



Cludiant Cymunedol

Llanwrtyd Wells

Community Transport Ltd:

NEWSLETTER



Rhyfyn/Edition 53 Gorffennaf/July 2023

Helô bawb/hello everyone

I hope all is well with you and your family and that you are enjoying this lovely 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

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

Cancer

Cancer is the fourth sign of the Zodiac. It is a water sign, and is represented by the Crab. It spans from June 21st until July 22nd, and 2023 is an important year for this sign, as the zodiac wheel turns to their sign during this time. For those born under Cancer, 2023 should be a year of growth and change that can lead to greater fulfilment in life.

Leo is the fifth sign of the zodiac and a fire sign symbolised by the Lion. It runs from July 23rd until August 23rd. This sign is confident, comfortable being the centre of attention, drama-adoring, ambitious, loyal, fiercely protective of their nearest and dearest, generous, luxury-loving, sunny, and big-hearted.

Flowers associated with this sign are Water Lily and Delphinium. With associations of positivity, delphiniums



are very much happy, cheerful flowers to brighten up someone's day! They're also a classic, British bloom and can be found growing wild in many woodlands across the UK. With associations of positivity, delphiniums are very much happy, cheerful flowers to brighten up someone's day! They're also a classic, British bloom and can be found growing wild in many woodlands across the UK.



The stone associated with the sign is the Ruby. Many cultures have long considered ruby a king's gem. Not surprisingly, ruby symbolism and lore have many associations with power, wealth, and protection. Many cultures have long considered ruby a stone of kings.

Buck Moon

July's full Buck Moon is coming up—rising after sunrise on **Monday, July 3rd** the eve of Independence Day! This is also a supermoon that will appear bigger than many other Full Moons this year.



July's full Buck Moon orbits closer to Earth than many of the other full Moons this year, making one of the four [supermoons](#) of 2023! At its nearest point, the Buck Moon will be 224,895.4 miles (361,934 km) from Earth, which means that August's Blue Moon will be the only supermoon that is closer to our planet this year.

While a supermoon is technically bigger and brighter than a regular full Moon, it only appears about 7% larger—which can be an imperceptible difference to the human eye, depending on other conditions.

The full Moon in July is called the **Buck Moon** because the antlers of male deer (bucks) are in full-growth mode at this time. Bucks shed and regrow their antlers each year, producing a larger and more impressive set as the years go by.

*A moon-flooded prairie;
A straying of Leal-hearted lovers;
A baying of faraway watching dogs;
A dreaming of brown-fisted farmers;
A gleaming of fireflies eddying nigh,
And that is July!*

Written by James N. Matthews (1852–1910)

Local Dates for Your Diary

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.

Llandovery Motorbike weekend

July 1st & 2nd

Charity Shop in Llandrindod in aid of Ysgol Dolafon

July 15th – 21st

Tractor Run, Dolwen Field, Llanwrtyd £10 per vehicle

August 6th

Summer Cider Cycle, Llanwrtyd Wells

August 12th

World Mountain Bike Chariot Racing, Llanwrtyd, August 12th

Gath Village Show Competitions, BBQ and Teas, Stalls etc

August 20th

Bogathon 2023, Llanwrtyd Wells

August 26th

World Bog Snorkelling Championship, Llanwrtyd Wells

August 27th

Llanwrtyd Eisteddfod

September 23rd

Machynlleth MVC in Victoria hall in aid of LDHAC

October 14th

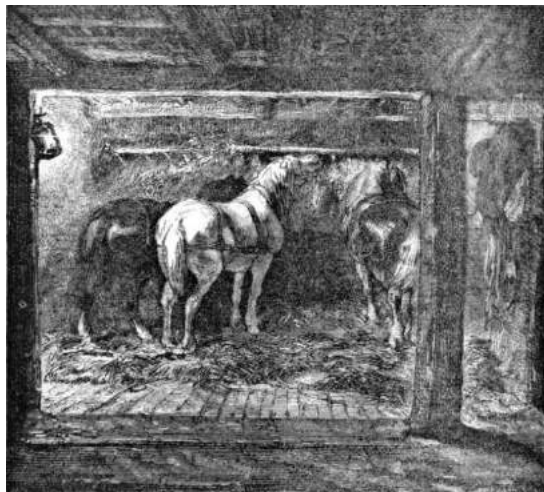
Irish Blessing

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!



Pit Ponies

Horses have been closely connected with coal mining since the early days of the industry. They have been used to transport coal from the collieries to the customer, have been used to power winding and pumping engines and, most importantly, to move coal from the coalface to the shaft.



In 1878 the RSPCA calculated that there were over 200,000 at work underground in British mines, gradually replaced by mechanised haulage, until by 1984 only 55 ponies were still in use.

Small ponies no more than 12 hands high were needed, with Shetlands being a breed commonly used because of their small size. In the days before mechanisation, pit ponies were stabled underground and were used to transport materials in and coal out of the mine. The men, boys and ponies who worked together during this period endured terrible working conditions.

The ponies only came to the surface during the colliery's annual holiday. They would work an eight-hour shift, during which they might haul 30 tons of coal.

On 25th May 1999 the last pit pony in South Wales, 'Robbie', worked his last shift underground at the drift mine at Pant y Gasseg, Pontypool. He was 19 when he died from a short illness at the National Coal Mining Museum for England where he had gone to live on loan to them from the RSPCA. He was with the museum for 10 years and was very popular with staff and visitors alike.

Old-Fashioned Lemonade Stand Lemonade

Here is a treasured old-fashioned memory—fresh, crisp, cold, and delicious lemonade. On a hot afternoon our guests especially enjoy it while sitting under a shady tree. An ounce of gin or vodka may be added.” – The Governor’s Inn, Ludlow, Vermont

Ingredients

1-1/2 cups sugar
1/2 cup boiling water
1 tablespoon grated lemon zest
1-1/2 cups freshly squeezed lemon juice
5 cups cold water
Lemon slices, for garnish



Instructions

Combine sugar and boiling water, stirring until sugar dissolves. Add lemon zest, lemon juice, and cold water; mix well. Chill. Serve over crushed ice garnished with lemon slices and fresh mint sprigs.

Recipe from almanac.com

All About Us

Admin and Social Media

We are 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.

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 June the recycling team was at the Man Versus Horse in Llanwrtyd Wells on June 10th as well as another new event for us, Wales and Border Counties Hound show which was held at the Royal Welsh Showground on June 29th. We are extremely grateful for the chance to work with the Royal Welsh Agricultural Society with events at the show ground.

With the Royal Welsh Show being held in July, the recycling side of things takes a short break, before resuming again in August for the Welsh Kennel Club Dog Show. Although do look out for our bins at Presteigne Carnival again this year on the 8th July.

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

During June, LWCT were happy to help with a trip to Aberystwyth for the local Luncheon Club. Our wheelchair accessible minibus was put to good use with many of the clients having mobility issues. I think everyone had a good time and the sea air certainly put rosy tint on everyone's cheeks. Who doesn't love fish and chips by the seaside?

Urdd National Eisteddfod

This year, the Urdd National Eisteddfod was held in Llandoverly. This was the eighth time that Carmarthenshire have hosted the Urdd Eisteddfod although this will be the first time that the Eisteddfod visited Llandoverly.

The Urdd National Eisteddfod, one of Europe's largest youth touring festivals that attracts around 90,000 visitors each year, was once again held during Whitsun week at the end of May. The Eisteddfod is a competitive festival with over 15,000 children and young people under the age of 25 competing during the Eisteddfod week in various competitions such as singing, dancing and performing. They are the elite few from around 40,000 competitors across Wales who have won their place following local and regional rounds held in the spring months leading up to the Eisteddfod.

Businesses, organisations and residents of Llanwrtyd decorated the area to show a warm welcome to the thousands of visitors who passed through Wales' smallest town on their way to the Eisteddfod. It was especially lovely to see red, white and green flags decorating the home of Olha Rusnak and her children who have settled in Llanwrtyd after fleeing from Charnomorsk by Odessa in the Ukraine.



'Croeso i Lanwrtyd' - Welcome to Llanwrtyd

Photo: Olha Rusnak and her children with Janet Price, text and photograph courtesy of Elin Mabbutt

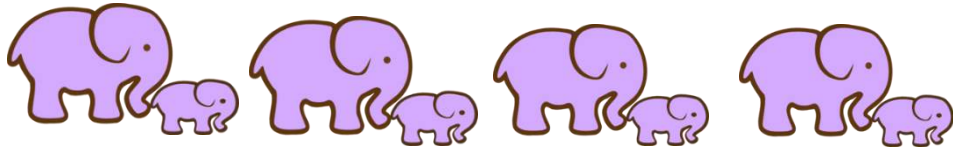
It was only a sunny smile, and little it cost in the giving,
But like morning light it scattered the night
And made the day worth living.

F. Scott Fitzgerald 1896 - 1941

Not much on the supermarket shelves yesterday so I decided to improvise.

Dinner last night was a risotto I made from mushrooms I'd foraged locally.

Not only was it delicious, but soon after a Welsh Male Voice Choir of purple elephants sang the whole of Meat Loaf's Bat Out of Hell album, accompanied by a light show.



Devil's Staircase

The Devil's Staircase is a remote and not so accessible road between the small hamlet of Abergwesyn and Tregaron. It is an old drover's single track road. The great attraction of the climb is its steepness – especially the start, which begins with a wicked 25% hairpin. The climb remains above 20% for the first half a kilometre before gradually easing off towards the end.

The area is really remote and truly makes you feel like you are in the middle of nowhere. This is not only a single track metalled road, but extremely narrow and twisty. Road surface deteriorates quite considerably at times with the centre section covered in gravel. It is **26.55km (16.5 miles) long** running from Abergwesyn (in the county of Powys at the start of the Abergwesyn valley) to Tregaron, an ancient market town in Ceredigion county. It is a delight to ride in the heart of sparsely populated mid-Wales. It's



usually pretty quiet on a weekday, but can be busy at weekends. Meeting a vehicle coming in the opposite direction is somewhat interesting and there is really nowhere to go other than for one of you to reverse to a wider place.

The road is very steep, **and** tops out at Abergwesyn Pass – up the perilous Devil's Staircase and through dense conifer forests to miles of wide, desolate valleys where sheep graze unhurriedly. There are 2 routes to reach the pass. Starting at Tregaron, the ascent is 13 km long. Over this distance, the elevation gain is 232 meters. The average percentage is 1.8 %. And starting at Abergwesyn, the ascent is 5 km long. Over this distance, the elevation gain is 227 meters. The average percentage is 4.5 %. **The descent will test your brakes to the maximum.** There are two bridges across the road just before the Devils Staircase that disappear under water when it has been raining a lot.

A Gremlin

There's a gremlin in our washing machine that we're trying to coax out
We've left it sweets outside the door and poured rice crispies down the spout.
But the gremlin seems to like it there and it plays it's little tricks
Like making funny noises instead of making clicks.

If you set the wash to Rapid it will go on for many hours
If you ask it for a Fast Spin Dry you can squeeze the water out on flowers.
Then the door will sometimes open when the machine is in a Wash
So if I catch that gremlin I know exactly what to squash.

It seems to have a sense of humour in the most annoying way
It always plays it's little tricks on the most important day.
We have hired a gremlin catcher but the gremlin came out the best
And now my favourite waistcoat won't reach halfway round my chest.

By kind permission of the author Clive Sanders.

Coffee Morning

A well attended and enjoyable Coffee Morning in aid of the Llanwrtyd & District Heritage & Arts Centre was held at the Victoria Hall on May 20th. Trustee Susan Price extended a bilingual welcome to everyone present with a special welcome to retiring Town Mayor Cllr Jim Davies who had been very supportive to the Heritage Centre during his time in office. She then went on to welcome the newly-elected Llanwrtyd Town Mayor Cllr Sarah Jones who is also a trustee of the Heritage and Arts Centre and she wished her well for the forthcoming year.

She then extended a warm welcome to Vicky Mellor, a Company Director of Charcroft Electronics Ltd who was accompanied by her daughter Elizabeth, who later recited 'Fy Nheulu a Fi' on stage and also Mr Paul Newman Managing Director of Charcroft Electronics. The company were thanked for their generosity to not only the LDHAC but also to the community as a whole. Vicky, who is the daughter of the Late June Newman then went on to officially open the Coffee Morning. Organisers would like to thank everyone who helped contribute towards making the morning so enjoyable and resulting in a profit of over £625.

Diolch yn fawr.



Report and photograph courtesy of Elin Mabbutt

Michael and Marlene

Michael said to Marlene 'I think that we should wed,
For I truly love you Marlene as I have often said.
Your parents do not like me, that is very clear
But I don't mind your parents because to you they're very dear.

Marlene said to Michael 'I'll need some time to think
For although I really love you, you clearly like your drink.
My dad says you're a plonker, and my mum says that you're a prat
But I just really love you, so we need to deal with that.

Michael said to Marlene, 'I don't mind if we wait.
But I've got to go to the pub right now for my darts game starts at eight.
Then on Monday, Tuesday, Wednesday I have poker games to play,
Then on Thursday, Friday, Saturday we are down to drink all day.

Courtesy of the author Clive Sanders

The Few by Edgar Albert Guest

The easy roads are crowded and the level roads are jammed;
The pleasant little rivers with the drifting folks are crammed.
But off yonder where it's rocky, where you get a better view,
You will find the ranks are thinning and the travellers are few.

Where the going's smooth and pleasant you will always find the throng,
For the many, more's the pity, seem to like to drift along.
But the steps that call for courage, and the task that's hard to do
In the end result in glory for the never wavering few.

Myfanwy

Many believe that the haunting tune of Myfanwy is possibly one of the greatest love songs ever written. The Myfanwy lyrics tell the tragic story of the unfulfilled love of a poor young poet called Hywel ab Einion for a beautiful young noblewoman who lived in Dinas Brân castle. The remains of Castell Dinas Brân stand above the Welsh town of Llangollen and is the scene setting for the sad love story. Myfanwy was the daughter of the Norman Earl of Arundel and was, according to sources at that time, the most beautiful woman in Powys.



Myfanwy was proud of her looks and wanted her many suitors to proclaim her beauty in song and verse. Many come to court her but are not able to compose songs that truly reflect her looks so she rejects them all.

However, in the valley beneath the castle lives a poor bard Hywel ap Einion. Taking his courage in his hands the young bard goes to the castle and sings and plays for Myfanwy. Whilst he performs his song to her she is captivated and will look at no other. Hywel ap Einion believes his love for her to be reciprocated because of this, however she is fickle and his hopes and dreams are thwarted when a rich, handsome and more articulate man comes to seek her affection. The dejected Hywel then wanders the forests and lands of Difrdwy and recites this sad poem;

***Oh fairer thou, and colder too, than new fallen snow on Arran's brow
Oh lovely flower of Trevor race, let not a cruel heart disgrace
The beauty of thy heavenly face!
Thou art my daily thought each night presents Myfanwy to my sight.***

Myfanwy the melody was written by Joseph Parry 1841-1903 with lyrics by Richard Davies 1833-1877 and was first published in 1875. A girl named Myfanwy Llwyellyn was a girl in Joseph's life, and like Joseph she immigrated to America and according to legend they met up some 30 later, but for whatever reason she snubbed the Welsh composer which was when he then composed his famous tune full of unfulfilled love.

The song Myfanwy remains one of Wales most famous songs and is in the repertoire of most Welsh Male Voice Choirs, Bryn Terfel, Cerys Matthews, Rhydian Roberts, Ryan Davies and Wynne Evans to name but a few. It is always sung at Welsh Rugby Union matches. The meaning of the name is 'my fine rare one'. Below is an English translation of the first verse:

***Why so the anger, Oh Myfanwy, that fills your dark eyes
Your gentle cheeks, Oh Myfanwy, no longer blush beholding me?
Where now the smile upon your lips that lit my foolish faithful love?
Where now the sound of your sweet words, that drew my heart to follow you?***

Joseph is considered Wales' greatest composer. Born in Merthyr Tydfil on May 21st 1854 he has composed over 400 hymn tunes, 300 songs and 300 anthems orchestral pieces. He loved music from a young age, however coming from a poor family he worked at Cyfarthfa Mills from being 9 years old. When he was 13 his father decided to move to America and settled in Pennsylvania.

After some time in America Joseph returned to Britain and won major prizes in the National Eisteddfod in Swansea and Llandudno. He was admitted to the Gorsedd with the bardic name of Pencerdd America. In 1873 he became Professor of Music at University College, Aberystwyth. He settles in Penarth where he died on February 17th 1903.

Information and photograph Wikipedia and Transceltic

Man versus Horse Marathon

The event took place on Saturday June 10th and it was a sweltering hot day for all taking part. On this occasion the horse was beaten by a runner the second time running. There were 709 finishers including runners and riders and 50 who didn't finish because of the heat and exhaustion.



The Open winner was Daniel Connolly in a time of 2hrs, 24 min, 38 sec. The women's open winner was Suzy Whatmough in a time of 3hrs, 18 min, 16 sec. The relay team prize was won by The Red Arrows in a time 3hrs, 16 min, 57 sec. The first rider was Kate Atkinson on DNS Ronald's in a time of 2hrs, 34 min, 25 sec.

Text and photograph by courtesy of Green Events

Word of the Day **Botanophobia** Fear of plants

Why do we tell actors to "break a leg?" Because every play has a cast.

Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them.

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