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LET'S GET IT BURIED



We asked for your support at the consultation event on Wednesday 10th April and boy did you deliver – we as a group would like to thank you as a community! Bute definitely left town that evening with their tails between their legs!! We need to stick together and continue this fight to get these cables underground!

It was quite a day, which began in the morning when members of the group travelled to the ATP Cable Plough demonstration. The journey was spent listening to an excellent interview on Radio Cymru by Andrea Moore voicing the concerns of the community regarding the latest GreenGEN/Bute proposals. The ATP demonstration was amazing with everybody in disbelief that pylons are still being considered with this technology available locally to get the cables underground quickly and efficiently.

Then on to the consultation which was so well attended with over 600 people present throughout the afternoon to voice their concerns! This included the march from the school to the Castle Hotel where the next generation made their feelings known to Bute! The message was

clear, these cables need to be underground, and we are not going to stand by and allow our community to be ruined!

If we could ask you to respond to this latest consultation in writing and post to: FREEPOST GREEN GEN TOWY USK or email: info@greengentowyusk.com before the 8th of May that would be much appreciated. If you require any assistance with formulating a response, please contact us.

We had lots of offers of help, which are all very welcome. You can contact us via our Facebook page, or the website nopylons.wales, or by email to contact@nopylons.wales. Donations to the campaign are very welcome. The bank account details are Tywi Pylons LTD, sort code 30-99-50 account number 82797960 or you can send a cheque made payable to Tywi Pylons Ltd to 60 Broad Street Llandovery SA20 0AY.

Our next event will be at the Ar y Gorwel balloon festival in Llandovery on 3rd – 6th May. We are also holding a fundraising event at Llandovery Rugby Club on 24th May. Please come along and show your support!

FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

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05/24(3)

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03/24(5)

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06/24(12)



**BUMBLEBEES OF
LLANDOVERY ANNOUNCED
AS RUNNER UP IN
THE FIRST EVER YARN
INDUSTRY AWARDS**

Owners of Bumblebees wool and haberdashery in Llandoverly, Carmarthenshire, are buzzing as their shop has been announced as a runner up in the first ever Yarn Industry Awards presented by CraftWorld.

All yarn enthusiasts were encouraged to vote in the inaugural Yarn Industry Awards. It was an opportunity for customers to applaud the brands and products that truly captured their creative hearts. Award categories included Favourite Yarn Brand; Best Yarn Show; Best online retailer and regional independent retailers in Scotland, Wales and regions of England.

Bumblebees wool and haberdashery shop, based in the Market Square of Llandoverly, was announced as the runner up of the independent retailer in Wales category. The winner of the category was the well-established, Abakhan, in north Wales.

Linzi Brown, owner of Bumblebees said, "Jason and I are absolutely thrilled to have achieved this accolade. We would like to say a massive thank you to everyone who so kindly voted for us. We really do appreciate everyone's support. We have not stopped smiling since we got told the news that we were this year's runners up in these prestigious awards."

Linzi and Jason Brown, who live in Llanwrda, created the wool and haberdashery business from scratch in 2021. Linzi is a life-long crafter with a passion for fabric and free machine embroidery. You may recognise the couple as they appeared on BBC Two's Top of the Shop with Tom Kerridge a few years ago as they used to make their own peanut butter.

Bumblebees stocks everything from beautiful quality yarns to a variety of fabrics as well as buttons, ribbons and trims galore. If you fancy trying something new there's plenty to spark your creativity. There are books to inspire, needle felting supplies and a range of make-your-own kits. They also stock a range of gifts for the creative. For more information visit: www.bumblebeesofllandoverly.com



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10/24/12

08/24/12)



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06/24/12)

NEWS FROM THE TOWN HALL

April has been a sad month for us as we said a final farewell to Cllr Ivor Jackson on the 8th. It was a well-attended funeral reflecting how much respect he was held in by this community and the county. A certificate was presented to his wife and daughter reflecting the council's gratitude for his 24 years of service.

Very sadly by the end of the week we heard that his daughter, Angela, had also passed away. Our thoughts and prayers go out to Mary and her family at this very, very sad time.

As a former rugby club committee member Ivor would have been delighted to hear the news that The Drovers won the Welsh cup for the third time, on Sunday 7th April, in the Principality Stadium in Cardiff. Congratulations to the players, coaches, backroom staff, physio team, and club officials. We hope May sees the culmination of another very successful year.

Many of you will have heard that there has been a successful bid put in to fund an all weather pitch at the club. This will be a fantastic facility, which can be used by all stud wearing games, rugby, football. With the weather we had had this passed season pitches have been so waterlogged throughout the town that training has been very difficult. This new facility will offer that freedom, while giving the other pitches recovery time. There are very few all weather pitches close by so it will also be an opportunity to bring other tournaments to the town, which is always good for the economy. Although the majority of the funding is in place it will be necessary to raise a further amount. An opportunity to purchase a piece of the new pitch for £20,

We were very pleased to see a good turnout at the Pylon consultation on the 10th. We held our postponed, public meeting on the 15th to ensure everyone, of the Town Council's firm commitment against the Pylons. This is such a beautiful area that we do not want spoilt by such invasive structures.

During the year there are many times when we need help to get events running or make our town ready for the visitors that we hope will join us. We are very lucky to have a few who give us that help, but we need more support. We would welcome expressions of interest from volunteers who would be willing to give us a few hours of their time as and when needed. Please let the Clerk or any councillors know, how you would be willing to help.

I hope by now everyone knows that we have a small but very interesting museum, at Y Gannwyll, the Heritage centre, in the town, but do you know that it is run by a very small group of volunteers. There are 5, volunteer, trustees who manage upkeep, funding etc. Relying totally on donations and the occasional small grant, we struggle to find the funds for the extras we need to improve the facilities. However what would be very welcome would be more volunteers to man the museum during opening hours. Presently it is open Tuesday to Saturday 11am to 2pm, from Easter to end of October half term. There are

usually 3 on duty at a time, taking it in turn to show the visitors the exhibits upstairs. It is good fun meeting visitors from across the world, and sharing with them the amazing history of Llandovery and the surrounding area. Please call in and have a look at what is there and see if you fancy joining the team, who are a very friendly bunch. More volunteers mean we could be open longer hours and more visitors will hopefully mean more donations.

History, rugby, sport in general may not be your thing, but I hope you all appreciate how lucky we are to be living in this town. As a newcomer, of nearly 50 years, I am constantly surprised at the how much is going on here. It's very easy to moan and groan about how little there is going on here, just get out there and look for yourselves you may be very surprised at what you find.

As I come to the end of my year as Mayor of Llandovery, may I thank you all for the warm welcome I have received and the support of my fellow councillors and clerk. Cllr Ella Peel decided earlier this year that she would have to step back from her roll as Deputy Mayor due to her other major commitments. She will remain on the council and continue to be an excellent one. *It is my pleasure, therefore, to announce that my successor as Mayor for 2024-2025 will be Cllr Matthew Paul, I wish him all the best and know he will do an excellent job. His deputy will be Cllr Huw Thomas.* It is wonderful to have new younger, enthusiastic councillors on board. There is a space for a new councillor so please let the Clerk know if you are interested.

Gina Jones, Mayor.

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02/25(12)

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04/25(12)



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Through Bwrlwm, I have had the opportunity to meet and get to know so many wonderful people and organizations that I felt it would be selfish to keep that all to myself. So, what better way to share, than by hosting an event to be held on Saturday, June 8th in Llandovery.

Yr Wythnos Werdd Fawr/The Great Big Green Week (June 8th – 16th), through The Climate Coalition (Climate Cymru in Wales), is the UK's biggest ever celebration of community action to tackle climate change and protect nature. Communities come together to host their own unique events and become a part of a national movement towards positive climate action. Bwrlwm will be doing the same in Llandovery, showcasing not only our own work but that of environmental groups and community organisations in the town and surrounding area such as The Repair Café, Climate Action Llandovery and The Llandovery Youth and Community Centre for example.

Yr Wythnos Werdd Fawr/The Great Big Green Weeks theme this year is swapping, so if you have been thinking about moving to more sustainable choices, you will be able to meet with service providers and find out how you could do just that. We will also have workshops and demonstrations in repairing and upcycling for anyone who wants to learn more about reuse and repair. A town wide 'swap buying online for buying local' will also be encouraged with businesses invited to promote their own sustainable swap ideas where possible based on their product base. Full details will be available shortly so keep a lookout for information in the local noticeboards and on our social media.

It is hoped the event will be the start of many, as there are more ideas than there is time to organise for this first one. However, if you are already planning something in conjunction with Yr Wythnos Werdd Fawr/The Great Big Green Week and want to swap lone working for collaborative working, please just get in touch!

To hear more, to collaborate or contribute your ideas, please contact Vanessa vanessa@ynnisirgar.org 07393 593699.

Ynni Sir Gâr are a Community Benefit Society, who's aims are to work with communities to reduce energy costs, promote energy efficiency, tackle fuel poverty, generate clean renewable energy, install locally owned and managed electric vehicle charge points and keep profits and jobs local. The Bwrlwm project has been supported through the Levelling Up Fund administered by Carmarthenshire Council.



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11/24(02)

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Padmasambhava Yoga & Meditation Centre

All at the Centre hope you are well, enjoying the sunnier days and are able to spend time amongst the emerging flowers and the scents and sounds these bring. Although the Summer term at Padmasambhava has begun, there may be room in some of the classes – so it's really not too late to join in. The Summer term has 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.

Monday's 'Daytime Yoga' (1.30 – 3.00pm) at the Centre is a progressive class which develops practices through the term, working with both dynamic movements and with time in stillness. Each class includes breathing practices as well as the deep relaxation of Yoga Nidra. This class is suitable for students who have perhaps practiced in the past and wish to renew their practice or others who may wish to deepen their practice. Gentle Yoga welcomes students to 'come as they are' and discover the benefits of a gentle weekly practice. The simple PMA anti-rheumatic series helps keep joints mobile and develop strength and awareness.

Wednesday's 'Restorative' is a class of gently exploring fluid movement and yoga postures – to bring about greater freedom of movement, flexibility and balance. The class has been described as both restful and grounding and the students appreciate this time of letting go and recharging.

Chair Yoga classes use the anti-rheumatic (PMA) 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 them on 01558 823842 or email mail@padma.org.uk More information at www.padma.org.uk

LLANGADOG W.I.

In April we enjoyed a very interesting talk given by the Rev. Jeff Thomas, all about his time as a solicitor working for the Crown Prosecution Service, before he was ordained into the church. He gave us stories of courtroom dramas and legal matters that he was involved in. We did our usual business and discussed future events, including our forthcoming day out at the Gwili Steam Railway, on May 2nd, with lunch to follow, which will replace our formal meeting, as Llangadog Hall will be used for voting in the local government elections that day. We also enjoyed homemade Bara Brith, supplied by Catherine, with our tea. Pip won our monthly raffle, the prize being a really nice scarf. We meet on the first Thursday of each month, at 7.00 p.m., in the Llangadog Community Hall. Visitors will be made most welcome.

LLANEGWAD RAINFALL

MARCH

Rain fell on 25 days this month. The wettest day was 30th with 30mm.

March Total: 171.5mm – 6 3/4"



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07/24(12)

GWYNFE PLANT SWAP AND SCARECROW TRAIL

Spring has finally appeared in the village of Capel Gwynfe and preparations are being made for the second annual Plant Swap and Sale to be held at the Community Hall SA199RD on Sat 18th May.

This is a great opportunity for local gardeners to bring along healthy surplus plants, rooted cuttings or seedlings to swap with other gardeners. Don't worry if you have nothing to swap, there will be a sales table where you can find something interesting and various local businesses will be present selling garden related items. This is a wonderful chance to have a cup of tea and discuss your gardening issues with like minded gardeners.

As always, there will be cake!

NEW THIS YEAR is the Gwynfe Scarecrow Trail designed to keep the children busy while you choose your plants.

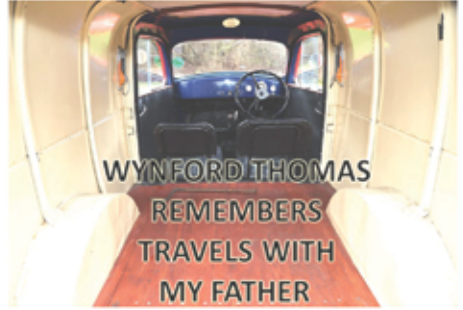
Armed with a map you can explore the nearby surroundings, discover the scarecrows and vote on your favourite or have a go at some art and craft activities.

Do come and visit us between 11.00am and 2.00pm on 18th of May or pick up a map from the church porch during the following week and discover the scarecrows at your leisure.

Contact bridgetmacaire@yahoo.co.uk

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0624(3)

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Llandoverly u3a

The enthusiasm Ioan Lord demonstrated as he spoke about the mining of metal minerals in Ceredigion across the centuries was very infectious. His research is meticulous and his ambition is to create a museum dedicated to this industry.

Mining ore dates from pre Roman times – the ore being transported elsewhere to be used – a very tough life.

We had to shuffle the dates around for May due to unexpected events at the Rugby Club as a result we have three meetings in May.

Wednesday 1st May

Mark Evans Recovering from Alcoholism

Wednesday 15th May

Ollie Griffith Advisor on Disability Access

Wednesday 29th May

Member's choice of music bring along a favourite CD

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

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06/24/31

BRIWSION BETHLEHEM



BETHLEHEM SNIPPETS

Towards the end of March, the little hall was packed out for a presentation by local resident and historian Martin Price. Entitled "Kings, Murderers and Farmers in Drag", the illustrated talk covered many aspects of local history, and what made the whole evening especially interesting was Martin's many references to properties now owned by several members of the audience, so everything became very relevant.

The whole evening was a great success, and everyone felt that they had learned a lot more about the area, its history and people.

The Directors and Management Team would like to extend a heartfelt thank you to Martin for kindly giving his time and energy to this project which proved to be an important fundraising event for our hall.

Our April community quiz was well attended with five teams taking part.

Andy and Alan were once again great questionmasters, and gave us an excellent and entertaining quiz. The eventual winners were Three Plus One – Dafydd, Ceri, Izzi and Mel – so congratulations to them.

The monthly community supper was also very well supported, with everyone enjoying chicken in a whisky and cream sauce, a Baileys cheesecake, and roasted peach pavlova.

Lots of chatting, laughter, catching up with friends and neighbours, and empty plates. That's what our community suppers are all about so thank you for supporting them!

Our May events so far include the monthly quiz on Monday 13th, and community supper on Friday 17th.

Llangadog Community Council meets in Bethlehem on Tuesday 7th, and the AGM of Cymdeithas Bethlehem Dyffryn Ceidrych Association takes place on Wednesday 29th.

For information on all events and hall hire, contact Nia on 01550 777254, email niaclement@aol.com and follow us on Facebook www.facebook.com/betlehemcymru



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07/24(6)

LLANDOVERY SQUASH CLUB

Following last Wednesday's excellent turnout for the AGM it has been agreed that the front door key will be changed on Friday, 19th of April and we would encourage all existing and new members to get their new memberships and new key by then.

Just a reminder that we look forward to seeing more new faces along with some familiar ones on a club night currently on a Wednesday evening from 7pm.

If you have ever thought about giving Squash a go, well club night is your opportunity to try it out. Racquets and balls are provided.

We ask everyone coming to club night to contribute £4 to the cost of the lights etc.

A special shout out to any ladies wishing to play, you are also very welcome.

Any questions or queries please give Martin a call on 07774 142327.

A reminder that memberships can be bought at Morris Isaacs Garage and The Old Printing office. Huge thanks to these businesses for their continued support.

After you become a member please let Martin know if you want to join the squash club WhatsApp group to arrange games with other willing members.



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10/24(12)

LLANDOVERY FRIENDSHIP CLUB

It was with a very heavy heart that we heard the awful news on the 15th April that our very hard working secretary, Angela, had passed away. She will be greatly missed by us all. Our thoughts and prayers are with our President, Mary who having buried her husband the week before is bereft. I am sure we will all try our best to give Mary as much support as possible. Our thoughts are also with Sylvia, Marc and family as they share Mary's great loss.

Llandovery Friendship club has continued to meet over the past months. On February 28th we returned to the West End Café for a cawl lunch. We were very warmly welcomed and enjoyed a bowl, or two of cawl, very tasty cheese and bread, tea and coffee. Many even enjoyed a delicious pudding. A raffle was held, a poem read and everyone enjoyed. A big thank you to the West End for the lovely food, excellent service and raffle prize. We will be back.

We were invited by the head of Rhys Prichard School, Mr Edward Davies, to visit the school on the 20th March for tea and Welsh cakes, and the opportunity to watch and hear the numerous entries for this years Urdd competition. It was well attended by members, governors, mothers and toddlers and we all enjoyed the excellent entertainment. Dancers, singers and reciters all did an excellent job. Well done pupils, teachers and dressmaker. The very tasty Welsh cakes made by Mr Davies's mother went down very well. Thank you everyone.

March 27th saw us welcome not one but three very busy visitors. Lynette Armstrong, Milliner and her two young sons Blethyn and Llewelyn. Lynette explained how she had become interested in hats as a child at her mother's side and had throughout her working life in the NHS had designed, adapted and made hats and fascinators in her spare time. Then with her husbands support she decided last year to resign from her busy full time job and concentrate on bringing up the two boys and working more on hair fascinators. She explained the processes she uses and brought samples of the materials she uses and examples of her own collection. She is kept very busy on producing wedding head wear especially for the brides mother, bridesmaids. She also produces

pieces for the bride. She works from her home, here in Llandovery and is happy to answer any enquiries about hats and fascinators. We all enjoyed the talk and looking forward to having an opportunity to buy a some new head wear. Remember the name, Cariad Millinery.

Gina had prepared some Easter cakes and brought a small Easter egg for everyone, which were kindly, distributed and enjoyed by Blethyn and Llewelyn. Thank you to Carol and Dan for entertaining the boys. Thanks to our hostesses and to all who gave raffles.

Tiago and Maggie joined us to tell us more about the new luncheon club which will be starting monthly at Rhys Prichard School. Many showed an interest but concern was expressed at the date that has been chosen as it would clash with Friendship club.

In April we had a visit from the Dog's trust, Bridgend to explain what they do.

May will see us off to Laugharne for a day with Arts Care, Gofal Celf.

We welcome new members, guests, any age or gender. Come along in June when we will be having a talk about the craft of felting. We meet on the last Wednesday of the month at 1.45 in Rhys Pritchard Memorial Hall, we enjoy a talk, and a cuppa and an opportunity to chat and make friends. We have occasional trips further afield. Membership is £15 a year. Trips involve an additional fee, members pay a reduced price, while others are invited to join us at a slightly higher amount.

Gina Jones Chairperson.

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TOWN MAYOR OPENS LLANDEILO BOWLING CLUB'S 2024 SEASON



Cllr Edward Thomas and Town Mayor, Christoph Fischer preparing to bowl the first wood of the 2024 lawn bowls season.

The 2024 lawn bowls season for Llandeilo Bowling Club (LBC) has now officially commenced with the formal opening on Saturday 13th April.

Despite the inclement weather there was a big turnout for the opening with Llandeilo Town Council's Mayor, Christoph Fischer bowling the first wood of the season encouraged by his consort Kate Glanville and Cllr Edward Thomas.

Determined that the rain would not stop play 9 ends were played on several rinks before the Club's guests retreated to the Clubhouse for a sumptuous tea prepared by members and followed by a raffle.

Gareth James, LBC president, referred to the success over the winter period that several of the lawn bowls members had had both in short mat and indoor bowls. Their success was a reflection of the exceptional talent with a number trialling to play for Wales in the next season

or having played for Wales in the season now concluding.

The Club's short mat team, having been elevated to the first division of Carmarthenshire Short Mat Bowls Association, had secured their continuation in this division for the next season and were showing steady improvement and promise.

Jamie Davies, Ena Williams and Doug Davies, captains of the mens', ladies and veterans' lawn bowls teams were wished every success on the green for the season.

The Town's Mayor, Christoph Fisher, recognised that a lot of work had been done by volunteers to improve the bowling green over the last two winters and he commented that whenever he passed the green it was a joy to hear the spirit and fun that was being had by all.

Cllr Edward Thomas said that LBC was particularly important to him because of the prominent role his father had played in the Club in years gone by. He expressed the view that by now the asset transfer of sports and recreational facilities in Llandeilo to the Town Council would ensure a more secure future given the current financial pressures on public funding.

WILDLIFE EVENTS

The East Carmarthenshire Group of the Wildlife Trust of South and West Wales will be having the following events in May:

Sunday 5 May – International Dawn Chorus Day: Group event at Castle Woods, Llandeilo, led by Neil Matthew. Meet at 4.30 am at the start of the track leading to Dinefwr Park from Llandeilo Bridge. Stout footwear will be needed.

Sunday 19 May – Farm Nature Walk: 2.00 pm at Moat Farm, Llandyry, Trimsaran near Kidwelly SA17 4EL. Grid Ref for farm courtyard (as provided by the farm) 51.723877N 4.269701W. Wellingtons will be essential.

All are welcome to these events. For further details of the group's activities, phone 01269 844679.

More information about the Wildlife Trust of South and West Wales which looks after Castle Woods and many other nature reserves across south and west Wales, including the islands of Skomer and Skokholm, and about becoming a member to help support its work to protect wildlife, will be found on the website www.welshwildlife.org.

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CHARITY PLANT SALE at Ty'r Maes, Ffarmers SA19 8DP from 1.00pm on Sunday 12 May. Loads of unusual plants for sale, plus over seventy kinds of plants that can be ordered in advance for a donation. For full plant list and directions email: johnhelen140@gmail.com or phone 01558 650541. Refreshments provided. All proceeds to National Garden Scheme charities.

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MYDDFAI NEWS

From May onwards Myddfai Shop and Café opening hours will be Wednesday – Sunday 11.00am – 4.00pm, plus we will also open on both Bank Holiday Mondays in May 11.00am – 4.00pm.

For May we have a Willow Weaving Workshop on Thursday 16th & Folk Dancing evening on Friday 17th, our monthly Farmers Market is on Sunday 26th May 12.00 noon to 3.00pm, followed by, on the same day, our monthly pop-up pub this time with a Hog Roast, from 6.00pm. In June we are holding a Car Boot & Table top Sale on Saturday 15th June 12.00 noon to 3.00pm, get in touch if you want a table.

Our regular classes are Yoga on Tuesdays 10.00 – 11.30am, Craft class on Wednesdays 1.30 – 3.30pm followed by Yoga 5.30 – 7.00pm; and Pilates is on Thursdays 9.30 – 10.30am

Come and visit Myddfai shop and café has for a real treat. In the shop there is a huge range of quality local art and crafts from pottery, Welsh Tweed, jewellery, fused glass, aprons, bags, wooden bowls and chopping boards, candles and a wide selection of prints and paintings, books by local authors, in addition we have a wide selection of greetings cards, Myddfai made jams and chutneys, honey and the Myddfai range of toiletries and much more.

Myddfai cafe is a great place to stop for a delicious lunch or afternoon tea, why not combine it with a walk in the surrounding Brecon Beacons. Café manager Emma always has a wide selection of freshly made cakes and daily lunchtime specials on offer. We have plenty of inside and outside seating available. If you know a group that would like a talk on the Physicians of Myddfai they could combine it with afternoon tea, for a great afternoon out, please contact us to book.

This award-winning Hall 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 please get in touch- we can offer a range of catering options to suit all budgets.

For further information or bookings please contact Les at les@myddfai.org 07879 119223 or Hall No. 01550 720449. Check our Facebook page or our website www.myddfai.org for What's On.

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LLANDOVERY CROQUET CLUB



Croquet club members have been enjoying some better conditions in April after all the rain earlier in the season. On Wednesday April 24th we entertained a small group from Cardigan Croquet Club, who are still waiting for their lawns at Llechryd to be finished. They were very impressed with the quality of the playing surface of our bowling green.

On Thursday 9th May we will be joined by the ladies of Clwb Gwawr Llanymddyfri for an early evening's hour or so of croquet before dinner. Groups are welcome to join us for sessions when they can learn how to play this fascinating game. All the equipment is provided - you just need to wear flat shoes!

Our first match of the season will be away to Llanidloes on Saturday 18th May.

To find out more about the club, or arrange a free trial or a group visit please contact the secretary, John, on 07435 786762, or email john.evans@zen.co.uk

Cymdeithas Ddinesig Llandeilo a'r Cylch Llandeilo and District Civic Society HEART OF WALES LINE

Following the Society's very well attended event on 2 April when new trustees explained their plans for the currently closed Gelli Aur/Golden Grove park, on Tuesday 7 May the Society's next event will be a talk about what is happening with our area's train service.

The speaker will be Professor Stuart Cole CBE, President of the Heart of Wales Line Travellers' Association. As usual, the talk will be at 7.30 pm in the Capel Newydd Vestry Hall in Crescent Road, Llandeilo. There will be a £3 admission charge for non-Society members.

More information about the activities of the Llandeilo and District Civic Society and how to become a member will be found on the website llandeilodistrict.org.uk and on the Society's Facebook page.

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There's lots going on including several plant nurseries, there'll be a great selection of unusual and interesting plants and trees on offer.

At 12.00pm Lucy Scott of Liliwen Herbs will be giving a talk about herbs & at 2.00pm Stephanie Hafferty, well known gardener, author & broadcaster will be giving a talk followed by a question & answer session, get your veg garden questions ready!

We've also got Dinefwr Orchardeers who'll sharpen your garden tools for you & show you how to do it yourself.

Last but not least Talley Wood Fired Pizzas will be supplying their delicious pizzas & salads, Marnie will be selling her scrumptious cakes, with lots of gluten free & vegan options and of course Fair Trade tea & coffee.

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LLANWRDA CRICKET CLUB

Training for the Juniors has restarted 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.

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:

20/03/24	32	No winner
27/03/24	09	Liz Cumming
03/04/24	40	No winner
10/04/24	55	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.

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Coffee Morning: 8th May, 10.30am – Speaker Dr Gordon

Lewis – Work of the Charity Care for Uganda

Producers & Plant Market: 11th May, 9.30am – 1.00pm

Pizza Van: 14th and 28th May from 6.00pm – 8.00pm

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LLANDOVERY GARDEN CLUB

ON 18TH MAY LLANDOVERY GARDEN CLUB will travel by coach to see TREBERFYDD HOUSE & WALLED GARDEN. The 19 seater coach will leave the Castle car park at 1.00pm. As we have to pay in advance please bring your coach fare of £16 .00 plus your choice of entrance fee of either the Tour of the House & the Visit Garden & have a cream tea at £12.00 or Visit the Garden & have a cream tea at £9.00. Please come to Gas Cottage as soon as you can FROM the 20/04/2024 until 02/05/2024 when I will add your name to the Trip. As of last year, we have a "First come first served" policy. Thank you for your understanding and I hope this will not inconvenience you too much. My address: Marguerite(Babs) Gas Cottage, Gasworks Lane, Llandovery, Carmar SA20 0BP. Tel: 01550 720771.

Denise Nicholson's Report of our meeting on 28th March

Guest Speaker: Huw Richards: Self-sufficiency in the garden and reframing permaculture.

Huw made a welcome return to the club to bring us up to date on his 7-acre garden near Aberystwyth. One of his passions is to help as many people as possible grow their own food in a sustainable way and so, last year, Huw, along with his friend and chef Sam Cooper decided to run an experiment to see whether they could grow enough fruit and vegetables to feed 2 people in one year in an average sized garden. The plan was to combine gardening expertise with cooking tips on getting the most out of the produce grown.

Back at their garden they portioned off an area about half the size of a tennis court. Their target was to grow 365kg of produce and to document their efforts in a new book entitled – "The Self-Sufficiency Garden: Feed Your Family and Save Money"

To achieve this aim Huw's priorities were meticulous planning, maintaining a healthy organic soil, succession planting and flexibility in the kitchen.

He began by drawing up a detailed month-by-month planting plan for more than 50 varieties of vegetables,

herbs, and fruit. He chose vegetables that are easy to grow, taste good and where possible, could offer more than one food source, such as onions, whose leaves can be eaten as an alternative to spring onions, and beetroot, whose leaves can be eaten in salads, as well using the root. The first seeds were sown on March 1 last year.

Within the plot they installed a polytunnel and made hotbeds. These enabled the early sowing of seeds, extending their growing season. Succession growing is crucial in smaller spaces, so as soon as one crop was harvested, he was ready with the seedlings of another crop to replace it.

By the end of the year, they had grown an impressive 600kg of produce, enough to feed a family of four. Huw's recommends growing field beans, rather than broad beans, they are easier to grow and produce more beans. He also gets good results with Asturian tree cabbage and white sprouting brocolli for over wintering crops.

Clearly, Huw is a dynamic and articulate young man and continues to produce 2-3 videos a week, whilst developing his garden near Aberystwyth.

READERS LETTER

After reading the No Pylon article in the Post, I am left feeling annoyed. I find the language very inflammatory and some of the facts incorrect.

Why shouldn't Bute energy make some profit? They are a business, after all, and what makes the author think the profits will be obscene? The energy to be transported is from a renewable source and this makes it actually very valuable. Has everyone forgotten that we are in the middle of a climate catastrophe, and unless we move quickly away from fossil fuel, we won't have any nature left to admire?

I understand that some few people have a bad reaction to pylons, but I have received notification from Bute, to attend a selection of meetings throughout the area and assurances from them that they want to meet people half way. I feel we should give them a chance to allay our fears.

It simply is not true that undergrounding cables is compulsory in Denmark. Like us, they have got to get the climate targets met and they are doing a bit of both, underground and pylons, which is the same as Bute proposes. Undergrounding is extremely expensive and this is an obvious reason not to use it more than necessary.

The argument that this energy will not benefit us in Wales, is also not a fair one. We are part of the UK and not an island. Most of our energy comes from England anyway. There's no reason to say we should not do what we can to provide clean energy. This is a time for thinking globally. It is an emergency!

Anna Scruby

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Ymunwch â Thim y Parcryn ar daith 'côr y bore bach' a brecwast. Yn y bore mae dal hil Rhaid trefnu lle ymlaen llaw ar ein gwefan: £18 i oedolion / £10 i blant (dan 16).

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Mae yna lu o weithgareddau yn Ninefwr i gadw'r plantos yn ddi-ddig, dan do ac yn yr awyr agored. Ewch i gael sbectol ar ein gwefan neu gyfryngau cymdeithasol am fanylion.

Teithiau Ty

Ydych chi erioed wedi meddwl am hanesion cudd Dinefwr, neu wedi bod eisiau dysgu ychydig mwy am hanes cyfoethog a syfrdanol y tŷ? Ymunwch â ni ar un o'r teithiau wythnosol yn y tŷ a chewch yr atebion yr ydych chi wedi bod yn dymuno eu cael. Cynhelir teithiau bob dydd Mawrth am 11am-12pm a 2-3pm.

Dinefwr's Dawn Chorus

Monday 6 May, 6-8am

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May half-term holidays

There are lots of activities to keep young ones entertained both indoors and outside at Dinefwr. Check our website or social media for details.

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Rydym ar agor 7 diwrnod yr wythnos. Tŷ Newton a'r Caffi 10.30am-4.30pm.

Parc Ceiriw, Castell Dinefwr, Parcdir a'r maes parcio 10am-5pm.

Tâl mynediad arferol yn weithredol: mae mynediad yn rhad ac am ddim i aelodau, oni bai ei fod wedi'i nodi'n wahanol fel digwyddiad lle bydd angen tocyn. Sganwch yma am fanylion llawn y digwyddiadau.

We are open 7 days a week. Newton House and Café 10.30am-4.30pm.

Deer Park, Dinefwr Castle, Parkland and carpark 10am-5pm.

Normal admission applies: members are free, unless otherwise stated as ticketed event.

Scan here for full details of events.

www.nationaltrust.org.uk/visit/wales/dinefwr

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Kenjutsu comes to Carmarthenshire - The Art of Japanese Swordsmanship



The Japanese long sword (Katana) was said to be the soul of the Samurai, the warrior/ruling class of the Japan for nearly 1000 years. To talk of the Samurai, the sword has to be central, but to understand the Samurai comprehensively, we'd need a lifetime and a very extensive library. However, we can certainly look closer at the sword, philosophy and the training the Samurai undertook to become a proficient swordsman.

The Katana itself is a thing of beauty, every element of it is craftsman made using only the best materials. Silk, iron-wood, ray skin, bronze and of course hand forged steel, folded and hammered countless times, and then hand polished and ground to produce the ultimate cutting blade. Once all of these materials are brought together and the sword is in your hands, it genuinely feels alive, and you feel the need to handle it with the utmost respect.

Children of the Samurai class, would start their martial training from around 10 years old, with a wooden sword (Bokken) and by the time they were 16 years old they should be proficient in swordsmanship and unarmed combat (Jujitsu). But the study did not end there, many thousands of hours of training would be undertaken for the whole of the Samurai's life. An old Samurai proverb is "Train for 1000 days polish for 10,000 days". In the Edo period 1603-1868 over 400 schools (RYU) of swordsmanship existed, some of which still exist, the skills taught remaining virtually unchanged in over 400 years.

So, why learn Kenjutsu today? Stepping from the 21st century into a place of learning (Dojo), changing into traditional Japanese clothing and clearing our minds by way of a short meditation (Mokuso), helps us let go of all but the present moment. This allows us to learn this ancient skill, developing physical discipline, flexing muscles and increasing the heart rate. That's a good start.

Using either a Bokken or blunt steel training sword (Iai-

to) we start flexing our mind, by learning new patterns of movement (Kata) in sequential ways to understand how the sword moves as an extension of ourselves, our minds creating opponents in front of us, which we always cut down in the confrontation. As you progress, Kata with a training partner (Kumitachi) and Bokken, will give you a physical presence in front of you, as you practice set movements together in a deadly dance. Test cutting (Tameshigiri) will reveal to you, whether or not you are getting it right with live blades on static targets. Eventually you may wish to try free sparring (Gokaku Geiko) with bamboo and leather swords (Fukuro-shinai) to test your courage and technique safely with a training partner.

A progressive system of training is ready and waiting for you at the Koishi Ryu Dojo in Pumsaint Village Hall, which itself is a gem of local history, being over 120 years old. The Dojo is a place where Courage, Commitment, Discipline and Respect are core values to develop and maintain. There are skills to be learned, a different culture to explore and fun to be had.

To book a student place contact the teacher (Sensei) Jonny Browne - jonny.browne@hotmail.com

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RE-THINK

DON'T BREAK THE HEART OF WALES

Call to arms: RE-think rallies support for fight against industrial scale renewable energy plans.

Date: 26th March 2024

RE-think is going from strength to strength! We are a group of like-minded people who came together in March 2023 when the GreenGen Towy Usk Power line was first announced. Six months earlier its sister company Bute Energy had revealed plans to build a huge wind (and solar) energy park on Radnor Forest. As the combined effect of these plans sank in, we knew we had to act. So, what started as a way of coordinating and structuring a response to the plans quickly snowballed into a much larger effort.

It soon became clear how vital that larger effort was going to be. Recently the number of Bute's energy park proposals in the public domain reached 10 across Mid Wales and beyond. And there are more to come, from Bute and from other companies as well.

In Radnorshire, Bute alone hopes to build 70 turbines between 200-220 metres tall, towering above Builth Wells, Llandrindod Wells and Aberedw. In response we must all up our game by attending the consultation meetings en masse, and replying in droves to feedback requests from the developers. Writing to all the decision makers in the Senedd, local authorities and relevant public bodies is also essential. The more emails and letters they receive, the more notice they will have to take.

RE-think is not against renewable energy. The group supports small wind and solar projects built near to the communities using them and encourages the development of other forms of renewable technology. We question the intentions, locations and scale of these projects as well as the effect on people and nature. We are concerned about the carbon costs involved, particularly in construction, as well as the risks of relying on more intermittent, weather-dependant, electricity generation.

RE-think believes that developments such as "Nant Mithil Energy Park" in the Radnor Forest, "Bryn Gilwern EP" near Llandrindod Wells or "Aberedw EP" are unnecessary. Existing wind and solar schemes, plus floating offshore wind projects being planned in the Celtic Sea will provide all the power that Wales needs to meet the Welsh Government's renewable energy targets. Additional capacity will be used in England and elsewhere.

What's more when the wind stops blowing and the sun doesn't shine, the turbines won't turn and we will have to rely on expensive imports, some from non-renewable sources. Conversely, in some weather conditions energy companies are paid to shut down their turbines because too much energy is being produced and there is no means

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of large-scale storage. Again, this will increase the cost for the consumer.

We are continuing to work hard to stop the industrialisation of Mid Wales and to provide our local communities with the facts about these developments. For example, the inefficiency of intermittent onshore renewable energy sources such as wind and solar, the environmental damage of turbine construction, the financial realities of these largescale schemes and why these projects are not beneficial to Wales.

We would welcome anyone who would like to support us. We are always looking for volunteers to help us make our voices heard loud and clear. Whatever your skills, we can put them to good use. We are also looking for local representatives who can keep communities informed. We intend to give regular updates and improve our communication with you all. For local groups who would like us to come and give a short informative talk please get in touch via email.

If you would like to show your support for RE-think you can contact us about how to obtain banners, placards, bale stickers (see photo) and posters to put up in prominent places. Have a look on our website: www.rethink.wales where you will also find ways to support us financially. You can also find us on Facebook and if you would like to help us in any way contact us via email: rethinkwales@gmail.com



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LOCAL FOOD PRODUCERS CELEBRATE A NEW LLANOVERY FARMERS MARKET



A new farmers market was launched on 4 May by Llandoverly Town Council in the historic Market Square. This exciting venture is funded by the 10 Towns Revenue Fund and will be a regular fixture until 5 October 2024.

The market will run from 10am-2pm on the first Saturday of every month until 5 October. It provides a focus for a broad range of locally produced food, drink and other goods grown and produced within 25 miles of Llandoverly's town centre.

Llandoverly Farmers Market Manager Raoul Bhambral said,

“This is an exciting time for Llandoverly. It is already a thriving, vibrant town and a lovely place to be. It's got lots of amazing little shops and local businesses – a farmers market will be an additional attraction for all.

“It will be a great way for people to start their monthly shopping while supporting local businesses and the local economy. It also reduces unnecessary plastic packaging and significantly reduces all of our carbon footprints - so everybody wins.”

Gina Jones, Mayor of Llandoverly said, “I am delighted to see a Farmer's Market in Llandoverly again. It will be good to have fresh, locally grown produce on sale. Hope to see you there.”

Raoul is still keen to hear from other producers as he seeks to expand the market.

“Whether you produce meat and vegetables, eggs and dairy or breads, cakes and cheeses, I want to hear from you. We want to provide a great choice of quality, locally produced food.”

Raoul can be contacted on llandoverlyfarmersmarket@gmail.com. More details on Llandoverly Farmers Market can be found on www.Llandoverly.Wales and on Facebook.

LLANWRDA DATES FOR YOUR DIARY

Friday 28th June 2024

BBQ Bar and Bingo at the Hall, 7.00 p.m.

Saturday 27th July 2024

Table Top Sale at the Hall, 10.00 a.m. to 2.00 p.m.
Contact Number 07789 957294 – Chris

Saturday 24th August 2024

Doughtys Fabric Roadshow at the Hall, 10.30 a.m. to 2.30 p.m.

Friday 27th & Saturday 28th September 2024

Quilt & Craft Exhibition at the Hall, 11.00 a.m. to 4.00 p.m.

Wednesday 4th December 2024

Lighting of the Community Christmas Tree, 6.30 p.m.
– Bridgend. The Llandoverly Male Voice Choir will lead us in Carol singing.

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LLANDOVERY ROTARY CLUB



As I write this May report, is it just me, but with every passing year they seem to be going quicker and quicker. We should never complain as the alternative is unthinkable but Llandoverly has lost so many people since the New Year it is difficult to comprehend. Our thoughts go out to everyone who has lost someone dear. There are far too many to mention but it seems that almost everyone, including Rotarians, have been affected in some way. Sincerely condolences to you all.

Two Speakers, a Bank Holiday, another new member, events attended, money given away, thank yous for money received and one of our members has been granted the Freedom of London just another normal month in Llandoverly Rotary really!

The Drivers were congratulated on become Champions of Wales by winning the Indigo Premiership Cup. We are adamant it is Dai Shontz's huge contribution as kit manager giving many hours of his time to the cause every weekend that did it.

Our first speaker was someone who broke all records in the mileage travelled to be with us. Thank goodness we weren't charged expenses for this one but Professor Simon Kemp had flown in from Mexico to be here. Derek introduced Simon. He is a Llandoverly boy, his parents were from Cynghordy and he is a very keen sports enthusiast. Simon is a Professor of Astronomy at the University of Guadalajara, Mexico.

The following are extracts from Rosie's wonderful minutes which are typed live as they happen. Incredible.

- Simon introduced himself, giving his history,
- B.Sc. Physics degree in Imperial College, London.



Our speaker Professor Simon Kemp had flown in from Mexico!

- M.Sc. Astronomy in University of Sussex
- Ph.D Astronomy, University of Manchester
- Postdoc, The Queen's University of Belfast
- Postdoc and Resident Astronomer
- 60 research papers in major Astronomy journals.
- 30 conference and other papers, 918 citations.
- Organised Mexican National Conference in Astronomy
- Level 2 in Mexican National System of Researchers
- Gives classes in Spanish.
- Organising event for 90% eclipse of the Sun on 8th April
- President of the Academy of Optics and Astronomy
- Shared picture and gave description of Guadalajara, Mexico.
- Showed picture of Guadalajara in 1940 to show the contrast from then to now.
- Shared picture of event for the partial eclipse in 2023
- Shared picture of his home in the gated community that he lives in.
- Guadalajara is 1500 metres above sea level, which is higher than any point of the UK.
- Shared picture of him and his wife, Fei, at a Doctor Who convention.
- Discussed areas of research of the galaxies, including how observations of these galaxies are done using telescopes over a long period of time
- Shared image of galaxy from his first paper published in 1991
- Shared images of spiralled galaxies
- Shared images of discovery made of spiral arm made of stars distorted by gravity
- Discussed what they are working on now "Stephan's Quintet". Explaining that the closest galaxy in the image is approx. 40 million light years away, with the next one being 300 million light years away
- Talked about the difference between the different lights that pictures are taken in to get a comprehensive picture of galaxies.
- Talked about being able to take the temperature of dust in space.
- Cerrig Duon little circle of stones in the Towy Valley. The link between Astronomy and archaeology
- Y Pigwn Roman Camp-image showing rectangles
- Mynydd Bach Treacstell image
- Waun Mawn image
- Discussed the theory some of the blue stones from Waun Mawn and taken to Stone Henge.

Visited Stonehenge for the December solstice last year.

- A Q&A followed
- Q: Is there life out there? - A: 25-30 years ago we weren't sure that other stars had planets. But now we have identified that almost every star has planets, which makes it probable that there is other life out there.
 - Q: What is the age of the Earth? A: The Earth is about 4.5 billion years old.
 - Q: Taking that into account how long have homosapiens been here? A: Less than a second if it was an hour.
 - Q: Is Wales a big area for the ancient stones? - A: Yes. Wales doesn't have the big stones that have become tourist attractions, but Wales has got a lot of archaeological sites.

- Q: If you can fly faster than the speed of light, you could fly to a far off star, come back, land on earth and see yourself coming back? - A: There are particles that are suspected to fly faster than the speed of light.
- Q: Is there such a thing as infinity? - A: In physics, no.
- Q: What are we confined to? - A: One theory is that if you travelled in a straight line infinitely you would end up where you started.
- Q: When did you start getting interested in astronomy with the limitations in the education system? - A: I started interest through the Apollo mission and Doctor Who and Star Trek. I did physics degree and went from there. In my teens I kept buying astronomy books from the book shop on Stone Street.
- Q: Do we know anymore now than the guys that used to navigate using stars? Would we be able to do it now without the technology? - A: Using the strategies that they used back then would still be effective now. The principles of navigation are still the same.



Rotarians having a jolly at Green Grove Barns. Photo by Mark Revitt Photography.

Vote of thanks given by Dai Shontz thanking for such an interesting and informative presentation. And thanks to Rosie for the minutes.

And another new member! Tim had brought along Lawrie Turner to test the water a couple of times (which we like to see). Lawrie liked what he saw and decided to seek membership. Lawrie lives in town and is a IASK Karate instructor. He thanked members for accepting him and hoped to further his volunteering via the club. Welcome Lawrie.

A number of our members supported the Mayor at the Mayor's Charity Ball last month. The fact that Mayor Gina is the wife of our President Dan was an added incentive although we normally support this wonderful event. As a side, our member Brian, who many of you know much better as our fantastic Rotary Santa managed a comeback worthy of Lazarus when rising from 11 days in a Glangwili hospital bed (well, 3 of them on a trolley actually) to provide the music to dance to when showing

another of his talents as a most capable disc jockey. A great night all round and a load donated to charity.

We received a thank you letter from Llangadog Community Centre to thank us so much for the contribution towards replacing their cooker. We were very happy to have helped.

We had two tables at the Green Grove Barns Black Tie Evening in memory of Arwel Davies Ad-Clad in aid of Air Ambulance Wales. A fabulous evening spent in great company with Rotarians bidding furiously and even succeeding to purchase a few of the donated items. As a few did not return home on the bus it is unsure how they returned. Even they don't know!

Our second speaker of the month was Chris Evans who has lived in the area for 26 years and is part of the meditation retreat in Llansadwrn, near Carmel.

Again, many thanks to Rosie's minutes who I quote below

Chris trained as an independent funeral celebrant, qualified to facilitate funerals, memorials, and life celebrations.



A warm welcome to our latest new member Lawrie Turner.



Speaker Chris Evans with President Dan.

- He offers residential retreats every year.
- Trained as a councillor in Ammanford.
- Trained in the field of supporting people through grief, looking at finding a more mature and a more humane way of welcoming death.
- The importance of normalising grief within the community.
- Quoted Dylan Thomas, "Do not go gently into the night, rage rage against the night"
- Death is something that we have this belief around that it is morbid and incredibly painful. It is marginalised, we often don't see the body.
- Facing the reality of death is facing the reality of change. Death is a part of life.
- Death happens in nature all the time, look at the trees and the flowers around us.
- If we didn't have death, where would we be? If we lived forever, we would soon get bored.
- Grief is a very individual process. You cannot fix grief, you are there with grief. You should honour grief instead of trying to fix it.
- We all experience grief, grief for our loved ones, grief for our planets, grief for the unmet parts of ourselves that we don't allow ourselves to be.
- We should have more places in society where people can be a part of grief, allow it to move through us, then move on, not dwell on grief.
- Currently having workshops in Brecon due to co-collaborator, who has lost three children and is an inspiration with how she had dealt with her grief.
- Current health care system sees death as the enemy, as something to be fought against. As a result, our healthcare system has become good at keeping us alive for longer but does not keep our quality of life. We are dying longer.
- The importance of having a will, to give clarity to family of ones wishes, what they want for themselves and for their possessions. Having a will can be a part of minimising the emotional burden on those that are grieving.
- When supporting those grieving, be with the person, don't try to fix, don't try to change, just be there, sit with them, be with them, allow them to be.
- Having an advanced decision in place, where you want to die, how you want to die, who you want with you, if you want to refuse treatment. Stating on this form if you are experiencing a terminal illness, dementia, stroke, etc. You can express if you don't want to receive CPR.
- A part of a panel in Llangadog in January, to change the law to enable Wales to make their own decision. To give people the right (within a certain criteria including terminal illness, sustained mental illness, dementia) to end their life with dignity without the need to get to Switzerland to end your life. This allows for a more mature and humane choice that people can make, giving people the option instead of having a slow and painful deterioration.
- A more compassionate approach to death.
- We can use death as a teacher, because if we can turn to face the reality of death in life, that enhances our experience in life, knowing that there is an end



Rosie 'Boo' with her certificate giving her the 'Freedom of London'.

- it shines a light on how we are living now- are we making the most of this opportunity of life?
- Living our life to the fullest becomes more meaningful when we acknowledge the presence of death.
- If someone is dying or grieving, don't go in with an agenda, don't try to fix. Go in as an empty vessel, go in and try to feel what that person actually needs.
- Chris shared a poem by Mary Oliver

Apologised if his talk has touched anyone here and caused them upset. Chris says that he feels that if we take on these views step by step, our society will become more empathetic and more compassionate.

Chris engages in regular sessions in Brecon as well as death café in Cwm Du, an opportunity for people to get together and normalise death.

Chris again emphasised that was vital that everyone gets their will in place.

Thanks were given to Chris for a most interesting talk. And again, thank you Rosie for the minutes.

Llandovery Rotarian Rosie'Boo McCartney was recently awarded the 'FREEDOM OF THE CITY OF LONDON'. Yes, really.

Rosie'Boo attended the Chamberlain's Court in the Guildhall in London to be given this magnificent honour.

Rosie's grampa used to own a woollen mill and he was a Liveryman.

Rosie'Boo is currently a Freeman of the Worshipful Company of Weavers, the oldest livery in London. Becoming a Freeman of London will enable her to become a Liveryman of the Company.

This allows Rosie to drive sheep across London Bridge on the last Sunday of September. Also the old tradition allowed her to be driven home rather than being arrested for being Drunk and Disorderly (that could be handy added Rosie!).

What a Fantastic honour to be given.

We are very proud of Rosie. Certainly a first in the history of our club.

Freedom of the City of London. Some honour that!

Many congratulations to you Rosie.

See you all next month.

Derek Jones.

THANK YOU LLANDOVERY COLLEGE AND DINEFWR ORCHARDEERS! GOOD NEWS FROM LLANDOVERY COMMUNITY ORCHARD



On the very first day of spring, volunteers from Criw Amgylchedd Llanymddyfri / Climate Action Llandoverly (CALI) did some essential care work to the trees of the community orchard. Llandoverly College kindly opened their gates to allow them to access the site with the necessary equipment. They have fed the trees and tried to protect their trunks. These small valiant Welsh trees have so far survived neglect from human beings and invasive brambles and gorse and rabbits. CALI volunteers are eager to see them thrive. They have recently sought the advice of local specialists Dinefwr Orchardeers, and received very helpful tips from Philip James who visited the orchard on the not-very-first-day of pouring rain. Thank you for helping us to help the trees!

CALI (Climate Action Llandoverly / Criw Amgylchedd Llanymddyfri) is a group of local people trying to do their bits for the planet and the community. If you are interested in our activities, including the Repair Café, contact us: llanymddyfriclimateaction@gmail.com



LLANDEILO & DISTRICT GARDENING CLUB

Llandeilo & District Gardening club events are now in full swing for 2024 with plenty of exciting events written into the programme.

In March we welcomed Lucy Sutherland, the director of National Botanic Garden of Wales who detailed the importance of our special local botanic garden into the worldwide family of Botanic Gardens. There are many exciting and collaborative projects in the garden and we are excited to be welcoming Ell James in September to give explain the digitising of the special herbarium collection.

More “behind the scenes” information was revealed in our April meeting when Mary-Ann Nossent set out the tremendous amount of work that goes into the running of the National Garden Scheme, mostly by volunteers. The NGS was a small seed of an idea in 1859 and became the NGS in 1928 raising money by opening private gardens to raise money for nursing causes. In 2023 the NGS raised £3,403,960 for health and wellbeing charities.

There are plenty of beautiful and varied gardens to enjoy while supporting these charities and possibly eating cake!

The annual club outing will be on Wednesday May 1st to Powis Castle. There are still places available on the coach. Contact dkdurham@resqnet.co.uk for further information.

The June 6th 2024 meeting is a talk by renowned local grower Stephanie Hafferty who will be talking about designing and building a no dig show garden and some of the challenges of gardening in wet Wales!

The meeting are held at The Vestry, Capel Newydd, Crescent Road, Llandeilo SA19 6HN at 7.30 pm.

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CAN THEY RUN A BATH?



No doubt many people in this area attended the public consultation that the power transmission company Green Gen staged at The Castle Hotel on 10 April 2024. The purpose behind this second round of consultations was to allow Green Gen to communicate the changes made to its proposed pylon route after “carefully considering all feedback received in our first round”.

As somebody involved with a protest group that opposes the unwarranted industrialization of rural Wales, I was particularly interested in attending this session to gauge the effectiveness of this novel feedback process.

At the Llandovery consultation meeting I talked with a Green Gen representative about the changes, and to start with, I asked if they could they confirm what the most cited complaint was from the first round. Without any further prompting they said, “Visual impact”. Not a surprise to anybody, and they went on to say that almost every feedback entry cited visual impact and landscape damage as the primary issue.

Given that backdrop, I asked how they had responded to such an obvious public concern. They indicated that a section of the proposed route has been put underground. When asked what proportion of the route is now underground, they stated that 4% of the revised route is now likely to be buried. When I queried them about the credibility of such a paltry response to the most vociferous complaint, they fell back on the cost factor excuse. Burying cables is supposedly a lot more expensive than installing pylons, and that the project would be unlikely to proceed if they were required to bury the cables for most of the route. I asked why cost should be a factor given that infrastructure projects are typically assessed over a longer 10+ year plus timeframe. After all, even if the burying option cost 4 times more the pylon approach over a 10-plus-year timeframe this

differential is marginal. Green Gen were unwilling to respond to that viewpoint.

And there lies the rub. Somehow, the Welsh Government has turned infrastructure provision, normally a subject that requires a top-down strategic long-term view of investment, into a short-term profit opportunity for the free markets. Markets are by their very nature opportunistic, and in that context, you might excuse Green Gen for seeking to exploit this. The real fault lies with the Welsh Government.

This criticism is not without weighty reference. The UK Treasury publishes a document called the ‘Green Book’ that outlines standards, best practice, and good governance on infrastructure projects. Here is how the Green Book factors societal concerns into evaluating an infrastructure project:

- **Focus on Public Value:** The core principle is ensuring the project delivers social and economic benefits to the public.
- **Cost-Benefit Analysis:** The Green Book emphasizes a comprehensive cost-benefit analysis over the expected lifespan of the project (60 years for most infrastructure). This analysis considers both financial costs and wider social, economic, and environmental benefits.
- **Long-Term Impact:** Good projects should provide positive impacts for a significant period, considering future economic and social needs.

In essence, the Green Book promotes a framework to assess if an infrastructure project offers a positive return on investment for society, not just financially but also in terms of social and environmental well-being.

Elsewhere social needs are much to the fore. Take the furore over improving road links around the Stone Henge site in Wiltshire. The UK government has gone to extraordinary lengths to protect this site and avoid ‘visual impact’ by proposing the development of a two mile under pass for the main road that passes close by. Fortunately, Green Gen are not involved, otherwise you might have ended up with a vista like something shown below.

There is a practical reason why it is a bad idea for private businesses to run things like the police, army or own essential assets like utility infrastructure – there is a basic conflict between market forces and what economists call the provision of common or social goods. This is not an anti-capitalist rant, just a reminder



of the conditions where markets are appropriate and alternatively where top-down government direction provides is more effective and cost-efficient solution.

Wales is now in something of a pickle. The special 'fast track' planning process that the Labour Party pushed through has created a bottom up and fragmented approach to the delivery of new power infrastructure, where no outcomes are guaranteed. Given that each development is considered as an isolated project, you could in theory end up in a ridiculous situation where the transmission network project is approved, and the wind turbine projects turned down – or vice versa.

When you consider the actuality of the situation we have ended up with, then the public is entitled to ask whether the ministers involved have the executive competence and knowledge to oversee this level of strategic change. In simple terms – can they run a bath?

At Cadw Cambria we are calling on the Welsh political parties to place a moratorium on all new power generation development projects until such time that a proper top-down strategy is defined and mapped out for the Welsh public to review, understand and approve. With 2024 as an election year, we would like to see each Welsh political party be quite explicit over its power generation strategies.

In our view that strategy should cover:

- Resetting the power generation strategy around a realistic view of Welsh energy demand
- Mandating the burying of all power transmission routes.
- Prioritizing the scaling up of existing power plants and prioritizing the use of brown field and offshore power generation sites.
- Provide added protection to rural areas against unwarranted industrial developments.
- Provide realistic compensation packages for the rare situations where people's lives are overturned by the introduction of new infrastructure.

If you would like to help us put some sanity back into Welsh power infrastructure thinking, then please contact us at Cadw Cambria for further information.

Ian Hayes

<https://cadwcambria.wales/>



The Llanwrtyd & District Heritage and Arts Centre are delighted to be hosting renowned duo Lowri Evans and Lee Mason on Saturday 1st June.

Described by BBC Radio 2's Bob Harris as 'one of his absolute favourite artists' Lowri has a voice capable of wide emotional power with her songs taking their musical colours from a broad palette that includes Americana, Folk, Country and Blues.

Together with Lee Mason whose beautiful guitar playing and subtle harmonies are integral to Lowri's music, they have been playlisted and performed on several occasions on BBC Radio 2, toured the USA and are a regular act at the most prestigious festivals throughout the UK.

With a programme performed in both English and Welsh this evening promises to be one not to be missed and will appeal to a wide audience.

The concert starts at 7.30pm on Saturday 1st June and is supported by the Night Out Scheme.

Tickets are available from the Heritage Centre, Caffi Sosban and the Neuadd Arms Hotel all in Llanwrtyd Wells or by emailing ldhac2016@gmail.com or telephoning 01591 610067 and cost £8 in advance and £10 on the door.



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LLUEST

‘TAILS’ FROM THE TRUST.....

JUNE OPEN DAY

We're delighted to announce our Summer Fun Day & Dog Show is scheduled for Sunday 2nd June, 10.45am – 4pm. This is an important fundraising event for our small charity and we will be asking visitors for a donation of £5 per car. Once on site you will be able to meet our beautiful rescued horses, ponies and donkeys, check out our equine displays, grab a bargain in our tack shop, find the perfect gift with local stall holders and relax with a cuppa, sandwich and cake in our ever popular vintage tea tent. Further details about the Dog Show will be posted on our website and Facebook pages nearer the date.

Also we have a Quiz Night coming up, as a fundraiser for our new intakes. It will be from 6.00pm at the Tregeyb in Ffairfach on Saturday 18th May. It will be a ticketed event with welcome drink and buffet.



Nice cup of tea and a sit down!

MEET NEMO

Nemo is our most recent rescued pony. This gentle young colt was signed over to us due to very sad and difficult circumstances. He arrived with a very poor body condition, suffering with painful sore legs from mud fever and a bad eye infection. His journey with us has just begun but despite his hardships, he's proving to be a sweet and remarkably quiet young pony. You will be able to meet Nemo and our 'Lord of the Rings' group of recently rescued ponies (all of whom are doing well) at our June Day.

We believe every pony deserves a chance at a happy, loving home and we will be supporting Nemo to prepare him for a new life in a Lluest guardian home. We have over 160 horses and ponies in caring guardian loan homes.

Sadly we aren't immune to rising costs and rely on the generosity of our supporters to give ponies like Nemo a safe and secure future, free of neglect. If you would like to donate to Nemo's rehabilitation and secure future, we are grateful for every single penny. Monthly donations make all the difference, they help us plan and budget. Full details on how to donate can be found on: <https://www.lluesthorseandponytrust.co.uk/ways.../donate-2/>



LINUS HAS A SPECIAL VISITOR

Earlier this year, Cheryl and her family made a heartwarming journey to Lluest. Cheryl's family with love and thoughtfulness, gifted their mum a sponsorship of our star Lluest pony, Linus, as a Christmas present. They then arranged a special trip to allow Cheryl to meet her sponsored pony, Linus, in person. Linus holds a unique role at Lluest, residing as not just a rescue pony, but as a gentle and patient companion to newly rescued equines. He instills confidence into newly backed ponies on their rides and, perhaps most importantly, he offers a soothing & healing presence to visitors from all walks of life, especially those who rely on wheelchairs for mobility. Very sadly Cheryl passed away in February. She had been a horse person all her life, enjoying horse ownership throughout the 60's & 70's. Her family told us that their visit was "a special day for mum", Cheryl had said of her visit "it was the best day out ever and Linus was perfect." Linus' sponsorship will continue in memory of Cheryl. As we reflect on Cheryl's meeting with Linus,



Cheryl & Linus

let us be reminded of the power of compassion and the profound impact in moments shared with loved ones, both human and animal alike.

For more information about our work and how to support please see our website and Facebook pages: www.llesthorseandponytrust.co.uk www.facebook.com/lluest

Email: info@llesthorseandponytrust.co.uk or call us on: 01550 740661.

Rod & Sally's Fun Quiz is back....

From March 26th thru to September

TRIVIA NIGHT

Tuesday's at 8pm **Weekly rollover!**

Teams of five // £2 per person

The Castle Hotel Llandoverly

All proceeds to local charity



CYMUNED SALEM COMMUNITY SAVE THE ANGEL INN SALEM



After serving the community for over 150 years, Salem's historic Angel Inn closed its doors in July 2022. There is a huge risk that the pub will soon be lost to us and the wider community forever.

The Angel Inn was the heart of our village, and its closure was devastating for the community. There is nowhere in Salem offering food or drink, for holidaymakers to eat, or for us to meet and socialise in a relaxed atmosphere. We have a thriving village hall with lots of activities but the pub fulfilled a different role, bringing people together over food and drink, live music and big get-togethers.

The community are campaigning to save the pub and, working together, to gather the funds to try to buy the building and develop a shared vision for the site.

COMMUNITY VISION

The community in Salem would like a place to work, learn and socialise together, with affordable, locally-sourced good food and drink, coffee and cake, wi-fi, a small community shop and opportunities to access services, like healthcare, education and training.

The community would like the pub to offer local jobs, space for cross-generational interaction and a warm space for home-workers to be able to work. to be sustainable, with low-cost energy options and eventually a community garden, space for a Farmers' Market and a start and finish point for walking and cycling routes amongst other ideas.

There are regular meetings and social events to gather opinion and share news.

To follow our progress or get involved follow us on Facebook – Cymuned Salem Community.

More updates coming soon, including a website and watch out for our community share pledge!

#SaveTheAngel

APRIL 7 2024 CUP FINAL DROVERS WIN CUP WITH LATE SURGE

LLANDOVERY 20 – MERTHYR 18

Hot favorites Llandoverly duly won the Indigo Premiership Cup but had to draw on all of their reserves of energy and experience to scrape home against Merthyr at the Principality Stadium on Sunday.

It was their third WRU National cup win in 17 years following on from triumphs in 2007 and 2016 but for long periods, they failed to impose their game on a battling Merthyr side who so very nearly upset the odds.

Cheered on by what seemed half the population of the little market town, the West Walians stayed on course for an historic league and cup double having already qualified for the Premiership league play offs on May 4.

They only need two points from their remaining three games against Aberavon, Swansea and Bridgend to be sure of a home draw at the semi final stage.

It was a special moment, too, for Llandoverly skipper Jack Jones who emulated his late grandfather, the great Welsh international lock Brian Thomas who was at the heart of Neath's defeat of Llanelli in the first ever final back in 1972.

"That one was for Brian and the family who have supported me through thick and thin over the years and to do it at Wales's national stadium, in the company of some outstanding players and friends made it a perfect day."

"But Merthyr took us all the way – as we fully expected – and we left it late to bring home the bacon."

"The game could have gone either way but we must re-focus on the league now and get ready for Aberavon on Saturday."

"We'll have to up our game," admitted Jones

Coach Euros Evans paid tribute to the Merthyr effort.

"Merthyr posed a significant challenge for us boasting a team filled with players of high quality, who have clinched multiple leagues and cups."

"The Ironmen made life difficult for us from first to last and we are just thankful that we had enough character to edge the tightest of contests."

Llandoverly were knocked out of their stride from the very start, unable to dominate the breakdown or break the shackles of a hefty midfield defence in which centres Cole Swannak and Morgan Sieniawski were outstanding.

The Drovers fell into the trap of being over-ambitious in their offloading and errors crept into their game in the face of huge Merthyr commitment.

They watched Llandoverly's danger man and scrum half Lee Rees like a hawk and he could rarely find gaps to get behind the iron defence.

Merthyr were big in the contact area from the very start and nearly went ahead when fly half Josh Lewis hit the post with a 35 metre penalty.

With Llandoverly frustrated from playing their usual all court game, it was no surprise when Swannak intercepted a loose Llandoverly pass to speed away for the converted try and a 7-0 lead for the underdogs.

The Ironmen had a temporary set back when second row Craig Locke was yellow carded for a high tackle

on lock Chris Long and within minutes a catch and drive line out ended with hooker Taylor Davies crashing through, fly half Ioan Hughes adding the conversion.

A Lewis penalty regained the lead before the unheralded Merthyr backs created the best try of the day, with swift passing and straight running creating the overlap for full back Morgan Meaclem to put wing Lloyd Rowlands racing in for a 15-7 lead.

Wing Kian Abraham all but got a try back before being forced into touch on the corner flag and Merthyr's interval lead was no more than they deserved.

Just after the break, Drovers full back Harri Doel made a slashing break only to run out of support and it was Llandoverly's close range line out drive that brought them right back into the game, hooker Davies peeling off to plant the ball on the line for – remarkably - his 18th cup and league try of the season.

Hughes's touch line conversion brought his side to within a point and a terrific burst through the middle by No 8 Joe Powell set up a Hughes penalty and 17-15 lead for the West Walians.

Merthyr under lock Paddy McBride would not lie down and the pack set up a position for Lewis to kick a close range penalty to restore the lead.

The physicality of the Merthyr effort began to wane and the last ten minutes saw Llandoverly speeding up their approach to find more holes in a tiring defence.

Hughes kicked an easy penalty to make it 20-18 before scrum half Lee Rees agonizingly knocked the ball on in the act of scoring.

It made no difference as a penalty against the gallant Ironmen allowed Hughes to tap and shunt the ball high into the stands, much to the relief of Jones and his men.

***** The Drovers go back to league action this Saturday with a visit to Aberavon. They will need to get a minimum four points if they have any chance of heading the table at the end of the regular season.**

Llandoverly

Tries: T Davies (2)

Cons: I Hughes (2)

Pens: I Hughes (2)

Merthyr

Tries: C Swannak, L Rowlands

Con: J Lewis

Pens: J Lewis (2)

Llandoverly: H Doel; K Abraham, Adam Warren, R Jones, Aaron Warren; I Hughes, L Rees; J Hughes, T Davies, B Watkins, J Jones (capt), C Long, O Davies, J Powell, S Worrall

Replacements: D Dallavalle, C Thomas, L Green, J Evans, N Hart, M Page, J Maynard, D Land

Merthyr: M Meaclem; L Rowlands, C Swannak, M Sieniawski, A Hoskings; J Lewis, J Soakes; C Lewis, E Shipp, R Lewis, C Locke, P McBride (capt), L Greggains, T Jevons, J Perkins

Replacements: B Rhodes, T Hawkins, D Whiting, C Bradbury, K Evans, E Lloyd, G Thompson, R Davies

Huw S Thomas at the Principality Stadium, Cardiff
by kind permission of the Brecon and Radnor Express



LOCAL ART GROUP RETURN TO THE HERITAGE CENTRE FOR A SIXTH EXHIBITION

Three artists living the Llandoverly area who have worked together and been friends for many years are displaying their work in the galleries at the Heritage Centre during June.

The diverse artistic talents of Gorica Bulcock, Sue Reah and Val Fowler cover various subjects, predominately inspired by the stunning surroundings in which they live and include landscapes, flora and fauna, still life as well as abstracts. The paintings incorporate the use of various mediums including oil, watercolour, acrylic, inks and pastels.

Having such differing styles makes for an exciting exhibition with something to appeal to everyone and their wall art is complemented by a beautiful range of textiles including totes, patchwork, cushions and aprons.

NewStartArt will be exhibiting at the Llanwrtyd & District Heritage and Arts Centre in the centre of Llanwrtyd Wells from Thursday 2nd May until Sunday 2nd June (Centre is open Thursday to Sunday 10.00am to 4.00pm and Bank Holidays)



MULTI-AWARD WINNING

Multi Award winning 9Trees is a non profit CIC, started with its roots in Powys Wales, now has branches in many UK counties.

Powys based Non Profit CIC wins 2 awards through FSB

Community interest company 9Trees, of Builth Wells, Powys took the Wales's FSB Micro Business Award by tackling climate change, restoring new woodland habitats, promoting biodiversity and creating jobs within the countryside sector.' FSB Award Winners in Wales Announced

'We are delighted to be recognised for 2 awards for Sustainability & Microbusiness of the Year which we received on Thursday 28th March in Cardiff. I was accompanied by our new Welsh director Yzzy, who started with us as a volunteer in 2020.'

Michael Cunningham – 9Trees MD & Founder, from Erwood station, Builth Wells.

'We have also won 'The Natural environment award' for the South West of England and we have been nominated by Conservation Optimism for the 'Earth Shot Prize'.

Yzabella Hill, 9Trees Director, from Llandrindod Wells, Powys.

The FSB Wales awards has highlighted & celebrates so many prestigious firms & inspiring small businesses: Sustainability consultants, pioneering prosthetics, a pedigree sheep and flower farm & environmental NGO's

Sustainability Award & Microbusiness of the Year Award

Winner: 9Trees, Builth Wells, Powys

9Trees was set up in 2019 to support the climate response, working towards economy, ecology, biodiversity, wellbeing and community. 9Trees works with landowners planting, maintaining and conserving native trees. 9Trees offer skills and experiences to volunteers and supporters who find outdoor environments beneficial for health and wellbeing.

'9Trees champions ecological restoration and community involvement in combating climate change, illustrating the significant impact small businesses can have on global challenges. These winners embody the innovative spirit driving Wales's small businesses towards sustainable and socially responsible practices.'

"Each person emits 9 tonnes of carbon into the atmosphere every year, planting 9 trees every year will balance the average UK citizen's carbon emissions"

*Michael Cunningham Woodland Wizard MD
9Trees CIC*



CHRISTIAN AID WEEK 2024
SUNDAY 12TH MAY –
SATURDAY 18TH MAY 2024
Llandovery & District

This year the Christian Aid Service will be held on Sunday 12th May in Llandingat Church at 10.30am led by Rev Paul Pritchard.

Refreshments will be provided, and a Cake Stall. All are welcome.

During the week, a wide variety of plants will also be available for sale at 5 Towy Avenue, grown by Enid and friends.

A Cake Stall is also planned for the first Sat in June. Christian Aid works tirelessly to alleviate poverty in many countries. Burundi in Africa is one of the poorest countries in the world, with malnutrition and poverty affecting more than 70% of the population.

Christian Aid helps to fund training for communities to grow their own food, buy medicine, and improve their living conditions.

With our help, families can plan for a better future that they can build together.

Please support Christian Aid Week as best you can, as you have so generously done in past years.

Thank you – Pat Smith

TOWY & COTHI HUNT
250 CLUB

February draw held at the Rugby Club, 13th Feb 2024

- £15 Eynion Morgan
- £15 Adrian Price
- £10 Paul Adams
- £10 Dilwyn Roderick
- £5 Huw Evans
- House prize: Ann Jones

March draw held at the White Hall, 9th Apr 2024

- £15 Barry Wiggins
- £15 Magi Lewis
- £10 Dylan Richards
- £10 Eynon Morgan
- £5 Huw Evans
- House prize: Justin Davies

April draw held at the White Hall, 9th Apr 2024

- £15 Barry Wiggins
- £15 Will Gough
- £10 William Lloyd
- £10 Carrie Smith
- £5 Cloe and Catrin
- House prize: Justin Davies

IN MEMORY OF
JOHN IVOR JACKSON

Ivor worked on the forestry for 45 years. After retirement he became a town councillor for 24 years. Ivor loved Llandovery and enjoyed helping in the community. He then became a county councillor for 13 years and was chairman for the year 2011 – 2012. Ivor and I attended approximately 221 functions over South Wales, also invited to the garden party at Buckingham Palace twice and met the King.

Mary and Angela were very proud of him and of what he had achieved.

Ivor passed away on March the 23rd Palm Saturday, the day Mary and Ivor got married 66 years ago.

Mary and Angela express their sincere thanks for all the cards, flowers and cakes received in their bereavement. We are sure Ivor did not realise how much respect people had for him.

Thank you also to our family and friends for their support and devoted attention shown to Ivor during his illness. Thank you also to the wonderful Dr Rees for his attention and support after Ivor's passing. Thank you also to the Oncology Dept., Dr Lester and the Chemotherapy Dept. at Glangwili and Singleton Hospital, Swansea. The treatment was amazing and prolonged Ivor's life for six years.

Ivor was very strong and very determined and never complained, walked every morning to collect his paper from Martins.

Donations are going to Cancer Research Wales so that more can be achieved for this very cruel illness.

Thank you also to the staff at Llandovery Hospital for their care and attention shown to Ivor during his short stay.

Thank you also to vicar Paul Pritchard and Rev. Roger Hughes who conducted the service at our home, 118 Maesglas, which Ivor loved and we have lived in for 63 years, also at Llandingat Church and cremation.

Thank you also to the choir who sang at the church, Ivor always supported the choir for many years and to everyone who attended his funeral. Thank you to the Castle Hotel.

Thank you to Louise for the flowers and most of all to Clive, Sue, Nick, Lizzie and Stephen, words fail me for their attention and support. They are amazing people and we are so lucky to have such lovely people to help us through our grief and a difficult time in our lives.

It is with great sorrow and grief that my lovely daughter, Angela, also passed away only 4 weeks after her dad.

God bless them both and keep them safe until we meet again.

HYBU LLANYMDDYFRI – LLANDOVERY LAUNCH



A resounding “thank you!” to everyone who joined us for the launch of Hybu Llanymddyfri ~ Llandoverly (formerly the Llandoverly Support Coordinators Project) on Friday 19th April and Saturday 20th April at Market Square! Diolch yn fawr iawn!

Over the two days, our beautiful square, adorned with vibrant bunting and with lively music, welcomed 350 attendees. More than 100 individuals signed up for community activities, and 18 organizations and local businesses hosted tables at the event. Special thanks to Mayoress Gina Jones for her presence and to all the local organizations and event organizers who joined us, creating valuable networking opportunities. Residents shared their ideas for new events and activities in Llandoverly, which will contribute to the community’s growth, while foot traffic for local cafes and retailers was also given a boost.

Maggi Swallow, Events Support Coordinator, speaking about the project name, explained that “Hybu” is a Welsh word meaning promote, nurture, and encourage. We believe that the project’s initiatives have the potential to empower residents, strengthen social connections, and co-create a vibrant and resilient community.

On Friday residents engaged with various support services and organizations, including Nacro Connecting Carmarthenshire, Papyrus, and Age Cymru, while new connections were made between providers, fostering potential partnerships.

On Saturday, with a surprise appearance from the sun, we enjoyed performances from the Llandoverly Male Voice Choir and delightful walkabout theatre performances from Kitch n Sync Collective, bringing laughter with their acts “Tea Cosies” and “Calamity Dames.” Organizations and businesses present included Llandoverly Sheep Festival, Llandoverly Farmers Market, and Repair Caf .

Tiago Gambogi, Community Activities Support Coordinator, shared his enthusiastic reflections on the event, stating, “The event had a great atmosphere and we received excellent feedback! It was well-attended, with participants showing genuine engagement and there was a noticeable, positive sense of possibility throughout!”

There are still places available for upcoming community activities (Aging Well Classes, Luncheon Club, Garden to Share, etc.) and volunteering opportunities (with local events such as Ar y Gorwel Festival, DroverFest, New Llandoverly Motorbike Weekend and the Sheep Festival). Contact Tiago via email at llandoverly.lcasc@gmail.com or Maggi on Llandoverly.lesc@gmail.com and follow us on Facebook and Instagram at Hybu Llanymddyfri – Llandoverly. You can also find Tiago and Maggi at LYCC or call 01550 721499.

The event also launched Llandoverly’s new Events Listing that can be found and downloaded here: www.llandoverly.wales/events

Special thanks to everyone who contributed to the event. Support from the National Lottery Community Fund, Rural Futures, Llandoverly Town Council, Nacro Connecting Carmarthenshire, and Llandoverly Youth and Community Centre made this event possible.



PYLONS OR NO PYLONS

I say no to pylons.

Leave the farmers fields alone. The railway has waste ground both sides of the line. The railways own maintenance trains to do all the jobs. The railway is the place to bury power cables. All the stuff needed to bury cables goes on the rails not on the roads which are too small.

Write to FREEPOST GREEN GEN TOWY USK – no stamp needed and give your opinion.

Mike Whitby, 22 Dolau Bran

COFFEE MORNING

Saturday May 18th

10.00 – 12.00pm

at Llanwrda Church.

Cake, miscellaneous stalls & raffle

Entry – £3

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

5 May 9.30am Holy Communion
19 May 9.30am Holy Communion
2 Jun 9.30am Holy Communion

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

ST. SADWRN CHURCH, LLANSADWRN

5 May 11.00am Morning Prayer
19 May 11.00am Holy Communion
2 Jun 11.00am Morning Prayer

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

ST. PAUL'S CHURCH, MANORDEILO

12 May 9.30am Holy Communion
26 May 9.30am Morning Prayer
9 Jun 9.30am Morning Prayer

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

ST. MICHAEL'S CHURCH, CILYCWYM

12 May 11.15am Holy Communion
9 Jun 11.15am Holy Communion
Cymanfa Fodern Sunday Evening, time TBC

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

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

5 May 11.00am Holy Communion
9 May 6.00pm Ascension Holy Communion & Refreshments

12 May 11.00am Morning Prayer
19 May 11.00am Holy Communion
26 May 11.00am Holy Communion
2 Jun 11.00am Holy Communion

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

ST SIMON AND ST JUDE, LLANDEUSANT

12 May 6.00pm Evening Prayer
26 May 11.15am Holy Eucharist

LLANDINGAT, LLANDOVERY

5 May 9.30am Family Service & Baptism, 'Love One Another'
9 May 6.00pm Ascension Day Service at Talley
12 May 10.30am Llandoverly Churches Christian Aid Service
19 May 10.30am Pentecost Sunday (Whitsun)
26 May 9.30am Trinity Sunday (Communion)

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

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYFRI

5fed o Fai 11.00yb, Cymun
9fed o Fai 6yh Dydd y Dyrchafael at Tallyllychau
12fed o Fai 10.30yb Oedfa Cymorth Cristnogol at Llandingad
19fed o Fai 10.30yb Sul y Pentecost at Llandingad

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

ST MICHAELS, MYDDFAI

5 May 11.30am Morning Prayer
9 May 6.00pm Ascension Day Service at Talley
12 May 10.30am Christian Aid Service at Llandingat
19 May 10.30am Pentecost Sunday (Whitsun) at Llandingat
26 May 11.30am Trinity Sunday, Communion

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

ST. MARY'S CHURCH, CYNGHORDY

9 May 6.00pm Ascension Day Service at Talley
12 May 10.30am Christian Aid Service at Llandingat
19 May 10.30am Pentecost Sunday (Whitsun) at Llandingat
26 May 2.30pm Trinity Sunday, Communion

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

ST CYNWYL'S CHURCH, CAIO

5 May 9.30am Holy Communion
19 May 9.30am Holy Communion
2 Jun 9.30am Holy Communion

Rev Rik Mayes 01558 685118.

ST CADOG'S CHURCH, LLANGADOG

5 May 9.30am Holy Communion
12 May 9.30am Morning Prayer
19 May 9.30am Holy Communion 6.00pm Hwyrrol Weddi
26 May 9.30am Morning Prayer
11 May Quiz Night – ring 01550 777657 for details.

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

ST. BARNABAS, RHANDIRMWYN

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

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

ALL SAINTS CHURCH, GWYNFE

5 May 11.15am Holy Communion
12 May 11.15am Morning Prayer
19 May 11.15am Holy Communion
26 May No Service

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 Bendigaidd 11.00am Holy Communion 6.00pm Compline

Every Wednesday there is Holy Communion at 10.30am.

ST JOHN'S MAESTEILO

5 May 9.30am Morning Prayer
19 May 9.30am Holy Communion

Email: h_lloyd_davies@hotmail.com

HOLY TRINITY TALIARIS

12 May 9.30am Holy Communion
26 May No service

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 Ammanford)

Saturday (vigil of Sunday) now 4.00pm

For other details see notice board
Fr Donatus Chukwuiedo
Tel. 01269 267382
Email: ammanford@menevia.org

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

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

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

Info – contact Rev Roger Nock
01267 202347.

CHURCH IN WALES SERVICES – FOR ST TEILO IN BRECHFA

Services and events are as follows:

Services at 11.00am on Sundays, May 5 [communion] and 19th [morning prayer]

At St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP, .services and events as follows:

Services at 2.30pm on Sundays, May 5 [communion] and 19th [evening prayer] followed by tea/coffee time. The next Pilgrim Service is on Wednesday, May 8, at 6pm.

"Lle Llonydd" : A Quiet Space of Reflection and Contemplative Prayer

The monthly Quiet Space session at Llanfihangel is on the last Saturday day of the month, May 25, at 2pm. 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.

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
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

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

THANK YOU

James and Jill Evans of Evanwood, Llanwrda would like to thank all family and friends for their kind help and generous support at our Coffee and Cake morning held on 27th March.

A total of £560.43p was raised for Wales Air Ambulance.

Again a big thank you to you all.

READERS' SALES & WANTS

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

FOR SALE

- **Baby/boudoir grand piano** looking for a new home. Needs some attention but plays well. Please telephone 01550 777149 or 07572168275 for further details.
- **MONTIS steam mop** for carpet or tiles including manual. £20. Tel: 07761 107055.
- **VICON VARI fertilizer spreader**. Holds 600 kg. In good working order, £475 ono. Tel: 07761 107055.
- **TITAN wood mulcher**, 240 volts, (as new), £55. Tel: 07761 107055.
- **WOIL SKY BLASTER pressure washer** with extended lams. Ideal for cleaning barge boards or anything high up, £85 ono. Tel: 07761 107055.
- **Quantity of hanging baskets**, £1 each. Tel: 07761 107055.
- **Router and tools** (new in box), £45. Tel: 07761 107055.
- **Variety of garden tools**. offers. Tel: 07761 107055.
- **FEREX ash and dirt vacuum cleaner** (in new condition), £30. Tel: 07761 107055.
- **Professional PAINT SPRAY GUN** (as new), £25. Tel: 07761 107055.
- **Leather brief case** (as new), £20. Tel: 07761 107055.
- **Large plastic tool box**, £12. Tel: 07761 107055.
- **KALAMAZOO Business system Z binder**, £10. Tel: 07761 107055.
- **Outsunny car fridge**, 50 litre, still in box, never used, £125 ono. Llandeilo 07815 718176.
- **Pride I Go Transportable Lightweight Folding Electric Wheelchair Powerchair**. 2 years old. Has seen heavy use. £1800 as new, selling for about half price. 07901 925671.
- **Alfa Romeo 156 2.5 V6** for spares or repairs. Engine sound. 100K mileage, £750 o.n.o. Phone 01550 777149 or 07572 168275 for more details.
- **Three-wheeled Walker**, free. Tel: 07850 500374.
- **Nissan Micra 1.2L**, 2 door, 2007. Very clean & reliable, 1 Year MOT, £800. Tel: 07878 313063.
- **Tractor topper**: £620. 6ft wide. Good working condition. PTO shaft included. Call 07527 028260.
- **Caravan towing mirrors**, £25. Ring 07967 120307.
- **Caravan levelling ramps**, £15. Ring 07967 120307.
- **Mains connecting cable**, £20. Ring 07967 120307.
- **Awning for single axle Caravan**, £100. Ring 07967 120307.
- **Mains electric caravan hook-up cable**, 80ft approx., £25. Tel: 07922 174986 (Llandeilo).
- **Stiga lawn mower Combi 48S**, petrol, 9 years old, VGC, £100 ono. Cynghordy 01550 750444.
- **Campervan**, Mercedes Vito 115CDI, 2007, MOT Apr 25, 105000m, good condition, £10995. Tel: 01550 779170.
- **Four wheel, steel frame garden trolley**, 24" x 16", £22. Tel: 01558 668201.

- **Green PVC folding sun lounger**, o/a size 74" x 24", £15. Tel: 01558 668201.
- **Large dog bed, coats and leads etc**, dog car ramp, good condition, free for collection. Tel: 01558 822125.
- **Large outdoor Guinea pig/rabbit hutch**, plus smaller indoor cage. Tel: 07770 659626.
- **Oval drop leaved Ercol dining table** and six chairs. Tel: 07770 659626.
- **Hayter Harrier Mower 48** Autodrive E5 96DB with rear roller, £300. Tel: 07977 121201.
- **Coffee table**, wood, good condition, 36" x 36", £60. Tel: 07977 121201.
- **New wood Georgian style window frame**, 3'6" x 4'. Tel: 07977 121201.
- **Conservatory wicker two seater settee** with matching glass top coffee table, £60. Tel: 07977 121201.

WANTED

- **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 825910. (www.nationaltrust.org.uk/visit/wales/dinefwr).



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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
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 www.digitaltvsolutions.co.uk 06/24(12)

ARCHITECTURAL SERVICES

DARREN MILLS ARCHITECT – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: dmills@dmarchitect.co.uk www.dmarchitect.co.uk 09/24(12)

BROWN PARTNERSHIP ARCHITECTURAL SERVICES – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Glasfryn, Llanddeusant, Llangadog, Carmar SA19 9TG on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com 05/25(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 Website: 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. (Established since 1997 providing Beauty, Electrolysis & Holistic Therapies). I offer you a bespoke appointment-based service of treatments in my dedicated Salon. Using the finest of ingredients in my Facial Care, Manicures & Pedicure, Shellac Gel, Eye brow & Eyelash tinting, facial waxing and Sterex Electrolysis (facial hair removal). Rose Cottage, Milo, Ammanford, Carmarthenshire. SA18 3LZ. (on A476 between Ffairfach and Carmel). Open: 9am to 6pm on Tuesday, Wednesday, Thursday and Fridays. Tel 01269 831585 to book. 07/24(12)

BUILDING SERVICES

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)

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CARPET SERVICE/GWASANAETH GOSOD CARPEDI. New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. 02/25(12)

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A & C HOME SERVICES. Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. We will not let you down. Call 07855 064152 to discuss your requirements. 03/25(12)

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 Carmar and Brecon. Contact 07872 509031 / 07770 777992. 03/25(12)



COMPLEMENTARY THERAPIES

HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IHHHT 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)

COPYING AND PRINTING SERVICES

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

COUNSELLING

WHATEVER IS ON YOUR MIND OR TROUBLING YOU, TALKING THERAPY CAN HELP. As a qualified counsellor with 15 years experience, I offer a confidential space where my aim is to help you understand yourself better and think about what is going to be best for you moving forward. I work with men and women, children and young people, couples, parents and families. No problem is too big or small and so I am happy to help with whatever you're thinking or feeling. To find out more or to arrange an initial appointment call Cathrin on 07870 888141. Email: cathrin@cathrinwildwood.co.uk Website: www.cathrinwildwood.co.uk 04/25(12)

ELECTRICIANS

V. W. REES Llandeilo. No job too small. Tel: 07790 568072. 09/24(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)

GARDENING – SERVICES

TUNDRA LANDSCAPES (est. 1978). Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on mob: 07790 210397 07/24(12)

ALL SMALL ENGINES. Sales, service and repairs for all types of garden machines. Open Tuesday and Thursday 10.00am – 4.00pm, closed lunch 1.00pm – 2.00pm, at The Old Post Office, Manordeilo, Llandeilo, Carmar SA19 7BG. Tel: 01550 777350. 11/24(12)

CASTLE LAWNs. All lawn care work. Mowing, aerating, scarifying, weed control, fertiliser & top dressing, seeding, turfing, paddock work. Free quotes. Tel: 07817 795142 email: derekstone4@hotmail.com 07/24(12)

A & C HOME SERVICES. Grass Cutting, Hedge Trimming, Strimming, Pressure Washing etc. All general garden maintenance undertaken from One Offs to Regular work. Call 07855 064152 to discuss your requirements. 03/25(12)

GARDENER, CARPENTER AND HANDYMAN. Lawn mowing and garden maintenance. Home maintenance and alterations. I offer a friendly and professional service and have good local references. I am based near Llandeilo with 25 years experience in horticulture and arboriculture. Call Nick on 07970 987434 or Email at: gydacoed@gmail.com 06/24(6)

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NICHOLAS WALL. Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. 07/24(12)

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G.T. LOCKSMITHS LLANDEILO, Professional Keycutting Service with probably the largest range of key blanks in West Wales. Keys for, **House & Business**; Cylinder, mortice, safes, cabinet, padlock. **Agricultural**: Tractors, Quadbikes, telehandlers, hoists, lifts, Plant equipment, forklifts. **Leisure**: roof racks & boxes, alarms, Lockers, Bicycles, Caravans, Boats, Motors, Planes. Cars Pre 1995 (non chipped) & Classic cars, Motorcycles, Mobility Scooters. **Shop: Now at Parc Bryers, Dryslwyn SA32 8QX (Old Mazda garage off A40)** 01558 823355 locksmiths services and out/hours 07816 377710. 05/24(12)

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HAYDN ADAMS, For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. www.haydnadams.co.uk 12/24(12)

PAINTABILITY DECORATING. Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk 05/24(12)

INTERIOR DECORATING SERVICE. First class professional finish. Past work can be seen in Llandovery. For a free quotation, please ring Sue on 07954 198824 and leave a message or email: 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 Llandovery 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@allaspectspropertieservices.co.uk or visit www.allaspectspropertieservices.co.uk 10/24(12)

SOLICITORS

HUGH WILLIAMS SON & CO. Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing, Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandovery 01550 721500. 03/25(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/llanoverysquash or visit our website: <https://llanoverysquashclub.co.uk> *03/25(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)*

LLANDOVERY CROQUET CLUB. We are a small friendly club who play on the bowling green at Castle Fields. We welcome new members or anyone who would like to have a go at this fascinating game. We have club afternoons every Tuesday and Thursday from April until October. If you would like to try croquet and have a free trial, or simply want to watch the game being played, then contact our secretary John on 07435 786762 or come along any Tuesday or Thursday afternoon. Our membership fees are £50 per annum plus £2 for each club afternoon, which includes refreshments. *09/24(6)*

TUITION

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- = Magazine Drop Points
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NEW ADVERTISING RATES

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
FULL PAGE (132mm x 190mm)				
Full Colour	£238.25+VAT	£178.70+VAT per issue	£159.65+VAT per issue	£119.15+VAT per issue
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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@cartharshshire.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.