



Cludiant Cymunedol

Llanwrtyd Wells

Community Transport Ltd:

NEWSLETTER



Rhyfyn / Edition 62 Ebrill / April 2024

Helô bawb / hello everyone

April, the time of sowing seeds, new baby chicks, betrothals, and young people beginning courtships. The earth starts bursting forth with its bounty, and people celebrate Easter, the Spring Equinox, love, and renewal in many forms.

April showers brings May's flowers.

There are some special days in April not the least being April Fool's Day, a morning of pranks and jokes. (**AFD Prank**) April Fool's Day may have originated in France where New Years Day was celebrated during Medieval times on April 1st. When Gregory XIII changed it back to January 1st in 1582, many people in rural areas did not make the change for several years. The cosmopolitan city dwellers thought them fools for this reason, and it became the fashion to take advantage of the naivete of the provincials on this date. The practice spread to England and other English speaking countries.

AFD Prank

The BBC television programme Panorama ran a hoax in 1957, purporting to show the Swiss harvesting spaghetti from trees. They claimed that the despised pest, the spaghetti weevil, had been eradicated. A large number of people contacted the BBC wanting to know how to cultivate their own spaghetti trees. It was, in fact, partially filmed in St Albans. The editor of Panorama at the time, Michael Peacock, approved the idea, which was pitched by freelance camera operator Charles de Jaeger. Peacock told the BBC in 2014 that he gave de Jaeger a budget of £100. Peacock said the respected Panorama anchorman Richard Dimbleby knew they were using his authoritativeness to make the joke work. He said Dimbleby loved the idea and went at it with relish. Decades later CNN called this broadcast "the biggest hoax that any reputable news establishment ever pulled".



Answers to the spring anagrams

umbrella, tulip, grass, bloom, blossom, , cleaning, sprout, butterfly, march, easter, raincoat, april, crocus, spring, flowers, hatch, warmth, showers.

Dates for your Diary

31st March 2024 – Easter Sunday and British Summer Time begins

1st April 2024 – All Fool's Day

April is Stress Awareness month.

2nd April 2024 – Community Bus to Old Railway Line Garden Centre

7th April 2024 - World Health Day

9th April 2024 - Ramadan ends

14th April 2024 – National Laverbread Day

16th April 2024 – Community Bus to Merthyr Retail Park

20th April 2024 – Working & Pastoral Breeds Dog Show
RWAS Showground, Llanelwedd

21st April to 22nd April 2024 - Eid al-Fitr In the Muslim religion, this is a time of official receptions and private visits, when friends greet one another, presents are given, new clothes are worn, and the graves of relatives are visited.

21st April 2024 - National Tea Day

22nd April 2024 - Earth Day

25th April 2024 - On your feet Britain

27th April and 28th April 2024 – Wonderwool Wales
RWAS Showground, Llanelwedd – Gates open 10am

30th April 2024 – Community Bus to Old Railway Line Garden Centre

Finally don't forget **Leg Club** which takes place every Thursday 9.00 - 11.30 in the St.John's Ambulance Hall Quarry Lane, Llandrindod LD1 5NG
Tel.no. 01597 828765. Everyone welcome and no appointment is necessary

The Month of April

April is the fourth month of the year and consists of 30 days on the Gregorian calendar and its predecessor, the Julian calendar. Its name is derived from the Latin word *aperit*, which means “to open.” April is a part of the growing season. The sun warms the earth, awakening the plants and blossoms and leaves “open” bright and new. In essence, this month was viewed as spring's renewal. It is also believed that the month's name is named after the Greek goddess, Aphrodite (Aphros).

April is the second month of spring and on the lips of many is the old saying “April showers bring May flowers.” The chilly winds and damp weather are not yet done. April then is a hopeful month showing the promise of beauty in the not too distant future.

During the Spring the Earth's axis starts to tilt towards the sun so the days become longer and warmer. It is the time when hibernating animals wake up and flowers start to bloom,

Spring cleaning is associated with several cultures but its place in April comes from the Jewish tradition to prepare the home for Passover. Back in the day, homeowners had to keep winter cold out at all cost. People used coal, oil, wood, and everything was lightened by candles. Imagine the amount of dust, dirt, and soot they had to deal with! People no longer had to heat their homes and could finally get rid of soot and ash marks. With spring on its way, homeowners had a green flag to freshen and clean up their homes and thus welcome the forthcoming new cycle of life. This usually happened with the first warm and sunny day.

It's the time of year again to open up the windows, let in some fresh air, and deep clean our homes. In most northern regions of America and Europe, where the climate is continental and quite damp, the custom of spring cleaning had a purely practical application. Late winter to early spring is the best time to thoroughly dust your home because the weather is warm enough to let fresh air in and chilly enough to keep out any insect infestation.

Spring cleaning isn't just an excellent way to get rid of dust and dirt; it can also be beneficial for our health and wellbeing.

Quick & Easy Strawberry Ice Cream

500 grams of frozen strawberries, (any frozen fruit can be substituted), about the same quantity of yoghurt and a tablespoon of honey as well to sweeten it. Add little thimble of Pimm's, optional, and whizz it all up together in a blender. Serve with meringue, crushed shortbread or just in its own



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

National Tea Day

Tea is the world's second most popular drink (after water!) and you can even celebrate drinking it on 21 April. If you've ever spent time in the UK, you'll surely have had a nice 'cuppa'. There's tea for breakfast, tea during break time, tea when visiting a friend's house, tea to wake up, tea to relax ... you get the idea



While drinking tea is certainly a centuries-old tradition in the UK, many countries have their own strong cultural practices involving tea. The nation which drinks most tea is Turkey, where a 2013 survey showed that people drank an average of ten cups a day! This was followed by Ireland, with the UK coming in third place. Other

countries with an obsession with tea include Iran, Russia and Morocco. It is also a popular drink in China and India, where most of the world's tea is grown. Many forms of tea exist around the world. Green tea is popular in China and Japan. In India, tea is often prepared with spices and boiled in both water and milk, and Tibetans commonly drink tea with butter and salt. In the UK, tea is typically a variety of black tea and can be prepared with loose tea or teabags. It is made with boiling water, allowed to brew for about five minutes and then mixed with a little milk (and possibly some sugar). And thus, the perfect British cuppa is ready! On 21 April, tea parties are held in cafés, pubs, hotels and tea rooms across the UK. Many of these events aim to encourage people to try different varieties of tea and to appreciate how drinking it with others can enrich their lives. Some of these events also promote sustainably produced tea and better prices and working conditions for farmers, while others raise funds for different charities from the sales. However people observe this special day, it's about appreciating the opportunity that sharing a cup of tea gives to people to connect with one another. And remember, tea-drinking isn't just for April – it's always the right time for a delicious cuppa.

AFD Prank

In 2008, the BBC reported on a newly discovered colony of flying penguins. An elaborate video segment was even produced, featuring Terry Jones walking with the penguins in Antarctica, and following their flight to the Amazon rainforest.

Diamonds are forever



Diamond is the birthstone for April and is one of the best-known and most sought-after gemstones.

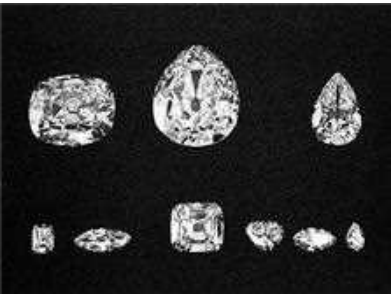
They have been used as decorative items since ancient times. Diamonds are such a highly traded commodity that multiple organizations have been created for grading and certifying them based on the "four Cs", which are colour, cut, clarity, and carat.

The modern era of diamond mining began in the 1860s in Kimberley, South Africa with the opening of the first large-scale diamond mine. The first diamond there was found in 1866 on the banks of the Orange River and became known as the Eureka Diamond. In 1869, an even larger 83.50-carat (16.700g; 0.5891oz) diamond was found on the slopes of Colesberg Kopje on the farm Vooruitzicht belonging to the De Beers brothers. As the land was lowered so the hillock became a mine in time, the world-renowned Kimberley Mine. From 1871 to 1914, 50,000 miners dug the Big Hole with picks and shovels, yielding 2,722kg (6,001lb) of diamonds, and by 1873 Kimberley was the second largest town in South Africa, having an approximate population of 40,000.



The magnificent Cullinan Diamond – the largest diamond ever found – is incorporated into the Crown Jewels. The stone was discovered near Pretoria in modern-day

South Africa in 1905, and is named after the chairman of the mining company, Thomas Cullinan. In its uncut state, it weighed 3,106 metric carats and boasted a size of 10.1 x 6.35 x 5.9 cm. This scale, coupled with its extraordinary blue-white colour and exceptional clarity, made it the most celebrated diamond in the world.



In the 21st century, the technology to produce perfect diamonds synthetically was developed. Diamonds produced by the latest technologies are visually identical to mined, naturally occurring diamonds. The traditional diamond industry has taken steps to try to create a distinction between diamonds dug from the ground and diamonds made in a factory, in part by downplaying the fact that diamonds from both sources are actually visually identical. Synthetics currently represent 2% of gem-quality diamond supply used for jewellery, but 98% of industrial-quality supply used for abrasive applications

Oatmeal Rose Flummery

Ingredients:

3 tablespoons of steel-cut oats, or rolled oats (do not use instant oats)

2 cups of water

4 tablespoons of sugar

2 tablespoons of elderberry or blackberry syrup

1 cup whipping cream

1 teaspoon rose water

zest & juice of 1 lemon

1 teaspoon ground cardamom

1/2 teaspoon ground nutmeg

2 teaspoons cornstarch

2 teaspoons agar powder

Topping:

2 ounces of oat milk whipping cream

2 tablespoons Rose Liqueur/Syrup

2 tablespoons of honey or whatever syrup you fancy.

Directions:

Place oatmeal in a pot or large jar. Add water and soak the oatmeal for 48 hours, stirring occasionally. Next, drain off the oatmeal and keep the liquid. This liquid is your "setting agent".

Pour the oatmeal liquid into a pan and add rosewater, lemon juice, zest, sugar, cardamom, and elderberry syrup. Bring the mixture to a boil stirring continuously till it begins to thicken, about 15 – 20 minutes. Add cornstarch and agar powder and stir briskly as it thickens further.

Meanwhile, fill a small decorative mould (2- to 3-cup) with ice and ice water. Let it just sit and chill. You want the mould cold and wet when you are ready to use it. Remove the oatmeal mixture from the heat and allow it to cool slightly. Stir the oatmeal whipping cream into the mixture, and blend well.

Pour the ice water out of your mould but do not dry it. (This makes the pudding easier to un mould later) Pour the mixture into the mould. If you don't have a mould just pour it into 4 serving glasses.

Chill in the fridge for 6 hours or overnight. Before serving, blend the topping ingredients together (rose liqueur, oat whipped cream, and honey). Unmould your flummery and place it on a serving dish. Top each serving off with a dollop of the oat cream mixture.



April Traditions around the World



Songkran - Thailand's Water Festival
In Thailand, Songkran marks the Thai New Year, celebrated from April 13th to 15th. This festival is often regarded as the world's largest water fight. Songkran transforms the streets into a water-soaked

playground, where locals and tourists alike engage in water fights to wash away the past year's troubles and usher in blessings for the year ahead.

King's Day (Koningsdag) - Netherlands

In the Netherlands, April 27th marks the vibrant celebration of King's Day. Decked in hues of orange, the nation comes together for a jubilant extravaganza featuring bustling street markets, lively concerts and joyful festivities.

The tradition of celebrating the monarch's birthday with a public holiday dates back to the late 19th century. It was initially celebrated on August 31st, the birthday of Queen Wilhelmina, but changed to April 30th after the accession of Queen Juliana.

Cherry Blossom Festivals - Japan

April in Japan unfolds in a spectacle of delicate pink blossoms as cherry blossom season blankets the nation. Hanami, or flower viewing, brings communities together for picnics beneath blooming cherry trees, where they marvel at nature's transient beauty and reflect on the fleeting nature of life.



Cherry blossoms, known as "sakura" in Japanese, have been celebrated in Japan for centuries. The practice of Hanami dates back to the Nara Period (710-794), when aristocrats held cherry blossom viewing parties under the trees.

AFD Prank

In 2010, the UK newspaper *The Independent* reported that the Circle line of the London Underground was being considered as a new location for a particle accelerator

Community Bus Service – Service Developments !!!

As many of you know, LWCT secured generous funding from PAVO (Powys Association of Voluntary Organisations) and Powys CC last autumn. This funding was to run a Community Bus, two days a week from Llanwrtyd to Llandrindod, calling at towns and rural communities on the way. The route and timings were subject to the requests from, and agreement of, bus passengers travelling that day.

The weather in late summer / early autumn wasn't brilliant, so not surprisingly, there was little service demand; so effectively the new Community Bus service started the three weeks before Christmas.

Phase #1 funding has been agreed to run until the end of March 2025. However, realising the demand for such a service, LWCT directors have approved staff to identify funding sources, with a view to purchase our own vehicle, to continue the service beyond March 2025

Service days are still primarily on Tuesdays and Thursdays of each week, with any journey requests still needing to be made and pre-booked, so that LWCT can work out the 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, Built 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.

A picture taken by Janine, of members enjoying a recent day out in Brecon (other pictures to follow).



If you haven't registered as a scheme member, it is not too late to join this popular service. Our members of staff are pleased to welcome both new and existing service users each week.



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

LWCT has received new destination requests from passengers. These currently include Aberaeron (chips & ice cream), Old Railway Line Garden Centre, Llanfair Caereinion Light Railway, and the Retail Park and Trago Mills at Merthyr Tydfil.

LWCT's General Manager is please to report that feedback forms are being received from existing service users, and that we are getting lots of lovely positive comments.

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

Stop the Press !! – Just before going to print, LWCT has just received confirmation from PAVO, that unspent sums from year #1, can be carried forward to year #2 activities. It is anticipated that this might enable the core journeys of Tues and Thurs to continue, with these additional destinations being arranged on another day.

Community Car Statistics – April 2023 to Date

As we draw towards the end of another financial year, this year's Community Car journeys are turning out to be the busiest for the last 4 year's, (as far back as journey data recordings first began).

From April 2023 to February 2024, LWCT's community and volunteer cars travelled just over 36,000 miles in 1,174 journeys.

The figures for the first 3 months of 2024 have also been higher than the previous 3 years. The demand for the community car service remains as popular as ever.

Booking diary analysis indicates that just short of 70% of all journeys are to health appointments, for which LWCT receives no support funding, unlike colleague organisations whose published accounts show that they receive significant direct Grant Funding.

LWCT's primary source of Community Car funding comes from the company's operating surplus from commercial activities – Home 2 School Transport and Event Waste Recycling.

We are also very grateful for the very loyal band of volunteer drivers, who regularly demonstrate a willingness to turn out at many unsociably early mornings and very late nights, to provide to transport to our scheme members.

To them a Very big **"Thank You"**.

The first 11 months analysis of our Booking Diary for 2023 / 2024, indicates the following information:-

Destinations	Journeys	Miles
• Shopping	15 %	11 %
• All Medical	69 %	32 %
• Vaccinations	4 %	5 %
• Primary Care	9 %	6 %
• Minor Injuries Unit	6 %	11 %
• District General Hospital	14 %	46 %
• Community Car	24 %	16 %
• Others	28 %	5 %
Mileage Analysis		
• 1 to 10 miles	16 %	
• 10 to 20 miles	14 %	
• 20 to 50 miles	29 %	
• 50+ miles	41 %	

Folklore & Customs

Walpurgis on 30 April is a widely celebrated event in northern Europe and Scandinavia, most of all in Sweden. It is a celebration of spring and marked by music, singing, and bonfires.

Sweden celebrates Walpurgis night, or "Valborg" or "Valborgsmässoafton" An evening celebration in which includes the singing of traditional spring folk songs and the lighting of bonfires.

Germany celebrates Walpurgis Night, or "Walpurgisnacht", or "Hexennacht" – "witches' night"

According to German folk tales, this is the night when witches fly to Mount Brocken in the East of Germany to hold a celebration and await the beginning of spring. The night is marked by dressing in costumes similar to Halloween and by singing and dancing around bonfires.

Finland celebrations of "Vappu" (or May Day) begin officially on 30 April, which is known as "Vappuaatto".

The celebration is marked by wearing of hats and a carnival atmosphere. In Finland May Day Fritters (called tippaleipä in Finnish) and Mead (called sima in Finnish), are traditionally served and enjoyed.

Cuckoo Day

Various dates in April are called 'Cuckoo Day' and some places hold 'Cuckoo Fairs'. Marsden Cuckoo Day in West Yorkshire is an annual traditional festival that celebrates the arrival of spring. According to a local legend, Marsdeners used to try to prolong the cuckoo's stay by building a wall around its nest.

Heathfield Cuckoo Fair in East Sussex is an annual tradition of releasing a cuckoo to mark the beginning of summer. A tale of Heathfield Fair depicts an old Woman releasing the Cuckoo from her basket, whereupon he "flies up England carrying warmer days with him".

Downton Cuckoo Fair is an annual traditional event held on the greens of the picturesque village of Downton, south of Salisbury, Wiltshire. The fair marks the "opening the gate" to let the cuckoo through.

Here is an old traditional rhyme about the Cuckoo's summer life cycle:

In April I open my bill
In May I sing night and day
In June I change my tune
In July far far I fly
In August away I must

Tips for the Greenfingered

Spring is finally in evidence as daffodils and flowering trees start to bloom. Expect the inevitable April showers this month but with sunny days too, when you can turn your attention to the lawn. It's an exciting month, with indoor-sown seeds well into growth, and it's also time to start sowing outdoors. Just watch out for frosts...

- ✚ Sow hardy annuals, herbs and wild flower seed outdoors
- ✚ Protect fruit blossom from late frosts
- ✚ Tie in climbing and rambling roses
- ✚ Keep weeds under control
- ✚ Increase water given to houseplants
- ✚ Feed shrubs and roses
- ✚ Sew new lawns and repair bald patches
- ✚ Divide bamboos
- ✚ Sow melons cucumbers and tomatoes under glass
- ✚ Mow the lawn weekly to encourage dense growth



AFD Prank

In 1988, Capital Radio in London gave all their breakfast-show time-checks one hour early, panicking listeners who needed to get up for work. The following year, when April 1 fell on a Saturday, they broadcast the usual weekday programme, together with rush-hour travel news, again worrying people into thinking they should be getting up.

To Infinity and Beyond

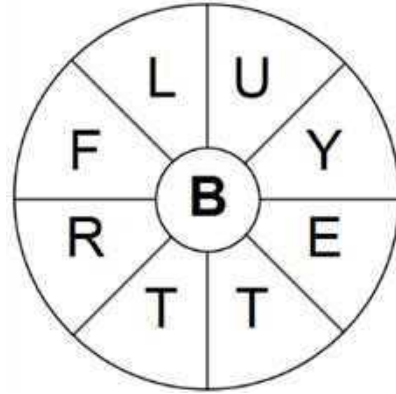
You can see the full Moon in April on Tuesday, April 23. Traditionally, we call this Moon the Pink Moon, and it symbolizes the beginning of spring. The Full Moon in April is known as the Pink Moon after blooming wildflowers. When the Pink Moon is also the first full moon of spring it is called the Paschal moon.



The Lyrids meteor shower appears on April 16 – April 26 each year, with the peak generally occurring on April 22. The Eta Aquariids meteor shower also appears in April. It is visible from about April 21 to about May 20 each year with peak activity on or around May 6. The Virginids also shower at various dates in April.

Fun & Games

This Spring themed word wheel is made from a 9 letter Spring themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter **B**



Spring themed Word Scramble features Spring themed words which have been scrambled, unscramble them to see what they are.

elamrbl	uitpl	sgsar
oomlb	bosolms	nlacigne
ousprt	fbrtuytle	mhrca
eesrat	ainotrac	rpail
rsoccu	grisnp	owflesr
hcat	rhmwta	sohrwse



AFD Prank

In 1976, British astronomer Sir Patrick Moore told listeners of BBC Radio 2 that unique alignment of two planets would result in an upward gravitational pull making people lighter at precisely 9:47 am that day. He invited his audience to jump in the air and experience "a strange floating sensation". Dozens of listeners phoned in to say the experiment had worked, among them a woman who reported that she and her 11 friends were "wafted from their chairs and orbited gently around the room."

Sweet Pea

Sweet peas were discovered in southern Italy in the late 1600s by Francis Cupani, a Sicilian monk. Cupani is said to have sent seeds from the sweet pea to Dr. Casper



Commelin, a botanist in Amsterdam, and Dr. Robert Uvedale, a teacher and plant enthusiast in England, which began its spread around Europe.

In the 1800s, Henry Eckard, a Scottish nursery proprietor, began creating larger, more beautiful, and more colourful sweet pea hybrids.

Native to Italy and the Mediterranean region, sweet peas are beautiful and have a sweet fragrance—often likened to oranges, honey, and jasmine—that can brighten any room. They are found in a wide range of colours, with hundreds of varieties having been developed over time, and bloom from spring to early summer. While it is not a crop pea, it is a close relative. Due to its similar look, it's also commonly confused with the everlasting pea.

The sweet pea is part of the Fabaceae family and is related to beans and other legumes. While sweet pea has been used in some areas of the world for medicine and food, unlike its edible garden pea relatives, it is considered toxic to humans and animals.

In the language of flowers, a bouquet of sweet peas is a way to say goodbye or thank you for a lovely time. It can also mean blissful pleasure, good wishes, kindness, gratitude, and friendship. Some English gardeners call them the "Queen of the Annuals."

In France, the flower has long been a traditional gift for brides, providing good luck on her wedding day and in the marriage.

At one point, it was worn for strength or to reveal the truth. Sweet peas were also worn in pockets to provide a fragrance to clothing.

In some cultures, the sweet pea was thought to have magical properties.



April Flowers

The April birth month flowers are the **daisy** and the **sweet pea**. The daisy stands for innocence, purity, and true love, while the sweet pea is a way to say goodbye, send good wishes, or merely convey a thank you.



Stemming from Old English, the daisy comes from “day’s eye,” referencing the daily habits of the English daisy, with its petals opening in the day and closing at night. Depending on the species, the daisy can be one of your earliest spring bloomers or among the last to appear in the autumn.

The daisy is actually made up of two flowers. The centre eye—or disc floret—is a collection of tiny

florets, while the ray floret (the petals) radiate from the centre, resembling the Sun. Because a daisy is made up of two flowers that work in perfect harmony, they have long been a symbol of true love.

Native to Europe and Africa, daisies belong to the aster family (Asteraceae). This is one of the largest plant families, which also includes sunflowers and, of course, asters. Each colour daisy represents something different. The white daisy symbolizes purity and innocence; yellow means joy and friendship; pink represents affection; and red symbolizes love and romance.

The daisy has long represented innocence, purity, and true love. In Norse mythology, the daisy is the sacred flower of Freyja, the goddess of love, beauty, and fertility. In turn, the daisy became a symbol of motherhood and childbirth, and of new beginnings. Daisies are a common gift for new mothers.

A Roman myth attributes the creation of the daisy to the nymph Belides, who turned herself into a daisy to escape the affection of Vertumnus, the god of gardens and seasons. The Latin word for Daisy, bellis, is derived from the nymph’s name.

The daisy is a flower given between friends to emphasize the keeping of a secret; the daisy means “I’ll never tell!” It was once thought that a daisy in a bouquet was a sign of one’s ability to keep a secret.

Daisies have long been associated with medicine. Teas made from daisies are used to treat coughs, bronchitis, and inflammation; wild daisies have been applied to the skin to treat wounds or disease; and King Henry VIII, it has been said, ate daisies to help stomach ulcers.

Daisies can commonly be found growing in cultivated gardens, the most common being the Ox eye, Shasta, Gerbera, and English. Some species are known to be weeds, so plant with care.

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

LWCT’s enthusiastic and hard-working group of recycling staff are sensing another “groundhog day”, as the start of a new season is soon to be upon us.

A number of the “early starters” are finalising their event details with LWCT, with a significant number of organisers indicating that they are seeking ways of reducing the type and volume handled by LWCT, from that produced at their previous event.

Indeed, one significant client is turning “waste minimisation” into a task to be judged “post-event” by the organisation, to measure the success of their event.

Many of the events continue to be based on the Royal Welsh showground, although approaches for help with community based events, continue to be welcome.

For the 2024 event year, LWCT continues to promote our Event Food Waste Minimisation Strategy. Show tradestands at all events covered will be actively encouraged to work with LWCT’s event staff, to ensure that no food (still fit for human consumption), is consigned to a waste bin.

Last year’s strategy had mixed outcomes, with not all of the results favourable. However, LWCT is determined to persevere with this strategy, and already the 2024 promotional material is in the early stages of design.

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 and aluminium, at outdoor events in Wales.



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 often being out in all weathers.

They are a great team and we are very thankful for their support & dedication. The directors of LWCT continue to express the company’s thanks – we are proud of you.

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.



Aries - the Ram

In astrology, Aries is the first sign of the zodiac, considered as governing the period from about March 21 to about April 19. Its representation as a ram is identified with the Egyptian god Amon and, in Greek mythology, with the ram with the golden fleece.

In Greek mythology, Aries represents the supernatural Ram, Chrysomallus, that was sent by Zeus to rescue the children of Athamus, the King of Thebes, from political intrigue. Phrixus and his sister Helle were about to meet their

demise, but the flying Ram, which could both speak and reason, took them away in the nick of time.

The children held on tight as the Ram flew them away for the safety of Colchis, an ancient kingdom bordering the eastern shore of the Black Sea. Unfortunately, Helle fell into the sea and drowned before reaching their destination. Hellespont, Dardanelles Strait near Istanbul, Turkey, marks the place of her death, is named in her honour.

Phrixus survived the long trip to Colchis.

Chrysomallus, however, gave Phrixus a very strange command. The boy was to take him, Chrysomallus, to a nearby grove deep in the woods, a grove sacred to the god of war, Ares, and sacrifice him there. Phrixus, a little unsure as to the "why" of the whole thing did as he was told, and sacrificed the ram in the name of Zeus. For his part in the rescue, Chrysomallus' soul was given the ultimate reward by Zeus of being placed



in the skies above the earth as the constellation of Aries, the ram. After sacrificing the Ram to Zeus, Phrixus hung the fleece in a sacred grove where the fleece turned to gold. Later, Jason and the Argonauts, named after their ship, the Argo, recovered the Golden Fleece.

AFD Prank

In The Guardian newspaper, in the United Kingdom, on April Fools' Day, 1977, a fictional mid-ocean state of San Serriffe was created, in a seven-page supplement.

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