

Cludiant Cymunedol
Llanwrtyd
Community Transport

NEWSLETTER

Edition 18

August 2020

Hello everyone

I hope this latest edition finds you all well and still staying safe from this awful virus. It's unfortunate that so many things have had to be postponed until 2021, like the Green Events Summer Cider Cycle which should take place this month along with the Rude Health Bog Triathlon and the Rude Health World Bog Snorkeling Championship. We will also be unable to celebrate a special anniversary this year, that of VJ Day and the end of World War Two. Here is a little information about how this came to be:

VJ Day (Victory in Japan Day)

2020 is the 75th anniversary of the end the Second World War. Back in May this year we had the anniversary of VE Day (Victory in Europe), however, the war continued with bitter fighting in the Far East for another three and a half months until the Japanese surrendered on August 15th 1945. *"We may allow ourselves a brief period of rejoicing," said Sir Winston Churchill during his VE Day broadcast, "but let us not forget for a moment the toil and efforts that lie ahead. Japan, with all her treachery and greed, remains unsubdued."*

Fighting in the Asia-Pacific took place from Hawaii to North East India. British and the Commonwealth's principle fighting force, the Fourteenth Army, was one of the most diverse in history, over 40 languages were spoken and all the world's major religions represented.

The surrender came after the USA dropped two atomic bombs on Japan, August 6th on Hiroshima and August 9th on Nagasaki. The atomic bombs were dropped with the sole purpose of persuading Japan to surrender. A Boeing B-29



Superfortress Bomber nicknamed Enola Gay after the mother of the Pilot, Colonel Paul Tibbets was used to drop the bombs, which had a devastating effect on the cities, the thermal, nuclear and heat effect of the explosives killed and injured around 200,000 people, mostly civilians. It was the only time nuclear weapons have been used in warfare. People continued for months to suffer the after effects of the blasts.

Having agreed in principle to surrender on August 15th, Japan signed a formal surrender on September 2nd 1945 aboard the battleship USS Missouri in Tokyo Bay thereby bringing World War Two to an end.

Unfortunately as with VE Day, any planned celebrations will not be able to go ahead, but we can all take some time out to think of all the people, service men and women plus civilians of all nations who paid the price for the freedom we have today. Blessings to them all.

June Parkinson

It is with heavy hearts that we acknowledge the passing of our dear friend and company director of Llanwrtyd Wells Community Transport, June Parkinson.

Although only a part of our organisation for a relatively short while, June made a massive impact, as she did with all the organisations she worked with. She will be sorely missed by us all, and we thank her for sharing her expertise, knowledge and experience with us, as well as being a dear friend to many of us.



We hope that June has found peace, and we send our very best wishes and deepest sympathy to her family and all who loved her. Blessings xx

Love the Skin You're In



Three good friends went for a swim.
The one who was fat wished she was thin.
The one who was curvy wished she was clever.
The one who was clever wished she swam better.
The really great swimmer wished she was witty.
The one who was witty wished she was pretty.
All three friends thought the other two were just fine.
If only they could let their own bright light shine.
So throw on your swimsuit if you're fat or you're thin.
Enjoy fun and friendship love the skin that you're in!

Painting and Poem by kind permission of Rachel Toll at
<https://www.watercoloursbyrachel.co.uk/>

Update on LWCT

We are well and truly installed in our new headquarters at the Lion Garage in Builth Wells. We've had a good old clear out, and much of the stuff that had accumulated on the Cilmery site has gone, giving us a fresh start. We can't wait for this pandemic to be over so we can begin providing our twice weekly coffee clubs at the Llanwrtyd Community Centre based at the station, plus our shoppa buses, outings etc, so fingers crossed it may soon be over. We're thinking that as the Wales lockdown eases we might be able to operate our coffee clubs by early to mid-September, so keep watching this space for the good news.

Don't forget that our new contact details are 01982 552727 and Laura@llanwrtydcommunitytransport.org.uk, so if you think we can help in any way, please give us a call. We are still able to provide a service using our wonderful volunteer drivers, and can collect and deliver prescriptions, shopping and pre-ordered take away food, which can currently be done **FREE OF CHARGE** due to some grants we have secured.

We are also still taking people to medical appointments, either locally or further afield like Hereford, Cardiff and other places (don't forget that we do have a wheelchair friendly vehicle for if you're unable to get into a car), and the good news is that although there is usually a charge for this service we can provide the service **FREE OF CHARGE** too at the moment due to generous donations from, Tesco Bags of Life, Friends of Healthcare in Builth & District, Community Connectors, Prince's Trust, C-SERT, and our latest grant from the National Lottery Community Fund. We are extremely thankful to all our grant givers, we couldn't do it without you.

We are here to support every one of you if you think there is absolutely anyway we can help during this difficult time, this includes all age groups, businesses and the self-employed.

Sincere thanks to all our lovely volunteers and supporters, we can and will get through this together.

If you would like to use the services of our volunteer drivers, please contact Laura Burns on 01982 552727.



More photos of our new 'home' at the Lion Garage.



Rice and Tuna Salad

This recipe can be used as a starter or main course, so you need to decide on amounts of rice used. I always use brown rice as it has a lovely nutty flavour. You can leave out anything you don't like and add anything you do just be creative, and don't worry about the oil, this dish is truly delicious.

Cook an amount of brown rice (I use 100 grams which would most likely serve 3 - 4 for lunch with salad) in boiling salted water, strain and rinse under the cold tap to cool quickly and refrigerate.

Take an onion and chop finely. Cut some Belle peppers into small cubes, any colour will do or a mixture of colours.

You can add sweetcorn, either tinned [drain off the liquid] or frozen which has been thawed and drained.



You can add garden peas, again, just thaw and drain. Celery chopped is good too, and the young leaves from the heart.

If you like mushroom, cut off end of stalk and rinse. Pour boiling water over them and leave a few mins. Drain well and chop them into small pieces. You can use raw mushrooms if you prefer.

Put the rice into a serving bowl, and add tuna (I use 2 tins for 100 grams of rice) that is tinned in sunflower oil. You need to add some if not all of the oil, and this soaks into the rice which is lovely.

Add all the other ingredients, plus salt and a liberal amount of coarsely ground black pepper.

You can add fresh chopped herbs, parsley is always good, but so are fennel, dill, chives and lovage if you can get them. You can also add some crushed garlic. Mix all together and chill.

Serve as a starter with a salad garnish or as a main course with salad, new potatoes and garlic bread.

The Wink



Six black pussy cats, all in a row
Holding paws tightly, dance in the snow.
When the moon rises, what do you think?
She gives those pussies a saucy old wink.

Painting by Louis Wain 1860 – 1939

Poem by Jessie Pope 1868 – 1941

The month of August

August is the eighth month of the year in the Gregorian Calendar, however it was sixth month in the old Roman Calendar and was named Sextilis meaning sixth. Eight years before the birth of Christ, the name was changed to Augustus in honour of the Roman Emperor Augustus Caesar. The Anglo-Saxons called it Weod Monath (Weed Month) because August is the month weeds and other plants grow most rapidly.

The hottest days of the year often fall in August.

'Dry August doth warm and doth harvest no harm'.

'If the first week in August be warm, the winter will be white and long'.

August 1st is Lammas Day and was thanksgiving time (harvest time) in Britain. The name comes from the Anglo-Saxon word Hlafmaesse which means Loaf Mass. Lammas marks the beginning of the harvest when people went to church to give thanks for the first corn to be cut, and predates our Christian Harvest Festival which is now celebrated at the end of September, Michaelmas Day, September 29th being traditionally the last day of harvest.

A number of cultural festivals are held in August, not least the Edinburgh Festival, The Royal National Eisteddfod of Wales and the Notting Hill Carnival. Although it's highly unlikely that any of these will take place this year due to the virus and social distancing.

Here are some other facts about the month of August:

- In 1774 Joseph Priestley discovered oxygen in a laboratory in Wiltshire
- The first roller skating rink opened in the UK in 1875
- Columbus set sail on his first voyage in 1492 and made his way to the Canary
- Islands
- The First World War began in August 1914
- The great train robbery took place in 1963
- Josef Jakob, a WW2 German spy was the last person to be executed at the Tower of London in 1941
- The Battle of Bosworth 1483 when Henry VII beat Richard III
- Mount Vesuvius erupted in 79AD burying more than 2,000 people under seven feet of molten lava, ash and pumice.
- Sir Francis Chichester left Plymouth on Gypsy Moth IV in 1966 on the first successful attempt to sail single handed around the world
- Martin Luther King made his famous 'I Have a Dream' speech in 1963
- Princess Diana killed in a car accident in France 1997

Today's Heroes

Sonya is a hero and so are Ben and Sue
Their battles fought in hospitals, their uniforms are blue.
They don't wear rows of medals; they don't march past to cheers
They simply fight to keep us safe, as they've always done for years.

Sonya wakes up early and soon waves to say goodbye,
Her family watch her drive away, all trying not to cry.
They know that she'll be working with people deadly ill
They only hope she'll be safe and not have to pay the bill.

Sonya works 'till very late, then makes her way back home
Her mind's still in the hospital, her hair's not had a comb
She starts to think of family and she hopes that they've been fed,
For all she really wants to do is quickly go to bed.

Her husband's in the window as she parks her little car
He waves and blows a kiss to her and shouts 'Let's welcome Ma'
The children rush to hug their mum, they think so strong and brave
While she's still thinking of the man she fought so hard to save.

By kind permission of the author Clive Sanders

AGM

Our AGM was scheduled for August 21st but has had to be postponed because of Covid-19. It will be re-arranged and notification given, so watch this space.



Ella Mountford and Sue Williams who run our LWCT Heart of Wales Coffee Club enjoying a cuppa on one of our outings to Myddfai



John McMahon, one of our Voluntary Drivers



David Harrison, Voluntary Admin and Website whiz

Directors:

Pat Dryden
Stephen Hawkes

General Manager:


Laura Burns

Compliance Officer:

Stephen Hawkes

Contact Details:


Llanwrtyd Community Transport and Events Recycling
The Lion Garage, Castle Street,
Builth Wells, LD2 3BN

: 01982 552727

: laura@Llanwrtydcommunitytransport.org.uk

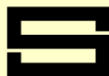
: www.llanwrtydcommunitytransport.org.uk

Llanwrtyd Community Centre
The Old Station Buildings
Station Road
Llanwrtyd Wells
LD5 4RP

: 01591 610789

: llanwrtydcommunitycentre@gmail.com

VAT Registration No: 132160853
Company Registration No: 7924691



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