

**Cludiant Cymunedol**

**Llanwrtyd Wells**

**Community Transport Ltd:**

# NEWSLETTER



**Rhifyn / Edition 59**

**Ionawr / January 2024**

**Helô bawb / Hello everyone**

**Hello January!**

**J**ourney of a thousand miles

**A**lways starts somewhere.

**N**othing will be achieved

**U**nless you take

**A**ction. Momentum plus

**R**epeated efforts will take

**Y**ou further than expected.



January regularly produces frost, ice and snow and is the chilliest month of the year in Britain. St Hilary's feast day on 13th January has gained the reputation of being the coldest day of the year due to past cold events starting on or around this date.

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

**An optimist stays up until midnight to see the new year in.**

**A pessimist stays up to make sure the old year leaves.**

-Bill Vaughan

## Dates for your diary

**26-28/01/24** Llandridod Wells Theatre Company  
*Robin Hood & The Witches of Sherwood*

**28/01/24** Builth and District Running Club - Resolution Run RWAS showground

**03/02/24** The Lord Crawshaw Walk Llanwrtyd Wells

## Fun Facts

**31st December / 1st January** - It is believed that many of the traditional Hogmanay celebrations were originally brought to Scotland by the invading Vikings in the early 8th and 9th centuries.

**5th January** Twelfth night - Formerly the last day of Christmas and the time to remove all Christmas decorations, also the night for the traditional Wassailing celebrations.

**6th January** - The twelfth day after Christmas Day and the Old Calendar date for Christmas Day.

**Epiphany** first started during the reign of George II, the monarch commemorated the Gifts of the Magi on the Feast of the Epiphany. Today money is donated to the poor of the parish.

**25th Jan 2024** St Dwynwen's Day, or Dydd Santes Dwynwen is the Welsh Valentine's Day, as the saint was the Welsh patron saint of lovers, and the day is a special day dedicated to love in Wales.

**Burns night.** Robert Burns is the best loved Scottish poet, admired not only for his verse and great love-songs, but also for his character and wit, his high spirits, 'kirk-defying', hard drinking and womanising

**26th-28th January** Big garden bird watch. Spend an hour watching the birds in your patch, between 26 and 28 January, and record the birds that land.



## 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 line with best practice, LWCT is in the process of reviewing if the current service delivery model, to ensure that it does all that we want it to do.

### Currently, LWCT undertakes the following activities :-

- LWCT has a small fleet of minibuses which operate on a number of commercially tendered **Home 2 School Transport** routes for Powys CC.
- LWCT also has 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".
- LWCT is also able to provide a personalised travel service to all scheme members, who need individual transport arrangements, under a **Community Car Scheme**. This is arranged by way of a blended mixture of LWCT owned vehicles and dedicated volunteers, who prefer to use their own vehicles.
- LWCT also offers a dedicated **Community Shopping Service**, where we can shop for people who are unable to manage a trip to the shops for themselves.
- The end of November 2023, saw the introduction of our new **Community Minibus**, which started operating on Tuesdays & Thursdays. from Llanwrtyd Wells, through the rural communities and towns, ending in Llandridod Wells. More information can be found on another page in this newsletter. This is a pre-booked service, with the exact route varying according to requests made.
- LWCT will continue in 2024, to offer event organisers a comprehensive **Event Recycling & Waste Management Service**, ranging from basic bin hire, up to and including a total event waste management package. LWCT will continue to work with Events Organisers, towards the introduction of only using fully compostable containers and utensils at events next year. In 2024, LWCT is also planning 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)

## LWCT Event Recycling Services

For our small team of dedicated Event Recycling staff, the 2023 Event Year is turning out to be busier than last year. As before, many of the events were based on the Royal Welsh showground at Llanelwedd. LWCT has been pleased to welcome 1 or 2 new events; hoping that for the organisers, they were successful enough to stage next year, and that we might welcome them back in 2024 as returning clients.

The Recycling Team again worked with the RWAS as clients for the Winter Fair, which as usual, was based on the showground at Llanelwedd. As in previous years, this event proved extremely challenging for our event team, who worked very long hours to complete the contract within the time agreed.

New for this year, LWCT have been working hard on a food waste minimisation strategy, where show tradestands are encouraged to work with LWCT's event staff to ensure that no food, still fit for human consumption, is consigned to a waste bin. This new strategy on rollout, had mixed outcomes, not all favourable. LWCT will however persevere with this initiative during the 2024 event season.

As well as offering a range of Waste Management Services, recycling staff continue to actively engaging with event organisers, explaining the new Wales Waste Regulations, which sees the total ban of single use plastics, at outdoor events.

LWCT staff are already receiving booking requests for the 2024 event recycling year. Whilst most of these requests are returning clients, we continue to receive expressions of interests from potentially new clients.

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 each and every event.

If you see any of our staff at an event you attend, look out for the bright orange vests (with Event Recycling on the back). Please come over and say hello.



## Sweet Treats Anagrams

tint treat  
See ace heck  
A mack dearie  
Elm lie flu lie  
Open at ten  
He tackle cocoa  
Press outfit  
Is it a rum

## Sudoku

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

## Clapshot

3 large (500g) floury potatoes (such as maris pipers)  
1 small (400g) swede (or turnip if you're Scottish!)  
Large knob of unsalted butter  
50ml whole milk  
½ bunch chives, finely chopped

## Method

Put a large pan of salted water over a high heat and bring to the boil. Meanwhile, peel and roughly chop the potatoes and swede (ensuring each piece is of an even size) and put them in the water. Boil for 20-25 minutes until completely soft.

Drain the veg, leave to steam dry for a few minutes, then return to the pan and mash with the butter and milk. It doesn't need to be completely smooth, so a little texture is fine.

Season heavily with salt and pepper to taste, then stir through the chopped chives.



## Robert (Rabbie) Burns

As a boy, he always loved stories of the supernatural, told to him by an old widow who sometimes helped out on his fathers' farm and when Burns reached adulthood, he turned many of these stories into poems.

After the death of his father in 1784, Burns inherited the farm but by 1786 he was in terrible financial difficulties: the farm was not successful and he had made two women pregnant. Burns decided to emigrate to Jamaica so to raise the money required for this journey, he published his 'Poems in the Scottish Dialect' in 1786, which was an immediate success. He was persuaded not to leave Scotland by Dr Thomas Blacklock and in 1787 an Edinburgh edition of the poems was published. He married Jean Armour in 1788 – she had been one of his many women during his early life. A very forgiving wife, she accepted and took responsibility for all Burns' children, legitimate and illegitimate alike. His eldest child, the first of three illegitimate daughters all called Elizabeth, was greeted with the poem 'Welcome to a Bastard Wean'.

A farm was bought, Ellisland, on the banks of the River Nith near Dumfries, but unfortunately the farm did not prosper and Burns ceased farming in 1791 and became a full-time exciseman.

A problem soon arose as the steady income from this employment gave him ample opportunity to continue with his hard drinking which had long been his weakness. One of the most important literary tasks he began (a labour of love as he did not receive any payment for the work) was his songs for the Scots Musical Museum. Burns contributed over 300 songs, many of his own composition, and others based on older verses.

At this time he wrote, in just one day, his most famous long poem, 'Tam O'Shanter'. 'Tam O'Shanter' is the story of a man who disturbs a coven of witches in the kirk at Alloway and has to flee for his life on Meg, his old grey mare. The fastest witch, Cutty Sark (cutty sark means short petticoat) nearly catches him by the River Doon, but the running water makes her powerless and though she manages to grasp Meg's tail, Tam escapes over the bridge.

Burns died aged 37 of rheumatic fever which he contracted after falling asleep at the roadside (after a particularly vigorous drinking session) in pouring rain. The last of Burns' children was actually born during his funeral service.

Burns will never be forgotten as his poems and songs are still as popular in Scotland as they were when first written.

## The Three Sisters

Plynlimon translated means the five beacons, and is the highest point of elevation in the Welsh Cambrian Mountains. Plynlimon is also the folkloric name of the sleeping giant under Pumlumon, the tallest mountain in Mid Wales. Pumlumon, additionally, contains the largest watershed for the entirety of Wales through its sources: Wye, Severn and Rheidol. The *Sisters of Plynlimon* describes the birth and creation of three major river systems from the Black Mountains of Mid Wales– the Severn, the Wye, and the Ystwyth.

The birth of the three rivers derives from Plynlimon's desire to bring water to his lands below. After years searching for a way to 'bring life' as it were, to the landscape, he cried three tears in frustration and sadness.

One glorious morning, as the sun cast its first light of day upon the grassy valleys below, and birds soared in spirals through the calm summer breeze, Plynlimon couldn't help but think there was something missing. Settled upon the highest point of Mid Wales, he could see for miles and miles across the beautiful landscapes beneath him. Everything seemed perfect. And then it dawned on him, there was no life flowing through his veins, not a river or water in sight, From these three tears a miracle happened. The tears settled into small pools within his hands. He allowed the pools to slowly trickle to the ground and from this three 'large puddles' began to form and continued to grow in width and depth. At that moment Plynlimon understood he did not need to search for water to bring to the landscape, rather, he himself was the source of water. He decided he would care and nourish these puddles as his offspring, so that one day they could become rivers, and flow through the landscape he hoped would 'bring life'. From these puddles developed the three water spirits which he named Severn, Wye, and Ystwyth.

The daughters grew and brought an abundance of joy to Plynlimon. But unfortunately, he realised the days were soon coming when they would need to flow to the sea. Once he realised this, he soon also realised that the pools his daughters had grown from were quickly drying, and he needed to think fast because there was not enough water to form rivers. He therefore made cloaks of the remaining water for his daughters.

He gathered the last bit of water in his hand and sat upon his rock. For many days and many nights, the doting father worked tirelessly with a needle and thread, looping, weaving and pulling at the droplets of water until finally, exhausted, he collapsed into a heap — three shimmering bundles in his arms'

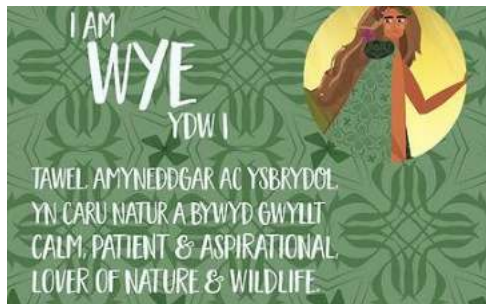
After adorning each of his daughters with their cloaks he asked them all how they will make their way to the sea.



Ystwyth, the most eager and fearless, boasted that she would head west and take the shortest route to the sea and 'meet the wide waters'. After approval from her father she shot forth and blazed her way to the sea, leaving fresh water behind her.



Next, Plynlimon asked Severn what her course to the sea would be. She responded that she would not rush, and take the long route, winding amongst the charming villages and towns of Wales before flowing into the Bristol Channel in pursuit of culture.



Finally it was Wye's turn, she stated she intended to seek 'beauty and tranquillity' and therefore wished to meander through the countryside. After saying her last goodbye Wye turned and flowed down the mountain. As the tale goes 'She flowed for 185 miles, at one with nature', before uniting with her sister, Severn. They recounted their

magical adventures and epic experiences through the fair land' After this, the mighty giant let out a sigh, whose tremble was felt through the villages of Wales. He then pondered if his daughters would ever return and perform their water cycles once more.

Which one are you? .Nature loving **Wye**, people loving **Severn** or adventure seeking **Ystwyth**?.....You decide!

## Burn's Night

Burns Night is a great occasion on January 25th when many dinners dedicated to his memory are held all over the world. The ritual of the Burns Supper was started by close friends of Robert Burns a few years after his death and the format remains largely unchanged today, beginning with the chairman of the Supper inviting the assembled company to welcome in the haggis. The poem 'To a Haggis' is recited and the haggis is then toasted with a glass of whisky. The evening ends with a rousing rendition of Auld Lang Syne'.



Robert Burns came to fame as a poet when he was 27 years old, and his lifestyle of wine, women and song made him famous all over Scotland. He was the son of a farmer, born in a cottage built by his father, in Alloway in Ayr. This cottage is now a museum, dedicated to Burns.

### **Auld Lang Syne** (Old Long Since)

Should auld acquaintance be forgot,  
and never brought to mind?  
Should auld acquaintance be forgot,  
and auld lang syne?

For auld lang syne, my jo,  
for auld lang syne,  
we'll tak' a cup o' kindness yet,  
for auld lang syne.

## Cranachan

1 tbsp medium oatmeal  
300g fresh raspberries  
a little caster sugar  
350ml double cream  
2 tbsp honey  
2-3 tbsp whisky, to taste

### Method

To toast the oatmeal, spread it out on a baking sheet and grill until it smells rich and nutty. It will not darken quickly, so use your sense of smell to tell you when it is nutty enough. Cool the oatmeal.

Make a raspberry purée by crushing half the fruit and sieving. Sweeten this to taste with a little caster sugar.

Whisk the double cream until just set, and stir in the honey and whisky, trying not to over- whip the cream.

Taste the mix and add more of either if you feel the need.

Stir in the oatmeal and whisk lightly until the mixture is just firm.

Alternate layers of the cream with the remaining whole raspberries and purée in 4 serving dishes. Allow to chill slightly before eating.



## A few tips for the greenfingered

January might be the middle of winter but as the days lengthen the garden starts to grow. Now is a great time to plan for the coming gardening year and to order seeds and plants. Enjoy the fresh air, on dry sunny days, and check your winter protection, stakes, ties and supports are still working after any severe weather. Also put out food and water for birds and leave some garden areas uncut, a little longer, to provide shelter for wildlife in your garden.



Prune apple and pear trees

Clean pots and greenhouses ready for spring

Dig over any vacant plots that have not been dug already

Disperse worm casts in lawns

Inspect stored flower tubers for rot and drying out

Start forcing rhubarb



## Sweet Treats answers

Tarte Tatin  
Cheesecake  
Madeira cake  
Mille-feuille  
Panettone  
Chocolate cake  
Petits fours  
Tiramisu

## Sudoku answers

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

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

After a lot of planning and research, the new Community Bus service began operating in the week beginning 4<sup>th</sup> December 2023. As agreed, the service now operates on Tuesdays and Thursdays of each week.

Two members of LWCT staff is pleased to confirm that two existing members of staff have been appointed as the regular bus staff.

During the first week the bus was taken round the proposed base route, with bus staff giving out promotional material, and giving residents the chance to see the vehicle that will be used, at least on phase #1 of the project. The bus and staff stopped for a short while, at all the rural communities and towns, on the way to Llandrindod Wells.

### We still need to hear from members, on where you would like to go.

In the first few months, 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 will depend on the pick-up points requested.



During the Christmas & New Year holidays, LWCT has had no requests for transport, and so the service is suspended until the New Year. The plan is to carry the non-operational dates forward, beyond March 2025, if at all possible.

Don't forget, that each and every service day provision is completely flexible, and can change by request, and participants agreement. Any journey requests have to be pre-bookable, so the LWCT can work out the driving route, and notify the passengers of their approximate pick-up and drop-off times.

*LWCT is pleased to confirm that this innovative service, continues to operate using funding generously provided by Powys Association of Voluntary Organisations (PAVO), under Powys County Council's Social Value Forum*

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

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

## The month of January

Around 700 B.C., January replaced March as the first month of the year. The Roman king Numa Pompilius revised the calendar and added two months to it. In 1582, Pope Gregory developed the Gregorian calendar and most of the world came around to January 1 being the beginning of the New Year.

Janus is the Roman god of beginnings and endings. He's a protector of gates, doorways, and transitions. January takes its name from this two-headed god, and it makes us wonder why it took so long to celebrate the new year in January, but it did.

**Gemstone:** Garnet

The garnet, from the Latin word granatum, means seed (e.g.: pomegranate).



The stone signifies eternal friendship and trust.

People associate the word Garnet with a deep, vibrant red gemstone that, throughout time, was often mistaken for Ruby. But Garnet has been discovered in a vast number of different colours and shades including red, orange, yellow,

green, purple, brown, black, pink and colourless, since its initial unearthing.

Garnet has been found in the ruins and graves of the Ancient Egyptian, Greek and Roman civilisations.

**Flower:** Carnation, Snowdrop

The carnation's different hues suggest different meanings: red for love or pink for affection.



Snowdrops imply hope and beauty.





**Capricorn (♑)** is the tenth astrological sign in the zodiac, originating from the constellation of Capricornus, the horned goat. In astrology, Capricorn is considered an earth sign, negative sign, and one of the four cardinal signs. Capricorn is said to be ruled by the planet Saturn. In Vedic Astrology Capricorn was associated with the Crocodile but modern astrologers

consider Capricorn as Sea goat. Its symbol is based on the Sumerians' primordial god of wisdom and waters, Enki, with the head and upper body of a goat and the lower body and tail of a fish. Later known as Ea in Akkadian and Babylonian mythology, Enki was the god of intelligence, creation, crafts; magic; water, seawater and lakewater.

## *To infinity and beyond*

**Quadrantids Meteors:** The first major meteor shower of the year, the Quadrantids, peaks on the night of January 3 and in the early morning hours of January 4. Unlike other meteor showers, the peak period of the Quadrantids only lasts a few hours.



**Earth's Perihelion:** On January 3, 2024, the Earth will reach its perihelion—the point on its orbit closest to the Sun. Currently, the date is always roughly two weeks after the December solstice.

**Wolf Moon:** The first Full Moon of the year is colloquially known as Wolf Moon in many northern cultures. In some cultures, it was known as Old Moon, Ice Moon, Snow Moon, and the Moon after Yule.

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