

Dewi Sant Welsh United Church

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Gair gan y Gweinidog A word from the Minister

First and foremost I would like to wish every Gadwyn reader 'Cyfarchion dydd Gwyl Dewi,' 'Good wishes for St Davids day' and blessings for every day.

I had thought that writing greetings on the first page of the Gadwyn would become a chore as the months went by, but I must admit that, as I write my 38th message to you, I find it still an honour to be given the space on the opening section of such an important newsletter. I wish to thank Myfanwy for being such a conscientious editor, who always seems to 'produce the goods' even at times when she has to beg people for a contribution, or when she simply has not any time left in her busy schedule to bring together a quality product. But she comes through, every time.

I wish also to congratulate her on becoming a 'mamgu' once more. And we are proud to say a hearty 'well done' on being appointed Chairperson of the 'Cymru a'r Byd', the world-wide officially recognised society of Welsh expatriates. Myfanwy will represent all Welsh people abroad at the National Eisteddfod of Wales at Cardiff this coming August. Da iawn ti, Myfanwy!!

We are celebrating Lent at present, the time of reflection and meditation, a period of preparation for Easter, and all that Festival means to the Christian. We celebrate this time by seeking ways to respond to God's love for us, and at Dewi Sant Welsh United Church we intend to respond as a congregation by looking out into the community outside the 'family circle' and seeking ways of reaching out to those less fortunate than ourselves. We have created a committee (being Welsh we can do nothing without a committee!!!)--- to co-ordinate voluntary actions and projects that will result in giving a helping hand to those who are marginalized. I am certain that this venture will succeed, knowing how the members of the Church work together when they recognise need. We have proven ourselves to be true workers in God's vineyard time after time over the last 100 years, and the work will continue into the future.

Everything can find success, through co-operation, through being united. Christ wishes for us to be united, not just in name, but also in deeds, actions and spirit. I read a poem about unity as part of a sermon recently, and I was asked to include the poem in this month's Gadwyn. It is worth reading, as it contains a powerful message. Bendith Duw fyddo arnoch, **Deian**

Amlwg yw cydymdeimlad. Lle bu cur, lle bo cariad..... Nid llon yw byd lle ni boch. Diobaith ydyw heboch. M

The Cold Within.

The third one sat in tattered clothes
He gave his coat a hitch,
Why should his log be put to use
To warm the idle rich?

The rich man just sat back and thought
Of the wealth he had in store
And how to keep what he had earned
From the lazy, worthless poor.

The black man's face bespoke revenge
As the fire passed from sight,
For all he saw in his stick of wood
Was a chance to spite the white.

The last man of this forlorn group
Did naught except to gain,
Giving only to those who gave
Was how he played the game.

The logs held tight in death's still hands
Was proof of human sin.
They didn't die from the cold without,
They did from the cold within.

Dewi Sant's Outreach Programme

After three years of intense preparation for our centenary celebrations, it is now time to share our enthusiasm and good fortune with people outside our own congregation.

On Sunday, February 10 the Reverend Deian Evans chaired a meeting to discuss the topic of "Outreach". As we move into the period of Lent we should now consider working as a congregation to help those in need and to reach out to people unable or unwilling to come to church.

To date Dewi Sant is involved with Mission and Service and the Lansing Project. The children of the Sunday School, through their weekly penny collection, provide sleeping kits for children in Third World countries.

Ideas flowed as to how we could become even more involved in the community: Habitat for Humanity, the Scott Mission, the Daily Food Bank, sponsorship of a young person to attend Summer Camp. It was also stressed that there was a need for more personal contact with shut-ins and it was agreed that we should start a letter/card writing programme.

Deian identified four main areas for consideration: needs within our own community, one day's individual outreach, working as a body in a particular area of need, e.g. the Food Bank, and to combine with the Korean Church in an outreach programme.

If you feel that you would like to participate in any of the above areas, have additional suggestions or would like more information about the Outreach Programme, please contact the Rev. Deian Evans at the church.

Hefina Phillips.

OUTREACH WEEK - April 20-26

As part of the outreach initiative decided upon in the February 10th meeting, the week of **April 20-26** has been designated our **Outreach Week**. Although our efforts to reach within and beyond Dewi Sant in helping others will be an ongoing effort, this specially designated week will focus our intentions and give all members an opportunity to become involved. During that week, members are encouraged to make a gesture either individually or in concert with other church members in reaching out to others in need. Arrangements are being made to have a group of up to 30 members help at the **Food Bank** on Wednesday, April 23. Details of this initiative will be forthcoming shortly. Other opportunities will be highlighted for that week as well; of course, you may already have a niche that you fill as a volunteer during the week or may decide to do something else on your own. In the near future, a flyer will be produced to outline some of the other opportunities available in the volunteer community that can be accessed during our Outreach Week. Information will be available on **Habitat for Humanity** and the **Scott Mission** as well.

The culminating activity for the week will be a **special potluck dinner on Saturday evening, April 26** when all church members are invited to come and share in the joy of involvement. More of this later!
For those who are interested, the United Church is inviting congregations in Toronto South Presbytery to become involved in the **Christian Resource Centre in Regent Park**. To learn more about this opportunity, on March 18, there will be a CRC Lunch N Learn session held at the Resource Centre. If you are interested in being part of a group from Dewi Sant who will attend this session, please contact Wanda Sweet or Deian Evans at the church. This is an exciting opportunity for Dewi Sant to make practical its mission as we enter our second centenary. Please mark the Outreach Week on your calendars and plan to be involved. We look forward to a strong response!

2008 is a leap yearwatch out all bachelors!

Leap Year has been the traditional time that women can propose marriage. In many of today's cultures, it is okay for a woman to propose marriage to a man. Society doesn't look down on such women. However, that hasn't always been the case. When the rules of courtship were stricter, women were only allowed to pop the question on one day every four years. That day was February 29th.

St. Bridget's Complaint. It is believed this tradition was started in 5th century Ireland when St. Bridget complained to St. Patrick about women having to wait for so long for a man to propose. According to legend, St. Patrick said the yearning females could propose on this one day in February during the leap year. According to **British law**, February 29th was ignored and had no legal status. Folks assumed that traditions would also have no status on that day. It was also reasoned that since the leap year day existed to fix a problem in the calendar, it could also be used to fix an old and unjust custom that only let men propose marriage. The first documentation of this practice dates back to 1288, when Scotland passed a law that allowed women to propose marriage to the man of their choice in that year. They also made it law that any man who declined a proposal in a leap year must pay a fine. The fine could range from a kiss to payment for a silk dress or a pair of gloves.

Sadie Hawkins Day. Some people have referred to this date as Sadie Hawkins Day with women being given the right to run after unmarried men to propose. Sadie Hawkins was a female character in the Al Capp cartoon strip *Li'l Abner*....

Greek Superstition. There is a Greek superstition that claims couples have bad luck if they marry during a leap year. Apparently one in five engaged couples in Greece will avoid planning their wedding during a leap year.

Annette Evans.

Ontario Welsh Festival, Stratford, May 2-4, 2008

Have you made a note of the **change of date** for this year's Ontario Welsh Festival? Once again we will travel to the Arden Park Hotel in Stratford, and who knows, perhaps spring will have arrived by then! (At the time of writing, I am looking out at a blizzard!)

Mari Morgan, founder, artistic director and conductor of Cor Cymry Gogledd America, will be the guest

conductor at the Cymanfa sessions on Sunday May 4. Mari was born and raised in Llanelli but now resides in New Jersey. She began her musical studies at the Welsh College of Music and Drama in Cardiff and followed with an Honours degree in Music from the University of Wales, Cardiff. She completed her post-graduate vocal studies at Trinity College of Music in London.

Her professional resume as a mezzo-soprano spans two continents and six countries, and includes concerts, festivals, master classes, and workshops, as well as recitals and opera roles. As a conductor she is well known to Welsh audiences across North America, having directed cymanfaoedd canu in cities from New York to Los Angeles. This will be her first visit to Canada in her role as Cymanfa conductor.

A musical feast awaits us on Saturday night. The Toronto Welsh Male Voice Choir, under the leadership of William Woloschuk, has gained a well deserved reputation as a first class choir. We look forward with great excitement to their musical programme. Their guest soloist is Catrin Davies of Washington, DC. Catrin is a mezzo-soprano who specializes in Welsh repertoire. She is a graduate of the Peabody Conservatory. Like Mari, Catrin began her musical studies at the College of Music and Drama in Cardiff. She also holds an honours degree in History from McGill and a Master's degree in Women's Studies from Oxford University.

Catrin won first prize (the David Morris Award) at the North American Welsh Festival in 2002 and 2004. In 2007 she was a soloist with the Pontarddulais Male Choir on their North American tour.

Don't miss this fantastic weekend. Check our website at www.ontariowelshfestival.ca and make sure that you reserve your hotel rooms in good time. We don't want you to be disappointed! See you in Stratford.

Hefina Phillips.

Cymru a'r Byd Honours Myfanwy Bajaj

One of the greatest honours that can be bestowed on any Welsh person living overseas is to represent the Welsh diaspora at the National Eisteddfod. Myfanwy Bajaj will be that representative at the Eisteddfod in Cardiff in August this year.

Formerly know as Cymry ar Wasgar, the organization is now known as Cymru a'r Byd (Wales and the world). Myfanwy's role as representative will begin on the first night of the Eisteddfod when she will be presented on the main stage at the beginning of the Gymanfa Ganu, which is usually packed..

The Chairing of the Bard is always the most important event of the week. On that day Myfanwy will again be presented to the audience and will be expected to give a **short** address (impossible, according to Ram, Myfanwy's husband!).

Her main duties will be at the special tea for the "foreign" visitors when she will give a speech (no time limit this time!)

Llongyfarchiadau. Congratulations from us all, Myfanwy. Well done.

Hefina Phillips.

A "deliberate !!" mistake in last months Gadwyn was spotted by the Reverend Geoffrey Eynon of Wolfs Castle Pembrokeshire.... I thought that all us Pembrokeshire people stuck together!!....but the cat is out of the bag.

Whilst I got all excited about Jemima and The Women of Fishguard---Cerwyn had mentioned Rebecca,"Becca," another very strong woman, not Jemima. Thanks to Geoffrey we now have the story of Becca.

The Rebecca Riots.

The Rebecca Riots took place between 1839 and 1844 in South Wales and Mid Wales.

They were a protest against the high tolls which had to be paid on the local Turnpike roads.

The many toll-gates on the roads were operated by trusts which were supposed to maintain and even improve the roads, funding this from tolls. Many trusts however charged extortionate tolls and diverted the money raised to other uses! Even where this was not the case, the toll-gate laws imposed an additional financial burden on poor farming communities and people decided that enough was enough. They took the law into their own hands and gangs were formed to destroy the toll-gates.

These gangs became known as *Merched Beca* (Welsh for Rebecca's Daughters) or merely the *Reberras*. The origin of their name is said to be a verse in the Bible, Genesis 24:60 - 'And they blessed Rebekah and said unto her, Thou *art* our sister, be thou *the mother* of thousands of millions, and let thy seed possess the gate of those which hate them'.

The accepted leader of those first protests, Thomas Rees (Twm Carnabwth), wore women's clothes when leading attacks. Some versions of the story say that these clothes were borrowed from a (rather large) lady called Rebecca living near his home at the foot of the Preseli hills. Local records do not bear this out - and the wearing of women's clothes was an established part of traditional Welsh justice (the Ceffyl Pren, wooden horse), of which Twm Carnabwth is remembered as a notoriously enthusiastic participant.

The first protests, led by "Rebecca" destroyed the toll-gates at Yr Efail Wen during 2 attacks in Carmarthenshire in 1839. But Twm did not participate when the attacks flared again 3 years later. Other communities adopted the name and disguise, and other grievances besides the toll gates were aired in the riots.

Anglican clergymen from the established Church of England were targets on several occasions. The Church could demand tithes and other ecclesiastical benefits even though most of the population of Wales were Nonconformists. Other victims were petty local villains such as the fathers of illegitimate children.

The riots ceased after several ring leaders were convicted and transported to Australia. The protests prompted several reforms, including a Royal Commission into the question of toll roads. Most of the hated toll-gates were legally removed in 1844.

Reverend Geoffrey Eynon.

The editor has **now** found a new way of getting desperately needed articles!!!! Diolch Geoffrey.

Now for a change of pace....and some travelling.

TORTOISES AND DARWIN.

If asked to give two words in response to the key word, **Galapagos**, in a word association test, how would you answer? I think I might have said, 'tortoises and Darwin' but our recent trip to the Galapagos Islands, truly one of the ecological treasures of the world, revealed the inadequacy of my initial response. Lying in the Pacific Ocean about 1000 kilometres west of the coast of Ecuador, the Galapagos Islands are home to a host of wildlife more than willing to share space with you.

From the moment we disembarked at the harbour, awaiting the boat that would be our home for the next seven days, we were greeted by sea lions of every shape and size carrying on their normal activities oblivious to the clicking cameras surrounding them. These loveable creatures were constant companions on every island we visited over the next week. They lie singly or in groups on the beaches, on walkways, benches, stairways and under trees. Needless to say, the sea lions provided countless photo ops throughout the week.

Birds are one of the main sources of interest on the islands. The blue footed boobies are a joy to behold as they do their ritual mating dance as though on cue for the visitors. These birds have sky blue webbed feet and blue beaks and are often seen either diving into the ocean to catch fish or sitting quietly on their ground nests atop an egg or chick almost as though posing for the photographers. Their kin, the red footed boobies, with their red

webbed feet and blue beaks sit in the trees and peer inquisitively at the visitors. The male frigate bird interested in mating has an enormous red balloon outcropping below his beak signifying to all interested female frigates that he is available and suitable as a mate. The larger the balloon, the more successful is his quest. Marine iguanas are prolific but certainly not handsome. They lie in piles of a hundred or more causing our naturalist to refer to such areas as iguana cities. Although sea turtles are seen frequently in the waters, the giant land tortoises are mainly to be found on the island of San Carlos. These friendly giants are quite agreeable to being photographed although occasionally they will withdraw their heads if they think you are too far into their space.

The highlight for all family members was undoubtedly the daily opportunity to snorkel (in wet suits) amidst the delightful and abundant sea creatures. Penguins and sea lions enjoyed acting as playmates as they dived and rolled around you. Families of giant rays glided silently below as did the sea turtles. Small reef sharks and huge schools of fish swam about totally oblivious to their human companions. Although not as colourful as snorkelling in the Caribbean due to the absence of coral reefs, the sheer abundance and variety of the viewing made the experience extra special.

Ecuador is endeavouring to preserve this national and international treasure by limiting the number of visitors allowed annually onto the islands, by insisting that all persons on the islands be accompanied by a qualified naturalist and by forbidding the use of flashes on cameras. Staying on the pathways is rigidly enforced and nary a piece of garbage was seen on the islands during the entire week.

It was a real privilege to visit the Galapagos Islands. This month's Smithsonian Magazine listed the islands as one of the "28 places to see before you die". Although I am not planning on leaving any time soon, I am glad to check it off the list. It really is a world treasure!!

Betty Cullingworth.

Fear of Flying?

I have a shamed-faced confession to make - I loathe flying! No, not the hassle of crowds and delays, the noise or the ghastly food. Quite simply, I am scared! It is nothing short of miraculous to me that all these passengers can be transported safely across thousands of miles, 40,000 feet in the air and protected only by a piece of metal. So before any flight I suffer from sweaty palms and more than usual rapid heartbeat.

On a recent transatlantic flight my pulse was racing and my blood pressure must have been off the scale. Why? As I waited for my Toronto bound flight at Heathrow I started to read the Daily Telegraph. The headlines screamed at me: '**Adopt Sharia law in Britain**'. Sharia law? This Islamic law can be so draconian that crimes such as theft result in amputation of limbs, and women convicted of adultery are stoned to death. (Notice that the other half of the crime, i.e. the man, gets off scott free.)

Who in his /her right mind could possibly be advocating such an idiotic idea? I read on, and that's when I really lost it. It was none other than Rowan Williams, the Archbishop of Canterbury. A Welshman! And, to heap coals on my already blazing fire, a Welshman from **Ystradgynlais** - my home village!! A double whammy! You can understand why I was hyperventilating by the time my flight was called. My fury lasted all the way across the Atlantic so much so that I totally forgot to be afraid of flying!

Hefina Phillips.

.P.S. I wonder if the women of Ystradgynlais will be wearing the burkha next time I go home???

I wonder why **so** many of us, terrified of flying, **travel so much**? May be the Welsh women amongst us are made of the same stuff as Jemima and Becca??

The Toronto Welsh Male Voice Choir presents the **St. David's Day Concert ~ Cyngerdd Dydd Gwyl Dewi** on Saturday, March 1st, 2008 at 7:30 pm. featuring the Northumberland Orchestra; Soloist, Shannon Mercer; Merched Dewi; Organist, Clement Carelse; Carillonneur, Gerald Martindale; and Christopher Thomas, from CBC, as the Master of Ceremonies for the Evening's Celebration of Welsh Culture. Metropolitan United Church, 56 Queen Street East, Toronto, Ontario ~ Tickets: \$25.00 Contact: 416-410-2254 or www.ticketbreak.com or www.twmvc.com

St. David's Society Banquet will be held on Friday, February 29th. Cocktails ~ 6:30 pm. Dinner ~ 7:30 pm. Albany Club, 91 King Street East, Toronto Tickets: \$75.00 ~ 905-737-4399
myfanwy@rogers.com No tickets available after February 26th.

Remember – listen to CBC 94.1FM Friday, February 29th 9:00a.m. – 12:00 noon for your musical requests.

In Memoriam
Dioch I Dduw Am Fywyd Rhyfeddol O Dda.
Thank God for My Wonderful Life.

ELWYN MORRIS

Elwyn passed away peacefully on January 17, 2008 in his 87th year.

He was born August 27th, 1921 in Neath, South Wales.

In 1938 he joined Barclays Bank Ltd. in London. In 1940 Elwyn enlisted in the British Army and received his commission in April 1942 into the South Wales Borderers.

Following the service in India and Burma he was demobilized in 1946 and rejoined Barclays Bank. Elwyn was selected to join Barclays Bank Canada and in August 1947 he arrived in Montreal having sailed to Halifax on the Aquitania. While in Montreal he was a member of Westmount Baptist Church and was very active in the music programme there.

Due to subsequent amalgamations his career included services with the former Imperial Bank of Canada and Canadian Imperial Bank of Commerce from where he retired in 1985 as Assistant General Manager at the Head Office in Toronto.

Elwyn was a dedicated banker from the old school. His wry sense of humour, his Welsh sense of fair play and his cheerful outlook always held him in good stead. He forever reflected on the wonderful summers he spent in Porthcawl, the swimming, the picnics on the beach, Front Beach, Rest Bay, and Coney Beach and later on the friendships and times at Haven Green Baptist Church, Castlebar Road, Ealing.

Elwyn was very proud of his Welsh heritage and treasured the friendships made and the years spent as a member of Dewi Sant Welsh United Church. He was predeceased by his first wife Ivy (nee Mitchell) and his sister Margaret. He leaves behind his loving devoted wife Nina and daughter Anne of Burnaby, British Columbia.

On Sunday January 20th, 2008 friends and family gathered to celebrate his life in a memorial service in Dewi Sant led by the Reverend Deian Evans. The service was blessed with a delightful solo by Sheryl Clay and accompanied by maestro, Dr. Murray Black, whose music brought peace to our fragile hearts.

Following cremation his ashes were placed in the family grave in Highland Memorial Gardens in North York.

He will be forever in our hearts and forever missed.

Nina Morris..... Anne O'Hearn.

Change Of Address.

Please note, that when in Toronto the new address of Dr. Peter Thomas and Janet Thomas is; TH 16-20 Burkebrooke Place, Toronto M4G 0A1

Congratulations. Peter has fulfilled a lifelong dream by opening a Clinic in the Bahamas. He is now a Bajan Doctor. I'm sure Peter, that all the readers will join me in wishing you well. **M**

Robert Bruce was having problems with the computer etc so he has chosen a new e mail address.

bdcrbce@cogeco.ca Good luck with this one.

From the mouths of 6 year olds ;;;; Don't change horses, "until they stop running." Strike while the "bug is close." Don't bite the hand that, "looks dirty." Love all "trust me." The pen is mightier than the "pigs." Laugh and the world laughs with you, cry and you "have to blow your nose." No news "is impossible." Happy is the bride "who gets all the presents." A miss is as good as a "Mr." If you lie with dogs you'll "stink in the morning." A penny saved is "not much." Where there is smoke "there is pollution." Two's company three's "the Musketeers." Don't put off till tomorrow what "you put on to go to bed." You can't teach an old dog "new math."

Congratulations.

Dr. Anton Davies, (the son of E. Vincent and Margarethe Davies) is one of five new members who has been inducted into the University of Toronto's Engineering Alumni Hall of Distinction. Only 182 people have ever been so honoured in the school's long history. The awards are presented by the Engineering Alumni Association and the Faculty Council of the Faculty of Applied Sciences. Anton received his Ph. D in Mechanical Engineering at the U of T in 1977. This is a great honour for Anton who has played a major role in making Rowan, Williams, Davies and Irwin Inc. as successful as it is today. Anton travels around the world several times a year to give his expert advice and guidance to the planners of any and all the highest structures world wide. Congratulations from us to Anton and his very proud parents. **M.**

Congratulations.

Our congratulations go to Amira (nee Bajaj) Christie and Jerelle Christie on the birth of their son Kieran who came into the world at 2 pm on January 29th at the grand weight of 6lbs 9 oz. Within 2 hours of the birth, young Madison Freemantle dragged her mother Tara Siân in to see her new cousin. She has been talking to him for weeks!! New grandmothers Myfanwy and Phyllis Dennis and grandpa Ram were not far behind! It seems that the miracle of a new birth never ceases to amaze us all. What a gift from God it is when the wee ones arrive safe and sound into the world after their long journey. We wish young Kieran an equally safe journey through life. I'm sure that all the readers wish the young family love, joy and good health. **M.**

Who would have thought..... or Footsteps on freshly Fallen Snow..... on the last Saturday in January, we found ourselves without a key to Dewi Sant. I simply expected someone to say, "no dance practice!" There very cold, bundled from head to toe, hat over my ears, scarf doubled round my neck, long coat, gloves and boots, I suggested a hot drink around the corner. Brenda firmly announced that there was no time to waste and the next while saw us practicing new dance steps in the middle of the frozen parking lot!!. Robert who drives in from Burlington mention that it was worthwhile, and not a wasted journey. Should the key be forgotten on a rainy evening ,**Brenda** I own an umbrella. Cofion Cynnes. Yn gywir, **Jeanette Roberts.**

I recently received an interesting letter and some" pamphlets from Hadrian Evans now of BC. "This concerns a series of children's books called "**Jack The Station Cat.**" They are published in Wales and some have been translated into Welsh. For information go to <http://www.jackthestationcat.co.uk/> Lots of the royalties from the books go to local charities. As always I appreciate the work that you do with Y Gadwyn. It keeps me up to date on things at Dewi Sant as I am not able to get over to Toronto all that often. Thanks and best wishes to all at Dewi Sant." **Hadrian Evans.**

Recuperating.

John R G Jenkins sent in a donation plus news of his mishap. In early December he was involved in a car accident and spent several weeks in hospital. He is now at home although his trip to Ontario for Christmas had to be cancelled. **John we all wish you a speedy recovery. Bendith arnoch. Dewch yma yn fuan. M.**

We also send our love and best wishes to Catherine Otley who is suffering with an attack of shingles. We miss you at Dewi Sant. Hurry back, all WELL again. **M.**

We also send Owain Jones best wishes and prayers for a speedy recovery. **M**

Diarhebion Newydd. Y ceffyl siafft sydd agosaf at y chwip. I boen nid oes obennydd. Colli cof yw colli'r cyfan. Y llwfwyr sydd fwyaf bythygiol. Iar un cyw sydd fwyaf piwis. **Idwal Lloyd.**

Eithin.

Perthi o bren canghennog--y bagad

O bigau pur finiog;
I'w hadau man godidog
Yw llain bryn lle ni bu'r og.
Idwal Lloyd.

Cornel Fach Y Gegin.-----Kitchen Corner.

Salmon and Dill Frittata for Two

Ingredients. 1 teaspoon of vegetable oil. 1/3 of a cup of diced onions ½ teaspoon of crushed garlic. 2 eggs. 3 egg whites. 1/3 cup of low fat milk. Pinch each of salt and freshly.) ¼ cup of diced smoked salmon.

Method. Saute onions and garlic until lightly browned. Remove from heat. Whisk the eggs, egg whites, milk and salt and pepper. Add the onion mixture.

Add this new mixture to a well oiled pan and cook for 4 minutes or until nearly set. Dot the top with cream cheese and cook until set. Sprinkle the top with dill and salmon serve immediately.

Since smoothies are the "in" drink, how about these ?----->>> Peach Fruit Smoothie

1 cup of low fat milk ½ cup of low fat plain yogourt ½ small ripe banana 2 cups sliced frozen peaches 2 tablespoon s of honey.

Place everything in a blender and puree. No need for ice when there are frozen fruit.

Chocolate Banana Smoothie

2 cups of chocolate or soy milk. 1 medium-sized ripe banana. 8 ice cubes. Blend and serve.

LADIES ,I KNOW THAT YOU ALL cook and eat !! Soooo HOW ABOUT HELPING ME OUT HERE?? M.

Ontario Welsh Festival.....Crafts/Wares To Sell?

Are you interested in having a place to sell either crafts or other goods? The marketplace at the Ontario Welsh Festival may be just the right venue for you. The Festival this year is being held from **May 2nd to the 4th** in Stratford at the Arden Park Hotel. The marketplace is open Friday afternoon and all day Saturday and is the perfect opportunity for you to showcase your products. There is no table fee but a donation to the Ontario Gymanfa Ganu Association would be greatly appreciated. Please share this opportunity with any friends that might be interested. For more information and /or to register for a table, contact Betty Cullingworth at 416-486- 0432.

****Please be advised that the Church secretary's hours have been changed. Wanda will now be at the church only on Tuesday and Friday (all day) and on Thursday mornings. You already have been advised of Rev. Evans' revised schedule in the last Gadwyn. Should you need to get in touch with us, please leave a message and we will get back to you as soon as possible - either by phone 416-485-7583 or email - info@dewisant.com.

Thank you. Wanda.

(Please remember to all of you - copy me on my yahoo address also with any communication -

wndsweet@yahoo.ca *****

It is with deep regret that we announce the passing of Mrs. Anne Boswell. There will be more details later.

UCW. The UCW ladies are preparing a dinner on Good Friday. This is at 5.30, between the afternoon worship service and the Gymanfa Ganu in the evening. At the end of the night a te bach will be served. Please get your tickets in advance from Betty Jones 905 508 4961. Tickets are \$12. per person. Children \$5.

Myfanwy Bajaj / Chris Bailey. (Co Chairs.)

Gadwyn Donors.

Albert & May Hale; Dr. John Jenkins; Keith Davies; Phyllis McLeod; David Jones; Margaret Reynolds

To accommodate latecomers the Gadwyn has to be completely reformatted. Next deadline March 16th

