



Cludiant Cymunedol

Llanwrtyd Wells

Community Transport



NEWSLETTER

Edition 22

December 2020

Hello everyone

I hope all is well with you and yours, and how the year has hurried along, I can hardly believe we are almost at Christmas once more. Has the year flown for you? It certainly has for me and what a very strange year it has been, let's hope that 2021 will be much better for us all.

Welsh Not

As with all things that happened in the past, there are differing accounts and a certain amount of confusion as to the real story, however, there was certainly some punishment administered to children in school for speaking Welsh.

During the 19th century and early part of the 20th century children in some schools were subjected to the 'Welsh Not', which was a small piece of wood with WN written on it which was hung around a child's neck with string. This was imposed if teachers heard the child speaking in its native tongue, and was used as a deterrent. The child was instructed that, should they hear another child speaking in Welsh, they should tell the teacher and the Welsh Not would be passed onto that child. Whichever child was wearing the Not at the end of the day was punished. The teachers who imposed the Welsh Not were Welsh and its imposition would have been done with the agreement of the parents.



Although there has been speculation that this was imposed by the British Government, the practice is mentioned in the 'Blue Books', published in 1847, and that was well before there was any Government involvement in the education system.

The Blue Books – so called because of the colour of their covers – constituted a parliamentary report on the role of the Welsh language in education. The most scathing passage reads: "The Welsh language is a vast drawback to Wales, and a manifold barrier to the moral progress and commercial prosperity of the people. It is not easy to over-estimate its evil effects ... It dissevers the people from intercourse which would greatly advance their civilisation, and bars the access of improving knowledge to their minds. As a proof of this, there is no Welsh literature worthy of

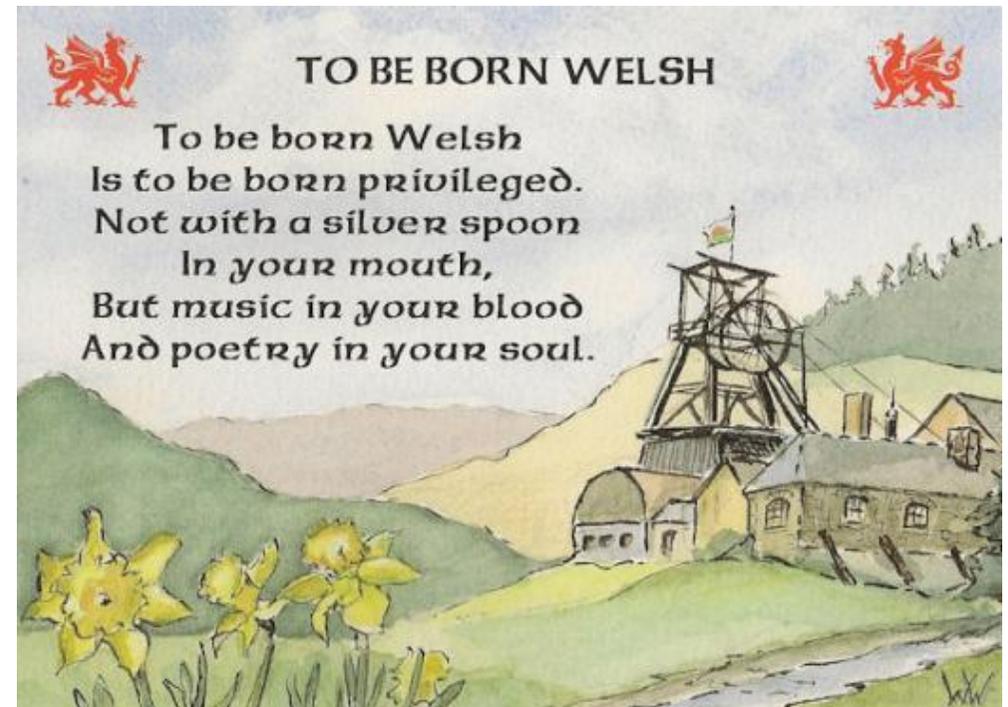
the name." Nevertheless, the existence of the Welsh Not was criticised in the Blue Books as arbitrary and cruel.

In his authoritative book A History of Wales, John Davies writes: "it was in the 1880s that the Welsh language gained a foothold in the education system. In 1890, the education committee of the Privy Council agreed to pay specified sums to those schools which successfully taught Welsh grammar and the history and geography of Wales and which followed a programme of translation from Welsh into English".

Ironically enough, in its ancient form, Welsh was originally spoken throughout Great Britain before the arrival of English-speaking invaders in the sixth century. Apart from Latin and Greek, the Welsh language has the oldest literature in Europe.

Thank goodness this barbaric practice has been wiped out; I understand the last time it was used was in the 1930's, and that children are taught Welsh in our schools now.

(Some Information from Wales on Line)



Santa is a Yorkshireman

Santa is a Yorkshireman, of this I'm fairly sure
I heard 'im tiptoe in me room at roughly ten to four

"I 'ope tha's fast asleep" he said, "Or tha'll get nowt mi lad"
He smelled of Hi Karate, (must 'av pinched it from me dad)

Just down stairs I'd left a treat, Santa loves a beer.
He loves pork pies and single malt, that were Dad's idea.

When I woke up next morning I ran down stairs to see
If Santa 'ad been kind enough to leave owt under't tree

He got our mam a Nightie and a pair o' china pigs
Our dad got socks and undies and 200 park lane cigs

Me sister got a Barbie sat on a plastic horse
A One Direction annual, which she loved of course.

When I unwrapped me parcels me Yorkshire heart did sing
Each gift that Santa gave me wa' a truly wondrous thing

A flat cap for me noggin, a vest of finest string
The ferret keepers handbook, each gift fit for't king

So thank thee Santa thank thee, tha' surely is a tyke
But can tha' please remember, next year I'd like a bike.

(Adaptation of a poem by Chris Burdon)

From everyone here at Llanwrtyd Wells Community Transport we wish you a very Happy Christmas and a Peaceful, Healthy New Year. May 2021 be much improved on 2020. Blessings to you all.

Hettie's Granny Eunice's not so Secret Recipe

I have a most gorgeous recipe, which came into my email box from Hettie's Tea Rooms, which is based in Pitlochrie, Scotland and which Jonathan and I visited over a year ago. I was surprised and delighted to receive it, and Clare is happy for me to share it with my friends, which I count you all as.

The recipe is for Clare's Granny's Shortbread, and I've made it (couldn't get rice flour so substituted it with fine ground semolina) and it is sooo delicious have a go please and see what you think, here's what Clare has to say:

'This is the original shortbread recipe used by Hettie's Granny Eunice in her tearoom at Rannock Station between 1988 and 1999. It became literally world famous – before the reaches of social media! – with requests for the recipe coming from all over the world and as far away as Sydney, Australia! Eunice's recipe was an old family recipe going back many years!'

Ingredients

8oz salted butter
4oz caster sugar
8oz plain flour
4oz rice flour

Directions

Melt the butter and mix with the sugar until thick and fluffy.

Combine flours together.

Beat butter/sugar mix in with the flour until fully combined.

Press the dough into tins about half inch thick (I used an 8inch loose bottomed sandwich tin lined with parchment paper).

Bake for 45 – 50 mins at 150°C or 300°F (I left mine in a little longer, about an hour)

Cut whilst warm into squares or triangles.



Christmas in the Cookhouse, by Clive Sanders

The cookhouse was full of soldiers with their plates brim-full with food.

The mess was bright and cheerful, each man in Christmassy mood.

The noise began to fade away, as heads turned to the door

The sergeant led the man inside, that none had seen before.

His clothes were worn and shabby and his hair was grey and long

But his shoulders gave a subtle hint that this man had once been strong.

The sergeant sat him with some men and then brought him a plate.

The food was Christmas dinner, which the man politely ate.

The soldiers exchanged glances and whispered questions about the man.

'How come he gets to eat our food, when no civilian can?'

The sergeant gave a steely look to the soldiers gathered near.

Then tapped his chest, just to the right, which the soldiers felt was queer.

The sergeant picked the ketchup up, then placed it on his right,

The man reached out and picked it up and a medal popped in sight.

Most had never seen its like and their faces showed their loss,

For underneath the man's old coat was a silver Military Cross.

Some soldiers who had seen the cross, nudged comrades who were near,

Then whispered, 'It's the Military Cross. That man's a hero clear'.

One soldier brought a mug of tea, another brought some fruit.

The table filled around the man, as others followed suit.

Then one of the young soldiers helped the man up from his seat,

He took the man to his own room, with its Army bed so neat.

He showed him where his things were kept, then handed him his key,

At least the man would sleep that night in accommodation free.

The man was gone by morning, but the room he left was neat.

The soldier smiled in memory of that hero on the street.

They knew not what the cross was for, and no one asked him where,

But their Santa had dropped in for lunch and received a little care.

Protect your Password National Campaign launched by Neighbourhood Watch

As we spend more time at home and on our online devices, over one third (34%) of people say that they're more concerned about cybercrime than physical crime and a startling 1 in 5 people are a victim of cybercrime!* You could be more at risk than you might think. If strengthening your passwords is something you keep putting off, or you feel overwhelmed by the sea of online security information, you're not alone.

As part of the Cyberhood Watch initiative, launched in 2019 by Neighbourhood Watch in partnership with Avast, they have launched a **PROTECT YOUR Pa\$\$W0Rd** campaign that targets both the overwhelmed and complacent, providing everyone with 3 easy steps to be more secure online.

PROTECT YOUR Pa\$\$W0Rd in 3 easy steps

1. Create a separate password for your email account
2. Use 3 random words
3. Turn on two-factor authentication (2FA)

To find out more about how to do each step visit their [Password Protection](#) page on their website.

Whilst taking those **3 easy steps** will go a long way to protecting yourself online, they would like you to protect not just you but **your whole community!** To do this, they are asking you to spread the word and help protect your family, friends, colleagues and neighbours by **sharing these 3 easy steps with 3 others.**

For more information contact Deborah Waller on deborah.waller@ourwatch.org.uk

New Logo

I would just like to offer a great big Thank You to [Ian Nicholson](#) for digitizing our new logo created by [Jo Oddie](#). This means that we can now use the logo on the side of our vehicles, advertisement boards and even on the window of our new head office at Lion Garage. Thank you Ian, we so much appreciate your input. (Links to both websites are on their names, so if you're getting this via email, have a peek).

The Month of December

The month of December brings many festivals, celebrations and traditions, not least here in Wales where we honour Prince Llywelyn ap Gruffudd, the last Welsh born ruler of Wales, for it was on December 11th 1282 that he was slain by English soldiers in Cilmerly. Of course the main celebration is Christmas, but there are many others too.

The month of December was the tenth month of the year in the old Roman calendar, and gets its name from the word 'decem' meaning ten. The star signs for December are Sagittarius until the 21st and Capricorn running into January, so Jesus was born under this star sign. The December birthstone is the blue turquoise or zircon, the flowers are poinsettia or holly, both symbols of hope, and narcissus symbolizing good wishes, faithfulness and respect.



The Anglo Saxons called December the 'Winter monath' or 'Yule monath' to reflect the custom of burning the yule log around this time, yule being derived from the Norse word jól, referring to the pre-Christian winter solstice festival. After many of the Anglo Saxons turned to Christianity, they renamed the month 'Heligh monath' or Holy Month because of the celebration of the birth of Christ.

Advent (meaning 'coming') starts at the beginning of December in preparation of the celebration of Jesus Christ's birth 2020 years ago.

December 6th is the feast of St Nicholas, the Bishop of Myra in Asia Minor (now Turkey). He is patron saint of children and over the years his name has changed from St Nicholas to Old St Nick, Santa Claus and Father Christmas.

In the northern hemisphere the Winter Solstice begins around December 21st. This is a Pagan celebration, also known as Yule, and is one of the oldest winter celebrations in the world. It is the celebration of the shortest day and longest night, and symbolises the beginning of the winter season

December Superstitions

Marry on December third for all the grief you've ever heard.

A Christmas pudding should be made with 13 ingredients to represent Jesus and His Disciples, and every member of the family should take turns to stir the pudding mix with a wooden spoon from east to west, in honour of the Wise Men.

If you take a candle to church at Christmas, don't bring it home, blow it out and leave it with the vicar for good luck.

On Christmas Eve all animals can speak, however it is bad luck to test the superstition.

Good luck will come to the home where a fire is kept burning throughout the Christmas season.



**If New Year's Eve night-wind blows south, it betokeneth warmth and growth;
If west, much milk, and fish in the sea; if north, cold and storms there will be;
If east, the trees will bear much fruit; if north-east, flee it, man and brute!**

Information from timeanddate.com and projectbritain.com

Winter Solstice

We celebrate the birth of Jesus Christ on December 25th; however, it's believed that this date was chosen to offset pagan celebrations of Saturnalia and Natalis Invicti. Some believe that celebrating on the 25th was set in synchronization with the December solstice because from that point onwards; the days begin to have more daylight in the Northern Hemisphere.



Yule is also known as Alban Arthan and was one of the "Lesser Sabbats" of the Wiccan year in a time when ancient believers celebrated the rebirth of the Sun God and days with more light. This took place annually around the time of

the December solstice and lasted for 12 days.

The Feast of Juul was a pre-Christian festival observed in Scandinavia at the time of the December solstice. Fires were lit to symbolize the heat, light and life-giving properties of the returning sun. A Yule or Juul log was brought in and burned on the hearth in honour of the Scandinavian god Thor.

A piece of the log was kept as both a token of good luck and as kindling for the following year's log. In England, Germany, France, and other European countries, the Yule log was burned until nothing but ash remained. The ashes were then collected and either strewn on the fields as fertilizer every night until Twelfth Night or kept as a charm and or as medicine.

French peasants believed that if the ashes were kept under the bed, they would protect the house against thunder and lightning. The present-day custom of lighting a Yule log at Christmas is believed to have originated in the bonfires associated with the feast of Juul.

In Ancient Rome the Winter Solstice festival *Saturnalia* began on December 17 and lasted for seven days. Saturnalian banquets were held from as far back as around 217 BC. The festival was held to honour Saturn, the father of the gods and was characterized by the suspension of discipline and reversal of the usual order. Grudges and quarrels were forgotten while businesses, courts, and schools were closed. Wars were interrupted or postponed, and slaves were served by their masters. Masquerades often occurred during this time.

It was traditional to offer gifts of imitation fruit (a symbol of fertility), dolls (symbolic of the custom of human sacrifice), and candles (reminiscent of the bonfires traditionally associated with pagan solstice celebrations). A mock king was chosen, usually from a group of slaves or criminals, and although he was permitted to behave in an unrestrained manner for seven days of the festival, he was usually killed at the end. The *Saturnalia* eventually degenerated into a week-long spree of debauchery and

crime – giving rise to the modern use of the term *Saturnalia*, meaning a period of unrestrained license and revelry.

Information from Timeanddate.com

LWCT Heart of Wales Coffee Club

Although our club is currently on hold due to the Covid-19 virus, we are doing our best to keep in touch with members of the club, and are sorry to hear that one of our staunch attendees is moving to Bedfordshire.

Nanny, as she is affectionately known is a lovely 98 year old lady who always has a smile for everyone and a very chatty outgoing personality. Nanny lives with her son and daughter in law, and



they have decided to return to the area they came from so that they can be nearer other family members.

When we reopen I know we shall miss Nanny very much. Nanny was a nurse during WW2, and when we had some children from Ysgol Dôlafon visit the coffee club, she was able to give them a good insight into what life was like during the blitz.

Nanny, we wish you and your family a safe journey and a happy life in your new home, blessings from us all.

Tribute to June Parkinson and Patricia Lambkin

As you will now, June and Patricia have both sadly passed away during this year. June was one of our Company Directors, both were Llanwrtyd Town Councillors, June had been Town Mayor on two occasions, and Patricia had been Deputy Mayor.

The Dolwen: Recreation for All Committee and the Town Council are to name the new road and car park the Lambkin-Parkinson Way which I think is a lovely way to remember two people who gave much to the town and surrounding communities.

Update on LWCT

As I told you in the last newsletter, we are now fully operational at Lion Garage although some of us are still working from home due to Covid-19 guidelines. Just a reminder that our new email address is office@lwct.org.uk and **our new website is now operational at www.lwct.org.uk**. I'm sure you will agree that this is much easier to remember than the old website address, and this new one is packed full of information, with focus on our new management structure and the services we now provide. This has all been done courtesy of our Company Director and Web Master David Harrison, yet another of our fantastic volunteers.

Our shoppa shuttle buses and the LWCT Heart of Wales Coffee Clubs are still on hold and unlikely to resume before 2021. We are however extremely sorry about this as we know that there are many people who really need to meet up regularly for a cuppa and a chat, but hope you can all understand this is the safest action in the long run, and would remind you that if you think we can help you in any way, even if only for someone to talk to, we are very happy for you to make contact with us.

I stress that the LWCT Heart of Wales Coffee Club **IS NOT CLOSED**, but is on hold due to government restrictions, neither is it relocating to the Zion Chapel, any other coffee club is totally independent of LWCT. It is our intention to reopen the coffee club, once we get the go ahead from the government, at the station building, which we have spent a great deal of money renovating.

We are still able to collect and deliver prescriptions, shopping and pre-ordered take away food, courtesy of our wonderful volunteer drivers, and are also still taking

people to medical appointments, either locally or further afield like Hereford, Cardiff and other places (don't forget that we do have a wheelchair friendly vehicle for if you're unable to get into a car). At present we are able to provide some of these services free of charge.

As you know, we now have a shopping bus, which will mean we can shop for several people at once. The service will be primarily for the elderly and infirm, self isolating, people on the government's list of high risk conditions, however we will help as many people and age groups as possible.

To use this new service you will need to be registered with us, so if you or someone you know might be interested in being included, please let us know and we will send out an application form with a pre paid return envelope.

We have purchased a Fogging Machine, which is a machine you put in the vehicles and it emits a sanitizer which kills 99.9% of all viruses, bacteria etc. within about 15 minutes thereby making our vehicles safer for drivers and passengers alike.

We are here to support every one of you if you think there is absolutely anyway we can help during this difficult time, this includes all age groups, businesses and the self-employed. Sincere thanks to all our lovely volunteers and supporters, we can and will get through this together.

If you would like to use the services of our volunteer drivers, or think we can help in any way, please contact Laura Burns on 01982 552727 or at office@lwct.org.uk.

Volunteer Drivers Needed

Now more than ever we need to recruit more volunteer drivers, so if you are at all interested please get in touch by calling Laura on 01982 552727 for a no obligation chat to find out more.

You would need a clean driving licence which we would need to see, and if you are willing to use your own vehicle, we would need sight of your insurance cover. We would provide all PPE like masks, gloves, sanitiser for you and your passengers, and you could bring your vehicle to the Lion Garage each week where we could use the fogging machine, which only takes about 15 minutes, so you can feel confident

that your vehicle is safe for family use too. We do have a couple of company cars that you may be able to use if you prefer not to use your own vehicle. If you use your own vehicle we pay 45p per mile so you should not be out of pocket. Please have a think about it; we would love to welcome you on board.

The Snowman

Once there was a snowman, who stood outside the door,
He wished that he could come inside, and run about the floor.
He wished that he could warm himself, beside the fire, so red,
He wished that he could climb upon the big white bed.

So he called to the North Wind, come and help me, pray,
For I'm completely frozen, standing here all day."
So the North Wind came along, and blew him in the door,
And now there nothing left, but a puddle on the floor!



Share the Love – Mid and West Wales Fire and Rescue have set up this new project and are asking for the local community to send cards, letters and pictures to people who are lonely, isolated or in a care setting – [Here is the Link.](#) The link also mentions that Fire and Rescue will visit your home to advise on fire safety and smoke alarms. For more information call 0800 1691234.

Christmas

How beautiful the lights are as they illuminate the strand.
How happy passers-by are as they shop together hand in hand.
Children skipping merrily in their winter coats and hat,
People laughing on the corners as friends stop for a chat.

In London town its Christmas each street is full of cheer
Every window decorated as Christmas day draws near.
Even toffs are smiling as their Christmas bonuses are due
A celebration for us all, see out the old bring in the new.

But down here on the pavement as I watch you all go by
I think about my family as a tear leaves my eye.
I wish that I were home with them, cwtched up in my bed
And all the things that went before was just an awful dream instead.

I think about our Christmases the laughter and the cheer
I close my eyes and drift away to anywhere but here
If ever I felt lonely living out there on the street
Then Christmas would be the time I never would repeat.

The build-up and the rush the excitement felt by all
From the very small or young to the very old or tall.
But once the rush is over and Christmas has arrived
Out here as we sit lost its just another, we've survived.

As when the day's upon us and the streets are all stood still
Every homeless person wishes they had someone's heart to fill.

With kind permission of Donna Thomas, Homeless Hope

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