Jonwr, Chwefror, Mawrth 2020

First Edition 01.01.2020

January, February, March 2020



Annual St. David's Day Celebration!

Saturday, February 29, 2020 At 2:00 PM

St. Andrew's Episcopal Church 111 NE 80th Street, Seattle 98115

Join us for entertainment by folk group

Andrea Wild & The Bad Wolves, group singing,

Té Bach, Welsh Language fun, Limerick

Contest, and general merriment!

Bring your hymals!

Suggested Donation \$15/adult



St. David - Patron Saint of Wales

Known as Dewi Sant (Saint David); Born in Wales to aristocratic family in 6th century; Founded several monastic settlements/churches in Wales, Brittany, and southwest England;

Known for many miracles:

Ate no meat and drank only water;

Death March 1st (589 or 601, source depending); Buried at St. David's Cathedral, Pembrokeshire;

Made Saint by Pope Callixtus II in 1120;

Last words: "Be joyful, and keep your faith and your creed, and do the little things that you have seen me do and heard about." A well-known phrase in Welsh is, "Gwnewch y pethau bychain mewn bywyd." "Do ye the little things in life."

PSWA Board Members & Elected Officers

- Mary Lynne Evans, President

 <u>President@PugetSoundWelsh.org</u> | 206-525-5864
- Joel Ware IV, Vice President <u>Board@PugetSoundWelsh.org</u>
- Bob Matthews, Secretary Board@PugetSoundWelsh.org
- Ellen Webber, Treasurer/Membership Secretary Membership@PugetSoundWelsh.org
- Gerri Parry, Member at Large Webmaster@PugetSoundWelsh.org
- Karyn Davies, South Sound Night Out of Hŵyl group/Events <u>Southsound@pugetsoundwelsh.org</u> <u>Events@pugetsoundwelsh.org</u>
- Laura Lovell, Member at Large Board@PugetSoundWelsh.org
- Alan Upshall, Archivist
 Archives@PugetSoundWelsh.org
- Shannon Streich, Co-Editor
 Newsletter@PugetSoundWelsh.org

We welcome your contribution of relevant articles, news, announcements, events, and photos. **DEADLINE FOR NEXT SUBMISSION: 20th of March, 2020.**

Still Looking For Co-Editor of the Y Ddolen

Needed: General knowledge of newsletter formatting and good writing/formatting skills. We provide the content, you edit and format our newsletter ready for email and printed mail distribution. We take care of the printing and mailing for paper and electronic copies. Four newsletters are published each year in January, April, July, and October.

Y Ddolen is an essential part of our organization and we would be so appreciative to find someone who can do this job – even just one or two issues each year! Please get in touch with Mary Lynne Evans at President@PugetSoundWelsh.org

Letter from the President

By Mary Lynne Evans

Dear Puget Sound Welsh members,



It is still Christmas vacation as I write this so it will be short, but heartfelt.

In 2019--Business wise, we held our Christmas party and co-jointly our Annual General Meeting on December 1, 2019. Newly elected to the board were Bob Matthews from Tacoma and Gwen Weinert from Seattle. Existing term board members are Gerri Parry, Karyn Davies, Ellen Webber, Laura Lovell, Joel Ware, and myself. Officers were elected for the ensuing term: Treasurer—Ellen Webber; Secretary position vacant, appointed pro tem Bob Matthews; Vice President, Joel Ware; President, myself. Budget report looked good. So we are good to go for 2020.

Thank you to Nerys Jones and Matt Stermer for hosting the lovely Christmas party. And thanks to all who came, ate, tasted Penderyn, and sang!

2020 Blwyddyn Newydd Dda! I hope your holidays were wonderful. I am looking forward to 2020 and our Association's activities and get togethers. Don't forget to mark your calendars for that auspicious day, February 29, 2020 for our annual St. David's Day Celebration. We will be joined at St. Andrew's Episcopal Church by Andrea Wild & The Bad Wolves (https://www.facebook.com/Andrea-Wild-The-Bad-Wolves-1965946726762671/) from the Welsh Society of Portland (www.portlandwelsh.org). You can expect a lively show with group singing. New this year - hold on to your hats - we will be trying to speak Welsh together! Not the whole program, but certainly enough to get our collective linguistic heritage sounded. I am excited!

Then scheduled on **May 15 and 16**, the telling of the epic Welsh myths of The Mabinogion (in English), cosponsored with the Seattle Storytellers Guild (www.seattlestorytellers.org). This will be held at Haller Lake Methodist Church in Seattle. More on dates and time later. We now have members signed up to do about half of the stories, with the Guild taking the other half. We are learning our stories now. What a tale: beautiful maidens, handsome princes, brave warriors, barnyard animals, glorious horses and dogs, kings, queens, magic men and shape shifters, a witch or two, enough blood and gore for two days. And anyone with any sense will see some advice and thoughts for our time.

We are counting on you all for support for both events—Welsh cakes, cookies, flower arranging, ticket taking, room set up and clean up, kitchen help, raffle basket donations, program layout, greeting, etc. We are a group only by our individual generosity and personal commitment. **Call Mary Lynne at 206 525 5864 if you would like to nail down your job quickly for either or both events.** We will be calling folks after the first of the year, asking for help.

So best wishes for now, and I hope to see you soon!!!

Mary Lynne Evans, President.

PSWA Events Calendar:

January 26 - South Sound Night Out/Tacoma

February 16 – South Sound Night Out/Tacoma

February 22 – Gymanfa Ganu/Des Moines, WA

February 29 – St. David's Day Celebration/Seattle

rebruary 29 – St. David's Day Celebration/Seattle

March 1 – South Sound Night Out St. David's Day Potluck/ Olympia

March 7 - City of Lacey Cultural Celebration

April 5 - South Sound Night Out/Tacoma

May 14-15 – Storytelling Event/Seattle

TBD - South Sound Night Out Noson Lawen/Tacoma

TBD - Annual PSWA Picnic

TBD in August - Annual South Sound Night Out Picnic

Welsh Holidays:

January 1 – New Year's Eve/Day (Nos Galan & Dydd Calan) celebrated by giving gifts/money.

January 25 – St. Dwynwen's Day (Dydd Santes Dwynwen) Patron Saint of lovers.

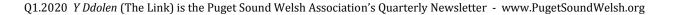
March 1 – St. David's Day (Dydd Gŵyl Dewi Sant)
Patron Saint of Wales.

March 20-21 - Spring Exinox (Alban Eilir)

May 1 – May Day (Calan Mai/Calan Haf) celebrating first day of summer.

June 20-21 – Summer Solstice (Alban Hefin)

June 24 - Midsummer's Day (Gŵyl Ifan) St. John's Day



It's Time to Pay Annual Dues

-By Ellen Webber

Some years ago we moved everyone onto the same dues payment schedule to simplify keeping track. Membership dues are owed each year in January for the calendar year, unless you have a lifetime membership. Any dues paid in the latter half of the year are applied for the following calendar year.

So if you have not sent in any membership payments in the last six months, it's time. PSWA depends on those dues to produce our newsletter and pay for our events and operations.

Individual membership \$10
Family membership \$15
Lifetime membership \$100
Surcharge for mailed copy of Y Ddolen \$5

There is a membership application at the back of the newsletter and found on the website at www.pugetsoundwelsh.org/membership.html, so please send in your membership dues. Additional donations are always welcome and are tax deductible!



Welsh Saint of Lovers

By Karyn Davies



January 25th is Dydd Santes Dwynwen or St. Dwynwen's Day. Just like Valentine's Day, it is celebrated in Wales (on a much smaller scale) as a romantic holiday by exchanging cards and gifts, enjoying a special meal with a loved one, having a cwtch, and other sweet ways.

Dwynwen, a fourth-century Welsh princess whose name means 'she who leads a blessed life,' was one of 24 daughters born to King Brychan Brycheiniog. Although arranged to be married to another prince, Dwynwen fell in love with a local named Maelon Dafodrill.

As with many myths, legends and fairytales, this one, too, has a dark side. The light side of it is that Dwynwen begged God to help her, an angel gave her a potion to forget Maelon which turned him into a block of ice, then God granted her three wishes. She first wished Maelon be thawed; second, she wished God to help all true lovers; and third she wished to never marry.

Dwynwen became a nun, establishing a convent off the coast of Anglesey on Llanddwyn Island, and lived out her days there in devotion to God.

Visit Wales (<u>www.visitwales.com</u>) has produced a St. Dwynwen's Card you can download, print & fold, or embed the image into emails:

Card: https://tinyurl.com/vutb2rc
Image: https://tinyurl.com/tm3zqzq

For more on St. Dwynwen: https://tinyurl.com/svvs57c



Annual Welsh Limerick Contest

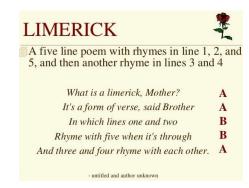
By Ellen Webber

It's time again for the popular Puget Sound Welsh Association Limerick contest! Here are this year's starting lines, with two from last year's winners and one from Gwen Weinert:

Chapel on Sunday was the rule...

There once was a dragon named Dai...

There was a young girl from Pwllheli...



Please submit your entries to Ellen Webber at: membership@pugetsoundwelsh.org with both your real name and a bardic name that will be used when submitting the entries to our impartial judge. If you submit multiple entries, please use the same bardic name for each one. The deadline is February 15, with the winners announced at St. David's Day Celebration.

Gymanfa Ganu Service of Hymns & Special Music

By Phil Wilkinson

Comfort Music and Warm Company for a Midwinter Day

Grace Lutheran Church is hosting their annual Gymanfa Ganu on **Saturday**, **February 22 at 2:00 PM**. 22975 24th Avenue South, Des Moines, WA 98198.

PSWA's own Nerys Jones will again be Hymn Leader and of course delight us with her vocal talents!

Tea and refreshments to follow the Service. Donations Appreciated. Welsh items will be available for sale. Family friendly for older children – no child care offered.

To volunteer, donate to the tea/refreshments, or for more information, please contact: philipwilkinson@yahoo.com.

To volunteer to help PSWA with the sales and information table, please contact: events@pugetsoundwelsh.org.

South Sound Night Out of Hŵyl

By Karyn Davies

Please join us for our mostly monthly nights out for dinner, drinks, dessert, or conversation! We would love to have you. Kid and family friendly. RSVP requested by noon the day of so we know how many to seat: southsound@pugetsoundwelsh.org

6:00PM Sunday, January 26, 2020 Elmer's Restaurant. 7427 S Hosmer St, Tacoma, WA 98408.

6:00PM Sunday, February 16, 2020 Black Bear Diner. 10117 S Tacoma Way, Lakewood, WA 98499.

6:00PM Sunday, March 1, 2020 St. David's Day Potluck in Olympia. Welsh Cawl (hearty stew with leeks and root vegetables) provided by the hosts, please bring your own beverages and anything to go with Cawl – crusty bread, cheese, Welsh cakes, bara brith, salad, desserts, etc. Dress is casual but Welsh themed clothing appreciated! (⑤ See sample attire to the right →) Party ends when hosts collapse.

Please RSVP for the address: southsound@pugetsoundwelsh.org

6:00PM Sunday, April 5, 2020 Elmer's Restaurant. 7427 S Hosmer St, Tacoma, WA 98408



Our Seattle Christmas Party (and Annual General Meeting)

-By Laura Lovell

On December 1st we had our annual Christmas party, at the home of Matt Stermer and Nerys Jones. We also had our Annual General Meeting which was mercifully short, and where we elected some new board members in a non-confrontational manner, with unanimous votes on every candidate.

That was all squared away pretty quickly and we got on to the important stuff. Had an excellent potluck dinner, wonderful chili, and Ellen's well-loved wassail, and of course a lot of great deserts.

We then had a presentation from Kevin Obis, a beverage representative of Penderyn Distillery, where we heard about different kinds of whiskey they produce, and best of all, sampled the products. Penderyn produces very fine, single malt whiskeys that were all wonderfully smooth and obviously made with care and attention to detail. The distillery is located in Brecon Beacon National Park, and is in the process of establishing markets in the U.S.

And OF COURSE there was singing! Many ex-members of the sadly defunct Côr Cymraeg were there, and you really can't stop them. They were accompanied on piano by our hostess, who in addition to getting food ready for the party, found time to practice some oft-sung hymns, as well as at least one not so familiar to us. There is so much to be said for singing in harmony together, where we become one melodious being for a little while.

Many thanks to Matt, Nerys, Celyn, Mali and their adorable dog, who sadly was banished to the upstairs for the duration of the party.

PUGET SOUND WELSH ASSOCIATION ANNUAL GENERAL MEETING MINUTES

The Annual General Meeting of the Puget Sound Welsh Association was held on December 1, 2019, in the home of Matt Stermer and Nerys Jones in Seattle.

Mary Lynne opened the meeting at 4:30 PM.

Announcements: Mary Lynne reported that the Puget Sound Welsh Association is partnering with the Seattle Storytellers Guild to tell the Mabinogion, the famous, ancient Welsh epic on Friday, May 15 2020, 7 pm and Saturday, May 16 2020, 9:30 AM-8:00 PM at the Haller Lake Methodist Church. The Vancouver Welsh Society has been invited to participate. Welsh food is planned, international tellers Peter Stevenson, from Wales and Hugh Lupton, from England will be featured.

Treasurer's Report: Ellen presented the Treasurer's report. PSWA has a balance of \$5,349.12. The Association remains in a good position.

Election of Board Members: Mary Lynne introduced **Bob Matthews** and **Gwen Weinert** as candidates for the Board. The candidates introduced themselves.

Joel M/S/P that the candidates proposed be elected to the Board. The Board now consists of:

Karyn Davies Mary Lynne Evans, President

Laura Lovell Bob Matthews

Gerri Baker Parry, Webmaster Joel Ware, Vice President

Ellen Webber, Treasurer Gwen Weinert

Election of Board Officers. Mary Lynne introduced the proposed slate of officers for the board:

Mary Lynne Evans, President Joel Ware, Vice President Ellen Webber, Treasurer

Joel M/S/P that the officers be elected as proposed.

The meeting was adjourned at 5:00 PM.

Respectfully, submitted,

Bob Matthews, Secretary Pro Tem

Annual South Sound Night Out of Hŵyl Christmas Party

By Karyn Davies



The evening ended with crafty and unique one-of-a-kind keepsake ornaments decorated to take home. We have some very talented artists!

South Sound Night Out Group's Annual Christmas Party was held on Sunday, December 8th at Elmer's Restaurant in Tacoma. Although we missed several of our regulars, those who attended had an enjoyable evenina!

After dinner, the ever popular "gift exchange" provided much entertainment. A couple of gifts got stolen twice before becoming off limits for additional theft, much to the dismay of some. We saw jewelry, a DVD, drink coasters, Welsh cheese, wine, and a t-shirt among other













Welsh Language Group

By Ellen Webber

far. Given the range in learning levels, it makes sense to focus on providing opportunities for conversation practice and listening comprehension, and support

Language Group. About 15 people have indicated interest, with skill levels ranging from absolute beginner to several people that have been actively studying on their own for some time. We have had two meetings so far. Given the second of th Wisg safleoedd ffwrdd Safleon Safleoedd gau O Safleon Safleoedd gau O Safleon Safleon

people's personal efforts with on line sources such as Say Something in Welsh or Duo Lingo.

Laura and I are looking for fun ways to support and encourage everyone's language skills, such as Welsh Scrabble, Welsh language movie night, children's books, and more.

We are in the process of scheduling meetings for January and February. If you are interested in being added to our email notification list, please email Ellen at: membership@pugetsoundwelsh.org.

PSWA & Seattle Storytellers Guild Partner on Mabinogion Storytelling Event

By MaryLynne Evans

Friday, May 15, 2020 7 pm & Saturday, May 16, 2020 9:30 AM-8 PM

Haller Lake Methodist Church - 13055 1st Ave NE, Seattle 98125

Welsh food is planned and international storytellers Peter Stevenson from Wales and Hugh Lupton from England will be featured.

This will be a high powered, quality event and we look forward

to your involvement.



Dydd Miwsig Cymru/Welsh Language Music Day

February 7, 2020 has been declared Dydd Miwsig Cymru (Welsh Language Music Day) by the Welsh Government. Check out special music play lists here: https://gov.wales/welsh-language-music-day

Fishquard Fencible Soup

By Rob Morgan

This is c.1800 recipe I unearthed (and slightly improved) in a research project for the Fishgaurd 1798 bi-centenary. The original soup recipe comes from 'Take Three Hundred Peacocks' published here in the 1960's. An unusual soup, but good. Fencibles were a sort of 'Home Guard.'

- 1 large onion
- 1 oz butter
- 1 large turnip
- 1 or 2 at most fresh (or dried) small chillies, soaked in sherry
- 1 pint-ish of stock, chicken stock is best

Milk – quantity varies

Salt & pepper, and a pinch of nutmeg

1. Slice the onion, and soften in the butter. 2. Peel and chop the turnip and add to the onion. 3. Drain the chillies, keeping the sherry carefully. 4. Add chillies and stock to the pan. 5. Bring to boil and simmer until the turnip is soft. 6. Take out the chillies! 7. Liquidize the rest, adding a drop or two of milk if it looks too thick. 8. Return to the clean pan and add enough milk to give the soup a creamy consistency, it shouldn't be too thick by now. 9. Taste the soup, if it isn't 'hot' enough, add a drop of the sherry the chillies were soaked in. 10. Or a small amount of 'new' sherry. 11. The soup can at this state be very 'hot,' if desired, or mild and warming. 12. Reheat briefly. Do not boil. 13. Season. 14. Let the soup stand, so that the turnip and milk infuse. 15. It was designed to be made in advance in quantities, and is indeed all the better for being made the day before, kept in a cool place, and re-heated (not boiled) when needed. It's a night-time soup, and should be served with a hunk of warm bread.

Six Nations Rugby 2020

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Round 1: Saturday, February 1st	Wales V Italy	6:15AM PST	Principality Stadium, Cardiff
	Ireland V Scotland	8:45AM PST	Aviva Stadium, Dublin
Sunday, Feb <mark>ru</mark> ary 2 nd	France V England	7:00AM PST	Stade de France, Paris
Round 2: Saturday, February 8th	Ireland V Wales	6:15AM PST	Aviva Stadium, Dublin
	Scotland V England	8:45AM PST	BT Murrayfield, Edinburgh
Sunday <mark>, F</mark> ebruary 9 th	France V Italy	7:00AM PST	Stade de France, Paris
Round 3: Saturday , February 22 nd	Italy V Scotland	6:15AM PST	Stadio Olimpico, Rome
	Wales V France	8:45AM PST	Principality Stadium, Cardiff
Sun <mark>day</mark> , February 23 rd	England V Ireland	7:00AM PST	Twickenham Stadium, London
Round 4: Saturday, March 7 th	Ireland V Italy	6:15AM PST	Aviva Stadium, Dublin
	England V Wales	8:45AM PST	Twickenham Stadium, London
Sun <mark>day</mark> , March 8 th	Scotland V France	8:00AM PDT	BT Murrayfield, Edinburgh
Round 5: Saturday, March 14 th	Wales V Scotland	7:15AM PDT	Principality Stadium, Cardiff
G	Italy V England	9:45AM PDT	Stadio Olimpico, Rome
	France V Ireland	1:00PM PDT	Stade de France, Paris

Upcoming Events Need Volunteers

By Karyn Davies

There are a number of events throughout 2020 that PSWA is sponsoring, co-sponsoring, participating in, and are thinking about participating in. You've read the articles herein regarding the upcoming **St. David's Day Celebration, Gymanfa Ganu, and Mabinogion Storytelling Event** and requests for volunteers. PSWA needs help with greeters, raffle tickets, table decorations, set up/clean up, and more. **If you can help, please contact according to the articles**.

In addition, the City of Lacey is holding its annual Cultural Celebration on Saturday, March 7th 10:00AM – 6:00PM at



St. Martin's University Worthington Center & Marcus Pavilion. PSWA has not yet decided to have a resource table at this event, pending any interest from you all. Simply, it is providing free brochures and handouts, kids coloring and word search pages, and displaying posters, tea towels, and the like to showcase the culture of Wales. You love Wales so why not share your passion with others? A 2 to 4 hour block of time, or the entire day, is greatly appreciated. Joel Ware and Vivian Cadwallader had much fun at last year's event! Contact events@pugetsoundwelsh.org

Black Diamond Welsh Day is the first Saturday in June. PSWA is typically invited to display information about Wales and the Puget Sound Welsh Association, as well as providing an opportunity to sell a few items. If you can help with bringing Welsh cakes, bara brith, or something for the museum's refreshments table, I am sure it will be a hit! But, the sales/ display tables can use some help with set up, clean up, and manning before the program begins. About an hour of your time!

Contact events@pugetsoundwelsh.org if you can help with either.



Lastly, after 18 years, PSWA missed last year's **Seattle Scottish Highland Games held in Enumciaw the last weekend of July**. We are hopeful for someone to step up by May to coordinate the event by rounding up handouts (all templates



and help are available to you!) and volunteers (we help you advertise and email), arranging the tent set up (we have the tent, instructions, and can lend a helping hand on the day of set up), schedule volunteers, and finally arrange for the dismantling/boxing of the tent and items for storage. The new Coordinator is free to decrease the tent size, pare down, ramp up, add to, or remove from the displayed information to make it their own. Previous coordinators to lend 14 years of thoughtful insight! Anyone is interested in coordinating this event, please contact events@pugetsoundwelsh.org

PSWA Membership/Renewal, Donations, T-Shirts, & Red Dragon Band CD

Annual memberships renew each January. Your contributions entitle you to a subscription to *Y Ddolen*, our wonderful quarterly newsletter, and provide vital support for our St. David's Day celebration and other activities through the year. In addition to our sponsored events, the Puget Sound Welsh Association acts as a valuable resource for anyone interested in Welsh culture, language, and music. Questions? Contact Ellen Webber.

Annual	2020 Memberships/Fees				
	Individual (\$10)	<u>\$</u>			
	Family/Couple (\$15)	$m_{embership\ is\ annual}$			
	Y Ddolen mailed to you (\$5)	\$ from Jan 1 through Dec 31			
	Life (\$100)	\$ through po			
	Overseas Annual Postage (\$50)	\$			
	Overseas Life (\$150)	<u>\$</u>			
Donati	ons				
	General Fund Donation	<u>\$</u>			
	Memorial Scholarship	<u>\$</u>			
	Memorial Fund	\$ In Memory of (Name):			
Retail l	Products - *prices include shipping	g/postage			
	□ PSWA T-Shirts Total number of shirts x \$18				
	Steel Green: LG	XL *Limited quantities of each size; Email for availability.			
	Dark Green: SM	MED LG XL *Limited quantities of LG & XL; Email for availability.			
	□ Welsh Music CD Total number of CDs x \$15 \$ Y Ddraig Goch, Traditional Welsh Folk music of Wales: \$15* each				
Make c	heck payable to PSWA	TOTAL ENCLOSED \$			
Membe	ership Information (please print)	:			
	First Name:	Last Name:			
	Phone:	Email:			
	First Name:	Last Name:			
Phone:		Email:			
	Mailing Address:				



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Stay in touch with other members across the Puget Sound and Washington state, keep up to date with events and activities, and post relevant events/information to the discussion forum. Read interesting news and historical posts. Share what you find.

www.facebook.com/groups/pugetsoundwelsh www.facebook.com/PugetSoundWelsh/

Welsh Words of the Quarter: Cwtch (rhymes with 'butch') – 1. Place to store things (cupboard, cubbyhole). 2. Cuddle; hug (but so much more with warmth, love and safety). **Cawl** (k ow l) – *modern:* any soup/broth; *traditional: stock* with meat, leeks, & root veggies. **Cenhinen** (ken hee nen) – leek (the national emblem of Wales. **Cenhinen Pedr** (ken hee nen ped r) – daffodil but literally "Peter's leek." **Draig** (dr eye g) – dragon. **Cymru** (kum ree) – Wales. **Croeso** (kroy so) – Welcome (even "you're welcome). **Cwrw** (koo roo) – beer.

