



Cludiant Cymunedol

Llanwrtyd Wells

Community Transport

NEWSLETTER



Rhifyn/Edition 28

Mehefin/June 2021

Helô bawb/hello everyone

What a strange mix of weather May brought us with sunshine and showers and on some days bitter cold. We're still seeing the baby lambs gamboling around the fields. The last of the daffodils have died off but the lavender is doing well and there'll be my more flowers and shrubs blooming as the year progresses.



As the lockdown lifts we're able to get about and see family and friends that we may not have seen for a long while, let's hope this continues. The lockdowns have been catastrophic for the hospitality industry and small local businesses, so please give them your business and support. Finger crossed that we're on our way out of the mire.

Hoping you find our latest offering interesting, and as always we would love to hear your views, publicize any local event, or if you would like a monthly copy emailing to you personally, please let me have your details on pat@lwct.org.uk. Blessings to you all

Cofion cynnes/kindest regards. Pat x

The Month of June

The Summer Solstice, or first day of summer occurs this year on June 20th.

2021 has been designated the "Year of the Sunflower! (*Helianthus annuus*)" What better way to celebrate than with these wonderful majestic flowers, some which are small, others which tower above the rest of the garden, or those that produce edible seeds!

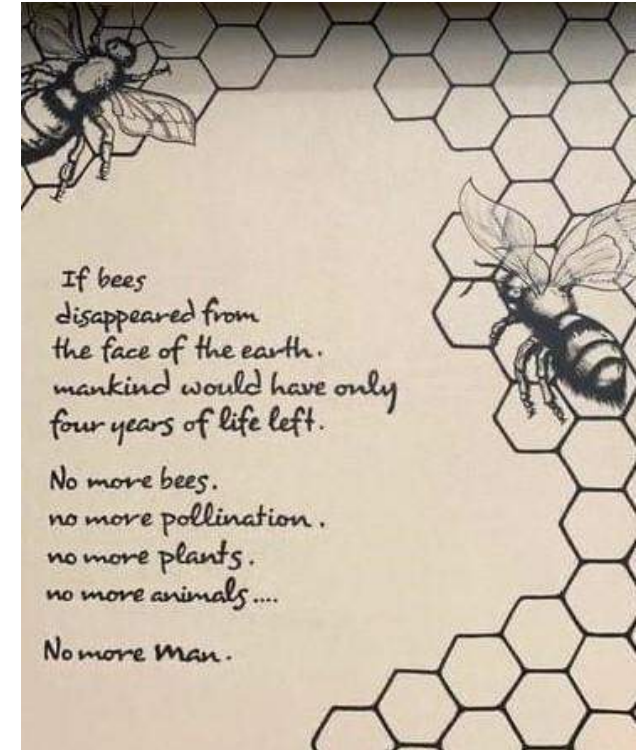
Sunflowers are loved by the birds and the bees for their seeds, some sunflowers being heavily laden so a bonus for any garden.

*Here and yonder, high and low,
Goldenrod and sunflowers glow.*
Robert Kelley Weeks (1840–76)

Another bird and bee plant is Bee Balm or Wild Bergamot. It is beloved in flower beds for its beautiful blooms of red, pink, purple or white—not to mention the fragrant foliage; it has a long history of medicinal use, and of course such plants are essential for caring for our bees especially.

Star Signs for June

Gemini and Cancer are the star signs for June, June birth flowers are the Rose and the Honeysuckle. Birthstones are Pearl, Moonstone and Alexandrite. It's an unusual fact that no other month begins on the same day as June in any year.



*It is the month of June
The month of leaves and roses.
When pleasant sights salute the eyes
And pleasant scents the noses.*
N P Willis 1807 – 1867



An Old Irish Blessing

May love and laughter light your days and warm your heart and home.

May good and faithful friends be yours wherever you may roam.

May peace and plenty bless your world and joy that long endures.

May all life's passing seasons bring the best to you and yours.

It's Raining Cats and Dogs

Do you ever wonder where some of the strange things we say like 'oh it's raining cats and dogs' come from? The phrase has been used since the 17th century but what is its origin and what does it mean?

It isn't known for certain but there are various theories. The phrase might have its roots in Norse mythology, medieval superstitions, the obsolete word *catadupe* (waterfall), or dead animals in the streets of Britain being picked up by storm waters.

The first recorded use of a phrase similar to "raining cats and dogs" was in the 1651 collection of poems *Olor Iscanus*, written by British poet Henry Vaughan (1622 – 1695). Other British writers have employed less popular phrases, such as "it's raining pitchforks" or "it's raining stair-rods," to describe the shaft-like appearance of heavy rains.



Why Cats and Dogs?

- Odin, the Norse god of storms, was often pictured with dogs and wolves, which were symbols of wind. Witches, who supposedly rode their brooms during storms, were often pictured with black cats, which became signs of heavy rain for sailors. Therefore, "raining cats and dogs" may refer to a storm with wind (dogs) and heavy rain (cats).

- "Cats and dogs" may come from the Greek expression *cata doxa*, which means "contrary to experience or belief." If it is raining cats and dogs, it is raining unusually or unbelievably hard.
- "Cats and dogs" may be a perversion of the now obsolete word *catadupe*. In old English, *catadupe* meant a cataract or waterfall. A version of *catadupe* existed in many old languages. In Latin, for example, *catadupa* was borrowed from the classical Greek *κατάδουποι*, which referred to the cataracts of the Nile River. So, to say it's raining "cats and dogs" might be to say it's raining waterfalls.

Bwrw Hen Wragedd a Ffyn

When it rains heavily here in Wales, you might hear someone say "Mae hi'n bwrw hen wragedd a ffyn". The literal translation is "It's raining elderly ladies and sticks" or "Mae hi'n bwrw cylyll a ffyrc' It's raining knives and forks, but what it really means is it's raining heavily!

Il Pleut des Cordes

The French expression 'il pleut des cordes' is wonderfully vivid. When the rain is really coming down, it can almost seem like the drops are connected in long, twisty ropes reaching from sky to ground.

New Company Director

We are chuffed to welcome a new Company Director, Mr Lee Shurey. Below is Lee's information about himself.

'I had quite a long journey to joining LWCT in early 2021 having previously lived and worked in the Middle East and Far East for the past 20 plus years. The majority of my career has been spent in the Employee Group Benefits arena, initially as Regional Director of a well-known Bank, which is how I came to area in the mid 1990's, before my career took me overseas. Prior to returning to the UK in 2019 I held various senior management



positions including: CEO of a publicly listed health insurance company in Saudi Arabia, CEO of a Qatar health insurance company and Insurance Executive of major Qatari bank.

My family has accompanied me on this journey and consequently I believe the life lessons learnt from living and working amongst so many different cultures is just as valuable as the business lessons. It is this combination of experiences that I hope will help me bring some benefit to LWCT.'

Volunteer Drivers Needed Locally and in Llandrindod Wells



Over the last 18 months, and certainly more recently with the role out of the Covid-19 vaccine program, we have seen a big increase of requests for transport covering the Llandrindod Wells area.

Over recent years, Llandrindod Wells has been without a community car scheme, and LWCT have stepped in to help out with transport where we can. With these recent requests becoming more frequent, we have decided to "adopt" Llandrindod Wells into LWCT. While we are doing this on a relatively small scale, we would like to recruit a few volunteer drivers in the Llandrindod area to make this a more affordable and sustainable project and may look to expand this over the coming months if it proves popular.

Having a dedicated team of volunteer drivers in the area that will be supported by our existing volunteers and office staff, will enable us to have a bespoke service which we hope will become as popular as our current services in the Llanwrtyd Wells areas. Similar to the scheme in Llanwrtyd Wells, the Llandrindod Wells division will be offering one to one car journeys for those needing to access medical appointments, shopping and any other essential and social journeys.

If you, or anyone you know, would be interested in joining our team as a volunteer driver, in either Llandrindod Wells, Llanwrtyd Wells or any of the surrounding areas, please get in touch! We can be contacted on the landline 01982 552727, email office@lwct.org.uk or speak to Laura directly on her mobile 07767 771489

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 are interested in becoming a part of the team, please get in touch, even if you can only offer 1 hour a month, every minute of time is appreciated and means so much to those people that you help. Volunteer drivers get a mileage reimbursement in line with government guidelines.

Covid-19 Vaccinations

Just to remind you we are able to supply transport free of charge for anyone in our local area with an appointment for a Covid-19 Vaccination.



Despite the age group eligible for vaccine in Powys reaching the over 18s in recent weeks, we are still getting a number of requests for transport. Some of these are for first vaccines, although many are for second vaccines. In April, we made a further 10 vaccine journeys, covering 289 miles, bringing the total mileage for vaccine transport up to 2065 miles. We have transported people to the Royal Welsh show site at Llanellwedd, Builth GP surgery, Llandrindod GP surgery, Bronllys vaccine centre, Carmarthen vaccine centre and now we can add Newtown vaccine centre to the list too!

We are incredibly grateful to all the staff and volunteers working at the vaccine centres, they have all been so helpful and accommodating with our drivers when taking people in for vaccines. We are also very proud to have been able to help in the very successful roll out of the vaccine programme within Powys.

This is a busy part of our service and there is much demand for it, 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.

More Company Director's Needed

Despite having recruited one new Company Director, we are still looking to recruit a couple more. There are currently four directors, one female and three male, all over 55, and we'd like to broaden the range of ages and skills represented. Could you join us in decision-making and planning future services?

At the moment all meetings are held online via Zoom video calls, they are held every few weeks and generally last around 90 minutes. Ideally you'd be living in our catchment area, Llanwrtyd, Llangammarch, Abergwesyn, Cefn Gorwydd, Tirabad, Beulah, Cilmerly, or Garth, and perhaps have some business skills to share with other Company Directors. **For an informal chat with no commitment, please phone or email any of the current Directors, we'd love to hear from you.**

Cyfrifiad 2021

Nawr bod y gwaith o gasglu data Cyfrifiad 2021 yn tynnu at ei derfyn, hoffai'r Swyddfa Ystadegau Gwladol (SYG), sy'n cynnal y cyfrifiad yng Nghymru a Lloegr, achub ar y cyfle hwn i ddiolch i chi a'ch sefydliad am helpu i'w wneud yn llwyddiant.

Mae'r ymateb i Gyfrifiad 2021 wedi bod yn well na'r disgwyl, gyda chartrefi ledled Cymru a Lloegr yn sicrhau eu bod yn cyfrif mewn perthynas â gwasanaethau lleol fel lleoedd mewn ysgolion, meddygfeydd a gwelyau ysbyty. Fel y gwnaeth Jason Zawadzki, Dirprwy Gyfarwyddwr Gweithrediadau Cyfrifiad 2021, ei gydnabod: "Hoffwn ddiolch i chi am eich cefnogaeth dros yr ychydig fisoedd diwethaf; mae wedi bod yn amhrisiadwy ac mae wedi cyfrannu at y cyfraddau ymateb uchel rydym wedi eu gweld. Mae eich cefnogaeth wrth arwain i fyny at Gyfrifiad 2021 ac adeg Diwrnod y Cyfrifiad wedi helpu i gynyddu nifer yr holiaduron sydd wedi cael eu llenwi. Rydym yn ymrwymedig i sicrhau bod y cyfrifiad yn cynnwys pawb, ac mae eich gwaith gyda ni wedi bod yn rhan annatod o'r darlun".

Beth sy'n digwydd nesaf?

Allbynnau'r cyfrifiad yw'r enw y mae SYG yn ei ddefnyddio am y wybodaeth ddiennw y mae'n ei rhyddhau. Mae'n bwriadu cyhoeddi'r set gyntaf o allbynnau'r cyfrifiad yn ystod gwanwyn 2022. Bydd allbynnau manylach yn cael eu cyhoeddi yn ystod y flwyddyn ganlynol. Bydd yr holl wybodaeth a gwaith dadansoddi ar gael ar wefan sydd wedi'i chreu'n arbennig. [Cliciwch ar y ddolen hon](#) i ddysgu mwy am hynt allbynnau Cyfrifiad 2021.

Census 2021

Now that the Census 2021 collection operation is coming to a close, the Office for National Statistics (ONS), who run the census in England and Wales, would like to take this opportunity to thank you and your organisation for your contribution to its success.

The response to Census 2021 has exceeded all expectations with households across England and Wales making sure they count when it comes to local services like school places, GP surgeries and hospital beds. As Jason Zawadzki, Deputy Director of 2021 Census Operations acknowledged: "I would like to thank you for your support over the last few months; it has been invaluable to us and contributed to the high response rates we have achieved. Your support in the lead-up to Census 2021 and in the period around Census Day has helped boost return rates. We're committed to making sure that the census includes everybody, and your work with us has been a crucial part of the picture".

What happens next?

ONS call the anonymised information it releases, *census outputs*. It plans to release the first set of census outputs to the public in spring 2022. More detailed outputs will be published over the following year. All of the information and analysis will be made available on a specially designed website. [Click this link](#) to learn more about the progress and development of the Census 2021 outputs.

Y Golofn Gymraeg (The Welsh Column) is at the end of the newsletter. Please let us know if this is something you find useful for you and/or your friends.

If you Speak of Me

If you speak of me, speak of me gently, for I always spoke gently of you.
Remember the things I did gently, and speak gently to those that I knew.
This world needs more who speak gently and go gently through their whole life
For if everyone lived their lives gently, we may yet have a world without strife.

If you think of me, think of me kindly, for I always thought kindly of you.
I remember the things you did kindly, and the things you did lovingly too.
I was proud of the things I did kindly; and was rewarded with kindness each day,
So always treat everyone kindly and enjoy life in a much kinder way.

By kind permission of the author Clive Sanders

A Century Passes:

Do you remember the story of the Tylwyth Teg from the May newsletter? well this is the follow on story.

With the door not appearing for one century, the local people began to wonder what had become of the Tylwyth Teg. They had not forgotten them, and thought perhaps they had left the lake and moved somewhere else. Many stories and legends remained, telling of the wonderful times when people had visited their enchanted garden on the invisible island in the lake. The more they reminisced, the more exaggerated the stories became. They talked about the treasure of the Tylwyth Teg, and wondered if they had taken it with them. A band of local men got together and formulated a plan to drain the lake in the hope that the treasure of the Tylwyth Teg could be found at the bottom.

Carrying pickaxes, shovels, and spades they gathered at the lake and began work digging a channel to drain the water. As they were about to break through to the lake, thunder rolled and forks of lightning filled the sky causing the men to stop in

their tracks. They instantly realised that this was not a normal storm, and was caused by supernatural powers against their action of digging a channel. Terrified, they dropped their tools and froze in fear as the lake came alive. From the centre of the lake, wild waves formed in concentric rings and a huge figure of an old man rose from the lake crying:

**'If you disturb my
peace,
Be warned that I
will drown
The Valley of the
Usk,
Beginning with
Brecon town.'**



God answers Job from the Whirlwind by William Blake 1803-05

This was followed by a deafening roll of thunder and lightening bolts that leapt out of the sky to strike the ground all around them. The old man towered above them and said in a voice like thunder itself:

'Remember the token of the cat!'

A terrific thunderclap split the air and lightning crashed upon the mountain, and then the old man disappeared. The men threw themselves on the ground in fear. As the storm slowly subsided, they regained their nerve. Picking themselves up, they gathered in a circle to discuss the terrible events. The old man's warning seemed perfectly clear, but they were totally perplexed to what he had meant by saying "*remember the token of the cat!*"

Thomas Sion Rhydderch, an old man who knew the locality well, came forward and told them:

'Many years ago, when I was just a lad, I would bring sheep upon the mountain to graze. A local woman asked me a favour as I led the sheep up the track. She gave me a bag and told me that inside was a cat who had grown to be a nuisance to her. She asked me to give it to the lake, and as I was on my way there I said I would. I tied a big stone to the bag with my garter and gave the cat to the lake as asked.

The cat sank straight to the bottom and I thought no more of it. The following day I went fishing on Llyn Syffaddon, but to my amazement the bag with the cat in was floating on the lake. The stone was gone but my garter was still attached to the bag as I'd given it to Llyn Cwm Lluch. There are no streams that connect the two lakes, and they are miles apart from each other. I was very frightened and have never told a living soul about this until today.

The group of men listened in astonishment and decided there must be some unknown underground connection to Llyn Cwm Lluch and Llyn Syffaddon. Having been warned it was decided that they should abandon their work before something unnatural and completely beyond their control happened. Taking up their tools, they made their way home leaving Llyn Cwm Lluch in peace and so it remains to this day.

Information from folklawthursday.com

Easy Banana Loaf

4oz softened unsalted butter
6 oz caster sugar
2 eggs
2 ripe bananas mashed
8 oz SR flour
1 teaspoon baking powder
2 tablespoons milk
2 heaped teaspoons cinnamon
Vanilla extract
50grams walnuts or pecans chopped



Grease and line a 2lb loaf tin, preheat oven to 180c, 350f, gas4

Place all ingredients in a bowl and using an electric mixer beat thoroughly.

Pour into prepared tin and bake for approx. one hour.

Allow to cool for 10 mins then remove from tin and cool on wire rack.

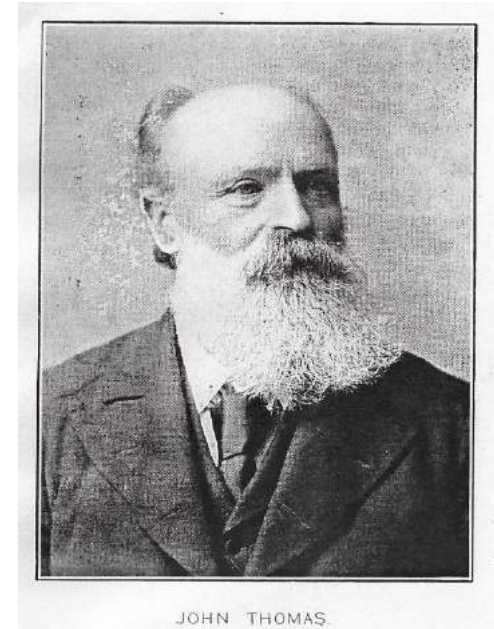
Keeps very well in airtight tin, also freezes well.

Y Golofn Gymraeg (The Welsh Column)

CANMLWYDDIANT SY'N ANGOF?

Peth bregus yw enwogrwydd.

Pe byddech wedi ymweld â Llanwrtyd ar ddydd Mercher, 2 Mawrth, 1921 byddech wedi credu fod Cymru gyfan wedi ymgynnull yn y dre. Roedd capel cymharol newydd Bethesda dan ei sang a thorfeydd yn sefyll ar sgwâr Fictoria, ar y ffordd fawr o flaen y New Inn ac ar hyd y bont. Ac mi oedd yr acenion yn tystio, yn wir, fod cynrychiolaeth o gapeli Cymru ben baladr wedi dod ynghyd i angladd un o ddyinion enwoca'r genedl.



Roedd ganddo enw digon cyffredin: John Thomas. A dyn digon cyffredin oedd e o ran ei swydd hefyd, sef meistr y Swyddfa Bost (a arferai sefyll pen draw'r bont i'r New Inn). Roedd hefyd yn gyffredin o ran ei gefndir. Cadw siop fach wna'i dad a'i fam a hynny ymhell o olwg Epynt – ym Mlaenannerch, Ceredigion (nid nepell o'r Hendre, cartre y diweddar Brifardd Dic Jones).

Ilwyddiant y Cwrdd Eglwys a mentergarwch gymdeithasol-grefyddol ei gynulleidfa – gan awgrymu'n gynnil gymaint o drueni oedd hi nad oedd cweit digon o fodd ganddynt i sicrhau offeryn o'r un radd â'r adeiladwaith ysblennydd newydd.

Megis cymaint ar ei ôl e, dod i Lanwrtyd ar ei wylie wnaeth John Thomas. Cafodd lety yn y Post. Yno hefyd cafodd afael ar ei wraig, merch yr hen bostfeistr. Ac wedi priodi a setlo a dod yn bostfeistr ei hunan y dechreuodd y dyn cyffredin amlygu'i hunan yn ddyn anghyffredin ei ddoniau cerddorol.

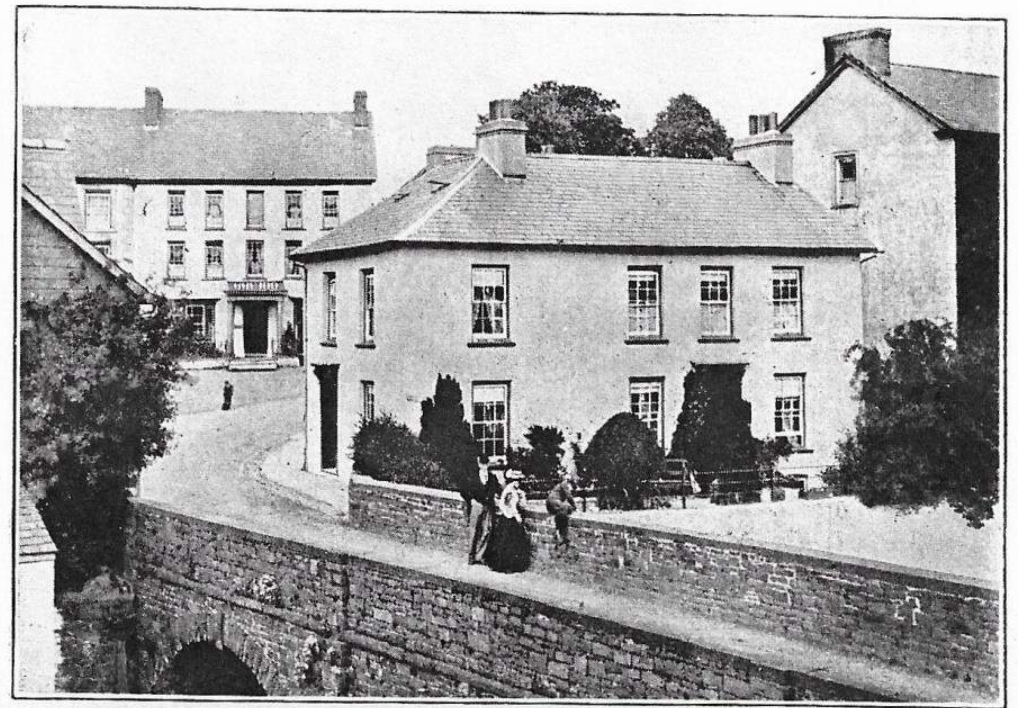
A dweud y gwir, roedd yr arwyddion eisoes yn amlwg i bobol Blaenannerch – yn enwedig selogion Ysgol Gân y Methodistiaid yno. Megis David Jenkins, Trecastell (un arall o gewri cerddorol sir Frycheiniog) bu'r Ysgol Gân yn feithrinfa gyfoethog iawn i John Thomas. Yma fe ddysgodd nid yn unig i ddarllen sol-ffa a hen nodiant. Yn Ysgol Gân Blaenannaerch ddysgodd egwyddorion sylfaenol harmoni a chyfansoddi ar gyfer lleisiau ac offerynnau.

Roedd ail hanner canrif Fictoria a degawdau cyntaf yr ugeinfed ganrif yn gyfnod o lewyrch mawr ar gapeli Cymru. Fel y sylwom y tro dwetha, dyma gyfnod dwblu maint capel Bethesda. O gymoedd y de i bentrefi poblog y chwareli llechi roedd y capeli mawr yn gysurus lawn o Sul i Sul. Ond ar achlysur y gymanfa ganu mi fydde nhw'n orlawn.

Dau beth sydd angen ar gyfer cymanfa lwyddiannus: tonau ysbrydoledig i'w canu ac arweinydd ysbrydoledig i godi'r canu. Ar gefn addysg anffurfiol bro ei febyd, yn Llanwrtyd aeddfedodd ei ddawn yn gyfansoddwr anthemau ac emyn donau. Prifio ac aeddfedu hefyd wnaeth ei ddawn yn arweinydd. Ymhen fawr o dro peth anarferol iawn fyddai gweld John Thomas ar ei draed yn sêd fawr Bethesda, le'r oedd yn flaenor, i godi'r canu. 'Ble ma' Mr Thomas heddi?' fydde'r cwestiwn fydde'n disgwyl ei wraig ar y ffordd mas. A hithau wedyn yn dweud (â balchder, mae'n siwr) ei fod yn Noddfa Treorci, neu Seion Caernarfon, neu'r Tabernacl Aberystwyth ac yn y blaen, ac yn y blaen.

Heb os, fel y tystiai'r dorf anferth a ddilynodd ei gorff o Fethesda gydag afon Irfon i fynwent y plwyf, y dydd Mercher hwnnw ym 1921, roedd 'John Thomas, Llanwrtyd' (fel roedd pawb yn ei 'nabod) gyda'r cyfansoddwr ac arweinydd enwocaf y wlad. Os nad yr enwocaf oll.

Ond heddi, gan mlynedd yn ddiweddarach?...



POST OFFICE, LLANWRTYD, TUA 1900.

John Thomas

This month's Welsh article is about John Thomas, known as John Thomas of Llanwrtyd, born 1839 in Cardiganshire. He became an apprentice to a shopkeeper in Newcastle Emlyn, but due to ill health returned to his father's shop at Blaenannerch where he stayed until 1871.

When he was young he began to write music and poetry and won the Caernarvon Eisteddfod in 1862 and the Swansea Eisteddfod in 1863. In 1871 he met and married Ann Williams whose family kept the old Post Office in Llanwrtyd. He served as music adjudicator and as conductor of hymnody festivals in many parts of Wales. In 1920 he was awarded the degree of M.A. by the University of Wales for his services to the Welsh nation. He died in 1921 and is buried in Llanwrtyd parish churchyard.

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