

## Thinking of Diane

*I'm sure all the Friends would like to join me in wishing Diane Walker a speedy recovery from her recent operation. We look forward to her return to work to continue the excellent work she does managing the Manor.*

## Forthcoming Friends Events

Fri 22 Mar – 7:30	John Lewis personal shopper - Talk (Friends £2, Guests £3)
Fri 19 Apr	Professor Bernard Knight – Forensic pathologist and historical crime fiction writer (Friends £3, Guests £5)
May (date to be arranged)	Flower Arranging
Fri 21 Jun	Quiz
Thu 5 Sep	Highclere (Downton Abbey) Trip – Pick up time to be confirmed (Friends £24.50, Guests £26.50) – use the booking form provided to reserve your place
Fri 27 – Sun 29 Sep	British Association of Friends of Museums (BAfM) Conference & AGM – Every individual member of any Friends Group who are part of BAfM (which FOLF is) is entitled to attend this event which this year is being held in Aberdeen. Includes an interesting mixture of visits and talks plus a civic reception and gala dinner. The theme of the weekend is "Innovative ways of sharing our heritage". Full details can be found at <a href="http://www.bafm.org.uk">www.bafm.org.uk</a> .



## 17<sup>th</sup> Century Recipes by Anne Gibbard

### *How to make a Frikese for Chickens*

Fley your Chickens and draw them, cut them into quarters, or thin slices, with the giblets and liver. Beat them well with the back of your cleaver and fry them brown with Butter. In the interim, provide sweet Herbs minced, Dates, the bottome of two or three Artechokes sliced all together, Mace and Ginger. Salt. Now your meat being fried, and the pan clean put in the Meat with strong Broth, Verjuice, and all the Ingredients prepared, and let it fry till all but a pinte be consumed; then put in half a pound of Butter, Sugar, scalded Gooseberries, a minced Lemmon, shake it well together, put tostes in the dish. Being garnished with Bread,

rasped and seared sliced Lemmon and scalded Lettuce quartered. Sippit it (put it on the toasts) and lay Lettuce, scalded Gooseberries, and boyled Asparragus on the meat and serve it up hot.

*SOURCE: The Art of Cookery Refined and Augmented*

## ***A Visit to Llancaiach Fawr***

*By Bernard Rostron (BAfM co-ordinator for the North West and BAfM Journal News Editor)*

Beryl and I have just arrived home from our first exploratory visit to South Wales. Naturally we took the opportunity to visit Llancaiach where we met Jean Prichard working hard in Reception. Because of the number of children to be served, we did not get much time to stand and talk, which is a great pity. However she made us very welcome.

We joined a party of school children on their tour of the hall and it was fantastic! They asked lots of questions, some that had been pre-prepared but others that had their teacher blushing. The guides took it all in their stride and were absolutely brilliant, both in the depth of their knowledge and in the way they presented it. Although I forget their names we met the Surveyor, the Dairy Maid, the Under Cook and the Bed Chamber Servant who also introduced us to the armoury. They were so eloquent in their use of the period language that they never deviated from it. We found ourselves being drawn into it, then having to revert to "modern speak" to order lunch.

We were very impressed by the beautiful visitor facilities and the cottage gardens - next time, we will come before the gardens start to fade into Autumn. We even saw a wedding group arriving in a white coach drawn by two fine black horses.

All in all a really wonderful day. Thank you all.

## The Write Stuff

by Louise Griffith (Learning and Interpretation Manager)



We are lucky here at Llancaiach to have a multi-talented staff. Jean Prichard, Chair of the friends practises alternative therapies, Jonathon Polson, historic interpreter and Gary the Gardener are both talented musicians. Kezz Berry, Catering Manager is a qualified Counsellor and our General Manager is also an artist. But we also have a resident playwright - our chef Ian Robertson. Ian has had several of his plays staged, one of which was here at Llancaiach Fawr. His work is a commentary on the dark side of life in the Welsh valleys. He addresses some difficult themes including abuse and drugs but still manages to inject elements of black humour.

Ian's work is lyrical and character driven, reminiscent of Dylan Thomas. We have long recognised his talent but it would seem that his work is now being recognised at much higher levels. He was asked to submit plays to radio Wales and the Sherman theatre and this week received a call up from the Head of the Sherman for 'discussions'. We are hopeful that this is the start of something big for Ian and will keep you posted. Below is a short extract from his work 'Albert and the Earth Warrior'.

*"Kids are buggers for rhymes. Not for them mind honey laced laments; not for them the scented verse portraying the beauty of heaven, earth and soul. For out of the mouths of babes come twisted sonnets, concocted to punish and deride. Cruelty feeds the creative juices, their tongues lash hard till their victims shout 'mummy' and cower and cry. Albert was baptized in the prank ridden school yard, blessed and anointed with fists and stones and all those names that don't break bones but leave a child in ruins."*

## Dates for your Diary

For more details of all Llancaiach Fawr events, call the manor on 01443 412248, or go to [www.llancaiachfawr.co.uk](http://www.llancaiachfawr.co.uk)



### Manor House Events

Sat 9 & Sun 10 Mar	Antiques Fair with Amber Antiques – free entry to fair
Sun 10 Mar	Make Up and Mouseskin – 17th century beauty tips (Mums come in free)
Fri 29 Mar & Mon 1 Apr	Easter Eggstravaganza – farm animals, crafts and games for children
Thu 25 Apr – 7:30 pm	Evening of Mediumship with Bernie Scott – £10 (please pre-book)
Fri 3 – Mon 6 May	Quilting Exhibition – Ystrad Mynach quilters (£2 entry fee)
Mon 6 May	May Pole and Garden Games
Sun 26 May	Caerphilly Motoring Festival – classic vehicles at the Manor


### GELLIGAER HISTORICAL SOCIETY


[www.gelligaerhistoricalsociety.co.uk](http://www.gelligaerhistoricalsociety.co.uk)

A warm welcome is extended to Friends of Llancaiach Fawr and anyone else who wishes to come along to the monthly meetings held at Llancaiach Fawr (usually in The Barn) unless stated otherwise.

 Wednesday 27 Mar 7:00 pm – Dr Robert LI. Davies MBE - The National Parks of Wales

 Wednesday 24 Apr 7:00 pm – David Tolley - Moorish Spain

 Saturday 25 May (at Hengoed Baptist Church) - Open Day with talk by Dr Wyn James - Morgan John Rhys and his American Dairy

 Wednesday 29 May 7.00 pm – Iris Owens - Pontlottyn Murder in 1925

## Last Word – Gossip

The word gossip comes from the Anglo Saxon word Godsib (sib meaning a relative as in the word sibling). So a Godsib was a relative in God such as a godparent of either sex. By Shakespeare's time it had come to mean any close friend, particularly a female one who attended a friend in childbirth - presumably during which there was plenty of time for tittle-tattle. And so the word came to mean a person, usually a woman, who indulged in idle talk about other people and the verb to describe this activity. It was not until the 19th century that idle talk itself was termed "gossip." Since Tudor times the word has always been associated with women and so the person who said that "Women gossip, men pass on important information" is probably being sexist but also historically accurate!