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**Social Enterprise UK**  
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**Cludiant Cymunedol**

**Llanwrtyd Wells**

**Community Transport Ltd:**

# **NEWSLETTER**



**Rhifyn/Edition 47**

**Ionawr/January 2023**

Helô bawb/hello everyone

I hope all is well with you and your family and that you had a good Christmas. And Santa brought all the things you could wish for December brought plenty of freezing fog and in some places, snow but the weather is a warmer forecast for January. From everyone here we wish you a happy peaceful 2023 and wish you all you wish yourselves.

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 small 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 January**

The month of January brings birth signs are Capricorns up to January 19<sup>th</sup> and Aquarius thereafter. Capricorn is an earth sign element and is represented by the sea goat, a creature with the tail of a fish and the body of a goat. This duality allows Capricorns to navigate both sea (emotional world) and land (physical world) with ease.

The birthstone of January is the garnet. Garnets are best known their deep red colour and resemble the seeds of a pomegranate. In fact, the word "garnet" is derived from the Latin "granatum", which means seed.



As far back as the Bronze Age, garnets were said to provide protection and healing. Seen to be a fire element, garnet's fiery energy can be passed on to the wearer. The gift of a garnet may represent love, passion and faith

January birth flowers are the carnation and the snowdrop. Carnations are said



to represent admiration, though individual colours may have specific meaning. Pink carnations represent appreciation, white carnations represent purity; light red carnations symbolise friendship and dark red carnations are said to be given to lovers.

Snowdrops are one of the first flowers of spring. These delicate plants are typically less than 6" tall and have delicate white blooms that hang down like drops from a green stalk. The gift of snowdrops is said to symbolise hope and the ability to overcome obstacles.

The first full moon of the year is the Wolf Moon rising on Friday, January 6<sup>th</sup> 2023.. This astrological event will encourage you to find the ideal work-life balance. The moon will impact all zodiac signs, but Cancer and Capricorn will feel it the most. The Quadrantid meteor shower will peak on January 3<sup>rd</sup> to 4<sup>th</sup>. The total period of the shower is December 28<sup>th</sup> until January 12<sup>th</sup>. The Quadrantids are the strongest most consistent meteor showers.

### **St Dwynwen, Welsh Valentine's Day**

Dydd Santes Dwynwen (St Dwynwen's Day) falls on January 25<sup>th</sup>. Legend has it that St Dwynwen is the Welsh patron saint of lovers. She lived in the 5<sup>th</sup> century and was purported to be the prettiest daughter of Welsh King Brychan Brycheiniog who had 24 daughters and 12 sons (although numbers vary in different reports).

Dwynwen fell in love with Maelon Dafodrill and he with her, however her father wouldn't give permission for them to marry as he had already agreed for her to marry someone else. Distraught she ran into the woods and was visited by an angel who Dwynwen asks for help to forget Maelon. The angel gave Dwynwen a sweet potion to help her forget, but also turned Maelon into a block of ice.

Realising that Maelon couldn't help his love for her, Dwynwen prayed to God and he granted her three wishes. Her first wish was that Maelon be thawed, her second was that God makes the hopes and wishes of all true lovers come to fruition, and her third wish was that she should never marry.

God granted her the three wishes and as a thank you to Him, Dwynwen devoted the rest of her life to God by becoming a Nun. Dwynwen went to live in a convent on Llanddwyn Island, off the western coast of *Ynys Mon* (Anglesey), an area accessible only at low tide.



There is a smaller island too containing a fresh-water spring called *Ffynnon Dwynwen* (*Dwynwen's Well*), which became a wishing well and place

of pilgrimage, particularly for lovers because of the story above. The tradition grew that the sacred fish in the well could foretell the future for lovers – ask questions and watch which way the fish turn. All this led to her connection with animals, which eventually led to the tradition that her intercession could heal injured animals.

Dwynwen died in 465AD, but there are churches dedicated to her in Wales and Cornwall, and her well continues to be a place of pilgrimage.



### **Irish Prayer Blessing**

May God give you,

For every storm, a rainbow, for every fear, a smile,

For every care, a promise and a blessing in each trial.

For every problem life sends, a faithful friend to share.

For every sigh, a sweet song, and an answer for each prayer.



### **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. Could this be you?

## **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.

## **Event Recycling**

It has been an extremely busy year for our recycling arm, where we have offered recycling services at a bumper number of events this year, 17 since April! We have been so grateful to have this service up and running again as it brings in much needed revenue to support our community car service. Our recycling services range from a supply only of bins, to a full package of supply, emptying of bins and litter picking a site. We are delighted to already be taking bookings for recycling services in 2023, including some new events!

We have been providing bins and waste management services for events both large and small this year and were delighted to support several of the smaller community events, these events help local communities in many ways and it has been a delight to see them return again this year after absences due to Covid. 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.



A big thank you to all the events that have used our recycling services in 2022, we look forward to working with you again next year.

## Outings

Our outings will be on pause for a little while now until the weather improves a little bit, but look out for outings in the early spring!

Outings for 2023 to include Brecon Canal, Maesmynis Lavender Fields, Myddfai Farmers Market, National Botanic Gardens, Brecon Mountain Railway, Tenby, plus others.

## Local Dates for Your Diary

|   |                                   |
|---|-----------------------------------|
| New Year's Day Walk, Llanrtyd                 | January 1 <sup>st</sup>           |
| Reindeer trail at Elan Valley                 | now until January 8 <sup>th</sup> |
| World Mountain Bike Chariot Racing, Llanwrtyd | January 14 <sup>th</sup>          |
| Lord Crawshaw Memorial Walk, Llanwrtyd        | February 4 <sup>th</sup>          |

## Higgins with a Match – by Clive Sanders

We all looked around in sheer terror at the sound of the match being struck,  
For Higgins was holding a matchbox which meant we were clean out of luck.

In seconds the flame lit his face up with its manic look in his eyes,  
Then we all ran away to the tree line and hid with our comrades so wise.

We each could remember the last time when Higgins got hold of a match

He nearly set fire to Bavaria, or at least left a large burned out patch.

Higgins stood trial at Court Martial but was acquitted the very first day.

For they couldn't prove he was the culprit as the evidence had all burned away.

Now Higgins again had some matches and we all feared the worst was to come

For the fuel truck was parked in the corner and Higgins had just had some rum.

But luckily our fears came to nothing and damage was in no way too dire,

For Higgins was found quietly sobbing as he'd just set his finger on fire.

## Chinese New Year

The Chinese New Year falls on January 22<sup>nd</sup> 2023 and is the Year of the Rabbit. It is also known as the Lunar New Year or Spring Festival and is the most important festival in China and some other South East Asian cultures.



It's customary to give gifts to children for Chinese New Year, and this goes into Red Pockets. It's only a small amount but is counted as lucky.



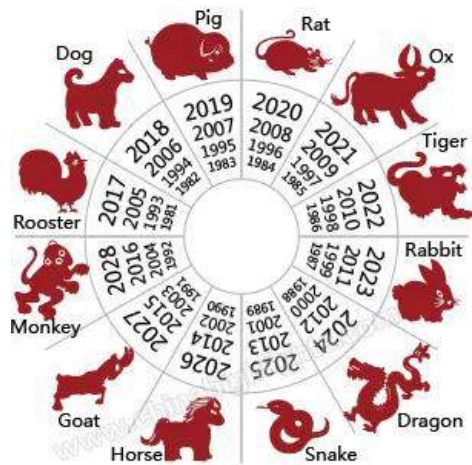
12 Traditional Chinese Red Envelopes. 2023 Year of The Rabbit .  Lucky Money Pocket, Hong Bao for Chinese New Year.

When I worked with Age Concern Rotherham I had a Chinese girl who worked for me, and at Chinese New Year she would give each elderly person an enveloped like this with a wish and a coin or two in, it was a lovely gesture.

The Rabbit is the fourth of all zodiac animals and is a yin sign. Legend has it that the Rabbit was proud, arrogant even, of its speed. He was

neighbours with Ox and always made fun of how slow Ox was. One day, the Jade Emperor said the zodiac order would be decided by the order in which the animals arrived at his party.

Rabbit set off at daybreak. But when he got there, no other animals were in sight. Thinking that he would obviously be first, he went off to the side and napped. However, when he woke up, three other animals had already arrived. One of them was the Ox he had always looked down upon.



To outsiders, the Rabbit's kindness may make them seem soft and weak. In truth, the Rabbit's quiet personality hides their confidence and strength. They are steadily moving towards their goal, no matter what negativity the others give them.

With their good reasoning skills and attention to detail, they make great scholars. They are socializers with an attractive aura. However, they find it hard to open up to others and often turn to escapism.

A plain and routine life is not their style. Though conservative and careful in their actions, they need surprises every so often to spice things up.

### **The Crocodile**



Have you even nicked a crocodile? It really is quite fun.

Not great big nasty crocodile, just a little friendly one.

We nicked our croc in Germany from a local drinking bar

Then took it back to camp with us which really weren't that far.

The gates were locked when we got back with the guards stood by the gates

We asked them nice to let us in for we were their bestest mates.

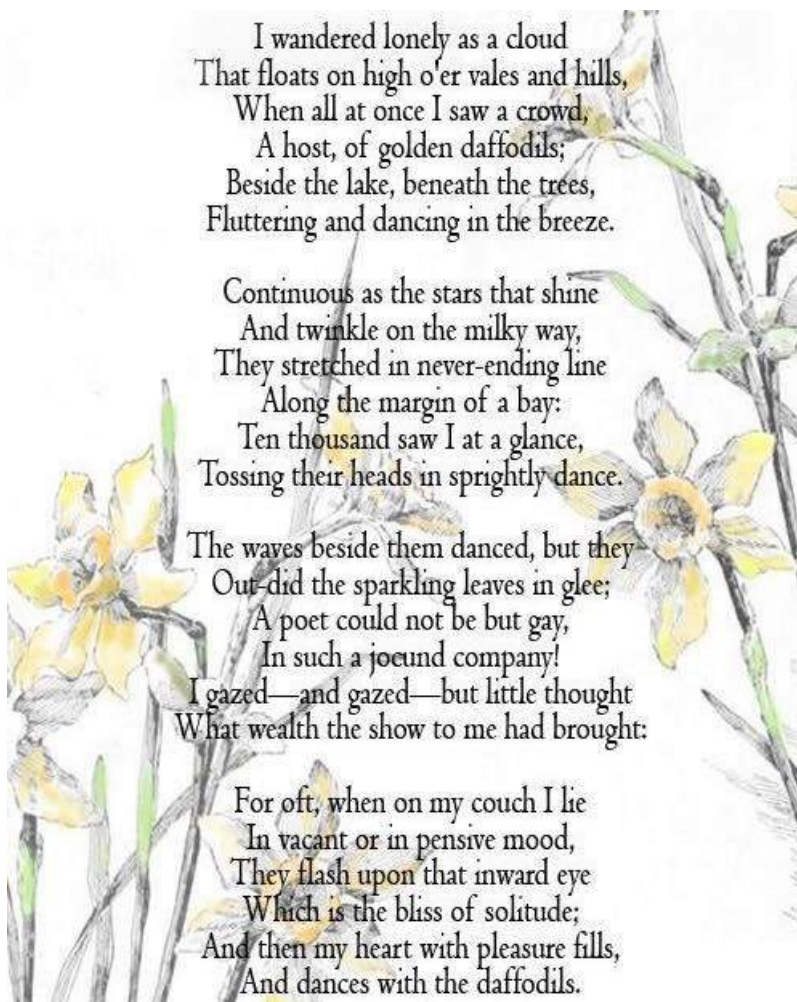
Then the RSM came up to us and screamed some naughty words.

He said 'Get rid of the crocodile or just leave it for the birds.'

But you can't just let a croc go free, it might frighten little girls  
So we took it to a local stream where the water flows in swirls.

And then we let our croc go free to a chorus of loud cheers  
But some of us felt really sad and cried some crocodile tears.

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



I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.

Continuous as the stars that shine  
And twinkle on the milky way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.

The waves beside them danced, but they  
Out-did the sparkling leaves in glee;  
A poet could not be but gay,  
In such a jocund company!  
I gazed—and gazed—but little thought  
What wealth the show to me had brought:

For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.

## Dr James Barry

Dr James Barry was actually born Margaret Ann Bulkley around 1795 in County Cork, Ireland, at a time when women were barred from most formal education, and were certainly not allowed to practice medicine. She was the second child of Jeremiah (a grocer) and his wife Mary-Ann. While still a teenager, it is believed that Margaret was raped by an uncle. She gave birth to a baby, Juliana, who was raised by her mother.

Margaret was interested in pursuing an education, and doing something beyond the realm of what was allowed of her gender. In the 2016 book, *James Barry: A Woman Ahead of Her Time*, authors Dr. Michael du Preez and Jeremy Dronfield recount a story from when Margaret was 18, where she openly chastised her spendthrift brother saying, "Were I not a girl, I would be a soldier!" And a soldier she would be.

When her family fell on hard times, Margaret (who was in her late teens) moved with her mother to London, where Mary Ann had a brother—James Barry, a Royal Academician and painter. The two women met Barry's friends, including the Venezuelan-exile General Francisco de Miranda and David Stuart Erskine, the Earl of Buchan. They were impressed by young Margaret, knowing her intelligence could take her far. They likely played a role in hatching the plan for Margaret to pursue an education, and specifically, a career in medicine. The original James Barry died in 1806, leaving his sister and niece enough money to set them up—and his name up for grabs

Three years later, Margaret Bulkley no longer existed. Clad in an overcoat (that was worn at all times regardless of the



weather), 3-inch high shoe inserts and a distinctive high-pitched voice, Margaret now identified as James Barry. Moving to Edinburgh, the young Barry enrolled in medical school in 1809 and altered his age to match his young, boyish look. Rumours flew, as Barry's short stature, high voice, slight build and smooth skin caused many people to suspect that he was a child too young to be in medical school—but Barry never broke. When Barry wasn't allowed to sit for examinations because they suspected he was too young, Lord Erskine intervened. The soon-to-be doctor received a degree in medicine at the age of 22. Barry enlisted in the army as an assistant surgeon where once again his age was called into question, but he was eventually allowed to serve.

Barry began his military career on July 6, 1813, as a Hospital Assistant in the British Army, and was soon promoted to Assistant Staff Surgeon, equivalent to lieutenant. He then served in Cape Town, South Africa, for 10 years where he befriended the governor, Lord Charles Somerset. Some believe Somerset knew Barry's secret. The two grew close, and Barry moved into a private apartment at his residence. Rumours circulated about the nature of their relationship and a poster was hung by an anonymous accuser stating that Somerset and Barry were having an affair. Commissions were set up to investigate the scandal, but both parties were later exonerated.

Perhaps to take on a more stereotypical, brash masculine personality, or maybe because it was actually his true nature, Barry was known for his short, hot temper. Patients, superiors, army captains and even Florence Nightingale herself were on the receiving end of his anger. He threw medicine bottles and even participated in a duel, where thankfully neither party was seriously injured.

Barry's medical skills were unprecedented. He was a very skilled surgeon, the first to perform a successful caesarean section where both the mother and child survived. He was also dedicated to social reform, speaking out against the sanitary conditions and mismanagement of barracks, prisons and asylums. During his 10-year stay, he arranged for a better water system for Cape Town. As a doctor, he treated the rich and the poor, the colonists and the slaves. He died in 1865 of dysentery. When Barry died after a remarkable

career the Army suppressed his records and access to them was shut down for 100 years when it was revealed he was a woman disguised as a man.

## **Irish Potato and Parsley Soup**

Serves 6 – 8 as a starter or 4 as a main meal

2 rashers smoked bacon

2oz butter

1lb potatoes

1lb onions

900ml chicken or vegetable stock

300ml milk

Seasoning

3 garlic cloves

Fresh chopped parsley

150ml single cream (optional)



### **Directions**

Chop the bacon and put into large pan with the butter, fry gently without browning.

Scrub or peel potatoes, cut into chunks and add to the pan.

Peel and cut onions into chunks and add to pan with the garlic and a handful of fresh parsley.

Add the stock and seasoning and simmer gently until fully cooked. Add the milk, and when cool enough blend to a smooth soup.

Return the soup to the pan and add the cream and some more fresh chopped parsley and reheat gently without boiling.

Serve with croutons, crusty or garlic

## A Walking Song J. R. R. Tolkien

Upon the hearth the fire is red, beneath the roof there is a bed;  
But not yet weary are our feet, still round the corner we may meet  
A sudden tree or standing stone that none have seen but we alone.  
Tree and flower and leaf and grass, let them pass! let them pass!  
Hill and water under sky, pass them by! pass them by!

Still around the corner there may wait a new road or a secret gate,  
And though we pass them by today, Tomorrow we may come this way  
And take the hidden paths that run Towards the Moon or to the Sun.  
Apple, thorn, and nut and sloe let them go! let them go!  
Sand and stone and pool and dell, fare you well! fare you well!

Home is behind, the world ahead, and there are many paths to tread  
Through shadows to the edge of night, until the stars are all alight.  
Then world behind and home ahead, we'll wander back to home  
Mist and twilight, cloud and shade, away shall fade! away shall fade!  
Fire and lamp, and meat and bread, and then to bed! and then to bed!

**A Walking Song** was the name given to the song that Frodo Baggins, Peregrin Took, and Sam Gamgee sang just before they saw the Black Rider a second time while walking to Crickhollow. Bilbo Baggins wrote the lyrics to an old tune.