



Cludiant Cymunedol
Llanwrtyd Wells
Community Transport



www.2013-valentinesday.blogspot.com

NEWSLETTER

Edition 24

February 2021

Hello everyone

Well, things don't seem to be getting any better virus and lockdown wise do they? I would imagine you are as fed up with it all as I am, but there we go, not much we can do about it I don't suppose.

The weather is a bit up and down, one day freezing, another quite mild, it's a job to know how to dress when you do have to go out.

Well we hope you are all managing to keep well and safe, and we thank you and our wonderful bunch of staff both paid and voluntary for the support you're giving to LWCT, we appreciate it more than you could know.

I hope you enjoy reading the newsletter, please feel free to share it with friends and if anyone would like to receive an email copy, please let me know and I will put you on my mailing list, pat@lwct.org.uk

Blessings to you all

Pat

St Valentine's Day (Information from Britannica.com)

St Valentine's Day falls on February 14th and is the day when lovers express their affection with greetings and gifts. It originates in the Roman festival of Lupercalia, held in mid-February, the festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery. At the end of the 5th century, Pope Gelasius I replaced Lupercalia with St. Valentine's Day. It came to be celebrated as a day of romance from about the 14th century. Valentine's Day is celebrated on Sunday, February 14, 2021.

Although there were several Christian martyrs named Valentine, the day may have taken its name from a priest who was martyred about 270 CE by the emperor Claudius II Gothicus. According to legend, the priest signed a letter "from your Valentine" to his jailer's daughter, whom he had befriended and, by some accounts, healed from blindness. Other accounts hold that it was St. Valentine of Terni, a bishop, for whom the holiday was named, though it is possible the two saints were actually one person. Another common legend states that St.

Valentine defied the emperor's orders and secretly married couples to spare the husbands from war. It is for this reason that his feast day is associated with love.

Formal messages, or valentines, appeared in the 1500s, and by the mid 1880s the first commercial valentine's card was printed in the USA. Valentines commonly depict Cupid, the Roman god of love,



along with hearts, traditionally the seat of emotion, and because it was thought that the avian mating season begins in mid-February, birds also became a symbol of the day. Traditional gifts include chocolate and flowers, particularly red roses, a symbol of beauty and love.

Last year in the LWCT Heart of Wales Coffee Club we celebrated St Valentine's Day with a red rose and small card with a chocolate heart stuck in the middle for everyone, what a shame we won't be able to celebrate this loving occasion this year.

Paddy lived alone in the Irish countryside with a pet dog he doted on. The dog finally died and Paddy went to the parish priest and asked 'Father, the dog is dead. Could you say a mass for the creature?'

Father Patrick replied, 'No, we cannot have a mass for an animal, but there is a new denomination down the road, no telling what they believe, but maybe they'll do something for the animal.'

Paddy says, 'I'll go right now. Do you think £500 is enough to donate for the mass?'

Father Patrick says, 'Hold on now Paddy, why didn't you tell me that the dog was Catholic?'

Volunteers Needed

Mae LWCT yn dymuno creu Cynllun Gweithredu/Polisi Iaith Gymraeg, ac yn chwilio am wirfoddolwr sy'n gallu siarad, darllen ac ysgrifennu yn y Gymraeg i'n cynorthwyo.



Byddai angen cefnogaeth arnom i gyfieithu ein dogfennau cyfredol, ond yn bennaf, byddai'r gwasanaeth ar gyfer unrhyw un sy'n ysgrifennu atom, neu'n dymuno siarad yn Gymraeg dros y ffôn.

Os oes gennych ddiddordeb ac os hoffech wybod mwy, cysylltwch â ni drwy e-bostio swyddfa@lwct.org.uk neu ffonio 01982 552727, byddem wrth ein bodd yn clywed gennych.

LWCT are looking to produce a Welsh Language Action Plan/Policy, and are seeking a volunteer who is able to speak, read, and write in Welsh to assist us.

We would need support for translating our current documents, but mainly it would be for anyone writing to us, or wishing to speak over the phone in the medium of Welsh.

If you are at all interested and would like to know more, please contact us at office@lwct.org.uk or on 01982 552727, we'd love to hear from you.

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.

Alexis Soyer

As you know there are lots of people sleeping rough in many large towns and big cities, and here in Powys we have various groups who provide hot meals for rough sleepers, plus warm clothing, toiletries and foot care. Some of these groups are fairly well known, like the Sameera Foundation and Homeless Hope, but much of what they give to these people is donated by ordinary people like you and I. If you wish to donate food, clothing or other items, please message 'Helping our Homeless Wales' through their Facebook page or phone 07955 518669 for more information. They have storage facilities at Llanelwedd.

I wondered whether you might be interested to hear about Alexis Benoît Soyer (1810 – 1858) who was a French chef who became the most celebrated cook in Victorian England. He tried to alleviate suffering of the Irish poor in the Great Irish Famine (1845–1849), and contributed a penny for the relief of the poor for every copy sold of his pamphlet 'The Poor Man's Regenerator (1847)'. He worked to improve the food provided to British soldiers in the Crimean War, and invented the Soyer stove, a stove which could be used outdoors and which remained in use with the British Army until 1982.



Alexis Soyer in 1849
In the public domain

Soyer was born at Meaux-en-Brie in France and his parents planned for him to be a priest, however Soyer had other ideas and began working in various kitchens as a chef. In 1826 Soyer joined the Maison Douix, an enormous restaurant along the Boulevard des Italiens, where he became a chief cook within a year, heading a team of twelve, known as his Brigade of Cooks. By 1830, Soyer was a second cook to Jules, Prince de Polignac, who was the French Prime Minister under Charles X.

On 26 July 1830, while assisting in the kitchens of Polignac, armed supporters of "Les Trois Glorieuses" burst in and shot two of the staff. Soyer escaped, and fled to England where he joined the London household of Prince Adolphus, Duke of Cambridge, where his brother Philippe was head chef. He then worked for various other British notables, and for some while took charge of the kitchens of William and Louisa Lloyd, who owned three large properties around Oswestry in north Shropshire: Aston Hall, Whittington Castle and Chigwell House.

During his employment with the Lloyds he decided to have his portrait painted by François Simonau, a Belgian painter and teacher. Through Simonau he met his pupil, Elizabeth Emma Jones. Simonau had married Emma's mother and realising her talent for drawing had begun instructing her so that before the age of 12 years old she had drawn more than 100 portraits of life.

Alexis and Emma married in 1837 and he became chef de cuisine at the Reform Club in London. He designed the kitchens at the newly built club, where his salary was to be more than £1,000 a year. He instituted many innovations, including cooking with gas, refrigerators cooled by cold water, and ovens with adjustable temperatures. His kitchens were so famous that they were opened for conducted tours. When Queen Victoria was crowned on 1838, he prepared a breakfast for 2,000 people at the club. Soyer's 'Lamb Cutlets Reform' are still on the Club menu. Soyer was an able self-promoter. "Soyer's Sultana's Sauce" was marketed for him through Crosse & Blackwell.

Emma went on to produce numerous paintings in oil which were exhibited here and abroad at places like the Royal Academy and the British Institute. In 1842 Emma died during childbirth when her baby started to be born prematurely during a thunderstorm, she was only 28 years old.

During the Great Irish Famine in 1847, Alexis invented a soup kitchen and was asked by the Government to go to Ireland to implement his idea. This was opened in Dublin and his "famine soup" was served to



Painting signed "E. Jones 1831"
Painted for the slavery [abolitionist](#) cause

thousands of the poor for free. Unfortunately for the starving Irish, this selection by the Government was primarily based on low cost of the ingredients of the soups rather than on their nutritional value. While in Ireland he wrote 'Soyer's Charitable Cookery'. He gave the proceeds of the book to various charities. He also opened an art gallery in London, and donated the entrance fees to charity to feed the poor.



Soyer's Magic Stove

In 1849 Soyer began to market his "magic stove" which allowed people to cook food wherever they were. It was designed to be a table top stove.

Soyer resigned from the Reform Club in May 1850. He wrote a number of books about cooking; his 1854 book 'A Shilling Cookery for the People' was a recipe book for ordinary folk who could not afford elaborate kitchen utensils or large amounts of exotic ingredients.

During the Crimean War (1853-1856), Soyer joined the troops at his own expense to advise the army on cooking and nutrition. He reorganised the provisioning of the army hospitals. He designed his own field stove, the Soyer Stove, and trained and installed in every regiment the 'Regimental cook' so that soldiers would get an adequate meal and not suffer from malnutrition or die of food poisoning. He wrote 'A Culinary Campaign' as a record of his activities in the Crimea. There was no Army Catering Corps until 1945. This is now part of the Royal Logistic Corps, who's catering HQ is called Soyer's House. His stove, or adaptations of it, remained in British military service as late as Gulf War One. Soyer returned to London in 1857 and in 1858, lectured at the United Service Institution on army cooking. He also built a model kitchen at the Wellington Barracks in London.

Soyer died on 5 August 1858. At the time of his death, he was designing a mobile cooking carriage for the British Army. He was buried beside his beloved Emma in Kensal Green Cemetery.



Soyer Stove at the National Army Museum

Information and photographs via Wikipedia

'A forest in winter'

Winter brings with it, picturesque snow,
Landscapes they morph, piercing winds blow.
Wildlife endures, as forests they slumber,
Harsh bitter weather bravely encumbered.

A scene of tranquillity, a beautiful sight,
Trees standing tall on a blanket of white.
Stripped by winter, a snow-covered shroud,
Scenery enchanting, in a silence of sound.

Snow falls on snow, a winter wonderland,
Birdsong falls silent, at nature's command.
Spindly branches, once shrouded in green,
Now brittle and cold, atmospherically serene.

A forest undisturbed, visually bewitching,
No shadows cast, on snow never lasting.
As a grey sky above, celestially oversees,
Crystal flakes fall, a cold swirling breeze.

#arthurspoemsandanecdotes #snow #winter#enchanting #celestial
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Covid-19 Vaccinations

Just to let you know that we are able to supply transport free of charge for anyone in our local area with an appointment at the GP Practice or Royal Welsh Showground for a Covid-19 Vaccination.



Clearly there will be demand for this service, so please contact us as soon as you are able if you would like us to help you. Incidentally we do have a wheelchair friendly vehicle for those who cannot access an ordinary car.

This service is for our own local community, however please contact us and if you are out of our catchment area we will try and point you in the right direction for other transport services.

To book a journey or find out more, please contact us at office@lwct.org.uk or on 01982 552727. If there is no answer, please leave your name and contact number and we will get back to you.

Update on LWCT

We are very settled in our new home at the Lion Garage although some work is still being done at 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.

We still aren't able to operate some of our usual services like the LWCT Heart of Wales Coffee Club, shoppa shuttle buses, outings or events recycling. 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 an ordinary car). At present we are able to provide some of these services free of charge due to some generous grants we have been given.

As you know, we now have a shopping bus, which will mean we can shop for several people at once. If you want to use this service please let us know and we will send you a registration form to complete along 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 new shopping bus, or think we can help in any way, please contact Laura Burns on 01982 552727 or at office@lwct.org.uk.

Jigsaw Puzzle

A little silver haired lady calls her neighbour and says, 'Please come over here and help me, I have a killer of a jigsaw puzzle and I can't figure out how to get started'

Her neighbour asks, 'What is it supposed to be when it's finished?'

The lady says, 'According to the box it's a rooster.'

Her neighbour decides to go over and help her with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says, 'First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster.'

He takes her hand and says, 'Secondly, I want you to relax. Let's have a nice cup of tea, and then,' he said with a deep sigh

'Let's put all the Corn Flakes back in the box.'

The Month of February

The name February comes from the word Februa which means cleansing or purification. The Anglo-Saxons called it Sol-monath (cake month), because cakes were offered to the gods during that month. The Saxons called it sprout-kale from the sprouting of cabbage or kale, and having only 28 days in Welsh it was known as 'y mis bach' – the little month.

The Zodiac sign up until the 18th of February is **Aquarius, the Water Bearer**, after which it becomes Pisces, The Fish. Aquarius is a fixed sign of the element Air, under the ruling Planets of Saturn and Uranus. The key phrase for Aquarians is 'I progress', and their affirmation mantra is 'I evolve and encompass all humanity'.

The lucky gem stones are Blue Sapphire, Amethyst, Green Emerald, Green Tourmaline; Diamond, and Lapis Lazuli, lucky fragrances are Star Anise, Rose, Lavender and Pine.



Lapis Lazuli

Aquarians have a need to help others, especially those who are downtrodden and unfortunate. They can be hypersensitive, but are born leaders and rational thinkers.

They have a strong humanitarian side and fearlessly stand up for what is right, they are courageous and spirited, compassionate and tender.

Candlemas Day (Christian festival of light) falls on February 2nd, an ancient festival that marks the midpoint of winter, halfway between the shortest day and the spring equinox.

Ceremonies for Candlemas Eve

Down with the Rosemary and Bays, down with the Mistletoe;
Instead of Holly, now up-raise the greener Box (for show).

Poem by Robert Herrick

Borrowed Days February 12th to 14th. These days were traditionally said to be borrowed from January. If these days were stormy the year would be favoured with

good weather, however, if they were fine, the year's weather would be foul. The last three days in March were said to be borrowed from April.

Below are some weather lore beliefs and sayings for the month.

When the cat lies in the sun in February, she will creep behind the stove in March.

Of all the months of the year, curse a fair February.

If it thunders in February, it will frost in April.

If February gives much snow, a fine summer it doth foreshow.

Mysterious Footprints

One of the strangest happenings took place during the night on February 8th 1855, when a heavy snowfall covered the countryside and small villages in Southern Devon. It was an intensely cold night, and people huddled beneath their bedclothes for warmth. At the light of dawn there was a bleak frozen landscape, astonishingly with footprints.

As people looked more closely they discovered thousands of mystery footprints in the shape of a cloven hoof, but in single file. These footprints covered over 100 miles, over fields, gardens, towns and rooftops. People were intrigued but afraid at first believing the footprints must belong to the Devil. A London newspaper published the story, and experts came to investigate but no satisfactory solution could be offered.

All the above information by courtesy of Astrology.com.au and projectbritain.com. for further information about the mysterious footprints, see Devil's Footprints at en.wikipedia.org



Gustave Doré, illustration to Paradise Lost, depicts the Devil with hooved feet

The Lancers Rugby Team

I'll never play Rugby against the Lancers again, they really play roughly and mean. Their Captain rejoices in administering pain, and their pack is a killing machine. For the last time we played 'gainst Lancers they chased us all over the field. They called us a bunch of gay dancers, until finally our team had to yield.

One of their players is as tough as old boots with looks that would scare any child. His hair is red to its very thick roots and his smile is the wrong side of mild. He plays number 7 and we all keep well clear his arms look like hammers of steel. After the match he drinks gallons of beer as he troughs down a ginormous meal.

His chest is as hairy as can be, and his breath smells of whisky and gin. His face carries scars that we all can see, as he gives his death laden grin. I'm frightened to death of this horrible man, but luckily I can run quicker, So I dodge number seven whenever I can, and he's just the Regiment's vicar.

By kind permission of author Clive Sanders

Apple Flummery (Olde English Recipe)

Take 6 apples with the pippes out and leaving on the skin, cut in verrie thin slivers and lay in the bottum of a dish.

Cover well with black sugar, and sum fat chopt verrie small.

Cover all with bred crumbs well soaked with brandy, then more apple slivers and chopt fat, and sugar, then more crumbs well soaked with the brandy; then break 3 egges in a bowl and beat up with a spoon until frothie, with a measure of brandy, and pour all over, then cook in the bake oven for 30 minutes by the clock.

When it is verrie cold, take a measure of cream and beat it up till it be verrie stiff, but not butterie, and pour on the toppe in lumps.

This be verrie daintie dish and good eating.

Merlin's Oak

Merlin (Myrddin in Welsh) was the last of the druids, the Celtic shaman, priest of nature, and keeper of knowledge, particularly of the arcane (mysterious, unknown) secrets. He was King Arthur's most trusted advisor, prophet, magician, and friend during the late 5th early 6th centuries.

Arthurian legend tells that Merlin was born in a cave outside the town Carmarthen, and grew up in the area. He was especially fond of a particular Oak tree in the town and made a prophecy to protect it.

“When Merlin's Oak shall tumble down, then shall fall Carmarthen town”



Plans were made to bring Merlin's Oak back to the town, and local sculptor Simon Hedger, bought a giant oak which had been felled on 'Five Fields' in Carmarthen to make way for a new Tesco superstore. The oak stayed in his yard for five years until he was commissioned to carve this sculpture of Merlin. The sculpture is now one of the centrepieces of a spectacular new town centre shopping development called Merlin's Walk.



For centuries, people would cite these words, claiming the town would be flooded. However in 1850 the tree was poisoned by a local man who objected to groups of criminals meeting beneath the tree.

The tree began to die off branch by branch, and despite its trunk being protected by iron railings, the last fragment of the tree and its roots were removed in 1978. Soon after, the worst flood in memory hit the town. Many saw this as Merlin's prophecy coming to fruition.

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“The townspeople of Carmarthen will breathe easier when Merlin's Oak is back in the town centre. We will have an oak which definitely has Merlin inside it – back where he belongs.”

It's obviously not just Welsh legends that feature Merlin – English and French folklore does that too.

Above information and first photograph is from <http://eskify.com/10-dark-welsh-legends> and www.walesonline.co.uk The photo of the Merlin Sculpture is by kind permission of the sculptor Simon Hedger, please see more of his wonderful work on his [website at this link](#), or on his Facebook page

Red Kite Credit Union

As many of you will know, the station buildings have been a Service Point for Red Kite Credit Union, which we've previously operated at the Tuesday and Thursday LWCT Heart of Wales Coffee Clubs, however, as these are on hold for the foreseeable future due to Covid-19, and Sue Williams has now ceased to be a LWCT volunteer, the service point too is on hold.

That is not to say you cannot access the service, because although all local service points are closed, you are still able to deposit, withdraw or join the scheme via their [website at this link](#) or by making contact via telephone 01597 824000, 01982 570287, 07979 577395 or 07419 295420 or via their email address at info@redkitecreditunion.co.uk.

Our Latest Volunteer

This is Ray Silvester, our latest volunteer driver, Ray's wife Paget has been a volunteer driver with us for the past few months, and we are delighted to now have Ray on board too.

We are extremely fortunate to have such wonderful people helping us to provide much needed services here at LWCT. Sincere thanks to them all and welcome Ray into our happy band.



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