/21(12)

**YOGA CLASSES:** Cefneithin hall 6.00 – 7.15, Llangathen Hall wed 9.15 am, Fri 9.15 – 10.30am, Fri 18.00 – 19.15pm. All classes are being recorded on zoom if you can't make it in person for different reasons. Head to the website [www.goldengroveretreat.co.uk](http://www.goldengroveretreat.co.uk) if you would like to book on. These classes are a combination of vinyasa flow and yin yoga. 06/21(6)

# The Post

## Llandovery & Surrounding Distribution Area

Abergorlech, Alltwallis, Ammanford, Brechfa, Caio, Capel Dewi, Crug y bar, Cwmdru, Cyngordy, Dryslwyn, Fairfach, Gorslas, Halfway, Harford, Llanddarog, Llandeilo, Llandovery, Llandybie, Llanfynydd, Llangadog, Llansadwrn, Llansawel, Llanwrda, Llanwrtyd Wells, Manordeilo, Pencader, Penygroes, Pumsaint, Rhandirmwyn, Rhydcymerau, Sennybridge, Trecastle, White Mill.

● = Magazine Drop Points  
○ = Ref. Points Only



## ADVERTISING RATES

**TEL: 01550 721225**

Boost your business with advertising in *The Post*

### THE RATES QUOTED BELOW ARE PER ISSUE

and include series discounts for 3 months, 6 months and 12 months.

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
<b>FULL PAGE</b> (132mm x 190mm)				
Full Colour	£196.88+VAT	£147.66+VAT per issue	£131.91+VAT per issue	£98.44+VAT per issue
Black & White	£187.25+VAT	£140.44+VAT per issue	£125.46+VAT per issue	£93.63+VAT per issue
<b>HALF PAGE</b> (132mm x 93mm)				
Full Colour	£121.74+VAT	£91.31+VAT per issue	£81.56+VAT per issue	£60.87+VAT per issue
Black & White	£116.22+VAT	£87.17+VAT per issue	£77.87+VAT per issue	£58.12+VAT per issue
<b>QUARTER PAGE</b> (64mm x 93mm)				
Full Colour	£70.43+VAT	£52.82+VAT per issue	£47.19+VAT per issue	£35.22+VAT per issue
Black & White	£66.94+VAT	£50.21+VAT per issue	£44.85+VAT per issue	£33.47+VAT per issue
<b>EIGHTH PAGE</b> (64mm x 45mm)				
Full Colour	£39.55+VAT	£29.66+VAT per issue	£26.50+VAT per issue	£19.78+VAT per issue
Black & White	£37.63+VAT	£28.22+VAT per issue	£25.21+VAT per issue	£18.82+VAT per issue
<b>SIXTEENTH PAGE</b> (64mm x 20mm)				
Full Colour	£25.17+VAT	£18.88+VAT per issue	£16.86+VAT per issue	£12.59+VAT per issue
Black & White	£23.89+VAT	£17.91+VAT per issue	£16.00+VAT per issue	£11.95+VAT per issue

Series discounts are available for **ADVANCE PAYMENT** only. Changes Permitted.  
REFUNDS ARE NOT GIVEN FOR EARLY CANCELLATION OF PRE PAID ADVERTISEMENTS IN THE POST.

**LOCAL DIRECTORY** (discounts not available): 6 months = £52.50+VAT 12 months = £82.77+VAT



# Noticeboard

## CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

### LLANDEILO LIBRARY:

Tel: 01558 825323 E-mail: libraries@carmarthenshire.gov.uk

Mon 09:00 – 17:00

Tues 09:00 – 18:00 (Staff available 10:00 – 13:00 & 14:00 – 18:00)

Wed 09:00 – 17:30 (Staff available 13:30 – 17:30)

Thurs 09:00 – 17:00

Fri 09:00 – 18:00 (Staff available 10:00 – 13:00 & 14:00 – 18:00)

Sat 09:00 – 13:00 (Staff available 09:00 – 13:00)

### LLANDOVERY LIBRARY:

Tel: 01550 721626

Mon 1.00pm – 5.00pm; Wed 1.00pm – 5.00pm

Fri 10.00am – 12.00am; 2.00pm – 6.00pm

### COUNTRY MARKETS

Llandeilo: Fri, 8.30am – 12.30pm, vestry in Capel Newydd, Crescent Rd.

Myddfai: Last Sunday of each month 12.00 – 4.00pm. Tel: 01550 720449

Brecon: 2nd Saturday of month at the Brecon Market Hall, 9.30am – 2.00pm.

### TOURIST INFORMATION CENTRES

Llandovery: Open seasonally, Easter to Oct, standard hours 10.00am – 4.00pm.

Mon – Sat, High season, extended hours 10.00am – 1.00pm and 1.30pm – 5.00pm,

7 days, Enquiries to 01874 622485.

Llanwrtyd Wells: Tel: 01591 610666. 10.00am – 1.00pm; 1.30pm – 5.00pm

### LOCAL POLICE

Tel: 0845 3302000. **Crime Stoppers:** Tel: 0800 555111.

### TAXI SERVICES

**Bridge Taxis,** L'deilo. Tel: 01558 822093; Mobile: 07742 283325.

**JM Taxis,** Llanwrtyd Wells. Tel: 01591 620777.

**Llangadog Taxis,** Llangadog. Tel: 01550 779294.

**Rays Taxi,** Llandovery. Tel: 07775 210900.

**Towy Taxi,** Llandovery. Tel: 07544 624411.

### MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

### AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

### BRECON ADVICE CENTRE

Tel: 0345 6018421

11 Glamorgan Street, Brecon, LD3 7DW:

Mon, Tues, Thurs & Fri 10.00am – 1.00pm

**Traveline: 0871 200 22 33**

## BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

### Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

Llandeilo, New Road	9.35	Llandovery Car Park	13.40
Crug-y-bar, Community Cen.	10.13	Crug-y-bar, Dyffryn Anell	14.04
Llandovery Car Park	10.41	Llandeilo, New Road	14.44

### Golden Grove – Llandeilo – Carmarthen (277) Wed only

Gelli Aur Gelli Newydd 9.10 Carmarthen (Bus Stn.) 13.45

Ffair-fach 9.15 Abergwili 13.53

Llandeilo (Yr Hen Vic) 9.20 Nantgareidig (square) 14.04

Salem (opp. Angel Inn) 9.30 Felindre 14.16

Capel Isaac 9.40 Capel Isaac 14.40

Felindre 10.04 Salem (Angel Inn) 14.49

Nantgareidig (square) shelter 10.17 Llandeilo (Yr Hen Vic) 15.00

Abergwili (shelter) 10.27 Ffair-fach 15.05

Carmarthen (Bus Stn.) 10.35 Gelli Aur 15.10

### Llandovery – Llandeilo – Carmarthen (280/281)

281 280 281 280 281 280 281 280 281 280

L'dovery(car park) 7.00 8.50 10.45 12.20 14.00 16.25 17.50 19.10

Llanwrda 7.10 9.00 10.55 12.30 14.10 16.35 17.59 19.18

Llansadwrn 7.15 9.05 11.00 12.35 14.15 16.40 18.04 —

Llangadog (Rhyd-y-Fro) — 9.14 — 12.44 — 16.48 — —

Llangadog (Common) 7.24 — 11.09 — 14.24 — 18.12 —

Cwmifor — — — 11.21 — 14.36 — —

Llandeilo, Capel Saron 7.39 9.31 11.29 13.01 14.44 17.07 18.25 19.32

Carmarthen 8.22 10.14 12.12 13.44 15.27 17.45 19.03 20.02

Carmarthen 281 280 281 280 281 280 281 280

Llandeilo 6.05 7.20 9.15 10.20 12.20 14.20 16.20 17.50

Cwmifor — — 10.05 — 13.10 — 17.10 —

Llangadog (Common) — — 10.17 — 13.22 — 17.21 —

Llangadog (Rhyd) — 8.13 — 11.13 — 15.13 — 18.42

Llansadwrn (War Memorial) — 8.21 10.26 11.21 13.31 15.21 17.29 18.50

Llanwrda 6.49 8.26 10.31 11.26 13.36 15.26 17.34 18.55

L'dovery(car park) 6.58 8.36 10.41 11.36 13.46 15.36 17.44 19.05

All services operate Mon-Sat

All times and other details quoted in Noticeboard are believed to be correct, but no responsibility can be accepted for any errors or changes that may occur. You are advised to check details. Please notify The Post of any inaccuracies or changes.

## LLANDOVERY SWIMMING POOL

Tel: 01267 224733

## PWLL NOFIO LLANYMDDYFRI

Gweler y wefan; [www.actif.cymru](http://www.actif.cymru) ar gyfer ein rhestr o oriau agor, gweithgareddau a sut i archebu a thalu.

## LLANDOVERY SWIMMING POOL

Please see website; [www.actif.wales](http://www.actif.wales) for our list of opening hours, activities provided and how to book and Pay.

### Train Times (Heart of Wales Line)

**CORONAVIRUS UPDATE** – The Welsh Government has confirmed the essential travel restriction on public transport has been lifted, opening up trains and buses to more potential passengers.

Timetables severely limited at present, only two trains each way every day, based on the normal Sunday service timetable (new May – December timetable) – please check with Transport for Wales for current service timetables and about refunds.

All tickets can be purchased online, on the train and from Llandrindod Station Ticket Office, Station Crescent, Llandrindod Wells, Powys, LD1 5BE. Tel: 01597 822053. Also Llanelli Station Ticket Office (mornings only), Swansea Station and Shrewsbury Station. TfW mobile tickets can be sent straight to your Android or Apple phone. You just need to download the TfW app from the App Store or Google Play and select 'm-ticket' or 'mobile ticket' as your delivery option.

[www.tfwrail.wales](http://www.tfwrail.wales)

Tel: 03457 484 950

or visit [www.heart-of-wales.co.uk](http://www.heart-of-wales.co.uk)

x = Service stops on request

xx = Starts from Carmarthen