Cludiant Cymunedol Llanwrtyd Wells Community Transport

NEWSLETTER



Rhifyn/Edition 40

Mehefin/June 2022

Helô bawb/hello everyone

I hope you enjoyed the Easter break, and here we are the beginning of summer. Of course the special occasion this month is Her Majesty The Queen's Platinum Jubilee, which gives us an extra bank holiday this year and is of course an excellent reason to celebrate and make merry.

As always I hope you find our latest offering interesting, and 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

Special Dates in the Month of June 2022

•	
Platinum Jubilee Bank Holiday	Thursday June 2
Bank Holiday	Friday June 3
Urdd Eisteddfod	May 30 to Sat June 4
Cardiff Castle Jubilee Celebration Concert	Saturday June 4
Whit Sunday	Sunday June 5
Man versus Horse Race, Llanwrtyd Wells	Saturday June 11
Welsh National Rally Championship	Sunday 12 June
Tafwyl, Cardiff's Welsh language arts and culture festival takes place in Cardiff Castle.	Sat 18 & Sun 19 June
Father's Day	Sunday 19 June
Drovers Walks, Llanwrtyd Wells	Saturday June 25

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.

The Month of June

June is the sixth month in the Gregorian calendar and has 30 days. It is a summer month in the northern half of the world, and a winter month in the southern half. It is most likely named after the Roman goddess Juno, goddess of youth, patroness of marriage and the well-being of women. Another interpretation says that the name came from the Latin juvenis, "young people," who were celebrated at this time.

Ah, happy day, refuse to go, Hang in the heavens forever so, Forever in mid-afternoon, Ah, happy day of happy June.

Written by Harriet Elizabeth Prescott Spofford, American writer (1835–1921)

June is one of only two months that has three birthstones associated with it; the opalescent pearl, the milky moonstone and the rare, colour-changing alexandrite. Pearls are associated with purity, honesty, and calmness. The picture is of pearls and shows some of the many shapes and colours natural pearls come in.





Lucky flowers for those born in June are the rose (rosa) and honeysuckle (Lonicera). The rose is a symbol of love as well as loving devotion. Each rose colour has a specific meaning, such as white roses symbolize pure love, and red roses are symbols for passionate love.

Honeysuckle denotes the bonds of love, or

generous and devoted affection. Its sweet fragrance attracts butterflies and hummingbirds, which are associated with good fortune and joy. The blossoms have a drooping and clinging shape that is often compared to lovers embracing.



If June be sunny, harvest comes early.

June damp and warm does the farmer no harm

The Strawberry Moon

You can see the Strawberry Moon on Tuesday, June 14 at 7:52 a.m. Eastern. This month's Full Moon is also called Mead Moon and Honey Moon. June's Full Moon also coincides with a Supermoon.

It is the month of June,
The month of leaves and roses,
When pleasant sights salute the eyes,
And pleasant scents the noses.

Written by N. P. Willis (1807-67)

Much of the Month of June information is from the Almanac.com at this link,

Volunteer Opportunities

There are many benefits for both volunteer and organisation in securing voluntary help. Some of the main advantages are to make new friends and get into company. It is good to have voluntary work on your CV if you're applying for employment, and is essential if you are planning to apply for a place at University. For organisations such as ours, volunteers are essential as we would not be able to provide services to members at a reduced and affordable rate, so come along and join our happy band. To find out more with absolutely no obligation, speak to Laura on 01982 552727.

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 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.

Admin and Social Media

We are also looking for one or two volunteers who are interested in designing and producing leaflets and posters as required, plus assistance with the monthly newsletter. We also want someone who can keep our Facebook and Twitter accounts up to date

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.

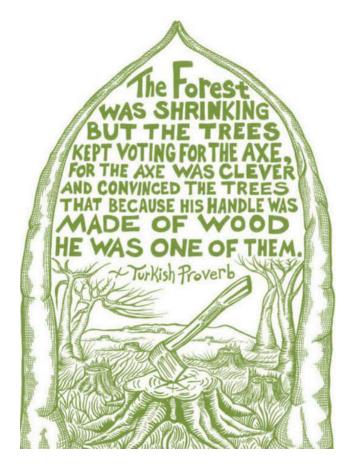


We are incredibly grateful to all the staff and

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. Incidentaly 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.



Ukraine Disaster Appeal

For anyone wishing to contribute to the victims of this disaster there are many links online, and lots of local businesses are donating their profits to the appeal. Garth Village Hall held a Special Prize Bingo on Thursday April 7th. All the proceeds went to the appeal and they were able to send £688 to DEC. Many thanks to all who supported the event and well done to the village hall committee.



Event Recycling

We are getting busy on the event recycling front and have some up and coming events. Wonderwool was at the end of April and was a very successful show. After a two year absence it was great to catch up with some familiar faces and meet new ones. The Antiques fair was also held over the May bank holiday weekend, so back to back events to kick start the event season!

The Smallholding and Countryside Festival was held at the end of May, this is probably one of the busiest shows we do, it covers a huge part of the Royal Welsh Show ground in Builth Wells and takes virtually every single wheelie bin we own to be able to cover the site. We hope to be successful in applying for the Welsh Kennel Club Dog Show in August and the Antiques Fair in September.

We are also providing bins for Presteigne carnival, as well as Man v Horse this month and the Bog Snorkelling in Llanwrtyd later in the year. It's essential for us to apply and be successful for these shows as it raises much needed income, which has been missing due to lockdowns etc.

Silly Spelling

Why is it that some birds and fish, and animals as well Are given such peculiar names so VERY hard to spell? The 'h' that's in rhinoceros, is plainly QUITE absurd: Three 'p's' in hippopotamus, when two's enough for ANY word.

We know that pigeon needs a 'd', while lamb does not require that 'b'. One 'd"in haddock we would write, that 'l' in salmon is not right. Such names as pheasant let us veto, and also oyster and mosquito. Then in hyena there's a 'y', when it should surely be an 'i'.

There's zebra and there's jag-u-ar, you never can tell where you are. Why do they start a gnat with 'g'? it makes it hard for you and me.

Written by Richard Willis

Penblwydd Hapus yn 100 oed Annabelle / Happy 100th Birthday Annabelle

Annabelle Thomas was born on June 28th 1922 at Cefn – a hill farm on the foot hills of Mynydd Epynt between the villages of Llangamarch and Tirabad in what was then known as North Breconshire. When she was five years old, Annabelle started school at Llangamarch which was then called Ysgol Tafarn Pridd and was situated at the junction of the Irfon and Dulais rivers. The daily walk to school in all weathers was 2 miles which followed as direct a route as possible across fields and footpaths and over styles.

On leaving school Annabelle returned to work on the family farm which would have entailed preparing meals; milking; separating cream from



Photograph courtesy of Chris
Prichard

the milk manually; butter making by hand; bread making; baking, washing, drying and ironing clothes, cleaning the house; lighting the kitchen fire every morning; carrying water by hand from a nearby well; scrubbing the flagstone pantry floor and



selling butter and eggs in the nearby market town of Llanwrtyd.

In 1961 she married Isaac Thomas of Maes-yr-On and they farmed at Maes-yr-On and Penlanlwyd until sadly, Isaac died suddenly in 1979.

Annabelle has been a lifelong member at Gosen Chapel Cefngorwydd and was made an elder there in 1965. She is now the oldest member and still attends

services there on a regular basis. Annabelle is a remarkable woman, and is still driving and helping out where she can at Llanwrtyd & District Heritage & Arts Centre.

On behalf of LWCT, members of Annabelle's family and her many friends, we wish Annabelle a Very Happy Birthday and all the very best on her forthcoming special celebration.

Text & photograph of Annabelle & Isaac very kindly supplied by Susan Price

Diary Dates

Brecon TC lighting of beacon, entertainment	Thursday June 2 nd
Llanwrtyd, various activities plus lighting of beacon Llanwrtyd, table tennis, kite flying, quiz night	Thursday June 2 nd Friday June 3 rd
Llangammarch various activities from 3pm	Friday June 3 rd
Grand Afternoon Tea, Llwynmadoc, Beulah	Friday June 3 rd
Fun Royal Family Quiz, Trout Inn	Friday June 3 rd
Llanwrtyd, BBQ and various activities, Royal Welsh Museum, Brecon,	Saturday June 4 th
trail activities, cream teas etc.	Fri & Sat June 3 rd & 4 th
Jubilee tea, Garth Village Hall	Sunday June 5 th
Llanwrtyd, Tractor Run and church service Man versus Horse race	Sunday June 5 th Saturday June 11 th
Bracken Trust Summer Fayre	Saturday June 25 th
Pudding and Pimms, Garth Village Hall	Saturday July 2nd
Llanwrtyd Sheep Dog Trials	Saturday August 6th
Llanwrtyd Show	Saturday August 20th

Living Memorials to Jewish Refugees

The Association of Jewish Refugees (AJR) is marking its 80th Anniversary by planting 80 trees for 80 years, to symbolise the enormous contribution of Jewish refugees to British life. Each of the 80 trees is planted in a location that is significant to Jewish refugees.

Llanwrtyd Wells is honoured to have received two oak trees, and to have been chosen to host these living memorials. It



Lia Lesser and Lady Milena Grenfel-Baines, two of the pupils of the Czech School, Llanwrtyd Wells.



has been chosen because of its hosting of children from the Kinder Transport. Lady Milena Grenfell-Baines was one of the last children to be evacuated by Nicholas Winton on the last Kindertransport train to leave Prague. If you want to learn more about the kinder transport and the hosting of the children during the Second World War go to the Heritage Centre in Llanwrtyd. Holocaust Remembrance Day, Yom HaShoah was on 28/04/2022.

The need to protect our environment for example by planting trees is even greater than it was 80 years ago.

Photographs and information by kind courtesy of Martin Pigott

Lily of the Valley (Latin name Convallaria majalis)

Alternate common names include May bells, Mary's tears, and Our Lady's Tears. According to one Christian legend, the lily of the valley came into being from Eve's tears after she and Adam were driven from the Garden of Eden. Another states that Mary's tears turned to lily of the valley when she cried at the crucifixion of her son Jesus. In pre-modern England, the plant was known as glovewort (as it was a wort used to create a salve for sore hands), or Apollinaris (according to a legend that it was discovered by Apollo.

The French tell a story about a holy man named Saint Leonard who lived in the Vienne Valley near Limoges in 559 AD. Saint Leonard was a brave and fearless fighter who, to better commune with God, went to live alone in the woods. In those same woods lived the dragon Temptation.

The dragon demanded that Saint Leonard leave the woods. Fierce battles took place between them and much blood was spilled. It is said that poisonous weeds grew where the dragon's blood fell; and wherever Saint Leonard's blood touched the ground, lilies of the valley sprang up. However, lily of the valley is poisonous to humans and animals although it attracts bees, moths and butterflies.

One of the ways the French celebrate the May Day holiday (La Fête du Muguet) is by offering a small bouquet of lily of the valley (muguet-dubois) to love ones and to friends, to wish them good luck and love.

This flower symbolises absolute purity, youth, sincerity, and discretion, but most importantly, it



Art: Lily of the Valley Fairy by Rachel Anderson

symbolises happiness. This joyful symbolism means that it's very important to give someone you love a bunch of lilies of the valley on the May 1st.

Lilly of the valley is mentioned in the Bible, Song of Solomon 2:1, the speaker (the beloved) says "I am the rose of Sharon, a rose of the valley".

There is also a legend that explains the affection of the lily of the valley for a nightingale that would not come to the woods until the flower bloomed in May.

In Irish lore, lily of the valley are said to form ladders for faeries to climb to reach the reeds they use to weave their cradles.

The Song of the Lily of the Valley Fairy

Hush your singing; can you hear my white bells ringing,
Ringing as from far away? Who can tell me what they say?
Little snowy bells out-springing from the stem and softly ringing
Tell they of a country where everything is good and fair?
Lovely, lovely things for L, Lilac, Lavender as well;
And, more sweet than rhyming tells, Lily-of-the-Valley's bells.

A poem by Cicely Mary Barker

An Irishman's Philosophy

Why worry? There are only two things to worry about: either you are well or you are sick. If you are well, then there is nothing to worry about: but if you are sick; there are two things for you to worry about: either you get well or you will die. If you get well, then there is nothing to worry about. If you die: then there are two things to worry about: either you go up or down. If you go up, then there is nothing to worry about. But if you go down you will be so busy shaking hands with old friends you won't have time to worry.

Tibetan Buddhist Prayer

May all beings have happiness and the cause of happiness;
May all be free from sorrow and the causes of sorrow;
May all never be separated from the sacred happiness which is sorrow less;

And may all live in equanimity, without too much attachment and too much aversion;

And live believing in the equality of all that lives. *Writer Anonymous*

I Wish I Had a Dragon

I wish I had a dragon with diamond-studded scales, With claws like silver sabres, and fangs like silver nails. A dragon fierce and faithful always ready by my side, A dragon to defend me and take me for a ride.

I wish I had a dragon with eyes of shining gold,
Who breathed a plume of fire whenever it was told.
A dragon so ferocious it might frighten Frankenstein
But not a lazy dragon who sleeps all day like mine.!

By Shel Silverstein



Old Welsh Proverbs, Sayings ad Phrases

Cenedl heb iaith, cenedl heb galon – A nation without a language is a nation without a heart.

Meet me at midnight in the forest of my dreams.

We'll make a fire and count the stars that shimmer above the trees.

Written by Christy Ann Martine

Man versus Horse Race

The Man versus Horse Race for 2022 takes place on Saturday June 11th. The event began in June 1980 following a chat over a few drinks in the bar of the Neuadd Arms Hotel. Gordon Green, who at that time was Landlord of the pub, overheard two men discussing the relative merits of men and horses running over mountainous terrain.

Being an enterprising guy and not wanting to miss an opportunity to promote Llanwrtyd Wells, Gordon decided to put it to the test. The event is the first of 'Green Events' events and is its longest standing event which is now internationally acclaimed.

The course was changed in 1982 to provide a more even match between the man and the horse, resulting year on year in very close finishes, sometimes with the horse winning by only a few seconds. It took 25 years before a runner finally beat all the horses, in 2004 Huw Lobb won in 2hrs and 5mins, beating the fastest horse by 2 minutes. His feat was repeated 3 years later by Florien Holtinger, but the horse has remained unbeaten since. Electronic timing was introduced in 2014 which has improved on the timeliness and accuracy of the results published.

The escalating jackpot for a runner who beats the first horse and rider, which starts at £500 and increases by £500 each year the event takes place until it is won, stands at £3,500 for 2022. The first jackpot received by Huw Lobb in 2004 had reached £25,000!

Pupil Development Grant

Learners currently eligible for free school meals can apply for the grant of £125 per learner, and £200 for those learners entering year 7, Families are only entitled to claim once per child, per school year. Funding for the 2021 to 2022 scheme will close on 30 June 2022. To apply for this grant please contact PCC.

Egg Rolling on Easter Sunday

The Egg Rolling takes place every Easter Sunday. The event is organised by Paul and Cathy Biggs.

About 50 people walked to a hill near the town just above the Irfon





River, with their individually hand-painted eggs. The idea is to roll the hard-boiled eggs down a steep hill and the last surviving egg is the winner.

This year Graham Crompton was the winner, surviving the drop 4 times! After the event everyone goes back to the Paul and Cathy's for food and more fun egg-related games. It is a wonderful event enjoyed by both adults and children.

Information kindly submitted by Martin Pigott

New County Councillor

Hearty Congratulations to Independent Candidate Peter James MBE for being successful in his application to be our New County Councillor for Llanwrtyd and District. Here is Peter (left) at his first official engagement along with Susan Price



(LDHAC Trustee) and Jim Davies (Town Mayor), opening the Llanwrtyd & District Heritage & Arts Centre (LDHAC) Coffee Morning on Saturday May 7th.

Commiserations to Liberal Democrat candidate Councillor Martin Piggott, but well done on a wonderful, gentlemanly campaign by both of these local figures.

LDHAC Coffee Morning



Am fore arbennig ym More Coffi'r Ganolfan. Diolch o galon i bawb wnaeth gefnogi mewn unrhyw ffordd. Roedd yn ddigwyddiad llwyddiannus iawn a braf oedd gweld cynifer o drigolion lleol yn dod at ei gilydd unwaith eto

What a wonderful morning at the Heritage Centre Coffee Morning. Thank you to everyone who supported and contributed in any way. It was lovely to see local residents coming together again after such a long time

Write up and photographs by kind permission of Elin Mabbutt.

Our Welsh Column

We are on the lookout for anyone who would be interested in contributing an article for our Welsh Column. It doesn't have to be every month, but if there is a subject you would like to share with our Welsh readers, please let us know.

Parsley and Leek Soup

Based on a traditional recipe served for miner's suppers in South Wales, the addition of the smoked chicken is a luxurious option. Recipe serves 6.

Ingredients

4 leeks

2 potatoes

1tbsp olive oil

25g butter

1 onion peeled and sliced

800ml vegetable stock

200ml milk

Salt and pepper

80grms parsley

2 smoked chicken breasts thinly sliced (optional)



Method

Rinse and slice the leeks using the light green tops, cut potatoes into 3cm chunks and rinse thoroughly.

Chop parsley stems, reserving the leaves for later

Melt butter and oil in large pan and fry onion, add potatoes, leeks and parsley stems, simmer without colouring for about 5 mins. Add stock and simmer for 10 mins or until potatoes are soft.

Remove from heat; add seasoning, chopped parsley leaves and milk. Reheat without boiling.

Serve smoked chicken (optional) and chopped parsley on top of each portion.

Recipe from Food and Drink Wales

Irish Proverb

May you be in Heaven a full half hour afore the devil knows ye're dead

Free children's Art Workshop for the under 5's, siblings welcome.



Arranged and run by Julia Harris

At The Diamond Jubilee Pavilion,

Dolwen Fields, Llanwrtyd Wells

Tuesday May 31st 11am until 3pm

Children to be accompanied by a responsible adult.

<u>www.thebigskill.com</u> encourages the Arts and Life Skills

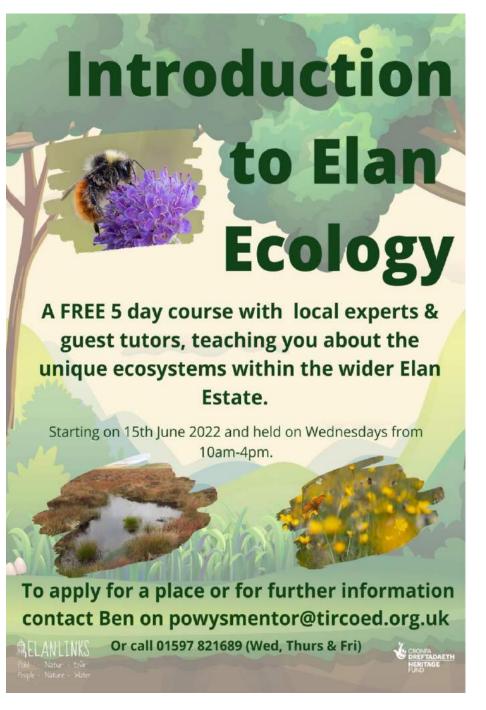
ABCDE Project

Email: <u>Julia@juliaharris.wales</u>

Telephone Julia: 07973 717297







Y Golofn Gymraeg (The Welsh Column)

OLIGARCIAID CYMRU

Un o eiriau'r foment yw oligarc – gair ry ni'n ei gysylltu'n bennaf, heddiw, â Rwsia. Ond mae'n air ddyle fod yn gyfarwydd iawn i gefn gwlad Cymru. Ac i'n cyndeidiau'n arbennig. Oherwydd, hyd at gwta canrif yn ôl, oligarchiaeth oedd y drefn o'n nhw'n brwydro byw ynddi. Trefn Glan-brân, Cynghordy a stadau enfawr cyffelyb.

Yng Ngheredigion, mae stori enwog Cae Sion Philip yn darlunio'r drefn honno i'r dim. Pe byddech yn sefyll, 250 o flynyddoedd yn ôl, ar gwmins tre Llambed (ble mae'r maes parco heddiw) â'ch hwyneb tua'r de mi welech dyddyn Sion Philip yn sefyll rhyngoch a'r afon Teifi. I werin y dre, dyn lwcus oedd Sion Philip – yn berchen ar ei fwthyn ei hunan a'r cae a'i gylchynnai. Ond profodd y lwc hwn yn an-lwc difrifol iddo, druan.



Bob tro y syllai drwy ffenestri plas ysblennydd Ffynnon Bedr bwydai Syr Herbert Lloyd ei falchder. Ei eiddo ef oedd yr holl ffermydd a thyddynod a'u tiroedd hyd derfynnau'i drem. Ag eithrio un. Cae Sion Philip. Dyma drawst i'w ddileu o'i lygad, doed a ddelo. Ond, megis Naboth a'i winllan, roedd Sion Philip yn benderfynol o ddala'n sownd i'w etifeddiaeth. Gwrthododd bob cynnig. Gwrthsafodd bob bygythiad.

Yna, un diwrnod, torrodd stori fawr yn Llambed. Roedd hwrdd gorau'r plas wedi'i ddwyn! Drannoeth roedd y stori'n fwy fyth. Yn dilyn *tip-off*, roedd beiliff y plas a'i griw wedi rhuthro i dyddyn Sion Philip, gwthio'r drws i'r llawr ac wele: yr hwrdd! Arestiwyd Sion a'i gymryd ar ei union i Aberteifi i sefyll o flaen 'ei well'.

Dyna'r stori fel yr oedd y plas am i bobol ei chlywed. Ond cyn i Sion gyrraedd Aberteifi roedd fersiwn arall ohoni ar led ar gyfryngau cymdeithasol y cyfnod. Yn ôl y stori hon seler y plas oedd cuddfan gwreiddiol yr hwrdd. Cariwyd oddi yno i dyddyn Sion Philip gan weision Ffynnon-bedr cyn ei ollwng drwy'r shimne i'w 'ddarganfod' gan y beiliff. Cyflawnwyd y cyfan, yn ôl gwerin llawr gwlad, ar orchymun Syr Herbert Lloyd ei hunan.

Ymatebodd Syr Herbert i'r honiad fel a wna pob oligarc, ddoe a heddiw: drwy weiddi *Fake news!* a defnyddio holl bŵer y drindod oligarchaidd - Cyfoeth, Braint a Grym – i ddiddymu pob gwrthwynebiad.

Do, yn unol ag arfer y dydd, crogwyd y tyddynwr a daeth ei dir yn eiddo i'r plas. Ond er yr anghyfiawnder mae yma obaith i ni, hefyd. Ar lawr gwlad Dyffryn Teifi, hyd y dydd hwn, nid 'Cae Syr Herbert' yw enw'r cae a ddygwyd ond 'Cae Sion Philip'.

The famous story of how Sir Herbert Lloyd, squire of the Peterwell estate, in the Teifi Valley, Ceredigion stole a coveted field from peasant-farmer Sion Philip reminds us that all-powerful and ruthless oligarchs are not confined to Russia or the present day.

This article is dedicated to Euros Lewis, huusband of Eleri Lewis who wrote the article.

Thank You

At this point I would like to say a very big Thank You to Eleri, who has been writing our Welsh column for over a year, and to whom we are most grateful for sharing with us her time and expertise, not just of the language but of the subjects she has chosen to write about.

All good things must come to an end, and we are sad to lose Eleri who will be unable to write regularly for us in the future due to work commitments. Thank you Eleri from the bottom of our hearts, and all the luck in the world for the future.

Company Directors: Pat Dryden

Stephen Hawkes
David Harrison

Lee Shurey Kathryn Brooks

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Compliance Officer: Stephen Hawkes

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