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BRAMLEY ARE NOT THE ONLY COOKERS...

When you think of cooking apples, if indeed you ever do, what do you think of? Which name springs to mind? I bet it's Bramley – but as the name of this article suggests, there are many other varieties suitable for cooking - I wonder if you can name any? You can probably have a good stab at naming a few eating apples – Granny Smith, Golden Delicious, Cox, Braeburn, Gala, Pink Lady etc etc. Does that mean that there are lots of types of eating apples but only one used for cooking?

If you're still reading, you won't be surprised to learn the answer is a resounding no! There are many varieties of cooking apples, every bit as good as, or even superior to, Bramley, depending on whether you want to make a pie, a crumble, apple sauce, have a baked apple, make apple jam or one of the myriad other delicious recipes which feature apples. They have different levels of sweetness, acidity and ability to hold their shape when cooked. At the National Trust's Dinefwr Heritage orchard, there are at least 21 varieties of apples suitable for cooking, most of which are also tasty to eat and /

or press for delicious juice, and 6 of which are Welsh varieties. We don't have a Bramley.....

If you want to know your Catsheads from your Lord Derby, or your Gelli Aur from your Pig yr Wydd, a quick visit to the orchard should help you out. The Dinefwr Orchardeers are helping the National Trust to manage this 8 year old orchard of over 60 older apple and pear varieties and are closely monitoring the harvest of each tree. After weighing, some of the apples are available to take away, for a donation, from near the orchard entrance, so please don't be tempted to scrimp in the orchard! We even weigh most fallers and utilise them for juice or cider!

For more information, or if you want to come along to help us, please get in contact with the Dinefwr Orchardeers. We can advise on all things apple, and to some extent, pear. Well, maybe not all things, but



continued on page 3

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ALL ABOUT *The Post*

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 **Doggy Divas in Llandeilo**

0321(6)

continued from page 1

we'll have a go, and probably know someone who can answer the really difficult questions! If you fancy planting your own trees, we can advise you on that as well, and by visiting the orchard, you can see a wide variety of young trees so you know what you'll be getting.

In the meantime, why not have a go at the following recipe – it works really well with Brith Mawr. You could probably use Bramley as well, if you must!

Chicken and Apple Cheese bake Serves 4.

- 12 oz cooked chicken, diced
- 5 apples - Brith Mawr
- 4 oz butter
- 1/2 pt white sauce
- 4 oz grated Cheddar cheese
- 4 tablespoons toasted white breadcrumbs
- Salt and black pepper

Set oven to 400 degF / 200 degC / Gas Mark 6. Butter a shallow ovenproof dish. Peel, core and slice 4 of the apples and fry them gently in the butter. Arrange the chicken pieces in the bottom of the dish and put the apple slices on top. Make 1/2 pt of white sauce. Mix 3 oz of the cheese into the white sauce and pour over the apples. Season. Mix the breadcrumbs with the remaining 1 oz of cheese and sprinkle over the sauce. Cut the remaining apple into rings (cored but unpeeled), toss in the leftover apple butter and arrange neatly on top of the dish. Bake for 20 to 30 minutes until crisp and golden.

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06/21(12)

Padmasambhava Yoga and Meditation Centre

The Autumn season has now arrived with its wonderful colours, berries and fruits and much to keep us interested and aware. Sadly it is still not possible to attend yoga classes at the Centre; however, we must not let ourselves be downspirited as we all learn to adapt to such different ways and times. All at PadmaSamBhava hope that you are well and have enjoyed good times and sunny days with some of your friends and family. Indeed, as time goes on, it is even more important to remain positive and continue to do your yoga practices and also to be quiet and meditate.

PadmaSamBhava has given some Zoom classes which have been well received. The classes have run smoothly and so far technical fears and phobias overcome. Students have enjoyed greeting their classmates once again and seeing the Yoga room. The Centre is now finalising the Autumn (Zoom) timetable. PadmaSamBhava looks forward to a time when all will be able to enjoy the classes in person again.

The PSB course 'The Golden Thread: Sadhana and the Rhythms of Nature' has now completed the year of practice through the seasons, with the final meeting taking place over Zoom in September. The group look forward to coming together again in the Botanical Gardens when things allow, having started their journey of practice through the year there.

PadmaSamBhava is there for students old and new and would like to remind you how important your Yogic practices including meditation are, so please do keep these up. A few simple stretches can help release tension in the physical body and breathing practices with awareness can make a big difference to the state of our minds, our health, as well as relax the body. Please do call the Centre if you need help and guidance or need resources.

The Centre is chanting the healing manta at 6 pm every Friday. If you would like anyone added to the list of named recipients for this chant, please send an email to mail@padma.org.uk

Classes at PadmaSamBhava are special in that they take into account the health and abilities of everyone and aim to help both the mind and the body. The physical movements bring flexibility to the body and the breathing practices are useful tools to calm the mind and increase energy. Each class ends with Yoga Nidra, a deep relaxation practice which helps reduce stress, calms the mind and relaxes the body. All these points make classes at PadmaSamBhava especially beneficial and enjoyable. Indeed, the classes can help with everyday life and the problems it may bring and generally help with well-being. News and updates will be posted on the website www.padma.org.uk The Centre can be contacted on 01558 823842 or mail@padma.org.uk

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WALKING GROUPS

Everyone's invited to come out walking with the local walking groups that are back in action once again. Walkers are advised to wear boots and appropriate clothing and to bring water and a picnic lunch. Well-behaved dogs (with leads) are welcome too! At the moment, Coronavirus restrictions still apply with social-distancing and no car-sharing.

The Wednesday Walking Group meet at the Neuadd Arms at 10.00am for a walk of 7 or 8+ miles at a moderate pace. For more information, email Martin: martinpigott60@gmail.com or telephone 01591 610388.

The Thursday Walkers also meet at the Neuadd Arms at 10.00am before starting a walk of 5 or 6 miles at an easy-pace with interesting routes and lots of stops. For details, email Geoff: geoffstickland@gmail.com or telephone 01591 610701 or 07960 229 919.

LLANDOVERY FRIENDSHIP CLUB

Greetings Friends,

I sincerely hope you have all managed to keep well since we last met at the end of February. Tedy, the young Pantagonian student, who joined us that afternoon had a very extended stay when he was locked out of Argentina just before his expected flight home. He stayed with friends until a few weeks ago when he finally managed to go home to his family.

It has been a very strange year, especially as all my many commitments went into lockdown. No meetings, No Church, a quiet time for me. No chance, my Mum had other plans for my time. Poor thing managed to fall and break her hip. After a successful operation she was soon home and has had to put up with my care ever since.

It has been lovely to catch up with one or two of you over the last month or so, especially now church is open again, safe distancing carefully adhered to of course. Sadly even though the Rhys Prichard hall has reopened again it is obvious with all the restrictions in place, and possibly more to come, we are not going to be able to meet until well next year.

Will try and write again before Christmas. Thinking of you all and hoping you keep safe, well and can carry on smiling.

Your Chairperson, Gina.

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This hundred-year-old cottage with stone walls on the beautiful Black Mountain already uses clean energy from a Klover Smart 120 wood pellet boiler cooker in its kitchen. The lounge, however, still relied on a labour intensive and dirty log burner.

The Klover Soft space heater provided a cleaner, automated and easy to use alternative to heat the lounge. The design fits in well with the style of the cottage and gives the owners, Rob and Debbie, the traditional look of a log burner with the cosy feature of a living flame. All of this without the hard work to get the fire going in the morning and keeping it going in the evenings. Debbie loves how clean the system is with far less ash and dirt. Because it can be programmed, she can now sit down in an already warm lounge, saving time and labour. Rob is pleased with the time it saves him and is looking forward to watching more rugby and less chopping wood.

Systems like the Klover Soft and Klover Smart 120 qualify for the Renewable Heating Incentive (RHI), a governmental scheme encouraging home owners to replace solid fuel heating systems with renewable ones. The initial investment comes back over a period of seven years via the RHI quarterly payments.



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TOWY VALLEY CAMERA CLUB

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

Programme for October to December 2020.

- October 12th Competition 5
Judge: John Starzewski.
Entries for Competition 6 (Open & Out of Focus).
- October 26th Sports Photography
– My Journey with Mike Bray
- November 9th Competition 6
Judge: Gary Shinner
- November 23rd A Year In Their Lives With Roy Carr
- December 14th AGM

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

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

www.towyvalleycameraclub.org.uk

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LLANDOVERY THEATRE

HORATIO NELSON THEATRE CAT

Writing from my starry window-sill!

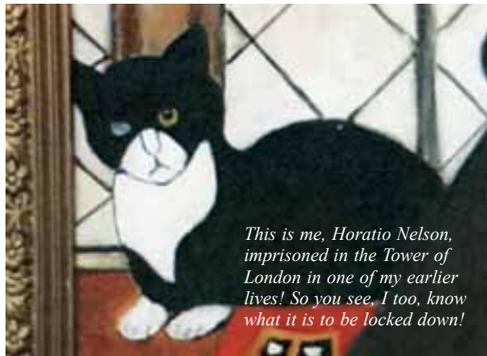
Hallo Again!

Yes, it is really me, Horatio Nelson; emerging from my lock-down to write to you of something wonderful I have been observing from my star.

Over the past six months CINDERELLA has been doing our weekly shop. Last week she went on holiday for a few days so it fell to her understudy to take over. So successful was she in this that I, Horatio Nelson, have decided she should be immediately promoted to a more important role – and she is now our FAIRY GODMOTHER.

What a pair of darlings Chloe and Jill of the Llandovery Youth and Community Centre, are! So attentive and kind to so many, from the very young to the really old!

To Chloe, and Jill – on behalf of the Llandovery Theatre and our very own ‘ugly sister’ I say – Thank you! Thank you!



*This is me, Horatio Nelson,
imprisoned in the Tower of
London in one of my earlier
lives! So you see, I too, know
what it is to be locked down!*

Horatio Nelson, Theatre Cat

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05/21(12)



LLUEST

LIFE AT OUR EQUINE RESCUE CHARITY DURING COVID

The past few months have been difficult but our team strive every day to ensure our standards of care stay as high as ever. Our 35 year legacy of rescuing and rehoming equines is only possible because we were always there. Coronavirus has meant we have lost thousands in fundraising and our outgoings have gone up due to high numbers of horses on site to care for.

We have worked tirelessly to ensure our horses and ponies will not be the innocent victim in this crisis. We want to be there for every equine that needs us in the region and ensure we are here for years to come.

Through this challenging time we do however have some amazing positive stories to share with you, see here our stories of hope.

Famous five young rescues – Einstein, Sir Dave, Rosa, Martin Luther and Darwin were all were abandoned in a field without enough grass to graze on. Their start in life looked bleak until they came to Lluest! All were suffering with Strep Zoepidemicus, meaning an extended quarantine period. All five are now a picture of good health, the boys have all been gelded and are ready to find their experienced and loving Guardian homes.



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11/20(3)

CONNIE THE LOCKDOWN FOAL

We received a call from a concerned walker in March about a distressed and neglected foal, we knew despite the lockdown we had to respond urgently. What greeted us was a scene we will never forget, there was a tiny foal all alone and hungry, still trying to feed from her thin dead mother. Back safely at Lluest, we checked her over properly with the vet, gave her milk feed and named her Connie. She was fed every two hours around the clock and very quickly built up trust. We are so pleased that after all the expert care she has received, Connie is almost ready to go to a Guardian home.



MORE LOCKDOWN FOALS- ZEUS AND APOLLO (RENAMED BILBO)

Bilbo and Zeus were part of a multi-organisation rescue in the middle of lock down in May. Only two weeks old, both were born on wild moors. Zeus's mother rejected him soon after he was born. They both needed around the clock care and feeding, with Bilbo needing a transfusion and Zeus needing antibiotics for pneumonia. They are now growing healthily, are happy and thriving. Bilbo is in a foster home with Lluest rescue mare Ariel as his nanny, he has now been gelded. Zeus has recovered from his pneumonia and has recently been castrated, he is full of energy and has to be the cheekiest foal we've ever had.



So you can see even through the recent pressures we have many success stories and will continue to do our best for as many equines as we can.

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MYDDFAI NEWS

After a busy August and September we want to say a big thank you to all staff, volunteers and visitors who came along and supported us. For October we currently plan to continue to open Tuesdays to Sundays 11.00am – 4.00pm. We have put in place the recommended Covid-19 safety measures so please feel confident to come and visit us safely. Our Monthly Farmers Market will be on Sunday 27th September 12.00 noon to 4.00pm, it will be outside under the marquee. Please come a long and support the local food producers attending.

Myddfai Hall gift shop is fully stocked with a huge range of quality local crafts, art and produce. Myddfai tweeds, pottery, fused glass, Myddfai bathroom products, bags, aprons, Jewellery, wooden boards, bird tables, greetings cards, children's knitwear a wide range of books and much more. We also have a good stock of local honey, jams, marmalades and chutneys made in Myddfai. All purchases support local businesses and the Myddfai TyTalcen charity.

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

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

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The Myddfai regular exercise classes have started up again – Yoga on Tuesday evenings 5.30pm – 7.00pm, Pilates on Thursdays 9.30am – 10.30am.

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LLANDOVERY ROTARY CLUB



I have just about had a guts full of this bloody virus now! And like everybody else of sound mind who has done just about everything that has been asked of them to rid us of this evil invisible killer we just wish that it would not just go away and not come back but disappear from planet earth completely, for ever.

Someone once said "Life is only about collecting memories" and how right they were. We just take the good things in life for granted be it your health or the loss of a good friend. I have suffered ill health and the loss of great friends and it hurts. It hurts like hell. But you cannot change it. It is out of our hands. As tough as it may be there is absolutely no point whinging about it or complaining about rules that are there to protect us. No point at all. You have just got to get on with life as it is and comply if you possibly can. In life you do not realise how happy you are, or how good your life is until something happens to change it. Well, it has certainly been proved correct this year of all years. And don't we just know it!

For the second time in two years we have received an extremely generous gift from Rod Harper of Water Street. Rod had reason to go out to France recently and on his return notified me that he would like to donate 6 bottles of wine to the Rotary weekly raffle. To do this once was very nice of you indeed Rod, but twice, wow, that is tremendous and very much appreciated. Cheers Rod.

The Rotary BBQ. The wonderful get together we all so look forward to. The event in Summer that we with our partners really can let our hair down. Those that have any that is! It is the event where we meet on a Saturday or Sunday afternoon, bring our own table, chairs, cutlery, soft drinks or even wine. There is one member, who last year needed a pack horse to carry his beer, cider and lager. He said he brought it to share yet we didn't even see or hear him offer one single tin to another Rotarian or guest! Incredible really because there was not even a drop left when he packed up and staggered off with the empties. We did think, at one time when things were improving, that we may have been able to arrange a socially distanced BBQ this year, but thinking back to last years event we quickly pulled ourselves together and realised it would be madness and this was a non starter from the outset. Roll on next year. Or the year after that!

The Welsh Rugby Shirt donated by our local Welsh prop Wyn Jones and made an astonishing £3,401 for the League of Friends, Llandovery Hospital and I delivered it to the delighted highest bidder. The bidder asked to remain anonymous (I don't blame him!) and I didn't know him but I can say what a lovely man he was too. Top class. It is to take pride of place in his new home and I'm sure he will get great joy from it. A happy outcome all round.

We received a message from Adam Price AS/MS and our County Councillor Handel Davies that they were meeting with some of the local businesses and



Wyn Jones being congratulated by Warren Garland during the World Cup. It was Wyn who contributed his shirt to Rotary who in turn gave the massive proceeds of its sale to the League of Friends, Llandovery Hospital.

organisations who they said had given outstanding service to the community in this pandemic. Rotary is a non political organisation and this meeting was treated as such. Dan Jones and Dai Dyer met with Adam and Handel on the famous cobbles beneath our fabulous Town Hall and were congratulated on our 'Service above Self' at this very difficult time. Several other local businesses were met individually and congratulated for their contributions too.

A few of us were meeting informally and legally with full social distancing in the car park of the Castle Hotel one evening and our Secretary Dan informed us that, after consultation with Genan at the King's Head we were able to have a formal meeting the following week. Yipppee, a real live meeting well almost. After five months of no meetings, well we did have the occasional Zoom meeting which we won't go into, we



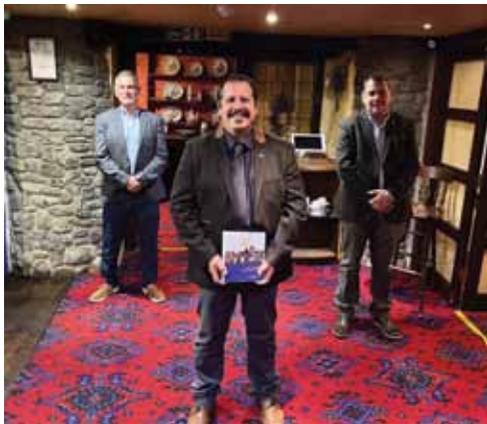
County Councillor Handel Davies is with Adam Price AS/MS and our Dai Dyer and Secretary Dan Jones on Llandovery's famous cobbles. The Rotary Club were being congratulated and thanked for our contribution to the Community in these difficult times.

were really going to have an actual meeting. Sticking to the 'No cheering' rule we gave long and prolonged applause. On the following Tuesday we arrived at the King's Head excitedly and at different times to comply with the regulations with exceptional help from the lovely Andrada, who on arrival literally put us, well, showed us, to our socially distanced seats. Ohhhh how lovely it was. Someone had a birthday but we could not sing, we could not socialise as previously and we even had to wait our turn to go to the loo. Oooohhhh how I now sympathise with you ladies! We could not even go to the bar! Drinks were brought in to us. Poor Andrada had to carry the beer in on trays. By the end of the evening the poor girl had arms like a blacksmith!

Anyway, to coincide with our first meeting for five months we had two real reasons to celebrate. Firstly, it was Alan Morgan's first meeting as President since he took over. Alan welcomed everyone and he promptly thanked Mickey for doing an absolutely outstanding job as the President before him. Cue HUGE applause. Mickey had crammed an awful lot into the early months of his Presidency which proved to be very shrewd indeed. No mug is Mickey!

Secondly, we had a new member to induct. Yes really. Neil Morse has joined us. Although, in fairness he has been with us for quite a long time now but with the new membership options open to him and the lack of meetings in recent months we have not had the opportunity to finalise proceedings. Well we have now. Neil is a Rotarian, officially, and gave a fine acceptance speech. More HUGE applause.

Neil lived in Gwynfe in his early years, then Llandybie and on to Llandovery when he was 10. He joined the very successful family butchers from Ysgol Pantycelyn and is now a talented joiner making doors and windows. Neil and his wife Elin (Ystrad Farm) are married with 2 sons and he is indeed a thoroughly and genuinely nice guy. Welcome Neil.



Neil Morse is now officially a Rotarian. Seen here with President Alan and Proposer Peter. Welcome Neil.

We all thoroughly enjoyed our first meeting for five months and with the euphoria of looking forward to a return to our weekly meetings still at the forefront of our minds our thoughts were immediately crushed. The 'Rule of six' was brought in that week so we we now face the upcoming Winter with no meetings. Ah well, it's back to Zoom and staring at a screen on the occasional Tuesday evenings to keep ourselves in touch with our colleagues and what is happening in the world of Rotary. No whinging here (see above) so I must say that is a lot better than no meeting at all. Carry on regardless.

Next up before the bright lights to face the dreaded interrogation was the former Post Office Master General and all round good guy Robin Ennion.

Here goes

- Where were you born Robin? Aberystwyth.
- What are your hobbies? Motorcycling, sailing, reading sci fi, walking.
- Best day of your life? Not had it yet!
- Ambitions? None left.
- Your best holiday ever? Skiing in Geilo, Norway.
- What are your hopes for Llandovery Rotary Club Robin? Organic growth and staying true to their ideals.
- What would do to improve Llandovery? Get rid of Carm's CC input.
- Beer or wine? Rosé.
- Best advice to a child? If you're not sure of a career don't worry you'll find out over the years.
- Sporting heroes? Tank Evans.
- Favourite holiday destination? Sailing in the West Indies
- How would you spend your ideal day? Bike (Triumph?) to Suffolk for lunch and back in the evening.
- If you had to live in another country which one would it be? And Why? Sweden- they might survive a nuclear Armageddon, COVID 19 and is good sailing and skiing.
- You can spend an evening with any actress. Which one? Errrrrrrrrrrr Any one who is not too old and must be blind!

Thanks Robin.

Llanfair Surgery contacted us as a Club to see if we could assist them as the 'Flu Clinics' were forced to take a very different format this year due to the Coronavirus. They are being held at the Rugby Club as this offers more space for patients and car parking but this in turn will require additional staff or marshalling to help with

continued on page 18

continued from page 17

parking and guiding patients through the process of entry and exit via different doors. These Flu Clinics will take place at Llandovery Rugby Club on 7th, 14th and 21st October from 10am to 12-30pm and 2 till 6pm on each day. Please note that due to enforced changes there will be no Clinics in Llangadog this year. Of course we will offer them all the help we can. That is what we do and we will be on duty during all these days. We are able to help and we are glad to be of assistance.

In Rotary we see people who are less fortunate than ourselves, sometimes much less fortunate, but there are occasions when we can offer help or assistance. We cannot do miracles, nor do we claim to, but there is something very satisfying having helped someone even if in some small way. Even better if you help someone in a big way. Then, that it is heart warming and very satisfying indeed.

It is your contributions to the Rotary Club which enable us to offer financial help to those in need of our aid and this year is a write off for us as far as incoming contributions are concerned. We are already looking ahead to Christmas and as things stand we cannot envisage being able to transport our Rotary Santa around the town and villages. Especially as it involves knocking on resident's doors. If we are not able to do this then we will feel especially for the young children whose faces light up and beam when they see Santa Claus/Father Christmas. We get enormous pleasure out of this and cannot see any way that this can go ahead this year. If anyone has got any ideas of a way in which we can bring joy to the young children then please give us any ideas you might have. They will be gratefully received.

Christmas? Who mentioned Christmas? There is of course a long way to go yet and in this year an awful lot can change. Change for the better hopefully but be aware it could get a whole lot worse too. The vast, vast majority of people from this tranquil, outlying beautiful part of Wales abide by any rule or law that is intended to look after them let alone keep them alive. We are all grateful to all of you that give us that chance. To all of you who have helped keep us virus free we at Rotary say a sincere "Thank You."

Stay safe everyone.

See you next month.

Derek Jones.

09/20/21

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LLANDOVERY FLORAL ART SOCIETY

Greetings members I hope you have all been keeping well over the past 7 months. What a strange time it has been. Heather was very busy at the beginning of lockdown speaking to all the demonstrators she had booked. Some cancelled others had to be cancelled. Fortunately the only expense we faced was for the flowers for the March demo. Ruth offered to meet and give us the flowers but Heather and I decided that as it would involve journeys over the 5 miles it was better to ask Ruth to take to her local care homes. This she did and they were delighted with the gift.

The committee have had a discussion about when we will be able to meet up again. Firstly; Dolau Bran is still closed and CCC are not planning to open it soon. Heather has been promised that we will be reimbursed for hire of the hall. Secondly; the renewed restrictions mean we cannot meet inside now and probably for some time. We therefore think that we cannot realistically expect to restart until April 2021. Heather is going to start trying to book for as many meetings as possible but we have decided that we will not hold our usual open demonstration next year.

A number of you were with us at our last meeting in February and paid your membership fees. As a committee we feel it is only correct that the membership should be deferred to 2021. After paying our insurance and affiliation fees our account will obviously be low but with care and careful planning and management we should get through 2021.

We will keep you updated as we get into the New Year. **Keep Safe and keep smiling.**

Gina

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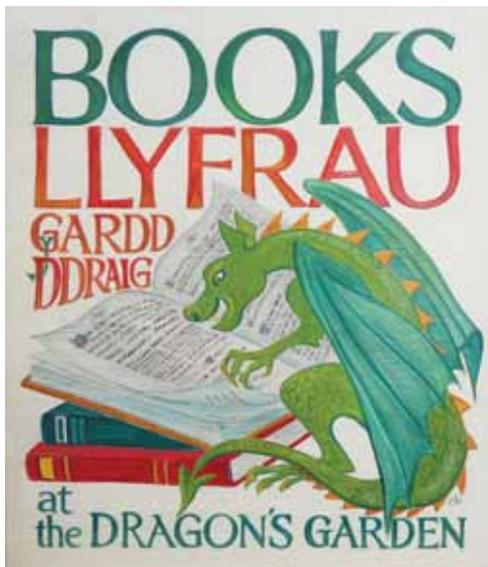
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02/21(12)

THE BOOKWORM, BOOKSHOP DAY



It's been a very busy few weeks in the book world, because of the pandemic lots of books weren't published through the summer, so two weeks ago we had 600 new titles released in one day, it was quite a task to go through them all!

Thursday October 1st is National Poetry Day, and Saturday 3rd October is Bookshop Day, a celebration of independent bookshops throughout the UK.

Check out your local bookshop almost all will have special offers and events over the weekend.

Next month in The Post I'll be reviewing some of the best new titles with some book ideas for Christmas.

Happy reading

Mandy, Books at the Dragon's Garden



READERS' LETTER

I, Rex Jones, have been involved with the Carnival for 47 years and we have now raised a large amount for local charities, but not so much now that we are up on the Castle Fields rather than down the Rugby Club.

We have to pay for skips, a tannoy system, fire extinguishers and portable toilets and we have found women don't like to use them and go up town for a toilet and don't come back.

There are so many entries into the Castle Fields and people come in anywhere without paying.

People are walking into the field in front of the lorries which is a health hazard in itself.

The Rotary Club are very helpful in trying to keep the crowds down but they can't watch everyone.

When the carnival was at the Rugby Club we didn't have to pay for a tannoy system, skips, fire extinguishers or toilets as they could provide us with all of them free of charge, which gives us more money for local charities, which at the end of the day, is what the carnival is for.

By having it up at Castle Fields we only have one day, so we have to set everything up in the morning and pull everything down at the end of the day. Down at the Rugby Club we can start setting up days in advance and clear away days later.

Residents, if you have any suggestions or offer of help, please approach any of the committee members.

Thank you

Rex Jones on behalf of L.A.D.C.A.

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LLANWRDA CRICKET CLUB

Drefach of Division 2 travelled to Castle Fields on Saturday 15 August, in a game that was slightly interrupted by the lingering rain. Llanwrda did well after being asked to bat, but with runs hard to score on a tough wicket it was slow going. Good knocks from Adrian Davies (44) and Tom Thurtle (22) saw Llanwrda bowled out for total of 104 with only a ball left of the 40 overs.

After a brief rain delay, Drefach scored with a little more ease than Llanwrda had, despite a good spell of bowling from Steffan Roberts (2-18). In the end Drefach's class showed as they chased the runs down with 7 wickets to spare.

Llanwrda finished a very strange 2020 summer with a nail-biting win against a strong Llangennech side. Asked to bat on a tough surface, there was some excellent spin bowling that made scoring hard to come by. However, a resilient knock from Tom Thurtle (37*) steadied the ship at one end, allowing Osian Nicholas (22) and Garan Williams (42) to cause havoc in the last few overs, thanks to some magnificent ball striking.

With this late flurry of runs, a target was set for Llangennech at 140, but the home side's top order quickly got to work. With the score at 118-3, it seemed as if Llangennech were going to stroll home for an easy win... however, the Llanwrda players had other ideas! In what can only be called a truly remarkable period of play, Llangennech lost 6 wickets for the cost of only 4 runs, with Tom Thurtle producing more magic grabbing an incredible 4 wickets (4-7)! With the scores suddenly at 122-9, the game had completely shifted to Llanwrda's to lose, and the last wicket finally fell with Llangennech needing 9 to win, thanks to our ever-young captain Adrian Davies (2-7).

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An extraordinary performance that we have come accustomed to seeing from this small but proud village team, who yet again showed that the game isn't over until the final run is scored – next season can't come soon enough!!

Also, congratulations to club captain Adrian Davies who scored a wonderful 50 from 83 balls against India (UK) for the Wales over 50s. Let's not forget Nigel Clarke who made his debut for Wales over 60s against Somerset. Great to see the Llanwrda badge on the big stage!

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

Please contact Gwynn Davies about the juniors on 07956 14 74 64 or LlanwrdaCC@gmail.com for more details, or just search on-line for "Llanwrda Cricket." We are also on Facebook. Come and join us.

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

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

LLANWRDA C C BONUS BALL WINNERS

12/08/20	20	Barry Clement
19/08/20	5	Cerith Rees
26/08/20	45	No winner
02/09/20	12	Jo Edwards
09/09/20	55	No winner

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



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12/20(12)

END OF SEASON TOURNAMENT – LLANDEILO BOWLING CLUB



The season for Llandeilo Bowling Club ended on 7th September on a high note with a fun, intra club doubles tournament for members.

Llandeilo Bowling Club was one of the few clubs in Carmarthenshire this year to open up its green for lawn bowls with strict measures having been put in place and adhered to meet Welsh Government and Bowls Wales guidelines so as to ensure a safe environment for members to enjoy a roll up on the green.

The Club's president, Gil Mount acknowledged the effort put in by a team of volunteers, led by King Jones who had sanitised the premises and equipment on a daily basis in addition to maintaining the green and surrounding grounds in pristine condition throughout the playing season.

A team spirit had been in play both on and off the green and the Club had refused to let Covid 19 dampen its enthusiasm.

Local Councillor, Edward Thomas referred to the difficulties that coronavirus had posed for many sports clubs and facilities and in opening the tournament he congratulated Llandeilo Bowling Club for its

indomitable enthusiasm and hard work which had enabled the club to open up safely.

Sara Nicholls, the Club's star Welsh International bowler whose trip to represent Wales in Australia has had to be postponed due to Covid 19, organised the tournament with 16 members putting forward their names to play. Names were paired for the 2 wood doubles tournament having been drawn at random and the knock out, one day competition was in Sara's words to be "fun, quick and snappy" – and so it was!

One short, sharp shower damped the green - and those playing at the time – but the remainder of the tournament was to be played in warm autumn sunshine with much banter between players on the rinks and from those who had come along to encourage and spectate.

Mick Webb paired with Jean Stancer were to see off rivals Richard Davies and Ena Williams whilst King Jones and Ryan Williams were to win over Gareth James and Mary Davies in the semi finals.

The final proved to be a hot contest until the last end but Mick and Jean proved to be a winning combination by taking the match from King and Ryan by 10 points to 6.

The presentation of prizes to the winners and runners up by the Club's president concluded a social day that was thoroughly enjoyed by both bowlers and spectators alike.

With the closing of the season for lawn bowls the Club had hoped to continue in the club house with short mat bowls over the winter but to date coronavirus restrictions have conspired against us but who knows what lies ahead!

We all hope for a more "normal" lawn bowls season next year when we look forward to welcoming both existing and new members to Llandeilo Bowling Club, in the meantime stay safe.

CANCELLATION

It is with deep regret that following an assessment of the current COVID19 restrictions that the organisers of the Welsh Dairy Show, on the United Counties Showground in Carmarthenshire, have made the difficult decision to cancel the Welsh Dairy Show 2020 which was due to take place on Tuesday, 27 October 2020.

We hope to see you all again in October 2021.

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10/2013

ADVICE ABOUT FLU VACCINATION IN 2020 FROM LLANDOVERY SURGERY

PROTECT YOURSELF AND YOUR FAMILY

ALL Flu vaccination sessions will be held at LLANDOVERY RUGBY CLUB this year on the following dates:

Wednesday 7th October 2020 between 9.30am – 12.30pm & 2.00pm – 6.00pm

Wednesday 14th October 2020 between 9.30am – 12.30pm & 2.00pm – 6.00pm

Wednesday 21st October 2020 between 9 30am – 12.30pm & 2.00pm – 6.00pm

This change of venue will enable us to deliver the Flu vaccination programme according to the prevailing guidelines on social distancing.

Marshals will be on hand to facilitate parking and entry into and movement within the building; please follow their instructions.

PLEASE BRING YOUR OWN MASKS OR FACE COVERING.

All staff will wear PPE when appropriate.

Shielding and social distancing will mean that delivering the flu vaccine this year will be more challenging for us all and we thank the team at **Llandovery Rugby Club** for their considerable help in making these arrangements.

Vaccination is free for patients who fit the criteria below and are registered with Llanfair surgery, (other surgeries make their own arrangements). We are only supplied with enough vaccinations to give to this group of people.

Anyone aged 65 and over.

Anyone aged 6 months to 64 years' old who:

- has disease which affects their lungs, heart, liver or kidneys
- has Diabetes
- has neurological illness
- has learning disabilities
- has a friend or relative who relies on them for their care
- is pregnant
- is a carer

LLANEGWAD RAINFALL



Rain fell on 20 days this month, the wettest day was 25th with 41mm.

August Total: 182.25mm – 7 1/4"

D. R. DUKE

- is a household contact of those on the NHS shielded patient list
- has a disease, or takes medicines which suppresses their immune system
- and all children aged 2 or 3yrs i.e. born between 01.09.16 and 31.08.18

All children in primary school will be offered the vaccine by the school nursing service.

Patients aged between 50 and 64 years are likely to be offered flu vaccine under the NHS flu vaccination programme following the prioritisation of other eligible groups and subject to vaccine supply – probably during November and December 2020.

We will keep those eligible informed via The Post, the Surgery website, Love Llandovery and Radio Carmarthenshire.

REMEMBER

- Everyone is susceptible to flu, even if they are in good health and eat well. The flu immunisation is one of the most effective interventions we can provide to reduce harm from flu and pressures on health and social care services during the winter.
- The impact of flu on frail and vulnerable people can be fatal and outbreaks can cause severe disruption to families, communities, care homes and hospitals.
- You can be infected with the virus and have no symptoms but you can still pass the flu virus to others.

11/20(12)



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03/21(12)



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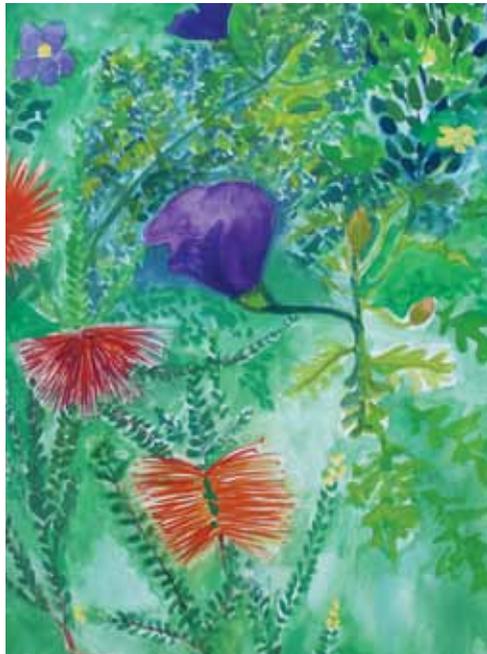
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ART TUITION WITH GENEVIEVE CAMINADE



Local qualified artist Genevieve Caminade, Art tutor at the Botanical Garden, will be running Drawing and Painting Tuition classes, as from the 13th October. There will be a class for beginners, Tuesday 13th, 10.00am – 12.00pm & 6.00pm – 8.00pm, and a class for more advanced students, Thursday 15th, 10.00am – 12.00pm & 6.00pm – 8.00pm.

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

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



09/20(12)

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FRENCH TUITION CLASSES

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

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

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

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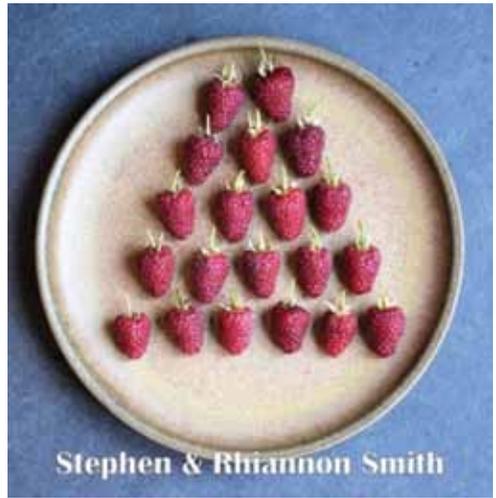
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11/20(12)

LLANDEILO AND DISTRICT GARDENING CLUB AUGUST 2020

In a year of continuing cancellations and changing rules and regulations Llandeilo and District Gardening Club have, along with most other clubs and societies, had all their normal events cancelled. Losing both our chances to show case the talents of our hardworking members, the Open Morning and our substantial presence in the Horticultural Tent of the Llandeilo Show, was a real disappointment. However, not to be totally thwarted, the committee suggested and put in place The First Llandeilo Gardening Club Virtual Show! This could only be achieved by the expertise and dedication of our technology expert Hugh Simpson who gallantly volunteered to supervise the whole event. Members were invited to submit photographs of their entries in a limited number of categories. The deadline for entries was the 15th August and we were delighted to receive 77 individual photographs from 20 different contestants. The results and all the photographs can be viewed on the front page of the website at <http://llandeilogardeningclub.co.uk/>. Our sincere thanks go to Aberglasney Head Gardener Joseph Atkin who was tasked with the really difficult job of making some hard decisions to “judge” the entries. Congratulations to all those who wrestled with the technology and managed to submit photographs, there were some glorious gardens, some perfect produce and some beautiful blooms. We do hope that in 2021 we

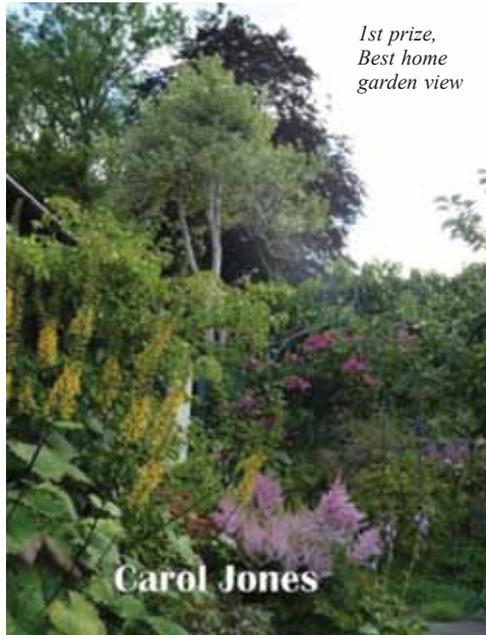


1st prize, best plate of fruit

will all be able to meet again in person and see those exhibits for real.

If you want to know more about Llandeilo and District Gardening Club, (probably the oldest continually running gardening club in Carmarthenshire) then visit the website, <http://llandeilogardeningclub.co.uk/> to see what we have been up to in the past and view some of our proposed events for next year. You can also contact the membership and general secretaries at 01558 822405. Under normal circumstances the club meets at 7.30 pm on the First Thursday of the month at The Vestry, Capel Newydd, Crescent Road, Llandeilo.

Llandeilo and District Gardening club meet on the first Thursday of the month at the Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30 pm. For more information visit our website <http://llandeilogardeningclub.co.uk> or contact Stella@rhydgoch.co.uk 01558 668339 Meetings will resume as soon as the current virus situation is over.



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Best home
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*1st prize best pot
plant or succulent*



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10/20(12)



ChallengeAid

fit for a purpose

Although Covid-19 has brought many challenges around the world, it may also, ironically, have been the springboard for a major development in education in the developing world. Due to lockdown both here in the UK and in Kenya, ChallengeAid is now providing online lessons in Physics, Chemistry, Biology and Maths to young A-level students who live in two of Africa's most appalling informal slum settlements, Mathare and Kibera in Nairobi.

ChallengeAid, first established in 2005, creates Schools of Hope (SoH) in Kenya and Tanzania. These schools provide desks, chairs, lighting and up-to-date Kenyan syllabus textbooks, revision lessons after school, at weekends and in holiday time in a safe environment, conducive to learning. It is a simple but unique initiative which allows aspirational young people the opportunity to escape from a lifetime of poverty through education. ChallengeAid also provides extra-curricular activities such as life skills, sports, music, drama and chess. Because schools are currently closed we have also been able to conduct online lessons daily for an hour at a time in late morning during the week. When Kenyan schools restart these revisions lessons for Forms 3 and 4 pupils (Yr.12 & 13) will move to Sunday afternoons.

We are currently using the Billian and St Jerome SoH in Kibera and Mathare which have more reliable electric power sources and wi-fi connectivity to deliver these lessons through a number of hugely experienced A-level teachers here in Wales and around the UK. These teaching volunteers have been able to provide the best of British education into the very heart of some of Africa's worst environments, out of which there is often little hope of escape.

“Between the four of us we have over 140 years of teaching experience. The opportunity of teaching these people has been humbling and most rewarding to see



their dedicated focus, thirst for knowledge and joy of learning. It is so refreshing and motivating to be part of this unique initiative."

Teachers: Sion Watkins, Dai Gatehouse, Matthew Williams, Mark Snell (Email addresses & mobile numbers can be supplied if required)

Iestyn Thomas, the founder of ChallengeAid said "This is a game changing development which will take the learning to a different level and hopefully enable and empower young people to achieve even better results. Currently approximately 1/3 of our form 4 leavers are going onto University, which in itself is a huge achievement, especially considering the environment in which these young people live, but we now believe that these lessons will lead to even better results and higher achievement in the future. Children can now see that there is a realistic way to escape from the poverty into which they have been born."

Sophia Kamweru, who runs ChallengeAid Africa in Nairobi added "Most of the students who attend Schools of Hope are enrolled in non-formal schools that are owned and managed by Women Groups, Churches and Communities. These schools are not able to hire trained teachers and rely on youths who themselves are just school dropouts. These students performances, especially in Maths and Sciences, has over the years been dismal. There is great excitement among the students to, for the first time sit before trained and experienced teachers to learn. Our students are glad that the Kenya Certificate of Secondary Education Examination has been postponed to 2021, as they will be better prepared and will do well!"

SOME MESSAGES FROM THE STUDENTS

"I am a Form 4 student from Kitonguni Secondary School which is in the Eastern part of Kenya. I enjoy the online sessions; the teachers are friendly and we all can interact with them freely. I attend Physics, Mathematics, Chemistry and Biology sessions. I have learnt and understood topics that I previously had no understanding of. I appreciate the opportunity to continue learning when schools are closed due to COVID-19. I thank the tutors for volunteering to teach us, the Billian Centre for supporting us and ChallengeAid for facilitating the program. I promise to work hard and shine academically!"

Irene Mwenda (Billian SoH)



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"The lessons we are having through online lessons have been so enjoyable. The tutors teach us well, I am now able to understand and remember things that I had found so difficult before and never really understood. It is all really very exciting!"

Nancy Achieng (Billian SoH)

"I want to take this opportunity to thank all the online teachers for their time. The classes have been very beneficial to all of us candidates. Getting a good grade in the sciences will enable us pursue science based well paid careers. Most of us were struggling in science subjects and we could never have dreamt of studying science courses at the university, but this is now a reality. We are very excited! Thank you for all the good work!"

Joyce Anyango (Billian SoH)

"I came to study at the Billian School of Hope in July this year. I had been sitting at home trying to study on my own, it was not easy. We are very lucky to have the online lessons and also the support of the supervisors and assistants. Government schools were suspended in mid-March. We had not even covered the 1st term's work, but I can comfortably say that I am now ready to do the main examination as our online teachers have prepared us well enough. We have an easy interaction with them. The tutors are patient with us and go to great length to ensure that we understand the lessons, We are so thankful for the online lessons."

Phionah Sheillah (St Jerome SoH)

ChallengeAid's founding principles are to never create a culture of dependency, to strive for self-sustaining SoH, and to provide the very best value for money; the current cost for a student in a SoH is approximately 2p per day.

We currently have 45 SoH with 3000 students and pupils most of whom are living in informal "slum" settlements.

OTHER PROGRAMMES

ChallengeAid has also been running a sanitary pad programme for the last 10 years, providing complimentary sanitary pads for any girl who regularly attends a SoH which has enabled many more girls to remain in education.

We are currently working on upgrading the latrines to ensure that every SoH has access to a male and female toilet. In the informal slum settlements where we operate only 17% of people had access to toilets in their own homes & only 29% of others live within 30m of a public latrine. This is especially problematic for children, girls & women forced to travel long distances under poor lighting to use an insecure toilet which probably wouldn't even function properly. Unsanitary, insecure and poorly lit toilets contribute to rape & sexual violence which consequently fuels early pregnancies & the spread of infectious diseases including HIV. These upgraded toilets in the SoH's are now connected to the sewers and have

taps which are connected to a water supply for hand washing!

Many celebrities support ChallengeAid, especially rugby stars. One of our SoH in Mathare, Nairobi, is the George North SoH, created by money raised at just one of our many dinners, golf days, challenges and events.

Please see our website for more details www.challengeaid.org, the ChallengeAid Facebook page or email Iestynthomas@hotmail.co.uk / info@challengeaid.org for more information.



11/20/12



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RALLYING BACK ON COURSE IN WELSH FORESTS



Natural Resources Wales (NRW) and Motorsport UK have signed a new access agreement which will allow competitive four-wheeled rallying on NRW-managed land for the next three years.

For decades, NRW's forests have played host to a range of motorsport, working effectively with Motorsport UK to stage events at every level of the sport, from grassroots to the iconic Wales Rally GB – Britain's round of the FIA World Rally Championship.

The new agreement will see local economy boosting events return to the woodland estate until 2023 with a renewed importance on the potential impacts of motorsport on the natural environment.

Dominic Driver, Natural Resources Wales' Head of Land Stewardship, said:

"The forests NRW manages in Wales are the heartlands of rallying in the UK and present a unique challenge to drivers.

"Our agreement with Motorsport UK sees new terms introduced that will make rallying in Wales more affordable to participants and allow people to enjoy the sport safely, whilst ensuring the forests of Wales are protected and maintained for generations to come.

"We look forward to welcoming those involved in the spectacular sport, with action played out on forest tracks revered in the world of rallying."

The announcement comes following the news that the 2020 Wales Rally GB, due to run in the autumn, would be cancelled in light of the Coronavirus pandemic and the restrictions in place designed to protect public safety.

And with support growing for a green recovery from COVID-19, the new agreement will have environmental considerations at its heart with NRW and Motorsport UK committing to working together on the ambition to drive towards a lower carbon, greener and more sustainable approach to hosting the events in the future.

Dominic Driver added: "Rallying makes an important contribution to our rural economy and many community benefits derive from these events.

"However, we also fully recognise that hosting such events in our forests brings with it a wider sense of responsibility to the public, the local communities and to our own responsibilities in helping to tackle the climate and nature emergencies.

"The impact of COVID-19 has seen more and more people retuning to visit our nation's forests and has placed a greater focus on the need to respect our natural environment.

"In reaching this agreement, NRW is considering fully the impact of everything we do on the places people love. This includes the commitment to working with Motorsport UK on the journey towards becoming a greener, more sustainable sport in the future.

"This ambition will remain at the heart of our discussions as we work with the rally event organisers on the programme of events for 2021 and beyond".

Motorsport UK CEO, Hugh Chambers, said: "We are delighted to announce a new agreement with Natural Resources Wales which will allow rallying to take place in the Welsh forests for at least the next three years. Rallying is an important discipline for Motorsport UK and Wales offers the perfect environment for our events to be staged on some of the most revered stages in the world of rallying.

"Not only is it important for competitors, but these events are vital to the infrastructure around them, from local hospitality sectors, but also the subsidiary businesses related to the sport who rely heavily on forestry rallying. We will be working with NRW to maximise the number of events, the affordability to our competitors and the long-term sustainability so we can preserve the sport and forests for generations to come."



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- **Electric clothes spinner,** as new. Tel: Rees on 07939 592051.
- **x2 Bedroom carpets,** new. Tel: Rees on 07939 592051.
- **Selection of gas fire bottles.** Tel: Rees on 07939 592051.
- **Range Rover,** 2017, top of the range, mint condition, all usual refinements, low mileage, 2 owners from new. Ring 07939 592051 for price and info.
- **House for sale:** spacious semi detached 3 bedroom house with large lounge (approx. 34' x 18'). Also with cellar and adjoining quality structural built garage with space for three vehicles including an inspection pit, lighting, electric and water facilities, work bench. RSJ lifting beams for various work. Off road parking in front of property for 4/5 vehicles. Main road frontage, grounds at rear with private entrance. Previously had approved planning permission for service and repair of vehicles. Options for other business ventures possible. Property has a lot of potential. Convenient for M4, Crosshands area. Sensible offers considered in the region of £185000. For further information or to view ring 07939 592051.
- **Bookcase,** nice condition. Ring 07939 592051 for price and info.
- **BBQ Tables.** Ring 07939 592051 for price and info.
- **CAR FOR SALE.** SUBARU FORESTER. Reg. DU11 WKC, 96000 miles. Excellent condition. FSH (local garage). MOT March 2021; serviced August 2020. Price £3250 ono. Tel. 01550 779255/07710 440953.
- **Logs for sale,** already split and dried for 18 months. Tote bagfull £65 or small feed bagfull £5 each. Tel: 07761 107055.
- **Lawnmower engine** MOUNTFIELD RV150 (can be seen running), £10. Tel: 07761 107055.
- **Galvanized bucket,** old but in excellent condition, £10. Tel: 07761 107055.
- **Oak Parquet flooring blocks** (approx. 7 square yds), £30. Tel: 07761 107055.
- **Dual Ball & Jaw hitch** (heavy duty) suitable for any 4x4, £18. Tel: 07761 107055.
- **Invacare Rea Azalea manual wheelchair.** Tilt in space chair with deep cushions for comfort, can be used inside or outside. User manual included. £350. Tel: 01558 824468.

- **Space Rocket Indoor Play Tent,** perfect condition, easy to assemble, four poles and carry bag, £10. Tel: 01550 740228.
 - **Surplus to requirements** - Little Green External Eggshell paint 2 x 2.5L tins - colour Bone China Deep 184 - unopened. Cost £128 for the two - sell same for £90. Tel: 01550 760206.
 - **TITAN power wheelchair.** L40", H44", W24.75", top speed 4mph, range approx 15 miles, weight capacity 21stone, seat width 20". Condition practically unused, £300 ono. Tel: 01558 669116.
 - **Bateman Sheep Turnover Crate** in good condition. Price £650. Contact 07967 120307.
 - **Surveying equipment:** Level and tripod and 4m staff. 900mm spirit level. Reasonable offers accepted. Tel: 01550 777591/07854 148915.
- Christmas present for budding rock star – Squire by Fender Stratocaster electric guitar, black, excellent condition, £60. Tel: 01550 721748.
- Massey Ferguson 35 PTO pulley, £35. Tel: 07922 174986 (Llandeilo area).
- Al-Ko Soft touch 380HM premium hand push lawn mower, price new £99, excellent condition £30. Tel: 07816 478594.
- **Dining table and 6 chairs,** £50 with matching sideboard, £20, good condition, will sell separately. Tel: 07816 478594.
 - **China cabinet,** 2 doors and 2 glass shelves, £35. Tel: 07816 478594.
 - **Terracotta half road hood top chimney cowl,** excellent condition, £25. Tel: 07816 478594.
 - **Belling Tivoli 2 bar coal effect electric fire,** excellent condition, £45. Tel: 07368 287118.
 - **Glass cabinet,** oak effect, 2 door H50" x W42", £25. Tel: 07368 287118.
 - **Book case** with 2 shelves, locking cupboard to bottom, H44" x W40", £35. Tel: 07368 287118.
 - **Battery charger,** 6v/12 volt, 4 amp, £10. Tel: 07368 287118.
 - **Hotpoint extractor hood,** 600mmW, £10. Tel: 07368 287118.
 - **Cottage 3 piece suite,** very good condition. Tel: 01550 721002 buyer collects.
 - **Winchester 3 burner BBQ,** unused, new condition with full gas cylinder. Tel: 01550 721002 buyer collects.

WANTED

- **Motor caravan** by private buyer, hightop or coach built, in good condition, automatic but anything considered. Tel: 01558 650799.
- **Young person required with some equine experience** to look after two ponies when required. Good remuneration. Please phone 07503 304199.
- **Grazing land,** possible long term and suitable for sheep, including sheds if possible. Tel: 07770 777992 / 07872 509031.

BRO DYFRI LOCAL MINISTRY AREA

The Coronavirus situation continues to affect the way we operate in Bro Dyfri.

A number of churches within the LMA are open for private prayer and public worship and more are preparing to open. The situation is fluid, but social-distancing rules mean that spaces are limited. It is therefore very important to phone the vicar of your church to book a place if you are thinking of attending. Masks must now be worn on all occasions in accordance with Welsh Government regulations. Although the rules can sound intimidating, you can feel confident that a warm welcome awaits you in all our churches, where careful risk assessments have been completed, and scrupulous hygiene routines are in place.

Whilst the situation may change, those churches which have already established a regular pattern of services are noted below:

LLANDOVERY GROUP

St Dingat's, Llandingat

Second and fourth Sundays at 9.00a.m.

St Michael's Myddfai

First and third Sundays at 11.30a.m.

LLANWRDA GROUP

St Cwrdaŵ's, Llanwrda

First and third Sundays at 10.00a.m.

St Sadwrn's, Llansadwrn

Second and fourth Sundays at 11.00a.m.

CILYCWYM GROUP

St Michael's, Cilycwm

Every Sunday at 10.00a.m.

TALLEY GROUP

St Michael's, Talley

Every Sunday at 11.00a.m.

St Sawyl's, Llansawel

First and third Sundays at 11.00a.m.

Please feel free to contact clergy for updated information as it is hoped that more churches will be added to the list in the weeks to come. Any service information will be communicated through social media and community posters as well as by word of mouth.

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

Cilycwm Group (including Cilycwm, Cynghordy and Rhandirmwyn)

Revd Ann McKnight 01550 721109

Talley Group

Revd Patrick Mansel Lewis 01558 822942 (Abergorlech and Llansawel)

patmanlew@gmail.com

patmanlew@btconnect.com

Revd Tim Nelson 01558 685415 (Talley and Caio)

tinnelson@btconnect.com

Revd Rik Mayes 01558 685186

revrmayes@hotmail.co.uk

Llandoverly Group (including Llandingat, Llanfair and Myddfai)

Revd Paul Pritchard 01550 938534

revpaulpritchard@gmail.com

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

Revd Viv Sayer 01550 777200

revd.viv.sayer@gmail.com

Llangadog Group (including Llangadog, Llanddeusant and Gwynfe)

Revd Jeff Thomas 01550 777758

jeffthomas@churchinwales.org.uk

**Church
Services**

E-English W-Welsh B-Bilingual

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

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

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BROWN PARTNERSHIP ARCHITECTURAL SERVICES – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Three Horseshoes, Gwynfe, Llangadog on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com *12/20(12)*

MARK WAGHORN DESIGN – Award winning RIBA architect experienced in creating and delivering sustainable and innovative designs. We offer both domestic and commercial clients a wide range of services and products including: Design and manufacture of micro architecture; development advice; measured surveys; planning applications; building regulations applications; construction drawings; interior design; sustainability and energy saving consultations; project management; joinery design; 3D visualisations. Contact no: 01558 822009 Email: info@mwd.wales Website: www.mwd.wales *03/21(12)*

BEAUTY SALON

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

BOOKS, RECORDS, CDs

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

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BUILDING SERVICES

BUILDER AND HOUSE MAINTENANCE. Barn conversions, plastering, skimming, repointing of stonework, PVC facias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. *12/20(12)*

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BENJAMIN POOLE CARPETS: The Carpet store at your door. We come to you with our mobile showrooms. Carpets, vinyls, non slip vinyls. Distance no object. We can take up old and move furniture. Tel: 01269 824137 or 07768 061903 www.benjaminpoole.com *02/21(12)*



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A & C HOME SERVICES. Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. 10/20(12)

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We live in unusual times, but whatever is on your mind or troubling you talking therapy really does help. As an experienced and qualified counsellor I offer a confidential space at affordable rates. A space for understanding how and why we think and feel the way we do and for solving problems and finding the right solutions. Over many years I have helped men and women, children and young people, couples, parents and families find their way. No problem or issue is too big or small, so to find out how I can help or to arrange an initial appointment call Cathrin on 07870 888141. Website: www.cathrinwildwood.co.uk 11/20(6)

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

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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. 07/21(12)

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YOGA

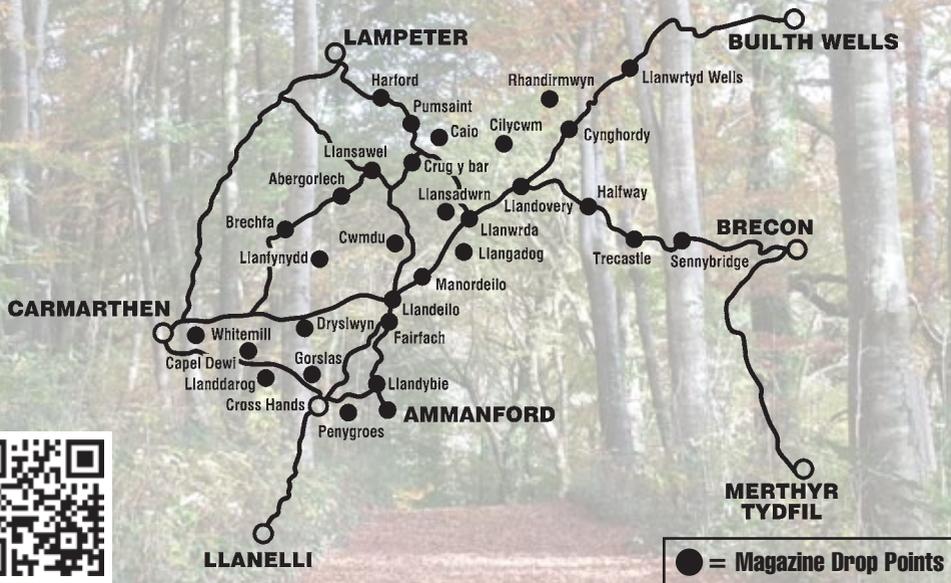
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HALF PAGE (132mm x 93mm)				
Full Colour	£121.74+VAT	£91.31+VAT per issue	£81.56+VAT per issue	£60.87+VAT per issue
Black & White	£116.22+VAT	£87.17+VAT per issue	£77.87+VAT per issue	£58.12+VAT per issue
QUARTER PAGE (64mm x 93mm)				
Full Colour	£70.43+VAT	£52.82+VAT per issue	£47.19+VAT per issue	£35.22+VAT per issue
Black & White	£66.94+VAT	£50.21+VAT per issue	£44.85+VAT per issue	£33.47+VAT per issue
EIGHTH PAGE (64mm x 45mm)				
Full Colour	£39.55+VAT	£29.66+VAT per issue	£26.50+VAT per issue	£19.78+VAT per issue
Black & White	£37.63+VAT	£28.22+VAT per issue	£25.21+VAT per issue	£18.82+VAT per issue
SIXTEENTH PAGE (64mm x 20mm)				
Full Colour	£25.17+VAT	£18.88+VAT per issue	£16.86+VAT per issue	£12.59+VAT per issue
Black & White	£23.89+VAT	£17.91+VAT per issue	£16.00+VAT per issue	£11.95+VAT per issue

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

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

Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

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

Mon 09:00 – 17:00

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

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

Thurs 09:00 – 17:00

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

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

LLANDOVERY LIBRARY:

Tel. 01550 721626

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

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

COUNTRY MARKETS

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

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

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

TOURIST INFORMATION CENTRES

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

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

7 days, Enquiries to 01874 622485.

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

LOCAL POLICE

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 779294.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towly Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon, LD3 7DW:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

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

Golden Grove – Llandeilo – Carmarthen (277) Wed only

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

Llandovery – Llandeilo – Carmarthen (280/281)

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

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

LLANDOVERY SWIMMING POOL Tel: 01267 224733

Day	Time	Activity	Day	Time	Activity
Mon:	11.00am – 11.45am	Group Splash	Thur:	12.00pm – 1.00pm	Family/Lane Swimming
Mon:	12.00pm – 1.00pm	Family/Lane Swimming	Thur:	1.00pm – 2.00pm	Recreational Public Swimming
Mon:	1.00pm – 2.00pm	Recreational Public Swimming	Thur:	2.00pm – 3.55pm	Private Booking
Mon:	2.00pm – 3.00pm	Disabled Session	Thur:	3.55pm – 6.00pm	Wave/Splash Lessons
Mon:	5.00pm – 6.00pm	Recreational Public Swimming	Thur:	6.00pm – 7.00pm	Family/Lane Swimming
Mon:	6.00pm – 7.30pm	Family/Lane Swimming	Thur:	7.00pm – 9.00pm	Canoe Club
Tues:	12.00pm – 1.00pm	Family/Lane Swimming	Fri:	7.30am – 8.15am	Lane Swimming
Tues:	1.00pm – 2.00pm	Recreational Public Swimming	Fri:	8.15am – 9.00am	Recreational Public Swimming
Tues:	2.00pm – 4.00pm	Private Booking	Fri:	12.00pm – 1.00pm	Family/Lane Swimming
Tues:	4.00pm – 5.30pm	Wave/Splash Lessons	Fri:	1.00pm – 2.00pm	Recreational Public Swimming
Tues:	5.45pm – 7.00pm	Recreational Public Swimming	Fri:	2.00pm – 2.30pm	Group Splash
Wed:	7.30am – 8.30am	Lane Swimming	Fri:	4.00pm – 5.30pm	Wave/Splash Lessons
Wed:	8.15am – 9.00am	Recreational Public Swimming	Fri:	5.30pm – 6.15pm	Family/Lane Swimming
Wed:	12.00pm – 1.00pm	Family/Lane Swimming	Fri:	6.15pm – 7.00pm	Adult Lessons
Wed:	1.00pm – 2.00pm	Recreational Public Swimming	Sun:	9.30am – 11.00pm	Family/Lane Swimming
Wed:	3.55pm – 6.30pm	Wave/Splash Lessons	11.00pm – 12.00pm	Recreational Public Swimming	
Wed:	6.30pm – 7.30pm	Family/Lane Swimming	12.00pm – 2.00pm	Family/Lane Swimming	

Train Times (Heart of Wales Line)

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

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

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

www.tfwrail.wales

Tel: 03457 484 950

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

x = Service stops on request
xx = Starts from Carmarthen