



Cludiant Cymunedol

Llanwrtyd Wells

Community Transport Ltd:

NEWSLETTER



Rhifyn/Edition 42

Awst/August 2022

Helô bawb/hello everyone

As I said in the July issue, this year is our 20th Anniversary, so we have produced a supplement to celebrate the occasion. If you would like to become a member and use our services please contact Laura, whose contact details are on the back of this newsletter. There is no cost to become a member, but lots of advantages, so please think about coming and joining us.

The weather is till much of a mixture, and it's a beggar to know what to wear when you go out. Let's hope for a more settled period soon.

As always we've tried to include something for everyone, so we hope you enjoy having a read. If you're receiving this as a hard copy but would like one sending to you by email, please let me have your details at pat@lwct.org.uk. Likewise if you would like us to publicise your event or you have an article you think others would like to read, please send them to me. If you wish to talk about it first, please call me on 07881 951510. Happy reading and blessings to you all

Cofion cynnes/kindest regards. Pat x

The month of August

August brings the best bounty of the season, ripened tomatoes, ripe melon, sweet corn on the cob, and courgette are in abundance.

*Summer declines and roses have grown rare,
But cottage crofts are gay with hollyhocks,
And in old garden walks you breathe an air
Fragrant of pinks and August-smelling stocks.*

John Todhunter (Irish poet) 1839-1916

August was named after the first Roman emperor and grandnephew of Julius Caesar, Augustus Caesar (63 B.C. – 14 A.D)

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

- **August 1**, traditionally known as Lammas Day, was a festival to mark the annual wheat and corn harvest. Lammas also marked the mid-point between the summer solstice and autumn equinox, and was a cross-quarter day.
- **August 1** is a Civic Holiday in many parts of Canada. Celebrations and names for this holiday vary across the country. For example, in Alberta, it's celebrated as Heritage Day, while in British Columbia, it's known as British Columbia Day!
- **August 10** is St. Lawrence's Day. "Fair weather on St. Lawrence's Day presages a fair autumn."
- **August 11** marks the end of the Dog Days of Summer, which began on July 3.
- **August 17** is when the Cat Nights begin, harking back to a rather obscure Irish legend concerning witches; this bit of folklore also led to the idea that a cat has nine lives.
- **August 19** brings National Aviation Day, chosen for the birthday of Orville Wright who piloted the first recorded flight of a powered heavier-than-air machine in 1903.
- **August 20** World Honeybee Day
- **August 24** is St. Bartholomew Day. "At St. Bartholomew, there comes cold dew."
- **August 25** Kiss-and-Make-Up Day
- **August 26** is Women's Equality Day, which celebrates the 1920 ratification of the Nineteenth Amendment and, with it, women's right to vote in the United States.

August Super moon

August's full Sturgeon Moon, reaches peak illumination on the night of Thursday, August 11. It's also the final Super-moon of 2022.

August is also a wonderful month for star gazing! It's the month of the Perseid meteor shower, which is one of the most prolific showers and reaches its maximum between August 11 and 13. This year, however, the best of the Perseids occurs at the same time as the full Moon, which means that the Moon's brightness will likely wash out many of the "falling stars!"

Luckily, you can still see the Perseids even if they're not at their peak. The shower lasts from about July 23 to August 22, so for the best chance of catching the Perseids, keep an eye out in early August or around the 20th.

The zodiac signs for August is Leo until the 22nd and Virgo thereafter.

August Birth Flowers

August's bright, showy flowers capture the essence of sunny, late summer days!

The gladiolus, or 'sword lily,' signifies strength of character, sincerity, generosity, remembrance, calm, integrity, and infatuation. Gladiolus also indicates that the heart is being "pierced with love."

The other August flower is the poppy: A red poppy signifies pleasure; a white poppy is given for consolation; and, a yellow poppy wishes wealth and success.



August Birthstone



August's birthstone is the Peridot, sometimes called Evening Emerald, which is said to symbolize strength and healing power, protecting its wearer from nightmares and evil, ensuring harmony and happiness. Babies born in August are lucky to be guarded by Peridot's good fortune.

Peridot is the rare gem-quality form of the mineral olivine that appears in various shades of green, sometimes with a brown or yellow tinge. Peridot is formed deep inside the earth's mantle and is brought to the surface by volcanoes. In Hawaii, Peridot symbolizes the tears of Pele, the volcano goddess of fire who controls the flow of lava.

A previous birthstone for this month was Sardonyx, which is characterized by alternating bands of Sard and Onyx, both forms of Chalcedony. Although it can appear in several colours, it is usually reddish and white. It is thought to bring courage, happiness, and eloquence.

Legend says that Queen Elizabeth 1 once gave the Earl of Essex a ring made of Sardonyx, pledging her aid if he was ever in need. Later on, when accused of treason and scheduled for execution, he tried to send the ring to her but an enemy intercepted it. The queen learned of his plea only years later, after he had been beheaded.



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. 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.

Diary Dates

Llanwrtyd Sheep Dog Trials
Samba Workshop, Victoria Hall
Meet the Animals, Rock Park, Llandrindod 10.30am
Summer Cider Cycle
Llanwrtyd Show
Rude Health Bog Triathlon
Rude Health World Bog Snorkelling
Old Forge Mewla Rally, Epynt

August 6th
August 7th
August 8th
August 13th
August 20th
August 27th
August 28th
August 28th

Local Celebrity

My name is Natalie Powell. I am a Judoka and I compete for Wales and Great Britain. I currently live between Wales and the Netherlands. I come from Beulah and started judo at Lrfon Judo Club in Builth Wells when I was 8 years old. As a child I enjoyed a range of sports; netball, athletics and tennis in particular. I was incredibly fortunate to have parents who enjoyed and were in a position to take me around the country to competitions and camps. Being from mid-wales and getting into elite sport is particularly difficult logistically.

I moved to Cardiff at 18 to study Biomedical Science at Cardiff University. At which time I started judo training as much as I could at the Welsh National centre. I won Junior Nationals for the first time in my last junior year. But it wasn't until 3 years later I got selected for my first European Championships (U23).



I've been very fortunate to have had some incredible moments in my career. A couple of my favourites were winning a World Championship medal in 2017 in Budapest and later that year topping the World Ranking list and becoming World Ranked No1.

Qualifying for 2 Olympic Games in the World Top 8 is something I am very proud of, but at the same time, not fulfilling my dream of getting an Olympic medal on either occasion has been the most difficult part of my career to deal with. Giving everything to something and falling short really hurts.



I am currently preparing for the Commonwealth Games on the 3rd August. I recently returned from a week's training in Porec and will be following up with camps in Alicante and Germany to prepare. I won the Commonwealth Games for Wales back in 2014 and will be aiming to retain my title as it's something no-one in judo has previously done. So it's a very exciting time ahead and I'm really looking forward to the challenge.

Sincere thanks to Natalie for all her hard work and for sharing her thoughts with us.

Taff Evans

Taff wasn't the bestest of soldiers, or the smartest that you'd ever see,
But he was always up first each morning, and the first one to breakfast was he.
Whenever you went to the cookhouse he'd wave for he'd keep your place free
And he would be noshing his breakfast with a hot steaming mug full of tea.

Then when we had finished our duties, or came back from a trip to the sea,
Taff would be first in the showers and be singing with gusto and glee.
If ever we were doing some training, like boxing or learning to ski,
Taff Evans was he who was setting the pace or the first to the top of the tree.

So when I shake off this frail body, and make it to heaven finally,
There's one thing of which I am certain, that Taff Evans will be waiting for me.

By kind permission of the author, Clive Sanders from his Military Verse books available on Amazon.

Five Hilarious Jokes for Nerds

- ❖ Two atoms are walking along. One of them says; 'Oh no! I think I lost an electron.' 'Are you sure?' 'Yes, I'm positive.'
- ❖ An infectious disease walks into a bar. The barman says, 'We don't serve your type here'. The disease replies 'Well, you're not a very good host'.
- ❖ There are ten kinds of people in this world. Those who understand binary and those who don't.
- ❖ A photon checks into a hotel. The bellhop asks if they can help with the luggage. The photon replies, 'I don't have any, I'm travelling light'.
- ❖ What does a subatomic duck say? Quark.

Welsh Blessing

In our home let love abide,
And bless all those who step inside



Soar y Mynydd English: (Zour of the Mountain) Calvinistic Methodist chapel

Soar y Mynydd chapel has reopened after the Covid-19 pandemic, and also marks its 200th anniversary this year. It's a bit of a trek on a long and winding mountain road to find what is regarded as the most remote chapel in Wales. The chapel is surrounded by hills dotted with sheep and red kites that hang in the skies above the



whitewashed building, nine miles from the nearest town. Soar y Mynydd was built in 1822 between Tregaron and Llyn Brianne to service the neighbouring farms in the Cambrian Mountains. It was also used by the drovers as they moved sheep from Tregaron

toward the markets of London.

"Some people may think we're in the middle of nowhere but, when you look at it, this place has been in existence for thousands of years as a spiritual centre for the whole of Wales," said Cyril Evans, chairman of Tregaron and District Historical Society.

"If you look at the peaks of some of the mountains and the hills in the area you'll find cairns which denote burial grounds. "You also have standing stones

in the area and, of course, we're just a stone's throw away from the site of Strata Florida Abbey (Latin for Vale of Flowers) which was built in 1201 and is as spiritual as you can get in mid Wales."



Getting to the chapel is a hairy ride along a single track road that weaves and winds through the Welsh hinterland, however once you arrive, it is a peaceful place. There are no distractions, no electricity, no mobile phone signal. There's no heating here either. You are cut off from the outside world.



The chapel is closed over the winter as harsh weather conditions make it difficult to reach, but it's a different story during the summer months, with visitors arriving from all over the world.

The simple building is made of local rubble stone and whitewashed, with a slate roof. Inside, one of the most prominent features is the painted scroll above the pulpit reading Duw cariad yw/God is love.

Chapel secretary Lynwen Hughes has followed in the footsteps of her ancestors who looked after it. "I believe my family have been involved with the chapel for years and years, since the beginning, as my family have always lived in this area," she said. "My great-grandfather was the chapel's deacon for 50 years. In the 1970s, my uncle restarted the chapel with the help of others".

For a chapel celebrating 200 years of existence there's surprisingly little maintenance work to be done, although it's repainted annually. "One of my duties is to arrange preachers for the Sundays, and also keep the place clean and tidy," she said. "The family come up before the start of the services in May. We come up for an afternoon and clean the chapel. We're very, happy to reopen and to get back to some kind of normality," she said.

Information and photographs from BBC News, Wikipedia and Coflein.

Rose Honey



Rose Honey Ingredients

Fresh or dried rose petals enough to fill a small jar
Honey (raw if possible)

Directions

Gather rose petals and fill the jar.
Fill jar with honey completely covering the petals
Stir to remove any air bubbles and add more honey if needed.
Infuse for a few days, then either strain or leave petals in the honey.

Use in tea, oatmeal, or on toast or by the spoonful for heart medicine.

Event Recycling

It has been an extremely busy time for our recycling arm but things are a little quieter for the moment, which gives us chance to get our breaths back phreeew!!

Our next event is the Welsh Kennel Club Dog Show in August and (hopefully) the Antiques Fair in September.

We are also providing bins for some smaller events up and down, and hope to gain the contract for 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.

Travel Statistics

I thought you might be interested in the journeys we have done over this last year, April 2021 until March 2022.

Hospital Visits	
England, Birmingham, Hereford and Gobowan	130
Powys, Brecon and Llandrindod	68
Rest of Wales, Cwmbran, Ebw Vales, Carmarthen, Abergavenny, Cardiff and Newport	25
Total Hospital Visits	223
Other Journeys – Purpose Of:	
Education	1747
Employment	360
Shopping	287
Social	64
Primary Care, GP, Dentist, Optician etc.	267
Total Other Journeys	2,725
Total Miles Travelled	109,269
Single Passenger Journeys	15,579

Generous Donations

We are extremely grateful for a couple of donations we have just been given from Builth Wells Town Council for £2,500 and from Charcroft Electronics Ltd in Llanwrtyd Wells for £1,000. We very much appreciate these donations as it helps us to provide services and offset their cost to our members. Sincere thanks from us all for your generosity.

Trekking Patagonia in November 2022

Sarah Jones, who lives in Abergwesyn and is a Llanwrtyd Town Councillor is travelling out to Patagonia in Argentina on November 18th with the charity Marie Curie.

Patagonia is where the first Welsh settlers arrived over 100 years ago, and while there Sarah will be trekking for 5 days along the Chabut River, Rio de la Horquesta and the Rifleros track to Cwm Hyfryd with the Andes in the distance. She will also visit Trefelyn and the school in Escuela and the Welsh speaking community which being a Welsh speaker, she is particularly looking forward too.

Sarah says that part of the requirement to be able to go on this once in a lifetime trip is that she fundraises for Marie Curie, and over the last 2 year she has organised events and produced a calendar for sale in 2021.

Anyone who would like to support Sarah's fund raising should visit her Just Giving page : <https://www.justgiving.com/fundraising/sarah-jones2021>



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 with joy that long endures
May all life's passing seasons bring the best to you and yours.

Llanwrtyd Wells Festival 2022

It was a good turn out for the Llanwrtyd Wells Festival, the weather was good and there were lots of activities for visitors to take part in.

Here is a photograph of the Festival Prince and Princess, Seeley Reed and Grace Jones. We hope they enjoy their year of office and send out Congratulations.

*Photograph by kind permission of
Louise Hope*



Annabelle Thomas



Photograph courtesy of Chris Prichard

Would like to say a huge Diolch/Thank You to everyone who helped make her 100th birthday so special.

A celebration was held on June 28th in the Alexandra Hall, Llangammarch Wells with friends and family from near and afar, attending to wish Annabelle a very happy birthday.

Local children, organised by Mrs Michelle Davies and accompanied by Mrs Heather Davis, sang 'Penblwydd Hapus/Happy Birthday' as Annabelle cut the birthday cake.

Birthday greetings were given by local County Cllr Peter James; Cllr Kay Coldrick (on behalf of Llangammarch Community Council); and Michelle Davies (on behalf of residents of Cefn Gorwydd). Also present was Cllr Jim Davies, Mayor of Llanwrtyd. Mr John Davies, Llandybie, and Ioan Joshua Mabbutt, Aberystwyth, sang musical items.

A Welsh 'englyn' written by John Rhys Evans was presented by Miss Lowri Price Jones, Nantgaredig and an English poem celebrating Annabelle's life was written and presented by Mr Hywel Davies, Llanwrtyd.

Annabelle thanked everyone who had contributed in any way towards making her special birthday such an enjoyable occasion. A vote of thanks was given by Jodee Fairclough.

The card from HM The Queen was on display and a beautiful celebration cake, given by the Dillon Family, was cut. A compilation video shown of birthday wishes can be seen on YouTube at this link [Annabelle Thomas' 100th Birthday Wishes - YouTube](#)

Donations in excess of £2,000 have already been collected towards the Welsh Air Ambulance service, the final total will be in the next edition of the newsletter.

English Nursery Rhyme

They hang the man and fog the woman that steals the goose from off the common,
But let the greater villain loose that steals the common from the goose.

The poor and wretched don't escape if they conspire the law to break
This must be so but they endure those who conspire to make the law.

The law demands that we atone when we take things we do not own,
But leaves the lords and ladies fine who take the things that are yours and mine.

Circa 1764

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Lee Shurey
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