



**Cludiant Cymunedol**  
**Llanwrtyd Wells**  
**Community Transport**



# **NEWSLETTER**

**Edition 23**

**January 2021**

Hello everyone

I hope you have all had a lovely Christmas, even though it might not have been celebrated in the usual way. As we see 2020 out, and say good riddance to a most awful year, we welcome in 2021 and hope it brings peace, health and happiness to you all from all of us here at Llanwrtyd Wells Community Transport.

I'd like also to say a great big Thank You to all our wonderful staff, both paid and voluntary, who have worked so hard with our move from Cilmerly to Builth Wells, there was much work to do on the Builth site, but we now have a great asset that we feel comfortable inviting people into once we are allowed by the government regulations.

Thank You all for keeping the transport services running so efficiently, school runs, shopping, prescription collections, medical appointments etc. etc., and to our Webmaster for creating the new website and company email addresses. To Jo Oddie for creating our new logo, and Ian Nicholson for digitizing it for us.

We gave all our staff members a Christmas package of locally produced items, hand carved soaps produced in Llandrindod Wells, jam, chutney and cones of sweets produced in Llanwrtyd Wells, honey produced locally, face cream and/or shaving balm made in Garth, chocolates made in Brecon, and a special thank you to Pat Jones for baking and donating Welsh cakes and to Jo Oddie who donated some of her greetings cards, we thank them very much for their generosity.

We offer grateful thanks also to all our members for their support throughout this strange time, and to people in general for their kindness, Thank You all so much.

Blessings to you all for the New Year

From Pat and the rest of the Management Team at LWCT xx

## Holocaust Memorial Day

Holocaust Memorial Day is held on January 27<sup>th</sup>, and is the day for everyone to remember the millions of people murdered in the Holocaust, under Nazi Persecution, and in the genocides which followed in Cambodia, Rwanda, Bosnia, and Darfur. Between 1941 and 1945, six million Jewish men, women and children were murdered by the Nazis and their collaborators. Their attempt to murder all the Jews in Europe shook the foundations of civilisation.



## Nazi Persecution 1933 – 1945

In addition to singling out Jews for complete annihilation, the Nazis targeted for discrimination and persecution, anyone they believed threatened their ideal of a 'pure Aryan race'. Nazi beliefs categorised people by race, and Hitler used the word 'Aryan' for his idea of a 'pure German race'.



The Nazis believed Aryan people were superior to all others. Their devotion to what they believed was racial purity and their opposition to racial mixing partly explains their hatred towards Jews, Roma and Sinti people (sometimes referred to as 'Gypsies') and black people. Slavic people, such as those from Poland and Russia, were considered inferior and were targeted because they lived in areas needed for German expansion.

The Nazis wanted to 'improve' the genetic make-up of the population and so persecuted people they deemed to be disabled, either mentally or physically, as well as gay people. Political opponents, primarily communists, trade unionists and social democrats, as well as those whose religious beliefs conflicted with Nazi ideology, such as Jehovah's Witnesses, were also targeted for persecution.

Hundreds of thousands of lives were destroyed because of Nazi persecution, and many groups did not receive acknowledgement of their suffering until years later.

### **Cambodia 1975 – 1979**

The fate of Cambodia shocked the world when the radical communist political party Khmer Rouge, under their leader Pol Pot, seized power in April 1975 after years of guerrilla warfare.

All political and civil rights were abolished. Children were taken from their parents and placed in separate forced labour camps. Factories, schools, universities and hospitals were shut down. Lawyers, doctors, teachers, engineers, scientists and professional people in any field were murdered, together with their extended families. It was possible for people to be shot simply for knowing a foreign language, wearing glasses, laughing, or crying. One Khmer Rouge slogan ran 'To spare you is no profit, to destroy you is no loss.'

Civilian deaths in this period, from execution, disease, exhaustion and starvation, have been estimated at well over two million people. National Holocaust Day also recognises what happened in Rwanda in 1994, Bosnia in 1995, and is still taking place in Darfur today and has been since 2003.

(All the above information is from the [Holocaust Memorial Day Trust](#).)

#### **Smiling is Infectious, by Spike Milligan**

Smiling is infectious; you catch it like the flu.  
When someone smiled at me today I started smiling too.  
I passed around the corner and someone saw my grin.  
When he smiled I realised I'd passed it onto him.

I thought about that smile, then realised its worth,  
A single smile just like mine could travel round the earth.  
So if you feel a smile begin don't leave it undetected.  
Let's start an epidemic quick and get the world infected!

### **Advice for my Daughter - Poem by Siobhan Mac Mahon**

They will try to keep you small; they will warn you about the dangers  
Of being too loud, too clever, too wise, too ambitious, too much.

They will mutter words darkly under their breath,  
Such as; strident, and over emotional, hormonal and oversensitive  
They will threaten you with ancient memories of asylums and burnings.

They will issue dire warnings about upsetting the apple cart  
About gaining a few pounds, about dressing like a tart.

Ignore them all.

Don't play by their rules; you'll never win, make up your own rules  
Tip the whole cart over and make cider from its sweet juices.

Throw a wild party; invite your sisters and your brothers,  
Put your red dress on and dance until dawn on the dying embers of the patriarchy.

Speak your beautiful mind; flaunt your wild wisdom,  
Be a brazen hussy with the truth that you know encoded in your DNA.  
Hear generations of women rising from their forgotten graves  
Applauding you, clapping their bony fingers in delight.

Go on girl – get up on your high horse – you'll have a magnificent view from there.

### **An Irish Blessing.**

Count your blessings instead of your crosses  
Count your gains instead of your losses.  
Count your joys instead of your woes  
Count your friends instead of your foes.  
Count your smiles instead of your tears  
Count your courage instead of your fears.  
Count your full times instead of your lean  
Count your kind deeds instead of your mean.  
Count your health instead of your wealth  
Love your neighbour as much as yourself.





## More about Nanny

Well, I've heard from Nanny's son Martin and the move to Berkshire went very well and they are settling in nicely.

Nanny is a remarkable lady in many ways, and I thought you might be interested in what Martin has told me about her. They were really made of strong stuff all those years ago; I'm not sure how we would all fare these days to be honest.



Nanny in her little house admiring her Christmas tree.

Nanny is 98 years old and is the youngest of five siblings. Her brother Ken was a veteran of the Singapore Campaign in WW2. Nanny's husband was born in 1890, educated privately which was a rarity in those times. He served in both World Wars, was a painter and a poet, and a highly regarded Quantity Surveyor. He was released from the Army by the signature of Lord Beaverbrook, and went on to do amazing work for the Air Ministry in WW2. It was during these difficult times that he met Nanny and they were married.

They had three children, Martin being the youngest, her older son and daughter both died in 2019 which must have been so hard for her to cope with losing not one but two of her children. Nanny survived a mild stroke and cancer but is a little frail due to Brittle Bone Disease.

During her time as a nurse, her home in Salisbury was bombed as it was very near a Spitfire Factory. The boyfriend she had prior to meeting her husband flew Spitfires and died in a Dog Fight defending Ventnor Radar Station on the Isle of Wight.

More information about Nanny at the following link - [Berni's Rose Tinted Ramblings](#).

## The month of January

January is named after the Roman god of doors, Janus, because this month is the door into the New Year. Janus is also called the two-faced god. He represents all beginnings and possesses the ability to see the past and the future.

## Wolf Moon

The Saxons called January the Wulf Monath or Wolf Month. The Full Moon in January is called the Wolf Moon, after howling wolves. The name is thought to have come from the Anglo-Saxon lunar calendar. Other names are Moon After Yule, Old Moon, Ice Moon, and Snow Moon, although the last one is typically used for the February Full Moon.

January is considered the coldest month of the year in most of the Northern Hemisphere and the warmest month of the year in most of the Southern Hemisphere.

## Birth Flower and Stone

January's birth flowers are carnations (*Dianthus caryophyllus*) and snowdrops (*Galanthus*). The birthstone for January is the garnet, which symbolizes constancy.



## Capricorn the Goat

The star sign for January is Capricorn up to the 19<sup>th</sup> of the month; thereafter it is Aquarius the Water Bearer. Capricorn is the 10<sup>th</sup> sign of the Zodiac, from the constellation Capricornus, the horned goat. There appears to be a connection between traditional characterisations of Capricorn as a [sea goat](#) and the Sumerian god of wisdom and waters, [Enki](#), who also had the head and upper body of a [goat](#) and the lower body and tail of a fish. Enki was the god of intelligence, creation, crafts; magic; water, seawater and lake water. In Hindu astrology, the equivalent of Capricorn is Makara, the Crocodile.

Capricorn's motto is '**I can succeed at anything I put my mind to**', and they are amazing! Their name says it all:

C for confident  
A for analytical  
P for practical  
R for responsible  
I for intelligent  
C for caring  
O for organised  
R for realistic  
N for neat



Capricorn is an Earth element it's ruling planet being Saturn. Their spirit colour is dark blue; their lucky gemstone is Lapis Lazuli and their flower is the Pansy.



Capricorns are smart, hard working and in full control of their destiny. They love family, and put a lot of stock in traditions. A Capricorn might stress themselves out trying to do everything perfectly, they believe presentation is everything, and their homes are usually immaculate.

Capricorns are tenacious, they believe that they truly can do anything, and they will dig in and get it done, no matter how exhausting or tedious the task. A Capricorn will stay up all night if necessary and are almost superhuman in terms of being able to ignore exhaustion and laser focus on the task at hand.

## 'Sir Billy Connolly -The Big Yin'

He was born on the lino, in a tenement slum,  
Three floors up, a superstar he'd become.  
A supreme talent, now worldwide renowned,  
Watching him perform, he just simply astounds.

Life was never easy, he's still carrying the scars,  
Throughout his career, behaviour often bizarre.  
He's our stand up King, off the cuff fiendish,  
With a style of his own, a comedic genius.

His observational comedy, was a genre so new,  
With tongue in cheek jokes, breaking taboos.  
An actor, a singer, an all-round performer,  
Roots never forgotten, a PC non-conformer.

Side splitting monologues, invariably blue,  
A gritty rough style, controversially pursued.  
His Glaswegian humour, it just set him apart,  
Regaled by his peers, taken to our hearts.

An influential stand up, he's set the bar high,  
A humour unique, this cannot be denied.  
Commanding the stage, he dispels all chagrins,  
A champion of the people, he's our 'Big Yin'

[#arthurspoemsandanecdotes](#) [#sirbillyconnolly](#)  
[#thebigyin](#) [#glasgowshipyards](#) [#comedy](#)

Arthur Cole..2020..All Copyright Reserved(524)h

Introducing **Rosemary Squires**, one of our fantastic staff members who is one of our Passenger Transport Assistants for our special needs school transport service.

### 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](mailto:office@lwct.org.uk) and our new website is now operational at [www.lwct.org.uk](http://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.

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 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. 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](mailto: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.





## Just a few funnies

**Why did the chicken go to the séance?** To get to the other side.

**Why don't scientists trust atoms?** Because they make up everything.

**Did you hear about the claustrophobic astronaut?** He just needed a little space.

**A bear walks into a bar and says, "Give me a whisky and ..... coke."** "Why the big pause?" asks the bartender. The bear shrugged. "I'm not sure; I was born with them".

## Easy Egg Fried Rice

Melt some unsalted butter in the bottom of a saucepan and add sufficient white rice (60g per person average), a few cloves, a small piece of star anise and half a dozen crushed cardamom pods and fry gently for a couple of minutes to release the flavours of the spices.

Turn the heat up to full and add enough boiling water to just cover the rice (Thai Jasmine Rice is my favourite). Add a sprinkle of salt, give it all a good stir, and once it begins to bubble turn heat to lowest setting, put pan lid on and leave it for 10 minutes. When cooked cool quickly with cold water, remove spices, squeeze out any excess water and refrigerate until needed.

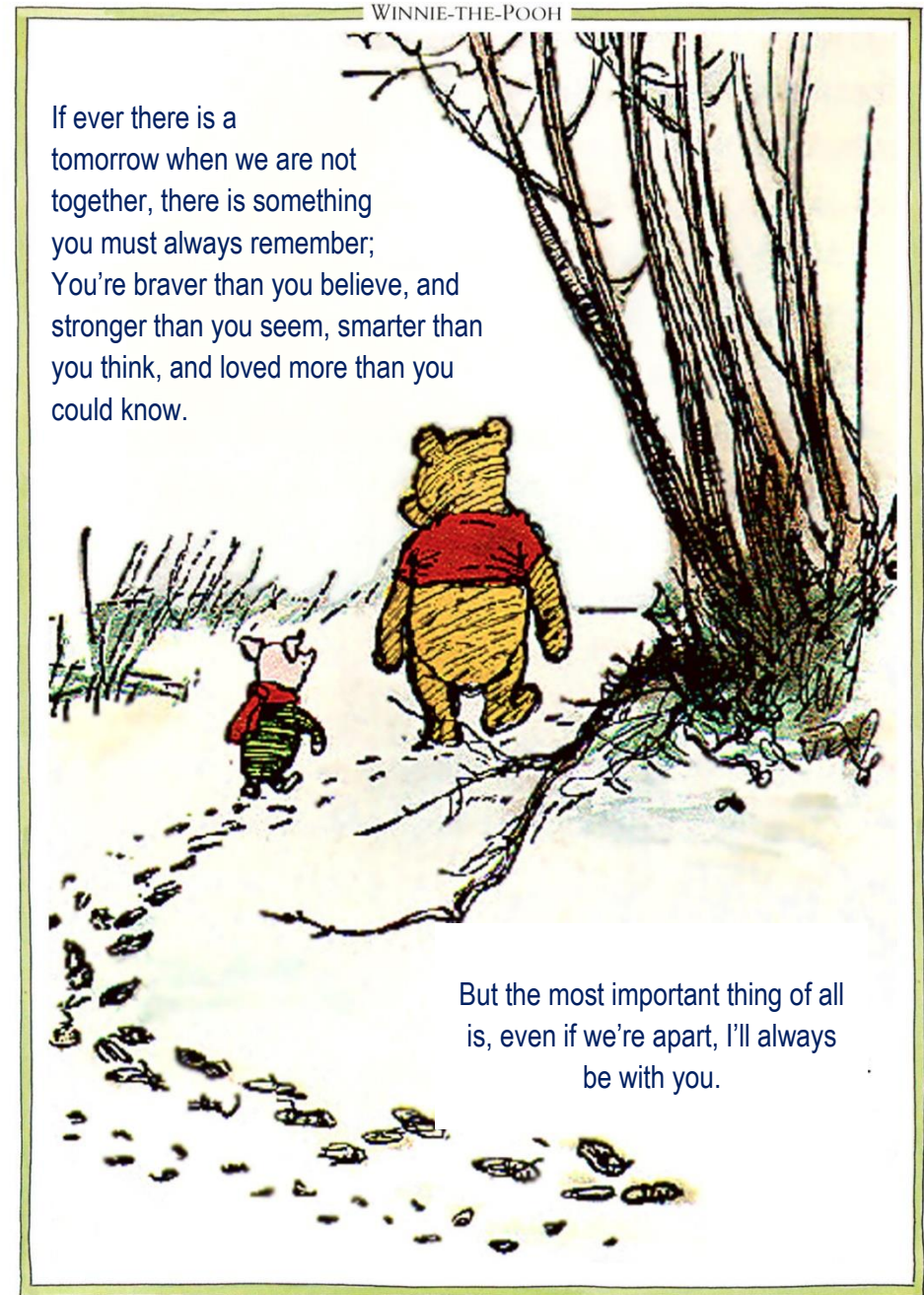
Beat (average) 1 large egg per person with a sprinkle of salt and black pepper. Add a knob of unsalted butter and place on medium heat in microwave, stirring regularly until the eggs become very lightly scrambled. Cool and refrigerate.

When almost ready to serve, heat some olive oil in a large saucepan. When the oil is hot, tip in the rice and immediately reduce the heat to half. Add the scrambled eggs, a good sprinkle of soy sauce, few drops of balsamic vinegar and a good grind of black pepper.

Keep stirring to prevent the rice sticking to the bottom of the pan and burning. When it's hot, serve in dishes with the meal of your choice.

## January Weather - Edgar Fawcett, American poet (1847–1904)

January is here, with eyes that keenly glow—  
A frost-mailed warrior striding a shadowy steed of snow.



## The Legend of Gelert

Gelert is said to have been the faithful and favourite hound of Llywelyn the Great (Llywelyn ab Iorwerth), Prince of Gwynedd in north Wales who later became the King of Wales.

Legend has it that in the 13th century Prince Llywelyn the Great was an early inhabitant of what would one day become the village of Beddgelert in the Snowdonia area of Gwynedd. The Prince was fond of hunting, and owned many hounds but his favourite was Gelert, who had been given to him by the King John of England.

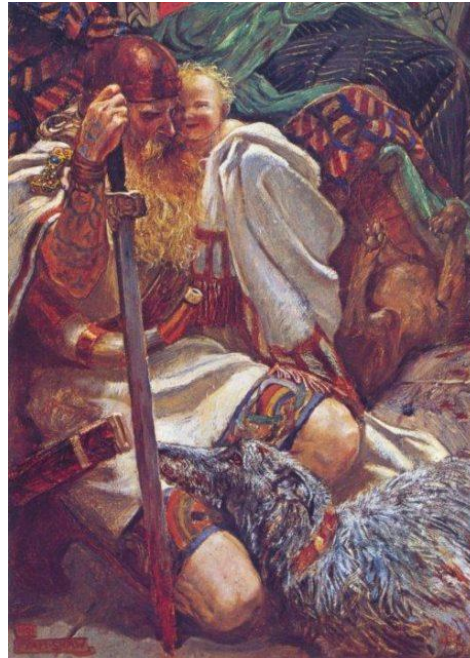
One day, the Prince and his Princess set out for a day's hunting together, leaving their baby in the care of Gelert. On returning home they were horrified to discover their baby was missing from its overturned cradle, and Gelert's muzzle was covered in blood.

Llywelyn immediately drew his sword and, in deep despair, killed his favourite hound. As Gelert fell to the ground, he let out a mighty yelp and a baby's cry was heard from a dark corner of the room in response.

Llywelyn discovered his heir unharmed, but by its side laid a mighty wolf, which had been killed by Gelert. Gelert had killed the wolf to defend the baby but died by his master's sword.

Grief-stricken and filled with remorse Llywelyn gave the faithful hound a ceremonial burial by the river and is said to have never smiled again. Gelert was eventually immortalised in the name the village is known by today Beddgelert meaning Gelert's grave.

*(Information above from National Trust and Vintage News)*



A painting called 'Who Knoweth the Spirit of Man', by Byam Shaw (1901), depicting Llywelyn holding his child, with Gelert dying on his knee. Source: Wikipedia/Public Domain.

## Forgotten Customs: Going Back to Work!

If you enjoy unusual, forgotten, or bygone customs, here are two that traditionally marked the end of the Christmas break when it was time to face the "daily grind." Often, these were "joke" holidays that mixed up the first days back to hard work with some playfulness thrown in.



### January 7: Distaff Day

The day after Epiphany (January 6) was once called Distaff Day and marked when the women went back spinning after the 12-day Christmas celebration. A distaff is a wooden rod (staff) that holds flax or wool. Before the Spinning Wheel arrived, spinning was slowly

and tediously done on a Drop Spindle. As is often the case, it's hard to go back to work after the holidays and not much got done! The women's husbands would mischievously try to set fire to the flax on their wives' distaffs, while the women, lying in wait, would retaliate with humour by dousing them with buckets of water.

*Partly worke and partly play ye must, on Distaffs day:*

*From the Plough soone free your teame; then come home and fother them.*

*If the Maides a spinning goe, burne the flax, and fire the tow:*

*Scorch their plackets, but beware that ye singe no maiden-haire.*

**Robert Herrick (17th-century English lyric poet and cleric)**

### January 13, 2020: Plough Monday

Dating back to the fifteenth century, the first Monday after Epiphany (January 6<sup>th</sup>) marked the start of the agricultural season, specifically for ploughing the fields for spring-sown crops. Of course, not much work was actually done on the first day! Dressed in clean white smocks decorated with ribbons, the men dragged a plow (plough) through the village and collected money for the "plow light" that was kept burning in the church all year. Often men from several farms joined together to pull the plow through all their villages. They sang and danced their way from village to village to the accompaniment of music. In the evening, each farmer provided a Plough Monday supper for his workers, with plentiful beef and ale for all.

*(Information above from The Old Farmer's Almanac)*



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