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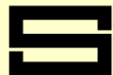
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Cludiant Cymunedol

Llanwrtyd Wells

Community Transport Ltd:

NEWSLETTER



Rhyfyn/Edition 48 Chwefror/February 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 warmer now but of course we have the rain.

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 us have your details at office@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 in to us. If you wish to talk about it first, please give Laura a call

For anyone that doesn't know Jonathan and I are moving back Yorkshire at the end of February so I might not be able to continue doing the newsletter. Stephen and Laura will be doing it between them, however if it's something you fancy having a go at, please make contact, we'd love to have you on board.

Happy reading and blessings to you all.

Cofion cynnes/kindest regards. Pat x

The Month of February

February Fills Dikes by William Barton - 2012

February fills dikes, overflows fields and streams, turns paths to slippery ooze.
Petulant winds crease the surface of the lake and agitate the fast flowing river.
Hail and sunshine play follow-my-leader across a shifting sky where lazy seagulls swing.

Gorse brags bright yellow flowers, on hawthorn hedgerows, buds swell with red tips and tight clusters of dark green leaves. Daffodils force green shoots through layers of leaf mould.

Moss creeps and bark rots on fallen trees. New stems and shoots glow red in the setting sun.



Above is the Victorian painting named 'February Fill Dyke', painted by Benjamin Williams Leader (1831 – 1923) and first exhibited in 1881. I understand the painting is now in the hands of Birmingham Museum Trust.

Of course February also brings Shrove Tuesday or pancake day, which is the traditional feast day before the start of Lent which is the following day, Ash Wednesday. Lent is the 40 day period leading up to Easter and was traditionally a time of fasting.

On Shrove Tuesday a bell would ring to call Anglo Saxon Christians to confession, where they would be shriven (absolved from their sins). Shrove Tuesday always falls 47 days before Easter Sunday, so varies from year to year, however in 2023 it falls on February 21st.

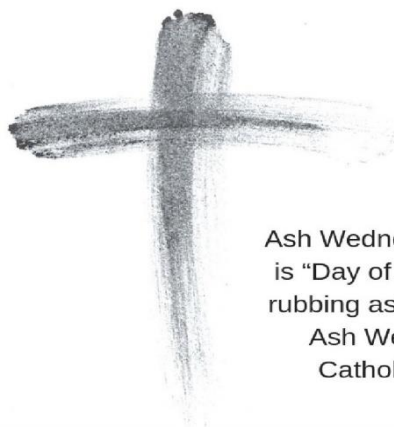
Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients. The pancake has a very long history and featured in cookery books as far back as 1439. The tradition of tossing or flipping them is almost as old:

“And every man and maide doe take their turne, and tosse their Pancakes up for feare they burne.” (Pasquil's Palin, 1619).

The ingredients for pancakes can be seen to symbolise four points of significance at this time of year;

Eggs	Creation
Flour	The staff of life
Salt	Wholesomeness
Milk	Purity

In some countries they celebrate Mardi Gras which is the same day as pancake day and for the same reason to use up all the food in the home ready for the fasting. Mardi Gras dates back many thousands of years to pagan spring and fertility rites including the raucous festivals of Saturnalia and Lupercalia. Mardi Gras Festivals take place mainly in Catholic countries. Shrove Tuesday is followed by Ash Wednesday, the day the fasting begins.



What is *Ash Wednesday?*

Ash Wednesday is the first day of Lent. Its official name is "Day of Ashes," so called because of the practice of rubbing ashes on one's forehead in the sign of a cross.

Ash Wednesday and Lent are observed by most Catholics and some Protestant denominations.

Birth stones and flowers

The birthstone for February is the beautiful Amethyst, the flowers associated with the sign of Aquarius are violet and primrose. These are symbols of modesty, faithfulness and virtue. Aquarius is the 11th sign of the Zodiac and is an air sign



An Irish Man's Philosophy



Why worry?

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

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. 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 don't live in our area, and we will try and put you in touch with 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.

LWCT is currently seeking new places of interest to visit, both on warm sunny days, but also when the weather is less kind. We are currently talking to a number of artists who run taster sessions – painting, mosaics, pottery, flower arranging, etc.

If you have any hobbies, that you would like to know more about, please let us know.

Battle of Fishguard

It was February 22 – 24 1797 that French troops landed in Wales in the Battle of Fishguard. The battle was a short lived, military invasion just four days long and is classed as the most recent landing on British soil of a foreign force.

The French general Lazare Hoche had devised a three-pronged attack on Britain in support of the Society of United Irishmen. Two forces would land in Britain as a diversionary effort, while the main body would land in Ireland. Adverse weather and ill-discipline halted two of the forces but the third, aimed at landing in Wales and



Goodwick Sands.

marching on Bristol, went ahead.

After brief clashes with hastily assembled British forces and the local civilian population, the invading force's Irish-American commander, Colonel William Tate, was forced into unconditional surrender on 24 February. In a related naval action, the British captured two of the expedition's vessels, a frigate and a corvette.

A legendary heroine, Jemima Nicholas, is reported to have tricked the French invaders into surrender by telling local women to dress in the cloaks and high black steeple-crowned hats of soldiers. The British commander marshalled them into an approximation of military formation and they marched up and down hill till dusk, making the French commander think his soldiers were outnumbered. Jemima is also said to have single-handedly captured twelve French soldiers and escorted them to town where she locked them inside St. Mary's church.

The late, great Ryan Davies tells the story of Jemima at the [following link for anyone having the internet](#)

The Emperor Napoleon he sent his ships of war, with spreading sails to conquer Wales and land on Fishguard's shore.

But Jemima she was waiting with her broomstick in her hand and all the other women to guard their native land.

For the Russians and the Prussian's he did not give a damn but he took on more than he bargained for when he tried it on with mam.

Their cloaks were good red flannel, their hats were black and tall they looked just like brave soldiers and were braver than them all.

The Frenchmen they did look at them in panic they did flea, they said ta ta and oolala and jumped into the sea.

And said to each other as back to France they swam, we'd have stayed at home if we'd only known we'd have to take on mam.

The Emperor Napoleon he was a man of note, he had his hat on sideways and his hand inside his coat.

When he heard the news from Fishguard his sorrow was complete. Oh Josephine, what does this mean, my army has been beat.

I will make this proclamation though a conqueror I am. You may conquer all creation but you'll never conquer mam.

(Some information from Wikimedia)

Local Dates for Your Diary

Lord Crawshaw Memorial Walk, Llanwrtyd <i>Neuadd Arms Hotel – Registration from 08:30 am</i>	4 th February
Free Mosaic Making Workshop, with Terri Sweeney <i>CARAD Museum & Gallery Rhayader – 1pm to 3pm</i>	7 th February
Artisan Food Fair <i>Llanwrtyd Wells Victoria Hall – 10:00am to 4:00pm</i>	11 th February
Valentine's Day	14 th February
Friends of Ysgol Dolafon <i>Clairvoyant Evening – Door open 6:30pm</i>	15 th February
Ceramics & Pottery Taster Sessions <i>Alex Allpress Ceramics & Pottery Studio – please ring to book</i> <i>Builth Wells – St Marys old Church Hall – 07443 875 016</i>	All February
Victoria Hall Llanwrtyd Wells (last Sunday each Month) <i>Film Night – 7:30pm</i>	26 th February
4 week course – Supporting Parent / Carers, with Youth & Child Wellbeing Mid Powys Mind, South Crescent Llandrindod – 7 th / 14 th / 21 st / 28 th	every Tues in February
Wyeside Community & Arts Centre <i>Community Drop-in Session</i> <i>Age Cymru – Drop in for a chat – 1pm</i> <i>Catrin Finch & Aoife Ni Bhriain – 19:30pm</i>	<i>each Wednesday</i> <i>8th February</i> <i>26th February</i>

How to Shower Like a Woman

Take off clothes and place them sectioned in laundry basket according to lights and darks. Walk to bathroom wearing long dressing gown. If you see partner along the way, cover up any exposed areas.

Look at your womanly physique in the mirror – make mental note to do more sit-ups, leg-lifts, etc. Get in the shower. Use face cloth, arm cloth, leg cloth, long loofah, wide loofah and pumice stone.

Wash your hair once with cucumber and sage shampoo with 43 added vitamins... Wash your hair again to make sure it's clean. Condition your hair with grapefruit mint conditioner.

Wash your face with crushed apricot facial scrub for 10 minutes until red... Wash entire rest of body with ginger nut and jaffa cake body wash. Rinse conditioner off hair. Shave armpits and legs. Turn off shower.

Squeegee off all wet surfaces in shower. Spray mould spots with tile cleaner. Dry with towel the size of a small country. Wrap hair in super absorbent towel. Return to bedroom wearing long dressing gown and towel on head. If you see partner along the way, cover up any exposed areas. Spend an hour and a half getting dressed.

How to Shower Like a Man

Take off clothes while sitting on the edge of the bed and leave them in a pile. Walk naked to the bathroom. If you see partner along the way, make the 'woo-woo' sound.

Look at your manly physique in the mirror. Admire the size of your manhood and scratch your bum.

Get in the shower. Wash your face. Wash your armpits. Spend majority of time washing certain areas of your anatomy. Wash your hair. Make a Shampoo Mohican. Rinse off and get out of shower.

Partially dry off. Fail to notice water on floor because curtain was hanging out of bath the whole time. Admire manhood size in mirror again. Leave shower curtain open, wet mat on floor, light and fan on.

Return to bedroom with towel around waist. If you pass partner, pull off towel, and make the 'woo-woo' sound again. Throw wet towel on bed and get dressed in two minutes flat.

(Please note - All events listed were current, at time of going to print)

Welsh Gold

Welsh gold is gold that occurs naturally in two distinct areas of Wales. It is highly prized because of its origin and scarcity. In north Wales it is found between Barmouth and up towards Snowdonia. This was mined at several mines, the largest of which were the Gwynfynydd Gold Mine, near Ganllwyd, and the Clogau Gold Mine near Bontddu. In south Wales, it is found in a small area in the valley of the River Cothi at Dolaucothi where it is known to have been mined by the Romans.

Celtic jewellery such as [torcs](#) were worn by early Welsh princes, and ancient gold artefacts found in Wales include the Mold Cape and the Banc Ty'nnddôl sun-disc, found at the Cwmystwyth Mines in 2002. It is not possible to confirm that these use Welsh gold since there were strong trade links between Wales and Ireland at the time



Gold Torc



Mold Cape

and Ireland was the major area of gold working in the Bronze Age British Isles. Irish gold is especially well known from the Irish Bronze Age as jewellery, in the form of gold lunulae, torcs, gorgets, rings, and bracelets. It was presumably collected by panning from alluvial placers in river beds or near old rivers.

The earliest known Welsh gold mine was the Dolaucothi near Pumsant, Carmarthenshire. It was initiated by the Romans about 74 AD, and closed in 1938. It was donated to the National Trust in 1941, and hoard of gold objects was found near the village of Pumsaint these can be seen in the British Museum as can the Mold Cape and Gold Torc pictured..

However, Dolaucothi is best known for its exploitation on a large scale during the Roman period, from about 75 AD on to 300 AD at least. Hydraulic mining methods preceded opencast and then deep mining at the site.

The many opencast workings were produced by hushing and fire-setting during the Roman period in Roman Wales. The workings were initially under military control with a small Roman fort under the present village of Pumsaint and the workings have yielded large amounts of late Roman pottery (77 AD to 300 AD plus) from the reservoir known as "Melin-y-milwyr" or soldiers mill.

The Dolaucothi mine is open to the public and visitors can explore the many surface features at the site, as well as be escorted on a tour of the extensive underground workings.

The Gwynfynydd Gold Mine in Dolgellau closed in January 1999, and In January 2007, it was considered that the final traces of "economically extractable" gold had been removed from the mines and surrounding soil. Even the local road surface had been filtered for traces, marking the end of the current mining operation. Gwynfynydd was discovered in 1860. It was active until 1998 and has produced 45,000+ troy ounces of Welsh gold since 1884.

Our late Queen was presented with a kilogram ingot of Welsh gold on her 60th birthday (April 1986) from this mine. In the 1990s the mine was open to the public and provided guided tours which included the opportunity to pan for gold. The mine closed due to Health and Safety issues and because of changing pollution control legislation which would have made the owners liable for the quality of the mine discharge into the River Mawddach had the mine remained open.

In 2016, the Welsh gold jewellery firm Clogau, bought Gwynfynydd, seventeen years after ceasing production.

Clogau

Another gold mine lies nearby, the Clogau mine. The Clogau Gold Mine (sometimes known as the Clogau St David's Mine) was once the largest and richest mine of all the gold mines in the Dolgellau gold mining area. It is situated near Barmouth in Gwynedd, north-west Wales.

After producing copper and a little lead for quite a number of years, the mine developed into gold production in the 1862 'rush' and continued as a major operator until 1911, during which 165,031 tons of gold ore was mined resulting in 78,507 troy ounces (2,442 kg) of gold.

It worked the St David's lode of Clogau mountain alongside the co-owned Vigna Mine. Since 1911 the mine has been re-opened several times for smaller-scale operations. It last closed in 1998 the last train carrying Welsh gold from the Clogau

mine clanked to a halt. In 1999 the mine was taken over and held by a local exploration company.

Every piece of Clogau jewellery contains rare Welsh gold as used by some members of the British Royal Family for over 100 years. Welsh gold is famous for being selected to create generations of Royal Family wedding rings and this has made Welsh gold some of the most sought after jewellery in the world.

Clogau jewellery is guaranteed to contain rare Welsh gold. It carries a unique Welsh Dragon and "CG" mark, stamped during the creation of each Clogau item. Each piece is crafted using traditional jewellery-making techniques and painstakingly hand-finished to give the lasting pleasure which ensures the Clogau jewellery will remain as special as the day you received it, as it is passed down through generations.

Information from Wikipedia and Clogau, photographs from British Museum

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Happy Valentine's Day - 14th February 2023

A slight allowance is made for coming late to the party, as here in Wales we have been making romantic gesture to our partners since the 25th January each year, when we celebrated Saint Dwynwen's Day, recognising her role as the Welsh patron saint of lovers.

There are varying tales of why Maelon Dafodrill and Dwynwen were not able to marry, having fallen in love. Sufficient to say, Dwynwen lived the rest of her life in solitude, on the island of Ynys Llanddwyn, off the west coast of Anglesey.

The question of "who is Saint Valentine?", and his involvement with the romantic event of Saint Valentine's Day, on the 14th February each year, is not so straight forward.

Around AD 400, there seems to have been a Roman feast of Lupercalia, whereby pagan priests celebrated the arrival of spring and the new growing year, by the sacrifice of a goat. This ritual seems to have involved soaking a strip of goat hide in blood, with the priests then "whipping" ladies over the thighs. Reputedly, this was thought to be particularly popular with married ladies (!), as it was supposed to increase fertility in the coming year.

There appears no mention of whether these ceremonies did anything to improve the year's agricultural harvest !!

Pope Gelasius 1, (who was Bishop of Rome between 1st March 492 until his death on the 19th November 496), finally suppressed this old Roman festival of Lupercalia. Historically, Roman Emperor Claudius II appears to have executed two different men called Valentine on the 14th February in different years of the 3rd Century, with different storylines.

In both cases, a Christian priest seems to be involved, with a supposedly romantic attachment to a lady. A prison visitor in one case, with the other being the chief gaoler's daughter. In both cases, written correspondence was allegedly exchanged between the couples, before the priest's execution.

Clearly the 14th February has since moved away from being a story of unrequited love and death, to something more romantic and potentially fulfilling. There seems a strong argument for the English romantic poet Geoffrey Chaucer being at least partially responsible. His 14th Century works "*The Parlement of Foules*" and "*The Complaint of Mars*", it is alleged, that these works help make the link between romantic tradition and Saint Valentine's Day.

It has also been suggested that William Shakespeare has been credited with promoting the holiday's romantic association. By the mid-18th Century, history indicates that it was commonplace for friends and lovers to exchange small tokens and notes on Valentine's Day. On the 14th February 2019, the world's oldest known Valentine's Card (written and sent in 1790) was sold at auction, making £7,192, well over the expected price. The card was sold to a UK owner of a major greetings card company, and will remain within the UK greeting's card industry.

Over the centuries, the 14th February has been an ancient ritual day to improve fertility, a religious celebration, and a commercial holiday. This somehow seems to miss the point. The opportunity could be taken on the 14th February to express feelings for the special person or persons in your life, and to buy chocolates or flowers. Better still, take the example of the original Valentines of days gone by, and craft a letter, card or a present, to your chosen one(s).

To all those romantics everywhere - those still with us, and those whom we fondly remember - Happy Valentine's Day 2023