

Let's Cook - Tasters - Demonstrations - Displays



Left: John Crouch setting up his equipment
Above: One of the old equipment displays

Nith View GUEST HOUSE

AA ◆◆◆

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Tel: Debbie Armstrong
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John Crouch, the local cook with the national reputation and the international approach to food is at it again – this time he is using his cooking skills to make food interesting for older people.

He has started regular demonstrations every Wednesday in the Silloth Community Hall from 10am to 12 noon.

Don't miss out on this opportunity to watch an acclaimed professional putting his skills to use, everyone is welcome.

Here is a chance to see fun and easy ways with food, being prepared in ways that are particularly appealing for older people. Perhaps you are a widower who could benefit from learning a few easy tricks of the trade, come along!

John combines the wisdom of the past, with the best of the present. Taste some of his creations, then you will want to have a go yourself.

In addition there are several displays of cooking and kitchen accoutrements from the past, take a look.

Abbeytown

People of Abbeytown, help us to help you!

In most other areas our volunteers only deliver 30 to 70 papers. More volunteers in Abbeytown are desperately required. The people of Abbeytown have as much spare time as anywhere else, our two valiant volunteers deliver the Buzz to the whole town and they need your help.

If there were six volunteers delivering to Abbeytown, it should only take each person about 20 minutes a month, easy peasy. Also, when someone takes a holiday, there is not too much extra for someone else to do. Just now, if one of our volunteers goes on holiday, sadly, the Buzz will not be delivered.

It is down to you – not the person next door – you. We are trying to provide a community paper for the whole area, but we need help. We know there are always other things to be done, we are volunteers too, but you know you can help.

Please call Kath on 32180.

**THINKING OF
EXTENDING,
MAKING
ALTERATIONS?
THEN YOU'LL NEED
PLANS DRAWN.**

For a free consultation with no obligation – contact:

**Mark Armstrong
Tech RICS**

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