

# Y Ddolen

Linking the Puget Sound Welsh Community

Hydref 2021

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Autumn 2021

## Letter From the President

Greetings from your president's box!

### PUBS

Nothing like a good stint at the pub to bring us all together. Our virtual pubs have been a lot of fun, as well as informative. The last one on genealogy, given by Susan Davies Sit of the New England Welsh Society was terrific.

Researching Welsh ancestry, as you probably know, is like trying to follow a branch on the curly willow tree. Nothing is truly straightforward. Wait, this ancestor has no last name? Or wait, is the last name and the first name the same? Wait, why is this ancestor called what he did for a living? Susan gave us some great tips. Thank you Susan!

If you missed the pub, all is not lost. Please email me at [president@pugetsoundwelsh.org](mailto:president@pugetsoundwelsh.org) for access to a recording.

Our November 14th pub is a cooking show—secrets of *bara brith* (see pages 2, 5 and 6). If you have not had this delicacy which I describe as a fruitcake with way more class and subtlety than the average Christmas doorstep, then you must. It's perfect matched with tea, or (and perhaps this is heresy,) *crème fraiche*, or a dollop of ice cream. Chris Mooreddrall is our own Daring Welsh Cook and makes a legendary *bara brith*. He is our instructor. Again, you can contact me at [president@pugetsoundwelsh.org](mailto:president@pugetsoundwelsh.org) for access to a recording.

*(President's Letter is continued on next page)*

## PSWA Board Members & Elected Officers

- Mary Lynne Evans, President  
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- Joel Ware IV, Vice President/Co-Editor, *Y Ddolen Newsletter@PugetSoundWelsh.org*
- Bob Matthews, Secretary  
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- Alan Upshall, Archivist  
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*We welcome your contribution of relevant articles, news, announcements, events, and photos.*

**DEADLINE FOR NEXT SUBMISSION: January 20<sup>th</sup> 2022.**

## Call To Action!

>SEEKING Former Board Members interested in contributing to PSWA as the Association's Treasurer.

>SEEKING *Y Ddolen* Co-Editor.

Please contact Mary Lynne Evans at  
[President@PugetSoundWelsh.org](mailto:President@PugetSoundWelsh.org)

## Letter from the President (*continued...*)

**CHRISTMAS NOSON LAWEN AND AGM    DECEMBER 19th, 2:00-4:00 PM via Zoom.**

And then of utmost importance, the next meeting will be our Annual General Membership Meeting/Christmas Party. We are required by Washington State law to have an AGM every year to elect new board members and to talk with our members about the state of the organization. We will be sending out an agenda as the date gets closer, BUT we promise the business meeting will be SHORT!

Then we will go into our Christmas *noson lawen* as required for our sanity and health.

Remember, you all are invited to perform. Tell us a short remembrance of your best Christmas, or talk about your favorite uncle, or aunt, your beloved pet, your grandchildren, the time you rebuilt the engine on your car. Show us some photographs. Say something in Welsh. Read a poem. Sing a song, even dance! Bring your own drink and we will toast. All are invited!! Performances should be around 5 minutes long.

Please get in touch with me at either 206 525 5864 or [president@pugetsoundwelsh.org](mailto:president@pugetsoundwelsh.org). to save a spot on the program. Mark your calendars!

All for now. Waiting to hear from you!!

Pub hwyl,

Mary Lynne Evans

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### **Welsh Cooking Class, Sunday November 14<sup>th</sup>, 3:00-5:00PM**

Don't forget to Zoom in on Sunday, Nov. 14th, 3:00-5:00 PM for a fantastic Welsh cooking class.

Chris Mooreddral will take us through the steps for baking an awesome *bara brith*.

Buy your ingredients early, and cook along. (Don't forget to soak the dried fruit overnight.)

Or watch along, getting tips and tricks from Chris for the next time you try it.

Be a star at the Thanksgiving dinner. Bring *Bara Brith*!

(*See pages five and six for more information and recipes*)

## Enthusiastic Audience for Virtual Pub Genealogy Presentation

Our first fall Virtual Welsh Pub was on October 10<sup>th</sup>, with a presentation on Welsh Genealogy by Susan Davies Sit, an experienced genealogy researcher and president of the Welsh Society of Western New England. She provided a lot of information on available resources and tricks specific to Welsh names and town research, such as past changes in county names and shape which can affect where to request records. It was fascinating to see the amount of information that could be gleaned from death and marriage certificates obtained from the General Register Office at the appropriate county, with several examples. We had an enthusiastic audience with many questions for Susan.

Susan included a list of online resources for anyone interested getting started researching their family history, as well as a list of common Welsh name derivations, both of which are reproduced here with Susan's permission.

### Resources

Family Tree Maker software for trees  
[www.ancestry.com](http://www.ancestry.com)  
[www.FindMyPast.com](http://www.FindMyPast.com)  
<http://welshnewspapers.llgc.org.uk/en/home>  
<http://www.northwalesbmd.org.uk/>  
<http://www.familysearch.org>  
<http://www.ancestryprinting.com/>  
"ordinance Survey" Maps or Road Maps of Wales, etc.  
LisaLouise Cooke's Genealogy Gems  
[FindAGrave.com](http://FindAGrave.com)  
[fold3.com](http://fold3.com) - Historical Military records  
[newspapers.com](http://newspapers.com) - USA papers  
Rootschat  
Ellis Island Immigration Records

### Welsh Names

1837 - Civil Registration of Births Marriages and Deaths  
Ap = son of  
  
Rees/Rhys = Pryce/Price  
Owen = Bowen/Owens  
Richard = Richards/Pritchard  
Ifan/Evan = Evans/Bevan  
David = Davies/Davis  
Robert = Roberts  
John = Jones  
Hugh = Hughes  
William = Williams  
Thomas = Thomas

Susan welcomes emails from any interested PSWA members with questions. The Welsh Society of Western New England has a genealogy group that meets via Zoom that welcomes new members or can provide help to researchers. I also recorded the session for members who weren't able to attend. If you are interested in a link to the session and/or Susan's contact information, please email Ellen at [membership@pugetsoundwelsh.org](mailto:membership@pugetsoundwelsh.org).

## North American Festival of Wales—Unusual, successful, needed

Sept.1-3 2021, Utica New York.

Beginning in 1929, a group of enterprising Welsh folks held their very first North American Festival of Wales (NAFOW). Alternating between Canada and the United States, the festival attracted people of Welsh heritage and inclination from both the sponsoring countries, Wales and UK, and sometimes Patagonia. Festival attendance has ranged between over 200 people to over 1000 people. The event was such a hit, that it has been held every year (excluding WWII years) up until 2019. Then COVID shut the festival down. All plans were thrown to the winds. It was a dark day.

Although no festival was held in 2020, the organizers refused to be deterred. During 2020 the organizers worked hard to get at least a small festival organized for 2021. These things take years of planning. International travel must be considered. Money had been invested already. Could such a festival be rescheduled and rebuilt in one year?

Megan Williams, our intrepid executive director, the enterprising Utica Welsh Society, the board of directors and many others, faced down the challenge although massive uncertainties plagued their every move. Up until the last day, it wasn't clear if the Canadians would be let into the US, or back into Canada. Could we find a suitable hotel which would agree to hold a large event? Would the hotel booked for 2020 give us a refund? Could programs be printed, and entertainers booked? What did the finances look like? Could we sing together? Masks or no masks? How to verify all were vaccinated? Could we have a banquet? Could we sit together in the historical Stanley Theatre for the Grand Concert?

The organizers made yes the answer to all questions. The miracle occurred. On Sept 2-5, 2021, the festival officially opened, against all odds.

Attendees, all vaccinated, hugged, sang, banqueted, laughed and thoroughly enjoyed being together again. Utica rang with Welsh song.

Seminars included "Hiking the Welsh Coastal Path and Snowdonia," "Sharing Tips for Researching your Relatives in Wales," "A Welshman's Adventure in the Canadian Subarctic", "Finding Emanuel", "Short Stories on Welsh American Life", "Discovering Traditional Welsh Quilts", "Our Grandmother's Peace", "Welsh Chapels of New York, "and the "Welsh Government in North America." An Eisteddfod and a film festival were also held. Business meetings kept the organization humming along, and opening night and the grand concerts filled our ears and hearts. A field trip to the Remsen area, close to Utica, showed the historic Welsh chapels and settlement of early New York. Of course a Noson Lawen was held as well. Ellis Jones, age 90, brought down the house with his story.

It is clear that if there were a nomination process for Welsh sainthood, the festival organizers would all be strong candidates. We all thank them, and look forward to the next NAFOW in Philadelphia, Pennsylvania, 2022, come what may!

# Heritage and History of Bara Brith

By Chris Mooreddrall

*Bara Brith*, known by many of us is a speckled brown bread. It is in fact very similar to *Báirín Breac* of Ireland as well as *gugelhupf* of central Europe. The difference is in the method. The *Báirín Breac* is a dough, the *gugelhupf* is a batter. The *Bara Brith* and the *gugelhupf* are both made with yeast and with baking powder. *Bara Brith* can be either dough or batter depending on method but as a dough the fruit is mixed in first rather than later like *Báirín Breac*. *Gugelhupf* has origins that might be Roman in nature. In any case the yeast of beer byproduct was used to make the bread, and the currants and raisins were soaked in tea. It may be a complete coincidence that these recipes developed, and just might go by the adage great minds think alike. As new ingredients became available, the recipes adjusted. Certain spices and sugars used in these recipes weren't added until the 1700-1800s.

*Báirín Breac* has a form called "tea brack" which is almost identical to *Bara Brith* in that it soaks it in tea overnight, though the Irish sometimes soak it in Irish whisky. The *Bara Brith* was originally only yeasted and changed because of the arrival of rising agents starting in the 1840s and 1850s. Older traditions just had the dried fruit added to the last bread dough of the day. Of more significance was the change of method in the 1900s. In north Wales, cooks soaked the fruit in tea overnight and used yeast as the raising agent whereas in south Wales baking agents were utilized and the fruit was not reconstituted. The type of fat to use was a personal choice. Of course, as time went on even how we make these recipes have changed. Now it seems most people soak their dried fruit in tea no matter yeasted or non. Argentina calls *Bara Brith* "torta Negra" or "black cake" thanks to the Welsh settlers immigrating to *Y Wladfa* in Patagonia. At the point it's very common that recipes vary village to village, family to family.

For the Zoom pub November 14th, I will make this live in my kitchen (after soaking fruit in tea). You can follow along if you wish with the two recipes I have provided! (*see page six*)

Pob Lwc I Bawb!

## Bara Brith Yeasted Version

By Chris Mooreddrall

Here is my version of Bara Brith for a yeasted loaf.

5g dried yeast, or 10g fresh yeast

150ml warm milk

50g soft dark brown sugar

350g strong plain flour

½ teaspoon fine salt

65g unsalted butter at room temperature

150g mixed dried fruit

25g chopped mixed peel

½ teaspoon mixed spice

Optional: Black tea

2lb loaf tin, greased with butter

Optional step, the day before or a few hours before starting, soak your dried fruit in just enough hot tea to cover the fruit. Discard the tea afterwards.

1. Place yeast in a small bowl and add half the milk. Mix together with a pinch of the sugar, then leave to one side for 10 minutes to begin reacting (it will look frothy). Preheat the oven to 200°C/400°F.

2. In a large bowl, mix the remaining sugar with the flour, salt and butter. Rub the butter into the dry ingredients, then mix in the yeast-milk mixture and the milk. Knead the dough well for 10 minutes, or by stand mixer until it is soft but glossy and elastic.

3. On a lightly floured worktop, spread out the dough into a flat, even layer approximately 1" thick. Scatter the fruit, peel and spice evenly over the dough, then fold up. Knead the dough for 1-2 minutes to distribute the fruit fully.

4. Place the dough in a large clean bowl and cover it with a damp cloth. Leave in a warm, but not hot, place for 1 ½ hours or until doubled in size. If you have a proof drawer, or proof setting on the oven it might take 1 hour.

5. Tip dough onto the worktop and knead for 1-2 minutes. Roll the dough into a cylinder with a crease on the bottom and place in the greased tin. Cover with damp tea towel and leave to rise until doubled in size.

6. Glaze the loaf with a little milk, then bake for 25 minutes.

7. Turn the oven down to 160°C/325°F and continue baking for 15-20 minutes or until it is well browned and it sounds hollow when tapped on the base.

8. Leave it in the tin for 5-10 minutes before transferring to a wire rack. If it looks like it might be stuck, use a soft edged spatula to work around the edge before letting it cool.

Pob Lwlc!

## Bara Brith Non Yeasted Version

By Chris Mooreddrall

Just to warn you I do most of my baking by weight, though it turns out well every time.

Black tea

300ml (½ pt) boiling water

100g brown sugar

225g to 300g dried mixed fruit (I use currants as the main, but I might also use sultanas, raisins, dried cranberries)

225g self raising flour

1 teaspoon to 1 1/2tsp mixed spice (apple pie spice works- I change it on occasion depending on how much punch I want)

½ teaspoon baking powder

50g butter

1 large egg

2 tablespoons of orange marmalade (optional)

1. Start by boiling water and steep the tea, you want very strong tea so 3 bags if you use those, or a bunch of loose black tea. Strain and pour over the mixed dried fruit in a heatproof bowl and let stand a few hours to overnight. This will cause the dried fruit to plump up.

2. Grease a 2lb loaf pan and pre-heat oven to 160°C/325°F.

3. Sift flour, baking powder (I know flour is self rise, but I like a little boost), and mixed spice to a large bowl. Put butter in the bowl and rub flour into mixture until it looks like fine breadcrumbs. You can do this in a food processor too, though I recommend a bowl after this.

4. Bung in your sugar and fruit with liquid, and add the egg after you lightly beat it. Stir well and you should have a thick gloopy batter like cake mix, but not as runny. One reason is that if it is runny, the fruit will sink to the bottom!

5. Put into your pan and give it a couple knocks to get out air pockets and level the surface.

6. Pop in oven for about 1 hour 15 min. I would put your rack on the 2nd or 3rd up from the bottom. Not knowing how your oven is you might need to adjust timing. But usually if I stick a thermometer in and it's over 200 it's good, or just do the skewer trick. If it looks like it's browning too quick, put aluminum foil loose over the top.

7. When it's done, turn out onto a wire rack, and when it's completely cool, or just slightly warm go ahead and dig in. Great with butter.

Hope this helps and works well for you!

# 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 2022 Memberships/Fees

- Individual (\$10) \$ \_\_\_\_\_
- Family/Couple (\$15) \$ \_\_\_\_\_
- Y Ddolen via mail - add (+\$5) \$ \_\_\_\_\_
- Life (\$100) \$ \_\_\_\_\_
- Overseas Annual Postage (\$50) \$ \_\_\_\_\_
- Overseas Life (\$150) \$ \_\_\_\_\_

**Membership is annual  
from Jan 1 through Dec 31  
Renew Now!  
Thank you for your prompt renewal!**

## Donations

- General Fund Donation \$ \_\_\_\_\_
- Memorial Scholarship \$ \_\_\_\_\_
- Memorial Fund \$ \_\_\_\_\_ In Memory of (Name): \_\_\_\_\_

## Retail Products

- PSWA T-Shirts** Total number of shirts \_\_\_ x \$19.95 \$ \_\_\_\_\_  
\$19.95 each includes shipping in USA. Indicate how many of each size and color:  
Steel Green: \_\_\_ LG \_\_\_ XL \*Limited quantities of each size; Email for availability.  
Dark Green: \_\_\_ SM \_\_\_ MED \_\_\_ XL \*Limited quantities of XL; Email for availability.
- Welsh Music CD** Total number of CDs \_\_\_ x \$15 \$ \_\_\_\_\_  
*Y Ddraig Goch*, Traditional Welsh Folk music of Wales: \$15\* each includes shipping.

**Make checks payable to "PSWA" TOTAL ENCLOSED \$ \_\_\_\_\_**

## Membership Information (please print):

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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Mailing Address: \_\_\_\_\_



PSWA is a nonprofit, tax-exempt organization 501(c)(3). Contributions may be tax-deductible.  
Please mail this form with payment to: **PSWA, PO Box 27725, Seattle, WA 98165**



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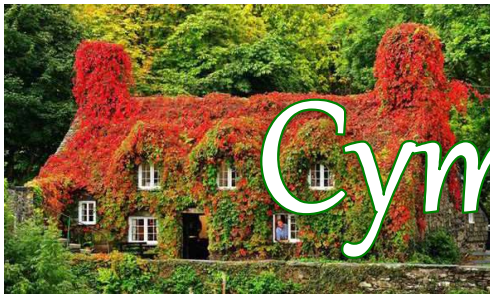
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**Welsh Words for this Quarter:** **Hardd** (harth) ‘th’ as in then – Beautiful. **Bwrw glaw** (booroo gloww) – Raining. **Cynhaeaf** (kun hai av) – Harvest. **Ysgol** (uhs gol) – School. **Tafarn** (tavarn) – Pub/Tavern. **Mae hi’n oer** (My heen oyer) – It is cold (weather). **Rhagfyr** (rhawg-veer) – December. **Nos da** (nos da) – Good night. **Ty bach** (tee bach) ‘ch’ as in Bach – Toilet (lit. “little house”)



Cymru am byth!