



Cludiant Cymunedol

Llanwrtyd Wells

Community Transport

NEWSLETTER



Rhifyn / Edition 56 Hydref / October 2023

Helô bawb / Hello everyone

"Season of mists and mellow fruitfulness" is upon us once again and it is a time to celebrate the harvest and Halloween. It is also Black History Month and Breast Cancer Awareness Month.

Did you know that on 13 October 1884 Greenwich, in London was established as the Universal Time meridian of longitude - from which all World time zones are based? The Royal Observatory Greenwich is where East meets West at the Greenwich Meridian Line (0° longitude).

There are an infinite number of possible meridians, each stretching from the North to the South Pole and any one of these could have been chosen. However, the Greenwich Meridian was pre-eminent because it had already been adopted by both the UK and USA and was therefore being used by 72% of the world's shipping.

October in Other Languages

Chinese (Mandarin) - shiyuè

Danish - oktober

French - octobre

Italian - ottobre

Latin - October

Spanish - octubre

Listen !

The wind is rising and the air is wild with leaves

We have had our summer evenings

Now for October eves

Humbert Wolfe

It is now time to seriously consider what to plant for the spring.... Iris, tulip, hyacinth and narcissus bulbs in borders, pots and lawns for colour. Garlic in beds or pots for the kitchen.

=0=

The magazine team hope that you find our latest newsletter offerings interesting.

As always, we would love to hear your views and publicise your local event. The team would also love to receive any news items, stories of local history articles, that can be used in future newsletters. Please send them to office@lwct.org.uk, marking them for the attention of the newsletter team.

If you would like a monthly copy emailing to you personally, please also get in touch at office@lwct.org.uk.

Cofion cynnes / kindest regards – the newsletter team

Local Dates for your Diary

Tech Help Llandrindod Wells Library 9.00-5.00	3rd October
Coffee & Chat Builth Wells Library 2.15-3.45	5th October
Mid Wales Autumn Fayre & Truck Festival RWAS	7th-8th October
Weekly Cuppa with a Copper Ysgol Trefonnen Llandrindod Wells 10.00-11.00	9th October
Tech Help Llandrindod Wells Library 9.30-4.30	10th October
Weekly Cuppa with a Copper Builth Wells Library 2.15-3.15	12th October
Knit and Natter Builth Wells Library 2.15-3.45	19th October
Ron Skilton Half Marathon Llanwrtyd Wells	22nd October
End of British Summer time - clocks go back 1 hour	28th October
Halloween	31st October

N.B. LWCT is printing these events, dates & times obtained from 3rd parties. Every effort is made to ensure these are accurate, at the time of going to print.

Shwmae/ Sumae Day

The first Shwmae/ Sumae day was celebrated on October 15, 2013 to promote the idea of starting every conversation with shwmae, su'mae or shwdi? The event aims to show that the Welsh language belongs to us all – fluent speakers, learners or those shy about their Welsh. The Day is celebrated annually on the **15th of October**. It's an opportunity to have fun and share the language – in the shop, leisure centre, at work, with friends. In the past it has been celebrated by schools, restaurants, shops, businesses and radio stations.

To infinity and beyond.....

October's full Moon, known as the Hunter's Moon, arrives on Saturday, October 28. Like September's Harvest Moon, the Hunter's Moon is closely tied to the autumnal equinox. The first full moon after the Harvest Moon quite often falls in October and even has its own name. Known as the Hunter's Moon, it's one of the only two full moons (along with the Harvest Moon) that aren't connected to a specific month. Depending on the year the Hunter's Moon either falls in October or [November](#).

October Meteor Showers

Keep an eye out for the **Draconid meteor shower** in the late evening of October 9, and the **Orionid meteor shower** in the predawn hours of October 21–22.

The Draconid Meteor Shower contains a single comet that is visible exclusively in the northern hemisphere between [October 6th](#) and 10th.

An even more impressive meteor shower that is visible in both hemispheres is the



Orionid meteor shower, which runs from October 2nd until early November. It is named after Orion as it is usually visible in the same part of the sky as the constellation. At the peak of the meteor shower, as many as 20 meteors are visible every hour.

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**October glows on every cheek,
October shines in every eye,
While up the hill and down the dale
Her crimson banners fly.**

Elaine Goodale Eastman (1863–1953)

How we celebrate Halloween in Wales

While modern-day Halloween is a recent innovation, Nos Galan Gaeaf as it's called in Welsh has its roots in centuries of tradition. Halloween has taken on almost as much prominence as Christmas since the American-style holiday made its way across the Atlantic to our shores. Homes are decked out in spooky decorations, kids go door-to-door trick-or-treating and there are seasonal events happening everywhere, everything from Halloween discos to pumpkin picking to ghost hunts.

But do you know the Welsh roots of this autumnal festival? *Calan Gaeaf* (1st November) is traditionally celebrated as the first day of winter. It's an ancient celebration with close parallels to the Celtic festival of *Samhain*. With the harvest brought safely in, and shorter days and longer nights taking hold, Calan Gaeaf was a rousing celebration of all that had gone before. It was also a respectful nod towards what was to come - the death of nature and a hard winter, but with the promise of spring and rebirth.

Naturally, the night before Calan Gaeaf took on special significance too. In Wales, it is called Nos Galan Gaeaf. It is a night people believe the spirits walk; a night when the veil between the living and the dead thins.

Spirits of Nos Galan Gaeaf

Being a supernatural festival, Nos Galan Gaeaf also permitted less welcome spirits to enter the world.

Y Ladi Wen (the White Lady) was said to guard crossroads and graveyards against other, more sinister ghouls. When she wasn't on duty she was an effective threat for naughty children!

In North Wales, *Hwch Ddu*, the Black Sow, was one of Calan Gaeaf's more frightening apparitions. At the end of the festival, as the bonfire died down, a shout went up: *Adref, adref, am y cyntaf!* Home, home at once!

Hwch ddu gwta a gipio'r ola! The tailless black sow is sure to roam!

Everyone would run home in fear of being eaten by this fearsome

Of course, there were several rituals associated with the festival, some which have faded into history and some which still happen to this day!

All About Us

LWCT was formally registered as a Company in 2012, with the aim of providing an effective community transport enterprise. There were no specific included or excluded activities in the original registration document, other than compliance with legislative obligations. In a previous service delivery model, LWCT has been registered with the Traffic Commissioners Wales to run commercial bus services, although this is no longer a current business model.

Currently, LWCT undertakes the following activities :-

- LWCT has a small fleet of minibuses which operates a number of tendered **Home 2 School Transport** routes for Powys CC. Pupils are conveyed to all categories of educational establishment.
- This education fleet is supported by a smaller number of **minibuses for hire, operating under a permit scheme**, allowing LWCT to offer vehicle hire to "local community groups", "registered charities" & "not for profit organisations". These can be hired either with or without a driver, as long as scheme conditions of hire are met by the group.
- LWCT provides a personal service to all scheme members, needing individual transport arrangement, under a **Community Car Scheme**. This takes members to medical appointments, shopping, to visit friends & relatives, etc.
- Since the early days of Covid-19 in Wales, LWCT has offered a dedicated **Community Shopping Service**, where we can shop for people who are unable to manage a trip to the shops themselves.
- LWCT continues to offer event organisers a comprehensive **Event Recycling & Waste Management Service**, which ranges from basic bin hire, right through to a total event waste management. New to Wales this year, is the requirement in the ban of non-compostable containers & utensils, seeing the end of plastic cutlery and aluminium food trays. Working with our established waste disposal contractor, LWCT is now able to offer a full waste composting service to event organisers.

For more information, or to make a booking for any of our services, please call Laura Burns (General Manager) on 01982 552727 or for shopping John McMahon (Volunteer Driver) on 07904 816 521.

Other contact details - office@lwct.org.uk and www.lwct.org.uk

LWCT Event Recycling Services

For our small team of dedicated Event Recycling staff, the summer and Autumn of 2023 is turning out to be at least as busy as last year. Many of the events were based on the Royal Welsh showground at Llanelwedd, but LWCT has also provided services at a number of community shows as well. At many of these events LWCT has taken the opportunity for our PR team to attend the show in person, as well as supplying waste services.

Analysis of the booking diary for the August to October period indicates that for many weeks, bookings were almost continuous. Many events are old friends, and we see them every year, but this year LWCT has cover some inaugural events, and we hope that these have been successful enough to see them return next year.

As well as offering a range of Waste Management Services, recycling staff are actively engaging with event organisers, explain the new Wales Waste Regulations, which sees the total ban of single use plastics, at outdoor events which include catering activities; and the potential introduction of regulations requiring cutlery and utensils to be made only from compostable materials, Birchwood, cornstarch, etc.



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 this year in particular the staff have been out in all weathers. 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!

Community Bus Service – LWCT needs to hear from you !!!

This new service starts to go live in October, and we need to hear from as many people as possible, who wish to use this funded service !! Collection points will be “door to door”, and not at the end of the street or next road junction.



The original idea was to operate on a Tuesday and Thursday, with the 16-seat wheelchair accessible minibus, plus trained driver and “bus buddy”, going wherever scheme members have express a wish to go.

There will be no need to wait in the cold and rain outdoors, our staff will escort you, to and from your door, to the vehicle - offering whatever support in needed, e.g. mobility support, shopping bags, etc.

These “possible” days and routes will be entirely based on the scheme member requests that we get, and what it is possible to provide. Similarly, timings are based each service day, on the user’s requirements.

As a result of the size of the area that LWCT covers, most likely each day will cover a particular area. e.g. Tuesday might cover Llanwrtyd to Builth, whilst Thursday might be Builth to Crossgates, but these are flexible.

That’s why we need to hear from you all, as soon as possible.

With the plans for a “door to door service”, LWCT hopes it becomes more accessible, to people who have mobility issues and those that may have confidence issues going out on their own.

Hopefully this will allow people to get out from their homes with more confidence, even if they only want to go to a local café, meet friends and neighbours, sit with a coffee and a piece of cake, and watch the world go by.

Don’t forget that these services are completely flexible, and can change by request, and participants agreement. We anticipate that it will take 2 to 3 weeks to work out these driving routes.

This is your Community Bus – please let us know your thoughts !!

Each journey day is pre-bookable, so the LWCT can work out the driving route, and notify the passengers of their approximate pick-up and drop-off times.

In order for LWCT to operate under our existing Section-19 Permit, the scheme has a couple of requirements,

- the bus will operate on a dial-a-ride basis, not a set pre-published route and pre-set timetable, and
- passengers need to be registered as scheme members with LWCT.

Scheme Membership of LWCT usually requires a joining fee is £1 with each completed Application Form. On this occasion, the directors of LWCT have waived the inclusion of the joining fee.

If the service proves popular, there is the option of adding an extra day each week in the future.

Promotional material is currently being drawn up to advertise this new service, including :-

- posters to advertise the service locally,
- leaflet drops are also proposed in the areas where the pilot will operate,
- information being sent to the Community Connectors scheme,
- local Town & Community Councils.

We would like to hear from possible service users – Let us know where you would like to go !!

(Contact details are on the back page of this newsletter)



LWCT is pleased to confirm receipt of the first year's funding for this service. Funding was generously provided by Powys Association of Voluntary Organisations (PAVO), under Powys County Council's Social Value Forum

Foods and tradition

The end of October was traditionally the end of harvest time. If the weather had been kind and the crops bountiful, the stores would be full for the hard months ahead. Giving thanks for the harvest, people would eat a special meal on Nos Cala Gaeaf, called *stwmp naw rhyw*. Containing selection of vegetables, this hearty dish would be cooked in a large cauldron over a roaring fire.

The dish contained nine key ingredients including carrots, parsnips, potatoes, turnips, leeks, peas, milk and butter - but could be made with any crop which had been abundant in the harvest.

Consuming this meal was meant to keep evil spirits at bay and sometimes a wedding ring was concealed in the mixture, to be found by a lucky young person who, it is said, would marry soon!

But now for something sweet...

Spooky Surprise Truffles

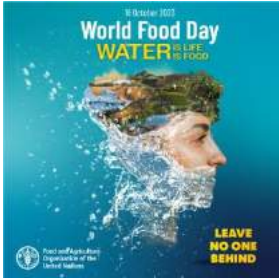
- 100ml double cream
- 200g dark chocolate, chopped into small pieces
- 5 small sour fizzy sweets
- 1 olive, cut into 5 pieces
- 5 capers, drained, rinsed and patted dry
- Cocoa powder or chocolate sprinkles, for rolling

Method

1. Pour the cream into a pan and bring just to the boil. Put the chocolate in a large bowl, and then pour over the hot cream. Stir until the mixture is smooth and all the chocolate has melted. Leave to cool, then transfer to the fridge and chill for 2 hrs, or until solid.
2. Scoop out a teaspoonful of the mixture, poke a caper, sweet or piece of olive into the centre and roll into a walnut-size ball with your hands. Repeat with the remaining fillings, and then roll the remaining mixture into balls without any filling. Roll the truffles in cocoa or sprinkles. Chill until ready to serve.

World Food Day 2023

"Water is life, water is food. Leave no one behind."



World Food Day, on 16 October, is about promoting worldwide awareness of hunger and promoting action for the future of food, people and the planet.

World Food Day 2023 will focus on the theme, 'Water is Life, Water is Food. Leave No One Behind'. The theme aims to highlight the critical role of water for life on earth and water as the foundation of our food.

The World Food Day 2023 campaign, coordinated by the Food and Agriculture Organization of the United Nations (FAO), calls for increased water use efficiency in the production of food, animal feed and biofuel, while ensuring water is distributed equally, aquatic food systems are safeguarded, and nobody is left behind.

Rapid population growth, urbanization, economic development, and climate change are putting the planet's water resources under increasing stress. Water availability and quality are deteriorating fast due to decades of poor use and management, over extraction of groundwater, pollution and climate change.

Sustainable, efficient and equitable water resources management is essential for the future of food, people, and the planet. We can all start by taking action in our personal lives, by choosing local, seasonal, and fresh foods, and reducing food waste.

Conserving water saves energy and using water-saving techniques can also save you money. Take shorter showers, fix leaking pipes, don't let the tap run, and collect rainwater. These are just some of the many ways you can be more conscious of your water usage.

History of World Food Day

The main principle World Food Day celebrates is the furtherance of different aspects of food security all over the globe, especially in times of crisis and includes agriculture, fishing communities, climate change and biodiversity.

World Food Day was established in 1945 by the Food and Agriculture Organization (FAO), a specialized agency of the United Nations. But it would be another 34 years before it was recognized as a world holiday at the 20th FAO conference in November 1979. Since 2014, the popularity of the day has been used to promote the idea of feeding the world and eliminating poverty in rural nations.

Community Show Season 2023

Unfortunately for the hard-working show committees across Mid Wales, the weather hasn't been too brilliant. At least one show was cancelled and two more were hit by winds and rain, for much of the event day. It was nice however for LWCT publicity staff to get out and about to meet many event committee members, judges & stewards, along with a great bunch of local residents.

Having been awarded a sum of Continuation Funding, courtesy of GAVO and the CTA, in partnership with Aneurin Bevan University Health Board (ABUHB), the main aim of recent activity was to undertake a membership drive, informing all new and existing scheme members, of the entitlement to free transport to ABUHB hospital appointments.



Other conversations centred around the new Senedd Cymru's plans to ban single-use plastics at outdoor events such as community shows, and their proposal to introduce the exclusive use of compostable cutlery & utensils. Our staff were also keen to spread the good news, about funding for a new Community Bus, which LWCT is proposing to start in the very near future, ((more on this piece of news in a separate article).

Volunteer Opportunities

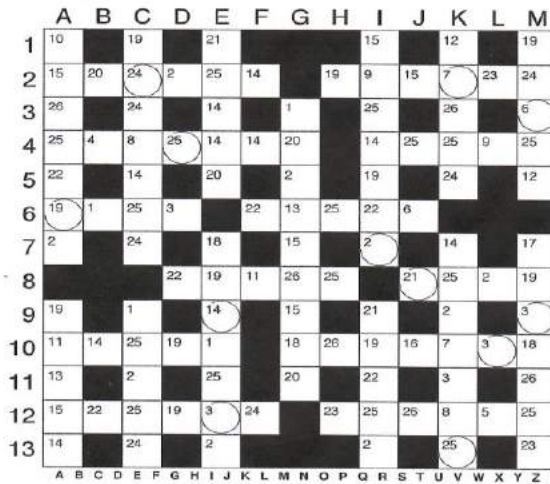
Have you got some time, to help LWCT support your local community?

LWCT has a small group of very dedicated community car drivers, that regularly go above and beyond, in ensuring that members get to their various meetings & appointments. LWCT offers services the following areas - the Wells towns of **Llanwrtyd, Llangammarch, Builth and Llandrindod**, including their associated rural and urban Communities, including :-



Cynhordy	Garth	Cilmery	Dissertth
Tirabad,	Beulah	Maesmynis	Howey
Llanwrtyd rural,	Trefflys	Builth Road	Llanyre
Abergwesyn	Llanafan Fawr	Llanelwedd	Crossgates
Cefn Gorwydd	Newbridge on Wye		

Codeword 42



1	2	3	4	5	6	7	8	9	10	11	12	13
					K				P			

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Enter the letter in each circled cell in the order given below to reveal a themed answer:

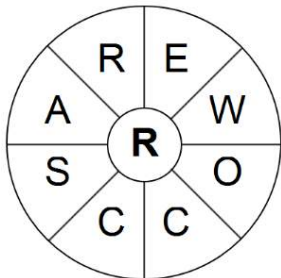
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4			8	7		
			3			2

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Autumn themed word wheel is made from a 9 letter Autumn themed word. Try and find that word, then make as many words of

any length as you can from these letters. You can only use each letter once, and each word must include the letter R

The Month of October

The Anglo-Saxons' name for October was Winterfylleth, with its name containing the words for winter and full moon respectively. It was named this because winter was said to begin from the first full moon of the month.

JRR Tolkien's hobbits turned this into "Winterfilth".

The Saxons had a name for October, too. Theirs was Wyn Monath, which translated into "wine month" because it was the time of the year for [making wine](#).

In the 18th century "October" was a common name for a strong ale brewed in this month.

October's birthstone is the Opal, which was valued by the [Ancient Romans](#) as the most priceless of all. The opal comes in a myriad of striking colours that often seem to swirl together and is a symbol of faithfulness, purity and hope.

October has two strikingly different birth flowers, the pastel-hued cosmos, and the radiant marigold flowers. The cosmos flower is representative of the joy one finds in peace and love, as well as representing peace. The marigold, otherwise known as the calendula, is said to be a symbol of tranquillity, grace, and grief.

The owl is the bird of the month for October



It wouldn't be October without [Halloween](#), which is celebrated on [October 31st](#). The celebration's origins go all the way back to the Gaelic people of modern-day England, Scotland, and [Ireland](#), who celebrated the festival of Samhain. Among other activities, the original celebrants of Samhain would dress in costumes or disguises and go door-to-door receiving gifts of food, much like how today's children dress up and receive treats!



Libra (♎) is the seventh [astrological sign](#) in the [Zodiac](#).

The zodiac sign of Libra is known for its relation to law and the scales of justice, the origin of that connection though, is more about divine law, rather than the law of man.

Libra is associated with Themis, a Titan, the goddess of divine order and law, the 'Lady of good council' and mother of the star goddess, Astraea, who is the maiden symbol of

Virgo, both are portrayed carrying a pair of scales; a symbol for justice and balance.

Themis is often seen holding a sword, with which she cuts the truth from the lies.

Both Astrea and her mother Themis were goddesses of justice, upholding the balance of the seasons and living in harmony with nature.

Themis was also a prophetic goddess who reigned over the ancient oracle at Delphi before eventually handing the job over to Apollo.

It was in her role at Delphi that Themis first taught mankind the primal laws of justice and morality, and became known as a bringer of balance and righter of wrongs.

Those who worshipped her at the temple of Delphi, prayed for justice to bring fairness to their lives.

Themis shows all the typical characteristics of a Libra; natural law through divine awareness, social grace and manners, awareness for the points of view of others, seeking what's best for everyone and a desire for peacemaking and balance.

When her wishes or advice were ignored, Themis called in her fellow goddess, Nemesis, whose name, in Greek, means 'to give what is due', to punish those who dared to disobey the gods, they made a good team; Themis made the laws and Nemesis ensured they were not broken.

Themis was the second wife of Zeus, king of all Greek gods, their children included the three Horai and the three Moirai. The Horai, goddesses of the seasons and time were three sisters named Dike, Eirene, and Eunomia, who later, as they were associated with the division of time, became goddesses of order and justice.

Dike, was the goddess of moral justice, Eunomia, the goddess of law and legislation, and Eirene, goddess of peace and wealth. The Moirai are referred to as the Fates, and like the Horai, were three sisters, Atropos, Clotho and Lachesis.

The Moirai were in charge of the life path of all mortals, even the gods were controlled by them.

Today, Libras are known for their strong sense of right and wrong, and their dedication to fairness.

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