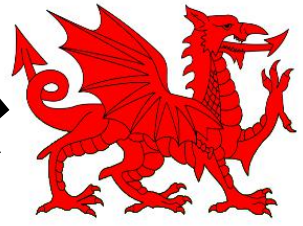


# Post Maespedr



**Rhif/No. 36**

**Hydref/Gaeaf - Autumn/Winter 2021**

## **Tastes of Wales/Blas o Gymru**

The September meeting was very special as it was the first time we had all been together in the hall since February 2020. There was of course a great deal of catching up to do before we started the meeting.

The two Sue's were the hosts for the evening and the title of their topic was Welsh food. They focused on the history of the ingredients used in creating the items that they had produced for everyone to taste.

Sue (H) began with Carmarthen Ham. This has been produced by the Albert Rees family for many generations. Legend has it that the Romans took the recipe back to Italy and called it Parma Ham.

Sue(W) then shared with us the history of Glamorgan Sausages. These are traditional vegetarian sausages which are made with cheese, leeks, breadcrumbs and eggs. The earliest mention of these are in the 1850's but they became popular during WW11 when meat was rationed. It is thought that they were originally made with Glamorgan cheese from the milk of the Glamorgan cattle which is the origin of the name.

Sue(H) then spoke about Cenarth Cheese. The Adams family have been making cheese on the farm for six generations. The cheese was originally sold at the local markets but the present business was set up in 1987 in response to the milk quotas introduced by the EU. The first cheese produced was their traditional one which they named Thelma's Caerffili. They now produce a range of different cheeses such as Perl Wen, Perl Las, and a variety of flavoured Cheddars such as Leeks, Brandy & Apricot, and Chilli.

Then it was tasting time! The two Sue's had produced a splendid tasting table with a variety of dishes that had been made with traditional Welsh ingredients. There was a quiche made with cheese and leeks and also one with laverbread. There were also cheese scones and muffins and the Carmarthen Ham and Glamorgan Sausages to devour.

There had to be Welsh Cakes and Bara Brith of course and there were also Welsh cheesecakes (which don't contain any cheese!).

The two Sue's had provided a wonderful feast together and received numerous compliments from some satisfied tasters!



## Harvest Supper



Following tradition the October meeting was the Harvest Supper. As always the table was laden with a superb range of food provided by all the members. The evening was spent catching up with each other's news whilst enjoying the good food.

### Mary Jones

The title of the November meeting was **Mary Jones's Walk**. The guest speakers were Clive and Jani Rubery who are friends of Morfydd. Clive was from Merthyr and Jani from Wyoming. They had learned of the story of Mary Jones and had traced the 28 mile walk she had taken around 1799. Mary was born in December 1784 and at the age of 16 she had walked barefoot from her home in Llanfihangel-y-Pennant to Bala in order to buy a Welsh Bible from Thomas Charles. Thomas Charles was so impressed by her determination that he used her story in proposing to the Religious Tract Society that it set up a new organisation to supply Wales with Bibles. There is a memorial obelisk with the inscription to Mary near the site of her home. Mary died at the age of 80 and her courageous walk as a teenager had long reaching consequences as her story inspired the founding of the British and Foreign Bible Society. Clive and Jani had followed the route that Mary must have taken in stages as they had to plan their route around overnight

stops. They didn't camp on route nor did they walk barefoot!. They illustrated their talk with photographs of some of the landmarks and spectacular scenery on route.



During the evening another link was discovered as Menna had been a school friend of Clive's sister so some vital catching up of news was required.

### Nadolig Llawen

The December meeting was of course our Christmas celebration. It was also our first lunchtime meeting. Driving in the dark is not a pleasurable experience and by popular request it had been agreed to change to lunchtime meetings for the winter months. Therefore all members can travel safely in daylight and be home before dark. We started with a quiz provided by Sue W. There were 2 parts to complete: one was to identify nursery rhymes from cryptic clues and the other required identifying the missing words from well known Christmas Songs and carols.

As some members had to leave early we had an early lunch. There was of course a magnificent spread and everyone enjoyed

a hearty lunch before we began the traditional entertainment. Ellen and Huw had prepared a programme of carols and readings for us. Ellen provided the accompaniment on the keyboard as we sang some of our favourite carols. There were readings in Welsh by Sue H, Bethan and Evan. We had 3 excellent solos from Phill, John R and Peter as the 3 Kings. Morfydd, Tony and Huw also contributed to the programme with readings. We brought a very enjoyable meeting to an end with the Anthem. The Christmas post was delivered and we all wished each other a Nadolog Llawn.



Photos by Tony



NB. The lunchtime meetings will be on the 2<sup>nd</sup> Thursday of the month.  
The AGM on 10<sup>th</sup> February will be a Fish & Chip lunch. A menu will be distributed nearer the date for you to select your choice of meal.  
St. David's Day Anniversary Dinner will be at the Hampshire Hogg, Clanfield. Further details nearer the date.



### Sad News

We were very sorry to hear that Joyce Carroll had passed away on 21<sup>st</sup> December. She and Tom had been loyal members of the Society for many years. Our thoughts are with Tom and the family at this sad time.