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# ALL ABOUT *The Post*

**COPY DATE  
for next issue:  
16th September 2019**

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12/19/66



# SOMETHING FOR EVERYONE AT THE HERITAGE CENTRE



September brings more artists together in the galleries at the Centre with three different mediums being featured.

The colour of summer is captured in the stunning glassware being displayed by Irene Funnell who is inspired by the hills and coasts of Wales. The colours and textures of rocks, sand, sea and sky are suggested by the juxtaposition of glasses of different composition which react together to create the effect of subtle shading and fusing, whilst the elements of the countryside; trees, woodland creatures and the four seasons are created using a variety of methods including cutting, fusing and painting.

Vibrant colour is also a feature of artists David Button and Jean Francis who exhibited in France for many years, before moving to Carmarthenshire. With a background in architecture David has a unique approach to painting using different perspectives to achieve the unusual whilst Jean, who was at the Royal College of Art with David Hockney and Patrick Caulfield, uses colour to enhance her abstract work.

Our ceramic exhibition is by Left Paw Pottery based in Llanwrtyd Wells where a wide variety of pots, porcelain, stoneware and crank are fired using electric and gas kilns using unique glazes.

So whether your preferences lie with glass, ceramics or paintings a visit to the Heritage Centre is well worth while.

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## HISTORIC ONE TO ONE WALES/FRANCE EXCHANGE VISIT FOR LLANDEILO ROTARY CLUB



Left to right Kevin Duff, Richard Hughes (Llandeilo Rotary) Aidan Duff, Catrin Duff, Anne Duff, Morgane Latapie, Gordon Kilby (President of Llandeilo Rotary) and Eric Blackwell (Group Exchange Officer Rotary District).

Tuesday, 30 July marked a significant date in Llandeilo Rotary Club's history when an evening was held at the Plough Inn, Rhosmaen to mark the occasion of a one to one exchange visit between Wales and France. This date coincided with the same date as United Nations Friendship Day.

The two girls Catrin Duff of Wales and Morgane Latapie of France were involved in an exchange visit arranged by Llandeilo Rotary Club the first of its type ever arranged by the club.

Also representing Rotary were Eric Blackwell and his

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wife Liz. Alec is the Group Exchange Officer for the Rotary District. Eric remarked that the Llandeilo Club was one of only four clubs in RIBI ( Rotary Ireland and Britain Isles) that undertook a similar exchange during 2019.

The one to one exchange visit involved a visit to the two countries where each family looked after their guest and took them around the area.

In France Catrin was shown the local customs and sights and was involved in Festivals, undertook horse riding in the Carmargue and visited Marseilles town and the cathedral.

Whilst in Wales Morgane stayed in Llandeilo and visited nearby Garn Goch, spent a day at the Royal Welsh Show, visited the town of Barmouth and went camping on Cadair Idris.

Following their visits each girl made a presentation to their local Rotary Club. Catrin to Rotary D'Istres and Morgane to Llandeilo Rotary.

This proved to be a popular evening with over 20 people attending including Rotarians, their wives and guests, Ladies of Inner Wheel and the family of Catrin Duff.

At the end of the evening Rotary banners were exchanged and Eric Blackwell thanked the club for arranging and sponsoring the visits with Kevin Duff, Catrin's Father, thanking the club for arranging the visits and their hospitality.

Rotary organises Camps and Tours for young people from 15 to 25 and Family to Family exchanges for 15 to 17 year olds. A Camp or Tour will have about fourteen young people all the same age and each one will come from a different country. A great way to make friends around the world. Exchanging with a Family helps you to understand another culture and learn or improve your knowledge of a foreign language.

If you are interested in taking part next year visit our website at [www.youthexchange.org.uk](http://www.youthexchange.org.uk) . It is open for registrations of interest on 1st September 2019.

## ANNUAL GENERAL MEETING

There will be an Annual General Meeting of Llandeilo Civic Hall Trust Ltd on Thursday, Sept 5th 2019 at 6.30pm, in the Hall. All welcome to attend.

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10/19(12)

# A NEW SEASON AT SINEMA SADWRN WITH SOMETHING SPECIAL FOR HALLOWEEN



Sinema Sadwrn had a great time over the summer, with a free screening of *The Jungle Book* as part of the Llansadwrn Big Lunch in July and a family-friendly screening of *Mary Poppins Returns* at the Sexton Arms in August. We'd like to thank all our kind sponsors who helped make this possible and everyone who came along. We're now looking forward to a new season of films at Llansadwrn this autumn and winter, including *The Shape of Water* in September, *Hostiles* in November and *A Christmas Carol* double-bill in December, as well as something special for Halloween.

On Friday 25 October, we're inviting our audience on a cinematic journey of discovery as part of the 2019 Year of Discovery, led by Visit Wales. This special screening will be a chance to see the new Welsh folk tale, *Gwen*, which is set against the brooding Gwynedd landscape, along with the comedy-horror short film, *Neckface*.

*Gwen* (certificate 15) is the feature film debut from William McGregor, the award-winning director of TV series such as *Poldark* and *Misfits*. *Gwen* has had great reviews at festival screenings, and the leading actress Eleanor Worthington-Cox won the Toronto International Film Festival Rising Star award for her work on the film. The cast includes BAFTA-nominated actress Maxine Peake, star of *Funny Cow* and *Peterloo*, Richard Harrington, best known for his leading role as DCI Mathias in the crime drama *Hinterland*, and Kobna Holdbrook-Smith, whose recent credits include *Mary Poppins Returns*.

Set in the stark beauty of 19th Century Snowdonia, the gothic drama tells the story of a young girl desperately trying to hold her home together. Struggling with her mother's mysterious illness, her father's absence and a ruthless mining company encroaching on their land, a growing darkness begins to take grip of her home and the suspicious local community turns on *Gwen* and her family.

Unsettling and atmospheric, *Gwen* has been described by critics as a 'chilling mystery-horror', so we're hoping it will make for perfect viewing a few days before Halloween. We'll also be screening the comedy-horror short film *Neckface*, directed by award-winning comedy writer Sian Harries, who is originally from Carmarthen, and starring Isy Suttie and Rhodri Evan.

*Sinema Sadwrn's* screening of *Gwen* is supported by Film Hub Wales as part of the BFI Film Audience Network (FAN). Join us on Friday 25 October at Llansadwrn Reading Room – tickets cost £5 or £4 for groups of three or more or under 16s and doors open at 7pm. Full details for all of *Sinema Sadwrn's* screenings until the end of 2019 are available at Facebook/SinemaSadwrn. Everyone is welcome.

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## SINGING ON THE 'COPPER JACK'

On a wonderfully warm day at the end of the Summer Term, Tywi Harmony, a Llanelilo based Community Choir made their way to Swansea and the quay outside the National Waterfront Museum to board the 'Copper Jack' for a river cruise.

There were so many interesting things to learn about, as the boat navigated the river Tawe and passed relics of Swansea's historical past.

From early times ships would tie up at the quays along the river bank, sea going ships would follow the river inland to load coal, and there were other physical reminders of the importance of the coal and copper industries to Swansea and surrounding areas.

Of course, we had to find an opportunity to sing as well, and the boat provided the ideal venue for our acapella singing as it turned and followed the river back to the quayside.

A coffee at the National Waterfront Museum Café ended a perfect trip, and provided another opportunity for us to sing.

Come and join us this term. Our harmony singing group is friendly and inclusive, and you don't have to read music or have a 'good voice', just a desire to enjoy yourself singing with others.

We start our new term on Thursday September 12th but you can come and try us any time.

Details in the events section of the September POST, or ring David on 01269 597303, or Vivienne on 01550 779062.



10/19(3)



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02/20(12)

# MICHAEL THE FLYING RED SQUIRREL

## HELP SUPPORT AND PROTECT OUR PRECIOUS NATIVE RED SQUIRREL



On Saturday 13th July, wildlife enthusiast Michael Cunningham will jump out of a plane to raise vital funds for the Wildlife Trust of South and West Wales' Mid Wales Red Squirrel Project.

The aim of the Mid Wales Red Squirrel Project is to protect and expand the unique population of red squirrels in the Tywi Forest, one of only three key populations left in Wales. Grey squirrels in Wales now outnumber red squirrels by more than 320 to 1. This is a crucial time to save this iconic species.

Once common throughout the UK, red squirrels have disappeared from many areas of England and Wales and are threatened in Scotland and Northern Ireland. They are now largely confined to Scotland, with small populations in areas of North and Mid Wales, Northern Ireland and parts of Northern England. Unfortunately, red and grey squirrels cannot live side by side; when grey squirrels

arrive in a red squirrel area, the red squirrels will die out if there is no intervention.

A native of North America, the grey squirrel first arrived in mid Wales in the 1950s, and has spread at an alarming rate, colonising Wales so effectively, that they are now the dominant squirrel species. As well as competing for food and habitat, the grey squirrel carries the Squirrel Pox virus, which has little effect on the grey but is fatal when passed to the red.

The five year Mid Wales Red Squirrel Project has built a solid volunteer base and has raised the profile of the red squirrel in Mid Wales; volunteers have donated over 10,000 hours of their time to the project. Volunteer surveys have helped to build a more complete picture of where red squirrels are thriving and where they are not. Since 2014, reports of red squirrel sightings in mid Wales have risen by over 100% compared to the previous five years, suggesting that the red squirrel population in Mid Wales is beginning to make a recovery.

This is a crucial time to build on the good work already achieved by the project, but funding is coming to an end. We need your support to recruit and train volunteers and to work with forest managers to improve conditions and help save the red squirrel in mid Wales.


We currently have very little information about how red squirrels survive in the forests of mid Wales. The more we can find out about how red squirrels use the forest habitat, the better we can inform habitat improvements and hopefully increase the red squirrel population. Mike's target of £5,000 will fund the purchase of vital equipment such as trail cameras for red squirrel detection and pit-tags to enable the project team to identify individual squirrels and develop a better understanding of red squirrel behaviour.

Iolo Williams, BBC presenter, has shown his support for this 'Nutty Skydive', and you can too. Donate at Michael's JustGiving page: [www.justgiving.com/fundraising/michael-cunningham19](http://www.justgiving.com/fundraising/michael-cunningham19).

Our native red squirrels could disappear within your lifetime – we need to act now.

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To find out more please visit:  
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04/20/12

# LLANGADOG GARDENING CLUB



On 26th June Llangadog Garden Club visited Dyffryn Gardens (Gerddi Dyffryn). Dyffryn is a collection of botanical gardens located near the villages of Dyffryn and St. Nicholas in the Vale of Glamorgan, Wales. The gardens were selected by the British Tourist Authority as one of the Top 100 gardens in the UK and are in the care of the National Trust.

We found a peaceful oasis on the outskirts of Cardiff covering more than 55 acres. The Edwardian gardens are undergoing an ambitious garden revival project to restore them to their original splendour. With year-round seasonal highlights the gardens feature the best woody collection in the National Trust.

There were many intimate garden rooms including the Pompeian garden, Paved Court, Reflecting Pool and Mediterranean garden. The enormous great lawn is bordered by seasonal bedding, an amazing succulent bed and a croquet lawn.

There is also a large glasshouse, statuary collection, and arboretum featuring trees from all over the world as well as the Log Stack area.





Designed by eminent landscape architect Thomas Mawson in 1906, the gardens are the early 20th-century vision of coal magnate John Cory and his son Reginald.

Within the gardens, Dyffryn House, a grand Victorian mansion overlooks the key aspects of the gardens. Parts of the ground and first floors are being restored and are unfurnished.

We all had a lovely day which was finished off with a bit of shopping at Pontarddulais Garden Centre.

#### UP COMING TALKS

Llangadog Community Centre

On the last Wednesday of every month at 7.30pm

#### September

Carly Green Native Welsh Plants

#### October

Trip by car to West Wales Willows

#### November

A talk by Fiona and Philip from Welsh Holly

#### December

No meeting

#### January

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09/20(12)

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11/09(12)



# BRIWSION BETHLEHEM



## BETHLEHEM SNIPPETS

The Breast Cancer Care afternoon tea held during July raised an impressive £430.15, plus £50 gift aid. Pam and her helpers are very grateful to everyone who supported the event, which has become a firm fixture in the Bethlehem calendar.

The end of July saw the village sports and fun day take place at Cefn Crewil Farm.

It was a great success, thankfully the showers held off, and 20 children plus accompanying adults enjoyed a range of fun activities, followed by a feast of hot dogs.

Thank you to Rose Williams for the loan of her field, and to Des and Libby Oldfield for arranging the BBQ.

That same evening, local musicians Jam Jar Blues played at the hall, to a full house.

Everyone enjoyed a great night of music and socialising. We look forward to a return visit!

Due to holiday commitments during August, some of the regular groups that meet at the hall were scaled back, but it'll all be back to normal from the beginning of September.

The August quiz was hugely entertaining, thanks to a great atmosphere, a spirited bunch of quizzers, and excellent questions from Team Mantrap.

The next quiz will be held on Monday September 9th at 7.30pm. It only costs £1 per person to play, bring a bottle (and a sense of humour!) and enjoy a local, fun night out.

The Sunday café continues to be extremely popular, attracting both local residents and visitors to the area.

We are open 12.00 – 3.00pm every Sunday, serving tasty,

great value, home cooked food – salad platters, quiches, pâtés, panini, sandwiches and toasties. Vegetarian, vegan and gluten free options are readily available, along with home made cakes and puddings, and hot and cold drinks.

If you're in a hurry, bring a plate for take-out!

The annual Macmillan Coffee Morning takes place at the hall on Wednesday September 25th. It is always a hugely successful and well supported event, and we hope that this year will be no exception.

The final café of the season will take place on Sunday October 6th, a little earlier than usual, because we will be having the hall completely redecorated during October.

Some months ago, we applied for a grant from a local charitable trust to help with the cost of painting, and our application was successful, so the decorators move in on October 7th for two weeks.

It does unfortunately mean that some regular events will be cancelled or rescheduled (more details in the October Post), but we look forward to a lovely fresh space for everyone to enjoy during a busy late autumn and Christmas season at the Old School.

For more details of events, or to hire the hall, contact Nia on 01550 777254, email: niaclement@aol.com. Follow us on Facebook [www.facebook.com/bethlehemcymru](http://www.facebook.com/bethlehemcymru)



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## BRECHFA FOREST AND LLANLLWNI MOUNTAIN

Brechfa Forest and Llanllwni Mountain Tourism Cluster Group in are hosting a consultation on a 25 year strategic plan for tourism and the recreational use of Brechfa Forest and Llanllwni Mountain. In conjunction with a consultation on the future of forest school/craft activities at Keepers, Brechfa Forest. Come and join us at Keepers for some refreshments and have your say. Saturday 28th September 2019 from 11am to 5pm. The OS grid reference for Keepers car park is SN 523 319. If you require any further information please contact Alex Wilcox Brooke on [AlexW@severnwye.org.uk](mailto:AlexW@severnwye.org.uk)



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09/19(12)

# THE VICARAGE LODGER



A new resident has arrived at Llanwrda Vicarage, where he has found lodgings with our vicar, the Reverend Viv Sayer.

His name is 'Shem' – a rather naughty and mischievous sheep puppet.

'Shem' loves going with Vicar Viv to 'Rainbow Church' in Llansadwrn, and especially likes being with young people.

He challenges Vicar Viv with all sorts of questions and makes us laugh!

Rainbow Church meets in Llansadwrn Vestry for a very informal hour of worship every fourth Sunday, at 11 am.

Everyone is welcome, adults and children alike. Younger children need to be accompanied by an appropriate adult.

This is a time to be together without the formalities of the usual church service.

We play table games, enjoy learning about our faith, make crafts and enjoy a light snack and drink.

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10/19(12)

# ASHMOLE & CO CELEBRATE EXAM SUCCESS AFTER HELPING TRAIN THE NEXT GENERATION OF ACCOUNTANTS

Ashmole & Co are delighted to announce that Kane Williams has started working for the accountancy firm full time after gaining his degree in Accountancy with first-class honours and obtaining his certification from the ACCA (Association of Chartered Certified Accountants).

Kane, aged 22 from Ammanford, has been working in Ashmole & Co's Ammanford office throughout his studies. He did two weeks work experience with Ashmole & Co in 2014 and enjoyed working for the firm so much that he joined, part time, in November 2017, whilst in his second year at Swansea University. Kane continued to work two days a week for the firm whilst studying up until qualifying last week.

Laura Cornock, Partner in Ashmole & Co's Ammanford office said, "We are all so proud of Kane and his fantastic achievement. He has become an integral part of our team in the Ammanford office, even offering advice to other staff studying for their ACCA accreditation. It's been an absolute pleasure to watch him going from strength to strength during his time with us. It is important as a profession that we help to train the next generation of accountants. Qualified staff members are the lifeblood for the future success of our firm."

When Kane was part time his day-to-day role with Ashmole & Co included preparing and submitting VAT returns and assisting his colleagues. During his studies he also found time to tutor other students in maths, business studies and accounting in his spare time. Now that Kane is full time, he has more responsibility in preparing clients' accounts reports.

Kane said, "I am grateful to Ashmole and Co to have given me the opportunity to work whilst studying for my degree. I am so pleased I succeeded in achieving a first-class honours degree. I am enjoying all aspects of my work but completing a client's job and hearing good feedback from clients and staff is the best part for me. I'm looking forward to the future with the team in Ammanford."

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# PONTARGOTHI MEMORIAL HALL

Pontargothi Memorial Hall is just starting another busy year of community leisure activities.

Some of the more regular gatherings will be listed in the Post Events and there are also meetings of Carmarthen Sketch Club, Brownies, Dyffryn Tywi Ffermwr Ifainc, Merched Y Wawr, Nantgaredig, Rainbows and Yoga. (further information from pontargothihall@hotmail.co.uk)

The latest addition to the Hall's busy programme is a series of classes on Tuesday afternoons and Saturday mornings for small children: Tiny Toes Ballet, a franchise supported by the Early Learning movement. Also for children, probably of upper primary age, is a Junior Band session on approximately fortnightly Sunday afternoons.

Nantgaredig Community Band, technically an orchestra, was formed originally for local musicians of all ages; initially half of its members were children. The very sad shrinking of instrumental music in primary schools since then has meant that very few school-taught pupils acquire enough skill nowadays to join the Band itself. The new Junior Band will aim at encouraging keen instrumental students to experience ensemble playing with easy music and adult musician mentors playing alongside. Flute, clarinet, trumpet, violin and cello students having around a year's study will enjoy and benefit, and a limited number of drum and piano students, especially any with an interest in "orchestral" percussion, rather than kit-playing only, will also be welcome. Information and advice is available from nantgaredigcommunityband@gmail.com or Norma Lord on 01267 290429

And an opportunity for the (mainly adult!) community to get together socially will take the form of a Murder Mystery evening with theatre group Iechyd Da on Saturday 5th October from 7pm. Tickets £10, including a buffet supper, must be booked before Thursday 3rd please, from Bev on 01267 290170/07849 664414 or pontargothihall@hotmail.co.uk



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07/20(12)

# LLANDOVERY HOSPITAL LEAGUE OF FRIENDS FFRINDIAU YSBYTY LLANYMDDYFRI

Summer Greetings from Llandovery Hospital League of Fiends committee. Apologies for the lack of contact over the last few months I tend to remember just after the deadline.

A big thank you to all who supported our Strawberry Tea. Special thanks to Llandovery Male Voice choir who turned up in force despite the weather. We are very grateful that you performed in the rain and hope no one was poorly afterwards. A big thank you to Lynne for playing the organ at great risk to life and limb. You made the day for us all. Our thanks also to Llandovery CO-OP for their generous support. The scones were delicious, sourced by Wynne we ask him to pass our thanks on to the bakers. It was a very busy day spoilt, somewhat by the weather but thanks to all the committee's hard work and your support brought an extra £700 to the funds.

Since completing the refurbishment of the three G rooms we have appeared to have been having a quiet time. This is not true as we have been meeting regularly and have spend a good sum of money on a good number of important items for the wards. Special chairs, a weighing machine, for the chair bound, trollies, fridge, etc. etc., all making life more comfortable for the patients and reducing the work load for the staff. We are presently looking at a further big project and will spread the word as soon as we have final plans.

As always we wish to thank all our supporters for your very generous and regular donations. I am not going to name any here as I am bound to miss someone out but you know who you are! Thank you very much for choosing us, your support is very much appreciated. Sadly as I have said before we receive a lot of donations from the family and friends of those who are sadly no longer with us. We are very grateful for this support and are glad that their loved ones received the good care our hospital is know for.

Our summer raffle is now on sale and will be drawn at the sheep festival on the Sunday 22ns September. We will be holding a stall on the Saturday and the Sunday, and selling the raffle books, knitted sheep, books on the hospital and other sheep/hospital related items we can come up with, your suggestions are welcome. We look forward to seeing you there.

Gina Jones Treasurer/temporary secretary.

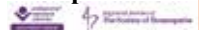
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**MYDDFAI NEWS**  
*Myddfai Shop and Café opening hours*  
**Tuesday – Sunday 10.30am – 5.00pm**

Don't forget it's Myddfai Country Farmers Market on the last Sunday of each month 12.00 – 4.00pm 25th Aug, 29th Sept, all year round, we have a wide selection of food & produce stalls coming, please come and Support Local. September 7th is Myddfai Show – open to public 2.00pm. Willow Weaving Sept 10th. September 14th – Is the Myddfai Lamb Roast at 7.00pm – everyone welcome. There is a Willow class again on 1st October. Our next Tabletop/Car Boot Sale is on 12th October. Regular classes- Yoga is on Tuesday evenings 7.00 – 8.30pm. Craft Classes Wednesdays 10.00am – 1.00pm Art Classes Twice monthly on Wednesday afternoons 1.30 – 3.30pm. Pilates is every Thursday morning 10.00 – 11.00am. NEW – Tai Chi classes are starting at Myddfai Hall on Mondays from 2nd September at 7.00pm – 8.15pm. Get in touch for more details.

Myddfai shop has some wonderful gifts. The latest addition to our vast range of quality hand-made items are Mopani Sheep Tea cosies in various breeds! Welsh tea towels and bags. We have books by local authors, Welsh music CD's, artwork, pottery, candles, Myddfai Jams and chutneys, local Honey and much more. Every purchase made supports a local business and the Ty Talcen charity.

Another busy summer at Myddfai cafe, with tasty lunch time specials on offer daily, a big selection of homemade cakes and a great choice of teas to wash it down with. We can provide catering for events big or small and are already taking bookings for 2020. For more information please pop in a see Carol who is happy to help and discuss options. We serve Afternoon tea from 2.30 till 4 pm and throughout September we have a special offer on 4 people booked for Afternoon tea and save 10%, booking is required. We can arrange teas with talks on the Physicians of Myddfai and Herbal Medicine for groups if booked in advance.

Why not choose Myddfai Hall for your wedding? With our wedding licence we can do the whole package, you can bring in your own caterer if you want. The hall makes a great venue for any party, concert, conference, exercise or activity class. It is fully equipped with staging, lighting and sound system and a catering standard kitchen, with crockery, cutlery and glasses and linen for 160 place settings.

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08/19(12)

# Aberglasney

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## BOUNTIFUL ABERGLASNEY



*Image courtesy of Nigel McCall*

Aberglasney in Carmarthenshire is a renowned plantsman's paradise and 20 years after opening to the public these world-renowned Gardens in Carmarthenshire's Tywi Valley are looking better than ever!

Visitors at any time of the year are rewarded with vibrant displays of plants, many of which are seldom seen anywhere else in the country. This month however, a bumper crop of fruit and vegetables has brought an extra dimension to the seasonal displays. From more unusual varieties of runner beans to melons and kiwi fruit the Gardens are providing so much more than just a feast for visitor's eyes.

Aberglasney's Melon House has produced its first fruit this year. The variety grown is Melon 'Emir' which is more tolerant to low temperatures, bearing fruit even in cooler summers. Oval in shape with a greyish-green peel it turns orange when mature with a fantastic fragrance and sweetness. The Melon House is also where Aberglasney grows tomatoes and chillies.

Melon is not the only tropical fruit grown in the Gardens either. Aberglasney has Kiwi Fruit growing on an outside wall. Thanks to the warm weather the deciduous climbing plant *Actinidia deliciosa* is producing plenty of fruit although it's not quite ready for harvesting yet.

Aberglasney's Kitchen Garden is however, bursting at the seams. As well as salad leaves and herbs, asparagus, rhubarb, apples and pears, there's an excellent crop of runner beans. The 'Brecon Black' is a heritage variety being grown for the first time this year. Extremely rare, it was cultivated in Brecon by the family of Dr Robert Davies in 1945 and the seed (donated to Aberglasney) is hard to come by. Don't miss the lattice works of apples and pears covering the wall in the Kitchen Garden, and dwarfed apple trees that make the boundaries to the borders, known as step-over fruit trees.

It's unusual to see the Loquat or *Eriobotrya japonica* tree growing in the United Kingdom and it's even rarer to see it produce fruit. Head gardener Joseph Atkin is especially pleased to see the small tree in Aberglasney's Pool Garden providing a substantial crop as it nearly died in the winter of 2010. Joseph explained: "It lost all its leaves and a few of the main stems. We are thankful that it's recovered well due to the mild winters we've had since."

Originally from southeastern China the Loquat has a high sugar, acid, and pectin content and as well as being eaten as a fresh fruit it makes great jam and wine. Aberglasney's Tearooms meanwhile are serving delicious loquat meringues.

As well as offering a taste of the Gardens the Tearooms has an extensive menu of fine teas and a full barista range of coffees, as well as quintessential afternoon tea including homemade cakes and pastries. The Tearooms is also open for breakfast and lunch serving a range of dishes, from light snacks to more hearty meals all made with fresh local ingredients.

Aberglasney is 12 miles east of Carmarthen and 4 miles west of Llandeilo. Open all year including this August bank holiday weekend.

A note on Aberglasney: Covering an area of more than 10 acres, which includes three walled gardens, and at its heart a fully restored Elizabethan cloister garden and parapet walk, Aberglasney (a registered charity) is recognized as one of Wales' finest attractions. The Gardens contain a magnificent collection of unusual plants, including a wide variety of woodland plants. An award-winning indoor garden has also been created within the ruins of the mansion's courtyard, where rare sub-tropical plants are cultivated. Restoration of the ground floor of Aberglasney's Grade II\* listed mansion house was completed in spring 2013 and officially opened by award winning actor Damian Lewis.

[www.aberglasney.org](http://www.aberglasney.org)

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*Image courtesy of Nigel McCall*

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05/20/12



# LLANGADOG YOUNG FARMERS CLUB, AGRICULTURAL & HORTICULTURAL SHOW



*Champions of the Torwen Sheep section, were the Williams family, Banc farm Talley, with the judge Mrs Llinos Davies.*

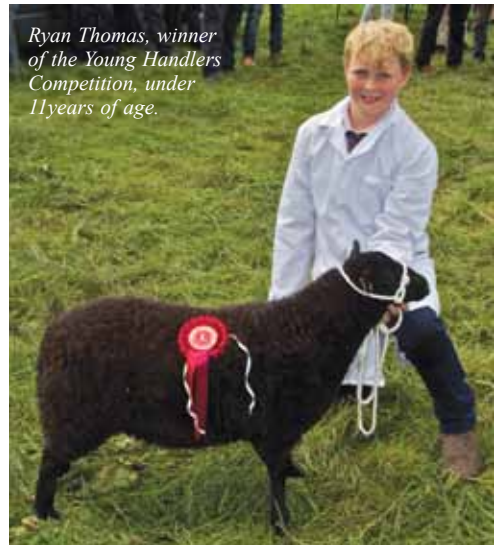


*Eirwyn Richards Pumpsaint, winning the Supreme Championship at Llangadog Show, with Wyn Jones Ffairfach, the Reserve Champion accompanied by the judge, Mr Richard Joseph.*



*Champion and Reserve Champion of the Black Welsh Mountain Sheep, the Williams family, Banc Farm Talley, with the judge, (left) Mrs Glenda Hughes.*

The show was held on the old racecourse fields in Llangadog, by kind permission of Mr & Mrs Alun Williams. The show president was Mrs Francis Davies of Cross Hands, a past member of the club and the community.



*Ryan Thomas, winner of the Young Handlers Competition, under 11years of age.*



Winners of the Interbreed of Three, with their Blue Texels, were Caryl Howells with Dafydd Lewis, with the judge, Mr Richard Joseph, together with Caryl's mother Wendy.



Frances Davies presenting Osian Williams with the Carwyn Davies Memorial Cup for Best Local Exhibit in the Dairy Cattle Section.



From left to right; Sion Roberts, (Junior member of the year) Frances Davies show president, Jack Davies (senior member of the year) with Ruth Morgan show chairman.



Francis Davies presenting Eiry Thomas with cups for winning the In Hand Classes and General Riding Section in the horse section.



Frances Davies presenting Mrs Rosemary Jones with the Presidents Award for Best Exhibit / Tradestand, chosen by the president on show day.



Jack Davies (senior member of the year) presenting Aled Thomas for the Best Exhibit in the Welsh Part Bred Horse Section.





Hand-bells in the hall! 2nd September is the date for the next Monday Club at Gwynfe Community Hall, which is excitingly going to feature Jane, who comes to us from Treherbert, with a collection of hand-bells for us to try. The bells are easy to ring and do not require the ability to read music, so please come along and try your hand – or just listen to the rest of us! As usual, the Monday Club kicks off at 1:30 and includes a hot drink + cake/biscuits for a £1 donation. See you there for this especially musical edition.

On Thursday, 12th September the National Botanical Gardens is hosting this year's 50+ annual event. Anyone who is 50+ is welcome to attend the event, which includes free admission to the gardens, exhibitions, speakers and workshops. Dip in to as much or as little as you like. If sufficient people are interested in going, free transport (from Gwynfe to the Gardens and back again) may be provided by Carmarthenshire Council; to put your name down for this for this please contact Heather on 01550 740512 or via e-mail address: [thejohnsons26@btinternet.com](mailto:thejohnsons26@btinternet.com) For more information about the event itself (including video clips), please visit their website at <http://www.carmarthenshire50.org.uk> Anyone taking part will need to join the Carmarthenshire 50+ Forum, which is free of charge. If you are not already a member, you can join here: <https://www.snapsurveys.com/wh/s.asp?k=145976161874> or on arrival at the National Botanical Gardens.

Fish & chips and music – a winning combination! On Saturday, 28th September we are combining fish & chips (supplied by Three Horse Shoes fish and chip shop in Llandovery) with the return of Heather Protheroe, the singer from Porthcawl who has delighted us on two occasions already at Gwynfe Community Hall. Please note that food must be pre-ordered by 21st September, so please contact John or Colin on 01550 740462 (or via [gwynfe\\_community\\_hall@yahoo.co.uk](mailto:gwynfe_community_hall@yahoo.co.uk)) to place your food and ticket orders. Tickets will be £10 and this will include the concert and fish & chips (or vegetarian alternative). The usual bar will be available throughout the evening. Doors will open at 7:00 with Heather beginning her performance at about 7:15. Suppers will be served at 8:30.

An exciting first for Gwynfe! We are planning a Scarecrow Festival May 9th – 10th 2020 in support of the Urdd Eisteddfod 2021 to be held in Llandovery.


Make a note in your diaries of the second weekend in May next year when the small population of Gwynfe will be supplemented by the presence of dozens of scarecrows made and displayed around the village centre. Watch out for other fund-raising events in the area in support of this most traditional of events.

A big thank-you to the members of our community from whom we receive donations via [easyfundraising.com](http://easyfundraising.com) Please join up to that if you haven't already! There is a change to the way you can now donate to us when you buy items through Amazon. All you need to do is visit [smile.amazon.co.uk](http://smile.amazon.co.uk), nominate Gwynfe Community Hall Association as your chosen charity and then a portion of your purchase price will come to us at absolutely no extra cost to you! Thanks in advance for taking the time to do this.


Gwynfe's beautiful red kite sculpture now has a bilingual engraved, slate sign thanks to thoughtful local benefactors. You may have also noticed the smart new railings that now stand around the small lawn between the Community Hall and the road. These have been installed for health and safety reasons to keep children who may be playing in that area safe.

Finally, on Wednesday, 16th October the next Arts Council-sponsored act will perform at the hall, so make a note of the date in your diary. The show I Ain't Afraid of no Ghost is a funny and nostalgic trip back to the 80's, a show for adults and older children about a family home being haunted by a playful poltergeist. More details to follow.

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## FRIENDS OF BRECON AND DISTRICT MIND

# SOCIAL PRESCRIBING IN SOUTH POWYS:

**Rhiannon Davies and Dawne Shepherd discuss the benefits and effectiveness of a Mind Cymru Project**

**Wednesday 18 September 2019, The Muse, Glamorgan Street, Brecon, 7pm, £5 (Friends/Members £2)**

The Friends of Brecon and District Mind have invited Rhiannon Davies and Dawne Shepherd, link workers from Brecon and District Mind, to talk about its Social Prescribing Project. The centre was chosen by Mind Cymru as one of four local Minds to take part in an independently-evaluated research project. Started in spring 2019 and running for two years, this considers the benefits and effectiveness of Social Prescribing in supporting individuals with mild to moderate depression, anxiety and stress to take control of their own health and wellbeing. It is funded by the Welsh Assembly Government.

Recognising that people's health is determined by a range of factors, Social Prescribing seeks to address people's needs holistically taking into account key ways to wellbeing – connecting, being active, taking notice, keeping learning, being creative and giving. The scheme offers support through voluntary and community sector organisations. Examples include welfare and legal advice,

housing adaptation, family connectedness, community-based wellbeing activities such as walking, arts and crafts, gardening, cookery and healthy eating advice, volunteering opportunities, group learning, non-clinical interventions including mindfulness and stress control and local Mind services and peer support groups.

Aimed at primary care patients from the age of eighteen, they may, typically, be frequently visiting their medical practice, experiencing risk factors for poor mental health such as isolation and unemployment, have a long-term condition, have experienced a life-changing event or have a problem linked to social, emotional and practical needs. Social Prescribing is a way of enabling primary care professionals to refer patients to a range of local non-clinical services through a link worker.

There are two part-time link workers based for one day a week in Brecon, Crickhowell, Hay and Talgarth medical practices. They explore the needs of individuals and possible solutions and empower them to make choices about treatment. Working together they create a plan, set goals and access services and activities.

The Friends support the work of Brecon and District Mind and raise awareness of mental health issues in and around Brecon, Crickhowell, Talgarth and Hay-on-Wye. It is open to everyone and holds talks, walks, social activities and fund-raising events.

Brecon and District Mind, Tŷ Croeso, St David's House, 48 Free Street, Brecon, Powys, LD3 7BP / 01874 611529 / [info@breconmind.org.uk](mailto:info@breconmind.org.uk) / [www.breconmind.org.uk](http://www.breconmind.org.uk)

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We will also require a part-time experienced admin assistant for approximately 6 hours a week. Applicants must be familiar with social media and book-keeping.

**Please apply to the Trustees, Net-Reach Charity, Llanwrda Village School, Carmarthenshire, SA19 8HD Call for further information on: 01550 777701.**

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11 11	Mercedes C220 2.1 TD CDI Blue /Fsport, Auto, Black Leather, AMG, Alloys, Black, 71000m.....	£9750
15 65	Peugeot 108 1.0LTR Active, Zero Road Tax, Met Purple, 5 Door, Only 6550m.....	£6800
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## LLANWRDA FREE LIBRARY AUTUMN PROGRAMME

Due to major reconstruction work over the year, the Free Library in the old Cornwallis school grounds has only now opened its doors to welcome Llanwrda and Llansadwrn friends.

The library will be open on Saturday mornings from 10.30 to 12.30 – refreshments are available while you choose a book from over 500 on our shelves!!

If you are interested in joining the “Scrabble Club”, please give Anne Birdwood a call on 01550 777344 for dates and times.

Maybe gardening is your interest? We will be joining our parent club for speakers and visits, but the main theme is gardening with the Llanwrda Bloomers in the Library. Penny Wait on 07881 728044 will give you further information about dates and times.

The After School Youth Club will start up when parents are available to help volunteers.

The Library is centrally heated and has a refreshment bar. Over tea and coffee, members are free to choose a book from a wide range of subject matters. The library is open to our community, but we do need volunteers to keep it accessible.

Across the playground in the Old School Dining Hall, a Floral Arts Group meets on the first Monday of the month at 7.30 pm. Fortnightly, on a Tuesday, the Sewing Bees meet there starting at 6.30 pm. Contact Chris on 01550 777800 for further details.

Please ring Pat Lee on 01550 779257 if you are interested in joining us as a volunteer.

## LLANDOVERY U3A AUTUMN 2019

We meet in the Rugby Club, Church Bank on Wednesday mornings at 10.00am the speaker of the day starts at 10.30am.

### Wednesday 11th September

An open session, a chance to catch up with friends and make plans for visits and special interest groups. Come and share your ideas, we can have a go at anything!

**Wednesday 25th September – Richard Rees**  
The London Dams that never came to Wales and how the London County Council tried to steal the River Towy.

For further information contact Anne Lynd-Evans 01550 750386.

## MARI LWYD ABERHONDDU: MEETING – SUNDAY 1ST SEPTEMBER 2019

The Welsh tradition of the Mari Lwyd has become a much loved regular feature of Brecon’s festivities.

The Mari Lwyd is an ancient folk custom that involves going from house to house – and especially from pub to pub – with an entourage playing music, singing songs and much mirthmaking!

Come join us to discuss getting involved in our local Mari Lwyd activities, which include: Celebrating the Winter Solstice, Christmas, New Year and Wassailing.

Participating in many other Mari Lwyd events around Wales and the UK.

We are looking for local musicians, singers, performers, artists and poets. Why not come and join us?

Meeting at The Brecon Tap, 6.00pm on Sunday 1st September 2019.

“O Wela Ni’n Dyfod!”

<https://www.facebook.com/MariLwydAberhonddu>

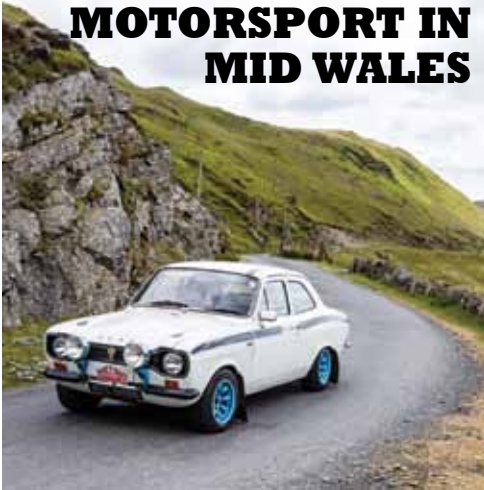
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# EPYNT MOTOR CLUB CELEBRATES 50 YEARS OF MOTORSPORT IN MID WALES



This year, Epynt Motor Club is holding a series of events to celebrate its 50th anniversary.

The Club was originally formed in 1969, when a group of local motorsport enthusiasts started holding meetings at the Askomel Hotel in Llanwrtyd Wells. It wasn't long before they had many members actively competing in motorsport, marshalling on events and organising rallies of their own.

One of the founder members, Hughie James, who is still a member of the Club today and also one of its Directors, said 'When a small group of motorsport minded people met fifty years ago, little did any of us know that we were going to see the golden age of rallying, not only here in Wales or on the Epynt Ranges but around the world. The Motor Club has been able to adjust to all the problems of the past; foot and mouth, petrol rationing, and not to mention new safety rules. Today we face a new challenge with the talk of climate change, electric cars and all the variety of things going on. I wish I could see into the future and say that Epynt Motor Club will be here in another fifty years but we are happy to have made it this far!'

The celebrations kicked off on Sunday 19th May with the Cambrian Mountains Tour, which was a brand new event for the Club. The relaxed tour along a 145-mile route of classic roads and beautiful scenery was a big success and will be run again next year. Fifty cars entered the

inaugural event, including several classic cars along with modern sports cars and road rally cars. The start was held at Llanwrtyd Railway Station, opposite what was the Askomel Hotel, the original home of Epynt Motor Club. From there, the cars went through Llanidloes and Machynlleth en route to a lunch stop on the banks of Tal-y-Llyn Lake. The afternoon took the cars around Nant-y-Moch Reservoir to Devil's Bridge and Tregaron, before descending Devil's Staircase to finish at the Belle Vue Hotel in Llanwrtyd, where prizes were awarded for the best turned out cars. Pictured is Hughie James, who completed the Tour in his Escort MkI, courtesy of RallySport Media.

The Club started the summer by organising the Llanwrtyd Wells Festival Treasure Hunt. Then on August Bank Holiday weekend, it will hold the 41st running of its tarmac stage event, the Old Forge Garage Mewla Rally on the Epynt Ranges. The rally is part of several championships and will be well-worth a trip to the spectator areas to see the action live. Spectator information will be available soon from [www.epyntmc.co.uk](http://www.epyntmc.co.uk).

A 50th Anniversary Party is planned from 4pm on Sunday 15th September at the Jubilee Hall, Llanellwedd. All members, past, present and future, are invited. The opportunity to reminisce will include a Grand Prize Draw, buffet, drinks and entertainment into the night. If you would like to attend, please RSVP by Saturday 7th September to Emma Lewis, email [epyntmc50@gmail.com](mailto:epyntmc50@gmail.com) or Tel. 07939 226442. Please bring along any memorabilia of the Club to share.

To end the year, the Club will be running its annual DG Jones Agri Ltd. Powys Lanes Rally, which is based in Builth Wells and organised by the younger members of the Club. The Rally has donated nearly £12,000 since it first ran in 2011. This year, the event will again provide a route of over 100 miles through the night using the classic lanes of mid Wales. Pictured are last year's winners, Kevin Davies and Dale Bowen, in a Ford Escort MkII, courtesy of JMS Photographic.

Current Chairman of the Club, Alun Probert, said 'We are very excited to welcome members old and new to celebrate with us throughout the year and hope to raise proceeds, which we have decided to donate to Wales Air Ambulance and The Bracken Trust'.

To find out more please see the website [www.epyntmc.co.uk](http://www.epyntmc.co.uk) or find Epynt Motor Club on Facebook.



[www.epyntmc.co.uk](http://www.epyntmc.co.uk)



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02/20/12

# LLANDOVERY ROTARY CLUB



As we moved deep into Summer, August provided us with a huge mix of weather. Hot sun, wind, drizzle, rain, more rain, even more rain, more wind, more sun and even more rain and sun and wind and more rain again. There was no knowing what to expect. A bit like being a Rotarian really. We never know what to expect. We gave money away, we had a guest from a far off land, we had 7am starts, we had midnight finishes and we even stood on a mountain for many hours receiving money! We just never know what to expect.

Many Congratulations to the Llandoverly YFC (Young Farmers Club) Tug of War section on their selection to represent Wales in Ireland. A wonderful and hard earned honour indeed. They wrote asking for financial assistance to help with the cost of such a trip and we were delighted to make a donation to help 'Take the Strain'.

We received a very nice letter from Llandoverly AFC (The Football Club, or Soccer Club if you are American) thanking us for our recent donation.

The very successful Schools Competition took place at the Rugby Club recently. The wonderful Art Entries will be, or already have been by the time you read this, on display at the Llandoverly Museum and the Post Office. Thanks to both those wonderful local enterprises for their support. Thanks also to Hugh Davies, Lowri Owen (now Dyer), Elin Watkins as well as Gina and Carol for their help with the competition too.

President Mickey has been in conversation with Margaret Davies regarding the 'Message in a Bottle' scheme that some Rotary Clubs undertake. Secretary Dan advised us that we had agreed to involve ourselves in this about two years ago but had yet to collect the necessary equipment and documentation from Merthyr. The scheme basically means that if an ambulance is called to a home and there is a Green Cross on the fridge it would mean that there would be full personal, medical and contact details in a container inside the fridge. Gina had made previous enquires and this would be followed up. Thanks Margaret. We are on it.



*The Rotary sponsored Llandoverly YFC Tug o' War team representing Wales in Ireland.*

We offer Birthday Greetings to our Honorary Member Subrahmanyam Ganesh on his upcoming 90th birthday. Ganesh has been a tremendous and loyal friend to us since our Club's inception. Ganesh has been a member of Merthyr Rotary Club since his arrival here in the UK as a Junior Doctor. One of his first jobs on arrival was to attend the Aberfan Disaster on 21st October 1966 which claimed 144 lives, a truly harrowing experience for anyone. But Ganesh is one of life's really genuinely nice people and it has been us who have had the great pleasure to know him as a friend and a true Gentleman. We wish you a very happy birthday Ganesh and we will be there to help you celebrate it on 7th September. Penblwydd hapus i ti Ganesh.

I asked outgoing President Gary Strevens for an outline of his meetings and attendances during his year in office last year. I wish I hadn't. It would take about 9 pages of this magnificent free publication and if I printed everything Aaron would have to charge us!

Some Presidents go with the flow, some are laid back and let it happen and some (mostly those who are retired) put as much in as they can. It matters not at all, we are grateful to all Presidents but Gary was one of the last ones. He put as much in as he could. And then some. And then some more. Gary said from the outset that he wanted a very full year. He got one! Apart from a record eighteen Speakers and Chairing approximately 45 meetings Gary also involved himself in attending the Motorbike Weekend, the Harry Flatters Rally, Luncheon Club, Meals on Wheels, the Schools Competition, his President's BBQ, The District Rotary Quiz, Scatter Meetings, Welcoming the District Governor, the wonderful Mystery Trip organised by Anthony, attending a Beer Festival, Marshalling the Tour of Britain Bike Race, visiting other (sometimes out of town) hostels following Bank Holidays, Welsh Speaks, Remembrance Sunday, Turn on Christmas Lights, Christmas Town Party, the wonderful Ladies Cake Stall, Christmas Santa to the outlying villages (122 miles), the Winter Dinner, Skittles, Christmas Hamper deliveries, The Carnival and of course Droverfest. See! I am NOT giving a report on all of those thank you. Sack me if you like, but I am just NOT doing it. Gary did of course have fantastic support from his lovely wife Carol who gave outstanding contributions in her own right to the Santa Sleigh, the Make Up Party, the BBQ, the cake stall and to the "Old Mill Foundation". We sincerely thank you Carol for your outstanding contribution. Gary meanwhile continues with his busy life because as well as all that last year he made a massive contribution to the setting up of the wonderful Llandoverly Museum & Gateway Centre. We congratulate and thank you Gary for your incredible contribution to Llandoverly Rotary Club and to the town.

We have been thanked for our donation to the Llandoverly Karate Club and we were invited to attend their next practice to award the cheque. Being unsure whether we were to be used as guinea pigs or fodder for target practise we played safe and sent Anthony! When instructor Matt Stockham gave us an exhibition some time ago Anthony had just joined the club and we pushed him





*Anthony presents our donation to his grateful colleagues of the successful Llandovery Karate Club.*

forward and forced him to volunteer then, only for us to witness him being punched in the guts so hard that none of us dare volunteer again. Seriously, it is a growing club with many junior members who are very well supervised by a National instructor and they win many prestigious awards. We hope our donation helps and we wish you continued success as a prospering local club. Well done.

We received a request for funding to support the Pumpsaint half marathon in aid of Cylch Meithryn Llansawel. Even though strictly this is Llandeilo's patch we have supported it before and we're happy to support with a small donation. Pob lwc.

Droverfest. Just to give you some indication what was involved to arrange and put on a function of this magnitude the Chief Coordinator, Impresario, Organiser, General Dogs Body and Chairman Barry Clement gave us a breakdown of some of the facts. It took a period of 6 months and over 14 intense committee meetings to arrange but it would never have been possible at all without the hugely generous offer from Mickey Gough and the full support of Clee, Thompkinson & Francis to make the Mart available in the first place. Barry reported that they were grateful to everyone that supported the event during set up and strip down of the Mart itself as well as those that were unable to attend but financially supported the event in any way. The massive generosity of the sponsors was another key to its success and Barry also reported with great pride saying that it was a great pleasure to work with the Young Farmers Club who impressed him immensely. If the main organisers of Barry, together with the YFC members Telor & Lowri Dyer, Dylan Morgan, Carys & Rhian Hughes and our Dai, Anthony, Gary and Mickey can gather themselves sufficiently before January they might just go and do it all again next year! You never know your luck.

At 7am one Sunday morning a few bleary eyed and handdog looking members met at West End Cafe to intake sufficient sustenance to endure a shift upon the notoriously unpredictable Epynt Mountain to Marshall the Harry Flatters Rally. This brings in much very



*Chiara Capelli Arisi Rota from Rome with our President Mickey.*

welcome funds and adds a real spring to our Treasurer's step. Well done to all those that returned looking a lot healthier than when they set out. Ohhhhhhh that lovely fresh Welsh mountain air!

Derek reported that our facebook page (Llandovery Rotary Club) is going from strength to strength. We have followers from all over the world including Sri Lanka, Pakistan, Italy, Germany and India. You are all welcome to 'follow' us to get the latest news.

Also 'follow' Love Llandovery to get all the local news. Almost 5,000 people already do.

We had a request through our facebook page from Chiara Capelli Arisi Rota, an Italian asking to attend our next meeting with no further details. We knew not what to expect. As members waited in the King's Head some of whom had practised their best 'Bongiorno' and 'Benvenuto' they need not have worried when in walked a lovely Italian lady who welcomed everyone in perfect English. Much relief all round! Chiara was staying in Llanddeusant and was a Border Collie Breeder who had stayed over following the National Sheepdog Trials. Chiara was from a Rotary Club in Rome which had approximately 90 members and there were around 20 clubs in Rome. She thanked us for a lovely welcome and would love to visit again. You would be very welcome indeed. Grazie Chiara.

We have a meeting this week in the Indian Lounge as we try to get into the community more and more. It is also Ian's last meeting before heading into a well earned retirement in Abergavenny. More on this next month. Our numbers have dropped in recent years and we need to be on the lookout for any potential new members. That is going to be a priority in the coming months. We are a vibrant, busy bunch and we raise a lot of money returning it back into the local community whenever we can. We want to keep it that way. Many people and local good causes depend upon us. It is also hugely fulfilling. We have no intention of letting that change. Oh, and we do have a great deal of fun and enjoyment along the way too.

You can hear how we get on and you can catch up with us again here at the same time, same place, next month. See you all then.

Derek Jones.



# LLANDOVERLY RUGBY CLUB

Club website: <http://llandoverlyrfc.co.uk>  
Office email: [droversrfc@gmail.com](mailto:droversrfc@gmail.com)  
Office Phone: 01550 721110

Croeso cynnes i chi gyd i erthygl misol Y Porthmyn!  
Welcome, once again, to the regular Club news.

The coaches have worked hard during the off-season, ensuring that key players like Richard Brooks (Captain) Lee Rees (Vice Capt.) Rhodri Jones and Jack Maynard to name but a few will continue for another season at Church Bank. Our main signing for the new season has been former Bedwas captain Alun Rees who is well known to the Llandoverly coaching team as a highly respected opponent in past years. The hooker is an experienced Premiership player who will fight for the number two shirt with Ricky Guest. Otherwise, the squad will be pretty much the same as last year except for the departure of props Dean Howells and Dexter Thomas. Centre Carwyn Morris who, last year, played for the Wales U19s development team against Japan joins from Ammanford and there is a welcome Church Bank return for another centre in Craig Woodall who has recovered from a shoulder injury that kept him side-lined for the whole of last year.

The First XV kicked off with our regular pre-season friendly against Cinderford in mid-August but we start the season proper with an away game at Quins and then have two games at Church Bank - the first (on the 14th ) a Cup match v Ystalyfera and then the following weekend we welcome RGC.

You will also have heard the great news that, as one of last season's top six, the Drovers have been included in the new cross-border competition with the Super 6



*Here are the mascots for our pre-season friendly v Cinderford*

Scottish teams. We will, of course, let you know further details of fixtures as soon as possible later in the season.

The Athletic are also back in training and welcome Nantgaredig to their first home game on the 7th (when the First XV are away at the Quins). The following weekend we are away to Narberth and then Home to Carmarthen Athletic on the 21st – a busy weekend with RGC as well!

We have high hopes for our Youth and Junior sides too – look out for some of them as mascots and ball-boys at our home games, and give them a big welcome when they step on to the pitch. We have two special mascots this week Caio and Lili who are the children of Richard Brooks and Ricky Guest. Little Caio informs me, than even though his dadi is our captain, he's not his favourite player -JACK MAYNARD is! They were in action for our friendly against Cinderford as you can see from the photo! It certainly makes for a faster game when young legs are bringing the ball back into play than when we have to rely on old men to bring it back to the pitch!

As you may know, very few Premiership clubs are lucky enough to be able to run the full range of amateur sides that we have here in Llandoverly. That is only possible because of the work done by a host of unpaid volunteers but it also, inevitably, places a considerable extra cost burden on the Club.

**Dave Newton**  10/18/13

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This year, as many of you already know, the WRU has reduced the Premiership grant that helps to support us – and there will be further reductions in the following seasons as well. With other costs continuing to rise we have had to re-consider, over the summer months, how we organise and run the Club.

After a lot of discussion and soul-searching we have decided that, to help us meet these challenges, we had to take action on a number of fronts. Firstly, we recognised the need once again, to appeal to the generosity of our sponsors, advertisers and members. Their response has been tremendous – our grateful thanks to all those local businesses who have decided to use the Club to help us and also promote their services this year, either as returning or new customers - there are a lot of new names on the banners around the field, in the programme, on the website and, of course, on the players' jerseys. Our thanks also go to all members new and old and those who have decided to join us in the new 25 Club.

The next, and more difficult, decision was how to grow our hospitality and catering business sufficiently to make sure that we can be as competitive as possible in the Premiership and also keep all our community sides going.

Based on advice from a variety of professional sources we have invited Chris Reeve (for many years landlord of the highly-regarded and popular Brunant Arms) to look after this side of things for us. As many of you will already have discovered by now, Chris and his team have been working hard to get things ready and they all look forward to seeing you at the Club. As well as the normal bar welcome Chris will be serving food in the Red Room (or in the main room, if you have a big party) from Thursday evenings through to Sunday lunch time.

To book a table, just get in touch with Chris on 07734 361686, email him (Chrisreeve90@yahoo.co.uk) or via his Facebook page. He will be happy to help out with all your entertainment needs – especially as Christmas is fast approaching (and he has already taken the first bookings!).

Our caravan park continues to go from strength to strength and we now have a waiting list for seasonal pitches. Our wardens Richard and Lorraine are doing a great job keeping our clients happy and getting some great feedback from the AA tourism inspector!

Finally, once again a big thank you to the hard core of volunteers who have given up their time over the summer to again do some vital maintenance work and generally help to make the Club look, and run, that little bit better. Now it's over to you! We look forward to seeing you all again at Church Bank. If you are already a member, don't forget that you can get a 5% discount if you introduce a new member at Season Ticket level. And why not also join our Bonus Ball lottery competition or persuade a potential player (from 6 years upwards!) to come training - it all helps!

We hope you are all looking forward to watching some fine rugby again at Church Bank this season – ymlaen y Porthmyn!

Edrychwn ymlaen i'ch gweld ym Manc yr Eglwys cyn hir. Gwerthfawrogwn eich cwmni a'ch cefnogaeth yn fawr iawn. Er gwaethaf pawb a phopeth, 'dyn ni yma o hyd! Ymlaen Y Porthmyn!

11/19/01

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(09/2012)





# CONCERT TO SUPPORT TENOVUS CANCER CARE AND CANCER RESEARCH WALES

On 14 April 1967, the Tenovus Institute for Cancer Research, based at the University Hospital of Wales in Cardiff, was opened by HRH Princess Margaret. Since then, the Institute has produced industry-leading research, changing the lives of cancer patients all over the world.

In 2010, Tenovus Cancer Care set up the first 'Sing with Us' choir, the first of many across Wales, and continue to research the benefits of singing for people affected by cancer. The Royal College of Music and Imperial College London have demonstrated scientifically that being a member of a choir and singing together makes people feel better. They have shown how this works biologically.

Singing reduces anxiety and depression, has a positive impact on biological markers related to stress, immune function, and inflammatory response, it reduces cortisol (stress hormone) levels, and has an impact on choir members' endorphin and oxytocin levels which relate to social bonding. There was also a positive change in a range of biomarkers related to immune function and inflammatory response in the body, both of which may be linked to the body's ability to fight serious illnesses including cancer.

Choristers with Cantorion Llandeilo Singers have all enjoyed the feeling of elation after an evening of singing, and are delighted to be able to donate a massive 80 per cent of ticket sales from their next concert to Tenovus Cancer Care and Cancer Research Wales.

By combining Cantorion Llandeilo Singers with other choirs, music director Gordon Kilby has formed the West Wales Choral Collective - a choir of 101 singers - with a 42-piece orchestra led by Nia Bevan. This needs a big venue so we will be performing in St Mary's Collegiate

Church, Swansea. Coaches will be available for concertgoers from the Llandeilo area - at a cost of just £3 return trip to Swansea.

For a truly wonderful evening and to support these major charities which touch all of us in some way, come along on Saturday, 19 October 2019, and enjoy Puccini's *Messa di Gloria* and Sullivan's *Festival Te Deum*. Tenor Robyn Lyn Evans, bass baritone Robert Glyndwr Garland, and soprano Helen Massey will perform the solo parts and William Reynolds will play the organ as part of the orchestral forces in Sullivan's *Festival Te Deum*.

It will be a great evening out and for the ticket price of just £15 (plus £3 if you join the coach) it is an event not to be missed. The concert starts at 7.30 p.m. Tickets are available at Peppercorn in King Street, by calling 07851 786569, or at the door.

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Dydd Iau/Thursday 10.00am - 1.00pm,  
2.00pm - 4.15pm

Dydd Gwener/Friday Ar Gau/Closed  
Dydd Sadwrn/Saturday 10.00am - 12.00pm



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10/19(12)

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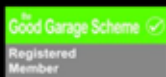
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09/19/03

# CO THI GARDENERS

Blazing sun accompanied by record-breaking temperatures, thunderstorms and wind. Gardeners have faced plenty of challenges this summer. Hopefully the edible produce growers among you will have had a good harvest with plenty for the kitchen, freezer and preserving pan.

After all the hard work why not join us on 18th September to listen to Brinley Watkins' presentation, 'Vegetable Growing with a Twist'. No matter how long we've been planting and growing, it's never too late to learn something new and this promises to be an informative and entertaining evening. If you're just beginning to grow vegetables or want to start a new kitchen garden project next spring, then Brinley will give you plenty of ideas.

Don't forget that our members often have surplus plants from their own gardens and these are sold at each meeting with proceeds going towards club funds, so come and find an Autumn bargain at our plant stall.

Cothi Gardeners meet at the Coronation Hall, Pumsaint, on the third Wednesday evening of the month at 7.30pm. Guests and visitors welcome, £3, to include refreshments.

Visit [www.cothigardeners.com](http://www.cothigardeners.com) for more information, including details of upcoming talks this season.

We're on Facebook too, or phone Yvonne on 01558 650870.



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09/19/03



# NEWS FROM CWMDU

## THE SHOP

There have been a few changes in goods and suppliers recently. Fresh bread is now being supplied from Mary Ellen in Llandeil on Tuesdays. This can be ordered, but we try to keep a limited supply at all times. Local cows' milk in glass 1 pint bottles (to reduce the use of plastics) is also available if requested, but these must be pre-ordered by 11am on Fridays for collection on Tuesdays. The usual plastic containers of fresh milk are still available.

A limited but varied supply of fresh salad and other home grown veg are delivered on Tuesday mornings by a local grower. Local honey and home-made jams and chutnies are always available, as are local free range hen and duck eggs.

If you wish to support the community shop but find you are unable to due to its limited opening hours, you can place an order by phone and arrange when you can collect it from outside the building in sealed containers which are available from us or supply your own. For more information and to place orders, please telephone Lesley in the shop on 01558 685156.

## CIDER TASTING AND APPLE AND CIDER DAY

This year there will be cider tasting in the Cwmdu Inn on Saturday, October 5 in the evening and an apple themed meal in the community run restaurant. We will also have the apple crusher and press available – please book beforehand.

The usual Apple Day and cider tasting event will be on Sunday, October 6th starting at 1pm in the Cwmdu Inn garden. There will be live music and Morris Dancing with the Carreg Las Morris Dancers. The usual games and competitions will be held for the children, cider tasting for the adults and the annual cooking competition for the coveted Margaret Jenkins Memorial Cup for the best Apple themed product. There is also a competition for the best home-made cider. All competition entries to be in by 2pm please. Paul Davis of Dolauhirion,

Capel Isaac will be on hand with advice on varieties and cultivation and to take orders for young trees. He will also try to identify any unknown fruit from your garden or orchard that you may have inherited – bring along a couple of typical samples, including the stalk and a leaf. We hope he will also give a talk on apple trees and their fruit production in general and answer any questions. The apple crusher and press will be available throughout the afternoon as usual, so bring along your spare fruit to juice on the day. Don't forget to bring some containers to take the juice away in. The equipment will be available again on Saturday, October 19 if required. For more information, contact the shop/pub on 01558 685156.

The Community Restaurant. Meals are served every Saturday with a different local chef each week. Each chef produces their own style of cuisine, all homemade and using as much local produce as possible. All offer vegetarian options, and all meals at a reasonable price. Menus appear weekly from about Wednesday on Facebook or are displayed in the shop. For details of the chef and menu, and to book, please contact shop/pub on 01558 685156, or join our mailing list by contacting [events@cwmdu.com](mailto:events@cwmdu.com).

Shop and Post Office (open Tues – Fri 9.30am till 1.30pm, Sat 9.30am till 12.30pm)

Cwmdu Inn (open lunchtime Tues – Fri 11.30am till 1.30pm, evenings Wed – Sat 7.00am till 11.00am)

Restaurant every Saturday 7.00pm – 9.30pm

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02/20(12)

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# Padmasambhava Yoga & Meditation Centre

The summer holidays are now over which we hope means that everyone is feeling relaxed and ready to take part in the wonderful selection of classes that the Autumn term is bringing. The term starts on Monday 16th September with the usual good selection of classes suitable for people of all ages and abilities and for people with varied experience. There are some daytime classes available as well as evening ones. The Wednesday Open Class (1.00 – 2.30pm) invites those who have tried yoga before and Ammanford's evening class (Ebenezer Chapel, Mondays 6.30 – 8.00pm) is open to both those with experience as well as beginner's. The centre will be running a new Beginner's this term.

A new four-part course, The Golden Thread: Sadhana and the Rhythms of Nature, will be starting this winter. This four-part course with Poornam and Vanessa explores Sadhana – the path of practice – and the interrelationship between us, our environment and our inner nature. Following the cycle of the seasons, the tools of yoga and a deepening awareness of Nature, participants are invited to undertake their personal quest for a full year with practices both inside and outside. The course will be held at the Botanic Garden of Wales. The course dates are: 9th November 2019, 14th March, 13th June and 12th September 2020. Please contact the Centre for further details and a brochure.

Classes at Padmasambhava are special in taking 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 a Yoga Nidra, a deep relaxation practice which helps reduce stress, calms the mind and relaxes the body. All these points make classes especially beneficial and enjoyable. Indeed, the classes can help you deal with everyday life and the problems it may bring and generally help with your well-being. Please do call the Centre on 01558 823842 to find out about yoga and what taking part in a yoga class involves and they will be pleased to speak to you. Details of classes can also be found in the brochure, on the website [www.padma.org.uk](http://www.padma.org.uk) or emailing [mail@padma.org.uk](mailto:mail@padma.org.uk).

## Chair-based Yoga at Maes Elfryn Hall

This class is held fortnightly on Friday afternoons 3.30 – 4.30pm and is perfect for Elders and those with restricted movement, limited mobility or unable to do floor-based yoga. It is a good introduction to yoga through gentle movements whilst seated. Seated yoga helps increase flexibility and balance, helps improve body and limb movement and increase strength. Time is spent during each class working with breath awareness and breathing practices, which are useful tools in everyday life. Each class ends with a deep relaxation practice. For more information please ring the Centre on 01558 823842 or visit online [www.padma.org.uk](http://www.padma.org.uk), email [mail@padma.org.uk](mailto:mail@padma.org.uk).



Recent television programmes such as David Attenborough's Blue Planet 2 and Hugh Fearnley-Whittingstall's War on Plastic have highlighted the tremendous negative impact plastic wastage is having on the world's Oceans. Pictures such as floating islands of British plastic waste in Malaysia and Sea Turtles' tangled in plastic bags show how dangerous and long-lasting single use plastic waste is to the natural world.

Here at Weigh of Life we are aiming to reduce that impact by providing shoppers with the chance to refill their containers or buy in reusable paper bags products which if you visited supermarkets would be purchased in single use plastic bags and containers. We stock a range of dry beans, lentils and fruit, Nuts, Cereals, Pasta including Gluten-Free and Rice as well as Coaltown Coffee Beans. You can also purchase a range of eco-friendly household products such as toothpaste in glass jars, bamboo toothbrushes, coconut hair brushes, and drums to refill your cleaning products from.

Find us on Kings Road, Llandovery next to The Bear

## OPENING HOURS

<b>MONDAY</b>	<b>10:00 – 17:00</b>
<b>TUESDAY</b>	<b>10:00 – 17:00</b>
<b>WEDNESDAY</b>	<b>10:00 – 17:00</b>
<b>THURSDAY</b>	<b>10:00 – 17:00</b>
<b>FRIDAY</b>	<b>10:00 – 17:00</b>
<b>SATURDAY</b>	<b>10:00 – 17:00</b>
<b>SUNDAY</b>	<b>CLOSED</b>



10/19(3)

# LLANDOVERY GARDEN CLUB

David & Babs Rees would like to thank everybody who supported their Open Garden at Gas Cottage on 14th July this year. A special thank you to those friends who provided plants etc. for a stall also raffle prizes. Another special thank you to friends who spent the afternoon working in the kitchen, selling raffle tickets, or manning the plant stall. After money raised from the plant stall and the raffle tickets together with your very generous donations we raised a total of £750.00 for Air Ambulance Wales. Below is their letter of thanks



## LLANGADOG W.I.

We have had a couple of busy summer months. In early July we had tea at The Ivy Bush Royal Hotel, Carmarthen and later that month one of our members opened her house and garden to us all, and a few other visitors, for an afternoon cream tea. There were savouries, sandwiches and scrumptious cakes donated by our members. The grand sum of six hundred pounds was raised for charity. A wonderful afternoon was had by all. At the end of July, 6 members enjoyed a concert at Bethlehem Old School Hall given by Jam Jar Blues, a local duo. It was a fun evening. In August 8 of us went Ten Pin Bowling, and after for lunch at The Caraway, another nice outing together. In September we will be back to our usual monthly meetings on the first Thursday of the month. We are looking forward to a talk from Shelly Kirkham about the Ty Hafan Children's Hospice and it's services in the community. New members are always welcome at our meetings in the Llangadog Community Centre, September 5th, commencing at 7.00p.m.

## CHAFF IN THE WIND

As a crotchety old age pensioner I find that I have an occasional spare minute or two to observe my surroundings and watch nature being so thorough in what it does for the benefit of us one and all. I sat own to take a good look at my runner bean row, which is an important part of my kitchen garden.

It was mid July and the beans were eagerly climbing a little more than half way up the sticks, the weather was very warm, and they were watered each and every day, also having an organic feed once weekly, the growth was phenomenal with flower buds beginning to form on the lower leaf axils. I decided there and then that growth was too rich, so I withheld the watering for a few days, now this was a shock to their system, and by the time they reached the top of the canes they had responded to this hard treatment by smothering themselves with flowers, each plant had a dozen stems, each one carrying a dozen flowers or so, all this added up to a potential crop of 120 beans per plant, a crop that one can only dream of, but alas soon after we had a windy storm that did no good at all, but we still hope to harvest a good crop this year, we already have quite a few stored safely in the freezer for use next winter.

Earlier this month I attended the Pembrokeshire young farmers show at Lamphey, not far from Pembroke town, meeting a friend there, he pointed across the valley to some large fields, and explained to me that there had been an agricultural demonstration there recently, apparently some expert, armed with a spade had walked the fields, demonstrating to his numerous audience how to carry out an active worm count in the said fields. I understood that he failed to find a single worm whilst he crossed back and fore over this large field.

All this should have, and hopefully was, a good and hard lesson for the so called progressive farmers that support such modern demos, not even they can carry on abusing and killing off nature wholesale like this, without worms there is a lot less nutrient rich rainwater penetrating the top few inches of soil, this is half the reason for the recent extreme flash floods that worry all our local councils. Let alone all the dead spiders as well.

Looking back a hundred years a typical farmer, with his wife and servant would spend three hours a day sitting on a three legged stool, hand milking some twenty cows or so, all this costed him very little, and he spent very little else, today it seems to me that progressive farmers are fast becoming slaves to modern mechanisation, they can by now do very little with out it becoming rather costly!. Well there it is then.

W J Davies.



## SEPTEMBER 2019

We think they've just about recovered! Mat, Joe and Ioan conquered the 24 Peaks Challenge within 24 hours all in support of ChallengeAid. This improbable Llandoverly crew took on the 24 Cumbrian Peaks (all above 2,400 feet) of the Scafell and Helvellyn Range within 24 hours. The Lake District 24 Peaks Challenge covers a walking distance of 35 miles (56km) with 13,000ft of ascent (4,000m). Money they raise will go towards our Schools of Hope projects in East Africa. If you'd like to support their fundraising, then we'd all be really grateful! You can do so through Just Giving. <https://www.justgiving.com/fundraising/mat-morandi>.

Huge congratulations to the three of them, we hear they are already planning 2020's Challenge.



### Can you help us?

Are you at University or about to start University? If so, we'd love to hear from you. We are looking for students to become ChallengeAid University Charity Ambassadors and 6th formers to become School Ambassadors.

Are you a confident, motivated person and would you be able to speak with knowledge about ChallengeAid so that you could promote the work of the Charity to your peers and fellow students of the University or School and through social media?

Do you have a flair for fundraising, and would you like to organise events at your University or School to support the work of ChallengeAid in East Africa?

Are you a teacher who'd like to promote active global citizenship at your school?

This invaluable experience for School Ambassadors would be used for The Duke of Edinburgh's Award, Welsh Bacc, UCAS applications and CVs as well as for gaining experience in fundraising, public speaking, event management and international development.

Elis Hopkins, a former ambassador says, "Not only did it give me purpose and a feel for service, I now feel more empowered to help people".

Meanwhile in Mathare, Kenya one of Nairobi's largest slums we have started a Chess Academy for our better players from the 12 Schools of Hope to help them become the Chess Champions of the future and one of our recent life skills programmes was a debate on "technology – a help or a hindrance" where students were able to hold a serious debate helping them to become the speakers and leaders of tomorrow!



You can read more about the ambassadors programme and the charity on our website (<https://www.challengeaid.org/>) but please do get in touch if you have any questions- [info@challengeaid.org](mailto:info@challengeaid.org) 01550 721122.

Just to remind you, our Fun Run will be held on Sunday 29th September starting at Llandoverly RFC at 2pm start for the 2.5k and 3pm start for the 10k run for adults over 16 years of age.

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11/19/20

# LLANWRDA CRICKET CLUB



Our Annual Dinner and Presentation Evening will be at the Llandoverly Rugby Club on Saturday 28th September. Our guest will be Steve Davies – a very experience umpire and a former Chair of the Wales Association of Cricket Officials. If you would like to come along please contact Gwynn on 07956 147464 or at LlanwrdaCC@gmail.com.

Llanwrda 1st XI performed strongly against Merthyr on 20th July to consolidate their spot at the top of the table. Sent in to bat, there were good knocks from Nigel Clarke (37) and Cerith Rees (45), with 174 runs scored by the end of Llanwrda's innings.

Llanwrda's bowlers were outstanding in their reply, with Dave Cumming ending with 4 wickets to his name, and the rest of the wickets equally shared out between Steff Roberts, Garan Williams and Nigel Clarke. One of the wickets also contained a stunning one handed catch from Cerith Rees!

A brilliant batting display gave Llanwrda another victory on Saturday 27th July, despite a strong innings from Great Western Railway. Sent into bat, GWR managed a couple of good partnerships and ended on a challenging total of 167, with Garan Williams taking 3 wickets and Steff Roberts taking 2.

But, it was the Adrian Davies-Nigel Clarke show in Llanwrda's reply, with a monumental partnership of 168 meaning Llanwrda scored the runs without losing a single wicket! They contributed scores of 69\* and 65\* respectively, a stunning performance.

Llanwrda racked up a 12th win of the season on Saturday 3rd August, as Kidwelly were beaten by 55 runs at Castle Fields. Batting first, there were a few handy contributions from the Llanwrda batsmen, and a score of 158-7 may have been a little under par, but a good total nevertheless.

Yet again, Llanwrda's bowlers showed their strength with accurate bowling, keeping the Kidwelly batsmen at bay. Nigel Clarke put another 4 wickets to his name too (4-26), one of which included an incredible catch from 'the acrobat' Cerith Rees! Kidwelly saw out the 40 overs with 103-9.

Despite the gusty winds, last Saturday's game went ahead where an unexpectedly strong Briton Ferry Steel side managed to take the points in a reduced overs game. Bowling first, Llanwrda kept the score low at times, with Garan Williams taking 2-17, but due to some big hitting in the last few overs, a target of 204 was set.

Llanwrda's reply started off positively with Adrian Davies scoring 33, and David Cumming also chipping in with 28, but with the score at 98-5 after 27 overs, a heavy downpour left the field looking more like a swimming pool! This meant BFS won by their higher average run-rate.

With 3 games of the season to go, Llanwrda still lead Gowerton by 3 points, with Pontardawe a further 30 points adrift. It is going to be a tight finish to the league.

Training for juniors, and also the new Women and Girls' team, is on Friday evenings starting in the New Year. Girls and boys aged 5 and over are welcome to join Llanwrda C C.

Please call Liz on 07791 241197 for details about the Women and Girls' team. Please contact Gwynn Davies for information about the juniors on 07956 147464 or LlanwrdaCC@gmail.com for more details, or just search online for "Llanwrda Cricket." We are also on Facebook. Come and join us.

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

## LLANWRDA C C BONUS BALL WINNERS

17/07/19	23	Bethan Price
24/07/19	22	Nigel Clarke
31/07/19	3	Lloyd & Alys Cumming
07/08/19	31	Rhys Davies
14/08/19	23	Bethan Price

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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# RAS MYDDFAI 2019



This year Ras Myddfai was held on Friday 9th August in weather which can only be described as challenging. The heavy rain showers, thunder and lightning did not put off the brave runners who turned up and they should be congratulated on a superb effort in overcoming the elements and completing this popular and demanding course.

A special mention to the enthusiastic young children who turned up to run in the rain and even ended the run with a smile on their faces!

## RESULTS

### 8 mile race

1st male – Glyn Price

2nd male – Matt Yelland

1st female – Wendy Price

2nd female – Clara Davies

### 5 mile race

1st male – Scott Price

2nd male – Tim Rainer

Joint 1st and 2nd female –

Catrin Gaskell and Emma Booth

### U14

1st – Alex Coles

2nd – Harri Rivers

### U11

1st Boy – William Coles

1st girl – Fflur Jones

No race would be successful were it not for the generosity and kindness of local businesses and people.

We are indebted to Brodyr Tymelyn, Doel and Rowlands, Price of Llandoverly, Lyn Richards, West End Cafe, Peter Rees Erwlon, AdClad, Trydan Arthur for their generous donations. Thank you also to the Myddfai Trading Company, Ty Talcen, Pentwyn Tweed, Sheik and Hazel Ahmed, Co-op Llandoverly, Ystrad Nurseries, Patisserie, Ratcliffes, Morris Isaacs AR and H Davies.

As always we are very grateful to members of Seion chapel for the provision of a wonderful tea after the race.

A big thank you also to the volunteers who helped with the marshalling, stewarding, and timekeeping including Les and John Griffiths, Alan and Mary Bastable, Tim and Mansel Morgan, Geraint Hafod, Robin Barlow, Iestyn Thomas, Ann Williams, Handel, Daniel and Rhodri Davies.

The proceeds of the race which amounted to £410 will be divided between Air Ambulance Wales and Llandoverly Cottage Hospital.

Diolch I chi gyd am eich cymorth a'ch cefnogaeth a gobeithio gweld chi y flwyddyn nesaf.

Next years event will be held on Friday August 7th 2020.



# LLANDOVERY CROQUET & BOWLS CLUB



## LLANDOVERY VICTORIOUS ONCE AGAIN!

In a repeat of last year's match, Llandovery Croquet Club overcame a much improved Cardigan Croquet Club by 11 games to 5, on Tuesday 6th August. The top pairing of Arwyn Davies and Tim Crowdy won all 4 of their games. We now look forward to the away match on the challenging lawns at the Cliff Hotel, Gwbert and in September we will play against the newly formed Llanidloes Croquet Club.

Despite losing some members, who moved away from the area at the start of the season, the club has seen an influx of new members recently; so we will finish the season, at the end of September, with an increased membership.



For anyone who wishes to try croquet, a free trial session is available with all the equipment and coaching provided by the Club (next to the Castle Car Park). We play every Tuesday and Thursday from 2pm and at other times by prior arrangement with the Club officers.

Please contact the secretary John on 07435 786762, email [john.evans@zen.co.uk](mailto:john.evans@zen.co.uk) for more information.

## NEWS FROM TOWN HALL



Celebrations from Town Hall starting with Mrs Irene Walters 100th Birthday in Dolau Bran on the 19th July, a lovely afternoon with family and friends, our Mayor and the Chair of Carmarthenshire attended. Thank you for the invite.

On the 27th July we celebrated Vicar Avesons retirement down the Rugby Club, we wish Mr and Mrs Aveson all the best, they will be missed in Llandovery. Thank you both for everything you have done for our town.

Llandovery Male Voice Choir and local soloists joined Plugaffan Choir for a music concert in Tabernacle 17th August, what an amazing evening we all had, donations going towards Urdd Eisteddfod 2021 and the up keep of Tabernacle, well done everyone who supported it, well done Kate Morgan for all your time and effort to organize it.

Llandovery in Bloom prize day was on the 17th August at the rear of Y Ganwyll, thank you Cllr Smith for arranging this, every year is fantastic, well done to everyone who entered, we have beautiful gardens in Llandovery.

The Mayor and town crier attended Blaenos Open Day on the 18th August, with an afternoon of refreshments, music and walks around the garden, what a brilliant job all the staff do there, the transformation it has had recently is great, well done all.

20th August a meeting was held in The Whitehall to discuss reviving Llandovery Motor Club what a great turn out! Well done Kenny for arranging this, a very positive meeting, watch this space, meetings will be held once a month, please see Kenny Owen or Louise Wride for details.

Still many things to organize these coming months, Fireworks Display 3rd November Castle fields, Town Council Charity Ball an evening with 'Tom Jones' Alex Jacobs 23rd November in the Castle Hotel, please see Louise Wride for details/tickets.



# LLUEST

## TAILS FROM THE TRUST

### GWEN UPDATE

Last month we brought you the story of Gwen, an orphan foal found in a gorge by two walkers in the Brecon Beacons and brought back to the Trust. Since she has been with us, Gwen has put on weight (around 6kg at the time of writing), and her skin, which was very scurfy and dull, has improved. But it has not been an easy ride for Gwen. Several times she has needed a visit from the vet as she has taken a downhill turn with a painful abdomen along with bouts of coughing. We have been on high alert to these stomach aches and her resulting lethargy. Our vets think these health problems are due to intestinal parasites. As is our policy at Lluest, we perform worm egg counts on all our incoming horses and Gwen's was extremely high. Although an oral worming product will kill worms in the gut, they can migrate through the lungs and cause problems as they die. Our vets think that this massive worm burden is the cause of her ill thrift and, because she is still so tiny, it is a bit of a fight. There are good moments though and the trend is generally upwards. Gwen is a tough cookie who loves her food and is holding her own. We are all rooting for you Gwen.



*Gwen and her surrogate mum Lucky*

### LLUEST OPEN DAY 15TH SEPTEMBER

We are holding our annual Open Day on Sunday 15th September. As always entry is free. Come and see us on site and get to know our ponies. Whether you are thinking of adopting an equine or just looking for a good day out, there will be something for you. Watch our demonstrations in the main ring in the morning. Jenni Nellist, Animal Behaviourist will be talking about behavior in both horses and dogs. We will be showcasing our wonderful rescue ponies to include some fantastic

success stories. You will be able to meet our 2019 foals and we will be parading them in the main ring. Our affiliated dog show with showing and novelty classes will take place as usual in the afternoon so bring your canine friend along.

There will be games for the children in our top field and the Vintage Tea Tent will be extended this year. Hope to see you on the day at Beili Bedw Farm, Llanddeusant, Llangadog. SA19 9TG. Call us for more information.



*The Vintage Tea Tent at Lluest's Open Day*

### WE NEED YOUR SUPPORT

We provide a 'safe haven' for ponies like Gwen who need round-the-clock care and our work can mean the difference between life and death. We rely completely on donations from people like you to carry on. Giving regular money in the form of a direct debit is the best way for you to help. As little as £4 per month makes a big difference to Gwen and other ponies like her. Would you miss £1 per week? The need for charities like Lluest is as important now as it was when the Trust was founded back in 1985. You can start giving straight away by going to our website [www.lluesthorseandponytrust.co.uk](http://www.lluesthorseandponytrust.co.uk) and clicking on any donate button or please call or email us and we will send you a direct debit form. Thank you.

If you can offer a loving home to one of our rescue ponies please call us on 01550 740661.



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# LLANDOVERY THEATRE

## HORATIO NELSON THEATRE CAT

### *Writing from my starry window-sill!*

Hallo Friends,

I have been having an interesting time these past weeks since we last met; I have been listening to the wisdom of friends.

You will know – especially if there is one of my species in your life – that cats are very good listeners. We may appear to be sleeping on our window-sill but many times have I overheard conversations, tales of joy or pain – and as I collect the data (you see I am still in the 21st century of internet communication) – as I collect, select and reject, I very often discover a new piece of wisdom – a new truth!

Two strangers meet – the two know each other – well, let me put it this way, they know each other by sight. It is Stone Street, Llandovery – both have parked their cars one behind the other, so they both emerge more or less at the same time. One turns to go away up the street, the second calls out – ‘Hallo – how are you?’

He turns, puzzled, and there follows an introduction by her – ‘I’m from the Theatre!’ she says – she is referring to Llandovery Theatre.

Enlightenment! He advances, he asks – ‘How is the Theatre?’

‘Well’ she says – ‘it is causing some concern – so difficult since Simon died and recently we’ve had so many new fire precautions installed, and there is still more to do – and it is costing so much and I am getting very old!’

He reveals he too is getting old, but he is still younger than her!

‘I think’ he says ‘that the Theatre was Simon and Jacky’s child – and you don’t ever abandon a child’.



*This is the rose bush I used to sleep under when I was a very young cat. It is called Paul’s Himalayan Musk. I too have a rose named after me – Horatio Nelson.*

She agrees.

‘I think’ he adds ‘you should start a new dream!’

Later that night, she was talking to another friend - this time on the ‘phone. Did that ‘phone call really last 4 hours? Yes it did! He said - amongst a lot of other stuff -

‘Everyone has a dream and he quoted Exupery’s ‘The Little Prince’ .

‘Oh that book is the actors’ bible!’ she replied (she is an actor – amongst other things!)

‘Read it!’ he ordered! Yes, it was something of an order, but she is an obedient person and she was happy to read it, well she loves the book. And then he quoted Exupery – ‘Don’t stand on the shore worrying about the ship, look to the horizon!’

She did read again Exupery’s The Little Prince – she did as she was told, she read it all through – there is no such quote! But it doesn’t matter because by now she has listened to two friends – and neither were saying ‘lay down your sword, surrender ‘ both were saying ‘start a new dream’.

‘At my age?’

‘At any age – live your dream! Everyone has a dream!’

So she picked up her pen and started to write again.

Horatio Nelson

Read my blog on Llandovery Theatre Web Page.

[www.llandoverytheatre.com](http://www.llandoverytheatre.com)



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08/20(12)

## POSTDATUM

Producers of

# The Post



# LLANDOVERY HOSTS SUCCESSFUL TWINNING VISIT FROM PLUGUFFAN, BRITTANY



Over 50 individuals and families from Llandoverly's twin town, Pluguffan, came to visit our community from 15-18 August. This was a magnificent event celebrating 35 years of friendship between two very wonderful communities.

Arriving late Thursday evening, local hosts took their "friends" home to enjoy some warm Welsh hospitality. An action-packed few days followed, including different day trips to local sights including Tom Sion Cati's cave, Llyn y Fan and the National Botanical Garden of Wales. A community barbecue with games and dancing was

held at Llandoverly College fields. Despite the rain, much merriment was had, aided by some good local ale. Visitors also had the opportunity to watch Wales beat England in a friendly match on TV in the comfort of Llandoverly Rugby Club.

The highlight of the weekend was marked by a unique musical concert at The Tabernacle Chapel, Llandoverly where guests were entertained to performances from Cór Meibion Llanymddyfri, Mouezhioù Pluguen (Voices of Pluguffan), Louise Wood, Ella Peel, Bethan Evans, Kristell Menguy and Yaññig Meñguy. This was a truly special event which showcased the great musical and cultural talent from both communities. Proceeds raised from the evening went towards The Llandoverly Urdd Eisteddfod 2021 and the Tabernacle Chapel Fund. Further celebrations and singing continued in the Kings Head Hotel late into the evening. Thank you to everyone who joined us.

We would like to express our sincere gratitude to all members of Llandoverly and Pluguffan Twinning Associations plus the local Llandoverly community which made this weekend such a success. A special thanks must go to Kate Morgan, Chair of Llandoverly Twinning Association, who led the event co-ordination.

The visit brought together the best in Welsh and Breton culture and generosity, and perhaps most importantly, the opportunity for everyone to make new friends locally and further afield. We encourage all ages to join us for future activities. Do check our Facebook page Llandoverly Twinning Association to find out more.

## DYFED FAMILY HISTORY SOCIETY

We are going to do a display of old school photographs during the Sheep Festival.

Do you have any photographs for the following schools:

Cil-y-cwm, Rhandirmwyn, Cynghordy, Caio, Ffarmers, Crugybar, Talley, Llansadwrn, Llanwrda, Cwrty-cadno, Llangadog, Gwynfe, Llanddeusant, Myddfai, Llansawel, Llandoverly, Cwmdwr, Porthyrhyd, Bethlehem, Cefnarthen or any other local schools in the area.

Please contact [davinaprice@tiscali.co.uk](mailto:davinaprice@tiscali.co.uk), tel: 01550 721101 or call into Llandoverly Museum.

## GREAT NEWS!



Citizens Advice will continue to be at the Llandoverly Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards.

No appointment necessary. Just drop in.

Llandoverly Youth and Community Centre, Gerwyn House, Market Square, Llandoverly, SA20 0AB. Tel: 01550 721499.

## THANK YOU

We would like to thank all those who attended the Open Garden Day at the Copse, 4 Castle Street, on 21st July. In particular, we would like to thank Dylis, Denise, Claire and Jenny, all of whose hard work helped to make the day a success.

A total of £700 was raised for the League of Friends of Llandoverly Hospital.

# GOD, THE FATHER AND THE HOLY GOAT

In the beginning was the word  
And the word was good.  
Throughout the land it was preached  
From town and village.

But the Vicar of Llandoverly,  
Impressing with words  
But not with actions  
Was a laughing stock.

Parishioners said 'We may be bad  
But not as bad as the parson!'  
Often the vicar went home  
Drunk in a wheelbarrow.

'Praise be the Lord!'  
Cried the Vicar  
As he was trundled home.  
'And praised be a full tankard!'

How could this drunken priest  
Mend his inebriated ways?  
The tavern he frequented  
Had a jovial he-goat.

He went in and out  
Mingling with all the guests.  
The Vicar, drunk,  
Offered the goat some ale.

The he-goat sniffed suspiciously  
Then drank his fill  
To the enjoyment of all  
Then dropped to the floor.

The vicar then joked  
About the drunken goat  
And his unseemly behaviour  
As he drank his tankard dry

After such merriment,  
He filled his tankard again  
And again and again,  
Trundled home in a wheelbarrow!

The following day  
The he-goat was up  
Bright and early  
But not the vicar!

He later returned to his tavern  
And offered the he-goat  
Another draft of ale.  
They met eye to eye.

The goat turned his head  
Away in disgust  
Hurrying from the room.  
The Vicar was astonished.

'My God is this creature wiser than I?  
Once drunk he has learned his lesson!'  
He smashed his pipe, left his tankard  
And became a new man – sober.

Rees Pritchard, Vicar of Llandoverly,  
Became an altered man  
And never drank again  
All because of a wise old he-goat!

David Fairfax 2019.

[David Fairfax had been writing poetry for over fifty years and is a member of Dynefwr Poets which meet on the first and third Sunday every month at the Llandoverly Station café. He has had many poems published throughout Britain including CAMBRIA, the National Magazine of Wales.]

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## COR MEIBION LLANYMDDYFRI

### July Draw

1. Noah Harries
2. Rhian Poulton
3. Dilwyn Jones
4. Dan Jones
5. J. Alun Davies
6. Geraint Price-Davies
7. Eifionydd Jenkins

### August Draw

1. Mark Clent
2. Dwynwen Holgate
3. Delyth Davies
4. Aneurin Davies
5. Helen Wood
6. Idris Fanning
7. Nia Augustus

**MACMILLAN  
COFFEE MORNING  
Friday 27th September  
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ALL WELCOME**

09/19(1)

# Church Services

E-English W-Welsh B-Bilingual

## PARISH OF LLANSADWRN, LLANWRDA, WITH CAPEL DEWI SANT & MANORDEILO

(all services are bilingual)

### St Cwrdaf Church, Llanwrda

1 Sep 8.30am Holy Eucharist  
8 Sep 10.00am Holy Eucharist  
15 Sep 8.30am Morning Prayer  
29 Sep 10.00am United Service

### St. Sadwrn Church, Llansadwrn

1 Sep 11.00am Holy Eucharist  
15 Sep 11.00am Holy Eucharist  
22 Sep 11.00am Rainbow Church

### Capel Dewi Sant

1 Sep 2.15pm Holy Eucharist  
8 Sep 2.15pm Holy Eucharist  
15 Sep 2.15pm Service for Welsh Learners followed by tea and chat – please contact Vicar\* for information and resources.  
Croeso i bawb!

### St. Paul's, Manordeilo

1 Sep 9.45am Holy Eucharist  
8 Sep 9.45am Morning Prayer  
15 Sep 9.45am Holy Eucharist  
22 Sep 9.45am Holy Eucharist

For further information, please contact Vicar\* Revd Viv Sayer 01550 777200 revd.viv.sayer@gmail.com.

## ST. CADOG'S, LLANGADOG

1 Sep 9.30am Holy Communion  
8 Sep 9.30am Morning Prayer  
15 Sep 9.30am Holy Communion  
22 Sep 9.30am Morning Prayer  
29 Sep 11.15am Joint Eucharist Service in Gwynfe

On 14th September there will be a coffee morning in the church and a chance to meet our vicar – Revd Jeff Thomas.

For further information please contact Revd Jeff Thomas 01550 777578.

## ST MICHAEL'S, TALLEY

Services every Sunday at 11.00am

For further information, please contact Rev Delyth Wilson, 01558 685764.

## ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

Mass, SUNDAY 11.00a.m.

(for mid-week masses, please phone for details)

## ST SIMON & ST JUDE, LLANDEUSANT

8 Sep 6.00pm Evening Prayer  
22 Sep 2.00pm Eucharist with Revd Jeff Thomas  
29 Sep 11.15am Joint Parish Eucharist at Gwynfe Church

## ST DAVID, ABERGORLECH

Services on the 1st and 3rd Sundays of the month at 9.30am

For further information, please contact Rev Delyth Wilson, 01558 685764.

## PARISH OF LLANDOVERY WITH MYDDFAI

### Llandingat

1 Sep 10.00am Family Service  
6.00pm Holy Communion  
8 Sep 9.30am Holy Communion  
6.00pm Evening Prayer  
15 Sep 9.30am Holy Communion  
6.00pm Evening Prayer  
22 Sep 9.30am Holy Communion  
6.00pm Evening Prayer  
29 Sep 2.00pm Joint Service in Myddfai

### Llanfair

1 Sep 11.00am Cymun Bendigaid  
15 Sep 11.00am Cymun Bendigaid

### St Michael's, Myddfai

1 Sep 11.30am Morning Prayer  
8 Sep 11.30am Holy Communion  
15 Sep 11.30am Morning Prayer  
22 Sep 11.30am Holy Communion  
26 Sep 7.00pm Harvest Festival  
29 Sep 2.00pm Joint Parish Communion

For further information please contact Rev. Ian Aveson, 01550 720524.

## PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

### Llandeilo Parish Church

1st Sun 9.30am Boreol Weddi  
2nd Sun 11.00am Morning Worship  
6.00pm Holy Communion  
3rd Sun 9.15am Cymun Bendigaid  
4th Sun 11.00am Family Communion  
6.00pm Holy Communion  
5th Sun 8.00am Holy Communion  
11.00am Morning Worship  
6.00pm Holy Communion

### Evening Prayer and Compline alternate months:

*Compline* in Jan, Mar, May, Jul, Sep, Nov. *Evening Prayer* in Feb, Apr, Jun, Aug, Oct, Dec.

### St John's Maestelo

1st Sun 9.45am Holy Communion  
2nd Sun 9.45am Holy Communion  
3rd Sun 9.45am Morning Prayer  
4th Sun 9.45am Morning Prayer

### Holy Trinity Taliaris

2nd Sun 9.45am Holy Communion  
4th Sun 9.45am Holy Communion

## TOWY CHRISTIAN FELLOWSHIP

In the YMCA, Market Street, Llandovery.

Phone: 01550 777149

Sun 10.30am Family Praise & Worship  
Sun 6.00pm Bible Workshop – Teenagers

## ALL SAINTS GWYNFE

1 Sep 11.15am Eucharist  
8 Sep 11.15am Morning Prayer  
15 Sep 11.15am Morning Prayer  
22 Sep 6.00pm Harvest Eucharist  
29 Sep 11.15am Joint Eucharist

## EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Contact Rhys Jones on 01269 492299 / 07511 551541 or rhysones4940@hotmail.co.uk.

Sun 10.30am Praise and Communion  
5.00pm Gospel Service, including Explorer's Club  
Thurs 7.00pm Prayer and Bible Study  
Fri 10.30am Tea and Tots (Term Time)

## THE CHRISTADELPHANS

Foundry Road, Ammanford.

Tel. 01269 842336 or 01269 851172

Sun 6.00pm Bible Talk  
Thurs 7.30pm Bible Study

## PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

### St Mary's, Cyngordy

#### (Llanfair-ar-y-bryn)

1 Sep 2.30pm Holy Communion  
8 Sep 2.30pm Holy Communion  
15 Sep 2.30pm Evening Prayer  
22 Sep 2.30pm Holy Communion  
29 Sep 10.00am Joint Service Cilycwm (St. Michaels Day)

For further information please contact Mrs Ann McKnight. Tel: 01550 721109.

### St. Barnabas Church, Rhandirmwyn

1 Sep 9.30am Holy Communion  
8 Sep 9.30am Holy Communion  
15 Sep 9.30am Morning Prayer  
22 Sep 9.30am Holy Communion  
29 Sep 10.00am Joint Service Cilycwm (St. Michaels Day)

For further information please contact Ann McKnight. Tel: 01550 721109.

### St. Michael's, Cilycwm

1 Sep 11.15am Holy Communion  
8 Sep 11.15am Holy Communion  
15 Sep 11.15am Morning Prayer  
22 Sep 11.15am Holy Communion  
29 Sep 10.00am Joint Service Cilycwm (St. Michaels Day)

### PARISH HARVEST FESTIVALS

11 Sep 7.00pm Rhandirmwyn  
18 Sep 7.00pm Cilycwm  
13 Oct 2.30pm Cyngordy

For further information please contact Ann McKnight. Tel: 01550 721109.



### **BAPTIST CHAPEL**

Queen Street, Llandovery  
(at the end of Orchard Street.)  
10.30am Welsh Service.

### **TY'R BUGAIL**

on Sundays  
2.30pm for Tea, Coffee and light lunch  
3.00pm for rural chaplaincy service  
at Ty'r Bugail, 4 Market Square, Llandovery  
SA20 0AA. Tel: 07748 644958.  
www.ygrwp.com

### **ST CYNWIL, CYNWYL GAEO**

Services on the 2nd and 4th Sundays of the month at 9.30am

For further information, please contact  
Rev Delyth Wilson, 01558 685764.

### **ST SAWYL, LLANSAWEL**

Services on the 1st and 3rd Sundays of the month at 11.00am

For further information, please contact  
Rev Delyth Wilson, 01558 685764.

### **UNITED BENEFICE OF**

#### **CATHEINIOG**

Llangathen – 1st and 3rd Sunday  
Golden Grove – 2nd and 4th Sunday  
Llanfynydd – 2nd and 4th Sunday  
Court Henry – 1st and 3rd Sunday

All above services are at 10.30a.m.  
Carmel every Sunday at 9.30a.m.  
5th Sunday of the month services are  
rotated between the above churches

### **SEVENTH DAY ADVENTIST CHRISTIAN CHURCH**

Meet at United Reformed Church  
Christchurch, The Court, Lant Avenue,  
Llandrindod Wells, Powys.

Saturdays 2.30pm to 4.30pm  
Sabbath School Service 2.30pm  
Divine Service 3.00 pm

All Are Welcome. God bless.

Enquiries: 01597 824732/01982 553959.

### **PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI**

Llanfihangel 8.30.a.m every Sunday  
(bilingual)  
Holy Trinity, Pontargothi 9.45.a.m.  
every Sunday (English)

Llanegwad 11.00.a.m., 2nd, 3rd  
and 4th Sunday (bilingual)

St. John's, Felingwm 2.00.p.m. 2nd, 3rd  
and 4th Sunday (Welsh)

5th Sunday of the month services are  
at 10.30.a.m. and rotate between the  
above Churches.

### **QUAKER MEETINGS**

Enquiries to Liz McDermott 01570 471488  
Sun 10.45am Canolfan Steffan,

Peterwell Terrace, Lampeter SA48 7BX.

### **WILLIAM WILLIAMS CHAPEL**

High Street, Llandovery

Sun 10.00am Bible Study  
11.00am Worship

Ladies Service

2nd Tuesday of each month, 2.30pm.

Youth & Young at Heart Service at William  
Williams Chapel, High Street, Llandovery –  
every Sunday at 6.30pm

For further information, please contact  
Minister Christopher Lockwood.  
Tel: 07398 515968.

### **OUR LADY'S R.C., LLANDOVERY**

College View, SA20 0BD

Served from Lampeter

Vigil mass of Sunday, Saturday 5.00pm

Parish Priest, Fr Keith Evans

Tel. 01570 421003, Mob: 07896 762786

Email: davidkeithevans@hotmail.co.uk

### **ST MICHAEL'S CHURCH, LLANFIHANGEL RHOS Y CORN, NR GWERNOGLE, SA32 7RP.**

Services on the first Sunday at 2.30pm  
followed by tea, and the 3rd Sunday at  
9.00am. Services bilingual.

Pilgrim Service on the 2nd Wednesday  
of the month, at 6.00pm to October, then  
5.00pm from November to March.

Further information contact Focal Minister  
Revd Roger Nock on 01267 202347 or see  
our Facebook page.

### **RIVERS COMMUNITY CHURCH**

Our Service time is at 5.00pm on a Sunday  
and we meet at The Hangout, Llandeilo. We  
also have a Life group on Thursday evenings.

For further information contact

Rhys Jones,

(Mobile) 07511 551541

(Home) 01269 492299

(Email) rhys.riverschurch@outlook.com

## **DON'T FORGET!**

### **Registration Evening for Red Kite Quiz 2019/20**

If you want to enter a team in the 2019/20 Red  
Kite Quiz League please don't forget that the  
Registration Evening will be at The King's Head,  
Llandovery at 8pm on 4th September 2019,  
followed by a free table quiz. The subscription for  
the 2019/20 season remainfat £50 per team.

*Kenneth Evans, Secretary (tel. 01550 777783)*

*Peter Berry (tel. 01550 777980)*

**THE POST**  
**ADVERTISING**  
**you CAN afford**

# READERS' SALES & WANTS

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

## FOR SALE

- **Ford KA**, 1.3 LTR, 54 Reg., 20800 miles, MOT March 2020, £800. Tel: 01558 650450/609.
- **Prima fan oven**, stainless steel, built in with Electrolux 4 ring easy clean ceramic top, £95 ono. Tel: 01267 202230.
- **Sony Stereo Music System** model HP-2439A solid state with LPs, £50 ono. Tel: 01267 202230.
- **Sharp Fax/Phone**, model UX-S10. £15 ono. Tel: 01267 202230.
- **Electric Sewing Machine**, £25 ono. Tel: 01267 202230.
- **Zender upright piano** and accompanying stool. Good condition, £75. Purchaser to collect. Contact: 07811 161473.
- **Large parrot cage to suit macaw**. Door opens at the front. The top of cage opens to accommodate additional perch if desired, £50. Purchaser to collect. Contact 07811 161473.
- **Bench Pipe vice**, £8. Tel: 07761 107055.
- **Dual Ball and Jaw hitch (heavy duty)**, £20. Tel: 07761 107055.
- **Garden / lawn 360 degree pulsating water sprinkler** on adjustable Tripod, £20. Tel: 07761 107055.
- **Oak Parquet flooring blocks**, Offers. Tel: 07761 107055.
- **2 x Twin brass wall lights**, £5. Tel: 07761 107055.
- **Saucepan stand**, chrome finish, (as new), £5. Tel: 07761 107055.
- **Cordon Bleu Cookery Course**, consisting 72 parts in 4 box files, £10. Tel: 07761 107055.
- **Ducal Victoria Coffee table** with glass top and a shelf underneath, measuring 3ft square (as new), £50. Tel: 07761 107055.
- **Lined Curtains**, Sanderson Floral. 90 ins long x 1 1/4 width. Bargain, £10. Tel: 07761 107055.
- **Lined Curtains**, Sanderson. 72 ins long x1 width. Cream with Red Flowers, £10. Tel: 07761 107055.
- **Sliding Door Hangers**. (suitable) for outbuilding, £8. Tel: 07761 107055.
- **Kids Toys**. Sylvanian house, P.O, hospital, stable, other buildings and bus. Also box of furniture, £30. Tel: 01558 650534.
- **Epson ink cartridges**: T0711H x 4 black and T0712 x 2 cyan, £10. Tel: 01558 650534.
- **2 x no. 6 metre x 100mm double walled pipe with connector**. 1 x 4.5 metre x 100mm double walled slotted pipe, £20 the lot. Tel: 07831 893389.
- **Stellar stainless steel casseroles**: 1 measures 24cms diameter x 10cms deep, approx. 4lts capacity. £15, 1 measures 22cms x 14cms deep, approx. 4.5lts capacity. £15. Heavy gauge stainless steel, excellent quality and condition. Suitable also for making stocks or jams. Tel. no. 01550 777875.
- **Beautifully knitted aran coat**, length approx 40 inches, Large/ Ex large, £45. Tel: 01550 777796.
- **Dawes mountain bike**, Large frame, 26 inch wheels, 21 gears, £20. Tel 01550 777796.
- **Kayak**, Dancer Perception, £45. Tel 01550 777796.
- **Casio Keyboard**, Good condition, £20. Tel 01550 777796.
- **6 x 1 gallon demi john's** for home brewing, £2 each or 6 for £10. Tel: 01550 777059.
- **Corby electric trouser press**, £20 ono. Tel: 01550 777059.
- **4 Sapele doors**, 30", with handles and hinges, very good condition. £20 each. Tel: 01550 720016.
- **3 sapele doors**, 30", with handles and hinges, good condition, £10 each. Tel: 01550 720016.
- **1 Sapele door**, 27", with handle and hinges, very good condition, £20. Tel: 01550 720016.
- **Matching double glass doors**, 46", with handles and hinges, £35. Tel: 01550 720016.
- **Dimplex Westcott 8kw solid fuel burner** with flue pipe and coupler, £500 ono. Tel: 0796 2575200.
- **Watercolour painting of rolling Carmarthenshire landscape**, signed "Simon Jones 89", 16" by 23", in glazed frame, well known local artist, £130, send a text to Peter on 07851 489741, and I will reply with photo of pic.
- **Boss Turo grey suit**, jkt 42" trs waist 37", leg 31", worn once. Tel: 07971 516544.
- **Boss Turo suit**, dark taupe, jkt 44", trs waist 39", leg 31", worn once. Tel: 07971 516544.
- **Marks and Spencers almond grey lightweight suit**, jkt 46", trs waist 40", leg 31". Worn once. Tel: 07971 516544.
- **Hodges black dinner suit**, jkt 42", trs waist 37", leg 31". worn once. Tel: 07971 516544.
- **Yorkers executive suit**, black pinstripe, jkt 42", trs waist 37", leg 31". Tel: 07971 516544.
- **Brook Tavener blazer**, chest 48". Tel: 07971 516544.
- **Kingsize wooden headboard** from Leekes, £25. Tel: 01550 721005 or 07855 176981.
- **Kingsize Millbrook fully sprung bed base**, £25. Tel: 01550 721005 or 07855 176981.
- **Large brown soft leather pouffe easy seat**, 2 adults, £40. Tel: 01550 721005 or 07855 176981.
- **Harveys 3 seater contemporary red leather sofa**, chrome feet, only 14 months old, model Islington, £395. Tel: 01550 721005 or 07855 176981.
- **Mobility Scooter**, pavement use only, does not fold, max user wt. 18 stone, simple to operate, £400 ono. Please phone Jane 01550 720704.
- **Mains sensing unit**, Rutland ESM402, as new, only used for less than a month, £100. Tel: 01550 720842.
- **Pews from chapel**, 7 feet long, plus other sizes, collect from Rhydymerau and Penybanc chapel, SA19 or can deliver. Tel: 07999 323864 for more details/price.
- **Water Rower Rowing Machine**, the best and an expensive rowing machine, close your eyes and row, £265. Tel: 07928 811667 (Llandoverly).

## WANTED

- **Second-hand Books**. All categories of books wanted for our new second-hand bookshop in Newton House, Dinefwr Park. Especially required just now is paperback fiction for our summer visitors. All good quality books gratefully received. No magazines please. All sales go towards work and improvements within Dinefwr Park. Please deliver to our Welcome Centre within the Park. Any queries to Holly Dwyer 01558 825911.
- **Any used postage stamps or old £1 coins**: To help raise funds for Lluest Horse and Pony Trust please send them to Lluest, Beili Bedw Farm, Llanddeusant, Llangadog, Carm. SA19 9TG. Please cut no more than a 1cm border around any stamps you send. Thank you.
- **Renault Traffic or Vauxhall Vivaro**, 07, 08 or 09, 1.9TD. Tel: 07928 811667 (Llandoverly).
- **Urgently Wanted: Grazing land**, possible long term and suitable for sheep, including sheds if possible. Tel: 07872 509031.

# Events

These details have been prepared by  
**The Post** and are believed to be correct,  
but do check for any changes.  
For a free listing of your event contact  
PostDatum on 01550 721225.

## 1 SEPTEMBER:

**Dinefwr Poetry:** Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

**Litter Picking Brecon,** 1st Sunday of the month meeting 10.00am at Watergate Car Park. We meet regularly to help remove litter around Brecon town, riverbanks and paths. Litter looks unsightly, and can be dangerous to animals and children. So, why not come and give a small amount of time? Just two hours can help to keep our lovely town looking tidy! It's a great way to enjoy fresh air, observe local nature, by doing great work that benefits the local community which impresses the many visitors coming to beautiful Brecon, and a wonderful way in which to show our pride in the local area. Why not come along and join us? We have the kit, just bring yourself, friends, family!  
**The Ramblers – Fan Frynych - Sarn Helen:** A lovely walk in the Beacons. Starting at Forest Lodge Cottages, up to Frynych trig pillar and then over to Sarn Helen to return. Dist. 7 miles. Energetic Explorer Map: OL12 Meeting point: Llandovery Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Judy Gore Tel. 01591 610613.

**Cwmdu Treasure Hunt.** Taking the form of a choice of two walking trails. Spot the clues in either a circular ramble around the village along roads, tracks, footpaths and fields (appropriate footwear required) starting at 1pm from the Cwmdu Inn, or a shorter route in and around the village itself for those who don't want to walk far, starting at 2pm Finish in the pub for teas, cakes and other refreshments - the bar will be open. Prizes for the most points gained in both Hunts. Time will be taken into consideration in the event of a tie. Entry: £1 per person, children free. For further information please contact the Cwmdu Inn on 01558 685156.

## 2 SEPTEMBER:

**Language classes:** Every Monday French 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gillypickering@aol.com

**Table Tennis** at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

**Llanwrda and Llansadwrn Country Women** Patagonia – in the Footsteps of Welsh Giants Presentation by Wyn Edwards in the Reading Room Llansadwrn 7.30pm For further information please contact Marianne 01550 777622.

**Pontargothi Memorial Hall:** Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

**Tai Chi Classes** with Sue Wakefield at Myddfai Community Hall 7.00pm – 8.15pm. Tel 01550 720449 www.myddfai.org

## 3 SEPTEMBER:

**Short Mat Bowls** at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

**LLANDEILO BOWLING CLUB.** Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

**Learn Easy Tai Chi Qigong for Health.** Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Gwynfe Hall, Tuesdays 1.00 - 2.15pm and Llangadog, Tuesdays 4.45 - 6.00pm. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**Llandovery Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

**WeightWatchers** meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandovery. More information available at weightwatchers.co.uk

**Tywi Art Group Untutored life-drawing session,** 9.30 to 12.30 at Cwmifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk.

**Pontargothi Memorial Hall:** Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

**A morning session of CHAIR YOGA** for those with limited mobility who wish to enjoy the full benefits of yoga including increased strength and flexibility, relaxation and well being. Catholic Hall. 10.15 – 11.15a.m. Cost £5.00. Information, Stephanie 01558 650534.

**Tai Chi Qigong for Health classes.** Tuesdays: Gwynfe Hall, 1.00pm – 2.15pm; Llangadog Hall, 4.45pm – 6.00pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780544470 or sue.j.wakefield@gmail.com

## 4 SEPTEMBER:

**TABLE TENNIS:** 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

**Language classes:** Every Wednesday Italian 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gillypickering@aol.com

**Badminton** at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

**Yoga at The Allotment** – Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Tywi Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.



**The Ramblers – Ystradgynlais:** A scenic walk around Ystradgynlais with fine views of the surrounding countryside. Dist. 5 miles. Moderate Explorer Map: OL12 Meeting point: Brynamman Community Centre car park. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: Wendy Davies Tel. 01269 826707 Mob. 07973 714795.

**WeightWatchers** meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

**Cwmdu Smallholders.** The group for smallholders will be meeting in the Cwmdu Inn from 7.00pm. Bring a plate of food to share. For more information, please contact Linda Tame on 01558 685056 or check out Talley and Cwmdu Smallholders on Facebook.

**Cwmdu Vestry.** Tai Chi Qigong. Sessions of the Shibashi form of 18 moves will be held in the Vestry (or the pub garden if weather is fine) 5pm and 6.15pm with Sue Wakefield. Please contact her on 07780 544470 if you are interested in coming.

**Tai Chi Qigong for Health classes.** Wednesdays: Cwmifor Hall, 9.30am – 10.45am; Cwmdu Vestry, 5.00pm and 6.30pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780544470 or [sue.j.wakefield@gmail.com](mailto:sue.j.wakefield@gmail.com)

#### **5 SEPTEMBER:**

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**Kayak lessons,** Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: [geoffstickland@gmail.com](mailto:geoffstickland@gmail.com)

**Llandovery Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

**ANNUAL GENERAL MEETING:** There will be an Annual General Meeting of Llandeilo Civic Hall Trust Ltd at 6.30pm, in the Hall. All welcome to attend.

**Cymdeithas Cwmdu.** The meeting is held every first Thursday of the month in the Cwmdu Inn from 8.00pm. If you are interested in the village's social activities, come along for updates on previous events, and ideas for new ones. Find out how we work together to ensure the continuation of this community enterprise.

#### **6 SEPTEMBER:**

**LLANSAWEL FILM CLUB** - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar, snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – [www.llansawel.org.uk/film-club](http://www.llansawel.org.uk/film-club) or call Bill Davis on 01558 685696/email [twmdavis@gmail.com](mailto:twmdavis@gmail.com)

**Llandovery Carers Club.** Do you look after someone? Come along and meet other people, make new friends in a relaxing, friendly group. A little time for you! First Friday of the month, 1.00pm – 3.00pm at The Castle Hotel, Kings Road, Llandovery SA20 0AP. For more information ring Vanessa Buckler on 0300 0200 002 or email: [info@carmarthenshirecarers.org.uk](mailto:info@carmarthenshirecarers.org.uk) [www.carmarthenshirecarers.org.uk](http://www.carmarthenshirecarers.org.uk)

**FRIDAY NIGHT IS MUSIC NIGHT!** TOWY VALLEY rehearsal group of Côr Meibion De Cymru – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

**Bat Walks** – 6.00pm, £10 per person. We have various species of bats at Dinefwr but you are unlikely to have seen them if you have visited during the day. On our bat walks a ranger will accompany you to the favourite spots for our bats and hopefully you will catch a glimpse of one of them flying around the dusky sky. The ticket price includes a seasonal soup, hot drink and bat biscuit. Booking is essential for these walks. Please call the visitor centre to book your spot at Dinefwr Park, SA19 6RT. [www.nationaltrust.org.uk/dinefwr](http://www.nationaltrust.org.uk/dinefwr). Telephone number – 01558 824512.

**Great News!** Citizens Advice will continue to be at the Llandovery Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandovery Youth and Community Centre, Gerwyn House, Market Square, Llandovery, SA20 0AB. Tel: 01550 721499.

**Tregaron Community Market.** The next market will be held in the Memorial Hall in the main square in Tregaron. A wide range of stalls will commence trading at 10.00 am, and will conclude at 3.00 pm. Something for everyone. Refreshments will be available in the hall and in abundance elsewhere in the community

**Pontargothi Memorial Hall:** Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

**Llandeilo Country Market** – EVERY FRIDAY – 8:30am to 12:30pm at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) – free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Cwmdu Folk Night.** A night of free music in the Cwmdu Inn from 8.00pm. Come and join in the open session or just listen - you will be very welcome. For more information, phone the shop/pub on 01558 685156.

#### **7 SEPTEMBER:**

**SATURDAY BOOKS** at Lansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

**Llanwrtyd Wells Farmers and Craft Market** at Victoria Hall, Llanwrtyd Wells from 10.00am – 1.00pm. first Saturday every month (except June 9th). Stalls selling fruit and veg, honey, eggs,jams,fudge, cakes as well as items made by local craftsmen and artists. For info contact Sue Middleton on 01591 610584/email [flyinggoosequilting@gmail.com](mailto:flyinggoosequilting@gmail.com).

**The Ramblers – Ceredigion Coastal Path:** Walk no. 7 takes us from LLANRHYSTUD to ABERYSTWTH. This wild stretch of coastline will take us through the Wildlife Trust Reserve at Penderi, leading to the former monastic granges Mynachdy'r and Moria Bychan. The final stretch of the path into Aberystwth offers some of the finest views of the whole of Ceredigion. Dist. 10.5 miles Energetic. Linear. Explorer Map: 213 Meeting point: Llandeilo Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Beryl Williams - Tel. 01550 777870 Mob. 07713 709204.

**Cwmdu Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

**Family History Fair** at St Peters Civic Hall, Nott Square, Carmarthen SA31 1JT, 10.00am to 4.00pm organised by Dyfed Family History Society. For further information [www.dyfedfhs.org.uk](http://www.dyfedfhs.org.uk) or email: [publicity@dyfedfhs.org.uk](mailto:publicity@dyfedfhs.org.uk)

## 7 SEPTEMBER – 8 SEPTEMBER:

**Heritage Open Weekends** – What better way to spend autumn weekends than by exploring the rich history and astounding countryside of Carmarthenshire. Each weekend in September a different property in Carmarthenshire will be opening their doors for FREE at Aberdulais. [www.nationaltrust.org.uk/dinefwr](http://www.nationaltrust.org.uk/dinefwr). Telephone number – 01558 824512.

## 8 SEPTEMBER:

**Pontargothi Memorial Hall:** 2.00 – 4.00pm Nantgaredig Community Band and 4.00 – 5.00pm Junior Band. Contact Norma 01267 290429.

## 9 SEPTEMBER:

**NAAFI Morning** at Llandovery Youth and Community Centre, 11.00am – 1.00pm. For more information contact us on 07582 77736.

**Table Tennis** at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

**Pontargothi Memorial Hall:** Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

**Tai Chi Classes** with Sue Wakefield at Myddfai Community Hall 7.00pm – 8.15pm. Tel 01550 720449 [www.myddfai.org](http://www.myddfai.org)

## 10 SEPTEMBER:

**Short Mat Bowls** at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

**LLANDEILO BOWLING CLUB.** Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

**WeightWatchers** meetings on every Tuesday at 5.30pm at Rhys Pritchard Memorial Hall in Llandovery. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

**Half Day Trip to Mumbles,** dep. 12.00pm organised by Llangadog OAP Association. Tel: 01550 777049 or 01550 777536 for info.

**Pontargothi Memorial Hall:** Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

**A morning session of CHAIR YOGA** for those with limited mobility who wish to enjoy the full benefits of yoga including increased strength and flexibility, relaxation and well being. Catholic Hall. 10.15 – 11.15a.m. Cost £5.00. Information, Stephanie 01558 650534.

**Tai Chi Qigong for Health classes.** Tuesdays: Gwynfe Hall, 1.00pm – 2.15pm; Llangadog Hall, 4.45pm – 6.00pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780544470 or [sue.j.wakefield@gmail.com](mailto:sue.j.wakefield@gmail.com)

**Llandovery Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

## 11 SEPTEMBER:

**TABLE TENNIS:** 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

**Badminton** at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

**Yoga at The Allotment** – Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Twyl Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.

**WeightWatchers** meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

**The Ramblers – North Gower Walk:** Taking in Llanmadoc Hill, passing through Cheriton then on to Cwm Ivy and along the coastal path above Broughton Bay returning to Llangennith. Dist. 7 miles. Moderate Explorer Map: 164 Meeting point: Llandello Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Richard Ambrose Tel. 01792 361814.

**Evening session, YOGA with MINDFULNESS.** Gentle movement working deeply with body, mind and spirit. Llandovery Youth and Community Centre, Market Square. 6.00 – 7.30 p.m. Cost £7.00 with concession for block booking. Everyone welcome. Information: Nirbhaya 01558 650534.

**Cwmdu Vestry.** Tai Chi Qigong. Sessions of the Shibashi form of 18 moves will be held in the Vestry (or the pub garden if weather is fine) 5pm and 6.15pm with Sue Wakefield. Please contact her on 07780 544470 if you are interested in coming.

**Tai Chi Qigong for Health classes.** Wednesdays: Cwmfwr Hall, 9.30am – 10.45am; Cwmdu Vestry, 5.00pm and 6.30pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780544470 or [sue.j.wakefield@gmail.com](mailto:sue.j.wakefield@gmail.com)

**Pilgrim Service** at Llanfihangel Rhos y Corn – at 6pm at St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP – now the second Wednesday of the month – a unique service of prayer and meditation – Info Revd Roger Nock on 01267 202347.

## 12 SEPTEMBER:

**NAAFI Morning** at Ammanford Pensioners Hall, Quay Street, Ammanford SA18 3EN, 10.30am – 12.30pm. For more information contact us on 07582 717736.

**Kayak lessons,** Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: [geoffstickland@gmail.com](mailto:geoffstickland@gmail.com)

**Morning session YOGA with MINDFULNESS.** Gentle movement working deeply with body, mind and spirit. Llandovery Youth and Community Centre, Market Square. 10.30a.m – 12.00. Cost £7.00 with concession for block booking. Everyone welcome. Information: Nirbhaya 01558 650534.

**Cwmdu Classic Club.** A monthly meeting in the Cwmdu Inn at 8pm for all those interested in classic and vintage machinery/vehicles. For further information, please contact the shop/pub on 01558 685156.

**Llandovery Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

## 13 SEPTEMBER:

**LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm.** High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – [www.llansawel.org.uk/film-club](http://www.llansawel.org.uk/film-club) or call Bill davis on 01558 685696/email [twmdavis@gmail.com](mailto:twmdavis@gmail.com)

**FRIDAY NIGHT IS MUSIC NIGHT!** TOWY VALLEY rehearsal group of Côr Meibion De Cymru – The South Wales Male Choir at Flairfach Tabernacl Vestry every Friday night between 7.30

– 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

**Great News!** Citizens Advice will continue to be at the Llandovery Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandovery Youth and Community Centre, Gerwyn House, Market Square, Llandovery, SA20 0AB. Tel: 01550 721499.

**Pontargothi Memorial Hall:** Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

**Llandeilo Country Market** – EVERY FRIDAY – 8:30am to 12:30pm at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) – free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Whist Drive** at Llangadog Community Centre, 7.30pm. Contact Jackie on 01550 777316 for details.

#### **14 SEPTEMBER:**

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

**St David's Church, Llywel** – CADW Open Saturday – between 10am and 4.30pm. The church will be welcoming visitors to spend time looking around the heritage held within this historic building. New heritage information boards were installed during our recent project and our church records will be available for viewing. Everyone is welcome and entry is free. Refreshments will be available.

**Coffee Morning** at 10.00am – 12.00 noon in Llanwrda Hall for St Cwrdaf Church. Variety of stalls

**The Ramblers – Heart of Wales Line Trail 6:** Llandovery to Cynghordy. Rail ramble. Dist. 7 miles. Moderate Explorer Map: 187 Meeting point: TBC see website, organised by Dinefwr Ramblers. Leader: Philip Howes Tel. 01550 720112 Mob. 07802 856007.

**St Cadog's Church Llangadog** will hold a Coffee Morning from 10.30am to 12 noon. There will be a cake stall, bric a brac and raffle. Entry and refreshments are free. Please come and meet Jeff the vicar. He is looking forward to meeting more people from the village.

**BEULAH & DISTRICT 90TH SHOW and TROTting RACES,** Aberanell fields, Beulah. Enquiries Liz (01591) 620726 or 620659 or 07707272801 or beulahshow@hotmail.co.uk Or find us on Facebook. Trotting Enquiries (01591) 620289 or 620270.

**Cwmdru Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

**Lamb Roast** at Myddfai Village Hall, 7.00pm (We are very grateful to Kevyn & Tracie Llanerchgoch who have donated the lamb this year!) Free entry. Please bring food for the table; your own drink & a raffle prize to cover costs for the evening. For more details contact: Val 01550 721884, Jean 01550 720483 or Kevyn & Tracie 01550 720376. Proceeds of this evening will go to League of Friends Llandovery Hospital and Myddfai Hall. A warm welcome to all.

#### **14 SEPTEMBER – 15 SEPTEMBER:**

**Heritage Open Weekends** – What better way to spend autumn weekends than by exploring the rich history and astounding countryside of Carmarthenshire. Each weekend in September a different property in Carmarthenshire will be opening their doors for FREE at Dolaucothi Gold Mines. [www.nationaltrust.org.uk/dinefwr](http://www.nationaltrust.org.uk/dinefwr). Telephone number – 01558 824512.

#### **15 SEPTEMBER:**

**Dinefwr Poetry:** Dinefwr Poets meet in the Station Cafe on the

first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

**Trecastle Farmers market,** Sunday afternoon, 1 until 4. Trecastle Community Centre, on the A40 at the west end of the village, near the Antiques Centre. Local produce and craft stalls, fresh bread from Talgarth Mill, community cafe for afternoon tea and home made cake. Free entry. Details of stall can be found on our Facebook pages.

**The Ramblers – Epynt Way 3:** Tirabad to Llandeilo'r Fan. This is the longest walk of the series at 14 miles but there will be an opportunity to finish at 10 miles. A mixture of woodland and open moorland with excellent views. Dist.14/10 miles. Strenuous Linear Explorer Map: 188 Meeting point: Llandovery Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Jim S Mob. 07851 365303.

**Lluest Open Day,** Beili Bedw Farm, Llanddeusant, Llangadog, SA19 7TG: Join in the fun on our annual open day. Entry is free. To book a stall call now for your pitch. 01550 740661.

#### **16 SEPTEMBER:**

**Table Tennis** at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

**Pontargothi Memorial Hall:** Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

**Tai Chi Classes** with Sue Wakefield at Myddfai Community Hall 7.00pm – 8.15pm. Tel 01550 720449 [www.myddfai.org](http://www.myddfai.org)

#### **17 SEPTEMBER:**

**Short Mat Bowls** at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

**LLANDEILO BOWLING CLUB.** Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777993.

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdru. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**WeightWatchers** meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandovery. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

**Tywi Art Group Untutored life-drawing session,** 9.30 to 12.30 at Cwmifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk.

**Pontargothi Memorial Hall:** Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

**A morning session of CHAIR YOGA** for those with limited mobility who wish to enjoy the full benefits of yoga including increased strength and flexibility, relaxation and well being. Catholic Hall. 10.15 – 11.15a.m. Cost £5.00. Information, Stephanie 01558 650534.

**Tai Chi Qigong for Health classes.** Tuesdays: Gwynfe Hall, 1.00pm – 2.15pm; Llangadog Hall, 4.45pm – 6.00pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear



comfortable loose clothing and soft soled shoes. Contact Sue on 07780544470 or sue.j.wakefield@gmail.com

**Llandovery Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

### 18 SEPTEMBER:

**TABLE TENNIS:** 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

**Badminton** at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

**Yoga at The Allotment** – Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Twyi Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.

**Workshop** with Sharon Dowr organised by Llandovery Floral Art Society at 7.00pm, Dolau Bran, Llandovery.

**WeightWatchers** meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

**The Ramblers – Llandovery:** Pleasant woodland walk including a short spell on Prince Charles' Llywnwormwood Estate. Dist. 4.5 miles. Easy/Moderate Explorer Map: 187 Meeting point: Llandovery Railway Station. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: Philip Howes Tel. 01550 720112 Mob. 07802 856007.

**Cothi Gardeners** welcome Brinley Watkins, 'Vegetable Growing with a Twist'. Coronation Hall, Pumsaint, SA19 8UW. 7.30pm, guests & visitors very welcome. £3 which includes refreshments. **Evening session, YOGA with MINDFULNESS.** Gentle movement working deeply with body, mind and spirit. Llandovery Youth and Community Centre, Market Square. 6.00 – 7.30 p.m. Cost £7.00 with concession for block booking. Everyone welcome. Information: Nirbhaya 01558 650534.

**Tai Chi Qigong for Health classes.** Wednesdays: Cwmfwr Hall, 9.30am – 10.45am; Cwmdu Vestry, 5.00pm and 6.30pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780544470 or sue.j.wakefield@gmail.com

### 18 SEPTEMBER – 21 SEPTEMBER:

**Mid-Wales Four-Day Walking Festival** starts in Llanwrtyd Wells. Marked routes of 20 or 12 miles also family-friendly guided walks of 8 or 5 miles. Manned checkpoints, refreshments etc., book online in advance or on the day. Register at the Neuadd Arms Hotel from 8am, start out from Llanwrtyd Square from 8.30am onwards. For information, see [www.green-events.co.uk](http://www.green-events.co.uk) or telephone 01591 610666/610236.

### 19 SEPTEMBER:

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**Kayak lessons,** Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

**Morning session YOGA with MINDFULNESS.** Gentle movement working deeply with body, mind and spirit. Llandovery Youth and

Community Centre, Market Square. 10.30a.m – 12.00. Cost £7.00 with concession for block booking. Everyone welcome. Information: Nirbhaya 01558 650534.

**Llandovery Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

### 20 SEPTEMBER:

**LLANSAWEL FILM CLUB** - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – [www.llansawel.org.uk/film-club](http://www.llansawel.org.uk/film-club) or call Bill Davis on 01558 685696/email [twmdavis@gmail.com](mailto:twmdavis@gmail.com)

**FRIDAY NIGHT IS MUSIC NIGHT!** TOWY VALLEY rehearsal group of Côr Meibion De Cymru – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

**Great News!** Citizens Advice will continue to be at the Llandovery Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandovery Youth and Community Centre, Gerwyn House, Market Square, Llandovery, SA20 0AB. Tel: 01550 721499.

**Come and celebrate 25 years of 'Llandovery Folk Dancing'** with live band Allan Yn Y Fan Llanwrda Hall SA19 8HD 7.30pm – late £10, £5 – 16s and under. NIGHT OUT FUNDED it would be appreciated if you would bring food to share for midway break. For info. 01550 720483 [www.facebook.com/llandoveryfolkdancing](http://www.facebook.com/llandoveryfolkdancing) [www.llandoveryfolkdancing.co.uk](http://www.llandoveryfolkdancing.co.uk)

**Pontargothi Memorial Hall:** Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

**Llandeilo Country Market** – EVERY FRIDAY – 8:30am to 12:30pm at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) – free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Cwmdu Inn.** Rugby Union World Cup. The Grand Slam, a 1977 film will be shown in the Blue. For details, ring shop/pub on 01558 685156.

**Rhodri Miles returns to the stage in 'SHYLOCK'** (after a sell out of Burton & Dylan Thomas). A dazzling, moving often hilarious play, celebrating the richness of Shakespeare's language and conjuring up a whole cast of characters at Victoria Hall, Llanwrtyd Wells, 7.30 pm. Admission £6.00. Tickets at the door also from Llanwrtyd Garage & Cafe Sospan or Phone 01591 610487/4884.

### 21 SEPTEMBER:

**LLANSAWEL MARKET** - EVERY 3RD SATURDAY IN THE MONTH IN THE VILLAGE HALL - 10.00 am to 12.30pm. Stalls selling local meat; organic vegetables; home baking; local cheese; eggs; some crafts etc. Stalls available for £5. For more info: call Bill Davis on 01558 685696 /email: [twmdavis@gmail.com](mailto:twmdavis@gmail.com)

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

**Orchard Day** – 10.00am – 4.00pm, Free event but normal admission applies. Dinefwr's orchard is home to many varieties of Welsh apples and we want to celebrate our home grown produce. Throughout the day in the orchard there will be talks from apple expert Paul Davies, apple pressing (feel free to bring your own apples) and the National Botanic Garden of Wales will be highlighting their 'Growing the Future' project. Dinefwr apples and apple juice will be available from the shop for you to enjoy the produce of Dinefwr at Dinefwr Park, SA19 6RT. Telephone number – 01558 824512. [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

## Wildlife Trust South & West Wales – East Carmarthenshire

**Group:** A Walk in a mixed deciduous wood near Trimsaran with owner Nicky Macher. Meet at woodland entrance on a minor road between B4308 & B4317 at a gateway with a For Sale sign (Woodlands.co.uk) near a 30mph road sign (SN444 058) at 11.00am. For further information about the Event or the Group, contact Valerie Amall, Honorary Secretary – 01267 253485.

21/09/2019 22/09/2019 CLIMATE CHANGE: HEADING FOR EXTINCTION (AND WHAT TO DO ABOUT IT), a 90-minute talk plus discussion by climate scientist/activist Aaron Thierry, The Cafe 39 High Street, Brecon LD3 7AP, Saturday 21 September 2019, 7pm ALSO Sunday 22 September 2019, 3pm, free entry (donations appreciated)

**Cwmdu Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

**Beginning Watercolour.** A day course for absolute beginners at St Michael's Church Hall, Golden Grove, Llandeilo. Tutor: Wendy Powell-Jones. The fee is £35 to include all materials and light refreshments. For further details including how to book visit her website [www.wendypowell-jones.me.uk](http://www.wendypowell-jones.me.uk)

**Trecastle YFC Show** at Fedw Farm, 9.00am til Late. Tel: 07900 632592.

### 21 SEPTEMBER – 22 SEPTEMBER:

**A weekend of Drawing and Painting** in the Great Glass Dome of the Botanic Garden of Wales. You will learn technical skills, work on a few painting exercises, with practising artist Genevieve Caminade. Please bring your own art materials. For further info and bookings tel: 01558 667150, and their website on the Courses page for more detailed information.

**Heritage Open Weekends** – What better way to spend autumn weekends than by exploring the rich history and astounding countryside of Carmarthenshire. Each weekend in September a different property in Carmarthenshire will be opening their doors for FREE at Paxton's Tower. [www.nationaltrust.org.uk/dinefwr](http://www.nationaltrust.org.uk/dinefwr). Telephone number – 01558 824512.

### 22 SEPTEMBER:

**The Ramblers – Llwynmadoc:** Location – Beulah. Forestry and mountain walking in a remote area. Dist. 8 miles. Energetic Explorer Map: 200 & 188 Meeting point: Llandovery Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Michael Owen Tel. 01269 269591 Mob. 07763 513568.

**Pontargothi Memorial Hall:** 2.00 – 4.00pm Nantgaredig Community Band and 4.00 – 5.00pm Junior Band. Contact Norma 01267 290429.

### 23 SEPTEMBER:

**Table Tennis** at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 77768.

**Pontargothi Memorial Hall:** Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

**Tai Chi Classes** with Sue Wakefield at Myddfai Community Hall 7.00pm – 8.15pm. Tel 01550 720449 [www.myddfai.org](http://www.myddfai.org)

**Conversational French classes with Amelie.** Learn to speak french with a french tutor Amelie from 11.00am to 1.00pm. Llandeilo venue for more info. Contact: [Amelie.vivelafrance@hotmail.com](mailto:Amelie.vivelafrance@hotmail.com)

### 24 SEPTEMBER:

**Short Mat Bowls** at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

**LLANDEILO BOWLING CLUB.** Fun night every Tuesday from 5.30pm, April to September. Open to all. For information phone 01550 777943.

**Whist drive** at 7.30pm in the Church Hall at Llanfihangel Rhos y Corn, near Gwernogle, SA32 7RP – Prizes, raffle, refreshments. Info 01267 202305.

**WeightWatchers** meetings on every Tuesday at 5.30pm at Rhys

Prichard Memorial Hall in Llandovery. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

**Pontargothi Memorial Hall:** Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

**A morning session of CHAIR YOGA** for those with limited mobility who wish to enjoy the full benefits of yoga including increased strength and flexibility, relaxation and well being. Catholic Hall. 10.15 – 11.15a.m. Cost £5.00. Information, Stephanie 01558 650534.

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**Whist drive:** at 7.30pm in the Church Hall at St Michael's Church, Llanfihangel Rhos y Corn, near Gwernogle, SA32 7RP – Prizes, raffle, refreshments. info 01267 202305.

**Llandovery Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

### 25 SEPTEMBER:

**TABLE TENNIS:** 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

**Badminton** at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

**Yoga at The Allotment** – Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Twyi Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.

**WeightWatchers** meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

**Talk by Sonia Hawkin** about Glass organised by Llandovery Friendship Club at Vicar Prichard Hall, High Street, Llandovery at 1.45pm. Membership fee £15

**The Ramblers – Pillow Mounds:** A walk from Banc Melyn to Bane Wernwgan and the lower slopes of Mynydd Du. Walking is on rough ground but heather should be colourful in September. Excellent views if the weather is good. Dist. 5 miles. Moderate/Energetic Explorer Map: OL12 Meeting point: Llandeilo Railway Station. Dep. 12.30pm on by car, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07776 433921.

**Evening session, YOGA with MINDFULNESS.** Gentle movement working deeply with body, mind and spirit. Llandovery Youth and Community Centre, Market Square. 6.00 – 7.30 p.m. Cost £7.00 with concession for block booking. Everyone welcome. Information: Nirbhaya 01558 650534.

**Drawing and Painting Tuition Classes** [informal drop in classes] with practising artist in Talley and Llandeilo, Wednesday mornings, starting Wednesday 25th September: Advanced: 11.00 am to 1.00pm, beginners: 1.30pm to 3.30pm. Other days and evening classes possible on request. For more info. and bookings contact Gene on 01558 685175 or email: [genecaminade@hotmail.com](mailto:genecaminade@hotmail.com). This course will continue through until Wednesday 18th December 2019, stop for 2 weeks and continue in the second week of January.

**Tai Chi Qigong for Health classes.** Wednesdays: Cwmifor Hall, 9.30am – 10.45am; Cwmdy Vestry, 5.00pm and 6.30pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780544470 or sue.j.wakefield@gmail.com

**LAST SUMMER (A WELSH COMING OF AGE DRAJIM):** A powerful coming of age film set in rural Wales, during a long hot summer in the 1970 's, - 'LAST SUMMER ' follows four young boys as they roam free through a neglected rural paradise, until, a tragedy strikes that sets them against the adult world and changes their lives forever. STARS: Noa Thomas, Gruffydd Weston, and Rowan Jones. Doors open at 6.45pm. Short Film starts at 7.10pm. Main Film starts at 7.30pm at Assembly Rooms, Bridge Street, Llandovery SA20 ODS. For further details contact Terry on 01550 720258.

### **26 SEPTEMBER:**

**Kayak lessons,** Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

**Morning session YOGA with MINDFULNESS.** Gentle movement working deeply with body, mind and spirit. Llandovery Youth and Community Centre, Market Square. 10.30a.m – 12.00. Cost £7.00 with concession for block booking. Everyone welcome. Information: Nirbhaya 01558 650534.

**Llandovery Garden Club members** will drive to Aberglasney Gardens, SA32 8QH. This is instead of the coach trip to Orgasmic Cider Company, Hereford. Could all those who wish to go please assemble in the car park at Llandovery station at 1.00pm in their cars together with their friends. Any one who needs a lift please be there at the same time, hopefully, to find a spare seat! Alternatively, be in touch with people before hand. Any further details please phone Babs on 01550 720771.

**Llandovery Croquet and Bowls Club** – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

**Quiz Night at the Cennen Arms, Trap:** Every 4th Thursday of the month at 7.30pm with all proceeds being donated to Lliest Horse and Pony Trust. Bring a team or join one when you arrive. Good food, drink and great company will be on tap all evening.

### **27 SEPTEMBER:**

**LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm.** High definition and surround sound. Bar, snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

**FRIDAY NIGHT IS MUSIC NIGHT!** TOWY VALLEY rehearsal group of Cór Meibion De Cymru – The South Wales Male Choir at Fairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

**Great News!** Citizens Advice will continue to be at the Llandovery Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandovery Youth and Community Centre, Gwyrwn

House, Market Square, Llandovery, SA20 OAB. Tel: 01550 721499.

**Invitation – Date for the Diary:** Revd. Ann McKnight will be hosting a Macmillan Coffee Morning at Y Ficerdy, 10.00am – 12.00 noon. Please come to support this very worthy charity.

**Sinema Sadwrn** have a romantic dark fantasy this month. Elisa is a mute, isolated woman who works as a cleaning lady in a hidden, high-security government laboratory in 1962 Baltimore. Her life changes forever when she discovers the lab's classified secret – a mysterious, scaled creature from South America that lives in a water tank. As Elisa develops a unique bond with her new friend, she soon learns that its fate and very survival lies in the hands of a hostile government agent and a marine biologist. Certificate: 15, Running time: 118 minutes. Film showing at Llansadwrn Reading Room. Doors at 7.00pm, programme starts at 7.15pm. Tickets available on the door: £5 Adults, £4 under 16s, Groups of 3 or more £4 each. Everybody welcome. Visit Sinema Sadwrn on Facebook for more information or call 07900 908391.

**Pontargothi Memorial Hall:** Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

**Llandeilo Country Market** – EVERY FRIDAY – 8:30am to 12:30pm at Capel Newydd Vestry, Crescent Road (next door to the Civic Hall) – free entry. Home made cakes and savouries, freshly picked local seasonal fruit and veg, plants and handcrafted gifts. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

**Cwmdy Quiz Night** with Richard Hughes setting the questions at 7.30pm in the Cwmdy Inn. Free entry but a donation to Cymdeithas Cwmdy would be appreciated. Come with a team or join one on the night.

**The Friends of Llandovery Station.** You are cordially invited to a talk and slide show on The Heart of Wales Railway Line given by Tony Birdwood in the Old School Dining Hall, Llanwrda – doors open at 6.30pm. Admission £3 including refreshments. Proceeds to Cornwallis. The Friends of Llandovery Station is a volunteer group which runs the Llandovery Station Buffet and Gallery. They are affiliated to the Heart of Wales Line Development Company, and HoW/LTA.

**Whist Drive** at Llangadog Community Centre, 7.30pm. Contact Jackie on 01550 777316 for details.

### **28 SEPTEMBER:**

**SATURDAY BOOKS** at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

**Car Boot Sale** at Glangwili Hospital Car Park, 8.00am – 12.00pm. No need to book, just come along. Entrance fee: £5 per car / £10 per van. All proceeds from entrance fees to donated to Cardiac Rehabilitation Department. www.calonplus.co.uk

**Indoor Car Boot Sale** at Llangadog Community Centre. Starting 10.00am. Tea and Coffee available on the day. FREE ENTRY. Money from the sales of the tables/refreshments will be going towards the Llangadog Community Centre. PLEASE COME ALONG AS THERE WILL BE SOMETHING FOR EVERYONE!!

**Brechfa Forest and Llanllwni Mountain Tourism Cluster Group** in are hosting a consultation on a 25 year strategic plan for tourism and the recreational use of Brechfa Forest and Llanllwni Mountain. In conjunction with a consultation on the future of forest school/craft activities at Keepers, Brechfa Forest. Come and join us at Keepers for some refreshments and have your say, from 11.00am to 5.00pm. The OS grid reference for Keepers car park is SN 523 319. If you require any further information please contact Alex Wilcox Brooke on AlexW@severnwyve.org.uk

**Cwmdy Inn.** Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.



**Brechfa Macmillan Coffee Morning** – from 10am to noon in Brechfa Church Hall. Lots of cake, activities – donations and volunteers welcome. Organised by the Churches of Brechfa and Llanfihangel Rhos y Corn – contact Caroline Evans 01267 202305.

### **29 SEPTEMBER – 29 SEPTEMBER:**

**A weekend of watercolour Painting Class** in the Great Glass Dome of the Botanic Garden Of Wales. A weekend of watercolour Painting where you will learn the basic skills of watercolour painting, with a few painting exercises, with practising artist Gene Caminade. For further info, and bookings, tel 01558 667150.

**Heritage Open Weekends** – What better way to spend autumn weekends than by exploring the rich history and astounding countryside of Carmarthenshire. Each weekend in September a different property in Carmarthenshire will be opening their doors for FREE at Dinefwr. [www.nationaltrust.org.uk/dinefwr](http://www.nationaltrust.org.uk/dinefwr). Telephone number – 01558 824512.

### **29 SEPTEMBER:**

**The Ramblers – Epynt Way 4:** Llandeilo'r Fan to Upper Chapel. This walk completes the Epynt Way series. An undulating walk with some short steep climbs which will take us past a number of interesting features on the Sennybridge Ranges. Dist. 12 miles. Energetic. Linear Explorer Map: 187 & 188 Meeting point: Llandovery Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Wendy Leslie Mob. 07969 213560.

**Pontargothi Memorial Hall:** 2.00 – 4.00pm Nantgaredig Community Band and 4.00 – 5.00pm Junior Band. Contact Norma 01267 290429.

**Myddfai Farmers Market,** Myddfai Community Hall & Visitor Centre 12.00 noon – 4.00pm. Come along for a wide range of local produce & crafts. The café & gift shop will be open too. Tel: 01550 720449 [www.myddfai.org](http://www.myddfai.org)

**Cwmdu Inn.** Rugby Union World Cup. The Wales v Australia match will be screened in the Blue Room. Kick off at 8.45am. Tea, coffee and bacon butties will be available.

### **30 SEPTEMBER:**

**Table Tennis** at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

**Pontargothi Memorial Hall:** Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

**Tai Chi Classes** with Sue Wakefield at Myddfai Community Hall 7.00pm – 8.15pm. Tel 01550 720449 [www.myddfai.org](http://www.myddfai.org)

### **1 OCTOBER:**

**Short Mat Bowls** at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 777645.

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**WeightWatchers** meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandovery. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

**Tywi Art Group Untutored life-drawing session,** 9.30 to 12.30 at Cwmifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Cost: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk.

**Pontargothi Memorial Hall:** Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

### **2 OCTOBER:**

**TABLE TENNIS:** 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

**Language classes:** Every Wednesday Italian 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: [gillypickering@aol.com](mailto:gillypickering@aol.com)

**Badminton** at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

**Yoga at The Allotment** – Join us every Wednesday at 5.00pm (weather permitting) for a relaxing hour of yoga in the surrounds of Dinefwr Park. As long as the forecast is dry we will be there. Let the Earth beneath your feet, the sky above and the sound of the birdsong soothe your soul. Let go of all your tension and worries. Held in the allotment near the Twyi Centre, SA19 6RT. Go to the car park on the right. Call Sian on 0753 497 4413 for more details or visit Yoga & Somatics with Sian on Facebook.

**WeightWatchers** meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at [weightwatchers.co.uk](http://weightwatchers.co.uk)

**Drawing and Painting Tuition Classes** [informal drop in classes] with practising artist in Talley and Llandeilo, Wednesday mornings, starting Wednesday 25th September: Advanced: 11.00 am to 1.00pm, beginners: 1.30pm to 3.30pm. Other days and evening classes possible on request. For more info. and bookings contact Gene on 01558 685175 or email: [genecaminade@hotmail.com](mailto:genecaminade@hotmail.com). This course will continue through until Wednesday 18th December 2019, stop for 2 weeks and continue in the second week of January.

### **3 OCTOBER:**

**Senior Citizens' Meeting** at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

**Kayak lessons,** Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

**Llanwrtyd Wells Thursday Walkers** leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: [geoffstickland@gmail.com](mailto:geoffstickland@gmail.com)

# 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. 07/20(12)

## ARCHITECTURAL SERVICES

**DARREN MILLS ARCHITECT** – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: dmills@dmarchitect.co.uk 05/20(12)

**BROWN PARTNERSHIP ARCHITECTURAL SERVICES** – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Three Horseshoes, Gwynfe, Llangadog on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com 11/19(12)

## BOOKS, RECORDS, CDs

**A LARGE STOCK OF GOOD QUALITY SECOND-HAND BOOKS, RECORDS AND CDs AWAIT YOU** at 'Discovery', 52 Cwmamman Road, Garnant, Ammanford SA18 1NF. Comprehensive stocks of Fiction Novels, Non-Fiction, Reference, Technical, Welsh etc. – Popular categories, best sellers and top authors. Records and CDs from Rock to Classical, Jazz, 60s, Country, Folk, World Music etc. etc. Call and see us soon – you may be pleasantly surprised. Open Monday to Friday 10.00am to 5.00pm. 03/20(6)

## BOUNCY CASTLE HIRE

**PARTIES, SHOWS & EVENTS, WEDDINGS, SCHOOLS.** Outside or Inside, Manned or Unmanned. We are a friendly local company. All our castles are Pipa registered for your peace of mind, and have a rigorous test each year. We also have didi cars and games – please see our website for all we do. www.bouncyboing.co.uk Tel: 01591 620327 or 07803 589627. 10/19(6)

## CARPET FITTER & SUPPLIER

**CARPET SERVICE/GWASANAETH GOSOD CARPEDI.** New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. 07/20(12)

**GREGORY JONES.** Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 09/19(6)

**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 12/19(12)

## CHIMNEY SWEEP

**WEST WALES CHIMNEY SWEEP.** A clean, experienced, HETAS and Guild of Master Chimney Sweep. All solid fuel, oil, gas chimneys and flues swept. Installation and servicing of all solid fuel stoves. Call Dave on mob.: 07854 739251 or email: westwaleschimneysweep@gmail.com. 06/20(12)

## CLEANING SERVICES

**A & C HOME SERVICES.** Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one off to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. 09/20(12)

**J & J CLEANING SERVICES.** All jobs considered, competitive rates, office/private and holiday let cleaning, reliable, trustworthy and friendly. All outdoor work considered including lawn cutting. Contact 07872 509031 / 07770 777992. 11/19(6)

## CLOCK REPAIRS

**C. BACON,** Llandeilo, 9.00am – 4.30pm. Antique clock repairs and restoration. Clocks collected & delivered. Member of the British Watch & Clock Makers Guild. Tel. 01558 685665. 12/19(6)

## COMPLEMENTARY THERAPY

**HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IIHHT ICHT FFHT.** Fully qualified & insured member of the Federation of Holistic Therapists for 19 years. Treatments available are: SPORTS MASSAGE – Specifically aimed to release tight, painful & fatigued muscles. (Including a postural assessment & stretching techniques.) DEEP TISSUE & THERAPEUTIC MASSAGE – Eases tight muscles & improves circulation & lymph flow. AROMATHERAPY MASSAGE – A soothing massage combining pure essential oils to enhance well being & restore the body's natural balance. AROMATHERAPY FACIAL MASSAGE/INDIAN HEAD MASSAGE/REFLEXOLOGY. All treatments can be adapted to suit individual needs. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753. 03/20(12)



## COPYING AND PRINTING SERVICES

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

## COUNSELLING

**COUNSELLOR:** Experienced and qualified female counsellor offering confidential space at affordable rates. Something troubling you or on your mind? Struggling with how you're feeling? Talking therapy can help. No problem too big or small. For many years I have worked with men, women, young people, children, couples and families. To find out how I can help or to arrange an initial appointment call me (Cathrin) on 07870 888141. Website: www.cathrinwildwood.co.uk 04/20(12)

## CURTAINS & COVERS

**CURTAINS & COVERS** and all accessories. Made to measure - hand sewn curtains, interlining a speciality. Tailored loose covers & fixed upholstery. Interior design service. Always a good selection of fabrics for sale - ring for appointment to view. Choose from my range of fabrics or supply your own. Foam cut to size. Friendly, efficient service. Reasonable rates. Also antique furniture for sale. Tel. Sally 01558 668102. 09/19(12)

## DOG TRAINING

**BMC ACADEMY DOG TRAINING:** Llansawel Village Hall. SA19. Kennel Club dog training classes, Puppy Class, Bronze to Gold Good Citizen classes & Assessments, Heelwork to Music and Rally Obedience. Monday morning & evening, Wednesday morning & afternoon. Workshops with Guest Trainers throughout the Year. Work towards competition standards or just come and have fun! Contact Kathleen Stubbings on 01558 685858, 07522 984094 or email: dogdancingltd@gmail.com 05/20(12)

## ELECTRICIANS

**V. W. REES ELECTRICAL. Llandeilo.** All aspects of Domestic wiring including New Builds and Rewires. **No job too small.** All work Guaranteed. Emergency call out available. Free estimates. For a professional reliable service Tel: 01558 823679 or Mob: 07790 568072. 10/19(6)

**J. FRANCIS TRYDANWR/ELECTRICIAN,** all aspects of domestic wiring, new builds re-wires, certification, free estimates. Llangadog tel: 07454 968822 or email: sparkyfrancis@hotmail.com 07/20(12)

## FAMILY HISTORY

**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. 11/19(12)

## FUNDRAISING

**THE GREEN HOUSE.** Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 05/20(12)

## FUNERAL CELEBRANT

**MEANINGFUL NON-RELIGIOUS FUNERALS AND MEMORIALS JUST FOR YOU.** Written and conducted by Ingrid Birchell Hughes, Accredited Celebrant with Humanists UK. As you face this difficult time, I can help create the ceremony that offers you the chance to say a heartfelt goodbye to your loved one, so you can celebrate what made them special, and of course give voice to the loss you may be feeling. You (or your Funeral Arranger) are welcome to contact me on: 07771 866875, email: ingrid.birchell-hughes@humanistceremonies.org.uk or visit my website: humanist.org.uk/ingridbirchellhughes 03/20(6)

## GARDENING — SERVICES

**TUNDRA LANDSCAPES (est. 1978).** Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777108 or mob: 07790 210397 03/20(12)

**AGAP LANDSCAPES.** Specialists in Hard & Soft Landscaping. All aspects of fencing / decking / pergolas / driveways / patio's / paths / shed and shed bases, hedge cutting / tree work / pruning and garden maintenance. Free quotes and fully insured. Tel: 01558 543087 or Mob: 07990 554667. www.agap-landscapes.co.uk. 11/19(6)

**GARDEN PURSUIT – FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS.** Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered www.gardenpursuit.co.uk 11/19(12)

**LLOYD GARDEN SERVICES** — Available for casual farm work, also all general garden work and lawn mowing, log splitting and kindling, patio pressure washing/cleaning within 20 mile radius of Llandoverly. Tel. Dilwyn 07770 455255. Visit us on Facebook or email: dilwynlloyd2@gmail.com 08/19(6)

**A & C HOME SERVICES.** Grass cutting, hedge trimming, weeding etc. All general garden maintenance undertaken. Reliable service guaranteed. No job too small or messy. Call 07855 064152 to discuss your requirements. 09/19(6)



## JEWELLERY REPAIRS & ENGRAVING SERVICES

**NICHOLAS WALL.** Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. Previously located on Rhosmaen Street, Llandeilo. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. *03/20/12*

## JOINERY

**CABINET MAKER.** I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: [info@harryguilecarpentry.co.uk](mailto:info@harryguilecarpentry.co.uk) *03/20/12*

## LAUNDRY SERVICES

**LLANDOVERY LAUNDRETTE, 21 STONE ST.** We are pleased to now offer a Service wash option in addition to our Self Service Laundrette. We are situated on the same premises, in The Laundry Room. We offer a variety of options, including ironing. We can also pick up and drop off! Please ask us! Pop in or phone on 01550 721076, 01550 721949 or message us on facebook @The Laundry Room Llandoverly. *12/19/6*

## MAN WITH A VAN

**MAN WITH A VAN / COURIER:** LOCAL OR DISTANCE, FROM 1 ITEM TO A FULL LOAD. If you would like something delivered or collected, simply ask for a quote – there's no obligation. I provide a friendly and honest service, and am here to help. I'm happy to travel locally, throughout the UK & abroad. I have a medium sized Transit, and am able to hire a larger capacity Luton van or 7 ton for larger jobs. Extra hands can be called upon too when required. I am usually able to accept and respond to short notice or urgent requests. Please phone or email Jerry on 01591 620327 or 07803 589627, [jerry@thetump.co.uk](mailto:jerry@thetump.co.uk) *10/19/6*

## MASSAGE

**DEEP TISSUE, SWEDISH, AND HOLISTIC MASSAGE.** Clare Hallam. Registered Massage therapist and ITEC qualified. The focus of this treatment is to alleviate tight, painful and fatigued muscles whilst promoting a state of relaxation, rejuvenation and balance. Once the body can relax the mind will follow. I work in Llandeilo. Gift Vouchers available. For more information or to book an appointment call Clare on 07913 403686. *10/19/6*

## MONUMENTAL MASON

**BEAUTIFUL, AFFORDABLE, HAND-CARVED WELSH SLATE MEMORIALS AND HOUSE SIGNS** made to order by local artist-craftsman Gabriel Hummerstone. Business established 2000. For further information visit [www.hummerstone.wales](http://www.hummerstone.wales); to discuss your requirements and for a free quotation e-mail [gabriel@hummerstone.wales](mailto:gabriel@hummerstone.wales) or 'phone 07805 694016. Visits to my workshop in Gelli Aur/ Golden Grove are most welcome. *07/20/12*

## PAINTER & DECORATOR

**HAYDN ADAMS.** For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. [www.haydnadams.co.uk](http://www.haydnadams.co.uk) *08/20/12*

**PHILIP & BRIAN JOHNSTON FAMILY DECORATORS,** Interior and Exterior Decorating – Property Maintenance – Restoration to original detail. Box sash window repairs and sill replacement. PVC troughings and weather board repair or replacement. Wooden floors, skirtings and kitchens fitted. Experience in Insurance Quotations. References on request. **FOR IMMEDIATE ATTENTION.** Tel: 01550 720829 or 01558 650301. *05/19/12*

**PAINTABILITY DECORATING.** Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: [philashworth@hotmail.co.uk](mailto:philashworth@hotmail.co.uk) [www.paintabilitydecorating.co.uk](http://www.paintabilitydecorating.co.uk) *12/19/12*

## PEST CONTROL

**THE MOLE MAN.** ADAS qualified pest control operative. Moles trapped, rats and wasps exterminated. Domestic and agricultural. Stuart 01550 777394 or mobile: 07791 378958. *07/20/12*

## PETCARE SERVICES

**PAWSITIVE PETCARE.** Offering a caring, professional and reliable service for all pet owners and smallholders. Services include canine behaviour practitioner, dog training, dog grooming, dog walking, small animal care, doggy day care, pop in feed service, poultry/waterfowl care and pet to vet taxi service. Available all year round including weekends, evenings and bank holidays. Bookings taken for regular visits. ISCP Canine Practitioner - ISCP Dip. Canine. Prac., member of National Register of Dog Trainers and Behaviourists. Fully Insured and DBS checked. Contact Lyn on 01550 722917. *03/20/6*

**PAWS PET SITTING SERVICES.** All pets considered. Friendly and confidential. Dog walking, home minding etc. Holiday minding or general help. Contact 07872 509031. *11/19/6*

## PICTURE FRAMING

**PICTURE FRAMING.** Over 30 years experience of all types of work. Better buy reputation. Howell Whitney, The Old Printing Office, Llandoverly. Tel: 01550 720690. *07/20/12*

## PLUMBERS

**KB HOME Maintenance Plumbing.** For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. *04/20/12*

## PSYCHOTHERAPY

**GETTING TO THERAPY CAN FEEL OVERWHELMING.** In times of struggle I will meet you just where you are when something deeper and wiser is asking to be met and addressed. With focused attention, open awareness and kind intention, I can help you reconnect with your own sense of feeling alive, and then wellbeing and joy become possible. I have an MA in Core Process Psychotherapeutic Practice. I can be found on the Counselling Directory and the BACP Directory websites. I do not charge for a first meeting. My practice is three miles from Llandoverly. Louisa Jones *02/20/12*

## ROOFING

**LLANDEILO ROOFING** – Based in Llandeilo we offer a complete roofing service, from slate and tiled roofs. Including full re-felt and batten to flat roofing and fascia and soffit work. Chimney problems and pointing/lead work. For peace of mind we are DBS checked and also Approved Firestone rubber flat roof Installers offering a 30 year warranty with every Installation. We are happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, even weekends. Experienced, reliable, affordable. Contact us for a free survey and estimate: 01558 823737 Mobile 07584 550969 email: localroofer.wales@gmail.com website: completerooferworks.co.uk 09/19/6

## SOLICITORS

**HUGH WILLIAMS SON & CO.** Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing, Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandovery 01550 721500. 09/19/12

## TUITION

**MATHEMATICS TUITION IN LLANDEILO.** If you would like to improve your grades for GCSE, AS or A Level, or need a bit of extra help in understanding mathematics, then contact me for one-one tuition. I am a retired mathematics lecturer (PhD, PGCE) with an excellent record of student success. Please contact Lynne Roberts on 01558 824431. 12/19/12

**PHYSICS/FFISEG** Retired physics teacher provides physics tuition at A, AS, and GCSE level. (Cymraeg a Saesneg) Llandeilo area. Phone: 01558 669196, Mobile: 07773 124820. 10/19/6

**PIANO LESSONS:** Beginner to Advanced, Grades 1 to 8 with ABRSM or learn for fun: Pop, Rock, and Blues. Will travel to yours, or come to my home studio in Llangadog. Call Ben Montaigne on 07969 887271 or Email: info@panio.uk 02/20/12

**NEED A TUTOR? WE CAN HELP.** TUTOR CENTRE now open in the Village School, Llanwrda. We cover all subjects, all levels and all ages. Please call us for an informal conversation to discuss your requirements: 01550 777701. 09/19/6

## UPHOLSTERY

**MICK SHERIDAN UPHOLSTERY.** Reupholstery of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, etc. Specialists in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for a quote – 07719 801672 Email: mick@micksheridanupholstery.co.uk www.micksheridanupholstery.co.uk 10/19/12

## YOGA

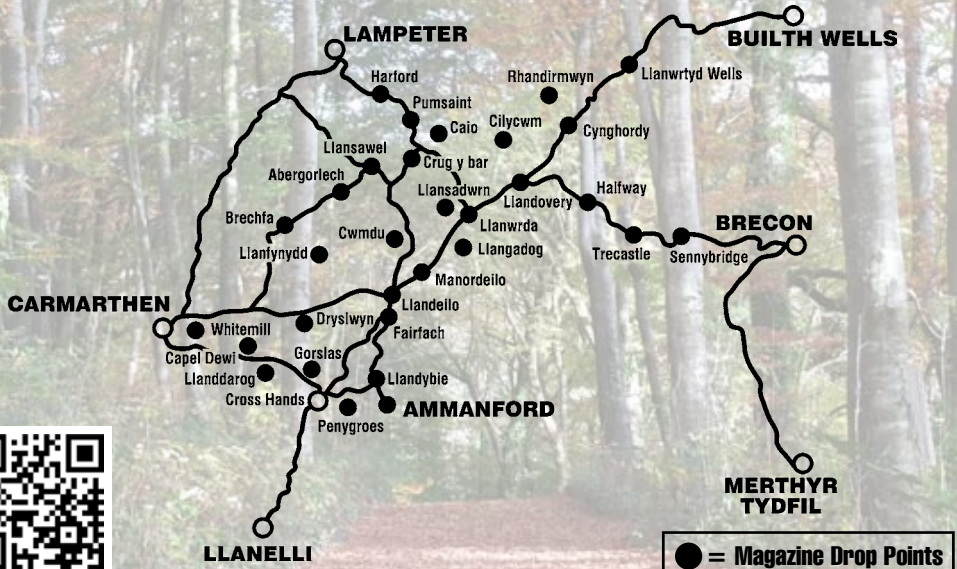
**HOLISTIC HEAVEN YOGA:** Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and your immune system. Releases aches and pains and also great for toning and strengthening muscles. Phone Claire on 01550 721332 or 07985 077227 for timetable or visit www.holistic-heaven.com. Yoga Classes – Workshops – Retreats – Holistic Treatments. 06/20/12

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# The Post

## Llandovery & Surrounding Distribution Area

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



## ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

### THE RATES QUOTED BELOW ARE PER ISSUE

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

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

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

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



# Noticeboard

## CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

## LLANDEILO LIBRARY:

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

Mon 09:00 – 17:00

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

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

Thurs 09:00 – 17:00

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

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

## LLANDOVERY LIBRARY:

Tel. 01550 721626

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

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

## COUNTRY MARKETS

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

**Myddfai:** Last Wed of Month, 9.00am – 1.00pm. Tel: 01550 720449

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

## TOURIST INFORMATION CENTRES

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

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

7 days, Enquiries to 01874 622485.

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

## LOCAL POLICE

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

## TAXI SERVICES

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

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

**Llangadog Taxis,** Llangadog. Tel: 01550 777924.

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

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

## MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

## AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

## BRECON ADVICE CENTRE

Tel. 01874 624595

12 Castle Street, Brecon, Powys LD3 9BU:

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 – Lampeter

via Llansawel (A - 288) or Pumsaint (B - 289)

Llandovery (Car Park) A 9.15 am (Mon, Tues, Thurs, Fri)

Llandovery (Car Park) B 12.50 pm (Mon & Fri only)

Caio Post Office B 10.55 am (Tues & Thurs only)

### Golden Grove – Llandeilo – Carmarthen (277) Wed only

	<b>Wed</b>		<b>Wed</b>
Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
Ffair-fach	9.15	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgareddig (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
Nantgareddig (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)

	<b>281</b>	<b>280</b>	<b>281</b>
L'dovery(car park)	7.00	8.50	10.45
Llanwrda	7.10	9.00	10.55
Llansadwrn	7.15	9.05	11.00
Llangadog (Rhyd-y-Fro)	—	9.14	—
Llangadog (Common)	7.24	—	11.09
Cwmifor	—	—	11.21
Llandeilo, Capel Saron	7.39	9.31	11.29
Carmarthen	8.22	10.14	12.12

	<b>281</b>	<b>280</b>	<b>281</b>	<b>280</b>	<b>281</b>	<b>280</b>	<b>281</b>
Carmarthen	6.05	7.20	9.15	10.20	12.20	14.20	16.20
Llandeilo	6.36	8.00	9.59	11.00	13.04	15.00	17.04
Cwmifor	—	—	10.05	—	13.10	—	17.10
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21
Llangadog (Rhyd)	—	8.13	—	11.13	—	15.13	—
Llansadwrn (War Memorial)	—	8.21	10.26	11.21	13.31	15.21	18.50
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44

## 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 (Timetable 19/05/19 – 14/12/19)

Mon to Fri				Sat.				Sun.					
Swansea	D	—	06.04	09.34	14.35	18.21	04.31	09.15	13.12	18.17	11.12	15.29	
Gowerton	D	—	06.15	09.45	—	18.32	04.42	09.26	13.23	18.28	11.20	15.39	
Llanelli	D	05.20xx	—	06.25	09.55	14.53	18.42	04.50	09.34	13.32	18.40	11.32	15.49
Ffairfach	D	05.54x	—	06.59x	10.29x	15.27x	19.16x	05.24x	10.10x	14.08x	19.14x	12.08x	16.27x
Llandeilo	D	05.59	—	07.06	10.34	15.32	19.21	05.29	10.15	14.13	19.19	12.13	16.32
Llandeilo	D	06.08	—	07.16	10.43	15.42	19.30	05.39	10.24	14.23	19.28	12.22	16.42
Llanwrda	D	06.12	—	07.19	10.47	15.45	19.34	05.42	10.28	14.26	19.32	12.26	16.45
Llandovery	A	06.22	—	07.26	10.53	15.52	19.40	05.49	10.34	14.33	19.38	12.32	16.52
Cynghordy	D	—	—	07.37x	11.04x	16.03x	19.51x	05.59x	10.45x	14.44x	19.49x	12.43x	17.03x
Llanwrtyd	D	—	—	08.08	11.21	16.24	20.31	06.16	11.05	15.01	20.08	13.00	17.20
Llanrindod	D	—	06.18	08.45	12.01	16.59	21.19	06.55	11.40	15.42	20.42	13.43	18.01
Shrewsbury	A	—	07.57	10.14	13.32	18.28	22.54	08.23	13.09	17.11	22.08	15.12	19.38
Shrewsbury	D	04.46	—	05.56	10.09	14.05	18.24	05.16	09.00	13.58	17.57	12.04	16.18
Llanrindod	A	06.11	—	06.44	11.39	15.36	19.56	06.46	10.31	15.28	19.25	13.35	17.49
Llanwrtyd	D	—	—	08.09	12.31	16.23	20.30	07.23	11.07	16.11	20.08	14.12	18.34
Cynghordy	D	—	—	08.22x	12.44x	16.36x	20.44x	07.35x	11.20x	16.24x	20.22x	14.25x	18.48x
Llandovery	D	—	06.42	08.34	12.56	16.48	20.56	07.47	11.32	16.36	20.34	14.37	19.00
Llanwrda	D	—	06.48x	08.40x	13.02x	16.54x	21.02x	07.53x	11.38x	16.42x	20.40x	14.43x	19.06x
Llangadog	D	—	06.52x	08.44x	13.06x	16.58x	21.06x	07.56x	11.42x	16.46x	20.44x	14.47x	19.10x
Llandeilo	D	—	07.03	08.56	13.18	17.10	21.17	08.08	11.54	16.58	20.55	14.59	19.21
Ffairfach	D	—	07.06	08.58	13.20	17.12	21.20	08.10	11.56	17.00	20.58	15.01	19.24
Llanelli	D	—	07.45	09.39	14.04	17.52	22.01	08.55	12.42	17.40	21.38	15.41	20.04
Swansea	A	—	08.08	10.01	14.25	18.14	22.22	09.22	13.01	18.09	22.06	16.03	20.25

www.tfwrail.wales

Tel: 03457 484 950

or visit [www.heart-of-wales.co.uk](http://www.heart-of-wales.co.uk)

x = Service stops on request

xx = Starts from Carmarthen

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.