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BritClub News

January, 2009

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

Vol. 9, Issue 1

Coming Events

Board Meeting January 8 – 6:30 p.m. at the home of Sandra Cherry, 2930 Williamsburg St., Sarasota. MEMBERS ARE WELCOME, BUT PLEASE PHONE AHEAD AS SPACE IS LIMITED!

Garden Fete and Picnic January 24 – This event will be held from 1:30 to 5:30 at our new President's home located at 6708 Oak Hammock Drive, Bradenton, FL 34202. Come and enjoy a good old fashioned afternoon in the garden. Bring your friends and family, find a place under the trees and set up your picnic. There will be side stalls and games for enjoyment for all (children and adults), including "guess the weight of the cake" competition, a "Jester" roaming the fete with his card tricks and a fortune teller helping you into the new year ahead. In the event of inclement weather, the event will be postponed, as we are hoping for attendance greater than 150, a number too large to move into the house. Directions to Sue's house: From I-75, take exit 217A to SR 70. At the second set of lights on your right is the entrance to Braden Woods. At the first stop sign, turn right on Forrester. At the 5th turning on your right turn onto Oak Hammock Drive; you will see the flag by the mail box on your left hand side.

Golden Apple Theater February 14 – 'Sugar' is based on the Billy Wilder classic 1959 film 'Some like it Hot', lyrics by Jule Styne and Bob Merrill, book by Peter Stone. "Sugar" is a perfect toe-tapping, laugh-a-minute evening out. We have booked 20 tickets at a reduced rate thanks to our honorary member, Cliff Roles. For \$37.25 per person (including gratuity) you get to see a first class show with a buffet meal. Drinks, tea and coffee not included. As there are only 20 seats, you need to get your tickets early. Full payment is due by January 24th, 2009. Send your booking request and payment to Sarasota British Club, P.O. Box 21063 Sarasota, FL 34276.

Thistle Ball Alert March 7 – Members of the Brit Club are cordially invited to the annual THISTLE BALL presented by the Caledonian Club of Florida West. It will be held at the Laurel Oak Country Club with cocktails beginning at 6:00 pm. More details will be in the February newsletter but please mark your calendars now.

Murder Mystery Night March 14 – This event will be held at the Southbay Yacht Club at 7.30 pm. Bring a dish to share and BYOB. There will be a \$10 entrance charge to cover the cost of the room. This is going to be a fun night where you all get the chance to find the murderer. Cliff Roles will be the quiz master making sure that the night will be full of fun and audience participation.

BritClub News



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

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Our website is www.SarasotaBritishClub.com

From Our President

As 2009 begins "Change" is the new word. Hopefully, the changes will be taking us into a better environment, where we care about family, neighbors and friends, where we can look to the future with hope and pleasure.

As your new President, I hope to have the opportunity to meet and get to know each and every one of you. We (the board) have so many ideas and are looking forward to a full, fun year. Next month we will be inserting an "Activity" sheet asking you to mark the events you would like to take part in or be responsible for organizing.

My email is sueford47@yahoo.com. I will be very pleased to hear from anyone willing to take the trouble to contact me. God Bless you all and may the Angels always walk by your side.

Sue Ford

Do You Own Your Own Business?

For advertising, our rates are reasonable and an ad not only supports the club by its revenue, but may bring you more business. Many of our members make a point of trying to support British businesses, especially ones where the owner is a member of the club. Please consider advertising your business in our newsletter. Newsletter advertising rates (for club members only) are as follows: ¼ page \$15, ½ page \$25, full page \$40 per month. There is a 20% discount if you purchase your advertisements annually. Sale ads for unwanted items is \$10 for up to 3 lines of copy. All ads must be paid for in advance. Please send your camera-ready advertisements (jpg file preferred) by the 15th of the month to the newsletter editor, Rose Gillet, at 3219 24th Parkway, Sarasota, FL 34235 or email them to her at rosegillet@yahoo.com.

Thank You

The Club would like to thank the following merchants for their cooperation in spreading the good word about our Club by allowing *The Brit Club News* to be distributed in their shoppes:

Word of Mouth (3), Champions Pub, Tastefully British, 4 & 20 Pasty Shop, the British Open Pub, The Irish Rovers, The Coach & Horses Pub, The Open, McAllister's, Scot's Corner, Cafe Continental-Patisserie and Beckham's Osprey Grill. Please thank them by patronizing them whenever you can, and let them know you appreciate their support.

Rose's Corner

Naim' and I enjoyed seeing so many happy faces at the Christmas Party! I won a huge tin of shortbread and shared it with my church at coffee hour. They all said to say thanks!

If you have anything you'd like to see in the newsletter such as member articles, jokes, items of interest, please mail articles to me at Rose Gillet, 3219 24th Parkway, Sarasota, FL 34235, fax at 366-9248, email me at rosegillet@yahoo.com or call 366-9984. Closing date for the newsletter is the 15th of each month.

Rose Gillet, Newsletter Editor

December Board Meeting Précis:

Meeting was held December 4th 2008. Treasurer's Balance shows \$6,713.49 which includes payments for Christmas Party. Currently 182 paid up members. Reminder email sent out for Mothers Helping Mothers collection. Newsletters being distributed to local British affiliated businesses, will increase the count in January. Christmas Party plans in full effect, so far 103 reservations, assignments for board discussed. January 24th meeting planning a Garden Fete/Picnic at home of Sue and Roy Ford, hoping for typical British games and fun. February 14th meeting suggested attending a performance of "Sugar" at the Golden Apple, Cliff Roles has been able to get us a discount on ticket price. March 14th planning to do a Murder Mystery, with Cliff Roles. Caledonian Club would like to invite Sarasota Brit Club members to their Thistle Ball in March, British American Club also invite us to their holiday meeting. Will place Cliff Roles logo on the web site as he is so supportive of the Club. Nairn' presented 2 amendments to the By-Laws, basically one to remove a duplication, and another to remove the title Business Group Director, and resume with a second Director at Large. Next meeting to be January 8th at home of Sandra Cherry (*members welcome but need to call ahead due to space limitations*).

Thank You to Cliff Roles

Our good friend, Cliff Roles, gave our Christmas Party, and, by extension our Club, wonderful coverage in his weekly on line newsletter of December 15th plus a "talk-up" on his radio show of the same date. Much appreciated Cliff! Members who wish to know more about Cliff can log on to CliffRoles.com.

Would You Like to Join the Club?

The primary purpose of the club is to serve the needs of its membership in the spirit of friendship and mutual support, which includes planning, developing and overseeing a social setting for the membership, in addition to assisting British newcomers in settling into the community and to provide networking and support to the British owned businesses in the community. 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 _____

Email Address _____

Membership Type: Single \$25 Family \$35 (includes all children under age 18)

Stoved Chicken

This is actually a Scottish recipe, the name comes from 'Stovie' which comes from the French word 'etouffe', meaning cooking in a closed pot. In the 17th century there were strong Scottish and French links, with recipes overlapping. I love to use my crock-pot for this recipe, and it is easy to prepare ahead...a good, hearty meal.

2 Tbsp. butter	2 large onions, peeled and sliced
1 Tbsp. vegetable oil	Salt and Pepper
4 chicken quarters, halved	½ tsp dried thyme (or 1 ½ tsp fresh chopped)
2-3 lb. White Idaho type potatoes peeled and sliced	2 cups chicken stock (if using canned, decrease salt)
	¼ lb bacon cut up in pieces

Heat butter and oil in a large frying pan, and fry the chicken with the bacon until lightly browned. Place a thick layer of the potato slices, then onion slices in the base of the crock pot or large oven-proof casserole dish. Add seasoning and the thyme (don't overdo the thyme....it is a pretty strong herb). Dot with butter. Add the chicken and bacon. Cover with remaining onions, and finish with a layer of potatoes. Season and dot with more butter. Pour chicken stock over, cover and bake at 300°F for 3-4 hours until the chicken is tender and the potatoes are cooked. (Or cook on low in crockpot for 6-7 hours). Add more stock if needed. Yield 4-6 servings

(Recipe from Sandra Cherry, *Your Cup of Tea Inc.* and *Union Jack Food Columnist*. I welcome comments, recipes and suggestions, and can be reached at YourCupofTea1@yahoo.com)



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Interested? Contact Sue Ford

I recently attended a talk by Dr. J. E. Williams and asked him if he would do a talk for us at the Brit Club. He said he would. This could be a home coffee morning or, if the number is large, we can rent a room. The talk will be in February or March. I just need to find out what kind of interest our members have.

The 10 Top Anti-Aging Nutrients

The most long-lived people on the planet have high levels of specific nutrients, especially antioxidants, in their blood and tissues. To promote healthy aging and exceptional longevity, Dr. Williams, an international expert and author on longevity medicine and anti-aging therapies, will discuss what these nutrients are, what are the best forms to take and the correct dosages you need to live healthier, longer.

J. E. Williams, OMD, FAAIM – A pioneer in integrative medicine with over twenty-five years of experience, Dr. Williams specializes in anti-aging and longevity medicine. He has served as a professional advisor to national health companies, journals, medical groups, universities, and hospitals including world famous Scripps Health. He writes a monthly health column for *Positive Change* magazine, is on the editorial board of *Healthy Aging* magazine, and is the author of numerous scientific papers, articles on sustainable medicine, ethnobotany, biodiversity, and Earth-based spirituality, and is the author of four books: *Viral Immunity*, *Prolonging Health*, *Beating the Flu*, and *The Andean Codex*. Originally from California, Dr. Williams is currently a visiting faculty member at the University of Miami Miller School of Medicine, Division of Complementary and Integrative Medicine.

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Christmas Party, 2008

Our Club year ended in grand style with our annual Christmas Party at Heritage Oaks Golf and Country Club. One hundred and three of us dined on an excellent meal in an elegant room – the music by Natural Vibes got a big crowd on the dance floor. Congratulations to Sioux and Jim Hurley who won the Twist Contest.

Raffle winners were rewarded with a variety of fine prizes, presented by Father Christmas himself. Dapper Ed Arnold in tux and sporting a Union Jack bow-tie and Douglas Schuler, also tuxedoed added a touch of class. Together with Marcia Arnold and Eileen Schuler they warmly greeted arriving guests.

An event like this just doesn't happen. A lot of hard work goes into it, so a big thank you to our Board for all their efforts.

Terry Sweeney

Membership News

EMAIL ADDRESSES: PLEASE email me, Kathy Curtin, at kathrmcurt@msn.com or call me at 941-379-9861 if you have changed your email in the last 6 months.

New Members Geoff and Ruby Ryan are highlighted this month. Geoff has been in USA for about 35 years and he met Ruby on one of his trips to UK in 1992. They were married in 1995, and lived in Billericay Essex. Ruby had a position with Barclays and wasn't ready to give it up and move to the USA. Ill health forced Ruby to retire in 1998 but still she wasn't going to cross the pond. They both moved to Cyprus in 2000 (which Ruby loved) and they also had a home for Geoff in the USA. After 6 years of traveling between Cyprus and USA to keep up his Green Card, Geoff had enough and insisted they move here permanently. They moved to their little house in Port Charlotte together with 4 cats Ruby had rescued in Cyprus in 2006. They found the house wasn't really big enough for all of them and so they moved to North Port. They love it here and have found the perfect spot with super neighbors.

A year ago a friend approached Geoff about going into the travel business and the idea of a new venture actually had Geoff coming out of retirement to do it. It has been successful and they have met many nice people through it. Their website (mydollartravel@verizon.net) allows you to book flights, cruises, car rentals, golf packages, extreme sports, and concert tickets.

"Potheads"

A Clay Workshop by Helene Hirmes

March 28th 10:00 a.m. to 3:00 p.m. at Susan's Ford's home studio. Helene's commission sculpture of Barack Obama is being sold all over America. See the sculpture yourself at www.obamastatue.org. Helene is a fabulous instructor, for half the price you will pay at the Art Center, the day class is \$55 which includes clay firing and instruction. Check out her website at www.helenehirmes.com to read more. B.Y.O lunch.

If you are interested please email sueford47@yahoo.com. Space is limited and a 20% deposit is required with booking.

Japanese Banking News

According to inside contacts, the Japanese banking crisis shows no signs of ameliorating. If anything, it's getting worse.

Following last week's news that Origami Bank had folded, we are hearing that Sumo Bank has gone belly up, and Bonsai Bank plans to cut back some of its branches. Karaoke Bank is up for sale, and it is (you guessed it!) going for a song.

Meanwhile, shares in Kamikaze Bank have nose-dived, and 500 back-office staff at Karate Bank got the chop. Analysts report that there is something fishy going on at Sushi Bank, and staff there fear they may get a raw deal.

"January's Horoscope" by Susan Moonstar

Aries: Be ready for a surprise in the department of friends; "Venus" on the 4th contact seductive and compelling "Pluto" bringing love and compassion into your life.

Taurus: Influences from the planets help your ability to make decisions concerning joint finances; as always in these difficult times, be careful.

Gemini: Traveling for work or business will put you in the position of meeting someone new and extremely different; this is the time to expand your horizons.

Cancer: Joint expenses could put you in a bit of a financial bind; if you haven't got things sorted by the 11th talk to a professional.

Leo: You know what a power nap is? Get some. Several no-nonsense planets will move through Capricorn and your house of health and work, including aggressive Mars. Use the Mars energy in a positive way and come fighting back.

Virgo: Get prepared, your love life is going to hit its peak; if you are single its time to mingle.

Libra: You're known for being cooperative, easy-going and always willing to please; this month has you saying and doing things that are so out of character there will be a few raised eyebrows.

Scorpio: Financially speaking, a good time for making any major purchases. Don't let some-one else's stress get to you

Sagittarius: Five planets will be passing through Aquarius, your house of conversation. This month, Mercury goes retrograde on the 11th. Make sure your communications are recorded or noted. You could find you take the blame for someone else's mistakes.

Capricorn: If you get the feeling someone is trying to pull the wool over your eyes, go with your intuition; you are right on the money.

Aquarius: You'll feel stronger and more physically energetic than you have in some time; Jupiter enters your own sign bringing about circumstances that will demand you to rise to the occasion.

Pisces: Prepare your self to battle with authority figures or an elder member of the family, there's some financial matters you really need to settle. After the full moon on the 10th your social life picks up.

