

17th May 2020

The Tilly Times

Welcome back! We hope you all had a lovely bank holiday and enjoyed the VE Day celebrations.

We have had lots of suggestions for free apps/learning websites sent in. Please see the list of recommendations below:

* <https://www.hayfestival.com/home>

Literature Festival 18-31 May 2020. This is the first time the festival has been online.

* www.duolingo.com

Learn a language for free; more child-friendly than some other sites.

* Star Walk app

Space and constellation app: point your phone at the sky and you will get a real-time map of stars and constellations.

* Kidadl app

65 Reasons to get off the sofa - various ideas based on the interests that you register.

* themathsfactor.com

Carol Vorderman's maths challenges. 15 minutes of arithmetic per day.

Big Maz's Corner

I hope you had a memorable VE Day, it was very special for us and I hope the children will remember it, plus the weather was absolutely beautiful. We are now allowed out a little bit more with social distancing continuing, and we are very lucky to have the space around us. I have been doing my live zoom classes on Mondays (cardio) and Wednesdays (core and whatever else I choose), both at 6. They are free so text me if you would like to join (07970102464) and I will invite you. Hopefully, the weather will turn warmer again and the all important "R" number will stay below 1. In the meantime, follow the outdoor rules to keep safe. I am looking to do over 40s you tube exercise videos, just needing to feel a bit more confident about going on a TV screen, I am going to need a very skilled make -up artist!!!!

Keep Safe

Big Maz





Joe's Family 5 Challenge

Joe would love people to cycle/run 5 miles for £5 donation for Versus Arthritis. The reasons behind his challenge are detailed below:

My Uncle isn't even 50 years old and he is struggling every day battling Psoriatic Arthritis - this awful disease has changed his life and it makes me so sad to see him in so much pain every day. Please take part in my family challenge or just make a donation if you like. I am asking you and your family to run/cycle/walk 5 miles together during your daily exercise whilst we are in lockdown. Once you have done your 5 miles - donate £5 and then share our link with a family you think would take on the challenge!

Millions of people wake up with arthritis every morning and face the day in pain, without the support and recognition they deserve. Arthritis attacks what it means to live and people with arthritis are often left to manage alone. Versus Arthritis invests in breakthrough treatments, the best information and vital support for everyone affected by arthritis. Together we can overcome the pain and isolation of arthritis.

If you would like to join Joe in his challenge, please visit his JustGiving page:

<https://www.justgiving.com/fundraising/joe1710?fbclid=IwAR12kcIt1R2kiVRPsNmHJ2H6yJ1INfgX1yDot7eFOVv9aUSX9F904pVQPxA>

An idea from Iris and Helen Tindle:

Keep in touch with a friend by organising a regular Facetime playdate. Here is Iris with her friend having a picnic over Facetime.



Thank you once again for Adele Barry's Marvellous Menu of the Week

Sticky Chicken Drumsticks

- 6 squidges of tomato ketchup
- 3 tbsp balsamic vinegar
- 3 tbsp soy sauce
- 2 tbsp Chinese five-spice powder
- 2 squidges of honey
- 1 garlic clove, crushed
- $\frac{1}{2}$ tsp thyme
- salt and pepper
- a drizzle of sunflower oil
- 1.5-2kg chicken drumsticks (or thighs), skin on



Mix ingredients together in a large bowl. Add the chicken, stir and coat. Cover and leave in the fridge for a minimum of one hour. Cook for 30 min at 180c or BBQ. Serve with baked potatoes and coleslaw.



Sausage and Mash

- 8 pork sausages
- Mashed potato
- Seasonal vegetables

Cook sausages according to packet. Serve with mashed potato and vegetables.

Fish Goujons

- 500g fish (white or mixed fish), cubed
- 1 egg, beaten
- 5 tbsp flour
- 5 tbsp breadcrumbs



Put fish into a large bowl. Pour over flour and shake. Pour over egg and shake. Pour over breadcrumbs and shake. Put fish onto a baking tray. Spray generously with Frylite. Bake in the oven for 15-20min at 180c. Serve with potato wedges and peas.

Chinese Chicken

- 4 Chinese chicken fillets, diced (I bought mine from Malpas Farm Shop)
- 2 peppers, diced (red, yellow or orange)
- 1 packed mange tout
- 1 ready-made stir fry mix
- 2 small carrots, use a peeler to make shavings
- 2 garlic cloves, crushed
- 1 tsp ginger
- 1 tbsp soy sauce
- 300g rice, boiled



Fry the garlic, ginger, and soy sauce in a little oil. Add the vegetables. Cook the rice according to the packet. Fry the chicken in a separate pan until cooked. Add the chicken and rice to the vegetables. Serve.

Prawn pasta salad (adapted from Carla's recipe)

400g prawns, cooked and peeled
500g pasta
4 eggs, hard boiled, cut into quarters
150g mayonnaise
150g tomato ketchup
2/3 cucumber, diced
1 red pepper, diced
200g tinned sweetcorn
Black pepper to season



Cook pasta according to packet. Drain and leave to stand in cold water. Drain and add fresh water a few times until pasta is cold. Put all ingredients in a large bowl, pasta vegetables, eggs and prawns. Mix the mayonnaise and ketchup and pour into the large bowl. Gently mix. Season with pepper.

Salmon En-croute (adapted from Jamie Oliver)



1 packet ready-rolled puff pastry
4 salmon fillets
2 large beef tomatoes, sliced
1 packet mozzarella, sliced
 $\frac{1}{2}$ jar pesto sauce
A handful of fresh basil, torn
Green vegetables

Lightly flour a large baking tray and unroll the pastry onto the tray. Lay the salmon fillets along the length of the pastry skin side down. Spread pesto along the top of the salmon. Lay the tomatoes along the top of the salmon. Sprinkle basil along the top of the tomatoes. Lay the mozzarella along the top of the basil. Pull up the sides of

the pastry to almost cover the filling, leave a slight gap down the centre. Place the baking tray at the bottom of an oven (200C) with an empty baking tray on the shelf above. Cook for 35 minutes. Serve with green vegetables.

BBQ Pork Chops

4 BBQ pork chops (I bought mine from Malpas Farm Shop)
BBQ sides

Cook the chops along with other BBQ meats and serve with salad, cous cous and accompaniments.



FRENCH

Bonjour tout le monde!

This week we have

1. La Nourriture (Food) - Match the words (page 8) to the pictures (page 7).

2. Les Quiz Mots - La Nourriture

This word search includes the foods from the previous pages plus a few extra. Try and find out what the extra words mean.

3. French Fun In Zoom will be on Thursday for everyone at 3:30pm. Zoom 618-420-2995 and I will post the password 5 minutes or so before the session.

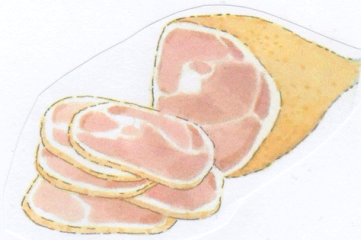
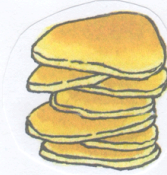
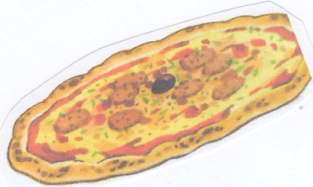
Looking forward to seeing you then.

In the meantime, make sure you keep all the vocabulary from the past few weeks stored in a safe place. And amusez-vous bien !

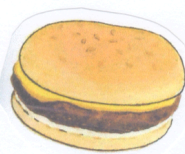
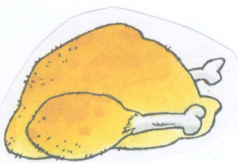


Mme Wallace-Clark

LA NOURRITURE



LA NOURRITURE



Le thé

Le
croissant

Le gâteau

Le hamburger

Le café

Les fruits

L'omelette

La baguette

Le poulet

De l'eau

Les frites

Le lait

Le chocolat
chaud

Le pain au
chocolat

Les crêpes

La pizza

Le gâteau

La Nourriture

X B A I D O M L W F D G S E T I R F A K
Z A Q N N V E K L T G U W B F N Y C Y Y
P F A P T J U S D O R A N G E D U Y Y V
A J G F H Q Y T M K Q V N K E I R Q L U
I D I L E R N K T E Y O G E E D E Y L Q
N F O T O G S I F N B D F G T F G P A D
Q B A G U E T T E M A A H X A N R T I U
Q S A X G V T D A T C S Y X L A U D T A
U F C I E C Q J G F E D S K O C B O H H
J Z R U A E L E D R H K T I C S M L Y C
T W E U S C S R U L A E I T O V A R H T
Z R P Q I G B T Z Z L S Z W H R H D K A
P J E P E T I L Z U E E L P C A C G T L
J P S X M F S I O H X G F G U N N A X O
I M G X N I P P B E Y A O C A E C T L C
S Y S O B O N B O N S M D O N S Q E N O
A C C V L J T A L O C O H C I R I A I J
G Z L W Z F S F G Q W R S A A G M U D C
I S V K D N T S L V W F S H P F T B D T
M G K S E M U G E L A N E O D B T A A U

THE	FRITES	PIZZA	BAGUETTE	JAMBON
PAIN	CAFE	POULET	GATEAU	CROISSANT
FRUITS	CONFITURE	DE L'EAU	CREPES	COCA
FROMAGE	LEGUMES	BONBONS	LAIT	HAMBURGER
JUS D'ORANGE	PAIN AU CHOCOLAT	CHOCOLAT CHAUD		

Thank you so much again for your wonderful contributions. Please keep them coming! We have decided to make the newsletter fortnightly so that we have lots of interesting items to include.

Please send in any birthday announcements, recipes, ideas or anything else you can think of :)

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