



Post Maes Pedr



NO 6

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A Trip to the Sea-Side

One sunny warm evening in July a group of 18 members enjoyed an evening visit to the sea-side. Plans to pay a visit to the Cathedral had been thwarted by a wedding rehearsal – we did consider making an offer to be the congregation! One half of our group had met on the High Street and we set out to enjoy a leisurely amble around Old Portsmouth.

We all enjoyed a very good meal of fish and chips and Stuart encouraged us all to have a taste of deep fried seaweed which he had bought.



To complete the evening there was a wonderful sunset. The lights of the Spinnaker Tower shone brightly as we all said farewell and set off for home with memories of a very pleasant evening spent with good company and good food.



Our destination was the Still and West where we were meeting the other group for a meal. Outside the pub we stopped to read the plaque dedicated to the memory of Eric Williams who crossed the harbour every day of his working life.



Coming VERY soon ...
Harvest Supper on
Thursday 20th September

Raffle provided by :
Keith & Hazel Williams
Kay Smith & Glyn Jones



This month our Spotlight star is



Joy Lewis

Joy was born and raised in Carmarthen. The eldest of 4 children she has 2 sisters and a brother. Her parents had met as next door neighbours in the village of St Clears near Carmarthen. Joy's mother was from the area but her father was Flemish, having been born in Ostend. His family had moved to Wales where they settled in St Clears.

Joy attended school in Carmarthen but before she could sit her 11+ exam she developed Rheumatic Fever and Diphtheria. It was a long recovery process and by the time Joy was well enough to return to school she posed quite a problem to the Education Authority. She had not taken her 11+ so could not go to Senior school so she had to remain in the primary school for a while longer. Eventually Joy enrolled at the Secretarial & Business College in Carmarthen which she attended for 3 years. From time to time the students were sent to interviews to gain experience. When Joy's turn arrived she was so petrified that she ran home! She had been spotted though and was escorted to the interview. To her surprise she got the job and Joy worked for this firm for 4 years as an Invoice Clerk. Her next job was in the family business run by her father and uncle in St Clears. Although Joy enjoyed the work she found that she had no free time so she found another job with the Pearl Insurance Company in Carmarthen. Her office overlooked a busy square in the town. Wednesday was market day and in the afternoon the students from the teacher training college had free time and went into town. Joy became aware of a good looking young man waving to her and she returned his wave. This continued for a few weeks until one day the office

phone rang and Mr Wyndham Lewis introduced himself. On their first date they went to the cinema and Wyndham surprised Joy by presenting her with a bag of monkey nuts! As we all know, their romance flourished and they were married in August 1956. By this time Wyndham had left Trinity College and was teaching near Seven Sisters. The following year Wyndham's next post took them to the South of England, near Fawley. Joy worked with the Dreamland Company for a few years until the arrival of their son, Gareth. Wyndham was soon promoted to Deputy Headteacher in Liphook so the family moved to Petersfield. Within a few years there was an addition to the family with the birth of their daughter Louise. Some time later Wyndham then became Head Teacher of East Meon School.

Joy has been a member of the Welsh Society since its formation as Wyndham was one of the founder members. Sadly Wyndham died suddenly in 2010. They had been married for 53 years.

Joy is a talented flower arranger and regularly creates arrangements for the church which she attends. As well as being a loyal member of the Welsh Society Joy is also a member of the Women's Fellowship which meets weekly. Joy is a devoted Grandmother to Louise's two sons, Steven and David who live nearby. In her spare time Joy enjoys reading thrillers and her favourite authors are Dick Francis and Jeffery Archer.

Belated birthday greetings to Joy on her birthday in August.

Cacen Byth yn Methu/ Neverfail Cake

A really good moist cake. 40mins to prepare, 1 hr 30mins to cook Cuts into 8-10slices; freezes well.

Ingredients/cynhwysion

100g/4oz glace cherries – cerios sglein
220g tin pineapple in juice – tun o afal pin mewn sudd
100g/4oz butter – ymenyn
350g/12oz mixed fruit – ffrwythau cymysg
175g/6oz soft brown sugar – siwgr brown meddal
225g/8oz self raising flour – blawd codi
2 eggs 2 wy

Chop the cherries and pineapple (keep the juice). Put in a pan with the pineapple juice, butter, fruit & sugar. Heat to melt the butter but do not boil. Leave to cool, then beat in the flour & eggs.

Preheat the oven to 170C/150C fan oven/gas 3. Line a 20cm/8inch round tin with baking paper, put in mixture & bake for about 1hr 30 mins, till firm & a skewer comes out clean.

Thanks to Mary for this recipe.