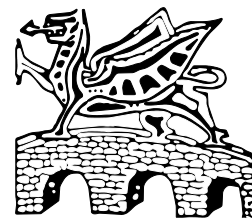


CHELMSFORD and DISTRICT WELSH SOCIETY



SEPTEMBER NEWSLETTER/ CYLCHLYTHYR MIS MEDI 2020

September President Chatter

I hope that you are all keeping well and coping with all that is happening in this very unrealistic situation we find ourselves in. We held a committee meeting on the 10th of September and after a long discussion it was agreed that we could not see a way of starting the Society until **next September** at the earliest, unless there is a major breakthrough which will enable us to start sooner.

On the 8th of September Carys and I had the honour of representing the Society at Our Lady Immaculate Church, London Road, for the Ordination to the Sacred Diaconate of **Brother Gildas**. It was truly an unforgettable experience, which will live in our memories for a very long time.

We like to walk along the front at Burnham, looking at the river and the boats. Two years ago a boat that had been used as a house boat was blown over during a winter gale. It was on its side in the water, being flooded every time the tide came in, a very sad sight. Earlier this month using a very powerful winch the salvage company managed to get the boat upright, and the long operation of emptying all the silt from the hull is now under way. The boat was called "Llys Helig" a name that I never considered appropriate for a boat. Llys Helig is the name of a natural rock formation off the coast of Penmaenmawr North Wales and according to some folklore in the sixth century it was the Sodom and Gomorrah of North Wales. One night when the wine flowed freely the lock keeper was so drunk that he did not close the lock gates and the whole village and all the inhabitants were drowned. I often wondered if whoever named the boat in Burnham knew of the story.

In 1966 when we sailed our boat to Holyhead, we were talking to a man in the Yacht Club who was a very keen diver, and he maintained that there were ruins under the sea off Penmaenmawr, and he was looking for sponsorship to dive there and to tie balloons to the ruins so that they could be photographed from the air. We would have liked to have learnt more about the venture but we never heard any more about it.

Our homes have all been named Llys Helyg, (the name of the house where I grew up) When Carys heard the story of the flooded village she was not at all pleased that our house should be named after a village where all the unmentionables had been going on. She was happy when I pointed out that our Helyg was spelt with a "y" and not an "i". Llys Helyg means Willow Court.

An update on our squirrel, as I mentioned last month the pest controller set two traps in the trees in our garden, with plenty of peanuts to entice our furry friend, he has already been back once to replace the nuts as the crafty little squirrel has managed to eat the nuts without getting into the traps. At the rate it is going he will have to come back next week with some more nuts. Watch this space.

Keep safe I am convinced that we will survive this pandemic. In the meantime we will endeavour to issue our monthly Newsletter. We have 100 members so please don't be shy let us know how you are getting on and send us any news. We would love to hear from you.

Cofion cynnes iawn.
Arthur

Welsh writer **Owen Jones** has assembled a set of three of his most popular fantasy novels- **Alien House**, **A Night in Annwn** and **Fate Twister**.

These novels are set in Barry, Brecon and Dolgellau.

Download the audiobooks for free through the following links.

<https://audiobookunleashed.com/product/a-night-in-annwn/>

<https://audiobookunleashed.com/product/fate-twister/>

<https://audiobookunleashed.com/product/alien-house/>

Dear Members

We are wondering whether some of you have been enjoying the 6 part series on ITV called "**Wonders of the Coast Path around Wales**". The Presenter is Sean Fletcher who married a Welsh girl and subsequently learned to speak Welsh. (Commentary is in English) We enjoyed seeing the beautiful scenery. If you missed it, it is available on catch up TV until September 30th. Guaranteed to give you Hiraeth!

Do hope you are all keeping well and we will be able to meet in 2021...

Cofion Cynnes.

Glenys and Ron Freeman

BR GILDAS' ORDINATION TO THE DIACONATE – by David Brown

Not knowing much about the Roman Catholic faith I have had a look at some of the things Br Gildas has undergone since he came to Chelmsford.

The following is from the Norbertines (Chelmsford) website:

After Solemn Vows, the brother completes his studies for priestly ordination, and is given dimissorial letters admitting him to the Sacred Orders of Diaconate and Priesthood. After a period as a deacon (typically short within our Order, as Our Holy Father Norbert was admitted to both orders on the same day), he is ordained a priest of Jesus Christ, and begins to function fully in the apostolates of the canonry, under the direction of the Prelate.

Some of our society's members attended the service of "Solemn Vows" at his church in London Road some years ago. The service admitting him to the Sacred Orders of Diaconate and Priesthood was held on August 23rd and can be viewed at: <https://www.youtube.com/watch?v=ILV3e8fBZp4>

On **Tuesday, 8th September**, the Birthday of the Blessed Virgin Mary, **Br Gildas** was ordained to the Sacred Order of Deacons by The Most Rev'd George Stack, Archbishop of Cardiff.

In his homily the Archbishop said, "In his preaching [Br Gildas] will know that the best sermons are not just preached in a church, or from a pulpit, or even from a bishop's chair! The real sermon is the example of faithful service you give, glorifying God and ministering to his people." He also exhorted **Br Gildas** to "shape his way of life according to the example of Christ, whose sacramental body he will give to the people in Holy Communion" and to "build up the Body of Christ, which is the People of God, so that they, in turn, may be recognised as a sign of unity in society, coming as we do from so many different backgrounds."

Due to the civil restrictions currently in place, spaces at the Mass were limited to 30 people, mostly parishioners. **Arthur and Carys Williams** attended, representing the Chelmsford and District Welsh Society. The Rev'd Br Royston Price C.Ss.R. served as a deacon at the Mass.

In thanking the Archbishop for travelling to Chelmsford for the ordination, Abbot Hugh also mentioned Br Gildas' parents, who were sadly unable to be present for the event.

The service held on the 8th September is available on the link below
<https://www.facebook.com/norbertines/videos/332460428196712>

Both services are still available to watch if you copy and paste the address into your browser



Access to Welsh TV Programmes

Introduction

In England, Scotland and Northern Ireland, S4C is available to watch live on Sky 134, Freesat 120 and Virgin TV 166. Unfortunately, if you live outside Wales, S4C is not available on Freeview. You can watch S4C online on 'S4C Clic/Hafan' as well as the BBC iPlayer; with both of these options you can also catch up on previous programmes.

If you use BBC's iPlayer you can access S4C under 'Channels'. All programmes are in the Welsh language but you can use the 'S' button for English subtitles, a great way to learn more Welsh! As well as watching programmes live, you can access their back catalogue of programmes, which often stretches for 2/3 months. If you don't find a programme you like, use the 'View Sc4 A-Z' tab at the bottom of the web page for the full range of programmes.

Reviews

One of my favourite programmes over the last few months has been '**Lle**' (Place) which looks at 3 locations that have been important in someone's life. The programme on Sean Fletcher (Good Morning Britain) was fascinating in that I was not aware he was a Welsh speaker; he has learnt the language as a result of marrying a Welsh girl. Clever man!

'**Cefn Gwlad**' (Countryside) is a very established programme with Dai Jones at the helm. It features interviews with Welsh people who live and work in the countryside, often farming for a living. Some of the older programmes, from the 1970's, are priceless and remind us how much rural Wales has changed over the last 50 years.

'**Cynefin**' (Locality) is presented by Heledd Cynwal and focuses on a specific town or location. They look at the history and culture of each area, interviewing locals. A recent programme on Bangor was particularly illuminating.

'**Heno**' (Tonight) is S4C's equivalent to the 'One Show' and follows a similar format every Monday to Friday night. They have studios in both North and South Wales and finish with a Welsh singer/group.

'**Huw Edwards a Stori Cymry Llundain**' (The Story of London's Welsh population) presented by our favourite newsreader, looks at the history of how Welsh people influenced London's growth and culture. Did you know that the John Lewis store originated from a Welsh family?

'**Noson Lawen**' If you have enjoyed the Welsh Society's 'Noson Lawen' over the last few years, you will love this series. At present, the 'iPlayer' is showing some of the earlier programmes, from 2007 through to 2012, featuring stars such as Tudur Owen and Rhys Meirion. Dafydd Wyn Jones, who sang for us at our St. David's Day Dinner in 2019, has appeared on this series on a few occasions.

'**Sgwrs dan y Lloer**' (Conversation under the stars) has been one of the best programmes on S4C since Covid started. Elin Fflur interviews various Welsh celebrities in their gardens at night e.g. Robert Arwyn, Aloma and Mici Plwm. A simple format but I think it works brilliantly.

'**Stori Pel-droed Cymru**' (The story of football in Wales) looks at how football has evolved over the years in Wales, looking back at the early days of John Charles, Ivor Allchurch etc. before bringing us up to date to the era of Gareth Bale and Aaron Ramsey.

Another option on BBC 'iPlayer' is to select Categories and opt for the 'Wales' section. Here you will find a range of programmes in English. Iolo Williams has produced a marvellous series 'The Last Wilderness of Wales' looking at the unique wildlife found in Wales' most isolated areas.

If you enjoy Rhod Gilbert watch '**Rhod Gilbert's Work Experience**' where he takes on a variety of jobs e.g. Bin Man, Care Worker, Road Worker.

Again, if you select the 'View Wales A-Z' at the bottom of the web page, you will find all of the programmes that are available both in English and Welsh. However, remember that by the time you read this, many of the programmes will have changed but plenty of new, exciting ones will have taken their place.

Happy TV Watching!
Gwil Williams

COR-ONA! is a **Facebook** public group with 46.4K members, which is open to anyone to post videos of themselves singing or playing musical instruments. They posted a video on the 5th September of **Rhys Meirion** singing with the **Trelawnyd Male Voice Choir**. If you are on Facebook, this page is worth following.

Piano and Singing tuition with The Vocal Academy **Are you interested in having piano or singing lessons? Or know some who is?**

Our society member, **Debs Allen- Morgan** is a qualified and experienced music teacher who offers online piano and singing lessons for children and adults of all ages. For more details please look at **The Vocal Academy** Facebook page

<https://www.facebook.com/the.vocal.academy.essex/>

Or contact **Debs** on **07967712348**.

Orange and Almond cake -Sue Bridger

Ingredients

- 2 large [clementines](#) (about 200g/7oz), cleaned
- 4 large free-range [eggs](#)
- 1 large [lemon](#), zest only
- 160g/5¾oz golden [caster sugar](#)
- 100ml/3½fl oz [olive oil](#)
- 175g/6oz [ground almonds](#)
- 2 tsp [baking powder](#)

For the syrup

- 15g/½oz [caster sugar](#)
- 1 large [lemon](#), juice only

To serve

- icing or [caster sugar](#), for dusting
- 250ml/9fl oz whipped [cream](#) (optional)
- 2–3 [oranges](#), segmented



Method

1. Place the clementines in a saucepan and cover with water. Bring to the boil and simmer gently for 20–30 minutes until tender. Remove and set aside until cool enough to handle. Cut the clementines in half and discard the pips.
2. Put the clementines, including the skin, into a food processor and blend to a paste.
3. Preheat the oven to 180C/160C Fan/Gas 4, grease a 20cm/8in spring-form cake tin and line the bottom with baking paper.
4. Whisk together the eggs, lemon zest and caster sugar in a bowl. Add the olive oil and beat until light and well combined. Stir in the clementine paste then fold in the ground almonds and baking powder.
5. Spoon the mixture into the tin and bake for 50 minutes or until well risen and golden-brown. The cake should have slightly shrunk from the sides and be springy to the touch. Leave it to cool in the tin on a wire rack.
6. Meanwhile, to make the syrup, warm the sugar and lemon juice in a small pan over a low heat until the sugar has dissolved. Make lots of small holes all over the cake with a piece of uncooked spaghetti or cocktail stick, and drizzle over the lemon syrup. Let the cake cool completely in the tin, turn it out on to a serving plate, dust with icing sugar and serve with whipped cream and orange segments.

ANY SPARE TWO POUND COINS?

Every year the Chelmsford Mildmay and Rivermead Rotary Clubs organize the prestigious Great Baddow 10 Mile Race and 2 Mile Fun Run. This cannot take place this year owing to Covid 19.

This means that the worthy ladies of Mildmay Inner Wheel, who usually help with hospitality, 'bag drop', late entries admin and so on, are redundant.

Some of them have, however, decided to take part in an **alternative Great Baddow Race**.

Not the 10 Mile Race or the 2 Mile Fun Run but a 2 **Mile Walk**.

Their entry donations will thus support the two Rotary local Charities Dementia Adventure and Barrow Farm Riding for the Disabled.

I, **Sue Almond**, will be one of these venturesome ladies.

I am inviting sponsorship for Mildmay Inner Wheel local Charity for this year

Home Farm Trust

(Supporting those with Learning Difficulties and Autism)

I am suggesting a

TWO POUND COIN for a TWO MILE WALK

Your support will be welcomed.



Diolch yn fawr/Thank you to everyone who have contributed to September's newsletter.

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