

Y Ddolen

Linking the Puget Sound Welsh Community

Ionawr, Chwefror, Mawrth 2023

Volume 41, Issue 1

January, February, March 2023

Annual Welsh Limerick Contest!

It's time for the 2023 edition of the popular Puget Sound Welsh Association Limerick contest! Here are this year's starting lines.

An American touring through Wales

One night after singing in choir

Two Welshmen walk into a pub

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 our St. David's Day Celebration. Fabulous prizes! Bragging rights! Put on your thinking cap and send in an entry.

"Coming Home" – Annual PSWA St. David's Day Celebration 2023

Saturday, March 4th, 2023

**Grace Lutheran Church
22975 24th Ave S
Des Moines, WA 98198**

Join us for in-person music, singing, te bach, limerick contest, new items at the sales tables, and more!
Bring your hymnals.

PSWA Board Members & Elected Officers

- Mary Lynne Evans, President
President@PugetSoundWelsh.org | 206-525-5864
- Joel Ware IV, Vice President/Co-Editor
Board@PugetSoundWelsh.org
- Bob Matthews, Secretary/Co-Editor
Board@PugetSoundWelsh.org
- Ellen Webber, Membership Secretary
Membership@PugetSoundWelsh.org
- Gerri Parry, Member at Large
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- Karyn Davies, South Sound Night Out of Hŵyl/Events/Co-Editor
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- Gwen Weinert, Member at Large
Board@PugetSoundWelsh.org
- Alan Upshall, Archivist
Archives@PugetSoundWelsh.org
- Chris Mooreddrall, Treasurer
Board@PugetSoundWelsh.org

We welcome your contribution of relevant articles, news, announcements, events, and photos.

DEADLINE FOR NEXT SUBMISSION: April 20th 2023.

Email to: newsletter@PugetSoundWelsh.org

NEW PSWA P.O. BOX!!

**PO Box 98131
Lakewood, WA 98496**



Letter from the President

Nadolig Llawen a Blwydd Newydd Dda!

The road in front of my house on a hill is an ice rink. Ice at least 2 inches thick and glittering with danger. Even the squirrels on the search for bird feeders are sliding and skidding - they look embarrassed. A good morning laugh. A perfect time to reflect back on 2022.

For PWSA, I would say it was momentous. We continued with Sunday afternoons at the Drunken Daffodil Pub. We held a wonderful St. David's Day online via Zoom with entertainment and merriment from all over the USA. One of my favorite pubs was our Welsh train presentation by Chris Ensor. We presented a cooking pub, by request, for the entire Welsh North American Association thanks to Chef Chris Morreddrall. Zoom has become important. It keeps distance from dimming our enthusiasm. Thanks to Bob Matthews and Ellen Webber for their work on these.

In person, we travelled to Almira in Eastern Washington to meet with cousins we didn't know we had. We picnicked with them, cleaned the historic cemetery with them, laughed and sang with them. We attended church services at the Almira Community Church, inheritor of the original Welsh church there. At the invitation of the pastor, we taught the congregation *Calon Lan*. Kay Jones Veal, our 90-year-old member, musician extraordinaire, and native daughter of Almira, scorched the piano keys to everyone's delight. An incredible weekend. Thanks to everyone who made that work, especially Gwen Weinert, Laura Lovell, and Judy Evans Haglund.

We had summer picnics, both north and south Sound folks. Picnics have long been a tradition of this society, dating back into the 1800's. Thanks to Gwen Weinert for hosting in the north area and Karyn and Malcolm Davies for their South Sound work. We celebrated the Welsh Soccer (Football) Team's entry into the FIFA World Cup competition. Thanks to Eric Myer, our pub commentator on that event. Wales 1-USA 1.

PSWA's Christmas party at my house featured Welsh cawl, a recipe from Karyn Davies, killer wassail as usual, by Ellen Webber, and singing around the piano. Thanks to Rebecca Perkins for the music. There was much reminiscing and laughter. Our Mari Llwyd attended but unfortunately was well-behaved.

I'm quite proud of our society. We have kept alive old traditions and started new ones. The society seems healthy and wise, if not wealthy - sorry, couldn't resist. Our treasury remains about the same as before the pandemic. Please update your membership! We go from Jan. 1 to Dec. 31, so it is time. Please notice in this newsletter the new address for sending dues. It's such a bargain.

The Seattle Welsh Women's Club, long a stalwart group, informed us recently that they are closing their doors officially. They have gifted us \$2,000 to be used exclusively for future St. David's Day Celebrations' Food Funds. I want to thank all of them—for their dedication, hard work, and faithfulness. Their hearty Welsh cheerfulness and fun-loving spirits are always an inspiration to me. We are very grateful for them and their gifts.

I could go on and on, but must stop here to notice, celebrate, and fete Ellen Webber. Ellen has been our treasurer for—no one knows exactly how long—but maybe 15 years. It is a legendary tenure. We appreciate her faithfulness, good humor, diligence, and intelligence in performing this job. It has been an incredible gift to us. Thank you, Ellen, from the bottom of our coffers and our hearts. You have almost singlehandedly kept us afloat. Words do not convey our appreciation. Ellen will continue as Membership Secretary, handling your membership renewals.

And finally, please know I am sending this to you individually with my thanks. I know I have left out important people..... and I apologize. Thanks especially to your hard-working board:

Joel Ware IV, our Vice President, essential thinker and stalwart holder of the flame;

Bob Matthews, our trusty, competent Secretary, talented musician and creative coeditor of the newsletter;

Ellen Webber, mythic Treasurer, wise advisor, and so much more;

Laura Lovell, willing coworker, creative musician, and traveler;

Gwen Weinert, unique commentator, enthusiastic and generous member;

Gerri Parry, (and Brian Parry) whose involvement for many years sustained and nurtured this society, our electronic guru, institutional memory and legal adviser;

Karyn Davies, (and Malcolm Davies) who do so many things including co-editing the newsletter and convening South Sound events, a clear-headed advisor for all board matters;

Chris Mooreddral, our link to the real Wales, chef, board creative historian and now new Treasurer. *(Continued...)*

I treasure this group and thank them for all they do. (We have space for one more Board member - if you are interested, please contact me!)

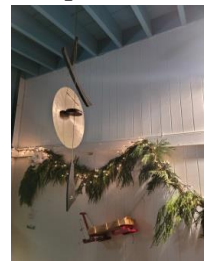
Your Board held its AGM at the Christmas party and reaffirmed these members and officers of the Board for the next two- or three-year terms (these vary). The AGM fulfilled the legal and financial requirements to keep the Association a viable 501 c3 organization. The membership at the AGM also passed a resolution asking the Board to investigate Welsh language lessons in 2023.

Please set aside March 4, Saturday, 2023 for an in-person St. David's Day at Grace Lutheran Church. 22975 24th Ave S. Des Moines, WA 98198. Our theme is "Coming Home". I look forward to seeing you.

Joy to all,
Mary Lynne Evans, President, PSWA



Photos by:
Mary Lynne Evans &
Christopher Mooreddrall



Hiraeth Formed the Seattle Welsh Women's Club 1928 - 2022

By JoAnne Matsumura



2003 Welsh Costumes at BDHS L-R=Johanna, Gerri, Jean, Eileen

She felt that longing for the Welsh, sharing of the language, the countryside, and the fellowship of those from her former homeland. She placed an ad in a local newspaper and invited those of Welsh descent to gather in November 1928. Mrs. Lillian Shostrom was surprised at the number of people who came and many welcomed the idea that there should be a Seattle Welsh Women's Club.

And so it came to be with Mrs. Mable Angus being chosen as the first President of the Seattle Welsh Women's Club. It did not take long for the membership list to grow into hundreds in a few short years as they held various song fests, St. David's Day concerts, and the special performance of the Seattle Welsh Male Singers directed by William Park Pritchard.

They held picnics at Woodland Park and other venues that brought many people from great distances, held educational programs, music events, presented St. David's Day programs among many other activities.

Members who lived in various geographical areas of Seattle would gather at meetings for planning future events. There were years of social gatherings as well, especially at

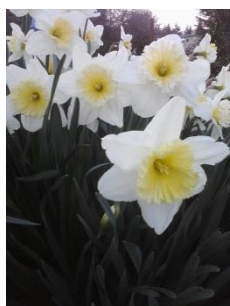
Christmas at Mary Powell's home decorated in every inch of space, special summer gatherings at a favorite restaurant featuring a few Welsh selection of specialty foods.

There were visits to cemeteries, providing a program at the Welsh Heritage Day event at the Black Diamond Historical Society and assisted the Puget Sound Welsh Association as needed.

It has been through the guidance of many on the executive staff that we have accomplished so much. President Carol Jones, Vice-President Betty Miller and others have served us well. Our current small group live at such a distance from each other, and the COVID crisis has set a new view that is more difficult to maintain for the few remaining members of the Club.

As the Seattle Welsh Women's Club officially comes to a close, we offer our heartfelt appreciation for the opportunities given the ladies of the Club to share Welsh history and the Hiraeth that takes one back to the homeland of rolling green valley hills with the sheep grazing ever so calmly.

Diolch Yn Fawr



Welsh Patron Saint of Friendship & Love: St. Dwynwen

January 25th is St. Dwynwen's Day (Diwrnod Santes Dwynwen) and is celebrated as day of romantic gestures and gifts to loved ones. Wish your Cariad, "Dydd Santes Dwynwen Hapus!" (Happy St. Dwynwen's Day!)

Dwynwen lived during the 5th century and was purported to be "one of the prettiest of Brychan Brycheiniog's 24 daughters." <https://www.historic-uk.com/HistoryUK/HistoryofWales/St-Dwynwens-Day/>

An arranged marriage planned by her father did not prevent her from falling in love with another prince, Maelon Dafodrill. She pleaded to God to forget Maelon and, legend has it, she was visited by an angel who turned Maelon into a block of ice after giving her a potion to erase her memory of him. She was granted three wishes: thaw Maelon, that God meet the hopes and dreams of true lovers, and that she would never marry.

Her convent was founded on Llanddwyn (remains of her church pictured here) as she devoted her life to God's service until her death in 465CE.



Check out more ways to learn about and celebrate St. Dwynwen with Cadw's free e-book on this Welsh heroine:

<https://tinyurl.com/2kzdskr> or watch the story here: <https://youtu.be/mGi61oy7Tew>

make your very own virtual love spoon and email to a friend or lover

<https://museum.wales/lovespoon/>

print out a free Dydd Santes Dwynwen card to give to a loved one (scroll to the bottom of the page)

<https://www.visitwales.com/info/history-heritage-and-traditions/st-dwynwens-day>

send an e-card to a friend or sweetheart

<https://www.welsh-american-bookstore.com/index.php/st-dwynwen-s-day/rwcard/1/>

Welsh Vinyl (LPs/EPs) Available!

-Alan Upshall

I have been asked by Rhidian Lawrence to give away several vinyl records to PSWA members who are interested. They are from the '60s and '70s and in good playing condition. Please contact me at aupshall@hotmail.com if you are interested. Titles below (many of them can be found on line if you want the contents), artist(s), and date of production:

Long Play records, rpm33

Cartref: Morryston Orpheus Choir 1972.

The Heart of Wales: Morryston Orpheus Choir 1975

The Glory of Wales: Morryston Orpheus Choir 1962

The World of Dylan Thomas: Contributions from Richard Burton and Emlyn Williams et.al. 1971

Emlyn Williams Talks: Remembrances 1958

Caneuon Gorau: Hogia'r Wydfdafa 1979 Folk Music

Caneuon Rhwng Gŵyl a Gwaith: Various artistes and a choir singing Welsh songs 1975



Extended play records rpm 45

Y Dydd: Dafydd Iwan 1966. Dafydd is still Wales' premier folk singer.

Noson Lawen, Parti Ponrhydyfen: circa 1970. Youth choir

Jac a Wil: 2 records from the 60s of a popular entertainment duo in Wales.

2 of Bob Roberts each with two Welsh Songs 1963

Morryston Orpheus Choir sings: 2 Popular Male Voice Choir standards Circa 1965.

Toni ac Aloma, A Welsh Folk Duo 1970

Triawd y Coleg (College trio): A trio of popular Welsh singers formed while in College. 1965

Richard Rees Sings: Popular Welsh Bass 1963

Taro Tant (Chord): Aled Lloyd Davies, with harp accompaniment. 1968

Aled Lloyd Davies singing Penillion 1964

Steve Ensley Remembered

-Alan Upshall

We have heard that Steven Ensley has passed away. Steve was a core member of the Seattle Welsh Choir and also an important member of PSWA. He was PSWA treasurer for a long time and also was treasurer of the organizing committee for the National Gymanfa Ganu held in Bellevue in 1994. With his wife Carol he controlled and organized the registration of over 1000 attendees at the National and predicted the profit the day the event started. A sterling job! Several years ago, Steve and Carol relocated to Ocean Shores where Steve became involved with the local council first as treasurer and finally as an elected councilor. I certainly will remember him, along with I am sure, other members of PSWA.

Dydd Gŵyl Dewi Sant

St. David's Day is March 1st and honors Dewi Sant (Saint David), the patron saint of Wales. He was the grandson of Ceredig, King of Ceredigion, living during the 6th century. The only native-born patron saint of the nations in the British Isles, Dewi Sant was a renowned preacher, teacher, and miracle worker who founded monastic settlements and churches in Wales, Brittany, and England.



St. David's Cathedral, Pembrokeshire, Wales. Photo by K.Davies

Dying March 1st, 589, his last words to his followers were in a sermon on the previous Sunday, transcribed as 'Be joyful, and keep your faith and your creed. Do the little things that you have seen me do and heard about. I will walk the path that our fathers have trod before us.'

During the 11th century, his birthday became a national festival. It is traditional to wear a leek or daffodil, both national emblems of Wales.



DECK THE HALLS

Traditional Old Welsh

1. Deck the hall with boughs of hol - ly, Fa la la la la la la la la.
2. See the blaz - ing Yule be - fore us, Fa la la la la la la la la.
3. Fast a - way the old year pass - es, Fa la la la la la la la la.

'Tis the sea - son to be jol - ly, Fa la la la la la la la la.
Strike the harp and join the cho - rus, Fa la la la la la la la la.
Hail the new, ye lads and lass - es, Fa la la la la la la la la.

1952 – Old Welsh Tune

-JoAnne Matsumura

Today is the day I bring out my stash of Christmas holiday cards and historic memorabilia I've gathered throughout the year.

In the attached 1952 Christmas Carol song book, courtesy of the Chehalis Garage, is a familiar tune listed as "Traditional Old Welsh" that you may find of interest.



GUINNESS SIX NATIONS 2023

**All kick off times should be confirmed!!

ROUND ONE

Wales v Ireland, February 4th 7:15AM (PST)

ROUND TWO

Scotland v Wales, February 11th 8:45AM (PST)

ROUND THREE

Wales v England, February 25th 8:45AM (PST)

ROUND FOUR

Italy v Wales, March 11th 8:15AM (PST)

ROUND FIVE

France v Wales, Saturday March 18th 8:45AM (PST)

“ ..do the little things.. ”



A Welsh Cakes Adventure

-Vivian Cadwallader

Oh my goodness such awesome Welsh cakes! I had clotted cream and lemon curd with mine. Super yum! This was at the Highland Games in Ventura, CA. [Editor's Note: Seaside Highland Games was held October 8-9, 2022.] The line for the Welsh cake vendor was longer than all the rest of the food vendors put together. Meaning there was quite a wait in line clear across the airplane hangar to get the goodies. They even had pasties - so good - and other wonderful eats. www.WelshBaker.com is out of Valencia, CA. I was so excited I bought extra for my train ride home. Glad I did. The train was about 45 minutes late for pick up in Oxnard. The beginning of a 30 hour train ride to home. Okay, that goes into another story or two...

Not only was the train late, the car I was in had a malfunction in the air-condition system. It was early afternoon, getting hotter in the day. Early in the evening, an additional four hour delay was caused by an unoccupied vehicle on the train tracks. No injuries or crunch. During the delay the air-conditioning was fixed. Next morning, we were informed that the refrigeration unit quit. Without refrigeration, the dining car was closed and so was most of the snack bar. I ate a breakfast of Welsh cakes.

We were served sandwiches from a local restaurant in Klamath Falls, OR and fast food chicken dinners in Portland. I finally arrived at my destination station six hours late.

Moral of this story: I shudda bought more Welsh cakes and lemon curd. And yes. I will ride the train again - packing extra Welsh cakes just in case.



PSWA Membership Dues Now Due!

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. If you have not sent in membership payments within the last six months, it's time to send in that check! 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

You can use the membership application on the back of the newsletter, send a note with your name address, email, and phone number along with your check, or pay via PayPal on our website, www.pugetsoundwelsh.org. Additional donations are always welcome, and are tax deductible!

PSWA
P.O. Box 98131
Lakewood, WA 98496

Welsh Cakes by Christopher Mooreddrall

Ingredients:

250g/2 cups plain (all-purpose) flour
7.5ml/1.5 tsp baking powder
125g/4.5oz/1/2 cup plus 1-2 tbsp butter, cut into small cubes
200g/8oz/1 cup caster (superfine)
sugar, plus extra for dusting. Or regular if superfine not available.
75-100g/3-4oz/ 0.5 cup currants
1 egg room temp, lightly beaten
1-3 tablespoons heavy cream or milk

1 Heat a bakestone or heavy frying pan over medium low heat. Cast iron preferred but not required.
2 Sift the flour, baking powder and a pinch of salt into a mixing bowl.
Rub in the butter. You can also do this part in a food processor but pulsing with dough blade aka plastic blade.
Similar to breadcrumbs consistency. Stir in the sugar and currants. If using food processor pulse again.
3 Stir in the egg with enough cream to gather the dough into a ball using a cutting action with a wood utensil, or if using a food processor turn on until it starts to come together into a ball.
4 Take ball put in plastic bag or plastic wrap and put in refrigerator for 15 to 20 minutes.
5 Transfer to a lightly floured surface and roll out to about 0.25in thick. Cut out 2-3in rounds
6 Add a little butter or oil over the hot bakestone or pan and cook the cakes in batches, for 4-5 minutes on each side or until they are slightly risen, golden and cooked through. Transfer to a wire rack, dust with sugar on both sides and leave to cool. Welsh cakes are a fairly slow process, but you don't want to overcook on too high of a heat.

Lobscouse by Gwen Weinert

The cawl of North Wales is called Lobscouse, which sounds a lot like the identical Norwegian stew, Lapskaus. There is some thought that it was brought to Wales and Northern England by Norwegian sailors. The slang word for Liverpool and Liverpoolians is scouse, and it is interesting that there was a Viking colony on the north east corner of Wales, quite close to Liverpool.

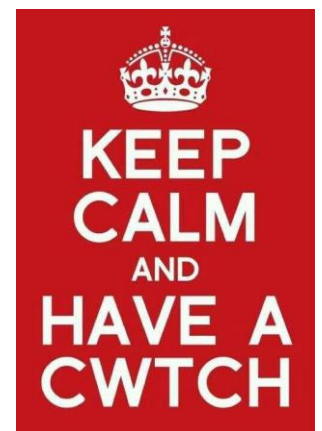
This recipe below is what my northern relatives like, usually made with lamb. It is so easy and fast to make, and it warms both the body and soul. You can use beef instead if you prefer.

Serves ten.

2 pounds lamb neck or shoulder	4 ribs celery
2 onions	2 rutabagas
4 large carrots	1 teaspoon each dried thyme, parsley
4 leeks	2 bay leaves
8 potatoes	2 teaspoons Worcestershire sauce
	2 quarts vegetable or beef broth

Directions:

Brown meat on all sides in vegetable oil.
Prepare vegetables into 1-inch or bite size chunks.
Remove meat from pan and set aside.
Cook onions in large pot until translucent.
Add meat and other prepared vegetables to pot with onions.
Cover with stock and then add all seasonings.
Bring to boil and then turn down heat to a simmer. Cook for 2 hours without lid.
Serve with nice crusty bread and sharp Welsh cheddar.



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 2023 Memberships/Fees

- Individual (\$10) \$ _____
- Family/Couple (\$15) \$ _____
- Y Ddolen mailed to you (\$5) \$ _____
- Life (\$100) \$ _____
- Overseas Annual Postage (\$50) \$ _____
- Overseas Life (\$150) \$ _____

Membership is annual
from Jan 1 through Dec 31

Donations

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

Retail Products - *prices include shipping/postage (\$15 if picked up at events)

- PSWA T-Shirts** Total number of shirts ____ x \$19.95 \$ _____
\$19.95* each. Indicate how many of each size and color:
Steel Green: ____ LG ____ XL *Limited quantities; Email for availability: membership@pugetsoundwelsh.org
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

Make check payable to PSWA

TOTAL ENCLOSED \$ _____

Membership Information (please print):

First Name: _____ Last Name: _____

Phone: _____ Email: _____

First Name: _____ Last Name: _____

Phone: _____ Email: _____

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 98131, Lakewood, WA 98496**



Y Ddolen | Puget Sound Welsh Association
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ADDRESS CORRECTION REQUESTED

Join the PSWA Facebook Group! ❖ “Like” the PSWA Facebook Page!
 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: **always slightly trill the ‘r’* **Calon** (cal on) – Heart. **Cusan** (key san) – Kiss. **Sws** (soos) ‘oo’ as in ‘look’ not ‘cool’ – Kiss. **Cariad** (cah ree add) – n. Love. **Caru** (cah ree) – v. Love. **Gaeaf** (guy av) – Winter. **Mawrth** (mau-rth) ‘th’ as in thin – March. **Dŵr** (doo r) ‘oo’ as in ‘cool’ not ‘look’ – Water.
**Suggestions welcome for next quarter’s words! Please submit to Newsletter@PugetSoundWelsh.org*

