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A WARM WELCOME AWAITS YOU ONCE MORE IN Y GANNWYLL



Y Gannwyll reopened to visitors on 1 July but, in view of Coronavirus, there has been a cautious approach in order to safeguard both volunteers and visitors. We have kept to strict Covid guidelines and are very pleased that everyone has appreciated the measures taken.

Fortunately, we have been able to continue our tradition of a warm welcome and up-to-date information for visitors from all parts of the UK and further afield. There has been a noticeable enthusiasm for walking local footpaths which, in turn, has increased interest in the Drovers and farming heritage. The local castles and gold mines are also popular.

Dyfed Family History Society will be joining us again on Wednesday 18 August and will then be in Y

Gannwyll every Wednesday and Friday to help you with your family history research. However, as the number of people has to be restricted to comply with social distancing, you would be well advised to make an appointment on 01550 721101 to ensure entry to the Family History area.

Opening hours:

Tuesday – Saturday: 11.00am – 2.00pm

If you are interested in joining us as a volunteer, please call 07957 440040, we look forward to hearing from you.



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ALL ABOUT *The Post*

**COPY DATE
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16th September 2021**

**Next issue distributed:
1st October 2021**

The Post Future Copy Dates

November 15th October
December/January 2022 16th November
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 **Doggy Divas in Llandeilo**

08/21(G)

APPEAL FOR CONTINUED DONATIONS FOR THE LLANDEILO FOOD HUB



Many negative effects of the pandemic may be coming to an end but food poverty unfortunately isn't one of them. The Llandeilo Food Hub still supports many families and individuals who struggle to put food on their table.

"When we set up the Donation Drive Through at Llandeilo RFC CaeWilliam last year to make it easier for people to safely drop donations, we saw the community pull together phenomenally," says volunteer coordinator Christoph Fischer. "Local clubs, private donors and super markets donated food or money to feed people in need."

Over a year later a small group of volunteers still man the Drive Through every day of the week between 2.00 – 4.00pm.

"Lately donations have started to drop," says Fischer, "and we want to remind people that many families still depend on the food hub, whether this is because of furlough or other reasons."

Llandeilo food hub is currently running short of:

- Tomato pasta sauces
- Sweet and sour sauce
- Instant mash potato
- Coffee
- Tin sweetcorn
- Chickpeas
- Instant Noodles (flavoured)
- Hot dog sausages
- Shampoo
- Toothpaste
- Tooth brushes
- Baby food/nappies

If you want to donate money instead, their Bank details are:

Llandeilo Covid 19 Community Support
HSBC. 40-16-23 Acc no 71755307
Please state Food Hub on your payment.

If you need a food parcel, all calls for the food hub are now being handled by Delta Wellbeing 0300 333 2222 phone line 24/7

02/21(6)

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10/21(12)

LLANDOVERY CROQUET CLUB



August was a busy month for the croquet club. We have enjoyed visits from Mumbles Croquet Club, Loose Ends (a group of men from Lampeter), and the Merched y Wawr groups from Abergorlech and Nantgareidig. On the match front there was disappointment that our A Team narrowly failed to reach the finals of the Welsh Inter Club championships, losing to a strong Glamorgan team in the final game of the regional competition. However we put up a better performance at Llanidloes where we won by 11 games to 5 and were rewarded with tea and a wonderful selection of cakes!

During September club members will continue to play croquet every Tuesday and Thursday afternoon on the Llandovery bowling green, when visitors and new members are welcome. In addition, we will be holding our annual club championship before our season finishes at the end of the month.

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

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04/21(2)

WHERE EAST MEETS WEST



Paintings and ceramics inspired by two very different regions come together in the galleries at the Llanwrtyd & District Heritage and Arts Centre as two local artists showcase their talent throughout September.

A collection of watercolours and acrylic paintings described by the artist, Anna-Lisa Coleman, as spiritual, soulful and sensual and inspired by the haunting beauty of the Irfon Valley whilst on running sessions, are on display in the upper gallery. Whilst the lower gallery showcases the work of Jonathan Burton with a display of ceramics inspired by the early far-eastern pottery of China, Japan and Korea recreating their strength of form in practical pieces.

Working in stoneware and porcelain Jonathan has been honing his craft for fifteen years and Anna-Lisa who graduated from Middlesex University and the University of South Wales has paintings in private collections worldwide. Two very different talents which will appeal to a wide audience.

The Heritage Centre is open Thursday – Sunday 10.00am to 4.00pm.



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Padmasambhava Yoga & Meditation Centre

All at the Centre hope you are well and enjoying the Summer and meeting family and friends again, having good and happy times enjoying more freedoms. Yoga can help increase the sense of freedom from the stresses of daily life and bring enhanced enjoyment of our surroundings, as well as an appreciation and understanding of ourselves and others through practices of awareness.

While Padmasambhava has been closed for the summer break, the Centre is currently preparing the Autumn term timetable and getting ready for classes. They are now taking names for the 'New Beginners' course, a 5-week course, starting 2nd September. The New Beginner's course is being taught via Zoom. Many students have been surprised by how much value they find in the sense of practicing together, as part of a group, using this technology. Many too have surprised themselves (and others!) by embracing this technology with the help offered. Help is given, as needed, to become familiar with Zoom. The New Beginners class is suitable for every body, no matter your age or fitness level. This course introduces a progressive series of practices which help release joints, as well as physical tensions within the body, and increase flexibility and strength. This foundation course introduces tools which are useful in daily life. Time is spent in each class on breathing practices which reduce stress, improve mood and focus, and develops strength in the lungs. Classes finish with a deep relaxation to allow the body and mind to rest on all levels, renewing vitality.

Yoga in Ammanford with Maria will be starting again in person, at the Ebenezer's Hall in September. This series will be for a limited number of students, to allow for social distancing. Students are asked to bring their own mats and to follow the Covid guidances. Booking is essential. Please contact the centre for details.

Padmasambhava offers a mixture of classes online via Zoom for the Autumn term, from the Monday morning chair yoga, to a mixed daytime class on Tuesdays and a selection of more experienced evening classes.

Padmasambhava yoga classes offer so much more than just the physical aspects of yoga. They can help you to

improve your health by introducing you to breathing practices (especially good for people with asthmatic conditions), flexibility of the body and joints, beneficial for anyone with arthritis. Yoga Nidra and meditation, both of which are extremely beneficial to people with high blood pressure, angina and heart problems also help to relieve stress through relaxation. That is not all, for having achieved these improvements, help is given on how to maintain this healthy you. Teachers are made aware of any health problems that students may have, instructions for all postures take this into consideration. The number of students in each class is kept to a comfortable number.

Whilst the Centre is closed for the summer, it is still there for students old and new – so please do call Padmasambhava if you would like help or guidance or resources for practice. A few simple practices can provide the tools to enhance our awareness and begin to make a difference to the state of our minds, our health, our energy, as well as relax the body – and taking quieter time helps with developing a sense of well-being. Please don't hesitate to contact the Centre, you can phone 01558 823842 or email 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 Centre chants the healing manta at 6.00pm every Friday. If you would like anyone added to the list of named recipients for this chant, please phone or send an email to mail@padma.org.uk

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NEWS FROM LLANSAWEL



There is plenty happening in this lovely rural village. With the Covid pandemic the twice a month market moved from inside the Village Hall to outside; and then a village team replaced one of the market days with an outdoor carboot sale in the grounds of the old school. Furthermore, now with the easing of Covid restrictions the market has returned to the Village Hall once a month. Whether Village Hall Market or carboot sale they are held on every 1st & 3rd Saturday 10.00am – 12.00 noon. And next to the Hall the Cylch Meithrin playgroup is very popular for young children.

It is has been great news for Llansawel that after closing for a short while the Angel Inn is now open again and under new management. The managers are well known locals Cath and Jac and they have considerable experience in the catering industry.

With community activity so important the re-opening of the Angel Inn is extremely welcome. For those who have not previously visited the Angel they might like to know more about it. There is a splendid inglenook fireplace in the main seating area near the bar. And there is a larger dining room and TV facility. In addition there are two outdoor facilities one of which is the brilliantly

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constructed new decking by the stream which is a wonderful venue in good weather.

As well as a wide range of drinks and snacks they provide basket meals from as little as £5, special menus and Sunday lunches. And there is a plan to open up for Quiz Nights and Bingo Nights.

With the huge importance of local communities in rural areas, local residents are delighted to have these facilities available and visitors from further afield are warmly welcomed. If you are not familiar with Llansawel it is less than three miles from Talley on the B4337 heading towards Llanybydder. The Angel's postcode is SA19 7JG.

For further information contact their landline on 01558 685296 or visit – "The Angel Inn, Llansawel" on Facebook.

Current daily opening hours are 4.00pm Monday to Friday and 11.00am at weekends, closing every night at 11.00pm.



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BRECHFA AUTUMN FAIR

Brechfa Autumn Fair is pleased to return as a real life, live event this year, on Saturday, 2nd October in, and outside of, Brechfa Church Hall, SA32 7RA, from 10.00am until 4.00pm.

There will be a variety of art, craft and food stalls with refreshments on sale, including hearty spicy squash soup, bacon butties and cakes, tea, coffee and soft drinks, to raise funds for the continuation of this friendly event.

Raffle tickets, with prizes donated by stallholders, will be sold on the door, to raise funds and a donation from the proceeds will be given to Tenovus Cancer Care, in memory of photographer Rachael Entwistle-Davies who established the fair 22 years ago and organised it with much love and enthusiasm, along with her family. Lisa Harding from Incus Iron, Ruth Tait from Salad Dressing and Justine Burgess from West Wales Willows are now the organisers, continuing Rachael's legacy by keeping this popular and lively social occasion alive for all to enjoy.

For an application form for a stall, or for more information, please visit our facebook page Brechfa Autumn Fair and message us or contact Lisa by email: incusiron@gmail.com or phone 07733 336865.

A warm welcome to all.

LLANDOVERY GARDEN CLUB

Llandovery Garden Club wish to thank all the members who contributed to our very successful plant and country produce sale held on Sunday 8th August when together with the sale of plants, home produce & donations we collected £355.55 to give to Llanfair Surgery in appreciation for their care, help & kindness. The members, with one or two friends, involved excelled with their generosity. Thank you all so much.

16th October – Llandovery Garden Club members to meet in the car park of The National Botanic Garden of Wales at 10.00am. If we are more than 10 people we can enter as a group and pay £11.25p instead of £12.50p. Some of you will no doubt have membership cards so I hope the rest of us will make more than 10. Here's hoping for a fine day, until then enjoy the rest of the summer.

Babs Rees (Chairman)

HERITAGE CENTRE WELCOMES ITS FIRST MUSICAL GUESTS SINCE EARLY 2020



The Llanwrtyd and District Heritage and Arts Centre are delighted to resume their previously very successful concert programme with a performance by the Danielle Nicholls Band (DNB) on Saturday 25th September at 7.30pm.

With a voice that has been likened to many leading artists, including Karen Carpenter, Danielle has been singing and writing songs since she was fifteen, honing her craft by performing with various bands over the years and showcasing as a solo artist on national television and radio shows.

For the last fifteen years she has performed with Stefan Tomczyk and Steve Wilfred who bring a wide range of musical talent to the mix.

They have produced several albums to date and with their different influences the result is a programme that includes crafted original tunes interspersed with innovative cover versions which will appeal to a wide audience.

Tickets which are £8 must be purchased in advance and are available from the Heritage Centre, Caffi Sosban in Llanwrtyd or by telephoning the Centre on 01591 610067 – there will be no admittance on the door due to current restrictions.

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0921(3)

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2nd Prize (Silver): Erwlon Caravan Site
3rd Prize (Bronze): Drovers B&B

Llandovery Town Council would like to congratulate the prize-winners and to thank the judges from the Telegraph Garden Centre. The three judges were most impressed by the displays of all the premises they visited, and have also kindly pledged cash prizes to the winners.

These together with certificates will be presented by the Mayor, Cllr Handel Davies in the near future.

Our appreciation goes to all whose efforts improve our Town for the benefit of both our visitors and residents. Thank you.

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TOWY VALLEY CAMERA CLUB

Like many other camera clubs who have had to make significant adjustments to the way they operate due to the COVID-19 restrictions, Towy Valley CC has embraced the use of Zoom and will use it to run the programme for the foreseeable future. All our Zoom meetings will commence at 7.30pm.

PROGRAMME FOR SEPTEMBER TO DECEMBER 2021

Monday 13th September

Competition 5 with Judge Sally Sallett.

Monday 27th September

50 Years Of Ffotos by Ffred with Fred Davies.

Monday 11th October

Travels In USA and China with Andrew Hersom.

Monday 25th October

Fine Art Photography with Susan Ashford.

Monday 8th November

Members Favourite Five Images from 2021.

Monday 22nd November

Principles Of Photography.

Monday 13th December

Competition 6 with Judge Gary Shinner.

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

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

www.towyvalleycameraclub.org.uk

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Tuesday 21st September 2021,
9.00am – 12.30pm & 2.00pm – 6.30pm

Wednesday 29th September 2021,
9.00am – 12.30pm & 2pm – 6 30pm

Wednesday 6th October 2021,
9.00am – 12.30pm & 2.00pm – 6.30pm

Vaccination is free for our registered patients who:
are aged 50 and over or
are aged 6 months to 49 years old who

- have a disease which affects their lungs, heart, liver or kidneys or who have diabetes or a neurological illness
- have a friend or relative who relies on them for their care
- are pregnant
- have a disease, or take medicines which suppress their immune system

Eligible children not in the above criteria will be called to the surgery or vaccinated in school.

NHS Health workers should be vaccinated by their employers unless they fall into any of the categories above.

Residential home care workers can be vaccinated free of charge in community pharmacies.

The vaccines do not contain live bugs and so can't cause flu.

The vaccination will take up to 14 days to give you protection though will not protect you if you have been exposed to the virus before you had the jab. Vaccination is offered between September and early November because flu is more active from the middle of November.

This is information about the Flu vaccine not the Covid vaccine

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04/22(12)

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10/21(12)

LLANDOVERY U3A FORWARD LOOKING AT LAST

An invitation to existing members, lapsed members and anyone interested in reviving u3a there will be an Open Meeting on Wednesday 8th September at 10.00am in the Rugby Club.

This is an opportunity for people to get together to determine the way forward.

We need ideas and volunteers – many hands make the effort more fun.

I am sure we have all felt the lack of social contact and laughter let's get organised before Winter sets in.

Don't put it off – come with your views – renew acquaintances and catch up with old friends. (and view the refurbished Rugby Club)

On this occasion please bring your own refreshment coffee or whatever as we do not know how many will attend and what facilities are available. Contact: Anne Lynd-Evans 01550 750286.

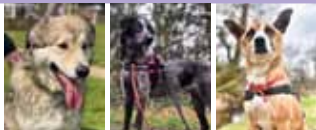
MERCHED Y WAWR BRO PANTYCELYN

Ar ol cyfnod hir o fethu cynnal cyfarfodydd edrychwn ymlaen yn fawr iawn I groesawu aelodau yn ôl ar Ddydd Mercher 8fed o Fedi am 2 o'r gloch. Yn ymuno a ni fydd Jane Morgan ein Swyddog Datblygu. Oherwydd y sefyllfa presennol fe fyddwn yn cysylltu a phawb gyda manylion lleoliad y cyfarfod. Croeso cynnes I aelodau newydd.

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Eluned 01550 720875

Marian 01550 720370



WE NEED HELP!

With yet another dramatic increase in dogs being handed back to us since lockdowns have started to lift, we're struggling to keep up with the kennel fees while we find these dogs new homes.

We urgently need to raise funds to ensure these dogs can stay with our friends at Hatton Boarding Kennels until we can find them their forever home



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07/22(12)





LLANWRDA CRICKET CLUB

1st XI away at Neath

Llanwrda made it four wins on the bounce with a brilliant win away at Neath. On the hottest day of the year to date, Llanwrda won the toss and elected to bat first. There were excellent knocks from both skipper Adrian Davies (56) and Garan Williams (61), which along with late cameos from Sion Nicholas (18*) and Steff Roberts (17) propelled Llanwrda to a total of 221-7.

Llanwrda got off to a flier in our defence of the runs with two early wickets falling to Roberts and Nicholas, before Berian Williams (3-6) and Garan Williams (4-7) ripped through the middle and lower order to bowl Neath out for 40.

Adrian Davies - Wales

Following his 50 for Llanwrda on Saturday, our very own Adrian Davies hit a 94 ball unbeaten ton for Wales Over 50s against a strong Pembrokeshire Veterans team on Sunday. Adrian hit 13 fours and 2 sixes on his way to his 101* - llongyfarchiadau Adrian o bawb yn y clwb!

1st XI at home vs Pontyberem

With the wicket and outfield in perfect condition, Pontyberem won the toss and chose to bat. Certainly a day for the batters, Pontyberem's opener scored a very good ton, and despite a couple of late wickets for Sion Nicholas, the target was set at a daunting 288.

It would have been easy for any team chasing such a large target to fold over easily, but Llanwrda's batsmen showed great courage in the chase, and can be proud of how they went about the innings. After Cerith Rees steadied the ship with a solid 19, there were quite fantastic innings from Osian Nicholas (44), Berian Williams (43), Sion Nicholas (30) and Garan Williams (65), hitting 7 fours and 4 sixes on his way to his second half century in as many games. Llanwrda were eventually all out for 249, a phenomenal effort from the boys!

The game however was played under tough circumstances for all, with a minute's silence held before the game by both teams in memory of our President's son Arwel 'AdClad'. Arwel himself played for Llanwrda during the 90s, and will be sorely missed by all in the club and local community. Cydymdeimladau i'r teulu a'i ffrindiau o bawb yn y clwb a'r pentre.

1st XI at Bronwydd

It was a successful day for Llanwrda yesterday, as they instantly bounced back from last week's defeat with a fantastic victory away at Bronwydd. In a brilliant bowling display, Llanwrda bowled Bronwydd out for a total of 139, with half of the wickets falling to youngster Berian Williams who took an excellent 5 wicket haul

– his first in a Llanwrda shirt, with Sion Nicholas also chipping in with a couple of wickets of his own.

If there was ever a man for the run chase it would always be skipper Adrian Davies, who was again in sparkling form with the bat, carrying his bat to the end with a brilliant 55 not out. Osian Nicholas again performed well before getting dismissed on 24, and Garan Williams continued his batting form with a quick-fire 22 off 14 balls to complete the chase!

1st XI vs Merthyr

In spite of the weather, Llanwrda took on undefeated league leaders Merthyr Tydfil at Castle Fields. After being put into bat, it was tough going for Llanwrda who were challenged with a testing bowling attack. There was however some good batting from James Morgan (19), Berian Williams (21) and Josh Thomas (15), as well as a very handy 29 from an in-form Sion Nicholas!

Merthyr were set a target of 136 from a revised 44 overs, and showed their class in managing to chase the target down with 7 wickets to spare. Another fine spell of bowling too from Sion Nicholas who ended his 9 overs with figures of 1-11 – gwaith arbennig eto Sion!

Training for the juniors restarts in April and we will again be running our successful All Stars and Dynamos programmes.

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

Girls and boys aged 5-years-old and over are welcome to join Llanwrda C C. Please contact Gwynn Davies for information 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.

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 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

07/07/21	14	No winner
14/07/21	15	No winner
21/07/21	29	Margaret Davies
28/07/21	43	No winner
04/08/21	6	No winner
11/08/21	40	No winner

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

LLANEGWAD RAINFALL



Rain fell on 16 days this month the wettest day was the 12th with 11mm.

July Total: 62.5 mm – 2 1/2"

D. R. DUKE

COME AND SING WITH CANTORION LLANDEILO!

Cantorion Llandeilo Singers are back on track. On Monday, 13 September, the Singers are hoping to have their first rehearsal after an 18-month break due to Covid and all are delighted to be able to meet up again on Monday nights to do what they have always enjoyed doing – singing great music together.

Another bit of news is that after an outstanding progression since taking over St Teilo's Singers, the Musical Director Gordon Kilby, who has built up the choir from a small membership in 2014 to over 60 voices, is handing the baton to Colin New.

Gordon developed the choir and renamed it Cantorion Llandeilo Singers. He managed a very successful six years of notable performances of choral works including the splendid Rossini's *Petite Messe Solenne* and Brahms's *German Requiem*, other works from the choral repertoire by Vivaldi, Puccini, Bach, Rutter, Morten Lauridsen, Fauré, Duruflé, and so on.

During Gordon's six-year tenure, £16,000 was raised for several charities, including: Tenovus Cancer Care Wales; Cancer Research Wales; Wales Air Ambulance; and Kidney Wales.

The Singers are very pleased that Gordon will continue his involvement with the choir by taking up the position of President and Artistic Director and maintaining some of the other aspects of his links with the choir. But because of his many other community commitments, including being Deputy Mayor, a town councillor, a trustee of the Swansea City Opera, and also being Project Leader for the Restoration of St Teilo's Church – a complete refurbishment, restoration, and re-ordering – he feels the time has come to hand over the baton.

This handover is particularly timely as the choir is very fortunate in having among its members an experienced choir master Colin New, who joined in 2019 to sing with the tenors after moving to Llandeilo from Hampshire. Colin New has now been appointed Musical Director and Conductor and will make his debut conducting a concert in December or January. He is ideally placed to take over as he brings a huge amount of experience in music education and performance from his career as



Colin New

a secondary-school music teacher and pastoral leader.

Colin was Deputy Head of a large and successful music service, and a performer and accompanist on piano, double bass, and guitar. He was previously director of a mixed choir for over 30 years, during which time he performed a wide variety of styles and genres, reflecting his very wide musical interests. Colin has performed in symphony orchestras, pop, rock, and jazz bands, as well as being in the pit for musical theatre and playing in chamber music ensembles. As the choir often puts on a summer fundraising concert of operetta and songs from the shows, such experience will be a bonus. The Singers are delighted to welcome Colin as their new Musical Director and Conductor.

Cantorion Llandeilo is actively recruiting new singers – soprano, alto, tenor, bass. There are no auditions but it helps to have some experience of singing in choirs and an ability to read music. So are lots of enthusiasm and commitment! Rehearsals are on Mondays during term time at 7.30 p.m. in Llandeilo. For more information, and for confirmation that rehearsals can start on Monday 13 Gordon Kilby Colin New September and in which venue under the then-Covid rules, please contact Sheila on 07851 786569.



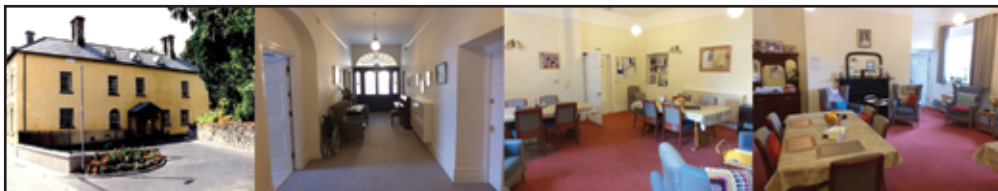
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1221(1,2)



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09/21(3)



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15 15	Renault Megane 1.6 DCI GT Line Coupe, Sat Nav, Reversing Camera, 17" Alloys, Half Leather, Front & Rear Body Dephasers, 3dr, In Malta Blue, £30 R/Tax, 49500m.....	£7995
14 64	Renault Megane 1.6 DCI, 6 Speed, Dynamique, Tom Tom, Coupe, Leather Seats, Sat Nav, Alloys, Panoramic Roof, Metallic Black, 3dr, 81000m, Full Service History.....	£4995
13 63	Renault Captur 0.9 TCE Dynamique, Sat Nav, Diamond Cut Wheels, Cream	£4750
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12/21(12)

MEMORIALS, LIFE CELEBRATIONS, REMEMBRANCE SERVICES



2020 was such a difficult year for so many people, for so many different reasons, largely linked to the global Covid pandemic and the lockdowns and restrictions we all had to navigate.

One of the most harrowing and challenging situations was end of life care and bereavement. Not being able to comfort and support a loved one in the last few months, weeks, days of their life. And then not being able to arrange a proper farewell.

Loss and grief are hard enough. As humans we begin to process loss by being supportive to our loved ones in their final hours. Arranging a funeral (burial or cremation) is a big part of acknowledging that loss. It is an opportunity to carry out and honour the wishes of those you loved. It is also an opportunity to gather with family and friends to support each other and reflect on the life of a person who was loved.

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Many people in the last 18 months, were deprived that opportunity and the wake that usually follows. The wake is so important when beginning to process loss. Families and communities gather to laugh, cry, support, and share. Without our network of support and without those opportunities to be with our loved ones in those last weeks it is harder to process the loss, manage the grief and restructure life for a future without that person's presence.

Many people may be suffering from denial, anger, guilt, and other symptoms akin to post traumatic stress as a result. That is why now might be the time to use a Celebrant and create a memorial (life celebration, remembrance, farewell, whatever you wish to call it) to gather those friends, family and community in a place that means something to you and your loved one and take the time to commemorate their life, relate stories, share your grief and memories, and find your support network.

Grief does not follow rules and is not limited in time. If you have loved and lost then you need to find ways to process that loss and find ways to move forward. As a Celebrant I specialise in Memorials in facilitating a service and celebration of someone who is no longer with you by creating an event in any location and including anything to help you truly reflect and begin to process your emotions.

And when I say anything, I mean anything. From solemn and structured to relaxed and, even, festival like. Including poems, stories, music, tree planting, fire lighting, dancing, pagan or spiritual rituals or something unique to you. And anywhere: in a garden, at a football club, at a car rally, up a mountain; literally at any location you choose.

My aim is to empower you and support you in creating something that means something to you and helps you process your loss. Celebrants in general are brilliant at this; its what we're trained to do. However, choosing the right celebrant for you is important. We delve into your most treasured stories and memories so you will only want to share them with someone you can connect with.

If you want to find out more about how I might help you and see if I'm the right person for you and yours, then I'm happy to have a brief chat by phone or video without any pressure. And if I'm not the celebrant for you, I am happy to point you in the direction of a colleague who is.

For more information go to: bernib.co.uk or phone: 01591 610635 or email: thealternativecelebrant@outlook.com

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09/21(3)

MYDDFAI NEWS



Myddfai Shop and Café opening hours Tuesday – Sunday 11.00am – 4.00pm – we are open on Bank Holiday Monday 30th August as well.

The Myddfai Farmers Markets are now reverting back to the last Sunday of each month 12.00 – 3.00pm, 26th September, 31st October and 28th November (not on in December), we have a wide selection of food & produce stalls attending, please come and support local. We have a new workshop on Monday 6th Sept – Breadingmaking for Men 10.00am – 3.00pm with Luke, tel 07908 860061 to book or email info@men2men.org.uk. The next Willow Weaving workshop is on Sept 20th 10.30am – 4.30pm. We plan to hold our Christmas Craft fair on Saturday 4th December. Regular classes in the hall are- Sewing Classes Wednesdays 1.00 – 3.00pm, Yoga on Wednesday evenings 5.30 – 7.00pm, Pilates every Thursday morning 9.30am – 10.30am. On Sunday afternoons from 2.00 – 5.00pm we have a workshop working on a second large stained-glass panel for the hall, come along on 5th or

12th September to take have a look – it's nearly finished.

Myddfai shop has some wonderful gifts – with a wide range of quality hand-made items – aprons, bags and tea towels, jewellery, fused glass, pottery, candles, greetings cards, artwork, Myddfai Jams and chutneys, local Honey. We also have a range of antiques, books by local authors and Welsh music CD's. On the gallery we have a full range of the beautiful, Myddfai Welsh Tweed clothing and gift items. Every purchase made supports a local business and the Ty Talcen charity.

Myddfai café has a range tasty lunch time specials on offer daily, a big selection of homemade cakes and a great choice of teas to wash it down with, we have lots of space with inside and outside seating available.

We always have volunteering opportunities in our café or gift shop please get in touch if you have a few hours to spare and you want to join a great team, no experience necessary as full training will be given.

Why not choose Myddfai Hall for your wedding? With our wedding licence we can do the whole package, you can bring in your own caterer if you want. The hall makes a great venue for any party, concert, conference, exercise or activity class. It is fully equipped with staging, lighting and sound system and a catering standard kitchen, with crockery, cutlery and glasses and linen for 120 place settings.

For further information or bookings contact Les on les@myddfai.org. or 07879 119223 or the Hall No. 01550 720449. Check our website www.myddfai.org for What's On.

MIND CARMARTHEN COMMUNITY DROP-IN

Now popping up in your local community.

Since the launch of Mind Carmarthen's Community Drop-ins in Spring 2021 a total of four have been successfully opened across the county of Carmarthenshire. For the first time, Mind now has a presence in Llandeilo Llandovery, St Clears and Whitland.

At the time the Drop-ins first opened, they were limited to 1-1 appointments due to the restrictions put in place by the Welsh Government. As restrictions have eased, the Drop-ins have been able to grow and offer a wider range of wellbeing activities. These activities have included coffee mornings, arts crafts and walking groups for all abilities. Going forward we will continue to host wellbeing coffee mornings as well as organising a variety of additional group and individual activities. If you would like to join in any of our activities or just call in for a cuppa and a chat, come along or contact us for further details.

Call or email for more information

Llandeilo and Llandovery
alex@mindcarmarthen.org.uk
07377 381772

St Clears and Whitland
carrie-ann@mindcarmarthen.org.uk
07956 835140



UPCOMING ACTIVITIES

- Coffee Mornings
- Group Quiz
- Walks
- Guided Relaxation



TUESDAY 9.00am – 12.00pm St Clears
WEDNESDAY 9.00am – 12.00pm Whitland
FRIDAY 9.00am – 12.00pm Llandeilo
FRIDAY 1.00pm – 4.00pm Llandovery



09/21(1)

NEWS FROM THE TOWN HALL FOR JULY AND AUGUST

Sorry we were too late for the last Post and don't meet in August, so taking the opportunity to share some bits of news.

Many of you have been asking about the bunting. Well it was decided some time ago that the council would buy bunting to put up throughout the festival season. The first bunting lasted barely a season so we have invested in stronger bunting and gone ahead and put it up despite the lack of festivals. I hope you all agree it gives the town a lift. Sadly things have had to alter in the last week. We have been unable to string bunting across the A40 because of the height of the buildings and the height of lorries traveling through the town. We hadn't thought this would be a problem in Stone Street. Unfortunately a recent event has proved us wrong and the bunting has now had to be taken down in Stone Street. After much discussion it was decided not to spend further time and money on trying to put them along the houses as in High Street for the remaining months of festival season. So for now they will be put in storage. In the meantime plans will be drawn up following conversations with residents and businesses on how we can display them next year when we hope to be back to some form of festival normality. Plus God willing a Platinum Jubilee to celebrate.

We are delighted to see how many businesses have made a fantastic effort to decorate their own frontages with colourful baskets and planters. Well done everyone just what we needed to help brighten us all up after the last 18 months. Especially all the pubs with their colourful frontages and gardens and it has been a joy to see. **WELL DONE!**

The monthly table top sales are going well. The new improved stalls, the Council have invested in make the whole event colourful and welcoming. So make a date for the first Friday of every month in the market square. Even have your own stall if you want!

Many of you may have seen that the handsome WW1 bench is now a permanent feature of the memorial garden around the cenotaph. A big thankyou to the former History Society for purchasing it as a gift for the town. A lovely place to sit quietly and remember all those who give their lives so we can continue to live freely in this beautiful country.

Continue to keep yourselves, families, friends and neighbours safe.

02/23/13

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02/23/13

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NATIONAL CYCLE MUSEUM CYCLE JUMBLE 23RD OCTOBER

The next National Cycle Museum cycle jumble / surplus cycles from stores auction, will now be held at the Automobile Palace, Llandrindod Wells on Saturday morning 23rd October.

Steve Griffith has all details griffith531@hotmail.com 07740 923630 or see www.cyclemuseum.org.uk where some surplus cycles are listed for auction.

Spaces for a few cycle spares stalls are available. Steve has prices.

Anyone who has unwanted good condition spares to donated to the museum charity, please bring along on the day or contact Steve for collection.

Why not come along and get a bargain and to see various new displays in the museum.

FUNDRAISER

I am in the process of organising a fundraising concert and auction, all proceeds from which will go to the Wales Air Ambulance.

I would be most grateful if any local businesses as well as any individuals could help by supplying items suitable for the auction, anything and everything considered, maybe vouchers which could be redeemed at your shop / store if you are a business.

More details will appear shortly, in the meantime if you feel you are able to contribute towards this very worthwhile cause or would like more information please contact me, Beth Davies on 07788 810464.

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Producers of
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10/21(3)

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08/22(12)



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10/21(6)

TRECASTLE COMMUNITY CENTRE

After a successful couple of weeks at Trecastle Community Centre, here are the dates for our September events.

- Saturday 28th August. Community Pop up Cafe. 11.00am – 4.00pm. Lots of lovely home made cakes and sandwiches available. Contact Trisha on 07789 037176.
- Sunday 19th September, Farmers/ Craft Market and Cafe, 2pm – 4.30pm. Lots of hand made crafts available plus produce and fabulous homemade cakes. Contact Nicky on 01874 638889/07815 330697
- Friday 24th September. Community Quiz and BBQ. 7.30 start. Come and have a go, its a great fun evening. Contact Sue on 01874 636748.
- Saturday 25th September. Community Pop up Cafe. 11.00am – 4.00pm. Lots of lovely home made cakes and sandwiches available. Contact Lynn on 07772 121882.
- Saturday 2nd October. Macmillan coffee day, with a huge selection of delicious home made cakes, this is one not to be missed. Contact Lynne on 07772 121882.

We can also confirm that Trecastle YFC Show will take place on Saturday 18th Sept at Fedw Equestrian Centre. Sheep showing, Horticulture, Floral, Crafts, Family dog show, Children's entertainer, Bar and evening entertainment. fun for all the family. Contact Shelly on 07900 632592.

Thank you to everyone who makes these events possible and to everyone who supports in any way. For more info on all events, follow Trecastle Community Centre on facebook.

Regular groups are starting back up this month too.

- Mother and Toddler meet on a Monday afternoon, Contact Hazel on 07790 249760.
- Christian youth group meet every other Monday night contact Ashley on 07814 530972.
- Yoga on Tuesday morning. Contact Trisha on 07789 037176.
- Brownies meet on a Tuesday night, Contact Liz on 01874 636797.
- YFC meet on a Wednesday night, Contact Ellie on 07929 378087.
- Knitting group meet on a Wednesday night, Contact Janice on 01874 636743
- Yoga on a Thursday night, contact Trisha on 07789 037176.
- Recorder group meet every 3rd Saturday, email: jackiehourahine@aol.com for details.

RED KITE QUIZ VENUE CHANGE

Registration meeting for the 2021-22 season will now be held at the Castle Hotel, Llandovery at 8.00pm on Wednesday 15th September. All teams old and new will be welcome. Details Rod Burdon, Secretary 01550 779298.

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TOWN AND GOWN UPLIFTED BY THE GOOD NEWS

with the permission of rugby writer Huw S Thomas



The whole of the small market town of Llandoverly had been devastated in July by the news of the tragic death in a car accident on the A40 of the immensely popular local businessman and former Llandoverly RFC stalwart Arwel Davies writes Huw S Thomas.

The death of the 40 year old former pupil of Llandoverly College was felt through the upper reaches of the Tywi Valley and beyond but the gloom cast over the town and surroundings has been lifted – albeit partially - with the announcement of the British and Irish Lions team to play South Africa in the third Test.

Llandoverly – town and gown – heard the good news that Warren Gatland had included two players with strong Llandoverly connections - Alun-Wyn Jones and Wyn Jones - to take on South Africa in the third Test in Cape Town.

Both had been selected for the first test on July 24 only for Wyn Jones to be ruled out because of a shoulder injury.

Llandoverly College was proud that their former pupil Alun-Wyn Jones had been selected as captain to face the Springboks and Llandoverly RFC was equally thrilled to hear that one of their very own - Wyn Jones - had been chosen at loose head prop.

It was uplifting news for the small East Carmarthenshire town which through the local rugby club and College has belied its size in the role it has played in Wales and Lions history.

Wyn Jones who spent years learning his trade in the tough world of the Premiership before turning professional with the Scarlets has been rewarded with a Test match start at loose head prop..

Llandoverly President Handel Davies who has been involved with the club over 50 years reported on the club's pride in the role it has played in Wyn Jones's career.

"Wyn's selection in the Test team elevates him to the status of a living legend in Llandoverly!" smiled Davies."

"He now represents the pinnacle of our Junior Drovers and Youth development programme, having played for every team at the club from the age of six through Youth, 2nd XV and 1st XV , before playing for Scarlets, Wales and now the Lions"

"Longyfarchiadau enfawr i ti Wyn! Your wonderful achievement makes the whole community incredibly proud."

Jones becomes the second Llandoverly Youth player to tour with the Lions, following in the footsteps of hooker Barry Williams who toured with the Lions in South Africa in 1997.

However, Williams did not play in a test match so Wyn Jones becomes the first former Ysgol Pantycelyn and Llandoverly Youth player to become a Lions international.

Known in the Llandoverly locality by the name "Wyn Clynmawr" - from the farm outside the town which has been in family hands for generations - Jones has been turning in storming displays for region, country and the Lions ever since he left Llandoverly in 2016 following 90 appearances in the Premiership

He puts much of his success at the top level of the game down to his experience in the Premiership.

"To play away for The Drovers against the likes of Pontypridd, Ebbw Vale and Aberavon – sometimes on a wet and windy night facing players who knew all the scrum tricks of the trade was a wonderful learning curve for me"

"It's true to say that such full on games prepared me well for the physicality of the professional and even international scene and now the Lions".

"I loved my rugby with the Junior Drovers, Llandoverly Youth and then the first team under Euros Evans but never thought for a moment that I would end up in a Lions shirt"

"And we were always encouraged by the Llandoverly coaching team to be far more than scrummagers but to run, handle and off load to produce a style of rugby that was a privilege to be part of."

"I've naturally had to work on my fitness and bulk up ready for confrontations with big men and there won't be bigger men than the Springbok forwards." chuckled the 29 year old.

In his formative years, former veteran Llandoverly prop Andrew Jones – a Barbarian - who played 577 games for the club in a wonderful 22 year career was always at hand to give his young prop advice and counsel on all front row matters.

"Cantona" (aka Andrew Jones) was a specialist loose head and made me scrummage against him in training and talked me through all the tricks of his long lasting trade."

Alun-Wyn Jones- no relation - is one of nine former



Wyn Jones front row first from right representing Ysgol Pantycelyn at the Llandoverly 7s as a 16 year old.

Llandovery College players to have gone on Lions tours following in the footsteps of WH Thomas (1885), RK Green (1908), Vivian Jenkins (1938), Rees Stephens (1950), Kingsley Jones (1962), Geoff Evans (1971), Andy Powell (2009) and George North (2013, and 2017).

North and Powell both played for the Drovers, North four times when he was still at College and Powell 20 times in the early part of his career.

North is remembered for an outstanding try against Neath in a Premiership Play Off game against Neath when he was a Drovers team mate of future Welsh internationals Josh Turnbul and Emyr Phillips and Scotland capped Luke Hamilton.

Alun-Wyn Jones becomes the first old Llandoveryian to be named tour captain although he has already captained the Lions back in in Australia in 2013 when tour skipper Sam Warburton was sidelined through injury.

After playing in the 29-0 win over fierce rivals Christ College, Brecon in 2002, he captained the College from lock in 2003 when he gained Welsh Secondary School caps alongside prop Dafydd Thomas and Daniel George.

“Alun-Wyn was a star player and star pupil” said current Llandovery College Warden Dominic Findlay and the College is immensely proud of his achievements on what will be his fourth Lions tour”

Former College master Glyn Evans who ran the College’s Duke of Edinburgh Award programme for over 20 years remembers Alun-Wyn fondly as much for his commitment off as on the field of play.

“Back in April 2010 Alun-Wyn received the Gold



Llandovery College where Alun-Wyn Jones was a rugby scholar 2002-2004.

award from HRH The Duke of Edinburgh at the Mansion House in Cardiff.”

“Due to his international rugby responsibilities and the demands of his Law degree, Alun-Wyn hadn’t been able find a spare moment to complete all the required paper work.”

“However, having fulfilled the final residential requirement during the Wales tour to Argentina, he managed to get all the details signed and sealed.”

“He kindly agreed to become an Ambassador for the Award Scheme - a role to which his charm and bearing made him ideally suited.”

“Leadership qualities form a huge part of the D of E awards and even then, back in 2002 and 2003, Alun-Wyn’s presence, confidence, sense of purpose, influence on others and awareness were as notable outside rugby as they were in it .”

“It is no surprise to me that Warren Gatland acknowledged his strengths by inviting him to be captain of the Lions!”

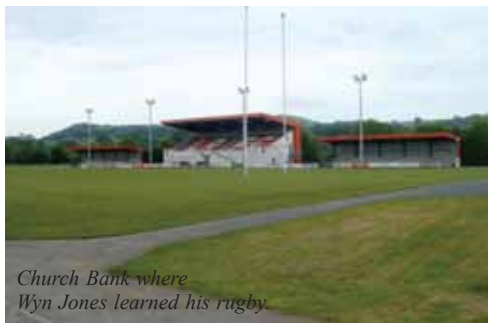
A packed Llandovery RFC clubhouse shouted on town and gown in the deciding test on August 7, Llandoveryians and Drovers united in the joy of the contribution that both have made to the game at club, national and international level.

The Lions ended the series with an agonising 19-16 defeat, losing the series 2-1 but it did nothing to dent the pride and admiration that town and gown hold and will always hold for the Jones boys

Not bad for a tiny market town – population 2,000 - that continues to contribute so much to the game ever since the formation of the WRU in 1881.



From the front of a Llandovery College Journal 2010.



Church Bank where Wyn Jones learned his rugby.

LLANDOVERY ROTARY CLUB



Another month gone. Another month nearer the end of this horrible pandemic, hopefully. Another month nearer to returning to normality, please. We are getting there, but oh it's a slow process. At least we in Rotary can now hold our meetings every Tuesday and it's a relief, a blessing and so lovely to meet with like minded people in convivial surroundings once again. Sometimes the conversation is serious, sometimes stimulating and sometimes absolutely irrelevant and totally idiotic but that's not the point. We are out socialising and getting back to normal and it's wonderful. Oh how we've missed it. However, we must never be complacent. We have been informed by the wonderful Llandovery Surgery that booster vaccinations will probably begin again sometime around September so it will all begin again. We have assured the Surgery that we at Rotary will make ourselves available for marshalling the clinics at the Rugby Club for as long as it takes. No ifs, no buts, we will be there.

We received a card from the Youth and Community Centre group who were at their Summer Camp at Whitesands Beach, St Davids. We contributed to the cost of their stay which for some is the only holiday they will get this year. We trust you all enjoyed.

One of our own, Doug, had to go to Bristol Hospital for an emergency operation for a detached retina. This came about very suddenly and Doug is at the time of writing, resting and recovering at home. We wish you a speedy recovery Doug.

We received a request for funding from the Llandovery Sports Association who wish to purchase a defibrillator to be sited at the Pavillion. We hope that it is never needed but knowing that there is one there is very reassuring and could possibly save a life or lives. We were pleased to support the request with a donation.

Our new member Dai 'Shontz' (Jones) was put under the spotlight and agreed (somewhat reluctantly) to face a grilling this month. This is how it went:

Where were you educated Dai? Llandovery College and Llanelli Technical College. I gained a Higher National Diploma in Civil Engineering.

Tell me about your career? I lived in Llandovery before moving to Llanelli (I have three sisters who were all born in Llandovery Hospital). After Technical College I



Huw with his starter!

worked for Dyfed County Council Highways Department as a Civil Engineering Technician. Then for Sharp and Fisher, Osma Plastics, LeFarge Building Supplies, Jewson Builders Merchants and BASF Construction Chemicals in Sales Management Roles.

He's been about has Dai!

Sport? I played rugby for Pembrokeshire Youth and Llanelli & District. My clubs were Narberth, Nantgaredig and St Clears.

What are your hobbies? Hill walking and ice climbing in Wales, New Zealand and Alaska all raising money for charity.

What is your favourite sport? Cricket, definitely.

What is the best sporting event that you have attended? Without doubt, seeing an Ashes Test at the MCC (Melbourne Cricket Ground) in Australia on Boxing Day 2013. What a day.



Most of this is Huw's main course!



The President with his minders!



So lovely to be together again.

What is your favourite food? Sausages. It must be sausages with coleslaw and beans.

Name three people you would invite for dinner (living or dead)? Muhammad Ali, Julie Christie and Cantona (Eric I mean). Sorry Andrew!

What is your favourite film? Dances With Wolves.

Favourite television program? Porridge. Oh and Tom and Jerry.

Favourite Country you have visited? New Zealand.

What is the best journey you have ever undertaken? The Trans Siberian Railway.

I told you he got about!

Thanks Dai.

Oh, one more thing. I was told to ask him about a Land Rover that mysteriously turned up in Rhandirmwyn, but knowing the answer thought better of it! You ask him!

Following last years disappointment when our annual BBQ had to be cancelled along with everything else this years event was in the balance until the very nice Mr Drakeford changed the rules allowing it to go ahead. Our President Alan bravely opted to have the event at his house. Some Presidents before him did the same and have regretted it ever since! The actual BBQ is a barrel cut in half and is very heavy. One day before the event PANIC, BLIND PANIC. The BBQ would not go through his front gate. Our WhatsApp group went crazy. Four strong

men were required urgently to lift the thing five foot off the ground and over the gate. Well we found three, and one had a brainwave. Anthony brought his removals van with a tail lift and after loading it on it went easily over to the other side. The three strong men did the rest. Alan had spent a lot of time and effort preparing his garden and with the help of others three marquees were erected and chairs and a bench were placed in strategic positions. The bench was to be the cause of another PANIC. With just twenty minutes before the people arrived a member who shall remain nameless no matter what, decided to rest himself upon the said bench. Disaster. The member who will remain nameless is of a portly nature and the bench was not able to bear his large and generous frame. It collapsed into a heap of useless firewood causing the member to be splayed in a tangled heap of bones upon the unfortunate pile of smashed timber. Now even the most accomplished carpenter could not have made good the damage so the unfortunate plumber had no chance!

A bench of sturdier build was acquired from a member close by and all was sweet and rosy once more. It was a huge success. Everyone brought their own food to cook. Some brought more than others! The aforementioned plumber brought enough to feed an army. Fair play to him he ate every morsel and is clearly an expert BBQ chef as it was all beautifully prepared and cooked. See photos. We took our own plates, utensils, drink and glasses too. All thoroughly enjoyed a wonderful evening in convivial company. Ardderchog.

It is possible that I could be facing a lawsuit for slander following publication of this but he's a good friend and I'm sure it will be taken in good spirit. I hope! Anyway he remains nameless!

A look through this years membership book shows a few anomalies. We currently have 22 members. We would like more but we were told years ago by a senior member of Rotary that there are very few clubs in Britain that can manage to get 1% of their local population as members. Well, 1% of approximately 2,000 is 20 so we are well chuffed to have 22.

The anomalies? Well, we have three named Dai, 2 named Dan, 2 named Neil, 2 Joneses and 3 with the initials DJ.

As mentioned, we welcome more members so if you are interested, come and join us.

Derek Jones.



Mayor Handel was our guest of honour

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HOW'S THAT! LATEST RECRUIT TO AMMANFORD'S ASHMOLE & CO TEAM IS DAUGHTER OF FAMOUS CRICKETER

Ashmole & Co have hit a sixer with their latest recruit. The firm is delighted to announce that Lowri Cottey, daughter of famous cricketer, Tony Cottey, has recently started working for the successful accountancy team. Lowri works in the Ammanford office as a Trainee Accountant.

Lowri's dad had an exceptional innings, playing over 550 games, when he played cricket professionally. He became a professional in 1986 when he joined Glamorgan. He also played for Swansea City and Sussex County Cricket Club. He was the only Welshman to win the Championship with two different counties. Tony retired from professional cricket in 2004.

Before joining Ashmole & Co's team last September Lowri, from Llanedi, worked for James and Uzzell Accountants in Swansea Vale as a Junior Accountant for three years. Prior to that she worked for Cyfle Building Skills in Ammanford as an Accountants assistant.

Welcoming Lowri to the team, Laura Craddock, Partner in the Ammanford Ashmole & Co office, said, "We are bowled over that Lowri has joined our team in Ammanford. She has fitted in well and is a pleasure to work with."

As a Trainee Accountant, Lowri's responsibilities include the preparation and completion of sole trade, partnership and limited company accounts. Lowri also prepares self-assessment and corporation tax returns and speaks to clients on a regular basis regarding any accounts queries.

Lowri said, "I am grateful to Ashmole and Co, who are one of the most established and largest teams of chartered, certified accountants and auditors in south and west Wales, to give me this opportunity. All the staff and partners make it an enjoyable place to work. I find it very rewarding being able to use my Welsh when chatting to clients and am enjoying learning new skills. I'm looking forward to starting college in September to continue my ACCA exams."

During her spare time Lowri doesn't have time to play cricket as she has a busy 18-month-old called Brinley. Lowri and her partner, Nick, also have a dog called Pippin so there's no time to relax!

Lowri works closely with the rural clients of Ceri Llwyd, Partner. Ceri said, "We are always looking for enthusiastic individuals like Lowri, both qualified and non-qualified, to join us. If you feel you have the right qualities please email, with your CV attached, to AshmoleHR@ashmole.co.uk.

LLANGADOG YOUNG FARMERS CLUB

END OF 2020 – 2021 YEAR REPORT

Llangadog Young Farmers have had a successful year and individual members have achieved excellent results and learnt a great deal under restrictive constraints.

Congratulations to Aled Thomas on winning first in the Junior Welsh Cob Section D Horse Judging in the virtual Royal Welsh Show competition.

Congratulations to Lois Davies on being placed 3rd in the Junior English Reading competition at National level. The club wishes to thank Liz Davies, club leader for tutoring Lois at County, Wales and National level.

Congratulations to Mari and Cadi James and Lois Davies for successfully completing the 2021 Junior Youth Group Leadership training course. The course held for the first time was to prepare our junior members as future leaders and was led by Mrs Heulwen O'Callaghan from Carmarthenshire County Council in conjunction with the County Federation. The 12-week virtual course was followed by a member presentation to County Officials.

Congratulations to Aaron Hughes who won the County Senior Stockman of the Year competition for Carmarthenshire. The competition involved judging 4 dairy cows, 4 beef cattle, 4 butchers lambs and 4 porker pigs. Ifan Williams was placed in 3rd position whilst Sion Roberts was placed 4th in the Junior Stockman of the Year Competition.

Good luck to Aaron, Ifan and Sion who will represent Carmarthenshire in the Wales Competition, whereby the top 4 placed members form the County team of 4 in both the Senior and Junior sections. Finally, group coordination and spirit has been essential for the boys Tug of War team, who won second position at County level and will represent Carmarthenshire in the Wales Final Competition. The team consisted of Aaron and Ioan Hughes, Steffan and Iestyn Thomas, Jack Davies, Aled Davies, Aled Thomas, Sion Roberts, Osian Richards and Daniel Morse. Good Luck boys!

As this is the last report of the current year prior to the AGM, the Club would like to thank club leaders, instructors, parents and members of the local community for their help and support during the year.

Written by Mari and Cadi James.

SADWRN STARTART

Jumpstart Autumn and join us on Monday mornings in Llansadwrn Reading Room at 10.00am – noon for art/craft session – no tuition and please bring own gear. Chat, coffee and create! £2.

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- **Cabinet**, £40 ono. Tel: 07872 509031 or 07770 777992.
- **Shower Tray**. White 1200 x 800. Fitted but never used. £45.00. Tel: 01558 668228.
- **Shower Screen**. 1400 x 750 included fitted side pivot, £30. Tel: 01558 668228.
- **Shower Screen**. 1860 x875 including fitted side strip for pivot. Still wrapped in plastic, £45. Tel: 01558 668228.
- **Vented Hot Water Cylinder**. Insulated. 900 X 500 (117L). Fitted but never used, £45. Tel: 01558 668228.
- **Under-counter Freezer**. Grey 800(H), 500(W), 580(D), £30. Tel: 01558 668228.
- **Pews from old chapel** for sale based in 'Rhydycymerau', all sizes available to make way for new build project, can arrange delivery. Prices from £50 (£10 per foot). Tel: 07999 323864.
- **DUNSLEY 'C' TYPE NEUTRALIZER**. Brand new and no longer required Dunsley 'C' Type Neutralizer with built on Cylinder Stand, £379 (Retail price £429). Bethlehem. Tel: 01550 777749.
- **STIHL SH 86C Petrol Leaf Blower**, £120 ono. Tel: 01550 777452.
- **MANTIS Petrol Garden Tiller**, 50:1, £40 ono. Tel: 01550 777452.
- **VELBON DF-51 Non slip Camera Tripod**, £10 ono. Tel: 01550 777452.
- **PROCUS COUPLING**. 1" - 28mm Brass Compression Fitting (pack of 9), £20. Bethlehem 01550 777749.
- **Mahara CVP-5 Clavinova Piano and stool**, six octaves, many features, £30. Tel: 01550 740228.
- **Cornish Coffee Set**, perfect condition, six cups, saucers and plates, milk jug and serving plate, £10. Tel: 01550 740228.
- **Winemakers!** Eleven demijohns, stoppers, corks, fermentation locks, all free! Please ring 01550 740228.
- **Ivory wedding dress**, size 16, had minor alterations, has bow on front and back with diamante and covered buttons down the back, new unused, with long veil with diamante on it, £600. Tel: 07443 618963.
- **Jolie Pram** with accessories, VGC, £20. Tel: 07872 509031 or 07770 777992.
- **Trend 1/4" router**, in very good condition, very little use, £50. Tel: 07779 078091.
- **Toyota electric sewing machine**, model 255 in its own cabinet, £50. Mobile 07729 946179.

- **Sea Trout and Salmon fishing flies and tubes**, approx 200, offers around £70. Tel: 07779 078091.
- **Second hand books**. Do come and visit our newly sited Book Room within Newton House at Dinefwr Park. You will find some wonderful treasures for both adults and children. We are always very grateful to receive any unwanted books to sell (no magazines please). All donations go towards work within the Park. You are welcome to deliver at any time the House is open. Any queries: call Holly Dwyer 01558 825917.
- **New/unused standard single mattress** – memory foam topped spring. Medium support, £30 o.n.o. Tel: 01558 685553.
- **Wooden headboard** and bed frame, £20. Tel: 07872 509031 or 07770 777992.
- **Old records**, £60. Tel: 07872 509031 or 07770 777992.
- **Various books**, £20 ono. Tel: 07872 509031 or 07770 777992.
- **Fencing wire pullers**, £25. Tel: Llandeilo 07922 174986.
- **Large cattle burdizzo castrator**, £30. Tel: Llandeilo 07922 174986.
- **Acrow props**, 2ft x 4ft extendable to 10ft. £25 each or £45 the pair. Tel: Llandeilo 07922 174986.
- **Double bed settee**, VGC, £75 ono. Tel: 07802 856007.
- **Stihl electric leaf blower**, excellent condition, £50. Tel: 07779 078091.
- **Hunter wellington boots**, size 9, VGC, £25. Tel: 07779 078091.
- **SIP air compressor**, 24ltr, in mint condition, hobby use only, £80. Tel: 07779 078091.
- **Workshop to let**: well equipped workshop to part share with suitable tenant, preferably agriculturally related. Equipment includes turning, milling, welding, car ramp, 3 phase and single phase electricity, toilet facilities. No heating. Quiet farm location. Tel: 01558 685900.
- **Electric bed**, adjustmatic, 3', hardly used, clean condition, cost over £2000, sell for £200. Tel: 01267 238155 or 07899 722810.
- **Motorised chair**, hardly used, cost £2500, as new, £500. Tel: 01267 238155 or 07899 722810.

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Church Services

E-English W-Welsh B-Bilingual

LLANDINGAT, LLANDOVERY

1st Sun 9.30am Short Family Service
2nd Sun 9.30am Bread Only Eucharists
3rd Sun 9.30am Morning Prayer
4th Sun 9.30am Bread Only Eucharists

At present we would still ask you to wear a facemask.

ST MICHAELS, MYDDFAI

Details not available at time of going to press.

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

Sunday Mass 11.00a.m.
During the present Covid Virus crisis booking is essential for Sunday Mass
Weekday Masses – see notices or Telephone – 01558 824305 Mob: 07507 071337 for details.

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD (Served from Lampeter)

Saturday (vigil of Sunday) 5.00 p.m.
Booking not essential

Wednesday 10.00 a.m.

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

LLANGADOG ST CADOG'S CHURCH

5 Sep 9.30am Holy Communion
12 Sep 9.30am Morning Prayer
19 Sep 9.30am Holy Communion
26 Sep 9.30am Morning Prayer

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

LLANDEUSANT PARISH CHURCH

12 Sep 6.00pm Evening Prayer
26 Sep 11.15pm Holy Eucharist with Revd. Jeff Thomas

ALL SAINTS CHURCH, GWYNFE

Details not available at time of going to press.

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

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

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

HOLY TRINITY CHURCH, TALIARIIS

2nd and 4th Sunday of month at 9.45am
All welcome – child friendly

Email: h_loyd_davies@hotmail.com

CILYCWYM GROUP (INCLUDING CILYCWYM, CYNGHORDY AND RHANDIRMWYN)
Revd Ann McKnight 01550 721109

TALLEY GROUP

Revd Patrick Mansel Lewis 01558 822942 (Abergorlech and Llansawel)
patmanlew@gmail.com
patmanlew@btconnect.com

Revd Tim Nelson 01558 685415 (Talley and Caio)
timmnelson@btconnect.com

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

LLANDOVERY GROUP (INCLUDING LLANDINGAT, LLANFAIR AND MYDDFAI)
Revd Paul Pritchard 01550 938534
revpaulpritchard@gmail.com

LLANWRDA GROUP (INCLUDING LLANWRDA, LLANSADWRN, MANORDEILO AND CAPEL DEWI SANT)
Revd Viv Sayer 01550 777200
revd.viv.sayer@gmail.com

LLANGADOG GROUP (INCLUDING LLANGADOG, LLANDEUSANT AND GWYNFE)
Revd Jeff Thomas 01550 777758
jeffthomas@churchinwales.org.uk

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04/22(12)

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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 Tues, Weds, Thurs and Friday 9am to 6pm. 05/22(12)

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BUILDING SERVICES

BUILDER AND HOUSE MAINTENANCE. Barn conversions, plastering, skimming, repointing of stonework, PVC facias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. 02/22(12)

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HOME HELP, Reliable, Discrete and Friendly Service. House cleaning, old and new clients welcome. Llandeilo area 01558 824798. 11/21(6)

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PLAN YOUR FINANCIAL FUTURE. Chartered Financial Planners provide advice to Business Owners and other UK Residents, covering all financial advice aspects including Mortgages, Insurances, Pensions, Investments and Intergenerational Wealth Planning to ensure suitable and sustainable solutions for your own individual circumstances. To discuss your requirements with no initial cost contact Malcolm your local Carmarthenshire based Independent Financial Adviser by email malcolm.simpson@ljfp.co.uk or on 07384 645606. Local Office 01550 721797. For additional information visit <https://www.linkedin.com/in/malcolmsimpson/> 02/22(6)

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TALLEY GARDENING: Lawn and hedge cutting, Strimming, Garden maintenance. Also available for holiday let changeover cleans. Tel: Geoff 01558 685959 – 07936 750290. *08/21(6)*

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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 02/22(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. 08/22(12)

YOGA CLASSES, LLANDOVERY AND LLANGADOG. Morning sessions of yoga practised with mindfulness, gentle, energising and restorative. Yoga promotes strength, balance and flexibility in both body and mind. It improves immune function and increases feelings of wellbeing. Breath awareness practices encourage healthy respiration and renewed vigour. Suitable for all levels of experience. Excellent beginners class. All welcome. Especially in Llandovery places are limited due to Covid measures so please phone if you are new to the class. Tuesdays: LLANDOVERY Catholic Hall. 10.30a.m – 12.00p.m. Thursdays: LLANGADOG Community Center. 10.30a.m – 12.00p.m. Stephanie/Nirbhaya 01558 650534. 06/22(12)

ZUMBA CLASSES

ZUMBA FITNESS – Llanarthne Village Hall, Tues 6.15pm. Llandeilo Civic Hall, Sat 10.00am. The ultimate latin inspired dancercise class exercising the body and mind! For more info 07909 903773. melissamerran.zumba.com 02/22(6)

The Post

Llandovery & Surrounding Distribution Area

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

- = Magazine Drop Points
- = Ref. Points Only



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.

Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery - Llandeilo (289)

via Crug-y-bar, Llanwrda

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

Golden Grove - Llandeilo - Carmarthen (277) Wed only

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

Llandovery - Llandeilo - Carmarthen (280/281) Morris Travel

	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, New Road	7.37	9.29	—	12.59	—	17.02	18.24	19.31	
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02	
Carmarthen	281	280	281	280	281	280	281	280	
Llandeilo	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50	
Cwmifor	6.35	7.58	9.57	10.58	13.02	14.58	17.02	18.29	
Llangadog (Common)	—	—	10.05	—	13.10	—	17.10	—	
Llangadog (Rhyd)	—	—	10.17	—	13.22	—	17.21	—	
Llansadwrn (War Memorial)	—	8.13	—	11.13	—	15.13	—	18.42	
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55	
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05	

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

LLANDOVERY SWIMMING POOL

Tel: 01267 224733

PWLL NOFIO LLANYMDDYFRI

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

LLANDOVERY SWIMMING POOL

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

Train Times (Timetable 16/05/21 - 12/09/21)

	Mon to Fri	Sat.	Sun.
Swansea D	—	14.35	18.30
Gowerton D	—	—	18.41
Llandeilo D	06.25	09.51	14.53
Ffairfach D	07.00x	10.26x	15.28x
Llandeilo A	07.05	10.30	15.33
Llangadog D	07.18	10.41	15.44
Llanwrda D	07.21	10.45	15.47
Llandovery A	07.29	10.52	15.55
Cynghordy D	07.38x	11.01x	16.04x
Llanwrtyd A	07.54	11.18	16.20
Llandrindod A	08.43	11.51	16.57
Shrewsbury A	10.14	13.37	18.29
Swansea D	05.56	10.09	14.05
Llandrindod D	07.35	11.40	15.37
Llanwrtyd D	08.05	12.26	16.12
Cynghordy D	08.23x	12.40x	16.37x
Llandovery A	08.34	12.52	16.49
Llanwrda D	08.41x	12.58x	16.55x
Llangadog D	08.45x	13.02x	16.59x
Llandeilo A	08.55	13.13	17.10
Fairfach D	09.00	13.17	17.14
Llandeilo D	09.38x	13.57	17.54
Swansea A	—	14.17	18.15
Swansea D	—	—	13.12
Gowerton D	—	—	13.23
Llandeilo D	04.53	09.37	13.36
Ffairfach D	05.26x	10.12x	14.11x
Llandeilo A	05.31	10.17	14.15
Llangadog D	05.42	10.28	14.26
Llanwrda D	05.45	10.31	14.30
Llandovery A	05.53	10.39	14.37
Cynghordy D	06.01x	11.03x	14.46x
Llanwrtyd A	06.17	11.45	15.03
Llandrindod A	06.47	11.42	15.36
Shrewsbury A	08.25	13.11	17.12
Swansea D	05.16	09.04	13.58
Llandrindod D	06.50	10.35	15.29
Llanwrtyd D	07.26	11.06	16.12
Cynghordy D	07.40x	11.21x	16.26x
Llandovery A	07.51	11.33	16.38
Llanwrda D	08.02x	11.39x	16.44x
Llangadog D	08.02x	11.43x	16.48x
Llandeilo A	08.13	11.54	16.59
Fairfach D	08.17	11.58	17.03
Llandeilo D	08.56	12.38	17.43
Swansea A	—	12.57	18.07
Swansea D	—	—	11.10
Gowerton D	—	—	11.21
Llandeilo D	04.53	09.37	13.36
Ffairfach D	05.26x	10.12x	14.11x
Llandeilo A	05.31	10.17	14.15
Llangadog D	05.42	10.28	14.26
Llanwrda D	05.45	10.31	14.30
Llandovery A	05.53	10.39	14.37
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Llandeilo D	08.56	12.38	17.43
Swansea A	—	12.57	18.07
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Llanwrda D	08.41x	12.58x	16.55x
Llangadog D	08.45x	13.02x	16.59x
Llandeilo A	08.55	13.13	17.10
Fairfach D	09.00	13.17	17.14
Llandeilo D	09.38x	13.57	17.54
Swansea A	—	14.17	18.15
Swansea D	—	—	13.12
Gowerton D	—	—	13.23
Llandeilo D	04.53	09.37	13.36
Ffairfach D	05.26x	10.12x	14.11x
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Llangadog D	08.02x	11.43x	16.48x
Llandeilo A	08.13	11.54	16.59
Fairfach D	08.17	11.58	17.03
Llandeilo D	08.56	12.38	17.43
Swansea A	—	12.57	18.07

www.tfwrail.wales

Tel: 0800 4640000

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

SUMMARY OF SERVICE ONLY

a = Arrival time

x = Service stops on request