



# Lark in the Park Bugle

Thursday 29<sup>th</sup> July 2010

**TONIGHT 8PM HAS SIDCUP GOT TALENT?**

**TOMORROW 8pm – Quiz Night – *book a team in now!***

## Lkng 4wd 2 LitP 2011



Some of the young people who have been coming along to Free 60 events and activities each afternoon and evening are buzzing about Lark in the Park and already asking what the dates are for next year. So here they are:

**23<sup>rd</sup> July to 7<sup>th</sup> August 2011 – Put them in your diary *NOW!***

John, Harry, Paige, Ryan, Sam, Courtney, Raina, Liam and Nicky above (but not necessarily in that order!) love Free60, especially the bus - which is kitted out to entertain! If you are aged 11 to 18, then Free60 has something for you - get over to the Registration tent and book yourself in for an afternoon or evening.

## Bhagees in the Park!



At Park Life yesterday, Chef Tony showed us how to make onion Bhagees. If you missed it or didn't take a note of the recipe, here it is:

**Ingredients:** salt, 2 large onions, coriander seeds, cumin seeds, spices (combo of chilli, cumin, garamasala or curry powder – a pinch of each), chickpea flour, water.

Toast cumin and coriander seeds in a pan. Slice onions into thin 1 inch long strips. Sprinkle onions with a little salt and leave for 2 hours (ideal, not essential to leave). Combine everything and roll into balls of sticky, not hard, consistency (use extra water / chickpea flour to correct). Set deep fat fryer to 150°C (or medium gas frying pan). Gently drop the balls in and cook until golden. *Mmmmmmm.....*

## Meet Park Life Hosts Cat & Matt

### Part One – Cat

Catrin Regan, half of the Park Life hosting team Cat and Matt, spends the afternoons of Lark in the Park using her drama skills on stage and in the evening sings with the worship band (in which husband Chris plays many instruments). Catrin is also a judge for Sidcup's Got Talent but stresses she is **NOT** open to bribes (hint - she likes chocolate - ed). Outside LitP, Catrin is an actress and has played the dormouse in Alice in Wonderland. And, like co-host Matt, Catrin can do the splits!



# What Happened Wednesday?

A selection of goodies from the Bugle's roving reporters for a flavour of what happened yesterday at Lark in the Park.



Quality flower arrangements from the Inspiration tent workshop.



The Free60 football cage was kept busy as 2 a side teams battled it out.



Buzz 7-11 year olds (not quite sure what is happening here – Ed).



The Hustler gets to work in the Free60 tent during the afternoon session.



Toby (3½) at Sparkles. It's mum Amanda's fifth year – she says LitP is well organised and feels safe here.



Vicki (in Inspiration for the first time), has been coming to LitP for 3 years, with children Joshua and Rhianna in Fizz. This is Vicki's 2<sup>nd</sup> year and her daughter Chloe-Louise is bizzzy in Buzz.



Los Musicos Locos got everybody dancing at the Salsa Night



Afternoon tea and cake delivery in the Over 60s Freedom tent.



Clive's School of Rock tunes up on the Park Life stage for an afternoon gig.

## The Only Way is UP



Between 200 and 250 people watched the film "UP" together in the Big Top last night. Pete Austin, one of LitP's Site Managers said "Animation has come a long way since my flick book; the characters are so good looking these days" . Pete is available to sign autographs from 2pm each afternoon.

## Sign up now

A team of up to 8 people  
**Friday Quiz Night**



**Your Bugle**  
Let's have your LitP stories for the Bugle, tell a Park Pastor today!

**The Living Room** – find what you're looking for at 8pm tonight – ask a Park Pastor for info.

**park pastor**

**If you've got a question ... you can ask them ANYTHING!!**