

Lucky Legs Newsletter



Blaenau Gwent Leg Club

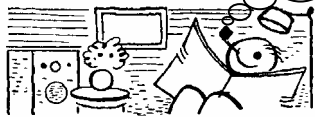


22 June 2006

Issue 2

CAROLE HITS THE AIRWAVES

Have you heard our new secret weapon on the radio yet. Carole and I went to Valley's Radio the other day and she recorded an advert to be broadcast on the valley's action spot. And a good job she made of it listen out for it and see what you think.



What a sexy voice

Birthday Girl
Chris celebrated her birthday on the 15th she reckoned it was her 29th but to me as an oldie



I think she's only 21. she had flowers, cards and a cake.

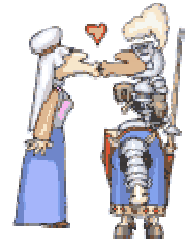


Wedding Day

Well folks the wedding went off well, and I survived the

day, and back to tell the story. Fab day was had by all, the day ended with a party atmosphere dancing until dawn. I'd like to thank you

all for your best wishes
Love Jan



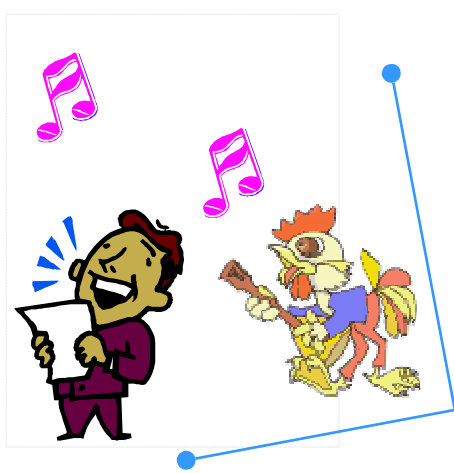
We all wish a Happy Anniversary To David and Sharon On the 29th June



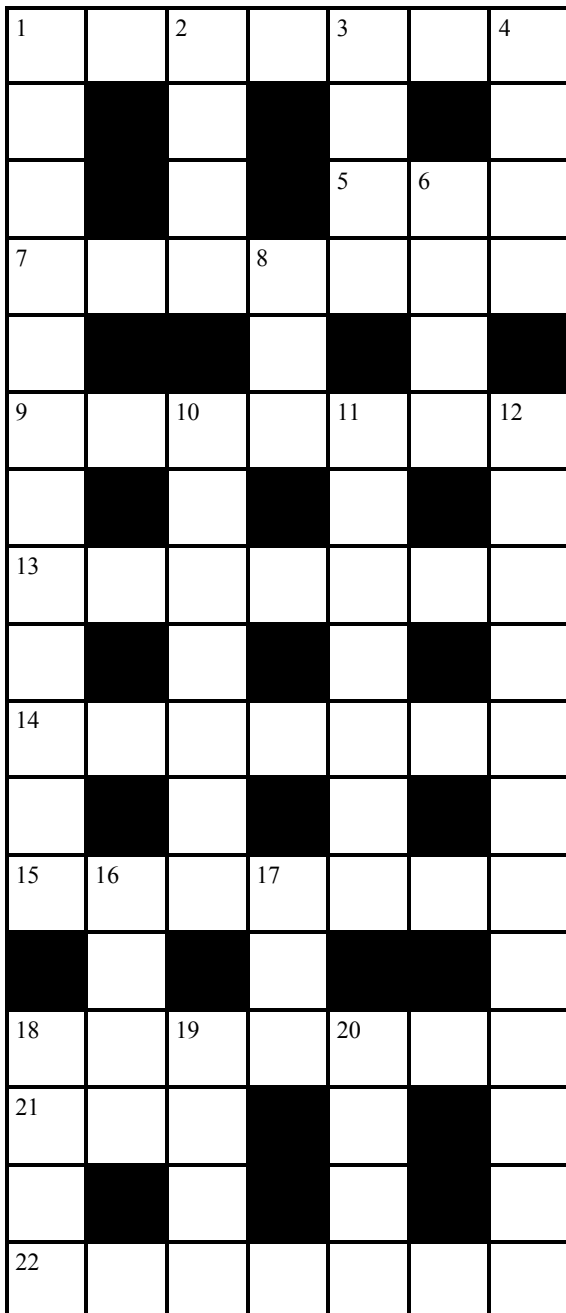
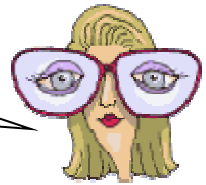
Visit Tony's Tea room
Tea and Toast in a Friendly atmosphere
Also pop and squash
50 p

Social night out for leg club

Keep the 12th July clear for our first gala night of entertainment. Sean will be singing and there will be bingo, raffle. Tote and refreshments. Start at 7pm tickets will be £2.50



CROSSWORD CORNER



ACROSS

- 1 Volunteered (7)
- 5 UK tennis body (inits)
- 7 Loathsome (7)
- 9 Packaging (7)
- 13 Ring-tailed mammal (7)
- 14 Signal receivers (7)
- 15 Married man (7)
- 18 Lockjaw (7)
- 21 The States (inits)
- 22 Most speedy (7)

DOWN

- 1 Spoiling for a fight (2,3,7,)
- 2 Stronghold (4)
- 3 — Harris, *Animal Hospital* presenter (4)
- 4 — carriageway, fast road (4)
- 6 Rubber pipe (4)
- 8 Telepathy (inits)
- 10 Grants (7)
- 11 In proportion (3,4)
- 12 Prime position at the boxing (8,4)
- 16 Applications (4)
- 17 Ram's cry (3)
- 18 Square of grass (4)
- 19 Small tickets (4)
- 20 Conk! (4)

ANSWERS CAN BE FOUND ON
BACK PAGE. NO
CHEATING MIND



Q. What should you give an elf who wants to be taller.

A Elf raising flour

Some Foot Facts

The foot contains:-

26 Bones

33 Joints

107 Ligaments

19 Muscles

A quarter of all bones in the human body are in your feet. When these are out of alignment so is the rest of your body. Its neglect from a lack of awareness and care as well as ill fitting shoes are to

blame. Walking is the best exercise for your feet, it also contributes to your general health by improving circulation. Your feet mirror your general health condition such as arthritis. Diabetics have a circulatory disorder and can show initial symptoms in their feet. So foot ailments can be your first sign of more serious medical problems. There are 25000 sweat glands in a pair of feet. Feet excrete as much as half a pint of moisture a day. Walking barefoot can cause plantar warts and viruses can enter through cuts. And finally the average person walks about 8000 steps a day. So try to look after your feet.

Tracy

BREAST CANCER CHARITY WALK

Dear leg club members.

I would like to thank you all for your donations towards my walk for Breast Cancer Research. Yes I actually managed the 7 miles with a few stop off's on the way (**the pubs**) its surprising what a glass or 2 or 3 or 4 or 5 of cider can do for you. It certainly relieves the pain in the feet. Ha, Ha.

Thanks to all Jan.

HUMOUR (Or trying)

Next for dressings please



An old couple go to the doctor. The old man goes in first to have his physical. When the doctor is done with him, he sends the old man back to the waiting room and calls the old woman in. the doctor tells her, "Before

we proceed with the examination, I would like to talk to you about your husband.

The old woman says, "Oh, no, it's his heart, I told him to lay off the eggs.

The doctor says, "Well, I asked him how he was feeling and he told me he felt great. He said that when he got up to go to the bathroom, he opened the door and God turned the light on for him. When he was done, he would shut the door and God would turn the light out for him."

The old woman responded, "Damn it, he's peeing in the fridge again!"

Blaenau Gwent Leg

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Cheese Scones

8oz self raising flour

Pinch of salt, 2oz butter, 1oz mature cheese (grated) 5fl oz milk.

Method

Heat the oven to 220c gas mark 7, lightly grease a baking sheet. Mix together the flour and salt and rub in the butter. Stir in the cheese and then the milk to get a soft dough. Turn on to a floured surface and knead very lightly. Pat out to a round 3/4 in thick. Use a 2in cutter to stamp out more scones. Brush the tops of the scones with a little milk. Bake for 12-15 mins until well risen and golden. Cool on a wire rack.

We have lost Janine a valuable member of the team. I know you all join me in wishing her all the best for the future. Janine has returned to the community to continue her work, and their gain is most definitely our lost. She had a small party where she received flowers and presents from the members. The good news is that she will call in now and again

ANSWERS TO CROSSWORD

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