



**Cludiant Cymunedol**

**Llanwrtyd Wells**

**Community Transport Ltd:**

# NEWSLETTER



**Rhifyn/Edition 44**

**Hydref/October 2022**

Helô bawb/hello everyone

I hope all is well with you and your family and that the children have enjoyed the summer holidays and are settled back into school.

Here we are on the brink of Halloween, then it will be bonfire night and so on. 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.

Of course news came on September 8<sup>th</sup> when our dear Queen Elizabeth II passed away. How very sad but good to know she is once more with her beloved Prince Philip and that their son is now King Charles III.

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](mailto: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, especially if you're a Welsh speaker and would like to do a brief article for our Welsh Column 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 October**

October comes from the Latin *octo*, meaning "eight," because this was the eighth month of the early Roman calendar. When the Romans converted to a 12-month calendar, the name October stuck despite that fact that it's now the 10th month!

The early Roman calendar is thought to have been introduced by Rome's first king, Romulus (around 753 b.c). This calendar contained these 10 months: Martius, Aprilis, Maius, Iunius, Quintilis, Sextilis, September, October (the eighth month), November, and December. Martius, Maius, Quintilis, and October contained 31 days, while the other months had 30, for a total of 304 days. In winter, the days were not counted for two lunar cycles.

It was around 713BC that the second Roman king, Numa Pompilius, added the months Ianuarius and Februarius. Later reforms reorganized the months as they are arranged today in the Gregorian calendar, whereby October became the 10th month in spite of its name.

*October glows on every cheek,  
October shines in every eye,  
While up the hill and down the dale  
Her crimson banners fly.*

*Written by Elaine Goodale Eastman (1863–1953)*

## Interesting Dates in October

**October 9<sup>th</sup>**     **Leif Eriksson Day.**

**October 10<sup>th</sup>** : **Canadian Thanksgiving.**

**October 10<sup>th</sup>**     **Columbus Day (U.S.)**, a federal holiday, is observed on the second Monday in October. It was on October 12, 1492, that Christopher Columbus landed on a small island in the Bahamas, convinced that he had reached Asia.

**October 10<sup>th</sup>**     **Indigenous Peoples' Day (U.S.)**—a holiday that celebrates the history and cultures of indigenous peoples native to what is today the United States. Indigenous Peoples' Day is celebrated in cities and states across the country, often alongside or in lieu of Columbus Day.

**October 24<sup>th</sup>**     **United Nations Day**

**October 27<sup>th</sup>**     **Frankenstein Friday**

**October 31<sup>st</sup>**     **Halloween (All Hallows' Eve)!**

October's full Moon, known as the **Hunter's Moon**, arrives on Wednesday, October 9<sup>th</sup>. Like September's Harvest Moon, the Hunter's Moon is closely tied to the autumnal equinox. Also keep an eye out for the **Draconid meteor shower** in the late



evening of October 9<sup>th</sup>, and the **Orionid meteor shower** in the predawn hours of October 21<sup>st</sup>/22<sup>nd</sup>.

Do you know why leaves change colours in the autumn? The vivid colours are hidden beneath summer's green. The main reason for the colour change is not the chilly weather, but the lack of light. The green colour of leaves disappears when photosynthesis (from sunlight) slows down and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.

## Birth Flowers and Stones

Zodiac signs for October are Air sign Libra until the 22<sup>nd</sup> and Water sign Scorpio thereafter. Balance, harmony and justice are of great importance to the Libran, and they are obsessed with symmetry and strive to create equilibrium in all areas of life, especially when it comes to matters of the heart.

Elusive and mysterious, Scorpio is one of the most misunderstood signs of the zodiac. Scorpions use emotional energy as fuel, cultivating powerful wisdom through both the physical and unseen realms. In fact, Scorpio derives its extraordinary courage from its psychic abilities, which is what makes this sign one of the most complicated,

dynamic  
signs  
of  
the zodiac



October has two birth flowers, Marigold or Calendula.

Marigold is edible, can be used in salads and for medicinal purposes. Cosmos, associated with joy of life, love and peace is

the second flower for October.

Birthstones are Aquamarine, Coral and Topaz



Information from [almanac.com](http://almanac.com)

## 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](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.

### **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.

### **Local Dates for Your Diary**

Broad oak Folk Group at Llanwrtyd Heritage Centre

October 1<sup>st</sup>

Brecon Food Festival 2022	October 1 <sup>st</sup>
Ron Skilton Memorial Half Marathon, Llanwrtyd Wells	October 16 <sup>th</sup>
Artisan Food Fair, Llanwrtyd	November 19 <sup>th</sup>

## **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.

Our next event is hopefully going to be 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 Llanwrtyd show again this year. Beulah Show also had a couple of sets of bins for their show for the first time 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.

## **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.

Our first outing will be for a trip around the Elan Valley dams with a stop off at Penbont House tea rooms. This must be pre-booked as we will need to inform Penbont House how many people we will be bringing along. The cost for the trip will be £10 per person (plus refreshments) and will be on Wednesday 12th October

## **Generous Donation**

We have received a generous donation of £500 from Llandrindod Wells Town Council which is gratefully received and will help towards providing volunteer driver trips for people of their locality, sincere thanks.

## **Rice and Tuna Salad**

This recipe can be used as a starter or main course, so you need to decide on amounts of rice used. I always use brown rice as it has a lovely nutty flavour. You can leave out anything you don't like and add anything you do .... just be creative, and don't worry about the oil, this dish is truly delicious.

Cook an amount of brown rice (I use 100 grams which would most likely serve 3 - 4 for lunch with salad) in boiling salted water, strain and rinse under the cold tap pressing all the water out and refrigerate.

Finely chop an onion, some bell peppers of various colour, sweetcorn drained canned or thawed frozen and thawed frozen peas or fresh raw if it's the right season. You can add finely chopped celery and mushrooms if you like. Cut off end of stalk and rinse. Pour boiling water over them and leave a few mins. Drain well and chop them into small pieces. You can use raw mushrooms if you prefer.

Put the rice into a serving bowl, and add tuna (I use 2 tins for 100 grams of rice) that is tinned in sunflower oil. You need to add some if not all of the oil, and this soaks into the rice which is lovely.

Add all the other ingredients, plus salt and a liberal amount of coarsely ground black pepper. You can add fresh chopped herbs, parsley is always good, but so are fennel, dill and lovage if you can get them. You can also add some crushed garlic. Mix all together and chill. Serve as a starter with a salad garnish, or as a main course with salad, new potatoes and garlic bread.

## **Drovers Rest, Llanwrtyd Wells**

I was recently told that the building which is now the Drovers Rest had previously been a church. I have been unable to substantiate this; however I have the following information sent to me by our current Town Mayor, Councillor Jim Davies.



He said my earliest recollections are back in the 1950s when it was a grocery store which specialised in home grown fruit and vegetables. In the cellar below the shop was a store for all the fresh vegetables as it was quite cool down there.

The owner Mr Edgar Williams also had a small market garden at the top of Zion St and would grow a lot of the produce there. As a boy he would pay me to go and do the watering there during the summer holidays. As well as a bit of pocket money I was allowed to take some fresh vegetables home. The shop wasn't called Drovers Rest until later, after Mr Williams's day when it became tea rooms and later the restaurant as we know it now.

## **Allen Owen**

Allan Owen, born in Caernarfon joined the Army at sixteen years.

He signed on as Junior Soldier in the shop for Army Careers.

Soon completed his training, conquered hardships, worries and fears,

Then he joined the First Battalion of the Royal Welsh Fusiliers.

First he journeyed to America, saw some buffalo and large steers,

Then he served two tours in Ulster, with months of heckling, days of cheers.

He patrolled the lines of conflict between the warring religious spheres,

But was proud to wear the hackle of the Royal Welsh Fusiliers.

Now he lives back in Caernarfon with shelves piled high with souvenirs.

Looking forward to the next reunion where he'll meet up with his old peers.

There they'll tell courageous stories and raise glasses to toast with beers,

The hallowed memories of lost soldiers who served with the Royal Welsh  
Fusiliers.

## **By kind permission of the author Clive Sanders**

If you enjoy reading Clive's poems, he has written two volumes of 'Military Verse', poems based on his experience as a soldier. You can view or purchase from Amazon.

## Death of Her Majesty Queen Elizabeth II



On behalf of LWCT we express our deep sorrow at the death of Her Majesty Our Queen Elizabeth II on September 8<sup>th</sup>, and send our thoughts and deepest condolences to her family at this time of great sadness.

Her full name was Elizabeth Alexandra Mary, officially Elizabeth II of the United Kingdom of Great Britain and Northern Ireland and of her other realms and territories.

Having recently celebrated her Platinum Jubilee, and being the first British Monarch to do so, she is now with her beloved Prince Philip, Duke of Edinburgh who died on April 9<sup>th</sup> 2021.

### **King Charles III**

Charles, the former Prince of Wales is now King Charles III. He was born Charles Philip Arthur George on 14/11/1948 as was the longest Heir Apparent in British history having been given the role at just 3 years old.

When he was 9 years old he became Prince of Wales and Earl of Chester. He attended Hill House School in West London and then became a boarder at Cheam School in Berkshire.

In April 1962 The Prince began his first term at Gordonstoun, a school near Elgin in Eastern Scotland which The Duke of Edinburgh had attended. Then two terms in 1966 as an exchange student at Timbertop, a remote outpost of the Geelong Church of England Grammar School in Melbourne, Australia.

The Prince went to Cambridge University in 1967 to read archaeology and anthropology at Trinity College. He changed to history for the second part of his degree, and in 1970 was awarded a 2:2 degree.



During his time as Prince of Wales he had a strong affinity with the country and was patron of a number of Welsh Charities and organisations such as The Royal Welsh College of Music and Drama, Ty Hafan and the children's hospice in Wales.

For over fifty years, The Prince of Wales used his unique position to champion action for a sustainable future. In the context of global challenges that include the climate crisis, deforestation, and ocean pollution, The Prince promoted sustainability to ensure that the natural assets upon which we all depend, among other things soil, water, forests, a stable climate and fish stocks endure for future generations.



As the Prince of Wales he launched a number of sustainability initiatives aimed at delivering practical outcomes. He launched the Sustainable Markets Initiative as well as addressing environmental challenges to promote a more sustainable approach to planning and designing homes and communities in ways that enhance and add to the social, natural and built environment.

**Prince William who is now the new Prince of Wales.**

**Long live The King!!**

## Irish Blessing

Wishing you a rainbow for sunlight after showers,  
Miles and miles of Irish smiles for golden happy hours,  
Shamrocks at your doorway for luck and laughter too,  
And a host of friends that never ends each day your whole life through!



## Lily of the Valley

Lily of the Valley (*Convallaria majalis*) is a woodland flowering plant with sweetly scented, pendent, bell-shaped white flowers borne in sprays in spring and is said to have been a favourite of our late Queen. It is the national flower of Yugoslavia and Finland, and in the Victorian language of flowers indicates a return to happiness.

There is much folk law associated with this plant said to be the tears of Mary or Eve. In Celtic tradition fairy bells. It is also said to protect gardens from evil spirits. It is often said to represent chastity and motherhood, being the flower of Ostara, a Germanic goddess, from where the word Easter is derived.



If you want to grow this plant it requires moist well drained soil in partial shade, being a woodland plant. It loves a humus rich soil as you would get from the leaf litter under trees. If you have the right conditions it can become invasive, so you may grow it on pots but you will need to divide the rhizomes regularly. Please note that the plant is toxic so beware of growing it where there are small children or pets

The plant has been used in folk medicine for centuries. There is a reference to "Lily of the valley water" in Robert Louis Stevenson's novel *Kidnapped* where it is said to be "good against the Gout", and that it "comforts the heart and strengthens the memory" and "restores speech to those that have the dumb palsy". There is however no scientific evidence that lily of the valley has any effective medicinal uses for treating human diseases.

**In loving memory of Queen Elizabeth II.**

**Rest in Peace and thank you for your service, example, dedication and constancy,**

## Dr William Price

Dr William Price was born on 04/03/1800 at Ty'ny Coedcae Farm near Caerphilly. His father was an Oxford graduate and ordained into the Church of England, but suffered from severe schizophrenia and considered a lunatic by the time he was 30.

William Price became a fully qualified surgeon at the age of 21 and was surgeon of the Treforest Tinplate Works and Brown Lenox Chainworks at Newbridge. He was considered to be one of the most flamboyant, romantic and revolutionary characters in Welsh



history. Not only was he an exemplary scholar and surgeon but a political activist and a pioneer in establishing a social health care system which might have influenced Aneurin Bevan's NHS. He was an activist and supporter of Welsh nationalism, Chartism (equal rights for all men), and the Neo-Druidic religious movement.

Following their failed uprising in 1839 he escaped prosecution by fleeing to France; he was convinced that he would be successful in removing Wales from English rule. He established the first cooperative society in Wales called the Ponty y ty Pridd Provision Company. He also tried to create the first museum of Welsh life and attended the first Grand Eisteddfod of Llangollen in 1856.

He befriended Karl Marx, fought hard for striking miners and iron workers, and was fluent in English, Welsh and French. He was knowledgeable on Welsh history, druidism and the British legal system and had the gatehouses built which are now called the Round Houses of Glyntaff.

He fathered several illegitimate children, only six being known. He cremated his dead son in 1884 he was arrested and put on trial by those who believed cremation

was illegal in Great Britain. Dr Price saw the Cremation Society of Great Britain famously pass the Cremation Act of 1902 and when he died he pre-arranged the first, in modern British history, open air cremation of his own body attended by 20,000 onlookers

He died on 23/01/1893 and a permanent exhibition and statue dedicated to him being was opened by these people in the town of Llantrisant where he had lived for much of his later life.



### **Information from Wikipedia and Llantrisant history/dr-william-price**

#### **Drinking from My Saucer by John Paul Moore**

I've never made a fortune and it's probably too late now.  
But I don't worry about that much, I'm happy anyhow.  
And as I go along life's way, I'm reaping better than I sowed.  
I'm drinking from my saucer, 'Cause my cup has overflowed.

I don't have a lot of riches, and sometimes the going's tough.  
But I've got loved ones around me, and that makes me rich enough.  
I thank God for his blessings, and the mercies He's bestowed.  
I'm drinking from my saucer, 'Cause my cup has overflowed.

I remember times when things went wrong, my faith wore somewhat thin.  
But all at once the dark clouds broke, and the sun peeped through again.  
So God, help me not to gripe about the tough rows that I've hoed.  
I'm drinking from my saucer, 'Cause my cup has overflowed.

If God gives me strength and courage, when the way grows steep and rough.  
I'll not ask for other blessings, I'm already blessed enough.  
And may I never be too busy, to help others bear their loads.  
Then I'll keep drinking from my saucer, 'Cause my cup has overflowed.

# Y Golofn Gymraeg (The Welsh Column)

## Fersiwn Gyfoes o'r Drydedd Salm ar Hugain

### A Modern Version of the 23<sup>rd</sup> Psalm

#### (Fersiwn Gyfoes gan Siapanead)

#### (Tolsi Myyesmire)

Yr Arglwydd yw f'Amserydd,  
Ni fydd brys arnaf;  
Efe a wna i mi oedi am ysbeidiau tawel.  
Efe a rydd i mi fendithion llonyddwch  
sy'n adfer fy sirioldeb.

Efe a'm tywys ar hyd y llwybrau graslon,  
trwy dawelwch meddwl,  
a than ei arweiniad y caf dangnefedd.

Er fod y baich yn drwm o ddydd i ddydd  
Ni fyddaf anniddig  
oblegid ei bresenoldeb a'm cynnal;  
Ei Ysbryd yw'r nerth tragwyddol  
a'm ceidw mewn cydbwysedd.

Efe a bair adfywiad ac adnewyddiad  
yng nghanol fy ngweithgarwch;  
Eneinia fy meddwl ag olew ymdawelu,  
Ffiol fy egni bywiol fydd lawn.

Cytgord a rhinwedd, yn ddiau, fydd ffrwyth fy oriau,  
Ac mi a rodiaf yn heddwch yr Arglwydd,  
A phreswyllo yn y Dŷ Ef yn dragywydd.

**Translated by Susan Price**

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