



It's what the weekends were made for!

December 2022 Newsletter and Rally Update



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YOUR COMMITTEE FOR 2023

Following the 55th AGM on 16th October 2022, your new committee for 2023 is as follows:

Chairman	Ron King
Vice Chairman / Publicity Officer	Melody Gosling
Secretary & Attendance	Janet Dobson
Treasurer	Will James
Rally Secretary	Alan Dobson
Webmaster	Julian Fincham-Jacques
Newsletter Editor	Graham Gosling
Regional Representatives	Chris Stammers & Ron King
Without Portfolio	Alison Stammers & Tina King

EDITOR'S WAFFLE

WELCOME TO THE LATEST EDITION OF THE SUFFOLK CENTRE NEWSLETTER

The Centre recently delivered it's 55th AGM , at Trinity Park Ipswich, where the membership returned Ron King as the Centre's Chair, along with a largely unchanged Committee, although we now have a new Treasurer, Will James, who has stepped in to replace Paul Wade. The Centre is grateful to Paul for his service during 2021–2022, without which we would not have had a functioning committee. Paul will be staying on until the end of this year to facilitate a smooth handover to Will. Following the AGM, Melody Gosling was elected by the Committee to the role of Vice Chair. The full Committee and roles are listed at the beginning of this Newsletter.

In this edition of the Newsletter you will find reports from rallies held earlier this year along with a summary of those yet to come . Not all rallies have been reported on, which might give the impression that there have been fewer rallies than there actually have been.

Although the weather has been unseasonably mild lately, we are now at the end of autumn and winter beckons. With that in mind, this edition of the Newsletter has something of a wintry theme to it with short articles, hints & tips and recipes to help mus make the most of our rallying, or just general caravanning at this time of year.

The Newsletter is made available to all Centre members via the "official" Facebook page and on the Centre's website. We are also now trialling the idea of sending it to all registered members by email as not everybody uses Facebook or visits the Centre's website.

Hopefully you will enjoy this edition and if you would like to see something not currently included then please feel free to contact me at newsletter@suffolkcentre.co.uk. All contributions are very welcome, especially if they're amusing!

Graham Gosling
Suffolk Centre Newsletter Editor.

I've seen lot's of s#xist remarks regarding the ladies football, saying how women belong in the kitchen.... My thought's on this are to put the men in the kitchen as that seems to be the only place they can get their hands on a cup... 



2023 Handbook & Rally Programme

The 2023 Suffolk Centre Rally Handbook is nearing completion and will shortly be sent to all registered centre members either by post or as .pdf document. Thanks go to Alan Dobson for all his hard work in compiling the handbook and to all the advertisers that have supported us this year.

More details can be found on the centre's website www.suffolkcentre.org.uk and on the centre's Facebook page.

See below for a 'sneak preview' of the front cover....

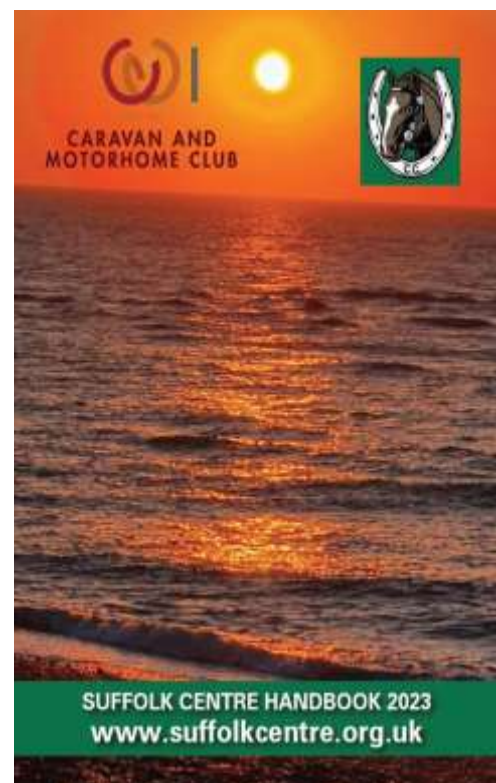
And the winner is.....

Congratulations to Chelsea Crane for her winning entry in the 2023 Rally Handbook Cover competition.

The stunning photo, which was taken on an iPhone 11, is of the North Sea when Chelsea was on the Suffolk Centre Thorpeness Cliff Top rally in August this year.

Chelsea was very surprised and delighted to have won the competition & says "I do quite a lot of photography, I have a passion for it and love it so much! I am hoping to do some animal photography as a career. I prefer getting photos of the sunsets as they are amazing." - well this one certainly is!

— it just goes to show what results can be achieved with minimal equipment — well done!



CHAIRMAN'S RAMBLINGS ... he does that quite a lot!

AGM CHAIRMANS REPORT

16th OCTOBER 2022

A year ago, was one of the proudest moments in my life, when I became Suffolk Centre Chairman. I am very passionate about our club and only want to see good come to it.

Things have been hard this last couple of years with Covid, which still has not gone away. More and more people are succumbing to the virus as the weather changes as we approach the winter months.

On a brighter note, this last year seems to have flown by, which myself and Denise, have been busy attending different events in the last twelve months.

One of my first duties was to Chair the Anglia Region Children in Need Rally at Hallowtree Scout Camp, Ipswich in November hosted by our centre. Also, Denise and I attended the Anglia Region Question Time at IWM Duxford in April.

In May we headed north to Scotland and part of the holiday was to take in the Scottish Caravan National Rally at Aboyne Castle, Royal Deeside. On the way back to Suffolk, we joined the CAMC National Rally at Belvoir Castle, renamed ClubFest.

My role at the rally was Site Crew Leader for Anglia Region. With my team we booked in and sited about 160 units from 8am through to just after 10pm. The team consisted of Suffolk Centre members along with other Anglia Region Centre members. I worked with a great bunch of people in getting everyone onto their pitches.

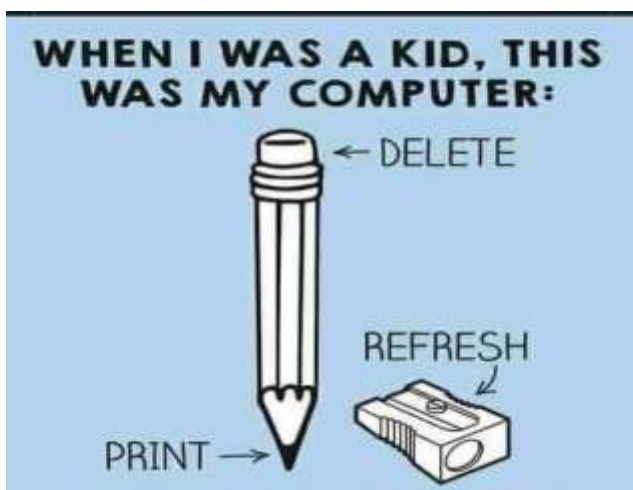
Once back in Suffolk, I held my Chairman's Charity Rally at Trinity Park, Ipswich in July in glorious sunshine. I had good support from local companies and people supporting the weekend raising money for our nominated Charity, East Anglian Air Ambulance. A total of £270 was raised over the weekend.

I would like to thank all the Marshals who have given up their time to organise and run rallies during the year for us to enjoy in many different locations.

Thank you to my committee members and the roles they have played within the committee. They have given up their time to attend meetings, whilst juggling with work and home commitments. We are now starting to conduct Zoom type meetings from the comfort of home or wherever they may be. Without people like them, we would struggle to operate as a centre.

Finally, thank you, to all members who have come out and supported the rallies that have been put on for you in the rally programme this last year.

Ron King
Chairman
Suffolk Centre Caravan Club



UPCOMING RALLIES

Here is a list of rallies being held over the next few months: -

- **NEW YEAR RALLY - INVITATION FROM THE NORTH ESSEX CENTRE, TRINITY PARK, IPSWICH.**
- **Thursday 29th December 2022 to Monday 2nd January 2023**
- Full Programme on arrival, theme for the rally will be advised. Cost £185
Website: <https://northessexcaravanclub.org> for more details

- **FIRST RALLY OF THE YEAR - OLD MILL PUBLIC HOUSE, THE GREEN, SAXTEAD.**
- **Friday 6th January 2023 to Sunday 8th January 2023**
- Rally alongside the Old Mill House public house. Do as you please weekend, lovely friendly pub'
Rally fee is £12.40 inc. VAT for the weekend which includes a £10 voucher to use against food in the pub.
- Tel: 01473 715049 or 07939 804677 for more details

- **BURNS SUPPER RALLY - HALLOWTREE SCOUT CAMP, NACTON, IPSWICH.**
- **Friday 20th January 2023 to Sunday 22nd January 2023**
- A weekend with a Scottish flavour with a traditional Burns Night Supper on Saturday evening and a porridge breakfast served in the hall on Sunday morning.
- Tel: 07850 782965 for more details

- **VALENTINE RALLY - HALLOWTREE SCOUT CAMP, NACTON, IPSWICH.**
- **Friday 10th February 2023 to Sunday 12th February 2023**
- Valentine-themed weekend with two nights of entertainment, disco and a three-course meal.
The rally is followed on Sunday morning by the annual 'Natter & Chatter'
- Tel: 01440 787828 or 07720 206001 for more details.

MOST RALLIES HAVE SPACES AVAILABLE - Please see the 2022 Rally Handbook or the Suffolk Centre website (www.suffolkcentre.org.uk) for more details, or contact the marshals on the numbers above.



MESSAGES FROM OUR RALLY SECRETARY

COULD YOU MARSHAL A RALLY?

Bit of an old saying - Your Centre Needs You - but it's true. Members that volunteer to act as Rally Marshals are the mainstay of the Centre - without them the Centre can't function. We operate our Centre by members either finding a venue - or being pointed in the direction of one via the committee - and with the help of the Rally Secretary and others, help is at hand to put it all together. Worried about the finance side - no need to be, our Treasurer is on hand to go through everything. Many marshals you will see return year on year so it can't be too daunting otherwise they would be running for the hills.

If you're interested for 2023 then either drop me a line at rallysec@suffolkcentre.co.uk,
Alan Dobson, Rally Secretary.

SITE LOCATION APP: www.what3words.com

This is a free mobile app or it can be accessed online. By details or postcode, you can go into maps and get a precise entry for the access to a site. Where possible sites have been given their precise 3-word address so you can look up a site before going.

FEATURED RALLY

"Valentine's Weekend"

Friday 10th to Sunday 12th September

Enjoy a valentine-themed weekend in the warmth of the hall at Hallowtree. Social & games on the Friday night followed by a three-course meal and dancing on the Saturday.

The rally will be followed by the annual 'Natter & Chatter'.



The rally is off-grid and own sanitation is essential. Rally limit 50 units.

SPACES AVAILABLE - contact Melody Gosling for more details 07305 644868

Chairman's Charity Rally — Trinity Park, Ipswich. 14th to 17th July 2022

Thank you all who supported the Chairman's Charity Rally at Trinity Park, Ipswich over the last few days.

People are so generous, when it comes to giving donations for a raffle and then buying tickets for the cause.

A total of £270.00 was raised for our centre's charity, East Anglian Air Ambulance.

I would also like to mention people and companies that made the weekend work.

Thank you to Liz Combes for making the scones. Best tasting scones ever.

Thank you Morrisons Supermarket, Felixstowe who also helped with some of the ingredients for the Cream Tea afternoon.

Also a big thank you to our local caravan dealerships and accessories companies who supplied prizes for the draw.

Farnham Leisure Ltd, KM Leisure Supplies, Sharman Caravans.

Thank you East Anglian Air Ambulance also donated prizes for the draw.

Last but not least all the people who helped in anyway to make it a successful weekend

Ron King, Chairman, SCCC.



All persons attending rallies and social events do so entirely at their own risk.

No responsibility for persons or property is accepted by the organisers of

The Caravan and Motorhome Club

Reely Weeley Rally, Homestead Park, Weeley, Essex – 22nd to 24th July 2022

The rally started in glorious sunshine and stayed like that all weekend.

Friday night Tea/Coffee and home cakes made my Sandra Meyrick. The port fruit cake was rather delicious.

The weekend was organised as a do as you please weekend, with Clacton beach and the Outlet Village, not too far to drive to. Saturday afternoon, we were treated to Cream teas and Pimms. On a warm day, the Pimms was very refreshing and again the cream tea was lovely.

Ron King



'A Long Weekend in Nowhere' - Lessingham Norfolk. 2nd to 5th September 2022

A new rally in the book for 2022 in Lessingham, Norfolk. This was a long weekend running from Friday to Monday on a small site behind The Star Inn. This gave many of those attending the opportunity to book a Sunday Roast, for which the pub has an excellent reputation. The weather was very kind for this rally and although we had the facility of an event shelter it proved to be warm and dry enough to spend most of the day outside the caravan enjoying the quite countryside. We were treated to bacon baps for breakfast one day and a cheese and wine afternoon on another.

It is hoped that this venue becomes a staple in the rally programme as it is a lovely site with very good facilities.



Melody Gosling
Vice Chair
SCCC

ANGLIA REGION AGM 2022 - 11th to 13th November — Hallowtree Ipswich.

The Anglia Region AGM and Rally took place at Hallowtree Scout Camp, Ipswich over the weekend 11th - 13th November 2022.

The weekend also included raising money for 'Children in Need'. A total of £860.00 was achieved from a raffle, auctions and rolling coins for a bottle of spirits and a bottle of Baileys on Friday evening. Entertainment was laid on by some homemade cabaret acts.

Saturday evening started by a two-course meal followed by music from a very good young man Thomas Newman Clark.

Sunday the AGM started with a two-minute silence, to reflect on those who gave their lives in conflicts for our freedom today.

Suffolk centre has an interest in the Anglia Region Committee as Garry Pyett has side stepped from Secretary to be Treasurer for the Region.



A WELCOME TO THE CENTRE'S NEW TREASURER

The Centre now has a new Treasurer. Will James has become our new treasurer to the centre. Welcome on board Will.

Paul Wade has stood down from the treasurer role, but has offered to see the year accounts out, so has been co-opted to the committee until the new year. Thanks, Paul for the last two years, when you came to our rescue, as the call went out for a treasurer.

**A middle-aged couple had two
beautiful daughters
but always talked about having a son.
They decided to try one last time
for the son they always wanted.**

**The wife got pregnant
and delivered a healthy baby boy.
The joyful father rushed to the hospital
to see his new son.**

**He was horrified at the ugliest child
he had ever seen.**

**He told his wife...
'There's no way I can
be the father of this baby.
Look at the two beautiful daughters I
fathered!
Have you been fooling around behind
my back?'**

**The wife smiled sweetly and replied:
'No, not this time!'**

**Jack was dying. His wife sat at the
bedside.**

**He looked up and said weakly:
'I have something I must confess.'**

'There's no need to', his wife replied.

**'No,' he insisted,
'I want to die in peace...**

**I slept with your sister, your best friend,
her best friend, and your mother!'**

**'I know,' she replied.
'Now just rest and let the poison work.'**

SEE IF YOU CAN FILL IN THE BLANKS IN THIS NAUTICAL TALE BY USING THE NAMES OF BRITISH FOOTBALL TEAMS - a bit of fun, even if you aren't a football supporter.

The first letter of the team's name has been filled in for you and the number in brackets is the total number of letters, including any spaces, in the name (or shortened name).

The sun shone **B**.....⁽⁸⁾ the day my sister, mother and myself set sail for the **O**.....⁽⁶⁾ in a very old ship, its **H**.....⁽⁴⁾ already riddled with holes. Before we could board, the customs officer said he must stamp our **C**.....⁽⁷⁾ we were leaving the country. The four **C**.....⁽⁵⁾ members were Don, Mont, Kirk and Bart (who unfortunately could not speak). Not having been paid **F**.....⁽⁶⁾ too long, they were unhappy and on the second **W**.....⁽⁹⁾ of the voyage, they stole guns from the **A**.....⁽⁷⁾ and mutinied. Although they treated **M**.....⁽¹⁰⁾ they didn't like my sister at all and **D**.....⁽⁹⁾ adrift on a raft. I was terrified and hid in my cabin, keeping the **B**.....⁽⁶⁾ the door and hoping they would not **B**.....⁽⁶⁾. They raided the larder and found nothing but a smelly **O**.....⁽⁶⁾ but they were so hungry that they ate almost the **F**.....⁽⁶⁾. Seeking to quench their thirsts, they forced open the drinks cabinet, and finding that we did not **S**.....⁽⁹⁾ they drank whisky instead. "Right said Kirk, "I will climb the rigging to see if I can see land" - **M**.....⁽⁸⁾ to stop him. "Watch you don't **F**.....⁽⁷⁾" he cried; meanwhile the others had found some money. At this moment the ship began to sink. "Quickly, get **D**.....⁽⁹⁾ deck to give me a hand" he shouted, and together they lifted their **L**.....⁽⁵⁾ to a raft. The tide is lethal around here and carries ships on to the rocks and **W**.....⁽⁷⁾. With mother and me with them, they drifted for days before seeing an island. We found a **C**.....⁽⁸⁾ and paddled through the water to get ashore. The island appeared to be uninhabited but someone had been there recently because a **N**.....⁽⁹⁾ had been built to guard the harbour. There had obviously been a fire as **B**.....⁽⁹⁾ marks were seen on the wall, and a smell of smoke hung in the **A**.....⁽³⁾. "This **W**.....⁽⁷⁾ ruined by the fire", said Don sadly, and it broke our **H**.....⁽⁶⁾ to see the disarray. As we explored, we saw in the distance a tall, shiny building reflecting the sun and at the **S**.....⁽⁸⁾ of the island we found a deserted **V**.....⁽⁵⁾ which had recently been lived in. We came to a river and a water wheel and attached to the **M**.....⁽⁸⁾ was a map. "There must be treasure" Mont said, "but we don't know whether it **S**.....⁽¹⁰⁾ or in the river". The map made clear that the shiny building was the royal **P**.....⁽⁶⁾ of the **Q**.....⁽¹⁸⁾. There were no bridges, and we didn't know **W**.....⁽⁷⁾ to cross. At the crossroads we knew neither the direction **N**.....⁽⁷⁾ way to go. "I wonder where this road **L**.....⁽⁵⁾?" said Kirk, and although we were tired, we **P**.....⁽⁷⁾ with our search. The map showed a large area of grass with a huge ridge at one end. On this **M**.....⁽¹⁰⁾ we found a **C**.....⁽⁷⁾ treasure. It was easy to open as the chain securing it had only one **L**.....⁽⁷⁾. As it was getting dark, we carried on, but we suddenly found ourselves falling into a deep dark pit with a **B**.....⁽⁹⁾ of water at the bottom. At this moment, I woke up!!! Alas, it had all been a terrible nightmare, caused I think by

RUMOUR HAS IT ...

Did you know that...

- CAMC membership entitles you to discounts from many retailers e.g 15% at Mountain Warehouse, even on their sale prices.
- Alde heating fluid should be replaced after 3 years
- Mid Anglia Centre will be running a 2023 Bonfire Rally near Cambridge
- What 3 Words is now available for mobile phones
- CAMC Centre Lines will be discontinued if there aren't more articles or news items.
- In future years, Rallies may have 'moles' - not the furry brown type though.
- Suffolk Centre are looking for someone to help store all the various items of equipment required to run a rally. - if you can then please contact the centre chairman, Ron King — details are in the handbook



Not using your outfit over the winter? Don't forget to ...

- Clean the exterior
- Improve airflow inside to reduce damp
- Drain down the water system
- Lubricate external moving parts
- Preserve battery condition
- Protect your tyres

Visit CAMC website for more detailed advice at www.caravanclub.co.uk

Tyre safety — top tips

The National Caravan Council (NCC) has shared its top tips for keeping your touring vehicle on the road this winter.

1. Always check your tyre pressures (if towing, not just on the tow car but also on the caravan) before starting a journey.
 2. To get an accurate reading, only check pressure when the tyre is cold.
 3. Although caravan tyres rarely wear out, the same legal tread depth as a car (1.6mm) applies. Don't forget to check the spare!
 4. Check the tyre sidewalls and treads regularly for cracks, cuts and bulges. Tyres with higher inflation pressures (50 psi and above) may deteriorate faster — so always check them closely. It is not uncommon for caravan manufacturers to specify tyre pressures over 60psi for some models.
 5. A caravan's tyres should be replaced at five years old and never be used beyond seven years old. Don't forget that the tyre may already have been several months old before it was fitted! You can check the month and date of manufacturer on the sidewall.
 6. If your leisure vehicle is left unused for long periods it is a good idea to move it regularly. Cover the wheels with a breathable material when the vehicle is not in regular use, to protect the tyres from sunlight. Leaving caravan tyres standing in one place for long periods can cause flat spots.
 7. Take care when replacing tyres. Its important to ensure the replacements have at least the same load rating as the originals. Tyres suitable for cars may not be suitable for caravans or motorhomes - in particular in relation to pressures.
 8. Tyre pressures and wheel nuts or bolts on the car, caravan and motorhome should be checked regularly to comply with the manufacturer's recommendations.
 9. Manufacturers provide recommendations for increased tyre pressures when towing or under heavier loading. Incorrectly inflated tyres can cause instability and premature tyre failure.
 10. Contact your nearest Approved Workshop to get advice on servicing and looking after your leisure vehicle.
-

Winter caravanning — top tips



Winter caravanning can be fun and exhilarating, and simply great if you take the time to prepare.

Here are some top tips to make sure your winter caravanning trips go well so you can enjoy some great-priced getaways and get the most out of your tourer

1. Staying warm when winter caravanning

- When first setting up your caravan in winter, it's better to use gas as your heating fuel. Gas is more calorific than electricity, and using gas will speed up the warming up process. Once your caravan is warm, you can switch back to electricity to maintain the heat. Choosing the correct type of gas is also very important. For winter touring you'll find propane gas works better in colder conditions than butane.
- It's a good idea to take an extra heater with you too. Using a 1 or 2Kw fan heater can quickly heat the caravan if for any reason your main heating isn't doing the job.
- When heating up your caravan for the first time, you may find a build-up of condensation on windows, and inside cupboards. It's a good idea to keep on top of wiping down any areas that are damp with a clean microfibre cloth.
- As the caravan warms up and maintains its warmth the condensation will subside, however in the mornings you may find some condensation on the windows. If this is the case, open windows slightly or use a clean cloth to remove it.
- Your caravan will have gas vents in the floor, which can be a source of cold draughts. It's really important that you don't block or cover these vents.
- If you're using an awning in winter, make sure you cover the wheel arch and use a draught skirt around the caravan to reduce draughts and cold air from circulating inside.

2. Dealing with mud when winter caravanning

- Mud, mud, glorious mud—but not when it gets into your caravan or motorhome!
- Dealing with mud is perhaps the trickiest thing to get right when caravanning in winter, so make sure you pitch your caravan on a hard standing, where possible. If you have to pitch on soft ground, you might want to put some blocks or pieces of carpet under your corner steadies and carry a tow rope in case you get stuck on a soggy pitch.
- Use either a porch awning or a canopy to give yourself an outside space to take off shoes and wet clothes, or wipe down the dog.
- If you decide to use a carpet in the awning, lay down a tarp or waterproof sheet before you set your breathable carpet down. If you don't use a tarp the carpet will probably suck up any excess moisture and mud from the ground below.
- If possible, also take a large box to keep shoes and wellies in, or a shoe organiser to keep them off the floor.
- If you like a good winter walk, a Mud Mate to clean wellies, boots or trainers might be a worthwhile investment.
- And whilst we're on the subject of cleaning, make sure you have extra towels and suitable cleaning equipment for cleaning muddy paws from any furry friend. And extra-large microfibre cloths also work well in drying down damp fur.



3. Planning for cold and stormy weather

- When winter caravanning in the UK it's very possible you'll be faced with different kinds of weather in just one trip.
- Frost or freezing weather is common, so it's a good idea to wrap your water barrel or Aquaroll in an old jacket or coat and insulate or lag pipes. Using an old coat works well as you can put the pump in one sleeve.
- Keeping your Aquaroll full will help to prevent the water from freezing. Also, consider raising it off the floor to allow air to flow around the container and prevent ground frost from freezing the bottom of the container.
- Make sure you have a backup container of water inside the caravan - in case your main water source freezes, so can stay hydrated.
- Use warm water down sinkholes of the drains if they become frozen and keep any wastewater container as empty as possible.
- Make sure you have plenty of gas and a good charge of the leisure battery, just in case the electricity is cut. Most systems will work from gas and 12volts including the heating, the fridge and the hot water. Also have a supply of tinned and packet food, just in case you're unable to get to the shops.
- Stormy, windy weather is common in winter, so always use storm straps if you have an awning up, or be prepared to take the awning down quickly if windy weather is forecast, to reduce any possible damage.



4. Winter caravanning comforts

- To maximise your overall comfort whilst caravanning in winter, take extra blankets, woolly jumpers, socks, hats and even a hot water bottle. Make sure you also have plenty of all-weather clothing and lots of spares just in case. It's also a good idea to take a couple of good torches too, along with an extra broly.
- For days when you might be stuck indoors have some reading material, DVDs, games, hot drinks and perhaps a slow cooker for tummy-warming stews or casseroles.

5. Be prepared and stay alert

- The overwhelming consideration when winter touring is to be prepared. It's worth having your caravan serviced before winter touring, so any issues can be spotted before they develop into bigger problems.
 - Check the weather conditions before you set off and be prepared to either extend or cut short your trip if bad weather hits. Conditions such as gusty wind, ice, snow, heavy rain, or even fog, should be taken seriously, so keep an eye on weather reports in the area you're visiting and at home - signing up for UK weather and traffic alerts.
 - Invest in a winter driving and emergency kit. There are many available, but these should include things like a hazard warning triangle, a shovel, jump leads, a tow rope, hi vis jacket, a first aid kit and a torch. Other things you should carry in the car include an ice scraper, bottle of water, some snacks and a mobile phone charger.
 - Before setting off on your winter caravanning travels, make sure your tow vehicle has coolant, and a full bottle of screen wash too, just in case it is raining or the gritters have laid out some salt.
 - Finally, don't forget your wellies or winter boots and to make sure you have extensive caravan insurance cover as well as breakdown cover for your tow vehicle, should the worst happen!
 - And don't forget before you leave your campsite, to make sure you drain down your caravan. If you like a gadget, you can use Floe to blow water out of the system. Towing your caravan home will help to remove any excess water that might be left in the pipes.
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**When was the last time you visited our
SUFFOLK CENTRE WEBSITE?**

www.suffolkcentre.org.uk

Why not visit us online

You will find Suffolk Centre news, rally updates, reports, tips, ideas and more.

Our Classified Ads page is now user friendly.



3 GREAT RECIPES TO COOK IN YOUR CARAVAN USING A SLOW COOKER

If you're rallying, on a CL or club site at this time of the year & have EHU then why not try these tasty & filling recipes. On a cold and dark evening, there is simply nothing better than coming back to a hearty meal. A slow cooker can be a great timesaver on a winter caravan break, allowing you to spend more time with friends or family doing the things you love and less time cooking— and you come back to some wonderful aromas! All meals can be cooked using easy to buy ingredients.

Meatball Sub



Ingredients required:

- 675g minced beef
- 1 slice of stale bread
- 1 egg
- 2 x 400 ml tins of chopped tomatoes
- 1 green pepper
- 1 medium onion
- 3 cloves garlic
- 1 tablespoon dried Italian herbs
- 1 handful fresh basil
- 1 handful fresh parsley
- Salt and pepper to taste
- Bread rolls (to serve)
- Grated cheese

How to prepare:

- Finely chop the stale bread into crumbs
- Finely chop the fresh basil and parsley
- Chop the onion and peppers into small chunks (around 1cm by 1cm) and separate
- Take half the basil, parsley, onion and garlic and add to a bowl
- Add the mince, breadcrumbs, Italian herbs and egg to the bowl and mix all together
- Shape the bowl mixture into 16 meatballs
- Add the chopped tomatoes, green peppers, salt and pepper and remaining; fresh herbs, onion and garlic into the slow cooker - this will make your sauce
- Add your meatballs to the sauce
- If you are cooking on low - switch on and this for 8-10 hrs, or if you are cooking on high - leave on for 4 hrs 30 minutes
- Serve meatballs in sub and top with sauce and grated cheese

Vegan Chili



Ingredients required:

- 2 400 ml tins of chopped tomatoes
- 1 400 ml tin of cannellini beans
- 1 400 ml tin of kidney beans
- 3 medium peppers - red, yellow or green
- 3 medium carrots
- 1 large onion
- 2 celery sticks
- 3 cloves garlic
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 tablespoon chilli powder
- 1 tablespoon smoked paprika
- 1 vegetable stock cube
- Salt and pepper to taste

How to prepare:

- Chop the onion, celery, carrots and peppers into small chunks (around 1cm by 1cm)
- Press or finely slice the garlic
- Add onion, celery, carrots, peppers, garlic, basil, oregano, chilli powder and smoked paprika into the slow cooker pot
- Add the chopped tomatoes and give it a thorough stir
- Crumble the stock cubes into a mug - half filled with boiling water, stir until dissolved then add to the pot and stir
- Season with salt and pepper to taste
- Drain the cannellini beans and kidney beans, rinse them, then add to the slow cooker
- If you are cooking on low - switch on and this for 8-10 hrs, or if you are cooking on high - leave on for 4 hrs 30 minutes
- Serve in bowls

www.merrychristmas-2013.com



Irish Beef Stew



Ingredients required:

- 1 large onion
- 2 celery sticks
- 4 carrots
- 3 large potatoes
- 2 bay leaves
- 2 tablespoons of dried thyme
- 2 tablespoons tomato purée
- 2 tablespoons Worcestershire sauce
- 2 beef stock cubes
- 900g braising beef
- $\frac{1}{2}$ small bunch parsley
- 2 tablespoons of cornflour

How to prepare:

- Chop the onion and celery into small chunks (around 1cm by 1cm)
 - Chop the carrot and potatoes into large chunks (around 2.5cm by 2.5cm)
 - Add onion, celery, carrots, bay and thyme, purée and Worcestershire sauce into the slow cooker pot
 - Add 600ml boiling water and give it a stir
 - Crumble the stock cubes into the pot and stir
 - Season with pepper (don't add salt as the stock may be salty)
 - Add the beef
 - If you are cooking on low - switch on and this for 8-10 hrs, or if you are cooking on high - leave on for 4 hrs 30 minutes
 - To thicken the gravy, mix the cornflour with a splash of cold water in a cup to make a paste, then stir this in to the slow cooker
 - Cook for a further 30 mins on high
 - Serve in bowls
 - Stir in the parsley and salt and pepper to each portion, to your liking
-

Women's 'Arse Size'

New study reveals interesting findings

There is a new study about women and how they feel about their arse's and the results are fairly interesting

- ~ 30% of women think their arse is too fat
- ~ 10% of women think their arse is too skinny

The remaining 60% say they don't care, they love him, he's a good man and they wouldn't trade him for the world!



Rumour has itthese are actual complaints sent to local councils.

... Whatever happened to the Three Rs? 😂

- My lavatory seat is cracked, where do I stand?
 - It's the dog's mess that I find hard to swallow.
 - Their 18 year old son is continually banging his balls against my fence.
 - I want some repairs done to my cooker as it has backfired and burnt my knob off.
 - I wish to complain that my father twisted his ankle very badly when he put his foot in the hole in his back passage.
 - I wish to report that tiles are missing from the outside toilet roof. I think it was bad wind the other day that blew them off.
 - I am writing on behalf of my sink, which is coming away from the wall.
 - Will you please send someone to mend the garden path. My wife tripped and fell on it yesterday and now she is pregnant.
 - I request permission to remove my drawers in the kitchen.
 - 50% of the walls are damp, 50% have crumbling plaster, and 50% are just plain filthy.
 - The toilet is blocked and we cannot bath the children until it is cleared.
 - Will you please send a man to look at my water, it is a funny colour and not fit to drink.
 - Our lavatory seat is broken in half and now is in three pieces.
 - Our kitchen floor is damp. We have two children and would like a third, so please send someone round to do something about it.
 - I am a single woman living in a downstairs flat and would you please do something about the noise made by the man on top of me every night.
 - Please send a man with the right tool to finish the job and satisfy my wife.
 - I have had the clerk of works down on the floor six times but I still have no satisfaction.
 - This is to let you know that our lavatory seat is broke and we can't get BBC2.
-

And finally...A 'NUDGE' FROM OUR CENTRE SECRETARY

MEMBERSHIP

Just to remind members not to forget Centre membership is not automatically renewed, and to remain a Centre member you must contact the Club yourself when your Club membership is renewed.

With rally books being prepared to go out even more important if your membership is due November or December as your copy may be delayed if you don't renew. If you are unsure drop an email to secretary@suffolkcentre.co.uk and I will confirm if you are a current Centre member or not.

Janet Dobson, Secretary



'Bye for Now

I hope you have enjoyed reading this newsletter. Please feel free to comment and to let me know what you would like to see in future issues. Any pictures, rally reports, jokes or notices can be sent to me (Graham) at newsletter@suffolkcentre.co.uk

AS THIS IS THE LAST NEWSLETTER OF 2022 — HAVE A HAPPY AND SAFE CHRISTMAS EVERYBODY... SEE YOU ON A RALLY FIELD IN 2023



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