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**Cludiant Cymunedol**  
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**Community Transport**

**NEWSLETTER**



**Rhifyn/Edition 36 Chwefror/February 2022**

Helô bawb/hello everyone

Welcome to our second newsletter of 2022! I hope you have all had a good start to the new year. With restrictions easing again, and a return to level zero Covid-19 restrictions, we hope that some sort of normality can once again resume. We would love to put on some day trips once again this year, so if you have any suggestions, then please get in touch.

The weather towards the end of January has certainly been rather nippy at times, but I don't think we have seen the last of the cold weather! I saw a saying on the internet "If the weather is frosty and fine at the end of January and beginning of February, there is more winter ahead than behind" It led me to look at some other weather related sayings and February seemed to bear the worst of them! "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" and "If February gives much snow, a fine summer it doth fore-show" Living in a rural community, I wonder how many of these came from farmers in years past, and are they still relevant today? Only time will tell, but it was really interesting looking at some of the sayings!

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

## Chinese Year of The Tiger

This year the Chinese New Year falls on 1<sup>st</sup> February 2022 is the year of the Tiger.

### The Tiger Personality

Tiger people are difficult to resist, for they are magnetic characters, and their natural air of authority confers a certain prestige on them. They are tempestuous yet calm, warm-hearted yet fearsome, courageous in the face of danger yet yielding, soft and mysterious.

They enjoy a life full of challenges and unexpected events, like visiting unusual places and meeting interesting or outstanding people. Other people in their area are easily attracted by the tiger's enthusiasm and way of life.



Tigers find pleasure in the unpredictable, and while other people would rather make a backward step, they are not afraid to explore the new and unusual. But it is not that simple to interest the Tiger. What they really need is first-hand experience.

Usually open and frank, these people are likely to withdraw and can be aggressive when trapped. As soon as the Tiger has regained their sense of security their confidence also returns, enabling them to set out once more.

### Tiger Strengths

These people usually tend to trust their instincts, though there is another side of their personality, which assesses situations thoughtfully before they launch any actions.

Their friends usually secretly admire their determination and optimism, though sometimes may find it complicated to share the Tiger's enthusiasm and can be pushed away and left behind.

### Relationships

Although Tigers can be courageous and generous friends, if they are not able to achieve what they want, they can be inflexible and self-centred. So, if your friend was born in the year of the Tiger, there will be highs and lows in your friendship, but the friendship itself will remain firm.

Tigers get on best with people born in year of the **Dog**, the year of the **Dragon** and year of the **Horse**.

*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?*

## 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.



## Mercy Dogs

Mercy dogs, also known as casualty dogs, were first used by the German Army to help find wounded soldiers on the battlefield and to comfort the dying.



*Library of Congress A Red Cross dog, also called a mercy dog, in Italy.*

For wounded soldiers in No Man's Land during World War I, few things could bring more comfort than the gentle nudge of a wet nose. The arrival of a mercy dog meant help was coming.

These dogs scoured fields following a battle in search of soldiers to help. Most carried medical supplies on their back; some obligingly wore gas masks. When they found a badly wounded man, they picked up a piece of his uniform in their teeth and ran with it back to camp.

Sometimes mercy dogs found someone beyond saving. In that case, these loyal canines stuck by the soldier's side as he died, offering him final moments of companionship and comfort.

These are the mercy dogs of World War I who lived — and died — alongside human soldiers.

### **How Armies Started Using Mercy Dogs**

Humans have been using dogs in wars for thousands of years. Murals in ancient Egypt depict dogs in battle, and accounts written by ancient Greeks mention dogs “protected with coats of mail.”

But a new idea started to emerge in 1890. Then, a German dog lover and painter named Jean Bungartz founded the *Deutschen Verein für Santiätshunde* or German Association for Medical Dogs. He envisioned training dogs who could help find wounded soldiers.

The idea for *santiätshunde* — or medical dogs — leaped to Britain five years later. In 1895, Major Edwin Richardson encountered a man buying English dogs to ship back to Germany.



*Library of Congress British mercy dogs were largely trained by Major Edwin Richardson for service in WWI.*

“I took notice of a ‘foreigner’ buying a sheepdog from a shepherd and learned that the man was a German, sent over by his government to purchase large quantities of collie dogs for the

German Army,” Richardson recounted.

“I was told that these dogs were found to be excellent for the work required and that they had nothing in Germany, which could compare with them.”

Richardson, a dog lover like Bungartz, started to experiment with dogs to see if they could be useful during war. At the nearby Barry Buddon army camp, he fastened them with saddlebags and had them bring spirits to volunteer soldiers. Terriers and collies were good, Richardson decided, but Airedales were the “ideal.”

In 1914, he and his wife opened the British War Dog School — and got to work.

“Shells from batteries at practice were screaming overhead, and army motor lorries passed to and fro,” said one journalist who visited the school “The dogs are trained to the constant sound of the guns and very soon learn to take no heed of them.”



*Library of Congress A “trial” of a Red Cross dog learning to help the wounded. 1908.*

The dogs were trained to do more than that. They also learned to find people — Richardson paid unemployed locals to lie in the woods — pass by dead bodies, wear gas masks, and even ignore German uniforms.

When World War I broke out, dogs from Britain, France, and Germany were sent to the front. There, these mercy dogs would save thousands of lives.

## Mercy Dogs During World War I

And as men poured into the trenches during WWI, so did dogs. During the four bloody years of conflict, the two sides used more than 50,000 dogs.



Library of Congress A soldier retrieving gauze from a British mercy dog.

Some of them were Richard's Airedales. Others were German Shepherds, Doberman Pinschers, Boxers, and other breeds. Called mercy dogs, Red Cross dogs, ambulance dogs, or casualty dogs, their job started as soon as soldiers started

stumbling back from battles.

Then, these specially trained dogs took to the field. They carried medical supplies on their backs which allowed a wounded soldier to treat himself. When they found someone badly wounded, the dogs would pick up a piece of his uniform and race back to camp to alert others.

"To the forlorn and despairing wounded soldier, the coming of the Red Cross dog is that of a messenger of hope," wrote Oliver Hyde in *The Work of the Red Cross Dog on the Battlefield*.

"Here at last is help, here is first aid. [The soldier] knows that medical assistance cannot be far away and will be summoned by every means in the dog's power."

Soon, incredible stories about mercy dogs came pouring from the front.

"It was a pitch-dark night with heavy fog," starts one 1915 account of German *santiätshunde* in the *New York Times*.

"At the command, 'Hunt the wounded!' the dogs dashed ahead into the woods, we following them as rapidly as possible ... it wasn't long before we heard barking... the

dogs came running back to meet us and guided us until we came upon one poor devil who lay on the ground groaning, his eyes fixed on the dog...

"And so, it went all night long, till we had thoroughly searched the battlefield. Fourteen wounded were found in the dark woods by our dogs who could never have been found by our ambulance men and would have been left to their fate. You cannot picture the horror of it."

Indeed, the dogs often alerted other soldiers to men clinging to life — ones that humans might dismiss as beyond saving.

"They sometimes lead us to the bodies we think have no life in them, but when we bring them back to the doctors... they always find a spark," wrote one surgeon "It is purely a matter of their instinct, [which] is far more effective than man's reasoning powers."

Other times, the dogs comforted the dying. They lay next to the fatally wounded man so that he didn't die alone.



Library of Congress A British dog calling for help. 1916.

Some of these mercy dogs even became famous. Sergeant Stubby, a rare American dog, learned to alert soldiers about incoming mustard gas and helped search for the wounded. And a German shepherd puppy bred to be a mercy dog but nearly killed in a bombing grew up to become the American movie star, Rin Tin Tin.

Most mercy dogs, however, toiled anonymously. And large numbers of them died during the war. By the time the conflict came to an end in 1918, some 7,000 mercy dogs had been killed.

## The Enduring Legacy Of Wartime Canines

As the 20th century charged on, humans frequently used dogs during wartime. During World War II, canines returned to the fields of battle as mercy dogs, guards,



messengers, and scouts. The US alone employed some 20,000 dogs in the U.S. Army, Coast Guard, and Marine Corps.



Australian War Memorial Dogs with their handlers in Vietnam.

Dogs served in later conflicts, too. During the Vietnam war, they helped soldiers sniff out Viet Cong tunnels. And during wars in Iraq and Afghanistan, dogs used their keen sense of smell

to identify IEDs.

Since WWII, dogs have also been used to bring comfort to soldiers. The Red Cross started using therapy dogs with soldiers convalescing after battle in the 1940s. Today, they help soldiers battling conditions like PTSD.

In that way, the legacy of WWI's mercy dogs lives on. These brave canines brought desperately needed help to soldiers wounded in No Man's Land. What's more, they brought comfort.

To a wounded man, their presence meant help was coming. To a dying one, their soft fur, gentle breath, and beating heart meant that the man wouldn't have to die alone.

After all, there's a reason why dogs are called man's best friend.

### February Quotes

"Cold and snowy February does seem slow and trying, very. Still, a month made gay by Cupid never could be wholly stupid." — **Louise Bennett Weaver**

"Late February, and the air's so balmy snowdrops and crocuses might be fooled into early blooming. Then, the inevitable blizzard will come, blighting our harbingers of spring, and the numbed yards will go back undercover. In Florida, it's strawberry season shortcake, waffles, berries, and cream will be pencilled on the coffeeshop menus." — **Gail Mazur**



**THE BRACKEN TRUST CANCER SUPPORT CENTRE is a registered charity based in Llandrindod Wells, with hubs in Knighton, Llanwrtyd Wells & Llanidloes**

The Trust supports anyone affected by cancer (including those who have experienced a bereavement) in the Mid-Wales and border areas. It provides information, advice, complementary therapies, counselling, and a range of activities which encourage people to manage their condition and maintain an excellent quality of life (free of charge). It also provides nurse support to anyone waiting test results.

It is currently supporting approximately 350 patients. You can self-refer/ be referred by a friend or family member or alternatively by a Health professional.

Currently, access to services at the Centre and hubs is by appointment only so if you would like to book an appointment to speak to a nurse or receive a complementary therapy/ counselling.

Please telephone: 01597 823646 (between 9a.m. – 5p.m. Monday to Friday).

**The hub in Llanwrtyd Wells is open every 3<sup>rd</sup> Wednesday of the month**

### Leap Year by Annette Wynne

Little month of February,

You are small, but worthy—very!

Will you grow up like the others,

Like your sister months and brothers?

Every four years with a bound

With a leap up from the ground,

Trying to grow tall as they—

All you stretch is one small day!

Even then you're not so tall

But just the shortest month of all.

## PERFECT FLUFFY PANCAKES

### INGREDIENTS

- 1 and 1/2 cups flour
- 1 tbsp sugar
- 1 tbsp baking powder
- 1 teaspoon salt
- 1 and 1/4 cups milk
- 1 egg
- 3 tbsp butter *melted*



### INSTRUCTIONS

1. In a medium bowl, whisk together dry ingredients.
2. Whisk in milk and egg until combined. Then whisk in butter. Batter will be slightly lumpy.
3. Allow batter to rest about 10 minutes. Batter will thicken slightly. Meanwhile, heat griddle to 350 degrees F (180 degrees C)
4. Pour out pancakes, 1/4 cup of batter each, on a hot griddle. Allow to cook until bubbles appear on the top and edges start to look dry, about 2-3 minutes.
5. Flip pancakes and cook another 2-3 minutes until golden brown on both sides. Remove from griddle and serve hot.

### The Man Who Revolutionized Medicine Only To Be Ridiculed For It

Ignaz Semmelweis was a doctor who made a huge medical breakthrough that remains important to this day, although at the time he was shunned and ridiculed for his ideas.

While working in a Vienna maternity clinic in 1847, Dr. Ignaz Semmelweis noticed a disturbing trend: New mothers were dying in droves due to some mysterious ailment known as “childbed fever.”

Semmelweis resolved to figure out what was behind these deaths, and started by looking for disparities between the hospital’s two maternity wards, and discovered that women treated in the doctors’ ward were dying at a rate nearly five times that of those in the midwives’ clinic.

Semmelweis realized that the difference between the doctors and the midwives was that doctors performed autopsies in addition to delivering babies, and often went straight from one procedure to the next.

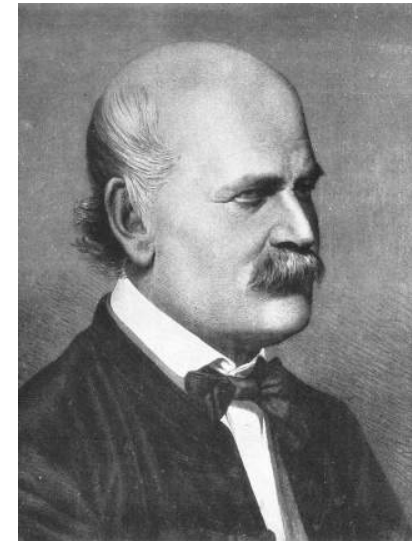
He hypothesized that the doctors were spreading material from dead bodies to maternity ward patients, and concluded that by stopping the route of transmission, he could likely stop the spread of the fever.

Semmelweis then pioneered disinfection measures, mostly using the chemical chlorine. After implementing the simple policies that maternity wards needed to be kept clean, and that doctors needed to wash their hands, the rate of childbed fever dropped dramatically

Despite proving that disinfection reduced mortality to below one percent, Semmelweis’ technique was rejected by most doctors of his time because they felt that it was insulting to require them to wash their hands.

Constant criticism and hounding from the medical community led Semmelweis to have a nervous breakdown that placed him in a mental asylum, where he eventually died in 1865, bringing his tale, one of recent history’s most interesting stories, to an end.

The irony of his death is that many historians believe he died of sepsis, the same thing that killed all those women on the maternity ward.



## Cofio Eira Mawr y Gorffennol

### Ddeugain mlynedd yn ôl, gwelwyd un o'r stormydd eira gwaethaf erioed yng Nghymru.

Ar y 7fed o Ionawr 1982 fe ddisgynnodd yr eira am 36 awr gan gau ysgolion am bythefnos a gadael pentrefi yn gaeth am ddyddiau lawer.



Bu Euros fy ngŵr yn sownd yn un o'r pentrefi cafodd dipyn o sylw ar y pryd, sef Pentregat, ar y ffordd fawr rhwng Aberaeron ac Aberteifi. Bu'n rhan o griw a wnaeth ymdrech arwrol i gael babi bach i ddiogelwch trwy greu

cadwyn ddynol o tua milltir ac yna trosglwyddo'r bwndel bach o law-i-law ac o fraich-i-fraich nes cyrraedd y tŷ agosaf. A diolch i'r drefn, fe gysgodd yr un bach drwy'r cwbl!

Mae eira mawr 1982 yn aros yn y cof fel ag y mae eira 1947 ac 1963 i nifer fawr o bobol. Yn ôl yr hanes, ym mis Ionawr 1947 - yn y cartrefi hynny lle roedd ganddynt gyflenwad trydan - cyfyngwyd ar yr oriau y cânt ei ddefnyddio a chyfyngwyd hefyd ar y darllediadau radio. Erbyn 1982 roedd y radio – a Stodin Sulwyn yn benodol - yn gyfrwng cyfathrebu pwysig iawn i bobol oedd eisiau cymorth ac yn arbennig i ffermwyr oedd yn erbyn am help gyda'r godro am fod eu peiriannau wedi rhewi'n galed!

Ym mis Chwefror cyrhaeddodd eira mawr 1963 ond roedd 'The Big Freeze' fel mae'n cael ei adnabod wedi dechrau drannoeth y Nadolig 1962. Yn ystod y cyfnod hwn, yn ogystal â'r eira, cafodd rhannau helaeth o'r wlad eu taro gan niwl rhewllyd ynghyd â gwyntoedd cryfion a gostyngodd y tymheredd mewn rhannau o gefen

gwlad Cymru i minws 18 gradd. Y 6ed o Fawrth 1963 gwelwyd diwedd ar y rhew a'r eira.

Gaeaf caled 1814 sy'n cael sylw Evan Jones, Llanwrtyd yn ei lyfr **Cymru Evan Jones**. O ddydd Nadolig 1813, yn ôl Evan Jones, parhaodd yr eira a'r tARTH a'r rhew... *"am y rhan fwyaf o fis Ionawr fel ar ddiwedd y mis hwn yr oedd y fath drwch a lluwchfeydd ar y ddaear, na welwyd y fath beth erioed mewn cof yr hen bobl fwyaf oedrannus"*. Ai ymlaen ... *"Collodd llawer ffermwr ddwy o bob tair o'i ddefaid. Trengent wrth eu miloedd"*. Un ohonynt oedd David Pritchard o Ddolgaer, Llangamarch a oedd yn berchen ar filoedd o ddefaid ar Fynydd Epynt ac ar ddiwrnod y nodi y flwyddyn honno... *"nid oedd wedi codi ond pump oen yn unig"*. Roedd hi'n ddiwedd mis Ebrill 1814 cyn *"y torrwyd y cwlwm gan law trwm"*.



Er bod hanesion eira mawr yn llawn straeon am galedi, dioddefaint a cholled, mae'r rhamant o weld y fflwch bach gwyn yn cwmpo, yr hwyl o golli ysgol a gwisgo'n gynnes i fynd allan i chwarae yn yr eira, yn atgofion plentyndod i'w mwynhau mae'n siwr.

Ond wrth i'r gaeafau gynhesu, tybed am ba hyd y bydd plant y dyfodol yn medru profi'r sbri o sledio ac adeiladu dynion eira? Efallai mai straeon anghredadwy Mamgu a Tadcu yn unig bydd eira mawr i'r genhedlaeth nesaf.

*This article takes a look back at some of the major snowfalls of the past and asks what effect global warming will have on children's experiences of sledging and building snowmen in the future.*