



CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Registered Charity in England & Wales (1144653)

Rhifyn Issue 37

Chwefror February 2013



Cymuned Pennant Community Presents

**In the Association with 'Night Out/Noson Allan'
(Supported by The Arts Council of Wales)**

ISLA ST CLAIR

with her latest show

HEROES & VILLAINS! IN SONG AND FILM

**7.30pm Saturday 9th March 2013
Pennant Community Centre**

**Tickets: £5.00 for Members
£7.00 for Non-Members**

**Tickets available from Ian Roberts, Elaine Bradshaw & Malcolm Sumner
Contact Telephone number 07972-675745**

A BIG THANK YOU

Janet and Alan Turner would like to say a big thank you to everyone for their 'get well' wishes over the past few weeks.

Janet returned home after her operation just before Christmas and is now making good progress. Thank you all for your concern and support and we wish you all a Happy New Year.

Best wishes
Janet & Alan, Penarth

OPERATION SHOEBOX

On behalf of all the troops serving in Afghanistan, Operation Shoebox UK would like to thank everyone for their support last few weeks.

The Lucky Dip and the Military bear naming competitions and raffles raised enough funds to fill over 30 boxes which have been sent out to soldiers during the past few weeks - you really have made a difference in supporting UK troops serving abroad.

Thanks

Gill Greetham

AN APPEAL

I have been selected, as an Ambassador, to represent Welsh Young Farmer's Clubs on a study tour to Northern Ireland for a fortnight in May 2013.

This is a great honour to be selected as a Wales 'Ambassador' and, as a result, I am now looking for sponsorship, be it financial or Welsh promotional products or others, to assist with the associated costs.

If anyone wishes to support me, please do not hesitate to contact me on 07791741460 or carys.lewis@btconnect.com

Many Thanks
Carys Lewis. Fferm Llanbadarn,

PENNANT PHOTOGRAPHY CLUB

NEXT MEETING: 7.45pm Friday 15th February, 2013

Due to the cancellation of our last meeting on 18th January we have re-arranged the speaker, Roy Thomas, from the Welsh Photographic Federation.

There will be business to conduct for the formal setting up of the Club.

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PENNANT 'RAMBLERS'

The next monthly walk will be on **Wednesday 13th February, 2013**

Walk – Twm Town Walk, Tregaron
Distance – 3.5 miles
Duration – 2 hours

Meet at 9.30am at the Community Centre so that we do not need to take too many vehicles. Perhaps a spot of lunch could be taken locally afterwards.

Please ensure that you have good walking boots, waterproofs, etc.

Contact for this walk is Malcolm Sumner 01545-571547 or 07967-116632

NORDIC WALKING

There have been requests for at least one organised walking day, per month, for those that trained for Nordic Walking. It is felt that, as with the training, a Saturday or some other time over the weekend would probably suit most people. However, this does not preclude others getting together other times and finding more areas to walk.

If everyone is in agreement I will provide those in the Nordic Walking Group with other member's details. If someone intends to go walking at any time, they can see if anyone else would like to go along.

Next Nordic Walking Group Walk: Meet 10.00am at Community Centre Saturday 23rd February, 2013.

If anyone wishes to take part in training or go along with a training session please contact Graham or Judith, tel. no. 01239-614331 or email ilyshaf@gmail.com.

PWYTHWYR PENNANT STITCHERS

FEBRUARY 2013

All meetings as usual on Thursday evenings.

There will be no Saturday sessions during February due to Emma now having a new job.

GARDENING CLUB

NEXT MEETING: 2.00pm Wednesday 23rd February, 2013.

Come along to chat about a new planting season.

This is to be followed by a discussion, leading to the setting up of 'Pennant Community Allotments'.

100 CLUB RESULTS

January draw was made at the Community Centre during Coffee & Carols Morning.

JANUARY DRAW – 17/01/2013

1st 56 - Malcolm Sumner - £10.00

Runners-up

29 - David Greetham - £5.00

85 - Glenys Edwards - £5.00

If you wish to join the 100 Club forms are available from the Centre or website. Cost for the remainder of the year is £2.00 per number.

PENNANT COMMUNITY SERVICES

At the present time Cymuned Pennant Community offers for sale 1st and 2nd Class Postage Stamps. Also you are still able to purchase from a large selection of Greeting Cards, 5 Cards for £1.00. The money raised from the sale of the greeting cards goes to a local charity, The Mid Wales Colo-Rectal Cancer Fund.

It is also intended to purchase fresh vegetables – Potatoes, Onions and Carrots, etc to sell from the Centre on Thursday mornings. We will also look at other items, if requested, along with any promotional offers. There are considerable savings to be made on the prices charged at local shops and supermarkets. This will be a trial period and people can order what they want in future weeks.

This will commence between 9.30am and 12.00pm on Thursday 7th February, 2013.

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PENNANT CHURCH SERVICES

Sorry, no details for the local Church Services, during February, available at the time of printing.

Details and dates will be available on the web site soon.

ERTHYGLAU'R CAMBRIAN NEWS ARTICLES

Fel y gwyddoch, rwy'n ceisio cael erthygl fer yn adran Up Your Street yn y Cambrian News (Argraffiad y De) bob wythnos. Os bydd rhywun yn dymuno i mi sôn yn benodol am eu grŵp neu rywbeth arbennig sy'n cael ei drefnu ar gyfer Cymuned, rhowch wybod i mi ac fe geisïaf ei ymgorffori.

As you know, I try to get a short article in Cambrian News (South Edition) Up Your Street section each week. If anyone would like me to mention their group in particular or something special that's being organised for Cymuned, please let me know and I will try to incorporate it.

E-bostiwch Annmarie Butlin: dbutlin@btinternet.com neu ffoniwch 01545 574600. Diolch!

Email Annmarie Butlin: dbutlin@btinternet.com or phone on 01545 574600. Thank you!

GWASANAETHAU CAPEL PENNANT CHAPEL SERVICES

CHWEEFROR / FEBRUARY

3 rd	-	4.00pm
10 th	-	To be confirmed
17 th	-	2.00pm
24 th	-	4.00pm

MAWDTH / MARCH

3 rd	-	10.00am
10 th	-	2.00pm
17 th	-	4.00pm
24 th	-	10.00am
31 st	-	2.00pm - Easter Sunday

EBRILL / APRIL

7 th	-	4.00pm
14 th	-	To be confirmed
21 st	-	2.00pm
28 th	-	4.00pm

Details and dates will be available on the web site soon.

COMPETITION FOR BUDDING POETS WRITE YOURSELF INTO THIS HEROIC NEW BOOK - £300 IN PRIZE MONEY

Can you write a poem or short story for a book being produced for Operation Shoebox UK, a charitable organisation which supports British servicemen and women based overseas, particularly in Afghanistan?
The book is the idea of Operations Director Ian Whiteway, who in 2005, set up the scheme sending parcels to troops. Ian said, "With the help of United Press we are putting together a book, funds from which will go directly to help our forces. We are looking for poems and short stories from people all over the UK. You don't have to be directly connected to the services and your entry does not have to be on a military subject.

The competition will be split into categories and judged by a professional panel; winning entries will be published in the book, due out in time for Christmas 2013.

The competition is open to all UK residents and the categories are:- under 12's; under 18's; over 18's.

Three prizes of £100 for the categories have been kindly donated. The winner of each age group will receive vouchers for the following:- Under 12's £100 for Argos; Under 18's £100 for Primark ; Over 18's £100 for Marks and Spencer.

Information and Terms & Conditions, with details of how to enter, can be found on <http://www.unitedpress.co.uk/>.

More information can be found on our website <http://www.operationsshoebox.co.uk/contentok.php?id=80>

Send your entry to: info@unitedpress.co.uk or by post to United Press, Admail 3735, London, EC1B 1JB. Please mark it "Shoebox Book".

You must include your full name and postal address including postcode. The closing date is February 28th 2013.

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CYFARFOD CYMUNED COMMUNITY MEETING

7th January 2013

Below is a brief report of the topics covered during the Community Meeting.

DEVELOPMENT & LOTTERY

There has been correspondence between Ceredigion County Council and our legal representative although this does not appear to have us any closer to a lease being drawn up and signed.

There has been no further correspondence with the Big lottery Fund with regard to our Lottery Bid. As soon as any news is received this will be relayed to everyone.

CLUBS, GROUPS & SOCIALS

The next Live Entertainment has now been confirmed for 7.30pm Saturday 9th March 2013. This will be Isla St Clair's new show 'Heroes and Villains'. Tickets are on sale now.

The Nordic Walking training has been completed and poles have been purchased for the majority of those who took part. However, should anyone stop using the poles they would have to be returned to Cymuned Pennant. Further training sessions will be available for anyone wishing to take part. A regular Nordic Walking day is to be organised.

SERVICES

Thank you to the people that have added their names to the email account to receive their copy of the 'Cymuned' monthly newsletter on-line. Also the newsletter is published on our website.

BROADBAND

Just a quick reminder to all residents with broadband, to take part in the on-line survey that also checks your 'line speed'. This can be accessed through the Ceredigion County Council website. Remember that a grant of £1000 is still available from the Welsh Assembly to provide a service of a minimum of 2Mb.

NEXT MEETING / CYFARFODYDD NESAF: 8.00pm, Monday 4th February 2013 / Dydd Llun 4 Chwefror 2013.

All the Community Meetings are 'open' and everyone is welcome to attend. Also, if you have some issue(s) that you would like addressed, or some assistance with, please email 'info' address, headed 'MEETING', or leave a note at the Community Centre.

COMMUNITY COUNCIL

The next meeting will be 8.00pm on Monday 11th February 2013, at Pennant Community Centre (the Old School).

Meetings will alternate between Aberarth Village Hall and Pennant Community Centre (the old school).

Meetings are open to the public.

HEALTHY LIVES UPDATE

Congratulations to all involved with 'Healthy Choices, Healthy Lives'.

'Healthy Lives' has been running since March 2012. In that time we have had presentations and discussions on various aspects of diet and exercise. Current sessions involve a weigh-in and gentle exercise.

There are currently 15 members and 10 who regularly attend. For those attending there has been a combined weight loss of 36kgs (79lbs or 5st 9lbs) up to December. We are a very friendly group and would like to encourage people to attend for their individual health and diet plan.

There is a one off Membership fee of £6.00, for which you will receive your 'Club' pack, and £3.00 fee each session you attend.

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ITEMS FOR SALE

Box of fiction books, read once but in excellent condition, £10.00 for approx. 20 books. List available to anyone interested via email.

Contact: Ann McSweeney – 01974- 821544 or 07581 341304 - email: ann.mcsweeney@btinternet.com

4 x White, 6 panel, interior doors....£20.00

White, 6 panel, interior Fire Door....£20.00

Contact: Malcolm Sumner 07967-116632

Do you have anything you wish to sell or any items you would like to buy?

Why not advertise in your local newsletter. There is no charge unless it is part of a commercial enterprise/activity.

OTHER LOCAL NEWS & EVENTS

If you know of any other local events, exhibitions, fund raisers, displays, entertainment, etc., please let the newsletter editor know.

Cymuned would like to support other local community ventures, appeals and charities.

YOUR NEWS

Deadline for any articles, notices or information relating to groups, personal notices/news, sales and wants to reach the Newsletter Editor, for February issue by

Monday 18th February, 2013.

FILM NIGHTS / NOSON FFILMIAU

7.30pm Saturday 2nd February, 2013
7.30pm Dydd Sadwrn 2 Chwefror, 2013

‘A Spine Chilling Ghost Story. Don’t Watch It Alone.’

‘THE WOMAN IN BLACK’⁽¹²⁾

Starring Daniel Radcliffe

Do you believe in ghosts?

Based on the classic ghost story, The Woman in Black tells the story of Arthur Kipps, a lawyer who is forced to leave his young son and travel to a remote village to attend to the affairs of the recently deceased owner of Eel Marsh House. Working alone in the old mansion, Kipps begins to uncover the town’s tragic and tortured secrets and his fears escalate when he discovers that local children have been disappearing under mysterious circumstances. When those closest to him become threatened by the vengeful woman in black, Kipps must find way to break the cycle of terror.

FILM NIGHTS / NOSON FFILMIAU

7.30pm Saturday 16th February, 2013
7.30pm Dydd Sadwrn 16 Chwefror, 2013

‘Amazing and Adrenaline Fuelled.’

‘RED TAILS’⁽¹²⁾

Starring Cuba Gooding Jnr & Terrence Howard

Academy Award Winner Cuba Gooding Jnr and Academy Award Nominee Terrence Howard lead a powerful ensemble cast in this high-flying epic inspired by the real-life adventures of the first African-American combat unit to serve in World War II.

Italy 1944. As the war takes its toll on Allied forces in Europe, a squadron of black pilots known as the Tuskegee Airmen are finally given the chance to prove themselves in the sky... even as they battle discrimination on the ground. Featuring jaw-dropping aerial action and thrilling special effects, Red Tails is a breath-taking tribute to the unsung heroes who rose above extraordinary challenges and ultimately soared into history.

7.30pm Saturday 23rd February, 2013
7.30pm Dydd Sadwrn 23 Chwefror, 2013

‘The latest, must see, James Bond blockbuster’

‘SKYFALL’⁽¹⁵⁾

Starring Daniel Craig & Dame Judi Dench.

Your opportunity to see James Bond in his 50th Year. Watch this box office smash hit for the first time or again.

See all the action you would expect to see in probably the best Bond film ever made.

Don't miss it!!!!

At 6.00pm there will be food available before the evening's film offering at 7.30pm. A list is available to book a meal at the Community Centre, or book via email or contact one of the listed Trustees. You can have the meal without any obligation to see the film.

It may be worth putting your name down to view the films to make sure you can get a seat.

There are conditions attached to the licence, in that, anyone attending must be a member and any payment made cannot be for viewing the film. We are also restricted as to the maximum number of people who can view at any one time. A raffle ticket will be sold, £2.00 per ticket, on entry. The film shown will be the raffle prize. Ice Cream and refreshments will be available for purchase.

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LOCAL GROUPS & REGULAR EVENTS

LUN - MONDAY

5.30pm to 7.00pm - Yoga Classes – Cyswllt/Contact Ian Roberts ar/on 01545-570903.

MAWRTH - TUESDAY

1st & 3rd Tuesday of the Month - 1.30pm to 3.00pm - Pennant W.I. – Cyswllt/Contact, President - Ceinwen Edwards ar/on 01545-570072

4th Tuesday of the Month – 7.30pm - History Group/Clwb Hanes – Contact/Cyswllt Dilys Jones on/ar 01545-570245 (PLEASE CHECK NEWSLETTER & WEBSITE AS TO ANY FUTURE MEETING)

MERCHER – WEDNESDAY

Every Wednesday of the Month, 7.00pm to 9.00pm – Healthy Choices – Healthy Lives. Contact / Cyswllt – Dr Emma Lansley or Dr Martin Lansley on/ar 01545-570210

3rd Wednesday of the month. 2.00pm to 4.00pm - Gardening Club - £1.00 y pen/per head.

IAU – THURSDAY

Every Thursday of the Month. 10.00am to 11.30am - Bore Coffee Morning - £1.00 y pen/per head – coffee or tea and biscuits, coffi neu te a bisgedi.

Every Thursday of the Month. 2.00pm to 4.00pm - Art Group/Grwp Celf. Contact/Cyswllt – Phil Huckin on/ar 01545-574756

Every Thursday of the Month, 7.00pm to 9.00pm - Pwythwyr Pennant / Cross Stitch and Hand Sewing Group. Contact/Cyswllt – Dr Emma Lansley on/ar 01545-570210

3rd Thursday of the Month (Thursday Ferret) – 9.00pm to 10.30pm - PUBS (Pennant Unlicensed Brewers Society - Cyswllt/Contact Ian Roberts ar/on 01545-570903.

3rd Thursday of the month. 10.00am to 4.00pm - Community Day. Free table to sell your wares.

GWENER – FRIDAY

2nd Friday of the Month – 7.45pm – Pennant Photography Club – Contact/Cyswllt Malcolm Sumner on/ar 01545-571547

Noson Bingo Nights, Noson Gemau/Games Nights and Noson Cwis/Quiz Night - 7.45pm. See advertising board and events diary to confirm activity.

SADWRN - SATURDAY

2nd Saturday of the Month, 10.00am to 4.00pm - Pwythwyr Pennant / Cross Stitch and Hand Sewing Group. Contact/Cyswllt – Dr Emma Lansley on/ar 01545-570210

KEYHOLDERS / CONTACTS FOR CENTRE

Malcolm Sumner (Contact for Bookings)
Penbryn, Brynhyfryd - 01545-571547

Ian Roberts - Felin Cwm - 01545-570903

Ron Cutler - Gwarfelin - 01545-570455

Elaine Bradshaw – Gerallt - 01545-570240

Ian Lampert
Llwyn-Y-Deri, Brynhyfryd - 01545-574624

FUTURE EVENTS FOR 2013 DIGWYDDIADAU I DDOD AR GYFER 2013

ST DAVID'S DAY

7.00pm Friday 1st March, 2013
Cawl evening – a social event with local entertainment

PHOTOGRAPHY EXHIBITION

March/April 2013

ART & CRAFT EXHIBITION

June 2013

LITTER PICK

6.00pm Friday 5th April, 2013
Litter pick followed by Chinese takeaway

VILLAGE SHOW

Saturday 17th August, 2013.

WINTER SUPPER

October 2013

CHRISTMAS FAIR

10.00am 23rd/24th November, 2013

The above events may be liable to postponement or cancellation dependent on the future development plans for the Community Centre.

Is there any form of entertainment you would be interested in seeing at your Community Centre? Let us know so that we can see if it is possible to arrange or let us know if you have a contact. Is there an activity or an interest that you would like to see at the Centre. Let us know.

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(All events to be held at Canolfan Cymuned Pennant Community Centre unless otherwise stated)

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Day/Date		Time	Digwyddiadau Events
Fri	1	7.45pm	Quiz Night/ Noson Cwis
Sat	2	7.30pm	FILM NIGHT / NOSON FFILM: 'The Woman in Black'
Sun	3		
Mon	4	8.00pm	Cyfarfod Cymuned Community Meeting
Tue	5	1.30pm	Pennant W.I.
Wed	6	12.00pm 7.00pm	Luncheon Club/ Clwb Cinio Healthy Choices/ Dewisiadau Iach
Thu	7	10.00am 2.00pm 7.00pm	Bore Coffi / Coffee Morning Arts Group / Celf Grŵp Pwythwyr Pennant Stitchers
Fri	8	7.45pm	Noson Bingo Night
Sat	9		
Sun	10		
Mon	11	8.00pm	Community Council Meeting / Cyngor Cymuned Cyfarfod
Tue	12		
Wed	13	9.30am 7.00pm	Meet for Monthly Ramble / Crwydr Misol Healthy Choices/ Dewisiadau Iach
Thu	14	10.00am 2.00pm 7.00pm	Bore Coffi / Coffee Morning Arts Group / Celf Grŵp Pwythwyr Pennant Stitchers
Fri	15	7.45pm	Photography Club / Clwb Ffotograffiaeth
Sat	16	6.00pm 7.30pm	SOCIAL/ CYMDEITHASOL : Meal / Pryd o fwyd FILM NIGHT / NOSON FFILM: 'Red Tails'
Sun	17		
Mon	18	5.30pm	Dosbarth Yoga Classes
Tue	19	1.30pm	Pennant W.I.
Wed	20	12.00pm 2.00pm 7.00pm	Luncheon Club/ Clwb Cinio Gardening Club / Clwb Garddio Healthy Choices/ Dewisiadau Iach
Thu	21	10.00am 2.00pm 7.00pm 9.00pm	Bore Coffi / Coffee Morning Arts Group / Celf Grŵp Pwythwyr Pennant Stitchers PUBS - 'Thursday Ferret'
Fri	22	7.45pm	Quiz Night/ Noson Cwis
Sat	23	10.00am 7.30pm	Meet for Nordic Walking PREMIER FILM NIGHT / NOSON FFILM: 'Skyfall'
Sun	24		
Mon	25	5.30pm	Dosbarth Yoga Classes
Tue	26		
Wed	27	7.00pm	Healthy Choices/ Dewisiadau Iach
Thu	28	10.00am 2.00pm 7.00pm	Bore Coffi / Coffee Morning Arts Group / Celf Grŵp Pwythwyr Pennant Stitchers

The above programme may be subject to changes, addition of further events or private bookings.
 Private bookings can be made for the Centre facilities through the newsletter editor.

Efallai y bydd y rhaglen uchod yn cael ei newid, neu yr ychwanegir digwyddiadau eraill ati neu logi preifat.

NEWSLETTER EDITOR

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