

Y Bwletin

Gwasg y Nant - Valley Press

Gwanwyn 2017 - Spring 2017



www.ottawawelsh.com

Editor / Golygydd: Marilyn E. Jenkins

Sywdogion Y Gymdeithas/ Officers of the Society

President/Llywydd: John Price

john.price@sympatico.ca

Secretary/Ysgrifennydd: Marilyn Jenkins

marilyn.e.jenkins@sympatico.ca

Treasurer/Trysorydd: John Williams

john.williams2@gmail.com

Membership/Aelodaeth: Sian Jones

sianwynn@hotmail.com

Members at Large:

Pawl Birt pwbirt@uottawa.ca

David Jeanes david@jeanes.ca

Alison Lawson alisonlawson@rogers.com

Geraint Lewis gwlewis@rogers.com

Contents

Past Events 2

Wales Sports 4

Dysgu Cymraeg/Learn Welsh 4

Recipes 5

Welsh in the Community 6

Member news 7

In Memoriam 8

Editor's comment: many thanks to all the contributors to this edition of Y Bwletin. If you have news or contributions to make to the next newsletter, please contact:

marilyn.e.jenkins@sympatico.ca

Y Gymdeithas ar y We / The Society on the Net:

www.ottawawelsh.com



Ottawa Welsh Society/Cymdeithas Cymry Ottawa

Check out our web site and our Facebook page!

St. David's Day Luncheon

The annual St. David's Day luncheon at the Royal Ottawa Golf Club on February 25 was a congenial affair, attended by more than 60 members. The food was tasty, as always, the venue warm and inviting on a rainy day. The speaker, Phil Jenkins, was introduced by David Jeanes, the executive member who was responsible for arranging the talk. Phil delivered a low-key but heart-felt talk on what it means to him to be Welsh. He confided that he will no longer be writing for the Ottawa Citizen—downsizing has hit a number of independent correspondents. He has found, as many do, that as he ages, his roots mean more to him. Phil read from his work and elaborated on the feelings his visits to Wales have elicited. He also chatted with many members who have enjoyed his work over the years and were thrilled to meet him in person. His current project is a compilation of memories that he is collecting from people who grew up in Wales. He is looking for contributions, so get out your pens and get writing!



Ania Hejnar, a young up-and-coming soprano completed the afternoon with a short, but spirited performance of a variety of songs, including a solo by Welsh composer, Karl Jenkins. Her accompanist was well-known Ottawa pianist, Judith Ginsberg. Everyone was impressed with the quality and enthusiasm of the performance.



David Jeanes, John Price and the diners at the eight tables, named after Welsh rugby teams.

Upcoming Events

AGM All members are encouraged to attend the Ottawa Welsh Society Annual General Meeting, to be held at Kristy's Restaurant on Richmond Road on May 23 (Tuesday) at 6:00 (dinner) and 7:00 p.m. (Meeting). This is a chance to socialize, to hear what we've done as a group, and to look to the future. It is important that the OWS make decisions about the way forward.

North American Festival of Wales will be held in Rochester, New York, from August 31 to September 3, 2017. For registration and information go to

<http://www.nafow.org>

St. David's Day Gymanfa Ganu

Our annual Gymanfa ganu was held on the afternoon of February 26, 2017, at Westminster Presbyterian Church. There was small but enthusiastic group of participants and the director was heard to say "Wow" more than once! She was very excited about the sound. She was also very impressed at the attention to cut-offs—no rehearsal necessary!

Many thanks to the folks who provided refreshments and leadership, particularly Lezlie Wood who served double duty as officiant and coffee/tea organizer. As always, members of the Executive and of the Society at large were helpful in providing food and cleaning up afterward.

The Executive also wishes to thank the Marilyn Jenkins (conductor), Alan Thomas (organist and choir director), Merched Ottawa and the Côr Alltudion Westminster, the last organized by Bob Price.



Clockwise from top left: Merched Ottawa, Côr Alltudion Westminster, John Price welcoming the participants, John Griffiths rehearsing with Alan Thomas, Marilyn Jenkins directing.

Photographs courtesy David Speck.

St. David's Day Reception

On March 1, close to 60 people assembled at the British High Commission, courtesy of the High Commissioner and staff, to celebrate our patron saint's day, enjoy conversation and refreshment and learn about and ponder the mysteries of Brexit and its possible consequences. Refreshments were provided by the OWS. The guest speaker was Edward Evans, Political Officer at the BHC, whose roots go back to Laugharne in

Carmarthenshire, albeit over a century ago. He began by stressing the fact that Brexit was very, very different from the election of Donald Trump in the USA. Continuity was a major theme of the talk, as Mr. Evans noted that the UK would remain a member of NATO, is involved in many bilateral and other initiatives, especially relating to security issues, with members of the EU and would continue to devote substantial sums to overseas development. In his view, the loss of subsidies and other funds currently provided by the EU would be made up for by moneys no longer remitted to Brussels following Brexit and from economic and trade growth with other parts of the world, including Canada. Following Mr. Evans' address, there was lively informal discussion of the issues he had raised and other topics of interest. Sincere and warm thanks to Mr. Evans for his talk, to the British High Commissioner, Howard Drake, OBE, and the staff.

(continued on page 4)



Photographs courtesy Ron Pepper.

Continued from page 3.

A rather different perspective on the same subject was offered as part of the Celtic Chair Lecture Series at the University of Ottawa on 19 April in a talk by Dr. Niall Keogh entitled "Brexit: A Celtic Perspective". Dr. Keogh felt pessimistic about the prospects of Brexit for Wales in the short term but was more optimistic about the prospects for Ireland and Scotland in the longer term. Once again, discussion continued over beers long after the lecture had ended, as it will no doubt for a long time to come.

John Price



Sports and Wales

Rugby

Well, the 2017 British and Irish Lions squad to tour New Zealand has been named and contains 41 players, of whom 12 are Welsh caps. This is a bit of a surprise given how low Wales came in the Six Nations table. Some have said it reflects Lions Coach Warren Gatland's bias towards Welsh players he knows from his time as Wales coach. Maybe, but these players are world class in their own right.

Captaining the Lions for a second tour is Sam Warburton from Cardiff Blues – the only Cardiff Blues player to make the tour. The rest of the Wales players selected to tour are:

Dan Biggar (Ospreys), Jonathan Davies (Scarlets), Taulupe Faletau (Bath), Leigh Halfpenny (RC Toulon), Alun Wyn Jones (Ospreys), Ross Moriarty (Gloucester), George North (Northampton Saints), Ken Owens (Scarlets), Justin Tipuric, (Ospreys), Rhys Webb (Ospreys), Liam Williams (Scarlets)

The first game of the tour is June 3 against the NZ Provincial Barbarians, and the first test against the NZ All Blacks on the 24th June.

Follow the Lions on the web at www.lionsrugby.com

This correspondent is in Wales until the end of June but the Heart and Crown in the Byward market (unpaid sponsorship alert) usually shows all the games. Check their website for dates and times. www.heartandcrown.pub/byward/

Sports continued on page 7.

Cornel dysgu Cymraeg

Treigladau – Mutations

We'll look at mutations this time. The table below shows how frequently the beginning of a word is mutated in Welsh – don't try to learn the table just follow some examples.

There are three types of mutations: meddal (soft), trwynol (nasal) and llaes (aspirate)

Treigladd Meddal (soft) – some examples

Cymru: i Gymru - to Wales Llanelli: i Lanelli

Mae Gareth o Fethesda – Gareth is from Bethesda

Cymraes (Welsh lady): dwy Gymraes – two Welsh ladies

Tad (father): ei dad –his father, ei fam –his mother, ei -wraig -his wife

O Canada mae Bill ond mae ei wraig yn Gymraes

Bill is from Canada but his wife is Welsh

Cyfeillion (friends): annwyl gyfeillion – dear friends

Pawb (everyone): croeso I bawb -welcome everyone

Cywir (true): yn gywir – yours truly

Possible Mutations			
Radical	Soft	Nasal	Aspirate
p	b	mh	ph
t	d	nh	th
c	g	ng	ch
b	f	m	
d	dd	n	
g	-*	ng	
m	f		
ll	l		
rh	r		
* = omit the letter			

We'll look at the other mutations next time.

- John Williams

Check out: www.duolingo.com

A Welsh Feast to Mark St. David's Day on CBC's "D is for Dinner"

On March 1, before running over to the British High Commission to organize snacks for the reception, Alison Lawson appeared on CBC radio's "D is for Dinner", sharing recipes from OWS members and relatives. Congratulations to Alison on a fine presentation! The recipes for Cawl Cennin, Bara Brith and Welsh Cake are given below.

Myfanwy Davies' Welsh Cake Recipe

- 1 lb. Brodies XXX Self-Raising Cake and Pastry Flour (If you don't have this brand, try another self-raising cake and pastry flour, or add 1 tbsp. baking powder and ½ tsp. salt to cake and pastry flour).
- 1 tsp. baking powder.
- 6 oz. sugar.
- 1/2 pound butter.
- Cinnamon.
- Nutmeg.
- Allspice.
- 4 oz currants.
- 2 eggs.
- Approximately 2 oz milk.

Method:

1. Stir self-raising flour & baking powder together in a large bowl.
2. Add ½ pound butter to flour mixture. Using a knife, or pastry blender, cut butter into flour until you have small lumps. Then rub fat into flour using your hands until no lumps remain.
3. Add cinnamon, nutmeg and allspice to taste. Mix well.
4. Add currants and stir well.
5. Heat an electric griddle to 350 F.
6. Break two eggs into a see-through measuring cup. Add enough milk to make 4 oz. of wet mixture. Beat well with a fork and then add to the dry ingredients. Stir until combined.
7. On a floured surface, and using a floured rolling pin, roll out a portion (a third to a half) of the mixture to the thickness of a currant. Cut out cakes with a cookie cutter. Add scraps to remaining mix in bowl and repeat.
8. Grease the griddle with lard, and place Welsh cakes on griddle. They don't expand much so they can be fairly close together. Cook until golden brown on bottom, then turn and cook other side. They only take a couple of minutes per side! Remove cooked cakes to a cooling rack and sprinkle with sugar.
9. Continue until all the batter is gone.

Susan Jenkins' Cawl Cennin (leek and lamb stew)

- 2 lbs lamb cut into 1-inch cubes.
- 1 large onion sliced.
- 3 leeks sliced.
- 4 medium carrots sliced fairly thickly.
- 3 large potatoes peeled and cut into chunks.
- 2 parsnips sliced thickly.
- 1 small rutabaga cubed.
- 2 tbsp pearl barley.
- 2 tbsp oil.
- 1 ½ cups stock (chicken or vegetarian).
- Chopped parsley to garnish.
- Salt and pepper to taste.

Method

1. Using a large stockpot or saucepan, sear the lamb in 1 tbsp of oil until brown.
2. Cover meat with water and simmer for 1 hour.
3. Drain the liquid from the pan into a bowl. Allow to cool and then skim off the fat and add to the lamb.
4. While the lamb mixture is cooling, prepare the leeks and onion and sauté in the remaining oil in a separate pan until soft and golden brown. Make sure to clean the leeks thoroughly.
5. Add all the ingredients except the potatoes and parsley to the lamb mixture and add the stock.
6. Put a lid on the pot and simmer for 1 hour on low.
7. Add potatoes, add more stock as necessary and continue simmering until potatoes are cooked.
8. Garnish with parsley and enjoy!

Susan Jenkins' Bara Brith

- 1 1/2 cups self raising flour (Brodies or similar).
- 1 1/3 cups brown sugar.
- 2 eggs.
- 3 cups raisins.
- 2 cups brewed tea.
- 2 tbsp marmalade.
- 1 to 2 tsp mixed spice.
- ½ tsp bicarbonate of soda.
- 1 tsp water.

Method.

1. Preheat oven to 325 F.
2. Soak the fruit in the tea overnight.
3. Mix flour with sugar.
4. Dissolve the bicarbonate of soda in a tsp of warm/hot water.
5. Mix all ingredients together.
6. Bake for 45 to 55 minutes.

Welsh Artists Featured In Ottawa Exhibition

Welsh artists were prominently featured at *Open Books: International Artists Explore the Chinese Folding Book*, *Open Books*, an exhibition held this past fall at the National Library of Canada here in Ottawa. The exhibition showcased the Chinese folding book as a modern art form in a new look at a traditional medium featuring works by Canadian artists and works by international artists. The artist-led exhibition has previously been seen in the United Kingdom, China, Australia and Hong Kong. Valerie Coffin Price and Maggie James came to Canada to represent Wales and to attend the official opening. The artist behind the exhibition and much of the interest in folding books in the UK generally and Wales in particular, Mary Husted, was unable to travel to Canada. It was she who became interested in this particular art form when she lived in Hong Kong. Her infectious enthusiasm for the subject has helped propagate interest in this art form outside China to many parts of the world.

What are folding books? As the name suggests, paper bearing various artistic expressions, pictures and/or words is folded, concertina-like, into a book. You may well have enjoyed some examples of the form as a child. However, the content of these books is by no means restricted to subjects that would entertain youngsters. Some of the most delicate pen-and-ink drawings could be seen in the examples on display, as well as exquisite combinations of picture and text. Welshman Iwan Bala's work on display at the exhibition consisted of finely lettered Welsh text.

While folding books are probably not an art form that attracts large crowds, the art form is intrinsically interesting, and the excellent numbers present at the opening ceremony bore witness to the interest that exists in these small forms. It suggests that there is great potential out there for an expansion of enthusiasm for these delightful little cameo books. If an exhibition of folding books is announced in Ottawa again, or in a location to which you are travelling, I suggest you take it in; there may well be some works by Welsh artists represented. You may find this art of little forms intriguing. You may even view children's interest in such reading material in a new light.

- John Price

Wales Well Represented At Baker School Culture Fest

On March 24th, Baker Elementary School in Brookline, Massachusetts, was alive with the smells, sights and sounds of over twenty five different nationalities during the school's annual Culture Fest.

I'm pleased to report that Wales was well represented at this event! Our grandchildren, Anna(10), Nate(7) and Lucy(4) persuaded us to help them set up a table highlighting the country of their Nain's birth. Anna spent hours choosing and assembling facts for a trifold display. Did you know that Wales is smaller than Massachusetts, has 11 million sheep and about 3 million people? A few people recognized Catherine Zeta Jones, others were fascinated to hear how many castles we have and no one could pronounce Llanfairpwllgwyngyll!



Everyone who came to our table enjoyed a taste of Welsh cakes, very generously provided by Jennifer Davis. They also enjoyed looking at all the Welsh paraphernalia provided by Myfanwy Davies- the 'high 5 for Wales' inflatable baseball mitts were particularly popular—thank you ladies!

- Alison Lawson

OWS Member news

Births

Alison Hopper and Murray Bond are the proud new parents of TWIN girls born at Ottawa General Hospital on February 18, 2017. Their names are Alyce and Elsie Bond. Welsh grandparents Clive and Ann Hopper will soon be crossing the Atlantic from Swansea, South Wales to see these beautiful little charmers.

Alan Thomas Upcoming Concerts

Member Alan Thomas will be playing an organ recital at Grace St Andrew's Church, Arnprior, at 3pm on Sunday June 11th. The concert is a fund raiser for the NeighbourLink Foundation, which supports the needs of the local community. There are no details as yet about admission.

The concert is expected to last about an hour and there may also be some vocal solos to break up the organ repertoire.

Alan also performed in **Voices of Hope**, on Saturday May 6th at 2pm at St Timothy's Presbyterian Church, Alta Vista. This was in aid of a Ukrainian family. Other performers included Shawne Elizabeth and Stephanie Piercey.

St. Luke's Concert a Success

Despite dire predictions of icy rain, harpist Mary Muckle's concert, "A Ship, an Isle, A Sickle Moon" was well-attended and warmly-received by an audience of seventy-plus. Also performing were harpist Julie Leduc, violinist Douglas Brierley, flautist Loyda Lastra, soprano Marilyn Jenkins and the Ottawa Youth Harp Ensemble.

Ottawa Youth Harp Ensemble with (left to right) Douglas



Brierley, Loyda Lastra, Mary Muckle, Marilyn Jenkins

Photograph courtesy David Speck

Sports continued from page 4

Football (Soccer)

Swansea City struggled somewhat in the Premiership this season. They have had to deal with changes in ownership and coaching as the new US owners replaced Michael Laudrup with US coach Bob Bradley. Change is never easy and after struggling for the early part of the season the Swans have climbed back out of the relegation zone with recent wins over Hull, Crystal Palace and Everton, and a tie against Manchester United with 2 games to play in the season.

Cardiff City

This April, Cardiff celebrated the 90th anniversary of their 1927 victory against Arsenal in the FA Cup final, and their most recent 3-0 win against Huddersfield that sees them securely in the middle of the EFL Champions League at number 12.

From the BBC

Welsh (Swansea born) triathlete Non Stanford has won the first World Cup of her career with victory in China. The 28-year-old 2013 World Triathlon Series champion had not raced on the World Cup circuit since 2011. Stanford led for much of the Chengdu Triathlon World Cup as she clinched gold while Germany's Laura Lindemann won silver and Kirsten Kasper of the USA won bronze.

If I've missed sports of interest to readers please let me know (politely) and I will make an effort to include in future bulletins.

Membership Renewal

Membership fees are due as of March 1 each year. It is important to renew your membership to keep us up-to-date and to pay for the running of the Society as well as special events. Did you know that the OWS provides a bursary to the Kiwanis Music Festival every year? We have also offered assistance to students wishing to further their studies in Welsh culture and language. Please make sure your membership is up-to-date. Send the form and the cheque to Sian Jones.

39 Hereford Place, Ottawa, ON K1Y 3S6.

Deaths

The Ottawa Welsh Society has lost two associates in recent months.

Dr. Keith Davis

Dr. Keith Davis was well-known to many members of the Society as simply "Keith". As long as he was able, he cheerfully attended many annual functions such as the luncheon, Noson Iawen and the Ontario Welsh Festival. We will miss him.

Below is the obituary from Legacy.com:

Dr. Keith Gordon Davis 1936-2016 Keith Gordon Davis left us December 4 2016. Strong, confident and self-assured, he chose an assisted death at home with his family. After living with illness and treatments for many years, he did not want to continue with his current quality of life. He will be dearly missed by his sons Huw (Laura) and Michael (Amy), his grandchildren - Stuart, Riley and Griffin, and especially by his wife of 50 years Jennifer.

Born in Coventry, England in May 1936, he attended Northampton Grammar School and the University of Birmingham, England, where he earned a BSc in metallurgy. In 1957 Keith moved to Canada to attend University of British Columbia for postgraduate work and obtained an MSc and PhD. He loved Canada from the beginning and had especially fond memories of his Vancouver days and the many friends he made there. In 1961 he moved to Ottawa to take a position as a materials research scientist at CANMET, Energy, Mines and Resources Canada. He was a well-respected research scientist, a Fellow of the American Society for Metals (ASM), who always spoke highly of his colleagues. His logical mind served him well at work and in all aspects of his life. He was a dedicated, thoughtful caring father, husband and person.

"To the well organized mind death is but the next great adventure." - J.K. Rowling

As per Keith's wishes there will be no service or funeral.

Donations may be sent to Camp Trillium (camps for children with cancer) in memory of Keith Davis.

<https://donate.camptrillium.com/main/info>



Keith and Jennifer celebrate their 50th wedding anniversary

Shirley Alwyn "Aggie" Simpson



1931-2017

Aggie Simpson was an active member of both the Ottawa Welsh Society and the Ottawa Welsh Choral Society. In her later years she lived in Kensington Gardens, Toronto. She was known for her fine skills on the piano.

Below is the official obituary:

Peacefully at Kensington Gardens, Toronto, on Thursday, February 23, 2017 at the age of 86. Aggie, dearly beloved wife of the late Alan and loving mother of Mary, Doug and Heather. Loved Grandma of Maggie and Gordon Buxton-Simpson and Robin Buxton Potts. Dear sister of the late Glen (Beth) Garlock and aunt to Andrew. Cousin and lifelong pal to Bev Ayles. Aggie will be sadly missed by her friends in Ottawa and abroad and her YMCA Geneva Park family. A Celebration of Aggie's Life will be held at a later date. Service information, when finalized, may be found at

www.CommunityAlternative.ca