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# MIDSUMMER 'CAHOOTS' AT THE HALL

Art at the Hall has joined forces with a few friends for a first of its kind 'Midsummer CAHOOTS at the Hall' exhibition, opening on Friday 21st June, Summer Solstice evening.

We are delighted to be IN CAHOOTS with Tim Bowen Antiques, Andrew Douglas-Forbes of Llwygawl, Trudi Petersen of Found and Seek and Jess Jones with Little Barn Nursery. There will be a mix of beautifully sourced antiques, contemporary Arts and Crafts by local artists and makers and wonderful planting by Little Barn Nursery.

**Tim Bowen Antiques** – Our collection of antique furniture and folk art, many dating from the eighteenth and nineteenth century will allow visitors to enjoy and buy the work of craftsmen and makers from previous centuries. The Cahoots exhibition will give a unique opportunity to highlight and enjoy the work of past and present artisans which contribute to the rich tradition of craftsmanship in Wales.

### Andrew Douglas Forbes – Llwygawl

This new midsummer event promises to be a real treat – a new idea, a new way to see our history and the 'now' mixed to perfection giving the visitor a sensory delight is our aim and what an inspiring aim. Exhibiting at this new event is already sending Andrew's thought processes in new directions - new colour thoughts, perusing midsummer and its connotations.

### Jess Jones – Little Barn Nursery

Expect to see more plants in the Hall with a touch of Midsummer magic to showcase the 'Bringing the Outside In' occasion greenery elements of Little Barn Nursery. There will be perennials and planted pots for sale and to order. Jess will be around all week for advise and consultations.

*continued on page 3*



FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

# ALL ABOUT *The Post*

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17th June 2019**

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## *The Post* Future Copy Dates

August ..... 16th July  
September ..... 15th August  
October ..... 16th September

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06/19/60

### Trudi Petersen – Found and Seek

A unique combination of handmade Welsh artisan products, including blacksmith Aaron's hand forged iron work and a selected range of vintage and antique decorative and home wares. Their small shop, based in Mansel Street in Carmarthen town has been described as a 'treasure trove' and a 'hidden gem'.

### ART AT THE HALL

Art at the Hall is attracting new exhibitors to compliment the already rich community of local artists and makers. This exhibition, curated with the garden and plant lover in mind with botanical florals, garden watercolours, pottery vases for wild flower bouquets and sculptures for the garden. Printmakers Judith Stroud, Alan Williams and Alison Shotbolt will be returning to join us along with potters Mick Morgan, Nick Membery, Jennifer Hall and Jonathan Cox. Ceramic sculptures from Sallie Wakley and Valerie Price West will also be on show. Recent paintings by Maria Pierides and Leigh Sinclair, stained glass by Simon Howard and forged pieces by blacksmith Aaron Petersen add to the rich selection of arts and crafts on display at the exhibition, all pieces will be for sale.

Joining us for the first time - Owen Schroder- currently studying for his A-levels Owen has been turning for around 4 years. His first encounter with woodturning was on a pole lathe. Still at school but enjoy turning at every opportunity, the majority of Owen's wood is sourced from local farmers and is always from fallen trees, not purposely cut ones. "I find sourcing my own material interesting and beneficial in that it is cost effective and I can collect more interesting bits of wood than you would find on a shop shelf."

**ADRIFT POTTERY** – a creative partnership of Karen Williams and Andy Horwood who make a modern version of traditional slipware using red earthenware clay covered in creamy slip. Each and every piece is individually made, on the wheel or hand built, then drawings are sgraffitoed on, revealing the red clay body. They use a limited palette of mainly raw iron, cobalt and copper oxide to colour the pieces. "Our inspiration comes from nature and the beautiful wild landscape of West Wales."

**Potter Rachel Smith** – based in London with strong Welsh connections, Rachel discovered the exhibition through Instagram and visited for the first time in December for the Winter exhibition. Rachel has been invited to join us as a guest potter - her work is wheel thrown, high-fired stoneware, and each vessel form is individually created in small batches. Rachel is inspired by 1970s mass produced tableware, mid century studio pottery and textiles, creating every day contemporary objects with a colourful hit of nostalgia.

**Painter Adam David Taylor** – trained in Cardiff where he received a degree in fine art, he spent his years living in Cardiff and London. He has recently relocated to a small cottage Pembrokeshire where he works as an artist. His abstract paintings of the Welsh landscape will be shown for the first time at the Hall this June.

**Potter Joe Frowen** – based in Carmarthenshire Joe recently graduated from Coleg Sir Gâr with a ceramic degree. "The year since graduating has been great for me - first winning the student award at King Street Gallery, then going on to Hatfield Art in Clay where I won the student prize from Potclays with a sponsorship. I intend to follow this path in ceramics, develop my work in style, technique and colour and hopefully make pieces of work that people will enjoy."

**Billy Adams**, a potter and member of The Makers Guild in Wales whose work deals with exploring and experimenting with aspects of landscape. He works within the vessel format, combining textures and colours to give the viewer an intimate insight into his private view of ceramics. Rims, handles, lips and balance are commonplace within traditional ceramics, yet he uses them in a unique integrated structure which elevates them beyond their own identifiable function and so gives them another meaning.

The private view evening will be sponsored by Jin Talog – 21st June 6.30 – 10pm

You can also join us on Tuesday 25th May from 6pm when Jess Jones of Little barn Nursery will be giving a talk on gardens from 6pm.

Llandeilo Sculptor and Illustrator, Gill Still, will be with us on Thursday 27th from 4pm for an exclusive signing of her beautifully illustrated limited edition book, we will extend opening times to 7.30pm with Jin Talog running a Gin Bar that evening from 4pm.

The Exhibition will run for 9 days 22nd – 30th June, opening each day 11am – 6pm.

Refreshments will be served daily by Sammi Jones.


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03/20(12)

## LLANWRDA AND LLANSADWRN COUNTRYWOMEN

At our meeting on 13th May Brian Richards gave us a very informative talk on the Penllergaer Valley Woods. The estate was developed by John Dillwyn Llewelyn and his wife Emma after spending their honeymoon on a grand tour of Europe and being inspired by the woods, lakes and waterfalls of Switzerland, Germany and Austria with Penllergaer estate ultimately becoming one of the most important historical victorian gardens of Wales. An interest in science, horticulture and photography lead to the building of an observatory with a revolving cupola and telescope from which the 1st photo of the moon was taken; the upper lake was the site of the 1st trials of an electric powered boat; the building of an orchid house with a lake and waterfall of hot water to create the appropriate humid atmosphere. However as time passed the house and estate fell into disrepair and the ruins of the house were finally demolished in 1961 and by 1990 the estate was forgotten.

In 1995 Richard Morris started to raise awareness with the council and Cadw and a trust was formed to protect the grounds from developers and volunteers began to reveal what was hidden in the overgrown woods. A heritage lottery grant of £2.4m in 2010-12 enabled the trust to de-silt the lake, rebuild the observatory and a medieval bridge, create a car park and kiosk now a coffee shop and visitor centre. A further lottery grant of £1.8m will enable the next projects of renovation the walled garden and orchard with an additional visitor centre next to the coffee shop which now has a footfall of 100000.

But despite the lottery funds for capital projects, the trust need to raise £130k pa so although entry to the woods is free a small charge is made for parking. At our next meeting on 3rd June in the Reading Room Llansadwrn, Menna Evans will give a presentation "All one needs to know about dogs".

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You are invited to come and spend a pleasant afternoon wandering around our one acre Garden which is set in the foothills of the Cambrian Mountains at 1200' and help raise money for charity.

Meandering pathways wind through the many borders that are filled with an abundance of both unusual and old time favourite perennials, shrubs and trees, raised vegetable beds and peat bog areas.

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Contact: [brendatimmisuk@gmail.com](mailto:brendatimmisuk@gmail.com)

## **LLANDOVERY U3A**

Come and join us at the Rugby Club on Wednesday mornings.

We meet at 10.00am for coffee and a chat, the speaker of the day starts at 10.30am.

The Rugby Club is on Church Bank easy parking at the side.

Special interest groups meet at other times and include- Social History, Music Appreciation, Latin and Greek.

**Wednesday 12th June**

Nant Bawddwr – Jeanette Jones

**Wednesday 26th June**

Octavia Hill – Richard Walker

For further information contact Anne Lynd-Evans  
01550 750286

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11/19(12)

**MIDSUMMER CAHOOTS AT THE HALL**  
 SAT 22ND - SUN 30TH JUNE - 11AM - 6PM  
 OPENING NIGHT WITH JIN TALOG  
 21ST JUNE 2019 6:30 - 10 PM  
 FOR INVITATIONS TO PLEASE VIEW CONTACT [arts@myddfai.org](mailto:arts@myddfai.org)

**ART AT THE HALL**  
 IN CAHOOTS WITH  
**TIM BOWEN ANTIQUES**  
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08/19/19



## MYDDFAI NEWS

*Myddfai Shop and Café opening hours  
 Tuesday – Sunday 10.30am – 5.00pm.*

Events: This June we have another willow class on Tuesday 18th, Farmers Market on Wednesday 26th and the Physicians of Myddfai Annual Conference on Saturday 29th

For anyone who has not yet been up to Myddfai and visited our shop and café has missed a real treat. We have over 80 contributors giving us a fantastic range of unique quality goods including a superb range of wooden kitchen boards, aprons, tea towels and shopping bags, nest boxes and a range of quality garden plants, Myddfai Tweed items, Red Kite candles, fused glass clocks, coasters and window decorations, pottery, jewellery, the great smelling Myddfai hand wash and shower gels and much more. We have a wide range of superb local artist's prints, originals and cards to suit all tastes and budgets and a great our range of local jams, marmalades, chutneys and honey.

Every purchase made supports a local business and the Myddfai TyTalcen Charity.

Carol Dugdale, our fabulous café manager along with her assistant Mairi with helpers Menna and Liz and our superb team of great volunteers are all doing an amazing job at Myddfai café producing a range of delicious foods to suit all tastes. Come up to Myddfai for morning coffee, lunch or afternoon tea to try some out. Why not combine your visit with a walk in the stunning countryside around Myddfai. We also offer teas and talks or walks for groups, please pre-book these.

Our lovely Hall is becoming very much sought after for Weddings, Kids parties, Conferences, Social Gatherings as well as exercise and activity classes. It has underfloor heating so it is always warm and comfortable and is fully equipped with portable staging, stage lighting and audio equipment. For a smaller gathering our meeting room is ideal.

Regular classes at Myddfai Hall- Yoga Tuesday evenings 7.00 – 8.30pm; Craft Classes Wednesday morning 10.00am – 1.00pm, Art classes twice a month on Wednesday afternoons; Pilates Thursday mornings 10.00 – 11.00am

For further information or bookings please contact Les at [les@myddfai.org](mailto:les@myddfai.org). Mobile 07879 119223 or Hall No. 01550 720449. For catering contact Carol on [carolannugdale@hotmail.co.uk](mailto:carolannugdale@hotmail.co.uk)

Check our website [www.myddfai.org](http://www.myddfai.org) for What's On. Please like Myddfai Community Hall on Facebook and follow us on Twitter.

07/19/13

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02/20(12)

# Padmasambhava Yoga & Meditation Centre

The Summer term at the PadmaSamBhava is now at its halfway stage and is enjoyed by many happy students. There are also classes available in Ammanford, Cwrw Henri and at Maes Elfryn Hall, Llandeilo.

On this coming Saturday June 8th Poornam presents "Becoming a Compassionate Witness". The Witness is the silent, peaceful centre of your being. When you develop the Witness, it empowers your ability to see things as they are. This workshop explores developing the ability and compassion to stay with what is arising, through posture, breath and meditation.

Next month on Saturday 6th July Christley will hold a Restorative Yoga Relax and Renew class before the summer break. Restorative Yoga is useful when you need to eliminate fatigue or stress, as it allows deep rest both physically and mentally. In this mostly floor-based class, props are used to safely support the body in various postures. This class is limited to 7 people.

Starting on Saturday 9th November Poornam and Vanessa begin a four-part course, "The Golden Thread: Sadhana and the Rhythms of Nature". This is a course about Sadhana (spiritual practice) and also about observing and coming to understand the Nature of things. The Golden Thread explores the interrelationship between our inner and outer worlds and the elemental forces which form the foundation of our being. Following the cycle of the seasons, the tools of yoga and a deepening awareness of Nature, participants are invited to undertake their personal quest through Sadhana (the path of practice) for a full year with practices both in and outdoors. The course will be held at the National Botanic Garden of Wales. Course dates; 9th November 2019, 14th March, 13th June and 12th September 2020. Please contact the Centre for details and a Golden Thread brochure.

Classes at Padmasambhava 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 you deal with everyday life and the problems it may bring and generally help with your well-being. Please do ring the Centre 01558 823842 to find out more about yoga and what attending a class involves, they will be pleased to talk to you. You can also visit online [www.padma.org.uk](http://www.padma.org.uk) email [mail@padma.org.uk](mailto:mail@padma.org.uk)

## Chair-based Yoga at Maes Elfryn Hall

This class is held mostly fortnightly on Friday afternoons, (3.30 – 4.30pm) and is perfect for Elders and others with restricted movement or those unable to do floor-based yoga. It is a good introduction to yoga through gentle movements whilst seated. Seated yoga helps to increase flexibility and balance, helps improve body and limb movement and helps to develop strength. Time is spent during each class working with breath awareness and breathing practices, which are useful tools in everyday life. Each class ends with a deep relaxation practice. Please call the Centre 01558 823842 for more information.

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09/19(12)

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# PWYLLGOR DARLLENFA LLANSADWRN READING ROOM COMMITTEE

## SUMMER BAZAAR

Preparations are well in hand for the Annual Summer Bazaar at Llansadwrn Reading Room on Saturday 29th June, although the Committee are happy to accept further gifts and donations for the ever popular event. Organisers are looking to increase the number of childrens games available during the afternoon and as the home-made cake stall ran out early last year, they are hoping to increase stocks! If any reader of 'The Post' wants to help out by gifting, then all you have to do is let us know via our Facebook page @llansadwrnreadingroom or at [www.llansadwrn.org](http://www.llansadwrn.org). uk or call in at the Sexton Arms.

## SATURDAY BOOKS / LLYFRAN DYDD SADWRN.

This regular event is also proving popular on Saturday mornings and the library is increasing stock all the while. An additional feature during the summer will be that researchers or simply those just interested will be able to browse through historical records of the village school. A warm welcome awaits villagers and visitors alike, and Saturday 29th will naturally be a good date for potential borrowers and browsers as organisers will be setting up for the Summer Bazaar!

## GRAND CHARITY PRIZE DRAW

Raffle tickets are still available for purchase in support of Reading Room Funds. Committee members are well supplied to meet demand and with Laura and Maria at the Old Post Office in Llanwrda also helping out, we are hopeful of exceeding the 2017 successful target. Generous donors, (including £100 CASH PRIZE from the Committee!), are 'The Scarlets', the 'Goose and Cuckoo', Llangadog, 'Sinema Sadwrn', 'The Plough Inn', 'Simply Massage', 'Eve's Toy Shop', 'The Cottage Inn', 'Zen Den', 'Co-op', 'Gardd Llansadwrn' and 'Côr Meibion De Cymru' have provided some great prizes. Buy a ticket!

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06/20(12)

# LLANWRDA CRICKET CLUB



Training for juniors, and also the new Women and Girls team, continues on Friday evenings at Castle Fields Llandovery at 6pm. Girls and boys aged 5 and over are welcome to join Llanwrda C C. We will be running three junior teams and the very popular All Stars programme.

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 [llanwrda@gmail.com](mailto:llanwrda@gmail.com) for more details or just search online for "Llanwrda Cricket." We are also on Facebook. Membership is £15 for the first junior and £10 for their siblings. Training and matches throughout the summer. Come and join us.

New season. New opposition. New grounds. Same old Llanwrda 1st XI.

On 4th May, Llanwrda 1st XI played Llangennech. It was a great toss to win for Llanwrda, who bowled tightly and restricted Llangennech to any easy runs. On a tough wicket to bat on, the Llanwrda bowlers did well, with Sion Nicholas (3-15) and Nigel Clarke (2-34) being the standouts. Llangennech managed to grind out a score of 105-8.

It was slow going for the Llanwrda openers, but vitally no early wickets were lost. Adrian Davies batted well for his 45, and good knocks from Nigel Clarke and Cerith Rees (both 18) gave Llanwrda a good chance of winning. With 4 balls remaining, Llanwrda managed to edge past the 105 runs needed. A low scoring thriller!

Llanwrda faced Gowerton on 11th May, with both teams having won in the first week of the season. After losing the toss, Llanwrda were sent in to bat, but good bowling kept the scoring to a minimum. Josh Archer showed good resistance with 35, with Llanwrda ending on 115-9.

Gowerton started their innings quickly, but were pegged back by some tight bowling again from Llanwrda. Wickets were shared between Sion Nicholas, Nigel Clarke and Will Thurtle, but Gowerton proved to be the better side on the day, passing the total with 5 wickets to spare.

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

## LLANWRDA CC BONUS BALL WINNERS

03 Apr 19	44	No Winner
10 Apr 19	30	Stuart Davies
17 Apr 19	52	No Winner
24 Apr 19	42	Sandy Clement
01 May 19	9	Liz Cumming
08 May 19	59	Roland Griffiths

# GWYNFE NEWS & EVENTS



The Monday Club will be held on 3rd June from 1:30 onwards in Gwynfe Community Hall. There will be the usual chat plus tea/coffee and cake. £1 collection. If you require transport to/from the hall please contact Heather on 01550 740512

Murder Mystery event! On Friday, 14th June a murder will take place at Gwynfe Community Hall...but...whodunnit? Come and test your sleuthing skills. There will be a buffet and the bar will be open. Tickets strictly in advance only: £10, to include buffet supper, available from John/Colin on 01550 740462, Betty on 01550 740240 or through e-mail address gwynfe\_community\_hall@yahoo.co.uk

It's time to make sure you have the date for Gwynfe Show noted in your diary. This year the show will be held on Saturday, 10th August. More details in a future edition of The Post.

A reminder that the scheme promoting the recycling of pet food packaging is now up and running. Please bring your used wet food and similar plastic-based pet food packaging (washed and dried, please!) from just Whiskas and James Wellbeloved to the village hall, where you will find a dedicated metal bin (with a heavy duty lid) by the main front entrance. If you would like more information about the scheme please contact Bridget on 01550 740163.

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06/20(12)

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11/09(12)

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07/19/13



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10/19/12



## BETHLEHEM SNIPPETS

Late April and May was another busy time at the hall, with children's parties taking place, in addition to regular hall activities and events.

Unfortunately, the Easter Trail and Egg Hunt planned for the village children had to be postponed due to bad weather, and was rescheduled for a date later in May.

The hall was the venue for a public meeting to discuss one of the proposed routes of the Llandeilo by-pass. This drew a crowd of people from the area, and gave everyone the opportunity to discuss the plans and how they could affect local people and properties.

The May quiz was won by "Universally Challenged" after a tense final all or nothing round, where one incorrect answer would result in all points being lost. The June quiz will be held on Monday 10th.

The Sunday pop-up café opened its doors again at the hall early in May, and it looks like being another success. It has so far attracted both local residents and visitors (and a horse!), with everyone enjoying tasty home cooked light lunches, snacks and cakes. Except for the horse, who was happy with a bucket of water.

On sunny Sundays the outside space was well used, with people taking in the lovely views over the Tywi valley.

We are still looking for a few volunteers to help with the running of the café, which is open from 12 till 3pm every Sunday throughout the summer, so if you think you might be able to help out occasionally, then please get in touch.

On Saturday June 15th, the OVO Energy Women's Tour Of Britain cycle race passes through Bethlehem on the final stage of the Tour, which is the biggest women's cycle race in Britain. Bethlehem Hill be a Queen Of The Mountain stage, so we are expecting quite a crowd to descend on the village for this exciting race.

Once again, as with the men's Tour Of Britain race last year, we will be opening the outdoor café, and serving sizzling bacon butties, filled rolls, cakes, and hot and cold drinks, so come early, grab a good viewing spot, and enjoy a bacon roll and a cuppa while you wait for the cyclists to arrive.

There will be car parking available at Cefn Crewil Farm in the village, in return for a small donation to charity, and hall facilities such as toilets and water bottle refilling will be available.

For further details on any hall events or hall hire, or to volunteer to help at the café, contact Nia on 01550 777254, email [niaclement@aol.com](mailto:niaclement@aol.com). Follow us on Facebook – [www.facebook.com/bethlehemcymru](http://www.facebook.com/bethlehemcymru)

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08/19(12)

# LLANDOVERY GARDENING CLUB



On Thursday 25th April we left Llandovery and headed for Llanover Gardens near Abergavenny. We were given a very warm welcome by Elizabeth Murray, the owner of the estate, and also treated to coffee and cake. We were then given a short tour of the gardens before a heavy shower sent us scurrying indoors where Elizabeth gave us a screen presentation on the history of the gardens which was created by her 3 times great-grandfather, Benjamin Waddington, at the end of the eighteenth century. Benjamin diverted the Rhyd-y-meirch stream through the garden to create a series of ponds, cascades, weirs and further streams. He planted many trees including London plane, then new to the country, together with indigenous species such as beech and larch. He also created a circular walled garden with an impressive dovecote, now Grade II listed. Benjamin's youngest daughter, Augusta became the famous Lady of Llanover who avidly supported Welsh culture. She married Benjamin Hall (after whom Big Ben is named). As one of her many good deeds, Lady Llanover helped to found Llandovery College in 1847 by donating the land upon which it stands.

Succeeding generations of the family made further alterations to the gardens, including an avenue of sweet chestnut trees under which spring bulbs have been planted to provide a colourful welcome to each new year. Elizabeth told us that her father was responsible for planting the many different magnolias, for spring interest, together with acers, euonymus and liquid ambers to provide autumn colour. Today, the circular walled garden has deep herbaceous borders which are magnificent in Summer.

Luckily the rain soon passed over, the sun came out and we were able to spend a very pleasant hour wandering around the garden enjoying the spring flower display. We then returned to the coach and made our way to Abergavenny for lunch before the return trip to Llandovery.

Denise Nicholson





# ARE YOU A WOMAN BORN IN THE 1950S?

If so, this information is very important for you.

The State Pension Age for women has increased from age 60. But 50s born women, the first to be affected by the age increase, were not given notice of this change in time to make adequate provisions for their financial security.

WASPI, Women Against State Pension Inequality is a group set up by women to help women in this age group and to campaign for redress. WASPI fundraised to gain expert legal opinion on the case of the 3.8 million affected by the broken promises on their pensions. The legal opinion is the basis for claims being made by all women affected. Every 50s born woman needs to individually send a letter to the Department of Work and Pensions.

On Saturday 22 June we are holding a drop in event to help you get your letter sent in. Do come along.

All of us have a Mam, Sister, Auntie, friend or neighbour affected by this change. Please support them and tell them about this event.

If you can't make it, then contact us on [waspinorthcarms@gmail.com](mailto:waspinorthcarms@gmail.com)

**SATURDAY 22 JUNE**

**WASPI drop in advice and support event from 2.00pm till 4.00pm Llanwrda Village Hall, SA19 8HD**

## CÔR MEIBION DINEFWR 200 CLUB RESULTS FOR APRIL AND MAY 2019

### April

- 1st. Kevin Roberts, Talley.
- 2nd Olwydd James, Ffairfach
- 3rd Kathryn Richards, Llanedi

### May

- 1st Hugh Morgan, Gwynfe
- 2nd Kevin Roberts, Talley
- 3rd Cheryl Hill, Caerbryn

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04/20/12

## DINEFWR PHOTOGRAPHIC SOCIETY EXHIBITION SUCCESS



The Societies recent photo exhibition at The National Botanical Garden of Wales' spring craft fair saw highest number of votes cast with over 700 visitors to the event taking the time to pick their personal favourite. Mike Richards image of Dolaucothi Gold Mine winding gear came in first with Peter Davies shot of Buttermere in autumn colour second and club chairman Dorian Jones a close third with an image of the recent Towy valley floods.

The society had two speakers at recent meetings, Tim Knifton from Newport talked about the art in urban and industrial decay, illustrated with some fine examples of the genre. Local photographer Graham Harris showed members the amazing results that can be achieved with a very simple flash set up. His demonstrated how easy it can be to get professional studio results using inexpensive gear, many members have now been inspired to give it a try and some have invested in new flash guns!

The society has a day trip planned to Bristol to look at the street art and docks area of the city at the end of June, should any non-member wish come along (space permitting) please give Simon a call on the number below.

The club is always open to new members of all levels to come along to meet us at any of our regular meetings. We pride ourselves on being a friendly welcoming bunch who enjoy photography and to socialise. We meet at The White Hart Llandeilo in the Raven room at 7:00pm every other Thursday.

For more information see our website at [www.dinefwrphotographicsociety.co.uk](http://www.dinefwrphotographicsociety.co.uk) or call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.



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08/19/12



# LLANDOVERY RUGBY CLUB

Croeso cynnes i chi gyd i'r erthygl misol Y Porthmyn!  
Welcome, once again, to the regular Club news.

As Derek Jones said at the Awards presentation after our last game (and win!) of the season against Aberavon 'this must be (for the twenty-first time of saying!) the best Drovers side ever.' Although not all Premiership Clubs have completed their fixtures at the time of writing, our 4th place ranking in the table is now certain. Even more impressive when you consider that we are the highest placed club to play its home fixtures on that quaint thing called 'natural turf' – all those who finished above us have artificial pitches. They get used to a much faster game – one that puts those used to playing on grass (and/or mud depending on the season) at a considerable disadvantage.

We are also delighted to learn that Euros Evans our Head Coach has been shortlisted for the Principality Premiership 'Coach of the Year' award for 2018-19. Longyfarchiadau Euros!

It has been an exciting and eventful season, with plenty of 'might-have-beens' that make the prospects for next season a tantalising prospect. By the time you read this we all may know more about the proposed games against six Scottish clubs to be held at the end of the season – probably in May and June. The Scots have selected their six Clubs but, in order to qualify, we must be in the top half of the table at the end of 2019-20. We intend to be there!

Many congratulations to the whole squad – players, coaches, management and medical staff alike – for the entertainment and excitement they have given to the game this year. Our thanks also go to the ball-boys who give up their Saturday afternoons to help us out. We hope to see all of you again next season and, for those moving on we wish you the very best of luck.

The end of the season is the time to recognise the contribution made by players and members in various ways. Those gaining awards this year were as follows:

John Halliday Award for the 1st XV Player of the Year, the Rusty Jones Cup for 1st XV Players' Player and the Dai Williams Memorial Award for Supporters' Player of

the Year all go to Rhodri Jones.

The Jeff Jones Trophy for the most tries was awarded to Aaron Warren, the Rhodri Hughes Trophy for the Most Improved Player went to Llyr Green. The Gareth Twm Jones Memorial Award for Club Ambassador was won by Richard Brooks.

Justin Davies won the D.T. Davies Cup for Clubman for all his work over the years, helping our loyal band of supporters enjoy the journey to (and home from!) our away games and the Des Clarke Award for Outstanding Service goes to Dawn Williams for all her work in organising the Club shop and helping to make it such an important part of our activities.

The Seconds will (by the time you read this) have played in the Plate final v Carmarthen Druids at Parc y Scarlets on May 18. This is a massive achievement for a side that has seen many setbacks resulting from their not yet being able to play in a reliable National League structure. Win or lose on the day (you will know which!) our congratulations to them on getting to the Final.

At the moment (mid-May) we are not able to let you know what arrangements will be to ensure that a senior men's amateur side is playing at Church Bank next season – but you may know more by the time you read this! All we can say is that the Club's view is that a Second XV is essential to it being able to continue as a full community Club offering a chance to play rugby at all ages – from 6 upwards – combined with the opportunity for some to move on to the semi-professional team, and even on to the highest levels of the sport in Wales.

And as evidence of that point, our warmest congratulations go to Tomi Lewis, Morgan Jones and Iestyn Rees on their selection for the Wales team in the World Rugby U20 Championship in Argentina in June and more locally congratulations to the four players that have all progressed through the Drovers' development ladder and took part in the WRU finals in the Principality Stadium in early May. We would also like to congratulate Wyn Jones, Harri Doel and Daf Land who have all started with our under 7s and gone on to play for Wales this season at different levels.

Our younger teams have all prospered this year as well. The Youth played in their Cup Final on May 19th – the day after the Second XV's game. You know the result



Our mascots (and Club Chairman Peter Rees) get ready for the Aberavon game!

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by now but, as Pierre de Coubertin (the founder of the modern Olympic movement) said: 'The important thing in life is not winning the game but playing it well'. On that score all our sides have excelled – winning and winning well!

We are especially pleased that some many of our Juniors and Minis have been willing to turn out to be Mascots and help to make our home games at Church Bank something special. Our thanks to you all – you have done a fantastic job throughout the season – and especial thanks to Kate Morgan for organising them on match days. You can see some of our mascots in the photo waiting, with Chairman Peter Rees, to go on the pitch before the Aberavon game.

We would also like to take this opportunity to thank all the coaches for all their hard work, enthusiasm and guidance that they give all our young Drovers. And they, in turn, could not achieve as much as they do without the help of the many other volunteers who help throughout the year, from organising the presentation evening, Christmas party, collecting raffles on a Sunday and writing and posting all social media rugby reports.

There is always work for volunteers to do at the Club so, if you would like to help us (in any way at all) why not come down to one of our Volunteers Days planned for the Saturdays of 8th and 22nd June. If you are not a member of the Club yet, why not come down to meet us? We might even hand you a paint brush ...

We hope you have enjoyed supporting the Club and watching some fine rugby at all levels. We look forward to seeing you all at Church Bank when the new season starts – ymlaen y Porthmyn!

As usual the Club's rooms and social facilities are available throughout the summer (although we will only be able to offer a reduced service from 12th to 28th June) and we are always happy to take your booking for a party or other function. To arrange this, please get I touch by emailing the Club (droversrfc@gmail.com) or by phone to Gina in the office on 01550 721110 or Jackie on 07774914992.

Edrychwn ymlaen i'ch gweld ym Manc yr Eglwys cyn hir. Gwerthfawrognw eich cwmni a'ch cefnogaeth yn fawr iawn. Er gwaethaf pawb a phopeth, 'dyn ni yma o hyd! Ymlaen Y Porthmyn!



Just some of the Coaches and volunteers for the Juniors!

05/19/01

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06/19/12

# LLANSADWRN BIG LUNCH 2019

Planning is well underway for the Llansadwrn Big Lunch on Saturday 13th July. This is a great opportunity for the community to get together and we hope will be

All are welcome to join us for lunch in the marquee on the Community Field from 12pm. Please bring a plate or two of food to share. Llandeilo Town Band will be joining us again as will local singers Tywi Harmony led by Vivienne Couch and star local soloist Bethan Evans.

There will also be sports, a treasure hunt and tug of war to keep us entertained throughout the afternoon.

In the evening Sinema Sadwrn will be turning the marquee into the best cinema in the village and showing several Superted short films and The Jungle Book.

Everything is free of charge due to generous support from Llansadwrn Community Council and other local supporters. We hope to see you there.

## TOWY & COTHI HUNT PRESENTATION OF CHEQUE OF £500 TO AIR AMBULANCE WALES

Members and friends of the Towy & Cothi Hunt, at the Neuadd Arms Cilycwm, presented a cheque of £500 to Catherine Davies, regional representative of Air Ambulance Wales.

Catherine went on to explain that it's only through public donations that the service can continue with a budget of £6.5 million annually, required to keep it viable and maintain the service.



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Richard

*"Please pass on my thanks to Andrew and his team – for a very neat, efficient and professional job. Thanks and Best Regards"*

Jonathan

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0520(12)

# HEART OF WALES LINE APPOINTS NEW MANAGER



The Heart of Wales Line Development Company Ltd has recently announced the appointment of Lisa Denison as the new Development Manager.

Lisa lives local to the railway in Carmarthenshire and has spent over 25 years working in

the community/social business sector with significant managerial experience in neighbourhood development and regeneration.

David Edwards, Chair of the Heart of Wales Line Development Co said *"We are very pleased to welcome Lisa Denison as our new Manager as she has a particularly strong track record in community development. This is an exciting time for community rail Wales & Borders and for the Heart of Wales Line, with the new franchise plans already underway, the new walking trail open for business and big plans ahead."*

The Heart of Wales Line Development Co works to promote and develop the railway line for the benefit of people living and working locally, local businesses and of course for visitors. We are proud to be part of Community Rail Wales and Borders, working closely with Transport for Wales, local councils and other associated groups.

Further information about the Heart of Wales Line at [www.heart-of-wales.co.uk](http://www.heart-of-wales.co.uk)

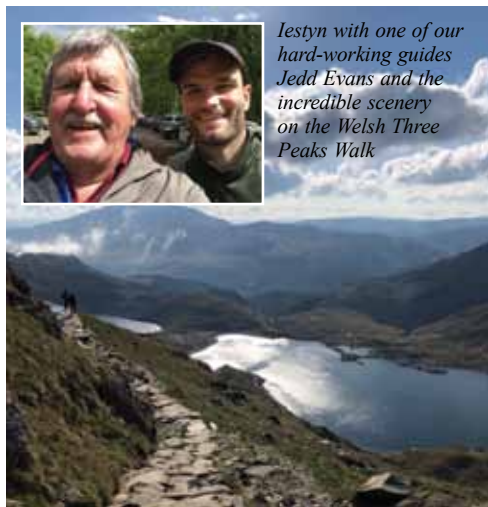


*fit for a purpose*

# HELLO FROM ALL OF THE TEAM AT CHALLENGEAID



*Iestyn with one of our hard-working guides Jedd Evans and the incredible scenery on the Welsh Three Peaks Walk*



We are recovering from this weekend's Three Peaks Challenge with Rhondda Cynon Taf Council, great weather for walking and gearing ourselves up for the next walk on June 29th. The next walk will be the Welsh Three Peaks Team Challenge and there are still places available for groups of four plus a driver to take part. If you have a team are looking for a physical challenge that raises money for young people in Kenya and Tanzania then please get in touch- 01550 721122, [info@challengeaid.org](mailto:info@challengeaid.org) or pop into our office in Kings Road.

Iestyn has recently returned from a few weeks in East Africa where he spent time with our team visiting existing Schools of Hope and meeting local communities that are eager for a School of Hope to be set up close to them. Meetings also took place to discuss our newest School of Hope, which is being hosted by the Billian Foundation.

ChallengeAid are so excited to be working with The Billian Foundation, an organisation which empowers youth and supports communities in the slums through the power of music. They also cater for children living with disabilities and we will be working hard over the next few months to raise money for our first School of Hope Day Centre for children with additional learning needs within the informal slum of Mathare.

## LLANEGWAD RAINFALL



Rain fell on 17 days this month most of which fell in the 1st & 4th weeks.

April Total: 77.75mm – 3.1/16"

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06/19(3)

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# CHEERS! LLANWRTYD WELLS BREWERY RAISES £1,350 FOR WALES AIR AMBULANCE



The Heart of Wales Brewery, situated behind the Neuadd Arms Hotel in the centre of Llanwrtyd Wells, has for a number of years been brewing a real ale in collaboration with the Wales Air Ambulance. Following an approach by the charity, brewer Lindsay Ketteringham devised a delicious chestnut red/brown brew which he called 'Big Red Chopper', and the brewery agreed to donate 10p to the charity for every pint of beer sold.

The first brew was produced in 2012, the same year that Heart of Wales Brewery was voted CAMRA Champion Brewers of Wales, and since that point there have been an amazing 13,500 pints sold. Lindsay and his wife Catherine were delighted to hand over a cheque for £1,350 to Tina and Ian Ford, the local Air Ambulance representatives. Also present was local resident John Crompton, who has done more than his fair share towards boosting the sales total.

Big Red Chopper is currently only available at the Neuadd Arms, but Lindsay and Catherine are hoping that when other pubs in mid-Wales become aware of the ale and the cause it supports they will rally round and help boost the funds raised by selling it in their bars. It would also offer their regulars the opportunity to ask the barmaid for a Big Red Chopper without fear of reprisal! The brewery currently only delivers to its surrounding towns of Builth Wells, Llandrindod Wells, Rhayader, Llandovery and Brecon, but if demand increased sufficiently they would consider expanding the operation to further afield.

Big Red Chopper is also available from the Brewery in bottles, so it can be enjoyed at home as well, and the gift packs make an ideal present for anyone who enjoys real ale whilst supporting a vital cause.

## CO THI GARDENERS

It's almost mid-summer and our speaker on June 19th will be Helen Picton from Old Court Nurseries in Malvern.

Helen's topic will be asters, also known as Michaelmas Daisies. Many of you know that their peak growing season is from September until November but now is the time to get ahead if these are some of your favourite plants. Helen will give us advice about growing conditions, varieties to choose for your particular site and how to keep asters at their best. Join us at 7.30pm to hear more. For more information about Old Court, visit [www.oldcourtnurseries.co.uk/about-us/](http://www.oldcourtnurseries.co.uk/about-us/)

We are gearing up for a major event this summer, Ceredigion Growers Plant Fair on July 7th on the field adjacent to Coronation Hall, Pumsaint, from 10am until 3pm. There will be trade stands from some of the major growers and nurseries in the area and arts and crafts in the Hall. Penllan Perenials, Ty Cwm Nurseries and Snapdragon Plants are just a small selection of the local growers who will be in attendance. Cothi Gardeners will be running Tombola and will host their own plant sales. Of course, you'll need refreshments, so tea, coffee, soft drinks and cake will be available. Don't forget that DolauCothi Arms is just across the road if you need more substantial sustenance! Entrance and parking are free. After the Fair, a donation will be made to Wales Air Ambulance.

Looking ahead to our Autumn programme, we still have talks about irises, vegetable growing and latter-day plant hunters to look forward to.

Cothi Gardeners meet at the Coronation Hall, Pumsaint, SA19 8UW, on the third Wednesday evening of the month. Guests and visitors welcome, £3, to include refreshments.

[www.cothigardeners.com](http://www.cothigardeners.com)

We're on Facebook too, or phone Yvonne on 01558 650870.

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# WELSH COUNTRYMANS GAME FAIR

## JUNE 15TH & 16TH 2019

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**TROED Y RHIW FARM, FFAIRFACH, LLANDEILO, SA19 6PH**



The Welsh Countryman's Game Fair will take place this year on Saturday 15th & Sunday 16th June 2019 at Troed y Rhiw farm Ffairfach, Llandeilo, SA19 6PH. With breathtaking views of the historic town of Llandeilo and the beautiful Towy Valley, this is the site of last year's inaugural event in Ffairfach. Last year we had almost 10,000 visitors over the weekend, we appreciate all the feedback provided in our first year and now look forward to welcoming even more people, at this year's bigger and better event.

Offering fun for both experts and novices across a wide range of activities including Clay Target Shooting and Coaching line with BASC Cymru, Archery, Dog shows and Fly Fishing on the newly lined lakes with World Champion Fly Fisherman Hywel Morgan along with demonstrations by South Wales Kayak Anglers. The Fair will also host qualifiers for the BSG National stick Making Championships, The Royal Welsh Fly Fishing and The National Working Terrier Federation NL & RC qualifiers.

We are welcoming back lots of family entertainment, with the Main Arena hosting a Motocross Stunt Show, West Wales Falconers and the renowned Jonathan Marshall with his amazing Horse & Hawk show. Further to this there will be an array of many grand finals in many sporting disciplines, plus an increasing portfolio of countryside activities for everyone to get involved in and enjoy.

This year will also see the introduction of a Mini Arena, which will offer a Chainsaw carving & ferret show, Mark Bell's Rabbit fever and Rob Collins' The Ole Hedge Creeper and his amazing team providing lots of Inspiration, Education and hilarious interactive fun. There will be plenty of family orientated fun activities available too, with Zorbs, Mini- Quads, Petting Corner with Goats, Mini-Shetlands & Guinea Pigs, Trampolines,

Kayaking, Bouncy Castles and much more, all available for the enjoyment of your children.

There will be a large array of local arts and crafts stalls on site, allowing you to fully engage with all things Country living. Ranging from Pet foods to Wines and Cakes to Garden Furniture, there will be something for everyone. The Event will also host several charities, Tenovus Cancer Care, West Wales River Rescue, Wales Air Ambulance Service and Carmarthenshire Therapy Dogs. We look forward to seeing and welcoming you all to this year's show.

Please see [www.welshcountrymansgamefair.co.uk](http://www.welshcountrymansgamefair.co.uk) for all event information.



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## LLANGADOG W.I.

May was a very busy month for our W.I. Branch. On May 2nd we went, by coach, to Cardiff's Millennium Theatre, together with other W.I. members, and saw a performance of "Calendar Girls". A wonderful show enjoyed very much by all and we had lots of laughs at the antics on stage. Before the show some of us had a good wander around the shops and visited Cardiff Bay. A very tiring day, but a rewarding one.

Later in the month we attended a fashion show and cream tea at The Ivy Bush Royal Hotel, Carmarthen. The show was put on by Olive and Yvonne of "Pethau Olyv", San Cler, whose clothing, scarves, handbags and jewellery were paraded by W.I. members for all to see.

The annual W.I. quiz was held on May 22nd, attended once again by members from all over Carmarthenshire. Our brains were severely taxed, but it was great fun.

Anyone interested in joining the friendly Llangadog W.I. Group please come along to our next meeting which will be at 7.00 p.m. on Thursday, June 6th, at the Llangadog Community Hall. This meeting will see our own member, Sarah Marchant, giving an introduction to bees and beekeeping.



## LLANWRTYD WELLS – NATIONWIDE TOUR DESTINATION



The Llanwrtyd & District Heritage & Arts Centre are delighted to announce that the Manchester based Ollie West Band will be performing at the Centre on Wednesday 12th June 2019.

Originally a solo artist, Ollie West formed the band some five years ago and, having previously performed with a 24 piece group, now tours as an eight piece band with a full time string quartet. They create a unique genre blending pop, jazz and classical music developed from Ollie's distinctive style of piano based compositions with catchy melodies and intriguing harmonies.

A singer, songwriter, pianist and arranger, Ollie has been compared to Billy Joel and Jamie Cullum and with recognition by some of the leading music critics in the industry the band is going from strength to strength developing their performances with innovative ideas and wonderful music.

Following the release of their critically acclaimed single "So Far Away" in May 2016, the band released a live album with their 24 piece line up in August 2017, and are now coming to the Heritage Centre as part of their nationwide tour to promote their debut EP "We Watch The World Turning."

As a keyboard player Ollie has performed with internationally acclaimed artists and recorded music for ITV's hit programme 'Cold Feet' and his music can be heard on YouTube and [www.olliewest.com](http://www.olliewest.com).

This is an evening not to be missed – the concert starts at 7.30pm – and tickets are just £6.

Available from the Llanwrtyd & District Heritage & Arts Centre on 01591 610067, email: [ldhac2016@gmail.com](mailto:ldhac2016@gmail.com) or from Caffi Sosban in Llanwrtyd Wells.

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Volunteers are also raising funds using the former school grounds. Apart from two successful Country Markets and a Car Boot Sale, there now flourishes monthly Floral Art classes on a Monday, and Craft classes once a month on a Tuesday, with 1 day courses on demand! Public Talks and other events of community interest are becoming a fixture. A free library for adults and children is now being extended to attract friends for coffee, a chat, and a good read. Plans for a day nursery are also underway. Busy days ahead – but all to bring Cornwallis House back to the community.

At the request of Booters and friends who enjoyed the first Car Boot in April, another will be held on Sunday 9th June, same time, same place. All to support the restoration of Cornwallis House!

For more information, ring 01550 779257 or contact: carwyn852@gmail.com

## THE LONDON DAMS

On 26th April, Richard Rees presented his talk in the Old Llanwrda School about how the London Metropolitan Water Company tried to build many dams and reservoirs during the late Victorian era in mid Wales to provide water for England's capital city.

This was a fascinating presentation full of interesting historical facts and data which, if passed by Parliament, would have meant vast areas of mid Wales being flooded to send 415 million gallons of water a day to London!

The event was well supported by both locals and visitors – the organisers are most grateful to Richard for giving his time to produce this interesting talk.



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# LLUEST

## TAILS FROM THE TRUST

### SPRING ON THE FARM

Now that the better weather is here, the rescue ponies at Lluest are spending time outside in the fields, nibbling the grass with the sun on their backs. But rich spring grass can be problematic for many horses. Native ponies particularly are prone to weight gain and this can be a factor in contracting the painful condition laminitis. Laminitis is a disease affecting the sensitive tissues inside the hoof which become inflamed and swollen. In the worst cases, the bones in the hoof can rotate and in severe cases penetrate the sole of the foot. Several of our 'plumper' residents are therefore on restricted grazing for their own health and wellbeing.

### FOAL UPDATE

We have had two beautiful foals born on the farm this spring. The first is a colt foal born to a little bay mare we rescued early in the year. We've named him Eric. A beautiful and friendly boy he has shown a lot of interest in his human carers from the day he was born. His mum, Ariel, was in poor condition when she came to the trust earlier this year with two other mares, Melody and Alana, and a small colt called Sebastian. Melody is due to foal soon so we are keeping a close eye on her.



*Little Eric enjoying the weather*

Foal number two, also a colt, was born to Sarabi. The grooms have chosen the name Zazu for this stunning boy. Last year Sarabi underwent dental work at the vets for a cavity caused by loss of bone in her upper jaw, which had caused a large infected swelling on her face. This is under control for the time being and mum and baby are doing very well.

### HAPPY ENDINGS

Dillon our 30-year-old gelding came to us early in 2018 very underweight and with significant skin problems



*Sarabi and her stunning boy Zazu*

caused by lice and rainscald. So scurfy was his skin that much of his hair had fallen out. After around three months of treatment for his skin, and with careful feeding, his coat started to grow back and he began to put on weight. He went on to find a lovely forever home. Much to our delight, we heard from his guardian who tells us that he is doing very well. She said: "He has turned into a cheeky chap, sneaking into the feed room if I'm not looking and galloping round refusing to be caught when it's time to come off the grass".



*Dillon when he arrived at Lluest and just before he left in 2018*



*Dillon in 2019 – looking fabulous in his forever home*

## **LLUEST PONIES LOOKING FOR HOMES**

### **SEREN**

Seren is an 8-year-old, 12.2hh mare looking for a home as a companion. She is good to handle, although it has taken a while to get her to this level. She will need sensitive handling in a knowledgeable home.



*Seren is a beautiful mare who will make lovely companion*

### **TOPAZ**

Despite her diminutive stature, Topaz has a big personality. This stunning 7-year-old roan mare has started her education and long reins beautifully. We think Topaz has huge potential as a driving pony as she is forward going and keen to work.

### **COTHI**

Cothi is a 12.2hh, 5-year-old, coloured gelding who was rescued in 2014. He has been well handled throughout his life at Lluest and has recently been in a foster home to learn more about life and become a ridden pony. He walks, trots and hacks out well alone or in company. Cothi will need a home where he can be turned out with geldings only as he can pester mares a bit. That said, he will be a wonderful friend for an experienced child and is ready for some fun and adventures.



*Cothi has been ridden and is ready for new adventures*

### **SEBASTIAN**

Cute Sebastian is looking for his forever home. He came to the trust early this year and is a late foal from 2018. We think he is around 7 months old. He's very sweet and loves nothing more than a good scratch. Seb has been taught to lead and behaves well for the farrier. Although he was in poor condition when he came to us, he is now putting on weight and growing well. Sebastian is looking for an experienced home to continue his education.



*Sebastian needs a knowledgeable home*

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On Sunday 16th June, with the support of Lampeter Quakers, a group of us will be entertaining some 34 refugee families and individuals from Swansea with a fun day out in Llangadog. We plan to provide a vegetarian lunch. If the weather is kind the children can play on the Common and we hope to organise some music and games in the hall.

Any helpers would be most welcome. We particularly need one or more people to be in charge of the kitchen (to put out the food, organise the washing up etc.) and others to welcome the visitors and help with the children. Offers of vegetarian food would also be greatly appreciated. If you could offer help in any of these ways please contact Theresa Haine Tel: 01550 777535, e-mail: [info@moneyformadagascar.org](mailto:info@moneyformadagascar.org)

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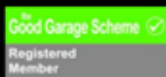
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# NEWS FROM THE TOWN HALL



We welcomed our new Mayor Elect for 2019/20 Councillor Louise Wride on 16th May and also her Consort and sister Ella Peel, there was an AGM in Llandovery Town Hall followed by the Civic Dinner in The Castle Hotel. We raised over £200 for Llandovery Parks and Playgrounds and The Brownie/Scout hut from our Raffle which was drawn, thank you No7 Hair Salon, The Castle Hotel and Jill and Mike Blud for prizes.

Thank you to our Mace Bearers and to Will Click Click for his photography skills and a very special thank you to our Town crier and Sandra Beard.

Our Sunday Civic Service was held on the 19th May, The Beavers, Brownies, Guides, Fire fighters, Y Gannwyll, Rotary, neighbours, family and friends joined our parade to Llandinog Church where Reverend Ian Aveson held his last Civic Service for us. Ian will be retiring in August and we would like to say thank you very much, he moved here over 12 years ago, embraced our culture and learned Welsh to make his services bilingual wherever possible, we will miss Mr and Mrs Aveson, diolch yn fawr!

The Mayor and Consort attended Llandovery Catholic Church on 17th May to support the launch of Martin Watts book on the History of the Church, proceeds going towards the maintenance of the Church, Llandovery Male voice choir sang beautifully as always, also attended on the 17th May was the annual Christian Aid Concert in Rhys Prichard Memorial Hall where pupils from Ysgol Rhys Prichard and Ysgol Bro Dinefwr performed, they were all fantastic, da iawn!

Visit our Facebook page and website for any information or events going on in Llandovery soon.

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## CROQUET OPEN DAY



Eight ladies from Clwb Gwawr Llandovery joined members of Llandovery Croquet Club last month for a croquet evening. The ladies soon picked up the tactics of the game and some close matches ensued. The evening proved to very enjoyable and it was hoped that another evening could be arranged before too long. If any other groups in the area would like an evening of croquet please contact the secretary.

The Club will be running a course for beginners on Tuesday afternoons starting at 2pm on 11th June. There will be three sessions and the cost of the course is £5. To enroll for the course please contact the secretary below.

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.

For more information about the Club or to arrange a free trial at a more convenient time please contact the secretary John on 07435 786762, or email [john.evans@zen.co.uk](mailto:john.evans@zen.co.uk)

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# YOUR PHOTO COULD BE A PRIZED POSTCARD

There is still time to send in entries for the Pride in Place Photo Competition being held by the Llandeilo and District Civic Society until the end of June.

In addition to cash prizes the winners of the first and second prizes will have their photos printed as postcards and so the society is looking for outstanding new pictures which will capture what is loved about Llandeilo and the surrounding district. The competition is open to anyone whether they live in the area or are visitors.

There are two age categories: under 18 and over 18. The first prize will be £50, the second £30 and the third £20. The winners of the first and second prizes will also be given 100 postcards of their pictures and all the entries will be displayed on the society's website.

Entries for the competition should be emailed, with 2Mb or greater resolution, to [ken@kendayphotography.com](mailto:ken@kendayphotography.com) giving your name, age, address, email, phone number and a short caption for the picture. Only one picture can be entered and for the postcards there will be a need to sign a licence agreement to enable them to be sold locally.

The winners will be announced at the Civic Society's Annual General Meeting in July. For more information about the society and its activities, visit the website or call 01558 824019.

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# WAR HERO'S FATAL AIR CRASH IN HILLS ABOVE CYNGHORDY



*Captain James W. Wilkinson*

On a June morning, seventy-five years ago, a farm servant travelling on horseback in the hills above Cyngordy was surprised to see that the tops of several trees in the vicinity had been torn off.

George Watkins was making his daily journey from his smallholding of Ffos-goi to Clyn-saer, a large sheep farm in Cyngordy, where he worked as a servant. The explanation lay a short distance ahead, where an aircraft wing and debris were scattered over a wide area. The body of the pilot had been burned beyond recognition.

Alun Augustus, the current owner of Gilfach Farm, Cyngordy, well remembers his father's account of events.

Access to the site was very difficult in 1944, Crychan Forest didn't exist and there were no forestry roads. Local farmers, including Glyn Augustus of Gilfach, removed the pilot's body, together with parts of the wreckage, by horse and gambo. The largest piece, a whole wing, wasn't retrieved until much later, when the forestry roads had been built.

Arwyn Evans, who now lives in Ystrad-brân, Cyngordy, was a young teenager at the time of the accident, and used to go fishing on a nearby stream. He described where he saw the wreckage: "By the Glanbrân Arms, there's a turning for Hermon and Tirabad. You

come to Gerddigwynion and Llethr-hir. Then, after passing these two places, you climb for about half a mile until you come to quite a large cwm on the left which leads down to the old Clyn-saer mansion. I'm sure that it was in this cwm that I saw the remains of the plane."

The plane was a Thunderbolt, piloted by Captain James W. Wilkinson, the 31-year-old Commanding Officer of the 82nd Fighter Squadron of the United States Army Air Forces (USAAF), based at Duxford, near Cambridge.

It was one of America's most important fighters. On D-Day, only two days after the Cyngordy crash, every available Thunderbolt provided air cover for the Allied invasion fleet as it crossed the Channel.

Captain Wilkinson believed that steam locomotives could be immobilised for several months, rather than weeks, if they were hit in the right places. The RAF wanted him to demonstrate his theory, and arranged for a locomotive in Wales to be used as a target.

The demonstration was due to take place on 4 June, but was prevented by bad weather. A frustrated Captain Wilkinson radioed the Duxford control tower to say that he was going on his own on a local test flight. As he was flying low over the Central Wales railway line, he crashed into a mist-shrouded hill, 4½ miles North-East of Llandoverly, and was killed.

Only a fortnight earlier, Captain Wilkinson had earned a Distinguished Service Cross when he led a flight of three fighters in an attack against more than thirty enemy fighters which were about to attack an Allied bomber formation. One wingman was forced out of action, and Captain Wilkinson's plane was damaged by enemy fire, but the fighters were dispersed.

Moments later, a second and bigger flight of enemy fighters began to attack the bombers, but it, too, was broken up. The DSC citation records how Captain Wilkinson and his remaining wingman then flew ahead of the bombers and attacked a third enemy group of more than thirty fighters forming for attack.

"Although in this action his other wingman was lost, Captain Wilkinson continued to press straight through the enemy flight, shot down one plane, and once more broke up a threat against the bombers," adds the citation. "By his extraordinary heroism and his determination to protect the bombers at all costs, Captain Wilkinson

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*Frieda Wilkinson, after being presented with her late husband's gallantry medals*

rendered outstanding and valorous service to our nation.”  
 At the time of his death, Captain Wilkinson, had made more than 200 combat flights and had destroyed eight German planes in the air.

In April 1943, the tail of his plane had been sliced off in a mid-air collision. He broke his spine as he was bailing out, and had to spend several months in hospital.

A few weeks after his death, his English-born widow was presented with his Distinguished Service Cross and Silver Star, the second and third highest bravery awards in the USA.

It was only a few months previously that Frieda Sutton, who was involved in the nursing and Air Raid Precaution services, had become his second wife. She was inconsolable after her husband's death. Six months later, at the age of 34, she died in a London flat, clutching a photograph of her husband.

Captain Wilkinson, a native of Swarthmore, Pennsylvania, was buried in the American Cemetery at Cambridge, England. His son from the first marriage later became a fighter pilot. Wreckage from the Cynghordy crash forms part of the American Air Museum's collection.

The USAAF stayed at Duxford until the end of 1945. At the peak of its strength, in 1944, it employed 450,000 Americans in Britain. Many were fighter pilots or bomber crews, but most of the men and women were involved in various tasks to keep the aircraft flying. Nearly 30,000 never made it home.

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# BLOSSOMING GARDEN HITS A NEW HIGH



The National Botanic Garden of Wales is celebrating another increase in visitor numbers – even topping last year's 17-year high.

A grand total of 163,403 leisure visitors crossed the threshold at the Carmarthenshire attraction between the beginning of April 2018 and the end of March 2019. Not only is this the highest visitor figure since the Garden opened in 2000, but a huge increase on three years ago, when the total for the year (2015-16) was a little over 114,000.

Director Huw Francis said: "To increase our numbers by nearly 50,000 in three years is a fantastic success story for the Botanic Garden, a real credit to the hard work of our staff and volunteers, and a reflection of the huge support we receive from our members and friends."

But, said Mr Francis, there are other milestone moments in the past year that are as important as the number of people through the gate: "It's not all about visitor numbers for a botanic garden: we have to work every bit as hard to meet other crucial goals, too."

He explained that, as a national institution, the Botanic Garden delivers key benefits for Wales, especially against the Well-being of Future Generations Act: "Delivering

more than 27,000 educational engagements with our small team is a real high watermark for us," he said. "And the exceptional work our science and horticulture teams are doing all around the world – as well as in our own backyard – is something all of Wales can be proud of."

Against a backdrop of feared widespread insect collapse, Garden scientists are focused on their Saving Pollinators project, which involves researching the behaviour of pollinators to better inform what we can do to help them thrive, deliver habitat restoration and support species recovery.

This year, with specialist support from the Millennium Seed Bank and Botanic Garden Conservation International (BGCI), the National Seed Bank of Wales has been established, while conservation and research work continues on rainforest restoration within the Kinabatangan floodplain in Borneo, as well on endangered plant species in Wales.

Mr Francis added: "The National Botanic Garden of Wales is a world-leading centre of excellence in science, horticulture and conservation representing Wales on the world stage, as well as a leading visitor destination, and we hope all of Wales is as proud of its National Botanic Garden as we are."

Gary Davies, Chair of the Garden added: "The National Botanic Garden of Wales is an independent charity, looking forward to celebrating its 20th birthday in 2020. As the critical research and conservation work goes on, in what looks like being challenging times – both for increasing visitors and securing the required funding for the sort of scientific and educational endeavours we are aiming to do – we will redouble our efforts at every level and look forward to welcoming even more visitors during the coming year."

## ALL SAINTS CHURCH GWYNFE

A coffee morning was held on Easter Saturday, at the Community Hall, with many people attending. Tea, coffee and hot cross buns, were served. There was also a cake stall, tombola and a raffle.

Winners of the raffle: Linda c/o the Gat, Wendy Fleming, Linda Jones, Betty Griffiths, Vanessa Hope-Bell, Liz Booth, Heather Johnson, Mary James, Heulwen Ffairfach, Lynette Thomas, Jean Thompson.

Thank you to everyone for coming and to those who provided cakes, raffle prizes and prizes for the tombola.

If you have any spare plants that need good homes, we would love to take them off your hands. We are doing a plant stall at the Church Fete in Llangadog on Saturday June 15th, you can contact Mary (01550 740293) or Marianne (01550 740245) any donations would be gratefully accepted, thank you very much.

M James

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# LLANDOVERY ROTARY CLUB



A month that had Easter Monday and May Day, two separated Bank Holidays in it, meant two less meetings for us. So is there less to report than usual? Well, let's see!

We received a request for funding from the Llandovery Youth and Community Centre as it is their intention to take twenty young people to annual Summer Camp again. This is the only holiday that some of them will get and we were unanimous in our desire to give them a healthy donation. Happy holidays guys.

We held our AGM during the month and thankfully, as normal, there were no fireworks! Each Chairman of each section gave a report on the happenings during last year. The Community & Vocational Chairman Barry Clement gave his usual eloquent 20 minute summary and others followed with somewhat shorter offerings! Our Fellowship Chairman was away walking the Wales Coastal Path (some people will do anything to avoid giving a report!) so this was read out by Alan on Doug's behalf. The International/Foundation Chairman had an extremely busy year but somehow managed to condense his report to just a few minutes while Youth Chairman Dai Dyer, who does so much good work for the Youth, expanded on the tremendous success enjoyed by our Youth representatives over the year and finally our stalwart Hon Treasurer Edward Ransom finished by giving a report on the health of our finances. As always his financial report was ..... Good. But must do better!

Dai Dyer reported that our representative Gracie Ardolino achieved a superb 3rd place in the Rotary Young Writer District Senior Competition. The area covers Haverfordwest, Pontllanffraith and all places in between. Gracie will receive her award in Merthyr in June. Well done Gracie. Many congratulations.

This month we had a speaker and we were delighted to have Lyn Richards, affectionately known as Lyn 'Post' as our guest. Personally, I was very disappointed to miss this talk as Lyn has been a friend since my schooldays when he was Head Boy at Llandovery County High School. I am again indebted to Dan our Secretary for his minutes which I refer to here. Lyn was introduced by our President Gary who he met over 2 years ago when they were both elected as Trustees of the new Llandovery Museum which is now open. Lyn is extremely supportive in the community being on several committees and organisations including the League of Friends of Llandovery Hospital. He is also a proud and long standing member of Cŵr Meibion Llanymddyfri/the Llandovery Male Voice Choir. Lyn was proud to mention that even at his age he still lectures in Carmarthen every Monday. His talk would be reminiscing about the past as he was very interested in local history. He looked back with fond memories how the Railway Station used to be a hive of activity with many steam trains passing through and remembered the old pedestrian bridge over the railway lines. Lyn was born and bred in Myddfai and lived there until he left for University but has never lost



*President Gary with raconteur Lyn Richards.*

contact with the village, still visiting Sion Chapel. He stated that the meaning of 'Myddfai' was bowl or saucer which is accurate as whichever way you leave the village you have to climb a hill to get out of it. His father lived all his life in Myddfai working as the local blacksmith which was the family trade with his Grandfather working in Gwynfe and his great Grandfather in Brynamman. Even then they had to diversify and his father would deliver mail before starting his days work as the blacksmith. Another of his father's jobs was pulling teeth! The family started the village shop and Post Office, hence 'Lyn Post' (Lyn the post). His mother came from a farm on the Epynt Range (now spelt Epynt) but in 1939 all 52 farms in the area had to move out which they did and the Epynt Range became what is known as the best infantry training area in the UK. In his early years Lyn attended Myddfai school which had 40 pupils. Until he was 13 there was no electricity in the village apart from generators in Myddfai Hall. They had to make their own entertainment which was basically based in the Hall with quizzes, Eisteddfod's etc. In 1959 Lyn left Myddfai school with seven other pupils for Llandovery and the numbers at the school never recovered and eventually closed. Village life back then was centred around the small square where locals gathered on the one seat and chatted away for hours. Lyn stated that we should not underestimate the value of our churches and chapels and his closing remark was that 'We should not live in the past, but also never let go the sense of community'.

The talk was thoroughly enjoyed by all Lyn. Diolch yn fawr iawn i ti.

(And thanks Dan).

We are very pleased to report and welcome a new member to our club. Dan Emery, a local tree surgeon/landscape gardener is now one of us. His partner is the new Mayor of Llandovery, Louise Wride. We hope you enjoy many happy years as a Rotarian Dan. Welcome.

We were approached by Llandovery Canoe Club for



*New member Dan Emery with his partner the new Mayor of Llandovery, Louise Wride.*

funding to coach pathway at the club. We were pleased to support this excellent local venture. New members are always welcome. Happy paddling!

RYLA is a Rotary Leadership Awards scheme sponsored by individual Rotary Clubs throughout the UK. It is a residential scheme which encourages leadership skills in challenging conditions at an outer pursuit course. We have one candidate for the course this year and we are pleased to sponsor Rhys Price. Congratulations and good luck Rhys.

Our Rotary year is coming to an end and what a wonderful job President Gary has done. More next month. We have Mickey Gough as our next President and Alan Morgan to follow. Great, but until now we did not have anyone to follow Alan. Well we do now. There seemed to be no one who was available to take on this post but a member who did an excellent job a few years ago has volunteered to do it again. None other than Anthony Wathan. What are we thinking? We now have the perfect line of succession. Well done and thanks Anthony for



*Two stalwart members relaxing after an exhausting AGM.*

*Please send all emails to: [info@postdatum.co.uk](mailto:info@postdatum.co.uk)*

volunteering to take on the job for a second time. Only the second person to volunteer twice. Barry being the other.

The former warden of the college Guy Ayling has now joined Tavistock Rotary Club in Devon and he has kindly (and maybe unwisely) invited us to visit Tavistock for a couple of days. Hopefully this will not ruin Welsh/Devonian relationships too much! We are on our way Guy. Clear the decks!

Catrin Manning represented us in the UK Young Chef competition Final in Leeds during the month. We have received reports that she performed with great distinction



*Winning race horse trainer Mickey Gough with his co owners together with trainer David Pipe and jockey Tom Scudamore.*

and we are delighted for you Catrin. Well done indeed.

The tickets for our joint venture with the YFC are out. DROVERFEST a Real Ale and Music Festival at Llandovery Mart on June 15th is going to be HUGE. Get your tickets now.

PS. We have a member in Llandovery Rotary Club who is an extremely keen Horse Racing enthusiast. So much so that he recently invested in co ownership of a race horse. This is usually a recipe for financial disaster but Mickey Gough has invested in a horse called Teaser. He is in training at David Pipe's stables in Somerset and I was delighted and privileged to be his guest at Ludlow to see jockey Tom Scudamore romp home on Teaser to win at 7/4. Cue massive celebrations with his co owners. Champagne? Ohhhhh Yesssssss. Success in horse racing is rare but I saw at least one bookie screaming his eyes out when Mickey picked up his winnings. A truly great day for all present. Many congratulations Mickey.

By the time the next edition of this wonderful POST magazine comes out we will have enjoyed the fantastic Llandovery Carnival and had the equally fantastic Tony Birdwood as our guest speaker on the Heart of Wales Railway.

So much to report next month. Don't miss it.

Derek Jones.

# LLANDOVERY THEATRE

## HORATIO NELSON THEATRE CAT

### *Writing from my starry window-sill!*

Most dear friends,

You may have noticed that the esteemed POST has not had a letter from me recently! I hope, selfishly, that you have missed me, one does like to feel appreciated – for there have, as a Judge might say, been mitigating circumstances for my neglect of you! The Theatre may have looked dark and solitary over the past few months – but believe me – inside there has been tremendous activity as we laboured to install new fire doors, fire cladding under the rake, new push bar exit, not forgetting to mention maintenance and repairs in order to provide you with a comfortable building to enjoy.

But, in the darkness, there is often light; and a meeting with a poet the other day has triggered new hope and expectation as – dear friends – he said he ‘always enjoyed reading Horatio Nelson’s blog!’ And, he followed this remark with ‘I have read your book!’ Well, it’s Jacky’s book actually – *What Country Friends is This?* – about theatre life and the building of Llandoverly Theatre, a love story – and what’s more – the most kind poet added – ‘I have read your book twice!’ Well, with such a kind response to our writing definitely merited me getting off my celestial windowsill and writing to you all.

It is so good to meet with writers and poets, and wonderful, too, to see our ex youth actors, even if it is just bumping into them in a Supermarket like Tom Starnes who played Jack Worthing in *The Importance of Being Earnest* or when they just turn up on our doorstep like Beshlie Thorp - Katharina in the film of *The Taming of the Shrew*. Beshlie is in her final term (MA in acting) at the Bristol Old Vic Theatre School – having essayed the role of Mrs Beeton in a new Musical *Mrs Beeton*



*The first Arts Festival Programme – 1976*

*Backstage at Llandoverly Theatre is, today, a little less hectic!*

Says – and is now in rehearsal for *Nicholas Nickleby* (Dickens) in which she plays Madame Mantalini.

My, that did bring back memories for Jacky – who claims she read *Nicholas Nickleby* seven times when she was young! Questioned how this could be, she says she fell in love with *Nicholas!* The power of books and reading – for, to my certain knowledge she has been in love with Mr Darcy in *Pride and Prejudice*, as long as I have known her – but as this was at a later time of life, perhaps one should not censure her for infidelity! She didn’t, as some have claimed, fall in love with Mr Darcy via the film and Colin Firth’s engaging performance – she fell in love by reading the book, written by Jane Austen

Next to reading books, is the joy of writing them. Yes, it is absorbing and engrossing to be in charge of a story, sometimes not even knowing how it will end – except that in many cases – an abrupt – back to reality – shock on trying to get your creative ‘masterpiece’ published and read by anyone other than your kind friends. Jane Austen has trouble getting her work published. Can you believe it? Her book *Northanger Abbey* was bought by a publisher for £10 but he never printed it – and when years later she tried to get the book back, the publisher insisted she pay him £10 – and she didn’t have it! *Northanger Abbey* was published – but only after her death! Wonder what Jane Austen would think of her picture on the £10 note today!

Another youth actor we ‘bumped’ into is Kerry Dainton. Kerry played Petruchio in *The Taming of the Shrew*, the stage version, and is now directing the Towy Youth Actors. She will be bringing them to Llandoverly Theatre in a Variety Show performance 20th July next. If you would like to see her young performers, put the date in your diary – there will be a warm welcome here for you.

Horatio Nelson

Like to contact us: [Llandoverlytheatre.com](http://Llandoverlytheatre.com) email: [jacky.barnes@btinternet.com](mailto:jacky.barnes@btinternet.com)

If you would like to read *What Country Friends is This?* It is available on Amazon.

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BEFORE



AFTER

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BEFORE



AFTER

# LLANDOVERY FRIENDSHIP CLUB

Llandoverly Friendship Club met on Wednesday 24th April at Vicar Prichard Hall at 2.00pm.

The Chairperson welcomed all members present and gave apologies for not attending the afternoon tea at Llandeilo Hall.

8 members attended the afternoon tea at Llandeilo Hall which was organised by Llandeilo Round Table on Saturday 6th April. The 8 members enjoyed an afternoon of sandwiches, cakes, tea and coffee and were entertained by the Ammonford Brass Band.

The Chairperson then introduced the speaker for the afternoon which was Helena Herklots, the Older People's Commissioner for Wales.

Prayers were then said.

The Older People's Commissioner for Wales then introduced herself and informed the members that she had been in the post since August 2018. Since taking up the post she has travelled the length and breadth of Wales, meeting and speaking with older people and organisations to hear about what would make Wales the best place in the world to grow old.

The Commissioner has identified three key long term priorities for Wales, against which she will deliver a wide range of work over the next three years.

Ensuring everyone can age well,

Ending ageism and discrimination.

Stopping abuse of older people.

The Commissioner stated she is keen to focus on work that will improve the quality of life of the most vulnerable older people, those whose voices often go unheard, and those who are at risk of harm.

The Commissioner ended her talk, by stating her work over the next three years would be delivered against these three key priorities and she would like to hear the voices, experiences and ideas of older people, and those working and volunteering with older people, to make Wales the

best place in the world to grow older.

The Commissioner then asked the members if they had any questions.

The Chairperson then asked Vice Chairperson Mr Roland Griffiths to propose a toast of thanks to the Commissioner for giving the members a talk on her role.

Refreshments were then served.

The meeting resumed, the Chairperson informing the members that next month on Wednesday May 29th would be the River Tawe Boat cruise at Swansea, £6 for the boat cruise and £8 for the bus. The bus will be leaving the car park at 11am and the boat cruise 2pm.

Tim Nelson has organised for members to attend a tea party with entertainment at Llandoverly College on Friday May 17th.

In June there is another speaker, the July meeting at the croquet club has been changed to Wednesday 24th July.

It has been decided that the trip in August to Epynt Sermen Village to be cancelled as not many members interested in going, so a trip to Aberystwyth to be arranged instead.

Meeting: 27 members present and 17 apologies.

Finances: Satisfactory.

Minutes: Read and signed.

Raffle raised £40.

The meeting ended by the Chairperson thanking everybody for attending.

New members always welcome.

Angela Jackson – Kenyon Secretary.

## MERCHED Y WAWR

Ar Fai 8fed cafwyd prynhawn addysgiadol a difyr yn ein ymweliad ar ganolfan Treftadaeth yn Llanwrtyd. Yng nghwmni Susan ac Anwen Price, ac yna cael Te prynhawn blasus yn y Sasban Fach.

### BYDD Y CYFARFOD NESAF AR FEHEFIN 12EG

Pryd y byddwn yn ymweld a Ystrad Fflur a ch ael cwmni Charles Arch, ac yna ymlaen i Aberaeron. Bydd y Bws yn cychwyn or maes parcio gyferbyn a West End am 10.30.

Croeso i unrhyw un ymuno a ni.

Rhifau cysylltu Enid 01550 720557, Evelyn 01550 720368.

## Sunday 2nd June YOUNG PEOPLE'S CHURCH SERVICE

6.30pm at Memorial Chapel  
(William Williams)

*Come and hear the good news*

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LLANDOVERY  
please visit  
[WWW.LANDOVERY.INFO](http://WWW.LANDOVERY.INFO)

# 7TH ANNUAL OPEN STUDIOS

**Tywi Valley Open Studios ARTS TRAIL**  
**JULY 20-28 GORFFENNAF 2019**  
**Stiwdios Agored Dyffryn Tywi LLWYBR GELF**



36 Artists open their studios within a 15 mile radius of Llandelilo  
 Visit our website and facebook page for more information  
[www.tywivalleyopenstudios.wales](http://www.tywivalleyopenstudios.wales)

The Tywi Valley Open Studios is an annual community arts event which celebrates the best artists and makers living or working within a fifteen-mile radius of the town. Each year, for the past 6 years, the Tywi Valley Open Studios provides an opportunity for the public to visit selected artists' studios and exhibitions for free.

Our next open studio event is from 20th – 28th July 2019. The Week long event attracts visitors from all over West Wales. It is the biggest Open Studio Art event held within Carmarthenshire. This year over 36 artists' work is displayed in various locations venues include studios, sheds, galleries and artists' homes. You may find anything from cards, prints and original works of art, see anything from works in progress to exhibitions of contemporary art, better yet, you can acquire pieces for your collection direct from the artists themselves.

You have the chance to meet and talk with the artist, often over a cup of tea and a slice of cake, and gain a unique glimpse of the artistic process. Don't feel shy about visiting; all the artists are only opening their studios as they are keen to meet you.

The event is spread over a full week, with some artists opening all the time and others for only a few days. To make it easier for you to plan, there is a handy guide which includes maps that helps you to plan your visits.

The Guide will be widely distributed, and a PDF copy, along with additions and corrections can be downloaded from <https://www.tywivalleyopenstudios.wales/>

In the Guide, alongside each artist entry, is a calendar marked with their opening days and any courses that are being run.

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06/19(12)

07/19(12)



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07/19(3)

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Dydd Llun/Monday Ar Gau/Closed  
 Dydd Mawrth/Tuesday 10.00am to 1.00pm,  
 3.00pm – 6.00 pm  
 Dydd Mercher/Wednesday Ar Gau/Closed  
 Dydd Iau/Thursday 10.00am – 1.00pm,  
 2.00pm – 4.15pm  
 Dydd Gwener/Friday Ar Gau/Closed  
 Dydd Sadwrn/Saturday 10.00am – 12.00pm

# THE POST

## ADVERTISING

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## THE STATION ART GALLERY

We are very proud to be able to welcome to the Station Gallery, as this month's Artist of the month, Sandra Phillips, from Pendine, in Pembrokeshire. Sandra is a highly respected Artist in West Wales, and she is known also as the Artist in Residence at Aberglasney. It was there a few months ago that we met Sandra, and it was while we were discussing her work with her that we told her of the Station Gallery in Llandovery, and how it has encouraged a number of Artists in the Towy Valley to display their work to an increasingly interested and respected audience. Sandra told us that she would certainly like to come up to Llandovery to see the Gallery for herself, and true to her word she did so, and congratulated us on the encouragement that the Gallery was giving to local artists. She then told us that she would be delighted one day to come up to Llandovery, and provide us with a full display of her work, and as promised she has now done so.

There is no doubt that this Exhibition is perhaps the most attractive we have mounted so far this year in the Gallery, and that it will have encouraged all our local artists to match her artistic skills. It is now our intention to hold in December an Exhibition of Work provided by all our Artists, and we have every hope that Sandra's work will be able to form part of that Exhibition as well!

## LLANDOVERY WALKERS ARE WELCOME

The Railway Station Cafe now seems to have become the favoured meeting place of the Llandovery Walkers are Welcome Group, and this for a number of reasons – principally perhaps for the fact that there is usually a spare place available in the Station Car Park, but also for the fact that it is the ideal meeting place for our members to gather together before setting out on the



day's particular walk. Similarly, on returning to the Cafe, it is a splendid place to relax over a cup of something warming, and perhaps to discuss the pros and cons of the Walk just accomplished, and then look forward to the next walk on our programme.

It is interesting also to note that more and more Walking Groups from towns in our part of the world, such as Swansea, Llanelli, or Brecon, are now taking the train to Llandovery and starting their Walks at the Llandovery Station. They find the Cafe a very welcoming place to discuss the Walk on which they will just be embarking, and then, on their return to the Cafe, they can look forward to the Walk which will be next on their particular Walking Programme!

Some glorious Walks which we have followed recently are as follows:

**Wednesday 13th February:** Llandeilo to Llangadog, on the new Heart of Wales Line Trail. This was a demanding Walk, which took some five hours to complete: we met at Llangadog Station Car Park, then took the 8.44am train to Llandeilo, before following the HoW Line Trail via Garn Gaoch, and so back to Llangadog.

**Tuesday 26th February:** Carreg Cennen Castle, a circular Walk around the Castle, which was a superbly satisfying Walk, especially as the weather was clear and





fine, and which allowed the Castle to be within our sights throughout the Walk. This is a Walk which we are sure will remain long in our Catalogue.

**Wednesday 13th March:** South-West of Mynydd Myddfai, a new route along quiet roads, tracks, and open country, with refreshments waiting for us at the Community Hall at the finish.

**Thursday 28th March:** The Official Opening of the final (Powys) of the Heart of Wales Line Trail in Llandrindod Wells. There were three walks of varying length which could be followed.

**Wednesday 24th April:** a Walk to Llyn y Fan Fawr via Moel Feity, from the Trecastle to Tafarn-y-Garreg road. This was a demanding Walk, in the rain and the mist, but one with which we all coped well, and with which we could all be satisfied.

**Tuesday 7th May:** After a long interval of neglecting The Mwmffri, we returned to this steep-sided conical hill in the Pantycelyn area which can clearly be seen overlooking Llandovery to the East. The climb to the Trig-point on the top is quite demanding, but is well worth the effort, for the views which can be seen from the summit are glorious. Following our descent on the eastern side of the hill, we were rewarded for our efforts with a warm welcome at Pantycelyn Farm, where we were all treated to invigorating cups of tea from Cynthia and Cecil Williams!

Glyn Evans

## THE LLANDOVERY MODEL RAILWAY CLUB

The men of the Model Railway Club are a very positive band, and being a member of a group such as theirs means not only that individuals can get on purposefully with their own modelling, but also that together they are able to share ideas, scan the various Model Railway magazines, and see what Model Railway Exhibitions are to be found in our part of the world.

The Club Room downstairs, which houses two N-Gauge layouts and one 00-gauge layout, has been given a very thorough clean and polish, and with the floor newly painted it is now looking very attractive. The three layouts which are housed in this room can be certainly said to have been given an upgrade, and with paintings and pictures adorning the walls the whole room is now looking very attractive, and is ready to welcome visitors. The Club Room upstairs, which houses the Club's larger 00-gauge layout, is gradually becoming tidier and more interesting, and it is intended to become our main Club layout in due course of time.

Formal meetings of the Model Railway Club are held in the Station Cafe on the first Thursday evening of the month, at 7 00pm. New Members are very welcome to attend these meetings, and then to visit the Club Rooms.

Roger Brown  
Chris Robertson.

# LLANDEILO ROTARY CLUB PLOUGHMAN'S LUNCH FUNDRAISING EVENT

On Friday, 7th June Llandeilo Rotary Club will be holding their annual Ploughman's Lunch fundraising event at the Civic Hall, Crescent Road, Llandeilo.

Rotarians and their friends have over the past weeks been busy selling raffle tickets at various venues in Llandeilo town. A range of raffle prizes have kindly been donated by local business people and Rotary members.

For Rotary President Colin Jenkins the Ploughman's Lunch marks the last event of his year in office when Colin steps down towards the end of June.

The charities chosen by President Colin are Wales Air Ambulance and Tenovus.

Colin commented that the Ploughman's Lunch offers a wonderful opportunity for the people of Llandeilo and surrounding area to get together over an unhurried lunch and enjoy a drink knowing that they are at the same time supporting two worthy charities.

Mayor of Llandeilo Fawr Town Council Councillor Edward Thomas will open the lunch at midday that includes a generous ham salad with a glass of wine or soft drink for just £8 per person.

Following the lunch there will be a bottle raffle, ever popular tombola and the raffle grand draw. Tickets are available at the door and the last of the raffle tickets will be available in the hall.

President Colin and Rotarians extend a warm welcome to all and hope that once again the afternoon will attract a good crowd as it has for many years in the past.

Croeso cynnes i pawb.

David Ryder Owen.



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# Church Services

E-English W-Welsh B-Bilingual

## PARISH OF LLANSADWRN, LLANWRDA, WITH CAPEL DEWISANT & MANORDEILO

(all services are bilingual)

### St Gwrdaf Church, Llanwrda

2 Jun 10.00am Holy Eucharist  
9 Jun 8.30am Morning Prayer  
16 Jun 8.30am Holy Eucharist

### St. Sadwrn Church, Llansadwrn

2 Jun 11.00am Holy Eucharist  
16 Jun 11.00am Holy Eucharist  
23 Jun 11.00am Rainbow Church  
30 Jun 10.00am United Service (Holy Eucharist)\*

### Capel Dewi Sant

2 Jun 2.15pm Holy Eucharist  
9 Jun 2.15pm Holy Eucharist  
23 Jun 2.15pm Evening Prayer

### St. Paul's, Manordeilo

2 Jun 9.30am Holy Eucharist  
9 Jun 9.30am Morning Prayer  
16 Jun 9.30am Holy Eucharist  
23 Jun 9.30am Holy Eucharist

\*Please note the United Service at St Sadwrn's Church, Llansadwrn on 30th Jun at 10.00am.

For further information, please contact Revd Viv Sayer 01550 777200.

## ST. CADOG'S, LLANGADOG

2 Jun 9.30am Holy Communion  
9 Jun 9.30am Morning Prayer  
16 Jun 9.30am Holy Communion  
23 Jun 9.30am Morning Prayer  
30 Jun 10.30am United Eucharist Service in Llandeusanant

15 Jun 2.00pm Summer Fair in the Church.

For further information please contact Revd Jeff Thomas 01550 777758.

## ST MICHAEL'S, TALLEY

Services every Sunday at 11.00am

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

## ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

Mass, SUNDAY 11.00a.m.

(for mid-week masses, please phone for details)

## ST SIMON & ST JUDE, LLANDEUSANT

9 Jun 6.00pm Evening Prayer  
23 Jun 2.00pm Holy Eucharist  
30 Jun 10.30am Joint Parish Holy Eucharist

## ST DAVID, ABERGORLECH

Services on the 1st and 3rd Sundays of the month at 9.30am

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

## PARISH OF LLANDOVERY WITH MYDDFAI

### Llandingat

2 Jun 10.00am Family Communion  
6.00pm Holy Communion  
9 Jun 9.30am Holy Communion  
6.00pm Informal Pentecost Service  
16 Jun 9.30am Holy Communion  
No evening service  
23 Jun 8.00am Holy Communion  
9.30am Holy Communion  
6.00pm Evening Prayer  
30 Jun 10.30am Joint Parish Communion  
6.00pm Evening Prayer

### Llanfair

2 Jun 9.00am Cymun Bendigaid  
16 Jun 11.00am Cymun Bendigaid

### St Michael's, Myddfai

2 Jun 11.30am Holy Communion  
9 Jun 11.30am Holy Communion  
16 Jun 11.30am Morning Prayer  
23 Jun 11.30am Holy Communion  
30 Jun 10.30am Joint Parish Communion in Llandingat

For further information please contact Rev. Ian Aveson, 01550 720524.

## PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

### Llandeilo Parish Church

1st Sun 9.30am Boreol Weddi  
2nd Sun 11.00am Morning Worship  
6.00pm Holy Communion  
3rd Sun 9.15am Cymun Bendigaid  
4th Sun 11.00am Family Communion  
6.00pm Holy Communion  
5th Sun 8.00am Holy Communion  
11.00am Morning Worship  
6.00pm Holy Communion

### Evening Prayer and Compline alternate

months: *Compline* in Jan, Mar, May, Jul, Sep, Nov. *Evening Prayer* in Feb, Apr, Jun, Aug, Oct, Dec.

### St John's Maestelo

1st Sun 9.45am Holy Communion  
2nd Sun 9.45am Holy Communion  
3rd Sun 9.45am Morning Prayer  
4th Sun 9.45am Morning Prayer

### Holy Trinity Taliaris

2nd Sun 9.45am Holy Communion  
4th Sun 9.45am Holy Communion

## TOWY CHRISTIAN FELLOWSHIP

In the YMCA, Market Street, Llandovery.  
Phone: 01550 777149

Sun 10.30am Family Praise & Worship  
Sun 6.00pm Bible Workshop – Teenagers

## ALL SAINTS GWYNFE

2 Jun 11.15am Eucharist  
9 Jun 11.15am Morning Prayer  
23 Jun No Service  
30 Jun 10.30am Joint Eucharist in Llandeusanant

## EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Contact Rhys Jones on 01269 492299 / 07511 551541 or rhysones4940@hotmail.co.uk.

Sun 10.30am Praise and Communion  
5.00pm Gospel Service, including Explorer's Club  
Thurs 7.00pm Prayer and Bible Study  
Fri 10.30am Tea and Tots (Term Time)

## THE CHRISTADELPHANS

Foundry Road, Ammanford.  
Tel. 01269 842336 or 01269 851172  
Sun 6.00pm Bible Talk  
Thurs 7.30pm Bible Study

## PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

### St Mary's, Cyngordy (Llanfair-ar-y-bryn)

2 Jun 2.30pm Holy Communion  
9 Jun 2.30pm Holy Communion  
16 Jun 2.30pm Evening Prayer  
23 Jun 2.30pm Holy Communion  
30 Jun 10.00am Joint Parish Service Ystrad Ffin

For further information please contact Mrs Ann McKnight. Tel: 01550 721109.

### St. Barnabas Church, Rhandirmwyn

2 Jun 9.30am Holy Communion  
9 Jun 9.30am Holy Communion  
16 Jun 9.30am Morning Prayer  
23 Jun 9.30am Holy Communion  
30 Jun 10.00am Joint Parish Service Ystrad Ffin

For further information please contact Ann McKnight. Tel: 01550 721109.

### St. Michael's, Cilycwm

2 Jun 11.15am Holy Communion  
9 Jun 11.15am Holy Communion  
16 Jun 11.15am Morning Prayer  
23 Jun 11.15am Holy Communion  
30 Jun 10.00am Joint Parish Service Ystrad Ffin

For further information please contact Ann McKnight. Tel: 01550 721109.

### **BAPTIST CHAPEL**

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### **ST CYNWIL, CYNWYL GAEO**

Services on the 2nd and 4th Sundays of the month at 9.30am

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

### **ST SAWYL, LLANSAWEL**

Services on the 1st and 3rd Sundays of the month at 11.00am

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

### **UNITED BENEFICE OF CATHEINIOG**

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Golden Grove – 2nd and 4th Sunday  
Llanfynydd – 2nd and 4th Sunday  
Court Henry – 1st and 3rd Sunday

All above services are at 10.30a.m.  
Carmel every Sunday at 9.30a.m.  
5th Sunday of the month services are  
rotated between the above churches

### **SEVENTH DAY ADVENTIST CHRISTIAN CHURCH**

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Llandrindod Wells, Powys.

Saturdays 2.30pm to 4.30pm  
Sabbath School Service 2.30pm  
Divine Service 3.00 pm

All Are Welcome. God bless.  
Enquiries: 01597 824732/01982 553959.

### **PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI**

Llanfihangel 8.30.a.m every Sunday  
(bilingual)

Holy Trinity, Pontargothi 9.45.a.m.  
every Sunday (English)

Llanegwad 11.00.a.m., 2nd, 3rd  
and 4th Sunday (bilingual)

St. John's, Felingwm 2.00.p.m. 2nd, 3rd  
and 4th Sunday (Welsh)

5th Sunday of the month services are  
at 10.30.a.m. and rotate between the  
above Churches.

### **QUAKER MEETINGS**

Enquiries to Liz McDermott 01570 471488  
Sun 10.45am Canolfan Steffan,

Peterwell Terrace, Lampeter SA48 7BX.

### **WILLIAM WILLIAMS CHAPEL**

High Street, Llandovery  
Sun 10.00am Bible Study  
11.00am Worship

Ladies Service  
2nd Tuesday of each month, 2.30pm.

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

### **OUR LADY'S R.C., LLANDOVERY**

College View, SA20 0BD  
Served from Lampeter  
Vigil mass of Sunday, Saturday 5.00pm  
Parish Priest, Fr Keith Evans  
Tel. 01570 421003, Mob: 07896 762786  
Email: davidkeithevs@hotmail.co.uk

### **ST MICHAEL'S CHURCH, LLANFIHANGEL, RHOS Y CORN, NEAR GWERNOGLE**

Service on the 1st Sunday at 2.30pm  
followed by tea and the 3rd Sunday at  
9.00am.

Pilgrim Service on 2nd Wednesday of the  
month at 6.00pm.

For further information contact  
Focal Minister Roger Nock 01267 202347  
or see our Facebook page.

### **RIVERS COMMUNITY CHURCH**

Our Service time is at 5.00pm on a Sunday  
and we meet at The Hangout, Llandello. We  
also have a Life group on Thursday evenings.

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

## **NEW AGREEMENT WILL HELP CONSERVE AND IMPROVE OUR RIVERS IN WALES**

A new agreement between Natural Resources Wales and Afonydd Cymru, the organisation which oversees the country's six Rivers Trusts, will play a key role in improving Welsh rivers.

In January, NRW's Chief Executive Clare Pillman and the Afonydd Cymru's Chief Executive Dr Stephen March-Smith signed a Memorandum of Understanding to work together to improve river catchments, fisheries and ecology.

David Letellier, South East Wales Operations Manager for NRW, said: "This is an exciting development as greater collaboration between Afonydd Cymru and ourselves will lead to a variety of environmental, community and social benefits.

"Historically, many of the links between NRW and the Rivers Trusts have developed at regional level but this agreement will make sure that the best examples of working together are used across the country."

The MoU will focus on protecting our rivers for future generations, encouraging more people to enjoy rivers through angling, navigation and other recreational activities; protecting wildlife and habitats; improved ecological status and reducing the impact of climate change through environmental improvements.

David added: "Healthy rivers are a sign of a healthy environment and we all have a key role in ensuring they are the best they can be.

"By sharing information, encouraging best practice and developing educational programmes, this partnership will be a major step forward in bringing together a wealth of expertise and knowledge from both parties.

"That's why we are delighted to work not only with Afonydd Cymru, but with any organisation or group which aims to improve our rivers and protect the fish, animals and plants which live in and around them today and for the future."

Dr Stephen Marsh-Smith OBE for Afonydd Cymru said: "We are delighted that the work of Rivers Trusts and collaboration with NRW has been recognised in this way and set down formally.

"The rivers of Wales, their fisheries and wildlife are in urgent need of restoration and protection. This cannot be achieved solely by one group and we hope this new understanding heralds a turning point.

"In the future there may be huge changes to the way we manage our environment and it is vital that we have partnerships and plans in place to bring about some much-needed restoration when the opportunity arises."

# READERS' SALES & WANTS

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

## FOR SALE

- **Craft items**, 2 Sizzix Bigz die's, 1 set of 3 Spellbinders fancy tags die's, 4 sets of popcorn the bear rubber stamps could separate, another set of flowers and word rubber stamps, a container of flourishes, 8 wooden stamps, nearly a complete set of creative expressions ( british wild flowers ) rubber stamps, 3 CDs with everything to make a card, also Hougie embossing board. Having a spring clean ! You are welcome to come and have a look. Tel: Bronwyn on 01550 720164 Llandoverly.
- **Books**, approx. 300, cook books, crafts & hobbies, some novels and some autobiographies, all hardback, £75. Tel: 01550 777432.
- **Dining and Kitchen Table**, free for collection, good condition, Tel: 01558 822125.
- **Bench pipe vice**, £8. Tel: 07761 107055.
- **2 trailer wheels**. Tyre size 145/80R19 with 4ins PCD, £20. Tel: 07761 107055.
- **Dual Ball and Jaw hitch** (heavy duty), £22. Tel: 07761 107055.
- **Garden water sprinkler**, 360 degrees on a tripod, £20. Tel: 07761 107055.
- **Oak Parquet flooring blocks**. 7 bags Offers. Tel: 07761 107055.
- **Ducal Victoria coffee table** with glass top with a shelf underneath measuring 3ft square (as new), £55 ono. Tel: 07761 107055.
- **Lined Curtains**, 72 ins long x1 width. Cream with Red Flowers bargain, £10. Tel: 07761 107055.
- **Lined Curtains**, Sanderson Floral. 90 ins long x1 1/4 width bargain, £12. Tel: 07761 107055.
- **Television**: Samsung 44" flatscreen, £95. Tel 01550 721238.
- **Qualcast Bosch easitrak corded electric lawnmower**, 32cms cut, hardly used, excellent condition. £40 Contact 01550 777875.
- **"Burberry" top quality fine corduroy fabric**. Colour camel. Cotton with slight stretch. Suitable for dressmaking, craft etc. Width approx. 153cms/60", length 4 generous metres. £25. Contact 01550 777875.
- **4 Metal curtain rails** decorative ends with rings, £40. Tel: 07503 158561.
- **3 Metal rails with brackets**, £30. 1 Stainless steel with brackets 1500 mm long, £20. Tel: 07503 158561. 1 Metal rail white with cord pulley and brackets 1500 mm long, £20. 1 Brass rail with rings 1200 mm long, £10. 2 Chrome rails decorative ends one 900mm long and one 900 mm to 1500mm long, £10. 1 Wooden rail with brackets and rings, £12. Tel: 07503 158561.
- **10 Chrome finish low voltage down lights** with transformers and bulbs, £20. Tel: 07503 158561.
- **1 Ceiling Fan light**, £42.50. Tel: 07503 158561.
- **3 Brushed Steel with Chrome ceiling spot light units**, 240v with 50w bulbs, £40. Tel: 07503 158561.
- **McConnell Power Arm 44 Ditcher**. 3 point linkage and connects to tractor hydraulics. Can be seen working. Comes with 2 buckets. £200. Tel no. 07952 265087.
- **Thule bicycle rack**. This rack is for two bikes mounted on the vehicle tow hook Little used, £75. Tel 01558 650342.
- **Clarke gas heater**. Almost new complete with almost full Flo Gas cylinder, £35. Tel: 01558 650342.
- **Canvas Gazebos**, 3m x 3m green, Brand new unopened gift, £35. Tel: 01558 650342.
- **Box of maps**, OS and others approx. 50-60 maps some old some newer, £5. Tel: 01558 650342.
- **Pitch pine corner display cabinet** with glass shelving. 5' x 20" x 13". £45. Tel: 07790 578555.
- **Slates**: x140 24" x 12"; x27 22" x 11"; x11 20" x 12"; x11 20" x 10". Tel: 01550 721085.

- **Double Air Bed**, Coleman Comfort. Two air chambers supporting each person separately. Hardly used, £20. Tel. 01550 722969 or 07925 131974.
- **Ladies bike**. 26" wheels, with nice comfy gel saddle. 21 Shimano gears with lever selectors. Rear cycle rack. Tyres and brakes are good as this bike has had very little use and has been stored in a garage, £60. Call – 01550 720516 or 07788 171811.
- **Prima fan oven**, stainless steel, built in with Electrolux 4 ring easy clean ceramic top, £95 ono. Tel: 01267 202230.
- **Sony Stereo Music System** model HP-2439A solid state with LPs, £50 ono. Tel: 01267 202230.
- **Sharp Fax/Phone**, model UX-S10. £15 ono. Tel: 01267 202230.
- **Electric Sewing Machine**, £25 ono. Tel: 01267 202230.
- **Grazing available** in Llanddeusant. Tel: 01550 740277.
- **Antique Upright Overstrung Piano**, made in 1910 by Arthur Alison, reconditioned in 1992, excellent tone and condition, Offers. Tel: 01550 777410.
- **Gas BBQ** with Calor cylinder, separate side burner and preparation plate, little used, £50. Tel: 01550 777783.
- **UPRIGHT PIANO FOR SALE**: SEIDEL nachf GARN upright for sale. Recently tuned. Full size keyboard (85 keys). All ivories in good condition. Plays very well. A bargain at £75. Buyer to collect. Phone 01550 750385.
- **Ercol Dining Table**, 2 carver chairs and 4 dining chairs, cost new £1400. Sensible offers. Tel: 01558 823463 after 6.00pm.
- **China Cabinet**, originally from Pugh Brothers of Llanelli, 1½ W x 12½ D. Sensible offers. Tel: 01558 823463 after 6.00pm.
- **Large Bevelled Mirror** in fancy gilt frame, 32" W x 30½" L. Sensible offers. Tel: 01558 823463 after 6.00pm.
- **Size 22 to 24 skirts**. As new. La Redoute etc. Four for £12.00. Also handmade shoes (sizes 6 & 7). Tel: 01550 721197.
- **Pine dresser** in perfect condition suitable for living room/kitchen, 70 Inches long 80 inches high (2 pieces). Open plate-display shelves in centre, tinted glass doors and various cupboards to both sides. Pictures available. Purchased in leekes, £95. Tel: 07859 884740.
- **Brown leather 2 seater sofa** with both seats reclining. Purchased in leekes, £95. Tel: 07859 884740.
- **Display unit with glass doors** and lights illuminating shelves inside in dark oak colour. (2 Pieces) lower part has storage units with doors. In very good condition. Purchased in leekes, £90. Tel: 07859 884740.

## WANTED

- **Grazing land**, possible long term and suitable for sheep, including sheds if possible. Tel: 07770 777992 / 07872 509031.
- **Model-maker or craftsman** who might be able to restore and paint a new, painted 3D artwork made of resin and paper whose surface was accidentally chipped and cracked. Not a big job. Please call 07901 925671.
- **Second-hand Books**. Donations of good quality books required for our new and improved Pre-Loved Bookshop at Newton House. Any subject, – especially paperback fiction and children's books very gratefully received. No magazines please. All sales go towards work and improvements within Dinefwr Park. Please deliver to our Welcome Centre within the Park. Any queries to Holly Dwyer 01558 825911.
- **Elderly Lady wants elderly small dog**. Tel: 01550 750284.
- **Countryside House Sought**. Detached, basic, self-contained accommodation. Rural or semi-rural with garden. Outbuilding if possible. No wifi or tetra mast coverage. Rent or barter. Large house & annexe, Nature/animal sanctuary/Centre also considered. Current let 19 years. Quiet couple. Excellent references. Please telephone: 01550 721197 (answer machine messages replied to).
- **Rural Respite Care, also self-contained accommodation**. Please telephone: 01550 721197.
- **Homehelps/Carer**. Various positions available. Hourly pay or barter for P.A. Also advocate and driver. Care Giver. Also Rural Respite Care Accommodation . Quiet, friendly vegan client. Leave message> 01550 721197.
- **Citroen/Peugot Van**. Berlingo/Partner/Dispatch Van. Approx X Reg. Tel: 01550 721197.

# Events

These details have been prepared by  
**The Post** and are believed to be correct,  
but do check for any changes.  
For a free listing of your event contact  
PostDatum on 01550 721225.

## 1 JUNE:

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

**The Ramblers – Heart of Wales Line Trail 3:** Ammanford to Llandeilo. Passing through Llandybie, Llandyfan and Carreg Cennen before following paths to Llandeilo - passing signs of local industrial heritage before reaching the farming landscape of the Tywi valley. Rail ramble. Linear Dist. 9.5 miles. Moderate/Energetic Explorer Map: 178/186 Meeting point: Ammanford Railway Station. Dep. TBC (see website), organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07764 33921.

**Cwmdru Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

**JAM JAR BLUES** will be at their usual once a month Llandovery venue, "THE BEAR with rooms", Market Square, for "Blues and Soul and Rock 'n' Roll". If you book for a meal by 6.30 p.m., you'll catch the best of the music. Phone 01550 721777.

## 1 JUNE – 2 JUNE:

**Watercolour painting weekend course** in the Great Glass Dome of the Botanical Gardens of Wales, with Genevieve Caminade, practising artist. Bookings can be made via the Botanical Gardens of Wales website, under 'Courses'.

## 2 JUNE:

**Dinefwr Poetry:** Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

**Litter Picking Brecon,** 1st Sunday of the month meeting 10.00am at Watergate Car Park. We meet regularly to help remove litter around Brecon town, riverbanks and paths. Litter looks unsightly, and can be dangerous to animals and children. So, why not come and give a small amount of time? Just two hours can help to keep our lovely town looking tidy! It's a great way to enjoy fresh air, observe local nature, by doing great work that benefits the local community which impresses the many visitors coming to beautiful Brecon, and a wonderful way in which to show our pride in the local area. Why not come along and join us? We have the kit, just bring yourself, friends, family!

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

## 3 JUNE:

**Language classes:** Every Monday French 6.15 to 8.00pm at Crugbyr Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gillypickering@aol.com

**Table Tennis** at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 77768.

**CANTORION LLANDEILO** invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

**Mindfulness Yoga classes:** Mondays: Llanddeusant Hall, 6.30 – 8.00pm, Tuesdays: Gwynfe Hall 6.30 – 8.00pm. Bring a cushion and your favourite blanket. Drop in or ring Sue for a chat. Tel: 07780 544470.

**Llanwrda and Llansadwrn Countrywomen meeting** 7.30pm in the Reading Room Llansadwrn presentation by Menna Evans "All one needs to know about dogs"

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

## 3 JUNE – 21 JUNE:

**DYFED ARCHAEOLOGICAL TRUST – VOLUNTEERING AND PARTICIPATION OPPORTUNITIES 2019:** During 2019 the Trust has opportunities to participate on fieldwork and office-based archaeology projects. Our projects are open to all. Have you always wanted to have a go at archaeology but were not sure how to get involved? Or do you want to acquire more skills and experience? Whatever your age, ability or experience we have something for you. See our website [www.dyfedarchaeology.org.uk](http://www.dyfedarchaeology.org.uk) – Dig First World War practice trenches: Penally WW1 Trenches. Contact Alice Pypser – [a.pypser@dyfedarchaeology.org.uk](mailto:a.pypser@dyfedarchaeology.org.uk)

## 4 JUNE:

**LLANDEILO BOWLING CLUB.** Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

**CHAIR YOGA in LLANDOVERY** for those with restricted mobility who wish to enjoy the full benefits of Yoga. Catholic Hall. 10.15 – 11.15a.m. Cost £5.00. Come along or contact Stephanie: 01558 650534.

**Llandovery Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome.

**Easy Tai Chi Qigong for Health drop in classes.** We practice the Shibashi form of 18 moves, with warm up and short meditation, relaxation. Tuesdays: Gwynfe Hall 1.00pm – 2.15pm, Tuesdays: Llangadog Hall 4.45 – 6.00pm. Please wear soft shoes and comfortable clothing. Can be practiced sitting down. Drop in or ring Sue for a chat. Tel: 07780 544470.

**Mindfulness Yoga classes:** Mondays: Llanddeusant Hall, 6.30 – 8.00pm, Tuesdays: Gwynfe Hall 6.30 – 8.00pm. Bring a cushion and your favourite blanket. Drop in or ring Sue for a chat. Tel: 07780 544470.

## 5 JUNE:

**TABLE TENNIS:** 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

**Language classes:** Every Wednesday Italian 6.15 to 8.00pm at Crugbyr Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: [gillypickering@aol.com](mailto:gillypickering@aol.com)

**Badminton at Llangadog Community Centre** every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

**ROD n SALLY'S FUN PUB QUIZ.** Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

**MINDFULNESS YOGA,** evening session, LLANDOVERY. Gentle Yoga working deeply with mind, body, breath and spirit. Llandovery Youth and Community Centre (previously YMCA), 6.00 – 7.30p.m. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 650534.

**Annual Meeting of Capel Dewi Community Association** at The Old School, 7.00pm

**The Ramblers – South of Abergolech:** A Cothi valley walk with scenic countryside and river views plus historic village features. Dist. 5 miles. Easy/Moderate Explorer Map: 186 Meeting Point: Llandeilo Railway Station. Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Robert Evans Tel. 01558 822512 Mob. 07779 211904.

**Cwmdru Smallholders.** The group for smallholders will be meeting in the Cwmdru Inn from 7.00pm. Bring a plate of food to share. For more information, please contact Linda Tame on 01558 685056 or Talley and Cwmdru Smallholders on Facebook.

**Drawing / Painting six week tuition class** [subject to renewal] with Genevieve Caminate, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

#### 6 JUNE:

**MINDFULNESS YOGA,** morning session, LLANDOVERY. Gentle Yoga working deeply with body, mind, breath and spirit. Llandoverly Youth and Community Centre (previously YMCA), 10.30 a.m – 12.00 noon. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 659534.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**Louise Austin – Progress at Twyi Gateway and the Bishop's Palace** organised by Llandeilo and District Gardening club who meet on the First Thursday of the month at the Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30 pm. For more information visit our website <http://llandeilogardeningclub.co.uk/> or contact Stella@rhydgoch.co.uk

**Cymdeithas Cwmdru.** A meeting in the Cwmdru Inn at 8pm to discuss the social plans for the community over the coming summer. If you have any ideas for events or there are any issues that you would like to raise regarding the community activities, please come along - everyone is welcome!

**IT'S FUN TO SING WITH 'TYWI HARMONY'** Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Efryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of 5 - 6 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdru. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**Llandoverly Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

#### 7 JUNE:

**LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm.** High definition and surround sound. Bar, snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – [www.llansawel.org.uk/film-club](http://www.llansawel.org.uk/film-club) or call Bill Davis on 01558 685696/email twmdavis@gmail.com

**Llandoverly Carers Club.** Do you look after someone? Come along and meet other people, make new friends in a relaxing, friendly group. A little time for you! First Friday of the month, 1.00pm – 3.00pm at The Castle Hotel, Kings Road, Llandoverly SA20 0AP. For more information ring Vanessa Buckler on 0300 0200 002 or email: info@carmarshreshirecarers.org.uk [www.carmarshreshirecarers.org.uk](http://www.carmarshreshirecarers.org.uk)

**Cwmdru Folk Night.** A live music session in the Cwmdru Inn. From 8.00pm. For more information, phone the shop/pub on 01558 685156.

**TOWY VALLEY rehearsal group of Côr Meibion De Cymru** – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night!

**Llandeilo Country Market.** Every Friday between 8.30am and 12.30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Gentle chill out yoga with meditation** at Henllys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: Claire@holistic-heaven.com [www.holistic-heaven.com](http://www.holistic-heaven.com)

#### 8 JUNE:

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

**40th annual Man v Horse challenge** in Llanwrtyd Wells, 22.5 miles multi-terrain running and riding. Runners set out en masse at 11am from the Square, horses & riders 15 minutes later finishing in the field next to the old woollen mill. Spectators free, come early to park (free) and for the pre-race festivities. Please note, fully booked for entrants. Camping available. For more information, see [www.facebook.com/ManVersusHorse/](http://www.facebook.com/ManVersusHorse/) or [www.green-events.co.uk](http://www.green-events.co.uk) or tel. 01591 610666/236.

**The Ramblers – Memorial Walk:** A choice of two lovely walks in the Carreg Cennen area in memory of David Foot and other friends that we have sadly lost. Friends, children and grandchildren are welcome to join us. Dist. 2 or 4.5 miles. Easy/Moderate. Explorer map: OL12. Meeting point: Carreg Cennen Castle car park. Dep. 11.00am, organised by Dinefwr Ramblers. Leader: c/o Jane Brazier Tel. 01269 597243. Donations on the day to Cancer Research UK will be gratefully received. Refreshments are available to purchase at the Castle Café.

**Cwmdru Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

**Llandeilo Rotary Club** will be spending a day in Llandeilo town centre helping to raise awareness of the link between high blood pressure and strokes. Rotarians will be on duty outside Nigel Williams Pharmacy and will once again be able to use the facilities of the Pharmacy. This year will be a continuation of the publicity that Llandeilo Rotary Club has highlighted since 2012 and the club has reserved a day to publicise a free consultation and blood pressure test for local people. The club hopes that the day will be well supported. Every year in Wales over 7,000 people have a stroke with all ages effected and some 65,000 people now live with the long term effects of stroke. Awareness can significantly reduce these statistics which has a significant impact on the health of the people in Wales.

#### 9 JUNE:

**Llanwrtyd Wells Farmers and Craft Market** at Victoria Hall, Llanwrtyd Wells from 10.00am – 1.00pm. first Saturday every month (except June 9th). Stalls selling fruit and veg, honey, eggs, jams, fudge, cakes as well as items made by local craftsmen and artists. For info contact Sue Middleton on 01591 610584/email [flyinggoosequilting@gmail.com](mailto:flyinggoosequilting@gmail.com).

**Cwmdru Car Boot/Table Top Sale** at the Cwmdru Inn from 10am. To book a table, please ring Celia on 01558 685606 or the shop/pub on 01558 685156. More details next month.

**The Ramblers – Beacons Way 4:** Storey Arms to Llangyndir. A tough but worthwhile day taking in the peaks of Pen y Fan, Fan y Big and continuing over the Tor y Foel ridge to Llangyndir. Dist. 14.5 miles. Strenuous. Linear Explorer Map: OL12/13 Meeting point: Llandoverly Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Jim S. Mob. 07851 365303.

**Cwmdru Car Boot/Table Top Sale** at 10am. Don't forget to bring your unwanted items to sell at our sale in the lovely field and garden of the Cwmdru Inn. Set up at 9am, Sale starts at 10am. Tables could be in the pub or in tents if the weather is unfavourable. Refreshments will also be available. £5 a car/table – to book, please ring Celia on 01558 685606 or the shop/pub on 01558 685156.



**LLANWRDA CAR BOOT EVENT.** The site: in the Cornwallis grounds which includes the School Hall, Playground, Outbuildings and Playing Field. Gates will be open to the Booters from 8.30 a.m. – charge per vehicle £5.00. The event will be open to the public at 10.00 a.m. The Llanwrda Bloomers Tea Ladies will be on duty in the Tea Rooms, offering homemade cakes and pastries. Also a BBQ! If raining, the event will be held in the Village Hall. Any bookings or queries, please ring: either 01550 779257, 01550 777344 or 01550 777214 – or leave a message and we will get back to you. Or email: carwyn852@gmail.com for more information. Your support is much appreciated as all proceeds go towards the restoration of the Lady Cornwallis Grade II house. Thank you.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

#### **10 JUNE:**

**NAAFI Morning** at Llandovery Youth and Community Centre, 11.00am – 1.00pm. For more information contact us on 07582 717736.

**Table Tennis** at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

**CANTORION LLANDEILO** invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

**Mindfulness Yoga classes:** Mondays: Llanddeusant Hall, 6.30 – 8.00pm, Tuesdays: Gwynfe Hall 6.30 – 8.00pm. Bring a cushion and your favourite blanket. Drop in or ring Sue for a chat. Tel: 07780 544470.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

#### **11 JUNE:**

**LLANDEILO BOWLING CLUB.** Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

**Tywi Art Group Untutored life-drawing session,** 9.30 to 12.30 at Cwmifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk

**CHAIR YOGA in LLANDOVERY** for those with restricted mobility who wish to enjoy the full benefits of Yoga. Catholic Hall. 10.15 – 11.15a.m. Cost £5.00. Come along or contact Stephanie: 01558 650534.

**The Arts Society Lecture** by Bertie Pearce will be - The Punch and Judy Show. The Lecture will be preceded by the Annual General Meeting of the Society at 2 p.m. This is our final lecture before the Summer break. Lectures are held at Theatr Brycheiniog at 2.30 p.m. Further information, contact Membership Secretary, Dr. Caroline Boorer on 01550 720024. All welcome. Tickets £8.00 on the day for non-members. There is a social evening at Battle House on Friday 21 June at 5.30 p.m. for members and guests. Tickets £10 to include a glass of wine and light refreshments.

**Easy Tai Chi Qigong for Health drop in classes.** We practice the Shibashi form of 18 moves, with warm up and short meditation, relaxation. Tuesdays: Gwynfe Hall 1.00pm – 2.15pm, Tuesdays: Llangadog Hall 4.45 – 6.00pm. Please wear soft shoes and comfortable clothing. Can be practiced sitting down. Drop in or ring Sue for a chat. Tel: 07780 544470.

**Mindfulness Yoga classes:** Mondays: Llanddeusant Hall, 6.30 – 8.00pm, Tuesdays: Gwynfe Hall 6.30 – 8.00pm. Bring a cushion and your favourite blanket. Drop in or ring Sue for a chat. Tel: 07780 544470.

**Llandovery Croquet and Bowls Club** - Croquet at the Castle Car Park bowling green from 2pm, visitors and beginners welcome. Contact John 07435 786762 for more info about our beginners' course.

**Art Therapy 4 week course:** [daytime or, and evening time] to be negotiable pending on the students' request. Spaces will be limited to five students. These art therapy drawing/painting projects are designed to reconnect the person to their creativity, to develop their confidence with expressing themselves visually; to promote a sense of wellbeing [by engaging in a creative activity, we let go of our worries, anxieties, stress].

**Trip to Rheidol Railway, Devils Bridge,** dep. 8.00am organised by Llangadog OAP Association. Tel: 01550 777049 or 01550 777536 for info.

#### **12 JUNE:**

**TABLE TENNIS:** 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

**Badminton** at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

**ROD n SALLY'S FUN PUB QUIZ.** Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

**MINDFULNESS YOGA,** evening session, LLANDOVERY. Gentle Yoga working deeply with mind, body, breath and spirit. Llandovery Youth and Community Centre (previously YMCA), 6.00 – 7.30p.m. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 650534.

**Willow Basket course,** 10:00 am – 4:30 pm. Come and weave your very own coiled rope effect basket with locally grown and Somerset willow. The way in which the willow is woven produces a stunning rope effect weave that can be combined with separate areas of contrast infill to produce a organic and beautiful basket. All materials and tools included. Tea, coffee and biscuits will be available. Booking essential: kindavillage.org/events/event/ 01559 395253 admin@kindavillage.org

**The Ramblers – Godre'r-graig:** A level walk without any stile along the riverside cycle path to Godre'r-graig, returning alongside the Swansea canal towpath. Dist. 5 miles. Easy/Moderate Explorer Map: 165 Meeting point: Tesco Pontardawe. Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Angela Pennell Tel. 01269 823517 Mob. 07938 992779.

**Pilgrim Service** at Llanfihangel Rhos y Corn – at 6.00pm at St Michael's Llanfihangel, SA32 7RY – now the second Wednesday of the month – a service of prayer and meditation - Info Roger Nock on 01267 202347.

**Drawing / Painting six week tuition class** [subject to renewal] with Genevieve Caminade, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genevacaminade@hotmail.com Tel. 01558 685175.

#### **13 JUNE:**

**NAAFI Morning** at Ammanford Pensioners Hall, Quay Street, Ammanford SA18 3EN, 10.30am – 12.30pm. For more information contact us on 07582 717736.

**MINDFULNESS YOGA,** morning session, LLANDOVERY. Gentle Yoga working deeply with body, mind, breath and spirit. Llandovery Youth and Community Centre (previously YMCA), 10.30 a.m – 12.00 noon. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 659534.

**Dinefwr Photographic Society:** Members photo projects, looking at what members have been taking pictures of over the last 9 months. Meeting at the White Hart Llandeilo in the Raven room at 7:00pm. For more information see our website at www.dinefwrphotographicsociety.co.uk or call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

**Coffee Morning** at The Old School, Capel Dewi with guest speaker. 10.00am – Noon. Admission of £2 includes tea/coffee and raffle.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**Cwmdu Classic Club.** A monthly meeting in the Cwmdu Inn at 8pm for all those interested in classic and vintage machinery/vehicles. For further information, please contact Shop/Pub on 01558 685156.

**IT'S FUN TO SING WITH 'TYWI HARMONY'** Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Efrwyn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

**Llandovey Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

#### 14 JUNE:

**LLANSAWEL FILM CLUB** - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar, snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill Davis on 01558 685696/email twmdavis@gmail.com

**TYWI GATEWAY PROJECT:** 6.30pm, Walk and Talk at the Old Bishop's Palace, Abergwili. An opportunity to learn more about a major restoration project on site arranged by the Carmarthenshire Antiquarian Society, the county's history society. For details call 01267 235519. Society members receive its complete programme of wide ranging monthly events and The Carmarthenshire Antiquary, the society's long respected publication. Visit the website www.carmants.org.uk for further information about the society and how to join.

**TOWY VALLEY rehearsal group of Cór Meibion De Cymru** – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night!

**Llandeilo Country Market.** Every Friday between 8.30am and 12.30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Gentle chill out yoga with meditation** at Henllys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: Claire@holistic-heaven.com www.holistic-heaven.com

#### 15 JUNE:

**LLANSAWEL MARKET** - EVERY 3RD SATURDAY IN THE MONTH IN THE VILLAGE HALL - 10.00 am to 12.30pm. Stalls selling local meat; organic vegetables; home baking; local cheese; eggs; some crafts etc. Stalls available for £5. For more info: call Bill Davis on 01558 685696 /email: twmdavis@gmail.com

**SATURDAY BOOKS** at Llsandawrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

**Annual Drivers' Walks, Llanwrtyd Wells.** Choice of waymarked routes, 12 or 20 miles, refreshment stops (with real ale), marshalls etc. Register at the Neuadd Arms from 8am, leave anytime up to 10am. Also 2 shorter guided walks: a photo-scenic walk of 8 miles or a 5-mile local history walk at an easy pace. Both leave at 10am. Book online via website or pay on the day (small surcharge), see www.green-events.co.uk or tel. 01591 610666/236. Everybody welcome, including accompanied children and dogs (on leads for farmland). Please carry water/food and come properly equipped for the weather/walking conditions.

**Dolwen Field Project, Llanwrtyd Wells.** Collection of good-condition unwanted items suitable for selling in pop-up charity shop (books, toys, household bric-a-brac etc.) from 11am - 12 noon in lay-by in Cefn Gorwedd road opposite entrance to the field/playground. For more information, telephone David on 01591 610014.

**Cwmdu Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

**St Cadog's Church Llangadog, Summer Fair** from 2.00pm in the Church. Stalls Cream teas etc.

#### 15 JUNE – 16 JUNE:

**Drawing with Colour:** Chalk Pastels in the Great Glass Dome of the Botanical Gardens of Wales, with practising artist Genevieve Caminade. Bookings can be made via the Botanical Garden of Wales website, under 'courses'.

#### 16 JUNE:

**Dinefwr Poetry:** Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

**Trecastle Farmers market,** Sunday afternoon, 1 until 4. Trecastle Community Centre, on the A40 at the west end of the village, near the Antiques Centre. Local produce and craft stalls, fresh bread from Talgarth Mill, community cafe for afternoon tea and home made cake. Free entry. Details of stall can be found on our Facebook pages.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**The Ramblers – Stackpole:** A Pembrokeshire coast and inland walk with outstanding cliff scenery, an extraordinary chapel and a remarkable landscape created by the Cawdors. Charge for car park. Dist. 8 miles. Moderate/Energetic Explorer Map: OL36 Meeting point: Llandeilo Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Robert Evans Tel. 01558 822512 Mob. 07779 211904.

#### 17 JUNE:

**Table Tennis** at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

**CANTORION LLANDEILO** invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Tello's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

**Mindfulness Yoga classes:** Mondays: Llanddeusant Hall, 6.30 – 8.00pm, Tuesdays: Gwynfe Hall 6.30 – 8.00pm. Bring a cushion and your favourite blanket. Drop in or ring Sue for a chat. Tel: 07780 544470.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

#### 18 JUNE:

**LLANDEILO BOWLING CLUB.** Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

**CHAIR YOGA in LLANDOVEY** for those with restricted mobility who wish to enjoy the full benefits of Yoga. Catholic Hall. 10.15 – 11.15am. Cost £5.00. Come along or contact Stephanie: 01558 650534.

**Easy Tai Chi Qigong for Health drop in classes.** We practice the Shibashi form of 18 moves, with warm up and short meditation, relaxation. Tuesdays: Gwynfe Hall 1.00pm – 2.15pm, Tuesdays: Llangadog Hall 4.45 – 6.00pm. Please wear soft shoes and comfortable clothing. Can be practiced sitting down. Drop in or ring Sue for a chat. Tel: 07780 544470.

**Mindfulness Yoga classes:** Mondays: Llanddeusant Hall, 6.30 – 8.00pm, Tuesdays: Gwynfe Hall 6.30 – 8.00pm. Bring a cushion and your favourite blanket. Drop in or ring Sue for a chat. Tel: 07780 544470.

**FRIENDS OF BRECON AND DISTRICT MIND:** There will be a talk on 'The Pleasures and Benefits of Music Therapy' by Andy Evans, a final year student from the University of South Wales, at The Muse, Glamorgan Street, Brecon at 7.00pm.

**Llandoverly Croquet and Bowls Club** - Croquet at the Castle Car Park bowling green from 2pm, visitors and beginners welcome. Contact John 07435 786762 for more info about our beginners' course.

**19 JUNE:**

**TABLE TENNIS:** 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

**Badminton** at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

**ROD n SALLY'S FUN PUB QUIZ.** Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

**MINDFULNESS YOGA,** evening session, LLANDOVERY. Gentle Yoga working deeply with mind, body, breath and spirit. Llandoverly Youth and Community Centre (previously YMCA), 6.00 – 7.30p.m. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 650534.

**Men, Me & Flowers** with Beverley Clay organised by Llandoverly Floral Art Society at 7.00pm, Dolau Bran, Llandoverly.

**Helen Picton from Old Court Nurseries, Malvern, will give a talk about Asters** at Cothi Gardeners, Coronation Hall, Pumsaint, SA19 8UW. Visitors and guests welcome, £3 which includes refreshments.

**Drawing / Painting six week tuition class** [subject to renewal] with Genevieve Caminade, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

**The Ramblers – Llandoverly:** A walk around Llandoverly visiting the castle, Waterloo bridge, Cefn Allt Isaf, Llwynywormwood and return on lanes. Dist. 5 miles. Moderate Explorer Map: 187 Meeting point: Llandoverly Railway Station. Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: Geoff Williams Tel. 01558 822960 Mob. 07501 521911.

**20 JUNE:**

**MINDFULNESS YOGA,** morning session, LLANDOVERY. Gentle Yoga working deeply with body, mind, breath and spirit. Llandoverly Youth and Community Centre (previously YMCA), 10.30 a.m – 12.00 noon. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 659534.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**IT'S FUN TO SING WITH 'TYWI HARMONY'** Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Elfryn Hall (far end of Dinefwr Ave, off New Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdru. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**Llandoverly Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**21 JUNE:**

**LLANSAWEL FILM CLUB** - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

**MIDSUMMER TWMPATH** with live band 'CRANNOG' - Llanwrda Hall, SA19 8HD £10/ £5 (16 and unders) 7.30pm to late. Please bring a plate of food to share. Come on your own or with partner/family. www.llandoverlyfolkdancing.co.uk www.facebook.com/llandoverlyfolkdancing or Jean 01550 720483 NIGHT OUT FUNDED.

**Private View: MIDSUMMER 'CAHOOTS' AT THE HALL** - a collaborative exhibition, Art at the Hall is in 'Cahoots' with Tim Bowen Antiques, Little Barn Nursery, Llwygwawl and Found and Seek for a first of its kind Midsummer exhibition of Antiques paintings, ceramics, pots and plants with 30 Local Artist and Makers at the Temperance Hall Llangathen, Near Aberglasney Gardens, Carmarthenshire, SA32 8QD. All work will be for sale. Meet the Artists - each day one of the artist will be in attendance at the exhibition. We will be open each day 11am - 6pm. The Exhibition is free to enter but donations toward the ongoing restoration of the Hall will be appreciated. A Private view will be held on Friday 21st June 6.30pm - 10pm. For an email invite to the Private View please contact Brigid Loizou - artatthehall@gmail.com

**TOWY VALLEY rehearsal group of Cór Meibion De Cymru** – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 - 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night!

**Llandeilo Country Market.** Every Friday between 8.30am and 12.30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Gentle chill out yoga with meditation** at Henllys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: Claire@holistic-heaven.com www.holistic-heaven.com

**22 JUNE:**

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

**Talley and Cwmdru Open Gardens.** The annual event of around a dozen gardens opening to the public from 10am – 4.30pm. Refreshments will available throughout the day at various locations. Look out for posters and maps in Talley.

**Cwmdru Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

**22 JUNE – 30 JUNE:**

**MIDSUMMER 'CAHOOTS' AT THE HALL** - a collaborative exhibition, Art at the Hall is in 'Cahoots' with Tim Bowen Antiques, Little Barn Nursery, Llwygwawl and Found and Seek for a first of its kind Midsummer exhibition of Antiques paintings, ceramics, pots and plants with 30 Local Artist and Makers at the Temperance Hall Llangathen, Near Aberglasney Gardens, Carmarthenshire, SA32 8QD. All work will be for sale. Meet the Artists - each day one of the artist will be in attendance at the exhibition. We will be open each day 11am - 6pm. The Exhibition is free to enter but donations toward the ongoing restoration of the Hall will be appreciated. For info contact Brigid Loizou - artatthehall@gmail.com

**23 JUNE:**

**Cwmdru.** There will be an afternoon service in Providence Chapel at 2pm.

**Summer Singers present "Night and Day"** a concert of vocal music reflecting the hours of the day. An eclectic selection of music from spine-tingling Gregorian Chant through Tallis and Monteverdi, to Macmillan and Cole Porter with a newly commissioned work by local composer Helen Adam, 7.30pm at St Michael's Church Myddfai.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Day Retreat** £65 per person. Yoga, refreshments, guided walk, buffet lunch, holistic treatment and afternoon guided meditation at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

**The Ramblers – Beacons Way 5:** Llanygnidwr to Crickhowell, via the River Usk onto the lower slopes of the Black Mountains from

Bwlch passing the memorial to the founder of the Beacons Way on our way into Crickhowell. Dist. 12 miles. Energetic. Linear. Explorer Map: OL13 Meeting point: Llandovery Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Wendy Leslie Tel. Mob. 07969 213560.

#### **24 JUNE:**

**Table Tennis** at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768. **CANTORIN LLANDEILO** invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

**Mindfulness Yoga classes:** Mondays: Llanddeusant Hall, 6.30 – 8.00pm, Tuesdays: Gwynfe Hall 6.30 – 8.00pm. Bring a cushion and your favourite blanket. Drop in or ring Sue for a chat. Tel: 07780 544470.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 OEW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 OEW. Tel: 07985 077227 / claire@holistic-heaven.com

#### **25 JUNE:**

**LLANDEILO BOWLING CLUB.** Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

**Tywi Art Group Untutored life-drawing session,** 9.30 to 12.30 at Cwmrhir community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk

**CHAIR YOGA in LLANDOVERY** for those with restricted mobility who wish to enjoy the full benefits of Yoga. Catholic Hall. 10.15 – 11.15a.m. Cost £5.00. Come along or contact Stephanie: 01558 650534.

**Whist drive:** at 7.30pm in the Church Hall at Llanfihangel Rhos y Corn, near Gwernogle, SA32 7RP – Prizes, raffle, refreshments. info 01267 202305. Following dates 30 July, 27 August and 24 September.

**Easy Tai Chi Qigong for Health drop in classes.** We practice the Shibashi form of 18 moves, with warm up and short meditation, relaxation. Tuesdays: Gwynfe Hall 1.00pm – 2.15pm, Tuesdays: Llangadog Hall 4.45 – 6.00pm. Please wear soft shoes and comfortable clothing. Can be practised sitting down. Drop in or ring Sue for a chat. Tel: 07780 544470.

**Mindfulness Yoga classes:** Mondays: Llanddeusant Hall, 6.30 – 8.00pm, Tuesdays: Gwynfe Hall 6.30 – 8.00pm. Bring a cushion and your favourite blanket. Drop in or ring Sue for a chat. Tel: 07780 544470.

**Llandovery Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2pm, visitors and beginners welcome. Contact John 07435 786762 for more info about our beginners' course.

#### **26 JUNE:**

**TABLE TENNIS:** 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

**Badminton** at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

**ROD n SALLY'S FUN PUB QUIZ.** Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

**MINDFULNESS YOGA,** evening session, LLANDOVERY. Gentle Yoga working deeply with mind, body, breath and spirit. Llandovery Youth and Community Centre (previously YMCA), 6.00 – 7.30p.m. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 650534.

**THE FAVOURITE (15) – Historical Drama.** Olivia Cohan won the Oscar for her performance as Queen Ann in this scabrous comedy about intrigue and ambition in the royal household, Sarah Lady Churchill sees herself supplanted in the Queens favour, and in bed by the upstart Abigail Masham. Doors Open at 6.45pm. Short Film

starts at 7.10pm. Main Film starts at 7.30pm at Assembly Rooms, Bridge Street, Llandovery SA20 ODS. For further details contact Terry on 01550 720258.

**Myddfai Farmers Market** at Myddfai Community Hall 9.00am – 1.00pm. Come along for some great local produce. The café and gift shop are open too. www.myddfai.org tel 01550 720449.

**Drawing / Painting six week tuition class** [subject to renewal] with Genevieve Caminade, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: geneviamade@hotmail.com Tel. 01558 685175.

**Talk by Robin Barlow on World War I** organised by Llandovery Friendship Club. Tel: 01550 720056 for further info.

**Coach Trip** to Dyffryn Gardens organised by Llangadog Gardening Club. Enquiries to Helen 01550 779074.

**The Ramblers – Halfway Forest:** A walk on forest tracks with some hill walking. Views of the Fans and hills South of the Usk Reservoir Dist. 4 miles. Moderate Explorer Map: 187 Meeting point: Llandovery Railway Station. Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Stuart Collins Tel. 01550 721251 Mob. 07775 503441.

#### **27 JUNE:**

**MINDFULNESS YOGA,** morning session, LLANDOVERY. Gentle Yoga working deeply with body, mind, breath and spirit. Llandovery Youth and Community Centre (previously YMCA), 10.30 a.m – 12.00 noon. Cost £7.00. Come along or contact Nirbhaya/Stephanie 01558 659534.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**IT'S FUN TO SING WITH 'TYWI HARMONY'** Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Efrryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303. **Llandovery Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 OEW. Tel: 07985 077227 / claire@holistic-heaven.com

**Holistic Heaven Candlelit evening session Yoga** with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 OEW. Tel: 07985 077227 / claire@holistic-heaven.com

**Dinefwr Photographic Society:** Photo projects – Members projects presentations. Meeting at the White Hart Llandeilo in the Raven room at 7:00pm. For more information see our website at www.dinefwrphotographicsociety.co.uk or call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

#### **28 JUNE:**

**LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm.** High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill Davis on 01558 685696/email twmpdavis@gmail.com

**Sinema Sadwrn** have a biopic this month: already legends by 1953, beloved comedy duo Stan Laurel and Oliver Hardy set out to perform live shows for their adoring fans. The tour becomes a hit, but long-buried tension and Hardy's failing health start to threaten their new act and friendship. Starring Steve Coogan and John C. Reilly. Certificate PG, running time: 1 hour 37 minutes. Film showing at Lansadwryn Reading Room. Doors at 7, programme starts at 7.15. Tickets available on the door: £5 Adults, £4 under 16s, Groups of 3 or more £4 each. Everybody welcome. Visit Sinema Sadwrn on Facebook for more information or call 07900 908391.

**TOWY VALLEY rehearsal group of Côr Meibion De Cymru** – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night!

**Llandeilo Country Market.** Every Friday between 8.30am and 12.30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Gentle chill out yoga with meditation** at Henllys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: Claire@holistic-heaven.com www.holistic-heaven.com

### 29 JUNE:

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

**Car Boot Sale** at Glangwily Hospital Car Park, 8.00am – 12.00pm. No need to book, just come along. Entrance fee: £5 per car / £10 per van. All proceeds from entrance fees to be donated to Cardiac Rehabilitation Department. www.calonplus.co.uk

**Cwmdu Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

**LLANSADWRN SUMMER BAZAAR.** Reading Room 2.00 to 5.30pm. Wide variety of stalls - plants, flowers, cakes, tombola, etc, Games and refreshments available plus Grand Charity Prize Draw at 5.00pm.

**Llandovey Garden Club will go by coach to visit the Usk Open Gardens.** The Coach will leave the main car park in Llandovey at 10.30am. The gardens range from small cottage gardens to the grand sweep of medieval Usk Castle. All are in walking distance of the free car parks and there is a regular mini-bus service around the town (10.00am – 4.45pm). Admission will be £7.50 per head for the day and the coach fare will be £12.00. For any further information please phone 01550 720771.

**Wildlife Trust South & West Wales – East Carmarthenshire Group:** The Fallow Deer & Yellow Ants of Dinefwr Park. A walk through the Deer Park with Sarah Jones & Kevin Henry. Meet at Visitor Centre at 1.30pm. Free entry for the Walk for National Trust, Wildlife Trust and CADW Members.

**The Ramblers – Heart of Wales Line Trail 4:** Llandeilo to Llangadog. Following the Towy Valley, past Gorn Goch with excellent views from the high ground. Rail ramble. Linear. Dist. 11.5 miles. Moderate/Energetic Explorer Map: 186 & OL12 Meeting point: Llandeilo Railway Station. Dep. 10.15am, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07776 433921.

### 29 JUNE – 30 JUNE:

**Towy Valley Vintage Show** at Pontargothi Showground, Carmarthen.

### 30 JUNE:

**Open Garden for Charity, 2.00pm – 6.00pm,** Bwlchau Duon, Farmers, SA19 8JJ Sign posted from the A482. One acre garden set in the foothills of the Cambrian Mountains at 1100 feet. Meandering pathways wind through the many borders filled with abundant planting of both unusual and old time favourite perennials, shrubs and trees, raised vegetable beds and peat bog areas. Large Plant Stall and Refreshments with Homemade Cakes. Entrance £3.50 Children free. Proceeds to the National Garden Scheme raising funds for MacMillan Nurses, Marie Curie and many other worthy charities (for the full list see www.ngs.org.uk)

**Holistic Heaven Yoga** with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

### 1 JULY:

**Language classes:** Every Monday French 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gilypickering@aol.com

**Table Tennis** at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777668.

**CANTORION LLANDEILO** invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at

St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

### 1 JULY – 19 JULY:

**DYFED ARCHAEOLOGICAL TRUST – VOLUNTEERING AND PARTICIPATION OPPORTUNITIES 2019:** During 2019 the Trust has opportunities to participate on fieldwork and office-based archaeology projects. Our projects are open to all. Have you always wanted to have a go at archaeology but were not sure how to get involved? Or do you want to acquire more skills and experience? Whatever your age, ability or experience we have something for you. See our website [www.dyfedarchaeology.org.uk](http://www.dyfedarchaeology.org.uk) – Dig First World War practice trenches: Penally WW1 Trenches. Contact Alice Pyyer – a.pyyer@dyfedarchaeology.org.uk – Dig an Iron Age coastal promontory in Pembrokeshire: Porth y Rhaw Iron Age Fort. Contact Fran Murphy – f.murphy@dyfedarchaeology.org.uk

### 2 JULY:

**LLANDEILO BOWLING CLUB.** Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

**Wildlife Trust South & West Wales – East Carmarthenshire Group:** Bat Watch with Neil Matthew. An evening walk along the River Towy. Meet at Llandeilo Railway Station (SN633224) at 9.30pm. Please bring a torch.

**Llandovey Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

### 3 JULY:

**TABLE TENNIS:** 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

**Language classes:** Every Wednesday Italian 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gilypickering@aol.com

**Badminton** at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

**ROD n SALLY'S FUN PUB QUIZ.** Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

**St David Statue Blessing** - from 3.30pm at Llansawel, Bishop Joanna of St David's Diocese will be blessing the giant granite statue being created by the sculptor Paul Kincaid before it is transported to Brittany to be placed in the Vallee des Saintes joining nearly 100 other statues of Breton saints. More info to follow.

**The Ramblers – Lower Liw Reservoir:** From the reservoir car park to Felindre and on through farmland. Dist. 6 miles. Moderate Explorer Map: 178 Meeting point: Tesco Ammanford. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: Hugh & Pam Simpson Tel. 01558 822405 Mob. 07810 414378.

### 4 JULY:

**Lily Wen** – Herbal remedies and salves for the gardener. With tea samples organised by Llandeilo and District Gardening club who meet on the First Thursday of the month at the Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30 pm. For more information visit our website <http://llandeilogardeningclub.co.uk/> or contact Stella@rhydgoch.co.uk

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of 5 - 6 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**Llandovey Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

### 5 JULY:

**LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm.** High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10

adults/£5 children for free entrance all year! To see what films are showing, check website – [www.llansawel.org.uk/film-club](http://www.llansawel.org.uk/film-club) or call Bill Davis on 01558 685696/email [twmdavis@gmail.com](mailto:twmdavis@gmail.com)

**Llandoverly Carers Club.** Do you look after someone? Come along and meet other people, make new friends in a relaxing, friendly group. A little time for you! First Friday of the month, 1.00pm – 3.00pm at The Castle Hotel, Kings Road, Llandoverly SA20 OAP. For more information ring Vanessa Buckler on 0300 0200 002 or email: [info@carmarshenrirearers.org.uk](mailto:info@carmarshenrirearers.org.uk) [www.carmarthenshirecarers.org.uk](http://www.carmarthenshirecarers.org.uk)

**TOWY VALLEY rehearsal group of Côr Meibion De Cymru** – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night!

**Llandeilo Country Market.** Every Friday between 8.30am and 12.30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

#### **6 JULY:**

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

**Llanwrtyd Wells Farmers and Craft Market** at Victoria Hall, Llanwrtyd Wells from 10.00am – 1.00pm, first Saturday every month (except June 9th). Stalls selling fruit and veg, honey, eggs, jams, fudge, cakes as well as items made by local craftsmen and artists. For info contact Sue Middleton on 01591 610584/email [flyinggoosequilting@gmail.com](mailto:flyinggoosequilting@gmail.com).

#### **6 JULY – 7 JULY:**

**National Botanic Garden of Wales Antiques fair and Vintage Market.** Admission £5 to include the Garden and the fair, 10.00am – 4.30pm. Dogs now welcome over the Antiques weekend.

#### **7 JULY:**

**Dinefwr Poetry:** Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

**Litter Picking Brecon,** 1st Sunday of the month meeting 10.00am at Watergate Car Park. We meet regularly to help remove litter around Brecon town, riverbanks and paths. Litter looks unsightly, and can be dangerous to animals and children. So, why not come and give a small amount of time? Just two hours can help to keep our lovely town looking tidy! It's a great way to enjoy fresh air, observe local nature, by doing great work that benefits the local community which impresses the many visitors coming to beautiful Brecon, and a wonderful way in which to show our pride in the local area. Why not come along and join us? We have the kit, just bring yourself, friends, family!

**The Ramblers – Garn Goch:** Garn Goch to Bwlch y Gors and return. Dist. 5 miles. Moderate Explorer Map: OL12 Meeting point: Llandeilo Railway Station. Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Geoff Williams Tel. 01558 822960 Mob. 07501 521911.

**The Ramblers – Beacons Way 6:** Crickhowell to Llanthony Abbey. This walk takes us up to Table Mountain, down to Patrishow and over one of the Black Mountain ridges for well earned refreshments at Llanthony Abbey. Dist. 12 miles. Strenuous. Linear Explorer Map: OL13 Meeting point: Llandoverly Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Carwyn W. Tel. Mob. 07896 714334.

#### **8 JULY:**

**NAAFI Morning** at Llandoverly Youth and Community Centre, 11.00am – 1.00pm. For more information contact us on 07582 717736.

**Table Tennis** at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

**CANTORION LLANDEILO** invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Puccini's 'Messa di Gloria' and Sullivan's 'Festival Te Deum'. No auditions. For more information contact Gordon Kilby on 01558 822696 or just turn up at the church on Monday.

#### **9 JULY:**

**LLANDEILO BOWLING CLUB.** Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

**Tywi Art Group Untutored life-drawing session,** 9.30 to 12.30 at Cwmifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk

**Half Day Trip to Llangoed Hall,** dep. 10.30am organised by Llangadog OAP Association. Tel: 01550 777049 or 01550 777536 for info.

#### **10 JULY:**

**TABLE TENNIS:** 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

**Badminton** at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

**ROD n SALLY'S FUN PUB QUIZ.** Every Wednesday at the Whitehall at 8.00pm, £2 each. Teams of 4. All proceeds to local causes. Come and join the fun!

**Stone Carving Course.** Learn a new skill and discover the craft of stone carving at KindaVillage. During the course, you will learn how to use hand tools safely and effectively. You will receive tuition and feedback throughout the course. Booking essential: [kindavillage.org/events/event/](http://kindavillage.org/events/event/) 01559 395253 admin@kindavillage.org

**The Ramblers – Poor Man's Wood:** Walking from Llandoverly to Poor Man's Wood and return. Dist. 4.5 miles. Easy/Moderate Explorer Map: OL12 Meeting point: Llandoverly Railway Station. Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: Kim R Tel. 01550 721209 Mob. 07768 160156.

#### **11 JULY:**

**NAAFI Morning** at Ammanford Pensioners Hall, Quay Street, Ammanford SA18 3EN, 10.30am – 12.30pm. For more information contact us on 07582 717736.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10am for a walk of 5 - 6 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: [geoffstickland@gmail.com](mailto:geoffstickland@gmail.com)

**Dinefwr Photographic Society:** To be confirmed. Looking at software to edit your pictures with. Meeting at the White Hart Llandeilo in the Raven room at 7:00pm. For more information see our website at [www.dinefwrphotographicsociety.co.uk](http://www.dinefwrphotographicsociety.co.uk) or call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

#### **12 JULY:**

**LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM** SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – [www.llansawel.org.uk/film-club](http://www.llansawel.org.uk/film-club) or call Bill Davis on 01558 685696/email [twmdavis@gmail.com](mailto:twmdavis@gmail.com)

**Trecastle Community Centre, family BBQ and quiz,** 7.00pm. Join us for a fun evening. All welcome. All proceeds to support the Community Centre. Follow us on Facebook for more details.

**TOWY VALLEY rehearsal group of Côr Meibion De Cymru** – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night!

**Llandeilo Country Market.** Every Friday between 8.30am and 12.30pm in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall) – free entry. We cook, craft and grow a wide range of cakes, savouries, local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

# Local Directory

Support Local Business

## ACCOUNTANCY & TAXATION SERVICES

**WILLIAM EVERATT:** Accountancy services and tax advice for small businesses, partnerships and limited companies, reasonable rates, free first meeting. 15 years experience, free local phone advice. Tel: 01558 668742 / 07711 050509. *06/19(12)*

## ARCHITECTURAL SERVICES

**DARREN MILLS ARCHITECT** – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: dmills@dmarchitect.co.uk *04/19(12)*

**BROWN PARTNERSHIP ARCHITECTURAL SERVICES** – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Three Horseshoes, Gwynfe, Llangadog on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com *11/19(12)*

## BOOKS, RECORDS, CDs

**A LARGE STOCK OF GOOD QUALITY SECOND-HAND BOOKS, RECORDS AND CDs AWAIT YOU** at 'Discovery', 52 Cwmamman Road, Garnant, Ammanford SA18 1NF. Comprehensive stocks of Fiction Novels, Non-Fiction, Reference, Technical, Welsh etc. – Popular categories, best sellers and top authors. Records and CDs from Rock to Classical, Jazz, 60s, Country, Folk, World Music etc. etc. Call and see us soon – you may be pleasantly surprised. Open Monday to Friday 10.00am to 5.00pm. *07/19(6)*

## BOUNCY CASTLE HIRE

**PARTIES, SHOWS & EVENTS, WEDDINGS, SCHOOLS.** Outside or Inside, Manned or Unmanned. We are a friendly local company. All our castles are Pipa registered for your peace of mind, and have a rigorous test each year. We also have didi cars and games – please see our website for all we do. [www.bouncyboing.co.uk](http://www.bouncyboing.co.uk) Tel: 01591 620327 or 07803 589627. *10/19(6)*

## CARPET FITTER & SUPPLIER

**CARPET SERVICE/GWASANAETH GOSOD CARPEDI.** New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. *06/19(12)*

**GREGORY JONES.** Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. *09/19(6)*

**BENJAMIN POOLE CARPETS:** The Carpet store at your door. We come to you with our mobile showrooms. Carpets, vinyls, non slip vinyls. Distance no object. We can take up old and move furniture. Tel: 01269 824137 or 07768 061903 [www.benjaminpoole.com](http://www.benjaminpoole.com) *12/19(12)*

## CHIMNEY SWEEP

**WEST WALES CHIMNEY SWEEP.** A clean, experienced, HETAS and Guild of Master Chimney Sweep. All solid fuel, oil, gas chimneys and flues swept. Installation and servicing of all solid fuel stoves. Call Dave on mob.: 07854 739251 or email: [westwaleschimneysweep@gmail.com](mailto:westwaleschimneysweep@gmail.com). *05/19(12)*

## CLEANING SERVICES

**A & C HOME SERVICES.** Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. *08/19(12)*

**HOME HELP,** has vacancy's for regular house cleaning, reliable and discreet, Llandeilo area. All enquiries 01558 824798. *05/19(6)*

**J & J CLEANING SERVICES.** All jobs considered, competitive rates, office/private and holiday let cleaning, reliable, trustworthy and friendly. All outdoor work considered including lawn cutting. Contact 07872 509031 / 07770 777992. *11/19(6)*

## COMPLEMENTARY THERAPY

**HOLISTIC & SPORTS MASSAGE THERAPIST:** CAROL DEBORAH LORD IIHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 19 years. Treatments available are: SPORTS MASSAGE – Specifically aimed to release tight, painful & fatigued muscles. (Including a postural assessment & stretching techniques.) DEEP TISSUE & THERAPEUTIC MASSAGE – Eases tight muscles & improves circulation & lymph flow. AROMATHERAPY MASSAGE – A soothing massage combining pure essential oils to enhance well being & restore the body's natural balance. AROMATHERAPY FACIAL MASSAGE/INDIAN HEAD MASSAGE/REFLEXOLOGY. All treatments can be adapted to suit individual needs. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753. *03/20(12)*

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## DOG TRAINING

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**V. W. REES ELECTRICAL. Llandeilo.** All aspects of Domestic wiring including New Builds and Rewires. **No job too small.** All work Guaranteed. Emergency call out available. Free estimates. For a professional reliable service Tel: 01558 823679 or Mob: 07790 568072. 10/19(6)

**J. FRANCIS TRYDANWR/ELECTRICIAN,** all aspects of domestic wiring, new builds re-wires, certification, free estimates. Llangadog tel: 07454 968822 or email: [sparkyfrancis@hotmail.com](mailto:sparkyfrancis@hotmail.com) 06/19(12)

## FAMILY HISTORY

**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](mailto:elissa@elissaonline.net) or call 01558 650525 [www.elissaonline.net](http://www.elissaonline.net). 11/19(12)

## 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. 05/20(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 03/20(12)

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**LLOYD GARDEN SERVICES** — Available for casual farm work, also all general garden work and lawn mowing, log splitting and kindling, patio pressure washing/cleaning within 20 mile radius of Llandoverly. Tel. Dilwyn 07770 455255. Visit us on Facebook or email: [dilwynlloyd2@gmail.com](mailto:dilwynlloyd2@gmail.com) 08/19(6)

**A & C HOME SERVICES.** Grass cutting, hedge trimming, weeding etc. All general garden maintenance undertaken. Reliable service guaranteed. No job too small or messy. Call 07855 064152 to discuss your requirements. 09/19(6)

## JEWELLERY REPAIRS & ENGRAVING SERVICES

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## 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) 03/20(12)

## LAUNDRY SERVICES

**LLANDOVERLY LAUNDRETTE, 21 STONE ST.** We are pleased to now offer a Service wash option in addition to our Self Service Laundrette. We are situated on the same premises, in The Laundry Room. We offer a variety of options, including ironing. We can also pick up and drop off! Please ask us! Pop in or phone on 01550 721076, 01550 721949 or message us on facebook @The Laundry Room Llandoverly. 06/19(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 10/19(6)

## MASSAGE

**DEEP TISSUE, SWEDISH, AND HOLISTIC MASSAGE.** Clare Hallam. Registered Massage therapist and ITEC qualified. The focus of this treatment is to alleviate tight, painful and fatigued muscles whilst promoting a state of relaxation, rejuvenation and balance. Once the body can relax the mind will follow. I work in Llandeilo. Gift Vouchers available. For more information or to book an appointment call Clare on 07913 403686. 04/19(6)

**SPORTS, REMEDIAL, SWEDISH MASSAGE AND OMNI HEALING, (A FORM OF REIKI).** Practicing from both Llandeilo and Carmarthen. TYWI SPORTS AND REMEDIAL THERAPY. Contact Barbara Fewster 07773 164470. 05/19(6)

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**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 www.paintabilitydecorating.co.uk 12/19(12)

## PEST CONTROL

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**PAWS PET SITTING SERVICES.** All pets considered. Friendly and confidential. Dog walking, home minding etc. Holiday minding or general help. Contact 07872 509031. 11/19(6)

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**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 Montague on 07969 887271 or Email: [info@panio.uk](mailto:info@panio.uk) *02/20(12)*

**NEED A TUTOR? WE CAN HELP.** TUTOR CENTRE now open in the Village School, Llanwrda. We cover all subjects, all levels and all ages. Please call us for an informal conversation to discuss your requirements: 01550 777701. *09/19(6)*

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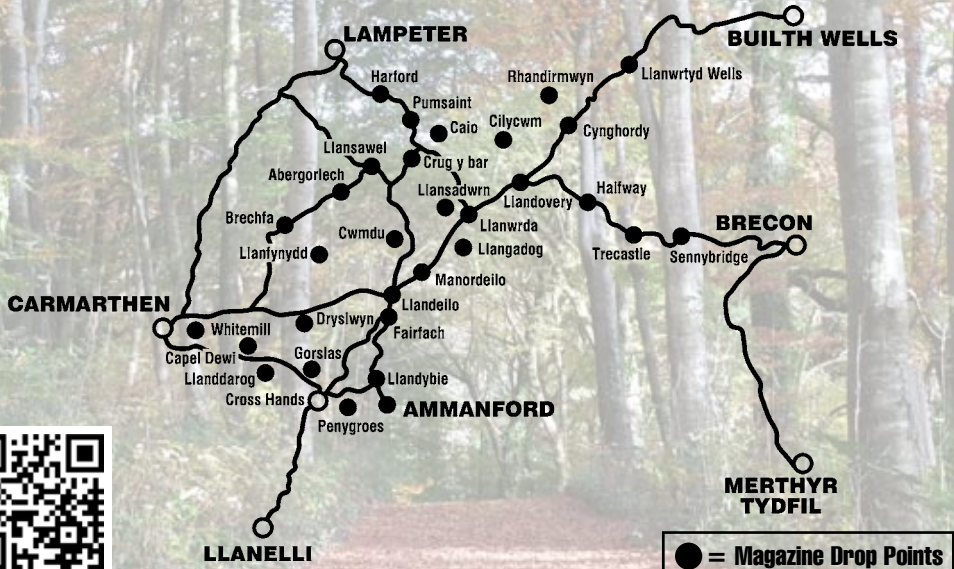
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