

## WELSH CAKES

### Ingredients

- 225g (8oz) flour
- 2.5ml (1/2 tsp) baking powder
- pinch of salt
- 75g (3oz) Welsh butter
- 75g (3oz) sugar
- 50g (2oz) sultanas
- 2.5ml (1/2 tsp) cinnamon (optional)
- 2 eggs, beaten

Makes 10

### Method

- Sieve the flour, baking powder and salt together in a bowl.
- Rub in the butter and remaining dry ingredients.
- Stir in the eggs, then make a firm dough (use some milk if necessary).
- Roll out the dough to 1-2cm (1/4 – 1/2 inch) thick, cut it in to 8cm (3 inch) rounds and cook on a hot buttered griddle iron or in a heavy frying pan for about 10 minutes, turning when the underside is brown.

Serve warm with more butter if desired!



## SYMBOLS WITH MEANING

Every country has a national emblem. Ireland has its shamrock and Scotland the thistle, but a Dragon has to be the best of them! Of course, that's not the only Welsh symbol we have. The daffodil perhaps shows our softer side and there's always the leek if you get hungry!

Many symbols hold a deeper meaning. For Christians the empty cross points to the death and resurrection of Jesus. Jesus

explained his own purpose for living when he said, 'For God loved the world so much that he gave his only Son, so that everyone who believes in him may not die but have eternal life.'

If you want to know more about becoming a Christian or have questions about faith you'd be welcome at your local church or you can find out more at [www.stdavid.cymru](http://www.stdavid.cymru)



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# HAPPY ST DAVID'S DAY

## LET'S CELEBRATE OUR WELSHNESS

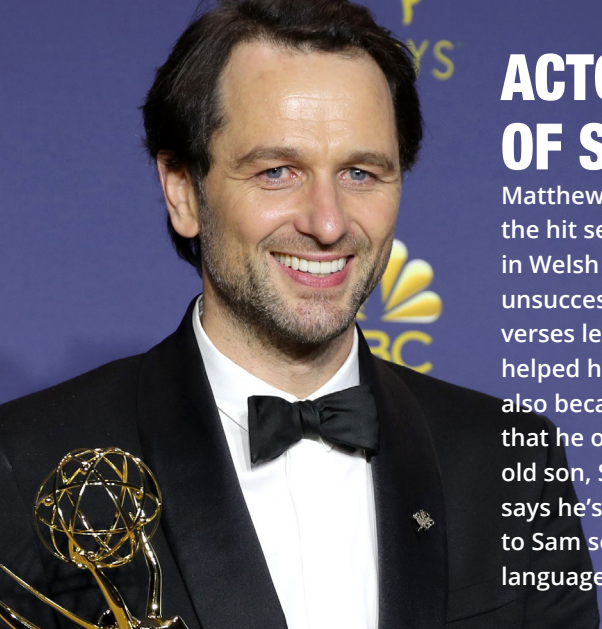
Meet Radio Wales DJ Mal Pope  
Welshcake recipe  
Dragons and daffodils  
St David's last words



**MATTHEW RHYS WON AN EMMY – WHAT HAD HE LEARNED TO MAKE HIM SUCH A SUCCESS?**

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## ACTOR'S SECRET OF SUCCESS

Matthew Rhys won an Emmy for his acting in the hit series *The Americans*. Later he tweeted in Welsh that competing successfully and unsuccessfully in eisteddfodau, and reciting verses learned from the Bible in church, all helped him to reach his goals. Matthew Rhys also became a father recently and has revealed that he only speaks Welsh to his two-year-old son, Sam. They live in New York but Rhys says he's determined to keep speaking Welsh to Sam so that he has a strong grasp of the language for life.

St David, patron saint of Wales, was a monk who travelled far and wide to spread the Christian message.

He promoted a lifestyle of simplicity. His monks rose at dawn to pray, and worked the fields pulling the ploughs themselves without the help of animals. They meditated as they worked – a 6th century version of today's *mindfulness* techniques which relieve the pressures of modern life!

David's last recorded words are reported by another monk called Rhygyfarch: 'Be joyful, and keep your faith and your creed. Do the little things that you have seen me do and heard about.'

St David was a follower of Jesus, who also lived a simple life. Although we don't know much about St David, we have eye-witness accounts of Jesus' life including fragments of documents written in the same century that Jesus lived. Jesus had few earthly possessions but promised that his followers would have 'life, and have it to the full'. Like St David, millions of people worldwide and throughout history have found the life they long for by following Jesus.

## ST DAVID'S LAST WORDS



## MEET RADIO WALES DJ MAL POPE

Tune in to BBC Radio Wales any weekday morning from 5am and Mal Pope's music and relaxed conversation will ease you into the day.

For most people the radio job would be enough, but Mal Pope has many more strings to his bow. This year Swansea celebrates its Golden Jubilee - 50 years since becoming a city.

'I've been asked by our main theatre The Swansea Grand to put together an immersive theatrical experience as a celebration,' he says. 'I've decided to base it on a musical I've written called "Amazing Grace" which tells the story of the 1904 Welsh Revival.'

### Musical roots

Music has been part of Mal's life since he was born in Brynhyfryd, Swansea, in 1960. Welsh hymn singing was a regular feature of family life. Sundays were chapel days and Mal would be in church much of the day. The whole congregation sang hymns unaccompanied and in harmony. It was the training ground for an extraordinary career.

When he was seven his older brother came back from a trip to Spain with a guitar. Mal borrowed it and taught himself to play. Within a couple of years he was writing his own songs. His talent was spotted by the late John Peel and by the time he was 13 he was signed to Elton John's record label *The Rocket Record Company*.

His career then took off as he mixed with the stars of rock and roll: Elton John, Rod Stewart, Ringo Starr and many other celebrities. He wrote songs for The Hollies and Cliff Richard, toured with Art Garfunkel, and reached the final of the British Song for Europe. He even had his own late night TV show where he jammed with the likes of Justin Hayward and the Bee Gees.

'My CV is so impressive,' he jokes. 'The only person whose name you won't recognise is mine!'

One of his best-known recordings is Fireman Sam's signature song, which is still screened in more than 35 languages and 155 countries. He was paid a one-off fee of £250 to record the song in English and Welsh and often sings it at concerts.

BBC Radio Wales has been a mainstay of his career and family and faith are still the backbone of Mal's life. He and his childhood sweetheart Hilary have four children and live in The Mumbles a few miles from where Mal was born.

Church and the Christian faith were a key part of growing up and learning to sing. Today he says, 'Life was very easy as a child, things were black and white. I see the grey much more these days, and I think you have a brain to question everything including your faith.'

But as he looks forward to Spring and lighter mornings he still comes back to the central theme of his Christian faith: 'The Easter story of death and resurrection give me incredible a sense of hope.'

