

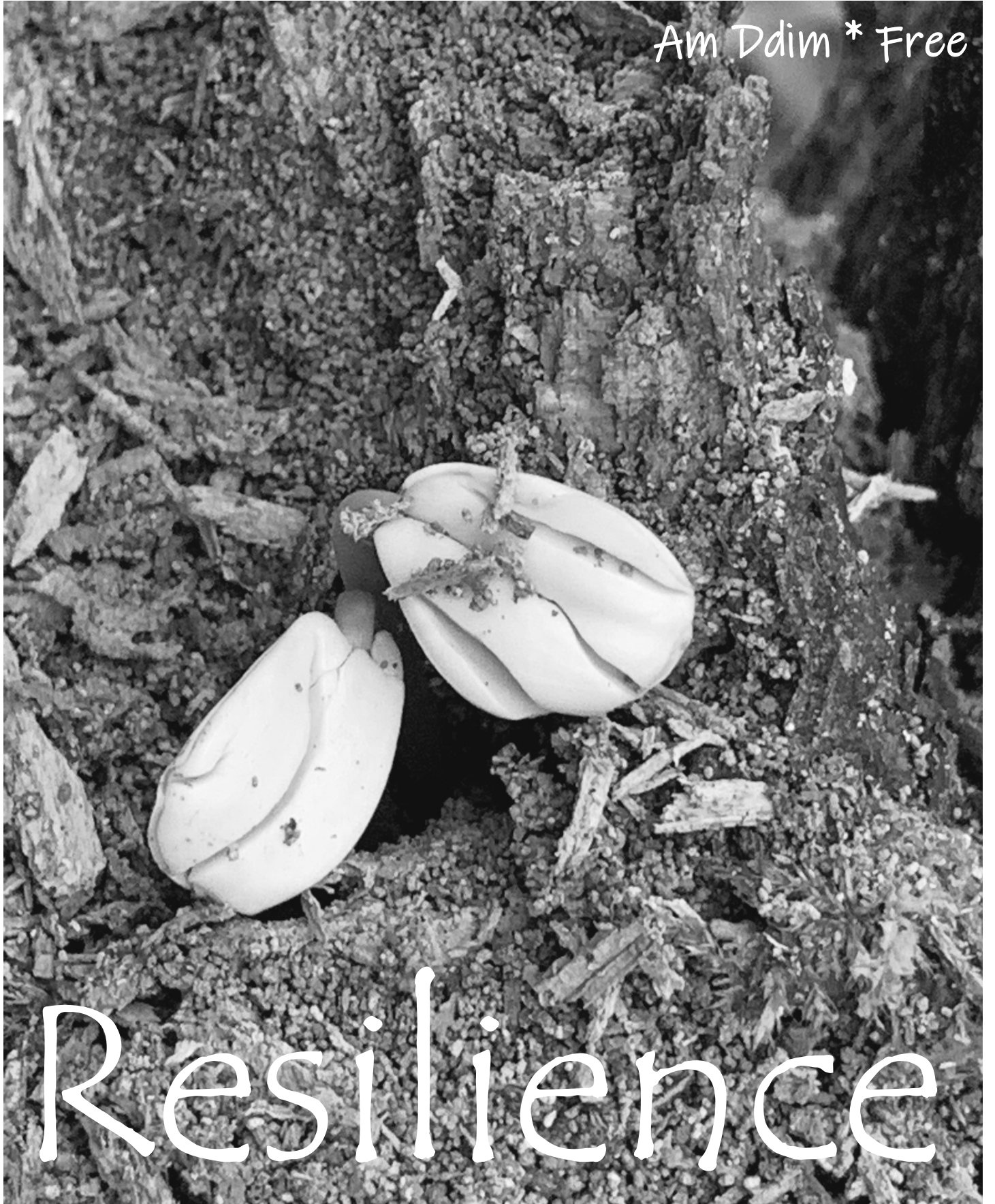
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Gorffennaf, Awst, Medi / July, August, September 2020

GRAPPEVINE

digwyddiadau, newyddion a barn Llambod bob mis / Lampeter's events, news & views monthly

Am Ddim * Free



Resilience

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The Secret Travels of the Grapevine...

Lampeter Grapevine has a brand new website where you can download and print this issue lampetergrapevine.org

We are interested in how you are reading your copy this time; Has someone printed it out for you?; Are you checking it out on your phone?

The new website should make it all much easier. The 'Read us' page gives you lots of options you might not have considered www.lampetergrapevine.org/how-to-read-us

You can also find us on:

www.vichall.org.uk or

www.issuu.com

This is where you will find all back copies issuu.com/lampetergrapevine/stacks

If you still have old copies of Grapevine why not send us a photo of it in your 'lockdown place' . Perhaps you can share your recycling projects - have you used a copy to make a starter pot for young seedlings? lampetergrapevine@gmail.com

Send in your photos and we'll publish them in future issues.



Here's one from my archive - a trip to the Anderton Boat Lift, Cheshire; this 50ft vertical lift provides an impressive link between 2 navigable waterways - the River Weaver and the Trent & Mersey canal. Eds.

LIVE TOTALLY SHOP LOCALLY SAY SOMETHING GOOD

invest in your town
walk in that door you always pass

SLOW DOWN

BE A TOURIST IN YOUR OWN TOWN
find the value in the cost

EAT FOOD GROWN WITHIN WALKING DISTANCE

get to know your baker

DISCUSS THE WEATHER

SEE WHAT'S ON YOUR DOORSTEP

DISCOVER YOUR COMMUNITY

ask an expert

FIND OUT WHO CAN DO IT IN THE PLACE THAT YOU LIVE

Learn the name of the person at the till

smell the fruit before you buy

find your favourite

place and tell

Someone else about it

SHOW YOUR KIDS THEIR FUTURE

LOOK UP & ADMIRE THE VIEW

ASK YOUR BUTCHER HOW TO COOK YOUR DINNER

make conversation with a stranger

FIND OUT WHAT'S MADE IN YOUR AREA

love where you live

invest in your future

WWW.TOTALLYLOCALLY.ORG
MORE THAN JUST A SHOP LOCAL CAMPAIGN

GRAPEVINE

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£30 off ads for one-off public events
held in Victoria Hall

Classified ads: £2.50/20 wds (min. £2.50)

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payable to TLDT

**Copy deadline for Oct issue 81: Fri
11 September**

Theme: 'Challenges'

**General circulation under non-lockdown
circumstances:** 2,500 copies distributed
free in the Lampeter area.

We reserve the right to edit all
contributions for reasons of space and
clarity. The views expressed in letters
and articles are not necessarily those of
Transition Llambed Development Trust
or the *Grapevine* team.

Covid-19 Note: All information accurate at the
time of publishing.

Croeso / Welcome to another digital issue of Grapevine ☺

Lockdown has been an unusual time for many of us, whether shielding, working from home, being furloughed or home-schooled. For key workers, the necessity to continue providing an essential service, has brought changes to daily routines that may have required oodles of courage and tested boundaries far beyond expectations. For me, lockdown has been a time for juggling and balancing things - work, home-schooling, supporting vulnerable family and friends, whilst reassessing what is important. It's been a time to focus on what 'local' really means, and to appreciate and support even more the many wonderful producers we have right on our doorstep. When a friend was taken ill and rushed into hospital with Covid-related breathing problems, I decided to send them a daily photo quiz to cheer them up, by taking close-up shots of things around the garden. This has turned into a bit of an obsession, and I now spend vast amounts of time looking for the tiniest creatures in the undergrowth, the weirdest textures or the strangest angles and have enjoyed capturing the details that are often overlooked. I've been more inventive in how I've been making do and mending, reusing, recycling and repurposing things. I'm on a mission to use up old copies of Grapevine, used tea-bags (non-plastic ones), egg shells, coffee grounds and banana skins to help with a newly discovered joy of growing things (something I've dabbled in many times before but have been particularly bad at, and have never experienced the calming effects or the contrasting excitement when seedlings appear, quite like I have recently). Maybe it's a sign of the times ... and a wake-up call for what's ahead - but learning to be resilient in a time of crisis is something we have all now experienced. Can we take this forward? Here in Lampeter we are lucky to have a community already making plans... just look around at all the brilliant things that are happening locally (or read about them inside). We can all be a part of this - so let's start by supporting our local businesses as they begin trading again. Here's to a more sustainable, resilient future.

Darllenwch yn hapus / Happy reading, Angie Martin

polite reminder:

If you are a regular contributor, we thank you for your continued support and commitment to the *Grapevine* but we do politely remind you that articles should be kept to 400 words to allow us space to include new material each issue.

If at any time you need a longer article, then please contact the *Grapevine* team prior to copy deadline and we will do all we can to accommodate your needs.

If you're sending us display adverts or an article, please check the format - it'll save us (and you) lots of time. Please send photos and artwork in jpg format as we cannot accept PDFs.

For full guidelines for advertisers and contributors: see the new *Grapevine* website www.lampetergrapevine.org

If you are unsure or don't understand any of these technical terms, then please do get in touch - we'll be happy to help.

The Newsletter Team

Other contact details:

* **Transition Llambed:** www.vichall.org.uk/transition-llambed
email: 2transitionllambed@gmail.com

* **Victoria Hall:** www.vichall.org.uk To make bookings for Victoria Hall
contact: victoriahall.transition@gmail.com or phone/text 07891 632614

* **People's Market:** To book a stall contact:
victoriahall.transition@gmail.com or phone/text 07891 632614

In order to give a broad and balanced view of any issues that are raised in letters or articles submitted for publication, the Newsletter Team reserves the right to seek and publish counter-opinions from other sources in the same issue. Eds.



Cyngor Tref Llanbedr Pont Steffan

Lampeter Town Council News



Cynnig Black Lives Matter

a gyflwynwyd gan y Cyng. Elin T Jones.

Mae'r cyngor tref hwn:

- Yn condemnio lladd George Floyd yn yr Unol Daleithiau o ganlyniad i rym gormodol ar ran yr heddlu.
- Yn cydnabod yr anghyfiawnderau hiliol a'r gwahaniaethu y mae Americanwyr Affricanaidd a phobl o liw yn eu hwynebu bob dydd yn yr Unol Daleithiau.
- Yn cydnabod yr anghyfiawnderau hiliol a'r gwahaniaethu sy'n wynebu pobl a chymunedau BAME yng Nghymru, y DU ac mewn sawl rhan arall o'r byd.
- Yn condemnio defnyddio trais gan yr heddlu neu filwrol yn erbyn protestwyr heddychlon.
- Yn parchu hawl pawb i gefnogi neu ymuno ag ymgyrchoedd yn erbyn hiliaeth, anghyfiawnderau hiliol a gwahaniaethu - o'r cartref neu wrth gadw at ganllawiau pellhau cymdeithasol.

'Black Lives Matter'

motion put forward by Cllr. Elin T Jones.

This town council:

- Condemns the killing of George Floyd in the United States as a result of excessive police force.
- Acknowledges the racial injustices and discrimination African Americans and people of colour face on a daily basis in the United States.
- Acknowledges the racial injustices and discrimination faced by BAME people and communities in Wales, the UK and in many other parts of the world.
- Condemns the use of police or military violence against peaceful protestors.
- Respects the right of everyone to support or join campaigns against racism, racial injustices and discrimination - from home or when abiding by social distancing guidelines.

I think it right that the Town council have decided to show leadership and direction on this matter.

No doubt some will cry 'All Lives Matter' and of course they do.

However, consider this. It is undeniable that certain members of our human race have historically been treated differently from others for centuries. Things have of course improved since the days of slavery and colonial rule.

My experience of West Wales is that it a very tolerant and open society. As in all communities there will be elements that are concerned about 'difference'.

This is a time when the ongoing injustices have been brought to a head, again, and the Black Lives Matter movement is asking for acknowledgment and help in rectifying the continuing wrongs.

If in doubt please read the history. The movement comes from a place where it is obvious black lives don't matter as much as others.

If someone has been pushed to the floor (again) and is asking for help to get up, would it not be insensitive and inappropriate to stand there and shout 'What About Me'.

Gary Thorogood

Town councillor, writing as an individual





03 Gorffennaf 2020

Yn sgil cwmp parhaus yn nifer yr achosion o'r haint coronafeirws, daw newidiadau pellach i rym er mwyn llacio'r cyfyngiadau yng Nghymru.

Yn dilyn cyhoeddiad Prif Weinidog Cymru, Mark Drakeford, diddymir yr angen i aros yn lleol, a daw'r newid hwn i rym ddydd Llun, 06 Gorffennaf.

Wedi hyn, ni fydd pobl yn cael eu cyfyngu i aros o fewn pum milltir i'w cartref.

Gwneir newidiadau hefyd i'r rheoliadau er mwyn caniatáu i ddau gartref ffurfio 'un cartref estynedig'.

Bydd hyn yn galluogi cartrefi i gyfarfod tu mewn ac aros dros nos, heb unrhyw gyfyngiad ar niferoedd. Dim ond i un cartref estynedig y gall pobl berthyn, ac unwaith y penderfynir ar y cartref hwnnw, ni fydd modd ei newid. Golyga'r newidiadau y gall pobl gael cyswllt corfforol â'i gilydd, gwneud ymarfer corff, coginio, a bwyta yng nghwmni ei gilydd ac aros yn nghartrefi ei gilydd.

O dan y rheolau hyn, os bydd unrhyw aelod o gartref estynedig yn datblygu symptomau bydd holl aelodau'r ddau gartref yn gorfod hunanynysu.

Mae Ceredigion wedi gwneud yn dda iawn hyd yma i gadw niferoedd yr achosion o'r haint coronafeirws yn isel. Fodd bynnag, nid yw'r newidiadau hyn yn golygu bod y feirws wedi diflannu ac mae'n rhaid i ni barhau i fod yn ofalus ac yn wyladwrus. Hyd yn oed gyda'r newidiadau hyn, nid yw'n golygu bod yr haint coronafeirws wedi'n gadael.

Mae cyfrifoldeb arnom o hyd i gadw pellter cymdeithasol, ymarfer hylendid dwylo da a meddwl yn ofalus i ble rydym yn mynd a pham. Anogir preswylwyr i aros yn lleol ac i gefnogi mentrau lleol lle bo hynny'n bosibl.

Wrth barhau i weithredu, byddwn yn cadw Ceredigion yn ddiogel. Os penderfynwn grwydro ymhellach, mae'n rhaid i ni barchu'r llyfudd a'r cymunedau yr ymwelwn â hwy, yn union fel yr ydym wedi ei wneud mor dda yn lleol. Byddwn yn gofyn hefyd i ymwelwyr â Cheredigion i barchu ein cymunedau ac i gadw pellter cymdeithasol ar bob adeg.

Er mwyn cael yr wybodaeth ddiweddaraf, ewch i wefan y Cyngor, www.ceredigion.gov.uk/Coronafeirws

Yn ystod yr adolygiad nesaf ar 9 Gorffennaf, bydd Llywodraeth Cymru'n ystyried ystod o opsiynau penodol ar gyfer ailagor y sector lletygarwch (bariau a thai bwyta) y tu allan o 13 Gorffennaf ymlaen, llety gwyliau hunan-gynhaliol o 11 Gorffennaf ymlaen, yn ogystal â thrin gwallt drwy apwyntiad.

03 July 2020

Further changes come into force to ease the lockdown in Wales due to the continued fall in the number of coronavirus cases.

Following First Minister Mark Drakeford's announcement, the requirement to stay local will be lifted, coming into force on Monday, 06 July.

Travel restrictions with the 5 mile limit will no longer be in place.

Changes are also being made to the regulations to allow two households to form one 'extended household'.

This will enable households to meet indoors and stay overnight with no limit on the number of people. People can only be in one extended household, which once chosen, cannot be changed. The changes will mean people can have physical contact, exercise, cook and eat together, and also stay in each other's homes.

Under the rules, if anyone in an extended household develops symptoms both entire households will need to self-isolate.

Ceredigion has been doing very well in keeping the cases of the coronavirus low. However, these changes don't mean that the virus has gone away and we need to remain cautious and vigilant. Even with these changes, this doesn't mean that coronavirus has gone away.

We all still have a responsibility to maintain social distancing, exercise good hand hygiene and think carefully about where we go and why. Residents are urged to stay local and support local wherever possible.

Our continued actions will keep Ceredigion safe. If we decide to visit further afield, we need to respect the places and communities we visit, as we have done so well locally. We will also be asking visitors to Ceredigion to respect our communities and to maintain social distancing at all times.

For the latest information, visit the Council's website,

www.ceredigion.gov.uk/Coronavirus

At the next review on 9 July, the Welsh Government will consider a range of specific options for re-opening the hospitality sector (bars and restaurants) outdoors from 13 July, self-contained holiday accommodation from 11 July and hairdressing by appointment.



Transition Llambod Development Trust

"Increasing opportunities and developing a future for Lampeter residents by building a resilient community"

Ymddiriedolaeth Datblygu Trawsnewid Llambod

"Yn creu cyfleoedd a datblygu dyfodol cynladwy i drigolion Llambod drwy godi cymuned wydn"

Victoria Hall, Bryn Road, Lampeter, Ceredigion. SA48 8JF

The People's Market Hub is really starting to take off now, with four more new traders this week. We also wanted to let you know - if you don't already - about the major Welsh government consultation on Our Future Wales, which appears to be wanting to take a radical approach to building back better, with a commitment to "hold our nerve and deliver the 'green' recovery that will sustain Wales into the future."

People's Outdoor Market & mini-hub

continues to take place outdoors. *It still runs on 2nd & 4th Saturday, but now from 10-12 noon, in the university car park behind Victoria Hall, accessed via Bryn Road. See the People's Market facebook page www.facebook.com/events/726354768130718/ for full details and prices for pre-order. All produce from within 30 miles of Lampeter!*

Anuna Craft Bakery are taking on a new employee, through the Jobs Growth Wales fund. They will be trained as an *assistant artisan baker*. Exciting times! Please contact for pre-orders:

anunabakery@gmail.com

Cath's Vegan Kitchen, pre-orders:

kathslittlekitchen@gmail.com or FB CathsVeganKitchen or 01570 493684.

Ceredigion Salads, lovingly tended and handpicked for your order. Proudly in organic conversion with Soil Association. Pay on the day (contactless card payments available), or pre-order from info@ceredigionsalads.com

Coed Allt Goch OPD charcoal, £6/bag, contact: Tony Eames on FB or 07811 800282.

Lady of the Lake Lamb, contact Hywel Morgan, esgairllaethdy@yahoo.co.uk or 07970 902299 to discuss cuts and weight. Pay online, or on the day (notes only) for your pre-order.

Mick Wall, fine wood-turned bowls, spoons & wooden wares. Pay on day.

Mushrooms Maesyffin, locally grown shiitake and other speciality mushrooms. Pay on the day.

Vegan Schmeggan Chocolate Truffles, delicious vegan truffles, a variety of flavours at very reasonable prices.

Made with cocoa butter and natural ingredients, these truffles are both rich and tasty. Pay on the day.

We Grew It (Marina Shark & Hsiu Yung), certified organic eggs, broad beans, chard & kale, plants and trees to buy.

Pay on the day or pre-order from wegrewit1@gmail.com

Orders are collected from the car park behind Victoria Hall. Social distancing and infection control guidelines are strictly followed, and customer collections are carefully timed.

Lampeter People's Market mini-hub is continuing to look for additional food producers in the area who might be interested in selling via pre-paid orders to be collected from the mini-hub, either via the Open Food Network's online pre-payment order system, or via the producer's own pre-payment system (eg BACS/PayPal). Contact Dinah Mulholland

at peoplesmarketlampeter@gmail.com

Please support all our local traders and businesses at this challenging time.

Don't forget to check out **Lampeter Grapevine's** new website

lampetergrapevine.org You never have to worry about forgetting or missing a copy deadline again! You can download the current issue, find the chess puzzle and download the crossword page or check advertising guidelines and more.

Bwyd Bendigedig Llambod / Lampeter Incredible Edible

The Incredible Edible team and Custard Queens have managed to keep the beds growing and thriving at Watson and Pratts, the Washtub and the Co-op. Much of the veg is good for harvesting,

so please have a taste and spread the word about picking them!

Anyone interested in getting involved when they are in town, please get in touch via Facebook

www.facebook.com/ediblellambod/

Our Future Wales – Consultation Invitation from Welsh Government

Jeremy Miles MS, Counsel General and Minister for European Transition, made a statement on 17 June (full text at <https://gov.wales/written-statement-our-future-wales-post-covid-19-reconstruction>). He talks of challenges and opportunities.

"...The need to respond to the Climate Emergency – the task of decarbonising our society – is no less urgent for the other challenges we face. In responding to the fall-out from Covid-19, we need to hold our nerve and deliver the "green" recovery that will sustain Wales into the future.

"In May, I issued an invitation to people in Wales to send us their thoughts on how we should support future post-Covid recovery and reconstruction in Wales. There have been over 1000 submissions sent

to ourfuturewales@gov.wales

The task of reviewing them is underway and our message to people in Wales: keep them coming."

What can we say? What do we want to share with Welsh government? What is important to you and to us all? Let's start talking with our neighbours and friends, so we can send our thoughts to ourfuturewales@gov.wales.

We hope you all stay safe and well.

Tim Gweinyddiad Transition Llambod

Admin Team

Five Ceredigion NGS Gardens are OPEN again including Yr Efail



Our plants and trees had mostly recovered after the wind and frost damage of early June to be further battered by storms. They looked sad but new growth and renewed strength from warm weather and the very welcome rain means they look better than ever.

In Yr Efail garden the early dry, hot spring has meant that garden perennials and fruit bushes are reaching maturity and ripening earlier than normal meaning there has been bumper harvesting and jamming through the night!

Humans adapt to change with the right mind-set. I am optimistic that being 'restricted' has made us look at our lifestyles and diets, making changes to ensure that there are better days ahead. Being outdoors is healthy for body and mind, not just to avoid the spread of this ghastly virus.

We adapted to being 'closed' by growing more plants and produce. Sales enabled us to donate over £800 so far to NGS charities, with more tubs and hanging baskets available for fostering. Happily our garden and woodland are once again open to visitors. We have installed new hand-washing facilities and social distancing is no problem in 6 acres! We will not be serving teas but you are welcome to bring a picnic (and take all litter home please). So do get in touch if you fancy escaping for a walk in a different garden.

There is a short video on the NGS website to give you a taster - along with many other 'Virtual Garden Visits'

<https://ngs.org.uk/yr-efail-ceredigion-a-garden-in-the-foothills-of-the-cambrian-mountains/>

Here are the contact details of the five Ceredigion gardens able to open this year.

Bryngwyn, Capel Seion. 7 & 8 July and maybe a pop-up opening in September - Book on-line

Yr Efail, Tregaron. By arrangement throughout July, August, September & October - 01974 299 370

Rhos Villa (New Garden), Llanddewi Brefi. By arrangement during July - 01570 493 787

Penybont, Llanafan. 12 & 26 July and also by arrangement July to September - 01974 261 737

The Flower Meadow (New Garden), Rhydlewis. Sunday 9 August - Book on-line

To ensure the safety of everyone, the number of people who can visit at one time has to be limited so, for any specified Open Day, you need to book tickets in advance at ngs.org.uk/garden-tickets

We look forward to welcoming you to our gardens again.

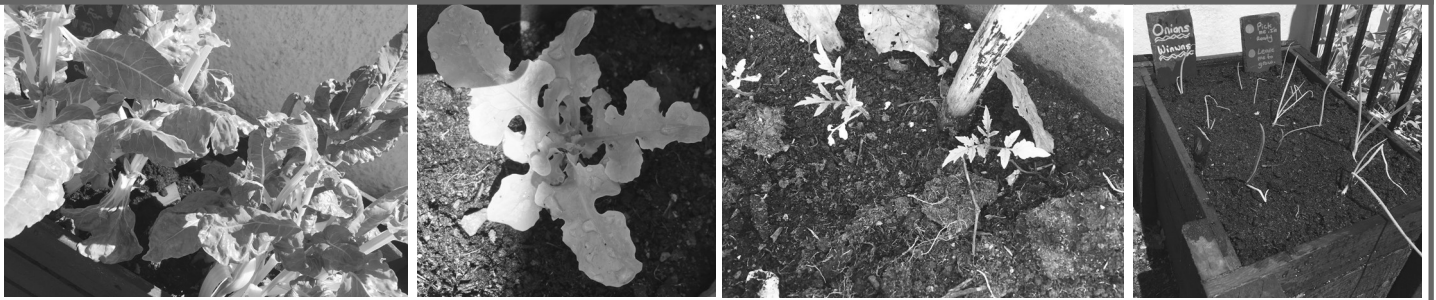
Shelagh & Steve Yeomans, 01974 299 370, shelaghyeo@hotmail.com

Jottings

The lockdown, coinciding with that lovely sunny weather in May, provided us with an unlooked for opportunity: we were given permission (thank-you Pat!) to go for a walk – i.e. go on our nature spotting ramble – along an ancient byway new to us. This hillside habitat is best described as sheepwalk and scrubby heath with gorse and scattered birch, hawthorn, mountain ash, grasses and rush. On our first walk there we were fortunate enough to hear cuckoos calling and we saw both species of Demoiselle as well as a female Broad-bodied chaser dragonfly, a species which appears to have been very successful this year. This habitat is good for butterflies and we were not disappointed. The landowner reported having seen Green-washed fritillary, a species that has declined in this area over the past few years; not only did we see one, we were also able to watch small pearl-bordered

fritillaries flying across the hillside in the sun. As on many hillsides around Wales there is a derelict building there. These dwellings give one pause for thought: who couldn't fail to wonder about the lives of their long ago inhabitants? The fallen stones warming in the sun attracted Drinker moth caterpillars. Small heath butterflies were also quite numerous. The appearance of a brilliant cock yellowhammer sitting on top of a stunted hawthorn and then behaving in such away as to suggest he may well be nesting was a wonderful sight. Over the years, I have heard the distinctive song of this bird coming from the hillside and always suspected they nested there. Another bird that also showed itself was the stonechat, and a pair feeding young provided proof of successful breeding. I have seen all these species except for the stonechat in the vicinity of our cottage, and although yellowhammers regularly appear in the winter I had assumed that they were no longer breeding.

David Price



The Custard Queens, the guardians of the Incredible Edible beds at the Washtub, have finished their beds spring clean. Strawberries and lettuce should be ready soon, along with cherry tomatoes and onions later in the season.

The rest of us have been doing the same with the beds at Watson & Pratts and the Co-op.

At Watson & Pratts you can now find four different types of kale, strawberries, peas, achocha and more.



At the Co-op there are also plenty of currants ripening, with peas, beans, tomatoes, sunflowers and a lot more planted up.



If anyone is passing on a dry day and could spare a few minutes to give the beds a water, the plants would very much appreciate it!

There are watering cans and a tap at Watson & Pratts, and a water butt at the Co-op, though you need to bring our own can at the moment.

If you've still got chard or any other greens try out this soup recipe from Julia – it uses the leaves, flower buds and any of the stalk tender enough to chop easily with a kitchen knife.



You need:

Chard and Mint Soup

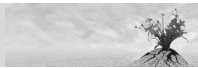
- a bowlful of chard
- 1 onion
- a couple of medium potatoes
- about 500ml veg stock
- washed red lentils
- some mint and lemon juice

1. Sweat onion in butter or oil
2. Cut the potatoes into small cubes (peel them if you want) and add to the onion
3. Stir and cook for about 5 minutes
4. Add veg stock and cook for about 12 minutes
5. Wash and roughly chop the chard
6. Add the chard with a rough tea strainer full of rinsed red lentils to the soup
7. Cook for another 8-10 minutes until the potato cubes are soft
8. Before whizzing, remove the potato and some of the chard and set aside
9. Shred some mint leaves and add to the soup
10. Whizz the soup then recombine with the potato etc
11. Season to taste with salt, pepper and a little lemon juice.

Enjoy!

Tim Bwyd Bendigedig / Incredible Edible Team

What is Resilience?



Introduction

Let us introduce ourselves, we are the Lampeter Resilience Hub (LRH), a community led group that has evolved from the *Lampeter Permaculture Group*. We share a passion for enabling people to develop the skills necessary to give them much needed tools of resilience in this rapidly changing world, for themselves, their work and their community.

Change is inevitable - especially in these challenging times and, ideally, we want to be ready for change and thrive through it. Already certain ways of being are no longer fit for purpose as a result of current change. We need to **upskill, adapt and develop new methods** in every aspect of life - to mitigate against climate change, ecological and social collapse and to find a harmonious and sustainable way of living.

Harmony & Resilience

On the evening of 10 March, LRH joined *The Harmony Institute* at The University of Wales Trinity Saint David's Lampeter campus (UWTSD), to present an event that asked, '**What is Resilience?**' We heard from Dr. Nick Campion of the Harmony Institute and two of the Harmony Professors who shared their personal insights.

Next, it was the turn of our audience to share their views on resilience. Firstly, we shared in pairs what we loved about where we live and things that we were finding hard at the present time. We then broke up into groups for a Peoples' Assembly. This is a great method for ensuring that everyone has an equal opportunity to be heard and all opinions are welcomed.

How can we nurture our personal and community resilience in the face of global change?

This was the question we addressed in our groups. After a period of facilitated discussion, each group shared their most important points with the entire audience. At that time – prior to the lock down - the main themes to emerge were:

- Mental health and wellbeing
- Generosity
- Inter-dependence and cooperation
- Engaging the wider community
- Global cultural and historic wisdom and learning
- Access to land
- Holding the Welsh Government to account
- Support the growth of deeper authentic values
- Combatting inertia

The challenge we now face - and what we can do about it

Given the situation we all find ourselves in today, these points seem even more relevant – so we went back later to ask participants for further input. The results were enlightening. We heard of people's frustration about being at the mercy of agencies that have 'no real idea how to look after the wellbeing of citizens' and of our over reliance on fragile global systems. On the other hand, we heard about the huge strength of individual and community efforts to increase resilience such as more food growing,

shared shopping and helping others in other ways, plus connecting on the phone or online. One person described the huge value of having quiet, reflective time to reduce their fear and panic – and the realisation that recognising and respecting our limits is important for our own wellbeing. Especially if we want to give something positive back to our communities. Concerns included a vigilante mindset in some areas and the impact of isolation on the elderly and other vulnerable people.

One specific topic that we asked about was access to locally produced, high quality food – as it's becoming increasingly obvious how important our diet is for our health. Lack of information on where to go and what's available locally, as well as easy-to-use systems (eg online), were seen as barriers, plus lack of personal awareness of the benefits and reluctance to change existing shopping patterns. There was a realisation that we need to produce more of our own food in and for Wales. Finally, there was strong recognition that healthy soil is critical to the health of plants, animals and our environment - including us! Healthy soil also underpins landscape function and ecosystem services such as water & carbon storage, flood prevention and nutrient cycling.

We're still listening

In order to explore further how Covid-19 is affecting people's perceptions of resilience, we're continuing our survey and would welcome any further ideas and/or observations up to 17 August 2020:

<https://www.surveymonkey.co.uk/r/XDJZLL9>

The survey is undergoing translation and will be updated bilingually on this same link.

Another reason we are doing this is that LRH is joining forces with the University of Wales Trinity Saint David to launch '**The Wales Centre of Resilience and Harmony**' on the Lampeter campus. The Centre will offer fully accredited, applied, modular courses in a wide range of fields. Modules may be taken singly for upskilling, professional development as well as combined towards Further and Higher Education Awards. They will be of special relevance to Wales, which is heavily dependent on agriculture and forestry and has largely old, inefficient housing. We've already identified the following course themes and your views, direct or via the survey, will really help us to develop a programme that's both bio-regionally appropriate and sensitive to local needs:

- Designing for resilience
- Food, farming and horticulture
- Construction, new build and retro-fitting old housing
- Energy efficiency and renewables
- Community resilience and wellbeing

The Harmony event - and especially the People's Assembly - has given us wonderful insights to help shape the practical skills modules that we are developing. But please do keep the ideas coming – and don't forget our survey runs until **17 August 2020**.

Thanks so much.

Andrea, Angie, Cheryl, Julia, Louise

Lampeter Resilience Hub, lampeterrh@gmail.com

Cydnherthedd yn Llanbed

Pan dderbyniais wahoddiad Prifysgol Cymru Y Drindod Dewi Sant Llanbed i gyfarfod cyhoeddus ar 10 Mawrth fyddai'n trafod Cydnherthedd, nid oeddwn yn siwr beth i'w ddisgwyl. Y trefnwyr oedd yr Athrofa Cytgord (<https://www.uwtsd.ac.uk/cy/yr-athrofa-cytgord/>) a Chanolfan Cydnherthedd Llanbed. Bwriad y cyfarfod oedd trafod 'y gymuned', 'cynaliadwyedd' a 'dyfodol gwell'. Deallais cyn y cyfarfod bod Cydnherthedd yn cyfeirio at ein gallu i addasu mewn byd sy'n newid yn gyflym. Mae angen gwytnwch i oroesi'r newidiadau hynny. Mae hefyd yn golygu bod â'r weledigaeth i gydio o'r newydd mewn bywyd gwell er ein lles ni, natur, yr amgylchedd a'n byd.

Dechreuodd y cyfarfod gyda nifer o gyflwyniadau byr ac yna'r gynulleidfa yn rhannu'n grwpiau trafod. Cofnodwyd prif bwyntiau trafod pob grŵp a daeth y noson i ben gyda sesiwn holi ac ateb.


Roedd yn noson ddiddorol a dadlennol, gododd y llen ymhellach ar fy nealltwriaeth o beth yw Cydnherthedd. Mae hefyd yn seiliedig ar ddatblygu llesiant a chryfderau personol a chymunedol, ar ddoethineb a'n dealltwriaeth o'n byd. Mae'n ymwneud ag hunanddibyniaeth, y defnydd o adnoddau, gwleidyddiaeth a chynllunio gofalus. Mae'n golygu bod â'r gallu mewn byd sy'n newid yn gyflym, i gydfyw, addasu a goroesi i wella'n byd a sicrhau gwell dyfodol.

Mae hynny'n hynod o berthnasol yng nghyfnod y coronafeirws.

Diolch i'r trefnwyr am noson arbennig, gan edrych ymlaen at y cyfarfod nesaf. Gobeithio byddwch chithau yno hefyd!

Rhys Bebb Jones

Resilience in Lampeter



When I received an invitation from the University of Wales Trinity Saint David Lampeter to a public meeting to discuss Resilience on 10 March, I wasn't sure what to expect. It was organised by the Institute of Harmony (<https://www.uwtsd.ac.uk/harmony-institute/>) and the Lampeter Resilience Hub. The purpose of the meeting was to explore 'community', 'sustainability' and 'a better future'. My understanding of Resilience before the meeting includes our ability to adapt in a rapidly changing world and our durability to survive. It also means having the vision to grasp a new and better life for the good of all of us, nature, the environment and our world. The meeting began with a number of short presentations before the audience divided into discussion groups. The main discussion points for each group were recorded and the evening concluded with a question and answer session.

I returned home with an even better understanding of what is Resilience. It's also based on the development of personal and community wellbeing and strengths, on wisdom and understanding our world. It is about self-reliance, the use of resources, politics and careful planning. It means our ability in an ever changing world to co-exist, adapt and survive so as to improve our world and secure its future.

All very relevant during this Covid-19 pandemic. My thanks to the organisers for a memorable evening. I look forward to the next event. I hope you'll be there!

GRAPÉVINE

digwyddiadau, newyddion a barn Llanbed / Lampeter's events, news & views

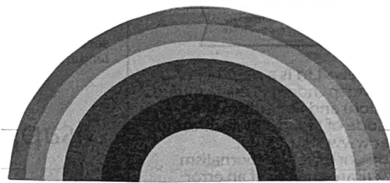
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*Don't forget to check out our new Lampeter Grapevine website.
You will be able to easily download the current issue and discover new ways to read it.
Themes, deadlines and advertising guidelines will be easy to access.
Everything you need to know all in one place.
Take a look and let us know what you think.*

www.lampetergrapevine.org



Gardening



Resilience

Hello again!

I wonder how you got on with planting your rainbow? I hope it's growing well and bringing you joy. At least you didn't need to water after the recent heavy downpours! It's amazing how much everything in the garden has grown these last few days and I've been enjoying eating the succulent peas, beans and salad crops I've grown - I hope you have too!

My 'Lockdown' crops

There is always a good reason to grow your own veg and this year has underlined how much sense it makes to grow at least a handful of crops. Nothing quite matches that sense of achievement in harvesting and eating a crop that started life as a tiny seed in your hand.



A favourite lettuce of mine is '**Lollo Rossa**' which has deep crimson crispy leaves that you can just pick the amount you require and leave the plant to continue growing.

Little gem is also crisp and sweet.

Radish. The secret to a good radish is to grow them fast and pull them young, so feed them well.



Courgettes are most people's favourites and one plant will provide a good crop unless we have a dull summer which seems to favour male flowers, though even these can be stuffed and fried. Any courgettes left too long can be used as marrows.



Peel, core (remembering to save a few of the best seeds ready for next year's crop) and stuff them with mince, or make a stuffing using your fresh herbs from the garden, mixed with grated cheese. Wrap in foil and bake. Delish!

Pollinating insects such as bees and butterflies are in drastic decline, so try to make space for wildlife in your garden. There's no better time to fill your borders and pots with colourful **flowering plants.**

Our native plants are the best and cottage garden varieties fit the bill. Most insects prefer open, single flowers so that they can collect nectar and pollen throughout the year. We all know buddleias are known as the butterfly bush, (a white one is favoured by moths



which appear after dark), but there are many more flowering shrubs and blossom on your fruit trees are favourites with bees. We have over 250 varieties of bees in the UK. The honeybee being the most loved,



followed by the big fluffy bumblebee - they favour deep flowers like penstemons, antirrhinums and foxgloves (which come in many colours) so that they can get right up inside. Often if they can't make it home before sundown they will spend the night inside the flower. Remember foxgloves are poisonous and is a skin and eye irritant.



Remember to keep up with the weeds as ...

one years seeding can turn into seven years weeding!

Heavenly Hostas

I think hostas are fabulous plants and they give structure to the garden for over six months of the year. They come in a whole range of sizes and colours ideal for brightening up a shady corner. Hostas are grown for their foliage rather than their flowers. Slugs and snails can be a problem, but surrounding them with horticultural grit when planting is far safer than using slug pellets which are harmful to wildlife, especially hedgehogs.

There are a few hostas now that are regarded as slug resistant. I would recommend one called '*Sum & Substance*' which is lime green or '*Krossa Regal*', dark and ribbed leaves. You can also buy miniature hostas which add texture to the rockery, '*Cracker crumbs*' is a nice one. My favourite is '*White feather*', which has pure white leaves and purple flowers - ideal grown in a pot and placed in the shade.

Enjoy your gardening and the wildlife surrounding you.

DEA

Ps. Remember to feed the birds, but not bread as the young fledglings can choke on it and die.



Ceredigion Salads



What's more frustrating than a lockdown where you have no outlet for the produce you have lovingly tended for months? Realising that the weeds don't know how to socially distance themselves from your lettuces.

This is the situation I find myself in after starting *Ceredigion Salads*.

I am a new business and was due to start selling my salad crops and microgreens at *Lampeter People's Market* in April this year, when Covid-19 struck.

But when you're growing you have to keep going because you don't know when the lockdown will end. And when it does you have to have produce ready to sell.

So you sow your seed, weed your weeds, prune your tomatoes, have a stern word with the slugs, irrigate and wait and see.

I was becoming a bit disheartened about working so hard for no return, wondering how I would pay my bills, then I attended the *People's Market mini hub*, and the people of Lampeter have inspired me.

I received so much support, tips and uplifting chats in one and a half hours that I had face ache from smiling. The Lampeter community really is something special.

So thank-you Lampeter. I really appreciate your feedback and support.

I am currently in conversion to organic status with the Soil Association and will have completed my conversion next year. My produce is grown from organic seed and my packaging is totally plastic free.

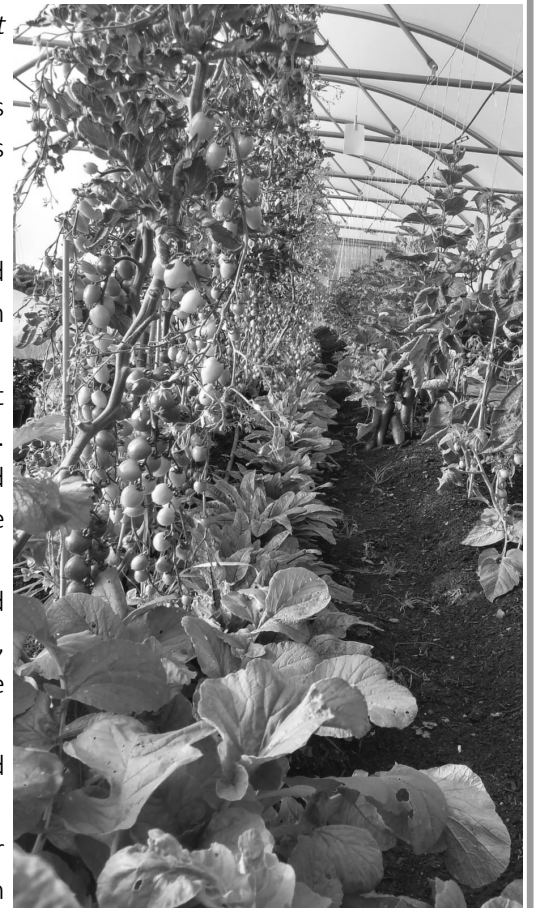
I have a summer salad mix which changes depending on which leaves are at their best. Young red Russian kale, spinach, rocket and rainbow chard. Cherry tomatoes of various colours and all full of flavour. Cucumbers, mixed radishes, herbs and microgreens, with more products available later in the season.

If you are new to microgreens they are the seedlings of mature plants and contain high levels of antioxidants and minerals such as potassium, magnesium, iron and zinc. Their beneficial vitamins and minerals are more concentrated than in the mature plant so are a great addition to your diet.

Antioxidants, particularly polyphenols are believed to lower cholesterol and reduce the risk of heart disease and Alzheimer's disease.

They can be used in sandwiches, wraps and salads, as a garnish, juiced or blended into a smoothie. A perfect immune booster during these uncertain times. I hope to see you soon

Becky, info@ceredigionsalads.com





Over the last ten years or so, many of us have been attempting to embed the principles of sustainability in the University of Wales Trinity Saint David. The aim of sustainability, of course, is resilience, which I understand to mean maintaining peace, health and prosperity through the ever changing cycles of the seasons, long-term variations in weather, economic cycles and, ultimately, climate change.

Over the last four years we have also been developing the notion of Harmony as a philosophy for sustainability – and so, also, for resilience. Some of you reading this will have attended some of the events which we have organised in Lampeter. Personally, I have spent much of my time working out what we mean by Harmony.

The notion of a harmonious world in which all things operate together in a system which is ultimately balanced and benign, is a particularly appealing one and the idea of harmony as balance and order can be traced back to the classical Greek world, where *harmonia* meant ‘union’ or ‘fitting together’.

I have come to realise that the word is being used in a number of senses.

The first is harmony meaning peace. It is indeed necessary that we collaborate, cooperate and avoid conflict, and it is difficult to think of a situation in which violence has had pleasant consequences.

The second is harmony meaning interconnection. If things are interconnected then there are obvious consequences for such areas as education, business and farming. The wider needs of the child, the influence of business on the social as well as natural environment, and the impact of farming on the health of the land all need to be considered. In business, for example, true cost accounting takes account of extended chains of production and distribution, rather than the narrow interests of a particular business, while organic farming recognises the complex relationships between plants and soil.

However there is also a third meaning of harmony which I am characterising as Harmony with a capital H, or Deep Harmony, in an analogy with Deep Ecology. Deep Harmony as envisioned by classical and Renaissance thinkers was embedded in the structures and rhythms of the universe, which was imagined as a single living entity. According to this model, our planet and all systems on it, including us, operate according to shared rhythms in which we alternate between tension and relaxation, and it is the task of the Harmoniously-aware individual to work within this context: in doing so, resilience is achieved. This said, it is clear that there can be no dogmatic position and that the essence of both harmony and Harmony, and therefore of resilience, is mutual respect.

Nicholas Campion

Harmony Institute, University of Wales Trinity Saint David

Diogelu Ceredigion

Diolch, Geredigion, am wneud gwaith gwych yn cadw nifer yr achosion o'r coronafeirws yn isel yn y sir.

Cofiwch gadw pellter cymdeithasol bob amser, a golchi eich dwylo yn aml.

Gyda'n gilydd, gallwn gadw Ceredigion yn ddiogel

- Darperir diweddariadau rheolaidd ar y sefyllfa yng Ngheredigion ar wefan y Cyngor
<http://www.ceredigion.gov.uk/coronafeirws>
<http://www.ceredigion.gov.uk/preswylwr/coronafeirws-covid-19/>
- Gallwch gael yr wybodaeth ddiweddaraf ar dudalennau Facebook, Twitter ac Instagram Cyngor Sir Ceredigion
- Mae'r cyfraddau o ran nifer yr achosion a'r marwolae-thau ledled Cymru yn cael eu diweddarau'n ddyddiol gan Iechyd Cyhoeddus Cymru:
<https://icc.gig.cymru/pynciau/gwybodaeth-ddiweddaraf-am-coronavirus-newydd-covid-19/>

Keep Ceredigion Safe

Thank you, Ceredigion, for doing a great job in keeping the number of coronavirus cases low in the county. Remember, keep a social distance at all times, and wash your hands regularly.

Together, we can keep Ceredigion safe

- Regular updates on the situation in Ceredigion are provided on the Council website
<http://www.ceredigion.gov.uk/coronavirus>
<http://www.ceredigion.gov.uk/resident/coronavirus-covid-19/>
- You can keep up to date on Ceredigion County Council Facebook, Twitter and Instagram pages
- The infection and death rates across Wales are updated daily by Public Health Wales:
<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>

Wrth i blant, rhieni ac athrawon gyfarwyddo gyda'r dull dysgu cyfunol mae pawb mor brysur ag arfer. Mwynhewch y cyfle i werthfawrogi ymdrechion y plant dros yr wythnosau diwethaf.



As children, teachers and parents get to terms with blended learning, we have all been as busy as ever. Take time to enjoy and appreciate the efforts of the children over the past weeks.

Bu'r plant yn cefnogi neges Heddwch ac Ewyllys Da yr Urdd a oedd eleni yn ymateb i bandemic y Coronafirws. Rhannwyd eu dyheadau i'r byd i wrando ac i ddysgu o'r argyfwng ymal. Mae'n amser stopio'r cloc ac ailddechrau.



This year, the young people of Wales through the Urdd created a message of Peace and Goodwill responding to the Coronavirus pandemic. They shared their desire to see the world listen and learn from the crisis, which has stopped the clock and made us all think about the kind of world we want to live in.

Mae dysgu am natur yn yr awyr agored wedi bod yn flaenllaw ar rhaglen waith y Meithrin a Derbyn wrth iddynt ddysgu am fywyd yr ardd, pili pala, gwneud bwyd adar a dysgu am adar sy'n ymweld â'r ardd.



Learning about nature and the outdoors has been a learning topic for the Nursery and Reception children, learning about life in the garden, butterflies, preparing food for the birds and learning about the birds that come to their garden.

Bu blwyddyn 1 a 2 yn brysur yn creu gwaith celf bendigedig yn seiliedig ar waith yr artist Tim Pugh. Tasg arall oedd i baratoi picnic i fwynhau gyda theulu yn yr ardd.



Ar ôl heulwen braf mis Mai, daeth Mehefin a'i chawodydd trwm a'i stormydd. Tasg blwyddyn 5 a 6 oedd i greu lloches cysurus a chlyd.

Year 1 and 2 children have been busy creating beautiful pieces of art based on the work of the artist Tim Pugh. They've also been busy preparing a picnic to enjoy in the garden with family.



Lilian Jones



After the glorious sunshine of May, June brought with it thunderstorms and rain. Year 5 and 6 were given the task to create a cosy shelter indoors to hideaway from the awful weather.

Yn ystod yr amser anodd yma yr ydym wedi cael amser i feddwl ac i gofio am aberth eraill drosom ni yn ystod dathliadau Diwrnod VE. Gwnaeth blwyddyn 4 gofnodi'r diwrnod pwysig yma fel un o'u tasgau yn ogystal a chreu cerdd acrostig i ddangos gobaith wrth i ni wynebau heriau newydd heddiw.



During these difficult times we have had the opportunity to remember sacrifices of others during the VE Day celebrations. Year 4 recorded this very important day as well as writing acrostic poetry to describe the challenges we face today and the hope that we will overcome them.

Mae Diwrnod VE yn dathlu diwedd ail ryfel byd. Yn 2020 bydd hi yn 75 mlynedd. Roedd fy Nhadcu yn dau oed ac yn gallu cofio ychydig am y diwrnod.

Diwrnod VE

8fed Mai 1945

Ar diwrnod VE, gwisgodd pobl mewn gwyn, coch a glas. Cawson nhw partiau a coelcerthi yn y strydiau. Aeth pobl i gapeli i gofio'r bobl a laddwyd.



Eleni mae'n rhaid i ni aros adref er mwyn i ni gael partïon gardd a gwisgo i fyny gyda'n teulu. Gallem roi baneri i bobl eraill eu gweld. Bydd rhaglenni am y diwrnod VE ar y teledu ac mae'r frenhines yn mynd i siarad.



Mae'n bwysig dathlu a chofio oherwydd bu farw pobl i'n cadw ni'n ddiogel. Stopion nhw pobl ddrwg rhag cymryd drosodd y byd

Alice - Bl. 3

Tasg blasus iawn i flwyddyn 4 oedd i goginio rysait sy'n draddodiadol i Gymru fel bara brith a pice ar y maen, dyna drueni nad oeddwn i'n gallu eu blasu! Mae siopa bwyd yn dipyn o her yn ystod yr amser anodd yma a mae gwneud rhestr siopa yn hanfodol rhag anghofio rhywbeth. Mwynhewch 'Rhestr siopa ddiflas' Caleb o flwyddyn 4.

A very tasty task for year 4 was to bake a traditional Welsh recipe such as bara brith or Welsh cakes. Isn't it a shame we couldn't taste them! Food shopping has been quite a challenge during this difficult time and writing a list is paramount to avoid forgetting anything. Enjoy Caleb's 'Boring shopping List'.

Rhestr siopa ddiflas

Dyma fy rhestr siopa ddiflas,
Dydw i ddim yn cael hwyl na sbri.
Pam fod rhaid i mi wneud hyn?
Dwi'n rhoi'r rhestr yn y bin!
Gwaeddodd mam "Ble mae fy rhestr siopa i?"
Gan gyfri'n grac..."Un, dau, TRI"
Dyma fi'n rhedeg mas o'r tŷ!
"Dere 'nôl" Sgrechiodd mam yn grac,
Beth oedd ar y rhestr 'na?
Does dim bara na menyn yn y tŷ
Dim caws, selsig na phitsa,
Cremfogau, moron na hufen ia.
Ond llond fasedg o ham a bisgedi
A digon o fananas tan fis Medi.

Caleb - Blwyddyn 4



Cerdd Acrostig

E nfysau lliwgar yn y
N en,
F ry uwchben
Y mdeimlad o obaith
S ydd, daw eto haul ar fryn.
A rwyr allweddol yn
U nfyd, wrth achub y dydd!

Tomi Jac - Bl. 3

Make Do & Mend 15

Health in relation to resilience is much overlooked.

If we are to survive, sustainability and resilience is key.

"While many are imagining the period of relative peace that went along with social distancing measures as an ungodly nightmare that they'll be quick to try to forget, some of us are seeing that relative peace as a rare luxury that won't be here for long and will be missed in the years to come, and we are trying to make the most of these precious days like someone packing a suitcase for a long dangerous voyage with an uncertain ending"

Covid19 is just the most impressive example yet of our failure to support our own health and resilience to disease through our ignorance of natural systems and appalling arrogance and greed. We conspire to profiteer by exploiting natural riches whilst poisoning the source, unleashing chemicals and waste products, never once accounting for the true cost to our health, our diversity, our planet, our very existence.

It seems blatantly obvious to me, that the only way forward is with true-cost accounting, which would make releasing substances with far-reaching effects into the environment unfeasible.

Monocultures are breeding grounds for the worst diseases ... it seems farcical that a factory farm would get approval - it flies in the face of current moves to make farming more sustainable and resilient to the climate peril we face which becomes ever more pressing.

Yet, here in Ceredigion intensive chicken sheds just got the go-ahead.

How is it 'planning' is so out of touch with current agricultural trends promoted by our own MP Ben Lake towards resilience in the food chain, and improvements to the health of our environment and diversity with preferential support to smaller scale regenerative farming?

Even amongst those who understand how important what you eat is to your health, how important the soil it is grown in is, people still don't understand how damaging to health conventional farming methods have become, and that eradicating these methods/foods is the ONLY way to improve the nation's health and resilience to Covid19 and every other disease that follows it.

I have heard people at farming conventions describing the need for people to have access to 'healthy' food, but what they mean is more and cheaper vegetables. I can't even get vegans to understand that our current food system is the cause of the dramatic rises in ill-health, or that stopping eating meat is not sufficient to save the planet if you continue to support Big Ag with your purchasing power.

Buy local sustainably and regeneratively grown food to support your health and resilience to disease,

Our Public Inconvenience Announcement

'Cheap chicken both promotes disease and undermines your resilience to it'

Ask the Government to ensure provision of food that *supports* the Nation's health with direct focus on the damage that artificial fertilizers and the accompanying barrage of chemicals do to the soil biome, the water and everything; the insects, plants and animals that eat those plants including us; that depend upon it for health.

The moral of this tale is diversity = GOOD; monocultures = BAD.

Our intensive farming methods create the conditions where pests and diseases not only thrive, but are CREATED. Diseases like Covid19 start here, and our global lack of natural health and immunity is causing many, many unnecessary deaths as we speak.

We don't need dizzying arrays of chemicals to produce food, there's no way our planet, let alone farming can survive this way. It's not sustainable, not resilient enough to deal with coming weather extremes, and these chemicals have direct impacts upon our health.

'without diversity there is no health' 'a food system that has become the basis of chronic diseases and the emergence of new diseases'

https://www.youtube.com/watch?v=6kCDu_LjsNE&feature=share&fbclid=IwAR1jEG24KftgMgiPP8BaJJ4U3fBvryRBDK3i5CAIir2qgoLV77ue_5A-fRA

Dr Vandana Shiva is so insightful. By continuing to invest in and support 'The Poison Cartel'; Big Ag, Big Pharma, Big Oil, we have brought disease, and our lack of resilience to it upon ourselves. We MUST stop buying into it. ONLY then will we achieve true resilience to diseases like Covid19.

Listen to BBC Radio4 Food Programme 'Why Eat Wild Meat' <https://www.bbc.co.uk/sounds/play/m000jnk9>

And to Jane Goodall saying that Covid19 is a direct result of intensive farming.

<https://www.bbc.co.uk/programmes/m000jmsd>

Cheryl Hillier

singer/songwriter, health and climate campaigner, and Biochar Lady

2transitionllambded@gmail.com

www.clonc360.cymru

Cofiwch fynd i'r wefan hyperlleol am newyddion Cymraeg ardal Llanbedr Pont Steffan. Dyma grynodedb o rai storïau diweddar.

Llambed a Llanybydder yn rhan o gân Hiraeth Fydd am y 701

Gan Recordiau Bwca 09/06/2020
Cân newydd gan Bwca yn cynnwys enwau llefydd lleol.

**Gwilym Price – colli un o hoedlion wyth yr ardal**

Gan Dylan Lewis 08/06/2020
Bu farw Gwilym Price, sylfaenydd un o fusnesau teuluol hynaf Llanbed.

**Cyfle i ddysgu arwyddiaeth dros yr haf**

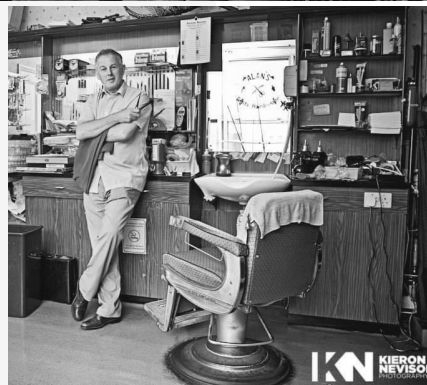
Gan Briallt Wyn Williams 06/06/2020
Rhannu iaith ei thad-cu a'i mam-gu tra bod amser ar ei dwylo.

Cofio ymeliad y Cyn-Arlywydd â Thafarn y Ram

Gan Dylan Lewis 05/06/2020
Jimmy Carter yn galw am ginio gyda Wynne a Mary 25 mlynedd yn ôl.

**Masnachu fel barbwr yn Llanbed am 50 mlynedd**

Gan Dylan Lewis 24/05/2020
Mae Alan Williams wedi bod yn torri gwalltau yn y dref am hanner canrif.

**Marchnad Da Stôr mis Mai Llanybydder**

Gan Ffion Caryl Evans 10/05/2020
Pawb yn hapus â phrisau uwch a chroesawu prynwyr newydd i'r Mart.

**Oriel Jones – colli cymeriad, cymwynaswr a chyflogwr lleol**

Gan Dylan Lewis 07/05/2020
Bu farw'r dyn busnes a roddodd Llanybydder ar y map.

**Dylan Lewis**

The business man who put Llanybydder on the map died.

www.clonc360.cymru

Please go to the hyperlocal website for Lampeter area news in Welsh. Here is a summary of some recent stories.

Lampeter and Llanybydder included in the song Hiraeth Fydd am 701

By Recordiau Bwca 09/06/2020
A new song by Bwca includes local place names.

Gwilym Price – loss of a local stalwart

By Dylan Lewis 08/06/2020
Gwilym Price, founder of one of Lampeter's oldest family businesses, died.

**An opportunity to learn sign language over the summer**

By Briallt Wyn Williams
06/06/2020

Sharing the language of her grandparents while she's got time on her hands.

Remembering the Past President's visit to the Ram Inn.

By Dylan Lewis 05/06/2020
Jimmy Carter calling for lunch with Wynne and Mary 25 years ago.

Trading as a barber in Lampeter for 50 years

By Dylan Lewis 24/05/2020
Alan Williams has been cutting hair in the town for half a century.

Llanybydder May Cattle Sale

By Ffion Caryl Evans 10/05/2020
All happy with higher prices and welcoming new dealers to the Mart.

Oriel Jones – loss of a character, benefactor and a local employer

By Dylan Lewis 07/05/2020

what's going on

listings are free. send details of your event to lampetergrapevinelist@gmail.com

Victoria Hall: regular activities and classes

Bryn Road, Lampeter SA48 7EE

To book Victoria Hall phone: 07891 632614 Email: victoriahall.llamed@gmail.com

Community groups & local, small-scale commercial:

We have a committee room and small therapy/ class /conference rooms.

Licensed bar on request for functions. Catering service available.

See www.vichall.org.uk for more details

Day	Weekly (W) Fortnightly (F) Monthly (M)	Time	Activity / Class	Contact	
				Name	Number
Thursday	W	12-4pm	Easy Save Credit Union		

Due to the Coronavirus situation, all our hall bookings have been postponed or cancelled by the hirers. We also have a duty of care to not facilitate public gatherings at the moment.

Victoria Hall is closed until lockdown restrictions are lifted.

Please keep an eye on the website, www.vichall.org.uk and Facebook for updates.

Other Transition Llamed Development Trust business is still going ahead. The publishing of the *Grapevine* (although not in print at the moment can be found online instead on their brand new website www.lampetergrapevine.org where you will be able to print your own copy and access copy deadlines and advertising guidance), the continued refurbishment of the hall and the cycle path project.

If you need any further information please contact us

victoriahall.transition@gmail.com or 07891 632614

Thank you to all our users and hirers. We hope to welcome you back very soon. We hope to be up and running with a refurbished Community Hall ASAP. We wish you all well in these difficult times - stay safe.

Kindest Regards

Directors of Transition Llamed Development Trust

Grapevine Listings - Coronavirus Notice

Please presume that everyone will be taking the Welsh Government advice to

'Stay local and keep Wales safe'

and so will not be holding face to face sessions at this time.

Some individuals / groups / organisations may be offering

alternative options during lockdown ,

so please make contact using the following listed details.

Contact details correct at time of publishing

complementary & alternative therapists

Charlotte Allen RSHom. Homeopath with over 18 years clinical experience. If you're sick of not feeling really well, homeopathy can make a difference. It is excellent at helping with chronic conditions, gently, safely & holistically. 01570 493746

Val Allen, BACP senior accredited counsellor / psychotherapist UKRC registered. Offering counselling, psychotherapy, hypnotherapy, EMDR. 23 High Street, Lampeter 01570 493522, valallenwales@gmail.com

ChaNan Bonser (ACKRP) Creative kinesiology and body tracking: A natural way of accessing your bodies wisdom, discovering what is behind the symptoms, and accessing that wisdom to release stress, anxiety and trauma to help restore your body to balance. 07702 598909, www.kinesiology.wales.com

Joanne Camlin Bsc WSHom is a licensed classical homoeopath who graduated in 2007. All consultations only £30 when you mention the *Grapevine*. Jo practices from Cellan Millennium Hall. 07746 608524.

Colleen's Ka Huna Massage Studio. 01974 272103, 07947 780738, colleen.greening@gmail.com tymawratbethania.co.uk

Amanda J. Clarke C.Hyp, 10 years in practice. Stop Smoking in a single session with Curative Hypnotherapy. If you want to quit, hypnotherapy is a successful method of doing so. The Woodlands Clinic, 01570 470046.

Sher Cross, Reflexology and Reiki Healing can help with health problems and relaxation. Specialising in pregnancy. 21 years experienced practitioner. 01545 590364 or 07807 219499.

Anna Dance FDA Integrative Counsellor, MBACP. Animal assisted intervention, animal bereavement counselling, walking talking therapy, individual and couples counselling. Lampeter. Contact: 07464 895351, annadancecounselling@gmail.com

Carol Davies Qualified Aromatherapist. Counselling, hypnotherapy and Hopi candling can also be offered. Carol, 07971 229608.

DD Personal Fitness and Training. 1-1 instruction to help you achieve your

fitness goals. Rehabilitation from injury or surgery, preparation for sport, muscular development and weight management. Llanybydder. Dai Davies, 01570 481882, davyies@glantrenfawr.plus.com

Siân Elen. Adweitheg/Reflexology (MAR). Qualified, experienced reflexologist based in Ffarmers. Follow me on Facebook/Instagram, or contact 07977 982762, sianelenreflexology@gmail.com

Sally Harrold Counselling hypnotherapy, supervision. BSc(Hons) Midwifery, PgDip Individual, hypnotherapy, family counselling. Contact: 07539 882798, sally.harrold@gmail.com

www.counselling-directory.org.uk/SallyHarrold

Alison Kaye MBACc. Traditional Chinese acupuncture. 30 years clinical experience. 28 High Street, Lampeter. 07779 256388

Julie Lancaster. Relax, rewind, rejuvenate. Qualified and insured in Reiki, Reflexology, Aromatherapy massage, Hopi Ear Candling and Hot Stones Therapy. Treatment rooms at Beauty Cwtch, Tregaron. Call 07778 996896 / 01570 470542 or fb beautycwtch.

Deirdre McIntosh M.I.Biol. M.Phil. PhD, Nutritional advice for weight loss, health and reduction of inflammation. Treatment not based on calorie restriction but on understanding human biology, biochemistry and evolution.

01570 470077, 07515 393894 info@mcintoshscientific.com

Shamanic journeying, healing and counselling. Contact: Mia 01570 423339

Ginny Moffett, qualified reflexologist (British Reflexology Association) with 25 years experience. Home visits or at The Zen Den, Llandeilo. Specializes in treating the elderly and those suffering from extreme stress and depression. 01558 650572 or 07791 165998

Louise Nadim BSc Hons, Ph.D. Working in the Human Energy Field assessing, balancing and healing, to restore physical, emotional and spiritual health. **Distant Healing** ... Recommended for all those who are stressed and struggling under lockdown and for those who, maybe, are unable to access medics/therapists / support people. As an experienced **Brennan and Shamanic energy healer**, I regularly offer distant

healing to my far away clients or those too ill to travel. Why? Because it works, you will be amazed at how effective it can be. A session costs £30, and includes 1 hour minimum of healing and 2 phone calls, one before and one after the session.

Call or text Louise Nadim (Ph.D) 07920 112228

Dylis Pugh, art psychotherapist, PGDipAT, MA AP Res. Lampeter, 20+ years experience. 07963 866516, www.dylispugh.co.uk

artandtherapywithdylis@macmate.me

Shân Rees, BA, Dip. Counsellor and life coach. Living excellently, confidence building for women. Experienced trainer and facilitator; groups/individual sessions. Shân, 01570 218138, 07940 375147, shanharmony@aol.com

www.livingexcellently.co.uk

Irene Sullivan, qualified & experienced massage therapist, practising total rejuvenation body massage, Indian head massage, Hawaiian Kahuna massage, chair massage, Thai massage and Reiki. Home visits available. 01545 561334.

Cathrin Wildwood *Online, phone & Social Distancing Counselling*.

Whatever is on your mind or troubling you, talking therapy really does help. An experienced & qualified counsellor, I offer a confidential space for understanding how and why we think and feel the way we do and for solving problems. Over many years I have helped men and women, children and young people, couples, parents and families find their way. No problem or issue is too big or small, so to find out how I can help or to arrange an initial appointment. Cathrin, 07870 888141 cathrin@cathrinwildwood.co.uk

www.cathrinwildwood.co.uk

Bones for Life. Practices to stimulate bone strength, protect vulnerable joints, improve posture and increase vitality.

Marye Wyvill, 01570 421027, maryewyvill@hotmail.com

Annie Zakiewicz. Qualified reflexologist and Emmett Technique practitioner. Treatment room in Cellan. Contact: Annie, 01570 493295, www.reflexologywithannie.co.uk

coronavirus support

Ceredigion County Council

www.ceredigion.gov.uk/resident/

CAVO (Ceredigion Association of Voluntary Organisations)

are co-ordinating offers of help to voluntary groups.

Contact: gen@cavo.org.uk, 01570 423232, www.cavo.org.uk

Lampeter Coronavirus Support Group COVID19 on Facebook

www.facebook.com/groups/710463783094284

Ceredigion Coronavirus Support

www.facebook.com/groups/CeredigionCoronavirusSupport

courses

Conversational French

Contact: Amelie, 01558 685175.

Denmark Farm Conservation Centre, Betws Bledrws

All activities at Denmark Farm are still suspended due to Covid-19. For more information please visit our website

www.denmarkfarm.org.uk or call us on 01570 493358

Dog Training Courses

Contact: Kathleen Stubbings, 01558 685858, 07522 984094, dogdancing-ltd@gmail.com

Learn / improve French & Italian

Contact: Gillian Bowler, 01550 760067 gillypickering@aol.com

creative

Bird Farm Alpacas

Etsy online shop open. emmabird150@gmail.com
www.birdfarmalpacas.com

Red Apple Yarn

Old Post Office, College Street, Lampeter. 01570 423715, redappleyarn.co.uk

Sew, Knit and Natter

Sandie, 01570 423969

creative writing, books & storytelling

Lampeter Writers' Workshop

All meetings cancelled until further notice. Updates available on our Facebook page. Online critique service—all details on Facebook

events

Cymdeithas Hanes Llambod

All meetings postponed until further notice. 01570 470838.

health & well-being

Banc Bwyd Llanbed/Lampeter Food Bank

New Hours: Open Tues 9-1, Weds 9-5,

Thurs 9-1, Fri 9-5.

Referrals: are received from the usual agencies for 3 days' worth of food. More details on our Facebook page. Donations of in-date non-perishable food can still be left in the collection boxes at Lampeter Co-op.

Donations: We welcome tinned meat, green veg, fruit, custard and rice pudding at the moment. Bars of soap, toothpaste and 2-in-1 shampoo are also welcome. We can accept other food donations by prior arrangement on Mon and Tues/Thurs afternoons. This is to keep the times when we deal with client referrals and when we deal with food separate, in order to maintain safe distancing within the physical limits of our accommodation.

Contact: 07582 905743 or Facebook: [lampeterfoodbank](https://www.facebook.com/lampeterfoodbank)

Lampeter Food Project

Contact: Lindsay 01570 493791, lindsaybiker68@hotmail.com

Living Well, Macmillan Cancer Support

Supporting and connecting people with cancer. Contact: Amy Wilson, 01970 613888 or Gudrun Jones, 01970 628848.

Macular Society Lampeter Support Group

Contact Diana 01570 640034.

Crossroads Carers Outreach Service

offers unpaid carers one-to-one advice, help, support & information. If you are an unpaid carer, please get in touch with Rebecca, 0783 4170358,

Headway Ceredigion: The Brain Injury Association

cere.outreach@crossroadsmw.org.uk
Contact: dolaubach@gmail.com, 01974 821301

Drug Addicts Anonymous

www.drugaddictsanonymous.org.uk

Alcoholics Anonymous

Helpline: 0845 7697555.

WW (the new Weight Watchers)

Contact: Eleri, 07748 270439 or ERetallick@ww.com

Nutritional Advice

Deirdre McIntosh M.I.Biol. M.Phil. PhD 01570 470077 or 07515 393894, info@mcintoshscientific.com

Support Group for people with Multiple Sclerosis (MS)

Contact: Judith McKay, MS Support Volunteer, 01570 493509 or Hazel Ellis, Chair Ceredigion MS Branch, 01974 261640.

Chronic Fatigue and Pain Specialist

Contact: Lindsey Ford, 07904 258814, www.chiron-mind-body.co.uk
Dementia Support The Potter Trust

supports people in Ceredigion whose lives are affected by dementia or Alzheimer's disease by giving money to help, e.g. with the purchase of certain items or transport costs. If you have dementia, or you know of, or look after someone who has, contact Joan Miller, 07794 674339, joan.miller4@virgin.net

kids

Canolfan Deuluol Ty'r Teulu Llanybydder Family Centre Info: Kim, 01570 481617.

1st Lampeter Scouts

For boys and girls aged 10.5-14. Kelvin, 01570 218567.

1st Lampeter Explorers

For boys and girls aged 14-18. Iris, 07769 326032.

1st Lampeter Brownies

Erin Green, 07834 195728

1st Lampeter Rainbows

Bev, 07891 570180
www.girlguiding.org.uk/joinus

1st Lampeter Beaver Scouts

For boys and girls aged 6-8. Rachel, 07730 684543.

1st Lampeter Cub Scouts

For boys and girls aged 8-10. Iris, 07769 326032.

Home Start

Sarah Harries, 01239 615922

Lampeter Breastfeeding Group Find us on Facebook or call/text 07967 201034 (excl. bank hols and school hols).

"Lampeter Little Ones" Facebook group for parents of pre-schoolers in Lampeter area. www.facebook.com/groups/lampeterlittleones

Little M'zzz indoor soft play centre

01570 480268, www.littlemzzz.co.uk

Ti a Fi

Claire, 07727 415634.

Tic Toc

www.theatrfelinfach.cymru

Theatr Felinfach Performing School

01570 470697, www.theatrfelinfach.cymru

RAY Ceredigion Info: 01545 570686 and Facebook.

Young Rangers

Sally, 07799 052131
sally@harveysofcellan.co.uk
www.facebook.com/youngrangersclub/

Please keep your listings up-to-date.

Notify us of any changes

lampetergrapevine@gmail.com

markets

All indoor markets are closed until restrictions are lifted.

Aberaeron Community Market.

Enquiries: Philomena, 01545 574729.

Brechfa Market. Neuadd yr Eglwys / Church Hall, Brechfa, 10am-1pm, 1st Sat in month. Lorna, 01267 202359 lornajaynejones @btinternet.com; Lisa, 01267 202727, 07733 336865.

Ffarmers Market. Neuadd Bro Fana/ Village Hall, Ffarmers, 10am-12.30pm 1st Sat in month.

Lampeter People's Market, mini-hub, operating during lockdown from UWTSO car park, next to Victoria Hall, Lampeter. 10am-1pm every 2nd & 4th Sat each month. Contact: 07891 632614

Llansawel Market. Llansawel Village Hall, 10am-12.00pm, 3rd Sat in month.

move your body

Cerddwyr Llambod (Ramblers). For info contact: James 01570 480743 or Kay 01570 480041.

Fabulous Friday Walkers. Philip Lodwick, 01570 422181.

Aberaeron Walk & Talk Group. Info: Gillian, 01545 574811, gamorgan@waitrose.com

Couch to 5K running Group. Facebook: Lampeter Couch to 5K Running Group or contact Helen, 07817 543257.

Llanerchaeron Parkrun 5K. Cancelled until further notice.

Sarn Helen Running & Cycling Club. Info: www.sarnhelen.org.uk.

Brechfa Mountain Bike Club. 07535 228559 or find us on Facebook.

Aerobic/Body Toning. Llanfair Clydogau Hall and Cellan Millennium Hall. Contact: Debbie, 01570 493594.

Aquafit - Hydrospin - Aqua Cycling. Lampeter Pool (closed until restrictions lifted). Contact David Maund, 07792 351607.

Tai Chi Classes. Contact Richard 01558 650843

Badminton. Coronation Hall, Pumsaint. Yvonne, 01558 650870.

Squash Court. University Sports Hall, Lampeter, 01570 424774.

Caron Archery Club. Caron Leisure Centre, Tregaron. caronarcheryclub@gmail.com

Indoor Short Mat Bowls. Coronation Hall, Pumsaint. Yvonne, 01558 650870.

Table Tennis, Coronation Hall, Pumsaint.

Yvonne, 01558 650870.

Yoga with Susie Bates. (BWY teacher), 07588 527512.

Yoga & Pilates with Ann Inshaw. 07826 692110.

Yoga with Elena Gilliat - All classes cancelled Ffarmers & Crugybar. 01558 685321, elenamgilliat@hotmail.com

Yoga with Karen Hills. 07547 125937 www.breathemyoga.co.uk

Hatha Yoga with Pat Beaton. 01558 650594.

Yoga at Pantglas Yoga Centre, 01570 493794, info@thepantglascentre.com

The Jane Guy School of Dancing. Jade, 07972 521842

American Tribal Style Bellydance. Cancelled until further notice. Wendy Steele, 01570 472921, 07752 478779.

Belly Dance and Fit for Life Classes. jacki@yorkes.co.uk, 07544 424441.

music

Lampeter Music Club Public Concert Series. www.lampetermusicclub.co.uk

Lampeter Chamber Orchestra. John Crompton, carol.john@gmx.co.uk

Classical Guitar lessons.

Mark, 07940 426650, kingsleymark55@gmail.com

permaculture, gardening & conservation

Lampeter Permaculture Group www.lampeterpermaculture.org

Purposeful Permaculture - wildlife & sustainable garden advice & design, courses, home energy retrofit assessment. Contact: purposefulpermaculture@gmail.com

Save on Energy Bills. Advice on retrofitting your home sustainably. 01974 831300, andy.polkey2@gmail.com,

religious services/groups

Churches of Lampeter: Covid-19

During these difficult days, the Churches of Lampeter are here to lend support, both spiritual and practical, in any way we can. Although we are being advised not to meet for public worship, we will be praying regularly for our community. If anyone needs practical help, in the delivery of food, medicine or any other essential supplies, please do not hesitate to contact us. Below are some contact numbers:

'Cast your burden on the Lord, and he will sustain you', Psalm 55:22

Eglwys Llanbedr Pont Steffan: Covid-19

Yng nghanol y dyddiau anodd hyn, mae Eglwys Llanbedr Pont Steffan yma er mwyn eich cynnal a'ch cefnogi, yn ysbrydol ac yn ymarferol, ym mhob dull y gallwn. Er i ni dderbyn cyfarwyddyd i beidio â chynnal oedfaon cyhoeddus ar y Sul, y byddwn yn gweddio'n gyson dros y dref a'r gymdogaeth. Os bydd angen cymorth ymarferol ar unrhyw un, trwy ôl bwyd, meddyginiaeth neu unrhyw angenrheidiau eraill, peidiwch ag oedi cysylltu. Dyma rifau cyswllt: *'Bwrw dy faich ar yr Arglwydd, ac fe'th gynnal di', Salm 55:22*

St Peter's Church, Lampeter.

Contact: Beryl, 01570 422324

St Thomas' Methodist Church, Lampeter. Contact: 01570 423757.

Lampeter Ecumenical Discussion Grp.

Hoping to start again in the autumn face to face or by Zoom. For details contact: 01570 480083, deborahjrowlands@gmail.com

Emmaus Christian Fellowship.

Contact: David Patterson, 01570 423360.

Lampeter Evangelical Church

Contact: Gareth Jones, 01570 423344

Crynwyr Llanbedr / Lampeter Quakers.

Cysylltwch/contact: 01570 471488 lizmcd12@gmail.com, quakersinwales.org.uk, quaker.org.uk/meetings/lampeter-llanbedr-pont-steffan
Lampeter Orthodox Church. Closed until further notice.

social

Lampeter Chess Club.

Mike, bedwlwyn@btinternet.com

Merry Makers' Women's Group.

We are keeping in touch through phone and email. Anyone who needs contact details please phone 01570 423167.

Cellan WI. Penny, 01570 423877

Custard Queens WI.

custardqueenswi.weebly.com

Lampeter WI. 01570 421683.

Llanwenog WI. Christine, 01570 480142

West Wales Pet Watch - House & Pet Sitting Service. Lyn 07876 437409, www.pet-watch.co.uk

Hwyl a Hamdden. 01570 47069, www.theatrfelinfach.com

Cinio Cymraeg Tregaron. Myra Mortlock, naturals@btinternet.com

Whist Drives. Gwen Davies, 01570 481152.

Lampeter Bridge Club. Keith, 01974 298811

volunteering

Help the community via CAVO
If people want to help others, CAVO
(Ceredigion Association of Voluntary
Organisations) are co-ordinating offers of
help to voluntary groups. Contact
gen@cavo.org.uk, 01570 423232,
www.cavo.org.uk

Ty Hafan Lampeter Volunteers.

Contact: 01570 421976

Coedwig Gymunedol Long Wood
Community Woodland: Woodland
Wednesdays

info@longwood-lampeter.org.uk

Denmark Farm Conservation Centre.

Volunteer programme: 01570 493358,

www.denmarkfarm.org.uk

Global Justice West Wales

info@purposefulpermaculture.co.uk

CELLAN MILLENNIUM HALL

For updates see www.cellanhall.wales

Or Cellan Facebook page

01570 422066

Closed until further notice

LLANFAIR CLYDOGGAU VILLAGE HALL

SA48 8LG

Join Llanfair Clydogau Facebook

page for updates

Information: 01570 493288

Please check your listings regularly
and let us know of any changes
lampetergrapevinelist@gmail.com

Copy deadline: Fri 11 Sept

Theme: 'Challenges'

Cellan Millennium Hall

Film Nights

Cellan Film Nights are postponed
until further notice.

Check our website or Facebook
page for updates:

[http://cellanhall.wales/film%
20night.htm](http://cellanhall.wales/film%20night.htm)

[https://www.facebook.com/
groups/2392309707725267/](https://www.facebook.com/groups/2392309707725267/)

or search for

"Cellan Village Community Group"



Can you spot the 'Grapevine grin'?

Somewhere amongst the pages of

Grapevine each issue you will find this sunny
smile. Maybe tucked away or perhaps clearly in
view?

Where will it be this time?



Copy Deadline for Oct - Issue 81

Fri 11 Sept

Theme: 'Challenges'

lampetergrapevine@gmail.com

CERDDORFA SIAMBR LLAMBED LAMPETER CHAMBER ORCHESTRA

Covid-19 has affected all aspects of our lives.

When in March the nation went into lockdown
the Lampeter Chamber Orchestra, under the
baton of local composer and conductor John
Frith, was busy rehearsing for the concert to have
been held on Saturday 28 March in the Arts Hall
on the Lampeter campus.

The highlight of the concert was to be the
premiere of John's new composition, *The Crystal
Sea*, specially written for the Lampeter orchestra
and featuring its leader, Rhiannon Fentimen.

We are still not able to say when it will be
possible for the orchestra to meet again, to
complete its rehearsals and to reschedule its
postponed concert.

Revitalised by our new conductor, the orchestra
continues to welcome new members and
everyone is keen to build on progress made
during the last year.

We look forward to being able to announce our
next concert, and to being an orchestra of which
Lampeter and the University can be proud.

New players are welcome.

Myra Mortlock

CERDDORFA SIAMBR LLAMBED

Lampeter Chamber Orchestra invites new
players.

We meet on Monday evenings in term time at 7.30pm in THE
OLD HALL University of Trinity St David's, Lampeter.
(Venue to be confirmed for September)

We play a range of music for small orchestra, together with
some of the extended chamber works requiring more parts
than the usual quartets.

Good amateur players, Grade V and above, are welcome.

If you have returned to playing during the lockdown and are
not sure how you'd fare in an ensemble, now is the time to
think about joining similar players in a small group.

If we have a good summer players could meet and perform
in parks and gardens.

When lockdown ends we shall resume rehearsals for the
concert we postponed
including a new work by our conductor

John Frith

written for this orchestra and featuring its leader

Rhiannon Fentiman

Enquiries to JOHN CROMPTON

LCOSecretary@gmx.co.uk



Multiple Sclerosis Society

The precious seeds sit in their pots... waiting

We are like a baby, a child, wide-eyed...staring...listening... hearing... we see things we have not noticed before; we are experiencing life again. Now everything is so precious. Our awareness is part of our new-born life. Like the tadpoles in the pond, we have been swimming around trying to find the necessary things for our survival, but still having time to bask in the sun at the edge of the pond. We are learning to have the resilience to keep going. At all times we are learning and solving problems. Like the baby we learn how not to do things. We show resilience. We learn that crying helps and then we crawl to positive thoughts until we laugh and giggle again, wiping away the tears and seeing the good things again.

The compost, the water I gently spray on the pots...

The jobs we do now are pleasure jobs. We are gardening, baking, making. We are learning all the time how to cope. Resilience and adaptation become our new routes and ways of learning as we crawl out of the safety of the womb into this scary but fascinating new period of our lives. We have learnt so much. So much focussing on self-control and mental wellbeing.

Watching the pots for even the tiniest bit of green shoots - but nothing.

Zooming and Facetiming into the world of technology have opened up such pathways of communication. No family hugs but still the mobiles to message and the good old telephone for a chat. These chats have become much longer and more full of content and meaning. Talking to people we haven't spoken to for ages. Talking to those we love.

Still the pots remain dark as they sit on my bathroom windowsill...still no sign of life. Perhaps the seeds were just too old. 2015, 2016, 2017 may be pushing it a bit!

Wonderful neighbours, friends and family keeping our pantry full, bringing supplies of food for sheep, chickens and the wild birds that visit the feeders and give us so much pleasure. Our amazing village shop in Llanfair Clydogau keeping supplies going against all the odds, and our lovely friend in London who started a 'yeast trail' for us which stretched to her friends far and wide, eventually getting us yeast when we could not get any locally. Guilty feelings creep in as we remember the people who do not have that support network that we have and are not surrounded by the beauty of the natural world. On *Springwatch* (BBC1, 12/06/20) Chris Packham talked about

'the natural world getting us through' and Ellie Harrison said about us all slowing down and 'matching the rhythm of nature.'

There is a bit of green! I am so excited! There is hope. I did not give in and throw away those old runner bean seeds. Some did die but three have survived into their new life.

Life goes on. We struggle to recognise it. Everything is so different, but we have to wipe away those tears and encompass everything around. We must never forget this period of time. We see a whole new world evolving around us. Those of us old enough have memories of our own childhoods again becoming realities.

'Benchmark' they are called. Masters of the bench at Llanfair Clydogau show for the last two years displaying their red rosettes. Those wonderful seeds that I have saved and sown for so many years are giving me so much hope for the future.

Gareth Malone working with music, technology and a care worker, a nurse and a doctor producing beautifully inspiring music... words such as 'there is someone there for everyone,' 'love goes beyond the sorrow' and 'love will find a way'.

Having Multiple Sclerosis gives us coping skills, ways of doing things differently, adapting. Our lives changed before Covid-19. We have resilience.

...and then there are the January King cabbages...their seeds date back many, many years. They are now growing healthily and happily, and we have some of them back!

Many thanks to friends and family who have plant swapped and helped give life to my old seeds.

ANYONE for CABBAGE SOUP!!!

Judith McKay, Support Volunteer, 01570 493509

Hazel Ellis, Chair of Ceredigion Branch, 01974 261640

(See our MS Support Group page on Facebook)



Banc Bwyd Llanbed

Mae angen mwy o bobl ar y Banc Bwyd Llanbed ar frys i'n helpu ni i gymryd atgyfeiriadau ar ein ffôn, ac ymateb i ymholiadau. Ffoniwch ni ar 07582 905743 os gallwch chi helpu.

Lampeter Food Bank

Lampeter Food Bank urgently needs a few more people to help with holding our phone, taking referrals and dealing with enquiries. If you can help, please contact us on 07582 905743



REDUCE TRANSPORT

With ever more global concern about extreme weather events and pollution of our air, waters and soils it is surprising that there is no simple solution promoted in order to change our destructive path. If we get to the roots of the problem it is quite clear that humans are the only environmentally destructive species on this planet and this has only become a serious problem in recent centuries due to industrialisation.

We humans are very clever at producing material innovations but not so good at considering their consequences.

Transportation is an essential component of current theories about economic prosperity. It provides the means of distribution for large quantities of goods into diverse markets as well as personal travel for business and pleasure. It is good for the profits of the oil companies who provide the fuels for ships, trains, cars, lorries and aircraft as well as the power for manufacturing them. It is not so good for the environment, nor for the stress levels and physical health of the people who are induced to travel frequently and extensively – and for pedestrians and cyclists who

breathe in the polluted air.

In addition, with large volumes of food and other transport, there is an ever growing use of plastic packaging and therefore plastic pollution. And with ever increasing numbers of vehicles on roads huge sums are needed to make 'improvements' and repairs.

However, with sharp reductions in transport and emissions brought about by the coronavirus pandemic this is a clear wake-up call to reduce transport in the longer term. The big worry is that if and when the pandemic subsides governments will do everything they can to resume economic growth and this will mean even more transport of all sorts.

If carbon emissions are to be reduced sufficiently to counteract climate change, then we must **REDUCE TRANSPORT**. When developed countries reduce the number and use of private vehicles this will reduce commuting and distant travel for shopping and so this in turn will encourage the regeneration of local businesses (for both food and manufacturing) and thus reduce commercial transport and packaging too. And of course if we reduced transport factory farms would be in much less demand. Instead we would

only have locally produced free range chickens and their flesh would be very much tastier and healthier.

It will therefore be a major contributor to the reduction of pollutions and carbon emissions and mitigating climate change. Large numbers of jobs will be created by putting greater priority in production of more renewable energy and major improvements in insulation in houses and buildings. And with less flying away for holidays there will be more local tourism.

How can this be done? The reduction of transport in every country can be secured by increasing fuel tax, vehicle purchase tax and the cost of licenses. Globally there will be the introduction of tax on air fuel.

So we all have to get together to ensure that our governments get on with this big change – and quickly too. When they give a five year warning that these things are going to happen then individuals, businesses and other organisations will be able to plan ahead for this big change.

Reduction of transport will be the core solution to most of our increasing environmental, economic and social problems.

To ignore this would be disastrous.

Anson Allen, Llansawel

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articles

lampetergrapevine@gmail.com

listings

lampetergrapevinelist@gmail.com

adverts

lampetergrapevineads@gmail.com

www.lampetergrapevine.org

Dweud eich dweud / Have your say

Do you have thoughts or comments you wish to share?

Have you got ideas for future themes and topics or a regular column you would like considered?

Grapevine is your local newsletter - your feedback is important, so please let us know what you think.

Diolch / Thank you

Grapevine team

lampetergrapevine@gmail.com

www.lampetergrapevine.org

"If all things are connected then they are also related, and the well-being of one depends on the wellbeing of another. Such notions can be contextualised within a framework of social justice and equality." (UWTSD Harmony Institute website)

I have been thinking about resilience and what I have learnt about it during the lockdown here in Lampeter. I am part of the food bank team here in town, and the ways in which we have ended up working differently has shown me some interesting things.

Lampeter Food Bank is by no means the only voluntary group providing food direct to people in and around Lampeter at the moment:

- **Lampeter Food Project** has started up again, collecting surplus food from local businesses to provided weekly food parcels
- **Lampeter Family Centre** is supporting several local families with weekly food parcels
- **HomeStart** is providing some food as well as helping families with other costs so they have more to spend on food
- **Camfan** is buying fresh food for some of their clients

If you were to try and summarise which of which of us does what for whom, it would seem confused and haphazard. However, we have ways of being in touch and between us we cover a wide range of local need.

Moving out from this little nexus, the **Lampeter Coronavirus Support Group** is letting people know about local services and publicising our need for food bank volunteers in the early lockdown days, **Victoria Hall** offered space to store extra food if needed, and the **Town Council** has given substantial funds to many of us. Local shops have offered us stock when having to close or when unable to sell it due to reduced footfall. **Aberystwyth food bank** is passing much of its Morrison's food donation on to Lampeter food bank and we share it with the others here. **The Seed Library** has put together seed packs for local families to have a go at growing their own food. Many new people have joined the food bank as temporary volunteers, some of whom may be able to stay on in future.

Lampeter Incredible Edible has grown veg and fruit for **Camfan** clients to tend at home in isolation as a way to combat loneliness and anxiety, which came out of a conversation between the **food bank** and **Camfan** over a food parcels delivery. Thus the networks have entwined and grown, become more supportive and creative, and most of it without applying for grants, helped by local goodwill. Someone looking on from a national or a formal perspective might be tempted to try and tidy this up and streamline it, but we would lose our ability to respond

creatively if that were to happen: as things are now, food can be swapped between us to go where it is most needed. The **food bank** would certainly struggle to provide this level of support on our own, and is not always accessible to everyone needing food support.

Thinking of these human networks, I then think of how a polyculture works in a garden or a woodland, with different plants co-existing and thriving. This year, I planted broad beans among my perennial kale while it regenerates after an Autumn "prune" and there are tree cabbage, feverfew flowers, a walking onion, society garlic and a few wild raspberry suckers in there too. I'm hoping that this mix of plant smells may confuse the cabbage whites enough to bypass the kale and tree cabbage, and the kale and raspberry canes are giving the broad beans support against the wind. It doesn't look very tidy but everything seems happy together.

Is how we are trying to live resiliently through CV-19 in Lampeter, partly about different groups and businesses muddling through and connecting together in sometimes purposeful, sometimes accidental ways, to provide support to each other and to local people?

I certainly feel I have made friendships and strongly-rooted connections through my work with the **food bank** and the people it has brought me into deeper contact with.

I am grateful for that and hope that others may have had similar experiences.

Julia Lim



01 Gorffennaf 2020

Dathlwyd wythnos y ffoaduriaid ledled y wlad rhwng 15 a 19 Mehefin. Yma yng Ngheredigion, roedd yn gyfle i gydnabod y gwaith cadarnhaol a gyflawnwyd sydd wedi galluogi 74 o ffoaduriaid o Syria i gael eu croesawu i'r Sir.

Mae teuluoedd o Syria wedi gallu ymgartrefu yng Ngheredigion drwy raglen adsefydlu ffoaduriaid Cyngor Sir Ceredigion ac o dan gynlluniau nawdd cymunedol sy'n cael eu rhedeg gan ddau grŵp cymunedol; Croeso Teifi ac Aberaid.

Dyweddodd Cathryn Morgan, Cydlynnydd Ffoaduriaid Syria Cyngor Sir Ceredigion: "Mae wythnos y ffoaduriaid wedi rhoi cyfle i mi fyfyrion ar y ffordd y mae'r rhaglen adsefydlu ffoaduriaid wedi cyfoethogi ein bywydau yng Ngheredigion – yn enwedig yn nhrefi Aberystwyth, Aberteifi a Llambod. Mae'r amrywiaeth o ddiwyddiadau y mae'r teuluoedd o ffoaduriaid wedi'u cyfoethogi neu eu hysgogi ers i ni ddechrau'r rhaglenni adsefydlu ym mis Rhagfyr 2015 yn sylweddol.

"Cafwyd dangosiadau ffilm, arddangosiad celf, digwyddiad 'blodau ar y prom', digwyddiadau amlddiwylliannol, bwyd, cerddoriaeth a barddoniaeth. Mae pobl o Geredigion yn dysgu Arabeg ac yn meithrin dealltwriaeth o ddiwylliant y Dwyrain Canol, ac mae pobl o Syria yn dysgu Cymraeg ac yn meithrin dealltwriaeth o ddiwylliant lleol. Rwyf wedi bod yn dyst i'r ffordd y mae pobl leol wedi croesawu dieithriaid sy'n cael trafferth gyda breichiau agored. Rwyf hefyd wedi bod yn dyst i agwedd optimistaidd a gwydnwch y teuluoedd a wnaeth ffoi i'n glannau pan wnaeth y gwrthdaro yn Syria ei gwneud hi'n rhy beryglus iddynt aros yn eu gwlad eu hunain.

"Mae ein ffrindiau o Syria wedi helpu i ehangu ein dealltwriaeth o'r byd y tu hwnt i ffiniau'r ardal brydferth hon yng nghanolbarth Cymru. Mae eu hymddygiad urddasol a'u parodrwydd i 'fwrw ati' yn esiampl i ni i gyd, ac mae'n ffrind i mi fod yn rhan o'r rhaglen adsefydlu ffoaduriaid yng Ngheredigion."

Enillodd Cyngor Sir Ceredigion 'Wobr Awdurdod Lleol 2019' ledled y DU yng Ngwobrau Nawdd Cymunedol 2019 am ei waith gyda grwpiau cymunedol sy'n helpu teuluoedd sy'n ffoi rhag rhyfel, newyn a digartrefedd.

Dyweddodd Arweinydd Cyngor Sir Ceredigion, y Cyngorydd Ellen ap Gwynn, sydd yn Gadeirydd Grŵp Ailsefydlu Ffoaduriaid Ceredigion: "Rwy'n falch iawn o'r ffordd y mae ein cymunedau wedi croesawu'r ffoaduriaid o Syria sydd wedi dod i fyw yn ein plith. Mae Ceredigion wedi profi i fod yn hafan ddiogel iddyn nhw i gyd, gan eu galluogi i ail-ymgartrefu mewn amgylchedd diogel a dod yn rhan o'r gymuned leol. Mae'r plant wedi setlo'n dda yn ein hysgolion ac mae eraill wedi dod o hyd i waith a dechrau busnes hyd yn oed. Diolch yn fawr iawn i'r rheini sydd wedi eu cefnogi, yn enwedig staff y Groes Goch sydd wedi gweithio gyda nhw o'r dechrau."

Mabwysiadwyd dull partneriaeth ar gyfer adsefydlu ffoaduriaid gyda Chyngor Sir Ceredigion, y Groes Goch a Choleg Ceredigion yn gweithio ar y cyd.

Mae'r Groes Goch Brydeinig wedi cefnogi'r teuluoedd o Syria i ymgartrefu yng Ngheredigion ers iddynt ddechrau cyrraedd yn 2015. Dywedodd Kathryn Dupont, Cydlynnydd Prosiect y Groes Goch: "Mae wedi bod yn ffrind fawr i ni gefnogi'r teuluoedd hyn ar eu siwrnai i deimlo'n gwbl integredig yn ein cymuned yng Ngheredigion. Rwy'n cael fy ysbrydoli'n gyson gan eu hagwedd benderfynol a'u dyfeisgarwch mewn amgylchiadau sy'n aml yn anodd iawn. Mae wedi bod yn bleser mawr eu gweld yn magu hyder ac yn symud oddi wrth angen ein cymorth."

Mae Coleg Ceredigion wedi bod yn bartner pwysig drwy ddarparu gwersi Saesneg. Dywedodd Rae Cashman, un o'r tiwtoriaid Saesneg ar gyfer Siaradwyr Ieithoedd Eraill: "Mae wedi bod yn ffrind dysgu Saesneg i'r ffoaduriaid o Syria yng Ngholeg Ceredigion dros y tair blynedd diwethaf. Rwyf wedi fy syfrdanu gan eu hagwedd bositif at ddysgu, eu cymhelliant a'u llwyddiannau. Credaf eu bod yn bobl hael eu hysbryd. Mae'r holl ddisgyblion wedi wynebu heriau personol: salwch; pryderon am eu plant ac aelodau eu teulu yn Syria, mae rhai ohonynt wedi ennill gwaith ac wedi pasio eu prawf theori gyrru a'u profion gyrru ymarferol. Nhw yw fy nisgyblion ac maent wedi dod yn rhan werthfawr iawn o gymuned y coleg. Mewn rhai ffyrdd rydym yn wahanol, ond mewn sawl ffordd rydym yr un fath."

1 July 2020

Refugee Week was celebrated nationwide between 15 and 19 June. Here, in Ceredigion it was a chance to give recognition to the positive work that's been carried out that has enabled 74 refugees from Syria to be welcomed into the county.

Families from Syria have been able to settle in Ceredigion through Ceredigion County Council's refugee resettlement programme and under community sponsorship schemes run by two community groups; Croeso Teifi and Aberaid.

Cathryn Morgan, Ceredigion County Council's Syrian Refugee Coordinator said: "Refugee week has given me the opportunity to reflect on how the refugee resettlement programme has enriched our lives here in Ceredigion – particularly in the towns of Aberystwyth, Cardigan and Lampeter. The variety of events which the refugee families have enhanced or instigated since we started the resettlement programmes in December 2015 is impressive.

"There have been film screenings, an art exhibition, a 'Flowers on the Prom' happening, multi-cultural gatherings, food, music and poetry. Ceredigion people are learning Arabic and gaining an appreciation of Middle Eastern culture and Syrians are learning Welsh and gaining an appreciation of local culture. I've witnessed the way local people have opened their arms and welcomed strangers who are struggling. I've also witnessed the optimism and resilience of families who fled to our shores when the conflict in Syria made it too dangerous for them to stay in their own country.

"Our Syrian friends have helped to broaden our understanding of the world outside the borders of this beautiful area of mid-Wales. Their dignified behaviour and willingness to 'get on with it' is an example to us all and I am privileged to be a part of the refugee resettlement programme in Ceredigion."

Ceredigion County Council won the UK-wide 'Local Authority Award 2019' in the Community Sponsorship Awards 2019 for its work with community groups who help families fleeing from war, hunger and homelessness.

Ceredigion County Council Leader and Chair of the Ceredigion Refugee Resettlement Group, Ellen ap Gwynn said: "I am very proud of the way that our communities have been so welcoming of the Syrian refugees who have come to live in our midst. Ceredigion has proved to be a safe haven for them all, enabled them to re-settle in a secure environment and become part of our local community. The children have settled well in our schools and others have found work and even started a business. A big thank you to all that have been so supportive of them, especially to the staff of the Red Cross who have worked with them from the beginning."

A partnership approach has been adopted for refugee resettlement with Ceredigion County Council, Red Cross and Coleg Ceredigion working collaboratively.

The Syrian families have been supported by the British Red Cross to settle into their new life in Ceredigion, ever since they first started to arrive in 2015. Kathryn Dupont, Red Cross Project Coordinator said: "It has been our great privilege to support these families on their journey to feeling fully integrated into our Ceredigion community. I am constantly inspired by their determination and resourcefulness in what are often very difficult circumstances. It has been a real pleasure to see them grow in confidence and move away from needing our support."

Coleg Ceredigion has been a crucial partner through delivering lessons in English. Rae Cashman, one of the ESOL tutors said: "It has been a privilege to teach English to the Syrian refugees at Coleg Ceredigion for the last three years. I've been very impressed with their positive attitude to their learning, their motivation and their successes. I have found them to be very generous, spirited people. All of the students have faced personal challenges: illness, worries about their children and their family members in Syria. Some of them have gained employment and have passed their driving theory and practical tests. They are my students and have also become a valued part of the college community. In some ways we are different but in many ways we are the same."

St Cannen

Reposed 6th Century.

CANNEN, a saint who was the son of Gwyddlew ab Gwynllyw Vilwr. He flourished in the sixth century, and was the founder of Llanganten, in Breconshire.

St Canog / Cenneur / Cynog

Reposed c. 492.

Remembered 7th October.

Saint Canog, the eldest son of the prolific King Saint Brychan of Brecknock (6th April). He was killed at Merthyr Cynog during a barbarian invasion. There are churches dedicated to his memory in Wales; he is also honoured in Brittany.

Troparion Of St Cynog

Spurred on by their impiety,

God hating barbarians sought to destroy thee, O holy Cynog,
but by death thou didst gain the victory.

Pray for us, that we too may triumph over evil by faithfulness unto the end, that we may be granted great mercy.

St Canten / Kanten

Reposed 8th Century.

Remembered 5th November.

Founder of Llanganten Abbey (Brecknock).

St Caradawg

Reposed 1st Century.

CARADAWG, the son of Bran ab Llyr, whose martial prowess has secured for him immortal renown in the classical records of antiquity, was a prince of the warlike Silures, whom he led against the invaders of his country. His last battle was fought against the Romans under Ostorius; but native bravery, with undefended bodies, availed not against the well armoured and disciplined troops of the enemy. After a long and obstinate engagement, in which his wife and daughter were taken prisoners, Caradawg was obliged to retreat, and he betook himself to his step-mother Aregwedd Voeddawg, or Cartismandua, queen of the Brigantes, who basely delivered him up in chains to the conqueror in AD 51. According to Tacitus, the fame of Caradawg had spread to the neighbouring countries, and Italy was anxious to see the hero, who for nine years had defied the Roman arms. His magnanimous behaviour before the emperor Claudius obtained for him respect and liberty. Here Tacitus ends his mention of him; but according to the Welsh records, his father Bran was taken with him to Rome, where he remained seven years as a hostage, and thence introduced Christianity into Britain (see Bran.) In the Triads he is styled "Cynwcisiad," or chief minister, which is explained in another, where he is called "Unben Rhaith" or one of the chiefs who were elected by the people to dictatorial power in times of danger. His success for so long a period against the Romans obtained for him in another triad the title of "Madorelitiwr," or praise-worthy opposer. (See Myv. Arch. ii. 4, 61, 62, 64, 67.)

Harry Harrison

How has Lampeter coped with the challenges of Covid-19?

Tell your story.

The theme for the next issue of Grapevine is 'Challenges', so we want to hear how you have coped under lockdown and how you are preparing for the 'new normal'.

- Have you been on the frontline?*
- How different has your daily routine become?*
- Have you been (or are you still) shielding and stuck at home? How have you been dealing with the restrictions?*
- Have you discovered new interests or friendships?*
- Have you been juggling home-working and home-schooling? What have been the benefits / challenges?*
- Have you been off school and trying to adapt to online lessons? How easy or difficult has it been?*
- Have you found the isolation from friends difficult to cope with?*
- Have you discovered a different balance to your time?*
- Has your business diversified and found a new direction?*
- How have the new safety regimes affected your businesses?*
- How do you see the potential recovery process? Are you positive or fearful?*
- What have been the hardest and most enjoyable things to cope with during lockdown?*
- What does Lampeter need to do to find a 'new normal' and to grow for the future?*

Please send us your stories, thoughts, ideas and pictures and we'll include as many as we can in the next issue.

Diolch / Thank you Eds.

KAREN'S CREATIVE COMPENDIUM 055

A compendium of summer thoughts, happy and sad, angry and humorous, slings and arrows, slugs and sheep, all appearing without a trace and supported by Hopi 3. Time now for you to write your autumn submission, hwy!, Karen

Midsummer

by Amanda Pickering

A dawn of wildflowers
blown by rain
flocks gathered
between showers
for dipping or shearing
separation of wethers
from mothers.

The Ewes drift back
over rain-slashed hills
small naked clouds
reeking of dung and lanolin
that still to a single line
shivering
under hawthorn.

An ache of milk in tight udders
pinched as crones
cuddling their bones
who know to endure in silence
life's swift absences
the warmth of a lamb
suns lost kiss.

The Girl With Two Legs

(Part 3) by Karen Gemma Brewer

No one passed comment, no one even looked surprised, the single-legged Hopi were renowned for taking everything in their hop. But a girl with two legs? Clearly this was no ordinary birth and Mtembi, no ordinary child.....

The Hopi had no alleys, blind or otherwise, their terrace of bamboo huts formed an unbroken ring. The only way to enter the community was across the closely cropped circular strip, between the ring and the forest, and through one of the huts. Every dwelling had two doors, one facing the forest which was of sturdy hewn timber and always closed and barred at night, through storms and during any significant tribal occasion. Primarily to guard against any unseen incursion by local wildlife but also to prevent any curious or adventurous young Hopi wandering into the dangerous forest before the age of firstblood, their thirteenth birthtime.

A second door faced into the ring and except during storms, was always at least half open. Hopi were highly social, spent most of their time outside their huts and on the occasions they had to be inside, left ring doors wide open to encourage visitors and keep an ear to whatever might be happening beyond. At the most, only the bottom half of a ring door might be closed, to keep Hopi young safely in - or out - the open top connecting inside with out.

Just two hops from the ring side of everyone's hut was the outer edge of the Social Circle, a wide footpath that served to mark the boundary between domestic and communal space. Each Hopi family walked a full circuit of the Social Circle on their allotted Timesoc day, a tradition that ensured every family regularly met every other family in the tribe and all were up to date with the latest tonguewag. Early morning, the Social Circle was also used for exercise and training and it was regularly transformed into a hopping track when Gamebloods were held.

Brown, flat, hard and sunbeaten the Social Circle was a ring of dark contrast between the colourful huts where the Hopi lived and the luscious green inner gardens where they grew giant vegetables, bounteous fruits, crops of grice and krice, and a rainbow offlowers. Each of the four gardens was in the shape of a huge semicircle, their curved edges hugging the Social Circle and their straight edges meeting at the corners of a sunken square.

Twice the height of a Hopi, from garden level to the bottom, that sunken ground was the physical and emotional heart of the tribe. For while it was in the semicircular gardens that they worked, it was on the sunken square that they fanatically played, or watched, Football.

(to be continued)

Reflections

by Polly Phemus

Can we see it, through the tears? Our one chance now, in these many years, to look in the mirror: and with that glance truly see what we can be, and not what we have been? See the world for how it could be, not how it has been? Throw away the useless things, the mountains of things, the pride and the sorrows, the missiles in silos, the silly slings and arrows of outrageous men, the Trumps and Putins, who cannot or will not answer, when we call? Can we not just be rid, be rid of them all? All it takes, they say, for evil to flourish is for good men to do nothing. Well, we've had our fill, and we want shot of it now: are there good men, still, to show us how?

Trace Track by Stan Scan

Suspected contacts are difficult to trace they don't stand still and it seems we face a shortage of pencils and tracing paper.

Easier perhaps to just join the dots unless there are too many hot spots to be squeezed into a national statistic or blazed on a mirror in blood red lipstick!

Slug's Revenge

by Niki Brewer

Where do slugs come from?
Why do they exist?
Questions I ask
Most days in summer
Every time it rains after a dry spell
And they appear as if by magic

In their hundreds

So where do they go in Winter?
After all it rains a lot
But they are nowhere to be seen
Clearly not migratory
An inability to fly
Hiding under stones maybe

In their hundreds

I once counted over two hundred
On a metre square of grass
Nearly ready to be cut for hay
The rain flattened the crop
And the slugs came out to play

In their hundreds

My mum hates slugs
with a vengeance
A keen gardener
she is always on watch
From annuals to perennials,
Lettuce to green beans
She wages war
on the slimy little creatures

In their hundreds

Her weapon of choice is scissors
Sat next to her wellies
By the back door
Ready to spring into action
As soon as the conditions are right

Inch high seedlings
A drop of overnight rain
And there they are

In their hundreds

I'm not so sure
It's the right approach
As she cuts them all in two
From tiny black slugs
to those huge fat brown ones
None escape her wrath
But I fear they wreak revenge
As hours later
They are still there

In their thousands



AMGUEDDFA CEREDIGION MUSEUM

Amgueddfa Ceredigion: Cyfrannwch at y cwiltiau cwarantin

Mae gan Amgueddfa Ceredigion gasgliad eithriadol o gwiltiau sy'n llawn hanes cymdeithasol a straeon am y gorffennol a fydd yn cael eu harddangos unwaith y gellir croesawu ymwelwyr yn ôl i'r amgueddfa. Bydd dau gwilt newydd yn cael eu hychwanegu at y casgliad, un go iawn ac un digidol, i'n helpu i goffáu ein profiadau o'r pandemig COVID-19 ac i gofnodi profiadau ein cymuned yn ystod y cyfnod trawsnewidiol hwn. Mae Amgueddfa Ceredigion yn gofyn i'r cyhoedd gymryd rhan yn y prosiect drwy anfon cyfraniadau i'w cynnwys yn y ddau gwilt.

Mae COVID-19 yn effeithio ar fywydau ar draws y byd mewn ffyrdd digynsail, gan achosi newid enfawr mewn bywydau cymdeithasol a gwaith. Nod y prosiect hwn yw archwilio'r gwerthoedd y gallai pobl fod eisiau eu gadael yn y gorffennol a'r rheini i'w cymryd i'r dyfodol.

Nid yw ynysu a chwariantin yn bethau dieithr i Geredigion, rydym wedi wynebu sawl epidemig, gan gynnwys y frech wen ym 1738 a 1819, colera ym 1840, pandemig fflw 1918, a theiffoid ym 1946.

Pa ddarn fydddech chi'n ei roi ar y cwilt cwarantin?

Gall pawb gymryd rhan drwy anfon lleisiau, fideos, lluniau a darnau sain at yr Amgueddfa er mwyn adlewyrchu'r profiadau amrywiol ledled Ceredigion. O'r rheini sy'n gweithio ar y rheng flaen, i'r rheini sy'n gweithio gartref, y rheini sy'n cofleidio sgiliau newydd, rhieni sydd bellach yn addysgu eu plant gartref, y genhedlaeth hŷn sy'n cyfarfod ar-lein a'r bobl ifanc sy'n cael partion drwy gyfrwng technoleg.

Gall enghreifftiau gynnwys rhywbeth sy'n dangos sut mae manau ffisegol wedi trawsnewid - y strydoedd tawelach, neu adfywiad natur; yr effaith ar weithwyr allweddol a phobl sy'n gweithio gartref, bywyd heb ysgol, gwaith cartref ar-lein; y pethau sydd wedi gwneud ichi chwerthin a chrio, eich hoff sesiwn ymarfer corff gyda Joe Wicks, clapio ar gyfer gofalgwyr, cwrdd â pherthnasau a ffrindiau ar 'Facetime', gweithredoedd caredig neu'r negeseuon

Aros Adref, Aros yn Ddiogel.

Gellir anfon cyfraniadau ar gyfer y cwilt drwy e-bost, gan ddefnyddio ap rhannu ffeiliau, at

carrie.canham@ceredigion.gov.uk

Gall bobl gyfrannu at greu'r cwilt go iawn drwy anfon eu darnau creadigol. Gall y rhain fod yn farddoniaeth, lluniau, seinweddau, caneuon, neu hyd yn oed defnydd ac edau.

Er mwyn cyfrannu at y cwilt go iawn, anfonwch sgwariau 14cm x 14cm (gan gynnwys 1cm o sêl) at Amgueddfa Ceredigion, dan ofal Cyngor Sir Ceredigion, Canolfan Rheidol, Rhodfa Padarn, Llanbadarn Fawr, Aberystwyth, Ceredigion, SY23 3UE.

Dylai cyfraniadau at y naill gwilt gynnwys eglurhad: pam rydych chi wedi ei ddewis, beth mae'n ei olygu i'r cyfrannwr, a'r stori y mae'n ei hadrodd.

Gellir anfon cwestiynau ynglŷn â'r cwiltiau at

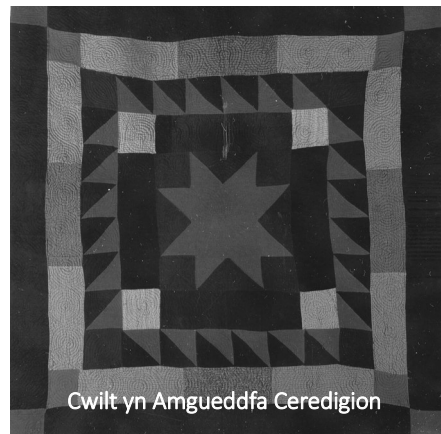
carrie.canham@ceredigion.gov.uk

neu ffoniwch 01970 633 088 a gadewch neges.

Bydd y Cwiltiau Cwarantin yn rhan o arddangosfa yn Amgueddfa Ceredigion o'r enw '*Cwiltiau: Edafedd Dynol*'. Mae'r arddangosfa hon yn archwilio'r gwrthrychau hyn fel pyrth at straeon cyfareddol a hanesion cymdeithasol, ac yn ystyried pa mor rhyfeddol yw eu crefftwaith coeth a'r modd y maent yn taro tant yn emosiynol.

Unwaith y bydd y ddau gwilt wedi'u cwblhau, byddant i'w gweld ar www.ceredigionmuseum.wales/hafan/ ac yn yr amgueddfa yn ystod yr arddangosfa.

Y dyddiad cau ar gyfer anfon cyfraniadau yw 30/09/20



Cwilt yn Amgueddfa Ceredigion



Cyngor Sir
CEREDIGION
County Council



Caru  Love
Ceredigion



AMGUEDDFA CEREDIGION MUSEUM

Ceredigion Museum: Get creative for quarantine quilts

Ceredigion Museum has an exceptional collection of quilts, bursting with social history and stories about the past, which will be exhibited once visitors can be welcomed back to the museum. Two new quilts, one real and one digital, are going to be added to the collection, to help commemorate shared experiences of the COVID-19 pandemic and to capture the experiences of the community during this transformative moment in time. Ceredigion Museum is asking the public to get involved with the project by sending in content to be displayed on both of the quilts.

COVID-19 is affecting the lives of the global population in unprecedented ways, causing a huge shift in social and working lives. The aim of this project is to explore the values people may want to leave in the past and those to take into the future.

Ceredigion is no stranger to isolation and quarantine, we have faced several epidemics, including smallpox in 1738 and 1819, cholera in 1840, the 1918 flu pandemic, and typhoid in 1946.

What patch would you place on the quarantine quilt?

Everyone can get involved by sending the Museum voices, videos, photos and sound pieces, to reflect a broad range of experiences across Ceredigion. From those working on the front line to those working at home, to those embracing new skills, from parents turned home-school teachers to the older generations adopting online get-togethers and young people technologically partying. Examples could include, something that illustrates how physical spaces have been transformed – the quieter streets, the resurgence of nature; the effects on key and home workers; life without school, online homework, the things that have made people laugh and cry, a favourite P.E. session with Joe Wicks, the clapping for carers, face timing relations and friends, the random acts of kindness or the repeated Stay Safe, Stay Home messages?

Contributions for the 'virtual' quilt can be emailed, using a

file sharing app, to carrie.canham@ceredigion.gov.uk

People can also get involved with the creation of the 'physical' quilt by sending in their creative creations. These could be poetry pieces, drawings, soundscapes, songs or even fabric and thread.

For contributions to the physical quilt, send patches of 14cm x 14cm (including a 1cm seam allowance) to:

Ceredigion Museum,
c/o Ceredigion County Council,
Canolfan Rheidol,
Rhodfa Padarn, Llanbadarn Fawr,
Aberystwyth, Ceredigion, SY23 3UE

Contribution to either quilt should include an explanation; why it was chosen, what it means to the contributor and the story it tells.

Questions about the quilts can be e-mailed to:

carrie.canham@ceredigion.gov.uk

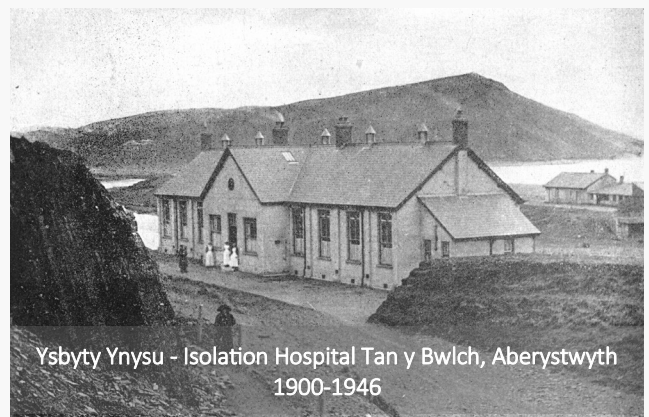
or phone 01970 633088 and leave a message.

The Quarantine Quilts will form part of Ceredigion Museums exhibition *'Quilts: Human Threads'*.

This exhibition explores these objects as gateways to fascinating stories and social histories, and considers how remarkable they are for both their exquisite craftsmanship and their emotional resonance.

Both quilts, once completed, will be available to view on www.ceredigionmuseum.wales and at the museum during the exhibition.

Closing date for contributions is 30/09/20.



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please check our website for opening hours

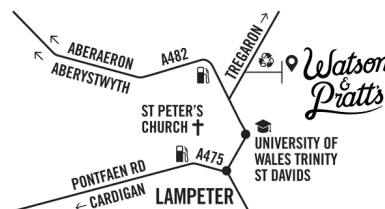
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This sixty-fourth Local General Knowledge and Cryptic Crossword is sponsored by the local artist **Sheila Evans-Pritchard**. She has kindly offered the winner one of her hand-painted miniatures of dancers and musicians, depicted in ethnic Welsh costumes.



Each miniature is 7cm x 9cm and comes with a miniature easel for display.

Sheila moved to Lampeter in 2008 after living in Hampshire for many years. Her

PRIZE: A miniature with easel

art is inspired by the Welsh countryside and culture. Her miniatures have mainly been drawn from the real-life dancers and musicians who meet each year at the National Botanic Gardens near Carmarthen. She has exhibited in Winchester, Aberystwyth, Aberaeron, New Quay and Lampeter.

She is a member of the Teifi Arts Lampeter group, details of which can be found at

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

Download from www.lampetergrapevine.org

Prize Local Knowledge/Cryptic Crossword No 64 (Jeep)										
1										
		12								
15										
		18								
23	24									
26										
29										
34		35	36							
40										
45										

Across

- Puzzle out arrests where advice is given to bossy woman (4,3,8)
- New one (Abb) (3)
- French myself I'm nothing new (3)
- Nominal start for North Vietnam salad (3)
- Bad bowling delivery comes from extensive skip (4,3)
- Saint of the dove constellation (7)
- Long time to tick off tie rack (3)
- You are nothing first then belonging to us (3)
- Demob a manly central president (5)
- Rwanda alternative for unit of energy (3)
- Skip endless runner (3)
- Drug ape senseless to improve (7)
- A small remnant found in old regiment (4)
- Ivory Coast river flows from Sierra with no title (3)
- Not a single record with brick carrier worn by ancient Hebrew priest (5)
- Roman emperor starts short month (Abb) (3)
- Furthest slog, ten retrace (7)
- Is stopping someone speaking a joke? (3)
- Battle Ali lost one a short time (5)
- Object to social difference in school group? (5,7)
- Hoofed ruminant found spaced out in Broome (3)
- Girl's name meaning twin found before door in reverse (3)
- One of the services offered at Unit 25, Lampeter Industrial Estate (5)
- Legal loon mixes up Danish locking device always found here (2,3,4)
- Smoothing device not right for thing with electrical charge (3)
- French direction repeated toll charge (3)
- If property arose anew it could lead to period of wealth (3,2,10)

Down

- Business at the Town Hall Lampeter (5,5,6)
- Plaid Cymru Counsellor for Lampeter Town (3,6)
- Right, for example Varney from the rag trade (3)
- Hear too much about New Zealand mollusc (7)
- More Rupee novelty converts to negative workers position (8,8)
- Hall owner with no ad is where we go (2)
- Who paid for the building of Lampeter Town Hall? (7,4,5)
- Lounge deadlines a convert secures greener fuel (8,8)
- So you are not sweet! (4)
- Christian Fellowship Pentecostal church in Lampeter (6)
- Strong domain somehow only when there is no extra space available (8,4,4)
- Roma around village near Malaga (4)
- For short paid competitor (Abb) (3)
- Leader at the centre of propagandas (3)
- Lifts the pedal to manoeuvre safe foes (5,3)
- Key to first octave above treble staff (3)
- An air a disturbed girl is considered very holy in Greece (6)
- A Peruvian coin has direction before nothing left (3)
- Water shared by Tregaron, Lampeter and Cardigan (5)
- First letter will leave in the past (3)
- Foreign legislature is finally asleep (Abb) (1,1)

What venue do the letters in the shaded squares reveal? (3,7,6)

.....

Closing Date for Entries: Fri 11 Sept 2020, 5pm

Name: **Tel:**(Day).....(Eve)

Email:

Email your answers to the shaded squares to lampetergrapevine@gmail.com or post to: Cryptic Crossword No. 64, Grapevine, c/o Victoria Hall, Bryn Rd, Lampeter SA48 7EE

Plumber's Plog

(Plog is a word I've invented – it's like a blog, but on paper instead of online, although it's now online under lockdown!)

Recently I was sitting in the garden, and on the phone cable above our hedge was a chaffinch - singing his heart out, like they do, piercingly loud. And then he paused, and then sang again.

Suddenly I realised that in the pauses, far away, I could hear another chaffinch, replying to the first; and further still, there was another. And in a flash I got a sense that all over the country there were chaffinches, a network of calls and responses, like invisible phone wires connecting up the whole land. And other birds too, each kind making its own network, overlapping each other, creating an internet of birds. And this made me think of resilience.

In large-scale computing they use "*resilience*" with a particular meaning. Putting it simply, it's when a lot of computers work together, as if they were one big one, and there are several copies of the information stored, so... if one machine fails, they can replace the whole thing, and a complete copy of the contents of the failed one can be restored from elsewhere, without any interruption. Resilience, in this sense, is the ability to work smoothly and continuously in spite of problems which arise. And it depends on having lots of smaller parts of a network *communicating, collaborating and co-ordinated*. So that's why the chaffinch network came to mind.

Human beings have their networks too, of course. Not only in the wires of the phones and the internet: the psychologist Carl Jung, for example, pointed out that folk tales from all over the world have many things in common. From this he suggested that there is a "*collective unconscious*" which everyone shares, unconsciously, and that we all know some things that everyone else also knows... An internet of mind (or minds), all agreeing.

What I'm wondering now is whether the internet of minds can be used to support the resilience of the human

race. For instance, we all have a conscience - and mostly the conscience tells us the same things: be considerate, kind, caring. It will also make us uncomfortable when we see something that seems wrong, like war or injustice. So the resilience in this is the fact that we all know what to do. In fact, research has found that in the absence of any policing, most people usually do the right things - they don't need to be told, it's in the unconscious. But wrong things are done when individuals have the power to act in the name of a government, corporation, or any such "body", and they don't feel their conscience - they make choices from the brain.

Perhaps we can devise a way whereby, in these "bodies" or organisations, we can have people call upon the conscience, deliberately rather than just as an unconscious nudge, and ensure that the big decisions are made from there. Then the choices they make would be in tune with the collective conscience, which would tell them the right way to go. Resilience would be in everyone approving of their decisions, too.

Would that work, do you think?

Frank Pitcher

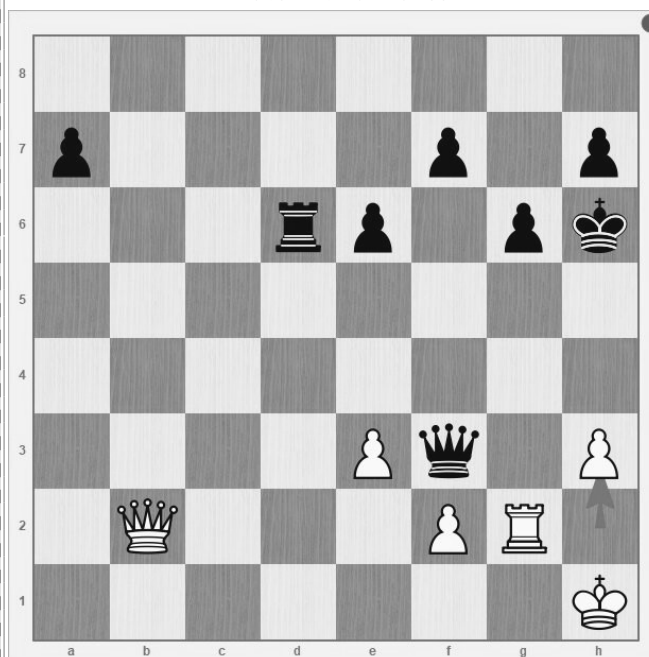
CHESS PUZZLE 6

Can you solve this chess puzzle?

Produced by Lampeter Chess Club
Contact: Mike, bedwlwyn@btinternet.com

Black to move:

Mate in two moves



CHESS PUZZLE 5 SOLUTION:

Nh2+ and after Kg3 Qg4 is mate

Mike Weston

copy deadline for oct - issue 81:

friday 11 sept 2020

theme: 'challenges'

lampetergrapevine@gmail.com

www.lampetergrapevine.org

Reminder:

Themes, Copy Deadlines & Publication Dates

Issue	Theme	Copy Deadline	Publication
<p>As lockdown restrictions are only just starting to relax a little, and the print room at UWTSD is still closed, we will still be producing a Bumper issue to cover Jul/Aug/Sept. However, things could change. Thank you in advance for your support.</p>			
81 - Oct	Challenges	Fri 11 Sept	1 Oct
82 - Nov	Remembrance	Fri 9 Oct	1 Nov
83 - Dec / Jan	Upcycling Ideas	Fri 13 Nov	1 Dec

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next issue ... oct 2020 - issue 81

copy deadline: friday 11 september

theme: 'challenges'

- * are you ready for a new challenge?
 - * how are you managing after the challenges of lockdown?
 - * what can we do as a community to support the challenges local businesses face?
 - * have you changed the way you do things as a result of covid-19?
 - * how should we now approach local and global environmental challenges?
- why not write in and share your thoughts with a wider audience ...

(400 words maximum please!)

Diolch / Thank you

We look forward to hearing from you soon

lampetergrapevine@gmail.com

Congratulations to our Crossword Winner - Llinos Griffiths



Gwyn and Bethan are looking forward to welcoming Llinos to the shop

With Covid-19 restrictions only just starting to relax, I'm still not sure how many people have been able to complete crossword 63. We do have a winner this time though. Check out your own answers below and see page 33 for details about our 64th cryptic crossword, and sponsor for issue 80, artist, **Sheila Evans-Pritchard**. **NB:** Our crossword compiler has kindly adapted the challenge to include a special answer, if shaded squares are completed. Please email to lampetergrapevine@gmail.com or post your entries to: **Cryptic Crossword No 64, Grapevine, C/O Victoria Hall, Bryn Road, Lampeter** or drop it into the letter box if you're passing. You can now download a copy of the crossword page from our new *Grapevine* website - so much easier if you need a practice grid.

www.lampetergrapevine.org

If you know anyone (business, individual or group) who would like to sponsor a crossword then please contact us at lampetergrapevine@gmail.com
 Diolch/Thankyou.

Local Knowledge/Cryptic Crossword No 63 by "Jeep" Answers

N	A	M	E	O	N	B	U	S	T	I	C	K	E	T
O		A		N	U	E		P	E	N		U		H
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H	A	S	M	E	A	L	M	A	Y	B	E		C	A
E		O		S		O		N	E	L	L		U	R
M	O	N	D	A	Y	W	E	D	N	E	S	D	A	Y

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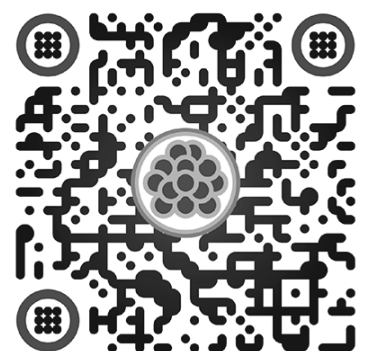
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