



**Cludiant Cymunedol**

**Llanwrtyd Wells**

**Community Transport**



# **NEWSLETTER**

**Rhifyn/Edition 25**

**Mawrth/March 2021**

Helô bawb/hello everyone

Hoping this newsletter finds you all fit and well, even if a bit fed up of the restrictions we are under.

What a mixture of weather we have had this month, however the better weather will hopefully soon be on its way with all the spring flowers and baby lambs, and with any luck we'll be able to get out into the garden and tidy up after winter.

Hoping you find our latest offering interesting, and as always if you would like a monthly copy emailing to you personally, please let me have your details on [pat@lwct.org.uk](mailto:pat@lwct.org.uk). Blessings to you all

Cofion cynnes/kindest regards. Pat x

### The month of March

Coming from the Roman word Martius, March was the first month in the Roman calendar and was named after Mars, the god of war. When we changed to the Gregorian calendar in 1752, the first month of the year became January.

The Anglo-Saxons called March Hlyd or Hraed monath meaning stormy or rugged month. Should Easter fall on Lady Day, March 25<sup>th</sup>, there is a superstition that some disaster will follow soon after.

**'When my Lord falls in my Lady's lap, England beware of some mishap'.**



The March flower is the Narcissus or Wild Daffodil, but it is also known as the Lent Lily because it blooms in early spring. It is the main daffodil species of Britain and was named after the boy in Greek mythology who was changed into a flower. In the 19<sup>th</sup> century the daffodil became a popular Welsh symbol, Lloyd George using it at the 1911 Investiture and on official publications.

The story of Narcissus in Greek mythology is that he was a hunter who was known for being incredibly handsome. He rejected all romantic advances however, and eventually fell in love with his own reflection in a pool of water. He later died, and in his place sprouted a flower bearing his name.

The character of Narcissus is a sad one and the origin of the term narcissism, a fixation with oneself. This quality, in turn, defines narcissistic personality disorder, a condition marked by grandiosity, excessive need for admiration, and an inability to empathise.

**The last three days of March were said to be borrowed from April.**

**March said to April, I see 3 hogs (hoggets, sheep) upon a hill;**

**And if you'll lend me dayes 3, I'll find a way to make them dee (die).**

**The first o' them wus wind and weet, the second o' them wus snaw and sleet,**

**The third o' them wus sic a freeze, it froze the birds nebs (noses) to the trees.**

**When the 3 days were past and gane' the 3 silly hogs came hirpling (limping) hame.**

**From the Dictionary of Phrase and Fable" by Ebenezer Cobham Brewer, published in 1905**

**The birthstone for March is the Aquamarine, meaning 'water of the sea' in Latin and is associated with many legends of sailors. It aptly reflects the tranquil blues and greens of the ocean symbolising peace and calm.**



### March Festivals and Traditions

**March 1<sup>st</sup> brings St David's Day;** St David is the Patron Saint of Wales. If you're visiting the area, have you visited the beautiful 11<sup>th</sup> century St David's Church, Llanwrtyd Wells on the road out to Abergwesyn? It's well worth a visit.



**March 14<sup>th</sup> is Mothering Sunday;** don't forget to send your mum, or someone who is like a mum to you, a card and gift. Although mostly associated with Easter, Simnel cake was actually made for Simnel Sunday which shares the same date of March 14<sup>th</sup>. I love Simnel cake, hope you do too.

**March 17<sup>th</sup>, St Patrick's Day,** Patron Saint of Ireland

May flowers always line your path and sunshine light your day.

May songbirds serenade you every step along the way.

May a rainbow run beside you in a sky that's always blue,

And may happiness fill your heart each day your whole life through.

**Irish Blessing Quote**

**March 25<sup>th</sup> Palm Sunday and Lady Day,** the beginning of Holy Week, remembering Jesus' arrival in Jerusalem

**March 31<sup>st</sup> Oranges and Lemons.** Barges carrying citrus fruits landed just below the churchyard of St Clements Dane, and on this day local school children gathered at the church for a special service. They recited the famous nursery rhyme and were presented with an orange and lemon. Below are the original lyrics, not the ones that we learned as children. These lyrics were first published around 1744 in the Pretty Song Book by Tommy Thumb:

**Oranges and Lemons**

**Two sticks and apple, ring ye bells at Whitechapple**

**Old Father Bald Pate, ring ye bells at Aldgate**

**Maid in white aprons ring ye bells at St Catherines**

**Oranges and lemons ring ye bells of St Clemens**

**When will you pay me ring ye bells at ye Old Bailey**

**When I am rich, ring ye bells at Fleetditch.**

**When will that be ring ye bells at Stepney**

**When I am old ring ye bells at St Pauls.**

## **Our Wonderful Volunteers**

Can you believe that at 8.30pm on January 25<sup>th</sup>, Laura received a mayday call regarding a vulnerable gentleman in Llanwrtyd who had suffered a minor fall but had a possible dislocation of a finger causing a lot of pain.

After advising a 111 call to NHS Direct, Laura was called back to say he needed to get to Bronglais hospital, Aberystwyth! The injury was deemed not bad enough for an ambulance, and his carer was unable to drive, so we had a request to take him!



Laura called Paget, and she and her husband Ray said they would both go so they could support the gent whilst he was in the hospital. It was 1.45am when they dropped the chap off at home which just shows we are truly a 24/7 service, and I wonder how many other CT schemes could do this. We couldn't if it wasn't for our truly amazing volunteers to whom we are eternally grateful.

### **Capt. Sir Tom Moore**

Last year at the height of our crisis we watched as he walked with his frame.

A man who was nearly one hundred and now we all know this man's name.

We watched as he walked with his head down but his back was as straight as a rod.

This man who was clearly a soldier as he pushed on his frame on his tod.

Captain Tom was our national treasure as he sought to raise one thousand pounds,  
Walking back and forth in his garden and his aim soon exceeded its bounds.

Soon he had raised many millions and the nation counted of every pace.

The pride in his own Yorkshire Regiment with a kind gentle smile on his face.

Now we know that he's gone on before us pushing his frame to the sky,

His name will be first on arrival but for us Captain Tom will not die.

He'll be there when we move on to join him with his smile spread across his old  
face,

Telling us just to follow his footsteps as he pushes his frame to our place.

**Poem by kind permission of the author Clive Sanders.**

## Monday's Child

Monday's Child is one of many fortune-telling songs, popular as nursery rhymes for children. It is supposed to tell a child's character or future from his or her day of birth and to help young children remember the seven days of the week. As with all nursery rhymes, there are many versions. Below are the popular words most of us know:

Monday's child is fair of face  
Tuesday's child is full of grace  
Wednesday's child is full of woe  
Thursday's child has far to go,  
Friday's child is loving and giving,  
Saturday's child works hard for a living,  
And the child that is born on the Sabbath day  
Is bonny and blithe, and good and gay.

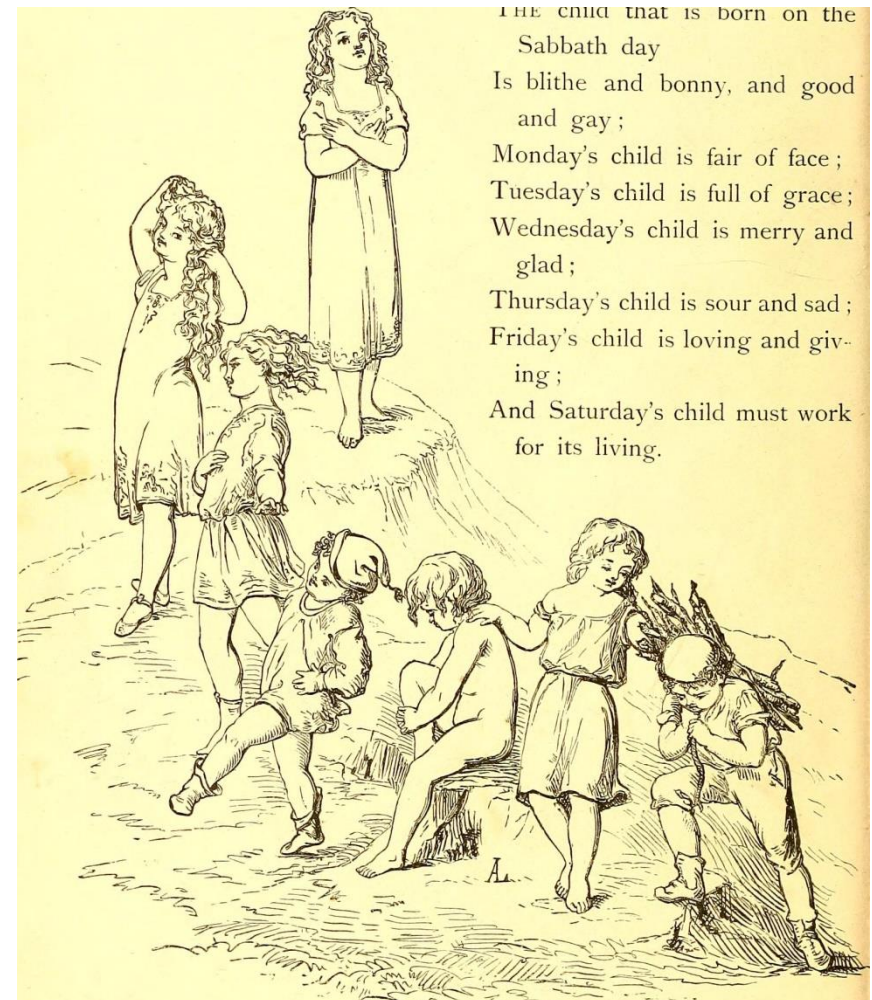
This rhyme was first published in the second volume of "The Borders of the Tamar and the Tavy" (1836) "Traditions, legends, superstitions, and Sketches of Devonshire" (1838) by the British novelist Anna Eliza Bray, and included in James Orchard Halliwell's book *English Nursery Rhymes and Fairy Tales*.

The tradition of fortune telling by days of birth is much older. Thomas Nashe recalled stories told to "yong folks" in Suffolk in the 1570s which included "telling what luck one should have by the day of the weeke she or he was borne on". Nashe thus provides evidence for fortune telling rhymes of this type circulating in Suffolk in the 1570s.

There was considerable variation and debate about the exact attributes of each day and even over the days. Halliwell had 'Christmas Day' instead of the Sabbath. Despite modern versions in which "Wednesday's child is full of woe," an earlier version of this rhyme appeared in a multi-part fictional story in a chapter appearing in *Harper's Weekly* on September 17, 1887, in which "Friday's child is full of woe", perhaps reflecting traditional superstitions associated with bad luck on Friday – as many Christians associated Friday with the Crucifixion. In addition to Wednesday's and Friday's children's role reversal, the fates of Thursday's and Saturday's children were also exchanged and Sunday's child is "happy and wise" instead of "blithe and good".

The rhyme was set by John Rutter for choir a cappella in the collection *Five Childhood Lyrics*, first published in 1974, and the rhyme also forms the basis of the horror film *Black Week*.

Information from [www.wikipedia](http://www.wikipedia) and [www.allnurseryrhymes.com](http://www.allnurseryrhymes.com)



Picture above as published in *St. Nicholas Magazine*, 1873  
Unfortunately I couldn't find a copy which hadn't been cropped to miss off some of the text.



## The Outside Loo

In deep mid-winter freezing cold, walked down the path feeling bold,  
Needed to go, just couldn't want but wind and rain would not abate.  
Those powdered walls that made you white if you should touch them out of fright,  
When big black spiders comes to greet as you sat upon that cold hard seat.

The Sunday papers cut in squares ready to greet your derriere,  
Hung from a nail upon the wall something to read whilst in the stall!  
Meanwhile the spider's getting near making your time there filled with fear,  
Suspense is interrupting flow, should you stay or should you go?

Try as you may it will not come, so grab a square and wipe your bum,  
With one fast move you're out of there brushing cobwebs from your hair.  
This was terror when I was a lad, when they put loos inside, I was glad!  
So be thankful as you pull that chain, you don't have to go outside again.

## 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](mailto: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.

## Welshisms



'Ow Dai, what you doin?' shrieked Mrs Jones  
'Sitting here by the fire, warming my bones'.  
'Come help with the dishes, I'll wash and you dry'.  
'I'll do it now, in a minute', came back the reply.

Dai and his wife are from beautiful Wales,  
Where people eat cockles, (they're a bit like sea snails).  
If there's something they don't like, they'll say 'ych a fi'.  
What that really means is 'it's not quite for me'.

Where 'chopsy' means cheeky, and 'tidy' means great,  
'Lush' means it's lovely, as 'tamping's' irate  
Whose coat is that jacket? Over by there.  
These sayings are endless, they are to be fair.

Dai puts his daps on, to run down the shop,  
He buys laverbread, leeks and a bottle of pop.  
Welsh cakes, Welsh rarebit and lamb cawl all eaten  
And Mamgu's bara brith recipe cannot be beaten.

Above all in Wales, whether feminine or butch  
There's one thing we all love and that is a cwtch.

**By kind permission of the author Wayne Maunder.  
From his Facebook page 'Welsh and Proud'**

## Rural Business Awards – 2021/2022

We were chosen as finalists in the RBA in the Best Rural Social Enterprise, Charity or Community Project, and Laura did a video which you might care to see, [it is here at this link](#)

[it is here at this link](#). It is an excellent video well worth viewing, showing how we have progressed over a very difficult 12 month period, not only with the virus, but with a completely new management structure, new premises, and a new focus on what is needed in our community. The judging took place on February 25<sup>th</sup> but unfortunately we didn't win this time, so fingers crossed for the next awards. I am extremely proud of my colleagues and what we have achieved under exceptionally difficult circumstances, thank you all.

### 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](mailto:swyddfa@lwct.org.uk) neu ffonio 01982 552727, byddem wrth ein bodd yn clywed gennych.

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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](mailto:office@lwct.org.uk) or on 01982 552727, we'd love to hear from you.

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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.

### 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](mailto:info@redkitecreditunion.co.uk)**.

### 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](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.

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](mailto:office@lwct.org.uk).**

## Chinese Astrology – Year of the Ox



2021 is the year of the Ox, Chinese New Year beginning on February 12<sup>th</sup> this year. It is also known as the Spring Festival or Lunar New Year and is a public holiday in China where people get 7 days off work. It's a very important festival for the Chinese and there are lots of celebrations taking place, lion dances, dragon dances,

fireworks, family gatherings and the giving of red envelopes with special wishes inside.

The Ox is the second of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. The Ox was about to be the first to arrive, but Rat tricked Ox into giving him a ride. Then, just as they arrived, Rat jumped down and landed ahead of Ox. Thus, Ox became the second animal.



In the terms of yin and yang, the Ox is Yang (masculine). Oxen are the hard workers in the background, intelligent and reliable, but never demanding praise. In Chinese culture, the Ox is a valued animal because of its role in agriculture and positive characteristics, such as being hardworking and honest. They are kind and rarely lose their temper; they are logical thinkers and make great leaders.

Lucky colours for the Ox are blue, yellow and green; lucky numbers are 1 and 4, and flowers are lily of the valley, and the lucky bamboo

Information from <https://chinesenewyear.net/zodiac/ox/>

## Three Sisters of Plynlimon (*Pumlumon* in Welsh)

Mount Plynlimon is the highest point in the Cambrian Mountains and in mid Wales, and myth says there is a sleeping giant on the mountain. One glorious morning many years ago, as the sun cast its first light of day upon the grassy valleys below, and birds soared in spirals through the calm summer breeze; Plynlimon couldn't help but think there was something missing. Settled upon the highest point of Mid Wales, he could see for miles and miles across the beautiful landscapes beneath him. Everything seemed perfect, and then it dawned on him, there was no life flowing through his veins, not a river or any water in sight.



Plynlimon pondered long and hard about how he could bring flowing waters to his beloved valleys, but despite years of contemplation a solution evaded him. He felt helpless and put his head in his hands for a little while, contemplating what he should do next, he blinked, and with that, three giant teardrops spilled from his eyes, splashing directly into his two palms. What happened next was quite extraordinary.

Plynlimon stared at the drops of moisture that had settled into small puddles, cradled in the palms of his hands, then he opened his fingers to allow the tears to trickle to the ground and three large puddles began to form. The puddles got larger and deeper, muddier and boggy. He stared at the three pools in front of him, bewildered at how his eyes created such masterpieces. At that moment, Plynlimon understood his fate. He was the source of water; he just hadn't known it.

He considered the pools as his offspring and named them Ystwyth, Wye and Severn, three water spirits. The daughters brought such joy to their father during their lifetime, but eventually the day came when Plynlimon knew that it was time for them to flee the hills and create paths to the sea. He then realised that in his joy he had no more tears to cry so couldn't form rivers.



*Water Nymphs" by Gaston Bussiere, 1927*

He gathered the last bit of water in his hand and sat upon his rock. For many days and many nights, the doting father worked tirelessly with a needle and thread, looping, weaving and pulling at the droplets of water until finally he held three shimmering bundles in his arms.

Plynlimon beckoned his daughters and told them the time has come for them to join with the sea. One by one he presented his daughters with their cloaks, gently placing each one over their heads and tying a delicate knot under their chins.

“Armed with these water cloaks, you will create your own paths and fulfil your destiny as water spirits. Ystwyth, said she had been longing to reach the sea to

smell the salty air for so long and shot forth from the mountain, gathering pace as her cloak billowed behind her, forming a fresh stream of water. She weaved in and out of the rugged landscapes, meeting rich wildlife on her way before reaching the coast of Cardigan Bay, settling in a little town which she later named Aberystwyth.

Next up to fulfil their destiny was Severn who said “I will not rush to the shore; I wish to take the long route to the sea. For many years I have yearned to experience Welsh charm and wander the people’s great cities, beautiful towns and quaint villages to learn their ways. On my journey, I will water the meadows of the people and nourish their land.”

Wye said: “While Ystwyth is wild and Severn seeks culture, I intend to seek beauty and tranquillity by meandering through lush countryside, woodland and forest to make harmony with nature”. Satisfied that he’d raised his three daughters with such unique and admirable qualities, but saddened that they had fled, the mighty Plynlimon let out a heavy sigh which trembled through the towns below him.

To commemorate the story, in 2018 ‘Race to the Sea’ was introduced, which is a 50k race for keen walkers and runners from the slopes of Plynlimon to the coast of Cardigan Bay

Information from <https://www.midwalesmyway.com/threesisters>

## New Vehicles

We have purchased two new vehicles which will be a real asset to the fleet as they are multipurpose vehicles with wheelchair capabilities as well.





Pat Dryden

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David Harrison

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