



Cludiant Cymunedol

Llanwrtyd Wells

Community Transport

NEWSLETTER



Rhifyn / Edition 61 Mawrth / March 2024

Helô bawb / Hello Everyone

In the early Roman calendar, March (or Martius) was the first month of the calendar year. March became the third month when January and February, were added to the end of the Roman calendar around 700 BCE, but became the first and second months around 450 BCE.

The Anglo-Saxons called the month Hlyd monath which means Stormy month, or Hraed monath which means Rugged month

Julius Caesar was warned by a seer that harm would befall him before the end of the Ides of March, on March the 15th. His assassination on 15th of March 44 BC, was a turning point in Roman history.

Centuries later, the expression “Beware the Ides of March” was found in Shakespeare’s Julius Caesar. Since then, the Ides of March became notorious as being associated with death.

However, long before the Ides of March became associated with Julius Caesar’s murder, it was a day of celebration for the ancient goddess Anna Perenna, a goddess beloved especially by the common people.

Anna meaning “to live through a year”, while perenna means “last many years”.

And, not by chance, her festival was full of contradictions such as old and new as well as death and rebirth.



As March, 19, 20 or 21 brings the first day of spring with the vernal or Spring equinox, it was considered the start of new beginnings for centuries. On this day, the Sun stands directly over Earth’s equator.

Also on this day, the Sun rises exactly in the east and sets exactly in the west—a good thing to know if you get lost in the woods!

The word *equinox* comes from the Latin words for “equal night”—*aequus* (equal) and *nox* (night). On the equinox, the length of day and night is nearly equal in all parts of the world

Clocks go forward an hour at 1.00am on the last Sunday in March, so don’t forget to ‘spring forward’.

Dates for your Diary

1st March 2024 - Dydd Gŵyl Dewi/ St David's Day

8th March 2024 – Strand Hall, Builth Wells

Builth Cancer Research Committee – Spring Lunch
International Womens Day

9th March 2024 – Llanelwedd Jubilee Hall

Health, Wellbeing & Craft Fair – 10:00am to 4:00pm

10th March 2024 - Mother's Day / Mothering Sunday

23rd March 2024 - Royal Welsh Showground

Welsh Beekeepers Ass'n Convention

29th March 2024 – Good Friday

31st March 2024 – Easter Sunday

31st March 2024 – British Summer Time Begins

Clocks go forward 1 hour at 1am

These boots are made for walking.....

Well it's boots in the title but the subject is legs, in fact **Leg Club**



The Leg Club Movement is a global initiative, designed to care for people suffering from or at risk of chronic leg disease, within a social model of care.

Leg Clubs are dynamic institutions that work within local communities and are made possible by volunteers, nurses,

contributing organisations and of course our members (patients).

Any problems involving legs, from varicose veins, skin tears, eczema and leg ulcers to difficulties in walking. For many people suffering with swollen legs and/ or leg ulcers the main problems are associated with pain, infection, wound leakage, immobility, loneliness and isolation.

No appointments are required, just drop in to chat over a cup of tea or coffee while awaiting treatment or finding out about the club. Transport maybe arranged to and from the Clubs, and parking is available.



Llandrindod Wells Leg Club

meets every Thursday

9.00 - 11.30 in

St John's Ambulance Hall

Quarry Lane LD1 5NG

Tel no. **01597 828765**

Everyone welcome.

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 and www.lwct.org.uk

LWCT Event Recycling Services – looking forward to a new event year.

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

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

The last event of the year was the RWAS Winter Fair. As in previous years, this event proved extremely challenging for our staff, who worked long hours to complete the work, within the time agreed. The directors of LWCT are proud of you.

LWCT plans to continue work on our Event Food Waste Minimisation Strategy. Show tradestands will be encouraged to work with LWCT's event staff, to ensure that no food (still fit for human consumption), is consigned to a waste bin.

Whilst this new strategy had mixed outcomes (with not all of the results being favourable); with the support of the RWAS Event Staff, LWCT will continue to persevere with this strategy 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 in Wales.



LWCT staff continues to receive 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, with staff were out in all weathers. They are a great team and we are very thankful for their support and dedication.

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.

And what about oranges and lemons?



Oranges and Lemons is a traditional English [nursery rhyme](#), folksong, and [singing game](#) which refers to the bells of several churches, all within or close to the [City of London](#). The



earliest known printed version appeared c. 1744.

In the days when the River Thames at London was wider than it is now, barges carrying oranges and lemons landed just below the churchyard of St. Clements Dane.

On the last day of March, local primary school children gather at the church to attend a service, reciting the famous nursery rhyme and, on occasions, play the tune on hand bells. At the end of the service, the children are presented with an orange and a lemon from a table outside the church.



Oranges and lemons ,Say the bells of [St. Clement's](#).



You owe me five [farthings](#), Say the bells of [St. Martin's](#).



When will you pay me? Say the bells at [Old Bailey](#).

When I grow rich, Say the bells at [Shoreditch](#).

When will that be? Say the bells of [Stepney](#).

I do not know, Says the great bell at [Bow](#).

Here comes a candle to light you to bed,
And here comes a chopper to chop off your head!
Chip chop chip chop the last man is dead



Colcannon

A St. Patrick's day favourite, colcannon is an Irish potato recipe, a mixture of creamy mashed potatoes and usually kale or cabbage.

Ingredients

4 floury potatoes (2 to 2 1/2 pounds), peeled and cut into 1 1/2-inch pieces Salt, to taste
5 to 6 tablespoons butter, plus more for serving
3 lightly packed cups chopped kale, cabbage, chard, or other leafy green
3 green onions, minced (about 1/2 cup) 1 cup milk or cream

Method

Put the potatoes in a medium pot and cover with cold water. Add 2 tablespoons of salt, and boil until the potatoes are fork tender, 15 to 20 minutes. Drain in a colander.

Over medium-high heat, melt the butter in the pot and when hot, add the greens. Cook the greens for 3 to 4 minutes, or until they are wilted and have given off some of their water. Add the green onions and cook 1 minute more.

Pour in the milk or cream, mix well, and add the potatoes. Reduce the heat to medium. Use a fork or potato masher and mash the potatoes, mixing them up with the greens.

Add salt to taste and serve hot, with a knob of butter in the centre

Bara Brith

Ingredients

300g mixed fruit 200g [light muscovado sugar](#)
[zest 1 orange](#) 250ml hot black tea
350g [self-raising flour](#) 2 tsp mixed spice
1 [large egg](#), beaten 50g [soft butter](#), plus extra for greasing and to serve (optional)

Method

Tip the fruit into a bowl with the sugar and orange zest. Pour over the tea, stir everything together and leave to soak overnight.

Heat oven to 160C/140C fan/gas 3. Grease and line the base and short sides of a 900g/loaf tin with baking parchment. Tip the flour and spice into a bowl, and beat in the fruit and soaking liquid. Add the egg, followed by the butter. Beat until you have a well-combined, stiff batter, then tip into the prepared loaf tin. Bake for 1¼ hrs, covering with foil or parchment if the top starts to get too dark. Check with a skewer to make sure it is cooked. Leave to cool in the tin for 10 mins, then remove and leave to cool completely. Serve sliced and buttered, if you like.



Bells of Rhymney



If it wasn't for American folk singer Pete Seeger, the haunting lyrics to Bells of Rhymney would have remained an obscure poem by a Welsh miner turned poet called Idris Davies.

He wrote it during a four-year stint on the dole. From the age of 14, he had worked as a miner at the Maerdy

Colliery in Rhymney, south Wales. But at the age of 21, he was involved in an accident which resulted in him losing part of a finger. With his injury and the disruption caused by the 1926 General Strike, he found himself jobless.

He used this period of unemployment to educate himself, something he called, "the long and lonely self-tuition game". He would spend his days in the local library. He also started to write poetry, in both Welsh and English. His writing was influenced by the bitterness and hurt of the mining communities around him.

Despite the vast wealth created by the country's coal industry, Welsh people found themselves living in one of the most depressed areas of Europe. Davies was given encouragement to continue writing by the likes of Dylan Thomas and TS Eliot. It was Eliot who published his first collection of poems, *Gwalia Deserta* (Wasteland of Wales) in 1938. This included a poem called 'XV' that was only 123 words long but managed to create a tapestry of ways in which south Wales had been affected by the decline of mining.

Davies didn't find too much success during his lifetime. He spent much of the time working as a teacher and only had two other published poetry works. He died from stomach cancer at the age of 48 while staying at his parents' home in Rhymney. But in 1954, one year after his death, a collection of Dylan Thomas essays was published in America called [Quite Early One Morning](#) and this included a reprint of *Gwalia Deserta XV*.

This happened to be spotted by a young folk singer in California called Pete Seeger who decided to put the words to music, first recording it in 1957 with blues musician Sonny Terry. And the rest is...

Seeger would later go on a pilgrimage to Rhymney to visit Idris's mother.

Gwalia Deserta XV

O what can you give me?
Say the sad bells of Rhydney.

Is there hope for the future?
Cry the brown bells of Merthyr.

Who made the mineowner?
Say the black bells of Rhondda.

And who robbed the miner?
Cry the grim bells of Blaina.

They will plunder willy-nilly,
Say the bells of Caerphilly.

They have fangs, they have teeth
Shout the loud bells of Neath.

To the south, things are sullen,
Say the pink bells of Brecon.

Even God is uneasy,
Say the moist bells of Swansea.

Put the vandals in court
Cry the bells of Newport.

All would be well if — if — if —
Say the green bells of Cardiff.

Why so worried, sisters, why
Sing the silver bells of Wye.



Food from around the World Anagrams

TIE COAT PEG (7,3)..

JOB HAS LONG ARM (4,5,4).

AMOK AS US (8)..

BAD MAN GNASHERS (7,3,4).

SKEPTIC TODD (7,4)..

FILTER (6).

MANIC KHAKI SALT CAKE (7,5,6)..

WORSHIP PUNK AGENCY (4,5,4,4)..

NAKED BASQUE BULB (6,3,6)..

CHECK IN OWN CHIME (7,4,4)..

THREW SIR BALE (5,7)..

DRAG IN UPTURNED BAD DEBT (5,3,6,7)

TO RIOTS (7).

To infinity and beyond



Worm Moon

It indicates the approach of spring, because the amount of earthworms spotted rising out of the soil begin to increase.

.....which brings us nicely on to

Tips for the Greenfingred.

Prune roses, removing decaying, old and thin wood.

Take chrysanthemum cuttings

Deadhead daffodils as they fade

Sprout maincrop potatoes and plant out sprouted early varieties

Sow sweet peas directly into their flowering positions and sow and plant out root vegetables eg beetroot, carrots. Sow tomato seeds indoors on a warm windowsill.

the Playground

The rhyme 'Oranges and Lemons' is used in a children's [singing game](#) with the same name, in which the players file, in pairs, through an arch made by two of the players (made by having the players face each other, raise their arms over their head, and clasp their partners' hands). The challenge comes during the final lines beginning "Here comes a chopper to chop off your head"; and on the final repetition of "chop" in the last line, the children forming the arch drop their arms to catch the pair of children currently passing through. These are then "out" and must form another arch next to the existing one. In this way, the series of arches becomes a steadily lengthening tunnel through which each set of two players has to run faster and faster to escape in time.

Alternative versions of the game include: children caught "out" by the last rhyme may stand behind one of the children forming the original arch, instead of forming additional arches; and children forming "arches" may bring their hands down for each word of the last line, while the children passing through the arches run as fast as they can to avoid being caught on the last word.



The tune is reminiscent of [change ringing](#), and the intonation of each line is said to correspond with the distinct sounds of each church's bells. Today, the bells of [St Clement Danes](#) ring out the tune of the rhyme.

Similar rhymes naming churches and giving rhymes to their names can be found in other parts of England, including Shropshire and Derby, where they were sung on festival days on which bells would also have been rung. Of particular note is a little known poem Gwalia Deserta XV by Idris Davies.



Special Days in March

St David's Day *Dydd Gŵyl Dewi Sant March 1st*

St David was born in the year 500, the grandson of Ceredig ap Cunedda, King of Ceredigion. According to legend, his mother St Non gave birth to him on a Pembrokeshire clifftop during a fierce storm.

He became a renowned preacher, founding monastic settlements and churches in Wales. He reputedly made a pilgrimage to Jerusalem, from which he brought back a stone that now sits in an altar at [St David's Cathedral](#), built on the site of his original monastery.

He and his monks followed a simple, austere life, ploughing the fields by hand, rather than using oxen, and refrained from eating meat or drinking beer.

The most famous miracle of St David took place when he was preaching to a large crowd in Llanddewi Brefi. When people complained that they could not hear him, the ground on which he stood rose up forming a hill and a white dove, sent by God, settled on his shoulder.

St David died on 1 March – St David's Day - in 589. and was buried at the site of [St David's Cathedral](#).

Mother's Day or Mothering Sunday March 10th

The day Mother's Day is celebrated changes from year to year in the UK, though it's always in March. The day it falls on in a given year, depends on when Easter takes place, as it will always be on the 4th Sunday of Lent. This means that it's always celebrated some time in March.

Mother's Day began on this day during the 16th century, when Christians would visit their nearest big church called the Mother Church during [Lent](#).

At that time, it was common for children to leave home and get a job in domestic service, living at the place they worked and they were not allowed home very often. Mothering Sunday was a rare day off and were allowed to go home and visit their mothers. As they walked home, they would pick wildflowers and give them to their mothers. This led to the tradition of giving mothers flowers on Mother's Day.

St Patrick's Day March 17th

Saint Patrick was not born in Ireland. He was actually born in Britain around 386 AD, but there is debate about whether it was in Scotland or Wales.

While green is now the colour linked to Saint Patrick's Day, blue was originally associated with the day, being the colour of the Anglo-Irish Order of St Patrick.



Shamrocks are associated with Saint Patrick's Day because he used it as a symbol for the Holy Trinity when explaining the concept of Christianity to the Irish people

Community Bus Service – Service Developments !!!

The new Community Bus service, which started before Christmas, and with funding until March 2025, continues to go from strength to strength, currently operating on Tuesdays and Thursdays of each week.

Our members of staff are pleased to welcome both new and 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.

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

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 pick-up and drop-off times.

The core communities where members are picked up remains the same - in Llanwrtyd Wells, Llangammarch Wells, Beulah, Garth, Cilmery, Builth Wells, Newbridge on Wye, Llanyre, Howey, and Llandrindod Wells. Any other pick-up locations can be added – either talk to the bus staff, or ring our office number.



Staff and service users in Llandrindod recently, before starting their homeward journey.

Service users are already discussing other destinations, in readiness for the nice Spring weather we are expecting soon !!

Destinations such as Garden Centres (last visited pre-Covid-19) are being considered.

As other destinations are identified for visiting or consideration, these locations will be included in this article each month.

Realising the demand for such a service, LWCT directors have also approved staff to identify funding sources, with a view to purchase our own vehicle, to extend the service beyond March 2025. LWCT is also considering extending the service to 3 days a week.

This is your Community Bus – please let us know your thoughts, better still, come on board and join us !!

The Month of March- Mawrth

March's birth flower is the daffodil or jonquil.

The daffodil signifies regard or unrequited love, while the jonquil means 'I desire a return of affection.'

Daffodils are also the national flower of Wales, and are worn for St. David's

Day each year on March 1. In Wales, legend says, those who see the first daffodil of the season will be blessed with wealth in the coming year.

As the sun shines a little bit longer each day and the vernal equinox draws closer, it's hard not to think of warm spring weather and, in gardens and woodland areas, daffodils are readying themselves for their early spring appearance. As it is one of the first flowers to bloom in spring, daffodils are seen as a representation of rebirth and new beginnings. So, it's no surprise that the daffodil is linked to this month.

The traditional daffodil is either yellow, white or a combination of the two, but newer varieties now include pink and orange. They are thought to represent inspiration, forgiveness, and creativity.

Native to northern Europe, they also go by their Latin name, *Narcissus*, which is the plant's genus, but it's believed that the daffodils are named after *Narcissus*, the son of *Cepheissus*, who was the river god in Greek mythology. According to legend, *Narcissus* fell in love with his own reflection in the water and when he died staring at himself, the daffodil bloomed where he died.

In ancient Rome, the bulbs and roots of the daffodil were applied to treat tumours, while in other locations it has been used to treat painful joints, wounds, burns, and bruises.

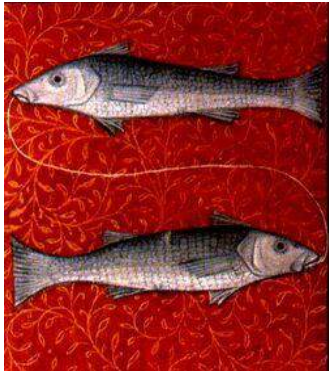
The gift of a single daffodil is also thought to bring about misfortune, so it's better to give a bunch!



March has two birthstones: aquamarine and bloodstone. Aquamarine's folklore has strong connections to the sea and was thought to aid in decision making, perseverance, and responsibility. The word 'aquamarine' comes from the Latin words *aqua*, meaning 'water,' and *marina*, meaning 'of the sea.'

Bloodstone's association with blood created a feeling that it would bring health and strength, and preserve youth to those who wore it. The gem has also been a symbol of bravery through its link to blood and vitality.





Pisces, Latin for "fishes", is the twelfth and final [astrological sign](#) in the [zodiac](#). In classical interpretations, the symbol of the fish is derived from the [ichthyocentaurs](#), who aided [Aphrodite](#) when she was born from the sea.

In late [Classical Greek art](#), ichthyocentaurs were [centaurine](#) sea beings with the upper body of a [human](#), the lower anterior half and fore-legs of a [horse](#), and the tailed half of a [fish](#).

One myth is that an egg fell into the Euphrates River. It was then rolled to the shore by fish. Doves sat on the egg until it hatched, out from which came Aphrodite. As a sign of gratitude towards the fish, Aphrodite put the fish into the night sky.

Divine associations with Pisces include [Poseidon/Neptune](#), [Aphrodite](#), [Eros](#), [Typhon](#), [Vishnu](#) and the Sumerian goddess [Inanna](#).

Pisces are the mutable water sign of the zodiac. They represent emotion, intuition, imagination, escapism, romance, and impressionism.

The astrological symbol shows the two fishes captured by a string, typically by the mouth or the tails. The fish are usually portrayed swimming in opposite directions; this represents the duality within the Piscean nature.



Answers to food anagrams

cottage pie, lamb rogan josh, moussaka bangers and mash
spotted dick, trifle, chicken tikka masala, king prawn chop suey
bubble and squeak, chicken chow mein, welsh rarebit
bread and butter pudding, Risotto

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