



Cludiant Cymunedol

Llanwrtyd Wells

Community Transport Ltd:

NEWSLETTER



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Helô bawb/hello everyone

I hope all is well with you and your family and that you are looking forward to the summer weather. 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

Jonathan and I have had another setback with our move to Yorkshire. The grant of probate came through on May 31st on the bungalow we are buying, and then our buyer withdrew her offer so we have to begin again.

I would like to thank Stephen, Laura and anyone else involved in the process of writing the newsletter and getting it distributed, I'm very grateful to them for their involvement. We are looking for someone to be involved in writing the newsletter, perhaps it may be something you fancy having a go at, and if so please make contact, we'd love to have you on board. Happy reading and blessings to you all.

Cofion cynnes/kindest regards. Pat x

Beltane

Beltane is a Gaelic Pagan Festival celebrated on May 1st so shares this occasion with May Day which has a different meaning. Beltane is a Celtic word which means 'fires of Bel', Bel was a Celtic deity. Beltane or Beltain is the Gaelic May Day festival. Most commonly it is held on 1 May, and historically, it was widely observed throughout Ireland, Scotland, and the Isle of Man, and is similar to the Welsh Calan Mai.

It is a fire festival that celebrates the coming of summer and the fertility of the coming year. The largest Beltane celebrations in the UK are held in Edinburgh. Fires are lit at night and festivities carry on until dawn. All around the UK fires

are lit and private celebrations are held amongst covens and groves (groups of Pagans) to mark the start of the summer.

May Day

What we now refer to as May Day is actually **International Labour Day**, and is an official public holiday all over the world in various countries. It is observed every year to pay tribute to the contribution of workers across the world.

During the era of industrialisation, US industrialists exploited the working class by making them work 15 hours a day. It was only on May 1, 1886, that the labour class came together and revolted against this unjust system and asked for paid leave, good wages and proper breaks. This is the reason why May Day is celebrated every year.

In Scotland, the Early May Bank holiday has been observed on the first Monday in May since the 1800's, but was only introduced in the rest of the United Kingdom in 1978.

Whitsuntide

Can you remember the Whitsuntide holidays? It was a bank holiday and children had the week off school. I remember it well because we always had a new outfit for Whit Sunday and I think it was on the Monday that there were parades through the high street with floats and people with buckets collecting money. Other customs were Morris dancing and dancing round the Maypole amongst other activities.



Whitsuntide was actually a celebration of Pentecost, and while it may not be as widely known or celebrated as Christmas and Easter, Pentecost is one of the most significant dates of the Christian calendar. The festival, which this year (2023) falls on Sunday 28th May, commemorates the coming of the Holy Spirit to the disciples following the death of Jesus Christ.

Whitsuntide Clothes

Down cobbled streets round Brightside Lane we'd walk hand in hand
All silk and lace we'd take our place behind the marching band
No hand me downs today but new from head to toe,
We're dressed in our Whitsuntide clothes

The old tin bath from the night before is dried and put away
All scrubbed up in frills and tucks we're ready for the day
From hair bound in rags see how the ringlets flow
We're dressed in our Whitsuntide clothes

Old ones and young ones get together once again
The children are every mother's pride
Brothers and sisters meet with family and friends
All gather round at Whitsuntide

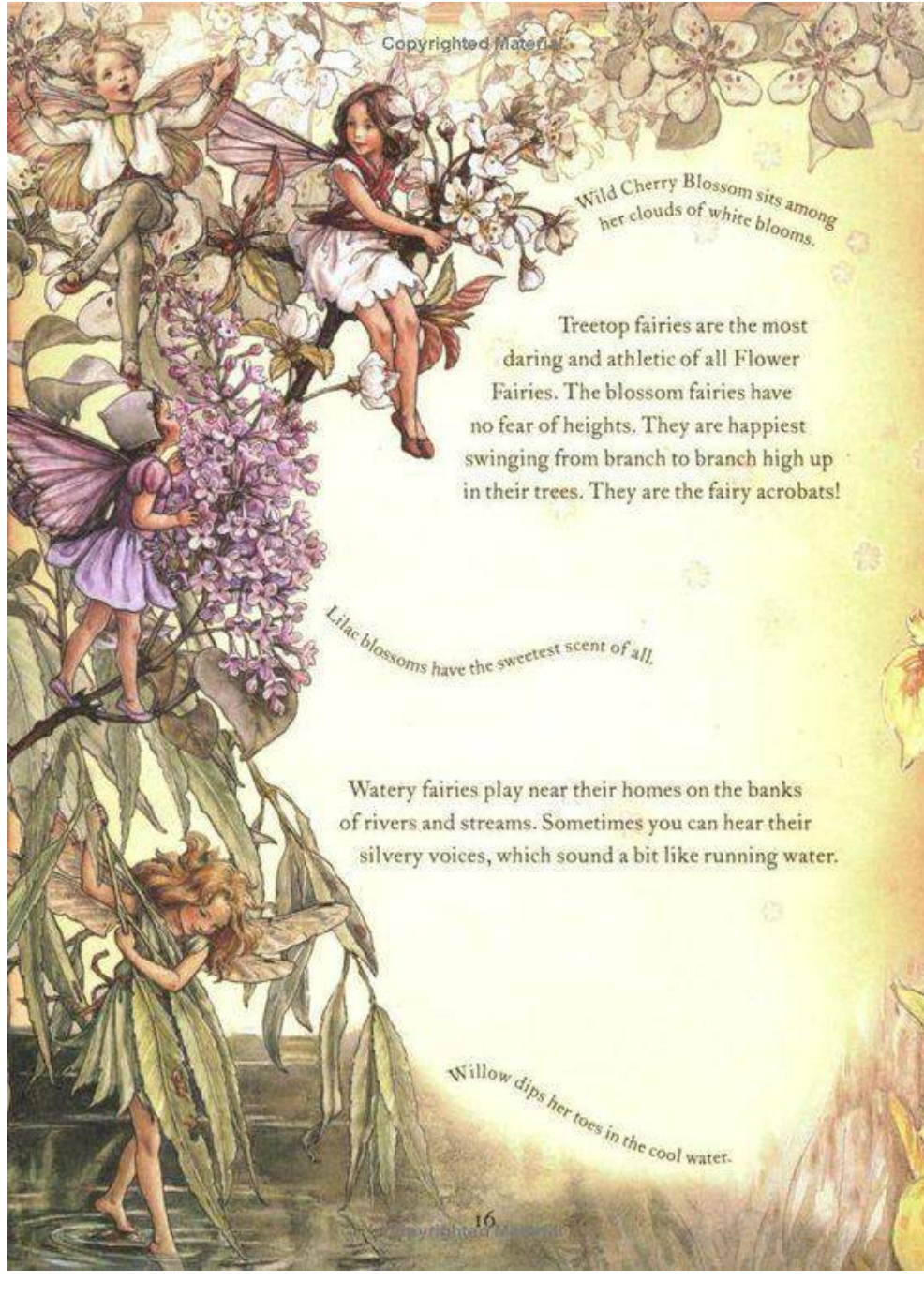
Mam's done her best with Provident Cheques to turn us out so fine
She'll be paying them off at a shilling a week from now to Christmas time
She never seemed to mind, so proud and it showed
When we dressed in our Whitsuntide clothes

From every back to back appear small faces shiny bright
In starched white collars patent shoes and dresses laced up tight
We get pennies on the walk from everyone we know
'Cause we're dressed in our Whitsuntide clothes

Old ones and young ones get together once again
The children are every mother's pride
Brothers and sisters meet with family and friends
All gather round at Whitsuntide

Each Whitsuntide just once a year proud children display
'Neath silken banners Sunday schools parade along the way
At the bandstand in the park we'd sing and we'd pose
Dressed in our Whitsuntide clothes.

By Cherrington and Ward - 2007

The illustration depicts four flower fairies in a lush, floral environment. At the top, a fairy with brown wings and a white dress sits among white cherry blossoms. Below her, a fairy with purple wings and a purple dress stands on a branch of purple lilac blossoms. At the bottom, a fairy with green wings and a dress made of leaves stands near a stream. The background is filled with various flowers and foliage in soft, warm tones.

*Wild Cherry Blossom sits among
her clouds of white blooms.*

Treetop fairies are the most daring and athletic of all Flower Fairies. The blossom fairies have no fear of heights. They are happiest swinging from branch to branch high up in their trees. They are the fairy acrobats!

Lilac blossoms have the sweetest scent of all.

Watery fairies play near their homes on the banks of rivers and streams. Sometimes you can hear their silvery voices, which sound a bit like running water.

Willow dips her toes in the cool water.

Taurus the Bull April 20th to May 20th

Taurus is an earth sign ruled by the planet of pleasure, Venus; it is a sign that enjoys the finer things in life. Taureans are very generous bringing gifts along for you so you can enjoy things together. Venus rules over gifts, both giving and receiving. They want everyone to enjoy the pleasure that they are experiencing. They are great co-workers and champions of the workplace; they can however be stubborn creatures of habit. They can create a comfortable environment for others being observant and generous of nature.

Birth Stones and Flowers



The main birth stone for Taurus is the Sapphire, but also includes the emerald, amber and rose quartz.

Birth Flowers are the poppy, rose, foxglove and daisy.



The Road Not Taken - Robert Frost 1916

Two roads diverged in a yellow wood and sorry I could not travel both
And be one traveller, long I stood and looked down one as far as I could
To where it bent in the undergrowth; then took the other, just as fair,
And having perhaps the better claim, because it was grassy and wanted wear;
Though as for that the passing there had worn them really about the same,
And both that morning equally lay in leaves no step had trodden black.

Oh, I kept the first for another day! Yet knowing how way leads into way,
I doubted if I should ever come back.

I shall be telling this with a sigh somewhere ages and ages hence:
Two roads diverged into a wood, and I – I took the one less travelled by,
And that has made all the difference.

Local Dates for Your Diary

Devil's Staircase Ultra Trail has been postponed until September	
Musical Entertainment with Mair Davies, Trout Inn, Beulah	May 7 th
The Big Help Out, Llangammarch Wells, litter picking etc 2.00pm	May 8 th
Walk & Talk, The Groe, Builth Wells every Wednesday, more info 07983 952563	
Cilmery Community Hall, Zumba Dancing every Wednesday	
Llanwrtyd and District Heritage & Arts Centre is open 10am to 4pm each Thursday to Sunday throughout the spring/summer and entrance is free.	
Builth Ladies Choir concert at the Heritage Centre	May 13 th
Artisan Food Fair, Llanwrtyd Wells	May 13 th
Man v Horse Marathon, Llanwrtyd Wells	June 10 th
Drovers Walks, Llanwrtyd	June 24 th
Llandovery Motorbike weekend	July 1 st & 2 nd

The Sausage

There's one sausage on the table and it's smiling up at me.

I know it still is piping hot and as tasty as can be.

My dad is looking at it, but he's already eaten three,
So it's only fair the last one's mine as anyone can see.

Mum is on a diet so she's only eaten one,
Therefore it's only natural she'd give the last one to her son.

Dad won't look into my eyes, or is he only having fun?
That sausage looks amazing, and go so nicely in a bun.

Oh please don't take that sausage: please I beg you dad!
I really want that sausage and three sausages you've had.
When I grow up and have a son I will never make him sad,
And I'll give him all my sausages just to make my small son glad.

By kind permission of the author Clive Sanders

Strata Florida Abbey

The grand medieval abbey where generations of Welsh princes are buried, Strata Florida Abbey – Latin for ‘Vale of Flowers’ – has stood on lush green meadows beside the banks of the river Teifi since 1201.

It was established by Cistercian monks as part of a movement that spread across the whole of Western Europe in the early Middle Ages. Soon it became the most famous church in Wales after St Davids, a place of pilgrimage and a linchpin of Welsh culture.

The Lord Rhys, ruler of the kingdom of Deheubarth, wasn't officially the founder of Strata Florida. That was a Norman, Robert Fitz Stephen, but ‘Rhys the Great’ took it to his heart and put it on the map.

He gave the monks vast amounts of lands on which to farm their sheep and cattle and they rewarded him with loyalty. Under his patronage Strata Florida became a place of huge religious significance in the Welsh culture.

So when Llywelyn ap Iorwerth decided to summon all the Welsh princes to swear allegiance to his son Dafydd in 1238, he didn't have to think long about a suitable venue. Strata Florida, custodian of Welsh culture, was the obvious choice.

However all this came at a price, the enmity of the English crown. It was damaged by the wars of King Edward I, weakened by the Black Death and occupied by English troops during the rising of Owain Glyndŵr.

Strata Florida, or Ystrad Fflur as local people know it, is the final resting place for generations of medieval Welsh princes. The great poet Dafydd ap Gwilym is said to be buried under a yew in the churchyard.

The heyday of Strata Florida was long gone by the time Henry VIII dissolved the monasteries. It was partly dismantled in 1539, starting with 10 tons of lead from the roofs, and gradually allowed to fall into ruin.

That was how it remained until 1887 when archaeologist Stephen Williams began to excavate the site. The lost treasures he revealed were so popular with



Victorian tourists that the railway station at Ystrad Meurig was renamed Strata Florida.

You can still see some of the incredible decorated tiles that would have covered the floors of the church. Griffins, birds and fleurs-de-lis surround the enigmatic 'Man with the Mirror'. This 14th-century figure dressed in a doublet and close-fitting hood is reckoned to be a symbol of vanity.

The abbey still holds a special place in Welsh hearts. One local resident says she moved to the area because of her love for the poem 'Ystrad Fflur' by Hedd Wynn, who died in 1917 before he could receive the bard's chair at the National Eisteddfod. Next door to the Abbey of Strata Florida, is the historic but abandoned farm of Mynachlog Fawr. The Strata Florida Trust are in the process of restoring the farmhouse and all its buildings to their former glory



Information and photographs courtesy of
<https://www.strataflorida.org.uk/index.html> and
<https://cadw.gov.wales/visit/places-to-visit/strata-florida-abbey>

About Us!

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

The spring vaccine programme is beginning to roll out in the communities so please contact as soon as possible if you need transport. Incidentally we do have a wheelchair friendly vehicle for those who cannot access an ordinary



car. Unfortunately due to the withdrawal of support from Powys Teaching Health board, we are no longer able to offer free transport to the vaccination centres. This decision by the health board was very disappointing, especially as the only centres are now in Newtown and Bronllys, which is quite a distance to travel for many of our clients.

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 programmes within Powys – Covid-19 top-ups, seasonal flu vaccinations, and shingles vaccinations.

Event Recycling

During April the event recycling arm of the organisation got up and running again. We were able to undertake the recycling at the Working and Pastoral Breeds of Wales Championship Dog Show, Wonderwool Wales and The International Antiques and Collectors Fair of Wales. We will be at the Royal Welsh Smallholding and Countryside Festival 2023 which will be on the 20th and 21st May. This is one of the bigger events that we manage and involves around 15 members of staff and usually over 9 tonnes of waste and recycling!

The event calendar is booking up fast already with shows booked right through to October. As well as the big events, we are proud to support the smaller local events too, last year we provided bins to Llanwrtyd show, Beulah show and Presteigne Carnival to name just a few. We are extremely grateful to everyone who continues to support us with the event recycling as it brings in much needed revenue to support the community car journeys. It isn't always pleasant work, and the staff are out in all weathers, but behind the scenes they are a great team and we are very thankful for the support and dedication they put in at every event. If you see any of the staff at event you attend, look out for the bright orange vests, feel free to say hello!

Outings

LWCT staff are now dreaming of warmer days, and being able to offer outings and days out to scheme members. Due to a very busy events schedule and the vaccine programme, we won't be able to offer a trip during May. Current venues for 2023 being considered include -Brecon Canal, Maesmynis Lavender Fields, Myddfai Farmers Market, National Botanic Gardens, and Brecon Mountain

Railway. If you have any suggestions for places to visit, then please get in touch and we can see if we can fit it into the schedule. Wheelchair users accommodated as well as we will be using a fully accessible minibus. Please keep an eye in next month's magazine for more details

Flower Moon

May's full Moon reaches its peak on May 5, 2023 and is called the Flower Moon. The full moon names used by *The Old Farmer's Almanac* come from a number of places, including Native American, Colonial American, and European sources. Traditionally, each full Moon name was applied to the entire lunar month in which it occurred, not solely to the full Moon.



May's Flower Moon name should be no surprise; flowers spring forth in abundance this month! May's Moon was referred to as the "Month of Flowers" by Jonathan Carver in his 1798 publication, 'Travels Through the Interior Parts of North America': Also by Henry David Thoreau who wrote about the Flower Moon and Carver when he wrote about Native Americans.

Full Moon Folklore

Clothes washed for the first time in the Full Moon will not last long.
The Full Moon is an ideal time to accept a proposal of marriage.

Information from <http://www.almanac.com>

Reduction in Speed Limits

The Welsh government are introducing a 20 mile an hour speed limit in restricted areas beginning September 17th. Restricted areas are usually built up areas (towns and villages) and roads with street lighting no more than 200 yards apart. It is recognised that this may not be possible on some roads; however the limits will be clearly signed. It is hoped that the new restrictions will save accidents and make things safer for pedestrians in particular. For more information please see [this link if you are viewing this electronically](#).

An Irish Prayer

I said an Irish prayer today especially for you...
For family, true friends and faith, to last your whole life through.
I asked the Lord to give you a shelter from the storm,
And just enough of His Good Grace to keep you safe and warm.
I prayed the road would rise to meet you all along your way
And smilin' Irish eyes would greet you every single day.



Pylons through the Valley

Have you read about the plans to create an energy park on Nant Mithil in Radnorshire and to further install an overhead electricity distribution network via 60 miles of steel pylons from this proposed energy park?

The need to embrace renewable energy and to have energy security in Wales is recognised by all, particularly after the impact high energy costs have had this last winter on households and businesses.

However, it is strongly felt that using steel pylons is not necessarily the answer. There is concern that pylons will be very unsightly, may well have health implications for people living near them, will result in the loss of fertile agricultural land and will drastically affect the number of visitors to an area where tourism is fundamental.

If you are at all concerned there are meetings taking place locally, mainly organised by local community and town councils where you can find out more.

Song to Celia - Benjamin Johnson-1572–1637

Drink to me only with thine eyes, and I will pledge with mine;
Or leave a kiss but in the cup, and I'll not look for wine.
The thirst that from the soul doth rise doth ask a drink divine;
But might I of Jove's nectar sup, I would not change for thine.

I sent thee late a rosy wreath not so much honouring thee
As giving it a hope, that there it could not withered be.
But thou thereon didst only breathe, and sent'st it back to me;
Since when it grows, and smells, I swear, not of itself, but thee.

Tŷ Hyll - The Ugly House (Capel Curig, Snowdonia)

Legend says it was built by two outlawed brothers in the 15th century under the old Welsh law of ty unnos, which stipulated that if you could build a house and have smoke coming out of the chimney between sunset and sunrise, then you owned the freehold of the land. You could claim additional land, determined by how far an axe could be thrown from each corner of the building. Given the time constraints, this would often result in a very rough and crude building. There is a date of 1475 carved over the fireplace although no one knows its true age.

This cottage is full of history, legend and mystery. Nobody knows who built it or when, but we do know about some of the people who have lived there in the past.

The first person who we know lived there was local shepherd John Roberts in 1900. Within the thick dry stone walls his accommodation would have



been basic: a single living room with a large fireplace for heating and cooking, and a ladder up to a sleeping loft under the roof.

The people who lived there longest were the Riley's from 1923 to 1961. Edward Riley was a groom at the Towers which is above the now car park. He gradually improved the Ugly House, installing an upstairs with bedrooms and a bathroom, and a separate parlour and scullery downstairs. Edward and his wife Lilian welcomed visitors into the house over the years, entertaining them with tales and their pet cockatoo.

After the Rileys died, Tŷ Hyll passed through a number of different owners who ran it as a tea room, antiques shop and tourist attraction. It was near dereliction when it was bought by the Snowdonia Society in 1988, and the listed building was sensitively renovated by a band of dedicated volunteers to provide a small visitor centre and headquarters for the Society.

It's thought that the building standing today is an 18th-century renovation of the original, built to house some of those working on Thomas Telford's link road between London and Holyhead. In the 1980s it was empty and falling into ruin until it was bought and restored by the Snowdonia Society who kept its original external appearance. It had a number of different owners previously who ran it as a tea room, antiques shop and tourist attraction.



On 24th March 2011, it was announced that Ty Hyll, The Ugly House, now a Grade II listed building, was to become a bee sanctuary. Its gardens and woodland are now open to the public, with a teashop on

the ground floor and a honeybee and pollinator exhibition upstairs.

There's nothing crude about inside though, and these days it's a great place for cakes, snacks and coffee and there's a welcoming log burner in colder weather.

How do I Love Thee

How do I love thee? Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
For the ends of Being and ideal Grace.

I love thee to the level of every day's
Most quiet need, by sun and candlelight.
I love thee freely, as men strive for Right;
I love thee purely, as they turn from Praise.

I love with a passion put to use
In my old griefs, and with my childhood's faith.

I love thee with a love I seemed to lose
With my lost saints, - I love thee with the breath,
Smiles, tears, of all my life! - and, if God choose,
I shall but love thee better after death.

By Elizabeth Barrett Browning 1806 – 1861 born in County Durham

Coronation of King Charles III



The coronation takes place on Saturday May 6th, and there are celebrations locally, some of which are below.

Cilmery Community Hall and the Prince Llewelyn, fancy dress, paint a castle, sausage roll comp	Sunday May 7 th
Grand Barbeque, children's activities, quiz, Trout Inn, Beulah 3pm onwards	
Garth Village Hall, picnic, competitions and games 3.30pm	May 7 th
Llanwrtyd Wells, lunch, competitions face painting etc	May 6 th to 8 th
Llangammarch picnic and drinks, plus competitions	Saturday May 6 th

Monday May 8th will be a Bank Holiday



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