



**Cludiant Cymunedol**

**Llanwrtyd Wells**

**Community Transport**

# NEWSLETTER



**Rhifyn / Edition 57 Tachwedd / November 2023**

**Helô bawb / hello everyone**

**Remember remember.....**

November is a month of remembrances

**Remembrance Day** is a memorial day observed in Commonwealth member states since the end of the First World War in 1919 to honour armed forces members who have died in the line of duty. The day is also marked by war remembrances in several other non-Commonwealth countries.

It is thought that the red of the petals represents the blood of those who gave their lives, the black button in the middle is for the mourning of those who never welcomed their loved ones home and the green leaf shows the hope that the grass and crops growing after the war brings.

For the [2023 Poppy Appeal](#) they have introduced a new plastic-free poppy, made entirely from paper. Maintaining the iconic poppy design and leaf shape, this is the first time in 28 years that a new poppy has been developed.

The plastic-free poppy is created from bespoke red and green paper manufactured by specialist papermaker James Cropper.

The paper is made using a blend of renewable fibres from responsible sources, 50 percent of which has been recovered from the waste used in the production of coffee cups.

More than four miles of paper are produced every year to create the poppy.

Once manufactured, giant rolls of red and green paper are transported to the Royal British Legion's warehouse in Kent where they are loaded onto specialist automated machines that cut and crimp the paper before assembling the poppy.

Finished poppies are then packed and distributed across the UK, from supermarkets and retail stores to local collectors up and down the country.

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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](mailto: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](mailto:office@lwct.org.uk).

Cofion cynnes / kindest regards – the newsletter team

## Dates for your Diary

[Guy Fawkes](#) / Bonfire Night

5th November

Remembrance Sunday

12th November

Mid-Wales Beer Festival, Llanwrtyd Wells

18th - 26th November

Real Ale Wobble Llanwrtyd Wells

18th November

Hay Festival Winter Weekend,

23rd – 26th November

Real Ale Ramble Llanwrtyd Wells

25th - 26th November

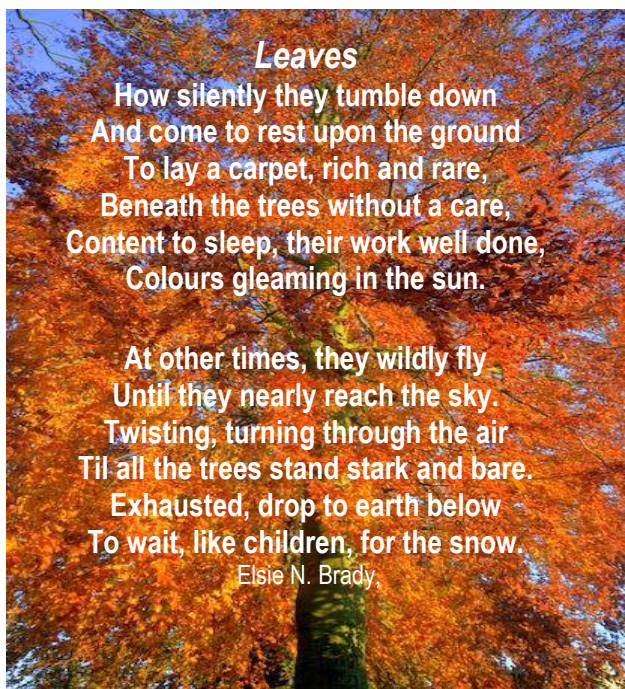
**Winter Fair RWAS Llanelwedd**

**27th - 28th November**

**Saint Andrew's Day**

**30th November**

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



## 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 commercially 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 arrangements, under a Community Car Scheme. This takes members to medical appointments, shopping, to visit friends & relatives, etc.

This includes a dedicated Community Shopping Service, where we can shop for people who are unable to manage a trip to the shops themselves.

\* A new addition to LWCT activities, we have received funding from PAVO and Powys CC, to operate a Community Minibus from Autumn 2023 to March 2025. More information can be found on another page in this newsletter.

\* LWCT continues to offer event organisers a comprehensive Event Recycling & Waste Management Service, which ranges from basic bin hire, through to a total event waste management. This includes working with Organisers of Events, on the introduction of compostable containers and utensils. LWCT is now able to offer, if requested, a full Waste Composting Service.

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](mailto:office@lwct.org.uk) and [www.lwct.org.uk](http://www.lwct.org.uk)

## Bonfire Night

Remember, remember the Fifth of November,  
The Gunpowder Treason and Plot,  
I know of no reason  
Why the Gunpowder Treason  
Should ever be forgot.  
Guy Fawkes, Guy Fawkes, 't'was his intent  
To blow up the King and Parli'ment.  
Three-score barrels of powder below,  
Poor old England to overthrow;  
By God's providence he was catch'd  
With a dark lantern and burning match.  
Holla boys, Holla boys, let the bells ring.  
Holloa boys, holloa boys, God save the King!  
And what should we do with him? Burn him!



The Gunpowder Conspiracy of 1605 was a plan to murder King [James I of England and VI of Scotland](#). Other names for the plot are The Powder Treason or The Gunpowder Plot. A group of [Catholics](#) wanted to blow up the [Houses of Parliament](#) during the State Opening of Parliament on 5 November 1605. This would have killed the king, and most of the [Protestant aristocracy](#).

The conspirators also planned to kidnap the royal children, and lead a popular revolt in the [Midlands](#).

The Houses of Parliament are still searched by the Yeomen of the Guard before the State Opening of Parliament; however, this is done as a traditional custom rather than a serious anti-terrorist precaution.

### Foods and tradition

In Yorkshire and Lancashire, Bonfire Night was a time for special treats – [treacle toffee](#) (also known as Bonfire toffee), sticky sweet [toffee apples](#), piping hot, slightly charred potatoes baked in the smouldering ashes of the bonfire and [parkin](#), a type of dark, spicy, solid gingerbread made with oatmeal.

Bonfire toffee also known as treacle toffee, Plot toffee, or Tom Trot is a hard, brittle [toffee](#) associated with [Halloween](#) and Bonfire Night. The toffee tastes very strongly of [black treacle](#) ([molasses](#)). In [Scotland](#), the treat is known as claggum, with less sweet versions known as clack. In [Wales](#), it is known as loshin du, losin du or taffi triog. The flavour is similar to that of [butterscotch](#), although it is a toffee and never a viscous liquid.



### Parkin (Tharf Cake)

Parkin is virtually unknown in the south of [England](#) It is eaten in an area where [oats](#) were the staple grain for the poor, rather than [wheat](#). It is closely related to tharf cake – an unsweetened cake cooked on a griddle rather than baked.

The traditional time of the year for these cakes to be made was directly after the oat harvest in the first week

in November. For festive occasions, the cake would be sweetened with [honey](#).

Molasses was first used by apothecaries to make a medicine [theriaca](#), from which name the word [treacle](#) is derived. As molasses or treacle became plentiful it was substituted for honey.

#### Ingredients:

|   |                                   |
|---|-----------------------------------|
| 22 g medium oatmeal                             | 130g loosely packed brown sugar   |
| 100g SR flour                                   | 84g butter                        |
| 4g ground ginger                                | 44 g lard (can substitute butter) |
| 2g Mixed Spice                                  | 0.5g ground mace                  |
| 1 large egg, lightly beaten                     | 1.5g salt                         |
| 200g Black Treacle (or dark molasses)           | 30g whole milk                    |
| 24g crystallized ginger finely diced (optional) | 50g Golden Syrup                  |

1. Grease an 8x8 inch baking pan and line the bottom with parchment paper.

Preheat the oven to 150C

2. Place the medium oatmeal in a large bowl with the flour, spices and salt. In a medium saucepan add the brown sugar, black treacle, golden syrup, butter and lard (if using). Heat the mixture until the sugar is melted (don't boil it) and remove from the heat. Let it cool for 5 minutes.3. Pour the hot mixture into the dry mixture and stir well to combine. Add the candied ginger, egg and milk and stir well to combine. The batter will be liquid and sticky.

4. Pour the batter into the prepared baking pan and bake 70-80 minutes or until a toothpick inserted into the middle comes out clean. The cake should be fairly firm but springy

5. Let the cake cool in the pan. Invert the cake onto a platter. Peel off the parchment paper. Cut the parkin into squares. Store in an airtight tin for 3 days to allow the flavour of the spices to develop.

## Fun Facts

November is the eleventh [month](#) of the year in the [Gregorian calendar](#), and has 30 days. It was the ninth month in the old [Roman calendar](#), which is where its name comes from. It kept its name when [January](#) and [February](#) were added to the beginning of the year, despite becoming the [eleventh month](#)

Several observances around the beginning of the month are believed to be related, linked to the old [Celtic](#) celebration of [Samhain](#) on [November 1](#). These event include [Halloween \(October 31\)](#), [Day of the Dead](#) in [Mexico \(October 31 to November 2\)](#), [All Saints Day \(November 1\)](#) and All Souls Day ([November 2](#))

Some other noticeable dates in history include:

**November 2 1936** - The world's first regular public television service with a high level of image resolution was launched by the British Broadcasting Corporation (BBC) from Alexandra Palace, and it's estimated that 100 television owners tuned in.

**November 4, 1922** –[Howard Carter](#) discovers the entrance to [Tutankhamun's](#) tomb

**November 5** There's something very funny and very British about celebrating the failure of a plot to use explosives in an assassination by having a big yearly party with a gigantic bonfire and loads of fireworks at its heart. Traditionally on Bonfire Night, communities get together to create effigies – known as “Guys” – to burn on top of their local bonfire. These days, people use this as a chance to express their more fiery feelings about an unpopular public figure of the day. I think it's probably a safe bet that there'll be an awful lot of effigies of politicians going up in flames across the UK this year.

**November 8, 1960** - [John F. Kennedy](#) is elected [President of the United States](#)

**November 19, 1969** - [Brazilian Pele](#) scores the 1,000th goal of his career

**November 22 1963** - The world began mourning the news that President John F. Kennedy had been shot and killed in Dallas, Texas

**November 24 1991** Freddie Mercury dies, one day after announcing that he had AIDS.

**November 28 1919** - Nancy Astor, known as the first lady of British politics, became Britain's first female MP to take a seat in parliament after she was elected as MP for Plymouth, Devon.

**November 30 1872**– The first international [football](#) match is held between [Scotland](#) and [England](#) at Hamilton Crescent in [Glasgow](#), ending 0-0

## November



November 2023, also known as Men's Health Awareness Month, is an annual global campaign that encourages men to grow moustaches (or “Mo's”) and participate in various activities to raise awareness about men's health issues. It aims to challenge the stigma around men's health issues, spark conversations, and promote early detection and intervention.

This month-long event focuses on promoting physical and mental well-being among men, addressing issues such as prostate cancer, testicular cancer, mental health challenges, and suicide prevention. Movember provides a platform for men to discuss their health openly, seek support, and take proactive steps towards a healthier and happier life.

### History of Movember

Movember originated in Australia in 2003 when a group of friends decided to grow moustaches to raise awareness about prostate cancer and depression in men. It has since evolved into a global movement with millions of participants and supporters. Movember has funded numerous men's health projects and initiatives and has become a symbol of solidarity and awareness.

Over the years, Movember has contributed to significant advancements in men's health research and has encouraged men to take charge of their well-being.

### Men's Health

Men sometimes aren't comfortable reaching out and opening up about life's challenges – or they think they'll be burdening their friends if they do.

You can't fix someone else's problems, but you can be there for them. Sometimes listening is the most helpful thing you can do. You won't make things worse by asking someone how they're doing. Keep in mind that it's always worth preparing yourself before you [start the conversation](#).

Men will die on average 4.5 years earlier than women, and for reasons that are largely preventable. But it doesn't have to be that way; we can all take action to live healthier, happier and longer lives.

**ALEC:** Ask, Listen, Encourage action, Check in.

**Spend time with people who make you feel good.**

**Talk more.**

**Know the numbers**

**Know thy nuts.....simple.**

**Move, more.**

### Who is at risk?

If you're **50**, you should be talking to your doctor about PSA testing. If you're Black, you need to start that conversation at **45**. And if you have a brother or father with prostate cancer in their history, do it at **45**.

### What is PSA test?

It's a simple routine blood test.

It's used to determine the measurement of Prostate Specific Antigen (PSA) concentration in the blood, it is the primary method of testing for prostate cancer.

You should be talking to your doctor about whether testing is right for you.

### Detecting prostate cancer

Not everyone experiences symptoms of prostate cancer. Many times, signs of prostate cancer are first detected by a doctor during a routine check-up.

Some men, however, will experience changes in urinary or sexual function that might indicate the presence of prostate cancer.

### Signs and symptoms

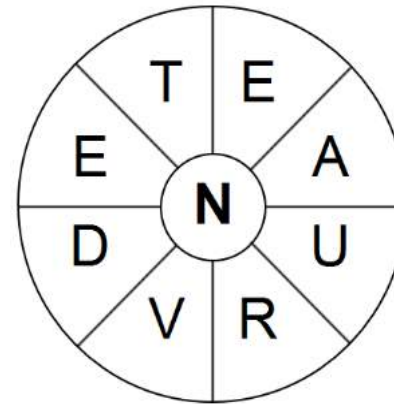
- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation
- Blood in urine or semen
- Frequent pain or stiffness in the lower back, hips, or upper thighs



- Testicular cancer is the number 1 cancer among young guys. Yet 62% of those who are most at risk don't know how to check themselves. Good news is it's easy. The best thing you can do for your nuts is to give them a feel every month or so – get to know what's normal for you. That way, if anything changes you can act on it.

When caught early, testicular cancer is highly treatable and highly curable. In the unlikely event that you're [diagnosed with testicular cancer](#), Movember has your back. We call it Nuts & Bolts. Movember created Nuts & Bolts because we want every guy experiencing testicular cancer to know this above all else:

## You are not alone



This word wheel is made from a 9 letter 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 **N**.

### A few tips for the greenfingereed....



Check [bonfires](#) carefully before lighting to make sure no [hedgehogs](#) or other wildlife are sheltering inside

Look after [garden wildlife as winter approaches](#), by providing additional food and shelter

Clear up fallen leaves from lawns, ponds and beds  
Raise containers onto pot feet to prevent waterlogging  
Cut the lawn for the last time this year and clean and store the mower

Make sure all tender plants are safely under cover and kept frost free

Give houseplants extra humidity to combat the drying effects of central heating

Water house plants less frequently and move them off particularly cold windowsills at night.


























# Sudoku

LEVEL: MEDIUM

|   |  |   |   |   |   |   |   |   |
|---|--|---|---|---|---|---|---|---|
| 1 |  | 6 | 3 | 2 |   |   |   |   |
| 4 |  |   | 5 |   |   | 1 |   |   |
|   |  |   |   |   | 6 | 5 |   |   |
|   |  |   |   |   | 2 |   |   |   |
|   |  | 8 |   |   |   | 9 | 6 |   |
|   |  | 4 | 1 | 7 | 9 |   | 5 | 8 |
| 8 |  |   |   |   |   |   |   | 5 |
| 7 |  |   | 9 |   |   |   |   |   |
|   |  |   | 2 |   | 5 | 8 |   |   |

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|  |  |
|--|--|
|  +  +  = 24 |  +  +  = 36 |
|  +  ×  = 80 |  +  +  = 28 |
|  +  ×  = 54 |  -  = 4  |
|  +  ×  = ?  |  +  +  = ?  |

Level 3

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

Plans are moving forward, towards the start of this new Community Bus service. We have confirmed the offer from PAVO, to use their wheelchair enabled minibus, whilst reviewing options towards purchasing our own vehicle.



The original concept, of operating every Tuesday and Thursday, has been confirmed, with a trained driver and “bus buddy”, going wherever scheme members express a wish to go. 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 is needed, e.g. mobility support, shopping bags, etc.

**We still need to hear from members, regarding where you would like to go.**

The provisional route each day will start in Llanwrtyd Wells, travelling through Llangammarch Wells, Beulah, Garth, Cilmerly, Builth Wells, Newbridge on Wye, Llanyre, Howey, and on to Llandrindod Wells. Final route details each day will depend on the pick-up points requested.

**We still need to hear from many of you, and as soon as possible.**

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.

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 the participants agreement. With funding secured until March 2025, LWCT is anticipating requests in the New Year may include trips further afield – days out at the seaside, botanic gardens, etc.

*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*

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

## 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 covered 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!

## The Month of November - Tachwedd

The Anglo-Saxons gave November two names - Wind Monath, which translates to "wind month," stood for the icy winds that chill people to the bone in the northern hemisphere at this time of year. Also known as "Blod Monath," this term described the month of November when cows were killed to provide sustenance for the long winter. In Celtic Tree Astrology the month of November belongs to the Reed until the 24th. Those born under the sign of the Reed are the Bards and historians. November is the last month in the Gregorian calendar comprised of 30 days. Originally the 9th month, November's name stayed with its Latin roots novem, meaning nine, after January and February were added to the calendar. Metaphorically November symbolism corresponds with the start of being an Elder in human terms. Winter is around the corner. Our bodies slow and move toward their closing chapter, awaiting renewal.



[November's birth flower](#) is the chrysanthemum, one of the world's most popular cut flowers because of its variety. A member of the daisy family (Asteraceae), the chrysanthemum is one of the most widely cultivated flowers. Native to Asia, the word chrysanthemum comes from the Greek prefixes

*chryso*, meaning "gold," and *antheon*, meaning "flower." The original colour of the chrysanthemum was golden, but now comes in a range of colours—yellow, orange, white, purple, pink, and red. Chrysanthemums symbolize loyalty, honesty, friendship, and joy, but each colour conveys a specific meaning.

The chrysanthemum dates back to the 15th century B.C. China, where it was grown as a flowering herb, used in salads and teas. It was long used in China as a remedy for headaches, reducing blood pressure, and as an anti-inflammatory. In Chinese art, the chrysanthemum is one of the four plants that make up the 'Four Gentlemen', representing the four seasons, along with the plum blossom, the orchid, and the bamboo. By the 17th century, chrysanthemums were introduced to Europe.



The November birthstone is Topaz and was thought to provide strength by the ancient Greeks. Europeans believed it could counter magic spells and remove anger from the 1300s until the 1600s. For generations, many Indians have thought that wearing topaz above the heart ensures long life, beauty, and wisdom. Other beliefs range from attracting love to creating invisibility.



**Scorpio (♏)** is the eighth astrological sign of the zodiac. The constellation known as Scorpio goes back to Babylonian times, where it was called "the creature with the burning sting." Scorpio contains the red star Antares, which means "the rival of Mars," and is also called "the heart of the Scorpion." This potent fixed star is observed in various astrological and magical practices as having an intense Mars-like quality. In Greek mythology, the Scorpion is associated with the death of Orion. There are many versions of this tale, but the one connected to Scorpio tells of a

boastful hunter Orion, who bragged that he could kill all of the animals in the wild kingdom.

The earth goddess Gaia objected and sent a Scorpion to stop Orion. He confronted, and fought the Scorpion, but died when the great beast stung him in the head. The Scorpion was placed in the heavens as a reward from Gaia for his service, and Zeus placed Orion there as well to commend his valiant fight.

Scorpio season begins on October 23, commencing the middle of the autumn in the Northern Hemisphere. This is the time of year when the sun's heat and light are beginning to wane, with the darkness of night beginning to outweigh the daylight hours.

From this point, the days continue to decrease in length toward the Winter Solstice. It is during Scorpio's time that many world cultures observe themes of death and rebirth, in holidays like Halloween, Samhain, All Saints Day, and El Día de Los Muertos. Scorpio's connection with inward reflection, the shadows, and transformation is mirrored in the mystery and melancholy of the Autumn season.

### ***To infinity and beyond.....***

For sky buffs, November doesn't disappoint with its own meteor showers. The entire month you can view the Andromedids, coming into peak performance around November 11th. The Leonids take place from mid-November until the 25th, showing the most activity on the 21st. Northerners can watch the Northern Taurids all month, and those in the South can see the Southern Taurids throughout November as well.

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