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SCIENCE FACT FUELS CAMPAIGN TO STAMP OUT 'POLLINATOR- FRIENDLY' FICTION



- The National Botanic Garden of Wales launches first pollinator plant logo scheme in the UK to be backed by DNA-barcoding science
- Being rolled out to growers & nurseries so shoppers are guaranteed eligible plants are loved by bees and other pollinating insects, don't contain synthetic insecticides and are grown in peat-free compost
- Aims to prevent pollinator decline and benefit other wildlife such as hedgehogs, sparrows and frogs

A new campaign to protect pollinators will end the game of Russian roulette we play every time we buy a plant. NBGW-Final LogoFor the first time, gardeners are able to buy plants that are guaranteed to be good for bees and other pollinators.

The National Botanic Garden of Wales has launched its Saving Pollinators Assurance Scheme which is uniquely backed by the Garden's cutting-edge scientific research.

Head of Science, Dr Natasha de Vere explains:

"Lockdown has seen a massive growth in gardening with many more people spending extra time and money buying plants to make their gardens more wildlife-friendly, without realising the plants could contain residues of synthetic insecticides that are extremely damaging to pollinators and to our environment.

"There are so many labels out there in garden centres and other stores that advertise plants as being bee-friendly or pollinator-friendly when there is often not much evidence of their benefits.

"A team of scientists here at the Botanic Garden have been using DNA barcoding to investigate which plants honeybees, solitary bees, bumblebees and hoverflies visit. Our new Saving Pollinators Assurance Scheme harnesses this 17 years' worth of research, and makes its results accessible to gardeners."

There are already 23 participating

continued on page 3



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ALL ABOUT *The Post*

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03/21(6)

growers and specialist nurseries signed up to the scheme and they are using the new 'Saving Pollinators' logo. The scheme's organisers hope the concept could, in the future, be rolled out to other parts of the UK and are calling on the horticulture and garden retail industry to take note.

The Assurance Scheme is being run by the Botanic Garden's 'Growing the Future' project. GTF Science Officer, Dr Kevin McGinn said: "The pollinator plants assured by our scheme are not only backed by scientific evidence but have been sown, grown and nurtured by a range of passionate growers in a peat-free and synthetic-insecticide-free environment. Consumers can be sure that these plants are not only attractive to pollinators but have also been grown in an environmentally sustainable way."

On the issue of peat, Kevin added: "The use of peat compost is still widespread but its use is very environmentally damaging. Its extraction from the ground destroys precious habitats and allows vast amounts of carbon dioxide to be released, contributing to climate change. Peat also holds enormous amounts of water, so its extraction increases vulnerability to flooding. Our new assurance scheme covers only plants that are grown peat free."

The drastic worldwide decline in vital pollinating insects is partly caused by the use of neonicotinoids and other pesticides.

Research confirms that even plants labelled by retailers as 'pollinator friendly' can contain potentially toxic pesticides. Buying plants grown without synthetic insecticides will help prevent pollinator declines and also benefit insect-eating wildlife such as hedgehogs, sparrows and frogs.

Says Dr de Vere: "This new campaign is all about highlighting what gardeners can do to improve the odds for insects but we need a huge awareness-raising campaign about current horticultural practices so consumers are empowered to do the right thing."

"Look out for our Saving Pollinator Assurance Scheme logo on plants in garden centres and specialist nurseries across Wales, including in the Garden Centre here at the Botanic Garden. It is the only pollinator plant logo in the marketplace that is backed up by science and the only one that assures buyers they have made an environmentally sustainable choice."



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06/21(12)

PadmaSamBhava Yoga and Meditation Centre

The summer is now drawing to an end and we should have been looking forward to attending our yoga classes at the Centre, but sadly this is still not possible as life continues on in its 'topsy turvy' way. However, we must not let ourselves be downspirited as we all learn to adapt to such different ways and times. All at PadmaSamBhava hope that you are well and have been able to share these longer days with some of your friends and family as 'lockdown' continues to open up a little. Indeed, as time goes on, it is even more important to remain positive and continue to do your yoga practices.

PadmaSamBhava has given some Zoom classes which have been well received. The classes have run smoothly and so far technical fears and phobias overcome. Students have enjoyed greeting their classmates once again and seeing the Yoga room. The Centre is now working on a timetable for Autumn Zoom classes. The last session of this year's one-year course, 'The Golden Thread: Sadhana and the Rhythms of Nature' will be held on September 12th.

Thankfully all is well at PadmaSamBhava and the Centre looks forward to a time when all will be able to enjoy the classes in person again. PadmaSamBhava is there for students old and new and would like to remind you how important your Yogic practices including meditation are, so please do keep these up. A few simple stretches can help release tension in the physical body and breathing practices with awareness can make a big difference to the state of our minds, our health, as well as relax the body. Please do call the Centre if you need help and guidance.

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

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



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03/21(12)

ROYAL WELSH AGRICULTURAL SOCIETY 2020 WINTER FAIR

It is with deep regret that following an assessment of the current and anticipated COVID 19 restrictions that the Royal Welsh Agricultural Society has made the difficult decision to cancel the 2020 Royal Welsh Winter Fair. The event is the last major event in the Society's calendar and was to be held on the Royal Welsh Showground on 30th November and 1st December.

This decision follows the cancellation of the 2020 Smallholding and Countryside Festival and Royal Welsh Show and will have a significant impact on the Society and all stakeholders. Despite some optimism around the ongoing releasing of restrictions, the Trustees came to the conclusion that the event could not operate safely within the law covering social distancing and guidance affecting mass gatherings. There are no plans to allow large gatherings or reduce the 2m rule in Wales in the near future.

Steve Hughson, the Chief Executive of the Royal Welsh Agricultural Society said:

"Everyone at the Society is deeply disappointed that all of our major events have been cancelled this year. However we take our responsibilities as an event organiser very seriously and must play our part in fighting this pandemic.

The Society would like to thank our members, traders, exhibitors, competitors, sponsors and all stakeholders for their understanding and patience during this period of uncertainty. We will keep you fully informed regarding any further developments in what is an unprecedented situation.

We are all working hard to ensure that the Society and its events come through this crisis and we look forward to welcoming everyone back to our showground when it is safe to do so."

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07/21(12)



BRIWSION BETHLEHEM

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At the time of writing, the Old School remains, sadly, closed due to the Covid-19 situation.

The Sunday takeaway however is proving to be extremely popular with local residents, with anything up to thirty lunches and occasionally more being packed up and collected every Sunday from 12 to 2pm, along with home made puddings and cakes.

We hope to continue with this venture into September, or for as long as we feel that there is a demand for it.

At the moment, it shows no sign of declining!

We offer a choice of ready boxed up salad based lunches – quiches, savoury tarts, potato pie, roasted gammon, pates, seafood etc – all hygienically packaged and ready for customers to collect at a time to suit them.

The menu is published on our Facebook page www.facebook.com/bethlehemcymru every Monday evening, and displayed on the community noticeboard in the village, so take a look and if you fancy something a bit different on a Sunday, get in touch with your menu choice, contact Nia on 01550 777254, or email niaclement@aol.com

September is when Bethlehem traditionally hosts a very successful and popular Macmillan Coffee Morning.

Unfortunately this year, due to the current crisis, Linda Court and her team of volunteers who do such a great job of organising this extremely well supported event, have decided that the practicalities of hosting it in just a few weeks time are not feasible, so sadly, it will not be happening.

Instead, Linda is asking for donations from those local residents who would normally turn up to support the cause, so that at least some money can be handed over to this amazing charity, until they can stage a bumper fundraiser in 2021.

Donations can be left at Linda's house, in her secure letter box, Ty Ni, in the village, or alternatively, at the Old School secure letterbox, which we will then pass on to Linda.

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09/21(12)

**LLANWRDA
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WOMEN'S GROUP

It will come as no surprise that the September 7th meeting in Llansadwrn Reading Room has been cancelled. We will all miss the presentation by Menna as she recalled her amazing Marathon Challenge Run in New Zealand 2020. We will also miss the cancelled October 5th presentation by Elin Wyn Murphy from Wales Air Ambulance that we were all looking forward to hearing. All meetings are now cancelled until Spring 2021. An update on new dates for 2021 group meetings will be found in The Post. Looking ahead to 2021, we'll re-invite those speakers who have missed out this year and maybe we'll even get in our visit to Llandovery on the Heart of Wales train and hear the talk by Lisa Denison in the station cafe. Lots to look forward to! If anyone needs any further information about the Group please phone 01550 777622.

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11/20(3)

HISTORY OF LLANDOVERY LUNCHEON CLUB

40 years ago a Houseband and Handicapped Club was setup by Mrs Olwen Lewis BEM who was the Red Cross commandant for the area so this involved commencing a luncheon Club. Mrs Lewis and Mrs Messenger were also responsible for organising Meals on Wheels. These ventures were supported by the Red Cross and local volunteers.

The meals were cooked at the hospital and collected by volunteers which is still ongoing.

The first venue for the Luncheon Club was the Catholic Hall and volunteers from various organisations of the town helped every Tuesday.

When the Catholic Hall was being renovated the college offered their help so the Luncheon Club moved to the college for a few months.

I retired from nursing in 1997 so Mrs Messenger asked me to help.

In January 1998 the Red Cross withdrew their services and Social Services CCC took over and Mrs Messenger retired, so I was asked to take over and the club was increased to twice a week, Tuesday and Thursday.

We now had a minibus and a very helpful driver who picked up the members.

There was a warden controlled estate at Dolau Bran and a very convenient community hall so with the help of the social worker, we move the club to Dolau Bran in 2001. Crockery and cutlery etc was provided also a dishwasher was installed.

We now organised talks etc after lunch and also had two or three trips out after lunch. These were very happy times for members and volunteers to socialise.

In 2010 CCC withdrew their services and the minibus. This was a great problem for the club. How could we continue? All the clients coming to the club were very anxious as they all enjoyed. We were serving at least 50 meals a week. At that time I approached the WRUS to see if they could support us. They agreed to take over the responsibility of the club.

There was another problem, we had no finances. I approached the Town Council and also the Rotary Club and we were also supported by various organisations of the town.

The Rotary Club donated a monthly amount up to the lockdown so we are very grateful to them for their support over the years.

We are also grateful to Towi Taxis for their help.

In July 2019 we celebrated 40 years and we were very happy to welcome HRH the Duchess of Cornwall to join us

in our celebrations. Thank you to everyone who helped to make it a very enjoyable occasion. We also had one of our members celebrating her 100th birthday. Over the years we have celebrated many birthdays.

So in 2020 owing to the lockdown we had to close the club. After five months we all miss the social side and also the delicious meals provided by the hospital. Thank you to them for their dedication over the years and thanks to everyone who has supported the club, especially all the volunteers who have been very dedicated.

I don't know when the club will open, but I and many of the volunteers have decided to retire, so if there is anyone who would be interested in organising the club I'm willing to help. Contact number 01550 720056.

Both Ivor and I have enjoyed our 22 years of retirement.

In 2005 – 2007 Ivor was mayor of the town. We were very honoured of this position and did our utmost for the community.

In 2008, RUS celebrated their Diamond Jubilee and I was very honoured to be nominated as a Jubilee champion. Ivor was a CC for 13 years and in 2011 Ivor was chairman of CCC for 1 year. This was a very busy and enjoyable year. We raised a great amount for our 3 charities.

In 2013 I was awarded the BEM for my services to the community. I was very honoured to accept.

Both Ivor and I have had an enjoyable and busy 22 years of retirement, so we now feel this is the time to step down and take a back seat.

Thank you to everyone who has helped and supported us over the years.

Good luck to everyone who is involved in community work, may all the organisations in the town recommence soon so that we are able to socialise once again

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We're delighted to be able to announce that, following this year's GCSE and A level results, Net-Teach has retained its record of 100% high-grade passes, with A grades for all our A level students.

Events during the Covid crisis have vindicated the online teaching methods we have been developing over the past decade.

As the Daily Telegraph confirmed, online learning is rapidly emerging as a popular new study option and along with this comes a wave of respect from everyone who has been forced to use this method of delivery during lockdown.

Obviously, we're very proud that our company has been a leader in developing these methods. However, it is our teachers and students who have all worked so hard to achieve these results, regardless of the circumstances.

This way of learning is now found in every area of education, from individual study to school delivery and company skills training. Teaching is primarily 'face to face', and the online tools and interactions now available make this learning experience exciting and engaging, resulting in

the 100% pass rate and now 96% A-C grades at A level that we can proudly boast. We are now working with five other organisations delivering education across the seas.

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We have been busy expanding with the launch of a new educational company.



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NET-REACH CHARITY NEWS

The Net-Reach Charity is buzzing, too. We are currently delivering English classes to settled refugees, and other subjects to students with anxiety, adults in immediate need and individuals not able to receive education for a number of different reasons. We are working alongside the Council, The British Red Cross, Prime Cymru and other relevant organisations, who refer individuals to us.

Like most charities, Net-Reach has had difficulty fundraising during the Covid outbreak and we have been discussing ways of raising funds in order to continue our teaching for those who need it. If you have an interest in this cause and would like to help by either donating or helping us to fundraise, please do get in touch for more information. Our thanks in advance. Please call Rod on 01550 779298 or Carroll on 01550 721474.

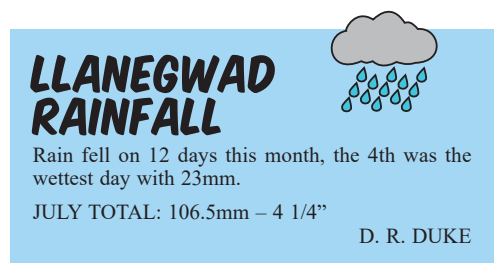


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EXCELLENT A LEVEL RESULTS FOR LLANDOVERY COLLEGE STUDENTS

Llandovery College students are celebrating another year of excellent A Level results with over 50% securing the much coveted A*-A grades with 19% achieving an A*. Students, parents and staff were delighted with the overall results which were; A* 19%, A*-A 50%, A*-B 63%, A*-C 80% and A*-E 99%.

Appointed in September 2019, the Llandovery College Warden, Dominic Findlay, said:

"I am delighted with this year's results, which have been accredited via both an internal and external moderation process. Students and staff handled the Covid 19 period with much credit ensuring that courses were completed and that the College sent exam boards hugely detailed evidence for each student across all subjects.

"Our top performing three students gained 6 A*s and 6 As between them and a host of other students achieved a minimum of 2 As and, as a result, we have seen our A*-A percentage increase to 50% meaning that half our students results were at the top grade tiers this year. This is a fantastic achievement, especially when you consider their commitment to our substantial co-curricular programme throughout their two years in Sixth Form.

"Students have gained places in Russell Group universities, three are now entering Medical Schools, some the world of professional sport, whilst others have decided to take up apprenticeship opportunities or delay their entrance to university for a year.

"We are disappointed that a number of grades have been impacted negatively following the WJEC and other exam board processes and many of these will be appealed in the coming weeks. The UK now has three different approaches to the accreditation of exam results, depending on where you live, and this urgently needs reviewing so that all students gain the results they, and we, believe they were capable of achieving. The last minute decision to use AS grades in Wales gives little credit for those students who improve during Year 13, which in reality is the majority.

"At such an incredibly important moment for all concerned we wish all our leaving Year 13 students the best of luck in the future as they take their next step along their future career path."

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DROVERS RETURN BY HUW S THOMAS

The coronavirus pandemic may have decimated the sporting world but Llandovery like many clubs in the Welsh Premiership have been planning for the return of rugby.

“When that might be in the lap of the gods” said Drovers head coach Euros Evans “but we must be ready for a restart and make plans accordingly”

“We are all desperate to start training together and are waiting for the go ahead.”

“We are hoping to get started in October, training in small groups and then in November doing some social distancing team training.”

“Full contact training is pencilled in for December and we would like to play some friendly games over the Christmas period.”

“Fingers crossed that the Premiership might start up in January 2021.”

“We have lost two influential players from last year’s squad in Jack Maynard and Richard Brooks but we have recruited well enough to minimize their loss”

“Fly half Jack has moved on to Cardiff and No 8 Richard has retired and it was important we address their departures.”

To that end Evans has brought back an old Llandovery favourite in James Garland who returns to Church Bank after a five year playing spell with Aberavon.

He played 100 games for Llandovery 2011-2015 and scored 684 points from fly half.

The 32 year old Garland has been appointed player coach, responsible for directing operations from fly half in both training and match play scenarios and will work in harmony with team attack coach Gareth Potter.

One of Garland’s tasks will be to bring on the development of very promising fly half Ryan Williams, son of former club captain and centre Geraint Williams.

Potter moves from defence coach to attack coach which will now be the responsibility of former Llandovery flanker Lloyd Phillips who rejoins the club after a short coaching spell with Llanelli.

To replace former skipper Richard Brooks was no easy task but Llandovery’s back row options will be further

strengthened by the signing from Cardiff of Lloyd Pike and the return to Church Bank of former skipper Phil Day.

22 year old back row Pike is well known to Coleg Sir Gar Director of Rugby coach Evans as he was a very successful former college captain under Evans.

Day was thought good enough to turn fully professional before taking time off from the game for business reasons.

The 29 year old and former captain played 158 games for the Drovers 2011-2017 and was in the side that won the 2016 Swalec Welsh Cup.

He and Pike join back rowers Joe Powell, Stuart Worrall and Shaun Miles to form a very effective quintet for Evans to choose. There is also the added bonus in the light of the retirement of lock Rhys Jones that both Powell and day are equally effective in the second row.

Four more promising back rowers in Llandeilo’s George David, the Llangennech pair Sam Melmouth and Jordan Saunders plus Tom Davies will be standing ready for an opportunity.

Other significant signings are full back Will Thomas and wing Ashley Evans.

Wales 7s squad member Thomas is another former Drover and returns to Wales after a spell with England Championship Rotherham. The startlingly quick Thomas had an outstanding season at Church Bank in 2015-2016, scoring 10 tries from full back in 26 appearances and was in the 2016 Cup winning side.

Evans – brother of referee Craig Evans - is a former Wales U20 international who played in the 2013 U20 World Cup final. He has had spells at Neath, Llanelli and Bridgend and will vie for a place on the right wing.

Others hoping to make an impact are props Liam Tobias (Neath) and Will Carron-Lewis (Aberystwyth), wings George Thomas (Cardiff Univ), Tom Richards and Ben Griffin (both Brecon) and centre Shane Davies – son of former dashing Llandovery centre Tracy Lewis .

Another change in management sees yet another former Drovers centre and captain return to Church Bank in the shape of Mathew Jacobs who will help Ian Brooks on the conditioning side of things.

Llandovery will also have the benefit – when available - of some Scarlets.



Returning Drovers James Garland (left) and Phil Day who return to Church Bank for the new season

Wings Callum Williams and Harri Doel, back row Iestyn Rees, lock Morgan Jones, prop Harri O'Connor and hooker Dafydd Hughes will make occasional appearances with the agreement of the Scarlets management.

Euros Evans's goal is to improve on last year's fourth and finish in the top three of the Premiership.

"We lacked that little bit of consistency and let ourselves down once or twice in games that slipped away from us." said the coach.

"The season ahead has a lot of question marks hanging over it and we are all in the dark on how it is going to pan out but we are all champing at the bit to get going - whenever that might be!"

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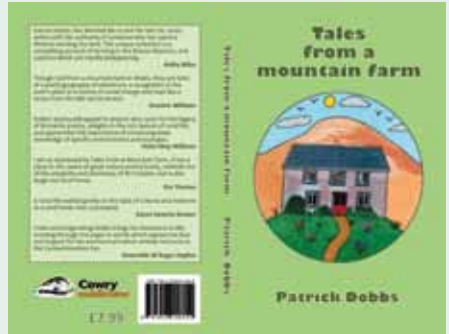
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10/20(3)

COWRY PUBLISHING HAS BROUGHT OUT PATRICK DOBBS' LATEST BOOK 'TALES FROM A MOUNTAIN FARM'



Although his poetry has been widely published in a variety of magazines and broadcast frequently in the 1960's and 70's this is his first full collection. More than just a bunch of poems it describes a life in farming since leaving school nearly seventy years ago to the present day. It includes a few passing references to attractive women, some experiences in foreign parts, wry comments on modern farming practices and brief biographies of two or three not very well known people from Carmartheshire.

With almost embarrassingly flattering reviews and a striking front cover by Stella Starnes from Llandovery 'Tales from a Mountain Farm' is available from the publisher, bookshops, Amazon or signed copies from the author himself.



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FIVE GENERATIONS



The picture was taken on the occasion of our (Jayne & I) 40th Wedding Anniversary on 9th August 2020. With the exception of Great Great Grandmother Anne Marrey, who was born in London, they are all born and raised in Llandoverly. Anne is known to many in Llandoverly as Anne the Bear following her time in the pub which at the time was run by her parents Mary & Nathaniel Richards. As is the custom in Llandoverly daughter Jayne was also then known as Jayne the Bear – a tag that began to fade when we got married but I still hear on occasion. Many, many years later Gemma also worked for a time in the Bear but has been spared the suffix, at least to date. Caitlin appears to have broken the mould and is currently working as a nursery nurse in Carmarthen.

Elen Charlotte is our most recent addition at 10 months and all of the above mentioned are on her staff in one form or another – as indeed am I.

J. Francis



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LLANDOVERY ROTARY CLUB



And so it goes on And on
And on.

Is this the 'new normal'? Pleeeeeeeease no.

We want the old normal back.

We liked that.

We liked that a lot.

Sadly, as we all know, this ain't over yet. Not by a very long way. We are learning to live with it, but we have still got a lot of learning to do. Every one of us.

But life goes on:

What a result we had when we auctioned the Welsh Rugby shirt donated by Wyn Jones.

Last year Wyn, the Wales loose head prop from Clynmawr Farm, Cilycwm came along to Rotary and gave a superb talk on his life beginning with growing up on a Cilycwm farm, going to school in Llandovery, becoming a Junior Drover and then going on to play 25 times for Wales (and rising fast). It was a wonderful address from Wyn, who along with possessing enormous strength and skill is truly a really nice man. Following his talk he presented the then President Mickey Gough

with a Welsh Rugby shirt signed by the Welsh Rugby World Cup Squad. A brilliant and extremely generous gesture from Wyn.

With COVID 19 seriously restricting what we could do with this fantastic gift, Mickey decided to ask the club if we could auction it and give the proceeds to the League of Friends Llandovery Hospital. It was passed unanimously. This was in appreciation of the absolutely superb care given to us by the Llanfair Surgery and Llandovery Hospital at all times, but highlighted spectacularly in this current virus ridden climate that we live in today. With Wyn's permission it was put on ebay to auction and with great help from Mickey's race horse owning partner Sue Teague from Shropshire this is what happened. The shirt was framed by Howell Whitney at the Old Printing Office at no cost.

To everyone's absolute astonishment and delight Wyn's Jersey was bought for £3,401. Yes, three thousand, four hundred and one pounds! An absolutely staggering figure.

The buyer wishes to remain anonymous and we totally respect that but to avoid speculation we can say that the buyer lives outside Carmarthenshire. To the buyer, on behalf of everyone in this community we offer you our heartfelt thanks.

The cheque was handed over to Dr Rees by means of a socially distanced, masked and gloved passing of a rugby ball with cheque attached. The ball was passed from Wyn to our last years President Mickey, then on to nurses Sue and Emma and finally on to Dr Rees who caught the ball expertly on the turn. Also present were Dr Neil Windsor-Jones and Dr Alun Davies. A brilliant result for all concerned. Good luck for the new season Wyn.

Barry Clement of Red Dragon Cleaning & Restoration fame is one of life's good guys. He is a very successful businessman and is the Rotary Club's best organiser. Every good club needs a Barry Clement. He is an extremely hard working man. His day starts before 6am but after a full day he can still find time to Chair the Llandovery Sports Association which has taken over the Castle playing fields which are in superb condition and is a mainstay of the thriving Llanwrda Cricket team. In recent years Barry has become an extremely good and valued friend of mine. Barry is the 'Brains' behind our biggest events. Whether it is working with members of Llandovery Young Farmers to organise the fantastic DroverFest or in charge of our brilliant James Bond Casino night in the Castle Hotel, Barry is our 'go to' man. I'll let you into a little secret here. Shhhhhhh



The Welsh jersey donated by Wyn Jones which raise £3401 for the League of Friends Llandovery Hospital.



The presentation, by the passing of the rugby ball with cheque attached. Socially distanced and gloved & masked up!

..... But don't tell anyone Promise? But looking ahead to 2021 we are looking at organising something very similar to that blockbuster James Bond Casino night again. This one will leave you really shaken, and stirred. However, Barry agreed to be put in that little room with the bright spotlight shining right into his eyes and be interrogated about his life. There are some very revealing answers here which I am sending off to a top psychologist for analysis.

Here is this most revealing interview with Barry:

Where were you born?

Bridgwater in Somerset 20th August 1956. My father was born in the Rhondda – Maerdy to be precise, hence my strong allegiance to the Principality. “Born in England, refined in Wales” to quote Tony Copsay (former Welsh Lock).

Hobbies?

Ale, red wine, cricket and rugby (watching now) and of course, my beloved Rotary.

Best day of your life?

Two days in truth: The day I married Sandy (my best friend) and the day I was told I had fathered twins (now 34 – both of them).

Ambitions?

At nearly 64, I have realised already most of my ambitions, but I would love to go the Caribbean and Australia for a Test match cricket tour, as well as Sri Lanka. I have been fortunate enough to have been on two British Lions Tours 2001 to Australia and 2009 to South Africa (where I have lived for 6 months in 1993). Amazing experiences. Sport is important in my life.

Best holiday?

My honeymoon in 2007 for several reasons but mainly the experience of visiting some stunning places. 1st week we stayed in Raffles Hotel – Singapore (Sandy was born there to Celtic parents). 2nd week we flew to the island of Lombok in the Indonesian Ocean and stayed in the Oberoi Resort in an apartment with stunning views and absolute privacy. Last and 3rd week, we went on a small cruise to Malaysia and several of the Thailand islands. Blessed am I.

Sporting achievement?

Being a cricket fanatic and a very poor ‘social player’. My proudest moment was actual scoring a 50 against Midsomer Norton Methodists in 1983. I guess the liquid lunch I enjoyed prior to the match assisted my effort. I was captain as well – great to lead from the front!

Sporting regret?

I have very few regrets in my life fortunately but the one that really does hurt, is never having enjoyed the feeling of hitting a ‘6’ in cricket. Despite playing for nearly 50 years (well turning up and occasionally captaining).

3 guests you'd like for dinner?

Nelson Mandela – Fortunate enough to have visited Robin Island where he was incarcerated for 27 years and eventually honoured with a Nobel Peace Prize. I am in awe of this man and his humility.

Tom Hanks – To me the most complete actor. You can never refer to him as stereo typed.

Mum – Well she knew how to entertain and what dishes to serve and how to keep conversation flowing. An inspiration in my life in this world and hopefully she is inspiring others in the ‘life here after’, bless her.

Childhood heroes?

Jeff Astle (WBA and England footballer). I am embarrassed now, but I did love football when I was at school and I did manage to score a few goals as a left winger. Which reminds me of another hero – Tony Currie (Sheff United, Leeds & QPR as well as England). Now, I cannot stand all the overpaid ‘Prima Donnas’ that play this game professionally – sorry if that offends football lovers. Talk to me if you are offended and I will explain. Rugby has become the new passion since moving here in 1993. Strangely enough on my birthday 27 years ago. Please tell me I have now qualified as being Welsh.

Car you'd love to own?

The AMG GT R which is the 11th Official F1 Safety Car to have been provided by Mercedes-AMG. In my opinion, a stunning vehicle.

Your hopes for Llandovery?

I am hopeful that someday very soon we can support and arrange a joint effort with the Town Council, to create a small water fountain park, similar to that in Ammanford. I believe it would benefit the town immensely. The children locally and afar would have an absolute ball.

12/20(6)

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Visit the park in Ammanford on a sunny day when restrictions allow, to see what I mean.

Beer or wine?

Yes please. Real Ale and me go “WAY BACK”. Red wine when ale is not available (Rioja or Cabernet Sauvignon).

Best day out?

Being in the Principality Stadium when Wales beat France 16 - 9 to secure the Grand Slam in 2012. We even became recording artists as Paul Child’s back up singers. Me and 74,000 + others. I was actually sat next to Aled Williams (Llandovery, Bridgend, Swansea and 2 x caps for Wales) and his wife. Of course, I had to have a cwtusch with Mrs Williams. I did warn her before the game in readiness. Ever the gentleman of course!

Best advice to a child?

Simple – Respect your elders. ‘We have all been here before you guys, we know stuff’.

Hopes for the future?

To live until I am least 100. Don’t require the telegram from Royalty. Just love the thought that I can make the magic number. Of course, I need to be able to wipe my own butt, otherwise I may have to re-think this one.

Sporting heroes?

Sir Ian Botham – Outstanding cricketer. In fact in my mind, on par (nearly) with Sir Gary Sobers. When Beefy took the field, you needed to watch, it was usually unmissable action, whether fielding, bowling or batting! I have different views about his off-field activities by the way. As Captain he was cr.p (not very good). All rounders do not make good Captain’s in my view. Unless your name is Adrian Davies (Cwmcowddu). Well now, there is a man!

Nigel Mansell – F1’s true racer. Not gifted with the best car like a certain Mr Hamilton. He would take a car and push it to extremes unlike any other driver of his time. Yes, he would ‘occasionally winge’, but an absolute racer, through and through! The best British driver by a mile, as far as I see it.

How would you spend your ideal day?

Simple – A day in my garden. It is the best stress relief that the ‘Good Lord’ ever invented. Oddly enough, I still love work. So one day I will get to live my dream of idyllicity. No rush from my part - Sundays alone work for me at present.

If you had to live in another country which one would it be? And Why?

I moved here in 1993 (Land of my Father). I have no desire to move anywhere else, thank you. I love Wales and Llandovery particularly.

You can spend an evening with any actress. Which one?

Rain check – as I am sure my wife will read this, sorry. P.S. I have always adored Meryl Streep. 2nd best looking woman ‘in the world’. Guess whom I think is the first?



Our big events organiser Barry with his lovely wife Sandy.

Thank you Barry. That was most illuminating!

If there is anything in the above interview that you find disturbing then please feel free to write to Barry DIRECT.

Anyway, if this is the beginning of the ‘new normal’ we in Rotary are learning with you. A few of us met for a socially distanced meal outside in the car park of a local hostelry recently. Well, what a strange, unsocial, bizarre and weird experience. We were all two metres apart, fine if you are talking to your nearest colleague but if you attempt to talk to a person 3 seats away then that is 6 metres away. 20 feet! You then have to raise the volume of your voice to such an extent that the poor chap sitting next to you is unable to join in the conversation as he is covering his ears to avoid instant and acute deafness. And if there are others talking across the table at the same time it resembles a raucous, drunken wedding party after midnight arguing over football, politics and sex! Not nice!

Oh, and when someone asked ‘Pass the salt’ it had to travel about 40 metres!

We in Rotary are longing for the days when we can do what we do best. Raise money and distribute it to local good causes. Having raised and donated over £100,000 over the last 10 years to these local good causes we feel we are being denied this opportunity. And of course we are. This, together with our Tuesday evenings spent having a meal together and a couple of pints afterwards (for those that way inclined!) is, we feel, what we do best. It is the Coronavirus that is denying us. Personally I will be delighted when I can report that this is what we are doing again. Raising money and distributing it. And until this evil, hideous, killer virus leaves us we, like everyone else hope that a cure can be found quickly and we can return to those good old days. Oh, how we miss them.

Ah well, that’s another month gone. Another month nearer the end, hopefully, of this awful, devastating, horrible virus. Another month nearer the end of this nightmare of year 2020.

I am going to stay up on New Year’s Eve this year. Not to see the New Year in, but to make sure this one leaves us! Roll on next year.

See you next month.

Derek Jones.



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NEWS FOR WALKERS

While the Ramblers group for this area, Dinefwr Ramblers, is regretfully still unable to resume offering its full range of led walks because of the continuing Covid-19

epidemic, members have been clearing footpaths, reporting problems and providing some shorter walks with strict adherence to safety measures which are being followed by all Ramblers groups across Wales and the rest of Britain.

The Ramblers organisation is also maintaining its work to protect the rights of walkers, lobbying government to provide more funding to improve the conditions for walking and drawing attention to the value of walking for improving health and wellbeing which is so particularly important now. And it is worth noting that walkers who join the organisation to support this work will receive a range of membership benefits and will be kept informed of what the organisation is doing to promote walking.

To find out more about the activities of Dinefwr Ramblers and the benefits of becoming a member of the Ramblers organisation, visit the website www.dinefwrramblers.org.uk

LLANDOVERY CROQUET CLUB



Croquet Club members have continued to enjoy regular Tuesday and Thursday afternoon games on the Llandovery bowling green throughout August, despite some extreme weather conditions. Before our season ends, at the end of September, we hope to have matches arranged with Cardigan, Llanidloes and Bridgend Croquet Clubs. In order to comply with the current regulations teams will be limited to 4 per side and we will not be able to enjoy the usual communal lunch. However the matches will be just as competitive!

Croquet is a challenging and intriguing sport requiring tactical ability, judgement and skill rather than strength and fast reflexes. It is a sport that is suitable for all ages and is one of the very few sports that men, women, boys and girls can play on equal terms.

If you would like to try croquet, or to find out about the latest situation at the croquet club, please contact the secretary John on 01269 593938 or 07435 786762, or email john.evans@zen.co.uk



09/21(12)

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08/20(3)

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11/20(12)

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MYDDFAI NEWS



Thank you to all visitors, volunteers and staff who have supported Myddfai Community Hall & Visitor Centre us since we re-opened in July, visitors please keep on visiting. For September we currently plan to continue to open Tuesdays to Sundays 11am-4pm. We have a huge hall area and covered paved area outside both acting as extended café seating areas with plenty of room for social distancing. We have put in place the recommended Covid-19 safety measures so please feel confident to come and visit us. We are re-starting our Monthly Farmers Markets from Sunday August 30th 12noon to 4pm, so please come a long and support the wide range of local traders attending. We will also be opening on Monday 31st August with our last day of the Eat Out To help Out Scheme- so you will get half price food and drink.

Myddfai Hall gift shop is fully stocked with a huge range of quality local crafts, art and produce. Myddfai tweeds, artisan pottery, fused glass, Myddfai brand bathroom products, bags, aprons, Jewellery, wooden boards, greetings cards, new dog beds and animal doorstops, a wide range of books and much more We have a big stock of the delicious jams, marmalades and chutneys made in Myddfai. All purchases support local businesses and the Myddfai TyTalcen charity.

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

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

The Myddfai regular classes have started up Yoga on Tuesday evenings 5.30pm-7pm, Pilates on Thursdays 9.45am-10.45am, please get in touch about our Stained Glass classes as a date for restarting had not been set at time of going to print but will be hopefully be back up and running very soon. Please contact us for more information.

For further information on classes & events or to book or view the hall please contact Les at les@myddfai.org. Mobile 07879119223 or Hall No. 01550 720449

Check our website www.myddfai.org or our Facebook page for more details.

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02/2013

TOMMY JONES



Tommy's obelisk on the shoulder of Corn Du.

A familiar story to many, but what is little known is that little Tommy Jones' maternal grandmother was a Llandovery girl, Mary Davies. Then in Maerdy, her daughter, Ann Davies marries William Jones and they have a little girl followed a year later by a little boy, Tommy.

It happened 120 years ago this month. Little Tommy Jones awoke excited for the day ahead. His father was taking him to visit his grandfather and cousin in Cwm Llwech farm in the shadow of the Beacons. Having caught the train to Brecon, Tommy and his father began the long walk south towards the farm. After a few miles father and son stopped at an army camp for refreshments, and there they met the grandfather and cousin. The older cousin and Tommy went on ahead to the farm to warn nan to get ready...they were almost there!

On the final leg of the journey Tommy got fearful without his father and so the cousin directed him back to the camp whilst he continued to the farm. Somehow, in the short walk back to the camp Tommy got lost. He was found twenty-nine days later on the shoulder of Corn Du.

The family was obviously distraught. Tommy's mother Ann was six-months pregnant at the time and the weeks from the disappearance to the finding of his little body must have been horrendous. Beyond words. How would the family survive? How can families survive such tragedy?

In this case, there was hope. Probably very difficult to fully understand, but there was hope. Not a hope that is wishy-washy and a 'maybe hope', but a certain hope. By the time little Tommy was found on the 2nd September all hope of finding him alive was gone. But the deep faith of the family, which had also witnessed a tragic mining disaster, had caused them to look beyond the grave with a special hope. The photograph shows Tommy's grave. Here are the words:

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10/20(12)

'O'r Bannau yn Brycheiniog,
Aeth Tommy bach i'r nef;
Aeth adref at yr Iesu,
Lle byth ni cholllir ef.'

'In the Beacons in Breconshire
Little Tommy went to heaven;
He went home to Jesus,
Where he will never be lost.'

The family had a sure hope that Tommy would be with God, and that one day they would see him again. Not a 'hope so' but a 'hope know' based on faith in God. The tragedy still existed. The depths of loss were still felt. But the hope was real, and in due course became the strength to face their tomorrows.

Following the heritage of Tommy's Llandoverly grandmother, Mary Davies, we are rediscovering the value of a hope that is certain. A genuine hope for life as well as death. A hope that walks hand-in-hand with peace, and even with joy in tough times.

In William William's Memorial Chapel our text for August is: "We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf."

A fuller account of the story with newspaper accounts from the time can be found at <http://daibach-welldigger.blogspot.com/2020/08/the-little-lost-boys-1-tommy-jones.html> or just pop welldigger Tommy Jones into a search engine.

Press On. From Rob: pastor at Memorial



Tommy's gravestone in Ferndale.

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LLANWRDA CRICKET CLUB

This year's cricket was severely affected but Llanwrda 1st XI did play in a mini-league. So there was a small return to normality in August. It was nice to hear the sound of leather on willow and the typical banter between players again, even if it has to be done from a distance! The fixtures were against: Llandeilo, Pontyberem, Drefach and Kidwelly.

Llanwrda started the short season in a similar way to how the 2019 season ended – with a victory over Llandeilo at Castle Fields.

On 1st August with Llanwrda having to bat first, things were looking rosy at 49-1. However a quick flurry of wickets soon saw Llanwrda in deep trouble at 51-7 thanks to a combination of some good bowling and rusty batting from the Llanwrda players. One player who certainly didn't look worse for wear was Owen Davies who hit an enterprising 46 not out who, along with a nice cameo from Carwyn Jones (16), saw Llanwrda reach a total of 124-9 from their 40 overs.

Llanwrda's bowling attack instantly got to work in the visitor's response, and had Llandeilo on the ropes at 24-4. The wickets kept on tumbling with Llanwrda eventually bowling Llandeilo out for a total of 74. There were notable contributions with both William Thurtle (3-4) and Garan Williams (3-13) taking three wickets each, as well as a couple of wickets for Steff Roberts too (2-5), which proved to be too much for the Llandeilo batsman!

Thanks to Llandeilo for a good spirited game between the two sides.

It was a sweltering hot day in Pontyberem for the match on 8th August, where a very youthful Llanwrda put in a valiant display against a strong Pontyberem side.

Asked to field first in the midday heat, Pontyberem took the attack to Llanwrda, but were halted by two quick wickets for skipper Adrian Davies. The runs continued to flow however, and with the score at 143-2 Pontyberem looked likely to put on a monster total, but with William Thurtle removing the two set batsman in consecutive balls, with one falling to a superb diving effort from Garan Williams, there was a change in momentum. However, Pontyberem eventually managed to put on an good total of 205-8.

Missing many of our top order, the chase was always going to be hard, and despite resilient knocks from both Osian Nicholas (33) and William Thurtle (32), Llanwrda were eventually bowled out for 122.

The club also had a most enjoyable T20 friendly match against Llandovery Gold Club at Castle Fields.

Two of our players have gone on to win international

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recognition. Nigel Clarke made his debut for Wales Over 60s against Somerset on 2nd August. Club captain Adrian Davies played his first match for Wales Over 50s against Pembrokeshire Veterans at St Ishmaels CC - top-scoring with 47. Congratulations to them both.

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

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

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

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

LLANWRDA C C BONUS BALL WINNERS

08/07/20	30	Stuart Davies
15/07/20	49	No winner
22/07/20	19	Jon Lodge
29/07/20	51	No winner
05/08/20	36	No winner
12/08/20	20	Barry Clement

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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11/20(12)



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05/21(12)



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NEWS FROM BOOKS AT THE DRAGON'S GARDEN

It's been a difficult year for everyone, and those of us in retail, have had to radically change the way we work.

If you've visited my bookshop and Fair Trade shop in Llandeilo, you'll know just how small and crammed it was, and very difficult to make safe, made more difficult on a personal level as I care for my partner & Dad who were both shielding.

So, I've come up with plan B.

I've moved everything back to the market garden in Llansadwrn. The bookshop is now appointment only which makes it very safe for customers and staff, you get the bookshop to yourself for a minimum of an hour, heaven, if you're a booklover like me.

I also sell Soil Association approved organic compost, Franchi seeds and veggies from the market garden.

If you've never visited the bookshop you're in for a treat, it's full of wonderful new books in English and Welsh, hot off the press fiction, brilliant nature writing, current affairs, art, poetry, food, gardening and permaculture. A great children's section, or so all the children who visit tell me!

We also have a fabulous collection of cards, wrapping paper and Fair Trade gifts.

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To make an appointment ring 01550 777915, email enquiries@dragons-garden.com, or visit the website at www.dragons-garden.com

Look forward to seeing you, Mandy, Vanessa and Rhian



09/20(12)

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03/21(12)

COTTAGE IN DINEFWR PARK, LLANDEILO GOES GREEN WITH STYLISH KLOVER WOOD PELLET BOILER COOKER

1890s gamekeeper's cottage located in Dinefwr Park had a solid fuel (coal/wood) range and a log burner for heat. David and Jane wanted a more convenient and sustainable solution. They called Nick at Birds' Hill to discuss renewable heating options and get a quote for a Heat Pump, however, in conversation Nick offered a more suitable alternate biomass solution. David and Jane were impressed with the high efficiency, automation and cleanliness of the Klover wood pellet boiler range. They were particularly attracted to and chose the Klover Smart 120 cooker boiler model in 'British Traditional' Red finish which combines all the features of their previous range with the addition of a feature fire and a much cleaner more automated system.

The stylish Klover Smart 120 fitted perfectly into the space of the existing range. The stove and oven segments allow the couple to cook in their favourite spot. Jane is particularly keen on slow cooking and Welsh cakes fresh from the hot plate are delicious!!

Elegant and with the burning flame visible the Klover Smart 120 forms a warm and attractive centre point of their kitchen. The system is user friendly,



highly efficient, clean and gives them a chance to reduce their carbon foot print drastically.

David and Jane like to get up to a warm house and go to bed with a warm house, which they can now achieve easily by pressing a few buttons on the controls or even programme heating times from afar via the Internet due to its automated features.

The system qualifies for the Domestic Renewable Heating Incentive (RHI) scheme. The entire initial investment will be recovered in full over the 7 years of quarterly payments from the RHI.

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09/20(4ab)

ADVICE ABOUT FLU VACCINATION IN 2020 FROM LLANDOVERY SURGERY

PROTECT YOURSELF AND YOUR FAMILY

Everyone is susceptible to flu, even if they are in good health and eat well.

Flu immunisation is one of the most effective interventions we can provide to reduce harm from flu and pressures on health and social care services during the winter.

The impact of flu on frail and vulnerable people can be fatal and outbreaks can cause severe disruption to families, communities, care homes and hospitals.

You can be infected with the virus and have no symptoms but you can still pass the flu virus to others.

The demand for flu vaccine is expected to be higher this autumn because of concerns about COVID-19, which is likely to be co-circulating with flu.

Llanfair Surgery will deliver the programme according to the guidelines on social distancing which are current at the time. Surgery staff will wear appropriate personal protective equipment (PPE).

Shielding and social distancing will mean that delivering the flu vaccine this year will be more challenging for us all. Details about this year's venue, safety measures and session dates will be published when arrangements have been finalised. We expect sessions to begin in early October.

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

Anyone aged 65 and over.

Anyone aged 6 months to 64 years' old who:

- has disease which affects their lungs, heart, liver or kidneys
- has Diabetes
- has neurological illness
- has a friend or relative who relies on them for their care
- is pregnant
- is a carer
- is a household contact of those on the NHS shielded patient list
- has a disease, or takes medicines which suppresses their immune system
- and all children aged 2 or 3yrs i.e. born between 01.09.16 and 31.08.18

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

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

People who are employed as carers in care homes can be vaccinated in pharmacies free of charge.

READERS' SALES & WANTS

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

FOR SALE

- **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.
- **Hotwater boiler tank** with immersion heater and cold water storage tank, 4 yrs old, £70 ono. Tel: 01269 851192.
- **6ft field roller**, water filled, good condition, £375 ono. Tel: 07805 093803 (Llandybie).
- **Honda lawn mower**, 4.5hp, easy start, 18" blade with box and self drive, excellent condition, £85 ono. Tel: 07805 093803 (Llandybie).
- **Clarke toolbox**, 5 draw cabinet with top 9 draw cabinet, like new, cost new £300, selling £100 ono. Tel: 07805 093803 (Llandybie).
- **Books for sale in Llangadog**. Eclectic life-time collection, wide range of subjects – Travel, wildlife, agriculture, zoology etc plus childrens' and local interest. "Llyfrau Cymraeg a Chymreig." Telephone for appointment and directions 01550 777410.
- **Grazing suitable for horses**, mains water and shade. Tel: 01550 777505.
- **Space Rocket Play Tent**, perfect condition, easy to assemble, four poles and carry bag. Hours of fun for imaginative children! £15. Tel: 01550 740228.
- **Brand new Myson Double Panel 'Xtra' Type 22 radiator**. 700mm high x 800 wide. Heat output 1560 watts - 5345 Btu @ 50 degrees centigrade. £50. Tel: 01550 760206.
- **Nevada Power Recliner Armchair**. Grey. As new (£549); still has full warranty. Fabric treated. Buyer to collect. £175. Tel 07881 474241.
- **Canon Colour Printer**: Canon Pixma iP 2000 in working order. Includes quick start guide, set up software and new colour ink cartridge in packaging. Buyer collects £5. Tel: 01550 740233. (Gwynfe area).
- **Stone for Gabian Baskets**. Enough stone to fill around 6 baskets at 100x50x50 cm. Buyer to load and collect. £15. Tel:01558 685717.
- **Wharfdale home theatre system**, still in box. used once 5 speakers-1 Woofer-remote control and cables, £45. Tel: 01558 650633.
- **Car restoration and repair Celette MUF7 jig** with Cobra3 puller all on castors plus five modular cross beams and four sillclamps, £1000. Tel: 07563 473213.
- **Rayburn Supreme**, converted to oil, excellent condition. Tel: 07929 950055.

- **CAR FOR SALE.** SUZUKI WAGON R, AUTOMATIC Reg. CT04HKJ 39,500 miles. Excellent condition. Locally serviced and maintained. MOT September 2020. Any trial. £800 ono. Telephone 01550 77769.
- **Free to be collected from Gwynfe.** A quantity of top quality pond liner. Surplus to requirements. Very heavy to move. Contact Gordon on 01550 740349.
- **Leather settees** (burgundy 3-seat, green 2-seat, brown 2-seat with armchair), 5-drawer bureau with bookshelves, nest of tables, 3-door wardrobe with top cupboards, computer desk, pair pine bedside cupboards, 3 single beds and mattresses, dark wood TV/DVD stand, various kitchen appliances, small chest freezer, garden table/chairs/cushions, large chiminea, tumble drier, dining room table plus six chairs, Canon PixmaPro100 photo printer, Canon MP495 Printer/copier/scanner plus other household items. Tel: 01558 650769 or 07970 276101.
- **CARAVAN.** Coachman 460/2 SE, fully fitted and equipped with all standard fittings for the model incl. full awning and porch awning, £1200. 01550 721557.
- **Plastic 40 gallon water butts**, £10 each. Tel: 07922 174986.
- **Excellent 2019 big bale haylage**, only 20 available at £15 each, purchaser to collect. Tel: 01550 720802 or Mob: 07519 298903.
- **Workroom sale:** Sept 26th & 27th, Yarn, buttons, ribbons, zips, waddings, 10.00am – 4.00pm, refreshments available at Y Ceiliog Cafe, Llanwrda.
- **x3 Black wrought iron wall lights**, £10. Tel: 07855 176981.
- **5ft Brass curtain pole**, £10. Tel: 07855 176981.
- **New shower head**, hose and rail, £10. Tel: 07855 176981.
- **Ironing board**, £10. Tel: 07855 176981.
- **Baby high chair** with removable tray, £30. Tel: 07855 176981.
- **Travelling cot in bag**, £30. Tel: 07855 176981.
- **Panasonic 40" TV** with remote, £95. Tel: 07855 176981.
- **x15 good quality jigsaws**, £10. Tel: 07855 176981.
- **Coffee, tea & sugar jars** in blue, £10. Tel: 07855 176981.
- **Old oil painting**, very good frame, £75. Tel: 07855 176981.
- **Traditional fluted floor lamp**, £75. Tel: 07855 176981.
- **18ct White gold 1/4ct diamond ring**, £400. Tel: 07855 176981.
- **Large collection of small pot, glass and brass cats**, £2 to £5 each. Tel: 07855 176981.
- **White fryers glass vase**, £5. Tel: 07855 176981.
- **Kentucky Western mens black leather boots**, size 10½, £25. Tel: 07855 176981.
- **Mens black leather Redwing motorbike boots**, £40. Tel: 07855 176981.
- **Handmade glass coasters**, £10. Tel: 07855 176981.
- **Matching sofa, 2 chairs & pouffe**, terracotta chenille, neat not bulky furniture in good condition, £100 ono. Tel: 07794 668996 (do not leave message – ring until answer.) or 01558 668102 (answer phone, leave message.)
- **Repro Yew D end dining table** and 2 carvers and 4 chairs with extending middle leaf, reasonable condition,

£70. Tel: 07794 668996 (do not leave message – ring until answer.) or 01558 668102 (answer phone, leave message.)

- **Bedroom/side chair**, carved back on turned and tapered legs, neutral upholstery, £30. Tel: 07794 668996 (do not leave message – ring until answer.) or 01558 668102 (answer phone, leave message.)
- **Tall Beko larder fridge**, good working order, H59" – W24" – D24", £40. Tel: 07794 668996 (do not leave message – ring until answer.) or 01558 668102 (answer phone, leave message.)
- **Matsui Chest freezer**, good working order, H35" – W33" – D26", £60. Tel: 07794 668996 (do not leave message – ring until answer.) or 01558 668102 (answer phone, leave message.)
- **Many other odds and ends**, no reasonable offers refused. Tel: 07794 668996 (do not leave message – ring until answer.) or 01558 668102 (answer phone, leave message.)

COR MEIBION LLANYMDDYFRI

These draws have taken place under Covid 19 rules.

MARCH

1. Jill Richards
2. Margaret Davies
3. Gethin Lloyd
4. Helen Wood
5. Ann Hughes
6. Sandra Davies
7. Rhys Long

APRIL

1. Bryn Price
2. Heulwen Jones
3. Joyce Boxall
4. Dominic Davies
5. Elan Lewis
6. Clive Waters
7. Julie Douglas

MAY

1. Denise, Maesglas
2. Lorraine Davies
3. Eirlys Faulkner
4. Dylan Davies
5. Richard Thomas
6. Tony Byard
7. Ruth Rees

JUNE

1. Millie James
2. Kelly Thomas
3. Blessyn holgate
4. Jac Morgan
5. Tudor Jones
6. Sheila Davies
7. Kaitlyn Hughes

N.B. winners will be awarded their winnings as soon as the choir gets back together.

09/20(2)

YVONNE

LOCAL MOBILE HAIRDRESSER

Looking forward to seeing
'old' and 'new' customers in
the safety of their own home.

Tel: 01550 740427

BRO DYFRI LMA

The Coronavirus situation continues to affect the ability of our churches to offer ministry in the customary way. However, as the national situation develops, important changes are taking place.

Some churches within the LMA are open for private prayer and public worship. More churches will be open in September. Because the situation is still developing and because social-distancing rules mean that spaces are limited, updates to church opening and service provision will be communicated through social media, community posters and phone contact. Inquiries can of course be made of clergy in the usual way. All clergy are available by phone or email. Please feel free to get in touch.

Visitors to any of our churches will notice immediately that (temporary) adaptations have been made to ensure a 2m social distance. Cleaning procedures have been put in place to ensure the safety of each and every visitor, including clergy and volunteers.

We would be delighted to receive prayer requests, either for inclusion in broadcast services or in the daily offices of Morning and Evening Prayer. Clergy continue to offer pastoral care by phone and in appropriately socially-distanced settings; services and reflections continue online and, for a while at least, there will be a combination of church-based and online worship. For more information about your local situation please contact the following:

Cilycwm Group
(including Cilycwm, Cynghordy and Rhandirmwyn)
Revd Ann McKnight 01550 721109

Talley Group
(including Talley, Caio, Llansawel and Abergorlech)
Revd Patrick Mansel Lewis 01558 822942
patmanlew@gmail.com
patmanlew@btconnect.com

Revd Tim Nelson 01558 685415
timnelson@btconnect.com

Revd Rik Mayes 01558 685186
revrmayes@hotmail.co.uk

Llandovery Group
(including Llandovery, Llanfair and Myddfai)
Revd Paul Pritchard 01550 938534
revpaulpritchard@gmail.com

Llanwrda Group
(including Llanwrda, Llansadwrn, Manordeilo and Capel Dewi Sant)
Revd Viv Sayer 01550 777200
revd.viv.sayer@gmail.com

Llangadog Group
(including Llangadog, Llanddeusant and Gwynfe)
Revd Jeff Thomas 01550 777758
jeffthomas@churchinwales.org.uk

ST. DAVID'S CATHOLIC CHURCH, LLANDEILO
Tel: 01558 824305

PARISH OF LLANDEILO FAWR
Rev. Michael Sadler. Tel. 01558 823862

TOWY CHRISTIAN FELLOWSHIP
In the YMCA, Market Street, Llandovery.
Phone: 01550 777149

EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY
Contact Jonathan Morgan on 01269 841584.

BAPTIST CHAPEL
Queen Street, Llandovery
(at the end of Orchard Street.)

THE CHRISTADELPHIANS
Foundry Road, Ammanford.
Tel. 01269 842336 or 01269 851172

TY'R BUGAIL
Ty'r Bugail, 4 Market Square, Llandovery SA20 0AA. Tel: 07748 644958.
www.ygrwp.com

UNITED BENEFICE OF CATHEINIOG
It is understood that, at time of going to press, that all church services have been cancelled until further notice.

SEVENTH DAY ADVENTIST CHRISTIAN CHURCH
Meet at United Reformed Church Christchurch, The Court, Lant Avenue, Llandrindod Wells, Powys.
All Are Welcome. God bless.
Enquiries: 01597 824732/01982 553959.

QUAKER MEETINGS
Enquiries to Liz McDermott 01570 471488
Peterwell Terrace, Lampeter SA48 7BX.

PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI
It is understood that, at time of going to press, that all church services have been cancelled until further notice.

Church Services

E-English W-Welsh B-Bilingual

WILLIAM WILLIAMS CHAPEL
High Street, Llandovery
Open for worship at 11.00am each Sunday
For further information, please contact Rob Morse on 07732 133370.

OUR LADY'S R.C., LLANOVERY
College View, SA20 0BD
Served from Lampeter
Tel. 01570 421003, Mob: 07495 802711
Email: davidkeithvans@hotmail.co.uk

ST MICHAEL'S CHURCH, LLANFIHANGEL RHOS Y CORN, NR GWERNOGLE, SA32 7RP.
Further information contact Focal Minister Revd Roger Nock on 01267 202347 or see our Facebook page.

RIVERS COMMUNITY CHURCH
For further information contact Rhys Jones,
(Mobile) 07511 551541
(Home) 01269 492299
(Email) rhys.riverschurch@outlook.com

THE WELL, LLANWRTYD WELLS
For further information please contact Becky on 07980 915660 or drbeccles@gmail.com

ST MICHAEL'S CHURCH, CILYCWYM
Tel: 01550 721109
Sunday service will be at 10.30am.

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

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

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 *06/21(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 *12/20(12)*

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

BEAUTY SALON

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

BOOKS, RECORDS, CDs

DISCOVERY BOOKSHOP, 52 Cwmamman Road, Garnant, Ammanford, SA181NF. A unique shop with a wide mixture of Good Quality Fiction Novels, Reference, Technical, Non-Fiction and Welsh Books etc. etc. Popular categories, Best Sellers & Top Authors. [Many Half-Price Bargain Books]. Records & CDs from Rock to Classical, Jazz, 60s, Folk, Country, World Music, Soundtracks, Comedy etc. etc. Well worth a visit – open Monday to Friday 10am to 5pm and sometimes on Saturday from 2pm to 5pm. *09/20(6)*

BOOKS AT THE DRAGON'S GARDEN, we sell new books and specialise in nature writing, current affairs, art, food, travel, permaculture, gardening, fresh off the press new fiction, and a selection of classics, in both English and Welsh. We have an inspiring children's section, and a fabulous collection of cards, wrapping paper and Fair Trade gifts. We sell & redeem National Book Tokens. Based at our market garden, we also sell organic compost, Franchi seeds & veggies. We're an appointment only bookshop, you get the shop to yourself for a minimum of an hour! We're open 11.00am – 5.00pm on Monday, Thursday, Friday & Saturday & 2.00 – 5.00pm on Wednesday & Sunday. To make an appointment ring us on 01550 777915, email: enquiries@dragons-garden.com or visit our website www.dragons-garden.com we also sell online. *09/21(12)*

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

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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)*

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



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. 07/21(12)

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

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. 11/20(6)

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HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IHHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 20 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. 04/21(12)

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HELP WITH EVERYDAY COMPUTING for home users and small businesses. Friendly, affordable and professional service includes connecting a device to the internet / email set-up / Microsoft Office tuition / safe internet shopping / internet security / virtual meetings (e.g. Zoom) and much more. Will follow government advice for meeting. Call Andrew 07877 674179 or email: help@witconsulting.co.uk 02/21(6)

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

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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. 10/20(12)

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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. 12/20(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. 07/21(12)

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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 *04/21(12)*

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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 *09/20(6)*

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LLANDEILO BASED BUSINESS, delivering high quality, innovative renewable heating solutions, including Wood Pellet and Log Boilers, Ground Source Heating Pumps, Air Source Heat Pumps and Solar Thermal hot water. Contact Nick or Lloyd 01558 824726 info@birdshill.wales www.birdshill.wales *03/21(12)*

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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 www.harryguilecarpentry.co.uk *04/21(12)*

LAUNDRY SERVICES

IRONING SERVICE. All work considered. Competitive rates, reliable and trustworthy. Contact 07872 509031. *02/21(6)*

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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 *11/20(6)*

MONUMENTAL MASON

BEAUTIFUL, AFFORDABLE, HAND-CARVED WELSH SLATE MEMORIALS AND HOUSE SIGNS made to order by local craftsman Gabriel Hummerstone. Business established 2000. For further information visit www.hummerstone.wales; to discuss your requirements and for a free quotation e-mail gabriel@hummerstone.wales or 'phone 07805 694016. Visits to my workshop in Gelli Aur/ Golden Grove are most welcome. *08/21(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 *09/21(12)*

PAINTABILITY DECORATING. Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk *02/21(12)*

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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. *09/20(6)*

PAWS FOR THOUGHT PET CARE SERVICES. All your pets catered for including dog walking, home care minding, pop in feeding service. Also livestock, sheep, goats, cows, horses, pigs & poultry. Trustworthy, reliable, DBS checked and competitive rates. Contact 07872 509031. *10/20(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. *08/21(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. *05/21(12)*

PROPERTY MAINTENANCE

PROPERTY MAINTENANCE: From replacing damaged plaster board to replacing drains. To drilling service pipe holes, sawing up concrete. Owner driver mini digger hire. Contractor to Swift Relocations. Licenced waste carrier. Tel: Nick Marson 07721 042383. Email: marsondrilling@yahoo.co.uk *11/20(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: Mobile **07584 550969** email: localroofer.wales@gmail.com website: www.completeroofingworks.co.uk *10/20(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. *10/20(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. *02/21(12)*

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.co.uk *03/21(12)*

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 *12/20(12)*

WILL WRITING SERVICES

MB WILLWRITING. Willwriting, Lasting power of attorney, trusts, legacy planning, Funeral plans for more information please contact Melanie at info@mbwills.co.uk 01269 542742 www.mbwills.co.uk *09/21(12)*

WINDOW CLEANING

WINDOW CLEANER: 'DAZZLERS' THE WINDOW CLEANER Windows, Conservatories, Fascias, Gutters, Patios, Gutter clearance – covering Llandovery and surrounding areas. Tel: 07761 097389 Email: Dazzlerswindow@gmail.com Facebook: dazzlers the window cleaners *12/20(12)*

YOGA

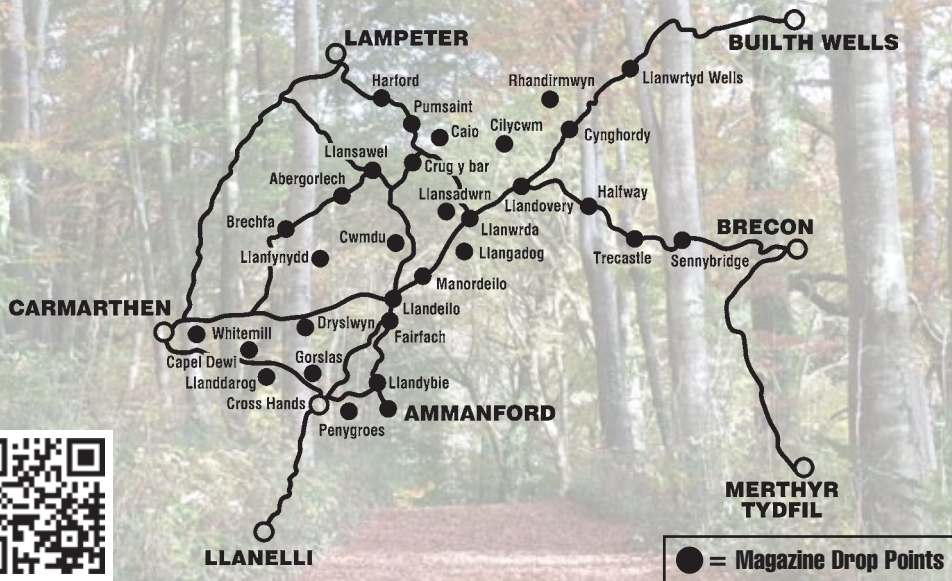
HOLISTIC HEAVEN YOGA: Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and 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. *07/21(12)*

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Llandovery & Surrounding Distribution Area

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

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

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

Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

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

Mon 09:00 – 17:00

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

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

Thurs 09:00 – 17:00

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

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

LLANDOVERY LIBRARY:

Tel. 01550 721626

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

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

COUNTRY MARKETS

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

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

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

TOURIST INFORMATION CENTRES

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

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

7 days, Enquiries to 01874 622485.

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

LOCAL POLICE

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 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. 0345 6018421

11 Glamorgan Street, Brecon, LD3 7DW:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – 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

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

Llandovery – Llandeilo – Carmarthen (280/281)

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

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

LLANDOVERY SWIMMING POOL Tel: 01267 224733

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

Train Times (Heart of Wales Line)

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

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

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

www.tfwrail.wales

Tel: 03457 484 950

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

x = Service stops on request
xx = Starts from Carmarthen