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LLANDOVERY PYLON STEERING GROUP

17th February 2023 saw the community come together from far and wide for a meeting, galvanised by Rachel Evans of the Countryside Alliance Wales on the threat of pylons through our valley. A Steering Group was quickly formed but before we could make any plans the public consultation by Bute Energy/Green GEN Cymru landed upon us with no time to spare. We quickly organised and distributed flyers publicising the meeting at Llandovery Rugby Club on 29th March 2023. The turnout was amazing with over 700 people attending at what was short notice and at a critical time for farmers due to it being the middle of lambing season. We invited the attendees

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ALL ABOUT *The Post*

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 **Doggy Divas in Llandeilo**

continued from page 1

to complete feedback sheets as they left the consultation and only 1% were supportive of the Bute Energy/Green GEN Cymru proposals. The crane parked overshadowing the rugby club showed the minimum height of the pylons at 27m and drew plenty of interest from the TV news programmes.

Our next milestone, which was fast approaching, was the written consultation response deadline of 28th April 2023. As soon as we learnt that no comments would be recorded by Bute Energy/Green GEN Cymru at the consultation of 29th March 2023 there was another flurry of activity. More flyers urging everyone to write not only to Bute Energy/Green GEN Cymru but also to our Senedd representatives and the Minister for Climate Change and the Environment. A draft template letter was prepared to help the Community respond on what will be judged in accordance with the planning legislation. We also hosted two drop-in sessions where people were encouraged to attend for assistance with drafting a written response. We learnt of many more personal stories of the devastating impact that this scheme will potentially bring. In addition to the 100s of you that took time to write to Bute Energy/Green GEN Cymru we also submitted a more detailed response on behalf of the Community.

Simultaneously we were visiting every landowner on the preferred route. Similar to the consultation feedback over 99% do not want pylons on their land! As you will be aware, Bute Energy/Green GEN Cymru have a number of alternative routes through our valley and we will be contacting those additional landowners over the coming months.

We have attracted more media interest with a brief piece in the *Daily Express* and a more substantial piece on *S4C's Ffermio*. We have caught their attention and there are more articles and programmes planned in the coming months. Before we rest on any laurels, we are looking at how we can engage with possible supporters at the Urdd Eisteddfod. The Urdd Eisteddfod is a celebration of our future and we wish to make sure it is the best Urdd possible, and the potential of 100,000 additional supporters to our cause is too good an opportunity to miss.

With this in mind we have launched a new website, www.nopylons.wales and www.dimpeilonau.cymru. Please visit the site to see what we have been up to and, if you haven't already, please join as a supporter so we can keep you personally updated in the coming weeks and months.

Finally, a massive thank you to the whole Tywi Valley Community, the response has been inspiring and motivates us to fight to the bitter end.

If you have any concerns that you wish to discuss with the Action a please contact us via the email address provided below.

Llandoverly Pylon Community Action Group
Diolch
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CHANGES AT THE BRITISH RED CROSS SHOP IN LLANDOVERY



There have been a few changes at the British Red Cross shop in Llandovery in the past months.

We have a new store manager Will, two new assistant managers Angie and Natasha, all guided by the long term assistant manager Jo, and not forgetting our amazing team of volunteers who turn up regularly every week.

As a team we wholeheartedly want to thank the people of Llandovery for the incredible support they give the shop every day, coming in to shop, making donations and offering volunteer support.

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09/23(6)

those donations is to be celebrated and thanked for, as without your ongoing support our success wouldn't be possible.

So a big THANKYOU! to everyone who donates supports and volunteers with us, we really appreciate your help.

We aim to continue to provide a great service to the town, offering goods donated, and new stock for your delight.

Most of you will know that we have the shop divided into sections.

Ladies wear, menswear, we even have a small bridal section, childrens clothing and toys, books cds and dvds, bric a brac and household, and furniture when we get it.

We offer a collection and delivery service for furniture should you need it for large items.

What we really need are more volunteers to help us sort and prepare our donated stock to go out on the shop floor. There are many roles as a volunteer and we like to tailor this to your interests and skills.

So if you have even an hour to spare we could use your help.

Pop in store and have a chat with any of us and we can help You get started with the process.

Alternatively look here to apply online. <https://www.redcross.org.uk/shop/find-a-charity-shop/llandover>

We look forward to hearing from you.
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05/23(01)

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We hope that everyone and all their family and friends are well and enjoying the longer days and dynamic energy that Summer brings.

Amidst the movement of the Summer, perhaps, too, there's space to enjoy a moment's stillness and savour the wonderful blooms and blossoms of the countryside and gardens, and the birdsong.

The Summer term is going well and continues through to early July. Padmasambhava offers its usual good range of classes suitable for people of all ages and abilities.

There are still opportunities to join some classes after the half-term break. The Monday morning Gentle class has just a few spaces left and may be suitable for anyone wishing to come back to yoga after a long break or for students with health conditions to consider. It may also be a good entry point to try out yoga.

The Ammanford class is now in the Penybanc Welfare Hall and with more space is able to welcome new students on Thursday evenings (7.30 – 9.00pm). Students have found yoga to be beneficial through the different seasons of the year as well as enjoying coming together as a group each week. The Centre also offers classes at Cwrt Henri's Reading Room on Tuesday afternoons (1.30 – 3.00pm). This class welcomes both beginners and those with some experience of yoga. Please contact the Centre for details and booking.

The Chair Yoga class at the Llandeilo Bowling Club on Wednesday mornings (10.45 – 11.45am) is always happy to welcome new faces. This weekly chair yoga class helps to increase flexibility and balance, improve body and limb movement and develops strength. Time is spent during each class working with breath awareness and breathing practices - useful tools in everyday life. Each class ends with a deep relaxation practice. This class is perfect for Elders and anyone with restricted movement, limited mobility or unable to do floor-based yoga.

Padmasambhava's 'in house' Yoga Classes at 66 Rhosmaen Street, Llandeilo are now limited to six students per class, to enable comfortable spacing. Online classes are still continuing. Padmasambhava teaches Integral Yoga, a blend of classic postures, breathing techniques, and deep relaxation. Many of the classes include meditation techniques, which can enhance awareness, help foster clarity of perception as well as improve mental health. Yoga provides a complete system, a truly holistic approach which helps unite all aspects of your being for a healthier and more fulfilling life. Padmasambhava yoga classes offer so much more than just the physical aspects of yoga. The Centre is there for students old and new – so please do contact Padmasambhava to find out more about classes or to make a booking. You can phone 01558 823842 or email: mail@padma.org.uk More information at www.padma.org.uk



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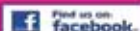
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NEWS FROM THE TOWN HALL

As predicted the end of April and May have been very busy. An enjoyable weekend of ballooning despite the weather. It's wonderful to see the balloons flying overhead. Street parties held and enjoyed, especially on the Sunday when the sun shone. The Coronation was a memorable event enjoyed by the majority of us. We wish Their Majesties a long, happy and successful reign. We are grateful to all those who took up the call to help out. Litter has been collected, with plans to do more regularly. It is the plan that the Big Help Out will remain active so it's not too late to get involved.

The 'unveiling' of the Williams Williams sculpture went very well. A big thank you to all who participated in the event, especially Cecil, Cynthia and family. Gideon Peterson's vision has given us something to admire and know it will be much viewed in the years to come.

We also have a new mural on the wall of Y Gannwyll. A wonderful work of art created from the wonderful artwork of all the pupils in Ysgol Rhys Prichard. Be it a daffodil, butterfly, bird or an important building in the town the pupils have brought together a truly spectacular image of our historic town. Well done everyone. A big thank you to Kate Glanville for the finished art work and to Arwel for it's installation

By now the steps to the castle will be complete and I for one will be able to visit, something I have never been brave enough to do before. A few years back we were asked as a council, by the Ten Towns initiative, to set up a group of interested people, businesses, organisations, schools etc, Cllr Handel Davies got us together, we came up with a list of ideas split up into smaller groups and set about trying to put our ideas into action. Sadly some ideas fell at the start, others met opposition near the end, but we managed get many projects completed, all from money that we would not have been able to access any other way. There is a second scheme, Revenue Funding, starting now with even more money available so let's get thinking and planning and working to enhance our town even further.

A big thank you to all those who have worked so hard to make the town look at it's best these past weeks. It may have been 'just because of the Urdd' but I for one am delighted that the money was found at long last to do the work we have been asking for, for a very long time. It has been wonderful to see the bunting flying and the shop windows and houses glistening with pride. We have witnessed an event we will probably never witness here again and hopefully having enjoyed a very warm and friendly welcome many visitors will return again bringing welcome trade into the town. Diolch yn fawr pawb.

As your new Mayor I am very, very proud of our town and all who live, work and play here and look forward to joining with you in your many events this year.

Gina Jones Cllr.



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11/23(12)

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11/23(12)

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08/23(6)

LLANDOVERY FLORAL ART SOCIETY

In April the ladies of the club visited Newton House in Dinefwr Park for a very interesting and informative flower arranging demonstration using eco-friendly to floral foam. We are all being asked to find alternative methods to 'oasis' as it is non-biodegradable, non-recyclable and is toxic, so much so that banning it's use looks like the way forward. Pebbles, sand, gravel, marbles, chicken wire, moss, a criss cross of sticks across the top of a container are some of the simpler alternatives.

Sadly our quest speaker for May was unable to be with us for health reasons, but we enjoyed a cup of tea, cake and a chat. Most importantly we made arrangements for our demonstration in June. We are delighted that one of our members Mrs Delyth Price will be taking us through 'The Wonders of Wales'. NAFAS Demonstrator and Judge, City and Guild Florist, Chelsea and Royal Welsh winner, Delyth is very well known to us here in this area, but did you know just how widespread she has travelled with her demonstration over the years? Come along to the Rugby club on Wednesday June 21st at 3pm to hear all about her Flower arranging endeavours. Tickets are £10 per person and will be available from club members.

In July we will be taking a trip to visit a garden in Gwynfe, for a guided walk and a cup of tea.

There will be no meeting in August but we will be back in the Catholic Hall in September when Jane Evans will be showing us how she includes flowers in her felt work.

Looking forward to seeing you in June.

Gina

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06/23(12)

ALL SAINTS CHURCH, GWYNFE

Easter Saturday, we had a successful Coffee Morning in the church. Thank you to those who came to support us and those who donated Raffle Prizes, Cakes and Preserves for the stall.

Raffle winners: June Howard, Dianne Thomas, Kyle Harries, Betty Griffiths, Wendy Fleming, Linda Jones, Llinos Davies, Jeff Jones, Sheila Jones.

Thank you one and all.



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07/23/06

LLANDOVERY GARDEN CLUB MEETING

THURSDAY 27TH APRIL 2023

Minutes by our Secretary Denise Nicholson

Babs opened the meeting with thanks to the hostesses for providing the refreshments and raffle prizes.

- **Club membership:** Babs explained the rationale behind the membership fees which essentially go towards the costs of 5 speakers per year. Other monies being raised through the sale of raffle tickets. The club charges an annual subscription fee of £15 for members and £3 per meeting for guests. Garden visits are at the cost of the individual attending and, depending on funds available, the club may contribute to the cost of the coach for one of the trips.
- **Last month's visit to Aberglasney Gardens:** It was agreed that the visit was a great success and that we should make another visit next year during another month – possibly April to fully appreciate their display of many 1000s of tulips.
- **Llandeilo and District Garden Club:** We have been invited to an open evening next Thursday 4th May at 7:00 pm at the Vestry, Capel Newydd, Crescent Road, Llandeilo, SA196BL. The talk will be on peonies and food will be provided.
- **Charity Plant Stall:** Enid Protheroe will be holding her annual plant stall in her garden at 5 Towy Avenue from Monday 8th May for 6 days (9.00am until 5.00pm). The sale is in aid of Christian Aid
- **Guest Speaker:** Huw Richards, Permaculture.

Our speaker for the evening was Huw Richards who began his talk by describing how his passion for growing vegetables came about. From an early age he would help his father grow fruit and vegetables in their kitchen garden which consisted of a series of raised beds on poor soil. As his experience grew, and at the tender age of 12, Huw began a YouTube channel to show what he was growing in the garden. Having begun with just a few viewers, Huw described how he fine-tuned the videos and soon had

established a dedicated following which now has reached a staggering 90 million viewers worldwide. His initial goal still remains to show people that growing vegetables doesn't have to be expensive or time-consuming and his fame has quickly spread to feature articles in newspapers and gardening magazines, even radio and tv gardening programmes. He's a relatively local lad who attended Llandovery college, and following an approach from the DK publishing company, wrote his first book 'Veg in one bed' in the Printing Office café as the wifi signal was too weak at home.

Huw recommends growing field beans rather than broad beans as they are easier to grow, produce twice as many beans and are not susceptible to black fly. He also recommends sowing 'Sarpò Mira' potatoes due to their resistance to blight.

It was evident from Huw's talk that his passion for gardening continues unabashed and he now has a 7-acre permaculture site near Aberystwyth where he has raised beds, solar tunnels, a newly planted orchard of 120 trees and a 35 metre long rose bed developed in collaboration with David Austin roses as an initiative to use roses for their edible petals and hips. Huw explained to his audience that he continues to experiment with different growing techniques and recently has created hot beds to allow him to extend the growing season. Clearly, he is a dynamic and articulate young man and continues to produce 2-3 videos a week, alongside finding time to visit other inspiring gardeners. At the end of his talk Huw answered questions and was given a warm applause.

22nd June: Llandovery Garden club will be visiting Mick & Brenda's Garden near Half way, Llandovery. We thank them, in advance, and are looking forward to this visit. We appreciate their kindest & generosity in asking all of us. The details will be discussed at our meeting on 25th of May. If you missed the meeting please phone me for details 01550 720771.



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10/23(6)



LLANWRDA CRICKET CLUB

The 1st XI league matches began with a 71 run loss at Drefach. Llanwrda mustered only 96, despite 30 from Joe Morgan, in reply to Drefach's 167 for 6. Will Downes was the pick of the bowlers. Playing in his first match for the club, he bowled 10 overs for a miserly 19 runs, taking 1 wicket.

Rain prevented any play on the following Saturday.

The first home match was a tight one, with Llanwrda just reaching Maesteg Celtic's target of 75 with 3 wickets remaining. Will Downes and our new captain, James Morgan, bagging 3 wickets each. After losing early wickets, Will Downes and Tom Thurtle steadied the ship before Sion Nicholas hit the winning runs.

Training for the juniors has started and we are again running All Stars and Dynamos on a Friday evening at Castle Fields, Llandovery. Please contact Gwynn Davies for information about the juniors on 07956 14 74 64.

For information about the Women and Girls' team please call Liz on 07791 241197.

LLANWRDA C C BONUS BALL WINNERS

Congratulations to:

19/04/23	37	No winner
26/04/23	17	No winner
03/05/23	25	No winner
10/05/23	12	No winner

If you would like to help the Club and join our Bonus Ball, please contact David Cumming on 07768 426449. It's only £4.33 per month.

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07/23(3)

MARY MACGREGOR
Photo: Mark Revitt



PHYSICIANS OF MYDDFAI STILL INSPIRING

Herbal medicine is the theme of this year's Physicians of Myddfai conference, to be held in the village Community Hall on Saturday 24 June. There will be four presentations, presided over by the chairman of the Physicians of Myddfai Society, Dr R Brinley Jones.

The conference will be opened by one of the Society's local members, Mary MacGregor, who will read her poem, 'Naming of Plants'.

She will be followed by Rosemary Westlake of Cardiff, a member of the Institute of Herbal Medicine, who will talk about early treatments for chest ailments, together with some that are still used today.

Lara Bean will then outline the modern practice of herbal medicine. Lara was raised in Myddfai but now lives and works in north Pembrokeshire.

"Through walks, talks and workshops I bring tradition and science together with the aim of increasing awareness and understanding of the value of plants as medicine," she said.

"Our bodies have an innate ability to heal themselves and herbs have been used for thousands of years to bring balance back to the body," she added.

After lunch there will be two presentations. In the first, Dafydd Monks will talk about the herbalist David Thomas Jones (1779-1839), Mynydd Llanllyfni, known as 'The old mountain doctor'. His son, also David Thomas Jones (1824-1888), sold children's herbal medicine in Europe and America.

Dafydd Monks is a herbalist who lives and works in Gwynedd and is interested in the history of herbal remedies and folklore.

The final presentation will be given by Val Thomas of the Cowbridge Physic Garden. Surrounded by high stone



Cowbridge Physic Garden

walls which partly date from the 13th century, only plants found in Britain before 1800 are included in the garden.

Twelve central beds are devoted to plants which, over many centuries, have had medicinal properties attributed to them. Each of these beds contains plants specific to a part of the body or a specific illness.

After tea, the Society's annual meeting will be held. The tickets, which cost £32, include tea or coffee on arrival, lunch afterwards, and tea and cakes at the end of the conference.

You can obtain further details by contacting the secretary of the Myddfai Medical Association, Dr Donald Williams, on 01792 220606 or donaldwilliams953@gmail.com

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06/23/21

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07/23(3)

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Cantorion Llandeilo's SUPER SUMMER SUPPER CONCERT!!



Colin New conducting Messiah in 2022

Celebrate **Midsummer Day** at Ysgol Bro Dinefwr with **Cantorion Llandeilo Singers** on Saturday, 24 June 2023.

For a ticket price of just £15 (£5 for under-18s) you can bask in a sumptuous feast of light-hearted music and songs from the shows accompanied by a free finger-buffet. Drinks can be bought from a licensed wine bar. There will be a raffle of extra-special prizes.

Cantorion Llandeilo Singers have lined up songs such as 'Rhythm of Life', 'From a Distance', and 'Fields of Gold'. They will also sing a medley from *Les Misérables* and a medley from *West Side Story*.

There will be a Gospel Choir from West Wales, solo performances, and songs by students of Ysgol Bro Dinefwr.

Cantorion Llandeilo Singers often depart from their choral repertoire to celebrate summer. But in the autumn they will turn again to the classical programme, and start rehearsals for a performance on Saturday, 27 April 2024 of Mozart's *Requiem*.

If you would like to join this lively and enthusiastic group of singers, come along to rehearsals on a Monday evening in St Teilo's Church, Llandeilo, starting at 7.30 p.m. or phone 07851 786569 for more information. We are recruiting sopranos, altos, tenors, and basses – particularly tenors. There are no auditions. You just need to enjoy singing and learning. Rehearsals start again on Monday, 4 September 2023.

Tickets for the Summer Supper Concert are available from: Peppercorn, 5 King Street, Llandeilo SA19 6BA; from choir members; by phoning 07851 786569; or at the door on the night. The concert starts at 7 p.m. at Ysgol Bro Dinefwr, Llandeilo SA19 6PE.

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04/23(6)



LLANDOVERY SHEEP FESTIVAL IS BAA-CK THIS SEPTEMBER FOR EWE ALL TO ENJOY!



Rachel Everett the new Chairman of the Llandoverey Sheep Festival.

Llandoverey Sheep Festival will return this September – ewe herd it here first! A new Chairman and committee have been appointed to manage this year's event which wool take place on 16 and 17 September.

The festival will be a celebration of rural crafts, food and entertainment, held in Llandoverey town centre. The weekend-long event will also celebrate old drovers' trails, sheep farming and the wool industry.

Rachel Everett, from Cynghordy, was appointed the new Chairman of the Llandoverey Sheep Festival. Rachel brings almost 30 years of event management to the role. Before moving to the area a couple of years ago to care for her mother, she organised antiques fairs all over the UK and in France.

Rachel said, "The Llandoverey Sheep Festival has gone from strength to strength since its inception in 2010. It is an event that's been wholeheartedly embraced by the

people of Llandoverey and its success is very much a reflection of that. Events such as this are important to the agricultural community, not only in terms of bringing people together, but also in terms of showcasing the best of local produce, goods and services.

"As the new Chairman of the event I want to consolidate all the hard work that my predecessors have achieved since the festival began. They are large shoes to fill and although I have only recently moved to the area, I am determined to do my best to help local residents, farmers and businesses to show off everything that Llandoverey and the local area has to offer."

Rachel added, "The concept behind this community led festival is to showcase the best of Llandoverey, to share its cultural identity and historical past through the promotion of the wool industry and the local farming economy. This year's packed programme will certainly not disappoint and will have something for everyone."

The town's Market Square and Castle carpark will be a kaleidoscope of colour during the event in September with almost 100 exhibitors displaying their wares from textiles, arts and crafts to locally produced food and drink. The streets of Llandoverey will be packed with entertainment and music. There will also be a climate change forum as well as a wide range of workshops and courses.

Rachel wants to bring people together to make this year's Festival as inclusive as possible. If you would be interested in having a stall at the event or volunteering to help please get in touch. Email: info@llandoverysheepfestival.co.uk

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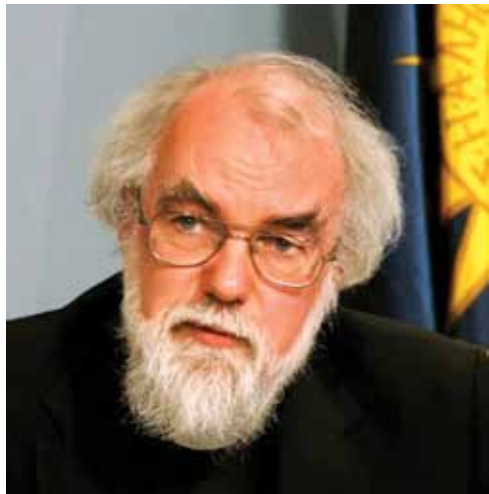
LLANDOVERY ROTARY CLUB



The month of May is usually very busy for us but this year the month had two Bank Holidays meaning we had fewer meetings and it seems that although May was quiet then June will be positively manic. We are marshalling the Urdd Eisteddfod car parks, we have our Handover Dinner where we have a new President taking over, we have the Schools Reading and Maths Competitions and we have the wonderful honour of having the former Archbishop of Canterbury Dr Rowan Williams, Baron Williams of Oystermouth, PC, FBA, FRSL, FLSW a Welsh Anglican Bishop, theologian and poet coming to speak to us in the Ball Room in the Castle Hotel. This is indeed a massive coup for us, so much so that we have made the event open to the public with a two course dinner on the night. This will be a non profit making event with tickets at cost price. See! A busy June is an understatement!

Anyway, last month was quiet so this report will be shorter than normal. Next months could be a magazine on its own!

The Llandoverly Youth and Community Centre (LYCC) wrote to us requesting funding to assist with the cost of taking the young people to their annual Summer Camp. As in previous years for some of the youngsters this is the only opportunity they get to have a Summer holiday. Again we were all keen to support this and we recognise the fantastic work Jill Tatman has done and continues to do for the young people of the town. A healthy cheque



Dr Rowan Williams the 104th Archbishop of Canterbury. We are HUGELY honoured to have him as our Speaker on 8th June.

is on its way. We also offered them the opportunity to increase this by selling ducks for our Grand Charity Duck Race of which they will keep half of whatever they sell. Happy Summer Camp campers.

A deputation visited Carmarthen Rotary Club on another of our 'Scatter Nights' when we visit a club and attend their meeting enjoying a meal with them on the night. The group returned from Carmarthen saying how much they enjoyed it and were full of praise for the wonderful warm welcome they received. Strangely they haven't told us much else and we wonder if they enjoyed a bit more than they are telling us! These are excellent evenings seeing how each club, all of whom have the same intention, differ in how they go about it. Some are quite reserved and are run strictly to a set format. Some then are quite relaxed and go along informally. When other clubs visit us they witness an altogether more raucous affair where almost anything goes and they wander how on earth we get anything done at all! That is until we tell them how much money we raise and donate to the local community. Then they are astounded at the amount we raise and how we get so much done. We always tell them of the the tremendous support we get locally and they leave scratching their heads wondering if they should follow our example of a format based on making Tuesday evenings a fun, socially enjoyable affair as well as ensuring we donate as much as possible back into the locality.

We received a request for funding from the Llandoverly Junior Football Club for much needed kit and equipment such as goal posts, nets etc. Many youngsters get so much enjoyment from playing football and we voted unanimously to support them with another healthy cheque. They will also be offered the opportunity to increase this by selling ducks. Who knows, the next Ronaldo may come from within their ranks. Good luck Junior Footballers.

Ellie has gone to great lengths to design and mint Llandoverly Rotary Club medals, lots of them. These depict a Drover and a Welsh Dragon with Thank You For Your Support written bilingually on one side and the Rotary Wheel with our name, again written bilingually on the other side. These medals can be given to anyone we feel worthy or indeed to other Rotary Clubs visiting us. These will take the place of the pennants which were previously given out. Ellie has donated these at no cost to us and is another example of her and Pete's superb generosity not only to us but to the locality in general. Well done Ellie and thank you.

We received a request from Ysgol Rhys Prichard for financial assistance as they wish to develop the school's front garden for the children to learn how to plant and grow vegetables and plants etc giving them an outdoor experience they will keep for the rest of their lives. We were keen to support this and voted unanimously to support with a healthy donation and the opportunity to increase it by selling the ducks. Happy gardening children.

Once again it was our pleasure to marshal at the Covid Clinics in May. These are organised by the wonderful



One side of the Presentation Medal.



The other side of our Presentation Medals designed and minted by Ellie.

Llanfair Surgery and are held at the Rugby Club. As previously stated we will make ourselves available whenever we are required. Job done now until the flu clinics in the Autumn.

We were asked to marshal the magnificent Balloon Festival, Ar y Gorwel, down at the Rugby Club. The festival is named after the late Arwel Davies of the Davies, Ad-Clad family who introduced ballooning to Carmarthenshire. The balloonists allowed the public to witness close up the process of seeing the balloons inflate but we were then charged with clearing the area just before they took off. In fairness we had very little to do as the public realised the need to move away even before we asked them as they stepped back to see the spectacle



Gary and Ieuan relaxing after a tough meeting!



Full concentration as Secretary Dan reads out the correspondence

from a distance. There are few finer sights than to see ten or so of these superb air filled monsters fill the skies over Llandoverly. The balloonists informed us that should the dreaded pylons be erected in the Towy Valley then this festival will never run again and what a terrible, terrible shame that would be.

The bucket collection which we organised raised £635 for the Wales Air Ambulance. Well done Anthony, John and all others who carried the buckets. One bucket worthy of mention had the grand total of £4 in it! The bucket carrier who shall of course remain anonymous, Alan, had put £3 of his own money into that and he didn't even see a single balloon preferring to spend the whole evening in the bar! He seemed to enjoy himself immensely however!

Well, not so much this month but we must brace ourselves for an extremely busy June.

You'll be able to read all about it here next month.

Keep right up to date by following the Llandoverly Rotary Club or Love Llandoverly facebook pages.

Derek Jones.

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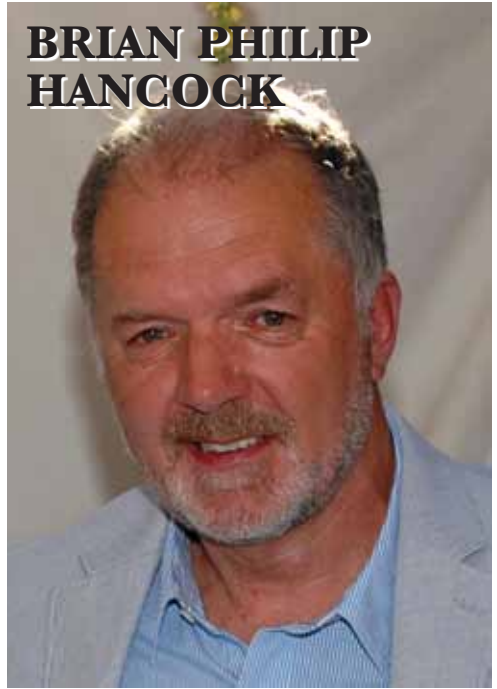
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06/23(12)

BRIAN PHILIP HANCOCK



Following a shocking and heart-breaking diagnosis of Glioblastoma (a fast-growing and aggressive brain tumour) last year, our beloved husband, dad, granddad and friend Brian Philip Hancock of Salem, Llandeilo died peacefully at home on 17 April 2023.

How can we sum up Brian's life in a few words?

Brian and his first wife, Una, married in 1979 and raised two wonderful daughters, Emma and Laura. While they're marriage wouldn't last forever as they'd hoped, Brian and Una remained close, and were excellent grandparents for their very loved granddaughters, Isobel and Olivia. Una and her partner Stuart Davies were a great support to Brian and Debbie during his illness.

Brian was a dedicated conservationist, and spent most of his career as Head Warden for the National Trust in Carmarthenshire. He was instrumental in bringing the iconic White Park Cattle back to Dinefwr in the early 1990s and led on a number of projects designed to improve access to Dinefwr Park, including the Mill Pond boardwalk and way-marked path through the Deer Park. After retiring, Brian continued his passion for creating rich and varied ecosystems through consultancy work across the U.K. as well as improving wildlife habitats at his own farm.

After marrying Debbie in 2014, Brian provided guidance, wisdom and laughter to his "bonus kids", Sam, Molly and Becky. He played an important part in their lives as they all moved into adulthood, and he always enjoyed spending time with them.

Our family liked to say that Brian had "itchy feet", and he spent much of his time travelling (or planning

travel!) with Debbie. Their passport stamps increased over the years, but Brian especially looked forward to their trips to California, Italy and Spain (where they owned a home), as well as to France to see his dear friends Ian and Sheila Bennett.

If you knew Brian, you'll know he was quiet, unassuming and extraordinary in his ability to say just the right thing at the right time. He had a passion for history and loved learning. He loved being near - or in - the sea, and always enjoyed time on boats. Brian gave us all so much love, happiness and adventure, and our lives are so much richer for sharing his life for the time we did.

Brian is so loved and deeply missed by his wife Debbie (Queen) Hancock; children Emma (Nick) Leach and Laura Hancock (Sandro Antunes), Sam (Bryanna) Ingle, Molly Ingle, Rebecca Ingle; grandchildren Isobel Leach, Olivia Antunes and Mikaela, Ace and Ian Ingle.

Please join us in celebrating Brian's life and sharing laughter, tears and stories on 4 June 2023 at Cwmdu Pub, Cwmdu nr Llandeilo, SA19 7DY from 2 p.m. to 4:30 p.m. This would have been Brian's 70th birthday. Family flowers only; any donations to The Brain Tumour Charity.

We are so grateful for the support of our local medical community, specifically Dr Gareth Richards (Meddygfa Teilo), District Nurse Alison Wardrop, and Palliative Care Nurse David Pennington. Their care and support meant that Brian was able to remain at home throughout his illness and never had to be admitted to hospital.

*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I —
I took the one less traveled by,
And that has made all the difference.*
(Robert Frost, *The Road Not Taken*)

AMMAN VALLEY WILDLIFE WALK

There will be a walk to see wildlife in the Amman Valley on Sunday, 11 June, starting at 2.00 pm, arranged by the East Carmarthenshire Group of the Wildlife Trust of South and West Wales. The rare Marsh Fritillary butterfly might be seen. Non-Trust members will be very welcome.

Meet at the Bowls Pavilion in Upper Station Road, Garnant SA18 1JG. The leader of the 4-mile walk will be Robert Parry Jones of the Initiative for Nature Conservation Cymru. Footwear suitable for some rough and steep terrain is recommended. For further details, phone 01269 844679.

More information about the Wildlife Trust and how to become a member to help the Trust look after nature reserves across south and west Wales including the islands of Skomer and Skokholm will be found on the website www.welshwildlife.org.

Concert in Llandeilo St Teilo's Church 6pm Saturday 1st July



Join us for an enjoyable evening of some of the finest choral arrangements of well-known folk songs, performed by the stunning voices of Swansea Bach Choir.

The concert features music by Elgar, Holst, Vaughan Williams and Welsh composer Gareth Treseder – including favourites such as *Swansea Town*, *The Bluebird* and Britten's *Choral Dances from Gloriana*.

Tickets are £15 (£10 for under 30s) – available on the door, or in advance from fionawells20@hotmail.com or call 07966 192097

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HAPPY 5TH ANNIVERSARY TO NET-REACH EDUCATIONAL CHARITY

Our charity was set up 5 years ago this month. The main aim of the organisation is to help vulnerable students who cannot, through no fault of their own, stay in full time education.

We have seen a surge of applications post covid and we are struggling to fund them all. We will be organising a series of fundraising events in the next few months and hope there will be something for everyone. In the meantime, if, like us, you are passionate about education and would like to help, please do not hesitate to get in touch.

Over the past year, we have been teaching students GCSEs, A levels, languages, extra-tuition as well as conversational English classes for refugees. We have been working with councils in Wales and The Red Cross providing classes for families who, for various reasons, cannot access the local education provision.

Our school leavers either receive online classes from us or face-to-face lessons at our Tutor Centre in Llanwrda. We are currently providing GCSE Maths, English and Science classes as well as A level Psychology and Computer Science. All students are doing well and benefit from our more informal and creative approaches to learning.

Our Centre is equipped with a variety of educational tools, from books and games to pianos, guitars and saxophones. We can offer organised group classes or the hire of the room for your use.

If you think we can help someone you know, you would like to donate or to volunteer as a fundraiser, please do not hesitate to contact us on:

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11/23(12)

LLANGADOG W.I.

At our May meeting, after our usual business, we started to celebrate the Coronation of King Charles III. It was a full house, with three visitors, all suitably attired for a party.

On display was a varied selection of savoury and sweet dishes, supplied by the members to share, including "Colin the Caterpillar" wearing a crown. We toasted our new King with glasses of bubbly. Then it was Royal quiz time, prepared by Karen.

One of our visitors took the prize for the most points scored and was given a Coronation box of biscuits. Our competition for the best home made crown was won by Margaret. The monthly raffle was also won by Margaret and she received a Box of Chocolates. It was a really enjoyable evening. In June Chris will be giving a demonstration showing how to decorate glass bottles, "Decoupage." Any one interested in joining our friendly group will be made most welcome. We meet on the first Thursday of every month at Llangadog Community Hall at 7pm.

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08/23(12)

AMMANFORD FOOD BANK SPEAKER FOR LLANDEILO ROTARY

On Thursday, 20 April Llandeilo Rotary welcomed their guest speaker Cheryl DuLake whose subject was the Ammanford Food Bank and its progression since its inception.

Cheryl became involved some 10 years ago. Previously she was a teacher and assisted the Food Bank as a volunteer. During the Coronavirus pandemic she became a volunteer once again progressing to a Development Officer with a role of sourcing funding.

Cheryl's talk then focused on the history of the Trussle Trust that started in 1997 founded by Paddy and Carol Henderson. The name Trussle came from Carol's mother who was a Trussle. The charity was started to help children in Bulgaria whose families were struggling to find enough food.

The first Trussle Food Bank was in Salisbury and today there are some one thousand two hundred Trussle Food Banks in Britain almost equivalent to the number of MacDonald outlets.

Cheryl explained that the Trussle Trust do not directly run Food Banks and operate as a franchise and said there are a number of Food Banks operating in the area but they work independently.

Ammanford has 3 part time staff and relies on monies that are predominantly donated with the majority of food from supermarket bins. Mainly volunteers bring food to the Food Bank and Ammanford has to purchase food to meet needs.

Ammanford was established in 2013 and has provided help to some 21,000 people in under 10 years of which 40% were children. Today working families come to the Food Bank via referrals come from other charities, Doctor's surgeries, Citizens Advise etc; For example Cheryl said that in 2019 some 2,400 people were assisted rising to 3,498 people in 2022. Of this help 40% of the people were on Universal Credit.

Today Ammanford has had to widen its help outside the food range to include items such as toilet rolls, nappies and incontinence pads.

In addition to providing food and other household necessities Ammanford Bank has established a Health Centre operating 2 days a week and run by volunteers. In addition to further service this part of West Wales a further outlet is operating in the Aman Valley and further satellite Food Banks will be established. Cheryl said that her organisation is planning up to 4 years ahead.

The talk generated a large number of questions with the vote of thanks delivered by the President Colin Jenkins.

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held at Castle Hotel, Llandovery on May 9th 2023

£15	Morgan Evans, Glandwr	39
£15	Tracy Jones, Llanerch Goch	33
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£10	Brian Davies, Maes Neuadd, Llanwrda	61
£5	Carwyn Jones, Danycoed, Llanwrda	169

House Prize: Anne Morgans, Cwmto


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The Llanwrtyd & District Heritage & Arts Centre are delighted to host a concert by

Duo CorreaAndrews who will be performing an evening of classical flute, voice and guitar music from Columbia – the “land of a thousand rhythms.”

Flautist and singer Emily Andrews and classical guitarist Francisco Correa will perform gorgeous but little-known music by composers from Francisco’s native Colombia, including several works written especially for the duo.

A virtuoso on the guitar Francisco and Emily are experienced recitalists and they take care to present their exciting and varied programme in an informal but informative way, explaining the stories behind each piece.

The husband and wife duo have had many sell-out concerts and excellent reviews:

“Emily switches between voice and flute effortlessly, sometimes presenting haunting instrumental melodies, sometimes singing folk songs in her rich mezzo. Francisco’s accompaniment to these pieces, as well as his solo playing is virtuosic but sensitive, making undeniably fiendishly difficult guitar writing sound easy and effortless”

In addition to their own concert circuit, Emily and Francisco are in demand as individual artists. Emily has recently worked with Welsh National Opera, BBCNOW, and the Royal Philharmonic Orchestra to name a few. Whilst Francisco performs regularly as a soloist at Kings Place, on BBC Radio 3’s “In Tune” programme, and frequently as a concerto soloist on both sides of the Atlantic.

This concert by two world-class artists, supported by the Night Out scheme, is one not to be missed and takes place on Saturday 24th June starting at 7.30pm (doors open at 7.00pm). Tickets are £8 and available by contacting the Heritage Centre, ldhac2016@gmail.com, telephone 01591 610067 or from the Neaudd Arms Hotel or Caffi Sosban in the Centre of Llanwrtyd.

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Fan Brycheiniog –
by Ros Bellamy*



As the local Ramblers group, Dinefwr Ramblers are blessed with a National Park right on our doorstep (as well as lots of other exquisite countryside). In case you missed it, in April our favourite National Park said goodbye to its Victorian name Brecon Beacons and celebrated the new (old) name Bannau Brycheiniog (pronounced ban-eye bruck-ein-iog).

Come along as a guest and help Dinefwr Rambler discover anew the 'Peaks of Brychan's Kingdom'. Find an enticing walk from the tempting programme and contact the walk leader now. Find out more about the group and their walks at: www.dinefwrramblers.org.uk

All walks are dependent on Covid restrictions on the day of the walk. Due to unforeseen circumstances it June be necessary to change or amend a walk. Please check the website for the latest information before setting out. www.dinefwrramblers.org.uk

Sunday 4th June: Trecastle to Llandovery – This walk begins at the Trecastle lay-by. Turning right at the Antiques Centre, the road leads onto the Roman Road. Continuing all the way to the two Roman Forts, enjoying the wonderful views of the Beacons and the Usk Reservoir. The descent is on quiet country lanes. Please contact the walk leader if you wish to participate in this walk. No dogs except registered assistance dogs. A mini bus is available to take walkers from the meeting place to the start of the walk costing approx £4.00 p/ p. Max 17 passengers. Dist. 9 miles. Moderate Explorer Map: OS12 Meeting point: Llandovery Railway Station car park and on by car. Dep. 10am Leader: Phil Howe Mob: 07802 856007.

Wednesday 7th June: No walk has been scheduled for this date, please check on the website for an update.

Sunday 11th June: No walk has been scheduled for this date, please check on the website for an update.

Wednesday 14th June: Llanboidy – A scenic village with a history that goes back to the Iron Age. The walk is on lanes and fields, with a short walk on a main road. Please contact the walk leader if you wish to participate in this walk. No dogs except registered assistance dogs. Dist. 5.5 miles. Moderate Explorer Map: 177 Meeting point: Llanboidy public car park SN218223. No charge. Dep. 10.30am Leader: Linda Jenkins Tel: 01269 592797 Mob: 07780 330158.

Sunday 18th June: Amelia Earhart Walk – On this date in 1928, Amelia Earhart landed here to become the first woman to fly across the Atlantic. A seaside tour of the memorials scattered around Pwll and Burry Port marking this historic event. Tea and cake at the Pavilion Café to finish. Please contact the walk leader if you wish to participate in this walk. Dogs on short leads are welcome but must be kept on short leads at all times. Some road walking. Dist. 7.5 miles. Easy/Moderate Explorer Map: 178 Meeting point: Tesco Ammanford car park and on by car. Dep. 10.00am Leader: Leslie Lepper Mob: 07887 566946.

Wednesday 21st June: Quarries & Caves, Carmel – A walk in the Carmel area. Please check on the website for an update.

Sunday 25th June: No walk has been scheduled for this date, please check on the website for an update.

Wednesday 28th June: No walk has been scheduled for this date, please check on the website for an update.

If you have any queries about any of the walks, please email: contact@dinefwrramblers.org.uk or contact the walk leader directly





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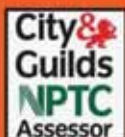


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LLANWRTYD HERITAGE AND ARTS CENTRE HOSTS NEW ART COMPETITION



Visitors throughout June to the galleries at the Heritage Centre will have the opportunity to view work from the artists who have entered the first Open Art Competition to be held at the Centre. Under the title 'Peace Amongst Beauty,' which is the motto of the town, the competition attracted almost one hundred submissions of which seventy six were chosen to be exhibited in the galleries as the finalists. The exhibition includes work in pastels, oil, acrylic, pencil, photography and mixed media.

The judging will take place during an invitation only preview event on the evening of Saturday 3rd June when the first prize of £500 and second prize of £250 will be awarded. Visitors to the Centre throughout the month will then have the opportunity to vote for their favourite work and a further prize of £100 will be awarded to this winner in early July.

Chairman Tony Thorpe and the Trustees are delighted at the interest the event has generated. "The competition was cancelled twice because of the pandemic and it is very rewarding to again have so much support from artists throughout Wales" says Tony, "and we hope this will become an annual event attracting more visitors and new artists to the galleries. We are very appreciative of the support given by Llanwrtyd-based Charcroft Electronics, Lloftwen Forest Farm and Col. Tim Van-Rees who have generously sponsored the prizes."

The competition entries are beautifully complemented by wood-turning from David Leeton who returns to the Centre after two very successful previous exhibitions.

The exhibition will run until the end of June and the Centre is open Thursday to Sunday 10am to 4pm and two special evening viewings on Tuesday 6th and Wednesday 28th, 6.00pm – 8.00pm.

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MUSEUM NOTES



This year is the fiftieth anniversary of the official opening of the Llyn Brienne reservoir in the Upper Tywi Valley. On 15 May 1973, Princess Alexandra pulled the handle of an old village pump to open a valve which initiated the flow of water from the dam.

The Princess had flown over the 530-acre reservoir in a helicopter of the Queen's Flight before landing at Ystradffin Farm and travelling by car to the site.

The reservoir regulates the flow of the river to Nantgareidig, where water is abstracted prior to being treated and piped to various parts of South Wales. In 1996, the reservoir spillway was raised and a hydroelectric generating station was added at the base.

The 300-foot-high dam, constructed of locally sourced rock and clay, is one of the highest in Britain, and the reservoir – completed almost two years ahead of schedule – immediately became a major tourist attraction.

The original plan had been to build a reservoir in the



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05/23(12)

Gwendraeth Valley, which would have meant drowning the village of Porth-y-rhyd. Fierce opposition forced the authorities to choose another site at Llangydeyrn. Whenever the engineers approached the village, the church bell would ring to warn the inhabitants, who obstructed all entrances.

Eventually, attention was turned to a site four miles to the north of Rhandir-mwyn. William Jones, aged 86, and his sister Jane of Troedrihwrudden Farm, who had successfully prevented the Forestry Commission from taking over their farm in 1952, refused to allow access to officials of Swansea Corporation to survey some of their land.

A Defence Committee was formed, with Emlyn Jones, Llanddewi Brefi, as chairman, and Dafydd Dafis, headmaster of Rhandir-mwyn School, as secretary.

A Public Inquiry, which opened at the Castle Hotel, Llandovery in December 1966, continued until February 1967. In December of that year, the Secretary of State for Wales, Cledwyn Hughes, approved the building of the reservoir, on the condition that minimum damage was done to the area. The Minister also decided not to authorise recreational facilities at the reservoir.

On the day of the official opening, twenty coaches from Swansea, Neath. Port Talbot, Pontardawe. Llanelli and Llandovery, transported VIPs to the Llyn Brianne site.

A notable absentee was the Mayor of Swansea, who was offended when he discovered that people of a 'lesser status' were to be presented to Princess Alexandra, and he was not. Instead of travelling to Rhandir-mwyn, he sunbathed in the grounds of Mansion House before visiting three old people's homes.

The museum is usually open Tuesday to Saturday, 11.00am – 2.00pm, until the end of October. If you would like to learn more about volunteering, call in and leave your contact details so we can chat. It is not necessary to be Welsh-speaking or to know a great deal about history!


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*South Wales
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Lluest Horse and Pony Trust are excited to announce that we will be holding a Summer Open Day and Dog Show on Sunday 4th June 2023. We'll be open from 10.30am to 3pm with the dog show starting at 12.30pm.

If you've never visited Lluest before this is a fantastic opportunity to meet our rescued donkeys and ponies and our dedicated staff and volunteers plus some very special Therapy Dogs. Come along to enjoy tea, coffee, cake and a savoury bite in our vintage tea tent, we always offer endless tea and coffee top ups! You can browse our preloved tack & rug sale and stalls for bargains, have a go at our 'on foot' show jumping to see if you can get the fastest clear round or try your luck at winning a fantastic raffle prize. We'll also be running a number of demonstrations including a session from Jenni Nellist, Clinical Animal Behaviourist and a guest appearance from South Wales Mounted Police....an opportunity to meet the Officers and Horses and maybe even take a few selfies! Our onsite photographer will also be on hand to capture every moment including the option to have a professional pic of your dog.

The Dog Show will start at 12.30pm with entry fees at

08/23(6)



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05/23(3)



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Misty & Caesar can't wait to meet you!

Please be aware that we have always tried to keep entry to our Open Days free and a lot of time and effort goes into organising and running the day. However, this year fundraising is critical to ensure the survival of our small charity and we are asking for £5 entry per car. Parking is in our flat field and there is access for disabled visitors through our front gates with some limited parking.

We are excited to welcome back old friends and supporters and we very much look forward to meeting you if you are a first time visitor. Our address is: Lluest Horse and Pony Trust, Beili Bedw Farm, Llanddeusant, Llangadog, Carmarthenshire SA19 9TG. Tel: 01550 740661

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LLANDOVERY FRIENDSHIP CLUB

The Friendship Club held their first annual trip to Abergavenny on Tuesday 25th April. It was a successful day trip to Abergavenny town and market and the weather kept dry for us to do some shopping and enjoy the food on offer.

There were 25 members and 4 non members on the trip with 12 apologies due to illness.

The Friendship Club would like to thank Jones International buses for their excellent service and especially to Sean, our driver, who got us safely there and back. An enjoyable day out for us all. Looking forward to the next trip.

The next Friendship Club meeting is on Wednesday June 28th, 2.00pm at Vicar Prichard Hall with Mr Gary Strevens as our guest speaker.

On Wednesday 26th of July we will be having a trip to Aberystwyth and then back to Aberaeron for fish and chips!

Non members welcome on the trip, £15 for non-members.

Please contact Angela Jackson-Kenyon on 01550 721947 if interested in joining us on our trip to Aberystwyth and Aberaeron.

MERCHER Y WAWR BRO PANTYCELYN

Bu Iris Williams yn ein diddori yng ngyfarfod mis Mai. Person dawnus iawn mewn sawl maes ond ei gwaith crosio oedd ganddi y tro hwn.. Pawb wedi rhyfeddu gyda'r casgliad eang o waith cywrain a welsum . Cawsom gyfle i ddangos ein dawn ni hefyd. Rhai yn llwyddo'n well na'i gilydd. Diolch yn fawr Iris am brynhawn hyfryd.

Bu'r daith i Aberystwyth a'r Llyfrgell Genedaethol yn llwyddianus iawn. Diolch I gangen Llangadog am drefnu ac am eu cwmmi difyr hefyd.

Byddwn yn cwrrdd am ein cyfarfod swyddogol olaf hyd mis Medi ar ddydd Mercher 14eg o fis Mehefin i gymdeithasu a thrafod cynlluniau digwyddiad mis Gorffennaf.

Rydym yn bwriadu cynnal Te Cymreig Prynhawn Dydd Sul Gorffennaf y 9fed am 3 30 y p .yn y Neuadd Gatholig Cyfraniad yn mynd tuag at Ffrindiau Ysbyty Llanymddyfri.

Audrey 721612
Eluned 720825
Marian 720370

LLANDOVERY CROQUET & BOWLS CLUB



The croquet club has enjoyed a good start to the new season at the Castle Fields bowling green, with several new members joining. We are looking forward to matches against Mumbles and Llanidloes Croquet Clubs in the near future. In addition we have been invited to play at the Llandaf Club, as well as the Cardigan Club, once they have settled into their new venue at Llechryd Cricket and Tennis Club.

We are continuing with our regular Tuesday and Thursday club afternoons when visitors are welcome to come and try out this fascinating game. Free coaching is available for all beginners to croquet, with no obligation to join the Club.

We are also happy to organize sessions for small groups who would like to enjoy an afternoon of croquet. We can provide all the equipment and coaching; you just need to wear flat shoes!

To find out more about the club please contact the secretary, John, on 01269 593938 or 07435 786762, or email john.evans@zen.co.uk

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07/23(3)

MYDDFAI NEWS



Myddfai Community Hall & Visitor Centre's shop and café open Wednesdays to Sundays 11.00am – 4.00pm. There are two Saturdays in June when the Myddfai café and shop won't be open 3rd & 10th due to large events in the hall, sorry for any inconvenience caused.

Events and classes in June – we have a new series of 3 classes – Energy Testing – (Dowsing & Muscle testing) with Mark Harris on 5th, 12th & 19th June 6.30 – 8.30pm ring Mark for more information & to book on 07924 449011. We have a summer solstice Twmpath on Friday 16th June – everyone welcome. Saturday 24th June we have our annual Physicians of Myddfai conference, please book in advance. Sunday 25th is our monthly Farmers Market 12.00 noon to 3.00pm, with a wide range of quality local produce on sale.

Regular classes include: Craft class on Wednesday 1.30 – 3.30pm, Yoga on Wednesday evenings 5.30pm – 7.00pm. Pilates is on Thursday mornings 9.30am – 10.30am.

Myddfai shop has a great range of quality local craft and artwork, from pottery, jewellery, slate items, bags, aprons and fused glass, in addition we have a wide selection of greetings cards, Myddfai jams, chutneys and local honey as well as a great selection of candles, Myddfai range of toiletries, wooden bowls and boards and much more. We have a range of quality locally grown plants on sale outside. We also have a range of quality Myddfai Welsh Tweed items- hats, scarves, blankets, bags and much more, come along and take a look.

Myddfai café is a great place to stop for a delicious lunch or tea, coffee and cake, we have daily lunch specials, great choice of soups and a wide selection of freshly made cakes on offer. Why not combine a visit with a walk in the beautiful surrounding countryside.

Myddfai Community Hall & Visitor Centre is an award-winning venue and is ideal for Weddings, conferences, meetings and children's parties as well as exercise and activity classes, if you are planning a party or event please get in touch.

For further information or bookings please contact Les at les@myddfai.org 07879119223 or Hall No. 01550 720449. Our website is www.myddfai.org

Please check our Facebook page for news and events.

Well-behaved humans are invited to an
AFTERNOON TEA
with (or without) their dog
at CAPEL GOSEN CYNGHORDY
SA20 0NY



3.30pm Saturday 17th June 2023
Dress Code: Leads or Stout Shoes

3.30pm For Fun and Games
4.00pm Afternoon Tea in the Garden or Vestry

c.5.00pm Home time with Doggy Bags and various prizes



No charge, but donations in aid of PAT Dogs
(Pets as Therapy)

HANDMADE CARDS



at Postdatum
24 Stone Street, Llandovery



ASHMOLE & CO SUPPORT THOSE IN THE AGRICULTURAL SECTOR WITH POOR MENTAL HEALTH



Ashmole & Co, one of south Wales' largest Accountancy firms, has launched a year of fundraising in aid of the DPJ Foundation, to help support those in the agricultural sector, and living rurally, with poor mental health.

With thirteen offices spread across rural mid and south Wales, the staff of Ashmole & Co were unanimously in favour of supporting a charity that raised awareness and gave support to those with mental health problems.

Carwyn Morgan, Ashmole & Co Partner in the Carmarthen and Newcastle Emlyn offices, said, "Our rural clients confide in us as their accountant and we are perhaps the first they turn to when financial or family concerns impact on their lives and mental health. We will use this year of working with the DPJ Foundation to learn ourselves how to recognise these mental health issue signs and in future we will be able to signpost these clients of ours to professional help and support with their mental health. We hope our clients and friends will help us raise as much money as possible through collections and events for this extremely worthy cause."

The DPJ Foundation was set up in Pembrokeshire

in 2016 following the death of Daniel Picton-Jones. Daniel's suicide rocked the community, his wife Emma realised very quickly the lack of support that was available for those suffering with poor mental health in rural communities. It was announced at Daniel's funeral that a fund would be set up that would provide support to those, like Daniel, who were suffering from poor mental health. It became clear that there was a lack of awareness around mental health, everyone had been touched by suicide but very little was being done to combat the issue.

Daniel was an agricultural contractor and was well-liked and known throughout the community. His strong ties with the agricultural sector coupled with Emma being a farmer's daughter made this an obvious route for targeting support. It also became clear that agriculture carried the highest rate of suicide, yet little was being done to help this. Emma has used Daniel as a basis for everything the Foundation has gone forward to do. Daniel was a quiet character with lots of love and care for those around him, he would hate the idea of anyone suffering or feeling the way he did. In his name the DPJ Foundation is using Daniel's story to help others.

Kate Miles, Manager of the DPJ Foundation, said, "We are very grateful to Ashmole & Co for choosing to help raise funds and awareness of the foundation over the next 12 months. As part of this year of events we will work with the staff and partners in the accountancy firm to help them be better equipped in spotting the signs of poor mental health in their clients and give them the confidence to guide those clients to the correct services in order to help."

As part of the fundraising activities, Ashmole & Co will be doing a sponsored walk along the Pembrokeshire coastal path, dress-down Fridays once a month and some staff will be taking part in running events including the Cardiff Half Marathon.

Any donations to support Ashmole & Co's fundraising would be very gratefully received. Here is the link to the Just Giving page, or you can donate directly at any office: https://www.justgiving.com/page/ashmoleandco-dpj?utm_source=copyLink&utm_medium=one_page&utm_content=page/ashmoleandco-dpj&utm_campaign=pfp-share&utm_term=89627aeb1d444c8e8e0f5aaf4c82dbf

11/23(12)

KB HOME MAINTENANCE

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ON QUALIFICATION*

Experience not essential as NVQ training provided.

Please contact Nia on 01550 720495

06/23(3)

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04/23(12)

Aberglasney

GARDD DREFTADAETH ARBENNIG • HERITAGE GARDEN OF EXCELLENCE

ABERGLASNEY GARDENS TO FEATURE IN GARDDIO A MWY ON S4C & BBC IPLAYER



Aberglasney Gardens to feature in S4C series 'Garddio a Mwy' presented by Carol Williams. The episode will be first shown from 8.25pm on Monday, 15 May 2023 and then available online and catchup.

During the S4C series join Iwan and Sioned Edwards at their beautiful garden in Pont-y-Tŵr to learn some of their gardening secrets. Follow Meinir Gwilym and Adam Jones (Adam yn yr Ardd) as they'll be showing how to make the most of our gardens. All on S4C, S4C Clic and BBC iPlayer.

During next Monday's episode Carol will explore various aspects of the 10 acres and 20 different garden styles at Aberglasney. Viewers will see the Kitchen Garden, Pigeon House Woodland, the Alpinum Garden and Bishop Rudd's Walk. Footage was shot of the Malus

Arbor (*Malus sargentii*), the magnolia trees in bloom, the Candelabra Primulas, the Trilliums and lots more.

Aberglasney Gardens' Director of Operations, Jim Stribling, said, "We were pleased to welcome the crew from Garddio a Mwy to the Gardens recently. Of particular interest to viewers will be the opportunity to see one of Aberglasney's most asked about features, our breathtaking Malus Arbor, in bloom. The Crab Apple Arch can be found in our Kitchen Garden. It will be a treat for viewers to see how beautiful the Gardens look at this time of year."

Aberglasney Trustee, Helen Scut, has also been interviewed for the programme about Box Blight as Aberglasney's gardening team replaced the Box hedge in the Upper Walled Garden earlier this year with dwarf Rhododendron. Box blight is a fungal disease of box resulting in bare patches and die-back, especially in topiary.

Carol Williams was excited to visit Aberglasney Gardens for the first time to film for the S4C series. She said, "The producers asked me where I would like to visit to do a feature and without hesitation I asked if I could film at Aberglasney as I've been wanting to visit for such a long time. The Gardens did not disappoint. I was like a child in a sweet shop walking from different aspect of the Gardens to another. I've promised I'll be back to see the Gardens through the seasons."

To watch the Garddio a Mwy episode that includes Aberglasney tune into S4C on Monday evening, 15 May 2023 (subtitles will be available). The programme will also be available online on BBC iplayer and S4C Clic: <https://www.s4c.cymru/clic/programme/840892919>

LLANDOVERY U3A

This has been a very eventful Spring – the Coronation, extra Bank Holidays and a special for Llandovery hosting the Urdd.

The Urdd is a huge event for young people and there are thousands of people expected. So many adjustments to routine. When you read this it will be drawing to a close.

For us we decided it would be sensible to cancel our meeting for 31st May and Chair Yoga for 1st June. I cannot confirm the change of speaker for 14th June but we are hoping to reschedule the topic of Climate Change in Llandovery.

Wednesday 14th June

Climate Change in Llandovery

Wednesday 28th June

Sheikh Ahmed – Kill or cure from poison to prescription

We meet in Llandovery Rugby Club at 10.30am for coffee and a chat the speaker starts at 11.00am.

There is easy access and parking, visitors are welcome.

For further information contact: Anne Lynd-Evans 01550 750286

LIFE DRAWING GROUP NEAR LLANDEILO

Life drawing group sessions have been ongoing for several years at the Cwmifwr Community Centre on Monday mornings on a fortnightly basis, between 9.30am to 12.30pm with a half hour break at 11.00am.

These untutored sessions offer the opportunity to explore and develop life drawing skills, a traditional element in art practice, at your own pace.

The venue is accessible and well appointed with car parking available on the road alongside the hall.

Members of the group range from beginners to those with more experience and use materials of their choice which may include charcoal, pencil, ink, or watercolour washes on paper. Some members sketch into tablets using various art apps available. Everyone supplies their own materials.

Ideally people arrive by 9.20am in order to be ready to start at 9.30am. The sessions, which are quiet, begin with a few short warm up sketches leading towards 30 minute periods during which the model maintains the same position.

Members bring their own refreshments for a break at 11.00am.

This life drawing group is organised throughout the year on a voluntary and self funded basis. To cover the hire of the venue and fee for the model there is a charge of £9 per session.

For further information and dates of sessions please contact Tanya on 01558 824290.

IT'S THE NEW THING JULIE ANN SHERIDAN

8th – 22nd July

Volcano (Seaside Gallery), 27 – 29 High Street, Swansea SA1 1LG. 5 mins from Swansea Station.
Tel: +44 (0) 1792 464790.

Tuesday – Saturday, 10.00am – 5.00pm

Sunday – Monday – Closed

sheridanjulieann@gmail.com

@julieannsheridan | Linktree

Julie Ann Sheridan's exhibition of new works at Volcano, Swansea comprises a series of sculptures that incorporate painting, fly tipped furniture and recycled upholstery materials. The work explores expanded painting as a means to engage with notions of production and consumption. By altering the material and working with it, what is left is an expression of the moment, a new thing.

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06/23/31



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12/23/12



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03/24/12

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

11 Jun 2.30pm Communion/Cymun
18 Jun 9.00am Communion/Cymun

For further information, please contact Revd Paul Pritchard 01550 938534.

ST. SADWRN CHURCH, LLANSADWRN

4 Jun 9.30am Communion
18 Jun 11.00am Morning Prayer

For further information about Llansadwrn Church, please contact Revd Tim Nelson 01558 685415.

ST. PAUL'S CHURCH, MANORDEILO

11 Jun 9.30am Communion/Cymun
25 Jun 9.30am Morning Prayer

For further information about Manordeilo Church, please contact Revd Jeff Thomas 01550 777758.

LLANDINGAT, LLANDOVERY

4 Jun 9.30am Family Service and Baptism, "The Great Commission"
11 Jun 9.30am Communion, "Jesus the Healer"
18 Jun 9.30am Father's Day, with guest speaker Revd Oliver Strange
25 Jun 9.30am Communion, "Do not be afraid!"

For further information, please contact Revd Paul Pritchard 01550 938534.

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

4fydd o Fehefin 11yb, Boreol Weddi
18fed o Fehefin 11yb, Cymun gyda siaradwr gwadd – Parch Oliver Strange

For further information, please contact Revd Paul Pritchard 01550 938534.

ST MICHAELS, MYDDFAI

4 Jun 11.30am Morning Prayer
11 Jun 11.30am Communion/Cymun
18 Jun 6.00pm Evening Prayer, Father's Day with guest speaker, Revd Oliver Strange
25 Jun 11.30am Communion/Cymun

For further information, please contact Revd Paul Pritchard 01550 938534.

ST SAWYL, LLANSAWEL

4 Jun 11.00am Communion/Cymun
18 Jun 11.00am Communion/Cymun

Rev. Patrick Mansel Lewis
Tel: 07792 921327 or 01554 773059.

ST CYNWYL'S CHURCH, CAIO

4 Jun 9.30am Holy Communion
18 Jun 9.30am Holy Communion
2 Jul 9.30am Holy Communion

Rev Tim Nelson 01558 685415
Rev Rik Moyes 01558 685118

ST CADOG'S CHURCH, LLANGADOG

4 Jun 9.30am Holy Communion
11 Jun 9.30am Holy Communion
18 Jun 9.30am Morning Prayer
25 Jun 9.30am Morning Prayer

Revd Jeff Thomas 01550 777758
jeffthomas@churchinwales.org.uk

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

4 Jun 11.00am Communion
11 Jun 11.00am All Age Worship
18 Jun 11.00am Communion
25 Jun 11.00am Youth Led Worship

There is Holy Communion every Tuesday at 10.00am & Morning Prayer every Friday at 9.30am

ST. BARNABAS, RHANDIRMWYN

11 Jun 9.30am Communion
18 Jun 9.30am Morning Prayer
28 Jun 9.30am Communion

Rev. Tim Nelson: 01558 685415.

ST. MICHAEL'S CHURCH, CILYCWYM

4 Jun 2.30pm Communion/Cymun
25 Jun 11.15am Morning Prayer

For further information, please contact Revd Paul Pritchard 01550 938534.

ST. MARY'S CHURCH, CYNGHORDY

25 Jun 2.30pm, Communion/Cymun

For further information, please contact Revd Paul Pritchard 01550 938534.

ST SIMON AND ST JUDE, LLANDEUSANT

11 Jun 6.00pm Evening Prayer
25 Jun 2.00pm Communion/Cymun

ALL SAINTS CHURCH, GWYNFE

4 Jun 11.15am Communion/Cymun
11 Jun 11.15am Morning Prayer
21 Jun 11.15am Communion/Cymun

ST DAVID, ABERGORLECH

4 June 9.30am, Communion/Cymun
18 June 9.30am, Communion/Cymun

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

Sunday Mass 11.00am.
Weekday masses – see notices or
Phone: 01558 824305 or
Mob. 07507 071337.

ST TEILO'S CHURCH, LLANDEILO

1st Sun 11.00am Holy Communion
2nd Sun 8.00am Holy Communion
11.00am Morning Prayer
6.00pm Evening Prayer
3rd Sun 9.30am Boreol Weddi
11.00am Holy Communion
4th Sun 9.30am Cymun Bendigaid
11.00am Holy Communion
6.00pm Compline

Every Wednesday there is Holy Communion at 10.30am.

ST JOHN'S MAESTEILO

4 Jun 9.30am Morning Prayer
18 Jun 9.30am Holy Communion

Email: h_lloyd_davies@hotmail.com

HOLY TRINITY TALIARIS

11 Jun 9.30am Holy Communion
25 Jun 9.30am Morning Prayer

Email: h_lloyd_davies@hotmail.com

LLANEGWAD CHURCH

2nd Sun 11.00am Eucharist
3rd Sun 11.00am Eucharist
4th Sun 11.00am Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00pm
Wednesday 10.00am

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

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

For further information or to contact Pastor Rob please visit
www.williamsptyncelyn.co.uk

ST EGWAD, LLANFYNYDD

1st Sun 9.30am Bilingual Service
3rd Sun 9.30am Bilingual Service

See church noticeboard for special services e.g. Christmas and Easter.

EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdru)
Services every Sunday
10.30am Worship and Communion Service
5.00pm Ministry Service & Under 15
Bible Class

No Coffee Morning in December.

YR EGLWYS UNIONGRED, LLANBEL- LAMPETER ORTHODOX CHURCH

1st Sun No Service
2nd Sun 10.30am Divine Liturgy
3rd Sun 10.30am Divine Liturgy
4th Sun 10.30am Divine Liturgy
5th Sun 10.30am Divine Liturgy

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

HOLY TRINITY CHURCH

1st Sun 10.00am Eucharist
2nd Sun 10.00am Eucharist
3rd Sun 10.00am Eucharist
4th Sun 10.00am Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

WHAT ARE YOU DOING?



The work of Gwennie aged 6 years the daughter of Charlotte Turtle, the caption is by Gwennie's Dad, age unknown by the writer.

Friends, colleagues, actors and all good people of our ancient town of Llandovery, formally the Roman town of Alibum, lend me your ears! It is I, Horatio Nelson Llandovery Theatre Cat calling to you from my celestial star to answer the question in the picture above, WHAT ARE YOU DOING?

Like many theatres across the country LLANDOVERY THEATRE was forced to shut down due to the pandemic, but we were not inactive as we love our theatre and with the help of friends kept it safe and beautiful. In the past year we have been working to be ready to welcome visitors to our town for the Urdd Eisteddfodd when TRAGEDY struck!

A blistering hot summer last year, followed by torrential rain and in November 'the ice age'. The roads and pavements so dangerous, no self-respecting cat would venture out, but when the ice melted - DISASTER! The stone wall outside the theatre in Stone Street collapsed

ST. MICHAEL'S CHURCH, LLANFIHANGEL RHOS Y CORN

Normal services are first Sunday and third Sundays at 2.30pm.

Wednesday June 14

Pilgrim Service at Llanfihangel Rhos y Corn - at 6pm at St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP - a service of prayer and mediation - Info Revd Roger Nock on 01267 202347.

Saturday June 24

"Lle Llonydd - A Quiet Space of Reflection and Contemplation - These take place on the last Saturday of each month at Eglwys Llanfihangel Rhos y Corn from 2.00pm to approximately 3.30pm from February to October. Refreshments available.

Contact Andrew Tait on 07846 310848 or Beryl Edwards 0742 8833 278 for more information. Remember to dress warmly! Location SA32 7RP - What3Words - gain.agent.acids.

ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

Services on 5th Sunday are at 10.30am and rotate around the churches.

LLANFIHANGEL UWCH GWILI

1st Sun 9.00am Eucharist
4th Sun 9.00am Eucharist
2nd Sun 9.00am Morning Prayer
3rd Sun 9.00am Morning Prayer

Services on 5th Sunday are at 10.30am and rotate around the churches.

AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Service.

11.00am - 12.00pm near Lidl's

Contact: Ammanford Christadelphians

into the road! Mercifully no-one was hurt, but I have to say Jacky had, what might be termed a Grade SIX nervous breakdown at the news.

We were instructed by the County Council to rebuild the wall, or take it down to a safe level and to complete before the Eisteddfodd. There followed weeks of search for professionals to rebuild, while we examined and reassessed the damage and how to put it right. We stared and stared at the debris and the wreck when a question arose. Did we actually own this wall in Stone Street?

1. We examined the 1848 Deed, when the then Carmarthen Council was given a 99 year lease by the Llwynywormwood Estate in order to provide a British School for the poor in the Parish of Llandingat. The surveyor's drawing on the Deed shows the wall is already there. So NO, the wall does not belong to the theatre.
2. The wall is built in stone with lime mortar, it is built against 4 feet of ground, its foundations in the road. It is a RETAINING WALL. According to the UK law on Retaining walls built on Highways, the responsibility for maintenance and ownership is with the Highways Department of the County Authority. So, NO, we do not own it.

We have written to the County Council four times explaining that THEY are the owners today on behalf of the good people of Llandovery, Llandingat and not forgetting Llwynywormwood.

We have rebuilt the wall as ordered by the County, completed before the Eisteddfodd as instructed by the County. We await response from the County, it is now five weeks of silence.

We want to get back to our theatre work, without this burden of indecision/responsibility hanging over us.

Long live live theatre!

Horatio Nelson
Llandovery Theatre.com
Jacky.barnes@btinternet.com

READERS' SALES & WANTS

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

FOR SALE

- **Pair of girls bikes**, Apollo Pulse, 5 speed, 26" wheels, light purple colour, £40 for both. Tel: 01269 851116.
- **Outdoor Plastic Patio Rug**, 180cm x 270cm, never used, still in sealed packaging, colour terracotta, £30. Tel: 01550 777432 (long ring).
- **Myford ML2 Lathe with spare bed**. Lathe is bolted to a wooden bench, untested & sold as seen. Buyer to collect. £120. Tel: 01550 721611.
- **Approx 32 USED CONCRETE SLABS** 900x600x50 (RRP £17.50). Lift & collect yourself £4 each. Smaller pieces FREE. Llangadog 07926 088020.
- **FLYMO Contour 500E Strimmer/Edger**. Only used once, still in box. Genuine reason for sale. Paid £55 - will take £40. Phone 01550 721247.
- **FRIGIDAIRE 2 slice toaster** (white) Model No. FCL-6002A, surplus to requirements - as new, £12. Phone 01550 721247.
- **Magazines** - various bundles of classic car, radio control aircraft and model engineer magazines. All at least 27 years old. 20p each magazine. Tel: 01550 721611.
- **'Custom Car' magazines** - bound volumes for 1978, 1979, 1980, 1981 & 1982. Offers? Tel: 01550 721611.
- **Round Kettle Barbecue**, as good as new, £30. Tel: 01558 650681.
- **Larch Cladding** - 91 No, 3.6m lengths of 125 x 19mm larch cladding. Buyer to collect. £500. Tel 07403 305501, Llangadog area.
- **Pine Dresser**, £65. Tel: 01550 779292.
- **Makita heavy duty drill** (Model MR400C) with 5 masonry bits, £60 ono. Tel: 01267 202230.
- **Bath shower screen** with toughened glass. Tel: 01267 202230.
- **Selection of tyres**. Tel: 07939 592051.
- **Bedroom carpet**, 15' x 15', new unused, purple. Tel: 07939 592051.
- **Selection of flower vases**, various colours. Tel: 07939 592051.
- **Selection of wall mirrors**. Tel: 07939 592051.
- **x4 Plastic containers**, 200 & 500 litre approx. Tel: 07939 592051.
- **Various parts for Escort** mark 3, 4 & XR3i. Tel: 07939 592051.
- **Lister 3.5HP Stationary Diesel Engine**, on mounting plate, barn find, V & Flat belt drive pulley, original instruction & parts list, £280 ono. Tel: 07444 539748.

- **Four wheel electric mobility scooter**, excellent working order. Tel: 07939 592051.
- **Electric Singer sewing machine 319K**, 1950-1951, automatic, swing needle and also twin needle plus embroidery disc etc and instruction book, £250 ono. Tel: 01550 760359.
- **Put me up folding bed with mattress**, 70 x 186 x 38cm. Only used once. Excellent condition. Tel: 01550 777591.
- **Vintage Ferguson two furrow plough Massey Ferguson grey T20**, little use, barn find, £320 ono. Tel: 07444 539748.
- **Vintage Black Smiths Anvil**, 84cm long x 32cm high x 14cm wide. £350. Tel: 07444 539748.
- **Vintage Teagle Golden Bullet Tractor hedge cutter**, barn find, no knife, spares - repair & some spares available, £150. Tel: 07444 539748.
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- **One or two bed-roomed, self-contained accommodation** in the Llandovery/Llandeilo/Llangadog area sought by quiet retired lady. Must be near bus route. Please phone Anna on 07526 567022 and leave a voicemail message.
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LLANDOVERY TOWN TENNIS CLUB has two beautifully situated courts at Castle Fields, Llandoverly. The club has grown steadily over the last few years and although it now includes a diverse membership of varying skill levels and ages (14 to 74), we would like to see the facilities used more by local people and visitors alike. We therefore invite anyone interested in joining the club or just having a one-off game to get in touch with the secretary on **07925 131974**. Annual Membership is £30 for a Single Member and £50 for a Family/Joint Membership, with under 16's free of charge. This includes free access to the courts at any time (subject to availability) with your own key. For visitors, a one off fee of £10 gives access to the courts for a 2 hour slot, again subject to availability. Anyone who wants to come for a free try out and meet up with members of the club to experience the friendly atmosphere can join us any Wednesday or Saturday morning from 11 am weather permitting. *11/23(6)*

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Advice Line, Tel. 03444 772020

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Brecon: Every Friday of month at the Brecon Market Hall, 7.00am - 2.30pm.

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Llandovery: Llandovery Museum and Visitor Gateway. Open seasonally April - October. Tuesday to Saturday 11.00am - 2.00pm. Email: enquiries@llandoverymuseum.wales.
Llanwrtyd Wells: Tel. 01591 610666. 10.00am - 1.00pm; 1.30pm - 5.00pm

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		Mon. to Fri.							Sat.							Sun.	
Swansea	D	05.47	09.09	11.38	14.18	18.19	21.15	05.49	09.08	11.45	14.30	18.18	21.15	11.10	15.37		
Gowerbon	D	05.58	09.20	11.50	14.30	18.32	21.27	06.00	09.19	11.58	14.42	18.30	21.27	11.21	15.48		
Llanelli	D	06.08	09.31	12.03	14.43	18.42	21.36	06.10	09.31	12.08	14.54	18.42	21.36	11.33	16.00		
Ffairfach	D	06.44x	10.07x	12.46x	15.24x	19.16x	22.12x	06.46x	10.07x	12.46x	15.30x	19.19x	22.12x	12.00x	16.34x		
Llandeilo	D	06.49	10.12	12.51	15.29	19.25	22.17	06.51	10.12	12.51	15.35	19.24	22.17	12.14	16.40		
Llangadog	D	06.58	10.21	13.00	15.39	19.35	22.27	07.00	10.21	13.00	15.44	19.34	22.27	12.23	16.50		
Llanwrda	D	07.02	10.25	13.04	15.42	19.38	22.30	07.04	10.25	13.04	15.48	19.37	22.30	12.27	16.53		
Llandovery	D	07.11	10.34	13.13	15.51	19.47	22.37A	07.13	10.34	13.13	15.57	19.46		12.36	17.02		
Cwmifor	D	07.19x	10.42x	13.21x	16.00x	19.56x		07.21x	10.42x	13.21x	16.05	19.55x		12.45x	17.10x		
Llanwrtyd	D	07.40	11.03	13.42	16.17	20.16		07.42	11.03	13.42	16.22	20.15		13.01	17.27		
Llandrindod	D 05.50	08.13	11.36	14.15	17.01	20.49		08.15	11.36	14.15	17.02	20.48		13.44	17.59		
Shrewsbury	A	07.38	09.46	13.13	15.45	18.32	22.21	09.45	13.10	15.45	18.35	22.26		15.13	19.35		
Shrewsbury	D	05.22	08.57	11.22	15.17	18.07	21.29	05.23	08.56	11.26	15.25	18.08		12.04	16.20		
Llandrindod	D	07.06	10.29	12.56	17.01	19.41	23.00A	07.08	10.28	12.59	17.02	19.40		13.40	18.05		
Llanwrtyd	D	07.40	11.03	13.41	17.32	20.17		07.42	11.03	13.41	17.33	20.15		14.11	18.36		
Cwmifor	D	07.53x	11.16x	13.55x	17.45x	20.30x		07.55x	11.16x	13.55x	17.46x	20.28x		14.24x	18.49x		
Llandovery	D 06.26	08.05	11.28	14.07	17.57	20.42	22.43	08.07	11.28	14.07	17.58	20.40	22.43	14.36	19.02		
Llanwrda	D 06.32x	08.11x	11.34x	14.13x	18.03x	20.48x	22.49x	08.13x	11.34x	14.13x	18.04x	20.46x	22.48x	14.42x	19.07x		
Llangadog	D 06.36x	08.15x	11.38x	14.17x	18.07x	20.52x	22.53x	08.17x	11.38x	14.17x	18.08x	20.50x	22.52x	14.46x	19.11x		
Llandeilo	D 06.50	08.27	11.50	14.28	18.19	21.04	23.04	08.29	11.50	14.28	18.20	21.02	23.04	14.58	19.23		
Ffairfach	D 06.53	08.29	11.52	14.31	18.21	21.06	23.07	08.31	11.52	14.31	18.22	21.04	23.06	15.00	19.26		
Llanelli	D 07.44	09.10	12.40	15.12	19.07	21.45	23.48	09.11	12.38	15.12	19.09	21.49	23.46	15.40	20.05		
Swansea	A	08.08	09.33	13.03	15.35	18.31	22.08	06.16	09.34	13.01	15.37	19.32	22.12	16.02	20.26		

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

Off-Peak Day tickets may not be valid for travel between 04.30 and 09.30 and for journeys starting between 16.00 and 18.29 Mon-Fri. Please check restrictions before travel.

LLANDOVERY SWIMMING POOL

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 of opening hours, activities
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BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN. PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery - Llandeilo (289)

via Crug-y-bar, Llanwrda

Llandeilo, New Road	9.35	Llandovery Car Park	13.40
Crug-y-bar	10.13	Crug-y-bar	14.04
Llandovery Car Park	10.41	Llandeilo, New Road	14.44

Golden Grove - Llandeilo - Carmarthen (277) Wed only

Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
Ffairfach	9.15	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgaredig (square)	14.04
Salem (opp. Angel Inn)	9.30	Cwrt Henri	14.21
Capel Isaac	9.40	Capel Isaac	14.40
Cwrt Henri	10.00	Salem (Angel Inn)	14.49
Nantgaredig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Ffairfach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

Llandovery - Llandeilo - Carmarthen (280/281) Morris Travel

All services operate Mon-Sat

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	—	9.14	—	12.44	—	16.48	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	—	—	11.21	—	14.36	—	—	—
Llandeilo, New Road	7.37	9.29	11.27	12.59	14.44	17.02	18.24	19.31
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
	281	280	281	280	281	280	281	280
Carmarthen	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
Llandeilo	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29
Cwmifor	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—
Llangadog (Rhyd)	—	8.13	—	11.13	—	15.13	—	18.42
Llansadwrn (War Memorial)	—	8.21	10.26	11.21	13.31	15.31	17.29	18.50
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

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