

Newsletter 63 July 2020

Welcome from Chairperson

Hello Everyone

I hope you are all well and staying safe. It's been a long time since we had a newsletter (and a social event).



So glad we had our lovely fish and chip supper in February before this dreadful Covid-19 shut us all down and our thanks go to Dave Bush for the quiz he did.

Unfortunately our trip to SSSL has had to be cancelled this year. The French Chairman, Bernard and I, both agreed its better to be safe then sorry, but we will be going over to France next year when we will celebrate the 20th charter with wine and entertainment galore (be it a year late.)

Please be aware everyone must either redeem their air fare or change the dates themselves
Now for some good news.

We had an enquiry from Lucy Jones and the Porthcawl Runners who did a virtual run from Porthcawl to SSSL. Bernard 'received' them and they had a reception at the Town Hall, stayed too late and missed the ferry back until the next day, all had a super time! (all virtual of course) however we had some good write-ups in both the Seaside News and the Gazette and of course Rob put it on our website. We have designed a Certificate to present them with as soon as we can have a social evening.... Unfortunately we are unable to celebrate Bastille and Language day this year.

Rob has opened up zoom to us where the committee had a 'taster for things to come '!

SO now our AGM will be on zoom the 24th of July at 7pm.

Membership subs are due and we hope you will all renew your subscriptions.

For now *AU REVOIR*

Mary Emmment-Lewis



Recipe Corner

Salad Nicoise



Salade Nicoise originated in the French city of Nice. It is traditionally made of tomatoes, hard boiled eggs, Nicoise olives, anchovies and tuna fish and is usually dressed with olive oil. It has been very popular worldwide since the early 20th Century.

Ingredients:

- 450g/1lb fresh tuna or 4 x tuna steaks.
- 8 new potatoes, cooked and quartered lengthways
- 4 tomatoes, roughly chopped
- 115g/4oz French beans, topped, cooked and drained
- 4 little gem lettuce hearts, quartered lengthways
- 1 red onion, finely sliced
- 4 hard boiled eggs, cut in half.
- 6 anchovy fillets cut lengthways into thin strips
- 16 pitted black olives in brine
- 8 basil leaves, ripped up.

Dressing or marinade:

- 105ml/7tbsp extra virgin olive oil.
- 3 tbsp vinegar.
- 2 tbsp freshly chopped parsley.
- 2 tbsp fresh chives.
- 2 garlic cloves peeled and finely chopped.
- 1 tsp salt.
- 1 tsp ground black pepper.

Method:

To make the dressing or marinade whisk together the vinegar, olive oil, parsley, chives, garlic, salt and pepper.

Place the tuna in a shallow dish and pour over half of the dressing. Cover and chill for 1-2 hours to allow the fish to marinate. Mix from time to time.

Cook the tuna steaks for 2-3 minutes on each side in a frying/griddle pan, depending on how rare you like your fish.

Lay the lettuce leaves onto a large plate and add the lettuce, onion, tomatoes, potato, tuna, beans and anchovies. Drizzle over the remaining dressing then finish by adding the eggs, olives and basil leaves.

Bon appétit!

Ann Lee

Porthcawl and Saint Sebastien Town Twinning Association

PORTHCAWL TWINNERS

RECEIVE COMMUNITY AWARD.

The long narrow trestles and tables of the most ancient and venerable councils of Kenfig formed a fitting backdrop to recent Christmas festivities for Porthcawl and St Sebastien Town Twinning Association's Christmas meal.

His worship the Mayor Cllr Graham Walter started proceedings off by thanking members for their contribution to the life of the town. He then surprised those present by awarding the Society the prestigious Porthcawl Mayor's Community Award for twenty years of co-operation between Porthcawl and St Sebastien which our Chair Mary was delighted to receive on behalf of the association.

Next up was our harpist playing three Scottish ballads "Looking at a Rainbow through a dirty Window", The Duke of Fife's Return to Deeside" and everyone's favourite "S'Toigh leam fhin Buntata S'Im" otherwise known as "I like potatoes".

This was followed by the obligatory quiz and even more obligatory Christmas Dinner. Thank you to The Prince of Wales, Kenfig for hosting our wonderful event.

We normally run a full programme of events throughout the year and new members are always welcome.

Paul Winstanley



Couleurs Francaises!

Can you find these French colours?
Pouvez-vous trouver ces couleurs francaises?

- Bleu
- Jaunes
- Rouge
- Verts
- Blanche
- Noire
- Violet



v	i	o	l	e	t	h	b	v	r
q	t	w	e	r	t	s	l	f	o
o	p	a	y	e	y	d	e	y	u
k	a	z	x	v	p	w	u	f	g
j	a	u	n	e	s	o	p	n	e
r	t	i	o	r	f	b	s	o	e
e	g	u	j	t	e	g	q	i	r
q	s	g	g	s	r	b	l	r	t
a	e	d	n	v	b	b	y	e	o
b	l	a	n	c	h	e	o	l	i



Forthcoming Events

Our AGM will be held on July 24th at 7pm via Zoom. Please see email with link.

We are hoping that our postponed trip to France will take place next year, dates tba.

Membership report

Dear Fellow Twinners

We were saddened to learn that Maureen Howells, a founding member and strong supporter of the Town Twinning association has died recently. We send sincere condolences to her family and friends.

July 1st is upon us ie the day on which subs are due, Around a quarter of our members now pay by standing order and should you wish to do so you can download a form from our website; it does make things easier. However, it is appreciated that some prefer to pay by cheque or cash. That's fine especially if it is done promptly! The rates remain the same.

There are clear joint winners of the gold award for the first to pay beating those who will be paying by SO on July 1st. They are our loyal prompt payers, Keith Saunders and Cathy and Dave Bennett and family. Felicitations!

Should you have any queries please ring me on 01656 772896.

Postal payment to 29 Chestnut Drive.
Porthcawl CF36 5AD .

Nous nous reverrons. sais pas ou sais pas quand mais

Amities

Dave Bush Membership Secretary.

LOCKDOWN RUN



It's been a long time since Porthcawl Runners have been able to meet up and run together. We know that running supports our member's health both mentally and physically so we've been trying to think of ways to stay motivated and keep running 'together' while we're apart.

Last month we decided to complete a 'virtual relay' to Porthcawl's Twin Town of Saint Sebastien sur Loire in France!

The 2002km journey started early on Monday morning and saw us reach Dover in time for the first ferry on Tuesday morning. Then after a hot day's running we arrived at our destination on Tuesday evening - just in time for a welcome party hosted by Bernard du Soulier, the Chairman of the SSSL Town Twinning Committee! A bit of a slower start on Wednesday (maybe something to do with the amazing virtual hospitality) saw us just miss the last ferry but we set off early on Thursday and arrived back in Porthcawl just before dusk.

119 of our runners took part and some even dressed up for their leg. All in all it was a great week and we're hoping to arrange an actual visit in the future.

Lucy Jones

