

Nick Winter the Groups Co-Coordinator kindly came to the first part of our meeting when we discussed the continuation of the Foodies group. It seems the name will stick as we really are Foodies! Gillian Breen has kindly offered to be the E mail link at [gbreen@gmx.com](mailto:gbreen@gmx.com) As Nick pointed out it is better if we could have a group leader as the leader receives membership updates/details etc. So if any of you out there would like to be the group leader please let Gillian and Nick know as soon as possible. The 'job' is what you make it and you can get a formal description of the basic job description if you E mail Nick Winter [groups.coordinator@u3ajavea.org](mailto:groups.coordinator@u3ajavea.org)

Once a group leader comes to the fore he or she could then delegate. Here are some of the tasks:

- Note/minutes taker (We could all take our own notes if needs be)
- Attendance sheet, changes of E mail phone etc.
- Finding presenters
- Offering to present a topic or format for a meeting
- Monthly Newsletter update with a brief note about the meeting and details of the coming meeting (any changes in venue etc.) this is sent in font size 10 Times New Roman to Sue Bentley [bentleysinspain@hotmail.co.uk](mailto:bentleysinspain@hotmail.co.uk), with a copy to Sam Wells at [sjswells@gmail.com](mailto:sjswells@gmail.com). The group leader is sent a reminder and quite often the deadline is the day of our meeting though as in this month a week later.
- Foodies webpage updates, recipes, minutes, photographs. (Sam has done wonders, but without an army of helpers he could not put all the minutes, recipes etc. I have sent him since the webpage began about a year ago. So if there is a computer wizard or wizardess out there?)

Bear in mind the above are not compulsory, but some of these 'posts' help to keep things running smoothly and members informed, especially those members who are out of Spain for half the year a few months etc.

Aslam intends to start an 'umbrella' group which will focus on avoiding health problems and improving health through food. Our meetings have often touched on the healing aspects of food. Aslam had a long career in Medicine and has seen how many problems can be avoided and how medication can start a cycle of ailments. He will hopefully give a presentation to Foodies some time later in the year.

By the way oats, walnuts, apples, garlic and almonds, to name but a few foods which are good for controlling 'bad' cholesterol.

Some ideas for future topics are as follows:

Lunch /Dinner in 10mins. ; A tip of the day section in the meetings; My Favourite recipe; My Favourite Cookery Book and why. Cooking for One, Cooking for Allergies and Restricted Diets, could be topics (my pennyworth).

There will be a suggestions sheet on the Foodies Table for future topics, requests etc. Thanks to those who have offered to bring some goodies on the 30<sup>th</sup> June. Keep the recipes and expenses and Nick will give you a claims form or you can request one from him in advance

The "New Year" will begin on Thursday September 16th, 10.30am at the Javea Tennis Club. You just need to buy a coffee or water etc. as the room is free. Gillian and those of us who are around in July and August will meet at the Javea Tennis Club 10.30am on the Thursday 15<sup>th</sup> of July and the 19<sup>th</sup> August. We look forward to seeing you. Unless you hear otherwise the meetings will be on the third Thursday of the month. The Javea Tennis Club Bar/Restaurant is closed for a vacation in November, so an alternative event will take place, perhaps a stroll around the Thursday market in Javea Pueblo which was a great success last year

Apologies to those of you who received the same E mail more than once.

Anne mentioned WD40 as a great stain remover page down this site and someone else thinks it is great, along with some other useful tips. <http://www.mamapedia.com/article/how-do-i-battle-a-stubborn-spaghetti-stain>

As we were discussing the benefits of cider vinegar Gillian said she had heard that adding vinegar to her dog's drinking water eliminated the need for flea and tick collars. Seems people have various opinions for and against, see these sites.

<http://www.healthy-dogs.net/fleas.htm>

<http://www.thriftyfun.com/tf765565.tip.html>

Daphne L wanted a good recipe for old fashioned rice pudding. Anne M said 2ounces of rice round grain to a pint of milk, sugar to taste, grated nutmeg on the top, cook in a medium to slow oven stirring every half hour if drying too fast add more milk (Whole grain rice richer in fibre and nutrition.) Fine rice flour available in small packets from Mercadona can be mixed with milk and micro waved to produce a quick smooth dessert in seconds. Anne Beth told us how rice porridge is very popular in Norway on a Saturday afternoon liberally

sprinkled with cinnamon and sugar and dotted with butter, Myska said there is a similar way of serving it in Czechoslovakia, Mira likes to steep a vanilla pod in the milk and I think it was Ann B who recommended Delia Smith's handed down recipe see this site <http://offog.org/recipes/richricepudding.html>

We swapped ideas and tips on health and food, kitchen tips, gadgets and much more. I have gathered a collection of cuttings on various topics and will put them into folders for future us, according to the subject as best I can. The folders are quite big so if anyone would like to be the "Guardian of the Folders" I would be grateful, as I walk to the meetings. There another post of responsibility! Here I go again. Women are prone to this more than men!! (Oh but O love them)

*"Overly frequent use of the exclamation mark is generally considered poor writing, for it distracts the reader and reduces the mark's meaning.*

*Cut out all those exclamation marks. An exclamation mark is like laughing at your own jokes.*

*F. Scott Fitzgerald*" [http://en.wikipedia.org/wiki/Exclamation\\_mark](http://en.wikipedia.org/wiki/Exclamation_mark)

Daphne W told of her problems with a small Moulinex bread making machine, she has had 3 die a death on her and the wholemeal flour. Anne M felt the machine was not to blame, I looked up a few sites too and the best suggestion is to use 50/50 whole grain and regular flour may help ease the strain. Daphne is now on a great fitness regime called kneading dough by hand. (I will curb my desire to place an exclamation mark here)

Aslam told us about a cheap and cheerful effective vegetable/spice chopper he bought a few years ago for around 10 euros from a Chinese Shop, this site shows one which matches the nearest to his description, so keep your eyes open. [http://www.simplygoodstuff.com/salsa\\_chopper.html](http://www.simplygoodstuff.com/salsa_chopper.html)

Aslam also talked briefly on how we can learn from animals, B.barb could not resist voicing her desire to have a vet rather than a doctor, (Please do not read in any naughty ideas here) at least the former looks in you mouth if you complain of a sore throat rather than not making eye contact and leafing through their books to choose a prescription this site may be of interest. <http://www.squidoo.com/GuidefromInside>

Brenda Bates sent this site full of the nutritional value of cucumbers, as well as many tips and eco friendly uses for cheap and plentiful cucumbers

[http://www.associatedcontent.com/article/2899082/the\\_amazing\\_cucumber.html](http://www.associatedcontent.com/article/2899082/the_amazing_cucumber.html)

Margaret O'C mentioned this site for supplements; she finds the service very good.

<http://www.healthspan.co.uk/default.aspx>

Please remember I have no links with anything I mention, just passing on tips.

"The Butcher's Block" (with Carniceria in bold print on the window too, a little way nearer the turn towards the canal after Yorkshire Linen has been in business for less than a month and we are hearing lots of good feedback. Possible discounts on bulk orders, willing to make up bulk sausages to your taste and more. The young couple are really enthusiastic and 'sympatico'!

Several of you requested the banana loaf recipe, just enlarge the font size.

#### Banana Loaf

From Woman's Weekly Kitchen 1982

8oz plain flour 3 level teaspoons. Baking powder

4 ounces butter

5 ounces soft brown sugar

1 lb. bananas mashed

1 large egg

3 tablespoons milk

For the topping:

1 ounce butter

2 ounces crushed digestive biscuits crushed

2 level tablespoons sugar

½ level teaspoon cinnamon

2lb loaf tin, base lined and greased

Set oven to Gas 5 or 375F or 190 C

Sift flour and baking powder into a large bowl rub in butter until it resembles breadcrumbs. Stir in the sugar. Make a well in the centre and add the mashed banana, beaten egg and milk.

Beat well with a wooden spoon until all the ingredients are well mixed then spoon into the prepared tin and level the top.

In a small pan melt the butter, remove from the heat and stir in the biscuits, sugar and cinnamon. Sprinkle the topping evenly over the banana mixture and bake in the centre of the oven for ¾ to 1 hour or until firm and cooked.

Can be eaten as it is or buttered and will freeze up to 2 months.

BC's note I had a surfeit of bananas hence my choice. Lacked digestive biscuits but had a little collection of cinnamon ginger cookies from "coffee" outings. Blitzed them up in a food processor with a frozen croissant and omitted the melted butter and sugar.

So dear Foodies this is my last minutes but I look forward to being a member of the group and taking a backseat (with a big piece of plaster over my mouth I suggest)

Thank you once more for all your support and so glad the group will continue. Don't forget we always appreciate your feedback. Have you noticed the links with food in general speech/

Hasta luego Barbara x