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# WELSH YOUTH LEAD THE WAY IN THE FIGHT AGAINST CLIMATE CHANGE

*Wildlife Trusts in Wales launch a  
youth climate change project,  
Stand for Nature Wales*

For the next three years, Wildlife Trusts in Wales will work to empower and inspire young people to take action for nature and wildlife in their local area in a bid to tackle climate change. From urban Cardiff to rural Montgomeryshire, young people are standing for nature and their futures.

There has never been a more important time to take action for nature. We are currently facing a climate and nature emergency, with 17% of species in Wales at risk of extinction. But we can change this. By putting nature into recovery, we can tackle climate change. Thriving habitats can safely lock up

vast amounts of carbon, while providing other vital benefits that help us adapt, such as flood prevention, clean water and improved health and wellbeing.

Ellen, a young person on the Montgomeryshire Stand for Nature Wales youth forum said:

"I think the project is important because it gives young people power to make a change. There are many problems to overcome; loss of habitat, species and tackling climate change but I am confident we can make a difference together."

*continued on page 3*



Photo Credit: Ross Hoddinott 2020/VISION

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# ALL ABOUT *The Post*

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**Next issue distributed:  
1st June 2021**

## *The Post* Future Copy Dates

July ..... 16th June  
August ..... 15th July  
September ..... 16th August

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 **Doggy Divas in Llandeilo**

08/21(6)



*continued from page 1*

Through this vital project, Wildlife Trusts in Wales will amplify young voices and give them the skills and tools to deliver climate action in their areas. Youth forums across Wales will lead the way by harnessing the potential of nature to tackle the climate crisis. From reinstating wildflower meadows to raising awareness of the importance of our oceans and blue carbon, young people are securing a Wilder Future for Wales through local climate action.

Chris Baker, Stand for Nature Wales Project Manager said:

“We know that young people are the future. This is why we are delighted to be able to empower the young people of Wales to take climate action not only for nature and wildlife, but for their own wellbeing too.”

The Wildlife Trusts are calling for at least 30% of our land and sea to be connected and protected for nature’s recovery by 2030. Making more space for nature to become abundant once again will give our struggling wildlife the chance to recover and also restore beautiful wild places – places that store carbon and help to tackle the climate crisis. But to achieve this, we need to stand for nature.

Hannah Stitfall, Wildlife Presenter, Filmmaker and Ambassador for The Wildlife Trusts:

“Our natural world is in trouble; this is no secret. But there is still hope! Projects such as Stand for Nature Wales give future generations the skills and knowledge and more importantly, the passion to stand for nature. I am delighted to see this incredible project launch today and can’t wait to see what the young people of Wales achieve!”

Are you a young person who would love to help tackle climate change?

Find out more here: [www.wtwailes.org/stand-for-nature-wales](http://www.wtwailes.org/stand-for-nature-wales)



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09/21(12)

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## LLANDOVERY FLORAL ART SOCIETY

Is it Summer I see on the horizon? There have been some lovely warm days, but watch out for those frosty mornings. I've actually been some gardening !! Not like me at all. I know the rest of you will have been out there in your beautiful gardens preening and planting. Heather is continuing to work on her plans for next year. We wait with baited breath to hear the hall has re-opened and we can start to get together again. It is obviously still sometime away but definitely something to dream of. She is also looking forward to her first cwtch with granddaughter Billy. Congratulations to Helen [Walters] on the safe arrival of Rhodri her third grandson, to Catrin and Ioan.

Sadly life has not been kind to our dear friend Eleri. Following a fairly short illness he passed away the same day as Prince Phillip. Their shared wicked sense of humour should make for some fun times together. May the both rest in peace. Our thoughts and prayers are with Eleri and all the family. It was wonderful that Gaynor made it over from Australia in time to spend time with her beloved father, alongside Gareth and Glesni.

Pat [Smith] has had her long awaited hip replacement and is making a good, slow and steady recovery. Gill [Evans] managed to break her arm while enjoying a game of table tennis with her grandson. The arm is now out of plaster and despite still being painful is slowly on the mend. Ken is doing an excellent job as nurse and chauffer. Let me know if you have any news you are happy to share so I can

Here are the answers for last months code breakers.

### 10 SPRING FLOWERS

- |                       |               |
|-----------------------|---------------|
| 1. tulips             | 2. snowdrops  |
| 3. helleborus         | 4. daffodills |
| 5. grape hyacinth     | 6. crocus     |
| 7. lily of the valley | 8. hyacinth   |
| 9. bluebell           | 10. allium    |

Sorry no quiz this month too busy in the garden. No not true I've had too many zoom meetings and conferences to prepare anything and it is too late now. I will take myself in hand and get something ready for June.

As always, keep safe, keep smiling and talking.

Gina.

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04/22(12)

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# LIT FEST FOUNDER RECEIVES COMMUNITY RECOGNITION



CAVS branded Llandeilo resident Christoph Fischer “a selfless, charitable, humanitarian with a heart of gold.”

Further, their recognition award says: “Christoph has been pivotal during the pandemic in supporting the local community and people in need while continuing to be a proactive member of Llandeilo Town Council and Chair of a very successful Festival of Senses.”

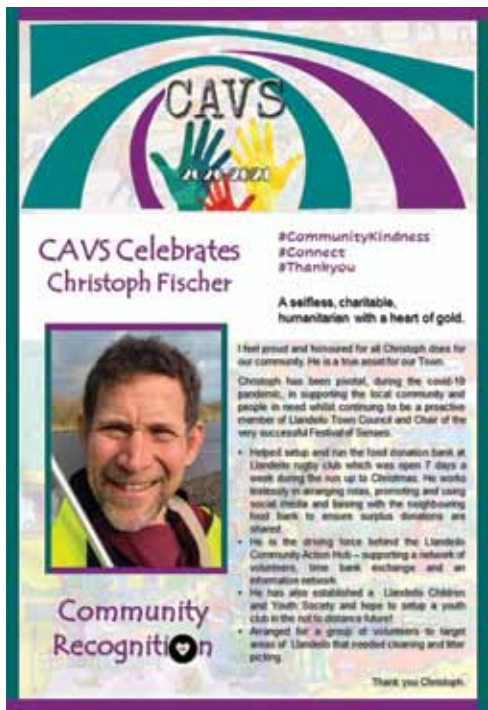
Christoph moved to Llandeilo with his Welsh husband 6 years ago and within a year had set up a popular local Literature Festival in town. He joined the town council, helped revive the Llandeilo Chamber of Trade, brought Town WiFi to town and reluctantly stepped in to save a leaderless Festival of Senses. During the pandemic he set up a volunteer network for the Covid Support Group and co-founded a few new initiatives, such as litter picking group Taclo, Ffrindiau Parc Penlan Park Friends, Llandeilo Children and Youth Society (Youth Club Initiative), Fair Trade Llandeilo and the Llandeilo Community Action Hub.

While the Covid group and the Lit Fest received several awards for their work as a group, this is the first time someone has officially recognised Christoph as an individual for his energy and multiple achievements.

Meanwhile Christoph himself sought community recognition awards for other Llandeilo Covid Volunteers, with support from Llandeilo Mayor Owen James and private sponsors.

The Action Hub committee responded to the award with this official statement: “...we’re glad to call you one of our own.”

The Action Hub is currently looking to collate information on all local groups and activities to connect them with new members and volunteers and the Lit Fest will be happening online this weekend.



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0721(3)



1021(6)

## LLANEGWAD RAINFALL



Rain fell on 16 days this month, the wettest day was 10th with 16mm.

March Total: 95mm – 3.3/4"

D. R. DUKE

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## LLANDOVERY FRIENDSHIP SOCIETY

So lovely to have the warm, sunny days back. Shame about the frosty mornings but they are not too bad.

The second vaccine clinics are going well. A big thank you to the doctors, nurses and surgery staff, the Rotarians and the Rugby club committee for making it work so safely. Thank Chris for allowing the club to used it has been an ideal location. Hopefully most of us have had both now and it is another step towards some normality. Angela has been working full time in the Carmarthen clinics. First in Glangwilli, then the Halliwell and now in the showground.

Pat [Smith] has had her hip replacement and is making steady, slow progress back to full mobility. Mum celebrated her 93rd birthday on 2nd April as did Les [Marshall] back in January. Mary and Ivor have celebrated their anniversary recently, congratulations both. A number of you have not had the best of year health wise and hope you will be able to make the most of the sunshine to help you feel better.

Here are the answers to last months quiz. I am afraid I have had a busy week or two of zoom meetings and have not prepared one for this month. Thank goodness I hear many of you shout. BUT! I will be preparing something for June in the coming weeks!!

1. Vatican City
2. Ben Nevis
3. The Nile
4. Tokyo
5. The equator
6. Catherine Parr
7. 1945
8. Micheal Collins
9. Cambridge
10. Smallpox
11. Blue, yellow, black, green and red
12. 13
13. Red Rum
14. Pineapple
15. Wigan Athletic
16. Almonds
17. Indian Pale Ale
18. Banana
19. Blood
20. Filo

Keep safe and keep smiling.

Gina and all the committee.

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# INNER WHEEL PRESENTATION TO FOODBANK



Mrs Sonia Beynon, President of the Inner Wheel Club of Llandeilo recently presented a cheque of £305 to the Llandeilo Foodbank, on behalf of the club

Pictured left to right are Karen Towns (Llandeilo Foodbank), President Sonia, Catrin Thomas (Llandeilo Foodbank), Urszula Haines, Club Correspondent & Jeanette Hughes, Secretary.

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0521(1)

# TOWY VALLEY CAMERA CLUB

Like many other camera clubs who have had to make significant adjustments to the way they operate due to the COVID-19 restrictions, Towy Valley CC has embraced the use of Zoom and will use it to run the programme for the foreseeable future. All our Zoom meetings will commence at 7.30pm.

Programme for May to August 2021

Monday May 10th More New Work with  
Dennis Russ.

Monday May 24th

New Digital Adventure with  
Colin Harrison.

Monday June 14th

Mono For You with  
Gareth Martin.

Monday June 28th

Competition 3 with Judge  
Harry Gardiner.

Monday July 12th

Mike In Colour with  
Mike Clatworthy.

Monday July 26th

Stars, Galaxies and Diamonds  
with Ian Ledgard.

Monday August 4th

Competition 4.

If you are a newcomer to photography, the club has a wealth of expertise amongst its mem-bers, who would be happy to assist you with tips and techniques to help you improve your photographic skills. The club has much to offer both the experienced photographer, and new-comers, with a variety of guest speakers, to opportunities to enter your work in both club and inter-club competitions.

If you are interested in joining us at the club please visit our website at the following address, and register your interest using the Contact Us option. You could also visit our Facebook page, simply search for Towy Valley Camera Club.

[www.towyvalleycameraclub.org.uk](http://www.towyvalleycameraclub.org.uk)

09/20/63

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07/21(12)

## Padmasambhava Yoga & Meditation Centre

All at Padmasambhava hope you are all well and now that the restrictions are being lifted, enjoying more walking and being outdoors, as well as meeting family and friends once again. The countryside and our gardens are coming into their own with many trees and flowers in bloom, bringing wonderful scents to us all, with birds, bees, butterflies and many insects enjoying this time as well. We are very lucky to live in such a wonderful area. Padmasambhava hopes you're still enjoying and keeping up your yoga practices and that the extra hours of daylight bring you extra vigour to do them – all of which brings joy to our hearts and helps uplift our spirits.

The Centre looks forward to the time that classes will be able to start again in person. Until then Padmasambhava is continuing to offer Zoom classes and is running a comprehensive Summer term programme. The Centre offers a mixture of classes online – from the Monday morning chair yoga, to a mixed daytime class on Tuesdays and a selection of more experienced evening classes. Contact the centre to join one of the Summer term classes. Padmasambhava is currently taking names for a new Beginners' class.

Many students have been surprised by how much value they find in the sense of practicing together, once again, as part of a group, using technology. Help is given, as needed, to become familiar with Zoom. Each of the classes spends time on breathing and relaxation techniques which help ease the mind and reduce stress, as well as the gentle physical practices to help release tension within the body and to encourage flexibility and strength.

PadmaSamBhava is there for students old and new – so please do call the Centre if you would like help or guidance or resources for practice. A few simple practices can provide the tools to enhance our awareness and begin to make a difference to the state of our minds, our health, our energy, as well as relax the body – and taking quieter time helps with developing a sense of well-being. Please don't hesitate to contact the Centre, you can phone 01558 823842 or email [mail@padma.org.uk](mailto:mail@padma.org.uk) Classes at PadmaSamBhava are special in that they take into account the health and abilities of everyone and aim to help both the mind and the body.

The Centre chants the healing manta at 6.00pm every Friday. If you would like anyone added to the list of named recipients for this chant, please phone or send an email to [mail@padma.org.uk](mailto:mail@padma.org.uk)

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09/21(12)

# TRY CROQUET IN LLANDOVERY



Llandovery Croquet Club members were able to enjoy a return to play in April following the easing of restrictions. As we are now able to organize events for more players, anyone who would like to try croquet is invited to come along to the club at Castle Fields.

The Club is open to visitors and non-members; no previous experience is necessary - all equipment is provided - you just need to wear flat shoes!

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

Our club afternoons are Tuesdays and Thursdays from 2pm. Individuals can also play at other times by arrangement.

For further information about the Club or to arrange a free trial please contact the secretary John on 01269 593938 or 07435 786762, or email [john.evans@zen.co.uk](mailto:john.evans@zen.co.uk)

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11/21(12)

# CREATING CONNECTIONS IN LLANDEILO



The Llandeilo Community Action Hub is a new and exciting project which has been up and running since the 1st March 2021. Its aim is to compile lists of all the clubs, groups and organisations which help and support the local community of Llandeilo and the surrounding area. It will establish a directory that will show how to access these groups, how to join and also how to volunteer.

There is so much going on in the town including sports clubs, support groups, social groups, food producing associations, art groups and creative projects. People will be able to clearly see what's going on in Llandeilo and decide if they want to join in or volunteer their time and services.

From the beginning of The Covid19 Pandemic there have been many local people wanting to help out in whatever way they could. Over 150 people signed up to volunteer for The Covid19 Support Group and it has been an extraordinary collective of local people showing what a strong sense of community our town of Llandeilo has. The Action Hub aims to build on this to create a central point of contact, through Facebook, leafleting and other platforms, with information available to all.

There is already a long list of local groups being compiled including TACLO – a group who keep the town clean and tidy with litter picking events, Tregib Sports facilities, fitness groups, mental health services, dementia support, food networks, town festival committees – the

list is growing daily! If you are a club or group who would like to be included, or a volunteer who wants to be active in the community or an organisation looking for volunteers – please get in touch. All are welcome.

Volunteer forms are being published in May where you can put down your details and what you are interested in volunteering for. You will then be kept in touch with relevant organisations and events where your help would be needed.

Details of groups and volunteer forms will be posted on The Llandeilo Community Action Hub Facebook page and on the Covid19 Support Group website <https://llandeilocovid19.com/>

Information and volunteer forms will also be available at the Llandeilo library. Later in the year look out for information on the new Llandeilo noticeboard which will be incorporated into the community mosaic mural currently being created in the walkway between the main carpark and Rhosmaen Street.

## SUMMER WALKS WITH THE RAMBLERS

Now that the pandemic restrictions are being eased, the Ramblers group for this area, Dinefwr Ramblers, will again be providing led walks which will offer both variety and good company with a friendly group for enjoyable outdoor exercise over the coming months. Non-members of the Ramblers will be very welcome to try out a couple of walks. Details will be found on the website [www.dinefwrRamblers.org.uk](http://www.dinefwrRamblers.org.uk).

Also on the website are the benefits of becoming a member of the Ramblers which include receiving the attractive and informative Walk magazine and a discount at leading equipment retailer. Being a member will help to support the charity's work to improve the conditions for walking across the country and to promote walking for health and wellbeing. Local footpath problems have continued to be reported to the County Council by members of Dinefwr Ramblers during the pandemic.

As in the past, there will be a group walking holiday arranged for members of Dinefwr Ramblers. While in previous years there have been holidays in a wide variety of places in both Britain and abroad, because of the restrictions on foreign travel and the overall pandemic situation the focus this year will be on having a holiday in September in a location nearer to home



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02/21(2)



## ASHMOLE & CO CELEBRATE FIVE-YEAR ANNIVERSARY IN LLANDEILO WITH EXPANSION OF THE TEAM

Ashmole & Co are celebrating five years of having an office in Llandeilo town centre this month. As one of the oldest accountancy firms in mid Wales, the local team is going from strength to strength with the addition of a new member of staff.

The Market Square office in Llandeilo and the High Street office in Llandovery are managed by Ashmole & Co partner, Ceri Llwyd, and together are a hub for clients across north Carmarthenshire. The team pride themselves on providing a local, bilingual, rural service, working with local farm businesses, individual business owners and those companies who also serve the local community.

Celebrating Ashmole & Co's five-year anniversary in Llandeilo Ceri Llwyd said, "We are very grateful for all the support we have been shown by local businesses in the Llandeilo area since we moved into the town five years ago. We have been delighted to help fund local events, clubs and teams which all help to make this rural community thrive."

As part of its expansion the rural, chartered, certified accountants are delighted to welcome Rhyddian Davies who has joined the Llandeilo team as a Trainee Accountant. Rhyddian works alongside Sam Jones and Ceri Llwyd, Partner.

Rhyddian is from Penygroes. Day to day he prepares and completes year-end accounts; deals with queries from clients as well as preparing and submitting VAT returns.

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*Rhydian Davies  
and Sam Jones  
outside the  
Llandeilo office of  
Ashmole & Co.*

After leaving Maes yr Yrfa high school he qualified from Cardiff Metropolitan University with a 2:2 Accountancy degree. For three years he then worked for Morgan, Hemp & Co accountants before starting with Ashmole & Co.

Commenting on his appointment Rhydian said, "I'm delighted to be given the opportunity to work with the experienced team at Ashmole & Co. The most rewarding part of my job is the problem-solving. I constantly strive to keep a high standard of work whilst helping as many clients as I possibly can."

Sam Jones joined Ashmole & Co in 2015. He recently moved from the Ammanford office to be based in Llandeilo. Sam grew up on the family farm in Llanon. After leaving Maes yr Yrfa high school, he gained an Extended Diploma in Business at Distinction Level at Coleg Sir Gar in Llanelli. During his Diploma he did work experience with Ashmole & Co and joined full time after completing his studies. Sam's family are well known in the Llandeilo area with his uncle owning Huw Rees Brides since 2009.

Ashmole & Co Chartered and Certified Accountants have been established since 1897 and are one of the largest accountancies and auditing practices in Wales, operating from thirteen offices throughout south and west Wales including Carmarthen, Pontarddulais, Newcastle Emlyn, Haverfordwest and Swansea.

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## **LLANWRDA CRICKET CLUB**

The club is delighted to announce that we have received a £10,000 grant from Sport Wales to build a new artificial wicket. With our thirtieth anniversary coming up, this is an excellent way to commemorate the event.

Training for juniors, and also the new Women and Girls' team, is on Friday evenings at Castle Fields Llandovery. Girls and boys aged 5 years-old and over are welcome to join Llanwrda C C. We will be running All Stars cricket once again for 5 to 8-year-olds and also the new exciting Dynamos for 8 to 11-year-olds.

Please call Liz on 07791 241197 for details about the Women and Girls' team. Please contact Gwynn Davies for information about the juniors on 07956 14 74 64 or LlanwrdaCC@gmail.com for more details, or just search online for "Llanwrda Cricket." We are also on Facebook. Come and join us.

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

### **LLANWRDA C C BONUS BALL WINNERS**

03/03/21	52	No winner
10/03/21	17	Roland Griffiths
17/03/21	09	Liz Cumming
24/03/21	30	Stuart Davies
31/03/21	30	Jo Edwards
07/04/21	29	Margaret Davies
14/04/21	34	No winner

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.

In Memoriam – we would like to acknowledge the support given to the club by the late Mr Roly Griffiths, over many years. Our thoughts are with his family.

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07/21(6)

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05/22(12)



Good news Myddfai Community Hall & Visitor Centre's shop and café will be re-opening from Friday 30th April through to Bank Holiday Monday 3rd May from 11.00am – 3.00pm, thereafter we will be opening Fridays – Sundays 11.00am – 3.00pm. We may extend our opening hours later in the month. Please check our website or Facebook page or ring or email if you plan to visit on other days to check if we are open.

We have a large outdoor undercover area at the rear of the hall with views across the fields for the café seating and additional tables outside the front of the hall.

All café seating will be outdoors until regulations change – hopefully later in May, when inside seating may be allowed. We have very good Covid safety measures in place.

The gift shop will be open as well. All visitors are required to wear a face covering whilst inside the building.

If Covid regulations allow we plan to re-start our monthly Farmers Markets on Sunday 30th May 12.00 noon to 3.00pm, please check our Facebook page or ring us to confirm.

Myddfai shop has a great range of quality local craft and artwork from pottery, Welsh Tweed, jewellery, slate items, fused glass, a wide selection of artwork, books by local authors, and a Welsh selection of CDs in addition we have a wide selection of greetings cards, Myddfai made jams and chutneys, local honey and the Myddfai range of toiletries, as well as a great selection of candles, aprons, antiques, wooden bowls and boards and much more.

Myddfai café is a great place to stop for a delicious lunch or tea and cake, we have daily lunch specials and a wide selection of freshly made cakes on offer.

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

For further information or bookings please contact Les at [les@myddfai.org](mailto:les@myddfai.org) 07879 119223 or Hall No. 01550 720449. Our website is [www.myddfai.org](http://www.myddfai.org)

Please check our Facebook page for news and events.

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07/21(13)





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# LLANGADOG COMMUNITY HALL COMMITTEE **ANNUAL GENERAL MEETING** **NEW DATE!!**

**Tuesday 8th June 2021 at 6.00pm**

The AGM will be held in the Main Hall Due but due to restrictions the amount people allowed will be 15 including the Committee (10 can attend with 5 committee). We would therefore ask if 1 representative from each user group only attend if possible. Can you please let Caron know via email [caronclark45@yahoo.co.uk](mailto:caronclark45@yahoo.co.uk) or FB messenger who the representative is. All COVID restrictions are still in place. If the numbers are increased to more than 15 we will update you.

For people who cannot attend, you will be able to use the ballot box (voting slips will be available) which will be held in the Post Office, or email [caronclark45@yahoo.co.uk](mailto:caronclark45@yahoo.co.uk) with the nominee(s) for the position(s) no later than 7th June 2021.

Votes will be counted at the AGM and the nominee(s) notified and given opportunity to accept or decline position.

Please only come along if safe to do so and have pre booked, and follow the safety guidelines set when entering the hall. Arrive individually.

Masks must be worn when entering the hall.

Nominations for the posts of Chair, Vice Chair, Treasurer Secretary, Booking Secretary & Director(s) x 2

Many thanks

LLANGADOG COMMUNITY CENTRE COMMITTEE  
 Chair (Alan Rowlands)

Vice Chair / Treasurer (Sarah Jones)

Secretary / Bookings Secretary (Caron Thomas)

Directors (Jackie Dare / Mike Blofield)

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## ANN WILLIAMS

Margaret, Linda, Gareth and Aled and family of the late Ann Williams, Y Berllan wish to express their sincere thanks for all your kindness and sympathy received during their recent bereavement. We were overwhelmed by the volume of cards, flowers, messages and the support shown by her friends, neighbours and the local community. We would also like to thank the wonderful generosity shown through the donations received on behalf of Llandoverly Hospital League of Friends and Llanfair Surgery

Diolch o galon

## LLANGADOG SPORTS CLUB WHIST DRIVES

We had hoped to run last year's Grand Spring Whist Drive Friday 17th April 2020, in Spring 2021, when we could draw our main raffle, but, still unable to.

We only sold a few raffle tickets for last year, so, anyone wishing to have their money returned, could you please ring Ann Williams 01550 777699 or Jackie Dare 01550 777316 by the end of May.

Otherwise we shall forward it to the Llangadog Community Centre.

It is unlikely we shall have future whist drives, we would like to thank all our whist drive friends for your support and generosity over so many years.

Diolch Yn Fawr

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04/23(12)

# MS AWARENESS WEEK 2021



As Multiple Sclerosis (MS) Awareness week approached, 19th – 25th April, I reflected on what it's meant for myself, a person living with MS and many others facing the pandemic with a chronic illness. It's fair to say the last 12 months have been particularly worrying, challenging and difficult for everyone as we lived through a global pandemic. Its aftermath which has yet to end, has been far reaching and widespread, taking a toll on mental health as people struggle with the devastating loss of lives, the impact of lockdown, loneliness, financial difficulties and the inevitable recession that we are entering. MS can lead to mental health problems and the risk of suicide for people with MS is significantly higher. MS is a condition where the

immune system mistakenly attacks the brain and nerves, causing a broad range of symptoms, including problems with vision, movement, sensation, balance, memory and just about any neurological function can potentially be affected. It's a lifelong condition that can sometimes cause serious disability. There currently is no cure. The NHS, a service we are fortunate to have, has been placed under enormous strain as it's battled against the virus and with most of its resources tied up in this, appointments have had to be cancelled, treatments delayed, people left in limbo waiting for answers, medical consultations conducted over the phone. This has added to the feelings of uncertainty, anxiety and fear. The MS Trust, a charity who supports people with MS and those around them, reported it had received record numbers of calls to its free helpline from worried people. The Trust provided clear up to date information on their website and Facebook page about COVID and MS which I found helpful in understanding the risks for me. Lockdown saw many fundraising events cancelled thus cutting off a vital source of income for charities, such as the MS Trust, yet somehow they had to find ways to keep going especially when people were in need of support more than ever.

I fell into the group of people clinically extremely vulnerable to serious illness if they caught the virus and received a letter to shield, basically to stay home having minimal contact with anyone, even those I live with. I attend hospital monthly for an infusion of a disease modifying drug to manage highly active MS that works by altering how the immune system operates. It was decided the risks of stopping treatment or increasing the time between infusions outweighed the risks posed from the coronavirus so I could continue as usual which was lucky (or unlucky depending how you look at it). When it came to leaving home for the first time after a month of shielding to attend hospital I was apprehensive and felt like a survivor in a disaster movie heading out into the unknown. I don't know what I thought I'd see but there were no apocalyptic scenes awaiting me, in fact the world looked pretty much the same, only eerily quiet with most places shut and a distinct lack of people. Those who were out were queuing 6ft apart, mindful of social distances, awaiting entry into the supermarket or chemist. There were no horrific scenes at the hospital either, just a sense of strangeness with all the black & yellow tape up, areas closed off, no people in the corridors except for hospital staff wearing masks & gloves, a virtually empty car park and entrance doors locked. Admittance was permitted after completion of a general health check that included having your temperature taken and using antibacterial spray on your hands. The outpatient waiting area in front of the coffee shop (which was open for takeaway drinks only) was full of NHS staff taking a well earned break. I felt I didn't belong amongst these ordinary everyday heroes, a cloak of invisibility would've been useful as I tried to creep past to get a coffee. There was no idle chit-chat. The atmosphere was sombre. Once I was admitted to the MS ward, all the staff were wearing gloves, masks, aprons and everything was sprayed with antibacterial spray.

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Things I use to manage pain, fatigue and general wellbeing became hard to access in lockdown causing a flare up of symptoms. I usually attend a yoga class and regular acupuncture but these were cancelled. I was able to join an online yoga class in the end but missed months of acupuncture which set me back. If you have one autoimmune condition, there is an increased risk of having another and I have Coeliac disease, a condition where your immune system attacks your own tissues when you eat gluten. Panic buying made it hard to get hold of Gluten Free foods resulting in some creative cooking! The lack of paracetamol disrupted pain management routines. I stopped watching and listening to the news because the reports were stress-inducing and stress can be a trigger point for people with chronic illnesses, actually stress doesn't help anyone. I felt reassured after I had my vaccination and less worried every time I had to leave the safety of home. Not everything about lockdown was bad, it provided a chance to pause and slow down, spending more time enjoying the outdoors.

For anyone feeling worried about life with MS, you don't have to suffer in silence. The MS Trust provide a free enquiry line 0800 0323839 and information you can trust, or talk to your Doctor/MS Nurse. The MS Trust have a useful A-Z section on every MS subject you can imagine, on their website [www.ms-trust.org.uk](http://www.ms-trust.org.uk). Their Facebook group <https://www.facebook.com/groups/multiplesclerosis-trust/> is another way to access support and to reach out to the wider MS community.

02/22(12)

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## EASTER CHEER AT THE FOOD HUB



Red Dot Financial Planning is bringing seasonal cheer to the recipients of food parcels from the Llandeilo Food Hub.

Stephanie Jones and Dyfed Lloyd-Jones brought bags full of Easter Chocolates to be given to the families currently looked after by the Food Hub.

"Our office is just around the corner and we've been meaning to contribute to the community for a while," said Stephanie. "A recent Facebook post about the food hub reminded me. Seeing the great set up we know we will be back."

Volunteers Urszula Haines and Christoph Fischer received the donation on behalf of the Food Hub.

"It's great that the families get to enjoy that bit of seasonal luxury and we can't thank our donors enough," said Urszula.

Donations for the Food Hub can be dropped off at the Llandeilo Rugby Club every day between 2 and 4 pm. For deliveries out of hours contact [LlandeiloCovid19@mail.com](mailto:LlandeiloCovid19@mail.com)

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## THE HANDWRITING ON THE WALL

- 1 At the feast of Belshazzar, and a thousand of his lords,  
While they drank from golden vessels, as the Book of Truth records;  
In the night as they revel in the royal palace hall,  
They were seized with consternation, – 'twas the hand upon the wall.
- 2 See the brave captive Daniel, as he stood before the throng,  
And rebuked the haughty monarch for his mighty deeds of wrong;  
As he read out the writing, 'twas the doom of one and all,  
For the kingdom now was finished,- said the hand upon the wall.
- 3 See the faith, zeal and courage that would dare to do the right,  
Which the Spirit gave to Daniel, this the secret of his might;  
In his home in Judea, or a captive in the hall,  
He understood the writing of his God upon the wall.
- 4 So our deeds are recorded, there's a Hand that's writing now;  
Sinner, give your heart to Jesus, to His royal mandate bow;  
For the day is approaching, it must come to one and all,  
When the sinner's condemnation will be written on the wall.

God wants to blot out our sins  
and write Pardon next to each and every name

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Mrs C Williams, Llansadwrn

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16 16	Renault Captur 1.5 DCi Dynamique S (90 BHP), Sat Nav, Diamond Cut Alloys, Zero Road Tax, Silver/Black Roof, Only 43000m.....	£8500
16 65	Renault Captur 1.5DCi Dynamique S, Alloys, Sat Nav, Grey/Black, 0 Tax, 35000m.....	£8500
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### AUTOMATIC

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12 62	VW Passat 2.0TDi (104 BHP) SE, Blu Motion Tech, Auto, 4dr, Met Blue, 82000m.....	£5850
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17 67	Ford Focus 1.0T 140 BHP, 6 Speed, ST Line, Eco Boost, Sat Nav, Alloys, Impact Blue, 27000m.....	£11495
17 67	Ford Fiesta New Model 1.0 E/B 100 BHP Zetec, A/Con, Alloys, 5dr, Silver, 27250m.....	£9995
16 67	Mini Cooper 1.5 Petrol 136 BHP, 6 Speed, Alloys, Air Con, Silver/Black Roof, 5dr, 31500m.....	£10995
16 67	Kia Pro Ceed 1.0 120 BHP, 6 Speed, GT Line, Sat Nav, D/Cut Alloys, 1 Owner, 3dr, Red, 10400m.....	£11995
16 16	Vauxall Astra 1.6 CDTi Design Estate, New Model, Parking Sensors, 0 Tax, Silver, 42000m.....	£8995
18 68	Kia Picanto 1.0 2. Electric Windows, Central Locking, Alloys, In Breeze Blue, 10650m.....	£7500
14 64	Peugeot 308 1.6 HDi Allure, Sat Nav, Rev Camera, Diamond Cut Alloys, 0 Tax, Blue, 68000m.....	£5850
12 62	Skoda Fabia 1.6 TDI Monte Carlo Ltd Ed, Black, Alloys, White/Black Roof, £20 Tax, 63500m.....	£5250
11 61	Nissan Juke 1.5 DCi 110 BHP, 6 Speed, Sport, Rear Spoiler, Red Mirror Caps, White, 73500m.....	£6350
10 10	Vauxhall Corsa 1.2 SXi, Alloys, Ideal 1st Car, 3dr, Black, 89000m.....	£2350

### COMMERCIALS

18 68	Mercedes Benz Vito 111 BHP 1.6 CDI, 6 speed, 2.8T, LWB, twin side doors, ply lined, tow bar, in white, 32000m.....	£15,995 +VAT
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# LLANDOVERY COLLEGE'S HEAD GIRL SECURES PRESTIGIOUS MOREHEAD-CAIN SCHOLARSHIP

Llandovery College is thrilled to announce that Head Girl, Katie Fear, has made College history by being awarded a prestigious Morehead-Cain Scholarship. Based at the University of North Carolina, USA, the Morehead-Cain Scholarship Programme is highly competitive, rigorous and extremely selective and only individuals who are exceptional young people displaying resilience, leadership, academic excellence and physical rigour are selected. This year out of a total of 5,400 applicants only 70 have been successful. We are incredibly proud to say that Katie is one of those 70 and in turn one of only five British recipients of whom two are Welsh.

The purpose of the Morehead-Cain Foundation is to identify and invest in the promising leaders of the future, challenging them to make a profound impact on the people and pursuits that define their lives. The benefactors both believed that the best way to improve society's future was to bring talented young leaders to a great university and set them free to discover their talents. It is truly a lifelong honour to be selected and the opportunities, challenges and experiences that await Katie are vast and offer her an exceptional future. She follows in the footsteps of over 3,200 Morehead-Cain Scholars and Fellows who have left a legacy of leadership and service to the community and their contributions to society across the world is simply immeasurable.

On her scholarship offer, Katie Fear said: "I'm super excited and grateful for this opportunity, I've had so much fun meeting so many new people through the application process and I'm really looking forward to starting this awesome journey!"



Katie can look forward to a full four-year scholarship covering tuition, books, accommodation, a laptop computer and four summer experiences known as the Morehead-Cain's Summer Enrichment Programme. These are activities for students that focus on: Outdoor Leadership where they push themselves physically and mentally through a number of individual and group challenges, Civic Collaboration where they are placed in mid-sized US cities and partner with a governmental or community organisation helping to develop solutions to local and regional challenges, Global Perspective where students pursue global-minded work and Professional Experience where students work in a professional capacity ranging from policy work with the World Health Organisation to investment banking and industry research with Goldman Sachs.

Warden of Llandovery College, Dominic Findlay, said: "We are all so proud of Katie's achievements both in College and now in gaining this superb scholarship. To be selected from over 5000 high quality students is a testament to her hard work and dedication – she is a wonderful role model for all our current students at the College."



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# LLANDOVERY ROTARY CLUB



I have a blank sheet of paper in front of me. I have a report to write. I have sat here for ten minutes and ..... nothing. Some of you will know what I'm talking about, others will have no idea! For some, they can get up with great confidence and with the gift of the gab, talk for half an hour no problem at all. For others there could be nothing in the world worse, they would get up, freeze and nothing would come out. Then there is the third kind. They get up talk for a few minutes but begin to ramble and numb the audience into a stupefying trance and have no idea when to stop. Please tell me if you want to hear no more from me because after now fifteen minutes I am still blank .....

Ahhhhhhhhh, I know, let me tell you about the lovely message of thanks from the Llangadog Community Hall Centre regarding the donation we were proud to send them in order to help with the decorating of the village Hall. Both parties delighted. Result.

Right, I'm away ..... Our Club ribbons which hold the gongs and Officers Bars had become a little shabby and Carol Strevens whose expertise with the sewing machine or needle and cotton has been widely praised here previously has done it again. She took it upon herself to undergo a complete overhaul and replaced the said ribbons which were fatigued and sewed the bars onto the new ribbons. They now look fantastic and our officers will now really look the part. Well done and thank you Carol.

We did manage a Zoom meeting last month but when we finally managed to get enough of us on screen with picture and sound there were some consuming something which resembled tea, squash, beer, coffee, gin or wine whilst two were actually eating their supper, but we did actually manage to decide a few things. The main one was that while we still thankfully have reserves in our funds, we are not able to confirm when our fund raising activities might begin again. Doubtless we will of course still be asked to support requests for funding but we will need to be prudent in order to ensure that we are able to continue to support those requests should the pandemic last very much longer. We agreed that for the time being and until the position becomes clearer we must reduce our support to those in need by around 50%. We of course still welcome requests for funding but will be



*Waiting for others to arrive at the Zoom meeting. Our AGM was conducted this way too.*

unable to be as generous as we would like, until that is our fund raising efforts begin again. Ohhhhhhhhhh, and I can tell you. That just cannot come soon enough. Ohhhhhh noooooooo.

We received a request for funding from Llanwrda Cricket Club which does so much for the youngsters in the Community although of course recently their activities have been curtailed. The funding required is for preparations going into 2022 and we were pleased and proud to support this request.

We also received a request for funding from the Llandovery Youth and Community Centre as they intend to take 30 young people from the community to Newgale Camp in August. This, Covid aside, for some of them is the only holiday they get so again we were pleased to support this request.

Unfortunately these two donations have come at the time when every donation given has had to be reduced for the reasons above. We apologise but it is essential until we are able to begin our fund raising again. We stress again, do not let this stop you from requesting funding for your good cause be it for a single person or a large group.

The Covid vaccination clinics organised by Llanfair Surgery continue on a weekly basis at the Rugby Club. The Doctors and Nurses vaccinate around 200 patients on the nominated day and the Rugby Club Committee continue to organise the car parking whilst we at the Rotary Club are in charge of the greeting and organising the throughput of the patients. All seem happy with the social distancing measures employed by ourselves together with the one way system to speed up and ensure everyone's safety. The excellent club caterer Chris Reeve cooks a lovely lunch and tea, coffee, cakes and snacks are available throughout the day. On average six of us are present and we cover from around 9.30am to 5.30pm. Again we say, it is wonderful when a Community works together.

At this point it looks highly unlikely that the annual schools competition will go ahead this year but as we see it, it will definitely go ahead as normal next year.

I enclose one photo that was given to me by Ieuan Owen (Ianto). It is a photo of a pamphlet that he has of the actual 'Unveiling and Dedication of The War Memorial' in 1922 and is very rare. There are very few of these left and to see the full brochure you can see it on Love Llandovery. I posted it in full there recently. I will post it again on 1st May so don't miss it.

Our Annual General Meeting (AGM) took place during that Zoom meeting but didn't take more than fifteen



*Marshalling at the Llanfair Surgery Covid jab clinic every Thursday at the Rugby Club from 9.30am to 5.30pm. It takes six Rotarians to cover it.*



*This VERY rare document from the "Unveiling and Dedication of The War Memorial" in 1922.*

minutes! If someone had said at the beginning "As we were" then it could have been done in seconds, but we must be seen to be doing it as the agenda dictates. So, due to Covid it is, as we were. The President is – Alan Morgan (again), President Elect – Anthony Wathan (again), President Nominee – Dan Emery (you've guessed it!), Secretary – Dan Jones and Treasurer – Edward Ransom. All Chairmen of Committees are the same. We have six Honorary Members who have been invited due to outstanding work or service given in the past and each one has been re-elected. There was about two minutes of AOB and that was it. Done.

Now would be a good time to add that if ANYONE would like to join us as a member of Llandovery Rotary Club you would be made very welcome. We meet every Tuesday in the King's Head, have a meal at 7.40pm after which we have our meeting. Around once a month we try to have a speaker who would talk for between 30 to 40 minutes. Some leave just after 9 when all the business is done. Most stay an hour or so longer and there are others (no names) who stay even longer! You are most welcome to join us as a guest to see what it's all about or should anyone require more details then you can message me or e-mail me at [derekjonesjp@hotmail.co.uk](mailto:derekjonesjp@hotmail.co.uk)

Now, here's a thought. What events would you like to

see us organise in 2022? Just imagine, the pandemic is over, no more social distancing (please) and we can get back to doing what we do best. Just think. Another James Bond Casino Evening? A Ho Down Country and Western evening? A Rock 'n Roll 60s evening? An Ascot Horse Racing Ladies Champagne evening (hats or fascinators ((and men)) essential!)? Any of those, because you know we can do it. Nobody can arrange a full on, flat out, night to remember like us, as long as we make some lovely money to give away! Last year we worked with the Llandovery Young Farmers Club to bring the DroversFest to Llandovery, and wasn't THAT a great event? We could make that a WEEKEND! What about an Ox Roast down the mart? I'm sure Mickey would be conducive to that? A thank you BBQ to the NHS workers in the Surgeries and Hospital? Why not? Give us your thoughts, we will arrange it. BIG nights out for everyone to enjoy and the proceeds to local Charities or the Hospital. Tell us what you want. WE CAN ORGANISE IT. You know we can. Our organiser in chief Barry is standing by, and our champion ticket seller Anthony is straining at the leash. If it's a great event and it makes us money to give to local Charities we will do it. It's up to YOU. Let us know.

Well, that's all folks! That is it for another month and by the time you read this the pubs should be open, well, open outside anyway. And that is a start. This is a sure sign that we are beginning to return to life as we know it and it can't come soon enough. See you all next month.

Derek Jones.

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- **A large number of 1000 piece jigsaw puzzles**, £2.50 ono each depending on how many you are looking for. Can be seen undercover outside. Tel: 01550 760359.
- **PZ Hay Bob**, good condition, £400. Tel: 01558 668325.
- **Fhar centipede hay turner**, good condition, £350. Tel: 01558 668325.
- **Electric sewing machine**, Toyota Model 401, hardly used, £35. Tel: 01550 760256.
- **Portmeirion Botanic Garden china**, mugs, vases, canisters, salt & pepper grinders, soft soap dispenser, butter dish, 6 place mats, servietts, oil & vin, trays etc, over 60 pieces, prices start at £2.50. Tel: 01550 760297.

## Church Services

E-English W-Welsh B-Bilingual

### Llandinagat, Llandovery

- 2 May Morning Prayer, 9.30am
- 5 May Private prayer, 12.30 – 1.30pm
- 12 May Private prayer, 12.30 – 1.30pm
- 16 May Holy Communion, 9.30am
- 19 May Private prayer, 12.30 – 1.30pm
- 26 May Private prayer, 12.30 – 1.30pm
- 30 May Holy Communion/Cymun Bendigaid, (Bilingual/dwyieithog), Joint, 10.30am

### St Michaels, Myddfai

- 9 May 11.30am Morning Prayer
- 23 May 11.30am Eucharist

Please let Paul or Gina 720790 know if you are hoping to attend a service. All Eucharist services are bread only. Please remember that you have to wear a mask, if you are able. Please wrap up warm there will be no heating on during the services.

### St David's Catholic Church, Llandeilo

Sunday Mass 11.00a.m.

During the present Covid Virus crisis booking is essential for Sunday Mass

Weekday Masses – see notices or Telephone – 01558 824305 Mob: 07507 071337 for details.

### Our Lady's Catholic Church, Llandovery

College View SA20 0BD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00 p.m.

Booking not essential

Wednesday 10.00 a.m.

Tel: 01570 421003 Mob: 07495 802711

Email: davidkeithvans@hotmail.co.uk for details.

### LLANDEUSANT PARISH CHURCH

- 9 May 11.00am Holy Eucharist with Revd Jeff Thomas

### CILYCWYM GROUP (INCLUDING CILYCWYM, CYNGHORDY AND RHANDIRMWYN)

Revd Ann McKnight 01550 721109

### TALLEY GROUP

Revd Patrick Mansel Lewis 01558 822942

(Abergorlech and Llansawel)

patmanlew@gmail.com

patmanlew@btconnect.com

Revd Tim Nelson 01558 685415

(Talley and Caio)

timnelson@btconnect.com

Revd Rik Mayes 01558 685186

revrmayes@hotmail.co.uk

### LLANDOVERY GROUP (INCLUDING LLANDINAGAT, LLANFAIR AND MYDDFAI)

Revd Paul Pritchard 01550 938534

revpaulpritchard@gmail.com

### LLANWRDA GROUP (INCLUDING LLANWRDA, LLANSADWRN, MANORDEILO AND CAPEL DEWI SANT)

Revd Viv Sayer 01550 777200

revd.viv.sayer@gmail.com

### LLANGADOG GROUP (INCLUDING LLANGADOG, LLANDEUSANT AND GWYNFE)

Revd Jeff Thomas 01550 777758

jeffthomas@churchinwales.org.uk

### 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.williamsptyntycelyn.co.uk

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- **Tools**, £10. Tel: 07872 509031 or 07770 777992.
- **Tool boxes**, £10 each. Tel: 07872 509031 or 07770 777992.
- **Floor trowels**, £16. Tel: 07872 509031 or 07770 777992.
- **2 slice toaster**, as new, £10. Tel: 07872 509031 or 07770 777992.
- **Slow cooker**, £10. Tel: 07872 509031 or 07770 777992.
- **Hotpoint tumble dryer**, spares or repairs, £30 ono. Tel: 07872 509031 or 07770 777992.
- **Beko tumble dryer**, spares or repairs, £20 ono. Tel: 07872 509031 or 07770 777992.
- **Cat basket**, £5. Tel: 07872 509031 or 07770 777992.
- **Hotpoint Ultima electric cooker**, ceramic hob, stainless steel, free standing, 1 yr old, £230 ono. Tel: 01550 760297.
- **Light wicker bedroom set**, 6 drawer chest, dressing table with mirror, 2 bedside cabinets, good condition, £75 ono. Tel: 01550 760297.
- **Decorative hanging china wall plates** from around Europe, £2 – £4 each. Tel: 01550 760297.

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We are looking forward to when we can finally reopen our Community Centre and welcoming back all our regular users to enjoy our facilities once again. We are saying goodbye to the Cylch Meithrin, who are moving to their new premises after the Easter Holidays and we wish them well in their new adventure.

There are new changes to our hiring of the hall rooms, as we are now able to offer our facilities open and available to hire all day. So if you are a regular user coming back to the hall and want to look at new hours or a new group and would like further information, please contact the Booking Secretary on 07545489760 or check out our FB page where you can also request a booking.

Look forward to seeing you as soon as we can!!

## SPRING NEWS LLANGADOG YOUNG FARMERS CLUB

On Friday 12th of February, the Chairman Ifan Williams welcomed County Ambassador Carwyn Jones from Penybon YFC to the virtual meeting. Carwyn spoke to members in general before asking each household to follow his instruction of Pancake making and flipping. All twenty participating members who sampled their pancakes as the evening progressed experienced an enjoyable evening.

Following the baking session, the Chair asked members to volunteer their names in both the virtual Eisteddfod and Public Speaking Competitions.

Several junior members from the Club participated in the County Youth Forum Virtual Competition; referred to as the Comical Forum of Activities. Junior members were invited to participate in seven tasks, which had to be completed every 15 minutes. Congratulations to Mari Wyn, Cadi Fflur and Elis Sior James of Stangau Farm on winning first position.

On Friday the 26th of February, the guest speaker was Mr Hefin Jones, Wern Farm Llanarthne, who is a former County Chairman of Carmarthenshire YFC. Hefin spoke at length of his involvement and success in the YFC movement, farming on the family farm, establishing his own translation/service business, including his involvement with the National Farmers Union. Hefin currently is Vice Chairman of Carmarthen NFU and encouraged all members to become involved in other Organisations and Committees post YFC membership.

Hefin concluded by discussing with the members Welsh Rugby, which was both informative and very entertaining.

The Virtual County Eisteddfod was recently held with plenty of members competing as individuals. In the homework, section, the Club was placed 3rd overall, with Mari James placed 2nd for her Limerick. For both the Homework and Staging Competition, the Club was awarded the 5th position. Well done to all for competing.

On Saturday the 13th of March, Aaron Hughes, Godre Garreg Farm, was seen on S4C promoting the work and lives of members from all over Wales. The one-hour long programme confirmed the immense talent and skills that young farmers throughout Wales have. Well done Aaron.



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05/22(12)



## 'LET THE DARKNESS IN' AT STUDIO CENNEN, FFAIRFACH

Brigid Loizou, founder and curator of the award winning 'Art at the Hall' in Llangathen, launches a brand new permanent contemporary art space in Ffairfach, Llandeilo, with its debut exhibition **'Let the Darkness In'**. The much anticipated opening of Studio Cennen, at a site steeped in history and with its roots firmly in the community, will showcase a select ten artists and makers. Their work will be displayed with Brigid's unique talent for curating – a talent which has already engendered success in [studiocennen.com](http://studiocennen.com) online.

The building is a turn-of-the-century industrial boiler house for what was once the Llandeilo Creamery. A large chimney stems over its foundations and marks your way to Llandeilo. Situated by the flowing River Cennen, Brigid and her husband, architect Tony Loizou, were drawn to the locality's elements of industry, remains of soot and coal mark the chimney, juxtaposed by trees and water. The site has recently undergone a renovation with Brigid's flavour – fashionable, welcoming and bold. Brigid had a highly successful thirty-year career in fashion before her more recent venture as curator on her return to Wales. She has travelled throughout Wales - pre-pandemic and virtually – to select the top artists for your interests and tastes to show at the premier exhibition. The affordable range, dynamic displays and friendly atmosphere makes for an opening exhibition not to miss.

'Let the Darkness In' is an embrace of change through darkness; it is only through dark colours, physically, that we see light. The artists selected all have an interest in the properties of this quality; whether enabling them to focus on form, Adam Taylor, painter, it's many textures and depths, Paul James ceramicist, its mystical possession, Beth Marsden, painter or "Folklore stories and my own imaginings", Sculptor Sharon Griffin.

What could be more emblematic of beginnings, than a painter's black piece of charcoal – where form begins and unravels ideas onto the page? Adam Taylor has taken this a step further – his studio is an old coal shed, where this fine raw material was once stored and indicative of Welsh heritage. Adam now conjures bodies of paintings which explore his coastal, rugged landscapes in Pembrokeshire. When seeing his work for the first time in person, Brigid was immediately drawn to the dramatic, thickly applied black painting of a harbour with an orange buoy. "I also

love the square shape of his canvas. Neither portrait nor landscape."

In contrast, Beth Marsden, in her light-filled studio in North Gower, interweaves black (with beams of light) for its associations of dreams and its dual evocation of destruction and renewal in human and geological cycles. Brigid was introduced to Beth's work by Gill Clement, the Mumbles based jeweller. Brigid was struck by the resonances of Beth's subject matter and Studio Cennen's site, the bare trees, silhouettes, shadows and reflections.

Brigid set up an introduction meeting for Adam Taylor and Beth Marsden to discuss the idea of a joint show. Previously unknown to each other, Adam and Beth were immediately enamoured with the others work and were excited to collaborate for this first exhibition. When thinking of the space as a whole, Brigid had envisaged the 3D aspect to work along side the paintings, "I approached Sculptor Sharon Griffin with a DM, I had been following Sharon on Instagram for quite some time, with my fingers and toes crossed I was excited to receive a promising reply and delighted when Sharon agreed to join us for the show.

To evoke the feeling of a domestic setting Brigid has always incorporated furniture in her exhibitions. Tim Bowen Antiques joined Brigid at the Midsummer In Cahoots at the Hall in June 2019 to much acclaim, Tim will be returning for this premier exhibition. No show would be complete without the amazing plant displays of Jess Jones of Little Barn Nursery. Jess, sister to Brigid, has always put the finishing touches to each of the nine Art at the Hall shows with her fine art of planting. Little Barn Nursery will also be occupying the outdoor space and garden area at Studio Cennen Ffairfach, creating a stunning backdrop for sculptures and outdoor ceramics.

Six ceramicists will also be joining the line up, Kim Colebrook, Rhiannon Gwyn, Mick Morgan and Paul Taylor all currently show their work with the online gallery, and local potter Nick Mambery. London based ceramicist Paul James will be showing in Wales for the first time. As the sculptor Louise Nevelson once said black "encompasses all colours... I don't know a lesser word". Come "Let the Darkness In" – whether your interest is in antique Welsh furniture, a painting, sculpture or a pot – there will be something for everyone.

Exhibition: Group Show 'Let the Darkness in'

Opening from: 1st April until mid May

The Exhibition will commence online until it is safe to view in person.

Check details online at: [studiocennen.com](http://studiocennen.com) and follow social media @studiocennen for regular updates.

Venue address: Studio Cennen, Heol Cennen, Ffairfach, Llandeilo SA19 6UH.

For all press enquiries and future partnership opportunities please contact:

Brigid Loizou  
[info@studiocennen.com](mailto:info@studiocennen.com)  
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## YOGA

**HOLISTIC HEAVEN YOGA:** Increase your health & wellbeing with small friendly Yoga classes at Henlys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and your immune system. Releases aches and pains and also great for toning and strengthening muscles. Phone Claire on 01550 721332 or 07985 077227 for timetable or visit [www.holistic-heaven.com](http://www.holistic-heaven.com). Yoga Classes – Workshops – Retreats – Holistic Treatments. 07/21(12)

**YOGA CLASSES:** Cefneithin hall 6.00 – 7.15, Llangathen Hall wed 9.15 am, Fri 9.15 – 10.30am, Fri 18.00 – 19.15pm. All classes are being recorded on zoom if you can't make it in person for different reasons. Head to the website [www.goldengroveretreat.co.uk](http://www.goldengroveretreat.co.uk) if you would like to book on. These classes are a combination of vinyasa flow and yin yoga. 06/21(6)

# The Post

## Llandovery & Surrounding Distribution Area

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

● = Magazine Drop Points  
○ = Ref. Points Only



## ADVERTISING RATES

**TEL: 01550 721225**

Boost your business with advertising in *The Post*

### THE RATES QUOTED BELOW ARE PER ISSUE

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
<b>FULL PAGE</b> (132mm x 190mm)				
Full Colour	£196.88+VAT	£147.66+VAT per issue	£131.91+VAT per issue	£98.44+VAT per issue
Black & White	£187.25+VAT	£140.44+VAT per issue	£125.46+VAT per issue	£93.63+VAT per issue
<b>HALF PAGE</b> (132mm x 93mm)				
Full Colour	£121.74+VAT	£91.31+VAT per issue	£81.56+VAT per issue	£60.87+VAT per issue
Black & White	£116.22+VAT	£87.17+VAT per issue	£77.87+VAT per issue	£58.12+VAT per issue
<b>QUARTER PAGE</b> (64mm x 93mm)				
Full Colour	£70.43+VAT	£52.82+VAT per issue	£47.19+VAT per issue	£35.22+VAT per issue
Black & White	£66.94+VAT	£50.21+VAT per issue	£44.85+VAT per issue	£33.47+VAT per issue
<b>EIGHTH PAGE</b> (64mm x 45mm)				
Full Colour	£39.55+VAT	£29.66+VAT per issue	£26.50+VAT per issue	£19.78+VAT per issue
Black & White	£37.63+VAT	£28.22+VAT per issue	£25.21+VAT per issue	£18.82+VAT per issue
<b>SIXTEENTH PAGE</b> (64mm x 20mm)				
Full Colour	£25.17+VAT	£18.88+VAT per issue	£16.86+VAT per issue	£12.59+VAT per issue
Black & White	£23.89+VAT	£17.91+VAT per issue	£16.00+VAT per issue	£11.95+VAT per issue

Series discounts are available for **ADVANCE PAYMENT** only. Changes Permitted.  
REFUNDS ARE NOT GIVEN FOR EARLY CANCELLATION OF PRE PAID ADVERTISEMENTS IN THE POST.

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

# Noticeboard

## CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

### LLANDEILO LIBRARY:

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

Mon 09:00 – 17:00

Tues 09:00 – 18:00 (Staff available 10:00 – 13:00 & 14:00 – 18:00)

Wed 09:00 – 17:30 (Staff available 13:30 – 17:30)

Thurs 09:00 – 17:00

Fri 09:00 – 18:00 (Staff available 10:00 – 13:00 & 14:00 – 18:00)

Sat 09:00 – 13:00 (Staff available 09:00 – 13:00)

### LLANDOVERY LIBRARY:

Tel. 01550 721626

Mon 1.00pm – 5.00pm; Wed 1.00pm – 5.00pm

Fri 10.00am – 12.00am; 2.00pm – 6.00pm

### COUNTRY MARKETS

Llandeilo: Fri, 8.30am – 12.30pm, vestry in Capel Newydd, Crescent Rd.

Myddfa: Last Sunday of each month 12.00 – 4.00pm. Tel: 01550 720449

Brecon: 2nd Saturday of month at the Brecon Market Hall, 9.30am – 2.00pm.

### TOURIST INFORMATION CENTRES

Llandovery: Open seasonally, Easter to Oct, standard hours 10.00am – 4.00pm,

Mon – Sat, High season, extended hours 10.00am – 1.00pm and 1.30pm – 5.00pm,

7 days. Enquiries to 01874 622485.

Llanwrtyd Wells: Tel. 01591 610666. 10.00am – 1.00pm; 1.30pm – 5.00pm

### LOCAL POLICE

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

### TAXI SERVICES

**Bridge Taxis,** L'deilo. Tel: 01558 822093; Mobile: 07742 283325.

**JM Taxis,** Llanwrtyd Wells. Tel: 01591 620777.

**Llangadog Taxis,** Llangadog. Tel: 01550 779294.

**Rays Taxi,** Llandovery. Tel: 07775 210900.

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

### MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

### AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

### BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

**Traveline: 0871 200 22 33**

## BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

### Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

Llandeilo, New Road	9.35	Llandovery Car Park	13.40
Crug-y-bar, Community Cen.	10.13	Crug-y-bar, Dyffryn Anell	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	Felindre	14.16
Capel Isaac	9.40	Capel Isaac	14.40
Felindre	10.04	Salem (Angel Inn)	14.49
Nantgaredig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Ffair-fach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

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

	281	280	281	280	281	280	281	280	All services operate Mon-Sat
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10	
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18	
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—	
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—	
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—	
Cwmifor	—	—	11.21	—	14.36	—	—	—	
Llandeilo, Capel Saron	7.39	9.31	11.29	13.01	14.44	17.07	18.25	19.32	
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02	
Carmarthen	6.05	280	281	280	281	280	281	280	
Llandeilo	6.36	8.00	9.59	11.00	13.04	15.00	17.04	18.29	
Cwmifor	—	—	10.05	—	13.10	—	17.10	—	
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—	
Llangadog (Rhyd)	—	8.13	—	11.13	—	15.13	—	18.42	
Llansadwrn (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.

## LLANDOVERY SWIMMING POOL

Tel: 01267 224733

## PWLL NOFIO LLANYMDDYFRI

Gweler y wefan; [www.aktif.cymru](http://www.aktif.cymru) ar gyfer ein rhestr o oriau agor, gweithgareddau a sut i archebu a thalu.

## LLANDOVERY SWIMMING POOL

Please see website; [www.aktif.wales](http://www.aktif.wales) for our list of opening hours, activities provided and how to book and Pay.

### Train Times (Heart of Wales Line)

#### SHREWSBURY TO SWANSEA VIA THE HEART OF WALES LINE

Monday to Friday		1	2	3	4
Shrewsbury	Dep	05.16	10.09	14.05	17.57
Llanelli	Arr	09.37	13.53	17.50	21.58
		Change	Direct	Direct	Change
Llanelli	Dep	10.30	13.56	17.52	06.15 (next day)
Swansea	Arr	10.48	14.17	18.14	06.35 (next day)
Saturday		1	2	3	4
Shrewsbury	Dep	05.16	09.04	13.58	17.57
Llanelli	Arr	08.53	12.34	17.39	21.36
		Change	Direct	Direct	Change
Llanelli	Dep	09.29	12.38	17.43	23.40
Swansea	Arr	09.49	12.57	18.08	00.01

#### SWANSEA TO SHREWSBURY VIA THE HEART OF WALES LINE

Monday to Friday		1	2	3	4
Swansea	Dep	—	09.09	14.34	18.30
Llanelli	Arr	—	09.28	14.51	18.49
		—	Change	Direct	Direct
Llanelli	Dep	06.25	09.51	14.53	18.53
Shrewsbury	Arr	10.14	13.38	18.29	22.43
Saturday		1	2	3	4
Swansea	Dep	—	09.02	13.12	18.16
Llanelli	Arr	—	09.21	13.31	18.38
		—	Change	Direct	Direct
Llanelli	Dep	04.53	09.37	13.36	18.42
Shrewsbury	Arr	08.25	13.11	17.12	22.08