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Moving between countries is often exciting but full of challenges. One of which can be making your UK pensions and investments work across both the US and UK tax systems.

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I can help you: from reviewing your short and long term Pension options, managing your investments through to tax & estate issues in the UK and US. I can also refer you to US contacts with cross-border experience.

A 30 min call-back or initial email exchange is free for SBC members. Call IAN MANWARING on +44 (0)1952 850359 or you can email me at: uk2us.wealth@btinternet.com

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BritClub News



Sarasota British Club
P.O.Box 21063
Sarasota, FL 34276

Board of Directors

President:	Sue Ford	751-3811	sueford47@yahoo.com
Vice President	Doug Schuler	753-4589	
Past President:	Gary Lee	706-1172	glee01@verizon.net
Treasurer:	Eileen Schuler	753-4589	emkbentley@gmail.com
Secretary:	Mary Shelley	244-2288	dhydrangea1@aol.com
Membership Chair:	Kathy Curtin	379-9861	kathrmcurt@msn.com
Newsletter/Website:	B. Thompson	388-8018	lakewood2@gmail.com
Director at Large1:	Edith Edmunds	925-4077	Sgt2484@verizon.net
Director at Large2:	Shona Burtner	925-0462	skburtner@hotmail.com
Director at Large3:	Glen Stillwell	201-6324	Sstil10289@aol.com



BritClub News

February, 2012 Sarasota British Club, P. O. Box 21063, Sarasota, FL 34276 Vol. 12, Issue 2

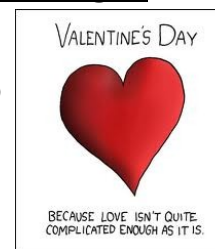
Coming Events

Board Meeting —Thursday February 9th

@6:30 p.m. at the home of . Norman and Mary Shelley
Members welcome but please call ahead, see Page 16,
as space is limited.

Valentine's Supper & Dance Night—

Saturday February 11th, at the
Southbay Yacht Club at 1400
Southbay Drive Osprey, FL 34229
6pm-10pm; Members \$15; Non
Members \$20...Sorry no paying at
the door. Send your check payable
to the Sarasota British Club to
Eileen Schuler 102 Tidewater



Drive, Bradenton FL 34210. Closing date on taking
reservations is February 8 .

Come along and enjoy a delicious Gordon Ramsey's
Cottage pie supper + dessert and dance to the music of
the 50's and 60's played by Roger Hess DJ Services.
Bring along your own wine & glass. Sodas & water
provided by the Club. Make this a fun night by dressing
in the fashion of the era—this is not compulsory; but it
will just add to the evening if you're so inclined. We
are limited to 80 persons for this event due to the Yacht
Club's insurance policy; and we are already halfway
there. So don't delay—get your names in .

We look forward to seeing you.

Horse Racing Trip— Sunday, March 4. to
Tampa Bay Downs, Page 7 for details.



April Charity Jumble Sale—April 7th

If you have anything to donate and/or may be willing to
help staff the stalls, please contact any member of the
Board. More details of this event to follow.

Theatre Visit — Wednesday April 25 to see

"The Full Monty" at the Players Theatre, Sarasota.
Come along with a group of us to enjoy the American
musical version of the film on preview night .
More details next month. Contact: Jane Thompson
lakewood2@gmail.com, (941)388-8018

Art Gallery Visit—Your Board is planning a trip
for members to the Raymond James art collection in
St.Petersburg. Details to follow.

Our website is www.SarasotaBritishClub.com

From here you will find local information, Club news, coming events, photos from past events and many past newsletters .

Letter from President Sue Ford

Let me ask, "How many of you men felt the effect of the Full Moon at the start of January with Venus in Aquarius?" If it had an effect on you, it should have given you a romantic outlook toward your partner, thus giving you reason to get active and enjoy the year ahead. I would imagine there are a lot of you men who cleared out the garage, gaining you many house points.



As for us females, how did the New Moon at the end of January with Mars in Virgo effect us?. As always, we are expected to do our own thing as well as a million other chores for everyone else. You could be feeling somewhat worn down by now, so thank goodness the men cleaned out the garage, taking one job off our shoulders.

Let's see what is happening in our Club this month. The Club seems to be growing in numbers monthly. This is great... although having larger numbers creates it's own difficulties.

We will need venues that are able to accommodate our growing numbers. If you have knowledge of a good size club house to rent, please let us know.

Very noticeable this month within days of the newsletter being mailed out, members were emailing and phoning in to sign up for coming events. This is so helpful to us - thank you..

February is an action-packed month. Make sure you don't miss out on the fun. If anyone has any ideas or articles to go into the newsletter, please send them to Brian our Editor, or Kath our Members' Secretary.

Their Email addresses are on the back page.

Looking forward to seeing many of you at this month's events.

January Board Meeting Precipis

Meeting held at the home of Brian and Jane Thompson. Treasurer's report shows a balance of \$6,269.51. Currently 251 members. Advertising in the SBC newsletter was the subject of a discussion regarding the pros and cons of allowing it to continue. It was decided to let the current ads run their course and not take any more. Seventy-four people attended the 'Coffee Morning' in December. The December 17th Christmas Party was deemed a great success by the Board. The Heritage Oaks Country Club has been booked for this year's Christmas Party. President's Party will be at the home of Sue Ford on January 22nd, 2012. A 'Curry Night' will be at the White Horse Pub on January 25th. A Fire Station tour has been planned with lunch to follow on February 1st. February 11th will bring a Valentine dance at Southbay Yacht Club in Osprey. Horse racing at Tampa Downs, always popular, will take place in March. The celebration of the Queen's Jubilee in June is still a work in progress. A November cruise is being planned by Sue Ford. The April Jumble Sale will be held at the Sarasota Center of Light.

February Board Meeting will be held at the home of Norman and Mary Shelley on February 9th, 2012.

Submitted by

Mary L. Shelley, Recording Secretary

E- BLASTS

The Club has been occasionally sending out 'E-Blasts' to members to notify you of imminent events, but I know that one or two of you have not received them. The last one was on January 16th. If you have not seen one please let the Board know so that we can check that our email list is up to date and try to rectify it for the future.

President's Party 22nd January

We had 74 members, if not more, attend the President's party at the home of Sue Ford. Everyone chatted and mixed as only the Brits can. It was a wonderful 2 hours. So much food filled the table ranging from a complete spectrum of delicious home made starters, main meals to quality desserts. No-one was left hungry, a cocktail of 'BucksFizz' accompanied the food. A 50/50 was held. Diana Bradfield won first prize of \$50 and Jim Hurley won second prize of \$25. Susan Ford would like to thank all of you that took the time to share in the start to her one year Presidency of the SBC.



SBC President Sue Ford greeting the guests. Thank you to David Brading for the photos.



Locations to Hold Our Events

We put out a call to all members who could offer their clubhouse as a location for a Sarasota British Club (SBC) events, and members have generously responded. So... A BIG THANK YOU TO ALL THOSE INDIVIDUALS. The Board will be busily organizing and coordinating events for those locations at our monthly meetings—we'll keep you posted. This keeps our events affordable to all members, and adds diversity for our get-togethers. The SBC will cover overhead charges, and our members generously volunteer to help with the set-up and clean-up. If other members can offer their clubhouse, please contact sueford47@yahoo.com with suitable dates and locations. Thank you for your support.



BUSINESS GLIMPSES: We would like to hear from our members who have found their business niche in and around Sarasota. If you would like to write to us, we'd enjoy catching a glimpse of your business enterprise in our local economy. Your article can be sent to lakewood2@gmail.com, and we will select one 'Business Glimpse' each month.



November 10th - SBC Cruise for 2012.

The "Carnival Liberty" - Leaving the Port of Miami

The Carnival Liberty is a 4 Star ship going to Bahamas, St Thomas, San Juan, Grand Turks, with two days at sea.

Having already been on this particular cruise myself I am confident of its value and interesting island itinerary. Please email or call Sue Ford for booking information. For every 17th person booked we get a credit of one fare which will be divided between us. Last year we had 35 members join us. Lets' hope we reach a higher number this year.

Sue Ford

The Club thanks John and Hillary Drinkell at the **UPS Store** in Clark Road for printing this Newsletter. Please thank them by patronizing them whenever you can, and let them know you appreciate their support.



Property sales up 8.2 percent for full year 2011; prices stable

For the full year 2011, property sales of members of the Sarasota Association of Realtors® jumped by 8.2 percent to 8,224, achieving the highest level since 2005. The surge in sales was accompanied by stabilization in the median sale



prices, which now stand at \$155,925 for single family homes and \$156,800 for condos over the full year, and have not fluctuated much for the past 12 months.

Once again, the market has demonstrated that Sarasota is a destination of choice for many homebuyers. For the overall year of 2011, the resurgence in sales was dramatic, and represents a 44 percent increase over the low point of the downturn in 2008, when only 5,820 properties changed hands.

"This is really incredible news, and demonstrates how far this market has improved in only three short years," said SAR President Laura Benson. "Now, we also offer very affordable pricing. Combined with the high quality of homes and condos on the market, I think we clearly have the best values in Florida, without question."

Property transactions in the Sarasota real estate market jumped 7.3 percent in December 2011, compared to the November totals. Combined sales stood at 648, up from last month's figure of 602 and the October 2011 sales of 577. This sales resurgence has paralleled the drop in the available inventory, and put the remaining months of inventory in the range of a seller's market.

The December 2011 median sale price for condos recovered strongly to \$150,000 from November's figure of \$127,000. This was the highest level since August 2011. Condo prices have been fluctuating for several months, with the year-to-date median sale price at \$156,800.

For single family homes, the median sale price dropped slightly in December to \$160,000 from \$162,000 in November 2011. For the overall year, the figures have remained remarkably steady, indicating a stabilizing market.

"There is a real sense of optimism and excitement returning to the market," Benson noted. "Recent news of new home sales doubling in one community and setting records for annual sales in another are clear signs of the strength of the current market."

Distressed property sales continued to represent a higher percentage than normal in the local market for the fourth quarter of 2011. In total, 41.7 percent of sales in the fourth quarter were distressed property sales (foreclosures and short sales). This was somewhat higher than the third quarter, when the overall percentage was 38.8 percent, but well below the market high of over 50 percent in the second quarter of 2010.

"Realtors® and consumers have adjusted to the market realities, and it appears that pricing in all categories has become more reflective of the current conditions," said Benson. "We continue to watch and hope for a break in the distressed property cycle, and we anticipate the improving economy and lower unemployment rate will eventually bring these figures down to lower levels. The positive side is that our market offers incredible buying opportunities that won't last long."

Jane Ebury

Real Estate Professional

RSVP Real Estate Inc jane@relocatesarasota.com

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Currency Update for January 2012

December's UK retail sales figures helped the pound, this month. Sales rose by 0.6% in December and 2.6% for the year. In the first month of 2012, Sterling has seen volatility against the other major currencies. Although the pound has recovered from its low of 1.5308 to the US dollar on January 17th, with a high for the month of 1.5630 on January 5th, we are still far below last year's numbers. With speculation of spending cutbacks from the Bank of England this week, it appears we may see little change in the overall downward path of Sterling. The US dollar appears to be returning to its safe haven status and the Euro remains in a state of unrest. With 8 countries in the Euro zone being downgraded by Standard and Poor last week, it would appear strong bond sales and a resolution to the Greek restructuring are needed to save face.

Stateside, the US government is slated to unveil the new Bank Secrecy Act at the end of this month. Due to the changes this will impose on US banking regulations, sending money to and from the USA can be difficult. The expatriate community looking to send funds back to the UK or receive their pensions may begin to encounter challenges in the exchange

and transfer process. Moneycorp is pleased to announce, we can still help with your currency requirements. With a dedicated office in Florida – in addition to our London headquarters – Moneycorp specializes in currency exchange and international payments. We can help you transfer your money at the right time, in the right way, when rates are in your favor. A personal Account Manager will always be on hand to provide expert market guidance – completely free of charge and our new online platform provides greater convenience to our clients.

Even better – as a member of Sarasota British Club – you get free transfers, a saving of £15 per payment

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FX update 1/23/2011 from Moneycorp



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* Brochures/Newsletters

Clark Rd. & Honore Ave. Next to PUBLIX

M - F 9 - 6 Sat 9 - 2



**Introducing new members
Janet & Andrew Keighley**

I am originally from Bradford, Yorks, my wife Janet is from Leeds.

We have applied to bring over our two elder children, James (30) and Laura (26). If they remain single they shouldn't have to wait 11 years as we did!

We are looking forward to integrating into the community. To help me do this and as an introduction to the Club, I have a limited number of discounts that I can apply to printing work for Club members through January.

Further work information can be viewed on my Linkedin site. www.linkedin.com/andrewkeighley

We moved south to Olney, Bucks 19 years ago through a work transfer. I work in the printing industry as a Sales Director. We got our Green Cards through a family sponsorship in November 2010 after an 11 year application. My wife's parents have lived in Pinellas County for 20 years.

Janet and our youngest son William (22 years) came over to Palm Harbor, FL in May 2011. I stayed in the UK to assist in the handover to my replacement at work. Polestar UK Print are the largest print group in Europe, (well known titles such as HELLO, TV Times, Radio Times, Home and Garden etc etc.

When I knew that the move to FL was on, Polestar formed a working partnership with Coastal Printing, Sarasota, as I had clients in the UK that had a requirement for a US and UK print and deliver. I joined Coastal 17th October 2011 as VP National Sales.

We have been living in an apartment in Palm Harbor (4 hours commute each day) but we are now actively looking for a 4 bed pool house in the Sarasota area, we will rent initially for a year and look at buying when we get a feel for the areas. If anyone can help us with our search, it would be gratefully appreciated.

Janet was a Personal Shopper at Debenhams and House of Fraser in the UK. She is hoping to get work in the retail sector when she moves to Sarasota end January. She has been working at JC Penney whilst in Palm Harbor (I think she dreams of working in an English tea shop)

Family Tree Home Truths

A family reunion is an effective form of birth control.

Genealogists do it generation after generation.

Heredity: - Everyone believes in it until their children act like fools!

Old genealogists never die, they just lose their census.

Only a Genealogist regards a step backwards as progress.

Genealogists do it in the past lane.

Genealogy is chasing your own tale.

Adam and Eve probably found genealogy boring.

Add to your genealogy the fun, easy way—have grandchildren!

Genealogists: Time unravelers.

Genealogy is the only hobby where dead people can really excite you.

Words, Words, Words

If you wonder why foreigners are confused by the English (or American) language, and why children have questions about it, read this little poem.

When the English tongue we speak
Why is break not rhymed with freak?
Will you tell me why it's true
We say sew, but likewise few?
And the maker of a verse
Cannot cap his horse with worse?
Beard sounds not the same as heard;
Cord is different from word;
cow is cow but low is low;
Shoe is never rhymed with foe.
Think of hose and dose and lose;
And think of goose and yet of choose.
Think of comb and tomb and bomb;
Doll and roll and home and some;
And since pay is rhymed with say,
Why not paid with said, I pray?
We have blood and food and good;
Mould is not pronounced like could.
Wherefore done but gone and lone?
Is there any reason known?
And, in short, it seems to me
Sounds and letters disagree

RECIPE

I have cooked these a few times for SBC Board meetings and they have been well received.

Onion Bhaji

100g / 4oz Chick-Pea Flour or Gram Flour*
1/4 teasp Chilli Powder
1/2 teasp Turmeric
1/2 teasp Baking Powder
Pinch of Salt
1/2 teasp Ground Cumin
1 Large Onion, sliced **
1 Green Chilli, deseeded and finely chopped
25g / 1oz finely chopped fresh Coriander

Plain yoghurt to mix*** .
Vegetable oil for deep frying

How to make Onion Bhajis

- Sift the flour, chilli, turmeric, cumin, baking powder and salt into a large mixing bowl. Add the chopped coriander, onions and chillis and mix well. (I used a food mixer)
- Preheat the vegetable oil to 350°F.
- Gradually add enough yoghurt to the flour mixture to form a **thick** batter, mixing very well so the onions are well coated.
- Very carefully drop spoonfuls**** of the mixture into the hot oil and fry. They will float, so turn them over so they cook evenly all over until they are medium to dark brown. Remove on a slotted spoon and drain well on kitchen paper.
- Before serving, reheat in a hot oven at 450F for 15 minutes. This crisps them up a bit.

Ideal if accompanied with Raita. Try Raita made from grated cucumber and chopped mint in plain yoghurt..

Makes 10 -12

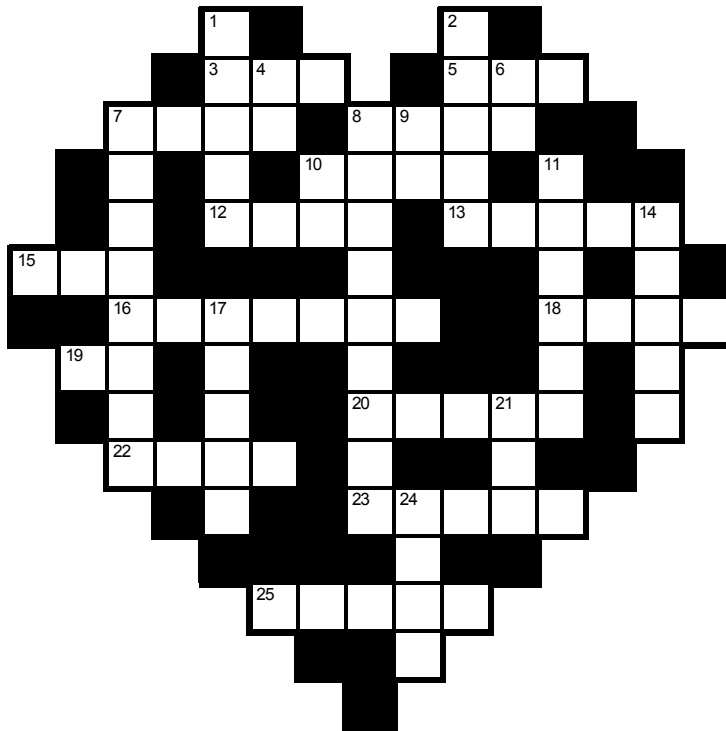
They freeze well.

Notes:

- *I have bought Chick-Pea flour in 'Fresh Market' and also India Bazaar (On SR41, 0.2 miles north of SR70 next to Rasher Tierney's Pub)
- **Thicker slices allow the onion to retain a bit of crunch but make it a bit harder to form a ball. Try to vary the thickness and length.
- ***Cold water can be used for the mix instead of yoghurt but is not as good..
- ****Form the shape of the mix between two tablespoons for more even-sized bhajis

Brian Thompson

A Valentine—Themed Crossword



Across

- 3 Cardinal number (3)
- 5 Possessive pronoun (3)
- 7 "If music be the food of ****, play on".(Duke Orsino) (4)
- 8 Osculate (4)
- 10 A best friend (4)
- 12 Flower stalk (4)
- 13 English candy (5)
- 15 Embrace (3)
- 16 Absolute euphoria (7)

18 Flower associated with Utah (4)

- 19 Gold (heraldic) (2)
- 20 Lover's meeting (5)
- 22 Grrek god of Love (4)
- 23 Love (Fr.) (5)
- 25 Flower (5)

Down

- 1 Birds associated with romance (5)
- 2 Sold in their millions on Valentine's Day (5)
- 4 Born (m.) (2)

- 6 Personal pronoun (pl.) (2)
- 7 Fashionable undergarments (8)
- 8 Ancient text on love matters. (9)
- 9 The sand fairy known as Psammead (2)
- 10 Country code of Montenegro (2)
- 11 Red wine (6)
- 14 Flower associated with Holland (5)
- 17 An old-fashioned term that means cuddling and a light kiss (or two) (5)
- 21 An old French coin (3)
- 24 Natural satellite (4)

Answers on Page 10



An English Eccentric

Professor Stanley Unwin (1911-2002)
Do you remember him?
He might well have said "Hi ho and a jolly welcodel to all you surfwide'n interwebber lopers. Here beholdy manifold things Stanley Unwinmost - all deep joy and thorkus for great laugh'n tittery. O yes." (from a website in his honour)
In a nutshell, that line encapsulates what most people would remember of Stanley. He managed to mangle English in a humorous way in his own language of "Unwinese"
To appreciate this glorious nonsense I recommend that you track down some videos of him in full verbal flight on Youtube.com.
He was born in Pretoria, South Africa of English parents and later moved to England where he had a job as a Morse code operator with the BBC from 1940. After WW2 he was a BBC outside broadcast engineer. While he was testing some equipment he started mucking about with some of his Unwinese. This was recorded and played back to some producers who put it on the air. This had a good listener response and he started appearing on radio shows 'Radio Ruffles', 'Early to Braden', 'Beyond Our Ken' and Eric Sykes's 'Gala Night' amongst others.
In 1968, he recorded the part of the Narrator on the 20-minute, six-track opus on Side Two of the Small Faces' ground-breaking 'Ogdens' Nut Gone



Flake' album.
In the '70s he appeared on numerous game shows, chat shows and TV ads.

He appeared in the movies:
Fun at St Fanny's (1956)
Further Up The Creek (1958)
Inn For Trouble (1960)
Carry On Regardless (1961)
Hair of the Dog (1961)
Press For Time (1966)
Chitty Chitty Bang Bang (1968)

His epitaph reads "Reunited in the heavenly-bode – Deep Joy"

He prepared his own valediction "*Goodly Byelode loyal peeploders! Now all gatherymost to amuse it and have a tilty elbow or a nice cuffle-oteedee - Oh Yes!*"

Bilode!: ('bye!)

Brian Thompson

Sources: Wikipedia and www.stanleyunwin.com

Do you have an idea for an article on a British eccentric? Send your idea or article to the Editor at lakewood2@gmail.com



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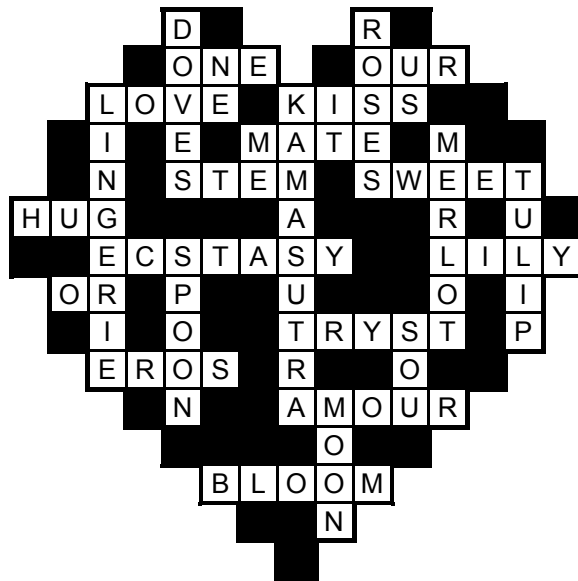
As markets and economies evolve so do an individual's needs, wants, and goals. Just as you rely on experts to safeguard your health, fix your home, and maintain your car, why not make the same sound decision with your financial planning and investments?

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Crossword solution from Page 6.



Don't forget that the Sarasota British Club is on Facebook. The Club's logo is the profile picture. Check out the numerous photos from recent events. Why not 'friend' us for another way of keeping in touch with the Club and its members. Why not add your event photos to the 'wall'.



Did you know?

The Club has a "Sunshine Club" which will send a greeting to a member when we hear of a special happy, sad or momentous event in their lives. Please let us know of such events, contact Mary Shelley, her details are on Page 16.

Sunday, March 4, 2012. HORSE RACING TRIP TO TAMPA BAY DOWNS RACING EXCITEMENT NEVER TASTED SO GOOD!

Sunday brunch in the Skye Terrace Dining Room with panoramic views of racing action. We will travel by coach to Tampa Bay Downs (pick up points in Sarasota and Bradenton)...and we will stay until we know the winner of the last race! Experience the thrill and excitement of thoroughbred racing. Members \$54 including brunch, coach fare, entrance fee, program, tax & gratuities. Non-members \$59. We can offer some seats in the coach for those interested in booking transportation only for \$25 Members and \$30 Non-Members. You will be responsible for entrance fees, etc. Hurry! Hurry! Book immediately.

This is a popular event and seating is limited! Please send your check payable to the Sarasota British Club to our Treasurer at 102 Tidewater Drive, Bradenton, FL 34210.

Any questions or to put your name on the reservations list, please contact: Eileen Schuler (941)-753-4589 or emkbentley@gmail.com.

Skye Terrace Dining Dress Code: Shorts and Skorts are not allowed. Gentlemen are required to wear collared shirts.



An offer to Members from a local Brit-owned business

The 4 & 20 Pasty Company opened in Sarasota October 2003.

With one simple mission— To create the most outstanding Pasties, Sausage Rolls and Pork Pies in the USA. Using only top quality ingredients, wrapped in buttery pastry, made fresh from scratch and offered carry-out Hot or Fast Frozen.

Good enough to make Britons proud of our special cuisine. Making a trip to Swift Road really pleasurable. Then the market was combed to search out Back Bacon & Sausages that we could be equally proud of, capturing the flavour of the UK. We would only settle on the authentic & excellent. Banger & Cumberland sausages from a specialist in Carolina, the best Back Bacon & Black Pudding. Consistently good as it gets! Then winter snowbird customers asked us to ship to them "back home".

A website was designed in 2005, proving so successful that customers' local stores started enquiring for wholesale supply.

After jumping through many hoops, USDA Federal Inspection as a Meat Pie production Plant was approved in 2008. Now 4 & 20 has brand stockists in 8 States!

We're very proud of our reputation and the good food we're able to supply. Both here and there. And equally proud of the customers whose support has enabled us to survive the economy for 9 successful years.

Many of you know us and we thank you sincerely. To show our appreciation to all British Club Members for a Happy Valentine's Day. Bring this article into the store before 28 February 2012 and a 25% discount off our marvellous baked goods is yours for the asking!

Just for you! 4 & 20 Pasty Company, 5638 Swift Road, Sarasota, FL 34231 Tel: (941) 927-1421 www.4and20PastyCompany.com

Come and Join the Club

The Sarasota British Club (SBC) serves the needs of its membership in the spirit of friendship and mutual support. This includes the planning, developing and overseeing of a social setting where members can meet and exchange interests. The SBC assists British newcomers in settling into the community, and provides British businesses with valuable networking and support. To join, please fill in the information below and send it with your check to: Sarasota British Club, P.O. Box 21063, Sarasota, FL 34276.

Name(s) _____
Address _____
City _____
State _____ Zip _____
Home Phone _____ Alt. _____
Phone _____ E-Mail _____

On your PC

Do you listen to music on your PC? All PCs come with Media Player which can be used to play your music CDs, but you can make it more versatile by “ripping” i.e. copying your CD library onto the hard disk. This means that your collection is stored in more than one place, always a good thing, but it also means that you can make disk copies (i.e. burning to disk) and turn your PC into your personal jukebox.. You can create playlists, for example all of one genre or artist or just play everything—selecting to play tracks in a specified order or randomly.

For help contact me at lakewood2@gmail.com
But there's more.....

You can download tracks, sometimes for free. Everyone has probably heard of the major players (sorry) such as iTunes and Napster but there are other options.

us.7Digital has 17 million tracks for download at approx. \$1.29, for example a new Coldplay album is \$8.99 (why would you want to do that???)

Emusic has 13+ million tracks and a monthly subscription from \$11.99 per month for which you get 24 tracks.

iTunes is probably the best known, with a collection that includes the Beatles. Tracks are 69c to \$1.29

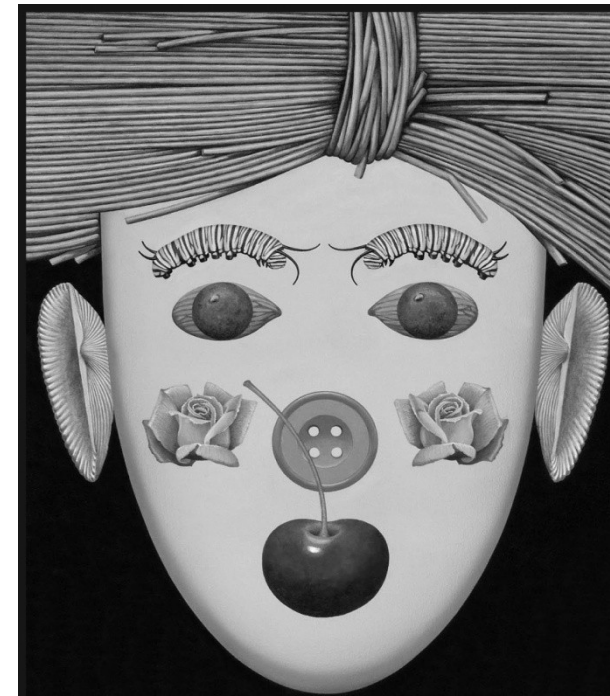
Napster, once illegal but now legit. \$9.99/month

Pandora, - turn your PC into a free jukebox, you choose the type of music and the site randomly plays a track in that genre. Further customising is possible and you can create your own stations. If you like a track, there is a 'Buy' button.

We.7 is free and a similar concept to Pandora Don't forget that you can listen to numerous radio stations including the BBC on the internet. For BBC.co.uk select the station and then 'listen now'

You might need to verify with the company that any downloaded tracks can be transferred to an MP3 player.

Happy listening!



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RECIPE OF THE MONTH

During a visit to England, a few years back, we stopped in a funky basement cafe in Covent Garden and had the most delicious soup. I was able to find out the recipe, and adapted it, and it's a firm favourite. I can eat soup any time and love them all. I hope you enjoy my version.

Cream of Tomato Soup

2 Tbsp olive oil
1 medium onion, chopped
2 lb tomatoes (can use canned, if using fresh be sure to peel them)
1 Bay leaf
2 cups chicken stock
4 oz goat/feta cheese
salt and pepper to taste
pinch of sugar (cuts the acidity)
1/2 cup heavy whipping cream

Sauté the chopped onions in the olive oil until golden, add the tomatoes, bay leaf and chicken stock, and simmer about 20 minutes, Remove the Bay leaf. Add the cut up goat's cheese and stir in until melted. Allow to cool, then purée in a blender or processor. Stir in the cream and reheat gently for serving.
4 servings
(A nice addition also is about a tsp of tarragon)

Recipe from Sandra Cherry, Union Jack food columnist, I welcome requests and comments and can be reached at Yourcupatea1@yahoo.com

