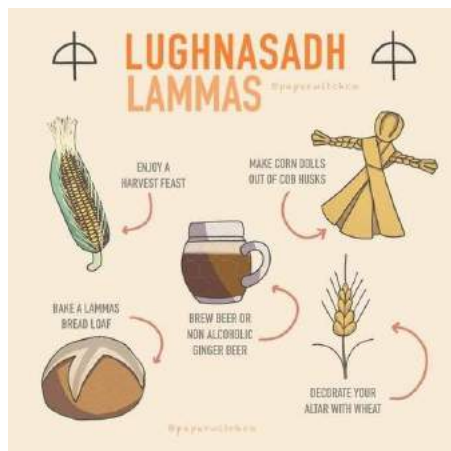


Cludiant Cymunedol

Llanwrtyd Wells

Community Transport Ltd:

NEWSLETTER



Rhyfyn/Edition 54 Awst/August 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

The month of August

August is the eighth month of the year in the Julian and Gregorian calendars, and the fifth of seven months to have a length of 31 days. August was named to honour the first Roman emperor (and grandnephew of Julius Caesar), Augustus Caesar (63 B.C.–A.D. 14).

August 1st, traditionally known as **Lammas Day**, was a festival to mark the annual wheat and corn harvest. Lammas also marked the mid-point between the summer solstice and autumn equinox and was a cross-quarter day

August 17th is when the **Cat Nights** begin, harking back to a rather obscure Irish legend concerning witches; this bit of folklore also led to the idea that a cat has nine lives.

August 19th brings **National Aviation Day**, chosen for the birthday of Orville Wright who piloted the first recorded flight of a powered heavier-than-air machine in 1903.

Full Sturgeon Moon

August's first full moon, the full **Sturgeon Moon**, reaches peak illumination on the night of Tuesday, August 1st. It is also one of the four **super moons** of 2023!

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.

Family Fun Day, Friends of Builth Wells	August 2 nd
Tractor Run, Dolwen Field, Llanwrtyd £10 per vehicle	August 6 th
Summer Cider Cycle, Llanwrtyd Wells	August 12 th
Brecon Jazz Festival	August 11 th – 13 th
Llangammarch Wells Carnival, fancy dress. Dog show etc	August 12 th
World Mountain Bike Chariot Racing, Llanwrtyd,	August 12 th
Volksfest Wales, Brecon	August 19 th – 21 st
Garth Village Show Competitions, BBQ and Teas, Stalls etc	August 20 th
Bogathlon 2023, Llanwrtyd Wells	August 26 th
World Bog Snorkelling Championship, Llanwrtyd Wells	August 27 th
Beulah and District Show and Trotting Races	September 9 th
Llanwrtyd Eisteddfod	September 23 rd
Race Night with 20's 30's theme, Victoria Hall	September 30 th
Machynlleth MVC in Victoria hall in aid of LDHAC	October 14 th

Outing to Aberystwyth

Here are some photographs taken on an outing to Aberystwyth with the group from 'Chat and Chips' who meet every Wednesday at the Wesley Chapel in Builth Wells.

Unfortunately the weather was not very good; however everyone had a lovely meal at the Athro Lounge in Aberystwyth before a drive along the sea front and a stop off for some ice cream and a spot of shopping!



The Text and photographs – courtesy of Laura Burns

The Legend of Gelert

It is believed that Saint Gelert c.650, was a missionary, evangelizing in Llangeler (Carmarthenshire) and Beddgelert (Snowdonia), and the surrounding Gelert Valley. At some stage, Gelert lived as a hermit in a cave near what is now known as the Holy Well of St Celer near Llandysul, to where pilgrims would travel for healing by Gelert. Eventually the chapel, Capel Mair was erected over the well, of which the ruins still remain.



However, local Welsh legend more often identifies

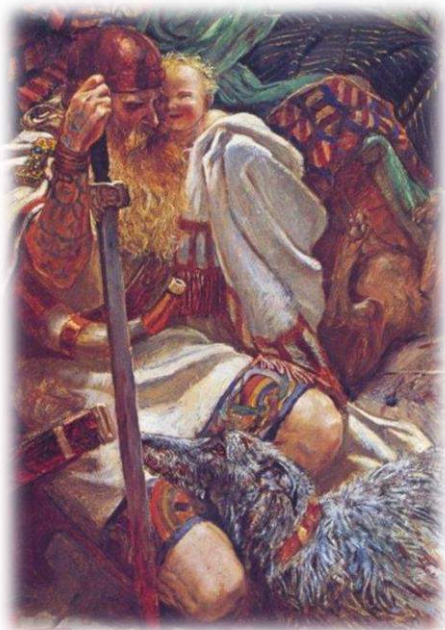
Gelert as the faithful and favourite hunting wolfhound of Llywelyn the Great. (Llywelyn ab Iorwerth), Prince of Gwynedd in north Wales who later became the King of Wales.

Legend has it that in the 13th century Prince Llywelyn the Great was an early inhabitant of what would one day become the village of Beddgelert in the Snowdonia area of Gwynedd. The Prince was fond of hunting, and owned many hounds but his

favourite was Gelert, who had been given to him by the King John of England.

One day, the Prince and his Princess set out for a day's hunting together, leaving their baby in the care of Gelert. On returning home they were horrified to discover their baby was missing from its overturned cradle, and Gelert's muzzle was covered in blood.

A painting called *Who Knoweth the Spirit of Man*, by Byam Shaw (1901), depicting Llywelyn holding his child, with Gelert dying on his knee. Source: Wikipedia/Public Domain.



Llywelyn immediately drew his sword and, in deep despair, killed his favourite hound. As Gelert fell to the ground, he let out a mighty yelp and a baby's cry was heard from a dark corner of the room in response.

Llywelyn discovered his heir unharmed, but by its side laid a mighty wolf, which had been killed by Gelert. Gelert had killed the wolf to defend the baby but died by his master's sword.

Grief-stricken and filled with remorse Llywelyn gave the faithful hound a ceremonial burial by the river and is said to have never smiled again. Gelert was eventually immortalised in the name the village is known by today Beddgelert meaning Gelert's grave.

(Information above from National Trust, Vintage News, and History of Wales)

Rita Jenkins

I live between Garth and Beulah and have been living here for 30 years now; I have 4 children, 5 grandchildren, and one great granddaughter, all of whom I love dearly. My family are my life.

I am enjoying working for Llanwrtyd Wells Community Transport, I like driving and am meeting some really lovely interesting people whilst helping them to their appointments. I felt a little anxious on my first trip, thinking about what I was going to say to make conversation, but all went well and we chatted all the way to Hereford and back.

My hobbies are mainly gardening; I sell plants at my daughters shop in Builth Wells (Post Office) and also do grave pot arrangements with artificial flowers. Wreaths for Christmas and tomatoes and cucumbers etc which I grow in my polytunnel. The time just flies by in the garden I find it very therapeutic. I'm looking forward to meeting more new faces soon as time goes on.



Arawn

I'm reading a book on my iPad called *The Snowdonia Killings* by Simon McCleave, and one of the detectives, born and bred in the Snowdonia area mentions quite a few things in the Welsh language. He mentions Arawn, Celtic deity who was the lord of Annwn (the other world or the land of fairies and I thought it might be an interesting bit of research for this newsletter, hope you like it.

Arawn is the Welsh lord of the realm of Annwn, the Otherworld of the *Mabinogi*.

Arawn was a great hunter and magician skilled in shapeshifting, he is best known through his connection to Pwyll, Lord of Dyfed.

Arawn is believed to be a Welsh version of the Hebrew name *Aaron*, which means "exalted." Despite the possible connection, Arawn could also be a Welsh version of the Celtic god Arubianus given the similarity of their names.

As Christians began to demonize Welsh mythology, Arawn took on many negative traits and gained titles beyond the traditional Lord of the Underworld or Otherworld. He became Lord of the Damned, who oversees the souls denied Christian paradise and whose hellhounds hunt eternally for souls of the impure.

Arawn's defining trait is that he is Lord of Annwn, the Welsh Otherworld. Annwn is listed in different legends as an island off the coast of Wales, a cauldron or kingdom beneath the sea, or simply underground. Described as a blessed paradise, it is connected by some writers to the Arthurian Avalon, the Isle of the Blessed. Arawn is a just ruler, beloved by his court and his Queen, though he has competition for his rule.



Arawn appears as a skilled magician, able to switch his appearance for an entire year with the hero Pwyll. The magic is so effective that not even Arawn's own wife knows of their switch. In "Cad Goddeu," Arawn summons a great host of Annwn to battle and magically enhances them, but despite this is defeated by Gwydion.



In addition to being a great ruler and skilled magician, Arawn appears as an adept hunter who loves sport, enough that every day his court goes hunting with his supernatural white-eared red-eyed dogs.

Fall is Arawn's time, connected to the baying of great hounds and the cries of geese headed south for the winter. The traditional Celtic year typically ended in fall on

Samhain, which we know today as Halloween. Samhain is a day when the spirits of the dead walk freely on the Earth, highlighting Arawn's role as Lord of the Underworld.

With the rise of Christianity in the British Isles, Arawn's association with death led to his demonization. Annwn, as the Welsh Otherworld, becomes a place for the souls of the damned, and Arawn as its lord became lord of the damned. Similarly, the hounds of Arawn became associated with hellhounds hunting the spirits of the damned.

Little is known of Arawn's family beyond his unnamed wife, the Queen of Annwn, who loved her husband dearly.

Mythology

Long is the day and long is the night, and long is the waiting of Arawn, Cardigan folk saying

Arawn appears primarily in the *Mabinogi*, most notably in the First and Fourth branches.

Mabinogi

The *Mabinogi* is based upon a 14th century manuscript known as 'Red book of Hergest'. The work is a collection of eleven tales of early Welsh literature and draws upon the mystical word of the Celtic people intertwining myths, folklore, tradition and history.

In the First Branch of the *Mabinogi*, Pwyll, ruler of Dyfed, pursued a stag with his hounds one day. A strange set of red-eyed hounds caught the stag and tore it to pieces. After chasing them off, a rider appeared and informed Pwyll that he was in Annwn, and for stealing the king's stag he must submit himself to Arawn for mercy.

Arawn offered Pwyll a strange form of penitence: they would trade places for a year, taking the form of one another. Pwyll accepted, even agreeing to defeat Arawn's rival Hafgan much to Arawn's surprise. So for one year, during the day Pwyll took the court hunting, and by night they feasted. When entering his bed at night, Arawn's Queen offered herself to him, and though Arawn did not forbid it, Pwyll refused to sleep with her.

The year came to an end and the two men met again, with Pwyll revealing he did all that Arawn asked and more: he remained chaste for the entire year. Arawn revealed the same and the two returned to their rightful place.

In the Fourth Branch, Arawn appears only in the form of gifts that are given to Pryderi, son of Pwyll. Each year, pigs are sent from Annwn and are meant to be kept for Pryderi's use. They become the primary plot point of the section and in Pryderi's conflict.

Cad Goddeu

From the *Book of Taliesin* comes a poem "[Cad Goddeu](#)", or "[The Battle of the Trees](#)." (if you're receiving this in email form, click on either link above for the full length poem). While not explicit, the story tells of a dog, a lapwing, and a buck that are stolen from Annwn by Amaethon, who is pursued by Arawn. Thus began the Battle of the Trees, where Arawn summoned a great series of monsters and enhanced them with magic, until Amaethon's brother Gwydion, using magic and the grace of God, summoned the trees to defend them, ultimately defeating Arawn.

Other Mythology

The story of Arawn and Pwyll is similar to Sir Gawain and the Green Knight, with Arawn as the Green Knight. In both, the human hero is tempted by the wife of their host, and in both they manage to resist the temptation. Their resemblance as skilled hunters, warriors, and masters of their realm adept in the use of magic further connect the two, as does Pwyll's appearance in some Welsh Arthurian legends.

Arawn may also be connected to the Celtic god Arubianus, an agricultural deity found in South Germany. This could explain the bounty and wonder of Annwn,

Arawn's realm, and the fact that Annwn may be a literal underworld, from where the bounty of the earth comes. Little else is known of Arubianus.

As lord of the hunt, Arawn is connected to other Celtic gods, including Cernunnos, a mysterious Gaulish god who is considered the lord of wild things. Similarly, Arawn is related to Odin, the Norse Lord of the Dead who also happens to be a master magician. His Germanic form, Wotan, is skilled in hunting and Lord of the Wild Hunt, a title that sometimes goes to Arawn.

Through his role as Lord of the Underworld, Arawn resembles the Greco-Roman Hades/Pluto, as both are rulers of the dead and not entirely the villain later writers make of them. In this same sense, Arawn (and Hades) are connected to the Abrahamic Satan.

Fairy Hunts Tonight by Arian Niwl

Oh, listen on the wind dear one calling all the red eared Cŵn Annwn
The Wild Hunt has now begun

The moon is as thin as Arawn's bow and wind it has a taste of snow
And those who listen will hear his tally ho!

The sounds of the hunt echo my dear and the baying hounds as though a cheer
The spirits doth flee from the sound like a deer

The spirits of the dead run in fright and through the branch's glimpses of white
Ah mortal careful be, for Fairy hunt's tonight

An old Cardigan folktale: *Hir yw'r dydd a hir yw'r nos, a hir yw aros Arawn* "Long is the day and long is the night, and long is the waiting of Arawn"

Information and photographs courtesy of Celtic Nations, Mythopedia, and Wikipedia

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 vaccine programme is being rolled 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 July the recycling team was working away behind the scenes mostly getting bins all prepped ready for August which is a very busy month for the team! Only a couple of small outings for the bins to Presteigne carnival and providing bins for the TV company Boom Cymru who were filming at the Royal Welsh show.

August is super busy with events starting on the 4th and not much of a break until mid September. We are excited to be offering our services at a brand new event during the first weekend in August. Cymryd Rhan are hosting [Party at Porth with Cymryd Rhan](#) This will be a fantastic event, more details can be found on the facebook page. Hopefully this new event will be really popular and become an annual event in the calendar.

Straight after Party at Porth, the bins will be heading back to the Royal Welsh Showground for the Welsh Kennel Club dog show. Although the dog show doesn't begin until 17th August, the caravans arrive on site from Monday 7th August and remain on site until the show finishes on Sunday 20th August.

A quick empty and relocation of bins after the dog show and we will be straight into a young carers event! Another reshuffle of the bins and the site will be ready for the Continuity Fairs Antiques Fair on the 2nd and 3rd September! Don't worry, the break in between the carers event and the antiques will be filled by the bog snorkelling weekend in Llanwrtyd Wells on 26th and 27th August.

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

On August 24th we will be taking a trip to Talgarth Mill and Gwernyfed walled gardens being organised by Mid Powys Mind. We hope to start organising trips out again from September once the school summer holidays are over and the recycling side of the organisation settles down again. If you want to go anywhere on a trip, please get in touch and we will try and accommodate any requests.

Llanwrtyd Eisteddfod

The Eisteddfod will be held on September 23rd this year in Victoria Hall, Llanwrtyd.

Morning Session (Local) at 10.30am

Afternoon Session (Open) at 2.30pm

Evening Session (Adults) at 7pm

There is a full programme of competitions available on the Facebook Page: Eisteddfod Gadeiriol Llanwrtyd. Why not enter or come and listen to the people taking part.

For any further details please contact the Secretary Mrs: Susan Price on 01591 610303.

Information courtesy of Mrs Elin Mabbutt

Directors of LWCT view the following to be of sufficient community importance, to copy a letter sent by the Headteacher of Irfon Valley CP School.

Message copied from the Headteacher of Irfon Valley CP School to Parents / Carers

From: "office (Irfon Valley CP School)" <office@irfon.powys.sch.uk>

Sent: Tue, Jul 18, 2023 at 7:56 AM Subject: Letter to Parents/Carers

Dear Parents/Carers

Further to the letter sent out via email from the Governing Body last week, I would like to take the opportunity to reiterate that although there has been a recent decrease in pupil numbers, which has understandably caused unease and questions amongst some parents, the school will very much be 'open for learning' to welcome pupils back on Monday 4th September after the summer holiday break.

I feel it's important to share that the main reasons given to me by parents for deciding to move their child to another school are ironically, linked to low numbers in year groups and the non-availability of after school provision. Standards of teaching and learning, together with the level of care and attention your child/ren receives remain excellent - as evidenced by last year's successful Estyn inspection report, frequent scrutiny by the PCC School Improvement Advisor, ongoing Governing Body monitoring and simply observing all of the positive interactions and achievements at the school day-in, day-out.

Please can I ask you to help spread the word that Irfon Valley School remains open and we'd love to welcome new pupils!

I'd like to extend my thanks to those of you who continue to support us. I'd also like to thank the staff of the school who continue to provide an excellent setting for the children whilst they themselves are naturally feeling unease and sadness at the loss of pupils they've cared for so fondly.

If you have any concerns on this matter or would just like a chat, please don't hesitate to give us a call.

I will be sending out my usual end-of-term newsletter at the end of the week, but just wanted to get this important letter out to you ASAP.

Kind regards
Miss Clark

The Zodiac sign for August is Leo (July 23rd - August 22nd)

Leo is represented by the lion, and these spirited fire signs are the kings and queens of the celestial jungle. They're delighted to embrace their royal status: Vivacious, theatrical, and passionate, Leos love to bask in the spotlight and celebrate themselves. These lions are natural leaders and they enjoy cultivating friendships and romances that are artistically and creatively inspired. Playful Leos have no problem leaning into drama-fuelled romances that are perfectly suited for the tabloids. (In fact, they may even prefer them.) After all, every Leo perceives him or herself as a celebrity. These astrological divas never get tired of lavish dinners, exclusive parties, or decadent designer wear.

Leo is ruled by the sun, the dazzling celestial body that governs life and vitality. The sun never goes retrograde, and likewise, Leos are renowned for their stability, loyalty, and consistency. They are dedicated friends and lovers who put their hearts into every relationship. (Fittingly, the Leo sign governs the heart.) Lions love to watch their mates succeed — until they feel threatened. They can become impaired by their ego, pride, and jealousy when they start to fear their star power will be eclipsed. It's important for celestial lions to remember that their light is never obscured by others, and the bright shine of others' success does nothing to their own.

This fixed sign is known for its ambition and determination, but above all, Leos are celebrated for their remarkable bravery. In tarot, Leo is represented by the "strength" card, which depicts the divine expression of physical, mental, and emotional fortitude. Fearless optimists who refuse to accept failure, Leos will find their deep wells of courage grow as they mature.

Information from allure.com and old farmer's almanac

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.



Blue Moon

You'll be able to see another full moon this month as well and it's going to be outstanding! On Wednesday, August 30, there will be a **Blue Moon**, which will also be the **BIGGEST** super moon of the year.

Perseid Meteor Shower

August is often a wonderful month for star gazing! It's the month of the **Perseid meteor shower**, which is one of the most prolific showers and reaches its maximum between August 11 and 13. You can still see the Perseids even if they're not at their peak. The shower lasts from about July 17th until August 22nd. The number of meteors increasing every night until it reaches a peak in mid-August after which it will tail off. Be sure to keep an eye out, especially on the 16th during the new moon.

*Summer declines and roses have grown rare,
But cottage crofts are gay with hollyhocks,
And in old garden walks you breathe an air
Fragrant of pinks and August-smelling stocks.
By John Todhunter (1839-1916)*

August Birthstone

August's primary birthstone is the **peridot**, which is said to symbolize strength and healing power, protecting its wearer from nightmares and evil, ensuring harmony and happiness. Babies born in August are lucky to be guarded by peridot's good fortune.



August Birth Flowers
August birth flowers are gladiolus and the poppy.



The **gladiolus** symbolizes strength of character, sincerity, and generosity.

The **poppy** symbolizes eternal sleep, oblivion, and also imagination.

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