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Wildlife OF THE TYWI

A film entitled The Dark River of Wales made over five years to reveal the river Tywi's wildlife and more is to be shown with an introduction by its maker in Llandeilo at 7.30 pm on 13th March in the Capel Newydd Vestry Hall in Crescent Road. There will be an admission charge of £3 to raise funds for the Wildlife Trust of South and West Wales. The event has been organised by the East Carmarthenshire Group of the Trust.

The producer and director of the film, Richard Rees, has aimed to raise awareness of what our rivers have to offer for wildlife and to enhance our lives. It shows the Tywi's journey from the sea to its source as it flows through the changing landscape and seasons, While the ancient meaning of the river's name is dark, the film shows the great beauty that it has created and the amount of wildlife that it helps to sustain.

The Wildlife Trust of South and West Wales exists to promote the protection of wildlife. In this area it looks after the Castle Woods reserve adjoining Dinefwr Park in Llandeilo and Poor Man's Wood at Llandovery. Becoming a member of the Trust will support its work and will provide free landing at Skomer and Skokholm as well as other benefits. For more information visit the website www.welshwildlife.org. Also, the local group has a programme of free events throughout the year for Trust members. Call 01267 253485 for details.

FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

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for next issue:
15th March 2019

Next issue distributed:
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The Post Future Copy Dates

May.....16th April
June.....16th May
July.....17th June

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LLANDOVERY FRIENDSHIP CLUB

Llandovery Friendship Club met on Wednesday 30th 2019 at Vicar Pritchard Hall for the first meeting of 2019.

The Chairperson opened the meeting by welcoming everybody and wishing all members a Happy New Year.

Gill Wright and Wyn Llewelyn from Carmarthenshire 50+ forum gave a talk and slide show regarding the 50+ forum and what is going on in Carmarthenshire, for the 50+. Membership is free and you will enjoy free admission to the annual forum event at the National Botanical Gardens.

Gill Wright gave a brief talk on the Heart of Wales Railway.

Chairperson and Vice Chair thanked the speakers.

Allyson Rogers who is doing her PHD gave a talk on mobility aids, trips and fall hazards. Chairperson thanked Allyson for her talk.

Chairperson went briefly through the agenda for next year.

Tea was then served and members able to socialize. Chairperson to organize a questionnaire for members to complete to see what they want from meetings and trips.

Meeting: 27 members present and 3 apologies.

Finances: Satisfactory.

Minutes: Read and signed

Members agreed Turkey and Tinsel to the Isle of Wight in November.

Chairperson mentioned that Mrs Wendy Waters has a difficult year and our thoughts are with her.

Anybody who is interested in joining the Club please contact Mrs Margaret Davies Tell: 01550 720919.

Angela Jackson Kenyon

CORNWALLIS FREE LIBRARY LLANWRDA

The Cornwallis Free Library is open again on Saturday 2nd March 10.30 am to 12.30 pm.

The quiet Reading Room is warm and welcoming with a comfortable seating area. Refreshments are available as readers browse and children have their own recreation room to themselves.

Support volunteers would be welcome – Interested? Please telephone 01550 779257 for further information or call in on Saturday mornings.

200 CLUB RESULTS FOR FEBRUARY 2019

1st Mr Emyr Jones, Ammanford.
2nd Mr Phil Davies, Llangadog.
3rd Mrs M Haines-Evans, Manordeilo.

LLANWRTYD WELLS FARMERS AND CRAFT MARKET

There are new organisers for the farmers and craft market which will this year take place on the first Saturday of the month from 10.00am – 1.00pm in Victoria Hall, Llanwrtyd Wells. There was keen interest from traders and visitors alike at the first 2019 event in February with the stallholders rebooking to attend the March 2nd event. There will be fruit and veg, local honey, jams, chutneys, fudge and cakes as well as locally made cards, home furnishings and stained glass works. Refreshments are available including bacon rolls and Welsh cakes made during the event. Please show your support to keep this event successful especially as profits made from the event will be donated to a town cause. For more information or to book a table contact Sue Middlelton on 01591 610584.

LLANDOVERY GARDEN CLUB REPORT

by Denise Nicholson – Club Secretary

Guest Speaker: The Club warmly welcomed Joseph Aitkin, Head Gardener of Aberglasney to talk about Plant Combinations. Joseph began his talk by saying that his inspiration for plant combinations came from his mother, and that he uses a basic template of four plants, ferns, hostas, iris and primulas. These plants not only combine well aesthetically but provide good ground cover and weed suppression. Naturally these plants grow well in Wales as they all love moist conditions. The foliage of the ferns and hostas form the green background colour, while the spring and summer flowering primulas and iris give the contrasting colours of choice. He particularly recommended primula 'vialii', iris 'sibirica' and iris 'ensata' for their vivid summer colour. Joseph then suggested adding other plants to this template to provide height and texture and extend a gardens season of colour. His recommendations included: Cornus 'Miss Satomi', which are covered in deep pink bracts in summer, have pink autumn fruits (inedible) and lovely autumn colour; Hordeum jubatum, commonly known as Foxtail Barley, which has lovely green spikes tinged with pink that fade to a light tan as they mature; Nepeta 'dragon blue', catmint, an aromatic perennial which forms mounds of greyish green leaves and carries loose spikes of lavender-blue flowers; Salvia 'dayglow', with its spikes of long-lasting bright pink flower heads. He also favours the geraniums 'Patricia' and 'Roseanne', and astilbes, which, in addition to the colour they provide, are good weed suppressers. At the end of his inspirational talk, Joseph received a warm round of applause.

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LLANDOVERY CARNIVAL 2019

The Welsh Government has designated 2019 the 'Year of Discovery' – and so we are making that the theme of this year's Town Carnival (to be held on Sunday 26th May). As well as all the usual entertainments and attractions, we hope that local clubs, associations, businesses and so on will come along to help visitors to 'discover' (or re-discover!) all the best that the town and the surrounding area has to offer.

If you are involved in a local activity, then why not think about setting up a stall (or use the back of your car or van) on the day? Everybody is welcome – you may be a sports or cultural association, a local business, charity or a government organisation – anything at all (as long as it is decent, honest and legal!) that helps us all to discover what the town, and the area, does.

We will, of course, be having the usual parade before the start of the Carnival – so why not enter a float representing or promoting your own business or activity?

All we ask in return is that you make a donation to the Carnival so that we, in turn, can continue to help local good causes in the work they do.

More details will follow in the coming weeks so keep a look out. And if you think you'd like to help us in getting things ready (we always need volunteers) then come along to our (very informal) AGM on Friday 1st March in the Whitehall at 7pm. We'd love to see you there!

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10/19(12)

SHAKE YOUR BOOTY TO HELP RAISE FUNDS FOR LLANDOVERY FC

Who remembers heading down to Llandovery Rugby Club on a Saturday night to dance the night away to the tunes being played by Stokes? Why not re-live those fond memories and make some new ones on Saturday, 16th March.

Llandovery Junior Football Club have organised an old-style Stokes disco to help raise funds for the Under 13s and Under 14s Tour to Prestatyn where the two teams will take part in a three-day Football Tournament in May 2019.

There will be a £5 entry fee to the disco which will go towards financing the bus and accommodation for the two teams on tour in Prestatyn.

Thank you to all those who supported our Quiz Night held recently in the Whitehall which raised £340 towards the Tour.

Grassroots football in Llandovery is going from strength to strength. The Under 13s have had a great season so far even though it's the first year these boys have played together as a team with three from the year below joining to make up the squad. They have won the majority of their games so far and are battling it out for the position at the top of Carmarthenshire's B League.

The Under 14s are mid table in the league and have had mixed success this season since the Carmarthenshire Under 14s A and B leagues have amalgamated. The boys are looking forward to going on tour to play football non-stop for three days.

If you would like more information on playing football for Llandovery Junior FC we would love to hear from you. Follow us on Facebook or email us at: info@llandoveryjfc.co.uk

If you are a local business who would like to support the Football Tour to Prestatyn please get in touch. Email: info@llandoveryjfc.co.uk or direct message us from our Facebook page @LlandoveryJFC

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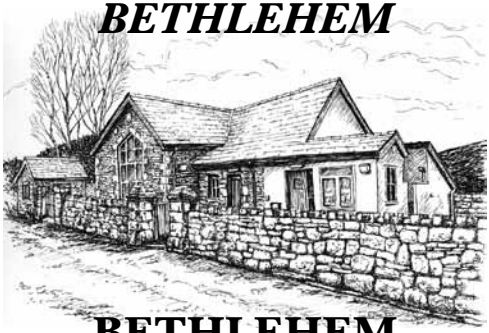

BETHLEHEM SNIPPETS

We are looking forward to a busy Spring and Summer here in Bethlehem.

The March supper takes place on Friday 8th at 7.30pm, with Chicken Valencia and a Beetroot, Butternut and toasted Hazelnut bake on the menu for main course, and a wicked Treacle Tart, and Rhubarb, Vanilla and a hint of Ginger Trifle as pudding choices. Contact Nia to book, just £13 per head for two courses and coffee.

The March monthly quiz will be on Monday 11th at 7.30pm. February winners Universally Challenged, who beat Blunders Never Cease by just one point, will be asking the questions.

Sarah will be running another Healing Moves course starting in March:

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For further details contact Sarah Hyde on 07792 634006.

And looking ahead to April, a date for the diary – Thursday 25th, when there will be another concert by local musicians Nigel Philip Davies and Dai Thomas.

A big thank you to everyone who came to the February supper, and who helped make Wyn (the barman)'s birthday a lot of fun.

February also saw a new Treasurer join the management team of the hall. We are delighted that John Hampson is taking on the role, both he and Glenda are great supporters of the hall, and his expertise and input will be much appreciated.

The hall is available for hire, at very reasonable rates, it is ideal for small gatherings, family celebrations and get togethers, and meetings.

Contact Nia for more details, or to book supper tickets, on 01550 777254, niaclement@aol.com.

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POTTERY WORKSHOPS WITH CAROLE SPACKMAN

Carole Spackman had an instant rapport with using clay when she joined a pottery evening class almost 50 years ago. Carole's parents were both designer makers, her mother working in fashion & her father in furniture restoration. They both encouraged Carole to make items that she wanted; indeed most things in the house were handmade by either parent. Unlike working with wood or cloth, where a wrong cut means the piece is discarded, if one doesn't like what one has just formed with clay, then one can simply roll up the clay and start again, each time learning something new.

After a few years of teaching mathematics as well as pottery as an extracurricular activity for students, Carole decided to become a full time potter. As well as producing useful tableware alongside animal and bird sculptures, Carole carried out school projects at several local schools. An example of this work, a tile mural, can be seen outside Ysgol Rhys Prichard in Llandovery. Over the past three years Carole has been running small pottery workshops for a few students, making wildlife sculptures and other pottery artefacts.

Carole's next classes are an Owl Making Workshop on Saturday March 23rd and a Hare Making Workshop on March 30th. Participants will be able to make an owl or hare in the day that runs from 10am to 4:30pm. The finished kiln fired piece can be collected later to take home. Having taught mathematics and pottery in schools such as Llandovery College, Carole plans & guides her workshops is great detail. No previous experience of using clay is necessary, although by the end of the day, participants are confident enough to use their own creative flare to make their work individual. Why not have a go? You never know you may get hooked on the medium too.

Further details about these workshops can be found on www.carolespackmanceramics.co.uk or e-mail Carole carolepottery@hotmail.co.uk

Carole will also be running half day classes during Tywi Valley Open Studios July 20th – 28th.

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ZULU TRADITION

GWYNFE EVENTS & NEWS

Join us in Gwynfe Community Hall on Friday, 1st March for St. David's Day – an opportunity to commemorate our patron saint. There will be a cawl supper (soup, bread, cheese, Welsh cakes and bara brith) starting at 7.00 p.m. in the village hall, after which local artists will treat us to a few songs. Ellie & Megan have kindly agreed to sing, and to complete the entertainment Alun Brookfield will perform a few numbers, including one specially written to commemorate Dewi Sant. Entry £6, to include supper and entertainment. Bar available.

The next Monday Club will be on Monday, 4th March (1.30 p.m. onwards). There will be the usual chat + tea/coffee + cake. £1 collection. If you require transport to/from the hall, please contact Heather on 01550 740512.

A new Gentle Yoga class run by Sue Wakefield (our current Tai Chi teacher) will be starting in Gwynfe Community Hall on Tuesday, 5th March. The class will be from 6.30 to 8.00 p.m. and will continue at the same time each Tuesday. Bring your favourite blanket and enjoy some simple breathing, relaxing and meditation techniques while lengthening and strengthening muscles and mobilising your joints. Beginners are very welcome and work can be done on chairs or on the floor. Feel free just to turn up, or if you would like to discuss anything beforehand contact Sue on sue.j.wakefield@gmail.com

Zulu Tradition! The Hall committee constantly strive to put on a varied range of shows and we are particularly pleased to announce that on Friday, 29th March we will be hosting a troupe of Zulus, who will perform traditional dance, songs and drama. Doors open at Gwynfe Community Hall at 7.00 p.m. for 7.30 start. Tickets £7 or £6 concessions. Food and bar available at additional cost. You are advised to reserve tickets for this event; please contact Colin or John on 01550 740462, or send an e-mail to gwynfe_community_hall@yahoo.co.uk This production comes to us through the Arts Council of Wales' Night Out scheme.

The next Gwynfe Quiz will be on Friday, 12th April. Food at 7.00 p.m. and Quiz from 7.45 p.m. – more details in next month's copy of The Post.

MODERN SLIM WOOD PELLET BOILER FOR HOLIDAY LET

This beautiful holiday let cottage in rural Ceredigion struggled to keep their solid fuel Aga alight for their guests and clients. The system needed constant attention, was dirty, dusty and made it complicated to run the holiday let.

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TAILS FROM THE TRUST

FOUR NEW FRIENDS

We have recently taken in four small ponies from a large rescue. Three are mares of various ages and colours. They arrived and were placed straight into isolation – our normal procedure to protect our existing herd from potential contagious diseases any newcomers may have or be carrying. First down the ramp and interested to find out where he was, came a tiny colt foal. He looked quite young and indeed it transpired that he was only about three to four months old. Because of his diminutive stature, he has affectionately become known as Little Man by the grooms. At first, we believed one of the three mares to be his mum but it turned out that he wasn't related to any of them leaving Little Man on his own. Fortunately, he has quickly taken to his new human carers and was quite ready to accept a bucket of food from them. Generally, the mares are in a reasonable body condition, but Little Man is underweight so is wearing a warm rug and having twice daily feeds to help him along.

Welfare Assistant Rhian is not that tall, Little Man is just tiny

COULD YOU BE A TRUSTEE?

We are looking for enthusiastic and dedicated people to join Lluest in becoming trustees. You don't need to be particularly knowledgeable about horses, just keen and able to commit to six meetings a year. We are also in need of a new chairperson. Becoming chair of a small charity would mean taking on a wide-ranging role, but it does present an opportunity to get involved with every aspect of the organisation. It will also mean that you would have a real impact on the future of this well-respected charity and make a difference to both equines and people. Or, if you would like to get more hands on, we are always on the lookout for volunteers to help out on the yard or with administration in the office.

Full job descriptions are on our website. www.lluesthorseandponytrust.co.uk/volunteer and you can even apply online if you see something that suits you. If you need any more information or have any questions, please give us a call on 01550 740 661.

REHOME A RESCUE

Topaz

At 12.2hh, Topaz could make someone a great driving pony

Little Topaz is a stunning 6-year-old bay roan pony who stands at 12.2hh. She has started her training and long reins beautifully. Topaz is a very responsive and forward going pony so we think she could pull a trap one day. She is looking for an experienced guardian home with someone who can continue her education and help her reach her full potential.

BRAMBLE

Bramble is a gentle, black mare of around 15.2hh. She was born in 2008 to one of our rescue mares. Bramble has been ridden in the past, but because she has spavin (a painful bone condition of her hock caused by osteoarthritis) she is on daily medication and is available to be rehomed as a companion only.

Pretty Bramble is available as a companion

BECOME A STABLE SPONSOR

Sponsoring a stable is a wonderful way to help support the Trust. The stable you sponsor will have your name displayed on a clipboard and you will be helping its occupant have a comfortable and safe stay at the Trust until they find a new loving home. All you need to do is set up a direct debit for just £10 per month. Either call or email us and we will send you a direct debit form or you can find one in the 'downloads' section of the website here: http://www.llwesthorseandponytrust.co.uk/wp/wp-content/uploads/DirectDebitform.pdf

If you can offer a loving home to one of our rescue ponies, please call us on 01550 740 661. Or to donate, please visit our website. http://www.llwesthorseandponytrust.co.uk/ways-to-help

Black mare, Penny, in her sponsored stable. Do you fancy one with your name on?

08/19(12)

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LLANDOVERY RUGBY CLUB

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

One of the enduring traditions of the game of rugby is the 'tunnel' – when all the players line up at the end of the game to applaud each other before going in to shower, take a meal and a few beers together. It owes its origins, presumably, to the same spirit that says it is 'a game for hooligans, played by gentlemen'.

With 15-a-side that means a tunnel of thirty or forty players plus referees, touch judges but, on a cold, wet Saturday in early February at Cae William in Llandeilo, we had the rare sight of 90 or more players (together with a host of coaches and 'motivational teams') lined up at the end of the charity game for over-40s. It was an impressive sight stretching right across the pitch.

The event was organised by Llandeilo Veterans in aid of the Breast Care Unit at the Prince Philip Hospital Llanelli and the Chemotherapy Day Unit at Glangwili and, by all accounts, was a resounding success. As the organisers said, the causes it supported were close to everyone's heart and 'there cannot be anyone in the Tywi valley who has not been touched in some way' by cancer.

As there were three times the normal number of players available, most of them came on the pitch for a limited time – if only to make sure they were still fit for work on the Monday morning. The programme notes also pointed out that some of these players had not put on their rugby boots for many years – perhaps as a warning that whatever the game might have in spirit and intent, it might just be lacking in running and passing skills. But that was not the case – it was a highly entertaining game, with some structure about it and some impressive skills being shown (at times!) played in front of a large and appreciative crowd. We hope that we can arrange a return game on similar lines later in the season so please look out for news in the coming months and give it your support!

The First XV continue their impressive form and (at the time of writing, with 20 games played and after a fine victory against RGC in Colwyn Bay) are joint 4th with Ebbw Vale in the Principality Premiership League. And the stats show that they fully merit that placing – they are in third place on points difference and have conceded only two tries more than the leading club, Merthyr. We have high hopes that their good form will continue, with a string of five home games for you to come and watch at Church Bank in March and April.

You can of course find details of all forthcoming games on our webpage, but we would like to draw your attention, in particular, to the Cup game against Swansea on the 23rd and to the Ladies Day special against Pontypridd on the 30th. We are especially grateful to those organising and helping to make sure this is a memorable day. Like the Llandeilo veterans game, our Ladies Day is not just about having a good time (in we hope glorious Spring sunshine) but will also raise funds for local charities.

We would be delighted if you could come along and join us on the day. You can book a table for £15 per person and enjoy a good meal and some Prosecco before the game which is a late kick-off (5:15pm) so the festivities start at 3pm In the Main Room for Prosecco Cocktails & Afternoon Tea. You also get free Entrance, match programme and Reserved Seats In the stand.

The Ponty game should be an exciting one to watch and, during the interval, we you will be able to cheer on some of our Juniors in some games of tag rugby. These young players are the future of the Club (and the game!) so come along and give them – and all those who help them by coaching, refereeing as well as driving them around the country to away games – your appreciation for all that they are doing.

Their hard work has been well-rewarded on the field by these youngsters, with wins for the Under 12s against Tycroes which took them on to the cup semi-final on Sunday 17th. The Under 11s and Under 10s also had fine wins against Llandybie sides and all sides – win, lose or draw – are showing great promise for the future.

The Athletic XV also had a fine win against Newcastle Emlyn on one of the wettest, coldest days of the year – but which more than made up for the cancelled Cup game v Trebanos. We were pleased to see such a strong side turn out, some of whom had not played for a long time (7 years in one case!). We just hope that the Union will be able to agree a way forward that rewards their (and their opponents') enthusiasm for the amateur game in the future.

As usual the Club's rooms and social facilities are always happy to take your booking for a party or other function. To arrange this you can email the Club (droversrfc@gmail.com) or phone Gina on 01550 721110 or Jackie on 07774 914992.

Thank you for your continued support for the Club. We look forward to seeing you at Church Bank in the coming weeks – ymlaen y Porthmyn!

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

MOLE CONTROL

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'LLANDEILO GRAND CONCERT IN AID OF WALES AIR AMBULANCE'

One of Wales's premier male choirs appears with one of the legendary 'three tenor's' at Ysgol Bro Dinefwr on Saturday 6 April in a special charity concert that also features a couple of young rising stars and a fantastic ladies choir that received a standing ovation at the Royal Albert Hall last year.

Côr Meibion De Cymru – The South Wales Male Choir is delighted to be sharing the stage once again with the 16 strong Pembrokeshire-based ladies choir Bella Voce. They enthralled their male choir counterparts performing new arrangements of traditional Welsh hymns and arias, so much so that choristers were determined to hear them again. Two young ladies from Ysgol Bro Dinefwr who absolutely amazed the Llandeilo audiences who witnessed the schools' production of 'Starlight Express' before Christmas will also join the men in song. The duo Bethan a Fflur are also set to perform a duet which will be of great interest to the undoubted star of the concert.

Rhys Merion possesses the reputation of being one of the best tenors Wales has produced. Coupled with his role as an ambassador for the Wales Air Ambulance charity, he has been responsible for raising hundreds of thousands of pounds through not just his operatic roles or stage performances but by taking part in sponsored walks the length of the country.

The South Wales Male Choir under the direction of Carmarthenshire teacher Elaine Robins and piano accompanist Sian Davies has also built an envious reputation for the quality of their live choral performance. Last month they sold out all 650 seats for the second year in succession at the Severn Theatre, Shrewsbury in aid of the Samaritans of the town and they've been invited back to make it 'three in a row' next year.

Tickets for the Grand Concert at Ysgol Bro Dinefwr are £15 and available from the usual Llandeilo Box Office at 'Peppercorn' or 'GT Locksmiths' on the car park or by telephone 01588 823355. Also on line at www.southwalesmalechoir.co.uk or at the main school entrance door on the night.

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LLANWRDA CRICKET CLUB

The cricket season is quickly approaching and our registration night will be in early April. Girls and boys aged 5 and over are welcome to join Llanwrda C C. We will be running four junior teams and the very popular All Stars programme.

Please contact Gwynn Davies at 07956 147464 or llanwrdacc@gmail.com for more details or just search online for "Llanwrda Cricket." We are also on Facebook. Membership is £15 and £10 for siblings. Training and matches throughout the summer. Come and join us.

We are also on the look out for new senior players - on a weekly basis for the 1st XI, or on a casual basis for our new Occasionals XI who will play midweek and Sunday games. Our 1st XI now play in Division 4 of the South Wales Cricket Association, and after 2 promotions in a row will be looking for another successful season in 2019. Our new Occasionals XI will play shorter games, which will be on more of a friendly level.

If interested in any of the teams, all new players are welcomed to join us on a Friday night for some indoor cricket – please contact Adrian Davies on 07867 794771 for more information.

BONUS BALL WINNERS

2 Jan 19	21	No Winner
9 Jan 19	18	No Winner
16 Jan 19	8	No Winner
23 Jan 19	38	Carwyn Jones
30 Jan 19	2	Sam Clement
6 Feb 19	15	Adrian Davies
13 Feb 19	55	No Winner

LLANDOVERY U3A

Come along and join us in the Rugby Club on Wednesday mornings, after a cup of coffee and a chat the speaker of the day starts at 10.30am.

We have a number of special interest groups meeting at other times and include: Music Appreciation, Geology, Social History, Greek and Latin.

Wednesday 6th March
The Sitwells and William Walton – Anne Lynd-Evans

Wednesday 20th March
Paul Robeson and Wales – Phil Cope

For further information contact: Anne Lynd-Evans 01550 750286

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HERITAGE CENTRE WELCOMES BUILTH WELLS LADIES CHOIR

Following the sell-out success of their first concert of the year the Llanwrtyd & District Heritage and Arts Centre plays host to the Builth Wells Ladies Choir on the 23rd March at 7.30pm.

This well-respected local choir was formed over forty years ago and draws members from a wide, rural locality. Led by a dedicated team of musicians, the choir now numbers fifty singers who have, on two occasions, performed at the Royal Albert Hall. The choir entertain regularly at local venues such as the Metropole Hotel in Llandrindod Wells in addition to private functions, eisteddfodau and fundraising events often together with their 'Comrades in Song' the Builth Wells Male Voice Choir.

Performing a varied programme in English and Welsh the evening will include songs from the musicals as well as more serious pieces and should appeal to a wide audience.

Tickets which cost £6 to include refreshments, are available from or by contacting the Centre on 01591 610067, email ldhac2016@gmail.com or from Caffi Sosban in the centre of Llanwrtyd Wells.

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MYDDFAI NEWS

Myddfai Café and shop opening hours are now Tuesday – Sunday, 10.30am – 5.00pm from March.

Why not join us at Myddfai café on Dydd Gŵyl Dewi – Friday 1st March for a special supper at 6.00pm with a Welsh themed menu to celebrate this special occasion. Please call in to see Carol at the cafe or ring the hall to book. Cost is just £8.50 per person for a main course and dessert, with a bottle of beer or glass of wine included in the price. Why not stay and enjoy some card games or board games which will be set up in the main hall and enjoy a fun evening. March 3rd is another Willow Weaving course 10.30am – 4.30pm. Wed 27th is our monthly Farmers Market 9.00am – 1.00pm with a wide range of quality local produce. #support local. Our next Table top & Car Boot Sale is 13th April 10.00am – 1.00pm

Come along and take part in one of the weekly classes at Myddfai Hall: Flower arranging on Tuesdays 2.00 – 4.00pm; Yoga on Tuesdays 7.00 – 8.30pm; Craft Class on Wednesdays 10am-1pm; Pilates on Thursdays 10.00 – 11.00am.

The café and gift shop are open every day except Mondays so come along for some delicious foods from the café kitchen. We have a great range of winter warming soups and hot lunches as well as mouth-watering cakes. We also offer group talks with afternoon teas.

The gift shop has a superb range of quality crafts, cards, books and artwork at very reasonable prices. Every purchase helps a small local business to survive. There are many unique gifts not available anywhere else. New in the shop this month are a selection of lovely artisan Red Kite Candles from Llangammarch Wells.

Myddfai Hall is available to hire for weddings, parties, meetings and any kind of activity class. It is a very well equipped and adaptable venue, which is always warm with its ground source heated underfloor heating. We can offer catering for any event from children's parties to weddings.

For booking enquiries ring the hall on 01550 720449 or Les on 07879 119223 or email les@myddfai.org. For catering enquiries contact Carol on carolannedugdale@hotmail.co.uk

For a full list of what's on and more information go to our website www.myddfai.org

11/19(12)

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Padmasambhava Yoga & Meditation Centre

As this month of March comes in we hope to see lambs skipping amongst the daffodils, birds in full song and ourselves sloughing off our winter ways, preparing to enjoy the lighter sunnier days – what better way to do so than by taking part in a yoga class.

There are a good variety of classes given by the teachers at Padmasambhava suitable for people of all ages and abilities, including those who are new to yoga. Classes are also available in Ammanford, Crwt Henri, and Maes Elfryn Hall, Llandeilo. New courses start in Ammanford at the Ebenezer Baptist Chapel Monday 4th March, Cwrt Henri Tuesday 5th March and Maes Elfryn Friday 8th March.

On Saturday 16th March the Spring Equinox Day of Cleansing will be held, 9.00 – 12.00pm, using Hatha Yoga cleansing practices to strengthen your body and mind in preparation for the change of seasons. Please call the Centre to enquire about this and make a booking.

Looking further ahead, starting on 16th November Poornam and Vanessa will be presenting 'The Golden Thread: Sadhana and the Rhythms of Nature.' This four-part course over one year develops and strengthens practice through the Seasons. See the website for more details or call the centre.

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 reduces 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 joining a class involves. They will be pleased to talk to you. There are details of classes on the website www.padma.org.uk, email mail@padma.org.uk and on posters.

Chair-based Yoga at Maes Elfryn

This class is held (mostly) fortnightly on Friday afternoon 3.30 – 4.30 pm. The class 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. There are classes on March 8th, 22nd and 29th. For more information call 01558 823842.

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We have applied for a number of grants that we hope will be forthcoming, providing sports equipment for all to use on the playing fields opposite our Centre, specialist learning for SEN students and programmes for extra curricula activities including horse riding, mountaineering and cycling.

If you would like to know more, please do not hesitate in contacting us on: 01550 777701 or e-mail: admin@net-teach.co.uk

We are always looking for good teachers in every subject. If you are interested, please ring us on the above number.

CHAFF IN THE WIND

I have sat down to type this article today the fifteenth of February, so this is the middle of the month, the sun is shining gloriously, the heating is off in our house as it was yesterday, and I can truly say that I as an elderly pensioner, can never remember weather so warm as this at this time of the year ever before, and I say this having been an outdoor worker for at least seventy years by now.

Today there are Primroses and Tulips in full flower in my small garden, indicating that the soil temperature is higher than average for this time of year, and has been all this winter, that this is correct has been backed up by the fact that my son has mowed his lawn mid January, and also once again last week, so here in west Wales the grass has not stopped growing this winter at all.

This fact alone is something that todays farmers need to have a long hard think about, my son's lawns has never been treated with any fertilisers ever, but the grass grows strongly, this is because of the good friable condition of the soil underneath, since the advent of slurry, soil conditions on farms have deteriorated, firstly most farmers spread theirs at highly concentrated rates, this means that it kills all the essential Bacteria, and most of the Worms, that help to keep up the soil fertility, and most importantly, these are also constantly helping Rainwater and Air to penetrate grassland soils, without ample air in soils, growth is greatly hampered, but the use of expensive fertilisers goes some way to hide this problem, keeping the progressive farmer happy in his own mind, but at the same time spending oodles of money un-necessarily, such is the effect of drugs, it keeps people happy muddling along.

So aireating and getting rid of top compaction is of utmost importance to keep the costs of grassland production down, as slurry is so liquid the weight of all this water is also expensive to haul around.

My garden soil is as dry as it is possible to be, so I am going to treat it this week , the whole area will be soaked with a solution of Six tablespoons of Domestos added to each gallon of water, using five gallons to each square yard, this treatment gets rid of any overwintering Carrot fly larvae, it also for some unknown reason to me, helps th e worm population to increase unbeleivaby, I have done this for a few years now and my garden crops have never looked back, in fact they have improved something out of this world, especially carrots and potatoes.

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TRIXIE SMITH

One of the last of Llandovery's Cywion Bawddwr, who died on Monday 11 February 2019

Trixie was the daughter of Gomer and Elizabeth (Liz) Thomas. Gomer, a butcher and a native of Glanamman, used to visit all the marts in the area, as far as Llanwrtyd. That was how he met Elizabeth, who already owned a butcher's shop in Stone Street, Llandovery. When they were married, Gomer took over the butcher's and Elizabeth opened a shoe shop next door.

Trixie recalled how her father used to slaughter animals behind the shop and how she used to accompany him when he went to marts and farms to buy sheep and cattle. "I always remember how almost very farm had an elderly relative in the kitchen. They were unwell and depended on the care of the younger generation. Nowadays, you would find them in a nursing home."

Trixie attended the junior school in Llandovery, before being sent, at the age of 10, to Llandingat House. It was called 'The Evacuated School' because it was attended by evacuees during World War II. "I have to say that it was a very good school. As my brother Gethin, who became a bank manager, had gone to Llandovery College, my mother placed me in Llandingat House so that I, too, could have a special education. When the evacuees returned to London at the end of World War II, Llandingat House was taken over by the College."

(Among the evacuees was a young girl named Audrey, who stayed with Gomer Thomas and his family. In July 2000, Mrs Audrey Fake, aged 72, returned to Llandovery for an emotional reunion with Trixie.)

"Our minister in Ebenezer Chapel was the Reverend Glasnant Young, who is buried in the graveyard there. His daughter, Eluned, became a teacher in Llandingat House and took me under her wing. She was also my Sunday School teacher.

"I was also being given singing lessons by Madam Cassie Simon, Cwm-dŵr, Llanwrda. I was one of her first pupils. Shortly afterwards, she and her husband Jack formed a choir, Côr Cwm-dŵr. We held two or three concerts every weekend. We went to London, often performing in the London Welsh Club, and we also performed in France.

"As a soloist, I sang several times at the National Eisteddfod, as a soprano and folk singer. When I won the Soprano solo, I was expected to win the coveted Blue Riband, in competition with the contralto, tenor and bass winners."

Trixie couldn't resist the temptation of celebrating winning the Soprano competition on a grand scale. The following day, it was announced from the stage that the soprano would not be singing 'Ynys y Plant' because she had lost her voice. The reason for the loss of voice wasn't given to the disappointed audience.

At the age of 20, following a successful audition, she went to London, where she spent five years at the Guildhall School of Music. "I was trained by Parry Jones, the famous Covent Garden tenor, and he and his wife Dorothy became good friends of mine," said Trixie.

"There weren't many Welsh students there at the time, and most of those – like Haydn Hughes of Caernarfon – were from the North. I'm talking about 1954, when going to London to study music was a big thing. I was very confident and ambitious and wanted to do everything. Among my achievements at the college was winning the Sir Frederick George Painter Prize.

"My parents bought a house close to King's Cross in London – my brother Gethin was working in a bank there. This house had four flats. I filled them with students from the college and we had a great time. There were two or three students in each flat, paying a weekly rent of £3. That money meant I had no financial worries. The house itself had cost only £550.

"I was able to walk to the London Welsh Club, which was only just up the road. The club didn't have a bar in those days, but we were never thirsty; the Blue Lion pub, which we called 'Y Llew Glas' was next door.

"Most of the London Welsh in those days owned dairies and sold milk which arrived early in the morning by train from Wales. When my father died, Gethin and I returned to Wales, and the house in London was sold.

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05/19(12)

"My next step was to run the North Western Hotel, near Llandovery Railway Station, with my husband Les Walters, who was a policeman in Llanwrda. A friend of mine from Ammanford had sold the place to me. Soon, it became a Mecca for well-known performers, such as Ryan and Ronnie, who used to give impromptu performances well into the early hours of the morning.

"I enjoyed cooking and meeting people - and I was still singing. They didn't expect you to sing in eisteddfodau after winning in the National Eisteddfod, but there were plenty of concerts. I had already won about 200 cups in eisteddfodau. In recent years, I have donated these to eisteddfodau like Llanwrtyd, Llangadog and Beulah. They were in boxes in the garage; so it was better to make good use of them.

"There aren't as many eisteddfodau now, which is very sad. It was in in eisteddfodau that I started singing. When I was old enough to drive a car, I used to go to every eisteddfod, far and near. The only problem was that they finished very late – many of them around 2 a.m."

As well as adjudicating at eisteddfodau, Trixie was a committee member when the National Eisteddfod visited Llandeilo and Llanelli. At the Llanelwedd National Eisteddfod in 1993, Trixie, together with Bryn Terfel, was made a white-robed member of the Gorsedd. Seven years later, when a Gorsedd was established in Patagonia, Trixie was an adjudicator at the Eisteddfod there.

One of Trixie's best friends was the poet Eluned Phillips, who counted Edith Piaf as an acquaintance. Trixie and Eluned always arranged to stay at the same hotel during National Eisteddfod week. "We had such fun," recalled Trixie. "We were always laughing."

In her autobiography, The Reluctant Redhead, Eluned Phillips, recalls the annual Thousand Voices Concert at the Royal Albert Hall in 2007: "In total surprise and awe, we were led to the Royal Box. I was offered the Queen's seat and sat in thrill and confusion. I was trying to work things out: Trixie next to me must be sitting in Prince Philip's usual place. It took me a while to compose myself even to be slightly royal. Trixie, having a more commanding personality, took our elevation in her stride."

In later years, Trixie was happily married to Llandovery's Town Crier, Graham Smith, who died in November 2004.

Handel Jones

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03/19(1)

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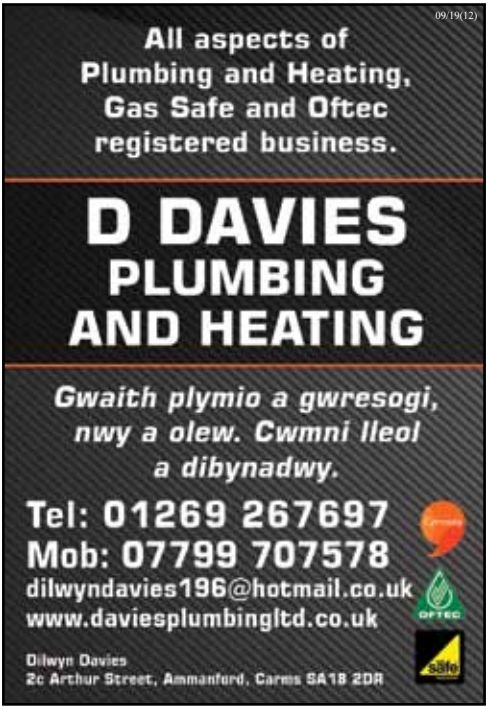
02/20(12)

WANTED – CHURCH ORGANIST

St Cadog's Church Llangadog

Our organist, who had played for us for many years, had to retire due to ill health. Currently we are using discs for our hymns, but we have a wonderful, modern organ, which loves to be used and gives out a great sound in our beautiful church. We would like to have a regular organist/s to play for us at Sunday services and on special occasions. We have a monthly Communion Service and would particularly like to have the organ played then. Our regular services are at 9.30am.

If you are interested or would like further information please contact the PCC secretary on 01550 777657.



PWYLLGOR DARLLENFA LLANSADWRN READING ROOM COMMITTEE

LLANSADWRN READING ROOM REVUES YEAR – PAST AND PRESENT

The Annual General Meeting of Llansadwrn Reading Room Committee gave members present the opportunity to revue the previous years activity whilst planning 2019. Christmas was still foremost in peoples mind (the last one not the next one!) and the lovely Tree provided yet again by the ever generous Evans Family at Bryn Marlais forming the centre point of the Christmas Lights that are lengthening along the road every year. Thanks were also expressed to Rev'd John Couch and Llandeilo Town Band for the Dedication and accompanying the carol singing. Santa Claus arrived bang on time and enjoyed mulled cider and mince pies at the Reading Room and Sexton Arms hospitality was extended courtesy of landlord Cliff Cowell.

The Hon. Treasurer Ceridwen Davies provided a detailed audited set of accounts revealing a slightly lower balance at the year end, not a surprise bearing in mind the support given by the Committee to the new Sinema Sadwrn – an investment that led to the winning of a National Award for the Best New Community Cinema in Britain! Successful securing of additional grants has now led to the volunteer group to being able to purchase their own additional equipment. Committee Members are also aware that there need to be a review of hire charges for use of the Reading Room as they have been unchanged for years. But any increase will not be by too much!

A Grand Prize Draw will be run this year thanks to the generosity of local and county traders providing prizes, with tickets being sold throughout the area. Winning tickets will be drawn at the Summer Bazzar in the Reading Room on Saturday 29 June. The village Tug-of-War for the Alun Davies Memorial Shield will take place again on a date to yet be announced as well.

The weekly Saturday Books continues at 10.00 am with villagers and friends able to meet over a cup of coffee and exchange titles from the library – no charge just return when read. There must be several hundred on the shelves now and forever changing. What has not changed is the Reading Room Committee avowed intention to continue to keep providing a good facility for villagers, locals and visitors alike. Pob Hwyl.

FLYING GOOSE FLOWN TO LLANWRTYD WELLS

Sue and Rob Middleton have been running Flying Goose Quilting in Llandeilo for almost three years but have just branched out to open Flying Goose in Llanwrtyd Wells. The idea of combining the selling of fabrics with handmade items made from it as well as other artisans work has been simmering for a long time. An opportunity arose to take the lease out on a shop in Sue's home town so she jumped at the opportunity.

There will be a big selection of cotton fabrics, as in the Llandeilo quilting shop, but in addition locally handmade items will be on display including silver jewellery, stained glass works, quilling cards and artwork as well as fabric home furnishings.

Welsh woven fabric will be stocked as well as quality gifts. Most of these will have a local, Welsh theme but there will also be a selection of Fair Trade products. The shop is situated in Dolecoed Road, next to the Drovers Rest.

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??/??(??)

POSTDATUM
Your Local Link

Life can feel very busy, it's as if time is speeding up and we have more to do. People sometimes feel overwhelmed; disempowered by the news stories and dissatisfaction with their lives. Many people come and visit Mandala yoga Ashram from all over the country to take a breath, a retreat from their usual routines. Often visitor's feedback how much the gardens and surrounding nature has nourished them, along with the homecooked food and friendly welcome. The ashram offers many courses and retreats on all aspects of yoga- not just the bendy kind but also breath awareness, yogic philosophies to support us in our everyday lives and periods of silence. In the silence we are without our usual distractions of television, social media etc. which can feel strange at first but it can also offer an opening or bridge to connecting with the part of ourselves inside which feels more spacious, calm and accepting.

We have uplifting ad inspiring Spring courses; In April we have a retreat 'Emotional Healing through Chanting and Meditation' and in May we are offering a new retreat 'Yoga and the Healing Power of Nature'.

For more information about our retreats, visiting or blog please see mandalayogaashram.com

SINGING FOR AIR AMBULANCE WALES

Tywi Harmony Community Choir would like to thank the Christmas revellers of Llandeilo, for their generosity.

Some of us ventured out into the town on Friday December 14th, to raise money for Air Ambulance Wales. We were warmly received in all the Hostelries in Llandeilo, and very many thanks go to the proprietors of the White Horse, The Angel, The Cawdor, the Gin House, Yr Hen Vic and the Salutation Arms for allowing us to sing carols on their premises. The choir raised £279.80.

Tywi Harmony meet every Thursday in the term times, so come and join us. All details in the events section.

04/19(3)

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03/19(12)

TRADE BODY LINK HAS STRING OF BENEFITS FOR LOCAL LLANDOVERY FIRM

A local company has described linking up with a leading trade body as a demonstration of its professional approach.

Pest Control (Mid & South Wales) Ltd has this week joined the British Pest Control Association – the biggest UK trade body representing organisations involved in the eradication of public health pests.

The Directors insist the move will deliver significant benefits to both the company and its customers.

They said: "BPCA promotes the highest standards of professionalism within the industry and every business must prove its competence before membership is accepted.

"Joining the association therefore delivers an assurance, both to customers and ourselves that we're meeting high standards in everything we do.

"It's likely to provide us with new business opportunities along with a network of communications tools, while we're also entitled to technical support, business guidance and help with documentation and legislation.

"It's a win-win situation both for us and our clients and we're delighted to be on board."

Pest Control (Mid & South Wales) Ltd is based in Llandovery but their customers are based all over Wales.

Simon Forrester, chief executive of BPCA, said: "It makes good sense for any professional pest management company to join the leading trade association in the UK.

"We provide services and support that can be crucial to a company like Pest Control (Mid & South Wales) Ltd.

"We promote best practice in an industry that can be complicated and play a major role in enhancing standards by creating guidelines, developing training programmes and exams, producing publications or research and running exhibitions and conferences."

Every business keen to join BPCA must abide by strict Codes of Practice and prove they hold relevant liability insurances. They must also be measured against the European Standard for Pest Management Services, which acts as a benchmark of quality throughout Europe.

Every technician employed by member companies must also hold specific industry-recognised qualifications and take part in a Continuing Professional Development scheme.

For more information, contact them on info@pestcontrolmidsouthwalesltd.co.uk or 01550 721802.

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03/19(3)

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Your decision as to which care home is best for your loved one will be one of the toughest you ever have to make. Countless families have been in your position and felt all the emotions you will be going through. Not all of us can provide the level of care and time that the elderly require when mind and body start to fail.

LLANFAIR GRANGE CAN HELP YOU

Hopefully the following comments, from people just like you, will convince you a viable solution is on your doorstep.

"We cannot speak highly enough of the attention my aunt was given at The Grange. All the staff, carers, cleaners and kitchen staff were most caring to her and particularly to us as a family. In times when it is easy to give bad press to care institutions, it gives me great pleasure to praise the quality of care that is the hallmark of your team."

M. Evans

"I know Dad is very happy at The Grange and that makes me happy"

Helen Smith

"You have made a very great and positive difference to what might have been an unhappy time"

D. Nowell

To take the first step towards a positive decision call *Nia Mason (Manager)* on *01550 720495* to discuss what we can do to help.

04/19(12)

THE LLANDOVERY STATION ART GALLERY

2019 – LLANDOVERY STATION ART EXHIBITION ROTA

January – Richie Dean
February – Daniel Garland
March – Mike Perry
April – Christine Stokes
May – Sandra Phillips
June – Sue Reah
July – Linda Atkinson
August – Towy Valley Camera Club (to be confirmed)
September – Carol Spackman
October – Sharon Evans
November – David Stirrup and Glasallt
December – Combined Llandovery Artists – Christmas Exhibition

Daniel Garland: His Artist's Statement

My name is Daniel Garland, and I am a professional Abstract Artist from Ammanford, South Wales. I am in my Fourth Year of Painting, and this is my Third Exhibition in a Cafe space. Style-wise I combine acrylic paints with spray paints, emulsions, acrylic inks and other materials in my mixed media, one-off original pieces of abstract art. I am a story-teller through my Art, and each painting has its own story to tell – personal to me and open to interpretation to those who behold it. Threaded through my paintings are revelations of Truth, Experience, and even Spiritual Prophecy. As a Christian man enjoying my spiritual journey through Modern Art, I enjoy conveying the meanings and mysteries of aspects of my Faith through the contemporary avenue of abstract painting, and I hope you enjoy the works on display. I am happy to announce also that as a young Artist my work has seen itself go abroad, having sold to places such as Denmark and Ireland, also with interest from America, and I have even sold Art to the capital, London! I had the pleasure of exhibiting last year in Hay-on-Wye, the Book Festival centre, and I broke the Gallery record as being the first to sell a painting on an opening night! Anyway, this is enough about me, now it is time for you to enjoy my Art!

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07/19(12)

CREAM TEAS AT THE STATION

As many of you will know, Joan Snaith is spending some four months or so on a World-Wide Cruise, and she is not due home for some time yet. But there is no need to go without your Cream Tea while she is away, for the rest of the Station Cafe Volunteers have manfully taken the burden of cake-making upon themselves, and if you want a Cream Tea for that Special Occasion, do please call in at the Station and book one for yourselves. Just give us a few days to get something organised, and that magnificent treat will be yours!

THE STATION GARDEN

Over the last few weeks, you may have noticed that a few of the trees which border the lane to the College Playing Fields have been felled. This has been done to open up this side of the gardens, and to bring more light here: we trust that the flower-beds here will benefit from the greater amount of light that they will have, and that they will flourish as well as the vegetable crops which grow so well on the opposite side of the Garden. Mike Blud had a glorious selection of vegetables from his raised beds last year, and we look forward to enjoying his crops once again this year!

THE HEART OF WALES LINE TRAIL

The Heart of Wales Line Walking Trail, which will run 121 miles from Shrewsbury to Swansea, is now more or less complete, proudly stretching out across rural Wales and the Marches. It starts in the old Railway Town of Craven Arms, and then passes through a variety of landscapes, whether rural, upland, woodland and estuarial en route to the Welsh Coast.

It intersects with some other spectacular Walking Trails, including the Shropshire way, Offa's Dyke Path, the Beacons Way, and the Wales Coast Path, and being rail-based, it means that the Trail may be accessed by train to almost any Station on the glorious Heart of Wales Line. Walkers may wish to follow the Trail in its entirety or in separate individual sections, and to this end two delightful Kittiwake Books have recently been published, one being entitled Great Walks from the Heart of Wales Railway and the other, again from Kittiwake, being Walking around Llandovery.

THE LLANDOVERY MODEL RAILWAY CLUB

The Llandovery Model Railway Club is in fine form, and while members meet formally at 7. 00pm on the first Thursday of every month, they also meet socially at the Station at almost any other time! There are three layouts in the room downstairs, and one much larger one in the upstairs room. The men of the Club enjoy one another's company, and spend lots of time discussing the merits of this new Loco or that new Station Building kit. New members are welcome, and will be made to feel at home.

LLANDOVERY WALKERS ARE WELCOME:
Winter programme of Walks.

Wed 13 February: **Llandeilo to Llangadog on the Heart of Wales Line Trail via Garn Goch.** 16kms / 6 hours: Meet at Llangadog Station in time to catch the 08. 44 train to Llandeilo.

Tues 26 February: **Carreg Cennen Castle:** a circular Walk around the area of the Castle: refreshments available at the Cafe at the finish. 8Kms / 3hrs. Meet at Llandovery Station 10. 00am for onward Car-sharing.

Wed 13 March: **South-west of Mynydd Myddfai:** 10km /4 hrs. A new route along quiet roads, tracks, and open country. Meet at Myddfai Hall at 10.00am. Refreshments available at the finish.

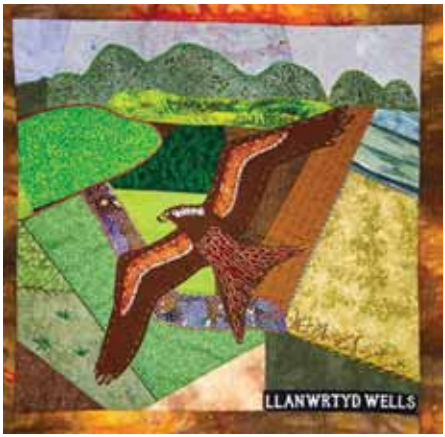
Thurs 28 March: **The Official Opening of the final (Powys) section of the Heart of Wales Line Trail in Llandrindod Wells.** There will be three Walks of varying lengths, but you must pre-register. Full details will be circulated as soon as they are available.

Tues 9 April: **Cilycwm Circular, including Soar Chapel.** 8 Kms / 2.5 hrs. A new figure-of-eight route around the Village. Meet Llandovery Station 10.00hrs for onward car sharing.

Wed 24 April: **Llyn-y-Fan Fawr via Moel Feity from the Trecastle to Tafarn-y-Garreg road, including a circumnavigation of the Llyn**. 8Km / 3 hrs. Refreshments in the Welsh Rarebit Centre. Sennybridge, afterwards. Meet Llandovery Station 1000am for onward car-sharing.

Glyn Evans

LLANWRTYD WELLS WALL HANGING



Llanwrtyd Wells became a Walkers are Welcome town in July 2018. Each of the 100 towns in the network are asked to design a handmade needlecraft square that represents the unique character or heritage of the group's location. Once the square is complete it joins the national wall hanging in a large collage of colourful squares.

Our square was designed by Christine Greenough of the Wednesday Sewing and Handicraft group in Llanwrtyd. It depicts a Red Kite above mountains, patchwork fields and a river in the Cambrian Mountains. The Red Kite is the iconic bird in Powys. The Kite was persecuted almost to extinction and the last remaining pair survived in the hills above Llanwrtyd Wells. There are now 1600 pairs in Great Britain and they are protected under a Schedule 1 of the Wildlife and Countryside Act 1981. They are a constant presence in the landscape and beautiful to watch as they effortlessly glide over our hills and fields. They are one of the great conservation success stories of recent times.

Martin Pigott
Llanwrtyd Wells Secretary WAW

NRG

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07 07	Renault Laguna 1.9 DCI 120 BHP, 6 Speed, Dynamique, Met Grey, 80000m	£1500

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15 65	Peugeot 108 1.0 LTR Active, Zero Road Tax, Met/Purple, 3 Door, Only 6500m	£6999
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12 62	Ford Fiesta 1.5 TDCI 95 Turbo Diesel Zetec, Alloys, A/C, Silver, 5 Door, 40000m	£6500
11 11	VW Tiguan 2.0 TDI Match Blue Motion, Full Leather, Side Steps, Silver, 54000m	£8995
11 61	Nissan Juke 1.5 DCI Sport, 17" Alloys, White / Red, Rear Spoiler, Mirror Covers & Int Trim, Demo & 1 Lady Owner, 73000m	£6995
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15 65	Ford Ranger 2.2 TDCI 150 BHP, Crew Cab, A/Con, Alloys, Reversing Sensors, Full Leather Interior, Cargo Liner, Towbar, Met Grey, 22000m	£16250 +Vat
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15 15	Ford Transit Custom 270 Trend 2.2, Ply Lined, Parking Sensors, Air Con, Electric Windows, 1 Owner, Blue, 23000m	£10995 +Vat
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EVERYONE WELCOME TO MENNA'S 'TOP TO BOTTOM OF BRITAIN', ULTRA RUNNING CHALLENGE – PRESENTATION

Saturday 2nd March, 7.00p.m.
Sexton Arms, Llansadwrn.
(Entry £2.00 per person on the night)

If you need a bit of inspiration and motivation after a cold, grey February, come and find out how a self-employed, single mum became an Ultra-runner in just fourteen months and ran the full length of Great Britain in Summer 2018. Menna Evans ran from John O'Groats to Lands' End – 37 Ultra-marathons in 41 days, in memory of her father, raising nearly £4k for Children in Need and The Wales Wildlife Trust. This is her story and a chance to find out about her next fund-raising challenge for MIND – Mental Health. For More information, go to: www.facebook.com/MarathonMenna

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03/19(3)

ChallengeAid

fit for a purpose

It has been a month of positives at ChallengeAid as many of our students in Kenyan Schools of Hope have recently received their KCSE (Kenyan Certificate of Secondary Education) results and are now waiting to take up University places. One hundred and fifty-six students took the KCSE in 2018, this is the highest number of students from Schools of Hope that have taken the exam and so far, we know that 51 students who use our after-school facilities will be able to progress to University in 2019. Our results have shown that students who attended Schools of Hope achieved on average 35% higher than those students in the nearest Government school who were not attending a SoH, which is great news for all involved.

We have also said a temporary goodbye to Emily Adams, who has been working with us in the Llandovery office. Emily is currently working in Kenya for the next three months, putting into practice all she learnt with us, no doubt! She is based in Wote Town in Makueni, Eastern Kenya, with VSO ICS, working on a livelihoods project. She has been placed with a paralegal firm that works in advocacy and civic awareness. We want to thank Emily for all her hard work, and she'd like to thank the people of Llandovery for their generous support and for allowing her to double her fundraising target for VSO.

There are so many success stories for us to report this month, we have been focusing them on our social media pages recently, so if you'd like to read more just follow our Facebook page – ChallengeAid

Emily with the team of UK and Kenyan Volunteers in Makueni

Here are two of our favourites that we'd like to share with you.

James and his equally successful mother

Firstly, there is the very Welsh sounding, Andrew James Ochieng' who started St. Jerome, Kibera SoH in 2013 and has continued to be an exemplary student and a committed member of the SoH. He joined Sawagongo Secondary School and achieved an A- in 2018 in his KCSE. (That's one of the top results in the country!) Andrew is now volunteering as a supervisor and motivating other students at the library as he waits to join university to study engineering. Andrew sat for his exams the same year as his mother, who also did very well and was a member of St Jerome SoH adult literacy class. So, one successful family!

And our second success is Katei, who attends Bisil School of Hope in Kajiado, Southern Kenya, he completed his primary education at the end of 2018. Katei is an orphan, who the local community of Bisel supported financially through school. He has since been admitted to one of the top national schools for his secondary schooling and has his sights set on becoming an engineer. Katei scored 408/500 in his KCPE (Kenyan Certificate of Primary Education) putting Katei in the top 2% in Kenya!

Katei with his proud adoptive parents

If you would like to help young people out of poverty through education either by a donation or taking part in a challenge, please drop into our office in Llandovery or via our website www.challengeaid.org and social media pages.

LLANDOVERY MUSEUM AND VISITOR GATEWAY – A NEW BEGINNING

We are able to offer to the residents of Llandovery and surrounding villages and hamlets the opportunity to be part of an exciting new project from the very start.

We are currently looking for volunteers to provide help and expertise in the future of a new museum and tourist information centre to exhibit the history and culture of Llandovery and surrounding villages that will shortly be opening its doors in the centre of the town. Housed in the building that was formerly the Heritage Centre, the museum has been set up by an independent group comprised of several interested parties, volunteers and trustees.

On April 12th, visitors will have the first opportunity to view the displays. There has been an enthusiastic response and there is an abundance of interesting items to exhibit. We have a rich cultural inheritance in the upper Tywi valley, and our aim is to convey this wealth by means of interpretive bilingual displays that will be extended during the remainder of 2019 as we gather more help and your ideas.

There are many opportunities for volunteers to join in and contribute – including local and oral history, general research, curatorial duties, greeting visitors and setting up displays. Naturally, we are inviting everyone who is interested to help with this exciting venture for Llandovery and the surrounding area. If you could contribute a few hours a week or a month then we would like to hear from YOU. Experience is not required just an enthusiasm to contribute to your newest local community project.

Should you have any artefacts, photographs, books or any historical items you think your friends, neighbours or visitors to the area would be interested in then we would like to hear from you.

If you would like further information please contact either of the following:

Jane Carter (Volunteer support) on enquiries@llandoverymuseum.wales or Gary Strevens (Secretary) on 07957 440040.

We are looking forward to seeing or hearing from YOU soon – come and join us and make a difference!

Published on behalf of the trustees of the Llandovery Museum and Visitor Gateway
(Registered Charity 1157752 – Llandovery Heritage CIO)

PUMSAINT WI REPORT FOR FEBRUARY

The February meeting of the Pumsaint WI was held at Crugybar.

The President welcomed the members and the speaker Di O'Keefe from the West Wales Hedgehog Rescue at Denmark Farm Conservation Centre.Betws Bledrws, Near Lampeter.

It was a fascinating and entertaining talk of the rescue and care of these enduring hedgehogs and hoglets and all of the equiptment and medicines needed.The dedication of the speaker was very aparent.

The talk was followed by tea and biscuits and the rest of the WI busines was concluded.

Next meeing is Swper Cawl on March 5th being held at the Dolaucothi Arms Pumsaint.

April 2nd meeting will be in Pumsaint Coronation Hall at 7:30pm The speaker will be Sue Balsom. The High Sherriff of Dyfed.

New members always welcome 1st Tuesday every month except August.

Coronation Hall Pumsaint at 7:30

Contact Secretary at email: annetelych@gmail.com

A MESSAGE FROM THE CHAIR OF LLANDOVERY COLLEGE

The current Warden Mr Guy Ayling moves on in April to the post of Head Master and Principal of the Mount Kelly Foundation in Devon. It gives me great pleasure to confirm that Ms Anna Sandford the current Deputy Warden will take the post of interim Warden at the College from the 1 April 2019.

Over the last six weeks the Board of Governors has undertaken a complete review of the job specification and personal qualities required in our Warden. The advertising of the post has now begun; the Board will start the formal selection process at the end of February and is expecting to appoint a new Warden before the end of this term or at the latest by the beginning of the Trinity Term.

On behalf of Llandovery College, I thank all members of the Llandovery community for their continued support as we proceed with this transition.

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LLANDOVERY ROTARY CLUB

As this edition of this wonderful Post magazine is due to be published on St David's Day it is only right for the Llandovery Rotary Club to wish all our readers 'Dydd Gwyl Dewi Hapus' or 'Happy St David's Day'. As we move into March there is no let up for us. We continue to be busy in the Community helping out wherever we can and donating to any worthy local cause that requests funding. Last month saw us enjoy (at our own expense!) our annual January Dinner, a speaker, a guest from Patagonia and we attended and are organising various other functions. Here goes:-

We held our annual January dinner, it used to be before Christmas but there were so many other commitments at that time of year that we moved it to January. Good move! This year it was held at Llanerchindda Farm & Activity Centre in Cynghordy close to the magnificent viaduct. And an inspired choice of venue it was too. We enjoyed a truly superb meal in an informal atmosphere. I am reliably informed that some wine was also consumed! The family run centre pulled out all the stops and we all came away singing the praises of Llanerchindda. Highly recommended.

We received some lovely letters of thanks from the recipients of our Christmas Hampers one of which was from Trixie Smith who sadly passed away in February. We were greatly saddened by this as Trixie was a great supporter of ours and many other organisations in Llandovery. Sad news indeed.

We had the great pleasure of a guest from Trevelin in the Chubut Valley, Patagonia in South America at one meeting. Glyn Evans brought along Nahiara Bonillo who was the student chosen to enjoy a terms education at Llandovery College. We sponsor Nahiara's pocket money during her stay and what a wonderful ambassador for Patagonia she was. A young lady with exemplary manners who was beautifully turned out. We were well impressed. Ardderchog. Pob lwc yn y dyfodol Nahiara.

At the Rotary Young Musician Area Competition held in Aberystwyth our representative Bethan Evans won the Vocal Section and Non Morgan came second in the Instrumental Competition. The District Final will be held at the Oakwood Theme Park on 9th March. We wish all the competitors well.

Our speaker in February was the incredible Menna Evans. Menna lives in Llansadwrn and runs 'Pretty Pawfect' which is a dog grooming business there. Whilst with her Dad on his 65th retirement party Menna had talked about walking with him from John o' Groats to Land's End (JOGLE) in stages. Her Dad was still energetic and they agreed to do it. Unfortunately her Dad became ill and passed away soon after. This galvanised Menna to undertake the project in his memory and decided to name it Menna's Marathon Challenge. This now though took an incredible and almost unbelievable turn. She decided to RUN it instead and told us that she had aimed to RUN 40 MARATHONS IN FORTY

Menna Evans is presented with a cheque following her run from John 'o Groats to Land's End.

DAYS! "How's that again?" asked several Rotarians in unison. "Yes" said Menna, "Forty marathons in forty days". For the uninitiated, a marathon is run over 26 MILES. Even in our prime even ONE marathon would have left most of us in a heap. I know it did for me! I was unable to raise my head off the pillow for 2 days and the rest of me felt as if I had been run over by a bus, a bulldozer and by a big very angry herd of trampling elephants all at the same time! Much planning went in to this JOGLE and on 26th July 2018 off she went. Due to constant enforced route changes on a daily basis Menna amazingly RAN 37 Ultra marathons (which is MORE than a marathon!) from John o'Groats to Land's End in 41 days with just 3 days break in between. She covered 1053 miles in total raising £2385 for West Wales Wildlife Trust and £1485 for Children in Need. She had to endure diet problems, blisters, falls and having some kit stolen. Menna gave a top class presentation which she delivered very matter of factly and modestly without any grandeur whatsoever. What is next for Menna? A nice long rest with her feet up perhaps? Huh. Not likely. She has entered a 48 mile Ultra marathon, she is going to run the Welsh Coastal Path in pieces at a time and then her

Nahiara Bonillo from Patagonia, South America who is at Llandovery College for a term.

Why these 3 gentlemen are all on a slope at the Rotary Dinner is anyone's guess!

"next major project" is "top to bottom of the 2 islands of New Zealand" which she hopes to cover in 6 weeks covering an estimated 1,200 miles! Her Charity this time will be MIND. At the end of her address Menna thanked Dr Rhys Thomas (also present) who coached her along the way and kept her physically fit whilst being her back up partner throughout. She received rapturous applause for this superb address and the completion of a super human achievement. The President then presented Menna with a cheque for her Charity. Well done Menna. We are in awe of what you have achieved and we wish you well for the future. Brilliant.

Due to an unfortunate clash of dates the first Urdd Eisteddfod Local Appeal Fund Meeting was arranged on the same day as one of our meetings which meant that both of us suffered an attendance drop. All is well as Rotarian Dai Dyer was appointed Joint Chairman of this Appeal and the Eisteddfod is due to be held in Llandovery in 2021. As a guide the attendance at the last Urdd Eisteddfod was in excess of 90,000 spread over 6 days. This is a MASSIVE event and a great honour for Llandovery. Bring it on!

After our meal on a Tuesday evening we close the shutter doors in the room to ensure confidentiality. Sometimes these doors stick and require a lift as they drag along the carpet. Well last week our usual door closer could not manage it so summoned one of our more muscular members to add power to the lift. Still they could not manage it. One more strong man was required. The three huffed and puffed straining every sinew but still it would not budge. The waitresses on the other side of the counter witnessed these three strong men struggling and one, Andrada, the slimmest lightest waif like, but stunning, young lady came to assist. "Can't you do it gentlemen?" she enquired. "It's stuck solid" the largest man said who stood towering over the young lady. "Stand back, the three of you" she commanded. They did, only to watch in horror as Andrada coolly lifted the doors which opened immediately. Not a squeak was heard from them as they returned to their seats heads bowed as the rest of us roared with laughter. Don't mess with Andrada!

Whilst leaving church last Sunday I was walking with a lovely man, Rod Harper, who normally sits in front of me. He stated how much he enjoyed seeing what we as a Rotary Club get up to. Rod who lives in Queen Street then kindly asked me to call round as he wanted to donate 6 bottles of wine to our weekly raffle. What a wonderful gesture. Thank you very much for your generosity Rod. It is much appreciated.

'DROVERFEST'. SATURDAY 15th JUNE. Llandovery Rotary Club, in conjunction with Llandovery Young Farmers Club (YFC) are in the process of arranging a 'DroverFest' on Saturday 15th June. It will be a Real Ale and Music Festival and will be held in Llandovery Mart. Yes, under cover, INSIDE the mart by kind permission of Mickey Gough, Clee Tompkinson & Francis. Bands are being booked, Sponsors are being sought and Professional Security will be in place for this HUMDINGER of an event. It will start early evening and go right through till around midnight. You will not want to miss this. Save the date. More info at a later date.

Two speakers are already lined up for next month and in our continued efforts to take ourselves into the community we are holding one of our meetings in Chippo's. You can't beat a good fish and chip supper. All will be revealed in next months Post.

Many thanks to you all for your continued and generous support. We simply couldn't do it without you.

Derek Jones.

Our Rotary Dinner. Three of our lovely ladies and Huw!

LLANGADOG W.I.

We had an evening of fun at our February meeting, with a good number of our members attending, as well as a visiting lady. We all took records or CD´s of our favourite music for everyone to hear. There were lots of memories for all. Karen was our DJ, with Gwen and Catherine providing us with a lovely spread of punch and nibbles. Our visiting lady won the competition for the best Limerick, with Sarah 2nd and Catherine 3rd. We would love new members to join us, so please come along to Llangadog Hall on the 1st Thursday of the month, you will be most welcome.

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SCRIBES WRITE £500 CHEQUE

Llandovery's Youth and Community Centre has been presented with a cheque for £500 by the local Writers Group that meets there.

In November last year the Writers Group published The Turnings of the Years, a collection of short stories and verse by members and friends. The book which has been well received with great reviews is selling well and all the profits are going to the community centre.

At a ceremony on 30th January, a first cheque for £500 presented to the centre's manager Jill Tatman. Group leader, David Thorpe, says, "We are delighted to support the community centre with extra funds. Our writers include teenagers and pensioners, published and newbie authors and it's been a lovely project involving everyone."

Jill Tatman thanked the group warmly, adding, "Extra money enables us to do more and we value this contribution very much. It's an example of the fantastic support we get from our local community. I've been amazed at the interest in these super stories which are surprisingly popular and the copies I have in the community centre are selling fast."

The paperback, price £9, is available at the Centre. All the income from every copy sold from now on will be handed over to the Centre.

The paperback, price £9, is still on sale and every penny goes to the centre.

The Turnings of the Years Is also available from Lulu.com and from Amazon.co.uk.

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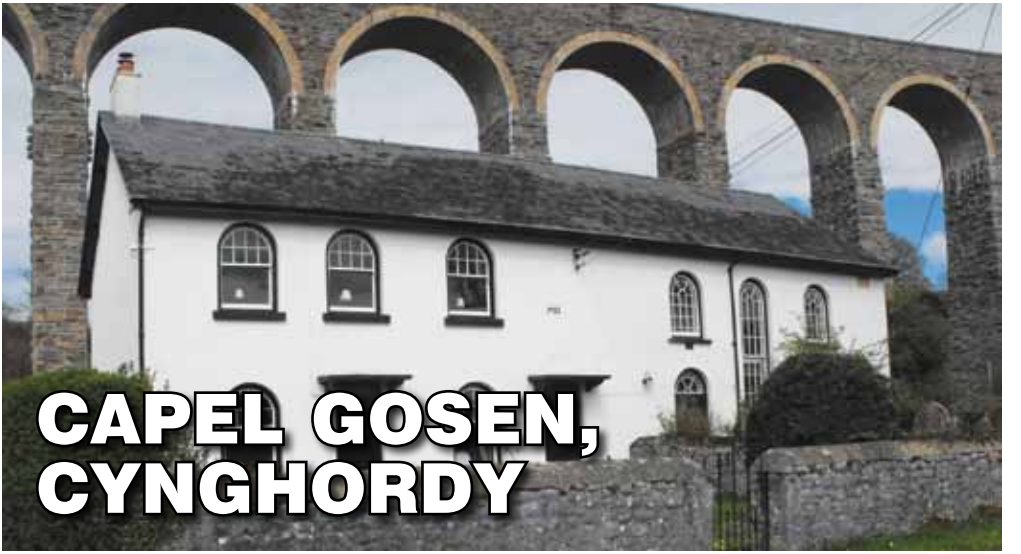

CAPEL GOSEN, CYNGHORDY

In 2010, Capel Gosen (Calvinistic Methodist) closed after serving the local community for 166 years as a place of worship and centre of social activity. Uniquely situated right by the great eighteen arch Cynghordy viaduct (completed some twenty-four years after the chapel was built) the building was put up for sale by the Presbyterian Church of Wales but stood empty and gently decayed for four years.

In 2014 it was bought by Barbie and Nigel Davies who set about the task of restoring the chapel, vestry and chapel flat. Nigel was brought up in a Welsh-speaking household in Lancashire, but originally his family came from this area. They were staunch Calvinistic Methodists and would have worshipped at Capel Gosen.

So many former chapels and churches have been modified, extended or altered so as to remove all character. At Gosen, apart from updating sanitary arrangements, renewing the electrics and generally restoring tired decoration, the building is much the same as it ever was. However, as is often the case with old buildings, rather more remedial work was needed than first envisaged, but Evans Brothers (builders) tackled the roof, chimneys and plaster repairs; E D Thomas restored the elegant windows. Ian Gardner and Alan Rutter together with many friends and family assisted Barbie and Nigel in the renovation and restoration, and so, after a huge amount of effort, the chapel was opened up for the community at a short presentation on 1st October 2016 when one of the speakers Heulwen Bott (who had lived in the chapel house as a girl) came from Conwy to share her experiences of Gosen in the past.

Since October 2016, the chapel has hosted a variety of events including organ recitals, talks, choirs, dramas, an Old Time Music Hall, a Harvest Supper, the annual "Live Nativity" (held on 12th Night) etc all of which are without charge and all donations given are all sent to support a wide variety of local and national charities; Llandovery Hospital; Air Ambulance; Retired Railway Workers; Guide Dogs for the Blind; the work of local churches etc.

The next Gosen event will be on Easter Monday (22nd April) when, for the first time in many years, there will be a Gamanfa Ganu with Welsh and English hymns conducted by Phillip Watkins. There will be a rehearsal from 2.30 – 3.45pm; a break for tea in the vestry and the event at 6.00pm lasting around an hour. Donations will be sent to support the work of local churches.

As something completely different; 10.30am on Bank Holiday Monday May 6th will see a May Celebration with Maypole dancing to the folk band DiEnw , followed by a May Day procession where the May Day King and Queen will lead the audience and dancers to a late breakfast in the vestry. If any children would like to carry May garlands for the King and Queen, they will be most welcome. On this occasion donations will be given to Llandovery Folk Dancing.

LLANWRDA CAR BOOT EVENT

Sunday 7th April 2019

The site: in the Cornwallis grounds which includes the school hall, Playground, Outbuildings and playing field.

Gates will open to the Booters from 8.30 am. Charge per vehicle is £5.00.

The event will open to the public at 10.00 am.

The Llanwrda Bloomer Tea Ladies will be on duty in the Tea Rooms, offering homemade cakes and pastries.

Any bookings or queries, please ring 01550 779257 or leave a message and we will get back to you.

Tour support will be most welcome as all proceeds go towards the restoration of the Lady Cornwallis Grade II house. Thank you.

LLANWRDA AND LLANSADWRN COUNTRY WOMEN

'All Aboard' called Tony Birdwood to his passengers....sorry audience....as he began a most interesting and informative presentation on The Heart of Wales Line to Llanwrda and Llansadwrn Country Women's Group and visitors at Llansadwrn Reading Room.

At the beginning of the 'journey' Tony explained the potted history of this remarkable, beautiful line, parts of which were opened in stages during the 1880's. He then continued detailing all the stations, starting at Shrewsbury and following the line all the way down and ending up at the final destination Swansea. There were excellent slides to illustrate all the stations, passing loops, viaducts, tunnels, steam trains, 125s and DMUs that trundle at various speeds along the picturesque rural line. Slides of drivers and signal men exchanging tokens to keep the line safe, signal boxes that have long since disappeared, lines that have been taken up, bridges washed away by floods all recorded and keenly explained by his encyclopaedic knowledge.

The final slides were of The Swansea and Mumbles Railway sadly recording the close of that line on the 5th January 1960.

Keeping the Heart of Wales Line running and improving is paramount and something that Tony and the Heart of Wales Line Travellers' Association work very hard at all the time. Tony encouraged all present to support the line by using the trains and visiting the stations and to try out the new walking routes that have been created. He reminded everyone that Llandovery station has an excellent cafe and exhibitions of art and craft throughout the year and a welcoming, roaring fire to keep all visitors warm in the winter. Also everyone that has a Concessionary Travel Pass from a Welsh Local Authority, can travel free on the Heart of Wales Line – October – March only.

Following the talk delicious refreshments followed kindly provided by Hefina, Janice, Mair and Anne.

The two raffle prizes of tokens for The Old Printing Office, Llandovery were won by Margaret Humphrey and Anne Morgans.

Liz collected the annual subs from everyone and we all were delighted to welcome six new members to the Group. The more the merrier!

Celebrating St David's Day, Dydd Gwyl Dewi Hapus, on Monday March 4th at 6.30pm at The Sexton Arms, Llansadwrn will be the next meeting when we will all enjoy a tasty cawl prepared by Cliff.

For further information on the next meeting or wishing to join our Group 01550 777622. All welcome.

COTHI GARDENERS

If you're a bit overwhelmed by the number of jobs to do in your own garden this spring, then why not spend an evening with us learning about a very ambitious garden restoration project. It could certainly help you put your own list of tasks into perspective!

On 20th March we will be welcoming Louise Austin from the Bishop's Palace project in Carmarthen.

Although no mention was made of a specific garden until 1713, the Bishop's Palace certainly had parkland and probably a vegetable plot. After this both formal lawns and pleasure grounds were developed. Many changes took place over the years and much of the original gardens were lost. Recently, thanks to the Tywi Gateway project, restoration is well underway and Louise will update us on their progress.

If you have energy to spare, then the restoration project is looking for volunteers. You'll receive guidance from the head gardener and be working as part of a small team. There's a lot more information on their website: tywigateway.org.uk

Cothi Gardeners are in the throes of organising some great events for this summer. We're planning a growing challenge and garden safari, which will give you the chance to visit members' gardens and get inspiration for your own plot. Membership has been kept at £14 per person for 2019 or £25 for two at the same address. So invite your partner, spouse or 'assistant gardener' to come along. More information on our website: cothigardeners.com or Facebook.

Coronation Hall, Pumsaint, at 7.30pm , March 20th. As always, visitors and guests most welcome, £3 (includes refreshments)

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YSGOL BRO DINEFWR PTA QUIZ NIGHT

The Ysgol Bro Dinefwr PTA are holding their first quiz night on Friday 29th March. It will be at the White Hart pub in Llandeilo at 7.00pm. All ages are welcome – bring a team of six to eight members. If you haven't got a team then please come along and we will make up teams on the night. A wide range of questions including sport, history, music and local news and history. Something the whole family can enjoy! Food will be available at the event. Look at our Bro Dinefwr PTFA Facebook page for more details.

THE CARMARTHENSHIRE MEADOWS GROUP

The Carmarthenshire Meadows Group (CMG) was formed in 2015 to help interested landowners and land managers to conserve, restore and enhance the county's flower-rich grassland and its associated wildlife. Flower-rich meadows evoke a quintessential image of the UK countryside in summer, but in reality they have nearly all disappeared, with at least 98% of meadows that existed prior to the second world war having been lost.

In the west of the UK, and in Carmarthenshire in particular, grassland predominates but much of it is agriculturally improved; the meadows have nearly all gone. The ones that remain are rare, often small and isolated from each other. This is not only the loss of an attractive feature of the landscape; meadows also provide a habitat for many species of specialised plants, animals and fungi, so they too have rapidly disappeared from much of the countryside. They are one of the UK's most threatened semi-natural habitats, and their restoration and enhancement is therefore a conservation priority.

Of the meadows that remain, some are in agri-environment schemes, some are nature reserves managed for biodiversity and are owned or managed by conservation organisations (local and national), and some are owned by small-scale private landowners. It is these "amateurs" who comprise most of the membership of CMG. It doesn't matter if your meadow is a small patch in the garden, a 5 acre field, or if you don't yet have your own meadow; if you are interested in meadows you can benefit from joining a group where you can share knowledge and experience on grassland management with others who are seeking solutions to the same problems, and wish to protect and enhance biodiversity on their land. By exchanging information with others in the group you can help both yourself and them to play an active part in conserving and creating species-rich meadows.

The CMG's next meeting will be 10.00am til 1.00pm on March 23rd in the Red Dragon Hall, Drefach Felindre, where there will be talks on haymaking by three CMG members, and a talk by Dr Lizzie Wilberforce of the Wildlife Trust of South and West Wales on the Trust's Grassland Reserves. All welcome, £3 entry, or £10 to join the group for a year.

AN AMAZING PHENOMENON

On the 31th January, we were delivering, The Post and racing ahead of a forecast saying it would snow during the afternoon. We ate as we worked, not daring to stop because the last few deliveries are high up and we did not want to get caught.

We cross from Harford to Llanwrtyd Wells using minor roads over the mountains to cut down on milage. These were just passable as we delivered Cilycwm and Rhandirmwyn. I breathed a sigh of relief as we turned onto the A382 at Cynghordy and headed North.

I have experienced this sight several times before and in worse conditions but as the driver then. Now, as the passenger, my eyes were not just fixed on the road ahead.

There was a little lying snow as we climbed the Sugar Loaf but once over the top the area was white. Not just snow but every tree, bush and blade of grass was covered in the results of freezing fog yet there was none.

We rushed on to deliver Llanwrtyd Wells as it began to snow and then home, the job done. The scene looked even more striking as we headed South. Back over the Sugar loaf and by the time we had reached Cynghordy again, trees, hedges and fields were green.

I thought about photographing all I had seen but no one would believe the two scenes were only a few miles apart. Just how does this happen?

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03/19(3)

WHAT IS CHAIR YOGA and WHO IS IT FOR?

Chair Yoga was developed in the 1980s but the history of yoga itself goes back perhaps 5,000 years. It began in India where wise men and hermits sought to understand the secrets of long life. They observed the animal kingdom and studied animal behaviour. The answers to the question of longevity appeared to be: freedom from stress, slow, deep breathing, regular exercise in the fresh air, good nourishment and special methods of purification. To this list were added certain principles for an ethical life, the first of which was non-violence (starting with non-violence towards oneself) and included the development of acceptance and contentment with life as it is. Yoga is a practice and a way of life which focuses on personal development and wholeness. The word "Yoga" stems from "yui" — to join (or yoke) and refers to the unification of the body, the breath, the mind and the spirit.

In the twentieth century yoga came to the west where the focus has been largely on its physical practices. We are presented with images from the yoga "industry" of super bendy people in seemingly impossible poses. Often these poses are achievable by only a small percentage of practitioners and for many people it may be counter-productive to attempt them. They can deter older people and people with restricted mobility from exploring and discovering the benefits of yoga, the primary purpose of which is to develop stillness in the mind, optimise health and increase well-being.

Chair Yoga is a modification of traditional yoga. With its development, yoga for the strong and flexible became yoga for everyone. The postures still maintain the basic movements and mechanics of their non-seated counterparts, involving the same twists, bends and stretches. The quality and range of movement which can be achieved from a chair is surprising. Using a chair, practitioners can still improve their circulation, deliver more oxygen to their cells, maintain and improve their strength and flexibility, enhance brain function and increase peace of mind. It can be adapted to suit anyone's needs.

Just like a traditional yoga class, a chair yoga class involves a period of quiet sitting with the spine straight, observing the body and the breath. It involves creative and sometimes playful ways of moving all the joints of the body (unless a personal injury or a restriction prevents this – the practice here will be to develop patience and acceptance). There is gentle, mindful movement and some held posture work. There will be some standing practices (which can, if necessary be practiced from the chair). At the end of the class there will be another period of quiet sitting with guided relaxation. Chair yoga is gentle and practitioners are reminded to respect their limitations, to work with the body, not against it. Yoga is a personal journey not a competitive sport. The use of a chair is both humbling and levelling. It helps to reduce ego. These qualities are at the heart of yoga.

There is another aspect to Chair Yoga. As well as a support, the chair can be used as a prop. It can be used as an aid to balance when standing; one foot can be placed on it to work with the hip or it can be used in more exploratory, athletic and creative ways for those who wish. Chair Yoga can also be an aid to anyone whose work or life style involves being seated for extended periods. Physical inactivity increases health risks and sitting can cause problems – the body needs to move. It is difficult for someone to sit all day and maintain awareness of their posture and to remember to move regularly and to make sure that movements to counter the negative effects of sitting are balanced and beneficial. Chair Yoga will instil this awareness and provide a repertoire of movement and postures that can be integrated into the day at the desk.

As well as its many physical benefits, those who practice yoga, including practitioners of Chair Yoga, discover: greater inner stability, increased self-awareness, a reduction in stress and anxiety, deeper sleep and feeling more refreshed on waking, increased ease to stay focused in the present moment, more pleasure in life and more joy. Yoga teachers, adding a chair to their tool box in order to offer classes, have discovered a chair to be, "a beautiful and freeing thing."

CHAIR YOGA

LLANDOVERY

Tuesday mornings 10.15 – 11.15 a.m.

THE CATHOLIC HALL cost £5.00

also

MINDFULNESS YOGA

Wednesday evenings - 6.00 – 7.30 p.m.

Thursday morning - 10.30 a.m. – 12.00

YMCA cost £7.00

For more informofion pleose phone Stephanie/ Nirbhaya 01558 650534

COSY TOES

FOOT HEALTH PRACTITIONER

Jill Lloyd, DipCFHP, MPSPract

Builth Wells Clinic – Monday

Llandovery Clinic – Thursday

also Home Visits

Nail Trimming – Corns Removed – Callus Reduction – Ingrowing Toenails – Diabetics Treated

Mobile: 07718 150571 or Evenings: 01591 620355

12/19(12)

LLANGADOG NEWS
CELEBRATING SEION CHAPEL'S WEDDINGS

On Saint Dwynwen's Day (January 25th) Seion Chapel's doors were opened wide and everyone was welcomed to share in our celebratory exhibition recalling all the weddings associated with the chapel.

Prior to the day there had been some pretty serious searching for our wedding dresses – and you can imagine our disbelief at seeing how slender we had been on our special day… Nonetheless, with generous help from friends and neighbours as well as local shops (Rig Out, Mossies and Signatures) we managed to muster enough mannequins and tailor's dummies to show the dresses at their best, one aisle of the chapel displaying examples from the last century, and the other for dresses from weddings held this century. Scattered amongst the gowns was a striking and colourful collection of wedding hats, and up in the gallery were some outfits worn by mothers of brides and grooms.

Not everyone was successful in finding their dresses, and of course, not everyone chooses to keep theirs, so

we created an area for the display of photographs, and these stretched back to the beginning of the 20th century, (including some surprising bills for gowns, flowers and wedding breakfasts spanning that period). It was fascinating to note the changes in fashion over the years, and how certain traditions have developed or changed: who buys a 'going away outfit' these days?

On one table we had created a collection of our wedding invitations and orders of service. A collection of the wedding music chosen by everyone was transmitted and brought back many happy memories. Beautiful arrangements of roses further added to the experience.

Another area focussed on a collection of love spoons (generously lent by friends and neighbours); the designs demonstrated the range of symbolism and complexity to be had and some had interesting associated tales. It was a privilege to be able to share these moving stories and display the beauty of the craftsmanship.

It was a pleasure to watch and hear the reactions as our guests entered and took in the whole sight. 'Waw!' responded some of Llangadog School pupils, before taking a closer look at the varied exhibits. It was also good to note that no one was in a hurry to leave, preferring rather to wander around, lingering up in the gallery as well as down at floor level in order to appreciate the dresses from every angle.

Before leaving visitors were invited to record their responses in the chapel's log book, sitting at the 'registry' desk in the vestry, and then of course, to join others for a chat and some bubbly or tea and cake, before setting off for home, or the twmpath arranged by Merched y Wawr in Llangadog Hall. Although entry was free, £400 was raised through donations for Llandovery Hospital. Very many thanks to everyone for your generosity and support.

And what comments were to be found in the Log Book? That was what concerned us! Well, after everybody's hard work it was gratifying to note how much pleasure the celebration had provided: 'An excellent display!' 'Really worth visiting!' 'Congratulations!' 'Exceptional!' Over and over. Now it was our turn to say 'Waw!'

Members of Seion Baptist Chapel, Llangadog

CÔR MEIBION DINEFWR 200 CLUB DRAW RESULTS December 2018

1st Mrs Meiriona Davies, Llandeilo.
2nd Mrs Mary Williams, Llangadog.
3rd Mrs Catheryn Richards, Llanedi.
4th Mr Gwyndaf Jones, Square & Compass
5th Mrs Vera Williams, Llangadog.
6th Mrs Janet Lewis, Llandeilo.
7th Mrs Tegwen Rees, Carmel
8th Mr Gareth Davies, Cwmdu.

JANUARY 2019

1st Mrs Linda Quinn, Ammanford.
2nd Mr Richard Hughes, Talley.
3rd Mr Ieuan Lewis, Llandeilo.

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Pamper	Llandovery
Pet Shop	Llandovery
Newsagent	Llandovery
Pound Shop	Llandovery
Kebab Shop	Llandovery
Three Horseshoes	Llandovery
Tudors Café	Llandovery
Craft Centre	Llandovery
Kings Head	Llandovery
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Coop	Llandovery
Erwlon Caravan Park	Llandovery
Castle Hotel	Llandovery
Tourist Visitor Centre	Llandovery
Red Cross Charity Shop	Llandovery
Carmarthen And Pumsaint Farmers Coop	Llandovery
Nisa Shop	Llandovery
Chaplins Hairdressers	Llandovery
West End Café	Llandovery
Morris Isaacs Filling Station	Llandovery
Train Station	Llandovery
The Lord Rhys	Llandovery
Owl's Nest Cafe	Llandovery
Ystrad Nurseries	Llandovery
Village Hall	Trecastle
Londis Murco Garage	Sennybridge
Texaco Petrol Station	Sennybridge
Sennybridge Trading Company	Sennybridge
Sennybridge Doctors Surgery	Sennybridge
Halfway Garage	Halfway
Baron's Court Caravan Park	Llangadog
Llangadog Surgery	Llangadog
Morgans Newsagents And Post Office	Llangadog
Goose & Cuckoo	Llangadog
Mace	Llangadog
The Castle	Llangadog
Llangadog Church	Llangadog
Manordeilo Service Station	Manordeilo
Burger Van	Ambermarlais
Sextons Arms	Llansadwryn
Llanwrda Church	Llanwrda
Llanwrda Post Office	Llanwrda
The Dolaucothi Arms	Pumsaint
D. A. Lewis, Agricultural Merchant	Pumsaint
Tourist Information Centre	Pumsaint
Checkpoint (Shell) Garage	Harford
Brunant Arms	Ciao
Neuadd Arms	Cilycwm
Royal Oak Pub	Randirmwyn
Rhandirmwyn Campsite	Randirmwyn
Towy Bridge Inn	Randirmwyn
Chemist	Llanwrtyd Wells
Stonecroft Inn	Llanwrtyd Wells
Neuadd Hotel	Llanwrtyd Wells
Drovers Rest	Llanwrtyd Wells
Ratcliffe's Yard	Llanwrtyd Wells
Spar Shop	Llanwrtyd Wells
Murco Petrol Station	Llanwrtyd Wells
Texaco Petrol Station	Gorslas
Post Office	Llanddarog
Village Hall	Capel Dewi
Service Station	Whitemill
Donna's Diner	Whitemill
Pontagothi Hall	Pontagothi
The Cresselly Arms	Pontagothi
Post Office	Dryslwyn
Pen Y Bont Pub	Llanfynydd
Community Shop	Brechfa
Black Lion	Abergorlech
The Angel Pub	Llansawel
Black Lion	Llansawel
Post Office	Cwmdu
Royal Mail Sorting Office	Llandeilo
The Hangout	Llandeilo
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Murco Garage	Llandeilo
Thomas Services	Llandeilo
Food Hub	Llandeilo
The Cottage Inn	Llandeilo
The White Heart	Llandeilo
Spar Shop	Llandeilo
Natural Health Centre	Llandeilo
Ck's Supermarket	Llandeilo
Hugh Williams Solicitors	Llandeilo
Llandeilo Library	Llandeilo
Llandeilo Surgery	Llandeilo
Opticians	Llandeilo
The Greenhouse	Llandeilo
Flying Goose Quilt Shop	Llandeilo
Little Welsh Dresser	Llandeilo
Crafts Alive	Llandeilo
Carmarthen And Pumsaint Farmers Coop	Fairfach
Bush House Vet Group	Fairfach
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- **Solid Wrought Iron Bird Cage,** as new, 3.5' long x 2.5' wide on 1' legs, £200 ono. Tel: 01269 851192.
- **Rosette display cabinet** in medium colour wood, aprox size cm 107H 76L 6D, double glass doors, green felt backing, £50 ono. Tel. 01550 777347.
- **Turntable** Trio KD-1033B belt drive, £40 ono. Tel. 01550 777347.
- **Butane gas cabinet heater** 1.5 – 4.2kw. Portable (on wheels). Complete with 15kg cylinder, £30. Tel:07443 044833
- **Grey THULE EVOLUTION 100 car/van top box,** £35. Tel: 07443 044833.
- **Antique china blancmange mould,** Brown and Polson with recipe printed on one side. Excellent condition, £12. Tel 01550 777149.
- **Antique stoneware bed warmer compete with stopper.** Timothy White, Excellent condition, £15. Tel 01550 777149.
- **Hotpoint Automatic top loading washing machine** in good condition, £40. Tel: 07563 473213.
- **Motorhome/camper van** s/h Aluminium ladder & Fiamma carry bike for 3 bikes some brackets required, £50. Tel: 07563 473213.
- **100 Bales of big round bale silage,** £30 a bale. Second cut and double wrapped loader available (Llandeilo area). Tel: 01558 823405 or 07814 622892.
- **5 Foot transport box,** new, never been used, £385. Tel 01558 823405 or 07814 622892.
- **2016 T@B 320RS 2-berth retro caravan.** Bought new, hardly used. Extras. Brand-new condition. Weighs 650 kg; small-car tow. Only £9,750 (2019 new price would be more than £13,000). Tel: 01558 685542.
- **Football table,** heavy duty in good condition, ideal for youth group or similar, £35. Tel: 01550 777149.
- **Antique cow creamer jug with original lid.** Unusual brown and white design on a green decorated base. Very good condition, £50. Tel: 01550 777149.
- **Antique dolls' china tea set,** c.1940. Lilac blossom detail. Cups, saucers, plates, teapot and milk jug, £40. Tel: 01550 777149.
- **Firewood hardwood logs.** I have an excess of firewood logs that I've processed on my smallholding, I've been laying hedges and taking down a few trees, they've been dried out. Reasonable price for a trailer load, can deliver. Tel: 07434 617271.
- **FREE to a good home!** Box of scalextric. About 45 pieces of track, two controllers a car and a few other bits and pieces. These have been stored in a loft for quite a few years so there is some cosmetic rust on the track. Phone 01550 750385. buyer to collect.
- **Two separate fields for rent:** 1.5 acre and 1 acre field in Rhandirmwyn with access to stables and manege. Tel: 01550 720978.
- **Charnwood Country 4 Logburner Stove,** 4.7Kw, very little use, complete with some flue pipework, £200, buyer to collect. Tel. 01558 822407.
- **2 sets of MTB tyres.** Continental vertical 26 x 2.3 and Continental Speed King 26 x 2.1, £10 per set, please note they are 26 inch tyres. Rhandirmwyn, Tel: 01550 760122.
- **Period Pitch Pine Kneehole desk** with green leather inlay, 7 drawers and 2 pull-outs either side, £275 ovno. Tel: 01874 658262.
- **2 French Bedside Cabinets** with Marble tops, drawer at top with cupboard, light wood, £120. Tel: 01874 658262.
- **Ceramic table lamp** with shade, £15. Tel: 01874 658262.
- **Denby soup bowls with lids,** 2 yellow and 2 Blue, £20. Tel: 01874 658262.
- **Brown leather corner sofa.** Tel: 01550 721005 / 07855 176981.
- **Wooden desk** with 3 drawers and metal frame. Will dismantle for moving, £20. Tel: 01874 658262.
- **Swivel chair,** black faux leather comfortable and adjustable, £10. Tel: 01874 658262.
- **Bricknet 1 1/2 inch mesh,** 50ft x12ft. £25. Can be cut to accommodate smaller sizes. Tel: 07831 893389 (Llanwrda).
- **x2 6m x 100mm double walled drainage pipes.** Unused and with connector. £30. Tel: 07831 893389 or 01558 650534.
- **Helley Hanson XL work jacket.** New, £20. Tel: 01550 721005 / 07855 176981.
- **1 pair of thick interlined curtains,** triple pleat fixed at top 70"x 106" long, two tone green stripe, excellent condition, £175 o.n.o each, two pairs available. Tel: 01550 721005/ 07855 176981.
- **Large doll's house** made in 1920s in need of TLC, 48"x22"x36" free to a good home. Tel: 01558 650534.
- **2 mirrors,** mahogany frames. 69"x46". £60 pair. Tel: 01558 650534.
- **Selection of old tools,** some requiring handles, including vintage vice and plane, £15 the lot. Tel: 07831 893389 (Llanwrda).
- **Beautiful antique bent wood thonet rocking chair,** wicker work has gone requires upholstering. Offers. Tel: 01558 650534.
- **2 double glazed hard wood casement windows,** 65"x27", £20 pair. Tel: 01558 650534.
- **Prima fan oven,** stainless steel, built in with Electrolux 4 ring easy clean ceramic top, £95 ono. Tel: 01267 202230.
- **Ladies Bike:** Apollo Transition with Shimano gears, used twice, £150 ono. Tel: 01267 202230.
- **Sony Stereo Music System** model HP-2439A solid state with LPs, £50 ono. Tel: 01267 202230.

WANTED

- **Second-hand Books.** Good quality, saleable books always required for the Bookshop in our larger premises. Any subject, fiction or non-fiction, adults' or children's very gratefully received. No magazines please. Do come and visit our new second hand Bookshop re-located in the Old Kitchen (Y Gegin) – off the courtyard at Newton House. 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.
- **Teachers in all subjects are being invited to register their interest with our new Tutor Centre in Llanwrda.** You must be experienced in your specialist subject and DBS checked (or we can apply for you once you are registered). Please call: 01550 777701 or e-mail: admin@net-teach.co.uk
- **House in Countryside Setting.** Detached, self-contained accommodation for artist and writer couple. Rural or semi-rural with garden/outbuilding if possible. Rent or barter. Also considered: Large house and annexe w/o wifi. Current let 18 years. Quiet couple. Excellent references. Please telephone: 01550 721197 (answer machine messages replied to).
- **Rural Respite Care and/or accommodation (self-contained).** Please telephone: 01550 721197.
- **Various Help Wanted.** Hourly pay or barter for P.A. Home-help. Advocacy. Driver. Care Giver. Also Rural Respite Care Accommodation (nature/animal sanctuary or Centre acceptable). Quiet, friendly vegan client. Leave message> 01550 721197. .
- **Citroen/Peugot Van.** Berlingo/Partner/Dispatch Van. Approx X Reg. Low miles. Recent Cam belt change etc. Very good, low miles and with service/work history. Please telephone: 01550 721197.
- **Small freezer,** under the counter or chest freezer. Tel: Mrs Reed on 07583 996827 or 01269 594006.
- **Defynnog / Sennybridge area;** quiet accommodation, with parking and small garden or yard, to rent by retired lady. Excellent references. Please tel. 07534 225758 [Immediate tenancy or can wait].
- **Any used postage stamps or old £1 coins:** To help raise funds for Lluest Horse and Pony Trust please send them to Lluest, Beili Bedw Farm, Llanddeusant, Llangadog, Carms. SA19 9TG. Please make sure to cut not more than a 1cm border around any stamps you send. Thank you

ANTIQUES AND VINTAGE FAIR AT THE CIVIC HALL LLANDEILO

Derwen Fairs have been running Antique fairs for over 19 years and have now taken over the Antiques and Vintage fair at the Civic Hall Llandeilo. The next fair will held at the Civic Hall on Saturday 2nd March.

This successful fair can be located in the heart of the busy town of Llandeilo, close to the main car park. Here you will find a bustling ,vibrant fair with lots of antiques and vintage at affordable prices.Moving with the times, the fair now includes a vintage element with a touch of retro.

Whether hunting at the antique fair for enjoyment, or surfing for just the right item, the fair can deliver on all levels.

The theme of the fair generally will be harping back to the 30's, 40's, 50's and 60's with stands showcasing stylish ladies and men's fashion. The emphasis will be on affordable vintage clothing and accessories. There will also vintage collections of home furnishings mixed in with vintage inspired jewellery.

There will be a rich array of Welsh art. Wales has produced a wealth of talent and the colourful works by Swansea artist Lyndford Jones is no exception. Lynford taught art for many years and now retired is concentrating on his own paintings. His acrylics and pastel paintings show a love of the sea and the the Gower cockle women.His works harp back to the time when women would scour the beaches of Penclawdd on the Gower, looking for cockles.

The village of Penclawdd is famous for its historic cockle industry. Cockles are gathered (or 'picked') from the extensive cockle beds of the Burry Estuary and sold at local markets and eateries. There have been cockle pickers in Penclawdd since Roman times and it continues to be a thriving industry today.

Cockles are small, edible molluscs (like clams) that live in sandy, sheltered beaches. Until the 1970s they were picked locally by women whose husbands were unfit for work, providing an important source of income for their families. The women used hand-rakes and a type of coarse sieve known as a riddle to gather the cockles at low tide. It was dangerous and back-breaking work – the women were busy for 10 hours a day and had to endure very harsh conditions. They were renowned for their resilience and ability to work in all weathers.

The cockle industry reached its peak during the 19th century, when hundreds of local families relied on this work.

Today, the cockles continue to be gathered using hand tools, but it is men, not women, that carry out most of the work. Another significant change is the mode of transport for bringing the cockles ashore, with tractors and four-wheel drives replacing the role of donkeys.

The cockles of Gower are processed in local factories before being prepared for export around the world. Try them for yourself by visiting Swansea market or one of the many local eateries, such as the King's Head Hotel at Llangennith, which serves a traditional Welsh breakfast of cockles, bacon and laverbread (laver seaweed washed, dipped in oatmeal and fried in bacon fat).Lyndford's paintings are very atmospheric and show the toil these women had to endure , with their backbreaking work

The fair boasts a good range of quality antiques from stylish jewellery,to Welsh textiles including the much sought after Welsh blankets. There will be displays of toys and vintage clothes,postcards,militaria, kitchenalia, up cycled and pre loved furniture, paintings and prints,and an impressive display of books.

Homemade snacks and refreshments will be available at the fair.Doors open at 10am and close at 4pmAdmission is just £1

The fair dates have altered this year and are as follows 2nd March, 25th May, 27th July, 31st August, 26th October and 30th November 2019.

Church Services

E-English W-Welsh B-Bilingual

PARISH OF LLANSADWRN, LLANWRDA, WITH CAPEL DEWI SANT & MANORDEILO

(*all services are bilingual*)

St Gwrdaf Church, Llanwrda

3 Mar	8.30am	Holy Eucharist
10 Mar	8.30am	Morning Prayer
	6.00pm	Service of Licencing (Rev. Viv Sayer).
17 Mar	8.30am	Holy Eucharist

St. Sadwrn Church, Llansadwrn

3 Mar	11.00am	Holy Eucharist
17 Mar	11.00am	Holy Eucharist
24 Mar	11.00am	Rainbow Church

Capel Dewi Sant

3 Mar	2.15pm	Holy Eucharist
17 Mar	2.15pm	Holy Eucharist
24 Mar	2.15pm	Evening Prayer

St. Paul's, Manordeilo

3 Mar	9.30am	Holy Eucharist
10 Mar	9.30am	Morning Prayer
17 Mar	9.30am	Holy Eucharist
24 Mar	9.30am	Holy Eucharist
31 Mar	10.00am	Joint Parish Eucharist

Please contact Rev. Jeff Thomas, 01550 777758 for further information.

ST. CADOG'S, LLANGADOG

3 Mar	9.30am	Holy Communion
6 Mar	7.00pm	Holy Communion
10 Mar	9.30am	Morning Prayer
17 Mar	9.30am	Morning Prayer
24 Mar	9.30am	Morning Prayer
31 Mar	10.30am	Holy Communion

For further information please contact 01550 777226.

ST MICHAEL'S, TALLEY

Sunday services 11.00am

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

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, LLANDDEUSANT

10 Mar	11.00am	Morning Prayer
24 Mar	2.00pm	Holy Eucharist with Revd Vanessa Hope-Bell

BAPTIST CHAPEL

Queen Street, Llandovery
(at the end of Orchard Street.)
10.30am Welsh Service.

ST DAVID, ABERGORLECH

Sunday services at 9.30am

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

PARISH OF LLANDOVERY WITH MYDDFAI

Llandingat

3 Mar	10.00am	Family Communion
	6.00pm	Holy Communion
6 Mar	7.00pm	Ash Wednesday service
10 Mar	9.30am	Holy Communion
		No evening service today
17 Mar	9.30am	Holy Communion
	6.00pm	Evening Prayer
24 Mar	8.00am	Holy Communion
	9.30am	Holy Communion
	6.00pm	Informal Evening Service
31 Mar	10.30am	Joint service at Llanfair
	6.00pm	Evening Prayer

There is a service of Holy Communion each Tuesday at 9.30am

Llanfair

3 Mar	9.00am	Cymun Bendigaid
17 Mar	11.00am	Cymun Bendigaid
31 Mar	10.30am	Mothering Sunday Service

St Michael's, Myddfai

3 Mar	11.30am	Holy Communion
10 Mar	11.30am	Holy Communion
17 Mar	11.30am	Morning Prayer
24 Mar	11.30am	Holy Communion
31 Mar	10.30am	Joint service at Llanfair

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 Maesteilo

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

3 Mar	11.15am	Eucharist
6 Mar	7.00pm	Eucharist, Llangadog
10 Mar	11.15am	Morning Prayer
17 Mar	11.15am	Morning Prayer
24 Mar		No Service
31 Mar	10.30am	Eucharist, Llangadog

EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Contact Rhys Jones on 01269 492299 / 07511 551541 or rhysjones4940@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 CHRISTADELPHIANS

Foundry Road, Ammanford.
Tel. 01269 842336 or 01269 851172

Sun	6.00pm	Bible Talk
Thurs	7.30pm	Bible Study

TY'R BUGAIL

on Sundays
2.30pm for Tea, Coffee and light lunch
3.00pm for rural chaplaincy service
at Ty'r Bugail, 4 Market Square, Llandovery SA20 0AA. Tel: 07748 644958.
www.ygrwp.com

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PARISH OF CILYCWM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

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

3 Mar	2.30pm	Holy Communion
10 Mar	2.30pm	Holy Communion
17 Mar	2.30pm	Evening Prayer
24 Mar	2.30pm	Holy Communion
31 Mar	2.30pm	Holy Communion

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

St. Barnabas Church, Rhandirmwyn

3 Mar	9.30am	Holy Communion
10 Mar	9.30am	Holy Communion
17 Mar	9.30am	Morning Prayer
24 Mar	9.30am	Holy Communion
31 Mar	9.30am	Holy Communion

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

St. Michael's, Cilycwm

3 Mar	11.15am	Holy Communion
6 Mar	7.00pm	Ash Wednesday Service
10 Mar	11.15am	Holy Communion
17 Mar	11.15am	Morning Prayer
24 Mar	11.15am	Holy Communion
31 Mar	11.15am	Holy Communion

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

ST CYNWIL, CYNWYL GAEO

Sunday services 9.30am

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

COR MEIBION LLANYMDDYFRI *LLANDOVERY MALE VOICE CHOIR*

Monthly Draw Results:

JANUARY 2019

1. Jean Evans
2. Robert Douglas
3. Alwena Williams
4. Andrea Moor
5. Cennydd Thomas
6. Geana Dearing
7. Cian Goodall

FEBRUARY

1. Lynette Young
2. Brenda Price
3. Menna Bennett
4. Cian Goodall
5. Rhys Watts
6. Geraint Morgan
7. Isobelle Davies

ST SAWYL, LLANSAWEL

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

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

UNITED BENEFICE OF CATHEINIOG

Llangathen – 1st and 3rd Sunday
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

Meet at United Reformed Church Christchurch, The Court, Lant Avenue, 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: davidkeithevans@hotmail.co.uk

MERCHED Y WAWR

Bydd y cyfarfod nesaf ar Fawrth 13eg yng Ngwesty Pen y Brenin am 6.30. Pryd yr edrychwn ymlaen at gael cwmni Ioan Hefin in diddani yn ein cinio blynyddol.

Ar brynhawn Mercher Chwefror 13eg daeth Sylvia Thomas o Nantgaredig atom ar fyr rybudd. Gyda syniadau syml i baratoi bwydydd i ymwelwyr byr rybudd. Roedd esiamplau amrywiol o fwydydd am bryd gwyd tri chwrs. Yn ogystal a bodyn wledd ir llygaid roedd y bwydyn flasusiawn.

BLAST FROM THE PAST

Ieuan Davies and crew with the Llandovery Fire Engine, circa 1960.

LLANDOVERY FOLK DANCING

'Dancing makes you more intelligent', according to TV Dr Michael Mosley*; should you wish to give it a try! come along on 15th March to Llanwrda Hall, when band 'DiEnw' will be playing lively jigs and reels for dancing, you don't need to have a partner and you don't need to know the dances, as Rose Mathews will be calling (leading the dances). Its open to experienced dancers and beginners, anyone reasonably fit and keen to have a go.

Its 25 years since the monthly dances started with 'Llandovery Folk Dancing', so you may have enjoyed one of the dances over the years but if not come along and feel the benefits. These are not only physical but Dr. Michael Mosley argues it is the best exercise of all to get maximum brain energy and appears to make people more focused and so could help us to become more productive.

This dance is a fund raiser and 'Llandovery Folk Dancing' are keen to give a big thank you to the band 'DiEnw' and Rose Mathews who will be only taking small monies to cover their travel costs on 15th March. Entry to the dances has been kept consistently low over the years, the Arts Council of Wales and their 'Night Out' scheme supporting the larger events. Tickets for the dance on 15th March are £10 (16 and under £5) with a cawl supper during the evening at £3. Come along and enjoy an evening of dancing, we would most certainly appreciate your support.

www.llandoveryfolkdancing.co.uk facebook.com/llandoveryfolkdancing 01550720232

**www.dailymail.co.uk/health/article-5340009/Dancing-makes-intelligent.html*

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(08/19/12)

LLANDEILO ROTARY CLUB PRESENTS CHEQUE TO TENOVUS

Left to right President Colin Jenkins, Immediate Past President Richard Hughes, Sarah and Past President Kevin Sivyer.

On Thursday, 17 January at the Plough Inn, Rhosmaen Llandeilo Rotary Club welcomed Sarah of Tenovus Cancer Care. Sarah who is part of the fundraising team for Tenovus was introduced by Past President Kevin Sivyer. Rotarians were then given a brief resume of the Welsh charity established in 1943 by ten businessmen, hence its name, that became a dedicated cancer charity in the 1960's.

Sarah's talk centered around the mobile units that operate throughout Wales and allow patients to be treated in the locality they live. Presently there are three mobile units with the most modern having a capacity of 60% more than the first unit with the ability to treat 8 patients at any one time. Now the charity is raising £1 Million towards a fourth unit.So successful are these mobile units that the idea is being considered by various NHS Health Boards.

Following Sarah's talk, Immediate Past President Richard Hughes presented Sarah, on behalf of Tenovus, with a cheque for £1500. Tenovus was one of Richard's chosen charities during his Presidency 2017/18.

POSTDATUM

Producers of

The Post

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 MARCH:

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

St David's Day and Cwmdu Folk Night. A combined evening of musical entertainment. Please see posters and website for further information or check on 01558 685156.

Cwmdu Folk Night on St David's Day. A combined social evening with local folk musicians, singing and poetry in the Cwmdu Inn. Free entry. If you would like to join in and add to the entertainment, you will be very welcome. Some light refreshments will be available. Please see posters and website for further information or phone the shop/pub on 01558 685156.

St David's Day Supper at Myddfai Cafe 6.00pm, Myddfai Community Hall SA20 0JD, 2 courses plus free drink of beer or wine for £8.50, please phone to book 01550 720449 or email carolannedugdale@hotmail.co.uk www.myddfai.org

Llandeilo Country Market. Open 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.

Llandovery 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, Llandovery SA20 0AP. For more information ring Vanessa Buckler on 0300 0200 002 or email: info@carmarthenshirecarers.org.uk www.carmarthenshirecarers.org.uk

2 MARCH:

Dyfed Archaeological Trust presents CARMARTHENSHIRE ARCHAEOLOGY DAY at Graig Campus, Coleg Sir Gar, Llanelli, SA15 4DN. A day of presentations, exhibitions and discussions on the results of recent archaeological research and investigations in Carmarthenshire. Speakers include: Dr Toby Driver, on aerial photography in Southwest Wales and Louise Austin on the Bishop's Park Abergwili; and more to follow….. £6 to include tea, coffee and biscuits. Book early to avoid disappointment. Contact: Jenna Smith Email: j.smith@dyfedarchaeology.org.uk or Tel. 01558 825995/01558 823121.

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.

Cadog Film Club: The Children Act (2017). A high court judge must decide whether to force a teenage boy, against his religious beliefs and his parents' wishes, to have a blood transfusion that will save his life. Llangadog Community Hall at 7.30pm for supper (bring a dish each) and bar; 8.30pm for film only. Non-members welcome. For booking and further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com

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, Llanwrytyd Wells from 10.00am – 1.00pm. first Saturday every month (except June 9th). Stallls 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.

MENNA'S TOP TO BOTTOM OF BRITAIN, ULTRA RUNNING CHALLENGE PRESENTATION. Come and join us to hear Menna's inspiring talk on HOW and WHY she ran the full length of Britain last Summer (2018), 7.00pm in the Sexton Arms, £2 entry per person.

Llandeilo Antiques and Vintage Monthly Fair at the Civic Hall, Llandeilo. Homemade snacks and refreshments will be available at the fair. Doors open at 10.00am and close at 4.00pm. Admission is just £1.

Trecastle Eisteddfod to be held at the Community Hall, starting at 6.30pm. For more information please ring Mrs Rosemary Davies on 01874 636706.

3 MARCH:

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.

The Ramblers – Newbridge on Wye: 360° mountain top panoramas, spectacular Wye valley and historic mansions. Dist. 9 miles. Energetic Explorer Map: 200 Meeting point: Llandovery Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Mike O. Tel. 01269 269591 or Mob. 07763 513568.

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!

Willow Weaving course Myddfai Community Hall 10.30am – 4.30pm to book contact Justine on 01267 202309 www.WestWalesWillows.co.uk

4 MARCH:

Discussion Evening (NIK Software Video) organised Towy Valley Camera Club. www.towyvalleycameraclub.org.uk

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: gillypickering@aol.com

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

Llanwrda and Llansadwrn Country Women: Celebrating St David's Day, Dydd Gwyl Dewi Hapus, at 6.30pm at The Sexton Arms, Llansadwrn when we will all enjoy a tasty cawl prepared by Cliff. For further information please contact Marianne 01550 777622.

5 MARCH:

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.

Film: A Plastic Voyage. The Castle Hotel Ballroom, Llandovery, 7.30pm. Transition Tywi will show a 45 minute documentary film about eXXpedition Round Britain 2017, an ambitious circumnavigation researching the extent of ocean plastic around the UK. The all-female crew braved storms and battled the elements to undertake scientific analysis to see what damage is being done to our marine environment. Two of the eXXpedition crew members, Sarah Tanburn and Sue Weaver, will be happy to answer questions after the screening, and facilitate a discussion about how we can address this urgent issue. The free screening of the film will start at 7.30pm. Doors will be open from 7pm, so please join us in plenty of time to get a drink at the bar before the film starts. Further information will be published in the March edition of The Post, or see the Transition Tywi Facebook page.

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

Brecon Political and Theological Discussion Group at 7.30pm, THREE HORSESHOES INN, Llanfaes. The Survival of Roman Catholicism in Post Reformation Breconshire a talk and discussion led by: Monsignor Clyde Johnson. Monsignor Clyde Johnson has made a study of the reformation in Breconshire.Originally from the Swansea valley he studied at the English College in Rome and graduated at the Gregorian University

6 MARCH:

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: gillypickering@aol.com

The Ramblers – Rhandirmwyn: A very steep climb out of the village through forest on well marked tracks. Great views from the top followed by a short walk by the River Towy Dist. 5 miles. Moderate Explorer Map: 187 Meeting point: Llandovery Railway Station. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: Philip Howes Tel. 01550 720112 or Mob. 07802 856007.

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

Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, starting Wednesday 6th February 2019,11.00am – 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.

Cwmdu Smallholders. The group for smallholders, meeting on the first Wednesday of each month, will be in the Cwmdu Inn from 7.00pm. Bring a plate of food to share. For more information, please contact Pete Mitchell on 01558 685815 or Talley and Cwmdu Smallholders on Facebook.

7 MARCH:

Weaving the web: towards a natural garden with Malcolm Berry organised by Llandeilo and District Gardening at The Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30pm.

7th March 2019:

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

Dinefwr Photographic Society: Guest speaker, Mike Cullis on Raw China. Meeting in the Raven room at The White Hart Llandeilo at 7:00pm all welcome. For full details contact Dorian on 07492 741919, Will on 07768 960323 or Simon on 07773 943536.

Combined Forces @ LINKS will be holding their main awareness day in the Conservative Club, 2 Cowell Street, Llanelli SA15 1UU. We currently have room for 14 awareness stalls in relation to veteran support. Please let me know if you would like to attend. For information ring Michelle Mills, Combined Forces Project Coordinator Tel: 01554 757957 or 07582 717736.

Cymdeithas Cwmdu. A meeting in the Cwmdu Inn at 7pm to discuss the community's activities over the coming weeks and months. If you fancy volunteering at any time to support the running of the pub, shop or Post Office, either in the front line or behind the scenes, there are plenty of things to be done and your help would be appreciated. Please come along and express your interest - everyone is welcome! This will be followed by a short business meeting for Tafarn Cwmdu.

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, Llandeilo (far end of Dinefwr Ave, off New Rd, by Spar.) Do phone if it is your first time as dates very occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

Veterans Awareness Day, 10.30am – 3.00pm at The Veterans Lounge within the Conservative Club Building, 2 Cowell Street, Llanelli SA15 1UU. Information stalls, along with guest speakers on topics such as Veterans Priority Treatment, Wales Homes for Veterans and support provided by the Job centre. For more information contact Michelle on michelle@links.uk.net or 07582 717736.

8 MARCH:

Whist Drive at Llangadog Community Centre, 7.30pm. Contact Jackie on 01550 777316 for details.

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

Llandeilo Country Market. Open 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.

9 MARCH:

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.

Cwmdu Inn. The Scotland v Wales rugby match in the 6 Nations Championship will be screened upstairs in the Blue Room. Kick-off is at 2.45pm. For confirmation, please phone shop/bar on 01558 685156 before 12.30pm when the shop closes or look out for posters.

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

Quiz Night in Crugybar Village Hall with Mike and Dave at 7.30 pm. Admission £2. Tea and coffee available at half time otherwise bring your favourite tipples and nibbles, and your friends.

Celebrity Quiz Night at 7.00pm in the Community Centre in Llangadog, there will be a Celebrity Quiz and simple supper organised by St Cadog's Church. There will be a bar, raffle and prizes and tickets cost £10. To book a place or table (max 8) please ring 01550 777657 or email ireenhayes@aol.com.

JAM JAR BLUES at The Bear with rooms, Market Square, Llandovery SA20 0AB. Book a table for a meal (01550 721777) or just come and listen to the music with a glass in your hand.

10 MARCH:

The Ramblers – SW of Llanmadoc: From Llanmadoc across fields to join the Wales Coastal Path to Rhossili then turning inland to return to Llanmadoc. A varied walk of fields, beaches and hills. Good coastal views. Dist. 11 miles. Moderatel Energetic Explorer Map: 164 Meeting point: Tesco Ammanford car park. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Kim R Mob. 07780 330158.

11 MARCH:

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

3 Way Battle (TVCC/Carmarthen/Pontyberem) organised Towy Valley Camera Club. www.towyvalleycameraclub.org.uk

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

12 MARCH:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

The Arts Society Brecknock – The Chair – 2000 Years of Sitting Down, 2.30pm at Theatr Brycheiniog. Talk by Marc Allum. Non members welcome by booking at the box office or paying £8 on the day.

Behind the Black Door! A talk by Janice Richards organised by Llangadog OAP Association at Llangadog YMCA Hall. Tel: 01550 777049 or 01550 777536 for info.

13 MARCH:

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

The Ramblers – Llandybie: A walk in the locality of the village Dist. 4 or 3 miles. Moderate (4m) / Easy (3m) Explorer Map: 178 Meeting point: Llandybie Railway Station. Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: David Murfin / Barrie Clark Tel. 01269 850914 or Mob. 07872 428423.

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

Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, starting Wednesday 6th February 2019,11.00am – 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.

Wildlife Trust South & West Wales - East Carmarthenshire Group Annual Public Lecture – Richard Rees, Producer and Director will introduce his Film: Tywi - The Dark River of Wales. Filmed over 5 years to reveal its secrets, its wildlife & its people & to raise awareness of what our Rivers have to offer for the benefits of wildlife and their potential to enhance our lives. Venue: Capel Newydd Vestry, Crescent Road, Llandeilo at 7.30pm. Entry £3.

ROD & SALLY'S FUN PUB QUIZ. We are back every Wednesday at the Whitehall at 8.00pm, £2 each, Teams of 4. All proceeds to Llandovery Twinning Association & other local causes.

14 MARCH:

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

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

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 the 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 Elfryn Hall, Llandeilo (far end of Dinefwr Ave, off New Rd, by Spar.) Do phone if it is your first time as dates very occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

15 MARCH:

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

Llandovery Folk Dancing – Twmpath with live band 'DiEnw' with Rose Mathews calling, Llanwrda Hall SA19 8HD £10 Food in midway break 7.30pm to late. Fund Raiser for Llandovery Folk Dancing, please come and support. Come on your own or with partner/family. www.llandoveryfolkdancing.co.uk .facebook.com/llandoveryfolkdancing or tel. Jean 01550 720483.

Open-Mic at the Sexton Arms, Llansadwrn, 7.00pm onwards. All welcome to participate. For more information, please ring Rod on: 01550 779298.

Cadog Film Club Cold War (2018). A passionate love story set against the background of the Cold War in the 1950s in Poland, Berlin, Yugoslavia and Paris. An impossible love story in impossible times. (Polish, French with English subtitles) Doors open 7.00pm; film starts 7.30pm. No booking required. Non-members welcome. For further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com.

Llandeilo Country Market. Open 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.

16 MARCH:

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

Cwmdu Inn. Food night in the community run restaurant with a touch of Irish influence for Saint Patrick's Day tomorrow and maybe a spot of Irish entertainment in the bar. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

Cwmdu Inn. Super Saturday for Rugby fans – the final day of the 6 Nations Championship with 3 matches being played which will be screened upstairs in the Blue Room. Kick-off times are: Italy v France at 12.30pm, Wales v Ireland at 2.45pm and England v Scotland at 5.00pm. Some light refreshments may be available throughout the afternoon. For further information, please contact the shop/pub on 01558 685156.

Old School Disco, from 8.00pm til late at Llandovery Rugby Club to help raise funds for the Llandovery Junior

Football Club's Under 13s and 14s Tour to Prestatyn in May 2019 an old school disco is being held down the Rugby Club in Llandovery on Saturday 16 March. Don't blame it on the sunshine, leave your Hot Chocolate at home, you sexy thing, keep your grove in the heart, make your mind up and come on down to shake your booty at an old school Stokes Disco. Please come to support the boys to raise funds towards the teams taking part in the Prestatyn Football Tournament. £5 entry.

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

Supporting the 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 11.00am – 12.00 noon in lay-by in Cefn Gorwedd road opposite entrance to the field/ playground. For more information, telephone David on 01591 610014.

16 MARCH – 17 MARCH:

Painting From Within. A painting and yoga workshop for anyone – from first-time painters to those who've been doing it for years. Gentle yoga practice and drawing/ painting enquiries to connect you more fully with your innate creativity – your source, followed by a liberating opportunity to paint from your imagination without restriction, expectation or the need to 'be an artist'. 10.00am – 4.30pm, Danycoed, Gwynfe, Llangadog, SA19 9TB. £40 (Saturday) or £70 (Saturday and Sunday) including all materials and vegetarian lunch. For more info/ to book, contact Clare – 01550 740168; thelavenderproject2016@gmail.com or Kirsty – 07813 647936; kirstymaryyoga@gmail.com

17 MARCH:

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.

The Ramblers – South of Builth: Starting on the Wye Valley Walk south of Builth then bridleways, paths and quiet lanes with great views of the Black Mountains. Return past Llanstephan Church. Dist. 9 miles. Energetic Landranger Map: 161 Meeting point: Llandovery Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Judy Gore Tel. 01591 610613.

Cwmdu. There will be a service in Providence Chapel at 10.30am.

Cwmdu Inn. Llanelli and Bynea Cycling Club will be stopping off in Cwmdu for lunchtime refreshments including Cawl, during their annual Audax spring bike ride. Supporters also welcome.

Dinefwr Poetry. An informal collection of poetry lovers meet to read out their poetry between 2.30pm and 4.30pm (times when it is closed to the public), on the first and third Sunday of every month at the Railway Station Cafe LLandovery. Refreshments and cake available. Tel: Mick: 01550 777656.

18 MARCH:

Competition 6 – Character Portrait organised Towy Valley Camera Club. www.towyvalleycameraclub.org.uk

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

19 MARCH:

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.

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

20 MARCH:

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

NAAFI Morning at Dairies Sports & Social Club, 38 Water Street, Carmarthen SA31 1RG, 10.30am – 12.30pm. For more information contact us on 07582 717736.

The Ramblers – Llansteffan: A circular walk starting at the beach car park, Llansteffan. Part of the walk along the Wales Coastal Path to Scotts Bay and Wharley Point with spectacular views over Carmarthen Bay. Return passing St Ystyffan's Church (12th century). Dist. 5 miles. Moderate Explorer Map: 177 Meeting point: Llandeilo Railway Station. Dep. 10.30am on by car, organised by Dinefwr Ramblers. Leader: Liz & Ian Dutch Tel. 01267 241585 or Mob. 07813 068103.

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

ROD & SALLY'S FUN PUB QUIZ. We are back every Wednesday at the Whitehall at 8.00pm, £2 each, Teams of 4. All proceeds to Llandovery Twinning Association & other local causes.

Louise Austin from the Tywi Gateway Project, "Bishops' Palace Garden Restauration". At Cothi Gardeners, Coronation Hall, Pumsaint SA19 8UW, 7.30pm, guests welcome, £3, which includes refreshments.

"Wouldn't it be lovely." A demonstration by Ruth Milton Jones organised by Llandovery Floral Art Society at 7.00pm, Dolau Bran, Llandovery.

21 MARCH:

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

Dinefwr Photographic Society: Photo Forum – Print, bring 3 or 4 of your A3 print images for constructive feedback on the topics of Environmental, Old or New, Patterns, Artificial light or My Back Yard. Meeting in the Raven room at The White Hart Llandeilo at 7:00pm all welcome. For full details contact Dorian on 07492 741919, Will on 07768 960323 or Simon on 07773 943536.

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, Llandeilo (far end of Dinefwr Ave, off New Rd, by Spar.) Do phone if it is your first time as dates very occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

22 MARCH:

Whist Drive at Llangadog Community Centre, 7.30pm. Contact Jackie on 01550 777316 for details.

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

Llandeilo Country Market. Open 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.

23 MARCH:

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.

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

Permaculture Tywi and Tools for Self Reliance Cymru are holding a refurbished tool sale and plant/ seed swap at the Tywi Centre, Llandeilo from midday until 2pm. Everyone welcome!

24 MARCH:

The Ramblers – Brecon Beacons National Park: The first part of the walk takes in 'The Three rivers Trail' crossing the River Tarrell, a well known home for otters and kingfishers. The route then takes us onto part of 'The Taff Trail' before turning West up onto the lower slopes of Fan Frynach and back to the National Park Visitor Centre in Libanus for tea. Dist. 10 miles. Energetic/Strenuous Explorer Map: OL12 Meeting point: Llandovery Railway station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Beryl Williams Tel. 01550 777870 Mob. 07713 709204.

25 MARCH:

PAGB Recorded Lecture 'Kaleidoscope' organised Towy Valley Camera Club. www.towyvalleycameraclub.org.uk

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

26 MARCH:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

27 MARCH:

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.

Myddfai Farmers Market at Myddfai Community Hall 9.00am – 1.00pm. Come along for a wide range of quality local produce. Hot refreshments available from the cafe 01550 720449 www.myddfai.org

ROD & SALLY'S FUN PUB QUIZ. We are back every Wednesday at the Whitehall at 8.00pm, £2 each, Teams of 4. All proceeds to Llandovery Twinning Association & other local causes.

Ambulance Talk and Demonstration organised by Llandovery Friendship Club at Vicar Prichard Hall, High Street, Llandovery, 1.45pm.

Flower arranging demonstration with tips on showing flowers and vegetables with Pat Llewelyn organised by Llangadog & District Gardening Association, 7.30pm in YMCA Hall, Llangadog. Tel: Helen on 01550 779074 for further info.

The Ramblers – Cefn Drum, Pontardulais: An area of ancient remains and once steeped in the coal mining industry. A walk on the hill with excellent vista over the southern coastline. Dist. 5 miles. Moderate Explorer Map: 178 Meeting point: Tesco Ammanford car park. Dep. 10.00am on by car, organised by Dinefwr Ramblers. Leader: Wendy & Alcwyn Squires Tel. 01269 594415 Mob. 07969 646115.

28 MARCH:

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

Llandovery Garden Club will welcome our Speaker for the evening Carrie Thomas & his Subject will be: Something Different from Seed. The club meets at the Dolau Bran Community Hall, Llandovery at 7.00pm. Please come and join us for a lovely evening out. Non

members will be charged at £2.00 for the evening including a raffle & refreshments. For further information please contact 01550 720771.

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, Llandeilo (far end of Dinefwr Ave, off New Rd, by Spar.) Do phone if it is your first time as dates very occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

29 MARCH:

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

YSGOL BRO DINEFWR PTA QUIZ NIGHT: The Ysgol Bro Dinefwr PTA are holding their first quiz night. It will be at the White Hart pub in Llandeilo at 7.00pm. All ages are welcome - bring a team of six to eight members. If you haven't got a team then please come along and we will make up teams on the night. A wide range of questions including sport, history, music and local news and history. Something the whole family can enjoy! Food will be available at the event. Look at our Bro Dinefwr PTFA Facebook page for more details.

Llandeilo Country Market. Open 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.

Please join us at Sinema Sadwrn for the classic Ealing comedy Passport to Pimlico. The accidental explosion of an undetonated German bomb left over from World War II unearths a long-buried cellar containing both fabulous riches and a previously unknown royal charter from King Edward IV that cedes the surrounding land to the last Duke of Burgundy. Since the charter has never been rescinded, the London district of Pimlico is now legally the long-lost Duchy of Burgundy, and therefore no longer subject to British law, including postwar rationing and pub closure hours. But is it all gin and crisps? Certificate U, running time: 1 hour 24 minutes. Starts 7.00 in the Reading Room, Llansadwrn. Visit Sinema Sadwrn on Facebook for more information or call 07900 908391.

30 MARCH:

The Llandeilo spring clothes swap will be at the St John's ambulance hall: Doors open at 10h30, charge at the door of £2, bring a bag of unwanted clothes (women/men/children/accessories/shoes/maternity. PLEASE SORT THE CLOTHES BY CATEGORY.), clothes swap starts around 11h00. There will be drinks/tea/coffee and cakes/fruits, please do bring home-made cake or biscuits for sale if you can, all the proceeds go to the breastfeeding support group. Last time a few people stayed and helped with the sorting out at the end, It was most helpful and we all had a good time of it, please let us know that you can help this time. If you know you can't make the day but have clothes you'd like to donate, please contact us to arrange something. Looking forward to seeing you all on the day for our usual fun and socialising! Mia (01570 423339) and Louise (07891 029833).

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.

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

31 MARCH:

The Ramblers – Beacons Bonanza 17: Fan Llia and Fawr. A variation on this classic ridge walk. A couple of steep climbs on this high moorland route, half of which is on recognised footpaths, the remainder cross country. At 2250' of climbing, this will be a rewarding day out. Expect some marshy bits and a brisk pace. Dist. 11.5 miles. Strenuous Explorer Map: OL12 Meeting point: Llandovery Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Jim S Mob. 07851 365303.

1 APRIL:

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: gillypickering@aol.com

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

2 APRIL:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

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

3 APRIL:

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: gillypickering@aol.com

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

4 APRIL:

Dinefwr Photographic Society: Exhibition Selection. Meeting in the Raven room at The White Hart Llandeilo

at 7:00pm all welcome. For full details contact Dorian on 07492 741919, Will on 07768 960323 or Simon on 07773 943536.

5 APRIL:

Whist Drive at Llangadog Community Centre, 7.30pm. Contact Jackie on 01550 777316 for details.

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

Llandeilo Country Market. Open 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.

Llandovery 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, Llandovery SA20 0AP. For more information ring Vanessa Buckler on 0300 0200 002 or email: info@carmarthenshirecarers.org.uk www.carmarthenshirecarers.org.uk

6 APRIL:

GRAND MID WALES CYCLE JUMBLE AND AUCTION (INCLUDING SURPLUS ITEMS FROM THE MUSEUM STORES). The event will take place at Cefnllys School, Cefnllys Lane Llandrindod Wells LD1 5WA (2 mins from the museum). Museum will also be open. Two minutes from the Museum ,plenty of parking on site. Tables: £7 each inside, £5 outside (set up from 0900). Public admission: Pre 09.45 £3. From 09.45 £1. Auction of surplus museum cycles at 11.15am. For a list of machines for auction and to book a stall, please contact Steve Griffith on Mob 07740 923 630 or email: griffith531@hotmail.com NB: THERE WILL NOT BE DEBIT/ CREDIT CARD PAYMENT FACILITIES ON SITE. PAYMENT BY CASH ONLY.

Cadog Film Club: The Little Stranger (2018). In 1948, when a country doctor is called to the crumbling manor where his mother once worked as housemaid, he finds that the inhabitants are haunted by something more ominous than a dying way of life. Llangadog Community Hall at 7.30pm for supper (bring a dish each) and bar; 8.30pm for film only. Non-members welcome. For booking and further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com

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, Llanwrytyd Wells from 10.00am – 1.00pm. first Saturday every month (except June 9th). Stallls 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.

6 APRIL – 7 APRIL:

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 APRIL:

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!

8 APRIL:

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.

9 APRIL:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

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

10 APRIL:

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.

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)*

AERIAL & SATELLITE SERVICES

LYN ROBERTS, Llandybie. Aerial & satellite services. Tel: 01269 850934 / 07889 217207 (mobile). *02/19(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 www.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 Tel: 01591 620327 or 07803 589627. *04/19(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. *03/19(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 *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. *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)*

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)*

COPYING AND PRINTING SERVICES

POSTDATUM. Typesetting & Design • Booklets • Leaflets Business Cards • Invoice Pads • Letterheads • Raffle Tickets • Function Cards • Gift Cards • Calendars • Mugs T-Shirts and Hoodies • Show Schedules • Black & White and Colour Copying upto A3. Large Format Printing: Vinyl Banners • Self Adhesive Stickers • Sign Boards Window Cling • Custom Wallpaper • Canvas Prints • Posters Architectural Plans • Cassette Banners. Tel: 01550 721225, Email: info@postdatum.co.uk www.postdatum.co.uk

COUNSELLING

COUNSELLOR: Experienced and qualified female counsellor offering confidential space at affordable rates. Something troubling you or on your mind? Struggling with how you're feeling? Talking therapy can help. No problem too big or small. For many years I have worked with men, women, young people, children, couples and families. To find out how I can help or to arrange an initial appointment call me (Cathrin) on 07870 888141. Website: www.cathrinwildwood.co.uk. *03/19(12)*

CURTAINS & COVERS

CURTAINS & COVERS and all accessories. Made to measure - hand sewn curtains, interlining a speciality. Tailored loose covers & fixed upholstery. Interior design service. Always a good selection of fabrics for sale – ring for appointment to view. Choose from my range of fabrics or supply your own. Foam cut to size. Friendly, efficient service. Reasonable rates. *Also antique furniture for sale*. Tel. Sally 01558 668102. *09/19(12)*

ELECTRICIANS

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. *04/19(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 *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 or call 01558 650525 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. *04/19(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)*

AGAP LANDSCAPES. Specialists in Hard & Soft Landscaping. All aspects of fencing / decking / pergolas / driveways / patio's / paths / shed and shed bases, hedge cutting / tree work / pruning and garden maintenance. Free quotes and fully insured. Tel: 01558 543087 or Mob: 07990 554667. www.agap-landscapes.co.uk. *05/19(6)*

GARDEN PURSUIT – FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS. Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered www.gardenpursuit.co.uk *11/19(12)*

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 Llandovery. Tel. Dilwyn 07770 455255. Visit us on Facebook or email: dilwynlloyd2@gmail.com *08/19(6)*

JEWELLERY REPAIRS & ENGRAVING SERVICES

NICHOLAS WALL. Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. Previously located on Rhosmaen Street, Llandeilo. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. *03/20(12)*

JOINERY

CABINET MAKER. I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: info@harryguilecarpentry.co.uk www.harryguilecarpentry.co.uk *03/20(12)*

LAUNDRY SERVICES

LLANDOVERY 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 Llandovery. *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 *04/19(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)*

MEDITATION AND HEALING CIRCLE

CWM IFOR AND SURROUNDING AREAS – Meditation and Mindfulness – Kirsty 07813 647936. One to One and Groups (also Yoga and Relaxation). **Ffarmers, Llanwrda to Most Areas** – Shamanic Sound Healing. Hara 01570 493729/07790 643216. 1 to 1 or 8 week course and support group (also healing therapies and Sound Yoga). **Llandeilo to Llandovery Areas** – Relaxation Techniques – Anna 07813 475470. (also Aromatherapy Massage and Reiki). Plus weekly in LLandovery Community Centre. **Trapp/ Llandeilo/Talley Areas** – Weekly meditation class. Yeshe 07717 368207 (also therapeutic massage, yoga and Reiki). *07/19(6)*

PAINTER & DECORATOR

HAYDN ADAMS, For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. www.haydnadams.co.uk *07/19(12)*

PHILIP & BRIAN JOHNSTON FAMILY DECORATORS, Interior and Exterior Decorating – Property Maintenance – Restoration to original detail. Box sash window repairs and sill replacement. PVC troughings and weather board repair or replacement. Wooden floors, skirtings and kitchens fitted. Experience in Insurance Quotations. References on request. *FOR IMMEDIATE ATTENTION.* Tel: 01550 720829 or 01558 650301. *05/19(12)*

PAINTABILITY DECORATING. Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk *12/19(12)*

PEST CONTROL

06/19(12)

THE MOLE MAN. ADAS qualified pest control operative. Moles trapped, rats and wasps exterminated. Domestic and agricultural. Stuart 01550 777394 or mobile: 07791 378958.

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a caring, professional and reliable service for all pet owners and smallholders. Services include canine behaviour practitioner, dog training, dog grooming, dog walking, small animal care, doggy day care, pop in feed service, poultry/waterfowl care and pet to vet taxi service. Available all year round including weekends, evenings and bank holidays. Bookings taken for regular visits. ISCP Canine Practitioner - ISCP Dip. Canine. Prac., member of National Register of Dog Trainers and Behaviourists. Fully Insured and DBS checked. Contact Lyn on 01550 722917. *02/19(6)*

PHYSIOTHERAPY

ANNE HIGGS BSC (HONS) MCSP STATE REGISTERED CHARTERED PHYSIOTHERAPIST. Home visits available for conditions including stroke, Parkinson's and other neurological disease. Also neck/back pain, posture management, respiratory conditions, falls prevention, post- surgery follow-up, preparation for planned surgery (prehabilitation) and rehabilitation to improve general mobility. Llangadog 01550 740466 or 07841 065180. *05/19(12)*

PICTURE FRAMING

PICTURE FRAMING. Over 30 years experience of all types of work. Better buy reputation. Howell Whitney, The Old Printing Office, Llandovery. Tel: 01550 720690. *06/19(12)*

PLUMBERS

KB HOME *Maintenance Plumbing.* For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. *03/19(12)*

PSYCHOTHERAPY

GETTING TO THERAPY CAN FEEL OVERWHELMING. In times of struggle I will meet you just where you are when something deeper and wiser is asking to be met and addressed. With focused attention, open awareness and kind intention, I can help you reconnect with your own sense of feeling alive, and then wellbeing and joy become possible. I have an MA in Core Process Psychotherapeutic Practice. I can be found on the Counselling Directory and the BACP Directory websites. I do not charge for a first meeting. My practice is three miles from Llandovery. Louisa Jones *02/20(12)*

ROOFING

LLANDEILO ROOFING – Based in Llandeilo we offer a complete roofing service, from slate and tiled roofs. Including full re-felt and batten to flat roofing and fascia and soffit work. Chimney problems and pointing/lead work. For peace of mind were are DBS checked and also Approved Firestone rubber flat roof Installers offering a 30 year warranty with every Installation. We are happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient,even weekends. Experienced, reliable, affordable. Contact us for a free survey and estimate: 01558 823737 Mobile 07584 550969 email: localroofer.wales@gmail.com website: completeroofingworks.co.uk. *03/19(6)*

SOLICITORS

HUGH WILLIAMS SON & CO. Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing, Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandovery 01550 721500. *09/19(12)*

TUITION

MATHEMATICS TUITION IN LLANDEILO. If you would like to improve your grades for GCSE, AS or A Level, or need a bit of extra help in understanding mathematics, then contact me for one-one tuition. I am a retired mathematics lecturer (PhD, PGCE) with an excellent record of student success. Please contact Lynne Roberts on 01558 824431. *12/19(12)*

PHYSICS/FFISEG Retired physics teacher provides physics tuition at A, AS, and GCSE level. (Cymraeg a Saesneg) Llandeilo area. Phone: 01558 669196, Mobile: 07773 124820. *04/19(6)*

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 Montaigue on 07969 887271 or Email: info@panio.uk *02/20(12)*

UPHOLSTERY

MICK SHERIDAN UPHOLSTERY. Experienced upholsterer of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, ottomans, etc. Specialist in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for an instant quote – 07719 801672 or 01550 777933 (answer machine). Email: mick@micksheridanupholstery.co.uk www.micksheridanupholstery.co.uk *10/19(12)*

YOGA

HOLISTIC HEAVEN YOGA: Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and your immune system. Releases aches and pains and also great for toning and strengthening muscles. Phone Claire on 01550 721332 or 07985 077227 for timetable or visit www.holistic-heaven.com. Yoga Classes – Workshops – Retreats – Holistic Treatments. *05/19(12)*

YOGA in LLANDOVERY. YOGA with MINDFULNESS. Gentle yoga working deeply with body, mind and spirit. Movement, postures, breath work and deep relaxation: WEDNESDAY evenings at the YMCA 6.00pm – 7.30pm and THURSDAY mornings at the YMCA 10.30am – 12.00 noon. Beginners welcome. **Also CHAIR YOGA** for those with restricted mobility who wish to enjoy the full benefits of yoga: TUESDAY mornings: 10.15am – 11.15am at The Catholic Hall. Please check events listing for dates or phone Stephanie 01558 650534. *04/19(6)*

THE POST

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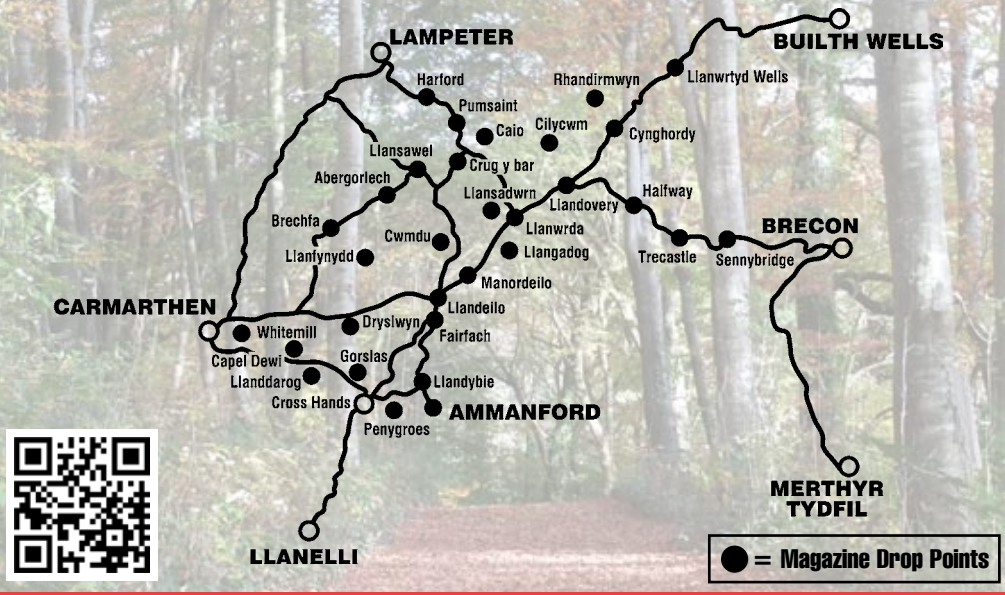
The Post

Llandovery & Surrounding Distribution Area

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



ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE

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

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

Series discounts are available for* ADVANCE PAYMENT *only. Changes Permitted.

REFUNDS ARE NOT GIVEN FOR EARLY CANCELLATION OF PRE PAID ADVERTISEMENTS IN THE POST.

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

Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU
Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:
Tel: 01558 825323 E-mail: libraries@carmarthenshire.gov.uk
Mon 09:00 – 17:00
Tues 09:00 – 18:00 (Staff available 10:00 – 13:00 & 14:00 – 18:00)
Wed 09:00 – 17:30 (Staff available 13:30 – 17:30)
Thurs 09:00 – 17:00
Fri 09:00 – 18:00 (Staff available 10:00 – 13:00 & 14:00 – 18:00)
Sat 09:00 – 13:00 (Staff available 09:00 – 13:00)

LLANDOVERY LIBRARY:
Tel. 01550 721626
Mon 1.00pm – 5.00pm; *Wed* 1.00pm – 5.00pm
Fri 10.00am –12.00am; 2.00pm – 6.00pm

COUNTRY MARKETS
Llandeilo: Fri, 8.30am – 12.30pm, vestry in Capel Newydd, Crescent Rd.
Myddfai: Last Wed of Month, 9.00am – 1.00pm. Tel: 01550 720449
Brecon: 2nd Saturday of month at the Brecon Market Hall, 9.30am – 2.00pm.

TOURIST INFORMATION CENTRES
Llandovery: Open seasonally, Easter to Oct, standard hours 10.00am – 4.00pm, Mon – Sat. High season, extended hours 10.00am – 1.00pm and 1.30pm – 5.00pm, 7 days. Enquiries to 01874 622485.
Llanwrtyd Wells: Tel. 01591 610666. 10.00am – 1.00pm; 1.30pm – 5.00pm

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

TAXI SERVICES
Bridge Taxis, L'deilo. Tel: 01558 822093; Mobile: 07742 283325.
JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.
Llangadog Taxis, Llangadog. Tel: 01550 777924.
Rays Taxi, Llandovery. Tel: 07775 210900.
Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:
Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:
Tel: 01554 784080.

BRECON ADVICE CENTRE
Tel. 01874 624595
12 Castle Street, Brecon, Powys LD3 9BU:
Mon, Tues, Thurs & Fri 10.00am – 1.00pm

LLANDOVERY SWIMMING POOL Tel: 01267 224733

Day	Time	Activity
Mon:	12.00pm – 1.00pm	Recreational Public Swimming
Mon:	1.00pm – 2.00pm	Family/Lane Swimming
Mon:	2.00pm – 3.00pm	Disabled Session
Mon:	4.00pm – 5.00pm	Junior Rookie Lifeguard
Mon:	5.00pm – 6.00pm	Recreational Public Swimming
Mon:	6.00pm – 7.30pm	Family/Lane Swimming
Tues:	12.00pm – 1.00pm	Recreational Public Swimming
Tues:	1.00pm – 2.00pm	Family/Lane Swimming
Tues:	2.00pm – 4.00pm	Private Booking
Tues:	4.00pm – 5.30pm	Lessons only
Tues:	5.30pm – 7.00pm	Recreational Public Swimming
Tues:	7.00pm – 8.00pm	Canoe Club
Wed:	7.30am – 8.30am	Recreational Public Swimming
Wed:	8.30am – 9.00am	Family/Lane Swimming
Wed:	9.00am – 12.00am	School Usage
Wed:	12.00pm – 1.00pm	Recreational Public Swimming
Wed:	1.00pm – 2.00pm	Family/Lane Swimming
Wed:	2.00pm – 3.55pm	Staff Training
Wed:	3.55pm – 6.30pm	Lessons only
Wed:	6.30pm – 7.30pm	Family/Lane Swimming
Thur:	12.00pm – 1.00pm	Recreational Public Swimming
Thur:	1.00pm – 2.00pm	Family/Lane Swimming
Thur:	2.00pm – 3.55pm	Private Booking
Thur:	3.55pm – 6.00pm	Lessons only
Thur:	6.00pm – 7.00pm	Family/Lane Swimming
Thur:	7.00pm – 8.00pm	Canoe Club
Fri:	7.30am – 8.30am	Recreational Public Swimming
Fri:	8.30am – 9.00am	Lane Swimming
Fri:	9.00am – 12.00pm	School Usage
Fri:	12.00pm – 1.00pm	Recreational Public Swimming
Fri:	1.00pm – 2.30pm	Family/Lane Swimming
Fri:	2.30pm – 3.00pm	Group Splash
Fri:	4.00pm – 5.30pm	Lessons only
Fri:	5.30pm – 7.00pm	Recreational Public Swimming
Sun:	9.30am – 11.00pm	Splash Lessons
	11.00pm – 12.00pm	Recreational Public Swimming
	12.00pm – 2.00pm	Family/Lane Swimming

Traveline: 0871 200 22 33

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

Llandovery – Lampeter
via Llansawel (A - 288) or Pumsaint (B - 289)

Llandovery (Car Park)	A	9.15 am (Mon, Tues, Thurs, Fri)
Llandovery (Car Park)	B	12.50 pm (Mon & Fri only)
Caio Post Office	B	10.55 am (Tues & Thurs only)

Golden Grove – Llandeilo – Carmarthen (277) Wed & Sat only

	Sat am	*Wed am*	*Wed & Sat p.m.*	
Gelli Aur/Golden Grove	8.35	9.10	Carmarthen (Bus Stn.)	1.45
Ffair-fach	8.40	9.15	Abergwili (church)	1.51
Llandeilo (Yr Hen Vic)	8.45	9.20	Nantgaredig (square)	2.04
Salem (opp. Angel Inn)	8.55	9.30	Felindre	2.16
Capel Isaac	9.05	9.40	Capel Isaac	2.38
Felindre	9.29	10.04	Salem (Angel Inn)	2.47
Nantgaredig (square) shelter	9.42	10.17	Llandeilo (Yr Hen Vic)	2.57
Abergwili (shelter)	9.54	10.29	Ffair-fach	3.02
Carmarthen (Bus Stn.)	10.01	10.36	Gelli Aur/Golden Grove	3.07

Train Times (Timetable 09/12/18 – 18/05/19)

		Mon to Fri					Sat.				Sun.	
Swansea	D	—	—	06.04	09.34	14.35	18.21	04.31	09.15	13.12	18.17	11.12	15.29
Gowerton	D	—	—	06.15	09.45	—	18.32	04.42	09.26	13.23	18.28	11.20	15.39
Llanelli	D	05.20xx	—	06.25	09.55	14.53	18.42	04.50	09.34	13.32	18.40	11.32	15.49
Ffairfach	D	05.54x	—	06.59x	10.29x	15.27x	19.16x	05.24x	10.10x	14.08x	19.14x	12.08x	16.27x
Llandeilo	D	05.59	—	07.06	10.34	15.32	19.21	05.29	10.15	14.13	19.19	12.13	16.32
Llangadog	D	06.08	—	07.16	10.43	15.42	19.30	05.39	10.24	14.23	19.28	12.22	16.42
Llanwrda	D	06.12	—	07.19	10.47	15.45	19.34	05.42	10.28	14.26	19.32	12.26	16.45
Llandovery	A	06.22	—	07.28	10.56	15.54	19.43	05.51	10.37	14.35	19.41	12.35	16.54
Cynghordy	D	—	—	07.37x	11.04x	16.03x	19.51x	05.59x	10.45x	14.44x	19.49x	12.43x	17.03x
Llanwrtyd	D	—	—	08.08	11.21	16.24	20.31	06.16	11.05	15.01	20.08	13.00	17.20
Llandrindod	D	—	06.18	08.45	12.01	16.59	21.19	06.55	11.40	15.42	20.42	13.43	18.01
Shrewsbury	A	—	07.57*	10.14*	13.32	18.28*	22.54	08.22	13.09	17.11	22.08	15.17	19.33
Shrewsbury	D	04.49	—	05.56	10.09**	14.05	18.24**	05.16	09.00	13.58	17.57	12.04	16.18
Llandrindod	D	06.14	—	07.35	12.00	15.41	19.56	06.54	10.34	15.19	19.37	13.41	18.03
Llanwrtyd	D	—	—	08.09	12.31	16.23	20.30	07.23	11.07	16.02	20.08	14.12	18.34
Cynghordy	D	—	—	08.22x	12.44x	16.36x	20.44x	07.35x	11.20x	16.17x	20.22x	14.25x	18.48x
Llandovery	D	—	06.42	08.34	12.56	16.48	20.56	07.47	11.32	16.24	20.34	14.37	19.00
Llanwrda	D	—	06.48x	08.40x	13.02x	16.54x	21.02x	07.53x	11.38	16.36x	20.40x	14.43x	19.06x
Llangadog	D	—	06.52x	08.44x	13.06x	16.58x	21.06x	07.56x	11.42x	16.42x	20.44x	14.47x	19.10x
Llandeilo	D	—	07.03	08.56	13.18	17.10	21.17	08.08	11.54	16.58	20.55	14.59	19.21
Ffairfach	D	—	07.06	08.58	13.20	17.12	21.20	08.10	11.56	17.00	20.58	15.01	19.24
Llanelli	D	—	07.45	09.39	14.04	17.52	22.01	08.55	12.42	17.40	21.38	15.41	20.04
Swansea	A	—	08.08	10.01***	14.25	18.14	22.22***	09.22***	13.01***	18.09	22.06	16.03	20.25***

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

* = To Crewe
*** = To Cardiff Central
x = Service stops on request
xx = Starts from Carmarthen

Llandovery – Llandeilo – Carmarthen (280/281)

	281	*280*	*281*	*280*	*281*	*280* S+NS	*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	7.39	9.31	11.29	13.01	14.44	17.07	18.25	19.32
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02

	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	6.36	8.00	9.59	11.00	13.04	15.00	17.04	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 (Shelter)	—	8.21	10.26	11.21	13.31	15.21	17.29	18.50
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

All services operate Mon-Sat, except where shown:
NS: Mon to Fri only.
S: Saturdays only.

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.