

**Cludiant Cymunedol**

***Llanwrtyd Wells***

**Community Transport Ltd**

# NEWSLETTER



**Rhyfyn / Edition 60 Chwefror / February 2024**

## **Helô bawb / hello everyone**

Everyone at LWCT hopes all is well with you, friends, neighbours & family, and that you all had a good Christmas, with Santa bringing all the nice things that you could wish for. The winter so far seems to have been one storm after another. Storms Agnes, Babet, Ciaran, Debi, Elin, Fergus, Gerrit, Henk, Isha, and Jocelyn, have all left their mark on our communities, to one extent or another. We wish everyone well in their recovery from any damage, and set our hearts on a nice warm spring, and productive summer harvests, for those farmers and gardeners amongst us.

We look forward with enthusiasm to the first real signs of spring – snowdrops in our parks and gardens, frogspawn in our ponds, bluebells in our woodlands, where trees are yet to come into bud and spring lambs out in the warm sunshine.

As always, we've tried to include something in the newsletter for everyone, including our new quiz pages. We hope you enjoy having a read and 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](mailto: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 next newsletter, please send them in to us. If you wish to talk about it first, please give Laura a call

Happy reading and blessings to you all.

Cofion cynnes / kindest regards.

### **February Fills Dikes by William Barton - 2012**

February fills dikes, overflows fields and streams, turns paths to slippery ooze.  
Petulant winds crease the surface of the lake and agitate the fast flowing river.  
Hail and sunshine play follow-my-leader across a shifting sky where lazy seagulls swing.

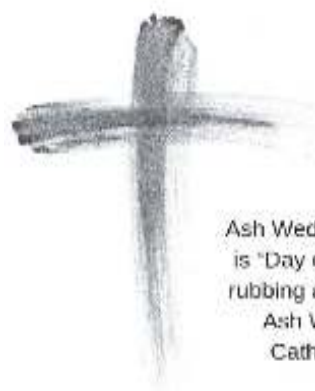
Gorse brags bright yellow flowers, on hawthorn hedgerows, buds swell with red tips and tight clusters of dark green leaves. Daffodils force green shoots through layers of leaf mould.

Moss creeps and bark rots on fallen trees. New stems and shoots glow red in the setting sun.

## Local Dates for Your Diary

<b>Lord Crawshaw Memorial Walk, Llanwrtyd</b> <i>Neuadd Arms Hotel – Registration from 08:30 am</i>	4 <sup>th</sup> February	
<b>Chinese New Year – Year of the Dragon</b>	10 <sup>th</sup> February	
<b>Winter Bird Walk</b> <i>The Groe Builth Wells – start 10:00am to 14:00pm</i> <i>Contact Brecknock Wildlife Trust for details</i>	10 <sup>th</sup> February	
<b>Garth Village Hall</b> <i>Spiritualist, Psychic, Medium – Door open 6:30pm</i>	21 <sup>st</sup> February	
<b>Valentine’s Day</b>	14 <sup>th</sup> February	
<b>Wyeside Community &amp; Arts Centre</b> Warm Space workshops		
<i>Valentine Card Workshop</i>	11:00am	7 <sup>th</sup> February
<i>Yoga</i>	12:00pm	7 <sup>th</sup> February
<i>Chakra Balancing</i>	11:00am	21 <sup>st</sup> February
<i>How to attune your crystal</i>	1:00pm	21 <sup>st</sup> February

(Please note - All events listed were current, at time of going to print)



### What is *Ash Wednesday?*

Ash Wednesday is the first day of Lent. Its official name is "Day of Ashes," so called because of the practice of rubbing ashes on one's forehead in the sign of a cross. Ash Wednesday and Lent are observed by most Catholics and some Protestant denominations.

## The Month of February

February is the second month in the year according to the Julian and Gregorian calendars, and is the shortest month with only 28 days. This year 2024 is a Leap Year and therefore has 29 days.

Perhaps this might be stating the obvious, but in the old Roman calendar, January and February didn't exist. The winter season was un-named, a monthless period, and the year consisted of only ten months. January and February were added around 700BC by Numa Pompilius, the second King of Rome.

Being the shortest month of the year February often passes without a full moon as occurred in 2018. This year there will be a full moon on the 24<sup>th</sup> February. February is also considered the third and last month of winter in the northern hemisphere and the last month of summer in the southern hemisphere.

The name February comes from either Februus, the name of the old Roman god, or from Februa which signifies the festivals of purification celebrated in Rome on February 15<sup>th</sup>. The Anglo Saxon name for the month was Solmonath meaning mud month, although some take the meaning of the name to be Sun Month, the month when the sun seems to be coming back from its winter retreat. That does sound feasible since sol means sun in Latin, plus according to the Venerable Bede, February was known as Cake Month, the month when Anglo Saxons offered cake to their gods.

February brings Shrove Tuesday or pancake day, which is the traditional feast day before the start of Lent which is the following day, Ash Wednesday. Lent is the 40-day period leading up to Easter and was traditionally a time of fasting.

*On Shrove Tuesday a bell would ring to call Anglo Saxon Christians to confession, where they would be shriven (absolved from their sins).*

Shrove Tuesday always falls 47 days before Easter Sunday, so varies from year to year, however in 2024 it falls on 13<sup>th</sup> February.

Traditionally, Shrove Tuesday is the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients. The pancake has a very long history and featured in cookery books as far back as 1439. The tradition of tossing or flipping them is almost as old:

***“And every man and maide doe take their turne, and tosse their Pancakes up for feare they burne.” (Pasquil’s Palin, 1619).***



## 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 Llanwrytd Wells, through the rural communities and towns, ending in Llandrindod 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 is continuing 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)

## FOOD ANAGRAMS

- AS ANGEL (7)
- ON US SIMON PETER (10,4)
- ICED DRIP GUN (4,7)
- ETHEREAL SOCIOPATH (10,6)
- FIND HIS CHAPS (4,3,4)
- PUNCH MOLL HAS A GUN (10,5)
- SCRUB HOST SON (3,5,4)
- SUNRISE NEW COCKED HAT (5,3,4,7)
- HER SHEEP DIPS (9,3)
- SHAGGIEST NOBLE POET (9,9)
- EVIL BEAN FOOD (4,8)
- SNUG SHRIMP ADDICT (9,7)

### A few tips for the greenfingered



Put cloches in position to warm the soil for early sowings of vegetables.

Sow tomato and chilli seeds for growing in cool greenhouse.

Sow sweet peas outdoors in their flowering position as the ground heats up. Chit first-early [potato](#) tubers by standing them in trays in a light, frost-free place

Make [fat ball](#) feeders and hang them among roses to attract blue tits, which will also forage for overwintering pests

Clean and oil cutting tools and check electrical equipment.



## To infinity and beyond



February's full Snow Moon reaches its peak on **Saturday, February 24, 2024!** It's also a micromoon this year. Think of this term as the opposite of a "Supermoon." It simply means that the full Moon is at its farthest point from Earth (not the nearest point). In astronomical terms, we call this "apogee."

Specifically, February's Micro full Moon is about 252,225 miles from Earth.

The Moon orbits Earth in an elliptical path. One side is nearer to Earth, and one side is farther. This distance affects the Moon's size and brightness, although it's probably not visible to the naked eye.

The perceived size of the Moon from Earth is more related to the "Moon Illusion" and how close the Moon appears to the horizon; in this case, it's high above the horizon, so it may not appear to loom over us the way it appears when it's near the horizon.

[Nicolaus Copernicus](#) and [Galileo Galilei](#), two famous astronomers, were both born in February.

On February 6, 1971, Alan Shepard became the first man to hit a golf ball on the Moon.

In Welsh, February is sometimes known as "y mis bach," which means "little month."

Six Nations ([rugby union](#)), tournament running from early February to mid-[March](#) between [England](#), [France](#), [Ireland](#), [Italy](#), [Scotland](#) and [Wales](#).

The only Shakespeare play to mention February is *Much Ado About Nothing*, where he refers to "such a February face, So full of frost, of storm and cloudiness."

## Happy Valentine's Day - 14<sup>th</sup> February 2024



A slight allowance is made for coming late to the party, as here in Wales we have been making romantic gesture to our partners since the 25<sup>th</sup> January each year, when we celebrated Saint Dwynwen's Day, recognising her role as the Welsh patron saint of lovers.

There are varying tales of why Maelon Dafodrill and Dwynwen were not able to marry, having fallen in love. Sufficient to say, Dwynwen lived the rest of her life in solitude, on the island of Ynys Llanddwyn, off the west

coast of Anglesey.

The question of "who is Saint Valentine?", and his involvement with the romantic event of Saint Valentine's Day, on the 14<sup>th</sup> February each year, is not so straight forward.

Around AD 400, there seems to have been a Roman feast of Lupercalia, whereby pagan priests celebrated the arrival of spring and the new growing year, by the sacrifice of a goat. This ritual seems to have involved soaking a strip of goat hide in blood, with the priests then "whipping" ladies over the thighs. Reputedly, this was thought to be particularly popular with married ladies, as it was supposed to increase fertility in the coming year.

There appears no mention of whether these ceremonies did anything to improve the year's agricultural harvest !!

Pope Gelasius 1, who was Bishop of Rome between 1<sup>st</sup> March 492 until his death on the 19<sup>th</sup> November 496, finally suppressed this old Roman festival of Lupercalia.

Historically, Roman Emperor Claudius II appears to have executed two different men called Valentine on the 14<sup>th</sup> February in different years of the 3<sup>rd</sup> Century, with different storylines.



In both cases, a Christian priest seems to be involved, with a supposedly romantic attachment to a lady. A prison visitor in one case, with the other being the chief gaoler's daughter. In both cases, written correspondence was allegedly exchanged between the couples, before the priest's execution.



Clearly the 14<sup>th</sup> February has since moved away from being a story of unrequited love and death, to something more romantic and potentially fulfilling. There seems a strong argument for the English romantic poet Geoffrey Chaucer being at least partially responsible. His 14<sup>th</sup> Century works "The Parlement of Foules" and "The Complaint of Mars", it is alleged, that these works help make the link between romantic tradition and Saint Valentine's Day.

It has also been suggested that William Shakespeare has been credited with promoting the holiday's romantic association.

By the mid-18<sup>th</sup> Century, history indicates that it was commonplace for friends and lovers to exchange small tokens and notes on Valentine's Day. On the 14<sup>th</sup> February 2019, the world's oldest known Valentine's Card (written and sent in 1790) was sold at auction, making £7,192, well over the expected price. The card was sold to a UK owner of a major greetings card company, and will remain within the UK greeting's card industry.

Over the centuries, the 14<sup>th</sup> February has been an ancient ritual day to improve fertility, a religious celebration, and a commercial holiday. This somehow seems to miss the point.

The opportunity could be taken on the 14<sup>th</sup> February to express feelings for the special person or persons in your life, sending greeting cards, offering confectionery and presenting flowers. Better still, take the example of the original Valentines of days gone by, and craft a letter, card or a present, to your chosen one.



**To all those romantics everywhere - those still with us, and those whom we fondly remember - Happy Valentine's Day 2024**

## Mysterious Footprints

One of the strangest happenings took place during the night on 8<sup>th</sup> February 1855, when a heavy snowfall covered the countryside and small villages in Southern Devon. It was an intensely cold night, and people huddled beneath their bedclothes for warmth. At the light of dawn there was a bleak frozen landscape, astonishingly with footprints.



As people looked more closely, they discovered thousands of mystery footprints in the shape of a cloven hoof, but in single file. These footprints covered over 100 miles, over fields, gardens, towns and rooftops. People were intrigued but afraid at first believing the footprints must belong to the Devil. A London newspaper published the story, and experts came to investigate but no satisfactory solution could be offered.

*All the above information by courtesy of Astrology.com.au*

## Pancakes

250ml plain flour  
2eggs

pinch of salt  
250ml water

75ml oil

Mix eggs and water well

Add flour and salt mixing to a smooth batter then add the oil and mix until well incorporated.

Leave to rest for an hour

Heat a little oil in frying pan and add enough batter to thinly cover the base. When set turn over and cook the other side.

Stack the pancakes until all the batter is used or serve and add desired topping.

## CREMPOG

### INGREDIENTS

- 1 and 1/2 cups flour
- 1 tbsp sugar
- 1 tbsp baking powder
- 1 teaspoon salt
- 1 and 1/4 cups milk
- 1 egg
- 3 tbsp melted butter



### INSTRUCTIONS

In a medium bowl, whisk together the dry ingredients.

Whisk in milk and egg until combined. Then whisk in butter. Batter will be slightly lumpy.

Allow batter to rest about 10 minutes. Batter will thicken slightly. Meanwhile, heat griddle to 350 degrees F (180 degrees C)

Pour out pancakes, 1/4 cup of batter each, on a hot griddle. Allow to cook until bubbles appear on the top and edges start to look dry, about 2-3 minutes.

Flip pancakes and cook another 2-3 minutes until golden brown on both sides. Remove from griddle and serve hot.

The ingredients for pancakes can be seen to symbolise four points of significance at this time of year;

Eggs	Creation
Flour	The staff of life
Salt	Wholesomeness
Milk	Purity

### Answers to anagrams

Lasagne, Minestrone Soup, Rice pudding, Lancashire Hotpot, Fish and Chips, Ploughman's Lunch, Hot Cross Buns, Sweet and Sour Chicken, Shepherds Pie, Spaghetti Bolognese, Beef Vindaloo, Christmas Pudding

## Jemima Nicholas

It was February 22 – 24 1797 that French troops landed in Wales in the Battle of Fishguard. The battle was a short lived, military invasion just four days long and is classed as the most recent landing on British soil of a foreign force.

The French general Lazare Hoche had devised a three-pronged attack on Britain in support of the Society of United Irishmen. Two forces would land in Britain as a diversionary effort, while the main body would land in Ireland. Adverse weather and ill-discipline halted two of the forces but the third, aimed at landing in Wales and marching on Bristol, went ahead.

After brief clashes with hastily assembled British forces and the local civilian population, the invading force's Irish-American commander, Colonel William Tate, was forced into unconditional surrender on 24 February

### Ryan Davies: Napoleon vs Mam

The Emperor Napoleon he sent his ships of war,  
with spreading sails to conquer Wales, and land on Fishguard's shore.  
But Jemima she was waiting with her broomstick in her hand,  
and all the other women to guard their native land.

For the Russians and the Prussian's he did not give a damn,  
but he took on more than he bargained for, when he tried it on with mam.  
Their cloaks were good red flannel, their hats were black and tall,  
they looked just like brave soldiers and were braver than them all.

The Frenchmen they did look at them in panic they did flea,  
they said ta ta and oolala and jumped into the sea.  
And said to each other as back to France they swam,  
we'd have stayed at home if we'd only known, we'd have to take on mam.

The Emperor Napoleon he was a man of note,  
he had his hat on sideways and his hand inside his coat.  
When he heard the news from Fishguard, his sorrow was complete.  
Oh Josephine, what does this mean, my army has been beat.

I will make this proclamation though a conqueror I am.  
You may conquer all creation, but you'll never conquer mam.

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

The new Community Bus service which began operating on the 4<sup>th</sup> December 2023, continues to go from strength to strength, regularly operating on Tues and Thurs of each week.

Our 2 members of staff, are now pleased to welcome returning scheme members each week. The route is still completely flexible, so if you haven't registered as a scheme member, it is not too late to join this popular service.

The community inaugural route runs before Christmas were a chance for the various communities to get familiar with the vehicle used for at least phase #1 of this 2-year project, and to meet the bus staff and say hello.

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.**

The provisional route each day still starts in Llanwrtyd Wells, travelling through as many of the towns listed, where members have requested to be picked up - Llangammarch Wells, Beulah, Garth, Cilmerly, Builth Wells, Newbridge on Wye, Llanyre, Howey, and on to Llandrindod Wells.

As anticipated during the Christmas & New Year holidays, we had no requests for transport, and so the service was suspended, with the non-operational dates carried forward, beyond March 2025.

Each service day provision is completely flexible, although any journey requests still need 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 !!**

## LWCT Event Recycling Services

For our small team of dedicated Event Recycling staff, the 2023 Event Year, as predicted, turned out to be one of busiest recycling year to date.

Many of the events were based on the Royal Welsh showground at Llanelwedd and we were pleased to welcome 2 new events. One bi-annual event, covered for the 1<sup>st</sup> time in 2022, has already re-booking for 2024.

The last event of the year was the RWAS 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. The directors of LWCT are proud of you.

New for 2023 was the LWCT food waste minimisation strategy, where show tradestands were encouraged to work with LWCT's event staff to ensure that no food, still fit for human consumption, is consigned to a waste bin.

Although this new strategy on rollout had mixed outcomes, not all being favourable, nevertheless LWCT will 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 significant booking requests for the 2024 event recycling year. Whilst many of these requests are "old favourites", 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 in 2024 you attend, look out for the bright orange vests (with Event Recycling on the back). Please come over and say hello.



## Aquarius

Aquarius, Latin for water-bearer, is the eleventh astrological sign in the zodiac and is an air sign. The water carrier represented by the constellation Aquarius is Ganymede, a beautiful Phrygian youth. Ganymede was the son of Tros, king of Troy. While tending to his father's flocks on Mount Ida, Ganymede was spotted by Zeus. The king of gods fell in love with him and flew down to the mountain in the form of a large bird,

whisking Ganymede away to the heavens. Ever since, the boy has served as cupbearer to the gods. Ovid has Orpheus sing the tale in his Metamorphoses.

## Birth stones and flowers

The birthstone for February is the beautiful Amethyst, the flowers associated with the sign of Aquarius are violet and primrose. These are symbols of modesty, faithfulness and virtue.

Even though so many roses are sold during February due to Valentine's Day, the Violet and the Primrose are the symbolic flowers.

The **violet** signifies watchfulness, loyalty, and faithfulness. Give a violet to someone to let them know that you'll always be there for them.



The **primrose** lets someone know that you can't live without them.

Like the violet, February's birthstone is a purple colour. It's the beautiful amethyst. This gem is a form of quartz; it can range from a pale lilac colour to a deep, rich purple.



The name is based on a Greek myth that speaks of a nymph named Amethyst who was inadvertently turned into white stone; in remorse, the Greek god Bacchus poured wine over her to turn her a beautiful purple.

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