

CLECS BRO CADER

Cylchlythr cymunedol ar gyfer
ardal Pencader sy'n cynnwys

www.pencader.org.uk

A community newsletter for the
Pencader area including

Alltwalis, Dolgran, Gwyddgrug, Llanfihangel-ar-Arth, New Inn, Pont Tyweli, Llanllwni

Awst 2023

AM DDIM – FREE

August 2023

**Pencader United Football Club
Community Event
Clwb Pel Droed Pencader
Digwyddiad Cymuned**

Parc Pencader Park

**Friday 11th August
from 18.00**

Dydd Gwener 11^{oed} Awst 18.00

Saturday 12th August

Dydd Sadwrn 12^{ed} Awst

Bar open / Bar ar agor 18.00
Hot Dogs / Cwn poeth
Burgers / Byrgyrs

Junior Bingo / Bingo'r lau 18.30
Adult Bingo / Bingo'r Oedolion 19.15
The Big Quiz / Cwrs Mawr 20.30

Swine & Dine

Hog Roast 19.00 til late
Rhostio Mochyn 19.00 ymlaen

Raffle / Raffl

Table Top Sale 9.00am
Sel Bwrdd 9.00yb

Entertainment / Adloniant 21.00 – 0.00
(£5 ticket / tocyn)

BACKTRAX

Red Kites

**PENCADER UNITED FC
EST. 1982**

Junior Tournament

Cystadleuaeth Pel Droed Iau
11.00 – 14.00
U6's, U8's, U10's, U12's

Net a duck
Rhywdo'r hwyad
1st Prize £100
2nd Prize £50
3rd Prize £25

**Pencader
v
Pencader Veterans /
Cyn Chwaraewyr**

16.00 kick off / cic cyntaf

****Over 16's only after 19.30****
****Dros 16 yn unig ar ol 19.30****

#uppakites #uppajuniorkites

Giving back to the community

Mae rhifyn hwn y cylchlythr wedi
cael ei ariannu gan grant oddi wrth
Gronfa Fudd Fferm Wynt
Statkraft Alltwalis

This issue of the newsletter has been
funded by a grant from
**Statkraft Alltwalis Community
Benefit Fund**

Swyddogion Clecs Bro Cader**Clecs Bro Cader Officials**

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Cyhoeddir y cylchlythyr hwn gan Grŵp Adfywiad Pencader a'r Cylch ac fe'i hargraffir gan Gwasg Gomer, Llandysul. Cymerir pob gofal i sicrhau fod cynnwys y cylchlythyr yn gywir ond ni allwn fod yn gyfrifol am unrhyw effaith fel canlyniad i unrhyw gamgymeriad.

Sylwch, plîs, mai'r barnau sy'n cael eu mynegi yma, yw rheiny'r awduron unigol ac nid o raid tîm Golygyddol neu'r rheiny'r Grŵp Adfywiad.

Anfonwch eich newyddion, erthyglau ac yn y blaen i:

janegriffithsuk@btinternet.com

erbyn **10fed** o'r mis cyn cyhoeddi.

Dyddiadau cyhoeddi 2023: Hydref & Rhagfyr

This newsletter is published by the Pencader and District Regeneration Group and printed by Gomer Press, Llandysul. We take care to ensure that the contents are correct as we cannot be liable for any consequences as a result of any mistake.

Please note that the opinions expressed here are those of the individual authors and not necessarily those of the editorial team or the Regeneration Group.

Please send contributions and comments to:

janegriffithsuk@btinternet.com

by the **10th** of the month before publication.

Publication dates for 2023: October & December

Ysgol Cae'r Felin

Am dymor prysur unwaith yn rhagor yn Ysgol Cae'r Felin.

Croesawon ni Mr. Rhys Davies i'r ysgol fel penneth newydd Ysgol Cae'r Felin ar ol gwyliau'r Pasg a gofeithiwn ei fod wedi setlo mewn yn dda.

afon parti allan ar iard yr Ysgol i ddathlu Coroni Brenin Siarl y 3ydd gyda llawer o fwyd a snacs blasus.

Roedd dosbarthiadau Tabo a Deina wedi ymweld a 'Keepers' yn Brechfa am y diwrnod.

Roedden nhw wedi mwynhau mas draw yn adeiladu wal mwd ac mi fuodd y tywydd yn braf gyda digon o gysgod o dan y coed.

Bu disgyblion blynnyddoedd 2 lan i 6 yn gwneud y profion cenedlaethol. Does neb yn mwynhau gwneud nhw ond mae rhaid. Buodd y disgyblion yn gwneud profion yn Mathemateg, Cymraeg, Saesneg a Rhesymu.

Bu timoedd pel-droed yr Ysgol yn cystadlu yn twrnantau Saron a Llanfihangel-ar -Arth yn ddiweddar. Fe chwaraeodd pawb yn frwd ac yn dda.

Fuodd y 'Family Foundation' yn gwneud sesiynau arbed bywyd a dangos sut i ddefnyddio'r peiriant 'defibillerator'. Diolch i bawb a ddaeth i'r sesiynau hollbwysig yma.

Fe aeth disgyblion blwyddyn 5 a 6 i wersyll Pentywyn am ymweliad preswyl. Fe wnaed gweithgareddau fel nofio yn y mor, padlfyrrdio, abseilio, dringo, canwio yn y llyn, mynd am dro ac wrth gwrs bwytu hufen ia.

Llongyfarchiadau i'r Cyngor Eco am adnewyddu ei Baner Platinwm. Mae'r disgyblion yr ysgol i gyd yn 'rhyfelwyr Eco' ac yn awyddus i edrych ar ol yr amgylchedd. Mae'r Ysgol nawr yn un o canrhan fach o ysgolion yn Sir Gar sydd nawr yn Ysgol Platinwm Plws o rhan materion Eco. Da iawn bawb.

Bu Blwyddyn 6 mas am diwrnodau pontio yn eu ysgolion uwchradd er mwyn cael blas a cyfarwyddo a'u ysgolion newydd

Rydym am ddiolch i Miss Pue am ei gwersi Bible Explorers gyda Blwyddyn 4,5 a 6. Rydym wedi dysgu am y testamentau newydd a hen. Yn ogystal, diolch i Ficer Bonnie am ddod a Beiblau i ddisgyblion Blwyddyn 3 a 6. Cynhaliwyd Ffair Haf yr Ysgol allan ar y iard a'r cae gyda nifer o stondinâu gwahanol yno.

Cae'r Felin School

Once again another busy term at Ysgol Cae'r Felin.

We welcomed Mr. Rhys Davies to the school as the new headteacher of Ysgol Cae'r Felin after the Easter holidays and we hope he has settled in well.

We had a party on the school yard to celebrate King Charles 3rd coronation where we had plenty of food and tasty snacks

Tabo and Deina classes visited 'Keepers' in Brechfa for the day. They thoroughly enjoyed themselves building a mud wall and had plenty of shade under the trees in the warm weather.

Years 2 to 6 pupils sat the annual national tests again.

Nobody enjoys them, but

they've got to be done. They did tests in Mathematics, English, Welsh and Reasoning.

The school football teams recently competed in the Saron and Llanfihangel-ar-Arth football tournaments. Everyone played well and competed enthusiastically.

The Family Foundation did some crucial life saving sessions and showed how to use the defibrillator in the case of an emergency in the school recently. A big thank you to all those who came to these important sessions.

Year 5 and 6 pupils recently went to Pendine Outdoor camp on a residential visit. They did various activities

such as swimming in the sea, paddleboarding, abseiling, climbing, canoeing on the lake, coastal walk and of course eating ice creams.

Congratulations to the Eco council for renewing their Platinum Flag. All the school pupils are 'Eco warriors' and are keen to

look after the environment. The school is now one of a very few in Carmarthenshire which is a Platinum Plus school with regard to Eco matters. Well done everybody.

Year 6 have been on their bridging days to their new secondary schools to familiarise themselves with their new schools.

We'd like to thank Miss Pue for her Bible Explorer lessons with years 4, 5 and 6. We've learnt about both the new and old testaments. Also, we'd like to thank Vicar Bonnie for bringing Bibles for Year 3 and 6 pupils.

The Summer Fair was held out on the yard and school field with lots of different stands and activities.



Ysgol Cae'r Felin

Diolch yn fawr i'r Cymdeithas Rhieni a Athrawon am drefnu ac i bawb a ddaeth i gefnogi.

Llongyfarchiadau i'r disgylion am weithio yn galed i ennill wobr Cam 5, Ysgolion Iach Sir Gar. Cafwyd canmoliaeth uchel gan Mrs Sian Thomas, Arweinydd

Ysgolion Iach y Sir
am yr holl waith da a
wnaethpwyd yn y gymuned
o dan y teitl 'Hylendid'

Fe gynhaliwyd diwrnod mabolgampau ar gae yr ysgol ac fe wnaeth yr holl ddisgyblion gymryd rhan a rhedeg yn wych. Da iawn bawb. Diolch i 'O.T. coaching' a ddaeth allan yn ystod wythnos diwetha'r tymor i wneud sesiynau chwaraeon gyda pob dosbarth.

Roedd y sesiynau yn rhai hwyl ac wedi gwella sgiliau pel y plant.

Ar ol dros ugain mlynedd o wasanaeth ffyddlon i'r ysgol rydym yn ffarwelio a Mrs Morgan, ysgrifenyddes yr ysgol ers 2003. Cafon ni te parti a canu can gadael iddi. Hwyl fawr Mrs Morgans, diolch am bopeth chi wedi wneud i blant y pentref dros y blynyddoedd a ymddeoliad hapus i chi.

Rydym hefyd wedi ffarwelio gyda disgylion Blwyddyn 6. Pob lwc i Abigail, Charlie, Connie, Crystal, Finley, Finn, Holly, Ina, Jac, Lexi, Lola, Magi, Riley, Ryan a Tristan yn eich ysgolion uwchradd a fyddwn ni yn gweld eich eisiau chi yn fawr iawn.



Hwb Cymunedol Pencader

Hoffai pwylgor newydd y paflawn diolch I bwylgor hir dymor CDGP am ei ymroddiad a gwaith caled dros y blynyddoedd diwethaf. Fel y Gadair yddes newydd hoffen i yn bersonnol diolch i'r pwylgor gwreiddiol a'r newydd am ei cefnogaeth, a gobeithio gweld yr aelodau eraill, nad wyf wedi ei cyfarfod eto, yn fuan.

Gobeithio gallwn symud ymlaen a'r fenter yma a cael y gorau i'r pentref. Os hoffe unrhyw un ymuno, cael mwy o wybodaeth neu angen cymorth galwch gysylltu a mi ar ebost nettyatko@gmail.com.

Cadair yddes - Netty Atkinson

Ysgrifenyddes - Crystal Atkinson

Ysgrifenyddes cofnodion - Bridie Taylor

Trysorydd - i'w benodi

Cyfarfod nesaf yn y Paflawn, Nos Fercher Awst 9ed 7.30

Cae'r Felin School

Thanks to the P.T.A for arranging and to everybody who came and supported the fete

Congratulations to all the pupils for working hard to win the 5th stage of Carmarthenshire County Healthy Schools Award. There was high praise from Mrs Sian Thomas, the leader of Healthy Schools in Carmarthenshire on the work the pupils did in the community on 'Hygiene'.

The sports day was held on the school field and all the pupils ran and competed brilliantly. Well done everyone. Thank you to 'O.T coaching' for

coming out to the school during the last week of term to do sporting sessions with each class. The sessions were fun and the children improved their ball skills.

After 20 years of loyal service to the school, we said goodbye to Mrs Morgan our secretary since 2003. We had a tea party and sang her a song. We wish you well in your retirement Mrs Morgan and thank you for everything you've done for the children of the village over the years.

We have also said farewell to our Year 6 pupils. Good luck to Abigail, Charlie, Connie, Crystal, Finley, Finn, Holly, Ina, Jac, Lexi, Lola, Magi, Riley, Ryan and Tristan in your secondary schools and we will miss you very much.

Pencader Community Hub

The new Pavilion committee would like to thank that long standing PIDA committee for all their dedication and hard work they have put in over the last few years. As the new Chair, I would personally like to thank the original and new committee members for their support: and I hope to see other members that I have not yet met but am looking forward to meeting them soon.

I hope that we can move forward with this new venture and get the best for the village. If anyone would like to join us, or find out any information, or needs help don't hesitate to ask, you can contact me by Email: nettyatko@gmail.com

Chairperson: Netty Atkinson

Secretary: Crystal Atkinson

Minutes Secretary: Bridie Taylor

Treasurer: To be confirmed

Next Meeting at the Pavilion Wednesday 9th August 7.30pm

Gymdeithas Rhieni ac Athrawon

Mae'r Gymdeithas Rhieni ac Athrawon wedi bod yn brysur iawn yn trefnu'r Ffair Haf.

Cafodd y ffair ei gefnogi'n dda iawn gyda'r gymuned a'u teuluoedd. Diolch I bawb a phob un a ddaeth i gefnogi. Cawsom adborth hyfryd, ac fe wnaeth y plant fwynhau.

Diolch o galon i Christiane Racine, o Winllan Sticle am dorri'r rhuban ac agor y Ffair yn swyddogol.

Diolch i Garej Windy Corner, Cwmni Plymwr a Gwresogi Nick Lloyd & Sons a Sefydliad y Teulu am noddî'r stondinau gemau a galluogi ni rhoi gwobrau gwych i'r plant!

Diolch i Annette Davies o Cig Awmor am y cyfraniad gwerthfawr o borc lleol i wneud y roliau porc ffein!

Diolch i Janet Jones am werthu'r tocynnau raffl yn ffyddlon ac i NickyBracegirdle a'r teulu am gael fenthyg y babell lloches.

Diolch o galon i Sarah Byrne am ei cyfraniad arbennig- rhoddodd ei hamser ac fe wnaeth rhoi'r tatŵs, y gemwaith – y cwbl am ddim! Hi oedd y person mwyaf poblogaidd ar ddiwrnod y ffair, a gwerthfawrogwn yr help yn fawr iawn.

Diolch yn fawr hefyd i Gorsaf Dân Llandysul a'r PCSO lleol o Heddlu Dyfed -Powys. Fe wnaeth y plant fwynhau cyfarthrebu gyda'r gwasanaethau brys – diolch i chi gyd.

Diolch o galon i'r holl staff a'r disgylion am yr holl gymorth i drefnu, cynnal y stondinau ac am greu'r eitemau arbennig oedd ar werth.

Yn olaf, ac yn sicr, nid leiaf, diolch o galon i'r gwirfoddolwyr ar y Pwyllgor PRA, mae yna llawer o waith yn mynd i drefnu'r digwyddiadau yma, gan gynnwys amser ac ymdrech mawr – gwerthfawrogwn yr holl ymdrech!

Os yr hoffai unrhyw un ymuno a'r criw i drefnu digwyddiadau yn y flwyddyn academaidd nesaf, danfonwch neges i ni ar Facebook, neu dewch i'r cyfarfod ym Mis Medi – dyddiadau i'w cadarnhau.



Parent & Teachers Association

The PTA has been busy over the past few months organising the Summer Fair.

The fair was well supported by the local community and families. Thank you all to each of you who came to support, we've had some lovely feedback and the children appeared to have an amazing time.

A big thank you to Christiane Racine from Sticle Vineyard for cutting the ribbon and opening the Ffair Haf!

Thank you to Windy Corner Garage, Nick Lloyd & Sons Plumbing and Heating and The Family Foundation for sponsoring the game stalls to enable us to give

some great prizes ready for the children!

A big thank you as well to Annette Davies from Cig-Awmor for the donation of pork to make those delicious pulled pork rolls!

Thank you to Janet Jones for doing a sterling job selling raffle tickets and to Nicky Bracegirdle and family for loaning us the event shelter.

A big thank you to Sarah Byrne who not only donated her time but also the tattoos, gems, everything! I think you were the most popular person on the day at the fair and we greatly appreciate you helping us out!

Huge thank you also goes out to both Llandysul Fire Station and our local PCSO from Dyfed-Powys Police the children loved seeing you all and engaging with our emergency services - thank you all.

A big thank you to both staff and pupils for not only helping to set up and run stalls but for making the fantastic items on sale.

And last but by no means least a massive thank you to the small but mighty PTA volunteers, there is a lot of work which goes on behind the scenes to make these events run and the time and effort taken to do this is greatly appreciated!

If anyone would like to join us with our future events in the next academic year, then please drop us a message on Facebook or come along to our meetings in September, we will post dates nearer the time.

Nodiadau Natur - Mis Awst

Ac yn union fel na mae'r haf yma, a phob dydd yn mynd yn fyrach na'r diwethaf. 'Roedd gwres diwedd y gwanwyn a dechrau'r haf fel cleddyf ddwy ochrog yn ein gardd ni - caffodd ein gwenoliaid amser esmwyth i fagu ei nythaid yn rhwydd a chyflym, sydd yn golygu fod y rownd gyntaf o wenoliaid wedi hedfan a phar newydd wedi symyd mewn.

Eleni mae ein ty ni wedi rhoi lle i chwe par o wenoliaid sydd yn record ers i ni symud yma saith mlynedd yn ol.

Mae'r gwres wedi galluogi ein gardd, sydd yn gyfeillgar i fywyd gwylt i ffynnu - planhigion wedi blodeuo yn gynnari gan gynnig bwyd i'r peilliad, gwenoliaid, ystlymod, ac amrywiaeth o adar, a'r mamoliaid bychan yn ein gardd. Serch hynny mae dwr wedi bod yn brin, ac am y tro cyntaf bu rhaid i ni dynnu dwr o'r brif gyflenwad i ddyfrhau ein gardd gan fod y pedair gasgen wedi gwacau ar gyflymder brawychus. Mae'r planhigion wedi blodeuo yn gyflym ac wedi gorffen darparu bwyd i'r peilliad, byddent fel arfer yn blodeuo am fwy o wythnosau eto, ac mae'r planhigion yn llai a'r ffrwythau yn llai mewn maent nag "arferol". Arferol mewn collnod gan mae hyn fydd yr arfer newydd gwelwn yn sgil newid hinsawdd ac mae angen i ni ddysgu addasu.

'Rydym newydd ddod nol o wyliau yn y Swisdir lle maent yn dathlu blodau gwylt a dolydd, a'r gofal amdanyst yn darparu bod digoneidd o bryfed ar gael. Nid yw'r caeau yn cael ei aredig, na ynddinoethi o'i tyfiant ac ailblannu gyda planhigion unrhywiol er mwyn cynyddu cynyrch, ond cael eu torri yn y ffordd draddodiadol yn hwyr yn y flwyddyn, gan dewis y mathau o anifeiliaid fydd yn medru cael eu bwydo gan maeth gwylt cyfoethog.

Gwelsom fwy o ieir fach yr haf mewn munud o sefyllach mewn dol yn y Swisdir nag wyf wedi gweld mewn oes yn y DU. Chwilog, criciaid, ceiliogod rhedyn, buchod goch gota, gwenyn, gwybed a ieir fach yr haf o bob siap a maint ymhob man achos fod y Swisdir yn gadael lle a cydweithio gyda natur. Mae angen i ni geisio gwneud yr un peth - nid yw natur yn rhywbeth i ddofni na'u waredi, yn hytrach rhywbeth dylem fod yn ymfalchion ynddo a'i ddathlu - ei adfywio a chydweithio ac nid yn ei erbyn. Gobeithiaf y medrwn ddarganfod ffordd i ddilyn y Swisdir - byddwn yn bendant yn ceisio hynny yn ein gardd ni.



Morgan Jones

Nature Notes - August

And just like that, summer is here, and each day is a little shorter than the last. The hot end of Spring and start of Summer was a double-edged sword in our garden – ‘our’ swifts had a relaxed time of it and reared their year’s brood easily and quickly, meaning the first round of swifts fledged and new pairs of swifts have moved in.

This year our house has provided a nesting place for six pair of swifts, which is a record since we moved in seven years ago.

The heat also enabled our wildlife-friendly garden to thrive - plants flowered early, providing food for pollinators and therefore for the swifts, bats and various birds and small mammals in our garden. However, water has been scarce and for the first time we needed to draw from the

mains to water our garden as our four water butts emptied at an alarming rate, plants have flowered quickly and so have finished providing food for pollinators when they would have ‘normally’ gone on flowering for many more weeks, and our plants are smaller and our fruit bushes have provided smaller fruit overall than ‘normal’. I have put normal in apostrophes as this is the new normal as we see the changes the climate crisis brings, and we need to

learn to adapt to it.

We recently returned from a holiday in Switzerland, where wildflowers and meadows are celebrated and looked after and, as such, insects are abundant. Fields are not ploughed, stripped of their vegetation and replanted with single plant species to increase productivity, but cut in traditional ways late in the year with breeds of livestock chosen for their ability to be fed on wildflower rich food.

We saw more butterflies within a minute of standing in a Swiss meadow than I have seen in my lifetime in the UK. Beetles, crickets, grasshoppers, ladybirds, butterflies, hoverflies, bees and butterflies of all shapes and sizes were

everywhere, because Switzerland leaves room for and works alongside nature. We all need to find a way to do the same – nature is not something to tame or rid the countryside of, it is something to be proud of and celebrate - to revive and work alongside, rather than against. I hope we can find a way to follow Switzerland’s lead – we will certainly be trying to in our garden

Morgan Jones

CFfI Llanllwni

Ar nos Fercher 25ain Mai cynhaliwyd noson chwaraeon y sir yn Ysgol Tregib Llandeilo ac aeth cynrychiolaeth dda o'r aelodau I gystadlu. Daeth y tîm bechyn 'Rush Hockey' yn gyntaf a dewisiwyd Hefin, Ifor, Aled, Ieuan ac Arwel I gynrychioli'r sir ar lefel Cymru. Yng nghystadleuaeth y rownderi death y tîm merched yn ail a bu'r aelodau iau yn cystadlu yn y 'dodgeball', a dewiswyd Llyr Dunn I fod yn rhan o dim y sir ar lefel Cymru.

Ar nos Sadwrn 10fed o Fehefin cynhaliwyd cinio dathlu 80 mlynedd y clwb yng Ngwesty Llwyn Iorwg, Caerfyrddin. Cafwyd noson hwylus a hoffem fel clwb ddiolch I'n llywyddion sef Mr a Mrs Thomas, Bryn, Llanllwni a'n ein siaradwr gwadd sef Mr Elfyn Davies, Llywydd CFfI Sir Gâr am eu geiriau pwrpasol. Pledleisiodd yr aelodau am aelod y flwyddyn a llongyfarchiadau i Sioned Bowen ar dderbyn yr anrhuddedd.

Cynhaliwyd diwrnod chwaraeon Cymru ar ddydd Sul 18fed o Fehefin ar gaeau'r Coleg yn Aberystwyth. Llongyfarchiadau i dîm y 'Rush Hockey' am ennill a phob lwc iddynt ar lefel Cenedlaethol yn Stafford ddechrau Gorffennaf. Daeth tîm y dodgeball oedd yn cynnwys Llyr Dunn hefyd yn gyntaf. Yn rygbi saith bob ochr y Sir dewisiwyd Aled ac Ieuan I fod yn rhan o dim Sir Gâr a fydd yn cystadlu yn y Sioe Frenhinol. Llongyfarchiadau I chi gyd.

Ym mabolgampau'r sir cafwyd y canlyniadau canlynol: 100m bechgyn – dan 28ain – Hefin Jones 3ydd; dan 14eg – Tudur George 1af ac Elis Evans 2il. 100m marched – dan 28ain Luned Jones 3ydd. 800m bechgyn – dan 21ain – Tomos Jones 3ydd; 800m marched – Luned Jones 1af. Râs gyfnewid – merched dan 28ain – 1af; bechgyn dan 14eg 1af. Naid hir: dan 21ain Tomos Jones 3ydd. Naid Uchel – dan 14eg bechgyn Llyr Dunn 1af; dan 14eg merched Efa Evans 2il. Taflu pwysau – dan 14eg Iestyn Evans 1af. Disgen – dan 14eg bechgyn Iestyn Evans 2il a Llyr Dunn 3ydd.

Ar benwythnos yr 8fed Gorffennaf aeth criw o'r clwb i gystadlu yn Stafford gan gynrychioli'r Clwb, Sir a Chymru ar lefel Cenedlaethol. Roedd Siriol Howells yn aelod o'r tîm siarad cyhoeddus saesneg dan 21ain Sir Gâr. Daeth llwyddiant mawr I'r tîm gan ennill y gystadleuaeth a Siriol yn 3ydd fel unigolyn. Llongyfarchiadau mawr ar eu llwyddiant a diolch I Dr Beth Howells am eu dysgu. Llongyfarchiadau hefyd I Llyr Dunn oedd yn aelod o dîm Pêl Fasged y sir am ddod yn ail ac I aelodau'r tîm 'Rush hockey' ac Owain Dunn oedd yn saethu Colomenod clau am gymryd rhan.

I ddiwedi blwyddyn lwyddiannus trefnwyd trip I'r traeth a chafwyd noson o sbort a sbri yng ngwmni ein gilydd.

Llanllwni YFC

The County outdoor sports night this year was held on Wednesday evening the 25th May at Tregib school, Llandeilo and many of the members took part in different events. The boys 'Rush Hockey' team won and Hefin, Ifor, Aled, Ieuan and Arwel were chosen to represent the county in the All Wales final. The girls came second in the rounders and the younger members participated in the 'Dodgeball from which Llyr Dunn was chosen to represent the county in the All Wales final.

On Saturday evening 10th June we held a dinner at the Ivy Bush, Carmarthen to celebrate the clubs 80th birthday. A lovely evening was had by all and as a Club we would like to thank our Presidents Mr and Mrs Thomas, Bryn, Llanllwni and to our guest speaker for the evening Mr Elfyn Davies, Carmarthenshire YFC President for their kind words. On the evening the members voted for the Llanllwni YFC 'Member of the Year' which was won this year by Sioned Bowen. Congratulations on your achievement!

The All Wales sports day was held on the 18th June at the University Campus, Aberystwyth. Congratulations to the 'Rush Hockey' team for winning and best of luck to them on a National level in Stafford at the beginning of July. The 'Dodgeball' team who included Llyr Dunn also came first. During the County Rugby 7's tournament Aled and Ieuan were chosen to be part of the team representing Carmarthenshire YFC in the Royal Welsh. Congratulations to you all.

During the county's sports evening the following results were gained: Boys 100m – under 28 – Hefin Jones 3rd; under 14 – Tudur George 1st and Elis Evans 2nd. Girls 100m – under 28 Luned Jones 3rd. Boys 800m – under 21 – Tomos Jones 3rd; Girls 800m – Luned Jones 1st. Relay Race – Girls under 28 – 1st; Boys under 14 1st. Long Jump: under 21 Tomos Jones 3rd. High Jump – Under 14 (boys) Llyr Dunn 1st; under 14 (girls) Efa Evans 2nd. Shot Putt – under 14 Iestyn Evans 1st. Discus – under 14 (boys) Iestyn Evans 2nd and Llyr Dunn 3rd.

During the weekend 8th July a number of members travelled to Stafford to represent their Club, County and Wales on an international level. Siriol Howells was a member of Carmarthenshire Under 21 Public Speaking team. They had great success by winning the competition and Siriol becoming 3rd as an individual.

Many congratulations on their achievement and thanks to Dr Beth Howells for instructing the team. Congratulations also to Llyr Dunn who was a member of the 'Basket Ball' team who came 2nd and to the 'Rush Hockey team and Owain Dunn in the Clay Pigeon shooting for taking part.

To end a successful year we had a trip to the beach and an evening of fun and laughter was had by all.

CFfL Llanllwni

Pob lwc i bawb fydd yn cystadlu yn y Sioe Frenhinol ar cddiwedd y mis Gorfennaf ac mewn sioeau lleol yn ystod yr haf.

Cofiwch, bydd ein sioe flynyddol yn cael ei chynnal yn ôl yr arfer ar ddydd Llun Gwyl y Banc Awst yn ei leoliad newydd sef Cae Garej Anwylfan, Llanfihangel ar Arth, drwy garedigrwydd Mr a Mrs Griffiths a'r teulu. Rydym yn edrych ymlaen at eich gweld I chi gyd!

Fel Clwb, a fyddwn yn dymuno haf hapus i bawb a diolch am eich cefnogaeth barhaus!



Siriol Howells part of the winning National under 21 Public Speaking team



80th Birthday Dinner

Cyfraddau Hysbysebu

Maint (mm) (U x L)	1 Cyhoeddiad	6 Cyhoeddiad
¼ tudalen 125 x 90	£12	£60
½ tudalen 125 x 190	£20	£100
Tudalen lawn 259 x 190	£35	£175

Llanllwni YFC

Best wishes to all who will be competing in the Royal Welsh at the end of July and at different local shows over the summer.

Remember, our annual show will be again held this year on August Bank Holiday Monday but at its new location. This year it will be held by kind permission of Mr and Mrs Mansel Griffiths and Family, at Anwylfan Garage fields Llanfihangel ar Arth. We look forward to seeing you all!

As a Club we wish you all a very happy and enjoyable summer and thank you for your continued support.



County Athletics



National Men's Rush Hockey team

Advertising Rates

Size (mm) (H x W)	1 Issue	6 Issues
¼ page 125 x 90	£12	£60
½ page 125 x 190	£20	£100
Whole Page 259 x 190	£35	£175

Sefydliad y Merched Pencader

Mae'r ddau fis diwethaf wedi bod yn eitha prysur i Sefydliad y Merched Pencader. Ddiwedd Mai, aethon ni ar ein taith flynyddol i'r Amgueddfa Werin Sain Ffagan. Doedd y rhan fwyaf o aelodau SyM Pencader erioed wedi bod yno neu ddim ers talwm. Er gwaethaf y gwres, cafodd pawb amser gwych, naill ai ro'n nhw eisai trio ymweld â phopeth yn yr amgueddfa enfawr neu ro'n nhw eisai cael profiad mwy ymlaciol ymhlið lleoedd diddorol iddyn nhw. Newyddion diweddaraf Sain Ffagan yw adeiladu'r safarn sy'n edrych yn gwbl trawiadol hyd yn oed os dydyn nhw ddim wedi gorffen y gwaith dan do.

Ym mis Mehefin, ro'n ni wrth ein boddau yn ymweld â gwinllan Sticle ym Mhencader. Christiane Racine, perchenog a sylfaenydd y winllan oedd ein tywsysydd. Gwesteiwr ardderchog a llefarydd huawdl oedd Christiane. Siaradodd hi â ni am ei phrofiad fel perchenog gwinllan ac ysgrifenyddes Cymdeithas Gwinllannoedd Cymru (CGC). Er mai dim ond 33 gwinllan sy gyda Chymru, mae hi wedi ennill llawer o wobrau rhwngwladol diolch i winoedd o ansawdd eithriadol. Oherwydd newid hinsawdd mae'n bosib i dyfu grawnwin yng ngogledd ac yn ne Cymru ar hyn o bryd. Mae Christiane yn benderfynol o ddefnyddio pob math o dechnegau arloesol a chynaliadwy i gael gwinllan sy'n parchu ei hamgylchedd (organig, heb wastraff) ac yn gweithio'n effeithiol.

Atebodd Christiane bob cwestiwn yn amyneddgar iawn ac arddangosodd hi gwybodaeth gwyddonol eithriadol. Cawson ni gyfle i glywed am dechnegau fel defnyddio crwyn defaid yn y winllan i ddiogelu rhag pryfed neu'r ffordd y mae system clustfeiniol Christiane yn rhoi siawns iddi hi ragfynegi tyfiant ffyngau neu bresenoldeb pryfed. Cafodd Sticle ei chreu yn 2019. Mae hi'n ymestyn dros 25 acer ar y bryn uwchben Pencader, 800 troedfedd uwchlâu lefel y môr. Gyda 10,000 gwinwydden fydd yn cyrraedd aeddfedrwydd mewn cwpl o flynyddoedd, bydd y winllan yn cynhyrchu tua 10,000 o bob un o'i 'cuvées'. Mae'n anghredadwy pa mor brysur yw Christiane Dwedodd hi wrthon ni am fyrrd o brosiectau eraill gan gynnwys tŷ bwytia 'fferm i'r bwrdd cinio' ro'n ni i gyd yn ei ffeindio'n gyffrous iawn ac yn edrych ymlaen ato. Wrth gwrs, gan mai SyM yw hwn, cawson ni baned o de hyfryd a myffins mousse mefus anhygoel drwy garedigrwydd Christiane a Jane. Diolch yn fawr iawn! Mae rhai ohonon ni'n eitha awyddus i helpu gyda'r cynhaef a down ni'n ôl i flasu'r gwin cyn gynted ag y b Ym mis Gorffennaf, ro'n ni'n hapus iawn i groesawu aelod newydd, Lily. Mae 14 aelod gyda ni nawr! Aethon ni i gyd i Gerddi Cae Hir yng Nghribyn am brynhawn o'n barod!

Ym mis Gorffennaf, ro'n ni'n hapus iawn i groesawu aelod newydd, Lily. Mae 14 aelod gyda ni nawr!

Aethon ni i gyd i Gerddi Cae Hir yng Nghribyn am brynhawn hyfrid

Pencader Women's Institute

The last two months have been pretty eventful for Pencader WI. At the end of May we had our yearly trip, this year to St Fagan's National Museum of History. Most members had never been before or hadn't been in a long time. Despite the heat, a good time was had by all whether they made an attempt to see everything in the sprawling museum or had a more relaxed stroll through places of interest. St Fagan's latest is that the construction of the pub is well on its way and the facade is absolutely striking even if the interior is not quite finished.

In June, we were treated to a visit of Sticle Vineyard in Pencader, guided by its owner and founder, Christiane Racine. Christiane was an incredible host and spoke very eloquently about her experience as a vineyard owner and as the secretary for the Welsh Vineyard Association (WVA). Despite having only 33 vineyards, Wales can boast of having won many international prizes for the quality of its wines. Climate change now makes it possible to grow grapes in both South and North Wales. Christiane is determined to implement every innovative and sustainable technique to make her vineyard both respectful of its surroundings (organic, no-waste) and efficient.

She answered every one of our questions with remarkable patience and impressive scientific knowledge and we were given the opportunity to learn about techniques as varied as the use of sheep fleeces in the vineyard or the way her state of the art monitoring system allows her to predict the formation of fungus or the presence of insects. Sticle was created in 2019 and sprawls, at 800ft above sea level, over 25 acres on the hill above Pencader. With 10,000 vines which will reach maturity in a couple of years to produce sparkling wines (Chardonnay, Pinot Meunier and Pinot Noir), the vineyard hopes to ultimately produce about 10,000 bottles of each of its 3 'Cuvées'. Christiane looks unbelievably busy and mentioned a myriad other projects including a 'farm to table' restaurant we were all excited to hear about and will wait impatiently for. Of course, this being the WI, we also had a lovely cup of tea and amazing strawberry mousse muffins, courtesy of Christiane and Jane. Thank you very much! Some of us are quite keen to come and help with the harvest and the WI will certainly come back for a wine tasting just as soon as we're given the green light!

In July we happily welcomed a new member, Lily, bringing Pencader WI to a total of 14 members. Together we went to Cae Hir Gardens and Nursery in Cribyn where we spent a delightful afternoon..

Sefydliad y Merched Pencader

Cafodd y gerddi eu creu o'r dechrau yn yr wythdegau gan Wil Akkermans o deulu garddwriaeth o'r Iseldiroedd, yr Akkermans, yn adnabyddus ers y 1700au. Mae'r gerddi'n cael eu gwarchod gan Stuart a Julie nawr, mab a merch Wil. Mae Cae Hir yn lle braf a thawel, yn ddelfrydol ar gyfer picnics yn yr haul wedi'i amgylchynu gan goed annodwediadol. Cafodd cyll corkscrew argraff arbennig arna i ond mae popeth mor ddiddorol ac mor wahanol, felly dyw'r cyll ddim mewn arweiniad coed anhygoel Cae Hir hyd yn oed! Felly, a chymryd popeth at ei gilydd, mae'n werth ymweld â Cae Hir a basai hi'n neis iawn dod yn ôl yn y gwanwyn ac yn yr hydref i weld y liliwau. Cafodd y profiad ei wella oherwydd y café oedd yn darparu bwyd a diod o'r ansawdd uchaf, yn enwedig cawl y dydd (moron ac oren) a'r sgons. Diolch yn fawr iawn!

I roi syniad cyflym i chi o'n cyfarfodydd nesa:

- ar 8fed Awst, byddwn i'n cwrdd yn anffurfiol yn Mason Coffee House Alltwalis am 2 y.p. i gael te hufen yr haf.
 - ar 5ed Medi, byddwn ni'n cwrdd yn Amgueddfa Caerfyrddin am 2 y.p. i ymweld ag amgueddfa'r Sir a'r gerddi.
 - ar 3ydd Hydref, byddwn ni'n cwrdd ym Mhafiliwn Pencader i glywed Storiâu Bywyd, gyda sawl aelod bydd yn dweud wrthon ni sut maen nhw wedi cyrraedd ble maen nhw.
- Fel arfer dyn ni'n cwrdd yn y Paflawn bob dydd Mawrth cynta y mis am 2 y.p. Croeso i chi i gyd! Dylech chi wirio o flaen llaw, achos efallai byddwn ni i ffwrdd am antur. Am fwy o fanylion, ewch i'r blog: <https://pencaderwi.wordpress.com>, ysgrifennwch aton ni: pencaderwi@gmail.com neu galwch Molly: 07724 381 770.

Pencader Women's Institute

The gardens were created from scratch in the eighties by Wil Akkermans of the Dutch Akkermans horticultural family, renowned since the 1700s. The gardens are now in the care of Stuart and Julie, Wil's son and daughter. Cae Hir is a very pleasant and calm place to visit, ideal for a picnic in the sun surrounded by atypical trees. I was particularly impressed with a corkscrew hazel myself but everything is so interesting and diverse, the hazel didn't even make Cae Hir's guide of interesting trees! All in all, Cae Hir is well worth the visit and it would be good to come back see the colours of the gardens in the spring and in the autumn. To make it even lovelier there is also a café which serves a few things including a soup of the day (carrot and orange) and some scones that were particularly popular with our members. Thank you for having us!

For a quick overview of our next meetings:

- on 8th August we will meet informally for a summer cream tea at Mason Coffee House in Alltwalis at 2pm.
 - on 5th September, we will meet at 2pm at Carmarthen Museum for a visit of the County Museum and its gardens.
 - on 3rd October, we will meet in Pencader Pavilion for Life Stories, where some of our members will tell us about how they came to be where they are.
- Pencader WI meeting are usually held in the Pavilion, at 2pm on the first Tuesday of the month but it is worth checking with us first as we might be off on an adventure. For more details, please consult our WordPress blog <https://pencaderwi.wordpress.com>, write to us at pencaderwi@gmail.com or call Molly on 07724 381770.



Cronfa Cymunedol Fferm Wynt Statkraft Alltwalis

Os ydych am geisio am gefnogaeth y Gronfa i glwb, sefydliad neu gymdeithas o fewn ffiniau etholaeth Llanfihangel ar Arth mae croeso i chi gysylltu gyda'r Gweinyddydd Meinir Evans am pecyn ymgeisio ar y rhif ffon 01559 395 699 neu thrwy e post meinir.evans@btinternet.com.

Mae yna newid i'r broses ymgeisio - o hyn ymlaen ar geisiadau hyd at werth £10,000 dim ond 2 dyfynbris bydd angen cyflwyno gyda'r cais.

Dyma'r dyddiadau cau i dderbyn ceisiadau ar gyfer 2023

3ydd o Hydref

Statkraft Alltwalis Wind Farm Community Fund

If you wish to apply to the fund for support on behalf of a club, society or organisation within the Llanfihangel ar Arth electoral boundary you are welcome to contact the Administrator Meinir Evans for an application pack either call 01559 395 699 or e mail meinir.evans@btinternet.com.

There is an amendment to the application process - from now on applications up to the value of £10,000 will only need to submit 2 quotes with their application.

Closing dates for applications during 2023 are:

3rd October

Merched y Wawr Pencader a'r Cylch

Ar 22ain Mai aeth criw o'n haelodau i Excel Bowl yng Nghaerfyrddin i gael gêm ddifyr iawn o fowlion deg. Cawsom goffi a chlonc o flaen llaw cyn dangos ein sgiliau ar y llain fowlion. Wel dyna hwyl!!!!

Roedd yr elfen gystadleuol yn gryf ar adegau ond yn holol ddiflannu ar adegau hefyd wrth i ni chwerthin ar ben ein camgymeriadau a dathlu ambell Iwyddiant syfrdanol. Cafodd pawb dro arni a llwyddo i gyfrannu at y sgôr a'r hwyl. Gan ystyried fod ein haelod hynaf yn tynnu at ei nawdeg oed roedd hon yn weithgaredd holol gynhwysol a'r safle hefyd yn holol addas i bawb.

Wedi'r hwyl wrth fowlion aethom ymlaen i westy'r Llwyn Iorwg, Caerfyrddin i gael swper blasus iawn ac eto cael cyfle i gymdeithasu gyda'n gilydd, heb sôn am ddadansoddi'r bowlion ac ail fyw rhai o'r eiliadau difyr a gawsom. Byddwn yn sicr yn cynnwys y noson hon eto yn ein rhaglen am y flwyddyn nesaf.

Ar 23ain Mehefin aeth pedair o'n haelodau ynghyd â thua cant o aelodau eraill o draws Cymru mewn dwy fws, un o'r gogledd ac un o'r de, ar daith genedlaethol Merched y Wawr i Sempringham yn swydd Lincoln.

Pwrpas y wibdaith oedd i ymweld â chofeb y dywysoges Gwenllian sydd i'w gweld tua can metr o'r eglwys brydferth gerllaw. Cafodd Gwenllian ei herwgiplio yn faban bach yn dilyn llofruddiweth ein tywysog, Llywelyn ap Gruffydd (ein Llyw Olaf) gan y brenin Edward 1af. Gan fod hwn yn ei gweld fel bygythiad i'w goron aethpwyd â hi i Briordi o Urdd Gilbert ar dir Abaty Sempringham ac yno y bu am bum deg pedwar o flynyddoedd tan ei marwolaeth ym 1337.

Bu Cymdeithas Gwenllian yn gofalu am ei chofeb am flynyddoedd ond mae Merched Y Wawr yn gyfrifol amdani bellach. Felly y bu i'n haelodau ymweld â'i chofeb a chanu cân genedlaethol Merched Y Wawr gyda Hen Wlad Fy Nhadau yn dilyn yn frwd frydig iawn. Hefyd cawsom adroddiadau a cherddi amdani wedi ei darllen yn ystyrlon a deallus.

Wedi hyn aethom lan i'r eglwys yng nghwmni Nan Davenport a fu'n weithgar iawn yng nghymdeithas Gwenllian am flynyddoedd. Cawsom ddarllen iadau eto yn yr eglwys a bu canu brwd frydig o emynau yno hefyd.

Gorffennodd ein rhaglen am eleni gyda gwibdaith i San Clêr i ymweld â siop Pethau Olyv i gael te a chlonc a siopa ac wedyn ymlaen i edrych ar y nwyddau hyfryd sydd yn siop Llawn Cariad. Yn ôl y bagiau di-ri a ddaeth adref o'r ddwy siop gyda ni cawsom brynhawn bendigedig o siopa a chymdeithasu a chael ein llun wedi ei dynnu o flaen cofeb Merched Becca ynghanol y dre cyn ymadael.

Diwedd glo diwrnod arbennig oedd swper hyfryd yn y Fox & Hounds ym Mancyfelin lle cawsom eto groeso bendigedig gan y staff hyfryd gyda swper blasus iawn i

Pencader & District Merched y Wawr

On 22nd May a group of our members went to Excel Bowl in Carmarthen to have a very entertaining game of Ten Pin Bowling. We had a coffee first before showing off our skills on the bowling lane. Well, that was fun!!!!

The competitive element was strong at times but completely disappeared at times too as we laughed at our mistakes and celebrated the occasional surprising success. Everyone had a turn and managed to contribute to the score and the fun. Considering that our oldest member is approaching ninety years of age, this was a completely inclusive activity and the site was also completely suitable for everyone.

After the fun of bowling we went on to the Ivy Bush Hotel, Carmarthen to have a very tasty dinner and again have a chance to socialize together, not to mention analyse the bowling and relive some of the entertaining moments we had. We will certainly include this evening again in our programme for next year.

On 23rd June four of our members, along with around a hundred others from across Wales went in two buses, one from the north and one from the south, on the Merched y Wawr national trip to Sempringham in Lincolnshire.

The purpose of the excursion was to visit the monument of Princess Gwenllian, our last Princess of Wales, which can be seen about a hundred meters from the beautiful church nearby. Gwenllian was kidnapped as a baby following the murder of our prince, Llywelyn ap Gruffydd (our Last Ruler) by King Edward 1st. As they saw her as a threat to his crown she was taken to Sempringham Priory where she became a nun and remained for fifty four years until her death in 1337.

The Gwenllian Society there looked after her memorial for years but Merched Y Wawr is now responsible for it. It was a very poignant moment at the memorial when we sang our national Merched Y Wawr anthem with Hen Wlad Fy Nhadau to follow. We also had readings and poems read out in her honour which made the whole visit very meaningful and thought provoking. After this we went up to the church in the company of Nan Davenport who was very active in the Gwenllian society for years. We had readings again in the church and there was enthusiastic singing of hymns there too.

Our programme for this year ended with an excursion to St Clears to visit the Pethau Olyv shop to have tea, a chat and shop and then on to look at the lovely goods in the Llawn Cariad shop. According to the countless bags that came home from the two shops with us we had a wonderful afternoon of shopping and socializing and ended the visit by having our picture taken in front of the Merched Becca monument in the middle of the town before leaving.

To conclude this very special day was a lovely dinner

orffen y diwrnod cyn troi tuag adre ac edrych ymlaen at ein rhaglen newydd fydd yn dechrau ar y nos Lun olaf ym mis Medi.

Er fod rhaglen ein cangen wedi dirwyn i ben am eleni mi wnaeth rhai aelodau fynychu digwyddiad rhanbarth sef taith gerdded ein llywydd cenedlaethol, Jill Lewis. Yn Llyn Llech Owain y buon ni'n cerdded ar ddydd Sadwrn, 8fed Gorffennaf gyda llu o ffrindiau o ganghennau Sir Gaerfyrddin. Cawsom goffi, cacen a chlonc yn y caffi arbennig yno cyn gadael.

Os am ragor o wybodaeth neu i ymuno gyda ni blwyddyn nesaf gallwch gysylltu gyda:

Dawn Rees 01559384538, Gwyneth Alban 07976276011
neu Ann Phillips 01559384558

Bydd croeso cynnes i chi!



at the Fox & Hounds in Bancyfelin where we again received a wonderful welcome from the lovely staff with a very tasty dinner to follow, before heading home and looking forward to our new programme which will start on the last Monday night in September.

Although our branch's programme had come to an end for this year, some members did attend a regional event which was the walk organise as part of the year's events by national president, Jill Lewis. We walked at Llyn Llech Owain, Gorslas on Saturday, 8th July with lots of friends from many of the Carmarthenshire branches of Merched Y Wawr. We had coffee, cake and a chat in the excellent cafe there before leaving.

If you would like more information or would like to join us next year contact:

Dawn Rees 01559384538, Gwyneth Alban 07976276011
or Ann Phillips 01559384558

You will be warmly welcomed!



Coda Ni

Efallai i chi gael mwy o amser yn ddiweddar i fynd trwy'ch wardrôb, a bod gyda chi ddillad sbâr y byddech fel arfer yn eu rhoi i siop elusen neu fanc dillad.

Mae Coda Ni yn dal i gasglu dillad, esgidiau, teganau meddal, bagiau a dillad gwely cyfan a glan, mewn modd diogel er mwyn codi arian i helpu'r anghenus yng Nghymru ac yn Affrica.

Cysylltwch â Fioled Jones ar 07791 146562 a gallwn ni drefnu eu casglu'n ddiogel o ddrws eich tŷ.

Diolch yn fawr i bawb a wnaeth ymateb i'n apel ac sydd wedi cyfrannu dillad yn barod

Rydym yn gwerthfawrogi pob cyfraniad.

Coda Ni

Maybe you've had more time recently to go through your wardrobe and sort out clothing which you don't need, which you would usually donate to charity shops or clothes banks.

Coda Ni are still collecting clothes, shoes, soft toys, handbags and bed linen which are intact and clean, safely so that we can help those in need here in Wales and in Africa.

Contact Fioled Jones on 07791 146562 and we can arrange to safely pick up your items from your doorstep.

Thanks to everyone who responded to our appeal and has already donated clothes.

All your contributions and support are appreciated.

Cymdeithas Hanes Llanfihangel-ar-arth

Gorffennaf

Uchafbwynt ein rhaglen flynyddol oedd mwynhau cwmni ein cyd-aelodau ar ein taith hanesyddol. Parc yr Esgob, Abergwili oedd ein harhosiad cyntaf. Mae cyn Balas yr Esgob yn gartref i'r amgueddfa sirol sy'n adrodd stori Sir Gaerfyddin a'r holl fywydau a'i lluniodd. Cawsom gyfle i ledaenu ein gorwelion dros 800 mlynedd o hanes, wrth fynd o amgylch y gerddi cyhoeddus a'r amgueddfa. Hyfryd oedd y profiad o ddihuno atgofion cynnar bore oes i nifer ohonom, wrth gael ein hatgoffa o'r bywyd cynnar ar ffodd o fyw gwahanol. Diddorol oedd gweld creiriau perthnasol lleol yn cael ei harddangos, a'u diogelu i'r dyfodol. Rhaid oedd gwerthfawrogi'r croeso arbennig yn ei thŷ bwytia wrth fwynhau cwpanded.

Teithio ymlaen wedyn i dref hanesyddol Llandeilo ac ymweld â'r Eglwys hynafol. Roedd Teilo Sant yn byw ar yr un adeg a Dewi Sant yn y 6ed ganrif. Profiad newydd i nifer ohonom oedd darganfod y ffynnon hanesyddol arbennig ar y ffordd islaw muriau 'r eglwys a'r dŵr yn dal i redeg yn gryf ohoni. Dyma'r ffynnon oedd yn ffynhonnell dŵr i drigolion Llandeilo yn yr hen amser. Yma roedd mynedfa i dwnel 40 troedfedd a oedd yn arfer arwain i fedyddfa danddaearol, wedi ei gau fynnu gan rwyll. Rhyfeddwyd ni wrth ymweld â thŵr yr eglwys, yr unig ran ohoni sy'n hanu o'r canol oesoedd, a chael y pleser o weld copi digidol o Lyfr Efengylau Teilo, syn cynnwys engreifftiau o'r Cymraeg ysgrifenedig cynharaf o'r 9fed ganrif. Cedwir y gwreiddiol yn Eglwys Gadeiriol Caerlwydgoed. Fe wnaethom hefyd wylio ffilm i weld sut y caiff y llyfrau yma eu gwneud a'r ysgrifen gain a'r addurniadau cywrain.

Roedd byrddau esboniadol o amgylch y muriau yn adrodd hanes y llyfr hefyd. Dyma ganlyniad ysbrydoliaeth criw o bobol o Landeilo i greu prosiect a wnaeth ddwyn ffrwyth yn 2006. Yn ogystal â Llyfr Teilo diogelwyd dwy groes carreg wych o'r 9fed ganrif, y ddwy a chlymwaith ac addurniadau arbennig iawn, un a'i addurn yn debyg iawn i dudalen garped yn Llyfr Teilo. Maent wedi eu lleoli o fewn yr eglwys. Gallwn argymhell yr ymwelliadau hyn.

I gwblhau'r diwrnod arbennig, fe wnaethom fwynhau croeso cynnes a swper blasus yn nhafarn hanesyddol yr Angel yn Llansawel.

Diolch i Dr David Thorne am dwrio i mewn yn fanwl iawn i ymchwil hanes yr Eglwys a'i chyffiau er mwyn i ni ei ddysgu a'i fwynhau. Hefyd i Calfin am y trefniadau gwych.

Edrychwn ymlaen am dymor hwylus eto yn yr Hydref a chroeso cynnes i bawb

Fioled Jones, Ffon: 07911 46562

Llanfihangel ar Arth History Society

July

The highlight of the annual agenda was our Historical trip in early July. Our first visit took us to the Bishop's Park in Abergwili, where we discovered the private grounds of the Bishop of St.Davids, now a public park. The old Bishop's Palace is home to the County Museum sharing the story of Carmarthenshire and the many lives that shaped it. We had the special opportunity to widen our horizons across 800 years of history. Quite touching too, was the experience of recalling our childhood memories, as we were reminded of earlier years and a different way of life. It was interesting to view the varied local historical items being displayed and safeguarded for the future. We appreciated the welcome and a cuppa in the new restaurant.

Travelling on, we visited the historic town and church at Llandeilo. St Teilo lived during the same time as St David in the 6th century. A new experience for most of us was to discover the special historic well on the road below the walls of the church, with its fresh water continuing to flow. This well was the source of water for the people of Llandeilo in ancient times. There was a grille in the wall protecting the entrance to a 40ft tunnel leading to an underground baptistery. We were amazed as we entered the tower, the only surviving part of the Middle Ages church on the site, and had the privilege of viewing the digital version of the copies of Llandeilo Fawr Gospels, which contain the oldest surviving examples of written Welsh from the 9th century. The originals are kept at Lichfield Cathedral. We also watched a film which explained how such books were made, detailing the unique script and decorations. There were explanatory boards around the walls illustrating the story of the book as well.

The inspirations of a group of people in Llandeilo ensured the success of this project that came to fruition in 2006. As well as the Gospels, two great stone crosses of the 9th century have been preserved, both with very special knot work and decorations; one had similar decoration to a carpet page of the Gospel Book. They are located in the church. We highly recommend a visit to both locations.

To complete the special day, we all enjoyed a warm welcome and delicious dinner at the historic Angel Inn at Llansawel.

Thanks are due to Dr David Thorne for his detailed research ensuring a rewarding day for all. Also thanks to Calfin for all the arrangements.

We look forward to meeting again in the Autumn, a warm welcome to all.

Fioled Jones, Tel:0791 146 562

Ysgol Llanllwni

Llongyfarchiadau mawr i Alys ac Einir a fu'n cystadlu yn Eisteddfod yr Urdd yn Llanyddyfri. Daeth Einir yn 3ydd yn y gystadleuaeth ffotograffiaeth dros Gymru. Da iawn chi.

Braf oedd gweld Elli, Einir ac Erin yn perfformio yn y sioe Gwiber Emlyn fel rhan o'r prosiect Chwilio'r Chwedl gyda disgyblion eraill dros Sir Gâr.

Hoffem ddiolch i bawb a ddaeth i'n cyngerdd yng Nghapel Nonni i ddathlu'r ysgol yn 150 oed ac i ddiolch i Mrs Elonwy Jones am ei chyfraniad dros y blynnyddoedd at yr ysgol. Roedd hi'n hyfryd i weld nifer o bobl y gymuned yn dod at ei gilydd. Dathlyd yr ysgol y penblwydd arbennig nôl yn 2020 ond nid oeddym yn gallu dathlu oherwydd y pandemig. Fe wnaeth Mrs Elonwy Jones ymdeol yn haf 2020 fel Athrawes i ddosbarth y

Cyfnod Sylfaen ar ôl 36 blynedd! Eto, ni chawsom y cyfle i ddiolch iddi yn iawn oherwydd y rheolau cymdeithasu. Felly, braf oedd cael noson i wneud hyn o'r diwedd! Diolch i Mr Owain Davies am arwain. Diolch i ddisgyblion yr ysgol, côr Bois y Gilfach a CFfI Llanllwni am berfformio. Roedd hi'n noson llawn hwyl, hanes a chyfeillgarwch. Diolch enfawr i aelodau CRhFf Ysgol Llanllwni am drefnu noson lwyddiannus iawn.

Yn seiliedig a'n thema'r tymor hwn, Bwyd a Ffermio, bu disgyblion dosbarth Luc ar daith i ymweld â Fferm Gelli Aur. Buont yn gweld y parlwr godro, yr holl anifeiliaid ar y fferm a'r peiriannu. Cawsant y cyfle i weld pa mor brysur mae diwrnod ar fferm. Roedd pawb wedi mwynhau mas draw. Yn ogystal, mae dosbarth Luke wedi ymweld â ffermydd lleol, cawsom ymweliad gwych i Fferm Bryn Castell a Fferm Gwarcwm. Diolch i Mrs Nerys Thomas a Mr James a Mrs Rhian Powell am eich croeso cynnes a darparu disgyblion ysgol Llanllwni efo brofiad mor ardderchog a bythgoifiadwy.

Mae'r disgyblion wedi bod yn gweithio'n galed i ddatblygu'r ardal allanol yn ystod ein clwb garddio ar ôl ysgol pob dydd Mercher. Maent wedi bod yn brysur yn tyfu amrywiaeth o lysiau a ffrwythau.

Mae hi wedi bod yn dymor bywiog iawn gyda'r holl weithgareddau chwaraeon sydd wedi bod ymlaen! Fe wnaeth disgyblion o ddosbarth Luc mwynhau cymryd rhan mewn twrnamaint criced Llanbed yn ddiweddar a buont hefyd yn cystadlu mewn twrnamaint pêl-droed yn Saron.



Llanllwni School

Huge congratulations to Alys and Einir who competed in the Urdd Eisteddfod in Llandovery. Einir came 3rd in the photography competition for Wales. Well done you.

It was nice to see Elli, Einir and Erin performing in the Gwiber Emlyn show as part of the Search for the Legend project with other pupils from Carmarthenshire.

We would like to thank everyone who came to our concert in Capel Nonni to celebrate the school's 150th anniversary and to thank Mrs Elonwy Jones for her contribution over the years to the school. It was lovely to see many people from the community coming together. The school celebrated the special birthday back in 2020 but we were unable to celebrate due to the pandemic. Mrs Elonwy Jones retired in the summer of 2020 as

Teacher for the Foundation Phase class after 36 years! Again, we didn't get the chance to thank her properly because of socializing rules. So, it was nice to finally have a night to do this! Thanks to Mr Owain Davies for leading. Thank you to the school pupils, Bois y Gilfach choir and Llanllwni YFC for performing. It was a night full of fun, history and friendship. A huge thank you to the members of Ysgol Llanllwni PTA for organizing a very successful evening.

Based on our theme this term, Food and Farming, pupils in Luke's class went on a trip to visit Gelli Aur Farm. They saw the milking parlour, all the animals on the farm and the machinery. They had the opportunity to see how busy a day is on a farm. Everyone had enjoyed being there. Additionally, Luke's class have visited local farms, we have a great visit to Bryn Castell Farm and Gwarcwm Farm. Thank you to Mrs Nerys Thomas and Mr James and Mrs Rhian Powell for your warm welcome and providing Llanllwni school pupils will such an excellent and unforgettable experience.

The pupils have been working hard to develop the outside area during our gardening club after school every Wednesday. They have been busy growing a variety of vegetables and fruit.

It has been a very lively season with all the sporting activities that have been on! Pupils from Luc's class enjoyed taking part in a Llambed cricket tournament recently and they also competed in a football tournament in Saron.

Ysgol Llanllwni

Cafodd disgylion o fl. 1, 2 a 3 y cyfle i gystadlu yn nhwrrnamaint pêl-droed Llanfihangel-ar-arth a chafodd disgylion ym mlwyddyn 3-6 noson lwyddiannus trwy ddod yn ail. Da iawn chi blant! Hefyd, buodd y disgylion hynaf yn mwynhau beicio mynydd a merlota yn y tywydd braf.

Rydym wedi bod yn ffordus iawn i dderbyn ymweliadau gan Mr a Mrs Harvey ar gyfer sesiynau 'Bible Explorer'. Diolch iddynt am sesiynau diddorol a hwylus tu hwnt.

Buodd Einir, Erin ac Elliw yn perfformio yn y Proms yn Theatr Ffwrnes yn Llanelli. Rydym yn falch iawn ohonoch chi. Mae disgylion o ddosbarth Luc wedi bod yn brysur yn ymarfer perfformiad dawns gyda Mrs Sioned Allan.

Hoffem ddiolch i bawb wnaeth cefnogi'r ysgol drwy anfon rhoddion o hen ddillad atom fel rhan o'r cynllun Bag2School. Codwyd £90 tuag at yr ysgol. Diolch yn fawr.

Cawsom Mabolgampau llwyddiannus iawn, roedd y plant wedi mwynhau a diolch o galon i rieni a ffrindiau'r ysgol am ddod i gefnodi. Teifi daeth i'r brig eleni, roedd hi'n agos iawn.

Hoffem ddymuno pob lwc i Flwyddyn 6 yn yr ysgolion uwchradd o'u dewis, a bydd colled fawr ar eich ôl.

Dymunwn haf hapus i'n holl ddisgyblion a ffrindiau'r ysgol ac edrychwn ymlaen at eich gweld i gyd ym mis Medi



Llanllwni School

Pupils from year 1, 2 and 3 had the opportunity to compete in the Llanfihangel-ar-arth football tournament and pupils in year 3-6 had had a successful night by coming second. Well done children! Also, the older pupils enjoyed mountain biking and trekking in the fine weather.

We have been very fortunate to receive visits from Mr and Mrs Harvey for 'Bible Explorer' sessions. Thanks to them for very interesting and easy sessions.

Einir, Erin and Elliw performed at the Proms at Theatr Ffwrnes in Llanelli. We are very proud of you. Pupils from Luc's class have been busy rehearsing a dance performance with Mrs Sioned Allan.

We would like to thank everyone who supported the school by sending us donations of old clothes as part of the Bag2School scheme. £90 was raised towards the school. Thank you very much.

We had very successful Sports, the children enjoyed it and we thank the parents and friends of the school from the bottom of our hearts for coming to support. Teifi came top this year, it was very close.

We would like to wish Year 6 all the best in the secondary schools of their choice, and you will be greatly missed.

We wish all our pupils and school friends a happy summer and we look forward to seeing you all in September.



Pafiliwn Pencader

Newyddion y misoedd diwethaf- Cyfarfod Blynnyddol a'r Cyfarfodydd Arbennig

Mae wedi bod yn dri mis o newid mawr i Bwyllgor Pafiliwn Pencader, neu Cymdeithas Gwelliant a Datblygu Pencader (PIDA). Daeth y cyfarfod blynnyddol rownd yn gloi ym Mis Mai, a gyda hyn, dyhead tri aelod o'r pwylgor i gamu lawr o'u dyletswyddau. Yn ystod y cyfarfod blynnyddol, ni wnaeth neb gwirfoddoli i wneud y swydd o Cadeirydd, Ysgrifennydd na Trysorydd. Cytunodd Emrys, Mair a Tristram i barhau a'u gwaith am gyfnod byr, a cytunodd y pwylgor ar y broses swyddogol gynnal Cyfarfod Cyffredinol Arbennig (CCA). Cynhaliwyd Cyfarfod Arbennig ym Mehefin, ble trafodwyd dyfodol y safle. Os na fydd unigolion yn gwirfoddoli ac yn rhedeg y gymdeithas, nid oedd neb yn gyfrifol am y safle. Mae'n bwysig nodi mai PIDA yw'r gwarchodwyr swyddodol y safle. Pan roddwyd y cae i'r gymuned, PIDA daeth yn gyfreithiol gyfrifol o'r safle. Rhaid oedd cael cyngor swyddogol oddi wrth CAVS a swyddogion grantiau y Sir o ran pwysigrwydd cadw PIDA fel elusen petai PIDA ddim yn bodoli. Cytunodd Emrys, Mair a Tristram i barhau tan cyfarfod Gorffennaf 2023. Ymchwiliodd y pwylgor yn drylwyr i dewisiadau at ddyfodol y safle a pwysigrwydd PIDA fel elusen a chymdeithas i gadw'r safle yn nwyo'r gymuned. Cytunodd y pwylgor bod angen galw ar y gymuned gyfan unwaith eto (o'r ysgol i'r cartref henoed!) er mwyn cael cynrychiolwyr y gymuned oll ar y pwylgor. Mae'n bwysig fod y gymuned yn deall bod PIDA cryf yn graidd i gadw safle'r gymuned yn nwyo'r gymuned ac I'R GYMUNED ym Mhencader,

Trafodwyd sawl senario ar gyfer y gymdeithas – o uno gyda grwpiau a thimoedd, cau PIDA yn llwyr, ac ail brandio/ail-enwi'r gymdeithas. Felly cafodd ail cyfarfod arbennig ei alw ar Fehefin 30ain.

Cyfarfod Mehefin 30ain - Wedi eglurhad o'r sefyllfa gan Mair (cyn-ysgrifenyddes), rhaid oedd ethol a nomineiddio pobl o'r gymuned yn ymddiriedolwyr y safle (PIDA Trustees). Fe wnaeth 14 aelod o'r gymuned gytuno i fod yn ymddiriedolwyr i'r safle. Canlyniad holl bwysig, a diolch i bawb. O hyn, roedd PIDA yn medru ail-ffurfio gyda pennod newydd i'r gymuned.

Dymuniadau gorau i'r Pwyllgor Newydd

Cynghorydd Sir

Neges i holl drigolion etholaeth

Ward Llanfihangel-ar-Arth

Ni fyddaf yn cynnal Syrjyri misol arferol yn y Pafiliwn, Pencader – ond cofiwch bod croeso i chi ebostio

LDaviesEvans@sirgar.gov.uk

neu rhoi galwad ffon 07792 199161 i fi unrhyw amser i drafod unrhyw faterion.

Pencader Pavilion

News of the last few months – Annual General Meeting and Special General Meetings

It has been three months of change for the Pavilion Committee (Pencader Improvement and Development Association-PIDA). The AGM came around once more and three committee members wished to stand down from their roles of Chairperson, Secretary and Treasurer. During the AGM, no one initially stepped forward to take on these roles, so Emrys, Tristram and Mair agreed to continue with the work on a short-term basis. The whole committee agreed to begin the official process, and called a Special General Meeting (SGM).

The SGM was held in early June, and the future of the site was discussed. If no-one volunteered to run the association/committee, then there was no-one responsible for the site, and it may need to close. It is important to note that PIDA have a Statement of Declaration that they are the custodians of the site for the community. Advice was sought from CAVS and the Council's grant officers, where the importance of the site as a charity was discussed, and to ensure it is kept in the community's hands. The committee agreed to have a second call for community support with an emphasis on having representatives of every age group on the committee. It is essential that the community realise that a strong PIDA committee will result in the site being kept safe FOR THE WHOLE community of Pencader.

Many scenarios were discussed for the association, from joining with other local groups and teams, PIDA folding or re-branding the association completely. So a second and final SGM was arranged for 30th June.

June 30th SGM – The now ex-secretary, Mair, explained the situation to new members present, and there was a need to nominate / co-opt community representative to be PIDA Trustees. Luckily, 14 members of the community agreed to become new trustees. This was a very important outcome. PIDA could now re-form giving the community a new chapter.

Best of luck to the new Committee

County Councillor

Message to all residents in Llanfihangel-ar-Arth Ward

I will not be holding the usual monthly Surgery at the Pavilion, Pencader – but you are welcome to email me at

LDaviesEvans@carmarthenshire.gov.uk

or call me anytime on 07792 199161 to discuss any issues.

Clwb Sul Tabernacl

Bore Sul Mehefin 25 roedd y wers yn wahanol i'r arfer.

Croesawyd Mair Jones sydd yn gyfarwyddwr Prosiect Sensi atom i sôn am ei gwaith pob dydd.

Estynnwyd gair o groeso i Mair gan Celyn ac Elsi, ac arweiniwyd mewn gweddi gan Magi a Gruffydd.

Mae Mair yn helpu ac yn dysgu plant sydd yn ddall neu yn rhannol ddall yn Sir Benfro.

Bu'r awr a hanner yn addysgiadol iawn, gyda'r plant yn gwisgo mwgwd dros eu llygaid i wneud gwahanol bethau ee. rhoi ymenyn ar fara, ac yn sylweddoli pa mor anodd yw gwneud unrhyw beth heb fod yn gallu gweld. Bu Mair yn siarad a dangos enghreifftiau o 'Braille' a'r plant yn gwneud geiriau yn Braille drwy ddefnyddio Lego Braille.

Bu'r plant yn chwarae pel oedd a clychau tu fewn iddi, ac ermwyn rhedeg ras roedd y plant gyda mwgwd ar eu llygaid yn dilyn rhaff oedd wedi ei chlymu i'r wal ar y ddau ben.

Diolchwyd i Mair gan Zusia ac Anest am gyflwyniad diddorol ac addysgiadol

Tabernacle Sunday Club

On Sunday morning June 25th the lesson was different from usual.

Mair Jones who is a director of the "Sensi Project" was welcomed to talk about her every day work.

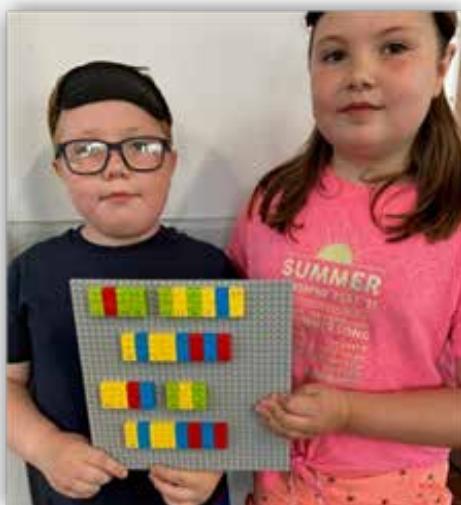
A word of welcome was extended to Mair by Celyn and Elsi, and Magi and Gruffydd led in prayer.

Mair helps and teaches blind and partially blind children in Pembrokeshire.

The hour and a half was very informative, with the children wearing a mask over their eyes, to do different things e.g. put butter on bread, and realized how difficult it is to do anything without being able to see. Mair spoke of and showed examples of 'Braille' and the children made words in Braille using Braille Lego.

The children played with a ball that had bells inside it, and in order to run a race the blindfolded children followed a rope that was tied to a wall at both ends.

Zusia and Anest thanked Mair for a very interesting and educational presentation.



Sefydliad y Teulu

Rydym wedi bod yn brysur iawn dros y misoedd diwethaf yn darparu hyfforddiant allan yng nghymunedau ardal Pencader, Alltwalis, Brechfa, Felingwm Uchaf a Llanllwni.

Mae cymaint o unigolion, grwpiau cymunedol, busnesau ac elusennau wedi elwa o'r cyrsiau achrededig ac ymwybyddiaeth yr ydym wedi'u darparu fel rhan o'n rhaglen o gymorth a wnaed yn bosibl drwy gymorth ariannol Fferm Wynt Gymunedol Brechfa. Ni allwn ddiolch digon i'r hariannwyr, gan ein bod wedi gallu helpu cymaint o unigolion a grwpiau i arbed llawer o arian y byddent wedi gor fod ei wario ar hyfforddiant fel Cymorth Cyntaf, Hyfforddiant Diffibrilwyr, Alergenau a Hylendid Bwyd a chyrsiau Iechyd a Diogelwch.

Wrth symud ymlaen rydym yn ymestyn ein cynnig i unrhyw un yn y gymuned gan fod ein gwasanaeth AM DDIM.

Byddwn yn cynnal mwy o gyrsiau ar y pynciau canlynol sy'n gyrsiau ½ diwrnod neu ddiwrnod llawn:

L2 Ymwybyddiaeth o Ddiffibriliwr – ½ diwrnod

L1 Iechyd a Diogelwch – ½ diwrnod

Ymwybyddiaeth o Alergenau

Bwyd – ½ diwrnod

Ymwybyddiaeth Hylendid Bwyd – ½ diwrnod

L3 Cymorth Cyntaf Brys yn y Gwaith – 1 diwrnod

L2 Diogelwch Bwyd ar gyfer Arlwo – 1 Diwrnod

L2 Asesiadau Risg – 1 Diwrnod

Hyfforddiant Diffibriliwr - Sesynau Byr Archebwch un

Gallwn weithio gydag unigolion 1 i 1 yn ein hwb sydd wedi'i barcio ym maes parcio'r Pafilewn neu gyda grwpiau cymunedol/elusennau neu fusnesau.

Anfonwch e-bost atom lea@thefamilyfoundation.co.uk neu ffoniwch/tecstiwrch 07790 770839 i siarad â Lea.



The Family Foundation

We have been very busy the last few months providing training out in the communities of Pencader, Alltwalis, Brechfa, Felingwm Uchaf and Llanllwni areas.

So many individuals, community groups, businesses and charities have benefited from the accredited and awareness courses we have delivered as part of

our funded programme of support made possible via our funding through the Brechfa Community Windfarm. We honestly cannot thank the funders enough because we really have been able to help save many individuals and groups lots of money, that they would have had to spend on training such as First Aid, Defibrillator Training, Allergen & Food Hygiene and Health & Safety courses.

Moving forward we extend our offer to anyone in the community as our service is FREE OF CHARGE.

We will be running more courses in the following subjects that are only ½ day or 1 day courses:

L2 Defibrillator Awareness – ½ Day

L1 Health & Safety – ½ Day

Food Allergen Awareness – ½ Day

Food Hygiene Awareness – ½ Day

L3 Emergency First Aid at Work – 1 Day

L2 Food Safety for Catering – 1 Day

L2 Risk Assessments – 1 Day

Defibrillator Training - Short Sessions Book one

We can work with individuals 1to1 in our hub that's parked in the car park of the Pavilion or with community groups/charities or businesses.

Just drop us an email lea@thefamilyfoundation.co.uk or call/text 07790 770839 and speak to Lea.

Cyngor Cymuned Llanfihangel-ar-Arth Community Council

Clerc Mrs S. Anita Evans, Frongelli. New Inn, Pencader, Sir Gar. SA39 9AZ

ffôn: 01559 384266 e-bost: anitaevans9@hotmail.co.uk

cc-lanfihangel-ar-arth-cc.org.uk

Am wybodaeth ewch i'n gwefan:
cc-lanfihangel-ar-arth-cc.org.uk

For information you are directed to our website:
cc-lanfihangel-ar-arth-cc.org.uk

Mae Pwerdy yn cyflwyno

Pedwarawd Pete Stacey

Dydd Sadwrn 14.10.23

Cerddoriaeth Jazz wreiddiol o Arfordir Gorllewin Cymru! Mae'r holl gerddoriaeth rydyn ni'n ei chwarae wedi'i hysgrifennu a'i pherfformio gan bedwar aelod y pedwarawd:

Pete Stacey (sacsoffon/fliwt),

Andy Parry (gitâr),

Barry Wise (bas),

Paolo Pecoraro (drymiau).

Mae Pete, Andy a Barry wedi bod yn rhan o dirwedd gerddorol gorllewin Cymru ers blynnyddoedd lawer ac mae eu cerddoriaeth yn aml wedi'i hysbrydoli gan ddiwylliant a thirwedd

gorllewin Cymru. Mae cerddoriaeth Paolo wedi'i ddylanwadu'n gryf gan ddiwylliant gwerin cyfoethog ei wlad enedigol Sisili, lle mae rhythmau Africanaidd yn lliifo i'r lan.

Mae ein cerddoriaeth yn newydd ac yn arloesol gan ddod ag ystod eang o ddylanwadau ynghyd. Mae'r gerddoriaeth ar adegau yn felodaidd, yn atmosfferig ac yn adfyfyriol, ond hefyd yn rhythmig ac egnol.

<https://soundcloud.com/pete-stacey>



Stampiau wedi eu defnyddio

Mae Sefydliad Cenedlaethol y Deillion yn ailgylchu stampiau Prydeinig a Thramor. Gwerthir wrth bwysau gan amlaf. Disgwylir derbyn £10 y kilo am stampiau Prydeinig a £15 am stampiau tramor.

Mae'r arian a dderbynir yn cael ei wario ar gynorthwyo deillion a'r rhannol ddall. Didolir y stampiau Prydeinig a Thramor i bentyrâu gan adael tua 1cm ar amlen o amgylch pob stamp.

Mae 3kg o stampiau newydd gael eu hanfon, felly wnewch chi barhau i gadw stampiau os gwelwch yn dda.

Os medrwch helpu, ewch a'ch stampiau at Garej Windy Corner neu gadewch nhw yn Glyncoch, Alltwalis.

Ffon: 01559 384499

Diolch

Frances Fuller

The Powerhouse presents

Pete Stacey Quartet

Saturday 14.10.23

Original Jazz music from the West Coast of Wales! All the music that we play is home-grown - written and

performed by the four members of the quartet:

Pete Stacey (saxes/flute),

Andy Parry (guitar)

Barry Wise (bass),

Paolo Pecoraro (drums).

Pete, Andy and Barry have been part of the musical landscape of west Wales for many years and their music is often inspired by the

culture and landscape of west Wales. Paolo's music is strongly influenced by the rich folk culture of his native Sicily, where African rhythms wash ashore.

Our music is new and innovative bringing together a wide range of influences. The music is at times melodic, atmospheric and reflective, but also rhythmically infectious and energized.

<https://www.facebook.com/petestacey4>

Used Postage Stamps

The Royal National Institute for the Blind recycle used British and Foreign stamps. They are usually sold by weight; the British can be expected to sell for £10 per kilo and the foreign stamps for up to £15 per kilo.

The money raised goes to help blind and partially sighted people. Stamps are sorted into piles of British and Foreign and it helps to leave about 1cm of envelope around each stamp.

A parcel with 3kg of stamps have just been sent off, so please continue to save your stamps.

If you can help, please take them to Windy Corner Garage or drop them off at Glyncoch, Alltwalis.

Tel: 01559 384499

Thank you

Frances Fuller

Newyddion Menter Gorllewin Sir Gâr

Gŵyl Canol Dre 8.7.23

Ar yr 8fed o Orffennaf, cynhelir Gŵyl Canol Dre ym Mharc Myrddin yng Nghaerfyrddin o 11yb tan 8yh. Gyda lwc roedd y tywydd ar ein hochor a bu amrywiaeth o weithdai trwy gydol y dydd mewn amryw o bebyll oedd ar y safle. Bu'r 40 o weithdai yma yn cynnwys gweithgareddau megis sesiwn storï, barddoni, drama, gemau fideo, adweitheg a disco distaw.

Bu stondinâu gyda rhywbeth ar gyfer dant pawb, megis stondinâu dillad, gemwaith a llyfrau di-ri. Roedd yr ardal fwyd yn llawn o ddewis gwahanol ar gyfer anghenion pawb. Roedd ardaloedd y mudiadau a'r busnesau yn llawn bwrlwm drwy'r dydd, ac roedd atyniadau fel yr ardal chwaraeon hefyd yn denu'r cyhoedd.

Bu'r llwyfan berfformio a'r brif llwyfan yn llawn bwrlwm drwy'r dydd a nos gyda'r perfformiadau amrywiol. Ar y llwyfan berfformio, bu dros pymtheg o ysgolion Caerfyrddin ar cyffiniau'n serenni, a sioeau Siani Sionc a Mewn Cymeriad yn diddanu'r gynulleidfa.

Ar y brif llwyfan bu bandiau a grwpiau lleol megis Bald Patch Pegi a Dros Dro yn perfformio. Gorffennwyd y noson gyda pherfformiadau gan Gwilym, Eden ac Yws Gwynedd. Yn ôl ymateb y gynulleidfa, roedd pawb yn amlwg wedi mwynhau'r diwrnod.

Bu'n ddiwrnod llwyddiannus iawn dros ben gyda 4,500 o bobl yn mynychu drwy gydol y digwyddiad. Hoffai Menter Gorllewin Sir Gar ddiolch yn fawr iawn i'r holl wirfoddolwyr bu'n ein cynorthwyo yng Ngwyl Canol Dre eleni. Os oes diddordeb gan rywun i wirfoddoli gyda ni yn ein digwyddiadau sydd i ddod, cysylltwch gyda ymholiad@mgsg.cymru

Cyfryngau Cymdeithasol:

Am y diweddaraf, ewch i'n cyfryngau cymdeithasol:

Facebook - Menter Gorllewin Sir Gar

Trydar - @MenterGSG

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E-bost - ymholiad@mgsg.cymru

Neu am fwy o wybodaeth ar sut i gyrraedd y platformau yma cysylltwch â ni:Fôn: 01239 712934.

Menter Gorllewin Sir Gâr News

Gŵyl Canol Dre 8.7.23



On the 8th July, Gŵyl Canol Dre was held in Parc Myrddin, Carmarthen from 11am to 8pm. Luckily the weather was on our side and there were a variety of workshops throughout the day in various tents on site. These 40 workshops included activities such as a story session, poetry, drama, video games, reflexology and silent disco.

There have been stalls with something for everyone's liking, such as countless clothes, jewellery and book stalls. The food area was filled with a different choice

for everyone's needs. Movement and business areas were buzzing throughout the day, and attractions such as the sports area also attracted the public.

The performance stage and main stage were buzzing all day and night with the various performances. On the performance stage, over fifteen

Carmarthen schools and the surrounding areas performed and the Siani Sionc and Mewn Cymeriad shows entertained the audience.

On the main stage local bands and groups such as Bald Patch Pegi and Acting performed. The evening was finished with performances by Gwilym, Eden and Yws Gwynedd. According to the audience's reaction, everyone clearly enjoyed the day.

It was a very successful day with 4,500 people attending throughout the event. Menter Gorllewin Sir Gar would like to say a big thank you to all volunteers that have helped us in Gŵyl Canol Dre this year. If you are interested in volunteering with us in the future, contact ymholiad@mgsg.cymru

Social Media:

For the latest news, visit our Social Media

Facebook - Menter Gorllewin Sir Gar

Twitter - @MenterGSG

Instagram - @MenterGSG

E-mail - ymholiad@mgsg.cymru

Or for more information about how to reach these platforms contact us: Phone 01239 712934

Eglwys Sant Luc Llanllwni**St Luke's Church Llanllwni**

Clwb 100 Club				
Mai /May 2023				
1af	£15	Ray Harries (127)	£15	1st
2ail	£10	Anwen Thomas (101)	£10	2nd
3ydd	£10	Seren Webster (76)	£10	3rd
Mehefin / June 2023				
1af	£15	Dafydd ac Enfys (81)	£15	1st
2ail	£10	Jane Lloyd (32)	£10	2nd
3ydd	£10	Valerie Thomas (52)	£10	3rd

*Diolch i bawb am y gefnogaeth.**Thanks to everyone for the support.*

Mae teulu'r Eglwys yn estyn ein cydymdeimlad diffuant â Mrs Velma Thomas a theulu Pontllwni, ar farwolaeth Mr.E.L.Thomas.

The Church family extend our sincere condolences to Mrs Velma Thomas and the Pontllwni family on the death of Mr. E.L.Thomas.

Ceisiadau Cynllunio

Derbyniwyd y ceisiadau cynllunio canlynol o fewn ward Llanfihangel-ar-Arth hyd at 10fed Gorffennaf 2023

Planning Applications

The following applications within Llanfihangel-ar-Arth ward have been received up to the 10th July 2023.

Application Number	Registration Date	Application Type	Proposal	Address	Decision
PL/05706	13/06/2023	Full planning permission	Renewal of planning permission W/30401 for the extension to an existing building, for the dry storage of timber components and carpentry tools and lifting equipment	Maesyrhaf, Pencader, SA39 9HL	In Review
PL/05910	15/05/2023	Full planning permission	Agricultural shed for farm storage purposes	Maes-Lan, Alltwalis, Carmarthen, SA32 7EE	Closed
PL/05926	30/05/2023	Full planning permission	Extension of commercial premises (public house) into attached outbuilding partly used as commercial storage space to provide a new commercial kitchen and incorporating a first-floor extension to accommodate a larger function room and overflow bar area	Eagle Inn, Llanfihangel-ar-Arth, Pencader, SA39 9HY	In Review
PL/06067	09/06/2023	Householder planning permission	Extension to dwelling, patio area and removal of existing shed and conservatory	Glanteifi, Llanfihangel-ar-Arth, Pencader, SA39 9JA	Closed
PL/06085	13/06/2023	Prior notification: Building (agricultural / forestry)	An forestry shed for storing timber and forestry machines	Abergwen Mill, Pencader, SA39 9HD	Closed
PL/06105	15/06/2023	Householder planning permission	Extension to dwelling	Gwarcwm, Maesycrugiau, Pencader, SA39 9DQ	In Review
PL/06134	19/06/2023	Householder planning permission	Removal of front hedge to create access for off road parking and to assist elderly householder	1 Heol Mafon, Llanfihangel-ar-Arth, Pencader, SA39 9LD	In Review
PL/06212	06/07/2023	Prior notification: Building (agricultural/forestry)	Agricultural storage shed	Brynhydref, Llanfihangel-ar-Arth, Pencader, SA39 9LB	In Review

Mae'r crynodeb uchod ar gael ar wefan Cyngor Sir Caerfyrddin, lle ceir mwy o fanylion am y Ceisiadau Cynllunio.

The above summary is available from Carmarthenshire County Council website where more details of the Planning Application(s) can be found.

Gwasanaethau'r Eglwys yng Nghymru**Eglwys y Santes Fair/Ystafell Eglwys, Pencader**

1af Sul 9:30yb Cymun Saesneg
 2il Sul 9:30yb Cymun Dwyieithog
 3ydd Sul 9:30yb Cymun Saesneg
 4ydd Sul 2.00yp Cymun Dwyieithog
 5ed Sul cysylltwch â'r Ficer: 01559 384858

Eglwys Sant Mihangel, Llanfihangel-ar-arth

1af Sul 11:00yb Cymun Saesneg
 2il Sul 11:00yb Cymun Dwyieithog
 3ydd Sul 2:00yp Cymun Dwyieithog
 4ydd Sul 11:00yb Cymun Dwyieithog
 5ed Sul cysylltwch â'r Ficer: 01559 384858

Church in Wales Services**St Mary's Church/Church Room Pencader**

1st Sun 9:30am English Communion
 2nd Sun 9:30am Bilingual Communion
 3rd Sun 9:30am English Communion
 4th Sun 2.00pm Bilingual Communion
 5th Sun contact the Vicar: 01559 384858

St Michael's Church, Llanfihangel-ar-Arth

1st Sun 11:00am English Communion
 2nd Sun 11:00am Bilingual Communion
 3rd Sun 2:00pm Bilingual Communion
 4th Sun 11:00am Bilingual Communion
 5th Sun contact the Vicar: 01559 384858

**Oedfaon yn y Tabernacl Pencader
Gwyddgrug, a Capel Nonni****Services at Tabernacle Pencader
Gwyddgrug Chapel and Capel Nonni**

Awst/August		
6	10.30 Tabernacl Pencader	Chris Bolton
13	10.30 Gwyddgrug	Gwendoline Evans
20	2.00 Tabernacl Pencader	Dr Desmond Davies
27	2.00 Tabernacl Pencader	Heulwen Davies (trefnir gan 'Coda Ni')
Medi/September		
3	2.00 Tabernacl/Pencader	Chris Bolton
10	10.30 Gwyddgrug	Chris Bolton
17	10.30 Brynteg	Chris Bolton
24	10.30 Tabernacl/Pencader	Dylan Lewis
Hydref/October		
1	2.00 Gwyddgrug	Gareth Ioan
8	10.30 a 2.00 Cymanfa bwnc	Euros Jones Evans
15	10.30 Tabernacl	Chris Bolton
22	Llanllwni	
29	2.00 Tabernacl	Andrew Lenny

Clwb Sul yn y Tabernacl Pencader / Sunday Club at Tabernacle Pencader

All ages welcomed, contact Haulwen 01559 384279 haulwen279@yahoo.co.uk

Awst/August	Medi/September	Hydref/October
Dim Clwb Sul/No Sunday Club	3 10.00 10 10.00 17 10.00 24 9.15	1 10.00 8 10.30 Cymanfa bwnc 15 9.15 22 10.00 29 10.00

Pencader Family Centre



Drop in Centre for Families with Children 0-11years

Canolfan Galw Heibio I Deuluoedd a Phlant 0-11oed.

Pencader Family Centre welcomes all to enjoy a warm and friendly environment for you and your little ones with a variety of activities, arts and crafts etc, and adults can come along for a cuppa and a chat, meet new people and learn new skills.

Mae Canolfan Deulu Pencader yn croesawu pawb I fwynhau amgylchedd cynnes a chyfeillgar I chi a’ch rhai bach gyda amrywiaeth o weithgareddau, celff a chrefft a gall oedolion dod draw am sgwrs a panned o de, cwrdd a phobl newydd a dysgu sgiliau.

From the 7th June 2023 we will be starting a Crafty Wednesday Session for grownups which will include a variety of activities such as sewing, knitting, crochet, art etc; or just pop down for a cuppa and chat to meet new like minded people.

O'r 7fed o Fehefin 2023 byddwn yn dechrau sesiwn Dydd Mercher Crefftus I oedolion yn cynnwys amrywiaeth o weithgareddau gwynio, gwau, Crosio, celf ac ati; neu galwch mewn I cal paned a sgwrs I gwrdd a phobl newydd o'r un anian.

Just a reminder that we are open during school holidays!

Dim ond nodyn I’ch atgofa ein bod ni ar agor yn ystod gwyliau’r ysgol!



Our opening times are: Tuesday and Thursday 9am-3pm Wednesday 9am-12pm

Contact Netty: 01559384490 email:pencaderfamilycentre@btinternet.com

Wrdd Agored**Gyda Coda Ni**

Sul 27ed Awst

Festri Tabernacl Pencader

2.00yp

Cefnogwn gynllun “Etifeddion - Cymru” dros sicrhau fod holl feibion a merched ein gwlad yn deall mor werthfawr ydynt yng ngolwg ein tad nefol.

Croesawn Heulwen Davies o Lanelli sylfaenydd y prosiect cyffrous newydd hwn atom i’n harwain.

Y prosiect cychwynnol yw sicrhau fod plant mewn gofal yn Sir Gar yn derbyn Bagiau personol yn llawn o eiddo pwysig ganddynt.

Mae Coda Ni wedi cefnogi tipyn o brosiectau i gefnogi plant yn arbennig, trwy gefnogi mudiad Breakthro yn Nantgaredig ac elusennau plant yn Afrika.

“Gadewch i’r plant bach ddod at a i,” meddai, “Peidiwch eu rhwystro, am mai rhai fel nhw sy’n derbyn teyrnasiad Duw. Credwch chi fi, heb ymddiried fel plentyn bach, wnewch chi byth ddod yn un o’r rhai mae Duw’n teyrnasu yn eu bywydau.” (Luc 18)

**Welsh Service****With Coda Ni**

Sunday 27th August

Tabernacle Vestry Pencader

2.00pm

We support the “heirs.wales” project to ensure that all boys and girls in our country understand how precious they are in the eyes of our heavenly father.

We welcome the founder of the project Heulwen Davies from Llanelli to lead us and tell us about her new venture.

The initial project is to ensure that children in care in Carmarthenshire receive personal bags full of important belongings for them.

Coda ni has supported quite a few project to support children in particular, by helping children’s charities such as Breakthro in Nantgaredig and children in Africa.

“Let the little children come to Me, and do not forbid them; for of such is the kingdom of God. Assuredly, I say to you, whoever does not receive the kingdom of God as a little child will by no means enter it.” (Luke 18)



Addysg a gofal
cyfrwng Gymraeg i
blant 2-4 oed

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a'u gwarchodwyr.

1-3yp. Dydd Gwener. £1.50 y plentyn.

Group for babies, pre-school
children and their guardians.

1-3pm. Friday. £1.50 per child.

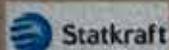
Am fwy o wybodaeth cysylltwch â ni



For more information contact us

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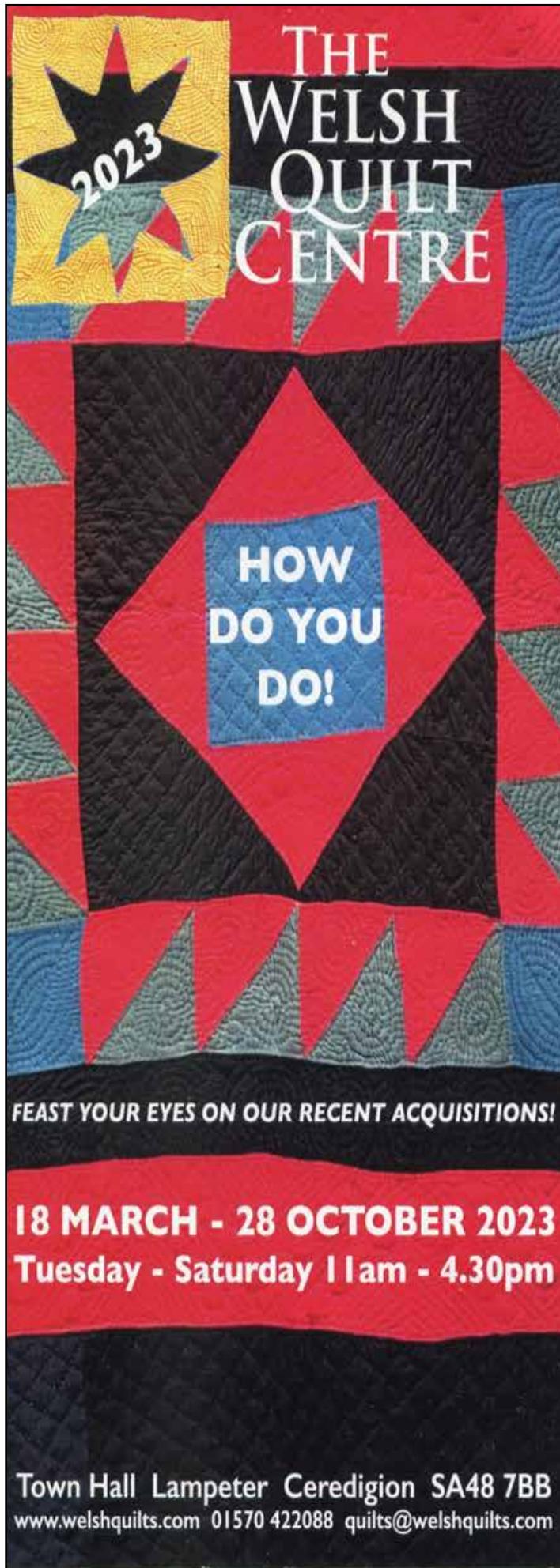
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 Pencader
 SA39 9ER
 Tel: 01554 770867
Tuesday 10am-12pm

Capel Seion Chapel
 Seion Hill
 Llandysul
 SA44 4BY
 Tel: 01239 611880
Tuesday 12:30pm - 2pm

Brechfa Church Hall
 Brechfa
 SA32 7RA
 Tel: 01554 770867
Wednesday 10am-12pm

 Unit 3, Darkgate Offices
 Carmarthen
 SA31 1QL
 Tel: 01267 643500
Wednesday & Friday 10am-4pm

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The poster features a vibrant quilt pattern in red, blue, and yellow. A large yellow star in the top left corner contains the year '2023'. The title 'THE WELSH QUILT CENTRE' is written vertically in white. In the center, a blue diamond shape contains the text 'HOW DO YOU DO!'. At the bottom, it says 'FEAST YOUR EYES ON OUR RECENT ACQUISITIONS!' and provides opening hours: '18 MARCH - 28 OCTOBER 2023 Tuesday - Saturday 11am - 4.30pm'. Contact details are at the bottom: 'Town Hall Lampeter Ceredigion SA48 7BB www.welshquilts.com 01570 422088 quilts@welshquilts.com'.



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Croeso cynnes i bawb! *A warm welcome to all!*

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Car cyntaf iadael Neuadd yr Eglwys Maesycrugiau am 5:00yh
First car to leave Maesycrugiau church room at 5:00pm
Car diwethaf 7:00yh / Last car 7:00pm

£5 y car
£1 am gwisg car gorau
£5 per car
£1 for best dressed car



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Pork & Beef Rolls, Hot dogs, and pudding available

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Special dietary / vegetarian requirements please let us know before the day
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Gareth Evans
Trydanwr / Electrician



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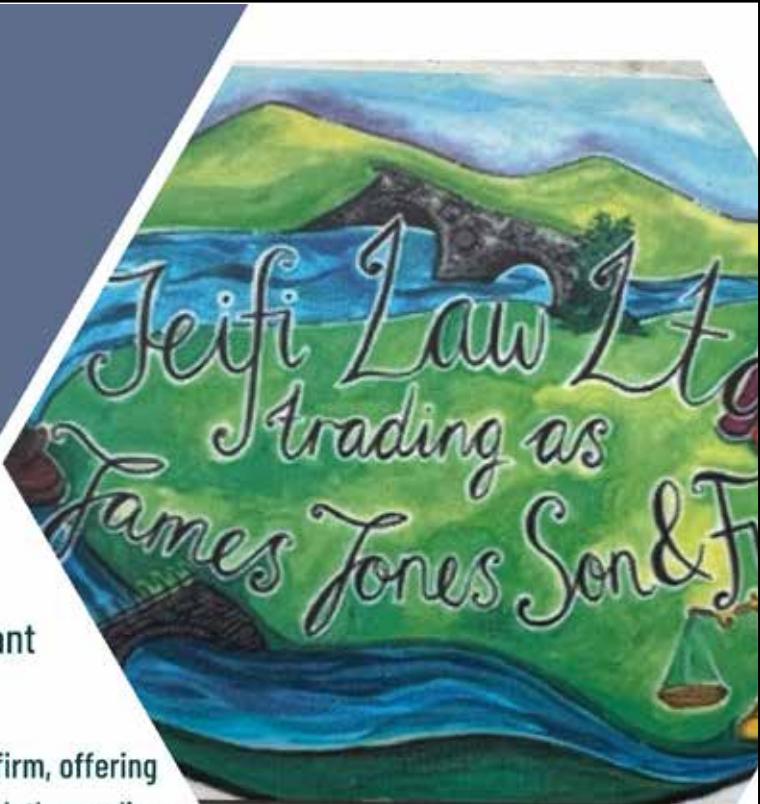
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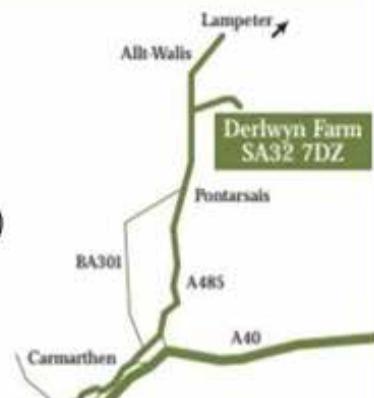
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