



# Y Bwletin

## Gwasg y Nant – Valley Press Mis Ionawr 2006 – January 2006

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### Digwyddiadau - Events for 2006

Saint Dwynwen's Day	Wednesday January 25
OWS Banquet and Dance	Saturday Feb 25
OWS Gymanfa Ganu	Sunday Feb 26
Saint David's Day	Wednesday March 1

Join us for the

## St David's Day Dinner and Dance

(traditional Welsh food: leek soup, roast lamb)

**SATURDAY FEBRUARY 25<sup>TH</sup>**

Social 6 pm – Dinner 7 pm

PANORAMA ROOM  
CROWNE PLAZA HOTEL  
101 LYON STREET

Speaker: Mr. David Bassett

Tickets: \$50 per person if ordered before February 1<sup>st</sup>,  
\$55 per person for orders received February 1-18<sup>th</sup>.

To reserve your tickets, please call Alison Lawson  
at 725-2704, or email at [alisonlawson@sympatico.ca](mailto:alisonlawson@sympatico.ca)

## ST DAVID'S DAY GYMANFA GANU

(Hymn Singing Festival)

**SUNDAY, FEBRUARY 26**

**3 p.m.**

(If you have a WNGGA Welsh Hymnbook, please bring it)

Westminster Presbyterian Church  
470 Roosevelt Ave.

Everyone is invited to bring something to nibble with their  
tea or coffee after the service.

## President's Message

Dear Friends,

Welcome to 2006 and, because I am writing this on January 1<sup>st</sup>, I wish you a Blwyddyn Newydd Dda. I hope that you have all enjoyed a relaxing Christmas holiday and feel refreshed entering the New Year. At this season of reflection and resolutions, I always like to reflect upon the lasting truths that I have learned over the past year and so I am going to share some important Welsh lessons that I have learned in 2005. This list is fondly referred to as:

*Seven Important Lessons I Learned From Mushy Peas*

1. Many people like to eat Mushy Peas - not so many people like to cook them.
2. When you really, really need to make a heap of Mushy Peas, everyone who knows how will be doing something very, very important, like leaving the country.
3. Don't be afraid to venture into the unknown! Mushy Peas are really EASY to make. In fact, if you can make porridge or, better yet, pea soup, then you already have the necessary skills set to make Mushy Peas.
4. Ask smart, experienced people for advice and use every single one of their ideas.
5. Have at least 2 kind souls make a batch of thicker, back-up peas.
6. Left-over mushy peas can be bagged and freeze very well.
7. Black Labs do not usually eat grapefruit or Mushy Peas. See number 6 above.

*Here's how you can become a Mushy Pea Master:*

- a) Get a blue and yellow box of Batchelor's Bigga Marrowfat peas from Loblaws. They are carefully hidden with the Ambrosia custards and rice puddings and the fondue materials.
- b) When you soak the dried peas overnight, use the soaking tablets and leave enough room for them to double in size.
- c) Adding a beef Oxo cube or two during cooking makes for great flavouring.

d) Ignore the instructions on the box about the amount of water. Those are lies, all lies. Use less water than is called for.

e) If the peas start to look too mushy, start bailing! Get rid of that extra water.

f) If you didn't bail in time, add the thicker back-up peas. Keep bailing. Let set.

Making Mushy Peas really is easy, so, now that you have been empowered with this knowledge, I encourage all of you to make a resolution that you will cook a batch of Mushy Peas for yourself in 2006. Start planning ahead for St. David's Day!

### **St. David's Day Events**

While you're planning ahead, be sure to send Alison Lawson your ticket orders for our annual Dinner and Dance which will be held at the Crowne Plaza Hotel on Saturday February 25, 2006. Please, make note of the "early bird" price which is an incentive to book your tickets before February 1st. We look forward to a fine evening including a delicious lamb dinner and dancing. Our guest speaker this year is Mr. David Bassett, a resident of Renfrew County who promises us light-hearted entertainment with his own songs and humour. Also, mark your calendars for Sunday, February 26th for the St. David's Day Gymanfa Ganu at Westminster Presbyterian Church, where you can commemorate the birth of the Wales' patron saint with the singing of traditional Welsh hymns.

### **Faggots and Peas Dinner**

Over the course of the Autumn season, our Welsh Society members have gathered to enjoy fellowship, food and entertainment on different occasions. In November, approximately 114 people attended the Faggots and Peas Dinner at Westminster Presbyterian Church. John and Lee Griffiths provided the essential and delicious ingredients of faggots and sausages, both for the dinner and for the raffle held later in the evening. The well-prepared mushy peas brought by Philip Ostiguay and Jean Howard proved to be critical in achieving optimum consistency for that dish, which was perfect. Alan Thomas not only did a masterful job of supervising the Nosen Lawen, but also favoured us with accompaniment for a sing-along to end the evening. We were treated to wonderful entertainment provided by a lovely harpist, Mary Muckle, and by talented singers, poets and readers. Many thanks to the Committee members and to their families for their efficient work in setting up the dining room, preparing and serving dinner and dessert, arranging for and running the bar, and for cleaning up afterwards. I would also like to thank the many people who rolled up their sleeves and helped with serving, clearing dishes and removing chairs and tables afterwards. It is through this generous help that we are able to accommodate the growing numbers of diners at this very popular event.

### **Christmas Events**

Christmastime brings two traditional Society events, the Children's Christmas Party and the Service of Nine Lessons and Carols. Sadly, no families contacted me before the registration deadline, so the Children's Party was not held this year. I hope that next year the chosen date will be

more favourable for our members and their children. I have learned that Santa was most disappointed, but hopefully we can book him again for December 2006. The Rev. Clifford Evans presided over the Carol Service which was attended by approximately 90 people. Alan Thomas was at the organ to lead the carols. The Ottawa Welsh Choral Society, directed by Marilyn Jenkins, shared a joyous and spirited rendition of "Going to Bethlehem", while John Griffiths graced us with the favourite "Panis Angelicus". This year, "Away in a Manger" was presented by a marvellous Seniors' Choir. Thank you to the many readers of the lessons. Afterwards, we were treated to a wonderful array of sweets provided by those who attended.

I look forward to seeing many of you on February 25th and 26th at the St. David's Day Dinner or at the Gymanfa Ganu. Remember your two important Welsh resolutions for this year:

1. You have the ultimate Dragon Power. You will make Mushy Peas before the end of March.

2. You will reserve your tickets for Society events way.....way... before the registration deadline.

On behalf of the Committee, I wish you all good health and happiness in 2006!

Gan ddymuno iechyd a hapusrwydd i chi yn 2006!

Kimberly Power, President

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Just a little note to pass on some interesting news:

My parents have given my Dad's merchant marine uniform x WWII to the Carmarthen Museum. It was probably a house-clearing exercise... but the curator is now so fascinated with Dad he wants to dedicate a little corner to his life! The little exhibit will include his time in Morocco, the Arctic and of course Ottawa... something along the lines of "one of Carmarthen's great cultural exports!" Regional BBC will be doing a "live" interview with him to launch the exhibit. I can't tell you how "chuffed" he is.

I guess it would be a good time to release "Tal's Greatest Hits" - no? We always knew he was a bit of an icon....

Hope you find this as amusing and heartening as we did!

Hope you and yours are well.

Sian Griffiths

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### **Industry**

By David G. Jones

In far-gone times we tilled the soil  
Then coal and steel was our main toil.  
And where the soil was not so good  
Sheep ranged, for our clothes and food.  
While artisans sewed and built and carved  
Artists performed, and almost starved.  
There were shops to run and children to teach  
Wood to cut, and fish to reach.  
Today what we work at is all quite new:  
what once took thousands, now takes few.  
For technology has tipped the scales -  
And from young minds, comes the wealth of Wales.

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**Peace and War**  
By David G. Jones

One time, people were driven by their own needs  
and they would do, what they had to do  
so they would need no more.

Then people learned that if they lived with other people  
that work could be shared, and they could be protected  
from those who were driven by need.

But people who live with other people need rules -  
and groups of people who relate to other groups of people  
need rules -  
so that the well being of the whole does not suffer from  
those in need.

And in these more settled times, it was found that there are  
people  
who will from time to time break the rules;  
and there are also people who never follow any rules,  
because they place their needs above all else.

Both the learned and the unlearned, wrestled to find a way  
that people can live without the breaking of rules.....  
so that a better world might be founded,  
where there was no need for rules.

But no means was found  
for people to live with people, without the braking of rules.  
And we have war.  
And now we need, all of us, to find a way that we can create  
a world without fear,  
a world without fighting.

These needs are not only of Northerners. Or those of the  
West. Or of the farmer, or the fisherman  
These needs are not only of dark-hued nomads of Asia, or  
black herders of Africa  
These needs are not just that of bankers of Egypt or brokers  
of the Steppes.  
These needs are shared among all of us.

But despite the will. Despite the work. Despite the suffering  
and agony....  
wars are waged. Battles are fought. Friends fight. Families  
break up.  
Why should that be?

Could it be that in our hopes and aspirations  
we have been unwilling to do what must be done?  
Perhaps we do not even know what that might be. Is it  
possible....  
that the solution to our malaise lives within us?  
If that can be, then we must look to ourselves  
we must look within ourselves,  
and follow the course that we may find there.....  
We shall have to learn where to look.

In the new times to come, if they are to come,  
there must be denial.  
And there must be giving up, instead of taking away.  
And the denial must be deep, and meaningful.  
What is given up, must be of that which is most sacred and  
valued.

When the other sees the highly valued offered  
that the gift is made without condition;  
when the other sees that nothing is asked in return,  
a beginning will have been made.

And what of Peace?

Well, Peace is more than an agreement not to wage war.  
and it is more than a time between wars.  
and it is more than forcing peace through the threat of war,  
and more than forcing an end to war through the threat of  
even more war.

There is Peace when it is understood that there is  
everything to gain from Peace,  
and there is nothing to gain from war.

And we shall not see Peace  
until we are willing to offer up that which we hold most dear.

**Welsh Websites**

Hello / Croeso

Welcome to a new web site from Wales called  
[www.welshladies.com](http://www.welshladies.com)

This site contains Welsh antique keepsakes that are rare  
and unique.

We believe the people with Welsh connections will find this  
site interesting.

Could you please inform friends and members of your  
society about this site so that they may have the opportunity  
to own a Welsh keepsake.

Please enjoy the web site. [www.welshladies.com](http://www.welshladies.com)

If you have any questions please don't hesitate to contact  
us.

Diolch yn fawr / Thank You

e-mail : [contactus@welshladies.com](mailto:contactus@welshladies.com)

**Food Wales**

a new guide to some of the best foods in Wales.

[newsletter@graffeg.com](mailto:newsletter@graffeg.com)

[http://www.graffeg.com/content/public/publications/food\\_wales/](http://www.graffeg.com/content/public/publications/food_wales/)

**Expats Club**

<http://icwales.icnetwork.co.uk/0750expats/>

The **National Show Caves at Dan-yr-Ogof** have topped a  
poll to find Britain's favourite beauty spots.

A competition run in by TV channel Five asked readers of  
the Radio Times magazine to vote for their "finest natural  
wonder".

They chose the network of caves in the Brecon Beacons  
ahead of attractions including Giant's Causeway, the White  
Cliffs of Dover and Cheddar Gorge.

The top 10 also included the lake at Cwm Idwal in  
Snowdonia.

Dan-yr-Ogof was chosen ahead of some of the most famous names on the UK tourist map.

‘The public have voted very well indeed and very wisely’ said First Minister Rhodri Morgan

The short list included the Hebridian Island of St Kilda, the largest area of freshwater in the country Loch Lomond and the Jurassic coast which spans the counties of both Dorset and Devon.

The cave complex at Dan-yr-Ogof, in the upper Swansea Valley, stretches for more than 10 miles underneath the Brecon Beacons.

The chairman of the Dan-yr-Ogof caves complex, Ashford Price, said that the attraction's victory was like "David taking on the Goliaths."

"Winning this competition is absolutely tremendous," he said. "Not just for us, but for the image of Welsh tourism in general."

Chair of the Wales Tourist Board, Jonathon Jones, added: "We should not be surprised given the quality and popularity of this great example of natural history.

"This well-deserved award will, I am sure, not be the last."

First Minister Rhodri Morgan said the caves were "endlessly fascinating".

#### THE TOP 10

- |                          |       |
|--------------------------|-------|
| 1. Dan yr Ogof           | Wales |
| 2. Cheddar Gorge         |       |
| 3. White Cliffs of Dover |       |
| 4. Giant's Causeway      |       |
| 5. Jurassic Coast        |       |
| 6. Loch Lomond           |       |
| 7. Cwm Idwal             | Wales |
| 8. The Island of Staffa  |       |
| 9. St Kilda              |       |
| 10. Lundy Island         |       |

He said: "What they have done is recognize what we in Wales have known for a long time - that Dan-yr-Ogof caves are one of the most amazing natural phenomena.

Mr Morgan added that he hoped that the result would help draw more visitors to the caves.

Each of the finalists was featured in a programme called Britain Finest Natural Wonders broadcast on Five on Monday.

The programme counted down to the naming of Dan-yr-Ogof as Britain's "favourite natural wonder".

"Nothing wins hearts like cheerfulness" - the words of Dwynwen, one of 24 beautiful daughters of King Brychan Brycheiniog who lived during the fifth century AD.

The beautiful Princess Dwynwen fell in love with a prince, Maelon Dafodrill, but Maelon spurned her love. Heartbroken, Dwynwen retreated to Llanddwyn Island where she saw an apparition whilst looking at eels swimming in a well. The apparition granted her three wishes; for the first wish Dwynwen asked for Maelon to be turned into ice for spurning her love; secondly that she would remain on Llanddwyn for the rest of her days and thirdly that all lovers coming to Llanddwyn would be happy for the rest of their lives.

That is why she is known throughout the country as the patron saint of lovers in Wales.

The whole site (except the forest) is a National Nature Reserve managed by the Countryside Council for Wales. There is open access on beaches and estuaries but elsewhere access is restricted to marked footpaths or areas identified by signs as open areas. This includes Ynys Llanddwyn where some beaches are closed to the public during the bird-breeding season, April to August. No dogs are permitted on Ynys Llanddwyn from May to Sept. Elsewhere dogs must be kept under control.

#### Magazines from Wales

There are several interesting English language magazines published in Wales. Three of these have quite different approaches.

**Cambria** is bi-monthly magazine displaying Culture & lifestyle | Fashion, Food & Drink | Current Affairs | Hard-hitting features...and much more.

Cambria Magazine, P.O.Box 22, Carmarthen, SA32 7YH Wales. See <http://www.cambriamagazine.com/>

**Ein Gwlad** is political quarterly magazine with in-depth articles on major Welsh issues from a nationalist perspective.

Ein Gwlad, Plas y Gwynfryn, Llancynfelyn, Machynlleth SY20 8PU Wales. Contact: [basil.thomas@cambria.f9.co.uk](mailto:basil.thomas@cambria.f9.co.uk)

**Welsh Country** is a bi-monthly magazine devoted to the landscape, Welsh products and charismatic people that make up that diverse country.

See <http://www.welshcountry.co.uk/index.htm>

Welsh Country, Aberbanc, Llandysul, Ceredigion, Wales, SA44 5NP Wales. Contact: [info@welshcountry.co.uk](mailto:info@welshcountry.co.uk)

Tel: 01559 372010 Fax: 01559 371995

#### January 25 – Saint Dwynwen's Day

The most romantic place in Wales? Llanddwyn Island in the Menai Straits - Home of the romantic Santes Dwynwen

The tiny island in the Menai Straits was the home of Santes Dwynwen, the patron saint of Welsh lovers, whose romantic day is celebrated each year on the 25th January.

