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Number 329

November 2023

Published by PostDatum,
24 Stone Street, Llandovery, Carmarthen SA20 0JP

Tel: 01550 721225



Ymddiriedolaeth
Genedlaethol
National Trust



Nadolig Llawen

THE WONDER OF THE DINEFWR CHRISTMAS FAIR

24, 25 and 26 November 10.00am – 4.00pm

The Christmas Fair at Dinefwr, Llandeilo, promises to be a fabulous affair with something for everyone to enjoy, whatever your age. Soak up the Christmas spirit with carol singers, choirs and musicians. Warm up with a mulled wine or Christmas treat from the café, delight at the woodland creatures' banquet in the Dining Room, shop for presents at the dozens of local producer stalls in the marquees and, of course, make sure to visit Sion Corn in his grotto. The courtyard and frontage of

Newton House will be packed with stallholders and local producers selling a range of tasty treats and Christmas crafts, from wood carving to whisky, jam to jewellery – there is sure to be a treat for even the trickiest person to find a present for.



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FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
16th November 2023**

**Next issue distributed:
1st December 2023**

The Post Future Copy Dates

February 16th January 2024
March..... 15th February
April 15th March

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The Post is published by
PostDATUM, 24 Stone Street,
Llandovery, Carmarthen. SA20 0JP.
Tel: 01550 721225.

info@postdatum.co.uk

PostDatum Opening Hours:
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10/23(3)

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continued from page 1

The traditional Christmas tree will be a visual feast of beautiful wildlife decorations by the artist Bettina Reeves. More Christmas trees will be on display in different rooms decorated by local children to create a fascinating (Christmas) tree of life and highlight the importance of the more unusual wild residents of Dinefwr.

Locations and trees:

- Book Room – Green Woodpecker (Yellow meadow ants)
- Drawing Room – Long eared bat (moths, flies)
- Café – Brown hairstreak (blackthorn flowers and sloes)
- Butler's Pantry – Adder (mice, frogs)
- Brushing Room – Little ringed plover (dragonflies, mayflies)

Book your visit to Sion Corn on the day of arrival.

Free entry for National Trust members, £10 per person, £5 per child

Parking: During the Christmas Fair a Park and Ride service will be available from Home Farm.

Blue badge holders will be parked in the usual main car park at Newton House.

Full information at www.nationaltrust.org.uk/dinefwr

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Join the **Dinefwr Car Club**, a membership club where you can book an electric car from a community hub near you.

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Join the **CEC** Clubs for more information about the Car Club.

12/23(C)

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11/23(12)

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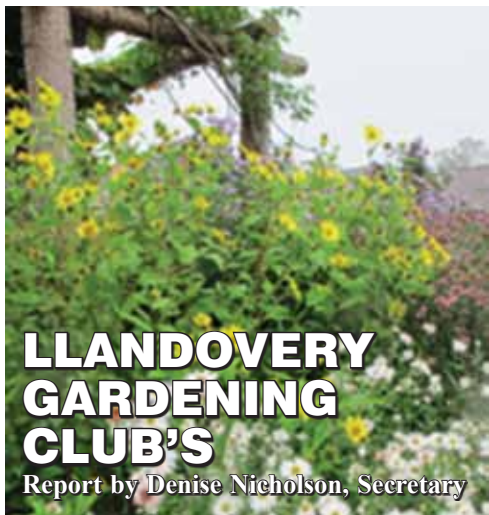
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06/24(12)



LLANDOVERY GARDENING CLUB'S

Report by Denise Nicholson, Secretary

On Thursday 30th September we visited Llysdinam Gardens in Newbridge on Wye. It was a cool, grey damp morning, but we were given a very warm welcome from Becky the Head Gardener and her two assistants. Their enthusiasm for the gardens and plant knowledge was impressive. We were given a short history of the house and then a tour of the main gardens, pointing out the rare and unusual plants, and remnants of the Victorian paths and planting.

Llysdinam Hall has been in the same family for 150 years. It was developed in the 1800's to resemble a Scottish castle, after which it was reduced in size, and the exterior remodelled in the 1930's style to a large family house, which is how it appears today.

The gardens were laid out in the mid 1800's with a formal walled kitchen garden with several greenhouses which supplied the house with fruit, vegetables and cut flowers. The surrounding grounds were of a typical Victorian style with formal beds, rockeries and shrubbed areas. The gardens have been considerably developed since then, mainly influenced by Lady Delia Venables Llewelyn who was resident from the 1950's to 2005. She was still gardening in her 90s and her passion for plants is evident in the many unusual trees and shrubs she planted

there. The walled garden continues to grow produce for the house and now includes an impressive flower garden. The remaining gardens are more naturalistic in style and include a lovely sweeping herbaceous border alongside the lawn fronting the house. This area affords spectacular views over the surrounding countryside. A path then leads you through shrubbed borders and a beautiful bog/water garden, through the lovely woodland with mature specimen trees and finally to a lake which is a relatively new area of planting and has a tranquil air to it.

Despite the weather, it was a most enjoyable trip and well worth another visit.

LLANDOVERY GARDEN CLUB

23RD NOVEMBER

Llandovery Garden Club meet for our final gathering this year to enjoy a Christmas Party. Please will you all bring a plate of food and the Committee will provide the drinks!

If you like – Please bring to show us your own crafted items or work in the making to demonstrate the rest of us how it's done.

No doubt there is a Garden theme somewhere there?!

Marguerite (Babs)

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This month we are back to meeting on Wednesdays. It is not easy to change days as many people have other commitments, apologies to those who missed out.

Our speakers were very obliging and interesting!

Wednesday 1st November

Member contributions – Art. We need to plan a visit to Carmarthen Museum to view the latest painting on loan. We will endeavour to give some background to what I believe is a tryptic. Members are also invited to talk about a painting that fascinates them.

Wednesday 15th November

We welcome back Kevin Henry to talk about Ants this time.

Wednesday 29th November

Members contributions – this time music. Can we play your favourite and let's have a lively programme.

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

For further information contact: Anne Lynd-Evans 01550 750286.



LLANWRDA CRICKET CLUB

Training for the juniors restarts in the Spring and we will again be running All Stars and Dynamos on a Friday evening at Castle Fields, Llandovery. Please contact Gwynn Davies for information about the juniors on 07956 147464.

We are always on the look out for new senior 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 07867794771 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:

13/09/23	6	No winner
20/09/23	50	No winner
27/09/23	28	David Cumming
04/10/23	46	No winner
11/10/23	58	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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- Craft & Food Market, 11th November 9.30 – 13.00
- Wine Tasting, 18th November 7.30pm (Tickets required)
- Turkey Bingo, 29th November 7.00pm

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03/24(6)

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03/24(6)

ARMISTICE DAY

Saturday 11th November, 2pm



Sgwrs Sadwrn: World War II and Tin Town at Dinefwr, Llandeilo

To commemorate Armistice Day, join Mair and Susan from the Dinefwr team to find out about the role Dinefwr played during the Second World War.

Newton House, Dinefwr was occupied by the Royal Army Medical Corps as an army hospital during the war and a temporary 'Tin Town' settlement of Nissan huts was built in the grounds...the famous White Park Cattle also played their part!

We'd love to hear your own family memories of the war years in Llandeilo as well.

Everyone welcome! Free event, normal entry prices apply, no need to book. The event will take place in the Dining Room of Newton House, Dinefwr, Llandeilo, SA19 6RT

More information at www.nationaltrust.org.uk/dinefwr

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0723 (13)

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03/24(12)

'CHRISTMAS BY CANDLELIGHT' at St. Barnabas Church, Rhandirmwyn

Welcome to the start of celebrations for Christmas in the upper Towy Valley on Sunday, 3rd December at 7.00pm when Llandovery College will sing by 'Candlelight'. This has become a much enjoyed traditional event which is under the leadership of Director of Music, Mrs Kimberly Griffiths. The President for the evening is Miss Vicky Davies from Rhandirmwyn.

The Church Council at St. Barnabas Church would like to thank the Choir, Mrs Griffiths and all the staff at Llandovery College, for their continued support over the last twenty two years.

Admission: £7 at the door, children under 15 free. All proceeds towards St. Barnabas Church.



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Ffair Nadolig Dinefwr

24, 25 a 26 Tachwedd 10am–4pm

Dinefwr Christmas Fair

24, 25 and 26 November 10am–4pm

Dathlwyd y Nadolig yn Nhŷ Newton wedi ei addurno'n fendigedig ar gyfer yr Ŵyl, gyda dewis gwych o stondinau yn gwerthu nwyddau a danteithion y Nadolig.

Groto Siôn Corn 10.15am–3.15pm dydd Sadwrn a dydd Sul (archebwch wrth gyrraedd).

Celebrate the season at Newton House delightfully decorated for Christmas, and a wonderful range of stalls selling Christmas gifts and treats.

Santa's Grotto 10.15am–3.15pm Saturday and Sunday (bookable on arrival).

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

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11/24/22

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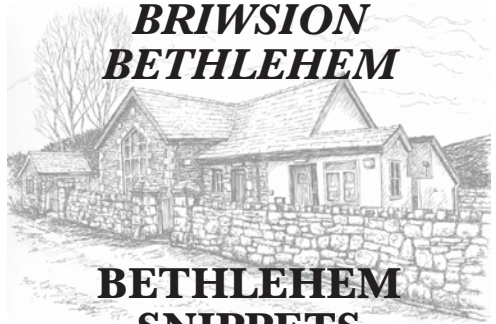
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BETHLEHEM SNIPPETS

We ended September on a really great note with the fundraising Curry and Cake Takeaway in aid of Macmillan, and raised the considerable sum of £183. Combined with the September Community Quiz, which was another Macmillan fundraiser, the total for the charity from the community of Bethlehem Dyffryn Ceidrych was £415, which completely smashed last year's total by over £100, so it was a brilliant achievement from the residents. Diolch o galon i bawb, a sincere thank you to everyone who contributed.

October was a fairly quiet month at the little hall, with many people away, but the monthly Community Quiz took place on the 9th, and six teams turned up to enjoy a very sociable and entertaining evening, with the proceeds going towards the upkeep of the hall.

Andy and Alan once again hosted the evening, and yet again it was a close fought contest, but the eventual winners were the trio of Wanderers Return (Hazel, Wyn and Nia). Bar sales added to the hall income, with the new Black Dragon cider proving very popular once more - we will restock ready for the next event!

Thank you to everyone who came along and who made the evening a lot of fun, and especially to Andy and Alan for all their hard work.

The next Quiz, the November event, will be held on Monday 13th, everyone is welcome, it starts at 7.30pm, with the bar open from 7pm.

During November also, the winter season of monthly suppers kicks off on Friday November 3rd. The suppers are a great way to meet up with other residents from



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11/23(3)

Bethlehem and surrounding areas, a chance to get to know people, chat to friends and neighbours, and enjoy a few hours of hearty home cooked food, a few drinks, and some interesting company.

Everyone is welcome, so for more details contact Nia at niaclement@aol.com

Llangadog Community Council will be meeting at the hall on Tuesday November 7th at 7.30pm.

Saturday Yoga is scheduled for the 4th, 11th, 18th and 25th of November, with the monthly Women's Circle due to meet on Saturday 18th.

December events so far confirmed are the monthly supper on Friday 1st, the December Christmas Quiz on Monday 11th, and the annual tradition of Christmas Card Stamping starting on December 4th. More details of all our Bethlehem Christmas events in the December edition of The Post.

To keep up to date with all things Bethlehem, follow our Facebook page www.facebook.com/bethlehemcymru and contact Nia for information about events, hall hire etc on 01550 777254, or email niaclement@aol.com



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City & Guilds NPTC Assessor

10/24/12

LLANDOVERY ROTARY CLUB



A couple of years ago a District Governor (those who visit every club to ensure things are being done properly) visited us and told us that any club who can achieve 1% of the local population as members is indeed a successful club. Since then we have had a big boost as we have had three ladies and three men join us not only boosting the membership but significantly reducing the average age of the club as well. Win win. Our average age is now lower than it has ever been in our 39 year history. Any lower and we will call ourselves a Youth Club! Well, not yet anyway. So now, not only is our membership over 1% of the population we are way in excess of it. We had a new member last month and another one next month. More about them later.

A busy busy month so here goes:-

Firstly we received very sad news this month when we were informed of the passing of former Rotarian Randall Evans. We remembered Randall with a silence at the next meeting and we pass our sincere condolences on to his lovely wife Carol.

Rachel was congratulated on an extremely successful Sheep Festival Weekend. Rachel as Chair Person of the Committee contributed hugely to its great success.

A quiz team consisting of Mike, Mickey, Barry, Dai Shontz and Rachel represented us in the recent Royal Agricultural Benevolent Quiz at a packed out Rugby Club. Although they did extremely well, they didn't quite get onto the podium. They are very good but Eggheads? Not yet!

Early in the month we were honoured to be visited by District Governor Elect Malcolm Hallewell and his wife Carol who is President of Cowbridge Rotary Club. Cowbridge are great supporters of our Facebook page and Carol is organising the planting of the thousands of Crocuses (or is that Croci) by clubs in the District. We have taken four thousand. Malcolm messaged a few days later to say they both enjoyed attending our meeting and the feeling of fellowship in the club. Also that it was wonderful to see so many younger members present as their club's average age is 74!



District Governor Elect Malcolm Hallewell and his wife Carol, President of Cowbridge Rotary Club, enjoyed their visit to Llandoverly.



We picked a glorious day to plant our 4,000 Crocuses (Croci) which signify Rotary's determination to eradicate Polio throughout the world.

During that evening Dan gave us a (long) talk on Bell Ringing or Campanology as it is properly known. Dan informed us that the vast majority of people in the UK live within the sound of bells. Bells are used to wake, when to eat, pray, at weddings, at funerals at celebrations, at the Olympics, at Coronations even to signify the end of War, in fact almost anything. Dan is a bell ringer at Llandatig Church and it can be very warm work. Those bells are between 800 weight (big) and 300 weight. The massive bells at St David's Cathedral are 2,400 weight. We were shown a video and given many interesting facts from Wikipedia and much (much) more.

At the end Dan had brought four hand bells and he, Barry, Kevan and Rosie volunteered to 'have a go' with varying degrees of success! Rosie almost dislocating her shoulder in the process!

Following a plea on Love Llandoverly for a projector, within seconds Stuart Tawse very kindly came forward and donated one for our use. We needed a projector for when we have a speaker who comes to give us a talk with visuals. Good man Stuart, thank you, it will be put to good use.

A large group gathered on a Sunday afternoon to plant the 4,000 crocuses (croci) which represent Rotary's fight to eliminate Polio from the world. Much crawling on hands and knees was involved which we left to our younger members. Our oldies planted the ones years ago which pop up annually around the town, most noticeably outside the old Primary school.

Thanks to Caroline at the Old Printing Office for donating gifts which we normally purchase to give to the judges at the Reading, Writing and Art competitions. Thanks Caroline.



Blood Bikes Wales gave us an informative talk about the superb work that they do.

Blood Bikes Wales came to give us a talk and show a video of the wonderful work that they do throughout Wales. The presentation was made by Stephen Gryllis, Carmarthenshire Bike Rider who explained that they are all volunteers and they deliver blood, plasma, human milk and documents but they do not deliver organs. This west area has 80 members who consist of riders, controllers and fundraisers. All riders are over 21 and have an advanced riders qualification. The bikes do around 30,000 miles a year are specially adapted and cost up to £20,000 each. They have completed over 40,000 jobs since 2011 which help to free up the emergency services and save the NHS money. It was Blood Bikes Wales who took on the organisation of the Llandoverly Motorcycle Weekend following the sterling work done by Jonah and Sue MacGill over many years. We at Rotary assisted by organising the parking for the hundreds and hundreds of bikes which at one point had us stretched to breaking point such was the sheer volume of bikes here on the Sunday. In 2021 Blood Bikes Wales won the Queen's Award for Voluntary Services. Stephen then wanted to present us with a cheque for £400 for our help with the Motorcycle Weekend. There was one problem however. We refused to accept it! We insisted that not only would we not accept it but we further insisted that they keep the money themselves! All parties were delighted with the decision. Thank you Stephen and your colleagues at Blood Bikes Wales for the fantastic work that you do. There really is great reward in volunteering you know!

Les at Llandoverly Antique Centre has very kindly donated 54 Drawing Books and 39 Welsh Story Books for our Santa's Grotto at the Llandoverly Lights Switch On in Market Square on 24th November at 5.30pm. Thank you Les.

Rod Harper from Queen Street who has already shown us exceptional generosity in the past has once again donated 6 bottles of wine to our weekly internal raffle. We thank you sincerely for your continued support Rod. It is very much appreciated.

By now we will have completed our marshalling duties at the three Vaccination Clinics at the Rugby Club organised by Llandoverly (Llanfair) Surgery. Thanks to you the public for the courtesy shown to us at the Clinics. Well done Neil, Gary, Dai D, Dan, Dai J, Dave and Derek (a lot of Ds there!) for taking on the majority of the shifts.

Ellie has taken on a BIG job. Ellie has decided to do a Masters degree at university so with that huge workload she will not be able to attend meetings for a few months. Rachel will take on the Chair of Community duties in her absence. Good luck Ellie (and Rachel).

We made a donation to Life Member Colin Newman who



New member Tim Cannock was inducted by Dan assisted by District Governor Mary. You're honoured Tim!



Mary was concerned that Derek was never in any of the photos (he takes them!).

We'll soon sort that out said Mary.

You can't beat a good cwch with the District Governor!

was undertaking a journey to Ukraine in convoy with others packed with donated items of humanitarian aid to those desperate for basic needs in their war torn country. They are taking one vehicle with them which they will donate and leave there to support their efforts. We were delighted to support such a brave and noble journey. Well done indeed Colin.

District Governor Mary Adams and her husband Huw from Narberth & Whitland Rotary Club honoured us with a visit last month (wow, yes, the District Governor and the District Governor Elect in the same month!).

The following is copied direct from Rosie's comprehensive Minutes

Mary thanked the club for warm welcome and

- Was impressed by the warmth and fellowship within the club
- Introduced theme for the year 'Create hope in the world'
- Talked about the incredible work that Rotary do globally to fight hunger and disease, educate children and work for clean water around the world.
- Initiatives this year are to reduce mental health stigma - make sure we look after the mental health of ourselves and the people around us.
- Help people with dementia and mental health illness.
- BE KIND
- Continue to be kind.
- Working towards building up the next generation of Rotations.
- 24th October wear purple for Polio. Try to get local primary school involved, wear purple for the day, paint pinky purple and donate £1.
- Pinky fingernail painted purple to represent the children that have been vaccinated, their pinky is painted once vaccinated to identify who has been vaccinated.
- Everyone is invited to super conference 28th-30th June - hoping to get together with other districts (1175, 1200, 1100). Details for this are on the district website.

continued on page 14

09/23(6)

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04/24(12)

continued from page 13

- Promote diversity and inclusion within Rotary.
- Presented Dan with theme badge.
- Handed out "Watch Out" books to look at.
- Narberth & Whitland Rotary club have designed pink and purple Rotary scarves for the ladies of Rotary. (Purple great for Purple for Polio day. These are £25 to purchase on website.

Story that children are told when planting crocuses about them being like Santa. A pointy hat at the top and a beard at the bottom.

Dan thanked Mary for coming and presented her with our Rotary Coin

Thanks Rosie.

We are delighted to announce that we have another new member. Ohhhh yes we do. Tim Cannock has joined us and Mary assisted with his induction. Nothing secretive here, we are not Freemasons! Tim lives in town, went to Llandoverry College and it is a pleasure to have you with us Rotarian Tim.

And do you know, we will have another new member again next month. Ohhhhh yes we do.

Our very successful Grand Duck Race money is all in so if your organisation is in need of funding get your requests in NOW.

Writing this on the first frosty morning in October it is safe to say that Winter is well and truly on its way. And what a mixed bag of a Summer we had. Firstly a long period of dry weather, followed by a long period of very wet weather interspersed with the odd sunny day. Our three Rotarian members Dan, Derek and Dave together with Arwyn Williams volunteer to cut the vast Llandingat Churchyard have had a nightmare season trying to keep it in top condition not knowing when they will be able to cut next and are relieved to see the end of this cutting season. These three volunteers give many hours of their time each week to the cause. That is what we Rotarians do. We volunteer when we can and do whatever we can. Those who still work, and there are more and more as we continue to attract a younger membership do not have as much free time to offer. It matters not at all. We only volunteer when we can. You can too. Come and join us. You will be made very welcome and you will be so glad you did.

See you next month.

Derek Jones.

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LLANDEILO & DISTRICT GARDENING CLUB

The Annual General Meeting of the Llandeilo & District Gardening Club was held on October 5th on a drizzly autumn evening. The committee were elected, the chair and treasurer read their reports, the programme and outings secretaries gave brief updates. After the formal business of the AGM had concluded we were treated to a show of photographs from our outings in 2023, thank you to Hugh for collecting these together and to all those who contributed photographs.

The programme for the coming year, November 2023 to October 2024 is falling into place, starting with a welcome return of Richard Bramley from Farmyard Nurseries on November 2nd 2023 at the Vestry, Capel Newydd, Crescent Road, Llandeilo at 7.30 pm. Richard will be giving advice on growing Roses in Wales with, undoubtedly, some mention and a possible guest appearance from one of the canine crew.

The evening meetings continue when on December 7th 2023 Janet Williams will demonstrate winter floral arrangements followed by some festive refreshments to start the December countdown!

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September started with zero rain for the first 10 days with the hottest week of the year from the 4th to 10th, the hottest day of the year on the 6th.

Rain then fell on on 18 days, 18th to 24th the wettest week of the year and 20th. the wettest day of the year so far!

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LLANDOVERY TO APPLY FOR INCLUSION IN NEW ELITE DOMESTIC COMPETITION

By Huw S Thomas



WRU Head of Player Development John Alder who worked with Team GB at the Tokyo 2020 Olympic Games and is part of the panel that will decide on which clubs will form the new EDC league

Llandovery will be applying for inclusion in the new Elite Domestic Competition which starts in September 2024 writes Huw S Thomas

At a specially convened and well attended meeting at the Church Bank clubhouse on Friday night the club, with the blessing of the WRU, shared the principles and aims of the EDC with its members as part of an extended consultation exercise.

Areas of mild concern were raised by members regarding the requirement to work closely with the region leading to potential reduction of control within the club and also the impact of the draft season structure on regular rugby throughout the season.

But that said, the club members expressed an unanimous wish for the board to go ahead with the application.

The conditions of entry and the structure of the new competition were outlined and clarified by club chairman Peter Rees who has been the driving force behind the club's application.

"The membership has backed our wish to be part of this exciting new structure and we see it as the way forward for the club to build on its success over the last few years under our coach Euros Evans and his team" said Rees.

"We are proud of the players that have come through our system and gone on the higher things like Emyr Phillips and Wyn Jones and this new league will give us the opportunity to contribute even more to the success of Welsh rugby."

"We believe that we are ready and prepared to meet all criteria and will be busy putting our case forward as as soon as possible, with the WRU intending to announce

the EDC make up of the leagues before Christmas."

The EDC will sit above the Welsh Premiership but below the regional game and consist of between eight to 10 clubs currently playing in the Premiership with the aim of bridging the gap between the semi pro game and the United Rugby Championship (URC).

There will be two competitions in the season, one league and one cup with the possibility that the cup might involve cross border competition with English, Irish or Scottish sides.

There will be two EDC clubs assigned to each professional side, meaning that in the Scarlets region Llandovery and Carmarthen Quins have an outstanding chance of inclusion as long as they meet the criteria by implementing a documented good governance performance strategy.

This will be centred on the development of the team, its supporting infrastructure and the establishment of direct pathway links to and from the professional game.

Each successful club will receive £105,000 per annum for three ring-fenced years but have to provide their own guarantee of funding a minimum of £315,000 for the full three year term of the EDC licence.

There will be a general £150,000 per year salary cap on each playing squad and £60,000 for coaching and backroom staff.

The Llanelli club will not be able to apply as membership is restricted to clubs currently playing in the WRU league structure, leaving the way clear for the Drovers and Quins.

RGC will be automatically be part of the EDC, - provided they meet the criteria - with the Union considering it vital to have North Wales participation.

The three other regions will have two teams each with the possibility of one region having an extra club if criteria are reached.

The Dragons region might choose two from Newport, Pontypool and Ebbw Vale, the Blues two from Cardiff, Merthyr and Pontypridd whilst the Ospreys region has four possible candidate for places – Aberavon, Swansea, Bridgend and Neath.

Of the 13 current Premiership clubs, three or four will be disappointed when the licensing panel including WRU Interim Performance director Huw Bevan and WRU Head of Player development John Alder prioritise the top nine or 10 clubs.

The unsuccessful clubs will drop down to a revamped and non professional community game Premiership, with Brecon, Newcastle Emlyn, Narberth and Crymch to be included in it, if they finish in the top four of the current Championship West table.

Stand by for the WRU decision come the end of December.

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12/23(6)

NET-REACH CHARITY

Net-Reach charity is currently working in conjunction with The Red Cross and Denbighshire Council to provide ESOL (English for Speakers of Other Languages) education for settled refugee families in Wales. However, our face-to-face and on-line services are available to any organisation in any area with an identified need and we are looking to expand to other councils in the near future.

We deliver face-to-face, online ESOL lessons to people in their own homes. This service was established for people unable to attend local college classes by reason of childcare needs, fear of going out or other mental health issues.

We currently work directly with the case workers, council and The Red Cross. Our tutors are qualified professional teachers and as a part of the ESOL classes are also offering friendship/practice groups on Zoom to make refugees welcome and help them practise English.

We are also part-funding students to complete their GCSEs in a variety of subjects and some are also taking A levels with a view to university entry next year. This scheme has been running successfully for the past 5 years and should you require further information about this bursary, please do not hesitate to get in touch: 01550 777701 or e-mail: admin@net-teach.co.uk

THE FUTURE

We are currently in the process of organising a pilot scheme for young people, not in school, around the Llandovery area. This will be a gentle introduction to learning, tailored to each individual and facilitated by our trained professionals. Please watch this space for more news or contact us via Secretary Rod Burdon on 01550 779298.

Christmas Fair

We will be organising a fundraising Christmas Fair at our Tutor Centre in Llanwrda (the old village school) on SATURDAY NOVEMBER 25TH from 10.00am to 3.00pm. We will be brimming with Xmas items and already have a number of different stalls, so please put the date in your diary.

If you would like to book a stall, we still have a few remaining places. Please call: 07779 651116.

Net-Teach Ltd is always on the look-out for local teachers to meet our demand. Anyone who wishes to tutor or to deliver GCSEs and A levels in a range of subjects, please get in touch. You must have at least 2 years teaching experience and have a current enhanced DBS.

We are also looking for someone to organise and run the business. If you have experience with teaching students, organising events and talking to schools, councils and learning organisations, then please get in touch: 01550 777701 or e-mail: admin@net-teach.co.uk

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Padmasambhava Yoga & Meditation Centre

Now that Autumn is fading out and Winter will soon be coming, we must prepare our minds and bodies for this change and so it is even more important to keep up our yoga and meditation practices. Padmasambhava has a good number of classes and, although many are full, it is worth calling the Centre to see if there are any spaces. They will be pleased to help you.

There is 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 at Cwrt Henri, and a Chair Yoga class at the Llandeilo Bowling club. The group at Ammanford is suitable for both returning students and those new to yoga. Classes are held in the warm, spacious Penybanc Hall and the teacher Maria as well as the friendly group look forward to welcoming new students.

Chair Yoga classes are gentle movement 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 at the Llandeilo Bowling Club.

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 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 that class. Now that classes are happening regularly at the Centre and elsewhere again, many people have noted how they are enjoying and value the sense of connection and community that coming together in class brings.

If you are interested in any of the classes for the Autumn term or next year's Spring term, or have enquiries about Yoga in general, please don't hesitate to contact Padmasambhava. You can phone 01558 823842 or email mail@padma.org.uk More information at www.padma.org.uk



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08/24(12)

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LLANSADWRN PREPARES FOR XMAS

'Christmas is coming, the goose is getting fat.
Please put a pound in the charity's box'.

Yes – it's an old favorite but it is still worthy of amended repetition! Llansadwrn is looking forward to welcoming the annual event in the best possible way – singing Carols around the Xmas tree and with more, plus Cawl and song in the 'Sexton Arms' later.

This year early festivities are again centred around the Reading Room and 'The Sextons' and the Committee has prepared with all due care and co-operation of involved parties.. The day is the same as last year, with mulled cider and mince pies available from 6.00pm, but now it's Friday 8th December when Santa will call in at 6.30pm for the 'Tree Dedication & Lights-On' by the Vicar.

With advanced genuine thanks to Father Christmas courtesy of Llandoverly Rotary Club and our village Xmas Tree secret provider aka Hugoevs and Gary Robins, it will be all go for the week leading up to 8th December. Remember to wrap up warm as it is going to get colder and the Reading Room will be open with members of Llandeilo Town Band accompanying the carolers.

The 'Sexton Arms' landlord Cliff Cowell plays host to all for 'Cawl and Carols' which starts at 7.30pm with the Towy Valley section of Cór Meibion De Cymru – The South Wales Male Choir and guest soprano Bethan Evans. This local group has staged an Open Rehearsal under Elaine Robins for a number of years at Christmas and at this very time 40 years ago members were performing in the United States (together with 500 other comrades-in-song), the biggest Welsh Male Choir to ever cross the North Atlantic. Next Friday the Choir group will be performing in a similar social evening at the 'Phoenix' in Gorslas.

All proceeds to charity – don't forget some cash!

Diary dates:

8 DECEMBER – SANTA IN LLANSADWRN, XMAS TREE DEDICATION & LIGHTS ON Llansadwrn Reading Room opens at 6.00pm.

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16 66	Mini Cooper 1.5, 6 Speed, Full Black Leather, Diamond Cut Wheels, Black/Grey, 31500m.....	£11995
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17 67	Fiat 500 1.2 Pop Str, Air Con, Alloys, 2 Owners, 3dr, In Red.....	£7750
16 16	Fiat Panda 1.2 Lounge, Air Con, Alloys, 2 Owners, £35 Road Tax, In Black, 29000m.....	£6995
14 64	Vauxhall Mokka 1.7CDTI 16v (130PS) 4x4 Tech Line, Alloys, Air Con, Met Orange, 55000m.....	£7995
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21 71	Renault Trafic 30 2.0DCI 145BHP, 6 Speed, Business + Lwb, High Roof, In Grey, 30000m.....	£21250 +Vat
19 69	Renault Trafic 28 2.0DCI (120BHP), 6 Speed, Business Side Door, Lined, White, 29250m.....	£17250 +Vat
19 69	Volkswagen Caddy 2.0TDI (102PS) Highline, Alloys, Air Con, Black, 37365m	£19250 No Vat
18 67	Volkswagen Caddy C20 2.0TDI 102 BHP Starline, Ply Lined, 1 Owner, White, 50135m.....	£10995 +Vat

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11/23(3)

LLANDOVERY PYLON STEERING GROUP



*Photo courtesy of
Claire Latimer*

*Our silent protest outside
the Bute Energy stand at the
Royal Welsh 2023*



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03/24(12)

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Llandovery & Surrounding Area

12/23(12)

What have we been up to, we hear you ask! We promise you the Pylon Steering Group has been busy working through the summer preparing to challenge the threat of pylons through our beautiful valley.

The expected licence award by OFGEM to Bute Energy has still not been made. The anticipated deadline of July has come and gone. With November fast approaching we can't get much sense of what is going on from OFGEM. However, rest assured, once Bute Energy does hear they will be on the front foot. They are currently all over social media with self-promotion and have made a number of friends in the Senedd! This threat is not going to just disappear unfortunately.

If you haven't seen our website, then do go have a look at nopylons.wales or dimpeilionau.cymru. We've lots of new and interesting material for you to explore. The proposed route is broken down into smaller maps so you can see exactly where the pylons could be run. There is also a Visual Impact Assessment demonstrating how many pylons you may be able to see from any one point. So although the route may not seem to be close, you may not escape the impact of the pylons. There is also a series of videos. These are not just for the technically minded but for anyone who would like to better understand why pylons are no longer the smart solution to green energy. Since the outset we have maintained that we are not anti green energy.

Further work and analysis has been done on the feasibility of undergrounding the cables. A Carmarthen based firm could provide an efficient, environmentally friendly and effective way of installing pipes and cables underground. Potential costs are also far more competitive than the multipliers Bute Energy have been quoting. An exploratory meeting was held in September where landowners of the whole route were invited. We were also pleased to have Rhun ap Iorwerth, Plaid Cymru Leader, as a guest speaker. Plaid Cymru have been active in encouraging the Welsh Government to look at alternative solutions to pylons.

During the summer we have been invited to events including Royal Welsh, Llandovery Sheep Festival and Llangadog Farmers Market. If you are hosting an event and would like to see our 'pop-up' stand please do get in touch.

We are always looking for new members who may be able to actively support the campaign, if that's you then please do drop an email to llandoverypsg@gmail.com.

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TYMPATH



Photo courtesy of Kim Turtle

If you fancy a fun night out and feel inspired to dance after watching Strictly, then come and join us at Llangadog Hall on Friday 8th December 2023 at 7pm.

Tympath is a traditional Welsh barn dance involving a live folk band and a caller (a person who teaches and calls the dances). It is similar to a Ceilidh. We are thrilled that we will have the band DiEnw playing for your delight with Alan Walters as the caller.

DiEnw are a local folk band with accordion player Rhiannon; fiddle player Catrin; drums and percussion Tony; 'strings' Heather; whistle Sarah and concertina Kim. DiEnw have a wealth of jigs, reels, hornpipes and waltzes of Welsh origin ready to get your feet tapping.

Dough Diddle's Pizza will be onsite to help replace all the calories you have burnt off. There will also be a bar and the requisite raffle!

Tickets are £10 for adults, £5 for teens and U12s free. Tickets are available from:

- Llandovery – Busy Bees, Iechyd Da and Pet's Pantry
- Llangadog – Les Davies Butchers, Morgans Post Office and Telegraph Garden Centre
- Llanwrtyd Wells – Sosban Caffi and Cupboards and Cakes

PRIVATE GARAGE SALE

*to be held at: The Function Room,
The Sexton Arms, Llsandwrn SA19 8HH*

Saturday 25th November 2023

Yes, Cliff is finally having a clear out!

Many different items for sale: kitchen, tools, furniture, books DVD's, toys, ornaments, bags, toiletries, antiques and lots more! Come and have a look and grab a bargain.

Doors open 12.00 noon till 3.00pm.

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VOLUNTEER CADET CLEANS UP



A teenager from Llanwrtyd Wells has been presented with a scroll by the Town's Council in recognition of his voluntary work in the area.

Jason Lambie-Baker, an Airforce Cadet with 579 Squadron, Llandrindod Wells, approached the Council at the beginning of the summer to ask if he could volunteer to litter pick in his home town of Llanwrtyd Wells as part of the Bronze Duke of Edinburgh award that he is working towards with Air Cadets.

Issued with appropriate, safety clothing and equipment Jason took on his mission volunteering one hour a week for three months and litter picked at the Dolwen Field Recreation Ground, the Railway Station and the lay-bys and verges leading into and out of town.

A few weeks after the completion date Jason was surprised and pleased to receive a letter from Llanwrtyd Wells Town Council, inviting him to attend a short, presentation ceremony on the Town Square.

The ceremony was attended by family, friends, 579 Squadron Airforce Cadets (from Llanwrtyd) and staff members, representatives from Cambrian Archers (where Jason is currently undertaking the physical element of his DoFE Award), Llanwrtyd's PCSO and Llanwrtyd's Town Councillors.

The scroll was presented by the current Mayor of Llanwrtyd Wells, Sarah Jones on Wednesday the 20th of September, 2023

The Mayor gave a short speech thanking Jason for his hard work and commitment.

LLANDEILO TOWN COUNCIL HOLDS SECOND PUBLIC CONSULTATION TO IMPROVE ACCESSIBILITY AND INCLUSION IN TOWN



© M Revitt Photography

Following a very productive first public consultation in September, the Accessibility Working Group of Llandeilo Town Council invites the public to a drop-in session at the Llandeilo Bowls Club on Monday, November 6th, between 4 and 7pm, to create a wish list of improvements to the town's accessibility and inclusiveness.

The working group is liaising with groups such as Disability Wales and Carmarthenshire People First but is open to other groups and individuals who can contribute.

"In our first meeting we established the need for disability and accessibility awareness training," says working group chair Christoph Fischer. "We still need a lot more feedback from affected people about weak spots in our town. We are looking not just for wheelchair users but also for people with other issues, such as autism, learning difficulties, visual impairments and conditions we haven't considered, to make our town more inclusive. Hopefully we get to meet many at the Bowls Club."

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11/23(12)

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ALZHEIMER'S RESEARCH UK



After spending a year fundraising for Alzheimer's Research UK, which was generously supported by the good people of Llangadog & surrounding areas, I was lucky enough to attend a talk and lab tour by Dr Natalie Connoe-Robson, a dementia researcher at Cardiff University funded by ARUK and see first hand how the money we raised is spent.

Scientists are using pioneering stem cell technology to grow 'mini-brains' in a laboratory to trial a large range of potential new treatments for Alzheimer's and study how certain genes affect the function of brain cells. This is possible by reprogramming cells donated from people with and without Alzheimer's. Using the technology they may be able to develop treatments which can stop dementia from occurring, or even reverse its effects. A better understanding of genes and Alzheimer's could lead to better diagnosis. At the moment there is no definitive test for Alzheimer's and the only way to be certain is after death with an autopsy.

One of the areas scientists are looking at is the immune response in people with Alzheimer's and if any of the existing drugs currently used to treat autoimmune conditions could be repurposed to

be used in treating Alzheimer's. If they can this would fast track availability for use as the drugs are already known to be safe.

A new exciting era of research is underway and it looks like we are on the cusp of effective treatments being found, offering hope to future generations for a world free from the heartbreak of dementia.

Gifts in Wills make a third of research projects possible. To find out more and for help writing a Will, with no obligation to include a gift to ARUK (although it's very much appreciated if you do) visit www.alzheimersresearchuk.org/will-writing-offers



LATEST RECRUIT, WITH 30 YEARS EXPERIENCE, STUDIES IN HER SPARE TIME FOR ACCOUNTING DEGREE



Ashmole & Co's latest recruit, with 30 years experience, studies in her spare time for accounting degree

Ashmole & Co's latest recruit has 30 years of work experience, both within the NHS and local accountancy firms and in her spare time is studying for a degree in Accounting & Finance.

The south and mid Wales firm of accountants are delighted to welcome Julie Walters to the role of Accounts Clerk in the Carmarthen office.

Julie is originally from Carmarthen and now lives in Pontyberem. For 20 years she worked as an Information Analyst in the NHS which involved collating waiting list data on how long patients were waiting for treatment. She then went on to work for an accountancy firm part time where she progressed to an accountancy role.

Day to day with Ashmole & Co, Julie prepares financial accounts for sole traders, partnerships and limited companies. She also prepares and submits VAT returns.

Welcoming Julie to the team, Carwyn Morgan, Partner in the Carmarthen Ashmole & Co office, said, "We are delighted to have Julie, with all her previous experience, join our team. I admire her enthusiasm to study part time with the Open University for a degree in Accounting and Finance alongside working full time with our team."

Julie is married with three daughters. The eldest is teaching English in Vietnam, her middle daughter has just graduated from university and her youngest is in secondary school. During any spare time she has, Julie enjoys travelling, gardening and binge watching a Netflix series.

Commenting on her appointment Julie said, "I work with a great team who are friendly and helpful. I find it very rewarding to provide a high quality service to our clients and being able to help with any queries they have. I enjoy learning new things and working with numbers so this is my ideal job."

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NEW BUT NOT NEW

NewStartArt might be the name of a group of artists from the Towy Valley but they are certainly not new to the Llanwrtyd & District Heritage and Arts Centre.

November will see them exhibiting in the galleries for the seventh time as they display their mixed-media representation of the stunning countryside in which we live.

The current three members – Gorica Bulcock, Sue Reah and Val Fowler have been friends for many years and have a diverse range of talents and styles. This results in an interesting and exciting exhibition including paintings using oils, acrylics and watercolours and a range of textiles both decorative and practical.

Building on their previous successful displays at the Centre this exhibition comes at a great time to purchase that unusual Christmas present for someone special.

The Centre is open 10am to 4pm on Saturdays and Sundays throughout November and up to and including December 9th which is the date of the annual Christmas Drop In. Entry is free.



REPAIR CAFÉ AND OTHER NEWS FROM YOUR LOCAL CLIMATE CHANGE ACTION GROUP

The next Climate Action Group meeting is on Monday 6 November, 7pm at the Llandovery Youth and Community Centre. Everyone is welcome. Please come if you are at all concerned about climate change and want to help us do something locally.

We have a downloadable/stream video of the Sheep Festival discussion 'Sheep and the Climate Crisis' which gave us a very good overview of the subject from six different presenters. If you're interested in watching it let us know and we can send you a link. We also have it in MP4 on DVD if you'd prefer a copy in that format. [It is not for sharing on social media or for general broadcast. This is for personal viewing by people who were unable to attend the event in person. A word of warning – it is nearly 2 hours long!]

The other important date to remember is the Repair Café on Sunday 19 November 2-4pm in the Scout Hut in Llandovery. Please bring along your broken furniture, toys, electronic or electrical equipment, and anything which needs sewing. We would also appreciate anyone who wants to volunteer on the day to help with admin, catering, befriending or repairs. Also to help with publicity beforehand.

To get in touch email llanymddyfriclimataction@gmail.com.

Find us on Facebook: Climate Action Llandovery / Criw Amgylchedd Llanymddyfri at <https://www.facebook.com/profile.php?id=100092366083628>

LLANGADOG W.I.

In October we had another successful meeting, including a Craft demonstration on how to make Christmas tree decorations, by Mercy Lanman. We all attempted to make one ourselves and our Treasurer Sarah's effort was judged the best. The venue for our Christmas lunch was discussed and a decision was made to try somewhere new to us, that being Peterstone Court, near Brecon. Karen, our President, had put all members names in a box for us to draw this year's "Secret Santa" presents, to be distributed at our meal together. Marylyn won the monthly raffle prize. Next month, November, we will hold our A.G.M., so it will be a busy evening, followed by a "bring and share supper". We meet on the first Thursday of each month in Llangadog Community Hall at 7.00p.m. Visitors are always welcome.

FRIENDS OF CÔR MEIBION LLANYMDDYFRI – MONTHLY LOTTERY DRAW RESULTS

January to September 2023

January

1st 273 Harri Morgan
2nd 261 Margret Davies
2nd 140 Barrie Davies
3rd 513 Alan Walters
3rd 161 Eileen Davies
3rd 13 Jean Davies

March

1st 312 Elinor Richards
2nd 461 Bethan Richards
2nd 14 Aiden Goodall
3rd 431 Issac Rees
3rd 42 Louise Jennings
3rd 400 Wiggy Davies

May

1st 308 Genno Powell
2nd 331 Kristian Wright
2nd 440 Ann Hughes
3rd 282 Heulwen Lloyd
3rd 21 Meiron Jones
3rd 504 Katie Jones

July

1st 452 Fflir Williams
2nd 499 Jenny Robins
2nd 397 Jim Boxall
3rd 196 Jaxon Lewis
3rd 231 Glenys Watts
3rd 351 Christine Enoch

September

1st 272 Kate Morgan
2nd 162 Delyth Davies
2nd 334 Rhodri Thomas
3rd 342 Gareth Enoch
3rd 402 Philip Jones
3rd 523 Cecil Williams

February

1st 157 Wyn Jones
2nd 09 Dylan Jones
2nd 460 Eirlys Williams
3rd 112 Llinos Rees
3rd 86 Harri Morgan
3rd 65 Eluned Williams

April

1st 118 John Price
2nd 530 Millie James
2nd 414 Wendy Davies
3rd 107 Ella Morgan
3rd 313 Ross & Avril Watkins
3rd 211 Rob Morse

June

1st 139 Lynda Williams
2nd 322 Enid Prothero
2nd 77 Sam Morgan
3rd 31 Dai Jones
3rd 301 Corris Davies - Lewis
3rd 345 James Parker

August

1st 486 Alun Williams
2nd 101 Sian Jones
2nd 382 Angharad Bennet
3rd 16 Barry Goodall
3rd 153 Keri Hughes
3rd 227 Jill Richards

The results for the rest of 2023 including the extra Christmas draw will be published in The Post in early 2024.

Many thanks for everyone's continued support.



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07/24(12)



LLANDOVERY MUSEUM NOTES

Although we are familiar with rows of white headstones in military cemeteries throughout the world in remembrance of those who fell in the major wars of the 20th Century, less known are similar graves which are to be found in most parish churches, chapels and cemeteries across the UK. As well as commemorating direct casualties of battle, these graves also honour those who died during or shortly after military service.

War graves at 23,000 locations in more than 150 countries and territories are cared for by the Commonwealth War Graves Commission (CWGC). Formerly known as the Imperial War Graves Commission, it was founded in 1917 to bring order to the chaos of impromptu burials across the Western Front. The graves of 1.7 million individuals are nowadays cared for by

the Commission, 'ensuring that all the Commonwealth men and women who died during both world wars are commemorated in a manner befitting their sacrifice.'

As well as paid staff to keep the main cemeteries in immaculate order, the Commission has an army of volunteers who visit isolated graves all over the UK. Although headstones erected after the Second World War are technically in the care of the Ministry of Defence, they are given an excellent standard of care by these dedicated volunteers. Their six-monthly visits ensure that CWGC and MOD burials are tidied and cleaned to ensure that names are visible. Private burials are also tidied but, as the headstone belongs to the family, CWGC will contact them if the name becomes illegible.

Ryan Jones gives dedicated service to our local graves (listed below) and takes a strong interest in the lives and stories of those who are commemorated. We thank Ryan and his fellow volunteers for their outstanding and respectful work.

Llandingat

- C J Davies – private grave
- D W C Groves – private grave with CWGC headstone
- Betty James – CWGC headstone
- H B Jones – CWGC headstone
- G L Rhys-Evans – MOD headstone.

Myddfai

- T W Rodgers – private grave

Ebenezer

- D G Southgate – private grave
- A k Southgate – CWGC headstone

Cilycwm

- Daniel Richards – CWGC headstone

Llansadwrn

- R S Thomas
- J Davies

Llangadog

- D A L Edwards
- W R Perkins
- W H Lloyd
- D Thomas

Many burials are now indicated by official signs at the entrance to graveyards. Llandovery and surrounding villages do not yet have any: Llandovery Museum is making enquiries and hopes to remedy that omission soon.

A video on the CWGC website describes the work of volunteers: www.cwgc.org/our-work/volunteer/ There is also a new project for those who would like to submit a story about one of the deceased on www.cwgc.org/stories/home/

Llandovery Museum and Visitor Gateway will be closing temporarily to visitors on Saturday 4th November, before reopening at Easter 2024.

Volunteers will be working in the museum throughout the intervening months; so, if you have a query, we'll be happy to help.



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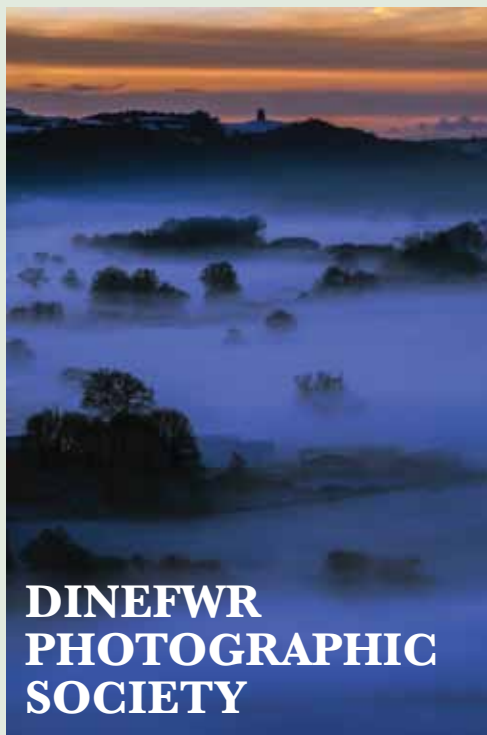
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11/23(1)



DINEFWR PHOTOGRAPHIC SOCIETY

Following a very successful summer exhibition in The Hen Farchnad in Llandeilo the society has resumed its meetings for a new season. The exhibition was attended by over 500 visitors who had the opportunity to view work by members as well as a look around the refurbished Llandeilo Provisions Market building, plenty of comments on both from visitors to the show!


So far this season we have welcomed 2 guest speakers, reviewed some of the work done by members over the summer and had a master class in image editing. Our next meeting on the 9th November will be a photo challenge with members presenting work using long exposures. Future meetings are;



23rd November Internal photo forum.
7th December Photo Challenge, Autumn images.
14th December Christmas social.
4th January 2024 Quiz Night, test your photography knowledge.

The society is a group of friendly like-minded individuals who enjoy their photography in a non-competitive and mutually supportive environment. If you are interested in coming along visitors of any ability are always welcome to any of our meetings and remember the first few meetings are free! The society meets on alternate Thursdays at The White Hart Llandeilo at 7:00pm. Full details of the programme will be on the society's website at www.dinefwrphotographicsociety.co.uk. For further information please contact one of the following; Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.





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12/23(6)



New Winter Opening Hours for Myddfai Shop and Café – From 2nd November 2023 to end March 2024 we will be closed on Thursdays as well, so we are open on Wednesday, Friday, Saturday & Sunday, 11am to 4pm (closed Mondays, Tuesdays & Thursdays).

For November we have- a Willow Weaving course on Saturday 11th, A Twmpath on Friday 17th Our monthly pop-up pub is on Friday 24th November from 6.30pm – everyone is welcome; our popular monthly Farmers Market is on Sunday 26th November 12.00 – 3.00pm. Our Christmas Fair will be on Saturday 2nd December 10.00am – 4.00pm, why not come along to support the wide range of local produce and crafts and enjoy some festive refreshments from our café.

Craft class is on Wednesdays 1.30 – 3.30pm, Yoga class is Wednesday 5.30 – 7.00pm, and Pilates class on Thursdays 9.30 – 10.30am.

During November we will be serving winter warming dishes in Myddfai café, including a tempting range of freshly made soups and cakes. The café team will be on hand to serve you a delicious lunch and give you a warm welcome.

Come to Myddfai gift Shop for that special unique Christmas present. We have a wide range of gifts to suit everyone. Welsh Tweed Rugs, hats, scarves, pottery, beautiful fused glass gifts, jewellery, wooden boards and bowls, keyrings and love-spoons, aprons, bags, soaps, Red Kite candles, Myddfai toiletries, antiques and collectables, honey, jams and chutneys, local apple juice and much more including cards for every occasion. There is also wide range books and local artwork. Every purchase made supports a local business that supplies the shop as well as the Myddfai TyTalcen Charity.

Myddfai Hall is a great place for Weddings, kids' parties, concerts, in fact any kind of event, meeting, class or activity. The underfloor heating makes it a great place for your event this winter or any time of year! Come up and take a look. We are always looking for volunteers to help out for a few hours a month in the café or shop – please get in touch if you have a few hours to spare and would like to be part of a great community team. We would like to thank all of the current volunteers and staff who help to keep the centre running.

For further information or bookings please contact Les at les@myddfai.org. Mobile 07879 119223 or Hall No. 01550 720449

Check our website www.myddfai.org for What's On. Please like Myddfai Community Hall on Facebook

CLIMATE CHANGE FORUM AT THE SHEEP FESTIVAL

"I would like to apologise to the lady who raised the big question on climate change at the forum, because I didn't answer her first point.

She is quite right that it is difficult to translate "climate" into "weather" and it is certainly not as simple as averaging things out over the seasons. One of the reasons is that we are still learning the science of forecasting weather. For example, although we have known about the jet stream for decades, we have only heard forecasters talking about it relatively recently. Knowing it's there and understanding what happens eight miles high and how it affects our ground level weather are two very different things!

Another example, and this may be apocryphal so I'd appreciate any professional feedback here, is the story of an aid worker posted on an Ethiopian drought mission who heard about a current El Nino event and recalled that one had also happened the last time he was in East Africa. The statistics apparently show that cyclical weather in the Indian Ocean could be linked to similar events in the Pacific, but again, understanding the links is a lot more complex.

On the climate change question I'm afraid that misinformation has been practised for decades but it has been clear since the turn of the millenium that:

- the causes started with the industrial revolution, burning lots of fossil fuel,
 - our emissions and the amount of waste heat we dump into our atmosphere are still increasing,
 - therefore, our climate will become more extreme.
- On a simplistic level, if you keep heating the pot, it gets more violent!

The effect of carbon dioxide on our atmospheric "greenhouse" was discovered by a couple of European chemists back in the 1880s, but since it gets rather cold in northern Europe perhaps they thought a bit of global warming might be a good idea! However, in recent years, even within the Oil and Gas industry in the UK, there is realisation that things have to change and there are webinars on our professional engineering institution websites looking at how we get the industry off crude oil and gas as feedstocks for materials as well as fuels. It will be a huge task, and our Government will also need to work out how it can find the tax revenues that are currently paid from oil.

Meanwhile, although there are still some technical challenges, the electric age looks set to succeed the oil age, and from the human sustainability viewpoint it can't come quick enough!"

FIREWORKS DISPLAY



FRIDAY 3RD NOVEMBER 2023

Llandoverly Firework Display will take place on Friday 3rd November 2023. Gates open at 5.00 p.m. Firework Display starts at 6.00 p.m.

It will be held in the Agricultural Mart grounds – spectators will be in the Mart ground, behind the barrier/fence and the Firework Display will be ignited in Castlefield (there may be some light & noise). People will gain entry from the main gate, where Llandoverly Rotary will be present to receive the entrance fee: £5.00 adult/£3 child (under 12 yrs) & free for those under 3yrs old. There will be Fun rides, candyfloss & doughnut stall, fluorescent swords, Coffi, Burger & hot rolls. Posters will be posted on the websites nearer the time.

ALL WELCOME!

*(The event has been made possible by
Llandoverly Town Council for the benefit of the residents
& community of the town).*

Christmas Craft Fair



The Gwynfe Community Hall SA199RD will be holding a Christmas Craft Fair on Saturday 11th November 2pm-5pm. Come and buy handmade crafts all made by the talented local community.

Decorations, stocking fillers, gifts, candles, jewellery, textiles and wreaths.

Refreshments available.

See you there.



CHRISTMAS IS COMING!!

The 'Turn On' of the Christmas Lights in Llandoverly will take place on Friday 24th November 2023 – 4.50p.m. start for turning on of the Christmas Lights at 5.30p.m.

The Mayor and the Town Council invite you all to this festive event.

Celebrate the arrival of the Rotary Father Christmas and enjoy performances 'under the arches' by Llandoverly Choir, Ysgol Rhys Prichard, Ysgol Bro Dinefwr & Llandoverly College. Children's Rides. Market Square & Broad Street Road closure will be from 12.00 p.m. until 9.00 p.m. Businesses with their seasonal hospitality will be open until late. The Mayor, Cllr. Gina Jones will turn on the Christmas Lights at 5.30 p.m. with carols sung around the Christmas tree. The large Christmas Tree will be sited in its usual place. Following the performance by Cor Meibion Llanymddyfri it is hoped to have live music. Posters will be on the websites & distributed nearer the time.

The School Children's Christmas Poster Competition is in process. Theme: 'A Drover's Christmas'. Posters of your design to be collected from the Schools in November 2023. (please put the full names and ages on the back of the poster). Prizes will be given by the Mayor at school prior to Christmas.

There will also be a 'Best Business Christmas Display'. Certificates will be given by the Mayor at the winning businesses prior to Christmas.

COME & ENJOY THE FUN!

*(The event has been organised by Llandoverly Town Council
for the benefit of the residents & community of the town).*

MAE NADOLIG YN DOD!!

Cynhelir digwyddiad 'Troi Ymlaen' y Goleuadau Nadolig yn Llanymddyfri ar ddydd Gwener 24ain Tachwedd 2023 gan ddechrau am 4.50 y.p. i droi'r Goleuadau Nadolig ymlaen am 5.30 y.p.

Mae'r Maer a Chyngor y Dref yn ymestyn gwhoddiad i chi gyd i'r digwyddiad tymhorol hwn.

Bydd cyfle i gael mins peis a phwsh poeth, dathlu dyfodiad Santa'r Rotari a mwynhau perfformiadau 'dan y bwâu' gan Gôr Llanymddyfri, Ysgol Rhys Prichard, Ysgol Bro Dinefwr a Choleg Llanymddyfri. Bydd Reidiau i'r plant yno. Bydd Sgwâr y Farchnad a Stryd Lydan ar gau o 12.00 y.p. hyd 9.00 y.p. Bydd busnesau sydd â lletygarwch tymhorol yn aros ar agor hyd yr hwyr. Gellir parcio am ddim yn y prif faes parcio trwy garedigrwydd Cyngor Sir Gâr.

Bydd faer Llanymddyfri yn troi'r goleuadau ymlaen am 5.30 y.p. gan ganu carolau Nadolig o amgylch y goeden Nadolig fawr.

Mae Cystadleuaeth Poster Nadolig y Plant Ysgol ar waith. Thema: 'Nadolig y Porthmyn'. Cесglir poster i eich dyluniadau o'r Ysgolion ar ddechrau mis Tachwedd 2023. (rhoch enwau llawn ac oed ar gefn y poster). Bydd y Maer yn rhoi'r gwobrau yn yr ysgol cyn y Nadolig.

Bydd y Maer hefyd yn rhoi Tystysgrifau 'yr Arddangosfa Ffenest Nadolig Gorau gan Fusnes' i'r busnesau buddugol cyn y Nadolig.

DEWCH I FWYNHAU'R HWYL!

*(Trefnwyd y digwyddiad gan Gyngor Tref Llanymddyfri er
budd preswylwyr a chymuned y dref).*

FULL HOUSE FOR ALL SAINTS CHURCH GWYNFE

The Gwynfe church members would like to thank everyone that came to support the bingo fundraising event held at Gwynfe community hall for the church which raised a total of £550 on 29th September.

Many thanks to the Bingo callers Catrin Price & Aled Jones, everyone who donated great bingo prizes, cash donations and raffle prizes, plus to all that provided a delicious spread of refreshments during the interval and to the church members & hall committee for the help in the kitchen on the evening and for providing the bar.

The evening was a great success with lots of fun and laughter throughout the evening.

LLANWRDA DECEMBER DATES FOR YOUR DIARY

Wednesday 6th December – The lighting of Llanwrda Christmas tree at Bridgend garage 6.30pm.

Once again Llandovery Male Voice choir will be there to entertain us. Thank you.

Friday 8th December – The Llanwrda sewing bees are holding a Christmas bingo evening at the village hall. To start at 7.00pm. Lovely lovely prizes so eyes down and look in.

CHANGES IN CARMARTHENSHIRE'S FLORA OVER THE PAST 40 YEARS

On Wednesday 8 November at 7.30 pm there will be a talk in the Capel Newydd Vestry Hall in Crescent Road in Llandeilo about changes in the flora of Carmarthenshire over the past 40 years.

The talk will be given by Richard Pryce, the County Recorder for Carmarthenshire for the Botanical Society of the British Isles, and has been arranged by the East Carmarthenshire group of the Wildlife Trust of South and West Wales.

For more details about the group's activities, phone 01269 844679. Information about the Wildlife Trust of South and West Wales and how to become a member will be found on the website www.welshwildlife.org.

CYSTADLEUAETH YR ARDDANGOSFA NADOLIG GORAU GAN FUSNES 2023

Dyfernir tystysgrif i Enillydd Aur, Arian ac Efydd yr 'Arddangosfa Nadolig Gorau gan Fusnes 2023'. Bydd y Gystadleuaeth Arddangosfa Nadolig Gorau gan Fusnes 2023 yn cynnwys arddangosfeydd Nadolig allanol neu fewnol. Bydd y Maer yn cyflwyno'r dystysgrif i'r busnesau buddugol cyn y Nadolig. Cyhoeddir enwau'r enillwyr yng nghylchgrawn y Post yn argraffiad mis Chwefror 2024.

Diolch i'r rheiny sy'n rhan o wneud i Lanymddyfri 'serennu' adeg y Nadolig!

Diolch yn fawr



BEST BUSINESS CHRISTMAS DISPLAY COMPETITION 2023

A Certificate will be awarded to the Gold, Silver & Bronze Winners of the 'Best Business Christmas Display 2023'. The Business Christmas Display Competition 2023 will include exterior or interior Christmas displays. The Mayor will present the Certificate to the winning businesses prior to Christmas. The names of the winners will be published in the Post magazine in the February 2024 edition.

Thank you to all those involved in making Llandovery 'sparkle' at Christmastime!

Diolch yn Fawr.

Caffi Trwsio

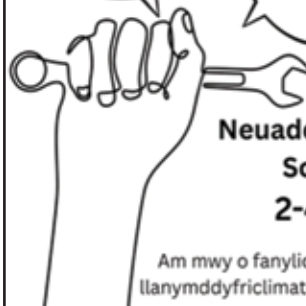
LLANYMDDYFRI

LLANDOVERY

Repair Café

Peidiwch â'i thafu!
Trwsiwch e!

Don't
throw it!
Repair it!



19/11/23

Neuadd y Sgowtiaid
Scout Hall
2-4yh/pm

Am mwy o fanylion | For more info:
llanymddyfriclimateaction@gmail.com

LLANDEILO BOWLING CLUB - ANNUAL DINNER AND PRESENTATION OF TROPHIES



Left to right: Andrew Yeomans, Alan Roberts, King Jones, Mike Yeomans, Tommy Jackson, Jean Stancer, David Thomas.

Llandeilo Bowling Club (LBC) held its end of season Annual dinner and presentation of trophies at "The Plough" Rhosmaen last Friday night (29th September 2023).

Club Vice President, Gareth James, deputising for LBC President, Sara Nicholls, presided over the evening.

The Club has seen a significant and pleasing rise in the number of new members this season and this was reflected in the large number of people attending the excellent dinner.

Gareth James thanked all Club officers for their hard work during the lawn bowls season expressing appreciation to men's captain, Jamie Davies, ladies' captain, Ena Williams and veterans' captain, Doug Davies, all of whom had agreed at the start of the season to involve both experienced and new members who wished to play league games. Whilst LBC has not, this year, topped the league tables everyone has had a chance to play County in addition to Club competitions which would place the Club in good stead going forward.

The considerable work undertaken by Club volunteers to improve the green and its surround was highlighted with King Jones, Alan Roberts and Mike Thomas being thanked for the hours and hours they put in voluntarily to maintaining the green.

In house entertainment was provided over the dinner by LBC member Richard Chodecki who kept everyone amused and entertained with jokes until the raffle which Andrew Yeomans conducted with his own wit and humour.

The evening finished on a high note with the presentation of Club cups and trophies to competition winners.

The "Plough cup" presented by Amanda Cheek on behalf of the Plough Rhosmaen went to Club stalwart, King Jones. Andrew Yeomans, having returned to the Club after a break in play of several years, had not lost his flair for the game and claimed the Spar Cup. The President's prize, donated on this occasion by Sara Nicholls to Alan Roberts was an inscribed glass and a bowls cloth acquired when she represented Wales in World Bowls in Australia last month. King Jones paired with Sara Nicholls won the Alf and Nest pairs shield. This was a closely fought and a gripping contest which saw them win by one point on the last end. Jean Stancer and David Thomas won the Dai Groves Pairs cup and it was good to see an experienced bowler paired with a new member winning this competition. The Non winners' cup went to Mike Yeomans to keep two of the trophies in the same family with Tommy Jackson, an outstanding new recruit to the game of lawn bowls taking the runner up cup which was a trophy being awarded by LBC for the first time. More silver wear went to King Jones as Club Champion and he was also awarded the silver perpetual plate for "club person of the year" in recognition of his outstanding contribution to LBC.

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ABERGLASNEY GARDENS DELIGHTED TO WIN 2023 TRIP ADVISOR TRAVELLERS' CHOICE AWARD

Aberglasney Gardens is thrilled to have been recognised by Tripadvisor as a 2023 Travellers' Choice award winner.

The coveted award celebrates businesses that have consistently received great traveller reviews on Tripadvisor over the last 12 months, placing Aberglasney among the top 10% of all listings on Tripadvisor globally.

Aberglasney's Director of Operations Jim Stribling said, "To rank among the top ten percent of those listed on Tripadvisor, as one of the best places to visit, two years in a row, is outstanding. We are grateful to all those who have taken the time to leave us a review after visiting. It is no cliché when I say that all the team, the gardeners, the tearooms, the giftshop and the administrative team, all take the reviews on board to help make a visit to Aberglasney the best possible experience for everyone. We have worked hard over the past twelve months to offer even more reasons to visit Aberglasney with family trails, forest school, music events and our regular arts and crafts exhibitions. It is fantastic that the reviews on Tripadvisor have recognised the hard work and dedication of our small team."

Tripadvisor, the world's largest travel guidance

LLANGADOG HISTORY

There will be a talk on **MEDIEVAL AND EARLY MODERN LLANGADOG – A MANORIAL HISTORY** by *Dr Roger Turvey* at Llangadog Church on Wed 15th November 2023 at 7.00pm. Doors open at 6.15pm. Admission £8 to include tea/coffee.

Tickets in advance from Elizabeth Walters (01550 777321) or Irene Hayes (01550 777657).

Dr Turvey is a fellow of the Royal Historical Society and a Fellow of the Society of Antiquaries, London. He has published widely on medieval and early modern Welsh history.



platform, helps hundreds of millions of people each month become better travellers, from planning, to booking, to taking a trip. Travelers across the globe use the Tripadvisor site and app to discover where to stay, what to do and where to eat, based on guidance from those who have been there before.

"Congratulations to the 2023 Tripadvisor Travellers' Choice winners," said John Boris, Chief Growth Officer at Tripadvisor. "The travel resurgence we've seen throughout the past year has even further heightened the competition. Earning a Travellers' Choice Award demonstrates that you have provided great experiences to those who matter most: your guests. With changing expectations, continued labour shortages, and rising costs, this is no easy feat, and I am continually impressed with the hospitality industry's resilience and ability to adapt. Cheers to another successful year!"



PROTECTING THE TYWI VALLEY'S HISTORIC LANDSCAPE

Protecting the Tywi Valley's historic landscape will be the subject of an illustrated talk by Ken Murphy, Director of the Dyfed Archaeological Trust, on Tuesday 7 November at 7.30 pm in Llandeilo.

The talk will be in the Capel Newydd Vestry Hall in Crescent Road and has been arranged by the Llandeilo and District Civic Society which has objected to electricity pylons being erected in or around the Tywi Valley on the basis that it is a Registered Historic Landscape. There will be a £3 admission charge for non-members of the Society.

More information about 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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24 STONE ST., LLANDOVERY

LLANDOVERY FRIENDSHIP CLUB

Llandovery Friendship Club met on Wednesday 27th September 2023 at Vicar Pritchard Hall at 2.00pm.

Chairperson Gina Jones welcomed everybody to the meeting and opened the meeting with prayers.

Chairperson then welcomed Dan Jones, our speaker for the afternoon, Mr Dan Jones is also our Vice Chairperson.

Dan gave us a very interesting and concise talk on bell ringing which is called campanology and is the scientific and musical study of bells.

Dan gave a very detailed account of bell ringing and also a slideshow of the bells and bell ringers. Dan brought hand bells to demonstrate how the bells achieve the different sounds.

Members then tried their hand at ringing the hand bells.

Eleri Jones thanked Dan very much for his interesting talk on the mysteries of campanology.

Refreshments were then served.

The meeting then resumed, Mrs Sylvia Saunders has resigned as Treasurer and as Teresa Jones is assistant, it was agreed that Teresa takes over as Treasurer from January 2024. As Sylvia is resigning we will need to change the signatures on the cheques.

Carroll Nunnerly proposed we change the names on the cheques and this was seconded by Eleri Jones. All members agreed.

Normally the club has an AGM every two years which is due in 2024. Due to the fact Mrs Pat Smith is no longer a member of the Friendship Club, it means we do not have a Vice President so a new Vice President needs to be elected. Mrs Mary Jackson proposed that Mrs Eleri Jones becomes our new Vice President, this was seconded by Mrs Gina Jones, all agreed that Mrs Eleri Jones becomes our new Vice President.

All members agreed to having a poppy wreath for Remembrance Sunday.

It was discussed that the club will not have a Harvest Service at Llandinat Church this year and would review the situation next year.

Trip to Hereford is on Wednesday 25th October, £5.00 deposit for members. Non-members welcome.

Mary Thornley is giving a talk on November 29th about Carmarthenshire Ladies.

Christmas lunch will be on December 13th. Angela to obtain menus.

Next years agenda discussed and members came up with suggestions for speakers.

Gina then read a poem supplied by Mary Jackson called The Lonely Daffodil.

Raffle was drawn, £30.00 raised.

25 members present.

4 apologies.

Meeting ended with a Prayer.

PRESENTATION



Members of Llanwadwrn and Llanwrda Dinner Club presenting a cheque for £600.00 each to Wales Air Ambulance and Llandovery Hospital League of Friends at Llanwadwrn Reading Room on Monday October 23rd.



TOWY & COTHI HUNT 250 CLUB

held at the Red Lion, Llangadog,
10th October 2023

£15	Mark James	21
£15	Lynne Davies	50
£10	Ann Jones	43
£10	P Jones	85
£5	Denis Hardwick	103

House prize: Ann Jones

Next draw to be held at Rygbi Club –

9th November 2023 AGM

POSTDATUM
Producers of
The Post

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

- 29 Oct 10.00am Joint service, Harvest & Refreshments
12 Nov 11.30am Wreath laying at War Memorial
26 Nov 9.30am Holy Communion
3 Dec 9.30am Holy Communion

N.B. Coffee Morning in Church on Saturday 11 November, 10.00am – 12.00pm

For further information, please contact Dr Marc Rowlands 01550 728319.

ST. SADWRN CHURCH, LLANSADWRN

- 29 Oct 10.00am Joint service, Harvest & Refreshments, Llanwrda
12 Nov 10.15am approx. Service of Remembrance in Church, wreath laying
26 Nov 11.00am Holy Communion
3 Dec 11.00am Morning Prayer

For further information, please contact Dr Marc Rowlands 01550 728319.

ST. PAUL'S CHURCH, MANORDEILO

- 29 Oct 10.00am Joint service, Harvest & Refreshments, Llanwrda
5.00pm Revive @ 5, in St Paul's
5 Nov 9.30am Holy Communion
19 Nov 9.15am Holy Communion

For further information, please contact Dr Marc Rowlands 01550 728319.

ST. MICHAEL'S CHURCH, CILYCWMM

- 29 Oct 10.00am Joint service, Harvest & Refreshments, Llanwrda
5 Nov 11.15am Holy Communion
19 Nov 11.15am Morning Prayer

For further information, please contact Dr Marc Rowlands 01550 728319.

LLANDINGAT, LLANDOVERY

- 5 Nov 9.30am Family Service & Baptism – One Father, One Teacher
12 Nov 9.00am Remembrance Sunday Service – Let Justice Roll
19 Nov 9.30am Morning Prayer – The Day of The Lord
26 Nov 9.30am Communion – Christ the King

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

EGLWYS LLANFAIR AR Y BRYN, LLANYMDDYRFI

- 5ed o Dachwedd, 11yb Boreol Weddi
19eg o Dachwedd 11yb Cymun

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

ST MICHAELS, MYDDFAI

- 5 Nov 11.30am Morning Prayer
12 Nov 11.30am Morning Prayer
19 Nov 11.30am Morning Prayer
26 Nov 11.30am Communion/Cymun

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

ST. MARY'S CHURCH, CYNGHORDY

- 26 Nov 2.30pm Communion/Cymun

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

ST SAWYL, LLANSAWEL

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

Rev. Patrick Mansel Lewis
Tel: 07792 921327 or 01554 773059.

ST CYNWYL'S CHURCH, CAIO

- 5 Nov 9.30am Holy Communion
19 Nov 9.30am Holy Communion
3 Dec 9.30am Holy Communion

Rev. Tim Nelson 01558 685415
Rev. Rik Mayes 01558 685118

ST CADOG'S CHURCH, LLANGADOG

- 5 Nov 9.30am Holy Communion
12 Nov 10.30am Remembrance Service
19 Nov 9.30am Holy Communion
26 Nov 9.30am Morning Prayer

15 Nov 7.00pm History Talk

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

ST. MICHAEL & ALL ANGEL'S CHURCH, TALLEY

Sun 11.00am

For further information, please contact Revd Fr. Tim Nelson 01558 685415.

ST. BARNABAS, RHANDIRMWYN

- 5 Nov 9.30am Eucharist (said)
12 Nov 9.30am Remembrance Service
19 Nov 9.30am Morning Prayer
26 Nov 9.30am Eucharist (Rev. Linden Fletcher)

For further information, please contact Revd Fr. Tim Nelson 01558 685415.

ST SIMON AND ST JUDE, LLANDDEUSANT

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

ALL SAINTS CHURCH, GWYNFE

- 5 Nov 11.15am Holy Communion
12 Nov Remembrance Service at Llangadog
19 Nov 11.15am Holy Communion
26 Nov No Service

ST DAVID, ABERGORLECH

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS.

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

5 Carmarthen Rd., SA19 6DL

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

ST TEILO'S CHURCH, LLANDEILO

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

Every Wednesday there is Holy Communion at 10.30am.

ST JOHN'S MAESTEILO

- 5 Nov 9.30am Morning Prayer
19 Nov 9.30am Holy Communion

Email: h_lloyd_davies@hotmail.com

HOLY TRINITY TALIARIS

- 12 Nov 9.30am Remembrance Sunday
26 Nov 9.30am Morning Prayer

Email: h_lloyd_davies@hotmail.com

LLANEGWAD CHURCH

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

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

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00pm
Wednesday 10.00am

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

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

For further information or to contact Pastor Rob please visit
www.williamspantycelyn.co.uk

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. MICHAEL'S CHURCH, LLANFIHANGEL RHOS Y CORN

Wednesday November 8

Pilgrim Service at Llanfihangel Rhos y Corn –

at 5pm at St Michael's Church, Llanfihangel

Rhos y Corn – a service of prayer and

mediation – Info Beryl Edwards 07428

833278 or Andrew Tait on 07846 310848.

Remember to dress warmly! Location SA32

7RP – What3Words –

gain.agent.acids.

St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP. Sunday services in November are on the 5th and the 19th at 2.30pm with the Eucharist followed by tea in the Church Hall Save the Date: Christmas Carol Service on Sunday, December 10, at 2.30pm followed by celebratory tea in the Hall. Info Revd Roger Nock on 01267 202347.

St Teilo's Church, Brechfa – Sunday services in November on the 5th and the 19th at 11am with the Eucharist. Save the Date: Christmas Carol Service on Sunday, December 17th, at 6pm.

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

**CAPEL GOSEN
CYNGHORDY**



**CYNGHORDY
REMEMBERED**

A TALK
BY
SUSAN PRICE
(Llanwrtyd Heritage Centre)

TUESDAY 7th NOVEMBER 2023
at 2.30pm
followed by tea and cakes
by the fireside in the vestry

No charge, but all donations for the production of recordings of

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

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- **4 berth caravan**, £450 ono. Llandoverly area, Tel: 07910 923657.
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- **Bedroom carpet**, 7' x 11' approx., brand new, £85. Tel: 07939 592051 (Crosshands).
- **Single bed mattress**, as new, £25. Tel: 07939 592051 (Crosshands).
- **Various sizes of tyre**, x3 155/70/13 as new, 185/65/14, 175/65/14 as new, 185 & 195/70 as new, x2 new 185/65/15, 195/60/15 new, x2 new 185/70/14, 175/65/14 6mm tread, 195/50/15, 185/70/13 new Michelin. Tel: 07939 592051 (Crosshands).
- **Set of curtains**, 90" x 90", as new, call for details. Tel: 07939 592051 (Crosshands).
- **TRAX TR 1 Rigid Mens Bike**. Ultra comfortable saddle. In excellent condition. Hardly used, £60. Tel: 07790 500856.
- **ARTISTS – Devilbiss Sprite Major airbrush kit**. Fine line, Detail, Large area coverage, £50. Olympos HP-100A Airbrush, £30. Tel: 01550 777749 (Bethlehem), Mobile: 07976 007906.
- **Equestrian items**: numnahs/head collars etc. All free. For info 07976 505525.
- **ARTISTS – Lyra Rembrandt Polycolour Fine Art colour pencils**. 100 pencils, wooden case, two shelves. Unused. £281 on Amazon, will accept £165. Tel: 01550 777749 (Bethlehem), Mobile: 07976 007906.
- **ARTISTS – Lyra Rembrandt Fine Art Aquarelle colour pencils**. Unused. Online price £249, will accept £150. Tel: 01550 777749 (Bethlehem), Mobile: 07976 007906.
- **ARTISTS – Lyra 48 Fine Art Polycrayons Pastell**. Unused. Offers. Tel: 01550 777749 (Bethlehem), Mobile: 07976 007906.
- **ARTISTS – Daler Rowney Studio Set Designers Gouache**. Unused. On-line £150. Will accept £100. Tel: 01550 777749 (Bethlehem), Mobile: 07976 007906.
- **Retired Handyman looking to rent temporary accommodation in quiet location**. Can offer garden/house maintenance in exchange part/ex. Please contact 07570 801428.
- **AUDI 16" Space saver wheel**. Used only once. £75. Tel: 01550 777749 (Bethlehem), Mobile: 07976 007906.
- **GENESIS VINYL ALBUMS**. 'Duke' and 'Selling England with the Pound'. Brand new and unplayed. £20 for the two. Tel: 01550 777749 (Bethlehem), Mobile: 07976 007906.

- **Vtech child's 4-in-1 Alphabet ride-on train**, £10, Tel. 07720 206335.
- **Mamas and Papas all terrain buggy** for toddler. Well used but good working order, £20. Tel. 07720 206335.
- **Child's ride-on pedal John Deere tractor** with trailer and scoop. Very good condition, £40. Tel. 07720 206335.
- **Fisher Price childs easel**, magnets, chalk board and paper, £20. 07720 206335.
- **Washing machine for sale with manual**. Good condition. BEKO 8kg £25. Ht 84cm, width 60cm Doth 59cm Max spin 1400, £25. Phone 01550 760235.
- **Conservatory Settee and two chairs**, vgc, £300. Tel: 01550 777526.
- **Light Grey Divan 2 draw double bed** with head board and mattress if required, hardly used, £100. Tel: 07704 031815.
- **Triton 8.5w enrich electric shower**, new, £40. Tel: 07704 031815.
- **APOLLO BICYCLE "Kimera"**, 17 inch frame, Shimano Gears-15, Offroad Control Tubing, 26 inch x 1.95 tyres, £15. Tel: 07552 017068.
- **Makita heavy duty drill** (Model MR400C) with 5 masonry bits, £60 ono. Tel: 01267 202230.
- **Bath shower screen** with toughened glass. Tel: 01267 202230.
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- **Fine Elements Single Heated Blanket**, in original box, as new, best offer. Tel: 01550 720829 (leave message).
- **Bedroom furniture**, patterned blue, includes set of drawers and cupboard, best offer. Tel: 01550 720829 (leave message).
- **Set of three drawers**, light wood effect, best offer. Tel: 01550 720829 (leave message).
- **Domiflex electrically adjustable bed**, head and feet rise, untested, best offer. Tel: 01550 720829 (leave message).
- **Under counter freezer**, good working order, best offer. Tel: 01550 720829 (leave message).
- **Fridge freezer**, good working order, best offer. Tel: 01550 720829 (leave message).
- **Daewoo Stove Heater**, 1850W, flame effect, £40. Tel: 07947 833730

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- **Pre-loved books wanted at Dinefwr**. Our thanks to all who have given us their unwanted books. We now take unwanted CDs as well. More are always needed for our Bookroom at Newton House. Drop your donations in at any time if you are walking by or coming in your car. Whilst here, do visit us for walks/talks/events/tearoom/dog-friendly. (www.nationaltrust.org.uk/visit/wales/dinefwr). You will be helping us to maintain Newton House and Dinefwr Park. Any queries: call Holly Dwyer 01558 825917.
- **Cover wanted on hourly basis to help elderly Llandoverly resident prepare for bed**. Involves personal care. Good rates of pay. hours between 10.00 – 11.00pm. Tel: 07501 490602.

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Support Local Business

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07/24(12)

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

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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 your own key. 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. *11/23(6)*

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