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'WHEN JUST THE TIDE WENT OUT'

*Reproduced
by kind permission
of Max Boyce MBE
Thanks also to
Carla Clew*

Last night as I lay sleeping, when dreams came fast to me
I dreamt I saw JERUSALEM beside a tideless sea
And one dream I'll remember as the stars began to fall
Was Banksy painting Alun Wyn on my neighbour's garage wall
And dreams like that sustain me 'til these darkest times have passed
And chase away the shadows no caring night should cast
But times like this can shine a light as hardship often can
To see the best in people and the good there is in man
And I remember Swansea with nobody about
The shops were closed like Sunday and just the tide went out

And I remember Mumbles with the harbour in its keep
And the fishing boats at anchor that trawl the waters deep
And I heard the seabirds calling as the gulls all wheeled about
But all the town was sleeping now and just the tide went out

And when these days are over and memories remain
When children painted Rainbows and the sun shone through the rain
And the doctors and the nurses who stretchered all the pain
And I hope the carers never see a time like this again
And I prayed last week for Boris, who knocked on Heavens door
And I thought of voting Tory, which I've never done before
And though the sun is shining I've no immediate plans
So I'll write a book on 'Staying In' and 'Ways To Wash Your Hands'

And now more days of lockdown, 3 weeks of staying in
I'm running out of vodka and I've started on the gin
And my neighbours are complaining, I've heard them scream and shout
With the sound the bins are making when I take the empties out

And when all this is over, and our fragile world survives
And I hope that God is caring now for the ones who gave their lives
And I pray we'll find an answer, for my faith is cast in doubt
And God draws back the heavens and all the stars come out

And I'll remember mornings with nobody about
When the shops were closed like Sunday, and just the tide went out



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07/20/06

SHOP THRIVES UNDER LOCKDOWN REGIME

The tills are still busy at Dryslwyn Community Shop and Post Office as the volunteer-run business pushes on through the Covid-19 lockdown crisis.

Over the past ten weeks, sales up by 25% even though the opening hours have had to be halved.

The store's Post Office business has also enjoyed a boost as local people have taken to sending 'goodwill' parcels to the families and friends they are unable to visit. The shop's volunteer co-ordinator, Michele Powell commented: "Chocolates and cakes appear to be the most popular options, and more birthday presents are being posted rather than delivered by hand - although many people are sending gifts simply as an affirmation of their friendships".

Local businesses are also depending on the PO for their basic banking and postal needs.

Up to telephoned ten grocery orders a day have been handled by the shop staff, with Michele pointing out: "Curiously, the majority of people who place orders with us prefer to collect them from the shop - presumably because this enables them to see and meet friends and neighbours, if only at a 2 metre distance." She added that deliveries can be made where necessary


Supplies of milk, eggs and bread have held up throughout the eight weeks, and the shop has been able to source fruit and vegetables without problems - "we can also add them to orders if we are given two or three days' notice," Michele added.

Yet around half the shop's normal volunteer force of 40 people have had to temporarily stand down for age and health reasons - hence the shortened 8.30 am to 12 noon hours



Michele continued: "It has been a hectic couple of months, but once again the shop as proved its value to the community - and not just as a source of groceries. It's a great source of reassurance, particularly to elderly people living on their own, that the shop is not only able to meet their grocery needs, it is also able to also provide a very strong, personal contact with people who know them as individuals."

And this has been backed up by the shop's Facebook page, which is carrying regular mental health awareness post from Rachel Stuart at Dryslwyn The page is also featuring an increasingly popular nature diary.


The shop and Post Office (which stands next to the H.G. Bryer Mazda dealership at Dryslwyn) now opens from 8.30 am to 12 noon. The telephone number is 01558 668221.



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09/21(12)

LLANDOVERY YOUTH AND COMMUNITY CENTRE

Though the centre is closed at present some staff are working behind closed doors supporting the local community. The situation is frequently being reviewed to understand when a safe re-opening can occur. On sunny days books are available for free at the front of the building, along with some lovely plants for sale.

The Help Llandovery Facebook page – www.facebook.com/helpllandovery/ – is still running with volunteers ready to deliver prescriptions, food shopping, take items to the post office, dog walking or just be available for a friendly chat. Do call us on 01550 721499 if you need help of this sort.

Thanks to funding from various grants, we can now also offer help to you in the form of basic food supplies. If you have lost your job or have a reduced income and need some help with feeding yourself and/or the family please message Help Llandovery or ring us on 01550 721499, we can arrange to put an appropriate grocery bag together to be left at the rear of our building at an agreed time for you to collect.

Over 200 activity packs have been distributed to local children with at least one other in the works; they include some fun competitions which we will be following on our Facebook group. If your children would like one of these, please ring 01550 721499 to have your name put on the list or to arrange collection from the back of the LYCC building.

Also, an Art For All Facebook page - www.facebook.com/artforallandallforart/ - is operating to encourage those who attend our activities/workshops to create and enjoy art during the lockdown, submitting it anonymously to the page. We would welcome artwork from anyone who would like to be involved. There is a weekly theme but art on any topic and of any medium can be submitted. It is envisaged that an exhibition will be held sometime in the future at the LYCC for those who would like to take part.

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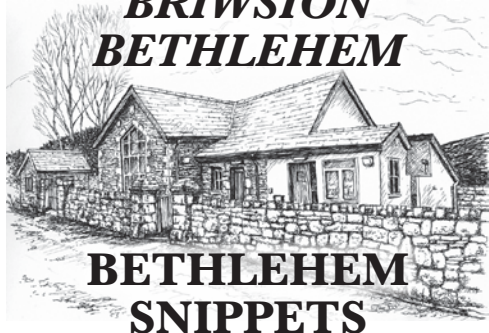
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daniel.dgbrunton@gmail.com

References available



BRIWSION BETHLEHEM



BETHLEHEM SNIPPETS

Sine the start of the Coronavirus lockdown, our little hall in Bethlehem has remained firmly shut, along with every other village hall and community centre in the country.

This has meant that our Sunday café, which was due to open for the summer just after Easter, has also been closed.

But... we are back! From Sunday June 21st, the café is open for takeaway meals, from 12.00 – 2.30pm.

The meals are based on our popular salads, and focus on quiches, potato pie, a new and hearty Farmer's Platter, pates (including a vegetarian/vegan/gluten free pate), and an Italian platter.

The meals will be packaged in hygienic containers, so no need to worry about plates.

There'll also be a selection of four or five homemade cakes available, which will change on a weekly basis.

Ideally we are asking customers to choose their menu options in the preceding days, Monday to Thursday, and book a time for collection in order to avoid a build up of people around the hall.

The food will be collected from the side door which opens out onto the top yard.

For more details, visit our Facebook page, where you will find the full menu, along with a weekly Specials board.

The menu is also being displayed in the Community Notice Board in the centre of Bethlehem near the junction.

We look forward to welcoming back our customers, at a distance of course!

Contact Nia on 01550 777254, email: niaclement@aol.com or visit the Facebook page www.facebook.com/bethlehemymru

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02/21(12)

LLANDOVERY ROTARY CLUB



This is written on the 17th June and it is getting monotonous, tedious, tiresome and I am suffering from an extreme dose of cabin fever. I just want to drive somewhere, anywhere! Hopefully by the time you read this we will have some freedom of movement. The lockdown has been long but very, very necessary. This horrible, evil virus has killed many and put our lives on a very long and prolonged hold. Who could ever have imagined what was ahead of us on 31st December as we toasted the new year in hoping that 2020 would be a better year than 2019. No one, surely. For most of us it is worse. Much worse. Staying in, isolating, shielding, endless washing of hands, flour shortages and of all things even toilet roll shortages! How bizarre? Thirteen weeks of lockdown, essential shopping only, no haircuts, no travelling more than 5 miles, not visiting family, not visiting anybody and as I am high risk even a letter from my local health board telling me not to sleep with my wife! Am I imagining this?

Rotary Clubs are no exception. Our meetings are on hold indefinitely and therefore so is our fund raising. We have no income but we have managed two Zoom council meetings. Two what? Another first. These internet meetings were a welcome distraction and a nice chance to 'see' our Rotarian friends for the first time for many weeks, even if it was on a screen. Some have put on weight, some are much, much hairier than we remember them and some are still bald but we were all eager to have a chat and a catch up. It really was lovely. Thank goodness for the wonders of modern communication.

We even managed to do a bit of business. We had received a letter from Llanwrda Cricket Club. Llanwrda in name although they represent the community of Llanwrda, Llandoverly, Llangadog and all surrounding villages. They have been extremely successful of late rising through the ranks of Welsh Cricket but more importantly they have junior teams with boys and girls participating which are extremely well attended. Up to 50 at a time. They play their home games on Llandoverly's Castle Fields which they look after in the Summer keeping them in truly SUPERB condition. Carwyn Jones is the main groundsman responsible and he, and his team of volunteers are to be congratulated for their terrific work. The cricket club requested funding for protective helmets for the junior section which were much needed. We were glad to be able to assist with a healthy contribution. There is unlikely to be any competitive cricket this year but they will be very well protected when they are able to practice in preparation for next year. Howzat. A result for both of us.

At the end of June or the first week in July we normally hold our Handover Dinner, but not this year obviously. Handover is when our outgoing President 'hands over' to the new incoming President and we start all over again. Mickey Gough has been our President this year and he has proved to be a wonderful President indeed. Never afraid of going against convention Mickey has done it his

way and it has proven to be very successful. It is a real shame that his year effectively finished in March denying him the opportunity to finish with a flourish, nevertheless Mickey has proved an extremely popular President and would have handed over to new President Alan at the said dinner. The handover will go ahead in the beginning of July but not at a dinner, yet. Alan takes over but when we will be able to meet has not yet been established. Everyone in Llandoverly knows Alan. Alan 'Chips' or 'Alan the gardener' has lived in Llandoverly all his life and will bring his own laid back style. Laid back that is until something goes wrong when he can spring to life in a very energetic manner! Alan is a keen rugby fan and represented Llandoverly in fine style over many years as an outside half or full back moving on to coaching later on. Alan has his own successful gardening business and is kept busy by his very appreciative customers.

We will be holding the official Handover at the first opportunity and hopefully even our usual Handover Dinner but we are all very aware that this is some time away yet. We are as eager as anyone to resume our Tuesday evening gatherings and will do so with great gusto when the time is right, you can be assured of that! Roll on that first meeting!

The President Elect for the coming year will be Anthony Wathan 🧑. Anthony will be only the second recycled President in our 36 year history and the Junior Vice President will be Dan Emery. Between them their average age is just 37. Mere young pups in Rotary terms but something we are very proud of here in Llandoverly. We are eager to recruit young people to join us in our club. All are welcome. Come on when this lockdown is over come and do some good for the community. This is an open invitation Come and join us.

Our new President Alan has been put under the spotlight and has agreed to be interrogated under severe and extreme conditions.

Here are the results:

Where were you born Mr Morgan?
Llandoverly Cottage Hospital.

Best days of my life?
When my daughters Chloe and Caitlin were born.

Best Holiday?
Anywhere in the sun.

Any unfulfilled ambitions?
My ambition is to get through life relatively unscathed for a few more years yet.



Caitlin, Chloë and Dad, our new President Alan Morgan.

Best Sporting Achievement?

Playing, coaching and being a committee member of Llandovery Rugby Club. Also playing for the World famous Station Yobs darts team.

Beer or wine?

Beer, every time.

Childhood heroes?

Georgie Best and Barry John.

Choose 3 guests for a dinner party?

Ché Guevara, Gwynfor Evans and Jeremy Corbin.

Best advice for a child?

Dream big, work hard and reap the rewards (someone told me that, ha).

Best Day Out?

Any music festival, rugby day or time spent with my family. Oh, and definitely a beer day out with the lads!!!!!!

What are your hopes for Rotary Alan?

That we continue adding to our membership and continue our great work with our fundraising once this pandemic is over. Also that we continue to help local good causes and may our great friendship and fellowship go from strength to strength.

Thank you Mr President.

We gave a donation to the Llandovery Brownies but since receiving our cheque the event has been cancelled. The Brownies have very kindly returned the cheque but we will be delighted to support this fantastic local organisation in their next event. Brownies is an institution in Llandovery and has helped the development of young people for many, many years. Keep up the fantastic work you do.

We received a lovely card from Jill French thanking our Prescription delivery team for their help. Neil and Ann are still pounding the local pavements delivering to those who are unable to collect them themselves. It is always nice to be appreciated.

Thanks must go to Goodfillers and Pet's Pantry who have remained open throughout this difficult period for all and proves that buying local is always best. JR Pet Products Ltd is another growing local company which has kept open and it is always encouraging to see local businesses thriving. Please continue to support these local businesses in the future. Well done indeed.

How wonderful it is to see Jamie Wright and Jacob Parry out exercising on the trikes that we helped fund. Great to see you enjoying boys. Very heartwarming indeed.

Wyn Jones, Clynmawr, the young Drover that really did go from strength to strength having now already won 25 Welsh Caps as a tough scrummaging, mobile prop has kindly donated a Welsh Rugby jersey signed by the Wales World Cup squad. As dinners and functions seem a long way off we have, with Wyn's permission, arranged for it to be auctioned off on eBay with the proceeds going entirely to the superb League of Friends of Llandovery Hospital. It is currently being professionally framed and



Jacob and Jamie out exercising on their trikes which we were delighted to support. Looking good boys.



The Welsh Rugby jersey signed by the Wales World Cup Squad kindly donated by local hero Wyn Jones.

this highly prized and very rare item will be up for auction to the highest bidder in the near future. See our Llandovery Rotary Club facebook page and Love Llandovery for further announcements. Diolch yn fawr iawn Wyn.

Well, that's another month crossed off and is now written into the annals of history. History will record that this was a month that began in lockdown and by the time you read this you will know how it finished. Doubtless, even getting back to a new normal will bring its own difficulties but let us pray that, as we reside in beautiful rural surroundings which are sparsely populated, hopefully, we may escape the worst of the horrors. Better times are surely not far away. Let us sincerely hope so.

Derek Jones.

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04/20/12

**RHANDIRMWYN BOOSTS
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WITH A LOCKDOWN
SCARECROW COMPETITION**



In an effort to lift people spirits during these difficult and challenging times Rhandirmwyn held it's very own Scarecrow competition. The rules were simple –

The scarecrows could be made by anyone, children, family's, pensioners even pets ! and could be of any subject ranging from traditional, historical, political and even "off piste" .

Prizes were donated by a local couple in the form of three vouchers from Le Patisserie in Llandoverly. Prizes were for first, second and third places with the vouchers being able to be redeemed for cream cakes, or anything else the winners hearts could desire from the store.

Helped by the fabulous weather there were over thirty scarecrows on show , many forming groups such as Coleg Elidyr's "band" The local residents embraced the competition with many and varied very high quality entries ranging from traditional farmers and the old school mistress, historical miners and even a fishermen to mention but a few.

There were three couples who judged independently of each other and once completed over the last weekend of May they submitted their score sheets to be added up and the winners announced on the local face book site. 1st place going to went to "Fantastic Mr Fox, 2nd went Pannau Street – Miners Arms and 3rd going to the Mutts Nuts.

Over all it was deemed a huge success and lifted people spirits in challenging times.



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07/20/21

NEWS FROM CWMDU



The effects of Covid-19 has lasted far longer than we expected when we first went into lockdown back in March and who knows how much longer it will have an impact on our lives and activities. It is hoped that everyone has been coping and keeping well.

The shop and post office have continued to play a vital part in the community during these difficult times by supplying the basic grocery needs and postal services, despite a reduced number of volunteers as a result of self-isolation. Thanks to the new volunteers who have stepped in to cover and those who have found new supplies to keep the stock levels up – we now have a large selection of flours as well as a small range of fresh vegetables. Although the bar is not open, bottled beer is still available to buy through the shop.

Due to the small size of the premises, only one customer can enter at a time to ensure safe distancing and, thank goodness, the weather has been so good it has enabled queuing outside in the garden where we have been able to catch up on local news! Remember that you may also place your order in advance on 01558 685156 or email shop@cwmdu.com, for collection or even delivery if necessary.

Opening hours are now: Tuesday – Friday 9.30am to 1.30pm as before (but could be subject to change) but we are not open on Saturdays.

The library has proved to be a useful source of books for people to borrow (no charge) to keep them entertained during lockdown. Ask at the shop if you want to go upstairs to browse the books in the Blue Room. We have also been kept mentally stimulated by Richard Hughes supplying weekly quizzes and sudoku puzzles via our website www.cwmdu.org – thanks Richard.

The Cwmdu Inn was a pick-up point for some ready meals supplied by Pink Peppercorn (who have been one of our chefs in the restaurant in the past) for a few Friday nights in May which brightened some of our lives.

Our annual Plant Swap couldn't happen in its usual form, but thanks to the organisation by Graham and Eva, spare plants found new homes during a week of

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donating and selling in the garden on a very casual basis with an honesty box and no close contacts. Money raised went towards running of Cymdeithas Cwmdu and to the purchase of compost and plants that keep the window boxes and outside of the building looking good. The tradition of growing runner beans up the front of the Cwmdu Inn has continued – the plants are now growing well up the supporting strings and we are hopeful of a good crop again this year.

At the time of writing, lockdown is gradually being lifted, so hopefully we shall start seeing some more local activities. Keep an eye on our website and on Facebook and of course the next issue of The Post. In the meantime, look after yourselves and each other.

NEWS FROM THE TOWN HALL

We were pleased to hold our first Town Council meeting via Zoom this week with a majority of Councillors present, it was nice to see everyone and get back to business.

May was supposed to be The Mayors Installation, due to circumstances we were unable to have the protocol Ceremony and Dinner, we are hoping to have a celebration at the end of the year to welcome The Mayor of 20/21 Cllr Louise Wride, well done, with things being halted slightly, she has been busy cleaning the Square and litter picking the Car Park to keep busy!

A big Welcome and Congratulations to The Deputy Mayor of 20/21 Cllr Handel Davies, who has also been working hard getting projects together and attending meetings to help regenerate Llandovery.

There are many exciting things on the horizon and we are all looking forward to progressing these when then the Pandemic is over.

We hope everyone is well and staying safe.

12/20(6)



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WILLIAMS PANTYCELYN MEMORIAL CHAPEL

We are pleased to announce that we have a new minister! First of all, a huge thank you to Leonard Phelps who has been our minister for a number of years. Hopefully, we'll still see him and Judy around, but they will be happily retired!

Rob and Kate Morse have been living in the area for seven years, but have until recently been pastors of The Table in Cardiff.

"I am so glad our days of travelling from home in Llansadwrn to the flat in the church at The Table are over. It was a wonderful experience in Cardiff being pastor of the church which had a huge focus on the ministry of reconciliation, and supported work amongst vulnerable groups including lonely seniors and survivors of trafficking. It was an honour to serve the Lord and the community in such a way; but now we are delighted that the next part of our journey has brought us more fully into the area."

Rob has been the head of a large 6th form in Cardiff where he served on the senior management team, and brings vast experience with him of inspiring young people and their families, and the wider community to overcome barriers to learning. "It is sad when potential is never realised, when dreams and aspirations are limited by previous failure or from fear of change. This is true whether we talk in terms of faith and church, in terms of fighting injustices and inequalities, or growing older and life in general."

"I am actually working on overcoming a barrier to my own learning at the moment. When I was at school my Welsh teacher could often be heard to shout "Robert, pay attention, stop looking out of the window!" Having started to learn Welsh three times whilst head of 6th form in Fitzalan High School and each time pulled away for pastoral reasons, I am pleased to say that I am now following the "Say Something in Welsh" course. This time next year I'd love to be able to take services in Welsh. If you see me around and can siarad Cymraeg please test me....apparently, the more mistakes I make the better I will become."

Rob's main roles will be to encourage and nurture the members and friends of William Williams Memorial Church, and to share the message of hope and reconciliation within the wider community. "Hopefully I will be useful in various ways, but obviously being the



minister of WPMC, I stand on the Rock of Christ and with empathy and understanding agree with the great hymn writer, poet and preacher William Williams himself when he says, "I am weak but thou art mighty, lead me with thy powerful hand."

We are looking forward so much, just like everyone else, to be able to meet again once the lockdown regulations are eased, but we know that we will have to get used to a new 'norm', as things will not be the same. One thing we are hoping for is a greater sense of community and togetherness, and a rediscovery of values that can be easily forgotten, and also a fresh appreciation of the Word of God. And we are looking forward to being able to properly welcome Rob and Kate!

Until then, why not visit us at www.facebook.com/WilliamsChapelLlandoverly to find out more?

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TUTOR CENTRE NEWSLETTER ONLINE LEARNING MAKES ITS MARK

This past year, particularly with lockdown, on-line teaching has become widely accepted, not least by the educational mainstream. Net-Teach has been extremely busy with students registering for extra assignments and mock examinations, as well as the completion of coursework and mocks for our own existing students. Everyone has worked extremely hard and we are happy to report that it has all paid off.

All our students have now finished their respective GCSEs and A levels and, provisionally, all have passed their exams with good grades thanks to their hard work and that of their teachers.

We have a spectacular team of talented, mostly local, teachers working with us and all have given that extra input for their students. A big thank you to each and every one of you.

The results have again been excellent and we retain our 100% pass rate over the whole of our 10 years of teaching.



Here's what one local parent said:

"As a father of a teenage girl who was struggling at school, I was very fortunate to come across Net-Teach. My daughter's confidence and standard of work have improved remarkably. She's on target to achieve good GCSEs and give herself options for 6th form. We are miles away from where we were a year ago and I am delighted with this team of teachers".

We have been offering, and will continue to provide, free advice to anyone who is confused about the current educational situation and about the Autumn examinations – just give us a ring and we will do our best to answer your queries.

Net-Reach Charity

With a grant from the National Lottery, the Charity has set up a number of new projects to work with NEET students, for example teaching English to groups of settled refugees for the Red Cross, amongst others.

As soon as the Lockdown rules allow us to re-open in full, we will be back working with Home-Education groups, Carmarthenshire Council providing Welsh classes, Computer classes with Prime Cymru and classes for students from the Local Education Authority.

This year has already seen us double in demand and we will soon outgrow our current offices. As there is no longer capacity to expand into the rest of the school, we are currently looking for further accommodation to house the Charity and its growing number of deserving students. If you think you can help or know someone who can, please do not hesitate in calling us – our thanks in advance.

Net-Teach will continue to operate in the village school for now providing an alternative educational pathway for all students requiring GCSEs, A levels, tuition, short courses or any other educational requirement.

Our new projects include partnering with a significant private school in Devon to deliver online services abroad, a new venture for tutors and students to sign up and find each other called 'Tutors Online' (currently being designed and executed by James from Llansadwrn), and a new venture into an Online School for ages 5 -19 offering a complete GCSE and A level provision for all, with classes capped at 7 students.

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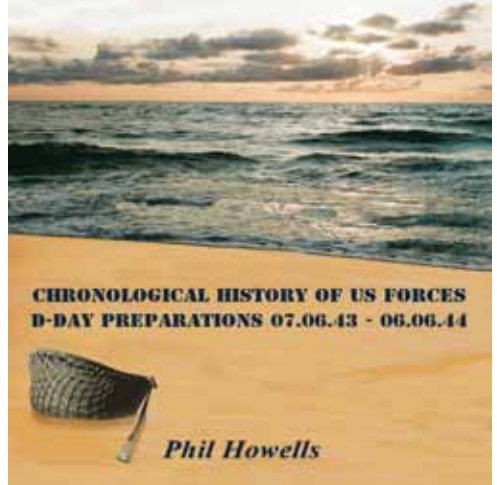
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For exactly twelve months leading up to D-Day on the Sixth of June, 143,870 GI's and USN CB's landed in South Wales during Operation Bolero. Army and Navy Engineers built camps, hospitals, depots and maintenance bases, others trained on beaches and ranges for the Invasion. Many would often debark their troopships, entrain on GWR or LMS trains and be away to their camps in the UK..

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Published on Amazon to coincide with the 76th Anniversary of the Normandy Landings, with a 'Foreword' by Dame Shân Legge-Bourke DCVO, this detailed, well researched, fascinating narrative, not covered in one volume before, combines Operations BOLERO, OVERLORD and its naval off-shoot NEPTUNE – The Invasion of Northern France, but seen from a South Wales perspective.

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Please contact Gwynn Davies 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.

Please call Liz on 07791 241197 for details about the Women and Girls’ team.

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 07867 794771 for more information.

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20/05/20	44	Louise Evans
27/05/20	46	No winner
03/06/20	48	No winner
10/06/20	40	No winner

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09/20(4ab)

LLANDOVERY CROQUET CLUB



After a long delay to the start of our season, members of Llandoverly Croquet Club are at last able to enjoy playing this fascinating game.

The club has had to introduce some restrictions in accordance with the latest government guidelines. Members who wish to play are reminded that they should contact the secretary to book a lawn before travelling to the club. The club house will be closed apart from the toilet facilities, so members should bring their own refreshments and hand sanitizer.

Croquet is a sport suitable for all ages and is one of the very few sports that men, women, boys and girls can play on equal terms. It is a challenging and intriguing sport requiring tactical ability, judgement and skill rather than strength and fast reflexes.

If you would like to try croquet, or to find out about the latest situation at the croquet club, please contact the secretary John on 01269 593938 or 07435 786762, or email john.evans@zen.co.uk

AT 83, BRIAN DOES IT AGAIN

Brian Page of New Road produces a lovely vegetable garden again.



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It is nearly mid-summer and all at PadmaSamBhava hope that you are well and able to share these longer days with some of your friends and family as 'lockdown' opens up a little. Indeed, as time goes on, it is even more important to remain positive and continue to do your own yoga practices. If you would like any help or suggestions about this, please do contact the Centre on 01558 823842. In order to provide some yoga teaching for the students, PadmaSamBhava has begun piloting Zoom classes. These classes are offered as a contribution to existing classes at this time and have been well received. The Centre is working its way through all the classes so that each student will be offered a chance to attend. The Zoom classes have run smoothly and so far technical fears and phobias overcome. Students have enjoyed greeting their classmates once again and seeing the Yoga room.

Thankfully all is well at PadmaSamBhava; however, with the concerns we are all currently facing, the Centre does not yet have a date for reopening and will wait until it is safe for everyone. All at PadmaSamBhava look forward to a time when all will be able to enjoy the classes with renewed vigour, pleasure and enthusiasm.

PadmaSamBhava is still there for students old and new and is happy to remind students of their Yogic practices including meditation, which can be so useful – so please do keep these up. A few simple stretches can help release tension in the physical body and breathing practices with awareness can make a big difference to the state of our minds, our health, as well as relax the body. Please do call us if you need help and guidance.

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 PadmaSamBhava. All the teachers wish everyone the best of health and well-being.

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. The physical movements bring flexibility to the body and the breathing practices are useful tools to calm the mind and increase energy. Each class ends with Yoga Nidra, a deep relaxation practice which helps reduce stress, calms the mind and relaxes the body. All these points make classes at PadmaSamBhava especially beneficial and enjoyable. Indeed, the classes can help with everyday life and the problems it may bring and generally help with well-being.

News and updates will be posted on the website www.padma.org.uk The Centre can be contacted on 01558 823842 or mail@padma.org.uk

LLANEGWAD RAINFALL



This month was even drier than April with rain falling on only 5 days, the wettest day was 22nd with 11mm.

In the 9 weeks since the 20th March only 57mm – 2 1/4"

May Total: 12.5mm – 1/2"

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11/20(12)



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08/20(13)



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08/20(13)



LLUEST

TAILS FROM THE TRUST CONNIE THE LOCKDOWN RESCUE FOAL

With being closed to the public and unable to fundraise in our usual capacities, we have had to cope with the most unique circumstances in its 35 year history. Equine welfare and rescue work must continue even during lockdown. When we received a call from a worried walker in mid-March about a foal, we knew we had to respond urgently, despite the challenges we faced.

What greeted us was the most heart wrenching scene; a tiny foal all alone and hungry, still trying to feed from her thin dead mother on the ground. At only 2-3 weeks old, our team and Dyffryn Tywi Equine Clinic vets scrambled to catch and guide the frightened foal over fences and bridges to safety. Over the following days at the trust, she was fed around the clock and learnt to trust the team.

Rescue is just the beginning for Connie. She will have a tough battle ahead to grow and learn to be independent



on her own. As an orphan separated from her mother so young and found in such harsh conditions, she may well face health problems as she grows. For us, it's the best result that she won't grow up in a life of neglect that she wouldn't have survived. We will strive to give her a safe haven as long as she needs it.

Three months on, Connie can now run around outside freely, growing stronger and making friends with our other foals rescued in lockdown Apollo and Zeus and of course Gwen. It's vital she grows up with horse company, and one of our older residents Abbie has taken her under her wing after losing her own foal a couple of years ago. She's finally had a chance to mother a baby and since we introduced them, they haven't looked back.

We've had incredible support from our community throughout lockdown and our work continues to be vital with 28 horses on site. If you would like to donate to support our rescue work and give foals like Connie a second chance in uncertain times, please visit our website www.llesthorseandponytrust.co.uk/connies-story/ and Facebook page: www.facebook.com/lluest/

Connie's story will continue to unfold and we hope to be able to rehome her in the near future.



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BLAENOS BSA 11/20(13)

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*(Please leave your telephone number if an
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WRITERS AND ARTISANS

An opportunity has arisen for Artists (incl. poets) and Crafters to be part of a creative group of people selling their products and services from a small retail unit in Llandoverly.

Prices start at £4.50 per week (excl. shared heating costs) and/or a small commission on sales to donate to the group's wider aim of supporting local wellbeing projects.

Products for sale in the arts and crafts outlet shall be eco-friendly, vegan and fair-trade. People are sought to volunteer half a day a week in the premises.

Holistic practitioners and others involved in wellbeing related fields of life and work are also welcome to call with an expression of interest; in addition to the artists, writers and crafts-people. Please telephone Sandra to register your interest on 01550 721197.

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06/20(12)

03/21(12)



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11/20(12)



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THE POST 31



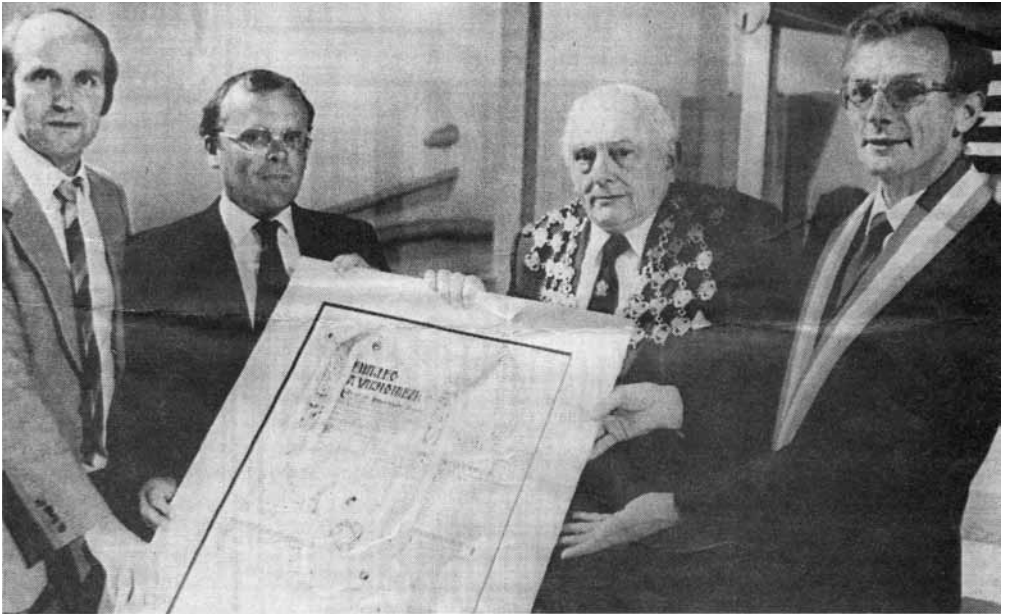
THE 1980S: THE TWINNING YEARS

Thirty five years ago a twinning ceremony took place in Llandoverly/Llanymddyfri linking the ancient borough with the town of Pluguffan/Plugüen in Brittany. The partnership persists thanks to the efforts of many such as Glyn Evans, Martin Watts and the present chairperson Kate Morgan. It may be of interest to learn why and how the twinning came about.

Throughout the 1970s there was much agitation in Welsh communities in support of efforts to ensure the survival of Welsh as a living language. The unrest in Wales was part of a Europe-wide movement in support of minority languages such as Breton, the Basque language, Irish Gaelic, Scottish Gaelic, Cornish and many others. It was felt that one way of promoting minority languages was to establish relationships between appropriate settlements in the various countries and regions.

Llandeilo was one of the first towns in this part of Wales to twin and did so with Le Conquet in Brittany. A few of us in Llandoverly were interested in the idea and in the spring of 1982 we met with representatives from a town near Le Conquet who were looking to twin with a town near Llandeilo. Their invitation to visit their town in the summer of 1982 was readily accepted. But first a public meeting in Llandoverly chaired by the Mayor unanimously agreed to go ahead with the twinning idea. A committee was formed made up of two representatives from every organisation in town; thank goodness the White Hall had a big room almost large enough to accommodate the whole committee! I was elected chairman, the late Eirwyn Stephens vice-chairman, Mel Williams secretary and Geraint Morgan treasurer. I was given the green light to visit the place in Brittany in the summer of 1982 and to report back on its suitability as a twin town.

We received a warm welcome on our visit to the town near Le Conquet and received an invitation from the Mayor for the Llandoverly Male Voice choir to visit the place in the summer of 1983. Back in Llandoverly the choir readily accepted the invitation and their proposed visit was endorsed by the twinning committee as a step forward in deciding the suitability of the place as a twinning partner. Choir members went about buying passports and interest in the twinning idea was growing. I enlisted the assistance of Huw S Thomas, French master at Llandoverly College, to receive any telephone messages that might come from the Breton town. Only one message came and that arrived in early 1983 to inform us that town council elections had taken place in Brittany and



Forging links... civic leaders from Llandoverly and Pluguffan, Brittany, with the official proclamation signifying the twinning of the two towns. In the picture, from left to right, are: Dr. Denley Owen, chairman of the Llandoverly Twinning Association; his French counterpart Bruno Le Rumuir; Coun. David Hamilton Evans, Mayor of Llandoverly, and Francois Cuzon, Mayor of Pluguffan. Picture: Keith Lewis. Llandoverly.

the Mayor and several councillors had lost their seats and the new Mayor had no interest what-so-ever in twinning! What a disappointment! Did not the gentleman realise that Llandovery Choir had paid for passports?!

I turned to Cymdeithas Cymru/Llydaw (Wales/Brittany Society) which held a list of towns interested in twinning. As luck would have it a town near Kemper already with a twinning committee was ready to talk twinning. Another bit of good news was that the chairman of the Pluguffan/Plugüen – that was the name of the town – twinning committee was fluent in English. It was arranged for the chairman to telephone me and a night or two later I had the pleasure of speaking for the first time with Bruno LeRumeur who lived on a farm, Kernevez vihan, near Plugüen. Bruno invited a deputation from Llanymddyfri to visit Plugüen at the end of May 1983. And so it was that myself and the late Eirwyn Stephens together with Colin Bancroft and Gerald Prichard travelled in Colin's car to Southampton and took the ferry to Cherbourg. On the road to Rennes – where Bruno and others were to meet us – the car's exhaust fell off and from then on the vehicle's tractor-like noise attracted people out of their homes as we sped through the villages of Normandy. When Rennes came into view I realised that our nominated meeting place, Rennes rail station, was a huge place! How on earth were we to recognise the Bretons from Plugüen?! We parked the car and walked towards the hundreds of people milling around the station. And then amongst the crowd was a Red Dragon walking on its hind legs! I approached the Dragon and offered it my hand ... "Denley?" asked the creature wrapped in the large flag ... "Bruno?" I replied and that was the start of a friendship that has lasted to this day.

Our three day visit to Plugüen was an exceedingly busy one and the four of us were very pleased with what we saw and heard. Even though none of us from Llanymddyfri was fluent in French or Breton there was enough similarity between Welsh and Breton to enable us at least to ask where the toilets were. It was a very favourable report that the four of us presented to the twinning committee in Llandovery.

During the summer of 1983, ten or so members of the Plugüen Twinning Committee visited Llandovery when it was agreed to proceed with the twinning and to hold two official ceremonies – the first in Plugüen in the summer of 1984 and the other in Llanymddyfri a year later.

And so it came about that two bus-loads – one carrying the Male Voice Choir – and one or two car-loads travelled to Pluguffan at the end of August 1984 and a similar number made it to Llandovery at the end of July 1985 to take part in the twinning ceremonies which were conducted through the medium of Welsh, Breton, French and English. For the Llandovery ceremony a special multilingual booklet was prepared by Handel Jones describing the town and surrounding villages and including a pile of adverts which give a revealing picture of the shops and businesses in the town 35 years ago. The twinning charter, a work of art by Jakez Derouet of Plugüen, that was signed in the ceremony can be seen today in Y Gannwyll, Llanymddyfri.

Denley Owen

CAROLE SPACKMAN: ON-LINE POTTERY



Llanddeusant potter, Carole Spackman, was optimistic for 2020, with a replenished display of work in Llanddeusant Church & a full year of exhibitions & workshops planned, but, as with most potters & other artists, these have had to be put on hold until it is safe to continue.

Carole hopes that her guest artist feature exhibition with workshops at The Makers Gallery, Crickhowell, can be rescheduled for later this year along with her August Exhibition at Llanwrtyd & District Heritage & Arts Centre, if this too has to be postponed.

Colin Horsman's wild flower photographic vistas would have also been featured in these two exhibitions. Colin, photographer for the Countryside Commission, has been taking these meadowland photographs for several years throughout the four seasons from Llanddeusant Churchyard, a wild flower meadow, that overlooks the Sawdde Valley under the drama of the Black Mountain. Each year a different combination of wild grasses & flowers appear, with a single Southern Marsh Orchid making its first appearance this Spring.

Carole uses these Llanddeusant wild flower images for her 'Meadow Flowers' tableware & vases to create an impressionist style of decoration. Colin & Carole's creative work compliment each other.

Tywi Valley Open Studios, an event that Carole particularly enjoys, with visitors able to see her studio, take part in workshops or discover her Welsh mountainside garden has also been delayed until July 2021. As her studio had already been prepared for this event, Carole hopes there will be opportunities later to welcome visitors to see her work & also explore the garden that has benefitted from extra attention this year.

Meanwhile, this breathing space has offered time for thought & opportunities for Carole to develop new designs & skills. Her Etsy shop has been restocked to take mail order pots. She has started to make videos showing her making process which can be seen on her Facebook page.

You can follow Carole's work on her Instagram & Facebook pages, Carole Spackman Ceramics or on her website – www.carolespackmanceramics.co.uk

From Pilycwm to Rajasthan

THE BUTTERFLY EFFECT – HOW DID I GET THERE?



As part of my New Year's resolution some years ago, I set out on a cold January day to attend a class in wet-felt making. I was told by the tutor to make a note of the date, as that was the day that would change my life. I didn't honestly believe her but that's just what happened...

While my felt is made predominantly with sheep's wool, it's not the 'fuzzy felt' of our child-hood, snooker tables and hats – it is made from the softest of fibres and curls. Within a few weeks I had progressed to 'nuno' felting - a technique which incorporates silk (or other open weave material) in the felt-making process to produce a completely new fabric without stitching, sticking or sewing.

Buying silk in the UK can be expensive so I began researching suppliers of vintage silk and thus began a relationship with a company in Delhi from where I bought a variety of fabulous fabrics over the months. The craftsmanship is exquisite. Soon I was buying vintage saris and dupattas (shawls) because I loved the detail and workmanship - these textiles never did find their way into my nuno felt. Once ordered, I eagerly anticipated a little bundle from India - packages covered in an array of intriguing stamps; sometimes sewn by hand and sometimes containing an extra little gift for me.

I marveled at the workmanship - tiny bandini (tie-dye) patterns which must have taken hours to make – complete with hand-sewn beads, intricate metalwork and other embellishments.

My imagination ran away with me - wouldn't it be fun to meet my supplier? I did think that a weekend just to Delhi was a bit excessive so I booked a trip around the Golden Triangle - Delhi, Agra and Jaipur. And so my love affair with India began.

I have returned to Rajasthan (one of the more northern states) many times, usually on my own, but this year organised a three-week trip with a small group of like-

minded ladies to share with them my passion for this most fascinating of countries. Men were welcome to join but none were brave enough!

It is true what they say – "India is an onslaught for the senses" – colours, smells, noises, tastes and emotions. The people are generous with their time, wit, warmth and hospitality – and it is the people who provide my abiding memories, no matter the fabulous treasures of Taj Mahal and other wondrous monuments.

India is not for everyone, but if you can see beyond cows (and other animals) on the road, honking horns (because they can), being the object of genuine curiosity (in the way that Indians are to us), then you will have the most wonderful experience.

Once off the plane you just get into the swing of Indian life.... On one trip I was drinking 'opium' tea with Bishnoi tribal elders within a few hours of landing, on another I 'flew' the zip-line from fortress battlements (no hard hat required) and on my most recent trip my 'girls on tour' spied an elephant through the kitchen door of a restaurant. Did we take a photo? No - it seemed perfectly normal at the time – we were only bothered by the traditional musician playing 'Frere Jacques' on a sitar! Only in India!

Accept the people and they will accept you. I have made what I know to be life-long friendships over the past few years – ranging from the drivers who have spent weeks at a time in my company and whose only concern have ever been for my safety and well-being; traders who have opened their hearts and homes to welcome me and my 'girls'; to a Maharani with whom I had organised a week of voluntary work, only to be curtailed by Covid-19.

Besides the people, India does of course have a few must-see sites.... The incomparable Taj Mahal for one – despite being the most popular and revered monuments amongst Indians and tourists alike – you can still find a quiet corner just to marvel at its awesomeness (after you've had your photo taken of course on 'Diana's' bench!). The pink city of Jaipur with its Amber Palace and Jantar Mantar; the blue city of Jodhpur, home to the impregnable Mehrangarh Fort and Umaid Bhawan Palace; the White city of Udaipur with lakes to mesmerise; the golden city of Jaisalmer.... I could go on but there are guide books to tempt you!

My trip this year began on March 1st – the plan being that after three weeks of touring, my 'girls' would depart, leaving me to have a week volunteering with village ladies. Although we were aware of the coronavirus panic looming in the UK – we laughed at Facebook images of Waitrose shelves empty of toilet rolls – we had no idea of how events would unfold for us. Luckily, we had seen the major sites as planned, participated in block printing, cooking, leopard safari and traditional painting lessons.

We were also fortunate enough to take part in the 'Holi' festival which celebrates good over evil and the beginning of Spring. We witnessed bonfires burning on Holi eve and naturally 'played' with paints and joined the dancing on the day itself.

The only change to the itinerary was to spend time in Udaipur instead of Kerala, which had closed its borders very early on in the crisis.



During the last few days it became apparent that hotels were taking Covid-19 very seriously – we were not allowed into our final hotel until getting the ‘all-clear’ from the main hospital. Major monuments were closing and shops were beginning to shut. I was unable to carry out voluntary work as groups were unable to gather, but I still thought a few days in Udaipur would be welcome after my girls had departed for the UK. My plans were shattered when I received a phone to suggest I ‘got out quick’. In other words, join my party on their overnight trip to Delhi and get an earlier flight home.

So, I had to say goodbye rather quickly to my lakeside view hotel in Udaipur and travel for 12 hours in our minibus as internal flights had by then been cancelled. I said goodbye to my close friends - as they had now become - at New Delhi airport while I waited 36 hours for a new flight to Dubai and onward to London. Indira Gandhi International airport was a sad place when I left – the airside shops and restaurants were being closed around me as I departed within two and a half hours of the airport shutting.

It was a sudden and severe lockdown in India but with a population of nearly 1.4. billion, confirmed deaths are (as at time of writing) less than 6,000. I will return next year with a new group with whom to share the wonders of India and complete the voluntary work I passionately believe in. Are you up for the adventure?

Oh, and as an aside – that first wet-felting lesson did change my life... In addition to the adventures above, I recently ‘gave up’ my day-job to start my own felting venture – ‘Fabulous Feltings’ – giving regular workshops and making unique wearable art. For more information please visit www.fabulousfeltings.co.uk

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09/21(12)

A POLLYANNA MOMENT

We seem to be having a Pollyanna Moment in the village!

Children have found they can meet and have fun just exercising by being on their bikes and skate boards – any wonder they prefer not to talk about school?

Walking is also a great way to exercise, and the bonus is meeting neighbours – at a social distance – to catch up on family news. Thanks to the warmest May on record, home grown vegetables are racing ahead, with an abundance of greenhouse plants to share and, optimistically, plant outside. And why not? We have plenty of time to keep an eye on the weather!

If you have forgotten to order your shopping with Anthony/Tony on 777344, despair not; he will always find a way to help you whether from the village shop or elsewhere. Laura, our local shopkeeper, opens the doors of the store daily at 7 a.m. She will always find time for a chat, a helping hand with any query and, of course deliveries as well.

The tubs and flower troughs around the village have sprung to life with summer blooms and the Llanwrda Bloomers are now tackling the weeds in the hall grounds – another chance to chat and enjoy each other's company – with the required 2 metres observed!!

So that is it – a Pollyanna Moment of optimism during a time of unprecedented threat.

Llanwrda Bloomers

LLANDOVERY CARERS GROUP

Until the monthly meetings begin again, Carer's who need to ask for support or who need information etc. are welcome to call the voluntary group facilitator, Simon. A monthly mail-out of locally written poetry is also available, please ask for details. 01550 721197.

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Dydd Gwener/Friday Ar Gau/Closed

Dydd Sadwrn/Saturday 10.00am – 12.00pm

Sunday – closed

READERS LETTER

Dear Editor

In recent years The Post has carried news of fund-raising efforts in and around Llandovery to support the Welsh school, Ysgol y Cwm, in Trevelin , Patagonia.

Recent news about the virus from Argentina has been troubling so I contacted Clare Vaughan in Trevelin to ask how things are going. as the news from the school web site was also concerning <http://www.ysgolycwm.com/blog.html>

Clare wrote back today telling me:

We are like everybody suffering the consequences of a long hard lockdown but lives have been saved so we are respectful of the measures taken. However, as you might imagine it has had a terrible effect on Ysgol y Cwm. Due to the Chubut government's failure to support us in any financial form despite promises that they would, we are facing the same. bills every month and having to pay all our staff salaries with fewer parents able to pay in these uncertain times.

We have been lucky to have fantastic teachers both local and from Wales and they have agreed to accept a salary which does not reflect a pay increase despite government schools receiving this.

We are still struggling to get the government to help, we are still doing fundraising events every month but it is a difficult time so we are so grateful. to our friends for their generosity and for thinking of us at these moments.

I know some of your readers are already helping them, but others may not appreciate the difficulties the school are experiencing. It's such a brave project that any donations will not only help them financially but also help their morale. Details to donate are on their website where you can donate direct to their UK account ;

Barclays Bank; Account Name: Ysgol y Cwm; Account Number: 83024431; Sort Code: 20-47-34

These are really strange times and the effects of the virus means there are so many worthy causes here at home but I hope your readers will feel able to help.

Lastly, thank you to you and your team for keeping The Post in action

Stay safe
Wyn Edwards

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- **Ashford Eight Shaft Table Loom** with stand and heddles, 32" wide, £575. Warping Frame, £50 plus many other items. Tel: 01267 202733.
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- **FORD RANGER**, SUPERCAB, 2004, Silver, 2.5L Turbo Diesel, 5 speed manual, MOT Oct 2020, BF Goodrich tyres, Alarm, Immobiliser, Air con but broken pipe so not working. Will send pics by e' mail or just come and see. Bit rough so only £1250. Will be SORN from July. Tel: 01550 760235.
- **Fill your garden with primroses ready for next spring!** Plants for sale 30p per pot. Pick them up from the front garden of Llwyncelyn Isaf, next door to Sawdde Autos on Llangadog Common. Please bring correct money. Proceeds to 'Money for Madagascar' Reg. Charity no. 1001420.
- **Munich Tools MT 8500WB petrol generator**, boxed and unused. £190. Tel: 07831 893389.
- **x4 winter tyres 175/70/R14**. 1x2mm, 2x3mm, 1x4mm tread depth, £20. Tel: 07831 893389.
- **x2 100mm twin walled 6 metre pipes**, 1no 100mm slotted 4metre pipe, £25. Tel: 07831 893389.
- **Non-dairy cheese**. Refrigerated. V-bites. Ordered in error. Red cheddar style. (both red and white varieties available). 190g blocks. Long sell-by date. Wholesale price – £1.75 each (rrp £2.19) Plenty available in Llandoverly. Sensible offers for bulk buy. Tel: 01550 721197.
- **Rayburn Supreme coal and wood fired stove**. Needs some repair. Good overall condition. Any sensible offer considered. Phone: 01550 777149.
- **20 tonne bottle jack**, £15. Tel: 07831 893389.
- **Flymo Mini Trim Contour XT**, Strimmer and edge cutter. Nearly new. Used only twice. £15. Tel: 01550 777591.
- **New Hog Ring Pliers**, £20. Tel: 07922 174986 (Llandeilo area).
- **Blue plastic 40 gallon open top water butt**, £10. Tel: 07922 174986 (Llandeilo area).

- **Lazy Tong pop riveter**, £10. Tel: 07922 174986 (Llandeilo area).

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- **Old and new air rifles** and pistols, break barrel, under lever, gas, PCP & Pump, anything considered. Tel: 07791 022458.
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- **Grazing land**, possible long term and suitable for sheep, must have water, including sheds if possible. Tel: 07872 509031.
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- **Home help P.A.** Various positions for self-employed person or Agency. Also driver, carer and admin help (incl. computer work from your home). Tel: 01550 721197
- **Volunteer Support Sought**. Person to type up and scan poetry once a month for a free community group mailout or a local sponsor for funding someone to help to do it please. Also, someone to post online entries to community forums. Tel: 01550 721197
- **Various Items Required**. From covid-free home only and unused if possible: CD Player, digital and FM radios, portable analogue TV, tape player, half-sized refrigerator, spin dryer. Tel: 01550 721197
- **House to buy**. Basic, rural, detached property required. First time buyer price scale. Garden essential. Outbuilding desirable. Not village setting but not too remote/isolated. Not recently decorated/renovated. Also rural property to rent wanted for healing, wellbeing, retreat centre use. Please leave your telephone number on: 07903 195835

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The Coronavirus situation affects the ability of our churches to offer ministry in the usual way. However, all clergy in the Bro Dyfri LMA are available by phone or email. Please feel free to get in touch with any one of us if you have something on your mind. If you would like to receive regular emails, please let us know.

We would be delighted to receive prayer requests, either for inclusion in broadcast services or in the daily offices of Morning and Evening Prayer, which ordained clergy say each day.

Obviously the local situation will change in accordance with government guidelines, and we will do our very best to keep you informed. In the meantime, please be assured of our prayers during this testing period.

Revd Ann McKnight: 01550 721109

Revd Rik Mayes: 01558 685186

revrmayes@hotmail.co.uk

Revd Tim Nelson 01558 685415

timnelson@btconnect.com

- Sunday Reflection sent out each week. To be included in this, please send contact details to Tim on the email given above.

Revd Viv Sayer 01550 777200

revd.viv.sayer@gmail.com

- Daily Scripture readings on Facebook at Vicarage Llanwrda and on the Bro Dyfri Facebook page.
- Sunday Eucharist is said at Llanwrda Vicarage at 10.00am. The service itself is not broadcast at present, apart from the address, which is uploaded to Facebook and sent as an attachment to email users.
- Rainbow Church (Shem the Sheep helps to deliver a broadcast meditation for families and a suggested craft activity on the fourth Sunday of the month).

Revd Jeff Thomas 01550 777758

jeffthomas@churchinwales.org.uk

- Daily reflections for Llangadog, Llanddeusant and Gwynfe on the Llangadog Church Facebook page.
- Daily reflections and local news for Llangadog, Llanddeusant and Gwynfe by e-mail on request.
- Live-streamed Evening Prayer on Wednesdays at 5pm.
- Live-streamed Holy Communion on Sundays at 11am.

ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

ST DAVID, ABERGORLECH

For further information, please contact Rev Delyth Wilson, 01558 685764.

PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

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Contact Mark Barrett on 01639 699943 / 07450 917447 or barrettm814@gmail.com

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ST CYNWIL, CYNWYL GAEO

For further information, please contact Rev Delyth Wilson, 01558 685764.

ST SAWYL, LLANSAWEL

For further information, please contact Rev Delyth Wilson, 01558 685764.

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E-English W-Welsh B-Bilingual

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PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI

It is understood that, at time of going to press, that all church services have been cancelled until further notice.

WILLIAM WILLIAMS CHAPEL

High Street, Llandoverly

For further information, please contact Minister Leonard Phelps. Tel: 01591 610083.

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Further information contact Focal Minister Revd Roger Nock on 01267 202347 or see our Facebook page.

RIVERS COMMUNITY CHURCH

For further information contact

Rhys Jones, (Mobile) 07511 551541 (Home) 01269 492299 (Email) rhys.riverschurch@outlook.com

THE WELL, LLANWRTYD WELLS

For further information please contact Becky on 07980 915660 or drbeccles@gmail.com

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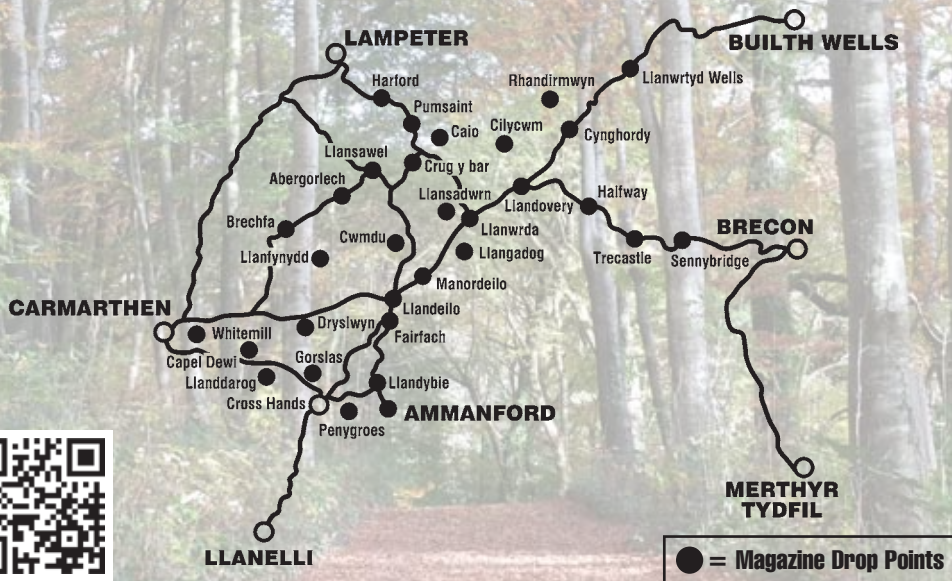
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Black & White	£187.25+VAT	£140.44+VAT per issue	£125.46+VAT per issue	£93.63+VAT per issue
HALF PAGE (132mm x 93mm)				
Full Colour	£121.74+VAT	£91.31+VAT per issue	£81.56+VAT per issue	£60.87+VAT per issue
Black & White	£116.22+VAT	£87.17+VAT per issue	£77.87+VAT per issue	£58.12+VAT per issue
QUARTER PAGE (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
EIGHTH PAGE (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
SIXTEENTH PAGE (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 779924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towly 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 – Lampeter

via Llansawel (A - 288) or Pumsaint (B - 289)

Llandovery (Car Park) A 9.15 am (Mon, Tues, Thurs, Fri)

Llandovery (Car Park) B 12.50 pm (Mon & Fri only)

Caio Post Office B 10.55 am (Tues & Thurs only)

Golden Grove – Llandeilo – Carmarthen (277) Wed only

	Wed		Wed
Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
Ffair-fach	9.15	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgaredig (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
Nantgaredig (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
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	6.36	8.00	9.59	11.00	13.04	15.00	17.04	18.29
Llangadog (Common)	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Rhyd)	—	—	10.17	—	13.22	—	17.21	—
Llansadwrn (War Memorial)	—	8.13	—	11.13	—	15.13	—	18.42
Llanwrda	6.49	8.26	10.31	11.26	13.31	15.21	17.29	18.50
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

Day	Time	Activity	Day	Time	Activity
Mon:	11.00am – 11.45am	Group Splash	Thur:	12.00pm – 1.00pm	Family/Lane Swimming
Mon:	12.00pm – 1.00pm	Family/Lane Swimming	Thur:	1.00pm – 2.00pm	Recreational Public Swimming
Mon:	1.00pm – 2.00pm	Recreational Public Swimming	Thur:	2.00pm – 3.55pm	Private Booking
Mon:	2.00pm – 3.00pm	Disabled Session	Thur:	3.55pm – 6.00pm	Wave/Splash Lessons
Mon:	5.00pm – 6.00pm	Recreational Public Swimming	Thur:	6.00pm – 7.00pm	Family/Lane Swimming
Mon:	6.00pm – 7.30pm	Family/Lane Swimming	Thur:	7.00pm – 9.00pm	Canoe Club
Tues:	12.00pm – 1.00pm	Family/Lane Swimming	Fri:	7.30am – 8.15am	Lane Swimming
Tues:	1.00pm – 2.00pm	Recreational Public Swimming	Fri:	8.15am – 9.00am	Recreational Public Swimming
Tues:	2.00pm – 4.00pm	Private Booking	Fri:	12.00pm – 1.00pm	Family/Lane Swimming
Tues:	4.00pm – 5.30pm	Wave/Splash Lessons	Fri:	1.00pm – 2.00pm	Recreational Public Swimming
Tues:	5.45pm – 7.00pm	Recreational Public Swimming	Fri:	2.00pm – 2.30pm	Group Splash
Wed:	7.30am – 8.30am	Lane Swimming	Fri:	4.00pm – 5.30pm	Wave/Splash Lessons
Wed:	8.15am – 9.00am	Recreational Public Swimming	Fri:	5.30pm – 6.15pm	Family/Lane Swimming
Wed:	12.00pm – 1.00pm	Family/Lane Swimming	Fri:	6.15pm – 7.00pm	Adult Lessons
Wed:	1.00pm – 2.00pm	Recreational Public Swimming	Sun:	9.30am – 11.00pm	Family/Lane Swimming
Wed:	3.55pm – 6.30pm	Wave/Splash Lessons	11.00pm – 12.00pm	Recreational Public Swimming	
Wed:	6.30pm – 7.30pm	Family/Lane Swimming	12.00pm – 2.00pm	Family/Lane Swimming	

Train Times (Heart of Wales Line)

CORONAVIRUS UPDATE – All NHS staff travel free. Train journeys strictly for key workers only. Timetables severely limited at present, Sunday service only (new May – December timetable) – please check with Transport for Wales for current service timetables and about refunds. Do not travel unless your journey is essential.

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.

TIMETABLES – HOW Line timetable not currently applicable – Sunday service running all week for essential travel only.

www.tfwrail.wales

Tel: 03457 484 950

or visit www.heart-of-wales.co.uk

x = Service stops on request

xx = Starts from Carmarthen