

The Croak

The newsletter of the Frogmore Village Community Association
www.frogmore.info



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MERRY CHRISTMAS



**SENIORS'
CHRISTMAS LUNCH**
Saturday 14th December
From 12 Noon



Frogmore Village Hall

BEST TO BOOK

Please call
AMANDA STARKEY
01548 531163



Home delivery or transport available
*** All Seniors Welcome ***



Frogmore Village Community Association



REGATTA HELPERS' PARTY - 3 October 2019

The Helpers' Party proved a great success with over 60 people attending. Lynda and John at The Globe made a delicious 2 course meal for us all. Paul Harding, Chairman of the FVCA and Regatta Committee, presented two cheques of £500 each to the charities, SCOFF and the Plymouth Children's Hospice from the proceeds of the Regatta funds. Alice Henderson was given flowers for all her hard work in helping to set up the Regatta and during the Regatta. Also, Pauline Howells was presented with a retirement present for all her hard work on the FVCA Committee over the years.



WHAT'S ON AT THE GLOBE:

Folk Sessions – Tuesday 3 Dec & 6 January
Folk Sessions – Thursday 19 Dec & 16 January
Jazz Evening - Wednesday 18 December

BANGERS & MASH EVENING AT THE VILLAGE HALL

70 villagers had a great evening on 25 October. Fiona, Jenny and Amanda cooked a lovely meal of sausages, peas and mash with onion gravy made by Peter, followed by apple crumble and cream/custard. The Old Gaffers, a sea shanty group entertained us during and after the meal. Everyone enjoyed themselves and the Committee received many thanks for putting on a super evening and looking forward to the next one!



Whilst every care is taken to ensure that the contents of the Croak are correct, the FVCA does not guarantee the accuracy, and cannot accept liability for the consequences of any error in the material. The Croaks are also published on line on our website as well as delivered to your home.

BONFIRE NIGHT IN THE PERRATON FIELD

Miraculously, the skies cleared on the night, after days of rain, and there were fireworks, hot dogs and burgers, mulled wine and drinks and of course dear Guy Fawkes who was put on the bonfire! Many thanks to all the wonderful people who helped to make the night such a success



CAR PARK AT THE VILLAGE HALL

It has been observed that people are parking their cars in the car park and leaving their cars there. This is private property and is for the sole use of people attending the village hall for a meeting or event. Thank you.



THE FILO PROJECT

Gail Johnson recently joined one of our coffee mornings at the village hall to give a talk on this very worthwhile project. The Project is a not-for-profit community interest company who are now offering small group day care in the Kingsbridge area. The service supports older people who are socially and intellectually isolated. A day with the Filo Project begins when clients are picked up from their homes and taken to a host's home for a day. A home cooked lunch is provided and the day is free flowing, dependent on interests of clients etc. IF you have any questions, please call Gail Johnson on 07736 168407.



NATURE NOTE BY AMANDA STARKEY

This year, carving your own pumpkin has really caught on - please see the photo of my modest effort! Pumpkins are actually very versatile,

healthy and low-calorie too, and can be made into delicious soup, vegetarian curries and casseroles and are particularly good roasted in the oven sprinkled salt, black pepper with fresh chopped herbs. If you want to grow them, plant 2 seeds per pot in Spring, put them in a greenhouse so they can keep warm and grow. Plant them outside after frosts and they should grow quickly. For more info, ask me and I can give you step by step instructions.



The Frogmore Village Community Association Committee Trustees, Fiona, Paul, Jenny, Terry, Amanda, Peter, Jeremy, Liz and Lynne, wish all of you a very merry Christmas and a happy and healthy New Year 2020.