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WILDLIFE WANDERINGS



David is a self-taught national and international award-winning photographer; he is based near Llandovery travelling the UK presenting talks mainly to National Trust groups and of course taking photographs. With a passion and a deep understanding for nature he now writes features for papers and magazines, works behind the scenes on television series and radio, making the occasional appearance. His first book *Wildlife Wanderings* (Gomer Press) published in 2017 is still available from booksellers.

Wildlife Wanderings (Halsgrove Publishing) is his latest book which was published this October. David says, 'many commented as this was my second book it would be easier to write, nothing was farther from the truth, I knew I had to improve image and story quality over the first book! It was unbelievable that in

the first week of lockdown, all the sponsorship money came through from an unnamed source in the USA and contracts were signed. My lockdown then consisted of chasing cuckoo's and working with the book's designer. Goodness knows how it has happened but over the years I have become friends with known people a few of which have backed and helped me with this book, something I'm extremely grateful for'. With front jacket cover blurb written by the iconic Dr Jane Goodall and rear jacket blurb by Bill Oddie. The most amusing foreword has been written by the world famous paleontologist Dr Steve Etches MBE, and through Pinewood film producer



continued on page 3

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ALL ABOUT *The Post*

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16th November 2020**

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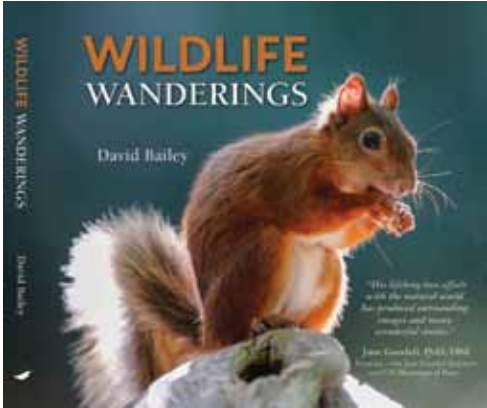


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 **Doggy Divas in Llandeilo**

0321(6)



Pete Sheppard the pre-production proofs were read by David Attenborough.

Wildlife Wanderings has been written to suit all age groups is a hardback consisting 144 of full colour detailed images with the stories behind the photographs many of which are light hearted in nature.

Signed copies can be purchased through David's website www.davidbaileyphotographywales.co.uk


Unsigned copies can be purchased through all good book sellers.

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LLANWRDA CRICKET CLUB

It was a very strange season but there were still some good memories. Club captain Adrian Davies made his debut for Wales over-50s and Nigel Clarke played for the over-60s.

A number of juniors have emerged who will challenge the older players for a place in the 1st XI. This bodes well for the future of the club.

We offer all girls and boys – aged 5 and over – a chance to play this great game.

Please contact Gwynn Davies about the juniors on 07956 147464 or LlanwrdaCC@gmail.com for more details, or just search on-line for “Llanwrda Cricket.” We are also on Facebook. Come and join us.

Please call Liz on 07791 241197 for details about the Women and Girls’ team.

We are always on the look out for new senior players – on a weekly basis for the 1st XI, or on a casual basis for our new Occasionals XI who play midweek and Sunday games. If interested in any of the teams, please contact Adrian Davies on 07867 794771 for more information.

LLANWRDA C C BONUS BALL WINNERS

09/09/20	55	No winner
16/09/20	45	No winner
23/09/20	52	No winner
30/09/20	36	No winner
07/10/20	53	No winner

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



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ART TUITION WITH GENEVIEVE CAMINADE



Local qualified artist Genevieve Caminade, Art tutor at the Botanical Garden, will be running Drawing and Painting Tuition classes. There will be a class for beginners, 10.00am – 12.00pm & 6.00pm – 8.00pm, and a class for more advanced students, 10.00am – 12.00pm & 6.00pm – 8.00pm.

For further information you can email Genevieve at genecaminade@hotmail.com or phone 01558 685175.

You will be learning technical skills relating to visual observation and you will explore a variety of art materials. *Venue to be confirmed later.*

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SANDRA OZOLINS

1966 – 2020

It is with great sadness for me to announce the death of Sandra Ozolins, my beloved wife and best friend. She will be very much missed by myself, her family, all of her friends and the many people who knew her.

Sandra was one of the most compassionate people I have ever known. Always helping others, even when too unwell to leave her bed; networking and connecting by telephone.

For a number of years she voluntarily ran a vegan famine relief charity and through her fundraising raised hundreds of thousands of pounds for projects that she helped to develop and finance with sister charities (sustainable projects such as vegetable gardens, water wells, tree planting etc).

Many thousands of lives were improved or saved by her efforts.

An enthusiastic artist and a keen poet. In recent years a dedicated member of Dinefwr Poets.

Sandra suffered from severe ME (Myalgic Encephalomyelitis) for twenty years and the associated chemical sensitivity for the last ten as well.

The official cause of death on her death certificate is ME. Hopefully Sandra's death maybe the catalyst for the NHS in Wales to take ME seriously and put the measures in place to make provision for others with the same or similar conditions (a chemical, scent free safe room in all hospitals for example). Sandra told me that she hoped that would be the case when she knew that she was dying, she was so brave.

Sandra loved living in Wales and was an almost fluent Welsh speaker. She loved the land; countryside and natural environment and the people as well.

Sandra passed away peacefully at home on September 14th at 2.00am. I was with her throughout.

Brightest of Blessings to you Sandra. You will always be in my heart.

FRENCH TUITION CLASSES

Conversational French Tuition classes will begin on Wednesday 14th October 10.00am to 12.00pm, following the Covid 19 guidelines.

I will be limiting class numbers to two per session. Beginners class and advanced class will be available.

For further information, contact amelie.vivelafrance@gmail.com (Venue and times to be confirmed later.)

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NEWS FROM LLANDOVERY TOWN HALL

All Town Councillors throughout Wales have an entitlement to draw an Annual Allowance to cover the cost of their duties as a Councillor, i.e. Post, Telephone, Printing, refreshments at meetings etc.

Llandovery Town Councillors have never previously claimed these allowances.

This year 2020, was the exception. When the Headmaster of Ysgol Rhys Prichard requested assistance with the purchase of new furniture for the new School something that as a "Town Council" we were unable to do, all the Councillors drew their Allowances and contributed them directly to the Ysgol Rhys Prichard Bank Account.

Whilst there is no requirement for Councillors to justify their reason for drawing their allowance, they do in fact spend far more than the entitlement which, they do voluntarily. We thought it important that the Community should be informed that it was for a good cause and the money has gone straight back into the Community for the good of our children.

It is with regret that we also have to announce that there will be no "Switching on" of the Lights Event this year due to the Covid. We will have a Christmas Tree and there will be the usual Christmas Lights and Christmas Decoration Competition however, the usual Market Square Celebration on the last Friday of November is regrettably cancelled.

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LLANDEILO YOUTH CLUB INITIATIVE

A few recent incidents of minor vandalism in Llandeilo started a debate on Facebook about what could be done to deal with the problem of bored and frustrated youngsters. "Sports activities are limited and for those not into exercise COVID 19 has made life even more challenging, leading many to get carried away," said one of the founders of Youth Club 4 Llandeilo.

This newly formed initiative is run by a group of concerned individuals who decided to reach out to these kids and give them a space of their own to hang out in, do what they want and feel safe.

"Contrary to some statements made Youth Clubs can run during the pandemic under Section 14 A, subject to special regulations," says Christoph Fischer, co-founder and Llandeilo town councillor. "The problem of bored and frustrated kids is here now and cannot wait until the end of the pandemic."

The group has found a few possible locations for the youth club but is talking to all available venues in town and will chose the most suitable together with the children.

"We have taken guidance from Llandovery Youth Club, and DR.M'z in Carmarthen, who both have been extremely helpful," says Fischer. "We're now looking for financial support, responsible volunteers, furniture and any other items that can be used in the club, such as games, computers, art materials etc."

If successful the club will run two evenings a week for children and children between 11 - 19 years old. You can find and contact the group on facebook <https://www.facebook.com/Youth-Club-for-Llandeilo-102830164937670> or email the group on YouthClub4Llandeilo@mail.com

Financial contributions can be made via <https://www.gofundme.com/f/youth-club-for-llandeilo>

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CALON CYMRU NETWORK CALLS FOR PLANNING POLICIES TO PERMIT RURAL REPOPULATION

Response to Carmarthenshire Local Development Plan consultation urges easier permission for food production ventures requiring more people to live and work in the countryside

The planning framework should have a more proactive role in fostering ecologically sound agriculture and horticulture, to improve resilience in unstable, difficult times, argues Calon Cymru Network, responding to Carmarthenshire County Council's consultation on the 2018-2033 Local Development Plan (LDP).

Calon Cymru warns that "There is a probability that shocks to social, economic and environmental systems will be severe and unexpected. Carmarthenshire, and Wales, will require a higher level of self-sufficiency in basic foodstuffs, and those foods will need to come from the currently under-used countryside.

"It follows that the outputs of Welsh farming need to change significantly, towards a more balanced agricultural system. This requires a significant increase in production of both horticultural crops and arable growing for human consumption.

"Considering fruit and vegetables, just 0.08% of Wales' farmland grows horticultural crops and production is only 3% of the population's requirement for five portions a day."

More horticulture calls for additional people living in the countryside, because fruit and vegetable production requires a larger labour force than the beef and sheep farming which dominates over much of Wales.

But Calon Cymru notes that current planning policy is a deterrent to starting and developing new businesses in the countryside.

The Sustainability Assessment accompanying the LDP recognizes that "Carmarthenshire is currently exceeding sustainability levels with regards to food and drink, energy, capital investment (transport/ buildings) and consumables". Calon Cymru Network is working to help reverse this trend by participating in efforts to move Wales towards a sustainable future.

Patricia Dodd Racher for directors Mark Waghorn, Ken Pearce, Chris Tanner and Pat Racher and the members of Calon Cymru Network

The Calon Cymru Network works for a vibrant and sustainable rural economy

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LLANGADOG YOUNG FARMERS CLUB

On Friday 25th September at 7.30pm, Llangadog YFC held its Annual General Meeting. The virtual meeting via Zoom witnessed 24 members and officials present from the comfort of their homes. In attendance and again by the virtual meeting from the County Federation was the County Vice Chairman Mr Hefin Evans.

Sian Williams, Pwllcalch, Myddfai retiring Chairperson thanked all officials and members for their attendance, support and contribution throughout the year.

The following were duly elected to hold office for the 2020-2021 season –

- President – Wendy Morgan, Nantgwynne, Llandeusan.
- President Elect – Euros Jones, Ynys Toddeb, Gwynfe.
- Chairman – Ifan Williams, Crunant, Llanwrda. (formerly of Bronallt Llangadog.)
- Vice Chairman – Carys Jones, Carreg Cyn Ffyrdd, Bethlehem Road.
- Secretary – Aaron Hughes, Godre Garreg, Llangadog.
- Treasurer – Jac Davies, Penybryn, Manordeilo.
- Minute Secretary – Osian Richards, Ashfield, Llangadog.
- Press Secretaries – Mari and Cadi James, Stangau, Llandeusan.
- Social Secretary – Aaron Hughes, Godre Garreg, Llangadog.

Club Leaders –

- Liz Davies, Lan, Gwynfe.
- Rose Williams, Cefen Crewil, Bethlehem.
- Caryl Price, Tynewydd, Myddfai.
- Meryl Jones, Llysarthren, Llangadog.
- Ifor Roberts, Cae Gwyn, Llangadog.
- Eirian Thomas, Llygad yr Haul, Llangadog.
- Cllr Andrew James, Stangau, Llandeusan.
- Carwyn Jones, Nantshon, Llangadog.

The club decided to re-elect the current county officials on block for consideration at their forthcoming County AGM in October, which again will be a virtual meeting.

Despite the ongoing Covid 19 restrictions, the club has decided to continue to meet on a regular basis, again on a virtual zoom system.

The club extends a warm welcome to all new members and for a chat, please contact the Chairman Ifan Williams on 07805 582491 or the Secretary Aaron Hughes on 078277 12574.

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References available

Before

After

09/20(6)



For November at time of going to print we plan to continue to open the café and shop five days a week from Wednesdays to Sundays 11.00am – 4.00pm. But this may change to Thursday to Sunday, so please ring to check if you plan to visit on a Wednesday. We have very good Covid-19 safety measures in place so please feel confident to come and visit us safely. Our Monthly Farmers Market will hopefully still be going ahead on Sunday 29th November 12.00 noon to 4.00pm, please come a long and support the local food producers attending, as it will be held outside it may be cancelled if the weather is bad, please ring or check our Facebook page for updates. Due to Covid-19 restrictions that are unlikely to be removed in the near future we have to cancel our Christmas Fair for this year.

Why not support local by shopping at Myddfai Hall gift shop for your Christmas gifts? It is fully stocked with a huge range of quality, unique, local crafts, art, produce and antiques. Candles, tweed cushions and blankets, pottery, fused glass, Myddfai bathroom products, bags, aprons, Jewellery, wooden boards, bird tables and nest boxes, dog and cat beds, greetings cards, Christmas card packs, children's knitwear a wide range of books and much more. We would like to welcome our latest new supplier Sue with her unique bags made from coffee bean sacks. We also have a good stock of local honey, jams, marmalades and chutneys made in Myddfai. All purchases support local businesses and Myddfai TyTalcen charity.

Myddfai café has freshly made soups, cakes and lunch specials and a great range of speciality teas, coffees and cold drinks. Why not combine your visit with lunch or afternoon tea and a walk in the beautiful Myddfai countryside. We have plenty of parking and a huge warm inside hall area and paved area outside both acting as extended café seating, with plenty of room for social distancing.

Myddfai Hall is a great venue for any type of event- Weddings, conferences, workshops, children's parties and a variety of exercise and activity classes.

It is fully equipped with moveable professional staging, lighting and audio equipment and underfloor heating.

The Myddfai regular exercise classes are: Yoga on Tuesday evenings 5.30pm – 7.00pm, Pilates on Thursdays 9.30am – 10.30am.

For further information on classes & events or to book or view the hall please contact Les at les@myddfai.org. Mobile 07879 119223 or Hall No. 01550 720449

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10/20(1)

11/20(12)



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PLEASE BUY LOCAL



While visiting Carmarthen yesterday I noticed (even though it's September) that many stores are preparing their Christmas displays. Please, please remember to invest in your local community and it's creatives and buy local.

Artists/creatives/growers/crafters really need sales at the moment, many have been left with no income due to Covid.

Buying from Amazon and large stores does not contribute to our local economy and jobs. Think before you buy, where exactly is your hard earned cash going?

One of the most important ways is buying locally, it helps the environment by reducing your items miles, many of the food items you buy travel over 1500 miles to reach your plate.

Here are some of my favourite local artists and producers, have a look and maybe think about investing in them rather than lining the pockets of these multi-nationals who do not care about any of us.

Mick Sheridan – Upholstery
<http://www.micksheridanupholstery.co.uk>

Claire Spencer – Printmaker
<https://www.etsy.com/uk/people/clairspencer37>

Jacob Buckland – Painter
<http://www.jacobbuckland.co.uk/>

Nick Membrey – Potter
<https://www.kitchen-pottery.co.uk>

Lucie Scott – Liliwen Herbs
<http://www.liliwenherbs.com>

Julie Ann Sheridan
www.julieannsheridan.co.uk

Please share and thanks for your support. We are not the only ones by the way...

11/20(12)



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11/21(12)

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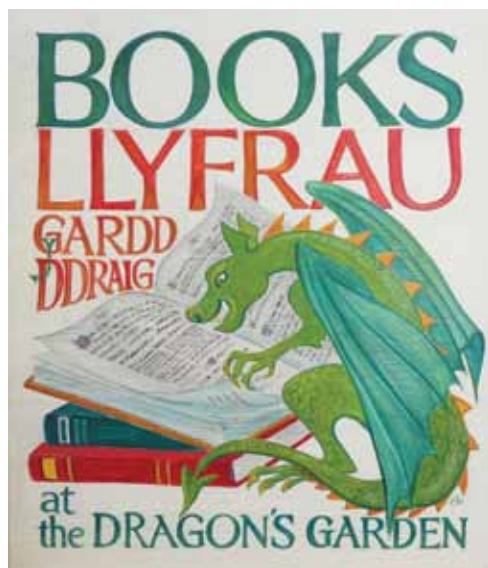
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07/21(12)

THE BOOKWORM



This month we've looking at three very different books from Wales.

The first is "Arianwen" by Angela John, Arianwen is a novel set in West Wales, it follows the life of an ordinary woman, getting to grips with a changing world, lyrically written, it will resonate with many who remember the slower days in the not so distant past and the difficulties in adapting to a new way of life.

The second book is "Futuregen Lessons from a Small Country" by Jane Davidson who as Minister for Environment, Sustainability and Housing for Wales proposed what became the Well-Being of Future Generation (Wales) Act 2015. Wales led the way in ground breaking legislation to put future generations at the heart of Welsh Government decision making. If you're interested in a sustainable future for Wales, this very readable book is the one for you.

Last but not least "Tales from a mountain farm" by Patrick Dobbs, well known poet and farmer, a wonderful collection of poems, reflecting on his long life on a hill farm, humorous and poignant in equal measure.

Mandy, Books at the Dragon's Garden





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03/21(12)

LET US MAKE LLANDOVERY SHINE THIS CHRISTMAS!!!



As a community, your help is needed in making Llandovery shine this Christmas. Regrettably, there will be no Lights Event due to the pandemic, but the Town Council will erect the Christmas Swags and the Christmas Tree. Together, we can help by making our windows sparkle so that everyone can enjoy them.

For businesses, there will be a 'Best Business Christmas Lights Display' Competition (windows only). The winners will receive a Certificate presented by myself, a photo opportunity and the business winners placed in the 'Post' magazine and on the websites.

Keep safe and well.

Mayor of Llandovery



GADEWCH I NI WNEUD LLANYMDDYFRI'N DDISGLAIR Y NADOLIG HWN!!!

Fel cymuned, mae angen eich help chi i wneud i Llanymddyfri ddisgleirio y Nadolig hwn. Yn anffodus, ni chynhelir y Digwyddiad Goleuadau oherwydd y pandemig, ond bydd Cyngor y Dref yn codi'r Swagiau Nadolig a'r Goeden Nadolig. Gyda'n gilydd, gallwn ni helpu trwy wneud i'n ffenestri ddisgleirio fel y gall pawb eu mwynhau.

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Cadwch yn ddiogel ac yn iach.

Maer Llanymddyfri

LLANEGWAD RAINFALL



Rain fell on 12 days this month, the wettest day was the 3rd with 21mm.

September Total: 83.75mm – 3 1/4"

D. R. DUKE



Thanks to the X-Forces start up loan, and advice from Business Wales, All Carved Up which is based in Llandovery and owned by David Hay, has started producing bespoke log cabins and sheds. They take on all aspects of work; from tree felling to tree houses.

David started chainsaw carving 10 years ago as a hobby and to supplement his forestry work income. But he always had a dream to build log cabins, and earlier this year he decided to go for it.

Unfortunately, COVID 19 stuck which at first was a worry, but fortunately orders started to come in, especially after the public saw the standard of his work.

David has built up his workshop over the years, and this is where he spends hours of his day carving and making outdoor furniture. He now has quite a production line, where lorries drop off logs to be milled. He has also built his own kiln for drying-out timber and takes orders for sawn timber, for dimensions that cannot be sourced at yards.

David sells his waste as firewood and has taken on tree work and mobile saw milling.

The job he does is very manual, and he finds it rewarding and consistently offers value for money with his products, by not scrimping on materials and building solid structures to client's bespoke requests, whatever they may be.

A typical shed construction is made from 2 inches thick t&g, in between 4x4 posts and are extremely strong. His cabins are machined from 6x4 timber that interlock. They can also have both insulated roof and flooring and the windows can be double glazed. These can be fitted out however the customer desires.

David can be contacted via several ways: Facebook page at 'All Carved Up'. Via the website 'All Carved Up' and the business email address 'Allcarvedup.com'. Or simply via calling him on 07975 770008.



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11/21(12)

ASHMOLE & CO ENHANCES ITS WORKFORCE WITH NEW APPRENTICESHIP



Ashmole & Co are delighted to announce that Courtney Knight has started working for the accountancy firm in the new role as a Business Administrative Apprentice, based in the Haverfordwest office.

Courtney, who lives in Gorseinon, joined Ashmole & Co at the beginning of September. She graduated from Gower College, Swansea, with A Levels in English Language and Literature and Welsh second language. Day to day Courtney will be gaining experience in most aspects of the business operations including IT, HR and Payroll. She has already completed various online courses and will continue to gain qualifications whilst working with Ashmole & Co.

Better Jobs, Better Futures partnered Courtney's love of spreadsheets with Ashmole & Co's vacancy for an Administrative Apprentice. Better Jobs, Better Futures offer a wide range of support to people in the Swansea area who are seeking new or better employment. They

also assist local businesses who are seeking to develop and expand their workforce.

Sarah Stallard, HR Manager for Ashmole & Co said, "We are absolutely delighted to have Courtney on board. Taking on an apprentice is a great way to enhance the skilled workforce here at Ashmole & Co and we consider it a privilege to be able to assist in Courtney's career development. She is a welcome addition to the team and I look forward to seeing her progression over the next two years."

Courtney said, "Starting a new job during a pandemic was daunting however the support I have received from Better Jobs, Better Future, my family and Ashmole & Co has been very reassuring. I am excited to learn new business skills and bring that together with my own skillset. My family and I are pleased I have been given this opportunity to gain qualifications whilst having the practical experience to match."

In her spare time Courtney is a huge Harry Potter and Marvel fan. She enjoys spending time with her family, friends and Labrador, Toffee.

Ashmole & Co Chartered and Certified Accountants have been established since 1897 and are one of the largest accountancy and auditing practices in Wales, operating from thirteen offices throughout south and west Wales including Swansea, Carmarthen and Haverfordwest. The firm combines high quality audit, accounting and taxation services with business consultancy and corporate planning.

12/20(12)

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Last Saturday Llandeilo saw a swarm of enthusiastic volunteers in high vis vests take to the roads of their town and pick up litter. 16 volunteers collected over 18 bags of rubbish in just a few hours. The initiative calls itself "Taclo", a "Wanglish" word - created by co-founder Dan Morris - which means both tackling and tidy.

"A minority of people spoil it for the rest of us, but another minority is happy to see the wider picture for the community and just pick the litter up," says Morris. "I hope in the future streets will form groups and take responsibility for each road themselves."

"When exercising I see a lone man walking from Pen y Banc to Llandeilo every day with a bag picking up rubbish," says Llandeilo town councillor Christoph Fischer and the other co-founder, "It has become a personal goal for me for some time to set something like this up in an organised and regular fashion."



The Festival of Senses and Llandeilo Town Council provided the high vis vests and litter pickers and the group aims to take to the streets of Llandeilo every two to four weeks. LAS Recycling from Lampeter have kindly offered to collect and recycle the bags free of charge.

"We had great fun doing this," says Charlotte Walker, another eager volunteer. "People on the street have been very appreciative with many keen to join in. I hope Taclo will become a nationwide movement."

If you would like to join the group you can fill in this form

<https://docs.google.com/forms/d/e/1FAIpQLSdjLd4V SgXgRmxKEpPcqcLSYZ97jpEqCXxuoFrLszE0nYj3 ng/viewform>



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11/20/13

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(03/21/6)

GREEN FINGERED HYWEL STEPS DOWN AFTER 16 YEARS



Long standing volunteer Hywel Jones has stood down after 16 years caring for Llanwrda railway station on the picturesque Heart of Wales Line.

Hywel, from Cwmdru near Llandeilo, adopted the small rural station in 2004 as part of the Arriva Trains Wales station adoption scheme – which since October 2018 has been managed by Transport for Wales.

Volunteers participating in the scheme provide the train company with regular feedback about the condition of their station so that any issues can be promptly addressed. Where possible, as can be seen at many stations along the 121 mile route between Swansea and Shrewsbury, volunteers also tend to gardens and colourful floral displays.

Geraint Morgan, Community Rail Manager for Transport for Wales said; “Supported by local resident Barbara Davies, Hywel has been a fantastic ambassador

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for the line and his dedication to looking after the station is hugely appreciated. His passion and attention to the finer detail has always ensured the station has created a positive first impression to passengers. We wish him well and thank him for many years of proud dedication."

In 2008, Hywel attended the Queen's Garden Party in recognition for his voluntary work in the community. In 2009, his and Barbara's commitment to the station adoption scheme was recognised when Llanwrda won the award for best station garden. For many years, he would also arrange days out by train for local groups and often greet passengers alighting at the station.

A champion Dahlia grower and judge at the Royal Welsh Show, Hywel has previously supplied dahlias to the Prince of Wales' estate at Lliwynywormwood near Myddfai. He has also won numerous prizes for his dahlias, including first prize at the Royal Welsh Show twice.

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LLANDOVERY ROTARY CLUB



This is now near impossible. We have no meetings. Nobody is asking for funding. We have very little money coming in. We have no money going out. Nothing. So no real news to inform you of then. Well hardly any.

For all of us Life is on hold. Someone has pressed the 'Pause' button. We are all on 'Pause'. We just cannot get on with our lives. Not properly anyway.

It is as if someone has pressed the 'Reset' button as well and we are all waiting for the world to Reset. But when it actually does reset we are all going to start again. But we will start again from a lower level. Many jobs will change. Many jobs will go. Finances will be different. Cash may be unwanted in a new cashless society. Shopping has already changed. A lot of it now arrives at our home brought to us in a van as it was years ago to those who lived out in the country. Sometimes it arrives in a post van, sometimes in a delivery van. Sometimes even in a supermarket van. Please, buy local if you can. Llandovery itself will be different. It is already different. When I was playing rugby there were fifteen pubs for us to choose from, each with a different character and identity. When they do finally reopen fully it looks like there will be just five. FIVE. A search of Alfred Theodore Arber-Cook's 'Pages from the History of Llandovery' it lists and names SEVENTY. If we don't support local business, that is what can happen. It's not just happening here, it's happening everywhere.

During the month our newest member Neil Morse was suddenly admitted to hospital. No sooner had Neil joined Rotary officially than he was taken in to hospital. The strain soon told on our newest member and he had to have an emergency appendix operation!!!!!! Get well soon Neil. The latest I have is that Neil is now home and recovering slowly. We all certainly wish you well Neil and look forward to seeing back to your happy bubbly self.

Our Llandovery Rotary facebook page is going from strength to strength and we now have followers from all over the world. We are grateful to our friends and Rotary colleagues for your tremendous support among whom are:- Rotary District 1150 Southern Wales, Mumbles Rotary Club, Maggie Hughes, Rotary D1150 Area 1, Cardiff West Rotary and so, so many others from the world over. We really appreciate your follows, likes and shares.

I know we have all been inconvenienced in many ways during this pandemic. How many of us have had holidays cancelled? Quite a few I suspect. Sometimes however when you are forced to improvise you discover things that you would never have discovered otherwise. How many have discovered the true beauty in the very place where we live. Wales has regions of truly outstanding natural beauty that few of us have ever visited. We in Llandovery are especially fortunate. One thing is for sure. Now more than ever, I Love where I live. More even than I thought I did.

Alan Morgan our President has had very little to do thus far in his new role but this poses one question. Has

he got the easiest job any President has had or indeed the hardest? Yes, it's easy with hardly any duties to fulfil or events to Preside over or it is the most difficult as he has had many Rotary events planned but has not had the honour or the pleasure of Presiding over them. I must ask him which one he considers it to be, the easiest or the hardest? I'll let you know next month. One thing has been established. The President must be transported in a vehicle worthy of his standing so we have at enormous expense (nothing) booked a hire company to provide suitable executive transport at his disposal to travel to and from the events to which he is expected to attend. Shown is the Presidential Limousine which we have leased for his no expense spared transportation and Alan is seen here sampling the executive suite. Lucky man!

Gary Strevens our former President who moved here a few years ago had a job to do this month that would have been unthinkable a year ago. Gary was invited to give a talk to a Rotary Club via Zoom. This meant he had to talk into his iPad to the Rotary Club of Soham & Staploe with them staring directly back at him via his screen. As readers of this column will know Gary was a World Champion at Tug Of War (tug o' war). When they found out about his prowess in this sport of strength Gary was approached by the Llandovery YFC Ladies team with a view to coaching them. Now very few people turn down the Young Farmers Ladies Tug o' war team and he didn't either. He did in fact coach them onto great success. Quite how you talk into a screen about tug o' war I have no idea but he did it and he says it went very well. Well done Gary you have created a little bit of history, in more ways than one. You certainly, 'took the strain.'

Shock, horror, blind panic, aaaaaarrrrggggghhhhhhhh, what can I doooooooooooooo? Disaster.



President Alan relaxing in the Executive Suite of the Presidential Limousine!

I haven't asked anyone to do the Q&A this month. The report has to go in tonight. Aaaaarrrrggghhhh. More panic. PANIC. What now? There are only 2 choices. Send it without a Q&A and only half a report will go in the Post. I can't do that, can I? Or do the one thing that I insisted I would never do do it myself. Nooooooooo. I won't do it You will never know how close this report was going to the Post with one page short. Here goes:

Please excuse the informality of this but I really am winging it here

- What are you known as? Derek Jones of course although I'll always be known as Derek Castle Garage. More recently the young people know me as Derek Love Llandovery.
- Where were you born? I am extremely proud to say I was born in Llandovery Hospital which means I am a Cyw Bawddwr, meaning born in Llandovery or born on the Bawddwr, the stream that runs under the town.
- Where have you worked? I left school at 16 to go to work with my father at Castle Garage where I stayed until 2008 when I became ill and was not allowed to work from that day on. I contracted Necrotising Faciitis which is a flesh eating disease. I was in a coma for 11 days and can say, as I do everyday, that if it was not for the quick intervention of Dr Salt, the incredible skill and professionalism of all the Surgeons, Doctors, and nurses at Glangwili, the truly amazing staff at Tempest Ward in Morriston Hospital and the incredible love and devotion of Meryl, Delyth and Eleri then I would never have survived. No way whatsoever.
- What are your hobbies? I've always loved sport. Participating in and watching rugby, motorsport and golf. I also didn't know how much I loved working till being forced to give up! Now though, it is Love Llandovery that takes almost every minute of my day between 8am and midnight.
- Best place for a holiday? Anywhere abroad in the sun. Also my mother was from St Ives in Cornwall where we have a flat. I love it down there too.
- Proudest achievements? Outside of family I'd have to say being elected Chairman of the Dinefwr Magistrates Bench for two years. I served eighteen years in total. Also becoming Captain of Cradoc Golf Club in Brecon which had over 1,000 members at the time. It's a fantastic club.
- Best day of your life? Outside of family, no doubt about it. The day Llandovery (the Drovers) won the Konica Minolta Welsh Cup in the Millennium Stadium. Disney could not have scripted beating Llanelli in the semi final and Cardiff in the final in the 6th minute of injury time with one of the best tries ever seen there. The fact that we won it again some years later unbelievable.

Another Great day was the day I met Muhammad Ali. He spent 4 hours with a hundred of us and the photo that I have with him is one of my most prized possessions. The Greatest.

- Best day out with no time or travel restrictions? I'd



Derek with his hero Muhammad Ali.

wake up in St Ives with a lovely walk around the harbour. Morning on Waikiki Beach Hawaii with a Mai Tai, afternoon on a beach in Cyprus and evening with supper and a show in Las Vegas. Maybe 20 minutes on the Blackjack table with a big win to finish. Paradise.

- What advise would you give to children? Always be polite, ALWAYS. Good manners and patience will create a good impression, every time. Respect your elders. And remember, everyone deserves the same attention and respect, always.

I answered two questions beginning with 'Outside of family'. Well, that is because I honestly believe I am Blessed. Seriously. Because my wife Meryl has been my absolute ROCK. Throughout my life she has never wavered. We have two children both of which I couldn't



Gary with his Tug o' war World Championship Gold medals.



The afternoon shift. Rotary marshals at the 'Flu Jab Clinics'. Sister Rhian Evans is keeping us in order. We are smiling honestly!

be prouder. They work very hard and are superb at what they do. I am one proud father. One proud grandfather too. Life passes by so quickly and we don't even realise it. I remember my first day at school so vividly although it's 64 years ago. We get old without even knowing it. My advice to anyone is that if there is anything you want to do, do it while you can. Walk up Pen y Fan, learn to play the guitar, buy a sports car, go to Spain on holiday. Whatever it is, don't wait, do it, because one day, it will be too late.

And if your parents are still alive, look after them and spend time with them because as soon as they are gone you will realise what they did for you and you will miss them more and more as you move on in your life.

Ellie Wileon from Cynghordy has now very generously donated three £50 donations to us and has even offered us a hamper to help with fundraising. You have been extremely generous Ellie. Thank you very much.

At the recent 'Flu Jab' clinic which was held at the Rugby Club for the first time due to the requirement of extra room and the requirement of a one way system, Llandovery Surgery asked if we as Rotarians could provide up to six marshals for each of the the morning and afternoon sessions. At the time of going to print over 1,000 people have been vaccinated in the first two days which means that the wonderful staff at the Surgery, the fantastic nurses and Doctors, the Rugby Club car parking volunteers and ourselves have been extremely busy. It has been a rewarding experience and we were extremely glad to have been able to assist. That is what happens when a community pulls together. When pulling together, invariably, good things happen.

And that is what we must do as a community in these times of a pandemic. Pull together. We will all be better for it.

I wish this report had more Rotary content but Rotary news is very thin on the ground. What lies ahead no one can tell. These last 7 months have shown us that. So until things improve the sensible things seem to be:- Support local businesses, pull together as a community and stay safe.

See you next month.

Derek Jones.

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THE OSPREYS AND LLANDOVERY COLLEGE ANNOUNCE ELITE RUGBY PARTNERSHIP



The Ospreys are excited to announce a new Elite Rugby Partnership with Llandovery College to develop elite homegrown rugby talent in Wales.

Llandovery College has established a reputation as one of the premier rugby schools in the country and will grow its rugby provision by teaming up with the Ospreys in a new partnership to further develop elite rugby talent.

This new partnership gives aspiring young players associated with the Ospreys Player Pathway Programme a unique opportunity to join the Llandovery College Elite Rugby Programme.

The partnership between two of Wales' great rugby institutions will combine to offer an education and rugby pathway in a bid to retain young Welsh talent in Wales.

The Ospreys will provide 'master class' coaching sessions with its Academy coaches, like Wales and British & Irish Lions star James Hook, and Welsh internationals Paul James and Andrew Bishop, to support the schools programme to develop the rugby stars of tomorrow.

Director of Llandovery College Elite Rugby, Ioan Cunningham, leads the Elite Rugby Development Programme, provides individual plans for the rugby players and directs on all tactical and technical elements for the Llandovery College 1st XV.

While the Ospreys Academy, which has a proven track record of discovering and developing young rugby talent for the region and for the national side, will supply international coaching expertise during the season.

Ospreys Development Pathway Manager, Gareth Walters, said: "This partnership allows us to extend the Ospreys Player Pathway Programme further, and provides us with the opportunity of identifying and developing future talent."

With more than 50 former students awarded over 550 caps for Wales, Llandovery College has an outstanding rugby record eclipsing all other Welsh schools in the history of the game.

It has a proud reputation of producing top-level rugby players including Wales' captain, British & Irish Lion and Ospreys second row, Alun Wyn Jones OBE.

The Llandovery College Warden, Dominic Findlay, said: "We are delighted to announce another partnership with the Regions and we look forward to working with the Ospreys Academy Team as we aim to ensure Welsh rugby talent remains in Wales."

Ospreys Development Director, Mike Ruddock, said: "This partnership means the Ospreys can assist Llandovery College in the delivery of a high performance rugby programme.

"This link with Llandovery is an outstanding example of how we can work together and support young players with educational and rugby opportunities to stay in Wales."

12/20(6)



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09/21(12)



Wallflowers (*Erysimum*)

Wallflowers, such as *Erysimum* 'Bowles's Mauve', have an amazingly long flowering season that spans the colder months. A wide array of pollinating insects will forage on them, including solitary bees.

Hellebores (*Helleborus*)

Among the first flowers to appear early in the year, hellebores are a welcome sight for pollinators. Pools of nectar are held within nectaries at the base of the flowers and the flowers' stamens offer an abundance of pollen.

Comfrey (*Symphytum*)

Comfrey is in the borage family – a real all-rounder for pollinators. Short- and long-tongued bumblebees, as well as honeybees and hoverflies will visit the tubular flowers of this plant. Propagate now from seed or from root cuttings, or buy as dormant potted plants. Choose a site where the plant can be kept in-check, as it can be invasive.



CREATE A SPECIAL SPRING HAVEN FOR POLLINATORS

10 plants to start growing this autumn

Want to grow plants that are perfect for pollinators?

Based on their cutting-edge research, scientists at the National Botanic Garden of Wales have revealed a hit-list of recommendations for some of the best spring garden plants, to plant this autumn.

The Botanic Garden's PhD researcher, Abigail Lowe says: "As pollinating insects emerge on warm days in late winter and early spring, they seek their first meals of the season.

"After hibernating over winter, bumblebee queens need to find nest sites to form new colonies – a very energy-demanding task.

"Most hoverflies and solitary bees overwinter as larvae, beginning their adulthood 'on the wing' during spring. And while honeybees stay active during warm days throughout winter, they need to replenish their stores in spring to sustain their developing brood."

To give these pollinators a head-start, grow flowers in your garden that provide a bounty of sugary nectar and protein-rich pollen. Here are some of the top pollinator plants for spring-time gardens, based on the Botanic Garden's Saving Pollinators research, led by Dr Natasha de Vere. All can be planted in autumn and early winter.

Abigail added: "Importantly, these plants need to be insecticide-free – our Saving Pollinators Assurance Scheme will help you. Opt for single-flowered blooms which allow easy access for pollinators."

This is your guide for turning your backyard into a pollinator haven next spring:



Grape hyacinth (*Muscari*)

These spring-flowering bulbs are a favourite for honeybees and are perfect for a pollinator-friendly pot. When sourcing bulbs, buy organic to ensure they are free from pesticide residues and safe for pollinators.

Anemone

A perfect choice for dappled shade or a pot. The cup-shaped flowers are enjoyed by honeybees, bumblebees and hoverflies. Choose from the white-flowered native *Anemone nemorosa*, *Anemone blanda* in shades of blue, white or pink and *Anemone × lipsiensis* in pale yellow.

Crocus

Colourful swathes of crocuses in spring are a welcome sight. In particular, the purple varieties such as *Crocus tommasinianus* are often sought out by bees and hoverflies searching for food after winter. Plant in a sunny, well-drained spot to get the best results.

Snowdrops (*Galanthus*)

Snowdrops are one of the first signs that winter is ending, with blooms seen as early as January. They provide a vital nectar and pollen source for emerging pollinators such as honeybees and queen bumblebees. Bulbs should be planted in the ground immediately to prevent drying out and will establish easily. Ensure that you add some drainage in the form of grit to the planting areas to stop the bulbs from rotting.



Apples, cherries and plums (*Malus* and *Prunus*)

Most varieties of apple, plum and cherry need cross-pollination to produce fruit. Luckily, the spring blossom of these trees is loved by a range of pollinators including honeybees and solitary bees. The wide open flowers are also accessible to hoverflies which, unlike bees, lack a long proboscis. Plant container-grown plants now, and bear root plants once dormant, and the leaves have dropped.

Willows (*Salix* spp.)

The catkins produced by willows are packed full of pollen and nectar. Cuttings or rods root easily and can be bought online in winter. If you have a small garden, try coppicing, where a proportion of stems are removed each year but be sure to leave some old enough to flower. There are also low-growing alpine species, such as the native dwarf willow (*Salix herbacea*).

Lungwort (*Pulmonaria*)

The early flowers of *Pulmonaria* provide nectar and pollen to bees when little else is available. The colourful, tubular flowers are enjoyed by many species but it is particularly favoured by the hairy-footed flower bee, *Anthophora plumipes*. Good for dappled or full shade, these plants will naturally spread providing a lovely addition to a border.

- The National Botanic Garden of Wales recently launched its Saving Pollinators Assurance Scheme which guarantees that eligible plants are loved by bees and other pollinating insects, don't contain synthetic insecticides and are grown in peat-free compost.
- It is the first pollinator plant logo scheme in the UK to be backed by DNA-barcoding science and is currently being rolled out to growers and nurseries. It aims to prevent pollinator decline and benefits other wildlife such as hedgehogs, sparrows and frogs



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LLANWRDA NEWS

Traffic speeding on the A482 creating near miss accidents has prompted a request to the Community Council to intervene. To alleviate the problem, speed humps are suggested, placed strategically along the Lampeter road between the junction with the A40 and Bishops Mill.

On this stretch of road recently, there was a spate of night time thefts. The police were quickly on the scene when called, but there remains the community's responsibility to support. Hence the suggestion from villagers that speed humps would prove a useful deterrent if criminals were hoping for a quick getaway. The police crime commissioner for Dyfed Powys has also been asked to support the community's request for help.

Cornwallis Estate. The trustees are still waiting for plans from Landsker re. the Cornwallis Estate. A brand-new complex is the ambition for the site.

Harvest Thanksgiving. Vicar Viv Sayer has said that because of covid-19, Harvest Thanksgiving will be "taking a very different form this year." She suggests a home harvest celebration in which householders can create a window display or a box of autumn produce in the porch?

Friends of Vicar Sayer wish you a speedy recovery after her painful accident. She is missed by villagers so used to her presence.

Planting around the Village. Over six bags of compost and 500 daffodil bulbs have been planted for winter display in barrels and troughs around the village. The green (entrance off A40) always looks trim. It is thanks to

two families that the green always looks so welcoming.

If you would like to join the volunteers please ring 01550 779257. The Llanwrda bloomers have been together for 12 years and new recruits are most welcome to keep the flowers blooming.

COR MEIBION LLANYMDDYFRI

Friends of the choir draws have taken place under strict Covid-19 rules as advised.

Winners were:

JULY

- | | |
|------------------------|-------------------|
| 1. Alun Williams | 5. Lorna Harris |
| 2. Anne Clarke | 6. Alun G. Davies |
| 3. Ifan Lloyd Williams | 7. Gron Morgan |
| 4. Jean Evans | |

AUGUST

- | | |
|--------------------|----------------------------|
| 1. Dylan James | 5. Geraint & Eileen Powell |
| 2. Emlyn Morgan | 6. Graham Evans |
| 3. Arthur Webster | 7. Nia Augustus |
| 4. Cliff - Sextons | |

SEPTEMBER

- | | |
|-------------------|-------------------|
| 1. Mari Bennett | 5. Chris Williams |
| 2. Sheila Shouler | 6. Gareth Morgan |
| 3. Lynne Jones | 7. J. Alun Davies |
| 4. Elaine Robins | |

SEPTEMBER

- | | |
|--------------------|------------------|
| 1. Kayla Hughes | 5. J. R. Norejko |
| 2. Alun Williams | 6. Angus Watson |
| 3. Lorraine Davies | 7. Angela Davies |
| 4. Alex Robins | |

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- **Tool Box**, tools included x2, £10 each. Tel: 07770 777992 / 07872 509031.
- **Panasonic 32 inch TV on stand**, spare or repairs, £50 ono. Tel: 07770 777992 / 07872 509031.
- **Cup cake dessert stand**, £4. Tel: 07770 777992 / 07872 509031.
- **Adjustable quad skates**, £15. Tel: 07770 777992 / 07872 509031.
- **Powercraft 6 PCE auger bit set**, £15. Tel: 07770 777992 / 07872 509031.
- **Goodmans in car personal CD player**, £25. Tel: 07770 777992 / 07872 509031.
- **Mothercare childs high chair**, VGC, £10. Tel: 01558 822019.
- **Hauck childs pushchair**, hardly used, bought new, £15. Tel: 01558 822019.
- **House Clearance**: Beds, sofas, garden furniture, nest of tables, lamps, large dresser, Sony TV centre, kitchen stools, pictures, ironing board, pool table etc, dart board, table football, table tennis table, traditional pub table, chair and stools, bedding, crockery, cutlery, de-humidifier, microwave, Ercol coffee table, books, ornaments, diamond rings, BBQ, 3 light pool light, headboards: Hypnos – bespoke or Laura Ashley plus bits and bobs, clothes etc. Tel: 07855 176981 for details.

WANTED

- **Early Hornby 0 Gauge** clockwork engines and rolling stock, other makes considered, also live steam engines, by collector. Tel: 01558 650799.
- **A dry empty garage** to store household goods. Please call 07791 165998.
- **Accommodation required**, Talley/Cwmdru area for elderly couple, anything considered. Tel: 07496 352001.
- **Grazing land**, possible long term and suitable for sheep, including sheds if possible. Tel: 07770 777992 / 07872 509031.

BRO DYFRI LOCAL MINISTRY AREA

The Coronavirus situation continues to affect the way we operate in Bro Dyfri and, sadly, the outlook is less certain now than it was last month.

Whilst a number of churches within the LMA have opened for private prayer and public worship, the situation remains subject to sudden revision. It is therefore more important than ever to phone your local contact to check service details. This is particularly necessary in November and December as services and civic events will look very different this year. Since the first lockdown in March, churches have been innovative in using social media, and the learning curve, though steep, continues. May we invite you to join us in using media which may be unfamiliar but which will enable us to grow together as God's people in Bro Dyfri?

Whilst the situation is subject to change in accordance with Welsh Government regulations, those churches which have already established a regular pattern of services are noted below:

LLANDOVERY GROUP*

St Dingat's, Llandingat

Second and fourth Sundays at 9.30a.m. Seats need to be booked because of limited space. Wednesdays for private prayer 12.30 until 2.00pm. Via Gina 01550720790

St Michael's Myddfai

First and third Sundays at 11.30a.m.

*Arrangements for the fifth Sunday in November will be confirmed closer to the time.

LLANWRDA GROUP

St Cwrdaf's, Llanwrda

First, and third Sundays at 10.00a.m.

St Sadwrn's, Llansadwrn

Second and fourth Sundays at 11.00a.m.

*Arrangements for the fifth Sunday in November will be confirmed closer to the time.

CILYCWM GROUP

St Michael's, Cilycwm

Every Sunday at 10.00a.m.

TALLEY GROUP

St Michael's, Talley

Every Sunday at 11.00a.m.

St Sawyl's, Llansawel*

First and third Sundays at 11.00a.m.

*Arrangements for the fifth Sunday in November will be confirmed closer to the time.

LLANGADOG GROUP*

St Cadog, Llangadog

First and third Sundays at 9.30a.m.

St Simon & Jude, Llanddeusant

Second and fourth Sundays at 9.30a.m.

*Arrangements for the fifth Sunday in November: 9.30a.m. at Llangadog.

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

Sunday Mass 11.00a.m.

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

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

Church Services

E-English W-Welsh B-Bilingual

OUR LADY'S CATHOLIC CHURCH LLANDOVERY

College View SA20 0BD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00p.m. Booking not essential, Wednesday 10.00a.m.

Tel. 01570 421003 Mob: 07495 802711

Email: davidkeithevans@hotmail.co.uk for details

Service information will continue to be communicated through social media and community posters as well as by word of mouth.

Clergy will provide pastoral care by phone and in appropriately socially-distanced settings; services and reflections continue online and, for the foreseeable future, there will be a combination of church-based and online worship. For more information about your local situation please contact the following:

Cilycwm Group (including Cilycwm, Cynghordy and Rhandirmwyn)

Revd Ann McKnight 01550 721109

Talley Group

Revd Patrick Mansel Lewis 01558 822942 (Abergorlech and Llansawel)

patmanlew@gmail.com

patmanlew@btconnect.com

Revd Tim Nelson 01558 685415 (Talley and Caio)

timnelson@btconnect.com

Revd Rik Mayes 01558 685186

revrmayes@hotmail.co.uk

Llandoverly Group (including Llandingat, Llanfair and Myddfai)

Revd Paul Pritchard 01 550 938534

revpaulpritchard@gmail.com

Llanwrda Group (including Llanwrda, Llansadwrn, Manordeilo and Capel Dewi Sant)

Revd Viv Sayer 01 550 777200

revd.viv.sayer@gmail.com

Llangadog Group (including Llangadog, Llanddeusant and Gwynfe)

Revd Jeff Thomas 01550 777758

jeffthomas@churchinwales.org.uk

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WILLIAM EVERATT: Accountancy services and tax advice for small businesses, partnerships and limited companies, reasonable rates, free first meeting. 15 years experience, free local phone advice. Tel: 01558 668742 / 07711 050509. 08/21(12)

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NORA ELAINE WALL IIHHT IIST VTCT NVQ3. Body Beautiful Beauty Salon I am an experienced and fully Qualified Beauty Therapist. I offer you my services in my bespoke Therapy & Treatment Room. Specialist in Electrolysis (facial hair removal) and in Katherine Daniels anti-ageing Facials. Containing active natural (up to the minute) ingredients with many products suitable for vegetarian and vegans. My menu also includes manicures, shellac, pedicure. make-up, relaxing massages and eye brow treatments. Rose Cottage, Milo, Ammanford, Carmarthenshire. SA18 3LZ (located on A476 with Parking on my drive). Tel: 01269 831585. Appointments on Tuesday, Wednesday, & Friday 9am to 7pm. 04/21(12)

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DISCOVERY BOOKSHOP, 52 Cwmamman Road, Garnant, Ammanford, SA181NF. A unique shop with a wide mixture of Good Quality Fiction Novels, Reference, Technical, Non-Fiction and Welsh Books etc. etc. Popular Categories, Best Sellers and Top Authors. [Many Half-Price Bargain Books]. LP Records, 7" Singles & EPs & Picture Discs. Records & CDs to suit all popular tastes - Rock, Classical, Folk, Country, Soundtracks, Jazz, 60s etc. etc. Well worth a visit - Open Monday to Saturday 10am to 5pm. 04/21(6)

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ELISSA ALDOUS-HUGHES, GENEALOGIST. Would you like a full family tree, detailed research into individual ancestors or help solving a family mystery? I am an experienced family history researcher and particularly enjoy uncovering the personal stories of everyday life. Please email elissa@elissaonline.net or call 01558 650525 www.elissaonline.net. 12/20(12)

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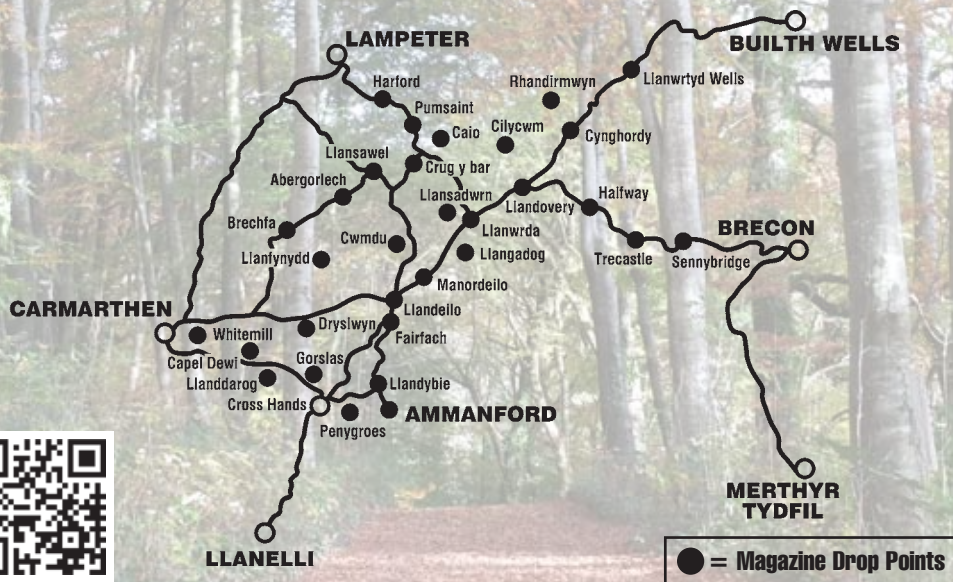
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LOCAL DIRECTORY (discounts not available): 6 months = £52.50+VAT 12 months = £82.77+VAT

Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

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

Mon 09:00 – 17:00

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

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

Thurs 09:00 – 17:00

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

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

LLANDOVERY LIBRARY:

Tel. 01550 721626

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

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

COUNTRY MARKETS

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

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

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

TOURIST INFORMATION CENTRES

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

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

7 days. Enquiries to 01874 622485.

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

LOCAL POLICE

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

Llandeilo, New Road	9.35	Llandovery Car Park	13.40
Crug-y-bar, Community Cen.	10.13	Crug-y-bar, Dyffryn Anell	14.04
Llandovery Car Park	10.41	Llandeilo, New Road	14.44

Golden Grove – Llandeilo – Carmarthen (277) Wed only

Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
Ffair-fach	9.15	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgaredig (square)	14.04
Salem (opp. Angel Inn)	9.30	Felindre	14.16
Capel Isaac	9.40	Capel Isaac	14.40
Felindre	10.04	Salem (Angel Inn)	14.49
Nantgaredig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Ffair-fach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

Llandovery – Llandeilo – Carmarthen (280/281)

	281	280	281	280	281	280	281	280	All services operate Mon-Sat
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10	
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18	
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—	
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—	
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—	
Cwmifor	—	—	11.21	—	14.36	—	—	—	
Llandeilo, Capel Saron	7.39	9.31	11.29	13.01	14.44	17.07	18.25	19.32	
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02	
Carmarthen	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50	
Llandeilo	6.36	8.00	9.59	11.00	13.04	15.00	17.04	18.29	
Cwmifor	—	—	10.05	—	13.10	—	17.10	—	
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—	
Llangadog (Rhyd)	—	8.13	—	11.13	—	15.13	—	18.42	
Llansadwrn (Wyd Memorial)	—	8.21	10.26	11.21	13.31	15.21	17.29	18.50	
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55	
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05	

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

LLANDOVERY SWIMMING POOL

Tel: 01267 224733

PWLL NOFIO LLANYMDDYFRI

Gweler y wefan; www.aktif.cymru ar gyfer ein rhestr o oriau agor, gweithgareddau a sut i archebu a thalu.

LLANDOVERY SWIMMING POOL

Please see website; www.aktif.wales for our list of opening hours, activities provided and how to book and Pay.

Train Times (Heart of Wales Line)

CORONAVIRUS UPDATE – The Welsh Government has confirmed the essential travel restriction on public transport has been lifted, opening up trains and buses to more potential passengers.

Timetables severely limited at present, only two trains each way every day, based on the normal Sunday service timetable (new May – December timetable) – please check with Transport for Wales for current service timetables and about refunds.

All tickets can be purchased online, on the train and from Llandrindod Station Ticket Office, Station Crescent, Llandrindod Wells, Powys, LD1 5BE. Tel: 01597 822053. Also Llanelli Station Ticket Office (mornings only), Swansea Station and Shrewsbury Station. TfW mobile tickets can be sent straight to your Android or Apple phone. You just need to download the TfW app from the App Store or Google Play and select 'm-ticket' or 'mobile ticket' as your delivery option.

www.tfwrail.wales

Tel: 03457 484 950

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

x = Service stops on request
xx = Starts from Carmarthen