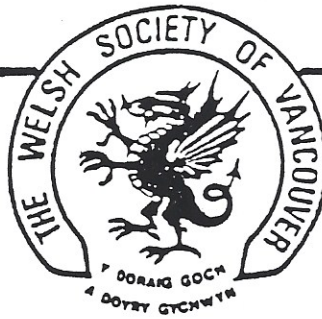


April/May.....1991.



Ebrill/Mai.....1991.

Cymdeithas Gymraeg Vancouver

*Cambrian News*

Welsh Society Newsletter - Cylchgrawn Gymraeg



A Wedding in Wales--Circa 1700-1800.



# Welsh offer best bet for a second medical opinion

## NOTE FROM THE EDITOR

We want to be able to include all Welsh Society events and news in the newsletter. So I thought I would give you an idea of the publication schedule. It is best if you can have your information about events for the following month in to me by the second Wednesday of the current month - the usual date of the general meeting, and the WA meeting. Either catch me at the meeting or leave an envelope at the hall for pick up.

By the following Saturday, the newsletter has already been sent off to Gaynor Evans who then delivers it to the printer. Working with her trusty elves, Gaynor mails the newsletter and gets it into your hands before the first of the following month.

**DEADLINE FOR THE JUNE ISSUE - MAY 17TH!**

## REMEMBERING JACK DAVIS

The Honorable Jack Davis was an intensely private man, who led an intensely public life, having won five federal and four provincial elections. He was also a supporter of the Vancouver Welsh Society. As Jack Williams reminds us, at the 1974 St. David's Day celebrations Jack Davis offered the Toast to Canada. He was at that time serving as the Federal Minister of the Environment and as Minister of Fisheries. A brilliant man and a Rhodes Scholar, it is with sadness that his recent passing is noted by the Welsh Society.

**by Michael Durham  
and Aileen Ballantyne**

THERE are more ways of treating a back complaint than are listed in most doctors' British National Formularies. When the next twinge strikes, the place to go for a dose of magnetism or crushed flower petals is Anglesey.

An alternative medical practice, on the Welsh island traditionally associated with the magical arts of the Druids, was yesterday voted healing centre of the year.

Natural Ways, in Caergeilog, Gwynedd, is the kind of medical centre where aromatherapy is not something to be sniffed at, magnetic field therapy has its attractions and the laying on of hands works magic.

Sufferers of serious back pain can take comfort that it is no longer necessary to travel to test its cures. Alternative medicine has arrived in the 20th century: most treatments are available by mail order.

Kay Hitchen, one of four staff at the centre, said yesterday they would tackle anything. "Nerves, backs, knees - you name it, we get them all. But mainly, we get people with bad backs.

"At lambing time it's chaos because of all the farmers who rick their backs. There's a waiting list for emergency treatment."

The treatments offered are as varied as they are unconventional. David Hitchen, who was yesterday at an oil conference - not BP, but essential healing oils - is an aromatherapist who uses the smell of flowers, herbs and spices to heal.

Mary Elsby is a spiritual healer. Her work may not be available by mail order, but she provides the next best thing: a free long-distance prayer for patients she has never met.

Natural Ways is also the place to go for a touch of magnetism. Magnetic field therapy, administered by a machine, involves pads, cold water and minute electrical impulses, which are guaranteed to increase the blood flow to affected areas.

Kay Hitchen is a specialist in candida, a disease that affects men as well as women and children. The symptoms, according to Hitchen, are many. "Bloating, bowel disorders, throat problems, recurrent headaches, vaginal thrush, pre-menstrual tension, tiredness, depression, lethargy, fatigue," she said.

The cure is even more alarming. Hitchen has opened the country's first alternative candida clinic. She is advising more than 500 patients by post, and charges £12 an hour for personal consultations. Her advice is not for anyone with a robust appetite.

Hitchen said: "We recommend people to keep to foods which are sugar-free and yeast-free. But it's not just sugar and yeast. No honey or malt. No fat, lactose, dextrose or sucrose. If it's got 'ose' at the end of the word, you can't have it.

"I must admit it's hard. We have taken the work out of it for them by giving advice based on long experience. We're always on the lookout for new things to avoid.

"We have quite a good relationship with the local doctors. Quite a few send patients to us. When patients go with a back problem, they tell them: 'You can either lie on the floor and wait for it to go, hang on for an appointment with a specialist or go round and see them at Natural Ways.'"

Nuria Lodge, an Eastbourne herbalist, and Brian Day, a "naturopath" based in Bristol, were named joint alternative medical practitioners of the year in the poll, organised by the Journal of Alternative and Complementary Medicine.

Day, who uses a pendulum to find and treat his patients' illnesses, said: "Many people who come to me feel they are just an object at the end of a prescribing pad. They feel nobody will listen to their story."

Richard Thomas, the journal's editor, said yesterday the comments of many of the 1,521 readers who took part in the survey made it clear why they opted for alternative medicine.

"Healers are people who give love and who touch people," he said.



MAY 5TH CHURCH SERVICE AND  
GYMANFA

On Sunday, May 5th, the Welsh Society will hold its regular church service at 11am, followed by the spring Gymanfa at 2pm.

We are honoured to have as visiting conductor for the Gymanfa, Mr. John Lewis of Parksville. Mr. Lewis is a well known musician and conductor. Born in Nantymoel Wales - about 22 miles from Cardiff - his family moved from its native Rhonda Valley and make the trek across the Atlantic to settle in Sparwood BC, where his Dad conducted a band in the Crow's Nest Pass.

Soon after the family moved to Cumberland where once again his father organized another find musical group, the Silver Coronet Band, in 1912. By the age of 13 John Lewis was playing in this group. He started with coronet and flugal horn and soon branched about into a variety of instruments including the tuba and piano. Soon he became an accompanist with the Welsh male-voice choir. From there he made his way to Kentucky as a musician, teacher and band director. He earned Bachelor of Arts and Bachelor of Science in Music degrees, from Lexington University, and remained in Lexington until 1939, directing university bands.

Lewis received his Masters and Doctorate in Cincinnati. Moving to Texas he held a variety of musical posts, the longest of which was in Oakland where he directed choral groups and conducted

the Berkeley opera Theatre until his retirement to San Pareil in 1970.



*John Lewis: a long trail a-winding.*

Busy even in retirement, John Lewis organized the first production of the Parksville and District Music Association presentation of Handel's Messiah.

# M O M ' S   T H E   W O R D



Remember how perfect your mother was when you were little? She could do anything - tie your shoelaces, brush your hair without pulling it, show you how to print your name, even track down your lost mittens.

Full of hugs, smiles and patience, she answered all your questions, laughed at your antics, tucked you in just right and let you eat lots of ice cream when you were sick. She made the bogeyman go away, cried happy tears over your home-made Mother's Day card and topped your birthday cake with double-fudge frosting. She even made you believe you looked pretty with your front teeth missing.

But by the time you became a teenager, Mom's halo had slipped a little. She used heavy words like "responsibility" and was sometimes impatient at your lack of it. She was interested in what you were up to, but she more than occasionally fretted over your schoolwork, your friends and your dates. Bouts of insomnia seemed to hit her every time you stayed out late at a party. You still had friendly chats, but bringing up Mom was getting to be a bit of a chore. How could you possibly relate to a person who wasn't into loud music and pizza subs? You still loved her, but why was she the only mom in the world who wouldn't let her 15-year-old go on an unchaperoned trip?

Then something amazing happened - Mom grew up. You probably didn't notice exactly when; you were busy going to college, falling in love, starting a career and furnishing your first apartment. But one day you realized that you and your mom suddenly had lots of things to discuss - job strategies, social issues, changing relationships, child rearing. Not that the two of you have stopped disagreeing, but now your occasional spats aren't nearly so threatening. Yep, Mom's matured a whole bunch.

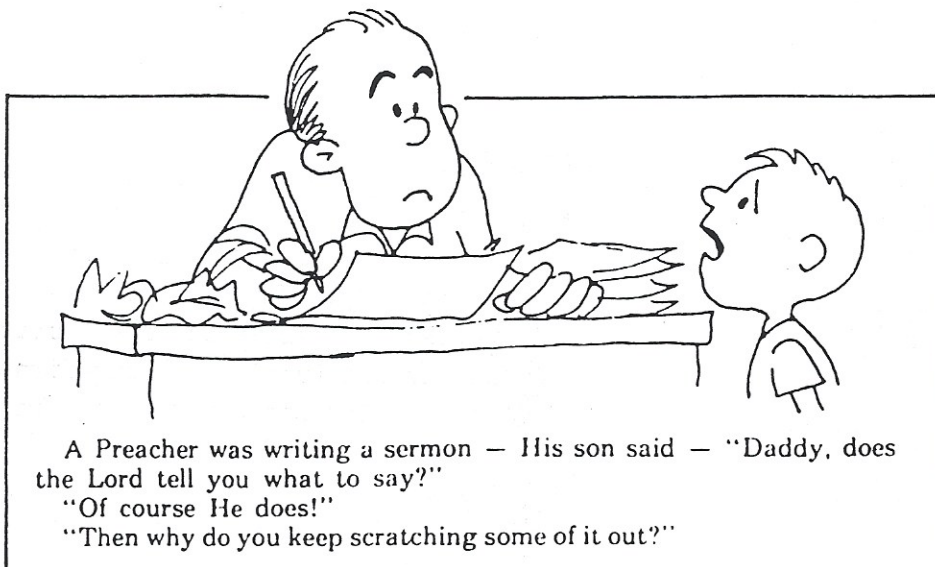
Funny how the face of mother-child love changes. On Mother's Day we all feel like children again. No matter what our priorities and patterns are as adults, on Mother's Day we fondly remember found mittens, lost sleep and a mother's love that liked the two.

It's a 'good day to acknowledge that Mom will always walk the fine line between hanging on and letting go. So will we "kids".



## HAPPY MOTHERS' DAY





## Sons of the royal and ancient tribes

IN THE church at Aston Hall, near Oswestry, are several large paintings of coats of arms, showing a rampant lion, the top half white, the lower half black. The background is also parti-coloured, but in reverse, so that the top half of the lion stands out against a black background, and the lower half against a white one. This is the coat of arms of Lloyd of Aston.

A few miles away you will find in the church at Great Ness the same coat of arms. Another branch of the family? No. This is the coat of arms of the Edwards' family, of Ness Strange. At New St. Chad's Church, Shrewsbury, and at Frodesley, you will again find the arms of the Edwardes, but quite different from those at Great Ness. All three families are of Welsh descent, and throughout Wales you will find families of the same name, but with different coats of arms, and families of different names using the same coat of arms.

Why is this? The confusion (not only to the Englishman, but also to many Welshmen) arises from an intense pride of ancestry on the one hand, and the late and limited choice of surnames on the other.

There have been many kings and princes in Wales, and a Welsh edition of Burke's or Debrett's

Peerage in 1400, if such a thing had existed, would first have listed 17 names of kings and princes of the Royal Tribes of North Wales, South Wales, and Powys. After these would come the founders of the 15 Noble Tribes of North Wales and Powys. In addition, over 70 lesser chieftains would have been listed. As in the Peerages of today, the coat of arms would be given. If the individual lived before the days of heraldry, as most of them did, a coat of arms was "attributed" to him, just as arms have been attributed to King Arthur and his knights, and to each of the tribes of Israel.

There are over 100 ancient and traditional coats of arms in use today. This is where pride of ancestry comes in. A man who could trace his ancestry to one of the kings, princes or chieftains would also be proud to use the coat of arms of his ancestor.

Long after the English had adopted surnames derived from place names, nicknames, trades, or paternal names, a Welshman would still distinguish himself from others with the same Christian name by adding a long string of ancestors. This must have been extremely burdensome to a clerk making a record of a legal document involving a number of people. Something had

to be done about it—a surname, not a list of ancestors, had to be adopted.

It has always been a puzzle why a race with so much imagination was content to take as surname the father's name only. What was the result? Evan son of William became Evan Williams. But he was still proud of his descent from Marchweithian, Lord of Is Aled, founder of the 11th Noble Tribe, and he still used the arms of Marchweithian.

Evan's cousins, Thomas Jones, John Edwards, and Edward Price were, of course, also descended from Marchweithian, and each of them continued to use the arms of Marchweithian. But there were other Williamses, Edwards and Prices, who were descendants, not of Marchweithian, but of Tudor Trevor, Lord of Hereford, Whittington, and Both Maelors, founder of the Tribe of the Marches, and they, naturally, used the arms of Tudor Trevor.

So we have in Wales comparatively few coats of arms, used by many different families, but with comparatively few names. This means that, without local knowledge, it is almost impossible to put a name to a coat of arms one may see in Wales, or, conversely, to say which arms are used by any given family.



There are a few exceptions, such as the house of Herbert. All that one can say, as a general rule, is that the user of a certain coat of arms claims descent from one of the former kings, princes, or chieftains.

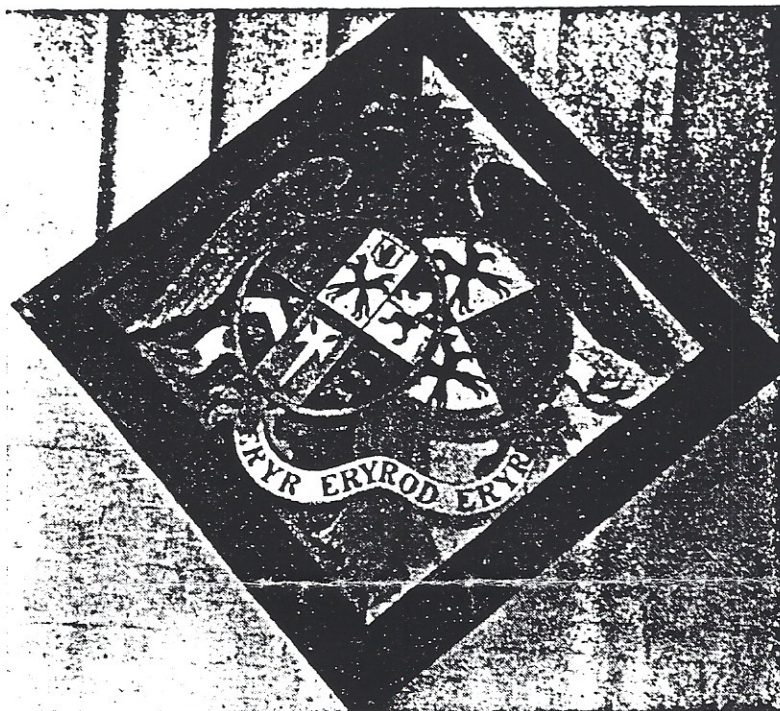
The Williams-Wynn arms are readily distinguished. The two oval shields are quartered. A quartering is a division, not necessarily a fourth part. (Lloyd of Stockton has over 300, many of which are repeated several times, showing descent from an ancestor by more than one line). Arms are inherited by males only, but, if there are no male heirs, a daughter may transmit them to her son. The son may then quarter her arms with those of his father, as he is the representative of both families. The upper shield shows six quarterings, the lower two only. The first quarter on each shield (difficult to distinguish, the colours having faded) shows three golden "spread eagles" on a green background, or field, these being the arms of Owen Gwynedd, king of North Wales in the 12th century, used by the Wynn family.

Next are the well-known "cross-foxes," seen on many an inn sign. They are the arms of Cadrod Hardd, borne by the family of Williams. The combination of these quarters is enough to identify the arms as those of Williams-Wynn. The next quarter is for Einion Efell, Lord of Cynllaeth, in Denbigh, also used by Lloyd of Aston and by Edwards of Ness Strange.

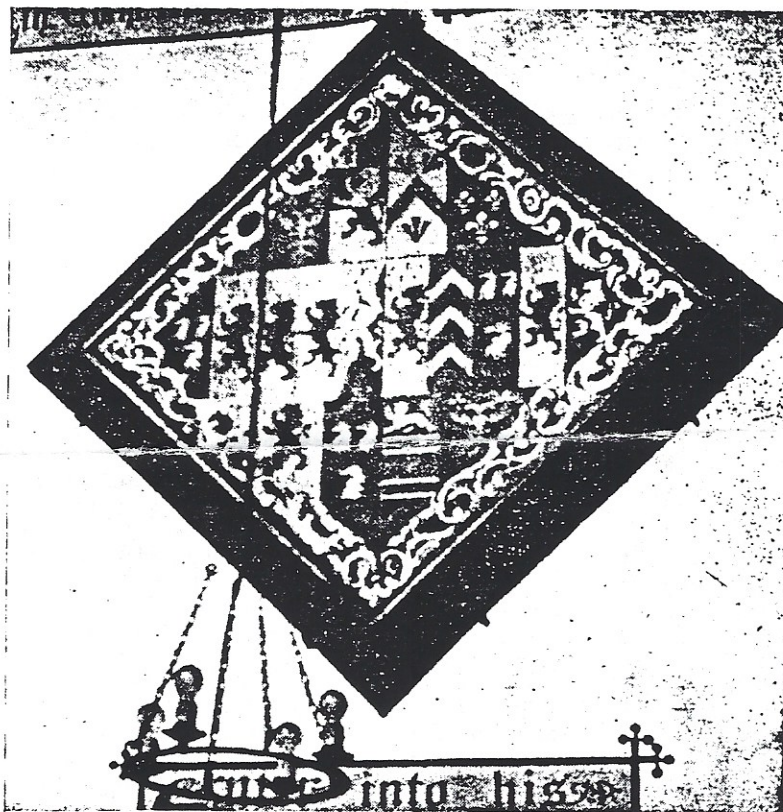
The other three quarters are for Thelwall, Cadwallader, and Griffith ap Cynan, king of North Wales in 1079. The lower shield is a shortened version of the same arms. The two shields are for Sir Watkin Williams-Wynn, 6th baronet, and his wife, who was also his cousin. The illustration is of a funeral hatchment in the porch of Llangedwyn Church, Denbighshire.

The second illustration, also a hatchment, from Llanyblodwel, is for a spinster of the Godolphin family. A Godolphin married a Tanat heiress, thus bringing into the Godolphin family many Welsh quarterings. The Tanat arms are those of Einion Efell, and may be seen at the top, slightly differenced. The arms of a number of Royal and Noble Tribes can be seen, some of them repeated.

The heraldry of Wales must, for the size of the country, contain more ancient descents than any other, except, possibly, Scotland and Ireland.



The Williams-Wynn arms at Llangedwyn show the well known "cross foxes", adapted for many an inn sign.



Hatchment for a spinster of the Godolphin family has many Welsh quarterings.



**PONTYPOOL SCHOOL RUGBY CLUB  
VISITS**

On Thursday, April 4th, Bob Weston, a long time member of the Welsh Society advised Jack Williams that this Welsh Rugby club would be playing against a local school and would like to visit the Cambrian Hall and meet some of the members of the Welsh Society. They were welcomed to the Hall on the same evening as the social committee had arranged the Chepstow races. The team and 16 parents travelling with them met about 40 society members. A good time was had by all.

On Monday, April 8th, the Welsh Team were playing the Killarney School Rugby Club. the game was played at Clinton Park. Those who braved the rain witnessed a hard hitting rugby game. After a tough battle with several big (200 pound) players on both sides, the Pontypool Club won 27 to 10. At one point in the game the ball bounced out onto 1st Avenue, travelled down the street about 75 yards and bounced from car to car before it was brought under control.

Jack took the opportunity, at the game, to wish the parents a safe journey home to Wales, and offers an additional "thank you" to Mr. Ken McKenzie, Principal of Killarney School for inviting the Welsh team to Vancouver. On behalf of the Welsh Society of Vancouver "Thank you Ken and your Staff".

RUGBY  
SPORTS

**CENSUS DAY · RECENSEMENT**

June 4 Count Yourself In! • Soyez du nombre! 4 juin

## Welsh town thinks small

**Agence France-Presse**

LONDON — In Llanwrtyd Wells, small is beautiful . . . and means money.

Llanwrtyd Wells is proudly listed in the Guinness Book of World Records as the smallest municipality in Britain, with 528 residents, and receives a stream of visitors that is the envy of other towns.

But the town's Tourist Association is deeply fearful that unbridled growth may sweep Llanwrtyd Wells into oblivion with the current census. Already, the population is estimated to have reached 618.

"A lot of people visit because they see our town listed in the Guinness Book of Records," says tourist association official Kate Lomax.

To counter the threat, the Tourist office has launched a humorous poster campaign that asserts: "Couples producing more than the national average of 2.35 children will be severely admonished. A maximum figure will be set by the Tourist Association annually.

"Any increase on that will be dealt with by a program of culling. Citizens retain the right to expire at will," the poster adds but to "procreate without prior consent" will no longer be tolerated.

Should the policy not work, Lomax added, "we plan to hide the surplus in the hills."

# Noson Gymraeg

Cawsom noson ddiddorol, bywiog a llewyrchys dros ben nos lau diwethaf, Mawrth 21, pan ddaeth nifer o Gymry Cymraeg Vancouver at eu gilydd i drin a thrafod materion o "bwys" a hel straeon.

Ymunwch a ni os ydych eisiau noson o hwyl a miri. Byddwn yn cyfarfod y tro nesaf Nos lau, *Mai 16* am 8.00 o'r gloch.

## MEMBERSHIP IN THE WELSH SOCIETY IS A GOOD INVESTMENT

A membership in the Vancouver Welsh Society is an investment in good times, and great companionship for those who love Wales and the Welsh Culture. The Cambrian Hall was built by the members in 1929, and has been filled to the rafters with the spirit, song and friendship of hail and hearty Welshmen ever since. The society counts among its members who have emigrated from Wales, and those who may have been born in other lands, but can trace Welsh blood in their family history. As members of the society we can then invite our friends to come and join us in an experience of Welsh hospitality and culture in the many events held at the Hall. If you'd like more information about the activities and purpose of the society call President, Jeff Owen at 946-4956. To join simply complete the application form below and send the applicable membership fee to the address indicated.

MEMBERSHIP FEES:      Regular    \$30/person  
                                 Family    \$50/person (two members)  
                                 Seniors   \$17/person  
                                 Out of Town \$15/person (to qualify you must  
                                 live a minimum of 80kms or 60mi outside  
                                 Vancouver)

## MEMBERSHIP REMITTANCE FORM - 1991

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
POSTAL CODE: \_\_\_\_\_ PHONE: \_\_\_\_\_  
TYPE OF MEMBERSHIP: \_\_\_\_\_  
I WOULD LIKE TO PARTICIPATE BY \_\_\_\_\_



Please send this form along with a cheque or money order, payable to the Welsh Society of Vancouver, to: MEMBERSHIP SECRETARY  
Cambrian Hall, 215 E 17th Avenue, Vancouver, BC. V5V 1A6.



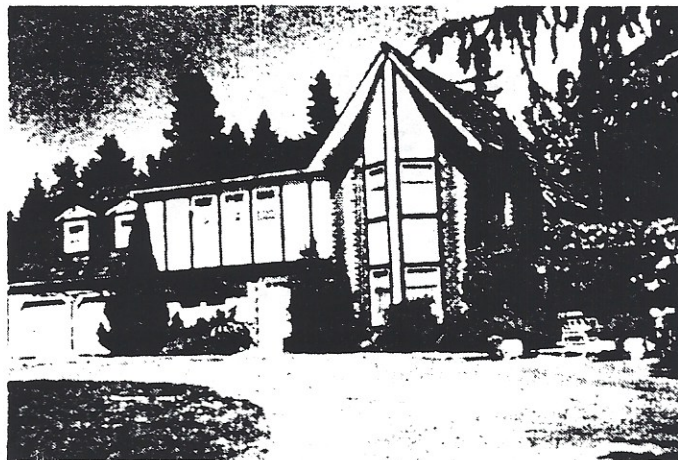
**THANK YOU!!!**

Peter and Greta would like to thank everybody for the gifts and fun time at the Red Dragon when Peter retired. Also for making our last night as regulars at the Red Dragon so enjoyable.

**GOLF TOURNAMENT**

Bill Tsetsos of the Welsh Society wishes to announce the Golf Tournament on May 5th. Men and Women, members and non-members welcome. At the time of the newsletter publication registration had closed. But if you're still anxious to participate in the tournie and hope there is still a place left please call Bill at 594-3205 for more information. After golf there is a dinner at which guests are welcome.

*"Leron House"  
Bed & Breakfast*



*Quiet Country Setting,  
3 miles from downtown Courtenay,  
Short Drive to:  
Mt. Washington & Forbidden Plateau,  
Ski Resorts with  
excellent summer hiking trails,  
Great fishing, golfing & shopping  
all within the area.*

*We are open all year round with room  
to park your boat and/or trailer.  
We Look Forward to Meeting You!*

*Your Hosts Greta and Peter Taylor.*

*4806 Gutwald Road*

*Mailing Address:*

*R.R. 4, Site 480, C-1.*

*Courtenay, B.C. V9A 7J3*

*Phone: (604) 338-5147*

*On life's busy thoroughfares  
We meet with angels unawares  
For God is not in distant places  
But in loving hearts and friendly faces.*

**VANCOUVER  
WELSH MEN'S  
CHOIR** ROBIN THOMAS  
Music Director

(tour to Britain Concert)

**... MILES TO GO**

**CENTENNIAL THEATRE**

Saturday May 4, 1991

Tickets: 984-4484

**MASSEY THEATRE**

Friday May 10, 1991

**ST. ANDREW'S WESLEY**

Saturday May 11, 1991

Tickets: Ticketmaster

280-4444

or any choir member



