



Y Ddolen

Linking the Puget Sound Welsh Community

Ionawr, Chwefror, Mawrth 2024

Volume 42, Issue 1

January, February, March 2024

Puget Sound Welsh Association's Annual St. David's Day Celebration

Sunset Hill Community Association's Hall ❖ 3003 NW 66th St, Seattle, WA 98117
❖ Saturday, March 2nd, 2024 ❖ 1PM - 3PM ❖

Please join us for PSWA's annual **St. David's Day Celebration** on Saturday March 2nd from 1pm to 3pm at the Sunset Hill Community Association's upper hall.

This lovely and bright community hall is located in a residential area of Ballard with plentiful street parking and an elevator for easy access.



This year features an intimate time with **Nerys Jones** with songs and stories from her early music career in Wales.

The second half of the afternoon will be a **Noson Lawen** with contributions of poetry and song by some of our talented members interspersed with singing of favorite hymns and folk songs.



PSWA's famous (or infamous) **limerick contest** returns to give everyone a laugh.

Don't forget to bring your HYMNALS!

**Contributions of Welsh cakes and te bach fare appreciated: Events@PugetSoundWelsh.org*

PSWA Annual Welsh Limerick Contest!

Dethrone last year's winners and take home a prize! Here are your starting lines:

St. David picked up a leek

A clever young Corgi named Gwen

As an old man was drinking his ale

Please submit your entries to 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.

Deadline is February 24th. Winners will be announced at our St. David's Day Celebration.

Letter from the President

Eira Eira Eira! Snow at my house. And Eira is Gwen Weinert's new granddaughter's name. Congratulations to all in that family. (Gwen is one of the editors of *Y Ddolen*.)

Christmas was a sweet time! We gathered at Gwen's family home in Ballard, and before the main festivities, held our Annual General Meeting, as we are required to do every year to maintain our tax-free status. The organization is in pretty good financial shape, thanks to a generous donation from the Welsh Women. Because we have had only Zoom meetings and parties for the past two years, we saved ourselves a lot of money. However, members told us that they much preferred meeting face to face, especially on St. David's Day.



We then celebrated, gathering around a fine piano, which was once haunted (ask Gwen). Kay Vea, our musician emeritus at 90+, tickled the ivories, but the spirit did not appear. So we sang and sang and sang: Christmas carols, hymns, and popular songs. Eric and Sally Bowen gave us some fine original songs, and lovely guitar renderings. As usual, music spread good joy. We read excerpts from [A Child's Christmas in Wales](#); that gentle and droll story.

Food was plenteous, with two Welsh cawl dishes (lamb and chicken), salads, and other side dishes. Wassail was available along with desserts to die for. The wassail bowl from the Ewenny Pottery Shop of Bridgend, Wales, graced the middle of the table. Ewenny Pottery, potters to the Kings, was founded in 1610, so we celebrated in the highest style.



Saint David's Day

St. David's Day will be so much fun this year. The date is March 2, 2024, at 1-3 PM, one day after the reported birthday of that good saint. We have rented the Sunset Hill Community Association's Hall in Ballard. The historic building was originally built as a

meeting place for the neighborhood. Its 1929 charm has been both updated and preserved. It is a welcoming place for our festivities with a stage and large meeting space on the first floor, flooded with outside light from a wall of windows. The building is accessible, including an elevator. Parking is on the street, with easy walking. SHCA has given us a very favorable rental rate, and we will invite all the members of their association to join us.

Our program will include an intimate chat with Nerys Jones, our very own internationally known mezzo-soprano [www.nerysjones-mezzo.com]. It turns out she has musical stories about early life, training, and launching as a professional musician. She will also perform Welsh songs and others of her favorites. This is a not to be missed opportunity to "see behind the curtain" in a way that few people can. Nerys is currently preparing for an upcoming role with the Seattle Opera.

We will have a brief intermission to announce the raffle basket winner, and to hold our piece of première tomfoolery: The Great and Fragrant Limerick Contest. Rules and opening lines are in this newsletter. This is your chance to hit fame and fortune with your wit, poetic talent, and irreverence in the form of a limerick for all time.

Following will be a noson lawen, a merry time, for the second half of the program. You will have a short time to perform! If you wish to give a poetry reading, carry us away with a story, sing your favorite tune, tootle on the bagpipes, penny whistle, fiddle, perform a dance with your friends, give us a remembrance of Wales or things Welsh, **please contact President@PugetSoundWelsh.org as soon as possible** as we prepare the program.

We will also do a remembrance of members we have lost this year. If you know someone you would like to be honored, please get in touch with me.

We welcome volunteers to help us with the set up and take down: Events@PugetSoundWelsh.org.

Your board is organizing continued **Zoom virtual pubs** for the rest of the year, with presenters such as yourself. **So if you have an idea of a Welsh-themed presentation, please get in touch: President@PugetSoundWelsh.org.**

In the spirit of the Good Saint, who said, *“be joyful, keep the faith, and do the little things that you have heard and seen me do,”* I wish you hwyl.

--Mary Lynne Evans, President.

Cinio Nadolig – South Sound Christmas Lunch

By Chris Mooreddrall

We had an event at our home on the 17th of December full of holiday cheer, though we ran into a hiccup of 7 people messaging that morning that they had fallen ill and wouldn't be able to attend! So if you were one of the people who wasn't able to attend for that reason- don't feel guilty since there was definitely a bug going around. We persisted the best we could with an abundance of food and merriment.



The event was very informal with us jumping into the food game early. We filled ourselves up on the various goodies provided by everyone, including some mulled apple cider, cawl cennin (leek/potato), mac and cheese, and cawl cymreig (lamb stew), various other nibbles made by Chandra Phillips, Vivian Cadwallader, my mother Jill Moore, and myself. Neville Phillips regaled us with his humor and we then did a white elephant gift exchange which included a signed photo of Alun Wyn Jones (rugby), Welsh cheese, a Welsh language themed tea towel, a handmade tabletop Christmas tree in red and green, books, and of course a bottle opener that was the backside of a Welsh Corgi! A couple of steals included...



Speaking of dogs, the two in attendance – Gwyn – Vivian's dog, and Ozzy – Jill's dog got a lot of attention – and special thanks to Vivian for the gift to Ozzy for Christmas - he really enjoyed it! I would also like to include another special thanks to Nick Mooreddrall for helping to make sure things went smoothly.

It was a very pleasant afternoon had by all! And I would like to thank those who were able to attend. I just hope everyone is able to stay healthy this year! Iechyd da! Am I right?!

St. Dwynwen – Wales’ Patron Saint of Lovers

By Karyn Davies



<https://www.youtube.com/watch?v=mGi61oy7Tew>

As with all myths and legends, Dwynwen’s tale is rife with tragedy. Dwynwen was already in love with Prince Maelon Dafodrill from Gwynedd when her father, the 5th century King Brychan Brycheiniog, pledged her to another. Upon learning he could not have her, Maelon...forced himself upon her (or, if you’re telling this tale to children, Maelon got annoyed with her and fled).

Dwynwen cried out to God to make her forget Maelon and fell asleep. She was visited by an angel who gave her a potion to make her forget Maelon, who had been turned into a block of ice. The angel offered her three wishes. She asked for Maelon to be thawed, for God to hear her prayers on behalf of all true lovers, and that she would never marry.

In thanksgiving to God for granting all three wishes, Dwynwen devoted her life to God as a nun. She established a convent off the coast of Anglesey, Ynys Llanddwyn (Island of the Church of Dwynwen), the ruins of which are still seen

today (photo, above, by visit-a-church.info). She died there c. 460 or 465 depending on sources.

“Nothing wins hearts like cheerfulness.” – St. Dwynwen

Dirwnod Santes Dwynwen Hapus! Happy St. Dwynwen’s Day!

Calendars from the fifteenth century show **January 25th** as Dydd Santes Dwynwen (St. Dwynwen’s Day). The modern celebration can be attributed to a student at the University College, Bangor printing a series of cards designed by a local artist. The 1960s being a time of Welsh language activism, the cards became very popular and other publishers followed. In 2003, the Welsh Language Board distributed tens of thousands of free St. Dwynwen’s Day cards in partnership with Tesco’s stores in Wales.

Today, one can find St. Dwynwen’s Day cards to send to their sweetheart, give gifts of sweets or a Welsh lovespoon, and enjoy being together – very much the same way the following month’s holiday is celebrated.

- ❖ Creative gift ideas: <https://walesguidebook.com/gifts/> and <https://museum.wales/lovespoon/>
- ❖ Other ideas to prepare for 01/25/2025: <https://welshgiftshop.com/collections/welsh-valentine>
- ❖ Free downloadable card to print (scroll to the bottom of the page): <https://www.visitwales.com/info/history-heritage-and-traditions/st-dwynwens-day>



Learn Welsh phrases for St. Dwynwen’s Day!

<https://welearnwelsh.com/blog/romantic-welsh-phrases/>

Anyone can hug, but only the Welsh can CWTCH!

Cwtch – (originating as colloquial of the Welsh-English dialect of South Wales) a loving cuddle or embrace, with a sense of warmth and safety; a warm cozy place. Ex. Humans can give and receive a cwtch; a dog can sleep or nap in a special cwtch.



Bloogles for the Ladies

-JoAnne Matsamura

It was a lovely fair day in May of 1988, and visitors from Wales and England decided to visit Black Diamond, Washington, and the Welsh community they had all read so much about.

Their destination was the new museum on Railroad Avenue, and finding it offered some challenges. They had learned about a museum that featured mining artifacts as well as household items from the once-large community of Welsh families.

Curators Carl and Ann Steiert welcomed the small group of ladies, giving them a personal tour. They were shown a display of photographs and artifacts of the Welsh families of long ago. The museum was still new and a work in progress, but the guests were delighted to see familiar objects. They shared their own family stories about the objects they viewed.

Soon it was time to say goodbye because they wanted to see more of Railroad Avenue. However, someone noticed the few items that were for sale at the front desk. One lady exclaimed with open joy at seeing the Bloogle toy,* and said that she had to have it because she remembered having one as a young child. In a few moments, the other ladies joined in and purchased them all.

As the ladies bid farewell to the museum, they twirled their Bloogles around over their heads, and the toy emitted its distinctive musical tones. They developed a mini-parade of their own as they left on the train depot boardwalk, heading down to the famous Black Diamond Bakery.

**Editor's note: This toy of 1960-1980 was a corrugated (ribbed) flexible plastic tube that had a distinctive sound. Musical notes could be changed by spinning the tube faster or slower. It was also called the Bloogle resonator, Corrugaphone, and Free-Ka. This note was taken from Wikipedia.*

PSWA Membership Dues Now Due!

Membership dues are owed each year in January for the calendar year, unless you have a lifetime membership. 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 your dues to produce our newsletter and pay for 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!**

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

DEADLINE FOR NEXT SUBMISSION: April 20th 2024.

Email to: newsletter@PugetSoundWelsh.org

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
- Chris Mooreddrall, Treasurer/ South Sound Night Out of Hŵyl
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Saint David, A Perfect Saint For Wales

By Margie Hunt

“...do the little things...”

St. David was renowned for his speaking and preaching. And he was caring and courageous, practical and a good organizer.

When I read about him, I was reminded of my friends of Welsh heritage who are also caring, courageous, practical and good organizers. When I first became acquainted with Welsh people and events, I was surprised and appreciative to find that events were well organized and on time. I am now used to the good organization, and I still appreciate it.

Many of my friends are also good speakers. But it was in Wales that I heard two men whom I felt most exemplified the power of words and the caring of St. David:

Rhodri Morgan, who was the First Minister of Wales at the time, educated and entertained us with humorous stories about the history and politics of Wales.

The Lord Mayor of Llandaff teared up with joy that we had come clear from America to sing for them.

These important leaders were warm and well-spoken like the patron saint of their country.

Who was this Saint David?

He was a real and official saint—in three denominations, no less: Roman Catholic, Eastern Church, and Episcopal. In addition, chapel folk and others also celebrate his Saint’s day, March 1. He is usually pictured standing on a hill with a dove on his shoulder.



St. David. Photo by Lawrence OP

We have both historical and traditional information about his life. He was born in the early sixth century. He was born the county that is now Ceredigion, in West Wales. In those days it was called Cardiganshire, a small kingdom considered to be a center of Welsh culture. His grandfather, Ceredig ap Cunedd was the king of Cardiganshire, but David did not follow the political path that would have been open to him. He chose a different way to use the talents and advantages that came with his birth. He chose to serve his God and his Church.

He became a very popular preacher and teacher, mainly in what is now south and west Wales. His message was to live the simple life. For him that included eating only simple vegetarian food and only water to drink.

His best known miracle happened early in his career and happened because of his popular preaching. A crowd had gathered in the village of Llanddewi Brefi to hear him speak, but so many people came that they couldn’t see over each other. Then, miraculously, a hill grew beneath David, high enough that he was visible to all. A miracle that brought joy and faith to the crowd, but noted Welsh historian, John Davies, commented on it with the dry

wit the Welsh are known for: “One can scarcely conceive of any miracle more superfluous in that part of Wales than a new hill.”

In addition to teaching, David was head of a monastery which he governed using the strict rules of the Eastern Christian Church. And he started many other monasteries. During the sixth century Wales was at the heart of a religious revival, and David, in addition to organizing monasteries in Wales, became a missionary to Cornwall, Devon, Ireland and Brittany. To this day there are towns in Brittany named after him.

The Death of St David

And so this dynamic man named David, who brought so much to so many people, was able to grow old in his homeland, where he finally he passed away. Some say he was 101 years old. Tradition has it that he died on March 1, which we now celebrate as St. David’s Day (Dydd Gŵyl Dewi Sant). There was disagreement (and knowing the Welsh probably fierce disagreement) about the year of his death—was it 589 or was it twelve years later, 601?

Everyone did agree that he died on a Tuesday.

South Sound Night Out of Hŵyl

SouthSound@PugetSoundWelsh.org

By Chris Mooreddrall

Sunday, February 18th PSWA South Sound Afternoon Out of Hŵyl – **1:00PM**
Manic Meatballs 14815 Union Ave SW, Lakewood 98498

Sunday, March 24th PSWA South Sound Afternoon Out of Hŵyl – **2:00PM**
Elmer's Restaurant 7427 S Hosmer St, Tacoma 98408

Diolch yn fawr for your continued support of all things Cymraeg in the Puget Sound.

Please RSVP before the Sunday meet up so we can reserve enough seats at the table! Email above.

Cawl Mamgu (Granny's Broth) from Croeso Cymreig A Welsh Welcome (1959)

2 lb best end of neck (Welsh lamb)
1 small swede (rutabaga)
½ lb carrots
1 lb potatoes

2 large leeks
1 oz parsley
½ oz flour
Salt & pepper

Put the meat into the saucepan, cover with cold water, add salt and pepper, bring slowly to the boil and skim carefully. Add the carrots (cut in half), the swede (sliced) and the white of the leeks, and simmer gently for 2 to 2 1/2 hours. Add the potatoes (cut in four) and continue to simmer for another 30 minutes. When the potatoes are almost cooked, thicken with flour and a little water. Lastly, add the green of the leeks and parsley (chopped) and simmer for further 10 minutes, and serve in basins while hot.

Ffest Y Cybydd (The Miser's Feast) from Croeso Cymreig A Welsh Welcome (1959)

This dish was very popular in Carmarthenshire about 100 years ago [in 1959]. Then it was made in a saucepan. Nowadays it can be made equally well in a casserole. Cover the bottom of the saucepan or dish with peeled potatoes and a sliced onion, with a little salt. Cover with water and bring to the boil. When the water is boiling, place on top of potatoes and onion a few slices of bacon or a piece of ham. Replace the lid and allow to simmer till the potatoes are cooked, when most of the water will be absorbed. The miser was supposed to eat the potatoes one day, mashed up in the liquid, keeping the slices of bacon to be eaten the next day with plain boiled potatoes.

Henry V Act 5 Scene 1 – Wm Shakespeare

<https://www.sparknotes.com/nofear/shakespeare/henryv/act-5-scene-1/>

Enter FLUELLEN and GOWER

GOWER Nay, that's right. But why wear you your leek today? Saint Davy's day is past.

FLUELLEN There is occasions and causes why and wherefore in all things. I will tell you as my friend, Captain Gower. The rascally, scald, beggarly, lousy, praggling knave, Pistol, which you and yourself and all the world know to be no petter than a fellow, look you now, of no merits, he is come to me and prings me pread and salt yesterday, look you, and bid me eat my leek. It was in place where I could not breed no contention with him, but I will be so bold as to wear it in my cap till I see him once again, and then I will tell him a little piece of my desires.

Enter PISTOL

[After a series of jabs back and forth, Fluellen smacks Pistol (likely with his leek) twice, and bids him to eat it!]

PISTOL By this leek, I will most horribly revenge. I eat and eat, I swear—

FLUELLEN Eat, I pray you. Will you have some more sauce to your leek? There is not enough leek to swear by.



Meet Your PSWA Board (1)

-Gwen Weinert

Puget Sound Welsh Association is blessed with intelligent, funny, and eccentric people whose most important attribute to us members is a love of the Welsh culture. I hope that I can share with you the talents and lives of these singular people over this year. Laura Lovell is first in line.

Here she is now, a quiet and gentle lady whose manner belies fierce intelligence, a warrior heart and a surprising interest in string instruments and folk music from all over the world. She is also funny and kind, and generous with her talents.

Laura grew up in a Navy family, so she travelled all over. At one time she lived on Kwajalein Island in the Republic of the Marshall Islands. She remembers that her school was a converted airplane hangar, and on balmy days, the windows and doors were opened wide.

Her parents thought she was a softy, but loved her dearly. She wanted to be a musician all of her life, of one kind or another, but she had problems reading music because of dyslexia. After high school, she moved to Baltimore and became a Licensed Practical Nurse and worked in that profession for thirty years. She married quite young, at the age of nineteen, and was blessed with her daughter, Hannah.

After eleven years of marriage, and a move to Seattle, she was divorced and working as a Family Practice Nurse. One day a patient came in to get allergy shots. He was a member of the Welsh choir and persuaded Laura to go to a concert. The choir members were friendly and invited Laura to join them at a party. Laura was charmed by them and started singing with the choir.

Laura had once lived in Johnstown, Pennsylvania, where she discovered O'Neils Dance Music of Ireland and started learning and playing the mandolin and tenor banjo by herself. When she moved to Seattle, she met other Irish folk music players. She was a plectrum instrument player for at least 35 years, still mostly self-taught.

There were more wonderful events that Laura would experience in Seattle. She met her present husband, Kevin, when he moved into the house she lived in. He was a musician, playing flute and concertina. He also worked as a deputy coroner.

One day, when Laura was about 51, Kevin brought home an erhu (Chinese two-stringed fiddle) from a music store. Kevin helped find a teacher for Laura, and she thought she would just visit this exotic instrument, but she became intrigued. She had to grow accustomed to different scales and notes until her mind came to like them. This was her gateway to playing bowed instruments, which was an old secret ambition. Years later, the fiddle and erhu are her main instruments. Now she is a member of the Seattle Chinese Orchestra. She also belonged to Folk Music groups such as the Wallingford Collective Band and Triple A Ceili, but is not looking for other bands to join at present.

I asked Laura what she would have liked to have done besides music and nursing. She said she would have liked to have been a chef, and she hopes to travel in the future. It was fun to talk to this talented and unique person, and I am glad she has chosen to serve on our board!

GUINNESS SIX NATIONS 2024

www.sixnationsrugby.com

***All kick off times should be confirmed!!*

ROUND ONE

WAL v SCO, February 3rd 8:45AM (PST)

ROUND TWO

ENG v WAL, February 10th 8:45AM (PST)



ROUND THREE

IRE v WAL, February 24th 6:15AM (PST)

ROUND FOUR

WAL v FRA, March 9th 9:00AM (PST)

ROUND FIVE

WAL v ITA, March 16th 6:15AM (PST)



Let us know if you find any venues playing matches LIVE or delayed: Events@PugetSoundWelsh.org OR

www.facebook.com/groups/pugetsoundwelsh so we can announce a Watch Party to cheer on Cymru!

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

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