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



**NEWSLETTER**

**Rhifyn/Edition 33    Tachwedd/November 2021**

Helô bawb/hello everyone

Wow, so here we are in the penultimate month of 2021. November being the last month of Autumn means we will soon be getting those cold frosty nights. I hope you all remembered the clocks changing on the last weekend of October? The change of clocks means we are seeing the nights draw in earlier, I personally don't like the dark nights, but it is a great excuse to snuggle up under a blanket with a nice warm drink!

In November Americans celebrate Thanksgiving. After the really difficult two years many people have faced, I think it is definitely apt to find things to be thankful for. I am thankful for my family and friends who have been there to support and encourage me, I am thankful for my crazy dogs who can always put a smile on my face! And I am extremely thankful for all our wonderful staff and volunteers! The staff and volunteers have worked tirelessly though this pandemic, and many have gone over and above what has been expected from them. I know this is said by so many, but I really can't find a phrase that would say it better! We couldn't have done this without you!!! Thank you for helping LWCT help those most in need during the most difficult period we as an organisation has faced!

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

Cofion cynnes/kindest regards. Laura x

### **The Month of November**

November gets its name from the Latin word "Novem" meaning nine or ninth. It used to be the ninth month in the Roman calendar, but January and February were added at the beginning of the year via the Gregorian calendar, pushing November back to become the eleventh month.

November is a busy month for celebrations, All Saints Day, Guy Fawkes Night, Diwali, Remembrance Day, Thanksgiving in America to name just a few.

**Diwali** - The word Diwali means 'rows of lighted lamps'. Diwali (also known as Deepavali or Divali) is known as the 'festival of lights' because houses, shops and public places are decorated with small oil lamps called 'diyas'. The festival symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance" Diwali always falls some time between October and November, but the exact date varies each year as the Hindu calendar is based on the Moon. In 2021, Diwali is on Thursday 4 November. Diwali is celebrated by Hindus, Jains, Sikhs, and some Buddhists.

For many people, this five day festival honours Lakshmi, the goddess of wealth. Lamps are lit and windows and doors are left open to help Lakshmi find her way into people's homes.



Other ways to celebrate the festival include:

Spring-cleaning the home

Wearing new clothes

Exchanging gifts (often sweets and dried fruits) and preparing festive meals

Decorating buildings with fancy lights

Huge fireworks displays

### **Recycling**

We are really excited to learn that we have won the tender for the recycling at this years Royal Welsh Winter Fair to be held on the 29<sup>th</sup> and 30<sup>th</sup> November! This is a huge boost for us as an organisation and will bring in much needed revenue. The recycling helps us to keep costs for transport as low as possible enabling us to support more people with their transport needs.

**Y Golfn 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

## Volunteer Opportunities



### Volunteer Drivers Needed Locally and in Llandrindod Wells

Over recent years, Llandrindod Wells has been without a community car scheme, and LWCT have stepped in to help 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 need 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. Like 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](mailto:office@lwct.org.uk) or speak to Laura directly on her mobile 07767 771489

You would need a full 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. 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 and Boosters

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 or for their follow up booster.



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 immensely proud to have been able to help in the highly 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](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.

### Christmas shopping trip

We are going to be doing a Christmas shopping trip for a limited number of members. We will be putting on a bus to the Old Railway Line Garden Centre at Three Cocks on Friday 19th December. For those that haven't visited here before, you won't be disappointed! As well as being a fantastic garden centre, there is a wonderful Christmas display, a farm shop stocked with some delicious produce, a gift section, a pet section and the tea rooms which do some very yummy cakes! If you would be interested in joining us for this trip, the cost will be £10 per person, please get in touch with Laura on 01982 552727 or 07767771489 or email [office@lwct.org.uk](mailto:office@lwct.org.uk) to book a seat. Spaces will be limited, so book early to avoid disappointment.

## Myself

I have to live with myself and so, I want to be fit for myself you know.

I want to be able as days go by always to look myself straight in the eye.

I don't want to stand with the setting sun and hate myself for the things I've done.

I don't want to keep on a closet shelf, a lot of secrets about myself.

And fool myself as I come and go into thinking that on-one else will know

The kind of man I really am, I don't want to dress up myself as sham.

I want to go out with my head erect; I want to earn all men's respect.

But here in the struggle for fame and self, I want to be able to like myself.

I don't want to look at myself and know that I'm bluster and bluff and an empty show.

I never can hide myself from me, I see what others may never see.

I know what others might never know, I never can fool myself, and so

Whatever happens want to be self-respecting and consequence free.

Sent in by Sheila Lannon, taken from her mother's book of 1921. Thank you, Sheila, for sharing this with us.

If you have any content, you think may be suitable for the newsletter, please get in touch, we love to have contributions from the community! Feel free to send in poems, stories, interesting facts, anything at all! Email: [office@lwct.org.uk](mailto:office@lwct.org.uk)

## The Llandovery Bank

On 30th October 1799, The Llandovery Bank was established in Llandovery in the premises known as the King's Head on Stone Street, where it was locally known as the 'Black Ox Bank' ('Banc yr Eidon') because the banknotes were embellished with an engraving on the left hand side of a Welsh black ox.

Historically, the Welsh hill farmers derived their main income from the breeding of black cattle, before taking them into Eastern England to be fattened up before sale in London markets. The long journey home meant that the travellers were vulnerable to attacks from highwaymen and armed gangs, so there became a need to establish a way of transferring the proceeds from the sale to a bank near the home farm.

David Jones, a successful local drover who had also married into a rich family, established the Black Ox Bank in Llandovery, as it was a traditional meeting point of the Carmarthenshire drovers, because of its rich meadow land, ideal for resting the cattle.

David Jones's grandsons continued the Llandovery Bank, and also opened branches at Lampeter and Llandeilo, under the title 'David Jones & Co. This company was sold to Lloyds Bank Ltd in 1909, thus ending the last surviving private bank in West Wales.



## Farmers World Recipe for Parsnip, Cauliflower and Ginger Soup

This hearty, warming soup has a hint of chilli, the warming spices of coriander and cumin and a dash of turmeric to give it a beautiful colour. It's great for a warming lunch, a dinner party starter or to batch-cook and freeze to make the most of seasonal produce. It can be enjoyed straight away, chilled and reheated at a later date or frozen.

### Ingredients for 6 servings

- 2 onions
- 3 parsnips
- 1 medium cauliflower
- Thumb-sized piece of ginger
- 2 garlic cloves
- 2 green chillies, deseeded
- 1 tbsp coriander seeds
- ½ tsp cumin seeds
- 1 tbsp rapeseed oil
- 500ml vegetable/chicken stock
- 500ml milk (adjust to reach your preferred consistency)
- ½ tsp turmeric
- Juice of 1 lemon
- Salt and pepper

### Method

1. Chop the onions, parsnips, and cauliflower. They can be chopped roughly as the soup will be blended later. Finely chop/grate the ginger and slice the garlic and the green chillies.
2. In a small pan, dry-roast the coriander and cumin seeds until fragrant. Then crush them in a pestle and mortar.
3. In a large casserole dish, add the oil, heat until hot and add the chopped onions. Sauté for 5-10 minutes until softened but not coloured. Add the parsnips and

cauliflower, cook for a further 5 minutes before adding the garlic, ginger, chillies, stock, and half of the milk. There should be enough liquid to cover the vegetables.

4. Simmer for 20-30 minutes until all of the vegetables are soft. Add the spices and blend with a stick blender if you have one. Add the lemon juice and further milk to reach your preferred consistency.

Season with salt and pepper and taste, adding further seasoning if required.



## Look After your Neighbours

Please remember to look after your neighbours this winter! A simple act of just checking they are okay occasionally can make such an enormous difference.

If you have concerns about your neighbours, or if you are struggling yourself, please get in touch and we may be able to help!

## Keeping well this Winter

### KEEP YOUR HOME WARM

It's important to try to heat your home to a steady and comfortable temperature throughout the day.

If you're struggling with the cost of heating your home, help might be available from your energy supplier through the Warm Home Discount Scheme.

The Welsh Government's Nest scheme may be able to support you to make your home more energy efficient. Call 0808 808 2244.

HELP US HELP YOU



## What is the Poppy Appeal and what is it all about?

Taken from the Royal British Legion website about the poppy appeal.

**The red poppy is a symbol of both Remembrance and hope for a peaceful future.**

Poppies are worn as a show of support for the Armed Forces community. The poppy is a well-known and well-established symbol, one that carries a wealth of history and meaning with it. Wearing a poppy is still a very personal choice, reflecting individual experiences and personal memories. It is never compulsory but is greatly appreciated by those who it is intended to support.

**But what is the inspiration and history behind the poppy becoming a symbol of Remembrance?**

### The Western Front

During WW1, much of the fighting took place in Western Europe. The countryside was blasted, bombed and fought over repeatedly. Previously beautiful landscapes turned to mud; bleak and barren scenes where little or nothing could grow.

### Fields of Poppies

There was a notable and striking exception to the bleakness - the bright red Flanders poppies. These resilient flowers flourished in the middle of so much chaos and destruction, growing in the thousands upon thousands.

### In the Spring of 1915

Shortly after losing a friend in Ypres, a Canadian doctor, Lieutenant Colonel John McMræe was moved by the sight of these poppies and that inspiration led him to write the now famous poem 'In Flanders Fields'

### The spread of the poppy as a symbol

The poem then inspired an American academic named Moina Michael to adopt the poppy in memory of those who had fallen in the war. She campaigned to get it adopted as an official symbol of Remembrance across the United States and worked with others who were trying to do the same in Canada, Australia, and the UK.

Also involved with those efforts was a French woman, Anna Guérin who was in the UK in 1921 where she planned to sell the poppies in London.

There she met Earl Haig, our founder, who was persuaded to adopt the poppy as our emblem in the UK. The Royal British Legion, which had been formed in 1921, ordered nine million poppies and sold them on 11 November that year.

### Sold out!

The poppies sold out almost immediately. That first "Poppy Appeal" raised over £106,000 to help veterans with housing and jobs; a considerable sum at the time. Today's Poppy Appeal? 40,000 volunteers distribute 40 million poppies.

### Poppy popularity grows

In view of how quickly the poppies had sold and wanting to ensure plenty of poppies for the next appeal, Major George Howson set up the Poppy Factory to employ disabled ex-servicemen. Today, the factory and our warehouse in Aylesford produces millions of poppies each year.

The demand for poppies in England continued unabated and was so high, in fact, that few poppies actually managed to reach Scotland. To address this and meet growing demand, Earl Haig's wife Dorothy established the 'Lady Haig Poppy Factory' in Edinburgh in 1926 to produce poppies exclusively for Scotland. Today, over five million Scottish poppies (which have four petals and no leaf unlike poppies in the rest of the UK) are still made by hand by disabled ex-Servicemen at Lady Haig's Poppy Factory each year and distributed by our sister charity PoppyScotland

### An enduring symbol

Remembrance in the UK today is very different than it was 100 years ago. People take part whatever their political or religious beliefs. The poppy remains a humble, poignant symbol of Remembrance and hope.



**A Poem For Remembrance Day  
“The inquisitive mind of a child”**

Why are they selling poppies, Mummy?  
Selling poppies in town today.  
The poppies, child, are flowers of love,  
For the men who marched away.

But why have they chosen a poppy, Mummy?  
Why not a beautiful rose?  
Because my child, men fought and died  
In the fields where the poppies grow.

But why are the poppies so red, Mummy?  
Why are the poppies so red?  
Red is the colour of blood, my child,  
The blood that the soldiers shed.

The heart of the poppy of is black, Mummy.  
Why does it have to be black?  
Black, my child, is the symbol of grief.  
For the men that never came back.

But why, Mummy, are you crying so?  
Your tears are giving you pain.  
My tears are my fears for you my child.  
For the world is forgetting again.

(Author unknown)

## Llanwrtyd Wells war memorial

This war memorial takes the form of a memorial institute which, unusually, was created by converting an existing house. Plaques just inside the entrance commemorate local men who died in the First and Second World Wars.

Among those who died in the Second World War were the Morris brothers, one of whom was an Army chaplain. The other passed away at a Japanese camp in Indonesia where most of the prisoners of war died from various causes including starvation, violence, forced labour and medical experimentation.

At the institute's opening ceremony in November 1928, the Rev Rees Evans gave a speech. He had been the local Methodist minister since 1874 and had donated £1,000 for the institute's creation, supplementing other fundraising.

Memorial halls and institutes were created in many Welsh communities after the First World War to commemorate the fallen in a way which would also provide a useful facility for local people. Normally the halls were purpose-built structures. Here a prominent building in Irfon Terrace was adapted. You can see how the frontage was altered by comparing the building with its twin next door.

Inside the building there's also a memorial to past pupils of Bromsgrove School who died in the Second World War. The school was evacuated from the West Midlands to Llanwrtyd to escape the threat of aerial bombing. Many of the pupils who finished their schooling in Llanwrtyd went on to serve in the armed forces, and 16 of them lost their lives.

The institute has had many uses over the years. Today its occupants include the town council and a small business.



## MORWYN YR HENDRE

### (Stori Nos Galan Gaeaf)

Roedd cyffro mawr wedi bod ar gered hyd ffermydd yr ardal drwy gydol y dydd yn enwedig ymysg y gweision a'r morwynion ifainc. Heno oedd y noson fawr y bydde ffermydd y fro yn dyfod ynghyd yng nghegin fawr yr Hendre i gyd-wledda a mwynhau'r noson lawen fydde'n dilyn. Heno oedd Nos Galan Gaea'.

Wrth i fishtir yr Hendre ddiolch i'r gwagedd am baratoi'r arlwy bendigedig a galw ar y plant i gynnig eitemau cyntaf y Noson Lawen, roedd Sian – un o'r morwynion ifancaf – i'w gweld yn gwthio'i ffordd o un i'r llall o'r bobl ifainc, yn sibrwd rhywbeth yn eu clust. Yr hyn oedd yn dân ar ei chroen oedd, wel... ei hoedran. Oedran canfod cariad. Neu'n well fyth: gŵr.

Pan ddechreuodd wasanaethu yn yr Hendre roedd hi'n cofio rhai o'r morwynion hŷn yn siarad am hen arfer a oedd (medde nhw) yn ffordd sicr o w'bod a fydded chi'n dod o hyd i gymar yn ystod y flwyddyn oedd i ddod. Y cyfan oedd angen ei wneud oedd cerdded o gwmpas eglwys y plwyf fel oedd hi'n agosáu at ganol nos, Nos Galan Gaeaf. Wedyn, wedi'r seithfed tro, wrth i'r awr dyngedfennol daro roeddech i fentro edrych drwy dwll y clo tuag at y gangell dywyll o fewn. Os o'ch chi'n lwcus iawn, yr eiliad honno mi fydde'ch darpar gariad neu ŵr yn ymddangos o flaen yr allor ac yn troi i'ch hwynebu. Ond roedd yna un posibilrwydd arall hefyd. Sef eich bod, o roi'ch llygad i dwll y clo, yn gweld arch yn eistedd yno, ar ganol y gangell. A doedd dim angen i neb ddweud wrth y forwyn ifanc pa mor dywyll oedd arwyddocad hynny.

Er gwaetha'r posibilrwydd enbyd hwnnw, doedd dim ffrwyno ar awydd Sian i gael ateb i'r cwestiwn oedd yn corddi yn ei bola. Ond gwell oedd gan ei ffrindiau hwyl y Noson Lawen. Os oedd hi i fynd tua'r eglwys, fydde dim amdani ond mynd ar ei phen ei hunan bach.

Wedi cyrraedd, dyma hi'n cadw at yr arfer: cerdded o gwmpas yr eglwys saith o weithiau. Ac ar y seithfed tro, wrth iddi agosáu at hanner nos, dyma hi'n penlinio'n

nerfus ar riniog y drws cyn codi ei llygad at dwll y clo. Codi. Ac edrych. A sgrechen. Sgrechen a rhedeg nerth ei thraed a mewn drwy drws cefn yr Hendre cyn cwmpo'n swp o dagrau ar y llawr.

Wrth i'r feistres weld cyflwr y ferch dyma hi'n mynd ati i'w chysuro. Tawelodd ddigon i'r feistres ddod i w'bod gan Sian ble oedd hi wedi bod a beth oedd hi wedi bod yn gwneud ac yna, dyma hi'n gofyn y cwestiwn holl bwysig. Beth welest ti, Sian? Pwy? A dyma'r forwyn yn sibrwd enw'r person a welodd yn sefyll o flaen yr allor cyn troi i'w hwynebu.

Wedi clywed yr ateb, tro'r feistres oedd hi nawr i ddechrau crynu, crynu a thro'i'n wyn fel y galchen. Y cyfan 'wedodd hi â'i llais yn dal i grynu oedd: *Bydd yn garedig wrth 'y mhlant.*

Yn fuan wedi'r Nadolig roedd eglwys y plwyf yn or-lawen. O flaen yr allor safai arch. Ynddi y gorwedda'r feistres, a fu farw'n sydyn o'r dicâi.

Chwe mis yn ddiweddarach roedd yr eglwys fach yn orlawn unwaith eto. Roedd cymdogaeth gyfan wedi dod ynghyd i weld y briodasferch yn cyrraedd. I weld Sian, morwyn yr Hendre, yn sefyll wrth ddrws yr eglwys. Ac wrth i'r organ seinio a hithau gamu'n urddasol i'r gangell dyma hi'n edrych tua'r allor ac yn gweld ei darpar ŵr yn sefyll yno. Yn troi i syllu. Arni hi, Sian. Meistres newydd ffarm yr Hendre.

A ghost story based on the tradition of discovering the identity of your future husband during the old Celtic celebration of Samhain (Nos Galan Gaea) – the origin of the festival known today as Halloween.

