



Cludiant Cymunedol

Llanwrtyd Wells

Community Transport Ltd:

NEWSLETTER



**Rhifyn/Edition 43 Medi/September
2022**

Helô bawb/hello everyone

I don't know what you think, but I think the year is passing so quickly, here we are with September knocking at the door and I can see we will soon be thinking about Halloween, then Christmas and all that brings.

We have had a mixture of weather though haven't we, although I guess on the whole it's been good and perhaps you've managed to get out into the garden or for walks in this beautiful countryside we are fortunate enough to live in.

Inserted into this main newsletter is a supplement to celebrate our 20th year of helping local people get about. I hope you find it interesting reading about our directors and useful to have their contact details. How would you feel about joining our happy band, either as a member using our services or as a volunteer helping us to provide a service? Either way, if you're interested please contact Laura, whose contact details are on the back of this newsletter.

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 September

The name September comes from the Latin word septem meaning seven because in the old Roman calendar it was the seventh month of the year. The Anglo-Saxons called it Gerst monath meaning Barley month, Haefest monath or Harvest monath because it was the time for harvesting the barley and making their favourite drink Barley Brew.

The Julian calendar followed up to 1753, but it was less accurate than the Gregorian calendar which is used today and is named after Pope Gregory XIII who introduced it in 1582.

The Julian calendar fell out of line with the seasons, so in 1752 Britain decided to abandon the Julian calendar in favour of the Gregorian calendar. By doing so September 3rd became September 14th, and unfortunately many people believed their lives would be shortened and protested in the streets "Give us back our 11 days".

In medieval England the harvest festival began on September 24th. As the crop gathering came to an end, a ceremony called 'Calling the Mare' took place as all farmers wanted to prove they had the best reapers so it became a competition to gather in their crops before their neighbours. This year the Harvest Moon is on September 10th.

When a farmer completed his reaping he would make a rough mare shape out of the last sheaf to be collected and this was thrown over the hedge of neighbouring farmers who had not completed their reaping to the shouts of mare, mare. The recipient farmer would then quickly gather his crops and throw the mare over the hedge of another farmer. The slowest farmer kept the mare on show for a year to display to everyone that he was the slowest farmer.



It was believed that the corn goddess lived in the corn and would die unless some of the corn was saved. Therefore the Corn dolly was made from the last sheaf to be harvested so the goddess could rest until next year. The harvest season used to begin on August 1st and was called Lammas meaning loaf mass. Farmers made bread and gave them to the church; however the custom ended when Henry VIII broke away from the Catholic church, so nowadays the harvest festival is at the end of the season

There are flowers enough in the summertime,
More flowers than I can remember—
But none with the purple, gold, and red
That dye the flowers of September!
Mary Howitt (1799-1888)

September dates and celebrations

September 6 is Rosh Hashanah, a Jewish holiday that marks the beginning of the New Year.

September 11 is Patriot Day, held in honour and remembrance of those who died in the September 11 attacks of 2001.

September 15 is Yom Kippur, the holiest holiday in the Jewish calendar.

September 17 is Constitution Day. This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787

September 21 is recognized as the annual International Day of Peace. Observances range from a moment of silence at noon to events such as peace walks, concerts, and volunteering in the community.

September 23 marks the start of autumn. At this time, there are approximately equal hours of daylight and darkness.

September 29 Michaelmas Day is the fest of Saint Michael the Archangel. He is the patron saint of the sea and maritime lands, of ships, boatmen, horses and horsemen. He is the angel who hurled Lucifer (the devil) down from Heaven.

September birth stones and flowers



Signs of the Zodiac for September are Virgo until the 22nd of the month followed by Libra, the September birthstone is Sapphire or Lapis Lazuli, flowers are Aster, often called Michaelmas Daisy, and Morning



Glory. The flowers signify love, faith, wisdom, affection, humility and spontaneity.

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 make contact, 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.

Congratulations!!

Hearty congratulations to Natalie Powell on winning the Silver Medal at the recent Commonwealth Games at Birmingham along with the Gold at the Zagreb Grand Prix and the Bronze Medal at the Tbilisi Grand Slam.



Hiraeth

You may have heard this word in the Welsh song, 'We'll keep a welcome', Hiraeth is a Welsh word that has no direct English translation. The University of Wales, Lampeter, likens it to a homesickness tinged with grief and sadness over the lost or departed, especially in the context of Wales and Welsh culture.

It means a spiritual longing for home which maybe never was. Nostalgia for ancient places to which we cannot return. It is the echo of the lost place of our soul's past and our grief for them. It is in the wind, and the rocks, and the waves. It is nowhere and everywhere.

Dates for Your Diary

Exhibition of quilts and textiles, Garth Hall	September 3 rd and 4 th
Wedding Dresses through the Ages, Strand Hall, Builth	September 10 th
Community Information Fair, Wyeside, Builth	September 21 st
Mid Wales 4 day walks, Llanwrtyd Wells	September 21 st – 24 th
Eisteddfod, Victoria Hall, Llanwrtyd	September 24 th
Brecon Food Festival 2022	October 1 st
Ron Skilton Memorial Half Marathon, Llanwrtyd Wells	October 16 th

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 pheeew!!

Our next event is the Antiques Fair in September followed by the SWKA Championship Dog Show in October. Our final event of 2022 will hopefully be the Royal Welsh Winter Fair in November.

We have been providing bins for some smaller community events up and down, including the Bog Snorkelling in Llanwrtyd and you may also have seen our bins at Llanwrtyd show again this 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. it is also a good way of raising our profile within the local communities.

23rd Psalm

The following was sent to me by a reader who prefers not to be named, but to whom I offer thanks for sending in this unusual contribution.

In the mid-1960s a Japanese woman named Taki Miyashina wrote a striking version of Psalm 23. We know the original well; it is frequently quoted at funerals: "The Lord is my shepherd, I shall not want..."

Her translation of this familiar Scripture was fitting for a world caught up in busyness. And it suits our world today, too. On 4 May, 1965 the Reverend Eric Frost broadcast this unique translation from London. Let the words speak to you.

23rd Psalm, Japanese Translation

The Lord is my Pace-setter, I shall not rush;
He makes me stop and rest for quiet intervals.
He provides me with images of stillness, which restore my serenity.
He leads me in ways of efficiency through calmness of mind,
and His guidance is peace.
Even though I have a great many things to accomplish each day,
I will not fret, for His presence is here;
His timelessness, His all importance, will keep me in balance.
He prepares refreshment and renewal in midst of my activity,
By anointing my mind with His oils of tranquillity.
My cup of joyous energy overflows, surely harmony and effectiveness
shall be the fruits of my hours,
for I shall walk, in the pace of my Lord and dwell in His house forever.

Toki Miyashina

QiXi Festival

This festival celebrates the love story between Zhinü the Weaver girl, and Niulang the Cowherd and their yearly meeting.

Niulang was an orphan who lived with his brother and sister-in-law; however his sister in law was cruel and often abused him. They eventually kicked him out of the house, and gave him nothing but an old cow. One day, the old cow suddenly spoke to Niulang and said that a fairy would come, and that she is the Heavenly Weaver. It said the fairy will stay here if she fails to go back to heaven before morning.



Niulang saw the beautiful fairy and fell in love with her. They married however the emperor of heaven ('The Jade Emperor') found out about this and was furious, so he sent minions to escort the Heavenly Weaver back to heaven.



Niulang was heartbroken and decided to chase after them. However, the Queen Mother of the West drew a Silver River (The Milky Way) in the sky and blocked his way. Meanwhile, the love between Niulang and the Weaver moved the Magpie, and they built a bridge of Magpies over the Silver River for the couple to meet. The

Emperor of Heaven was also moved by the sight, and allowed this couple to meet on the Magpie Bridge once a year on the seventh day of the seventh lunar month. That was the origin of the Qixi Festival.

The festival was derived from worship of the natural astrology. It is the birthday of the seventh elder sister in the traditional significance. It is called "Qixi Festival" because of the worship of the seventh elder sister held on the seventh night of the seventh lunar month. Gradually, people celebrated for the romantic legend of two lovers, Zhinü and Niulang, who were the Weaver Girl and the Cowherd, respectively.

The tale of *The Cowherd and the Weaver Girl* has been celebrated in the Qixi Festival since the Han Dynasty. The earliest-known reference to this famous myth dates back to over 2,600 years ago, which was told in a poem from the *Classic of Poetry*. The Qixi festival inspired the Tanabata festival in Japan, Chilseok festival in Korea, and Thát Tịch festival in Vietnam.

The festival has also been called the Double Seventh Festival, the Chinese Valentine's Day, the Night of Sevens, or the Magpie Festival.

information from Wikimedia

Outings

We are looking to provide some outings before the winter sets in, is there anywhere special you would like to go? If so, please give Laura a call to register your interest.

We are looking to visit the Hereford Garden Centre in November and the Old Railway Line at Three Cocks Garden Centre just before Christmas. How do you feel about visiting the National Botanical Gardens early in October? Would a visit to the Royal Mint at Llantrisant, or to Farmers Lavender Fields at Maesmynis where you can see the lavender and receive an explanation about distillation of the lavender oil and have some refreshments.

An Irish Toast

There are good ships and wood ships,
Ships that sail the sea, but the best ships
Are friendships and may they always be!



Physicians of Myddfai

Myddfai is a small village of less than 400 inhabitants, and is steeped in legend. It has been suggested that it could be the birthplace of modern medicine. There are many versions of the story of the Lady of the Lake and the Physicians of Myddfai who lived and worked there in the 11th and 12th centuries, and who some believe had magical powers.

The story goes that a young shepherd took his flock each day to the shores of Llyn-y-Fan Fach, the lake below the peak of the Black Mountain in the Brecon Beacons, and one day a beautiful young woman arose from the icy waters of the lake. The young man immediately fell in love with her and asked her to be his wife. She agreed to his request but made him promise never to raise a hand to her, as if he did, on the third occasion she would return to the lake and he would never see her again.



They lived together happily as man and wife in a cottage in Myddfai, where the farm prospered and the lady gave birth to three fine sons. Everything was going well and they were very much in love, however, their happiness was soon to be shattered. It began at the christening of their first born when the lady cried because she knew, through her magical powers, that the child would be harmed by the sun. Her husband misunderstood and lightly tapped her, but he immediately apologised and she forgave him.

Some while later they attended a wedding and the lady again cried because she could foresee that the bridegroom was ill and would soon die. Again her husband tapped her lightly. This was followed by the third occasion when they were at the bridegroom's funeral and the lady laughed because she knew his suffering was over and she was happy for him, so her husband tapped her again. The lady turned on her heels and fled back to the lake taking all her dowry animals with her and leaving her husband and three sons heartbroken and destitute.

The sons had inherited their mother's magical powers, and in one version of the story the lady rose from the lake on two occasions to greet her eldest son Rhiwallon

and give him medicinal prescriptions and instructions, plus information on herbs and plants to be used in cures. She told him that his future and that of his descendants was to be healers. In due course Rhiwallon went to the court of Rhys Gryg of Deheubarth where he became a famous doctor as did his sons Cadwgan, Gruffydd and Einion.

The story of the Lady of the Lake, and some of the remedies created by the Physicians, are recorded in the 14th century Red Book of Hergest, one of the most ancient manuscript volumes in existence which is currently under ownership of Jesus College, Oxford and is kept in the Bodleian Library. The story is also recorded in Mabinogion, a collection of Welsh Folk Tales that dates back to medieval times.

The folklore places their first appearance in the 13th century, when Rhiwallon the Physician and his three sons were doctors to Rhys Gryg, prince of Deheubarth. It was said that they treated Rhys when he was wounded in battle near Carmarthen in 1234, but he died of his wounds shortly afterwards at Llandeilo. The family are supposed to have continued to follow the profession in the direct male line until 1739, when John Jones, the last of the line of physicians, died.



100th Birthday Donations for Wales Air Ambulance

A well-known resident of Cefn Gorwydd, Mrs Annabelle Thomas, recently celebrated her 100th birthday. At a celebratory tea in the Alexandra Hall, Llangamarch Wells, friends and family from near and afar, gathered to wish her a very happy birthday.

Mr Glyn Powell, Sennybridge and Mr Steve Roderick, Llandrindod, presided over a short presentation giving a brief history of Annabelle's life. Local



Photo courtesy of Chris Pritchard

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. Jodee Fairclough gave a vote of thanks.

As a result of generous donations received from family and friends (including several anonymous donations), Annabelle recently presented a cheque for £2,342.12 to Tina Ford, volunteer for Wales Air Ambulance Charity.

Annabelle would like to thank everyone who helped to make her birthday so special and to those who helped raise such a fantastic amount for the Wales Air Ambulance.

Thingy-ma-bobs

Help, I've broken my thingy-ma-bob, it's what's its split in two
I have to make some you know what's, and I don't know what to dol.

I think I'll see old what's his name who lives just over there,
But you know he suffers what's it called so I don't think that I dare.

I've still got my dubery furkin, although it's ot uite up to spec.
I think it's lost its thingy ma jig but at this time, what the heck.
Could you let me have your what's its name? but not the one that's gone.
Then I can make those doofahs up, if I can switch it on.

© Copyright Protected. By kind courtesy of Clive Sanders

Y Golofn Gymraeg (The Welsh Column)

Eisteddfod Llanwrtyd yn 70/Llanwrtyd Eisteddfod 70th Anniversary

Cynhaliwyd Eisteddfod gyntaf Llanwrtyd a wyddys amdani ar ddydd Mercher Awst 12fed 1863 ar ddôl John Pugh. Ar yr adeg honno cynhaliwyd yr Eisteddfod mewn pabell ond weithiau fe'i cynhaliwyd mewn capel e.e. yn 1887 mae'n debyg i'r Eisteddfod cael ei chynnal yng nghapel Gelynos, sef Capel yr Annibynwyr cyntaf yn ardal Llanwrtyd.

Wedi codi Neuadd Fictoria yn Llanwrtyd yn 1887, cynhaliwyd yr Eisteddfod yno a hynny mae'n debyg ar Ddydd Calan bob blwyddyn. Ar yr adeg honno roedd Llanwrtyd yn lle poblogaidd iawn a deuai ymwelwyr i'r lle yn eu cannoedd bob haf i gymryd y dŵr sylffwr o'r ffynhonnau gan gredu ei fod yn llesol iddynt. Fel adloniant, cynhaliwyd yr eisteddfodau yn wythnosol mewn neuadd fach a godwyd wrth ffynhonnau Fictoria ac mae'n debyg fod y lle yn orlawn ymhell cyn yr amser cychwyn.

Tawelodd pethau yn y byd eisteddfodol yn Llanwrtyd yn y 1940au ond yn 1951 adfywiwyd yr Eisteddfod gan berson o'r enw Madam Elizabeth Carlton-Jones yn enedigol o Lanwrtyd. Bu'n byw yn Cadoxton ar yr un adeg ac mae'n debyg iddi arwain Côr Merched Pontarddulais tra oedd hi yno. Roedd yn berson

cerddorol iawn ac arferai roi gwersi hyfforddiant llais a hi sefydlodd ac arweiniodd Côr Merched Llanwrtyd. Unwaith eto gan fod neuadd Fictoria yn rhy fach gorfu i'r eisteddfod gael ei chynnal mewn pabell ac ar un achlysur gan fod y tywydd mor anffafriol, mae'n debyg i'r golau ddiffodd yn y babel a hynny yng nghanol y cystadlu!

Yn 1957 dychwelodd yr eisteddfod i Neuadd Fictoria. Ar un adeg, cynhaliwyd eisteddfod y plant ym mis Gorffennaf ac Eisteddfod yr oedolion ym mis Awst ond yn 1978 aeth y ddwy eisteddfod at ei gilydd ac felly y bu ers hynny.

I ddatlu'r hanner canfed eisteddfod yn Llanwrtyd yn y flwyddyn 2000, gwnaeth Iwan Price, Pant-teg gadair hardd fel rhan o'i waith ymarferol ar gyfer ei arholiad dylunio a thechnoleg safon A a'i chyflwyno fel rhodd i bwyllgor eisteddfod Llanwrtyd. Gan i'r seremoni gadeirio honno fod yn llwyddiant ysgubol, penderfynwyd parhau i gynnwys y gystadleuaeth hon yn flynyddol a gellir dweud ei bod yn denu llawer o gystadleuwyr a chynulleidfa bob blwyddyn.

Roedd Eisteddfod 2003 yn un hanesyddol gan mai dyma'r tro cyntaf i berson can mlwydd oed lywyddu sef Mrs Bet Richards, Hafod Villa, Llanwrtyd. Bu Bet yn ffyddlon iawn i'r eisteddfod am flynyddoedd lawer a roedd hi'n anrhydedd pan dderbyniodd hi'r gwahoddiad i lywyddu. Yn cadw cwmni i Mrs Bet Richards yn ystod y dydd oedd Glyn a Mair Davies, Aberaeron (gynt o Lanwrtyd) ac fe wnaeth Glyn fel ffrind a chyn gadeirydd yr Eisteddfod araith bwrpasol ar ran Mrs Richards.

Eleni wedi seibiant o ddwy flynedd mae Eisteddfod Llanwrtyd yn cael ei chynnal ar ddydd Sadwrn 24ain o Fedi ac yn dathlu ei phenblwydd yn 70 oed. Y testun a ddewiswyd i'r beirdd am y gadair eleni yw 'Y gystadleuaeth' a 'Penblwydd Eisteddfod' yw'r teitl a osodwyd am yr Englyn.

Cofiwch gefnogi a bydd croeso cynnes i chi yma.

This is a brief history of Llanwrtyd Eisteddfod and this year, after a gap of two years, we hope to be celebrating our 70th anniversary on 24th September at the Victoria Hall, Llanwrtyd. Please support if you can. More details are available from Susan Price, Secretary (01591 610303)

Company Directors:

Pat Dryden
Stephen Hawkes
David Harrison
Lee Shurey
Kathryn Brooks

General Manager:

Laura Burns

Compliance Officer:

Stephen Hawkes

Webmaster:

David Harrison

Newsletter Editor:

Pat Dryden

Shopping and Outings:

John McMahon 07956 091242

Contact Details:

Llanwrtyd Wells Community Transport Ltd: and Events Recycling
The Lion Garage, Castle Street,
Builth Wells, LD2 3BN

: 01982 552727

: office@lwct.org.uk

: www.lwct.org.uk

VAT Registration No: GB132 1608 53

Company Registration No: 7924691



Social Enterprise UK
Certified Member

Registered Office: C/o Andrew Jones & Co, The Old Surgery, Spa Road, Llandrindod Wells, LD1 5EY.