

AD HOC

AGE CONCERN CLS NEWSLETTER

Welcome to our first newsletter, in this bi-monthly publication. We will be letting you know how we are getting on setting up this branch of AGE Concern CLS.

We now have our phone line up and running; 634315289. This will normally be manned from 9am to 5pm weekdays; other times there will be an answering machine, where your problems will be dealt with as soon as is possible.

We are at the moment looking for volunteers for various jobs, including:-

- joining the lifeline team (training provided);
- joining the fundraising team;
- even if you can only spare a few hours or days a week, come and have a chat.

Another way you can help is to become a friend, whereby you give a yearly donation of a sum of your choice, and in return you will receive this newsletter by email, you will be first to know of any up and coming events, and as a friend, you will be entitled to a 10% discount on ticket prices.

You will be among the first to be told of any Age Concern projects and success stories, and any input from friends would be gratefully appreciated. If there is an area that you think needs our attention your input would be greatly appreciated

If anyone needs advice, we will try and help or put them in touch with someone that can help.

Also we plan to include a recipe each edition, a few jokes, a crossword, and anything else you feel is of interest.

If you have had a good meal and want to recommend a restaurant or wine bar; tell us. This is your newsletter as well as ours, so any budding writers who would like to write a short story, go ahead, we would be happy to include it. Any photographs of places visited or anything that you think might be of interest to others, send them in.

Any classes that you think others might be interested in: hiking, rambling, canoeing, painting, cycling, photography, yoga; just let us have the contact details and we will include them in our next newsletter.

FUNDRAISING EVENTS

Our next event will be a night of nostalgia.

ROCK 'N' ROLL

50's & 60's

DRESS UP or come as you are !!!!!!!!!!!!!

PRIZE FOR BEST DRESSED.

Disco by Colin Wood, an expert on that era !!!

Saturday July 7th from 8pm onwards.

- At Pena Arrebato (old Pago Hall) Camino Juan Cebado tickets 9€
- To include chicken and chips or veggie pizza and chips plus first drink beer/wine or soft drink
- Ticket number enters you into the raffle.
- Also prize for best outfit (optional.)

Tickets available from June 1st. to reserve tickets tel: 695498347.

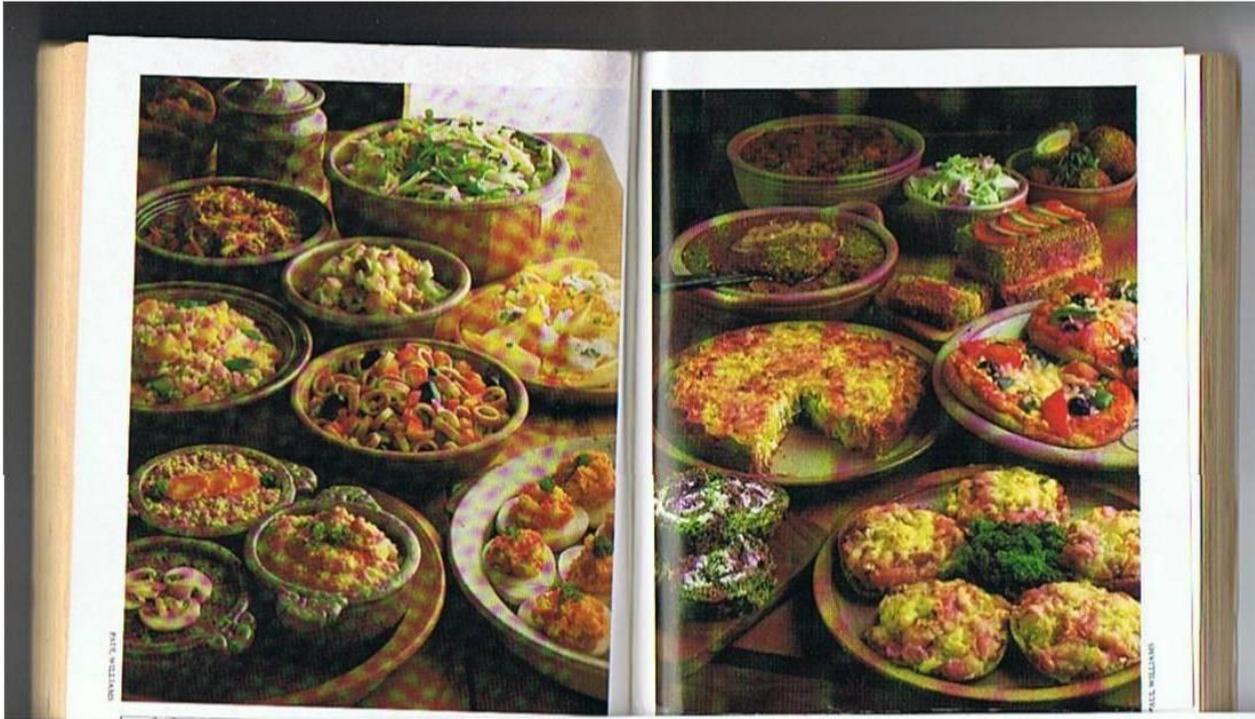
Our next event will be in September, we will give details as soon as possible.

In the meantime we will still be doing our boot sale, at Casa Curro, so watch the fundraising thread for Age Concern CLS on www.mycadiz.biz

Thank you for supporting this charity.

RECIPE

RUSTIC QUICHE.



Ingredients:

1 egg for glaze
3 tablespoons olive oil
15g butter
2 large Spanish onions finely chopped
3 teaspoons grainy mustard
300g new potatoes, cooked and sliced
85g mature cheddar, grated
200ml crème fraiche
2 eggs
1 clove garlic crushed
ground black pepper

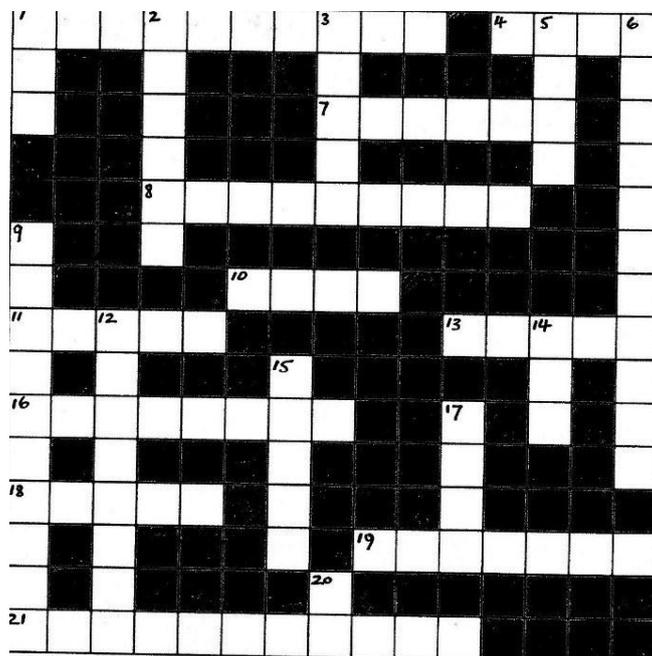
Method

- Preheat oven to gas mark 6 - 200c
- Roll out the pastry into a round about the size of a large dinner plate
- Line a non-stick baking tray with parchment
- Put the pastry on the tray and into the fridge for 10mins to relax
- Meanwhile, heat the oil and butter in a pan, add the onions and fry gently until lightly brown and soft, add the mustard, season with pepper and allow to cool.

- In a bowl mix together the crème fraiche, eggs and garlic and season with black pepper.
- Pile the cooled onions onto the pastry leaving a border of around 5cm around the edge, top with the sliced potatoes, spoon over the crème fraiche and scatter the cheese over the top. Carefully fold up the pastry border to create a rustic edge and brush the edge with egg glaze.
- Bake for 35 / 40mins until the pastry is crisp and golden brown
- Serve with a lovely crispy salad

AD HOC CROSSWORD

THE PROFESSOR.



Across:

- 1 & 2 Dn Loveliness flutters by south London 10,6
 4 Weighty service? 4
 7 Primate and historian 6
 8 Charge at Waterloo 5,4
 10 Explained soundly in law school 4
 11 Gas in oxen on the hoof 5
 13 Either way, how to address a lady 5
 16 Canine timepiece for the evening duty 8
 18 Way in for a watchman leaving the south 5
 19 It's the end coop for this dog 7
 21 Do we hear that this dog can fly? 4,7

Down

- 1 Short officer in the saddle between two peaks 3
 2 See 1Ac
 3 Lord made the Greeks lose their marbles 5
 5 Italian river in far north 4
 6 Madrid water supply a haunt of pirates? 7,4
 9 SHREB 5,5
 12 O try a gun of no value 8
 14 The mother of all barrages 3
 15 This is 1+3+12+21+5 1,4
 17 We hear the work of a poet in debt 4
 20 Expressing an alternative for heraldic gold 2

PAGO PEDAL PUSHERS

The PPP are a small cycling club based in Pago del Humo. We enjoy the company of all ages from 4yrs.-73yrs. We cycle locally and further a field and have found a great variety of quiet roads and tracks.

We are not a serious group and enjoy plenty of coffee stops and a final beer stop. We had an away day for our first anniversary to the Via Verde, it was a lovely day with stunning views and good company; partners of some of our riders were there to meet us at the half way stop for a very well deserved lunch.

Next week we have a group of guys coming over from England to join us, they are actually cycling from Malaga to here via the scenic route and spending a couple of days with us before returning to England. Age has no boundaries as the average age of our visitors is 65.



HINTS 'N' TIPS.

Ask anything and we will try to help !!!!!

I have loads of ant's nests in the garden, the sort of ants that bite, how can I get rid of them. I have pets so it has to be pet friendly. Pam, Chiclana.

Where can I buy cottage cheese, I've tried Eroski but I couldn't find any. Sid, Conil.

Where's the cheapest place to buy printer ink cartridges? Mary, Chiclana.

On the outside of my house, the paint is falling off, after the winter, does anyone know what to treat the wall with, so it won't happen again. John, Chiclana.

I would like to ask where to go to pay the car tax in Chiclana, now that all the offices have moved around Lost-in-space Chiclana

On this page you can ask any question or if you have a problem we will try to help or tell you where to go.

So if you have any advice to give, or any tips that you have found handy, or if you have solved a household problem yourself, then share your knowledge here with us all.

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This is your page, please contribute to it, anything you would like to ask or say.

Email-- accdlls@gmail.com

HELP GET THIS NEWSLETTER UP AND RUNNING.

EVENTS

EVENTS FOR MAY AND JUNE.

May 12th,

Age Concern CLS will have a stall at the Spring Fayre and coffee morning to be held at "Casa Valan", Camino Lago Ladoga, Chiclana.

The Fayre is in aid of two animal charities.

May 14th, Quiz Night, at Casa Blas,

Quiz hosts, master quizzers Julia and Colin.

Unfortunately this is the last one until October.

Periodically.

Bootsale stall at Casa Curro, loads of bargains.

We will always take donations for the bootsales, either leave with Jilly at L.H.D. or email or phone and we will collect.

June,

Bootsale stall, twice this month at Casa Curro,
please support us and the animal charities.

June 23rd

Rock 'N' Roll Night 50's & 60's Disco

by Colin Wood

Come and jive, twist, or dad dance, or whatever takes your fancy, it will be a great night out.

And the crossword solution is:

Solution:

Across:

1 (and 2 dn.) Camberwell beauty 4 Mass 7 Gibbon 8` Train fare 10 Tort
11 Xenon 13 Madam 16 Dogwatch 18 Entry 19 Podenco 21 Skye terrier

Down:

1 Col 2, see 1 ac 3 Elgin 5 Arno 6 Spanish Main 9 Mixed herbs 12
Nugatory
14 Dam 15 A clue 17 Owed 20 Or