

Friendship Link & Action Group



Editor – Nick Cochran

Unit 5A, Stephenson Court, Priory
Business Park, Bedford, MK44 3WH

Telephone 01234 838884

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Forthcoming events

You should have received a programme of our planned events for the summer. Just to recap these are:

- **Member's Meal on Monday 11 June 2007** – This event kicked off the second year of FLAG, with exclusive use of the restaurant area, for a two course meal, at the White Horse Bar and Grill in Bedford.



It was a chance to get together, meet old mates and make some new ones. The venue was chosen for its accessibility and friendly atmosphere.

The event was very well received, with more than 30 diners enjoying the occasion.

- **Social Meetings**

- > Monday 2 July 2007
- > Monday 6 August 2007
- > Monday 1 Oct 2007

We have pre-booked the Putnoe Heights Church Community Centre for regular social evenings (6-10pm).

These nights include a meal and entertainment. You will be sent details of the meal and the entertainment nearer the dates. Please put these dates in your diaries, as these social evenings are the backbone of FLAG.

If you haven't been to one before, you will be pleasantly surprised. We are a friendly, easy-going group. Cost £5.00 (approx) per person, per event.

- **Cadbury World Tour on Wednesday 12 September 2007**

– Like chocolate? We are arranging a fantastic trip to Cadbury World, the winner of the large attraction of the year at the Heart of England Excellence Awards.

Birmingham's very own chocolate paradise, a unique place to indulge your senses. It is a fun, educational multimedia attraction dedicated to the story of Cadbury and chocolate.

If you have been before please note that Cadbury's have launched two amazing new attractions called Essence and Purple Planet. Essence is a travel back in time to discover the secret behind the creation of Cadbury Dairy Milk and Purple Planet is a trip to a space station where it really rains chocolate.

We are hiring a coach with wheelchair access for this trip and

have forty places available that will be booked on a first come first served basis. Cost between £20-£29 depending on uptake.

AGM

The first AGM of FLAG (Friendship link and Action Group) was held on 29 March 2007. A good turnout of thirty members attended to hear a report on the previous year and to discuss the future running of the group.



A suggestion from the floor was that a nominal membership fee be established and this was unanimously agreed. The committee agreed a fee of £5.00 per year, per person and £7.50 per couple. This will cover some of the administration overheads (postage, printing etc) and show a commitment to the group.

Successes of the previous year were the recruitment of over seventy members who had the opportunity to attend the nine social events (luncheon at the Danish Camp, Autumn Supper with Quiz; BBC Television Centre tour; Christmas Meal at the Priory Marina Beefeater; Fish 'n' Chip Supper with Karaoke; Cinema and Meal at Milton Keynes Xscape; Health Spa day at Whittlebury Hall; Guys and Dolls

Musical at MK Theatre; Murder Mystery Night and Meal) and a debate with representatives of the Disability Rights Commission.

It was proposed that the officers of the committee be re-elected en masse and this was unanimously approved. So the positions are:
Chairman - Nick Cochran
Vice-Chair - Brendan Gaunt
Treasurer - Scott Richardson
Secretary - Jenny Vaccaro
Vice Secretary - Ros Graham
(Jean Massen had resigned as secretary for health reasons).

Funding

As you may be aware FLAG was awarded £5,000 for its initial year. It was all spent on arrangements and subsidies on many of the events. We have applied to the Lottery Fund for a similar amount for the forthcoming year. In the event that we are not successful we intend approaching other sources of funding.

Whatever the outcome, rest assured that we are confident of providing quality events at very reasonable prices.

Flog It!



Have you got any household items that you want to get rid of? Any CDs you no longer listen to; clothes you no longer fit; things you are dying to see the back of.

If the answer is 'yes', we would like them as a means of making some cash for the FLAG by selling on e-bay and at a car-boot sale.

We are also looking for a volunteer to become our ebay trader. If you have a bit of time to spare and fancy learning a new skill please contact the office. Don't be put off if you're not confident on computers, as full training will be provided.

Help manning the stall for a few hours at the car-boot sale would also be appreciated.

Murder Mystery Night

Those who attended considered this one of our most enjoyable social events.



It was a pity that many FLAG members did not attend. Perhaps because it was a Saturday night or perhaps we didn't clearly advertise the content.

The night was started with Fish n' Chips. We then watched the Totternhoe Players enact a short play set in a hotel, where one of the seven characters was murdered.

After a short interval for a choc-ice, the group split into teams of three to try and identify the murderer, the murder weapon and the reason. It was rather like an acted form of Cluedo.

To come to the conclusion each team could ask the characters two questions, which had to be answered truthfully by all the characters except for the murderer. Each member of the successful teams won a bottle of Italian wine.

Congratulations to the teams led by David Williams and Diccon Hall.

Drivers Wanted

We pride ourselves on always providing transport for those that have no other means of getting to events.



However we have a limited number of volunteer drivers and are looking for more. If you drive yourself to events would you be willing to pick up a group member?

Do you have a friend that may be interested in volunteering to drive? All expenses are covered at 40p per mile, plus free attendance to social meetings.

Wear the FLAG

by John Rowlands

At the AGM I witnessed both the open enthusiasm shown by those present to press forward and upward with both the activities and travels of our special group.

I thought I might make a suggestion that will help identify our group to others; create a common identity, and also help educate others around us, about our group and our enthusiasm to engage in activities and challenges that without our group would be difficult to achieve.

The suggestion is that we agree on a group T-shirt/polo shirt/sweatshirt, bearing our flag motif, which could be worn on outings, activities and functions. Also, this offer would be open to families and friends who wish to spread the ethos of our group, and in turn may encourage others to offer their services as volunteers or helpers.

This article is to find out how the group feels about this idea, the garment, colour and cost will be investigated if it has the support of the group, as will the opportunity for help and assistance from a sponsor.

If you feel that this would benefit the group please let either the FLAG committee or the Office team know. Or if you have your own idea put it forward, as this is our group.

Cheers,
John

Jenny's Tips **Enjoy your Sun Safely**

Wearing protection from the sun has never been more important. The climate in England has been getting increasingly hotter. As a nation of fair skinned people utmost care must be taken by young and old alike.

The highest SPF (sun protection factor) lotion that you can find and afford is essential. Apply it several times a day as body sweat dilutes its efficiency, as does chlorine in swimming pools.

A cotton T-shirt is best at the beach for small children as the sun reflects off the sea. Remember to wear a double dose of lotion and avoid the sun from 12 –3 pm when it's at its strongest and most damaging. Not using enough protection is a dangerous activity as melanoma is now as prevalent in the UK as in Australia and other hot countries.

Ladies remember that tanning is one of the most ageing and damaging things you can do to your skin so maybe the Victorian ladies with their

parasols were right to want to 'look pale and interesting'.

Tomato and Mozzarella Salad

Ingredients

- 2 large vine or beefsteak tomatoes (approx) per person
- 1 – 2 packs of Buffalo Mozzarella – available from Tesco's
- 5 – 6 fresh basil leaves
- 2 red onions or 5 spring onions
- Virgin olive oil
- Salt
- Ground pepper

Method

1. Wash tomatoes, basil and onions
2. Thinly slice tomatoes into circles and lay them on a plate
3. Thinly slice the onions into circles and lay them on top of the tomatoes
4. Season with salt and pepper to your taste
5. Drizzle with Virgin Olive Oil
6. Tear basil leaves (do not cut as oil from the leaf is only released when torn)
7. Sprinkle torn leaves on top of the onions
8. Cut open packet of mozzarella and drain waste away
9. Slice into small pieces and sprinkle on top of the salad

Buon Appetito

