

Grapevine

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£1.40



Window in Llanglydwen Church of Faith and Hope
Photo by Judy Webb

2025
Hydref
October

Priest in charge The Revd. Kingsley G Taylor 01994 240494
ktaylor559@aol.com
(Whitland, Cyffig, Llandissilio, Clynderwen & Llanboidy)

Priest In Charge The Revd. Carol Ann Court 07961 273409
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(Clydau, Llanfyrnach, Llanglydwen Llanwinio & Mynachlogddu)

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**GRAPEVINE MAGAZINE IS PUBLISHED MONTHLY BY THE 1ST OF EACH MONTH
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Below is a link to our facebook page. Please take a look and 'like' it!
<https://www.facebook.com/profile.php?id=61551092890330>

Cylch y Frenni Circle of Churches

Clydau, Llanglydwen, Llanfyrnach, Llanwinio and Mynachlogddu

Services for October 2025

1st October – Bro Preseli 10.30 Eucharist – Everyone

Welcome 5th October - Sixteenth Sunday after trinity (Green)

PLACE	TIME	SERVICE	
Llanglydwen	9.30	Holy Eucharist	CC/JW
Llanwinio	9.30	Boreol Weddi	PH/SK
LLanfyrnach	11.15	Holy Eucharist	CC/EB
- *** 10th October - Harvest – Clydau – 7pm*** 12th October – Seventeenth Sunday after Trinity – (Green)			
Llanwinio	9.30am	Holy Eucharist	CC/PH
Mynachlogddu	10.30am	Morning Prayer	JW
Clydau	11.15am	Holy Eucharist	CC/EL
Llanfyrnach	11.15am	Morning Prayer	HJ
19th October – Eighteenth Sunday after Trinity - (Green)			
Llanwinio	9.30am	Boreol Weddi	PH/SK
Mynachlogddu	10.30am	Harvest Eucharist	CC/JW
24th Oct- Harvest Supper – Bwlch-y-Groes Hall 7pm 26th October - Last Sunday after Trinity - (Green)			
Llanwinio	9.30am	Holy Eucharist	CC/PH
Llanfyrnach	11.15	Holy Eucharist	CC/EB
Clydau	11.15am	Morning Prayer	EL

WHITLAND, CYFFIG, LLANBOIDY LLANDISSILIO, CLUNDERWEN

Reverend Kingsley G Taylor : Priest in Charge

Reverend Canon Jeni Parsons - PTO

Reverend Sharon Edge : Assistant Curate

Lay Worship Leader: Mr. Nathan Jenkins

Services in October

Sunday 5th Trinity XVI

10.00 am	Holy Communion	St Mary's Church, Whitland	KT
10.30 am	Holy Communion	St Tysilio's Church, Llandissilio	SE
11.00 am	Matins	St David's Church, Clynderwen	NJ
11.30 am	Holy Communion	St Brynach's Church, Llanboidy	KT

Sunday 12th Trinity XVII

10.15 am	Matins	St Brynach's Church, Llanboidy	PM
11.00 am	Matins	St Mary's Church, Whitland	KT
11.00 am	Holy Communion	St David's Church, Clynderwen	SE
2.30 pm	Holy Communion	Cyffig Church, Cyffig	KT

Sunday 19th Trinity XVIII

9.00 am	Holy Communion	St Tysilio's Church, Llandissilio	KT
11.00 am	Holy Communion	St Mary's Church, Whitland	KT
11.00 am	Morning Prayer	St David's Church, Clynderwen	NJ
11.00 am	Holy Communion	St Brynach's Church, Llanboidy	JP

Sunday 26th Trinity XIX

11.00 am	Holy Communion	St Mary's Church, Whitland	KT
11.00 am	Holy Communion	St David's Church, Clynderwen	SE
2.30 pm	Evensong	Cyffig Church, Cyffig	KT

EDITORIAL

Community Spirit, is it still alive and well?

In the last few years, we have witnessed some radical changes and not necessarily for the better. Things which have impacted all our lives have been the Covid pandemic, causing great distress to many, but also showing great community spirit when people came together to make scrubs and other PPE for the Health service. Whether these endeavours were ultimately useful to the intended recipients is a matter for discussion, but it certainly improved the well being of the groups and individuals making the equipment, they felt they were “doing their bit” in a national crisis.

Wars and conflicts have a huge impact on all our lives creating a cost of living crisis that has made difficulties for many people. There are plenty of other examples that could be considered that have a negative impact on mental health.

However, all is not gloom and doom, it is correct to note that for many generations, groups of individuals with common interests have come together to help and support each other, the Gardening club, the Rugby club the Women’s Institute, Faith groups and many more are all playing their part to “make life worth living in the places we live and raise our families in and not an adjunct to the real business of the community” (1)

These and other groups still are doing their important work in making our community a better place, especially as work to improve the community environment, formally carried out by local authority, but due to financial constraints have had to pull back on such work. Some of the more tangible work carried out by groups of volunteers includes litter picking, beach cleaning, the beautifying of verges and planters we see in and around our towns and villages as well as maintaining the noticeboards where events are advertised and other furniture such as the benches where we can sit a while and contemplate the beauty of our land.

Our Community Centres, Chapels and Churches all play a very important role in community life bringing people together in activities and events, to exchange news and ideas, contributing to well being and good mental health,

however, one institution that for centuries has played a very important role in the social community life is closing in huge numbers... the public house which traditionally has been the hub for celebration, commiseration and socialising.

Social media is playing an important role in keeping groups of individuals informed of events, but is no substitute for face to face interaction with others over a pint or a cuppa. Working from home is more prevalent since the pandemic and can be a cause of loneliness and isolation. Farmers are particularly vulnerable to these issues, hence the need for such organisations as the DPJ Foundation and Tir Dewi.

In answer to the question “Community Spirit, is it still alive and well?” The answer is a resounding Yes, but with a caveat.

We are a disconnected society, divided by age and geography and class and ethnicity and religion. (1) We can heal these divides by compassion, respect and commitment.

Adam Smith (2) knew that the wealth of community is founded on its moral sentiments, the way people behave toward each other.

Whilst there are a multitude of community based organisations, often brought together by social media groups, these can very exclusive to the members within the group, excluding outsiders or those without access to social media, there is a distinct lack of communication and advertising between the diverse groups, excluding many so event clashes occur, particularly during the village show season. So come along advertise your event in Grapevine!

David Jones

References

(1) Matt Hancock M.P. *Speaking on the Civil Society in the 21st Century* 16th May 2018

(2) Adam Smith *Scottish Economist and Philosopher* 1723 - 1790

We send our condolences to Jane and Adam Legg from Llanglydwen Church who recently lost their son-in-law, Ben, to cancer. Our thoughts and prayers are with them and their family at this sad time.

CYFFIG

What a lovely Summer, so warm. But alas, why did the good weather come all at once? Now it's so horribly wet and cold and windy. Why can't the weather moderate itself, so that we have Sunshine and Rain and we and our plants would be happy!

This Poem by Thomas Hardy (1840--1928) **"IF IT'S EVER SPRING AGAIN"**
I think he must have had a day as dreary as we have had today!

If it's ever spring again,
 Spring again,
I shall go where went I when
Down the moor-cock splashed, and hen,
Seeing me not, amid their flounder,
Standing with my arm around her;
If it's ever spring again,
 Spring again,
I shall go where went I then.

If it's ever summer-time,
 Summer-time,
With the hay crop at the prime,
And the cuckoos- two - in rhyme,
As they used to be, or seemed to,
We shall do as long we've dreamed to,
If it's ever summer-time,
 Summer- time,
With the hay, and bees achime.

The happy memory of the beautiful Summer was crushed by tragedy in my family. A precious little child who came, and went, before we could say "Croeso", but who will be in our hearts forever.

We send our sympathy and love to anyone recently bereaved. Be brave.

 Boast not thyself of tomorrow,
For thou knowest not, what a day may bring forth.

Lynn Werrett

Llanglydwen Open Day & Afternoon Tea 31st August 2025

Llanglydwen Open Day was held at Becws Bets (Bettys Kitchen), Maenhir Farm, Login and a wonderful array of food awaited us. People kept coming in and as fast as you had finished eating your table was needed and this continued from 2.00pm until 4.00pm. Nevertheless, Betsan, Elenor and Alicia kept the food and drinks coming all afternoon, well done ladies.

People greeted friends they hadn't seen for quite a while, and others made new friends. After enjoying the lovely fare, you were then free to look around the farm at the greenhouses, the beautiful plants and of course the animals. The weather wasn't too good and to see anything outside you had to dodge the showers, and some were quite sharp.

The ball raffle first prize of £30 was won by ticket number 84, Julie Martin, the second prize of £20 was won by ticket number 179, Anest Williams and the third prize of £10 was won by Angharad Booth-Taylor. 'Spot Where the Treasure was Buried' was won by Tina Fussell.

A grand total of £657 was raised in aid of Llanglydwen Church, well done everyone. The event was extremely well supported, and everyone agreed it was a wonderful afternoon.

Eunice Batchelor





The sun shone intermittently and the wind blew with vigour, but this did not deter a wonderful crowd of supporters who came to Afternoon Tea on Sunday, 31st August in aid of Llanglydwen Church. The views as we approached the farm and from the huge picture windows of Becws Bets, its charmingly rustic tearooms, were stunning with the scudding clouds and peaceful Hereford herd grazing the nearby fields.

The tea was delicious with sandwiches, pastries, cream scones and little iced cakes and the staff worked so hard, constantly topping up teapots and ensuring our two sittings had everything we needed.

A 'Treasure Hunt', 'Ball Raffle' and 'Name the foal and Mare' gave everyone a chance of a prize at the end of the afternoon and Adam's jams and jellies were on sale, too. Betws Bets kindly allocated a portion of the cost of each tea to our cause and we were delighted that everyone's generosity provided the church fund with a substantial boost.

These events are a lovely opportunity for everyone in the community, young and old, to get together and enjoy an afternoon of fellowship and fun. We would like to thank all those involved from Becws Bets, the volunteer helpers, the organisers and of course all those who paid for tickets and came along to support the cause with the substantial boost of £657 to the cause.

Sally Watts





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ST. CLYDAI HARVEST SERVICE

Friday 10th October 7pm

ST. CLYDAI HARVEST SUPPER

24th October 7pm

at Bwlchygroes Community Hall

Cost £10 per head

*Contact Elizabeth Law to confirm a place
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07904688726/ or email elizabethlaw70@yahoo.co.uk*



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On Saturday 13th September, St. Brynach's Church, Llanboidy held their annual 'Afternoon Tea In The Church'. All the food was made by the members of the church who received many compliments for their delicious sandwiches, cakes and savouries.

The President for the day was Roger Penn, who gave a heartwarming talk reminiscing about his father, the late Dr. George Penn who served the community as a GP for many years. He also reflected on his own faith and what that means to him. Our utmost thanks to Roger for his support and for staying throughout the event to chat with those who attended.

The Elderlies provided wonderful entertainment throughout the event creating a warm and friendly atmosphere. We are so grateful to them for giving their time so generously to support this event.

All in all it was a lovely afternoon with good food and great company. We thank everyone who came to support our church. Hope to see you all again next year!

Marie Morgan



A dark, textured background featuring autumnal elements: two large orange pumpkins, several pinecones, scattered acorns, cinnamon sticks, and various red, orange, and yellow leaves. The text is overlaid in white with a black outline.

**ST. BRYNACH'S CHURCH,
LLANBOIDY
HARVEST FESTIVAL
SERVICE**

19TH OCTOBER AT 11AM

**FOLLOWED BY CAWL,
FRUIT PIE AND REFRESHMENTS**

ALL WELCOME

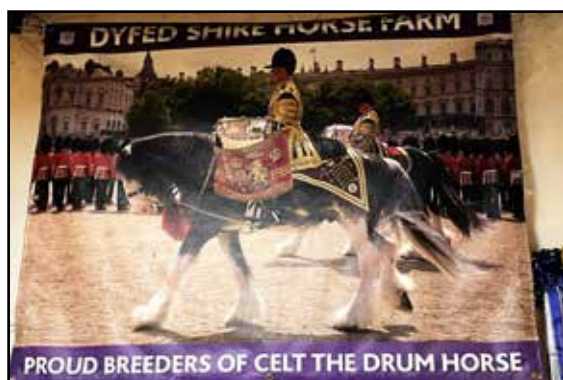
WI OUTING TO SEE SHIRE HORSES 9th September 2025

Glandwr WI went on an outing to see the Shire Horses owned by Huw Murphy in Eglwysrwrw. We were welcomed by Enid Cole who gave us a brief introduction whilst we had tea and coffee. Then we were shown into the stables where shire horses Alfie and Morgana were housed and given a very comprehensive account of the history of the family business and the heritage of their shire horses by Mark Cole. We also watched as Steffan Thomas harnessed Alfie in his full harness which was very smart and quite heavy, but he took it all in his stride and never moved a muscle while this was taking place.

Then how did the connection with the palace come about. The palace advertised that they were looking for a young shire horse that they could train to become a Drum Horse and the owners answered the advertisement. This is a very prestigious position for any horse as they would be taking part in all sorts of events where the bands were required to perform. Camilla came (before she became queen) and chose a young horse called Celt who went to join the stables at the palace. As is the protocol when a drum horse joins the army he is given the title of Major, and although the rider of the horse could be a Sargent the horse outranked him by being a Major so Celt became Major Celt. It is interesting to know that of the eight horses owned by the palace, six of them came from the Welsh stables in Eglwysrwrw. What a fantastic record.

Two of the most recent horses to join the army were Major Juno and Major Apollo and they are making a come back to Wales on the 20th and 21st September when the stables are holding a demonstration and concert, this has got to be something to put in your diary. The conclusion of the visit was that it was excellent, and then we all went to the Salutation for a buffet to round the day off nicely. A good time was had by all.

Eunice Batchelor



Despite very wet weather, Glandwr WI thoroughly enjoyed a trip to the Shire Horse Farm in Eglwysrw last month. Following refreshments, we heard a very interesting talk by Mark Coles while watching one of the gentle giants being tacked up. We heard how two of the Household Cavalry Drum Horses, Major Juno (the first ever female drum horse) and Drum Major Apollo were both born on the farm, and were due to return for a weekend visit in a week's time. Their rank really is Major, and they outrank their soldier carers - who even have to salute them! After visiting the donkeys, the museum and the shop, we went on to the Salutation for a delicious supper.



Judy Webb, receiving a very surprising hot breath on the back of her neck from Meganne La Fey, mother of Drum Horse Juno!

Judy Webb



GLANDWR W I

On 13th October, Glandwr W I will hold their monthly meeting at 1.30 pm on Monday 13th October when Petra Wood, will speak on Homeopathy. Meetings are held in Canolfan Hermon, and members can bring along a packed lunch at 12.15pm for a pre-meeting chat. You would be very welcome to join us!

Ladies from Clunderwen and Llandissilio WI had a very enjoyable evening at the Veganishmum Pop Up Restaurant in Llandysul.

Brione and Rob and their team are thrilled to have not only been nominated, but also Finalists again, in the Best Vegetarian Establishment upcoming Food Awards-Wales.

Many thanks for a wonderful fun evening, delicious food and good company.



do everything
in Love

1 Corinthians 16:14

CLUNDERWEN YFC AND VILLAGE AGRICULTURAL SHOW Saturday, 30th August 2025,

The outside events included classes for sheep, cattle, goats as well as horse events. Our own Sarah Eynon's pony Noah, was awarded a second place in the Section A class, shown by Sarah's daughter Lauren, and another second in the Mountain and Moorland Class when shown by Sarah, very well done!

There were classes of field crops including hay and the longest stem of maize, as well as Dog events and sheep dog handling. One exhibit included a Sow, with a litter of TEN piglets.

There were plenty of trade stands, including one manned by Reverend Sharon Edge, Curate of Clunderwen and Llandissilio churches, in support of the churches and the Tir Dewi charity. There were also displays of vintage tractor and vintage and classic cars. David won the first prize cup for his vintage MG.

There was a huge range of competitions inside the hall which included children's crafts, vegetables, flowers and other produce, crafts, cookery, wine and beer as well as photography. The Clunderwen W.I. provided refreshments for all the stewards and judges of the competitions. Despite the inclement weather, the show was supported by a large crowd who were not put off by the rain.

David Jones
Hazel Jones







Two Clunderwen and Llandissilio WI ladies, Barbara Pegg, from Llandissilio Church and Nia Davies, presented with their winning cups at the Clunderwen and Llandissilio Show on Saturday 30th August.

Well done to everyone and the WI ladies who worked hard to prepare a scrumptious meal for the judges and stewards.



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Daniel Blackburn. 1971 - 2025

If you had met Daniel for the first time, you would meet a quietly but well spoken, man. Nothing about Daniel was flash, his appearance, mannerisms, even his car. You could be forgiven for thinking that he was a normal Small holder from west Wales, but Oh! That Hair!! He had a rebellious streak!



That first impression could not be further from the truth.

Daniel was a renowned Scientist with excellent practical skills. When he was at Preselli School, although troubled by Dyslexia his A level exams in the sciences, were way above the standard he needed to gain excellent qualifications from some of the most prestigious universities in the world, including Cambridge, but he was a bit of a rebel, often getting into trouble during protest marches in support of his passions. The environment, conservation, ecology, renewable energy and sustainable transport amongst many other causes close to his heart.

He invented a process that would convert used cooking oil into a bio-fuel which he ran his car on, taking it loaded with this Bio fuel in oil cans in the back of his car, on continental trips, with the ready explanation that it was “cooking oil” did he always pay the fuel duty he should have? You will need to ask him!

He became a director of Green Dragon buses at Bwlch-y-Groes, convincing them that Bio-fuel was the future and arranging for the purchase of a suitable mini bus which he converted to run on Bio Fuel, a truly Green Dragon. This bus ran successfully for many years

He became part of the organising group of the Celtic Blue Rock Festival at Trefawr Farm, with Bill & Eirlys Davies which ran successfully every year from 2005 and attracted over 70,00 people at the final event in 2009.

Truly a rebel, but one with a cause.

He became a powerful political lobbyist ensuring that the correct departments in Westminster and Cardiff became aware of just how strongly south west Wales thought about community transport and renewable energy. In fact, he won numerous awards and journal articles for the new technology he was inventing as well as forging great links with bus providers like Richards Brothers to promote and use non-fossil fuels. His goal was to decarbonise private vehicles and use non fossil fuel here in west Wales and ultimately nationwide.

Daniel was a great advocate for renewable energy in the area and was a great influence on many national consultations on developing community led energy initiatives.

To this end he and his team, was involved in submitting a feasibility study for a range of renewable systems including Hydrogen, Solar Wind and Hydro

As a result of initiative, a presentation was given to to the UK Department for Energy and Climate Change, resulting in a grant of £400,000 being awarded to the Cwm Arian team for a feasibility study for developing a community owned Electric Wind Turbine project. a £1.33 million financial package from the Development Bank of Wales allowed for the purchase of a 700kW Turbine from Germany.

The Turbine was delivered to Trefawr in 2019.

The journey of the turbine components through the narrow roads to Llanfyrnach was a testimony to the skill of the drivers of the huge transporters

Whilst the old school in Hermon was being redeveloped as Canolfan Hermon, Daniel was very involved in a solar support scheme for the project,, which involve a Solar Panel array on the roof of the building and an air source heat pump system which resulted in heating cost being zero and over £2,000 a year in feed in tariff payments a truly first Net Zero achievement.

One of Daniel's major achievements was effectually, with others to allow the Welsh Government to be the first in the world to introduce an act (of government) to ensure that all public sector bodies in Wales give full consideration to any action on how it would affect the future generations of Wales

Daniel's action, perseverance and campaigning led to many financial grants and awards to the Team at Cwm Arian of well over £3,000,000 which will benefit the community in the years to come. His persuasive manner made it simple for those in authority to see his vision, he did not argue, he just explained why he was right.

It would be true to comment, that whilst Daniel touched many people's lives, from the school children that he mentored in some scientific project, to the walker he transported in the "Veggie Bus" back to base, up to the leading politicians in Westminster, all new a little bit about the man, he was such a multi-faceted, complex and interesting character that few knew the total package.

Many of his close friends and family said many great things about Daniel at his memorial which makes his loss the sadder. He has left a huge gap in the local community and his like will never be seen again, but his spirit will live on in the legacy he leaves behind. A gentle man, a true Gentleman, but a Warrior for the causes he believed in.

A fitting epitaph could be based on the one for Sir Christopher Wren in St. Paul's Cathedral: "If you wish to see my memorial, look around you"

**Please send details of your forthcoming events
during November and the Advent Season
so we can include them in Grapevine**

Tribute Concert

for Martin Lloyd former Headmaster Preseli School
to raise funds for Cilgerran Eisteddfod
at Rhos-y-Gilwen Mansion, Cilgerran
October 10th 2025 at 7:30 pm to 10:30 pm



*Tickets available at £15.00
from John Cwmbettws Davies on 07977239352
or email Johncwmbettws@gmail.com*



2il Dydd Sadwrn bob mis
2nd Saturday every month

Te am 2 Tea at 2 - 2025

2pm £4

Canolfan Clydau, Tegryn

Ionawr 11 January	Gorffennaf 12 July
Chwefror 8 February	Medi 13 September
Mawrth 8 March	Hydref 11 October
Ebrill 12 April	Tachwedd 8 November
Mai 10 May	Rhagfyr 13 December
Mehefin 14 June	

CROESO CYNNES I BAWB ALL WELCOME

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2il Dydd Sadwrn bob mis
2nd Saturday every month

Te am 2 Tea at 2 - 2025

2pm £4

Canolfan Clydau, Tegryn

Ionawr 11 January	Gorffennaf 12 July
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Mai 10 May	Rhagfyr 13 December
Mehefin 14 June	

CROESO CYNNES I BAWB ALL WELCOME

Tel. Diana 01239 612614 or Marie 01239 698003



CLWB CINIO CLYDAU LUNCH CLUB 2025

Please join us in Canolfan Clydau in Tegryn, on the
**4th Tuesday every month
at 12.30.**

Everyone is welcome, but **please phone beforehand** so we know
how many people to expect.

Please phone Claire on **07957 319682**

VOLUNTEERS ALSO WELCOME!!

Ionawr 28 January 2025

Chwefror 25 February

Mawrth 25 March

Ebril 22 April

Mai 27 May

Mehefin 24 June

Gorffennaf 22 July

Medi 23 September

Hydref 28 October

Tachwedd 25 November



CLWB CINIO CLYDAU LUNCH CLUB 2025

Please join us in Canolfan Clydau in Tegryn, on the
**4th Tuesday every month
at 12.30.**

Everyone is welcome, but **please phone beforehand** so we know
how many people to expect.

Please phone Claire on **07957 319682**

VOLUNTEERS ALSO WELCOME!!

Ionawr 28 January 2025

Chwefror 25 February

Mawrth 25 March

Ebril 22 April

Mai 27 May

Mehefin 24 June

Gorffennaf 22 July

Medi 23 September

Hydref 28 October

Tachwedd 25 November

NOT EVERYTHING NEEDS
TO MAKE SENSE RIGHT NOW.
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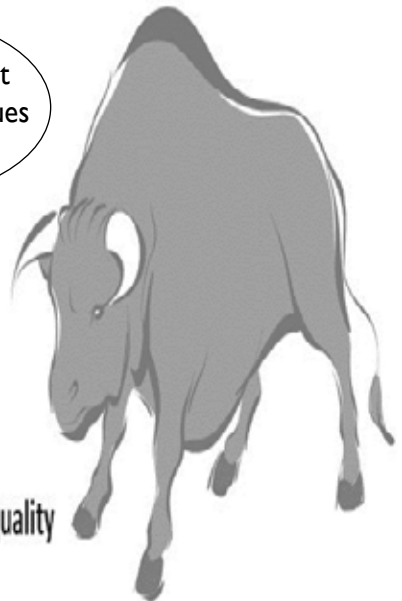
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Bible Readings for October from DAILY BIBLE READING GUIDE 2025

01 Lamentations 2

02 Lamentations 3:1-24

03 Lamentations 3:25-45

04 Lamentations 3:46-66

05 2 Timothy 1:1-14

06 Luke 17:1-10

07 Luke 17:11-21

08 Lamentations 4

09 Lamentations 5

10 2 Timothy 2:1-15

11 Psalm 66

12 2 Kings 5:1-16a

13 2 Kings 5:16b-27

14 Jeremiah 31:23-40

15 Psalm 119:89-104

16 Psalm 119:105-120

17 2 Timothy 3

18 2 Timothy 4:9-22

19 Luke 18:1-17

20 Joel 2:1-17

21 Joel 2:18-32

22 Psalm 65

23 Psalm 84

24 Luke 18:18-30

25 Luke 18:31-43

26 Psalm 119:121-136

27 Psalm 119:137-152

28 Jude

29 Luke 19:1-10

30 Daniel 7:1-14

31 Daniel 7:15-28



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For more information

Hate has 4 letters, so does Love.
Enemies has 7 letters, so does Friends.
Lying has 5 letters, so does Truth.
Negative has 8, so does Positive.
Under has 5, so does Above.
Cry has 3 letters, so does Joy.
Anger has 5 letters, so does Happy.
Right has 5 letters, so does wrong.
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It means life is like double edged
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Congratulations to the “Clebran” on celebrating 50 years. Their anniversary was celebrated with afternoon tea at the new Caffi Beca and the special cake was cut by Helen Davies, who christened the paper, with Joyce Williams and Mair Davies who have been collecting news from Llanfyrnach and Glandwr since the 1980’s.



During the 1990’s, Bill Davies, Trefawr, having read a report on life in the area and how wonderful it was for children and adults, but not much for the teenagers, decided to hold a festival on the farm. It was an annual event until 2010 when Cardigan council invited it to the town.

Celebrating the anniversary of taking the Castle back from the Norman’s, the town council had a summer full of events, plenty for children and adults, but not much for the young people, and that also became an annual event.

On celebrating a special birthday and collecting for the deaf instead of gifts, and being told that there isn’t a festival for the deaf in Wales at all, the Cardigan festival became the Celtic Deaf Festival and caters for deaf and hearing people. T.V. cameras visited and Sioned and Elin Williams from Trehendry were on the “Heno” magazine programme, last year. This year was another great success despite the weather.

People came from as far away as Cornwall and Blackpool to attend.

Joyce Williams

Breakfast Muffins

These are fun to make with the kids and are great for refuelling after a morning workout, or for eating on the go. The banana keeps the muffin moist and adds natural sweetness. Blueberries are great here, but feel free to use other berries if you like.

Ingredients

100g rolled oats
120 g Self Raising Flour
2 tsp baking powder
1 tsp ground mixed spice
1 tsp ground cinnamon
250g Greek Yogurt
10ml whole milk
50g butter, melted
3 large eggs, lightly beaten
2 tbsp Vanilla extract
4 tbsp Granulated Sugar
300 g bananas (3 large) mashed or chopped

For the topping

30g mixed seeds (I used slivered Almonds)
1 tbsp rolled oats
1 tbsp demerara sugar
150g fresh blueberries (not frozen) Topping

Method:

Heat the oven 180C fan / gas 6. Line a muffin tray with muffin cases. Blend the oats in a food processor to the consistency of flour. Add all the remaining ingredients except the banana and blend until smooth.

Transfer the mixture to a large bowl and fold through the bananas and blueberries. Spoon the mixture evenly into the muffin cases.

For the topping:

Divide the blueberries between the muffins and mix the almonds, oats and sugar together and sprinkle over the tops of the muffins.

Bake for 35 to 40 mins or until risen, golden and cooked through. Transfer to a wire rack and leave to cool a little. Eat while still warm if you can. Stays fresh for 3 days.

To freeze: Leave to cool then freeze in Ziplock bags or an airtight container. Defrost at room temperature anytime you need a quick breakfast or treat. You can also reheat the muffins in the oven - heat to 180 deg for 4 to 5 mins.



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WREATH & TABLE CENTRE

THE MARKET HALL & ST. BRYNACH'S CHURCH, LLANBOIDY
are taking bookings for their traditional
Christmas Wreath and Table Centre Workshop day
on 13th December 2025

presented by Mrs Kath Lee
Ex tutor of floral art, pershore college

- All materials provided
- Traditional wreath making from 10am
- Table centre making after lunch
- Refreshments provided throughout the day- mulled wine, mince pies, christmas cake, tea and coffee

Bring a small lunch, secateurs and anything personal you'd like to add to your decoration-ribbon, baubles etc.

Please contact Delyth 01994 448423/delythbebb@gmail.com
to book your place.

Cost is £50 payable at the time of booking, non refundable, before 30th November 2025.

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