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# EASTER IS JUST AROUND THE CORNER AND THERE'S PLENTY OF FUN TO BE FOUND FOR EVERYONE AT DINEFWR

This Spring sees the first ever Dinefwr spring promenade; Gorymdaith Y Gwanwyn. Join us for a colourful spring procession at Dinefwr. **Make a flower crown**, wear your Sunday best and promenade with us! Feel the joys of Spring, bring friends and family and make it a special event for Llandeilo. Everyone welcome!

In the **Easter holidays** there are activities galore on the **Easter trail**, which is suitable for pushchairs and wheelchairs. Make sure to pick up a trail sheet from the friendly team at Newton House, before completing the activity trail and collecting a chocolate egg at the end (made using Rainforest Alliance Certified cocoa). So why not leap into Easter, create some wild art, tell a story, act like your favourite animal, enjoy some dressing up and make some noise? (Non -dairy eggs available)

On Sunday 31st March the egg-straordinary (ohhh it has to be said) Easter egg painting and the grand egg rolling race will take place. Roll up

*continued on page 3*



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# ALL ABOUT *The Post*

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for next issue:  
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## *The Post* Future Copy Dates

May.....	15th April
June.....	16th May
July.....	17th June

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*continued from page 1*

your sleeves to paint your brightest egg and join in the Great Easter Egg Race for some good, old-fashioned fun.

If the weather turns, or you want a rest and recharge, the café is serving delicious snacks and hot and cold drinks. In the Dining Room the ever popular puppet show will be working the room and for the LEGO fans out there, the LEGO trail minifigures will have been relocated for Easter.

Full details of all Dinefwr events are at [www.nationaltrust.org.uk/visit/wales/dinefwr/events](http://www.nationaltrust.org.uk/visit/wales/dinefwr/events). Admission applies. Some events have a small additional charge such as £3 per child to take part in Easter trail.

There are other National Trust properties nearby that will have plenty to do for the whole family. Remember your visit is free if you are a member.

Llanerchaeron, near Aberaeron, has beautiful walled gardens that are a sight to behold at any time of year. The Villa has an exhibition of clocks and there's plenty to entertain little ones with a fantastic Easter trail, farmyard animals, lakeside walks and an indoor playroom if the weather turns. Check opening hours and plan your visit at [www.nationaltrust.org.uk/visit/wales/llanerchaeron](http://www.nationaltrust.org.uk/visit/wales/llanerchaeron)

Dolaucothi Gold mines, near Pumpsaint, is open from 20 March with fascinating mine tours (advance booking essential on website) and a fun gold panning experience. Dolaucothi's 2000 acre estate is open all year round with many wonderful walks and trails to explore. In season, the bluebells in the woodland, beside the car park, are a spectacular sight. Check opening hours and plan your visit at [www.nationaltrust.org.uk/visit/wales/dolaucothi](http://www.nationaltrust.org.uk/visit/wales/dolaucothi)

**CYMDEITHAS DDINESIG  
LLANDEILO A'R CYLCH  
LLANDEILO AND DISTRICT  
CIVIC SOCIETY  
PROGRAMME CHANGE**

The Llandeilo and District Civic Society's event on Tuesday 5 March will not now be about what is happening with the Heart of Wales Line. It is hoped that this subject can be re-scheduled for a later date.

If a replacement subject can be arranged for 5 March, details will be found on the Society's website [llandeilodistrict.org.uk](http://llandeilodistrict.org.uk), its Facebook page, posters and in the next newsletter for members.

08/24/12



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1124(12)

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We have exciting job opportunities within our expanding residential care team. If you are looking for a new challenge and would like to be a part of something new, please get in touch.

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0224(1)

# The Welsh Bible Exhibition

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For more info contact:  
[bible4wales@gmail.com](mailto:bible4wales@gmail.com)



## LLANWRDA CRICKET CLUB

Training for the Juniors restarts on Friday 26 April at Castle Fields, Llandovery. We will again be running All Stars and Dynamos and these begin on 10 May. Please contact Gwynn Davies for information about the juniors on 07956 147464.

Nets for the Seniors start on 4 March at Llandovery Sports Hall. We are always on the look out for new adult players – Saturday matches for the 1st XI or mid-week for our 2nd XI – Llewod Llanwrda. If you are interested in any of these teams, please contact Adrian Davies on 07867 794771 for more information.

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

### LLANWRDA C C BONUS BALL WINNERS

*Congratulations to:*

17/01/24	35	No winner
24/01/24	17	No winner
31/01/24	55	No winner
07/02/24	42	Sandy Clement

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

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## LLANGADOG W.I.

We didn't have a formal meeting in February as we had a day out, whilst it was dry and sunny, to the Carmarthen Museum at Abergwili. On arrival we stopped at their lovely tea rooms for morning coffee, where there was also a good selection of gorgeous cakes. A guide had been provided for our group who pointed out interesting items that had been collected over many years. A lovely place to visit. After all the information we were given and being close to 1.00 p.m. we were ready for lunch which was taken at The Ivy Bush in Carmarthen, where we all enjoyed a nice meal and a catch up with each other. At our next meeting, on March 7th, we will be celebrating St. David's Day, a little late, but we can't miss out on Mary's homemade Cawl, with bread and cheese. We meet on the first Thursday of every month at Llangadog Hall at 7.00 p.m., visitors are always welcome.

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03/24(6)

# WHAT'S ON IN CAPEL DEWI

The Old School, Capel Dewi, SA32 8AD

- Local Producers Market 9th March 9.30 – 13.00
- Coffee Morning 13th March 10.30
- Eisteddfod Fach 15th March 18.00
- Welsh Taster Lessons 19th Feb, 26th Feb, 4th March and 11th March 19.00 – 20.00

Coming in May 60's Disco and Plant Sale

## Llandovery u3a

"The Epynt past and present" proved to be of considerable interest and many visitors attended. There is such a lot of history to explore and people to remember we are hoping to develop more studies and encourage folk to share their knowledge and experiences.

To continue our theme of looking at insects – Keith Noble will be introducing us to the world of Dragonflies. Keith is the recorder for Llangorse Lake.

Another first – Ioan Lord will talk about his research into the metal mines of Ceredigion. His ambition to identify visit and record them. It is hard to imagine mid Wales as an area of heavy industry over the centuries but the evidence is there if you know where to look!

### Wednesday 6th March

Dragonflies – Keith Noble

### Wednesday 20th March

Worn by Tools and Time. History and culture of the metal mining industry in North Ceredigion – Ioan Lord

We meet in Llandovery Rugby Club at 10.30am for coffee and a chat, the speaker starts at 11.00am. There is easy access and parking. Visitors are very welcome.

For further information contact – Anne Lynd-Evans 01550 750286

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03/24(12)

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*In response to our letter as published on page 44 in The Post no 331, February 2024:*

Dear Criw Amgylchedd Llanymddyfri –  
Llandoverly Climate Action Group

Thank you for your email to the Minister for Climate Change, asking for a National Clean Energy Plan for Wales. I work in the Energy Division and have been asked to respond. Thank you also for the work the Llandoverly Climate Action Group is doing locally, and ensuring an opportunity to discuss important issues. It is vital we find a way to discuss and consider all views, which is fundamental to planning decision in Wales. The social, environmental and economic (including job-creation) benefits associated with any development should be fully factored into the decision-making process. Planning decisions must be based on an assessment of the impacts of the proposed development, irrespective of who the applicant is.

The Welsh Government considers it vital that communities benefit from local renewable energy projects. We have achieved 97% of our target for 1 GW of renewable energy to be locally owned by 2030. We shall continue to work with developers to ensure they understand the policy intention in Wales to deliver benefits and support communities. As you note in your e-mail, Wales has for centuries not benefited from its rich natural resources; the intention is to reverse this trend and ensure we maximise opportunities for Wales.

In relation to the point you made on a National Energy Plan, we are seeking relevant evidence. Our investment supporting all local authorities to develop local area energy plans will identify opportunities for retaining benefit within communities. All local authorities across Wales are working on a Local Energy Plan; regional energy plans exist already. These energy plans will provide Wales with detail on the energy needs and generation of each local authority area. This will provide us with better knowledge to approach the national plan, so that we have the local and regional knowledge feeding to the national level.

I have included the following links for your attention and apologise if you are already aware of the documents. I hope you find them of interest, as they form part of planning for sustainable energy in Wales.

#### **Heat Strategy for Wales:**

In 2022, we published a consultation on the draft Heat Strategy for Wales, which includes reference to green energy, renewable energy, the Well-being and Future Generations Act and community heat. Keep an eye on the Heat Strategy for Wales consultation webpage to read the Responses Report and Final Strategy, due for publication in March 2024.

#### **Review of Wales's Renewable Energy Targets:**

In 2022, we consulted on the Welsh Government's proposed new renewable energy targets. You can read the consultation documents and responses summary on the Review of Wales's renewable energy targets page, which include reference to renewable energy local-ownership and low-carbon tracked growth.

#### **Energy Generation in Wales:**

For more on Wales's community energy projects,

please see the Energy Generation in Wales report 2022, which highlights Wales's latest progress in developing renewable energy. You can read a summary in the Minister's written statement.

#### **Renewable Energy Developer:**

Please see Renewable Energy Developer for Wales to read about plans to develop Welsh Government owned solar and wind projects, the income from which will go to the Welsh Government. A board will supervise the projects, ensuring the developer acts in the interest of Wales and its people.

#### **Future Energy Grids for Wales (FEW) - Insights Report:**

Future Energy Grids for Wales: Insights report (gov.wales)

The FEW project aims to contribute to the Net Zero Goal by 2050 by:

1. Consolidating a broad view, across the network companies operating in Wales, of the Net Zero compliant Welsh future energy system pathways to 2050;
2. Identifying the key implications for electricity and gas network operators and steps needed to develop energy networks in Wales as part of the wider UK energy system; and
3. Developing recommendations for the Welsh Government, consistent with its ambitions to accelerate decarbonisation and role in the energy governance landscape.

#### **Air Source Heat Pumps:**

We recently published our commissioned research into Heat Pump Noise and Permitted Development rights, as we wish to encourage heat-pump uptake without creating noise nuisance. You can read the Minister's written statement, which links to the report. Our Planning team are reviewing the research findings with a view to consulting on the topic this year. Please see the Welsh Government consultations webpage, where you can sign up for newsletters on future consultation, and there is an option to filter by topic or key words.

#### **Bute Energy project proposals:**

Should your group have any queries about Bute Energy's planning proposals, the contact email is PEDW.infrastructure@gov.wales. Planning & Environment Decisions Wales (PEDW) is the Welsh Government division that processes Developments of National Significance (DNS) planning applications. To read about PEDW's role and that of their inspectors, please see the PEDW protocol page, and for communities guidance the DNS engaging with the process page.

I hope the above information is useful to your group, and that you are reassured the Welsh Government is active in planning for an environmentally improved Wales.

Yours sincerely,

Y Grŵp Newid Hinsawdd a Materion Gwledig |  
Climate Change and Rural Affairs Group  
Llywodraeth Cymru/Welsh Government

Glansevin Mansion in Llangadog would like to invite you to book your event here with us between the 10th February and the 20th March 2024 on Fridays and Saturdays only;

We are offering our dining room for exclusive hire. This seats up to 80 people and is suitable for conferences, private parties, children's parties, baby showers, reunions, workshops/classes and much more.


You are also free to take over the attached patio which leads onto the lawn which extends back to our growing orchard and the fire pit which is just waiting to be used on a crisp cold night.

Tea/coffee making facilities are provided within our fully equipped kitchen. We are a self-catering venue - you are more than welcome to hire your own caterers or bring food & drinks and use the kitchen and equipment provided.

We can also let out the Flats, giving 6 rooms, sleeping 11 people, at an additional cost. They are above the dining room and are accessed up an external stair.

For more information and to enquire about this special package please quote "Feb/March offer" and email, [enquiries@glansevin.com](mailto:enquiries@glansevin.com)

See also our website [www.glansevinmansion.com](http://www.glansevinmansion.com)



02/25(12)



## GLANSEVIN MANSION – PLAS GLANSEFIN – PLAS GLANSEVIN

The Glansevin Estate once extended over more than 4,000 acres and belonged to the Lloyd, later Pryse Lloyds for well over 500 years. Do you know where we are? We have discovered that many people locally don't know Glansevin even exists. Having become the owners two years ago now, we want to bring the Mansion back into the community's consciousness.

The house is Grade II\* and is listed mainly for its plasterwork and staircase. The front facade and rooms were added in the early 1800s and those and the older parts of the Mansion have reached the point of needing a lot of work. This has prompted me to look closely at the history, particularly what has happened in the last 100 years or so, to try and find out how any repairs or alterations work with the older fabric.

In doing this, we have met many people, some who lived there, some who visited. We now have a timeline and fairly direct contact with nearly everyone who has owned the place since 1947. We have tracked cousins of the Lloyds who lived here until 1947. They knew about Glansevin, but Glansevin no longer had contact with them. Other people who lived here are Terry who was

04/24(12)

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## Rhys Jones

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at Glansein as an evacuee from London in WWII and who will be spending his 90th birthday here this year and Gwenda Rees who ran the Hwyrnos with her husband through the 1970s. The Hwyrnos staff held a 50 year reunion at Glansein last September. We are in touch with other people who lived here or visited as children from the 1940s onwards. We love hearing their memories and they are also really useful, throwing light on how this large set of buildings was used.

Apart from the constant mending and maintenance we are doing, we let Glansein for weddings, large family and friends self catered parties, workshops, corporate off sites. Guests mostly stay for at least two nights, but we are open occasionally or last minute for parties who don't need the accommodation, particularly if they are mid week. You may have seen our adverts.

We have also been working in the grounds. Our mature apple trees are Glansein - a variety which, I am told, originates here. We have started a programme of replanting the orchard, with another "Glansein" tree but also with other at risk rare apple varieties. We hope to be able to press some serious quantity of apple juice in years to come. Our ancient oak tree on the front lawn continues to survive although sadly a large split in the tree a few years ago is worrying.

I am very keen to hear any stories or connections people have to Glansein and I love showing people around, so do ask if you would like a mini tour.

Camilla von Massenbach

Please see our website at [www.glansein.com](http://www.glansein.com) and our Facebook and Instagram pages.

## LLANEGWAD RAINFALL

JANUARY

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January Total = 183.5mm – 7 1/4"

D. R. DUKE



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07/24(12)

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## Padmasambhava Yoga & Meditation Centre

As the Spring term unfolds, we can enjoy the emerging new growth and energy in the surrounding countryside, birds in song, and perhaps capture this energetic inspiration for our yoga practice. With the light changing, practices become more dynamic as we prepare for the coming months. Attending a yoga class is an excellent way to encourage our bodies to be more active whilst maintaining focus and poise in the mind.

There are a good selection of classes at the Centre in Llandeilo as well as weekly classes at the Penybanc Welfare Hall in Ammanford, the Reading Room Cwrt Henri and a Chair Yoga class at the Llandeilo Bowling Club.

Chair Yoga classes use gentle movements from a sitting position on a chair, with the focus on keeping the joints mobile and muscles flexible, as well as learning relaxation techniques for daily life. No previous experience of yoga is needed. This Wednesday morning class is held in the Bowling Club Llandeilo and this friendly class gives a warm welcome to anyone wishing to try out or join the group.

The benefits of yoga resonate beyond the class and physical practices, bringing a calmer mind and body into daily life. Yoga introduces a greater awareness of the breath and its importance to our good health. Bringing awareness into breathing opens the pathway to using the breath to bring about relaxation and balance and enhance energy - all adding to a sense of wellbeing and better health. Weekly practice of yoga allows the body to gently gain strength and flexibility and these qualities are often also reflected in the mind.

Classes at Padmasambhava are suitable for people of all ages and abilities, from Beginners through to more progressive, as well as Chair Yoga. Students often remark on the sense of well-being brought about by these classes which incorporate movement (asana), breath awareness and breathing practices (pranayama) and end with the deep relaxation of Yoga Nidra. The classes are progressive throughout the weeks and terms and are suited to the students within the class. Students coming to the Centre notice and value the sense of connection and community that coming together in class brings. Padmasambhava yoga classes offer so much more than just the physical aspects of yoga. Please contact Padmasambhava to find out more about their classes or to make a booking. You can phone 01558 823842 or email mail@padma.org.uk More information at www.padma.org.uk.

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# LLANDOVERY EVENTS AND COMMUNITY ACTIVITIES

## MEET OUR NEW SUPPORT COORDINATORS



Excitement is brewing in Llandoverly as two dynamic individuals step into roles pivotal for community growth and development. Maggi Swallow and Tiago Gambogi, both proud residents of Llandoverly, have been appointed as the Llandoverly Events Support Coordinator and Llandoverly Community Activities Support Coordinator, respectively. Their appointment marks the dawn of an ambitious venture – the Llandoverly Support Coordinator’s Project – a two-year initiative fuelled by a generous National Lottery Community Fund grant. Led by the Llandoverly Youth and Community Centre (LYCC) and a steering group through the Rural Futures Programme this project aims to tackle critical issues such as the cost-of-living crisis, accessibility to essential services, and fostering community resilience.

Central to the project’s mission is a surge in community activities and volunteering opportunities from 2024 through to early 2026. Residents can anticipate an array of enriching experiences, from Luncheon Clubs and Repair Café workshops to Cooking on a Budget sessions and circular economy initiatives like plant and seed swaps.

Additionally, existing services addressing the cost-of-living crisis will be amplified to ensure residents receive any necessary support. However, the scope of the project also extends beyond these initiatives. Maggi and Tiago are committed to enhancing access to vital services like lifelong learning, health and fitness, and arts and culture. Career events, Welsh language courses, mental health first aid courses and film nights are among the initiatives designed to enhance residents’ local experiences.

Maggi Swallow, a seasoned professional with a diverse production background spanning three decades, will act as Events Support Coordinator. She says “The prevailing circumstances are sombre, marked by the cost-of-living crisis and the burden of escalating energy bills and food prices, so there is a real need for a surge in proactive spirit and enthusiasm. This project has the potential to foster self-sufficiency in numerous activities and events within Llandoverly, offering a valuable coping mechanism during trying times”.

Originally from Brazil, Tiago Gambogi, has been instrumental in setting up, running, and monitoring a variety of projects within community settings. As Llandoverly Activities Support Coordinator, he echoes the sentiment, stating, “Community engagement and empowerment are at the core of our mission. Through initiatives like volunteer and skills share registers, fundraising support for local groups, and the development of growing spaces, we aim to strengthen social connections and enable residents to shape their collective well-being.”

As the Llandoverly Coordinator’s Project unfolds, the coming months will be brimming with opportunities, stronger connections, and thriving community initiatives. Together with the entire Llandoverly community, Maggi and Tiago are primed to create a positive and lasting impact.

Please let the co-ordinators know about events or activities you have planned so they can be shared through the project’s regular publicity. Whether you have ideas for community projects or need guidance on how to get involved, we are here to listen and support.

Contact: Maggi at [llandoverly.lesc@gmail.com](mailto:llandoverly.lesc@gmail.com) or Tiago at [llandoverly.lcasc@gmail.com](mailto:llandoverly.lcasc@gmail.com) or pop in for a chat at Llandoverly Youth and Community Centre, Gerwyn House, 19 Market Square, Llandoverly SA20 0AB. They can be reached by phone at 01550 721499.

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# MYDDFAI HALL NEWS



Myddfai Community Hall Café and gift shop are open Wednesdays, Fridays, Saturdays & Sundays only from 11.00am – 4.00pm throughout March. Why not pay us a visit for some delicious foods and great quality gifts and learn about The Physicians of Myddfai. We are always looking for more volunteers to help out in the café or shop, if you have a few hours a month to spare please get in touch and come and join our friendly team.

March Events – On Friday 1st March St David's Day we have an afternoon of Welsh Culture & Crafting, from 3.00pm – 8.00pm, Free Entry, with the unveiling of our new Stained-Glass window as well as competitions & a raffle, our café will have a Welsh taster menu on offer. On Friday 8th March we have a Willow Weaving course in the day & a Quiz night that evening from 7.30pm. Saturday 23rd March it's Lisa's Peg Loom course. Our Pop-Up Pub is on again on Friday 29th & our monthly Farmers Market is on Sunday 31st March 12.00 noon to 3.00pm, come along to support the wide range of local producers.

Regular classes at Myddfai Hall- Every Tuesday morning 10.00 – 11.30am it's Yoga with Ginny; Wednesday 1.30 – 3.30pm is our craft class, Wednesday evening we have a Yoga class with Sonia 5.30pm to 7.00pm; Thursday morning is Pilates 9.30am – 10.30am; come along on the day to join in – everyone is welcome.

Myddfai Hall is a popular and affordable event venue and is ideal for Weddings, children's parties, meetings & classes, in fact it is a very adaptable and stunning space for any type of event. Fully equipped and warm with underfloor heating- the Yoga classes love it!

The gift shop has a huge range of quality local gifts, crafts and artwork and Myddfai Jams & chutneys, toiletries as well as a wide range of cards and books-come along and take a look.

Join us this March to try our lunchtime specials, delicious homemade lunches, with a wide range of soups, cawl & home-made cakes on offer daily. We also offer catering for party's and events. For more information, please call in to see Emma the café manager to discuss any of your questions always happy to help.

For more information on catering, events, classes or hall hire please Tel 01550 720449 or 07879 119223 or email [les@myddfai.org](mailto:les@myddfai.org)

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# PWYLLGOR DARLLENFA LLANSADWRN READING ROOM COMMITTEE

## LLANSADWRN PREPARES FOR 2024 PROGRAMME

Following busy Christmas celebrations, the volunteers on the Reading Room Committee have been discussing forthcoming events, whilst recording thanks to other villagers who have helped in so many ways.

Anybody who has been battling the weather will know only too well the difficulties faced by those attempting relatively simple tasks like putting up Xmas lights, so special thanks to Hugh and Rhys Evans for erecting the tree and Gary Robins for providing same and not forgetting either John Duffy and our Treasurers' husband Adrian who filled in for absent members. Yet again Winston Davies came to our rescue when 'the Star' failed to light on the night (yet again!). With no fuss a replacement was sourced and thanks to some 'forward handling' from the Brynmarlais team, it was duly replaced before many people noticed a problem!

Plenty of carols were heard this year thanks to the accompaniment of Llandeilo Town Band and with Llandovery Rotary delivering Father Christmas on time, the section of Côr Meibion De Cymru got going in

the Sextons as planned. Well done to all and thanks to Landlord Cliff.

Singing is very much on the cards this year as informal 'S4P' sessions (that's Singing for Pleasure) are taking place on Thursdays from 2.00 until 3.30pm starting on March 7th. Very much enjoyment is placed on the informal arrangement proposed by organizer Sue Burger – who loves singing – 'no conductor or anything like that' says Sue. Telephone or text to 7905 250904 for more details.

So it's 'Art classes' on Mondays, 'Spinners and Weavers' on Tuesday, 'Sewers and Stitchers' on Wednesday evenings, 'Yoga' on Thursday morning, 'S4P' Thursday afternoons and 'Sinema Sadwrn' on Friday evenings although only once a month. Also being planned is a revival of pub Nine Pin Skittles now that the potable 'alley' has been rejuvenated and moved from the Sextons to the Reading Room.

First meet is sometime in the Easter holidays – watch this space and posters!

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# NEWS FROM THE TOWN HALL

Greetings from your Town Councillors. Where has the sunshine disappeared to? Still we surely can't be in for a drought this summer.

In the end we decided not to have a window treasure hunt this St Davids Day. Half term was a bit too early. However we will get everything ready for next year, when half term I believe will be 24th to the 28th of February much better for a St Davids day treasure hunt.

We are very grateful to the shops for the wonderful displays they put in their windows throughout the year. It makes a walk around town both interesting and good fun and is especially welcoming to our visitors. Well done everyone.

As a town we are pleased to welcome Maggie Swallow and Tiago Gambogi in their new roles helping with Fundraising advice and supporting Events. They will be based at the youth centre. They will be helping us as a council with our own events and grant access as well as welcoming you to share your needs.

We have been very, very lucky over many years to have had our own Councillor Dorothy Burgess organising and promoted town activities. We are very grateful for all her very hard work, she is stepping down from that responsibility due to other responsibilities on council and other councillors will be endeavouring to fill her shoes. Thank you Dorothy we know you will be there to steer us in the right direction.

**As Mayor I am holding a Charity Fundraising Dinner on the 5th April in the Castle Hotel, 7pm for 7.30, £40 a ticket. It will be a three course meal, a disco, raffle and a game or two. Any raffle prizes would be very welcome. It will be a black tie event, which will give us ladies an opportunity to dress up. Plus I rather like being surrounded by men in dinner suits.**

We have purchased a number of canopies and benches for the market square which hopefully will be in situ Easter time. It has long been felt that we should be making more use of our market square both for events, and socialising, for ourselves and visitors. The idea being people can buy their lunch in one of our excellent takeaways and then sit and enjoy in the square. The canopies should provide shelter from rain or sun.

We continue to wish the Drovers and the College all the best for their rugby endeavours for the rest of the season. We are so lucky in this town to have a wealth of excellent sport teams, football, cricket, tennis, squash, karate, cycling, running, two gyms, everything for male and female. Well done everyone and good luck for 2024.

Gina Jones, Mayor

03/24/23

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# DINEFWR RAMBLERS VOLUNTEER IN THE PATHWAYS PARTNERSHIP

The local ramblers group is pleased to be associated with a new Carmarthenshire Council – Ramblers joint initiative: Pathways Partnership Carmarthenshire. With endeavour, many group members have already volunteered their time to survey paths and help safeguard our local public rights of way. Initial training begins in March.

Amy Goodwin, Regional Officer, Ramblers Cymru says “Thank you to everyone in Dinefwr Ramblers that have expressed an interest so far in our Pathways Partnership Project”. Any further volunteers who’d like to help can contact Amy at amy.goodwin@ramblers.org.uk

More information on Dinefwr Ramblers’ walks can be found on their website at [www.dinefwrramblers.org.uk](http://www.dinefwrramblers.org.uk). A friendly group that welcomes new walkers, join them as a guest on any walk by contacting the walkleader.

**Sunday 3rd March: Pendine - Marros** – A pleasant circular walk around Pendine taking in the Welsh Coast Path, Marros Mountain and Pwll. 8 miles strenuous. Departing 9:15am Llandeilo rail station and on by car. Walkleader Stuart C. 07775 503441.

**Wednesday 6th March: Llandovery Llwynywermod Circular** – From below Llandovery’s castle ruin, we walk the Heart of Wales Line Trail ascending woodland clad hillsides overlooking the Towy Valley. Skirting the Prince of Wales’s Llwynywermod estate we find our way back on good tracks and lanes to the town’s welcoming cafes. Dogs on short leads may be welcome, ask walkleader. 6 miles leisurely. Departing 10:30am Llandovery Castle car park. Walkleader Phil H. 07802 856007.

**Sunday 10th March: Crai Reservoir** – Surrounded by wonderful scenery, Crai Reservoir offers a picturesque setting for our walk in the Bannau Brycheiniog National Park, with superb views of Fan Gihirych and Fan Hir. 10 miles moderate. Departing 9am Llandeilo rail station and on by car. Walkleader Ros B. 07976 631083.



Ramblers group in Abergorlech Forest – by Les Lepper.

**Wednesday 13th March: Town & Trails: Mynydd Mawr Woodland Park** – Ideal for guests and new members, an occasional series with a mix of urban and rural. Never far from civilisation, a chance to get mud on your boots and a taste of countryside rambling. The country park sits on reclaimed coal workings. Walk amongst this parkland transformation and see nature’s triumph over abandoned desolation. Great walk for dogs, on a short lead please. 5.5 miles leisurely. Car park at Maes yr Eithin Retail Park, we meet outside Jenkins cafe. Walkleader Les L. 07887 566946.

**Sunday 17th March: Forestry and Open Moorland in Upper Towy Valley** – Steady climb to high ground, then moorland and far reaching views. At old standing stone, back across Mynydd Mallaen to cross stream above waterfall and paths down into the valley and forest. Dogs on short leads are welcome. 8.5 miles strenuous. Departing 9am Llandeilo rail station and on by car. Walkleader Jude C. 07776 433921.

**Wednesday 20th March: Llandyfan** – Starting at Llandyfan church, the walk follows a section of the Heart of Wales Line Trail. We climb to the top of Carreg Dwfyn with stunning views of Carreg Cennen castle, Garn Goch, and the Western Beacons. Dogs dependent on livestock situation. 4 miles moderate. Departing 10:30am Llandyfan Church SA18 2TU. Walkleader Alcwyn S. 07969 646115.

**Sunday 24th March: Gower: Port Eynon and Thurba Head** – A dramatic perambulation on the Wales Coast Path here linking a succession of Iron Age forts perched high above this rugged craggy coast. Choice of 5.5 miles and 9.5 mile routes. Departing 9am Llandeilo rail station and on by car. Walkleader Richard A. 07341 939309.

**Wednesday 27th: Myddfai and Afon Bran** – A pretty spring walk along the banks of the Afon Bran. Bursting buds of willow and hazel catkins plus many kinds of early spring flowers. Lambs and nesting birds in the hedgerows. This is a low level walk on quiet roads and well marked paths, x stiles and shallow fords. Drinks and refreshments at Myddfai Community Hall after. 4.5 miles moderate. Departing 10am Myddfai Community Hall SA20 0JD. Walkleader Anne N. 07722 868240.

**Sunday 31st March** – Check our website for updates.

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## LLANDEILO LITFEST

In 2016, a group of local authors got together and organised a book fair in Llandeilo's Civic Hall. Each author had a small stall, and the group held a selection of readings and workshops during the day. All with the desire to get their books to an audience ever more difficult to reach in the Amazon style of book selling online.

With help from local Welsh speaker Gaynor Jones in 2017 this evolved into a proper Literature Festival with a focus on local Welsh themes and Welsh language. It grew fast in size and scope, inviting speakers from further afield, with a mix of local talent and bigger names. It picked up a diverse range of topics – politics, the environment, gender, art, music, history etc.

The first Lit Fest weekend included over 40 different events, branching out into town, using the function room at the Angel Inn, the Horeb Chapel, Fountain Fine Art Gallery, Oriol Mimosa, the Ginhaus and the Cottage Inn to name a few. In 2019 over 1000 visitors came to Llandeilo and the festival won the Carmarthenshire excellence in Culture Award for a second time in a row.

Sadly, the 2020 event had to be cancelled due to Covid and in 2021 it had to be held online only.

However, in 2022 the festival took a leap of faith and held a smaller but hybrid event, entirely in Hengwrt but streaming half the sessions on the Internet.

Thanks to its success in 2022 and generous, faithful sponsors, 2023 saw the return to a full-scale event with the reintroduction of evening performances, there was 'Pot Fest at the Lit Fest', a celebration of local ceramics to compliment celebrity potter Keith Brymer Jones's talk. Many of the events were held at Hengwrt but there were also talks at Oriol Mimosa, Diod, Flows, The Civic Hall The White Hart and a magical evening of storytelling at The Warehouse.





From the start in 2017 we defined ourselves as a multi genre, Welsh festival with as many Welsh language events as possible, with simultaneous translation of as many Welsh events into English as possible. Where the language isn't Welsh, the theme usually is. Our talks spark important conversations and debates affecting our lives in Wales and we are proud to be the only festival in Wales with such a focus on Welsh literature. This year almost 40% of our talks will be in the Welsh language, with English translation available for most. We have a goal to reach 50% Welsh language for next years' festival.

This year's festival will include a children's festival at Yr Hen Farchned, just up the road from Hencwrt. There will be a mixture of performance, illustration, writing workshops and author talks as well as lots of hands-on art and craft. Like the main festival all the authors are living in Wales with good representation of Welsh language children's books.

Bydd gŵyl eleni'n cynnwys gŵyl blant yn Yr Hen Farchned, ychydig i fyny'r ffordd o Hencwrt. Bydd cymysgedd o berfformiadau, darlunio, gweithdai ysgrifennu a sgysiau gan awduron yn ogystal â llawer o gelf a chreffft ymarferol. Fel y brif ŵyl mae'r holl awduron yn byw yng Nghymru gyda chynrychiolaeth dda o lyfrau plant Cymraeg.

Os ydych yn siaradwr Cymraeg ac yn angerddol am lenyddiaeth, byddem wrth ein bodd petaech yn ymuno â phwyllgor yr Ŵyl Lên. Rydym hefyd yn chwilio am bobl iau i ymuno â'n pwyllgor a'r rhai a fyddai'n fodlon helpu gyda'n cyfryngau cymdeithasol.

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# LLANDOVERY GARDEN CLUB

*Secretary: Denise Nicholson's Report of Meeting: Thursday October 2024 Guest Speaker: Richard Williams 'Plant Hunters'*

Richard began with John Tradescant, the elder, who served as the gardener to King Charles I. He was responsible for the introduction of many species, including the conker, which was probably traded from merchant ships on London's Docklands. He also founded a museum of curiosities, called the Ark, which displayed his plant and animal collections. His son, John Tradescant, the younger, succeeded him as the gardener to King Charles I. He collected specimens from Russia, North Africa, the Middle East and North America. He brought back many treasures, including the tulip tree, magnolia, phlox and Virginia creeper. He also inherited his father's museum, and added more items to it, such as native American artifacts, shells, and fossils. He donated his collections to Elias Ashmole, who later founded the Ashmolean Museum in Oxford.

The historical romantic writer, Philippa Gregory has written 2 books about these gardeners: *Earthly Joys* and *Virgin Earth*.

Joseph Banks was another famous plant hunter who accompanied Captain James Cook on his first voyage around the world. He collected over 1,000 new species of plants from places such as Brazil, Tahiti, New Zealand, and Australia. He also introduced many plants to Britain, such as eucalyptus, acacia, and kangaroo paw. He became the president of the Royal Society, and the director of the Royal Botanic Gardens at Kew.

David Douglas was a Scottish botanist, who explored North America and Hawaii, and collected over 200 new species of plants. He introduced many conifers to Britain, such as the Douglas fir, the ponderosa pine, and the sugar pine. He also discovered the California poppy, and the columbine. He died tragically at the age of 35 when he fell into a 'bull trap' in Hawaii and was gored by a wild bull. There was, however, some uncertainty as to the manner of his death – did he fall or was he pushed?

Tom Hart Dyke is a modern plant hunter, who travelled to over 50 countries, and collected over 5,000 species of plants. He is especially interested in orchids and has discovered many new and rare varieties. He famously survived a kidnapping ordeal in Colombia, where he was held hostage by guerrillas for nine months. He used his time to sketch a map of his dream garden, which he later built at his ancestral home, Lullingstone Castle. He now calls it the World Garden, and it showcases his plant collections from different continents.

Richard was a highly entertaining speaker and was warmly thanked.

**28th March:** Llandovery Garden Club will welcome HUW RICHARDS who is giving us a Talk on "Self Sufficiency in the Garden & Reframing Permaculture"

Our Club meets at the Catholic Hall, Dingat view, Llandovery, SA20 0BD at 7.00pm – 9.00pm. Members pay £15.00 per annum to join but if you wish to come for an evening we charge £3.00. We draw the raffle prizes after the Talk & offer refreshments & a chat.

If you require more details please phone 01550 720771.



Llandeilo's Dementia Friendly group meet every Monday at 2pm in Capel Newydd Vestry on Crescent road, Llandeilo, in a choir led by musicians from Welsh National Opera as part of the WNO Cradle Choir initiative. The group welcomes all those affected by dementia with tea and home-made cake and good company. Familiar and favourite songs are part of the repertoire, many from films and musicals. There will be a concert at Bro Dinefwr school on June 28.

The Cradle choir has recently been involved with local primary schools to compose music and songs with the help of WNO composers and lyricists. This is an exciting project to encourage intergenerational musical creativity as well as raising awareness and understanding of dementia.

Businesses in Llandeilo are invited to become dementia friendly so that they can make sure they operate in a dementia friendly way, such as providing a chair if needed in a shop, or allowing access to a toilet. Look out for a Dementia Friendly sticker in shop or café windows.

Dementia doesn't just affect the individuals and their carers, but the whole community.

Dementia Friendly Llandeilo encourages us all to get involved – and to have some fun at the same time!

Contact [lesleypross@aol.com](mailto:lesleypross@aol.com) 07961 472120.

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# LLANDOVERY ROTARY CLUB



We are in a very quiet period for our Club at the moment. At regular on the face of it. Our committees are meeting regularly arranging events for the forthcoming year and we have some big news. VERY big news.

Firstly we started a Meet The Member item every week being coordinated by Matt (Blue).

Last week was Alan Morgan.

## \*MEET THE MEMBER\* – Alan Morgan



*Meet The Member  
Alan Morgan*

For this weeks meet the member we have, Llandovery born and bred, Alan Morgan. Father of two daughters, Chloe and Caitlin, and Grandfather to two twin boys, Oliver and Jonah. Alan has been a member for 9 years and was rotary president from 2020 to 2022.

Alan previously worked for Dinefwr Borough Council and Carmarthenshire County Council for 25 years. He was a Green keeper and park keeper in Llandovery, before working his way to Head Park Keeper at Parc Howard in Llanelli. Now he runs a gardening and maintenance business in Llandovery.

Alan's main interest and hobby over the years has been Llandovery RFC. He played from the age of 13 through to the senior sides. During this time he earned two caps. One for over twenty years of playing service and one for playing for the first fifteen over a hundred times. Alan served on the executive committee for 12 years and coached for the club for 16 years. Starting at the under sixteens and working up through the youth team and senior sides. He was awarded the D.T Davies Cup for Clubman of the year in 1992. Alan also completed 3 seasons as the coach for Llandeilo Firsts.

Alan is less heavily involved now with his only role being to watch the games!

See, not bad is it! Perhaps we'll have one a month in this wonderful magazine. Two if it's a quiet month!

Rosie and partner Owen attended the Epynt Motor Club

Dinner in Llanwrtyd Wells. And ..... Rosie was presented with a giant cheque for £2,000 made out to the Rotary Club. This is an extremely generous contribution and will be put to great use in the community. Thank you very much Epynt Motor Club. Brilliant.

Due to the Castle Hotel being closed for a few days we had to relocate on one Tuesday. Gareth had arranged with Ann at the Whitehall and we were given exclusive use of the lounge and enjoyed a lovely meal too.

The BIG news? It's great news actually. The event everyone loves. Droverfest is back. Oh yesssss. Droverfest returns on 15th June this year. I can hear the joys of jubilation now.

A trip was arranged to visit The Bohemians show in the Lyric Theatre Carmarthen. The Freddie Mercury and Queen fans set off and thoroughly enjoyed the evening although I'm told they had a couple of unscheduled pub stops on the way home. Typical. After the last pub stop all aboard broke out into an unrehearsed versions of I Want To Break Free and We Are The Champions. Which one played the part of Freddie Mercury I have no idea!

Plenty of room this month so we'll have another Meet The Member .....

## \*MEET THE MEMBER\* – Anthony Wathan.



*Meet The Member  
Anthony Wathan,  
Paul Harris Fellow.*

This weeks meet the member is Anthony Wathan. Anthony has been a member of the Rotary for 12 years and in that time has received a Paul Harris award for his service above and beyond to the community.

He is owner and operator of the local taxi firm Towy Taxis which has been running for 15 years, Here To There Removals for 3 years, Red Dragon Removals and Storage Ltd as co-owner / director for 2 years and Towy Properties Ltd for 1 year as well as a few other projects. Anthony has been key to fundraising efforts, taking a major role in organising an auction evening, a James Bond casino night and a Horse racing evening, raising over £15,000 collectively. More recently he has played a major part in the yearly duck race as-well as being a founding member of the Drover Fest.

This month we were supposed to induct another new member but unfortunately our President contracted gout! Of course he denies this quoting anything other than the dreaded curse that gout is. Those of us who have had it never joke about it. We have had to rearrange the induction

and it will now be in next months report. Sorry Hazel.

This section on Public speaking is written by Dai Dyer: SIARAD CYHOEDDUS – PUBLIC SPEAKING. In the early 1990's I was contacted by a Rotarian from Rhondda Rotary Club Mr Griff Thomas regarding a Public speaking competition for schools for Welsh speakers and that competition is still taking place. Ysgol Pantycelyn was one of the first schools to take part and has taken part, I believe, either as Pantycelyn or Ysgol Bro Dinefwr every year since with the exception of the Covid years. The initial organiser was Mr Thomas after whom I took over and then Mr David Marks organised it for a few years but I then returned as organiser. The teacher who originally trained our Pantycelyn team, Mrs Edwina Rees (now a teacher in Ysgol Bro Pedr), is also still coaching teams every year but we're both a little older now.

Many teams from mid and south Wales again took part this year and 7 of those teams reached the final in Yr Egin, Carmarthen, a tremendous venue, on the 2nd of February and Ysgol Bro Dinefwr was one of the teams the others being Bro Myrddin, Bro Pedr, Bryn Tawe, Gartholwg, Glantaf and Henri Richard. This year's topics varied from "there's no place for Cinderella in the dance any more", to A.I., the future of education, the 20mph speed limit and YBD's topic – Pylons in the Tywi valley. The adjudicators commented on the extremely high standard of all teams and further made the observation that the Welsh medium competition is of a far higher standard than the English equivalent – an interesting comment on Welsh Medium education perhaps.

The team representing YBD were Harri Owen, Gruff Jones and Mared Roberts and I must personally thank Mr Noir Jones, head of Welsh at YBD for assisting with the speeches and the team for listening to my attempts at coaching!! On the day they hardly used their notes at all!! Mared succeeded in taking the second prize for those opposing the motion and the entire team received high praise indeed,

This year's competition was particularly notable for one other reason. For many years Dr R Alun Evans has been an adjudicator in the competition. For those who might not have heard of him, he was the first to commentate in Welsh on a football game on television, he presented the



*Siarad Cyhoeddys – Public Speaking. Included are the winning team representing Ysgol Bro Dinefwr, Harri Owen, Gruff Jones and Mared Roberts. Also Dai Dyer and President Dan Jones.*



*Epynt Motor Club generously present a cheque for £2,000 to Rosie the Rotary Club secretary. Also in the photo are Gerwyn Jones of DG Jones Agri Ltd and Jamie Pickup and Ceri Davies.*

programme Heno for 10 years and had also been chair of the National Eisteddfod Council, Llywydd y Llys in the Eisteddfod and President of the Independent Union of Chapels throughout Wales and yet when David or myself phoned him to ask him to adjudicate he always found time, which I believe is the mark of the man. Unfortunately he passed away last year and as there was a need for a new trophy for the best team. Llandovery Rotary Club agreed to purchase it in Dr Evans' name and his widow Mrs Rhiannon Evans and son Mr Rhys Powis, travelled from Cardiff to attend the final to make the presentation to this year's winning team Ysgol Bro Myrddin whose team were Lili Davies, Gwenllian Jones and Iwan Bryer who argued that it was the UK's duty to accept refugees.

Thanks are also due to Dan Jones our club president this year for assisting in the organisation every year and also the following for adjudicating Messrs Dai Williams, Gethin Thomas, Lowri Thomas, Sioned Glyn, Gwennan Evans and Gwawr Lewis. Diolch Dai.

A deputation from the club attended former member and Past President Henry Richards' funeral in Herefordshire. A sad occasion indeed but one which the club simply had to be represented. RIP Henry.

Following him giving us an extremely inspirational talk recently we have nominated Ollie Griffith-Salter for a Rotary Young Citizen Award. In our eyes Ollie is very deserving although we are not entirely sure of the criteria, however we live in hope.

We have a real cross section of speakers coming up. Firstly the newly enthroned Bishop of St David's, Dorrien Davies, will address us on 5th March. A real coup for us as we had the previous Bishop visit us as well. Either we are good people in this club or we are in desperate need of some divine intervention. You choose! ..... on second thoughts, don't!

Next up on 26th March is Professor Simon Kemp from Llandovery but now lecturing Astronomy in the University of Guadalajara in Mexico. And then we have Chris Evans from the Mandala Yoga Ashram near Llansadwrn.

If you fancy joining the Rotary Club, just have a word with any member. We are always on the look out to welcome new members. You can come along as a guest at any time to see if you like it.

See you all next month.

Derek Jones.

# LLANDOVERY COLLEGE PREP SCHOOL – NURTURING YOUNG MINDS



Llandovery College, a friendly English medium school with a proud Welsh heart is a beacon of bespoke tailored education for ages three to 11, with a strong focus on maximising the academic potential of every child. The school ethos revolves around nurturing young minds, both within and beyond the confines of the classroom. With holistic education at its core, the school prides itself on providing personalised attention and pastoral care, ensuring that each pupil feels known and supported throughout their journey.

Anna Sandford, Deputy Warden and Head of Prep School, said: “All schools should be special places, where a happy nurturing environment impresses upon our youngest a lifelong dedication to learning and service to our communities. We aim to inspire and empower, to maintain and cultivate an environment in which every child can develop self-confidence, emotional literacy and moral sensitivity.”

One of the defining aspects of Llandovery College Preparatory School is its commitment to fostering a well-rounded educational experience. Happy pupils, engaging lessons, and caring, skilled staff contribute to an environment where children grow up to be independent, confident, and equipped for life’s challenges.

Specialist teaching in languages, music, performing arts, sports, and computing ensures that every child’s talents are honed to perfection. Small class sizes allow for individualised attention, while a host of enrichment activities, including hands-on learning experiences and residential trips, further enhance the educational journey.

Anna explained: “Children are given every opportunity

to be active and adventurous in their learning so that they develop a curiosity and appreciation of learning that equips them for life. Small class sizes offer learning centred on each child’s needs, firmly rooted within a clear and consistently applied ethos that values tolerance, patience, kindness and generosity of spirit. Moreover, our dedication to promoting Welsh culture really shines through in our curriculum and extracurricular offerings.”

From outstanding sports facilities and weekly swimming lessons to a modern theatre and forest school for outdoor adventurous learning, Llandovery College Preparatory School leaves no stone unturned in providing its students with opportunities to excel in various domains. Professional coaches deliver high-quality Physical Education and sport in comprehensive dedicated facilities, including a sports hall, fully equipped gym, astro turf, tennis courts, playing fields, and even a golf course, underscoring the institution’s commitment to holistic development.

The school canteen serves nutritionally balanced food with an exciting multicultural menu. An on-site Theatre hosts an annual stage show, as well as expansive grounds and parkland spanning 45 acres, the school offers a nurturing environment where young minds can thrive.

Llandovery College Preparatory School stands as a testament to educational excellence, where the pursuit of academic achievement is complemented by a rich tapestry of extracurricular opportunities.

Anna concluded: “It is our aim that the Prep School experience will endow children with the ability to work independently and to be motivated by their own success. Building on a solid foundation of effective policy and deeply held values, we are seeking to develop a learning environment that is forward-thinking, and ambitious in equipping young children for an exciting, fast-paced, global future.

“Choices made in the first steps of a child’s education are critical and opportunities to secure the foundations of intellectual and personal growth can be fleeting. Llandovery Prep School provides children with undoubtedly the best of starts, and as such it is indeed a very special place.”

Come along to the Llandovery College Prep School Open Morning on Saturday 9th March to find out more! Contact: 01550 723 000 or website: [www.llandoverycollege.com](http://www.llandoverycollege.com)







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# DINEFWR

## Beth sydd ymlaen? What's on?

Mawrth ac Ebrill 2024

March and April 2024



### Sgwrs Sadwrn: Castell Dinefwr 2 Mawrth 2pm

Bydd Gwilym Hughes, Cyfarwyddwr Cadw, yn rhoi sgwrs ynghylch y castell o'r 12fed ganrif yn Dinefwr, a'i arwyddocâd yn hanes Cymru.

### Sgwrs Sadwrn: Dinefwr Castle 2 March 2pm

Gwilym Hughes, Director of Cadw, talks about 12th century Dinefwr castle and its significance to Welsh history



### Treftadaeth Adeiladu

16 Mawrth Sgyrsiau ac arddangosiadau ymarferol gan arbenigwyr adeiladu traddodiadol. Tocynnau £10-20. Rhaid archebu ymlaen llaw ar ein gwefan.

### Building Heritage

16 March Talks and practical demos from traditional building specialists. Tickets £10-20. Booking essential on our website.



### Pasg Llawn Hwyl

23 Mawrth - 1 Ebrill  
Helfa wyau Pasg 23 Mawrth - 1 Ebrill, yn ogystal â phaentio wyau Pasg a ras rholio wyau ar ddydd Sul 31 Mawrth.

### Easter Fun

23 March - 1 April  
Easter egg trails 23 March to 1 April, plus an Easter egg painting and rolling race on Sunday 31 March.



### Gorymdaith y Gwanwyn

24 Mawrth 2pm  
Dewch i greu coron flodau, gwisgo eich dillad dydd Sul a gorymdeithio gyda nil Ar ôl y Parêd, bydd cerddoriaeth a dawnsio gwerin.

### Spring Promenade

24 March 2pm  
Make a flower crown, wear your Sunday best and promenade with us! After the parade, there will be music and folk dancing.



Rydym nawr ar agor 7 diwrnod yr wythnos. Manylion llawn yr holl ddigwyddiadau:  
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# ONCE AROUND THE SUN WITH THE CAFFI TRWSIO LLANYMDDYFRI



I came to live in the parish of Llansadwrn during January of last year. A few months later, in March, one of my neighbours asked me if I would like to join him doing voluntary repairs at the new Repair Cafe in Llandovery. I had read about the concept of repair cafes before and, being a dyed in the wool conservationist, I found the whole concept of keeping landfill out of the ground by extending the lifetime of the things we use in daily life very attractive.

“When is it happening?” I asked. “Today in about half an hour” he replied. “But I can’t fix anything!” I objected. “You know how to fix your bike don’t you?” He was referring to the fact that I had just returned from a three month cycling trip around Europe. Somehow I just couldn’t resist the opportunity of getting involved with local people to fix local problems, however small and insignificant they might seem. There was barely enough time to pack the few tools I had into the car and drive along the valley to the Scout hut in town.

When I arrived there was, of course a sea of unfamiliar faces to get to know and I have to admit that even after a year and maybe half a dozen repair sessions I still don’t know everybody’s name. But it really didn’t matter, the Repair Cafe is an extremely welcoming place. Every session is cordially supported with delicious home baked cake and teas. Some people have become regular “customers”. Electronics repairs are often in demand and we have two qualified volunteers able to examine, advise but sadly not always complete the repair, if obtaining spare parts is an issue. Some customers have returned at a subsequent session having sourced the spare parts themselves. Furniture repair has also been very popular. One week when there were no bikes to fix I found myself mending a very beautiful antique looking chair, under the watchful eye of Chris our Woodwork specialist. We often have volunteers with sewing and machine skills who are

willing to do textile repairs and improvements.

It’s always encouraging to hear from people when something has gone particularly well and it can also be helpful to know when repairs have not been so worthwhile, so if you have had a repair done here, we are always pleased to hear back from you.

There are no charges for the work we do, but if you are seeking a repair you are asked to complete a short form which helps us with planning and providing the service. While your repair is undertaken you are free to enjoy some home baked cake, a hot drink or just to chat with other folks. When the repair is completed you are invited to make a contribution towards the costs of hiring the hall, publicity and so on. But such contribution is entirely voluntary.

We are looking forward to another year at the Scout Hut and we’re considering whether or not we could manage to provide the service on a regular monthly basis which would make it easier for people to plan. So it would be a great time to join us if you have some spare time on a Sunday afternoon. We’re looking for people to help with repairs, providing teas and cakes, and with publicity, as well as new customers. The idea being that the more volunteers we have, the more we are able to spread the commitment and no one will have to sign up to attending every month. So please do come along in the first instance and enjoy the atmosphere with us at our next session on March 17th at 2pm in the Scout Hut. All are welcome, with or without repair jobs!

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03/24(12)



# LLANDEILO BOWLING CLUB – AGM



*Gareth James, President, awarding King Jones life membership of LBC.*

Llandeilo Bowling Club recently held its AGM. The meeting was well attended and reflected the increased membership and the growing interest in both short- mat and lawn bowls in Llandeilo.

The President elect, Gareth James, took over the chair from Sara Nicholls who stepped after her 2 year term of office. Gareth thanked members for their support and he recognised that Sara's would be a hard act to follow. Her commitment to the club had been total and she had proudly flown the flag, not just for Wales but for Llandeilo Bowling Club at both the Commonwealth games and at World Bowls during her time as President of the club. Gareth presented flowers to Sara on behalf of the members (photo attached) in appreciation of her work.

In taking over the reins Gareth emphasised that it was the members who were the club not its officers and he hoped members "would consider what they could do for the club rather than what the club could do for them" In so doing the club would continue to grow and a team spirit would prevail both on and off the green.

Cath Rogerson was elected vice president, David Thomas, secretary, Phil Latham, Treasurer, Jamie Davies,

Captain, Alan Roberts Short Mat Captain and Doug Davies, veterans Captain. Sara Nicholls was re elected as competitions secretary and Wyn Jones, safeguarding officer. Jamie Davies agreed to continue as club night organiser.

Phil reported that despite considerable expenditure on improving the green surround which volunteers had undertaken last year there was still scope for further investment in the club for the benefit of the membership.

The AGM agreed changes to the Club's constitution to recognise the establishment of short mat bowls as an arm of Llandeilo Bowling Club with representation on the committee in the future.


Amy Dyer was congratulated on being selected to play for the Welsh under 21 short mat team which was particularly pleasing given that the Llandeilo team were relatively new to short mat bowls and this was their first year in Division 1.

The meeting concluded with King Jones being awarded the Club's highest accolade by the AGM, Life Membership, in recognition of his outstanding service and contribution to the club.

Members are reminded that the lawn bowls season for 2024 commences with the opening of the green on Saturday 13th April.

On Saturday 27th April an open day will be held at the Club house in Llandeilo for anyone wishing to give lawn bowls a go. Free equipment and coaching will be provided. For further details contact Jamie on 07774 352220 or Sara on 07787 802138.

03/24(12)



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# SIR JOHN GARDNER WILKINSON (1797–1875) THE MAN WHO UNVEILED THE SECRETS OF EGYPT

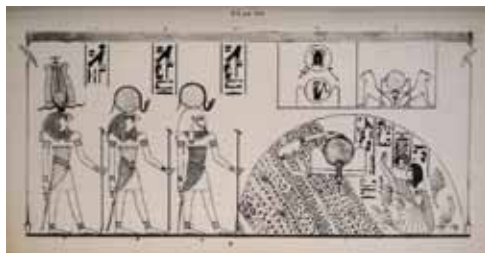


In the shade of a yew in Llandinog cemetery, Llandovery, you will find the tombstone of one of the most influential people of the 19th century. On the remarkable monument, designed by himself, it is said that 'Sir Gardner Wilkinson, Knight, D.C.L., F.R.S.', who died on 29 October 1875, was a member of most of the learned and scientific societies of Europe and America.

Although his name is not well known outside of his specialist circles, his influence was huge, and he has been described as the 'Father of Egyptology in Britain'.

He was born on 5 October 1797 in Buckinghamshire, where his father was a clergyman who had a great interest in antiquities. Although his parents died young, Gardner inherited enough income to be educated at Harrow School and Exeter College, Oxford. He did not graduate, however, because of ill health. In an attempt to restore his health, he travelled to Italy, where he studied Egyptology at the instigation of the famous antiquarian, Sir William Gell.

In October 1821, aged, he visited Egypt for the first time. Such was the attraction that he stayed in the country for twelve years. During that time, he visited most of the



ancient sites known at the time, copying and recording inscriptions and paintings and making extensive notes. Indeed, his numbering system for the Valley of the Kings tombs is still used today.

He was very busy in other areas, too. He collected over four hundred plants and illustrated each one in colour. Although he prepared a manuscript, *Desert Plants of Egypt*, it was not published.

On top of this, he collected snakes and minerals, studied hydrology in relation to the Nile, and tried his best to learn the classical Arabic language.

When he returned to England in 1833, he was elected a Fellow of the Royal Society, and was later knighted. He also managed to publish the results of his research in many publications. Due to the publication of volumes such as *Manners and Customs of the Ancient Egyptians* and *Handbook for Travelers in Egypt*, he was considered an authority on ancient Egypt.

Following a trip to Eastern Europe in 1844, Dalmatia and Montenegro was published in two volumes. He visited Egypt for the third time, between 1848 and 1849, and was there for the last time in 1855. After that, Wilkinson stayed in Britain. Although his home was in London, he would often escape from the hustle and bustle of the city to visit friends in the fresh air of Wales.

It was during his frequent visits to Llanofar that he met his wife, Caroline Catherine Lucas from Gower, who was a quarter of a century younger than him. In 1856, when he was 59 years old, they married, and that was the beginning of his association with Llandovery and the area.

Caroline was a descendant of the Powell family, Glanareth, and her sister Maria was married to the Reverend William Watkins, a native of Gwynfe who was Warden of Llandovery College.

Caroline and her husband settled in Tenby temporarily, before moving to their permanent home, Brynfield House in Gower. The spot was ideal because they both had an interest in seashells and it was within reach of many prehistoric sites. In 1869, Sir Gardner was made Vice-President of the Society of Antiquaries of Wales.

He and his wife often visited William and Maria Watkins at their home in Bank House, Llandovery, which is where Sir Gardner died in 1875. His widow stayed with her sister at Bank House until her own death in 1881.

Caroline had written a number of books herself, including *Weeds and Wildflowers* (1858). She also edited her husband's manuscripts. However, Sir Gardner left his



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collections to a cousin who was married to the owner of Calke Abbey in Derbyshire, leaving his widow in a poor financial position. Fortunately, Benjamin Disraeli came to the rescue, by persuading the Queen to grant her a pension.

Sir Gardner Wilkinson's papers are now held in the Bodleian Library, Oxford, and the contents of his library are safe at Calke Abbey, now owned by the National Trust.

*Post-note: Caroline and Maria were great-aunts of author and historian Robert L.T. Lucas (1917-2006), Former President of the Gower Society. In 1992, he was in contact with A.T. Arber-Cooke because he wanted to show Bank House, Llandovery, to Jason Thompson, author of the biography, Sir Gardner Wilkinson and his Circle.*

*Portrait courtesy of National Trust*

*A team of volunteers is preparing and developing our collection in Llandovery Museum so that we can welcome visitors at Easter and launch the 2024 season. If you are interested in joining us we would love to talk to you. We are working in the museum in Y Gannwyll between 10.30am and 2.00pm on Tuesdays. If you are unable to join us then put a note through the museum door and we will get back to you as soon as possible. Or call: 07527 753688.*

## GREAT GWYNFE GIVEAWAY AND TABLE TOP SALE

Saturday 23rd March

10.00 – 12.30

At Gwynfe Community Hall SA19 9RD

A great chance to buy a bargain or pick up a preloved treasure looking for a new home.

With Spring around the corner, it is an excellent time to clean from attic to cellar, a hugely satisfying project even if you only get as far as the sock drawer. With some of us practising the gentle art of Swedish Death Cleaning or embracing the ideas of Marie Kondo, Gwynfe residents have started to collect items looking for new homes.

Why not come along to the hall on the 23rd March and find your own bargain.

Fancy a George Forman Grill? A table top fridge? A hundred marbles?

Bric-a-Brac galore, everything from fabrics, kitchen items, textiles, art and craft materials, plants, produce and books to a fascinating collection of random bits and pieces.

If there is nothing that takes your fancy just stay and have a cup of coffee and some cake.

Gwynfe makes great cakes.

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06/24/12



# MOZART'S REQUIEM AND MUCH MORE ...

Cantorion Llandeilo Singers conducted by Musical Director Colin New, is inviting the people of Llandeilo and beyond to a wonderful evening of Mozart to be performed at St Teilo's Church, Llandeilo, on Saturday, 27 April 2024.

Handel *Messiah* (pictured) was the choir's previous highly successful choral concert staged in St Teilo's Church on 19 November 2022.

Mozart's *Requiem* in D minor is the composer's choral masterpiece, his final and most loving and human composition, completed after his death. The Mozart works included will start with his first minuet for piano written at the age of five – right through to his last work – the *Requiem*.

Mozart was also a man of the theatre composing much-loved and glorious operas. Solo arias from these will be performed by the fantastic line-up of professional soloists who will be singing the *Requiem*, two of whom have performed several times with Cantorion Llandeilo Singers before.

Helen Massey, soprano, will be remembered for her beautiful rendering of the solo part in Brahms' *German Requiem* in 2017. Robyn Lyn Evans, from Ceredigion, was the superb tenor soloist for Handel *Messiah*. Mezzo-soprano Esme Bronwen-Smith, making her debut with Cantorion Llandeilo Singers, won First Prize at the 2022 Kathleen Ferrier Awards. To quote from her website: 'her heritage is similar to a Corgi: Aesthetically English but undoubtedly Welsh'. Essex baritone Theo Pery, Gold Medal winner from Trinity Laban Conservatoire and who recently completed his Masters at RCM International Opera Studio, will also be making his debut with the choir.

Tickets cost £15 (under 18s admitted free) and are available from Peppercorn, 5 King Street, Llandeilo SA19 6BA; by phoning 07851 786569; or at the door on the night. There will be a licensed wine bar. The concert starts at 7 p.m. on 27 April 2024 at St Teilo's Church, SA19 6BH.



Helen  
Massey



Esme Bronwen-Smith



Robyn Lyn Evans



Theo Pery



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Photograph by Ronald Knapp



# LIVE IN LLANGADOG – 'PICTURES AT AN EXHIBITION' ALBUM TOUR With Internationally Acclaimed Tim Kliphuis Trio

Gypsy-jazz, traditional folk and classical-infused live music at Llangadog Community Centre on Tuesday March 12th with internationally acclaimed Dutch violinist and composer Tim Kliphuis, guitarist Nigel Clark and double-bassist Roy Percy.

The Tim Kliphuis Trio are touring their new album 'Pictures at an Exhibition', recorded in the legendary Castle Sound Studios in Edinburgh. Llangadog is their first stop after debuting the album at the Queen's Hall Edinburgh.

Tim, Nigel and Roy will take the audience on a journey through their re-works of Modeste Mussorgsky's 19th-century masterpiece Pictures at an Exhibition. Mussorgsky's original masterpiece was inspired by an exhibition of extraordinary art. 150 years on, Tim has reworked an entirely modern version in his unique style, painting new pictures of Mussorgsky's iconic themes and

others inspired by the art of Gustav Klimt, Katsushika Hokusai and Georgia O'Keeffe.

The new work took 18 months to bring to life and unfolds picture by picture. Excitingly the piece will change every time it is performed by the Trio, as they weave their expert improvisation skills into it and push the boundaries of the music and themselves as performers.

In his twenties, while studying for his Masters in classical violin, Tim toured and recorded Django Reinhardt style jazz with the Dutch "Sinti" guitar Gypsies. Tim soon started writing his own music that draws from both jazz and classical music, marrying melodic twists with a rhythmic power that is truly exciting.

This led to prestigious collaborations with the Netherlands Chamber Orchestra, Cape Town Philharmonic and Tallinn Chamber Orchestra, and tours all over the world sharing the stage with renowned musicians such as Les Paul, Richard Galliano and Roby Lakatos.

As a climate composer, Tim firmly believes that art can inspire a better future for the planet and younger generations. Tim wrote his first big climate piece, The Five Elements, during the Covid 19 lockdown. On the back of that, he was commissioned to compose a Triple Concerto for the Amsterdam Concertgebouw and the Radio Philharmonic Orchestra, and in 2022 he was invited by the Dutch Royal Family to accompany them on their state visit to Sweden. 2023 saw Tim and his Trio open the Water Conference at the United Nations General Assembly in front of 190 countries.

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

Tim Kliphuis Trio, Llangadog Community Centre, Tuesday 12th March, 7.30pm (doors 6pm). Tickets: £15 & £10, available at local outlets, on the door & online: [www.ticketsource.co.uk/timkliphuis-llangadog](http://www.ticketsource.co.uk/timkliphuis-llangadog)

For information and reservations: 07484 057494 [llangadoghall@yahoo.com](mailto:llangadoghall@yahoo.com)

*This performance is supported by the Noson Allan/Nights Out Arts Council of Wales scheme.*

## pictures at an exhibition



tim kliphuis trio

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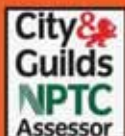
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# STOP THE MADNESS – WALES IS NOT FOR SALE!



Figure 1: Johannes Leak, *The Australian*

Over the last few months there have been multiple applications from businesses seeking to build new wind turbine installations across the Cambrian mountains and surrounding areas.

For those with only a passing knowledge of what the climate change crisis represents and the solutions being offered, these proposals would seem like a good thing, right? After all, wind turbines are good, and anybody who opposes them is bad.

Well, no. This storyline has become the persuasive dialogue in the media, and the Welsh Government is one of the worst peddlers of this simplistic narrative.

As a reaction to this situation a number of concerned citizens who live in the Towyi and Dolacothi valleys have formed a new community protest group to oppose these developments. Our group is called ‘Cadw Cambria’ and our tagline of ‘*Respect our country’s green heart*’ summarizes our vision of the critical need to protect and cherish this wonderful landscape.

As a preamble let us get one thing straight – we are not a ‘nimby’ group out to stop a specific project trashing our own location. As a group we are against all new wind turbine projects anywhere in rural Wales for the simple reason that this problem has already been solved – Wales

already generates more green power than it needs for its own purposes.

Also, we are not ‘conspiracy nuts’. Cadw Cambria is clear that there is a climate change crisis to address, and that wind turbines have a part to play in providing a replacement to traditional carbon-based sources like oil, coal, and gas. However, that logic that does not permit the unfettered ‘Californian Gold Rush’ style building frenzy that the Welsh Government is unleashing on the Cambrians.

The cartoon below summarizes our nightmare.

There are several critical factors that are omitted from the public debate on green power generation.

First, there is no such thing as a ‘no carbon’ power source. All power sources including wind and solar have a carbon footprint. Obviously, this is lower than oil and gas, but it is still material and something that needs to be accounted for when measuring environmental impact. For instance, to build and install a single large wind turbine will generate around 80 tons of carbon, including 1,400 litres of lubricant oil over its lifetime. So, the true way to frame green power sources is ‘low carbon’, not ‘no carbon’.

Secondly, all power generation installations cause environmental damage. Onshore or offshore, these installations have an impact, some more than others, and the critical mission for a government is to balance how, where, and how many to build without destroying the environment that you were setting out to save.

Thirdly, all of a country’s power needs cannot be delivered from green power sources alone. Energy sector experts have calculated that green power sources like solar and wind will only ever be able to deliver around 70% of the total power demand. That is because these sources are variable in nature and can only operate within certain conditions, whilst the National Grid is an ‘always-on’ service that needs to deliver on 100% of demand. As the grid cannot depend solely on variable sources, then the 30% gap must be filled by reliable sources like gas, coal and nuclear. Use of battery storage to fill this 30% gap is pure fantasy, as the volume of batteries required to deliver on this would be unaffordable, and battery manufacture itself has a high carbon footprint. The evolution of new battery technologies is underway but that is unlikely to yield benefits anytime soon by which time crude generation methods like wind turbines will have been made redundant.

There are at least seven different wind turbine developments in planning across the Cambrians, and for those in the Llandoverly area there are two projects should be of particular concern:

- The ‘Bryncadwgan’ project from Galileo that proposes to install twenty-five 230-metre-tall turbines on top of a mountain at the head of the Dolacothi and Towyi valleys. This is equivalent to erecting twenty-five 70 story office blocks, each one twice the height of the Centre Point tower block in central London.
- The ‘Waun Maenllwyd’ project from Belltown Power located outside of Llandewwi Brefi, where they are seeking to install six 230-metre-tall wind turbines.



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As a community group 'Cadw Cambria' plans to oppose all unwarranted wind turbine developments for two compelling reasons:

- Firstly, that Wales already produces more green energy than it requires, so there is no economic or environmental logic for constructing new sites.
- Secondly, if there was an incremental demand for new green energy then the more efficient and ecologically sensitive approach would be to scale up existing green power generation installations, thus avoiding the unwarranted destruction of environment and optimizing on the use of existing power transmission infrastructure.

If that is the case, then why is the Welsh Government so keen to support these new developments?

The primary reason appears to be the Welsh Government's plan to use the Cambrians as the base for a massive new wind power generation industrial complex. The Welsh Labour Party in particular has adopted an ideological viewpoint on this subject, where their ministers simply ignore scientific and economic data that contradicts their position. We suspect that the motivations are purely selfish and guided by green political leadership ambitions. In short, it is another vanity project, like the 20mph speed policy.

Should the worst happen, and the Cambrians end up being carpeted with dozens of new wind turbines, it is important to realize that this will bring absolutely no benefit to the people of Wales.

- There is no gain in terms of employment – the equipment is manufactured abroad, the sites are highly automated, and ongoing maintenance requires a small number of specialists who will travel to a site as required.
- There is no gain in terms of green power provision for Wales – that problem has already been solved, and the energy generated by these new sites will go into the grid to be sold to foreign energy companies outside of Wales.
- There is no financial gain, as the investors behind these projects are mainly from abroad, and the profits would return overseas.
- There would be a massive negative impact on local tourism.

The tragic irony is that over the years central government and the Welsh Government have funded multiple conservation projects designed to protect the

Cambrian environment and the local wildlife it supports like red squirrels, pine martins and various rare birds, not to forget the unique peatlands.

About a decade ago a similar proposal to install wind turbines in the Dolacothi valley was thwarted by stout local opposition. We at Cadw Cambria aim to achieve the same outcome.

If you would like to join us and help with the campaign either as an active volunteer or through a small donation to help pay for our campaign collateral, then please visit our web site to register your details.

Ian Hayes  
 Cadw Cambria  
<https://cadwCambria.wales/>

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03/24/32



## ABERGLASNEY DELIGHTED TO HOST DRAGON BONSAI SPRING SHOW

Aberglasney is set to host the Dragon Bonsai Spring Show next month which promises to be bigger and better than ever before. The two-day event will include everything from spectacular trees to equipment for Bonsai enthusiasts and admirers.

The event will be held on Saturday and Sunday, 9 and 10 March 2024. The organisers, Dragon Bonsai Club, hope those with an interest in Bonsai trees, as well as those looking to have a Bonsai tree, will attend the free event.

There will be a Bonsai Tree Show and Bonsai trees for sale, as well as Bonsai tools. One of Dragon Bonsai club members is a very talented ceramic artist and he will be selling some of his beautiful handmade Bonsai pots at the event.



An open clinic will be available for anyone that has a tree and needs advice. Visitors can bring their own Bonsai trees and members of the Dragon Bonsai club will be happy to provide advice on care and offer ideas on styling. There will also be opportunities for anyone to have a go at styling a Bonsai tree.

Jim Stribling, Aberglasney's Director of Operations, said, "We are pleased to host the Dragon Bonsai Club meetings each Sunday at Aberglasney and look forward to the Spring Show being held in the mansion next month. We hope visitors to the Gardens will enjoy this unique Bonsai experience."

Simon Evans, Chairman of the Dragon Bonsai Club said, "We are looking forward to holding our Spring Show at Aberglasney. It is the perfect backdrop for our event. We hope that all those who enjoy the beauty of Bonsai trees will come along and visit us and possibly consider joining our club which meets weekly at Aberglasney."

Entrance to the Dragon Bonsai Spring Show is free of charge, however, normal admission fees to Aberglasney Gardens will apply. The Show will be open from 10.30am on both days.

For more information on the Dragon Bonsai Club visit the website: <https://dragonbonsai-wales.uk/index.php> and they can be contacted directly via email: [INFO@dragonbonsai-wales.uk](mailto:INFO@dragonbonsai-wales.uk)

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# LLANDOVERY FRIENDSHIP CLUB

Llandovery Friendship Club met on Wednesday 31st January at Vicar Prichard Hall at 2.00pm for their first meeting of 2024.

Chairperson Gina Jones opened the meeting by wishing everyone a very Happy New Year, sadly not for some. Sympathies were extended to Wendy on the loss of her husband Ron, Rosemary on the loss of Glenville and to the families of Chris who was the brother of Brenda who was a member of the club. Gina mentioned that Ivor and Mary Jackson had been in hospital and wished them both a speedy recovery.

Prayers were said.

Gina thanked welcomed and Angharad James from Art Care Gofal Celf.

Angharad introduced herself to the members and some of the members knew Angharad from her chair dance sessions on a Monday morning at Llandovery Rugby Club.

Angharad then gave an extremely concise and interesting talk on Art Care Gofal Celf. The organization was first started by Dr Bevan Jones on a Psychiatric Ward through visual art.

Dance for wellbeing was introduced to raise the profile of dance in West Wales.

Angharad's hobby became her job.

The charity work with mature people to children to individuals with profound disabilities and mental health problems through dance and creative workshops e.g. willow weaving, felting and numerous other workshops.

Blue health consists of music, movement, art and nature outdoors by the sea.

A trip to Laugharne will be organized for members at the end of May.

Angharad then finished by giving a demonstration of what she does in her chair dance classes. All members joined in and enjoyed themselves.

Gina thanked Angharad for her talk and demonstration, this was seconded by Suzy who both felt inspired to go on a Monday morning to the Rugby Club.

Refreshments were served.

Meeting resumed, Gina stated membership will remain at £15 and Angela will sort out membership cards by the next meeting.

Also we are losing money when we do trips and now the cost of the hall is £40 a session.

On February 28th there is Cawl at West End Cafe with bread and cheese, tea and coffee. Members will

be charged £5 and if a sweet is wanted then members can pay extra.

Headteacher Edward Davies is organising afternoon tea and the children to do some entertainment in March. Date to be confirmed.

March 27th – Lynette Armstrong Millinger is coming to give a talk on hats.

April 24th – Dogs Trust Bridgend

May 29th – Trip to Laugharne

June 26th – Talk from Jane Evans on felting

June 31st – Trip to Tenby

August 28th – Afternoon tea at Dan and Gina's. Bring a plate of savoury's/sweets to share.

September 25th – Talk from Mr Dafydd Morgan on the sky at night.

October 30th – Trip to be arranged.

November 27th – AGM and talk from Mary Thornley on Carmarthenshire Ladies.

December 18th – Christmas lunch, venue to be arranged.

Raffle was drawn.

22 members present.

7 apologies.

Dan ended the meeting with a poem called Lockdown.

New members always welcome.

Angela Jackson-Kenyon 01550 721947.

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# Church Services

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## ST. CWRDAF CHURCH, LLANWRDA

3 Mar	9.30am	Holy Communion
17 Mar	9.30am	Holy Communion
31 Mar	8.30am	Easter Eucharist
7 Apr	11.00am	Combined Eucharist

Cil-y-cwm

Sincere thanks to friends far and wide who have contributed to the recent fund-raising drive in St Cwrdaŵ's.

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

## ST. SADWRN CHURCH, LLANSADWRN

3 Mar	11.00am	Morning Prayer
17 Mar	11.00am	Holy Communion
29 Mar	2.00pm	Good Friday Last Hour
31 Mar	11.00am	Easter Eucharist
7 Apr	11.00am	Combined Eucharist,

Cil-y-cwm

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

## ST. PAUL'S CHURCH, MANORDEILO

10 Mar	9.30am	Morning Prayer
24 Mar	9.30am	Holy Communion
28 Mar	6.00pm	Ministry Area Holy Eucharist
31 Mar	9.45am	Easter Eucharist
7 Apr	11.00am	Combined Eucharist,

Cil-y-cwm

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

## ST. MICHAEL'S CHURCH, CILYCWM

10 Mar	11.15am	Holy Communion
24 Mar	11.15am	Morning Prayer
31 Mar	2.00pm	Easter Eucharist
7 Apr	11.00am	Combined Eucharist for Llanwrda Group

Further information, please contact Dr Marc Rowlands 01550 728319 (Office Hours).

## ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

3 Mar	11.00am	Holy Eucharist
10 Mar	11.00am	Family Worship
17 Mar	11.00am	Holy Eucharist
24 Mar	11.00am	Morning Worship
31 Mar	11.00am	Easter Eucharist
7 Apr	11.00am	Morning Worship

For further information, please call 01550 728319 (Office Hours).

## ST SIMON AND ST JUDE, LLANDEUSANT

10 Mar	2.00pm	Evening Prayer
24 Mar	11.15am	Holy Eucharist
31 Mar	2.00pm	Easter Day Eucharist

## LLANDINGAT, LLANDOVERY

3 Mar	9.30am	Family Service - intro to Alpha
10 Mar	9.30am	Mothering Sunday
17 Mar	9.30am	A New Covenant
24 Mar	9.30am	Palm Sunday
28 Mar	6.00pm	Maundy Thursday
29 Mar	6.00pm	Good Friday
31 Mar	9.00am	Easter Sunday

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

## EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

1af o Fawrth	10.30yb - Dydd Gwyl Dewi gyda Parch Ganon John Gravell
3ydd o Fawrth	11yb, Cwrdd Boreol
11yb	11yb, Cwrdd Cymun
31ain o Fawrth	10.30yb, Sul y Pasg

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

## ST MICHAELS, MYDDFAI

3 Mar	11.30am	Morning Prayer
17 Mar	11.30am	Mothering Sunday
24 Mar	11.30am	Palm Sunday
31 Mar	11.30am	Easter Sunday

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

## ST. MARY'S CHURCH, CYNGHORDY

17 Mar	2.30pm	Mothering Sunday
31 Mar	2.30pm	Easter Sunday

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

## ST CYNWYL'S CHURCH, CAIO

3 Mar	9.30am	Holy Communion
17 Mar	9.30am	Holy Communion
31 Mar	9.30am	EASTER DAY
		Holy Communion
7 Apr	9.30am	Holy Communion

Rev Rik Mayes 01558 685118.

## ST CADOG'S CHURCH, LLANGADOG

3 Mar	9.30am	Holy Communion
10 Mar	9.30am	Morning Prayer
17 Mar	9.30am	Holy Communion
24 Mar	9.30am	Morning Prayer
28 Mar	6.00pm	Maundy Thursday
		Manordeilo Church
29 Mar	2.00pm	Devotional Service
31 Mar	9.30am	Holy Communion

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

## ST. BARNABAS, RHANDIRMWYN

10 Mar	9.30am	Holy Eucharist
17 Mar	9.30am	Morning Prayer
24 Mar	9.30am	Holy Eucharist
31 Mar	9.30am	Holy Eucharist

For further information, please call 01550 728319 (Office Hours).

## ALL SAINTS CHURCH, GWYNFE

3 Mar	11.15am	Holy Communion
10 Mar	11.15am	Morning Prayer
17 Mar	11.15am	Holy Communion
24 Mar		No Service
31 Mar	11.15am	Easter Sunday Communion

## ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

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

## ST TEILO'S CHURCH, LLANDEILO

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

Every Wednesday there is Holy Communion at 10.30am.

## ST JOHN'S MAESTEILO

3 Mar	9.30am	Morning Prayer
17 Mar	9.30am	Holy Communion

Email: h\_lloyd\_davies@hotmail.com

## HOLY TRINITY TALIARIS

10 Mar	9.30am	Holy Communion
24 Mar	9.30am	Morning Prayer
31 Mar	9.30am	Easter Sunday

Email: h\_lloyd\_davies@hotmail.com

## LLANEGWAD CHURCH

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

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

## OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00pm  
Wednesday 10.00am

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

## WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

## ST EGWAD, LLANFYNYDD

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

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

## EBENEZER APOSTOLIC CHURCH

(On B4302 at Cwmdru)  
Services every Sunday  
10.30am Worship and Communion Service  
(Also Sunday School for under 15s)  
5.00pm Evening Service  
Tea and Biscuits following.

Coffee Morning third Tuesday of the month at 10.30am.  
All are welcome.

## ST TEILO'S CHURCH, BRECHFA, SA32 7RA

Communion services at 11am on Sunday, March 3 and Mothering Sunday, March 10. Then Palm Sunday, March 24 and Easter Sunday, March 31. On Good Friday, March 29, the special service will be at 2.30pm.

Info – contact Rev Roger Nock  
01267 202347.

## ST MICHAEL'S CHURCH, LLANFIHANGEL RHOS Y CORN, SA32 7RP

3 Mar 2.30pm Communion services  
24 Mar 2.30pm Communion services  
31 Mar 2.30pm Communion services

all followed by tea in the church hall.

30 Mar 7.00pm The special Service of  
Fire and Light,  
welcoming Easter in.

13 Mar 5.00pm Pilgrim Service.

Info – contact Rev Roger Nock n 01267  
202347.

“Lle Llonydd”: A Quiet Space of Reflection  
and Contemplative Prayer

The monthly Quiet Space sessions at Llanfihangel on the last Saturday day in the month will re-commence on Easter Saturday, March 30, at 5.30pm. The later start is to incorporate the Service of Fire and Light at 7.00pm – a very special time. Info churchwardens Andrew Tait on 07846 310848 or Beryl Edwards 07428 833278. Forthcoming services are listed on the Facebook pages for each church. Both churches are open for visitors/pilgrims.

For info contact Revd Roger Nock on 01267  
202347 or 07796 761754 or [roger.nock@talk21.com](mailto:roger.nock@talk21.com).

## ST. JOHN'S, FELINGWM

2nd Sun 2.00pm Eucharist

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

## YR EGLWYS UNIONGRED, LLANBED – LAMPETER ORTHODOX CHURCH

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

Please check web site or fb for Feast Days.

[www.lampeterorthodox.org.uk](http://www.lampeterorthodox.org.uk)  
Tel: 01974 261452

## HOLY TRINITY CHURCH

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

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

## LLANFIHANGEL UWCH GWILI

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

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

## AMMANFORD CHRISTADELPHIANS

Extend a warm welcome to their Sunday Bible talk.

12.15pm to 1.00pm in the Christadelphian Hall near Lidl's.

Contact: Brian Woodall –  
[brwoodall1940@gmail.com](mailto:brwoodall1940@gmail.com)

## RIVERS COMMUNITY CHURCH

Meet every Sunday at 5.00 p.m. in the Civic Hall, Llandeilo.

Tel: Pastor Rhys 07511 551541  
[rivers.church@outlook.com](mailto:rivers.church@outlook.com)

# ALL SAINTS CHURCH

Easter weekend we are decorating the church with Lilies.

If you would like your loved ones remembered, you can do this by giving a donation and the names of the loved ones to JUNE HOWARD 01550 740281 or MARY JAMES 01550 740293. The names will be read out during the service on EASTER SUNDAY and the list will be placed on the altar afterwards.

A warm welcome to everyone to join us at our services.

After Easter we will be collecting donations of non perishable goods to take to the food banks. Donations can be left in the church, in the box provided.

Thank you

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**you CAN afford**

# FILM FESTIVAL TOUR STOPS OFF AT SINEMA SADWRN



The friendly team from Cardiff Animation Festival are traveling across Wales, and they're coming to show some of their favourite films at Sinema Sadwrn. This will be a chance to see animated short films produced by filmmakers based in Wales, including films about druids, dancing vegetables, cheeky cats, a man's obsession with crisps and lots more! There'll be recorded interviews with the filmmakers so that the audience can learn how the films were made and a chance to colour in a frame that will then be used in a collaborative animation.

The programme of films is rated age 15+ and the running time is approximately 95 minutes. The screening takes place at Llansadwrn Reading Room on Friday 5 April from 7pm (films start at 7.15pm). Tickets will be £3. There's more information about Cardiff Animation Festival and their touring programme of films at [www.cardiffanimation.com](http://www.cardiffanimation.com).

As well as the added animation event, Sinema Sadwrn is screening Ken Loach's 'The Old Oak' on Friday 22 March (a change to the date printed in our programme) and 'A Man Called Otto' to close the season on Friday 26 April. Both screenings will take place at Llansadwrn Reading Room, from 7pm (films start at 7.15pm) and tickets will be £5. After that, we'll be taking a little break before returning in September with a brand new programme of films.

You'll find all the latest details about Sinema Sadwrn at [www.facebook.com/sinemasadwrn](http://www.facebook.com/sinemasadwrn).

We look forward to seeing you at one of our screenings soon!



## READERS' SALES & WANTS

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

### FOR SALE

- **Money received from the sale of the following items will be donated to LLANWRDA CHURCH. Offers please.** x2 hurricane lamps converted to electric; Angle-poise lamp; Quantity of 8mm copper pipe; Plastic tool box (as new); Large plastic tool box with variety of tools; Small box of sockets; Professional pulsating garden water sprinkler (new in box); Sheep halters; Horse bits; Folding picnic stool; Small case containing sockets screw drivers pliers and various other tools; New curtain rail; Welsh and English records (old and not so old); Garden tools; Garage hoover. *Plus a lot more items.* Please call 07761 107055.
- **'Maxi Cosi Tobi 'baby car seat,** in excellent condition, £50. Tel:01558 685175.
- **Chain saw 15" Husqvarna 440 X-Torc,** 40 hours max use, £300 ono. Llandovery Tel: 07544 675587.
- **x2 Belfast/Butler sinks.** Vintage, porcelain and heavy. Ready for decorative spring plantings of herbs/bulbs/annuals. Can send pictures. £30 each or £50 for two. [rjms@mypostoffice.co.uk](mailto:rjms@mypostoffice.co.uk) 01558 824514 leave message.
- **Mira Sport Electric Shower 7.5kw.** White and chrome. New, unused and still in box – for sale due to project change. £150 (Amazon price £235). Tel: 01558 685606 (Llansadwrn).
- **Various house items.** Tel: 07872 509031 or 07770 777992.
- **Makita heavy duty drill,** model MR400C with 5 masonry bits, £60 ono. Tel: 01267 202230.
- **Bath shower screen** with toughened glass, £30 ono. Tel: 01267 202230.
- **Beko fridge,** white, good condition, 21.5"W x 33"H, £35 ono. Tel: 01267 202230.

### WANTED

- **I am seeking accommodation,** house, or small holding to rent. Must have off road parking and large garage/out buildings. As I run a small Odd Job/Handyman business and am a professional person. If you have accommodation to rent like this or know of someone please call me on 07970578116.
- **Books wanted.** Whenever you are busy making space/clearing your house, we would be more than pleased to receive your unwanted pre-loved books for our Secondhand Bookroom within Newton House. Just box/bag the books and deliver to the House when you are passing. We even have a re-cycling outlet for those that are not in such a pretty state. The house is now open every day during the spring/summer months and there will always be someone to help you offload if required. You will be helping us to maintain Newton House and Dinefwr Park. Many thanks in advance. Any queries: Holly Dwyer 01558 825917. ([www.nationaltrust.org.uk/visit/wales/dinefwr](http://www.nationaltrust.org.uk/visit/wales/dinefwr)).



# Local Directory

Support Local Business

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**ASHMOLE & CO OFFICES** in Llandoverly, Llandeilo & Ammanford as well as branches across south, west and mid Wales. High quality accounting, taxation and audit services. Free first meeting with a partner. Email: [Llandoverly@ashmole.co.uk](mailto:Llandoverly@ashmole.co.uk) Tel: 01550 720098. 12/24(12)

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**ANTENNA TV AERIAL, SATELLITE AND SPACE SATELLITE INTERNET SERVICES.** Trading over 30 years, rural areas covered. Contact Scott at Digital TV Solutions on 07841 022708 or email: [scott@digitaltvsolutions.co.uk](mailto:scott@digitaltvsolutions.co.uk) [www.digitaltvsolutions.co.uk](http://www.digitaltvsolutions.co.uk) 06/24(12)

## ARCHITECTURAL SERVICES

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**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, Glasfryn, Llandeusan, Llangadog, Carmarthenshire SA19 9TG on Tel: 01550 740287, Mob. 07779 163626 or E-mail: [nick@brownpartnership.com](mailto:nick@brownpartnership.com) [www.brownpartnership.com](http://www.brownpartnership.com) 04/24(12)

**MARK WAGHORN DESIGN** – Award winning ARB architect experienced in creating and delivering sustainable and innovative designs. We offer both domestic and commercial clients a wide range of services and products including: Design and manufacture of micro architecture; development advice; measured surveys; planning applications; building regulations applications; construction drawings; interior design; sustainability and energy saving consultations; project management; joinery design; 3D visualisations. Contact no: 01558 822009 Email: [info@mwd.wales](mailto:info@mwd.wales) Website: [www.mwd.wales](http://www.mwd.wales) 06/24(12)

## AUCTIONS

**POULTRY, CAGEBIRDS AND GENERAL GOODS AUCTION** to be held at P and S sales, first and third Saturday of the month Worthingtons Storage and Auction Site SA18 9NG, 10.30am start. Also at Caerbryn Village Hall SA18 3DX, last Sunday of the month, 10.30am start. Both events are restricted to a single vendor for poultry and waterfowl due to bird flu regulations. For more information Tel: 07914 924929. 07/24(6)

## BEAUTY SALON

**NORA ELAINE WALL** IIHHT IIST VTCT NVQ3. Body Beautiful Beauty Salon I am an experienced and fully Qualified Beauty Therapist. I offer you my services in my bespoke Therapy & Treatment Room. Specialist in Electrolysis (facial hair removal) and in Katherine Daniels anti-ageing Facials. Containing active natural (up to the minute) ingredients with many products suitable for vegetarian and vegans. My menu also includes manicures, shellac, pedicure, relaxing massages and eye brow treatments. Rose Cottage, Milo, Ammanford, Carmarthenshire. SA18 3LZ (located on A476 with Parking on my drive). Tel: 01269 831585. Appointments on Tues, Weds, Thurs and Friday 9am to 6pm. 07/24(12)

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**BUILDER AND HOUSE MAINTENANCE.** Barn conversions, extensions, plastering, skimming, repointing of stonework, PVC facias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. 04/24(12)

**TRADITIONAL STONEMOR,** lime pointing and restoration services, 30 years experience. Tel: Tom Bristow on 07764 792100. 07/24(12)

## CARPENTRY

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**J & J CLEANING SERVICES.** All jobs considered, competitive rates, office/private and holiday let cleaning also carpet cleaning. Reliable, trustworthy and friendly. All outdoor work considered including lawn cutting & pressure washing. References available. Covering Carmarthen and Brecon. Contact 07872 509031 / 07770 777992. 03/25(12)

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**HOLISTIC & SPORTS MASSAGE THERAPIST:** CAROL DEBORAH LORD IHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 23 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, Mon – Fri, 9am – 5pm. 07/24(12)

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## ELECTRICIANS

**V. W. REES** Llandeilo. No job too small. Tel: 07790 568072. 03/24(6)

## FUNDRAISING

**THE GREEN HOUSE.** Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 10/24(12)

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**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 mob: 07790 210397 07/24(12)

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**INTERIOR DECORATING SERVICE.** First class professional finish. Past work can be seen in Llandoverly. For a free quotation, please ring Sue on 07954 198824 and leave a message or email: [susanlizbrown68@gmail.com](mailto:susanlizbrown68@gmail.com). A quality job – nothing less! 06/24(6)

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**DOUGLAS WAUGH.** Plumbing & Central Heating Installer. Solid Fuel, Oil, LPG and Gas Central Heating. Bathroom Suites – Showers. Installation and Maintenance Work. 24 Hour Service. Gas Safe and OFTEC Registered. Tel. 01558 824006, Mob: 07876 316515. 06/24(12)

## PROPERTY MAINTENANCE

**ALL ASPECTS PROPERTY SERVICES:** We are a small company with over 35 years experience in property maintenance. We are based near Llandoverly and will travel upto 1 hour to reach our customers. We cover most trades such as Carpentry, Electrics, Plumbing, Guttering, Bathrooms, Fencing and much more. Please give us a call and see if we can help. Tel: 07943 782246, Email: [info@allaspectspropertyservices.co.uk](mailto:info@allaspectspropertyservices.co.uk) or visit [www.allaspectspropertyservices.co.uk](http://www.allaspectspropertyservices.co.uk) 10/24(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. 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: Mobile 07584 550969 email: [localroofer.wales@gmail.com](mailto:localroofer.wales@gmail.com) website: [completerooferworks.co.uk](http://completerooferworks.co.uk) 02/24(6)

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## 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 Llandello 01558 823417 and Llandovery 01550 721500. *02/24(12)*

## SPORTS FACILITIES

**LLANDOVERY SQUASH CLUB:** New members of all abilities are very welcome at Llandovery Squash Club, situated opposite Llandovery College on New Road. The premises boasts two newly refurbished courts, changing rooms and showering facilities, car parking, and a viewing gallery with full sized table tennis table. Adult membership is £50 per annum and the court light fees are £4 for 40 minutes play. Family membership (2 adults + 2 children) is £50 per annum. The membership year runs from April to March but anyone joining before April 1st 2023 will automatically have their membership extended to March 31st 2024. Membership forms can be collected from and returned to Morris Isaacs Garage, Llandovery. The club operates a weekly club night on Wednesday's from 7.00pm – 9.00pm that all prospective members are encouraged to attend, as well as internal leagues for casual and competitive players. For more details please find us on Facebook: [facebook.com/llanadoverysquash](https://facebook.com/llanadoverysquash) or visit our website: <https://llanadoverysquashclub.co.uk> *02/24(12)*

**LLANDOVERY TOWN TENNIS CLUB** has two beautifully situated courts at Castle Fields, Llandovery. The club has grown steadily over the last few years and although it now includes a diverse membership of varying skill levels and ages (14 to 74), we would like to see the facilities used more by local people and visitors alike. We therefore invite anyone interested in joining the club or just having a one-off game to get in touch with the secretary on 07925 131974. Annual Membership is £30 for a Single Member and £50 for a Family/Joint Membership, with under 16's free of charge. This includes free access to the courts at any time (subject to availability) with an access code to the combination lock. For visitors, a one off fee of £10 gives access to the courts for a 2 hour slot, again subject to availability. Anyone who wants to come for a free try out and meet up with members of the club to experience the friendly atmosphere can join us any Wednesday or Saturday morning from 11 am weather permitting. *08/24(6)*

## TUITION

**GIVE YOUR CHILD A BOOST WITH ENGLISH LANGUAGE AND LITERATURE** (all levels) tuition in your own home. Retired teacher, WJEC examiner, DBS checked. Trevor Winn 07398 170513. *05/24(6)*

## WINDOW CLEANING

**WINDOW CLEANER: 'DAZZLERS' THE WINDOW CLEANER** Windows, Conservatories, Fascias, Gutters, Patios, Gutter clearance – covering Llandovery and surrounding areas. Tel: 07761 097389 Email: [Dazzlerswindow@gmail.com](mailto:Dazzlerswindow@gmail.com) Facebook: [dazzlers the window cleaners](https://facebook.com/dazzlerswindow) *04/24(12)*

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## Llandovery & Surrounding Distribution Area

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

- = Magazine Drop Points
- = Ref. Points Only



## NEW ADVERTISING RATES

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### THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
<b>FULL PAGE</b> (132mm x 190mm)				
Full Colour	£238.25+VAT	£178.70+VAT per issue	£159.65+VAT per issue	£119.15+VAT per issue
Black & White	£226.60+VAT	£169.95+VAT per issue	£151.80+VAT per issue	£113.30+VAT per issue
<b>HALF PAGE</b> (132mm x 93mm)				
Full Colour	£147.30+VAT	£110.50+VAT per issue	£98.75+VAT per issue	£73.65+VAT per issue
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Full Colour	£47.90+VAT	£35.90+VAT per issue	£32.10+VAT per issue	£23.95+VAT per issue
Black & White	£45.50+VAT	£34.15+VAT per issue	£30.55+VAT per issue	£22.75+VAT per issue
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Full Colour	£30.50+VAT	£22.85+VAT per issue	£20.45+VAT per issue	£15.25+VAT per issue
Black & White	£28.90+VAT	£21.70+VAT per issue	£19.40+VAT per issue	£14.45+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 = £63.55+VAT 12 months = £99.95+VAT

# Noticeboard

## LLANDOVERY LIBRARY Tel. 01550 721626

Mon 10.00am – 1.00pm; 2.00pm – 6.00pm  
Thurs 10.00am – 1.00pm; 2.00pm – 6.00pm

## LLANDEILO LIBRARY

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

Mon Closed  
Tues 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)  
Wed 1.30pm – 5.30pm  
Thurs Closed  
Fri 10.00am – 6.00pm (Closed between 1.00pm – 2.00pm)  
Sat 9.00am – 1.00pm  
Sun Closed

## CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

## COUNTRY MARKETS

**Llandeilo:** Fri, 8.30am – 12.30pm, vestry in Capel Newydd, Crescent Rd.  
**Myddfai:** Last Sunday of each month 12.00 – 4.00pm. Tel: 01550 720449  
**Brecon:** Every Friday of month at the Brecon Market Hall, 7.00am – 2.30pm.

## TOURIST INFORMATION CENTRES

**Llandovery:** Llandovery Museum and Visitor Gateway.

Closes November 4th 2023. Reopens Easter 2024

Email: enquiries@llandoverymuseum.wales

**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.

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

## MULTIPLE SCLEROSIS SOCIETY

Tel: 0300 1232326.

## AGE CYMRU SIR GAR/CARMARTHENSHIRE

Tel: 01554 784080.

## BRECON ADVICE CENTRE

Tel. 0345 6018421

**11 Glamorgan Street, Brecon. LD3 7DW:**

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

## Train Times (Timetable 10/12/23 – 01/06/24)

		Mon. to Fri.					Sat.					Sun.				
Swansea	D	05.47	09.09	11.38	14.18	18.19	21.15	05.49	09.08	11.45	14.25	18.18	21.15	11.10	15.37	
Gowerton	D	05.58	09.20	11.50	14.30	18.32	21.27	06.00	09.19	11.58	14.37	18.31	21.27	11.22	15.49	
Llandeilo	D	05.13	06.08	09.31	12.03	14.43	18.43	21.36	06.10	09.31	12.08	14.49	18.42	21.36	11.33	16.00
Ffairfach	D	05.49x	06.44x	10.07x	12.46x	15.24x	19.20x	22.12x	06.46x	10.07x	12.46x	15.25x	19.19x	22.12	12.08x	16.34x
Llangadog	D	05.54	06.49	10.12	12.51	15.29	19.25	22.17	06.51	10.12	12.51	15.30	19.24	22.17	12.14	16.40
Llanwrda	D	06.03	06.58	10.21	13.00	15.39	19.35	22.27	07.00	10.21	13.00	15.39	19.34	22.27	12.23	16.50
Llandovery	D	06.07	07.02	10.25	13.04	15.42	19.38	22.30	07.04	10.25	13.04	15.43	19.37	22.30	12.27	16.53
Cwmifor	D	06.15A	07.11	10.34	13.13	15.51	19.47	22.37A	07.13	10.34	13.13	15.52	19.46	22.37A	12.36	17.02
Cyngorhydy	D	07.19x	10.42x	13.21x	16.00x	19.56x			07.21x	10.42x	13.21x	16.00x	19.55x	12.43x	17.10x	
Llanwrtyd	D	07.40	11.03	13.42	16.17	20.16			07.42	11.03	13.42	16.17	20.15	13.01	17.27	
Llandrindod	D	05.50	08.13	11.36	14.15	17.01	20.49		08.15	11.36	14.15	17.02	20.48	13.44	17.59	
Shrewsbury	A	07.38	09.46	13.08	15.45	18.32	22.21		09.45	13.10	15.45	18.36	22.26	15.13	19.34	
Shrewsbury	D	05.22	08.57	11.22	15.17	18.07	21.27	05.30	08.56	11.26	15.25	18.08		12.04	16.20	
Llandrindod	D	07.06	10.29	12.56	17.06	19.41	23.00A	07.08	10.28	12.59	17.06	19.40		13.53	18.05	
Llanwrtyd	D	07.40	11.03	13.41	17.37	20.17		07.42	11.03	13.41	17.37	20.15		14.24	18.36	
Cyngorhydy	D	07.53x	11.16x	13.55x	17.50x	20.30x		07.55x	11.16x	13.55x	17.50x	20.28x		14.37x	18.49x	
Llandovery	D	06.26	08.05	11.28	14.07	18.02	20.42	22.43	08.07	11.28	14.07	18.02	20.40	22.43	14.49	19.02
Llanwrda	D	06.32x	08.11x	11.34x	14.13x	18.08x	20.48x	22.49x	08.15x	11.34x	14.13x	18.08x	20.46x	22.48x	14.55x	19.07x
Llangadog	D	06.36x	08.15x	11.38x	14.17x	18.12x	20.52x	22.53x	08.17x	11.38x	14.17x	18.12x	20.50x	22.52x	14.58x	19.11x
Llandeilo	D	06.50	08.27	11.50	14.28	18.24	21.04	23.04	08.29	11.50	14.28	18.24	21.02	23.04	15.11	19.23
Ffairfach	D	06.53	08.29	11.52	14.31	18.26	21.06	23.07	08.31	11.52	14.31	18.26	21.04	23.06	15.13	19.26
Llandeilo	D	07.44	09.10	12.40	15.12	19.07	21.45	23.48	09.11	12.38	15.12	19.09	21.49	23.46	15.51	20.05
Swansea	A	08.08	09.33	13.03	15.36	19.31	22.08	00.16	09.34	13.01	15.37	19.32	22.12	16.15	20.26	

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

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

**Traveline:**  
**0800 464 0000**

## BUS TIMES

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

### Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

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

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

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

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

All services operate Mon-Sat

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	7.37	—	11.21	—	14.36	—	—	—
Llandeilo, New Road	7.37	9.29	11.27	12.59	14.44	17.02	18.24	19.31
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
	281	280	281	280	281	280	281	280
Carmarthen	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
Llandeilo	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29
Cwmifor	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—
Llangadog (Rhyd)	—	8.13	—	11.13	—	15.13	—	18.42
Llansadwrn (War Memorial)	—	8.21	10.26	11.21	13.31	15.21	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 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.