



Newsletter

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www.sgap.org.uk

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WELCOME!

BOWOOD -Picnic Day Out –Sunday 28th July 2002 (http://www.bowood.org/house_and_gardens/)

Following on from previous year's successful trips to Bowood we have organised another day for ALL members to meet up and have fun. There no need to book, all you need to do is turn up, pay the entrance fee (sorry SGAP can't pay for that - see enclosed leaflets for details) and join in.

The children can have fun in the adventure playground, especially on the sunken trampoline, whilst the adults amused themselves with very large ice creams and a game of rounders or football between guys and girls. You can bring along cricket bat or frisbee's, in fact anything to make it a FUN day out amongst friends.



Why not use it as an excuse to meet up with Friends you haven't met up with for sometime?

Great! Hope to see you all there.

SOUTHALL- Gurdwara Visit : Saturday 28th of September 2002

GURDWARA - (the door or the gateway to the Guru) is the name given to the Sikh's place of worship, commonly addressed as Sikh temple in the western world.

Our next outing is planned for **Saturday 28th of September 2002**. We plan to go by coach to visit the Sri Guru Singh Sabha, Park Avenue in Southall London and spend some time on the High Street which has the latest in Bollywood style fashion, and a wide variety of authentic Indian cuisine.

Costs have yet to be confirmed but will be in the region of £6 per adult SGAP member (NOTE: £8 if you are not a paid SGAP member) and £2 per child. If you haven't yet paid your membership fee then details are highlighted below.

Tickets will go on sale soon so look out for details. If you know you would like to go then let us by email or post and we'll reserve your place.

SGAP Membership Fee (£3 per Adult)

*In order to maintain these services and to promote further activities, the committee has decided to levy an **Annual Membership Fee of £3 per adult aged 18 and over**. By paying for membership you will be entitled to discounts at any function or event we hold and will pay for itself very quickly. See attached Form for details.*

Some Members have asked why they need to pay this Fee (and others why we hadn't charged anything before!). Basically most things we organise costs money and the income we receive all helps towards paying for them. The money we can raise from members fee isn't huge (probably about £2-300) but it will cover the costs of say these Newsletters for 1 year for example. Also you will recoup some if not all the money with the discount we offer for Paid Members.

WEB-SITE: <http://www.sgap.org.uk>

For the latest information on SGAP, visit our website at www.sgap.org.uk, which is still under development. Let us have any comments on the web-site (good or bad!). We welcome any feedback also by contacting any of the committee members, or by e-mail to sgap@blueyonder.co.uk

SGAP Annual Show 2002 –now been organised look out for further details.

JOB VACANCY: Community Development/Co-Ordinator

We have managed to fill this vacancy and the new co-ordinator will start a 3-month trial this month. Hopefully this extra resource will allow us to further expand our activities as we currently are quite stretched to meet all the demands on our time.



10. USEFUL HOUSEHOLD HINTS & TIPS

1. If silver jewellery gets black apply toothpaste and rub it very well.
2. While whisking egg white, add a pinch of salt for quicker results.
3. Coffee will remain fresh longer in the refrigerator.
4. Get more juice from a citrus fruit by warming it slightly in the oven.
5. Potatoes soaked in salt water for 20 minutes will bake more rapidly.
6. Store curry leaves in silver foil, it will last as much as one month.
7. To prevent boiled potatoes from sticking to the grater, always apply little oil on the grater.
8. For clean storage of radish, remove their tops before putting in the refrigerator.
9. If you want to keep any salad fresh for the evening party, first chill the bowl or tray in which you intend to serve your salad.
10. Use squeezed lemon to get rid of bad smells from fingers after peeling garlic or cleaning fish.

Remember: SGAP can only exist with the support of its members, and the Management Committee would like to Thank-you all for your continued support.