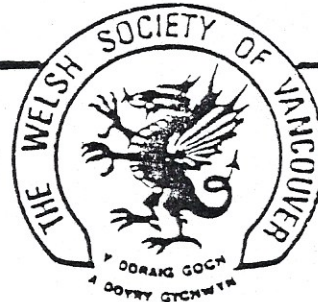


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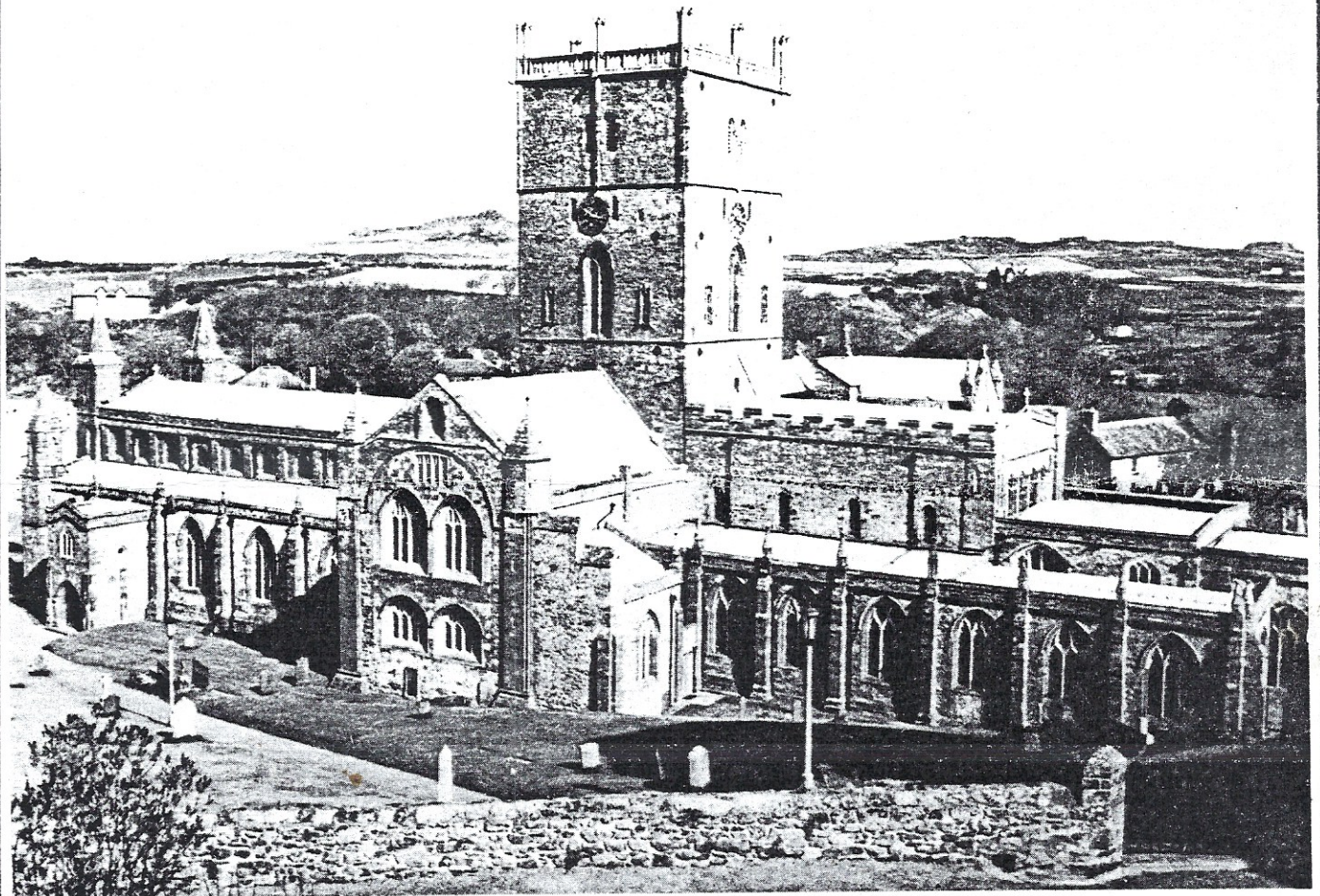
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Cymdeithas Gymkaeg Vancouver

Cambrian News

Welsh Society Newsletter - Cylchgrawn Cymraeg

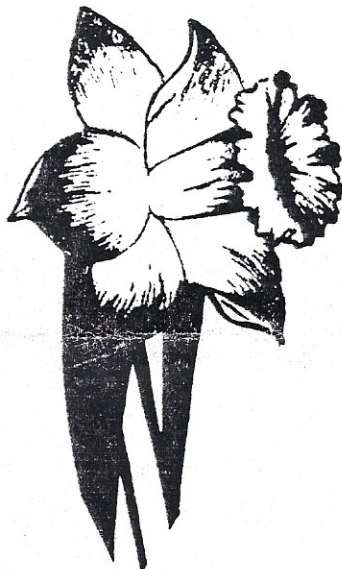
St David's Cathedral;.....The Cathedral of the Patron Saint.Dyfed.



Eglwys gadeiriol..Ty Ddewi..Dyfed.....De Cymru.....

CAMBRIAN HALL.215.EAST 17th AVE,VANCOUVER.B.C. V5V 1A6.Telephone (604) 876-2815.....

FROM
the
COVER



St. David's Cathedral (SM 753252)

The Cathedral of the Patron Saint

St. David's, which prides itself on being the smallest city in Britain, is the site of the most famous cathedral in Wales.

The church of St. David probably began in the secluded valley of the River Alan as a monastic cell, about the year 520 A.D. However, as the reputation of the founder grew so did his church and its associated settlement, then called Menevia. At this time, as Professor Emrys Bowen has pointed out, there was much intercourse on the western seaways, and "this peninsula was a veritable hub of communications". At least three earlier cathedrals were destroyed during the period of Norse raiding between 800 and 1100 A.D. in spite of the fact that they were completely hidden from the sea. The present structure was commenced in 1180, but several centuries of work under a succession of Bishops was needed before the building assumed its present form. In the Middle Ages St. David's was renowned throughout the British Isles, in spite of its remoteness from the main centres of population; two pilgrimages to the shrine of the Patron Saint of Wales equalled one to Rome.

The photograph shows the Cathedral in its wooded hollow, seen from near the gatehouse. In front of the Cathedral are the remains of the magnificent Bishop's Palace, built by Bishop Gower in 1328-47. The other main building of the Cathedral complex, St. Mary's College, is located behind the church itself.

THANKS TO ELLIS GRIFFITHS

Ancient tips for long life

by
John
Griffiths

TODAY, it is very much the fashion to speak of the rules for good health, and hardly a week passes without good advice for healthy living being offered to us: all in articles in newspapers and magazines.

However, very many centuries ago, a code of rules was written down in Welsh for those who were wise enough to observe it - and the prize for following such advice was robust physical health and in addition, a peaceful mind and also a good conscience.

This 'Prescription for Health and Life' was to be found in Meddygon Myddfai which was a collection of medieval writings from South Wales.

The writing is attributed to Catwg Ddoeth - Catwg the Wise - and a study of what he had to say many centuries ago makes fascinating reading even today when society has changed so much, yet the nature of man remains the same in spite of all these outward changes:

HE that would attain a long life, let him play until he is twenty, labour until he is forty, and rest to the end of his days.

LET him arise with the lark, sing with the lark, and retire to rest with the lark.

LET him eat when he has an appetite, drink when he is thirsty, and rest when he is fatigued.

LET him avoid food that is too dainty, drink that is too strong, and work that is too heavy and troublesome.

LET him avoid too much food, too much drink, and too much labour.

LET him avoid contention, love peace, and divest himself of too many cares.

LET him be merry, generous and just.

LET him have but one wife, be strong in the faith, and have a clear conscience.

LET him be meditative in the morning, industrious at noon, and social in the evening.

LET his meditation be pleasant, his games innocent, and his air salubrious.

LET his clothes be not old, his furniture be clean and sweet, and let him be content with his lot in life.

LET his dress be light, his food be light, and his heart be light.

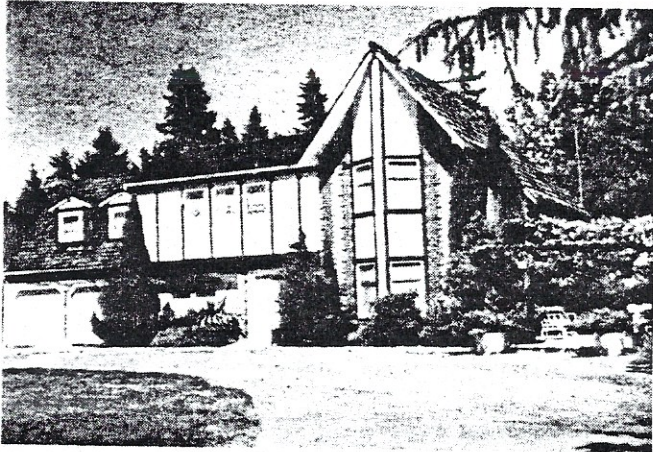
LET his disposition be affectionate, his genius lively and his friends numerous.

LET him keep the law of his country, the rule of his vocation, and the commandments of his God.

THEREBY, his body will be healthy, his mind easy and his conscience pure.

HIS life will be long, his end will be bliss, and his God will love him."

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Bed & Breakfast*



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DARTS NEWS

The Cambrian Hall hosted a Darts evening for the Irish Club. We understand that competition was very tough, but an intrepid team from the Welsh society made a very good showing. Congratulations to Milt Morgan, Gwen Tonach, and Don Murray.

REMINDERS FROM THE W.A.

SPRING TEA & BAKE SALE

will be held on April 20th. The WA still requires jewellery and for the White Elephant sale. Please leave donations at the hall, or contact a member of the WA to arrange pick-up.

TRIP TO LACONNER TULIP FIELDS

has been scheduled for April 24th. Tickets go on sale March 1st to members only. After March 30th sales are opened up to the general public.

HERE'S NEWS!

ST. DAVID'S DAY BANQUET

Saturday, March 2, 1991 Holiday Inn on Broadway
Members - \$30/person
Guests - \$35/person

PLEASE NOTE COSTS HAVE BEEN KEPT THE SAME AS LAST YEAR - GET YOUR TICKETS NOW:

Call Jeff Owen - 946-4956
or Gaynor Evans - 2713134
or any member of the Executive!

NOTE ON YOUR CALENDAR!!!

OPEN HOUSE AT THE CAMBRIAN HALL ON ST. DAVID'S DAY, MARCH 1, FROM 7PM-11PM.

CAMBRIAN HALL AND THE RED DRAGON ARE CLOSED SATURDAY, MARCH 2, SO ALL CAN ATTEND THE ST. DAVID'S DAY BANQUET AT THE HOLIDAY INN.

****** HAPPY BIRTHDAY ******

To two members of the Welsh Society:

Mr. Ros Thomas celebrated his 80th birthday on January 28th, with his sister, Olive David, who turned 82 on January 27th.

CONGRATULATIONS!

MANY reasons have been suggested for the wearing of the leek by the Welsh on St David's day. One school of thought believes that it derives from the occasion of a victory over the Saxons. Apparently, during this battle, the Welshmen put leeks into their hats in order to distinguish themselves from their enemies. A quotation from a book of 1759 illustrate this:

*"Tradition's tale
 Recounting tells how famed
 Menevia's priest
 Marshalled his Britons, and the
 Saxon host
 Discomfited; how the green leek
 his bands
 Distinguished, since by Britons
 annual worn,
 Commemorates their tutelary
 saint."*

A more humorous expression in a poem of 1705, says:

*"Why, on St David's Day, do
 Welshmen seek
 To beautify their hat with ver-
 dant leek
 Of nauseous smell? For Honour
 'tis, hur say
 'Dulce et decorum est pro
 patra'
 Right, sir, to die or fight it is, I
 think,
 But how is't Dulce, when you for it
 stink?"*

As most people know, Shakespeare alleges that the wearing of the leek originated at the Battle of Crecy. The relevant quotation from Henry V is as follows, when Fluellen says:

*Your grandfather of famous
 memory, an't pleased your majesty,
 and your great uncle, Edward the
 Black Prince of Wales, as I have
 read in the chronicles, fought a most
 brave battle here in France.*

KING. They did, Fluellen!

*FLUELLEN. Your Majesty says
 very true; if your majesty is remem-
 bered of it, the Welshmen did good
 service in a garden where leeks did
 grow; wearing leeks in their Mon-
 mouth caps, which your Majesty
 knows to this hour is an honourable
 badge of the service; I do believe
 your Majesty takes no scorn to wear
 leek upon St Tavy's Day.*

The observing of St David's Day had long been countenanced by Royalty. Even the parsimonious Henry VII disbursed two pounds among the Welshmen on the anniversary of the saint. In the Household Expenses of Princess Mary in 1544 there is an entry of the gift of fifteen shillings to the Yeomen of THIRTY-FOUR

Why the leek? asks Raymond Taylor



the Guard for carrying a leek on St David's Day.

It is recorded too that William III went so far as to wear a leek in order to "bear his Welsh subjects company".

In 1699 a publication called The Flying Post bore an interesting paragraph . . . "Yesterday, being St David's Day, the King, according to custom, wore a leek in honour of the Ancient Britons, the same being presented to him by the sergeant-porter, whose place it is, and for which he claims the clothes His Majesty wore on that day; the courtiers in imitation of his Majesty wore leeks also."

In 1632 a man called Hierome Porter said "that it is sufficient theme for a jealous Welshman to ground a quarrel against him that does not honour his cap" with the leek on St David's Day.

By the early nineteenth century the then customary head-dress was not particularly well-adapted for the wearing of such garden produce as the leek, even though the national sentiment remained as vigorous as it had always been. Still, despite that, gilt leeks were carried processionally by branches of Welsh Friendly Societies and this national badge could also be found decorating mantel-pieces in many households on the anniversary of the saint.

In spite of the conflicting opinions

about the exact significance of the leek it was a fact that that vegetable had been a favourite dish of the Welsh as far back as could be traced in historical times.

Caxton published a Description of Wales in which was stated, concerning the Manners and Customs of the Welsh,

*"They have gruell to potage,
 And Leekes kynde to com-
 panage."*

And also,
*"After meete, and after eke,
 Her solace is salt and Leeke."*

There is another kind of evidence. The writer Worlidge mentioned the love of the Welsh for this particular food. "I have seen," he says, "the greater part of a garden there stored with leeks, and part of the remainder with onions and garlic." It must be admitted that one does not now easily associate Wales with garlic.

In the Cambrian Biography of 1803 it was observed that the symbol of the leek, attributed to the observance of St David's Day, probably derives from an old custom when the farmers, helping each other to plough, brought their leeks to add to the communal meal.

All in all one is inclined to believe that the custom of the leek had no romantic origins but rather sprang from its pre-eminence in the early kitchens of the Welsh people.

WRITE YOUR STORY FOR THE WELSH SOCIETY ARCHIVES!

The Welsh Society is considering an opportunity to begin a program called LIFE WRITING at the Cambrian Hall. The purpose of the course is to provide members with an guided opportunity to put down on paper stories of interest from their own experiences either here in Canada or in Wales. From the program, one story would be chosen from the writing of each participant to be included in a bound booklet, to add to your personal library and to be included in the society's archives.

Dr. Sydney Butler, of the University of British Columbia Department of Education has offered many such programs at places like the Brock House Seniors Society in Vancouver. The course is also offered across Canada, in Australia, New Zealand, and Britain. Dr. Butler has offered the society a FREE introductory session, one evening at the hall. Based on this experience participants could decide if they wished to pursue a full ten week program.

This could be an ideal way to ensure that the history of the members of the society is recorded for future reference. If you are interested in the Life Writing program, or would like more information please contact Eliah Farrell at 875-1471. We'd like to hear from you.



THE WELSH EVENING (NOSON GYMRAEG)

The Welsh Evening (Noson Gymraeg) at the Cambrian Hall on the 17th January 1991 was a great success in establishing an opportunity for Welsh speaking members of the society, and friends from the community to speak their native tongue.

The group listened to readings of Welsh literature and tapes of Welsh artists, along with a dash of Welsh humour. Participants reminisced about their home villages and towns.

Everyone attending agreed that this first meeting was a success and established the opportunity to share experiences and ideas in their own language.

All Welsh speakers are welcome to attend. Please call Ieuan Lampshire-Jones 985-0824, or Ann Roberts 321-4418 for the date of the meeting in March.



WE HAVE MUCH TO BE PROUD OF AT THE WELSH SOCIETY!

Did you know that the Vancouver Welsh Society is the envy of all the Welsh Societies across North America, because we are the only society which has its own hall! The Vancouver society also has a steady group of people actively involved in maintaining the hall, and in providing a warm environment for the many activities which keep the society a going concern.

As we look forward to the month of March, and the St. David's day celebrations, we invite you to once again renew your contact with Welsh culture, and to support the Welsh Society by renewing your membership. Just as important, we encourage you to become actively involved with the society. You will always receive a warm welcome, and will be certain to find a way to bring your special skills and interests to benefit the group. Call the President Jeff Owen at 946-4956 for information on Welsh Society activities and how you can participate.

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 60 mi 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.

Cooke has the opposition taped as his men tune up to beat a hoodoo

England learn to live with the Welsh choir

ENGLAND'S rugby team swept into Cardiff last night with the Welsh national anthem ringing in their ears.

A recording of more than 50,000 Welsh fans, in full voice before a recent international, blared out on the audio system of the coach taking England's players across the Severn Bridge.

The anthem, Land of My Fathers, will be compulsory listening again today in a novel attempt by England manager Geoff Cooke to make his players feel at home when it is sung for real at 2.29 tomorrow afternoon.

This latest piece of brain-washing is intended to eliminate the intimidatory factor of an anthem sung with such fervour that former Wales captain Mervyn Davies believes it to be worth a six-point start.

It is also another example of England's meticulous preparation for their 14th attempt to break the 28-year Cardiff



PETER JACKSON
on the meticulous planning for a Cardiff showdown

hoodoo. Nothing is being left to chance.

'It's all part of the desensitisation process,' said Cooke. 'We are going to hear the Welsh anthem so often that when we go out on Saturday afternoon the players will say: "There goes that tune again."

Passion

'You cannot ignore the passion and strength with which it is sung. We are making sure the boys are thoroughly prepared for it. We don't want to give the Welsh too much to sing about after that.'

England even went to the trouble of having the Welsh battle-hymn played over the tannoy during practice at Gloucester's Kingsholm ground on Wednesday night.

Cooke, a great believer in

another beaten England team. If they lose, my goodness they will probably be sent to the Welsh salt mines.'

Given the violent aspect of its recent history, the fixture will prompt England to warn their players about the need for iron self-discipline.

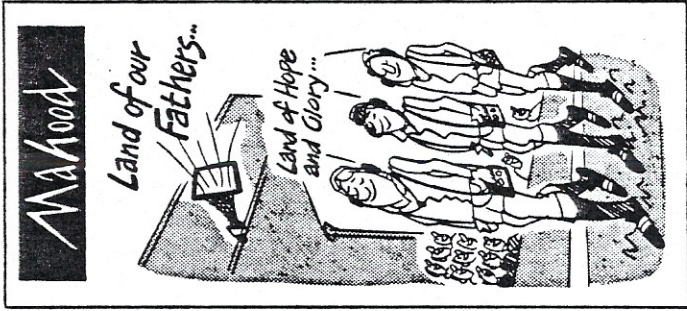
Cooke said: 'When we lost at Cardiff the last time there was a break down in self-discipline. People allowed themselves to be distracted by other things.'

Formidable

The notorious Wales-England match of four years ago ended with England suspending four players.

Having wound up preparations at a college ground near Gloucester, Cooke spoke of the 'formidable Welsh challenge' and the need for England 'to be able to look after themselves.'

Neil Jenkins, the 19-year-old Wales fly-half, was under treatment last night after running into hamstring trouble during sprint training. He was unable to take part in the final practice session but manager Ron Waldron said: 'It's a slight twinge — nothing serious.'



CARDIFFING FROM THE DAILY MAIL
SUBMITTED BY IAN LUNCH

NOTE: CAMBRIAN HALL OPEN ST. DAVID'S DAY COME ONE COME ALL!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 1991 s m t w t f s 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	April 1991 s m t w t f s 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30				ST. DAVID'S BANQUET HOLIDAY INN RED DRAGON 2 CANCELED	ST. DAVID'S BANQUET HOLIDAY INN RED DRAGON 2 CANCELED
3	4	5	6 CAMBRIAN SHIRKS 8:30PM	7	8	9 RED DRAGON OPEN 8:30PM
10	11	12	13	14	15 CAMBRIAN SHIRKS 8:30PM	16 RED DRAGON OPEN 8:30PM
17	18	19	20 W.A. MEETING NOON CAMBRIAN SHIRKS BANQUET	21 ANK. LOEYSA WIGGAT 8PM	22	23 RED DRAGON OPEN 8:30PM
24	25	26	27 CAMBRIAN SHIRKS 8:30PM	28	29	30 RED DRAGON OPEN 8:30PM
31					GOOD FRIDAY	PASSOVER

NOTE: RED DRAGON CLOSED MARCH 2
SO ALL CAN ATTEND THE
ST. DAVID'S DAY BANQUET AT
THE HOLIDAY INN

1991

March