

StopPress

The LAL Torbay Students' Magazine

Issue 45 | June 2010 | www.laltorbay.co.uk/stoppress

Cardiff

Leave England and
visit the capital
city of Wales



Welsh Language

Get your tongue round a bit of Welsh

World Cup 2010

FREE match wall chart inside



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Welcome to StopPress



Welcome to this edition of Stop Press in which, to celebrate our new school excursion to Cardiff, we look at all things related to Wales and the Welsh.

This month you'll learn all about their fascination with strange food, a

brief history and look at their capital city, a biography of one of their most famous and loved poets and you'll discover how lucky you are to be learning English not Welsh.

Andy

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Cardiff
Leave England without leaving the country: LAL Torbay are off to visit the Welsh capital.
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Welsh Language
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FREE Match Chart
Pull-out our wall chart to help you keep track on the 2010 World Cup games.
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Grammar Spod by Kevin Ryland. Additional articles in this edition were submitted by Andy Tyrrell. Thanks to Kevin Ryland for proof-reading.

We welcome submissions: Please hand any items you would like considered for publication to Andy Tyrrell in Room 1.01, or e-mail stoppress@laltorbay.co.uk

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Read this edition, and past editions of StopPress, at www.laltorbay.co.uk/stoppress

News

Welcome Nights - Entertainment with Pam on Piano

Pam has played in and around Devon for many years and for the last 13 years has entertained our students on the Country Pub Tour at the Churston Court Inn.

Sadly, Churston Court is now under new management and is no longer running with Pam, a huge disappointment to all the language schools around the bay who have frequented the Churston Court every Wednesday.

Pam is a long established and versatile pianist, a full member of the musicians' union and can turn her hand to anything from Mozart to Sinatra and from ABBA to Oasis. She is very well know throughout the South Devon area playing at many hotels, pubs and private functions. Despite now being in what she calls her 'Twilight Years', she is still as energetic and enthusiastic as ever.

Many students over the years have come to know and love Pam and she recently told me that she still receives Christmas cards and communications from many of our students.

We are delighted that Pam will now play every Monday at Hunters Lodge for our popular 'Welcome Nights' for new students. All LAL Torbay students are welcome to join us for an evening of entertainment at Hunters Lodge, every Monday at 20.00, free of charge.



Coffee Machine

A brand new drinks machine has been installed in the Student Lounge on the Ground Floor to serve hot drinks throughout the day. This offers a wider range of coffees and chocolates. Tea is on its way, and we plan to offer soup as well.



FREE World Cup Match Wall Chart

pages: 8-9

World Cup matches - watch them on the BIG Screen at Hunters Lodge

We'll be showing World Cup matches at Hunters Lodge on the newly installed projector screen.

- Visitors and students not staying at Hunters Lodge will be charged £1 per head.
- All visitors who are not visiting a resident student at Hunters Lodge will need to leave by 22.00

Matches showing at Hunters Lodge

Tuesday 15th June: Brazil V North Korea - 19.30
Thursday 17th June: France V Mexico - 19.30
Friday 18th June: England V Algeria - 19.30
Tuesday 22nd June: Mexico V Uruguay - 15.00
Friday 25th June: Portugal V Brazil - 15.00

Saturday 26th June: Runner up game TBA
Sunday 27th June: Runner up game: TBA

Tuesday 29th June: 15.00 or 19.30 TBA
Friday 2nd July: 15.00 or 19.30 TBA
Saturday 3rd July : 15.00 or 19.30 TBA

Tuesday 6th July: World Cup Semi Final 1-19.30
Wednesday 7th July: World Cup Semi Final 2 -19.30
Saturday 10th July: World Cup 3rd Place - 19.30
Sunday 11th July: World Cup Final - 19.30

New Safes at Hunters Lodge

If students would like to use a safe they will need to ask at Hunters Lodge on arrival or pre-arrange with their booking. In order to obtain a key for the safe you will need to pay a deposit of £15 which you will get back when handing in your safe key. Students will also need to pay renting fees of £4 per week, chargeable up to 4 weeks.

For more information on renting a safe please ask at Hunters Lodge.



5 things to do in June

DOUG JONES

BMAD Bike Nights

Hundreds of motorcycles of all shapes and sizes will be taking over Paignton Green along with live entertainment, this social event is fun for all the family. Organised by Bikers Make A Difference (BMAD) this wonderful festival helps raise money for various local charities, including Devon Air Ambulance. 16th June 2010 | 23rd June 2010 | 30th June 2010

» Paignton seafront Tel: 01803 211 211
www.bmad.co.uk

Gladiator - Way of the Warrior

Stunning arms & armour and costumes from the biggest blockbuster movies, including Gladiator, The Last Samurai, Saving Private Ryan, and Kingdom of Heaven, to name but a few.

See the iconic armour worn by Russell Crowe (General Maximus) and Joaquin Phoenix (Emperor Commodus) in Gladiator.

» 21st June – 11th September
Torquay Museum
Tel: 01803 293 975
www.englishriviera.co.uk



DMITRY MAYATSKYY

New Tour for 2010 To Cardiff, Caerdydd

For the first time ever, The Adult Leisure Programme will be running a tour outside England. On Saturday 26th June we will be crossing the English border and across the River Severn into the Country of Wales.

We will be heading for the country's capital city, Cardiff, famous for its superbly preserved Castle, St Davids Castle, the re-developed Port and Tiger Bay docks area, The Millennium National Stadium, home to its legendary National Rugby team, and maybe not quite as legendary National Football Team and the outstanding City Centre shopping area.

Wales also has its own language which is still widely spoken throughout the country. Passports will not be required for the trip and our journey will include crossing the Severn River on the Prince of Wales Bridge.

We will also be including a 1-1.5 hour walking tour around the sights of the city with renowned Green Badge Official Tour Guide, Robert Llewellyn.

There will also be time to explore the sights and attractions that this famous city has to offer before our return home.

» Date: 26th June Price: £30
For more information on Cardiff visit: www.visitcardiff.com

Mad about the Musicals

Mad about the Musicals returns with its award winning spectacular 2010 show. From the poignant 'All I ask of you' to the dramatic 'one day more' Mad About's talented ensemble conjure stunning, high quality vocal performances, which evoke the true spirit of the West End.

» Date: 10th June 19.30
For prices please visit: www.princesstheatre.org.uk

Brixham Pirate Days

Ahoy there me hearties!!

The Brixham Buccaneers invite you to experience their swashbuckling pirate antics. With the magnificent Golden Hind as a backdrop, our colourful crew provide music and entertainment for the whole family. Face painting, stocks, puppets, crafts, storytelling and balloon modelling are just a few of the exciting activities

» Date: 19th June, All day event Price: FREE
www.englishriviera.co.uk

The City and County of Cardiff: Capital City of Wales



A trip to the capital of Wales is a chance to discover a completely different Britain, with a unique culture and even its own language. Croeso i Gaerdydd – welcome to Cardiff!

Travel north from Torbay and you will reach the sea at the Bristol Channel. Cross this busy waterway and you will be in Wales, one of the four nations which makes up the United Kingdom. Wales has always been fiercely independent, from the first accounts of the Romans fighting warriors in the first century, to modern moves towards a more independent country.

Cardiff is in the south of Wales on the edge of the Bristol Channel. The area has been lived in for thousands of years with the usual progression of Celtic and then Roman inhabitants. After William the Conqueror invaded England in 1066, he set out to conquer Wales as well. A castle was built in the area and a small settlement grew into a large town under the protection of the castle. By the end of the 13th century Cardiff was the only town in Wales with a population of more than 2,000. Cardiff became an important strategic area because it was between the lowland areas controlled by William's French invaders and the Welsh-controlled uplands. As a result Cardiff claims to have the largest concentration of castles of any city in the world.

During the Middle Ages local kings fought for control of Wales and eventually the kings of England decided that Wales needed to be brought under control. By 1284 King Edward I had defeated the Welsh rulers and so the

land came under English rule. Edward proclaimed his son, Edward, as Prince of Wales: this tradition of giving the eldest son of the monarch the title of Prince of Wales continues to the present day. Wales had become a principality.

In 1536, the Act of Union between England and Wales officially joined the two countries. Cardiff became a Free Borough and was given its first royal charter in 1581 by Queen Elizabeth I.

It wasn't until 1905 that Cardiff was given the official title of 'city' by King Edward VII and the Edwardian era saw a huge number of new public buildings. Finally, in 1955, Cardiff was proclaimed capital city of Wales by the Home Secretary Gwilym Lloyd George (a Welshman).

Over the past 50 years Cardiff has seen a lot of change. Industry declined in the 1970s, fewer ships came to the docks and the population fell. However, from the 1990s the fortunes of Cardiff have improved dramatically with massive redevelopment of the Tiger Bay docks, new industry and luxury housing as well as the creation of the Wales Millennium Centre as a venue for theatre and dance companies and the Millennium Stadium for sporting events and concerts. Wales's independence is still alive: in 1997 the people of Wales voted for more of a 'Welsh identity' and so the Welsh Assembly was built and located at Ty Hwel in Cardiff Bay.

A day trip to Cardiff can only give you a taste for the city: there's enough to see for several days. The most prominent features are the Cardiff Bay development, Cardiff Castle and impressive Edwardian buildings such as the National Museum. The shopping centre is full of diversions too.

MILLENNIUM STADIUM, WIKIPEDIA



J. KARANKA



Cardiff Castle (09.00 to 18.00, £9 Students/£10.50 Adults) has two very different parts: the original castle is from the 12th Century, and you can climb to the top for views of the city. The 'new' castle was extensively redeveloped in the 18th and 19th centuries to change it from a fort to a house, and the interiors feature extraordinary examples of Victorian Gothic architecture.

The National Museum in Cathays Park (10.00 to 17.00 except Mondays, free entry) features Wales's national collections of archaeology, art and natural history. The art gallery is particularly impressive, and is considered to be one of the best in Europe. There are paintings, sculptures, drawings and ceramics from Wales and around the world, including a fine collection of Impressionist paintings, which are currently featured in a special exhibition. Pictures from the international Wildlife Photographer of the Year competition are also on show at the gallery until September.

If you want to shop in Cardiff, there's plenty of choice. The city centre has all the big shops, many in a brand new shopping arcade. The city also has several markets offering more eclectic choices. The Central Market is well known for a wide range of foods but also offers clothes, gifts, music and much more. On Sundays the Riverside Market opens opposite the Millennium Stadium and is reckoned to be one of the best local food markets in Britain.

Cafés in Cardiff are concentrated in Mill Lane, which

has a wide range of places to eat at a wide range of prices. The Brewery Quarter, St Mary Street and Eastside are also great places to find somewhere to eat, and there are chic waterfront bars and restaurants in Cardiff Bay too.

Cardiff Bay was originally home to a huge area of docks which served the iron and coal trades. In the 1880s Cardiff docks handled more coal than any other port in the world. Coal prices for the whole world used to be set in Cardiff, and the world's first £1 million deal was struck for coal in Cardiff. By the 1980s Cardiff Bay was a neglected wasteland, but a major regeneration scheme began to change the area. A barrage (dam) was built across the bay to make a large freshwater lake, and the docks redeveloped to provide housing, business space and leisure facilities. You can find out about the Bay at the visitor centre, known as the 'Tube', by the waterfront, close to the striking Wales Millennium Centre (theatre and arts centre) and Pierhead Building. The Norwegian Church is a curiosity in Cardiff Bay, built for Norwegian sailors coming to the docks and now home to an arts centre with a cosy café.

» The next LAL Excursion to Cardiff is on Saturday, 26th June, price £30

You can travel to Cardiff by train. The journey takes 3 to 4 hours each way and a return ticket costs from £44.60. See www.nationalrail.co.uk for detailed times and prices.

For more information on Cardiff visit: www.visitcardiff.com



Welsh Dragon

You'll probably see this flag flying in Cardiff. The Red Dragon of Wales (y ddraig goch), although perhaps of Chinese origin, was introduced to Britain by the Romans some eighteen hundred years ago.

It is thought that the emblem was originally used as a military standard. In time this mythical beast developed into the flag of a nation. The Welsh may be the only people to have entered this millennium with the "same" flag as they entered the last one.

The Welsh flag is seen now more than ever before. Abroad you will see the Welsh flag still following the Welsh Regiments in the Falklands, in the Persian Gulf and in Bosnia. At home the Welsh flag can often be seen flying at Rugby matches and other national events.

World Cup 2010

GROUP A

Friday June 11th, 15.00 Johannesburg SC	South Africa	v	Mexico
Friday June 11th, 19.30 Cape Town	Uruguay	v	France
Wednesday June 16th, 19.30 Pretoria	South Africa	v	Uruguay
Thursday June 17th, 19.30 Polokwane	France	v	Mexico
Tuesday June 22nd, 15.00 Rustenburg	Mexico	v	Uruguay
Tuesday June 22nd, 15.00 Bloemfontein	France	v	South Africa

GROUP B

Saturday June 12th, 15.00 Johannesburg EP	Argentina	v	Nigeria
Saturday June 12th, 12.30 Port Elizabeth	South Korea	v	Greece
Thursday June 17th, 15.00 Bloemfontein	Greece	v	Nigeria
Thursday June 17th, 12.30 Johannesburg SC	Argentina	v	South Korea
Tuesday June 22nd, 19.30 Durban	Nigeria	v	South Korea
Tuesday June 22nd, 19.30 Polokwane	Greece	v	Argentina

GROUP E

Monday June 14th, 12.30 Johannesburg SC	Netherlands	v	Denmark
Monday June 14th, 15.00 Bloemfontein	Japan	v	Cameroon
Saturday June 19th, 12.30 Durban	Netherlands	v	Japan
Saturday June 19th, 19.30 Pretoria	Cameroon	v	Denmark
Thursday June 24th, 19.30 Rustenburg	Denmark	v	Japan
Thursday June 24th, 19.30 Cape Town	Cameroon	v	Netherlands

GROUP F

Monday June 14th, 19.30 Cape Town	Italy	v	Paraguay
Tuesday June 15th, 12.30 Rustenburg	New Zealand	v	Slovakia
Sunday June 20th, 12.30 Bloemfontein	Slovakia	v	Paraguay
Sunday June 20th, 15.00 Nelspruit	Italy	v	New Zealand
Thursday June 24th, 15.00 Johannesburg EP	Slovakia	v	Italy
Thursday June 24th, 15.00 Polokwane	Paraguay	v	New Zealand

2ND ROUND 1

Saturday June 26th, 15.00
Port Elizabeth

1st A

v

2nd B

QUARTER FINAL 1

Friday July 2nd, 19.30
Johannesburg SC

Winner 2nd R1

v

Winner 2nd R2

2ND ROUND 2

Saturday June 26th, 19.30
Rustenburg

1st C

v

2nd D

SEMI FINAL 1

Tuesday July 6th, 19.30
Cape Town

Winner Q 1

v

Winner Q 2

WORLD CUP

Sunday July 11th, 19.30

Winner S 1

2ND ROUND 5

Monday June 28th, 15.00
Durban

1st E

v

2nd F

QUARTER FINAL 2

Friday July 2nd, 15.00
Port Elizabeth

Winner 2nd R5

v

Winner 2nd R6

THIRD

Saturday July 10th, 19.30

2ND ROUND 6

Monday June 28th, 19.30
Johannesburg

1st G

v

2nd H



GROUP C

Saturday June 12th, 19.30 Rustenburg	England	v	USA
Sunday June 13th, 12.30 Polokwane	Algeria	v	Slovenia
Friday June 18th, 15.00 Johannesburg EP	Slovenia	v	USA
Friday June 18th, 19.30 Cape Town	England	v	Algeria
Wednesday June 23rd, 15.00 Rustenburg	Slovenia	v	England
Wednesday June 23rd, 15.00 Pretoria	USA	v	Algeria

GROUP D

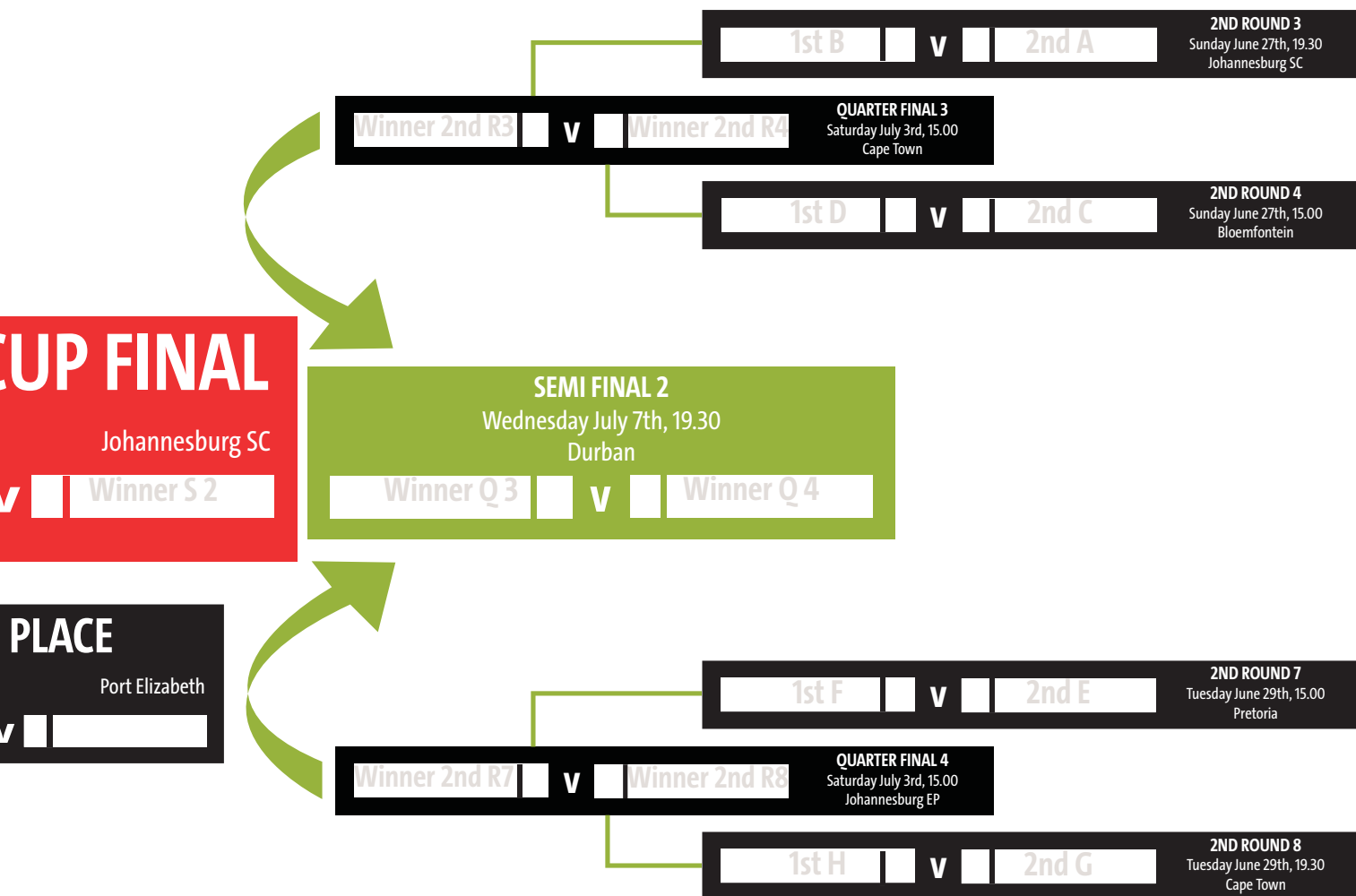
Sunday June 13th, 19.30 Durban	Germany	v	Australia
Sunday June 13th, 15.00 Pretoria	Serbia	v	Ghana
Friday June 18th, 12.30 Port Elizabeth	Germany	v	Serbia
Saturday June 19th, 15.00 Rustenburg	Ghana	v	Australia
Wednesday June 23rd, 19.30 Johannesburg SC	Ghana	v	Germany
Wednesday June 23rd, 19.30 Nelspruit	Australia	v	Serbia

GROUP G

Tuesday June 15th, 15.00 Port Elizabeth	Ivory Coast	v	Portugal
Tuesday June 15th, 19.30 Johannesburg EP	Brazil	v	North Korea
Sunday June 20th, 19.30 Johannesburg SC	Brazil	v	Ivory Coast
Monday June 21st, 12.30 Cape Town	Portugal	v	Ivory Coast
Friday June 25th, 15.00 Durban	Portugal	v	Brazil
Friday June 25th, 15.00 Nelspruit	North Korea	v	Ivory Coast

GROUP H

Wednesday June 16th, 12.30 Nelspruit	Honduras	v	Chile
Wednesday June 16th, 15.00 Durban	Spain	v	Switzerland
Monday June 21st, 15.00 Port Elizabeth	Chile	v	Switzerland
Monday June 21st, 19.30 Johannesburg EP	Spain	v	Honduras
Friday June 25th, 19.30 Pretoria	Chile	v	Spain
Friday June 25th, 19.30 Bloemfontein	Switzerland	v	Honduras





Siarad Cymraeg? Do you speak Welsh?

Level
B1
Intermediate

You may think the UK speaks English, but according to the most recent Welsh Language Use Survey by the Welsh Language Board taken in 2004, 611,000 people were able to speak Welsh. Of those 611,000, 62% claimed to speak Welsh daily. This figure rose to 88% for those who said they are fluent in Welsh.

The Welsh language developed in the same way as that of Cornish and Breton and the extinct language of Cumbric. It is the last remnant of what was once spoken by the Celtic people of Britain before the arrival of the Angles and Saxons.

Despite the relatively small number of Welsh speakers, it is still a living language largely concentrated in the North and West with support increasing in the second half of the 20th century with the rise of the nationalist political party Plaid Cymru. In 1993 the Welsh Language Act and later the Government of Wales Act 1998 made it possible for Welsh and English to be treated equally in the public sector.

Since 2000 the teaching of Welsh in schools has been compulsory for children up to the age of 16 and has helped stop the decline in Welsh language speaking.

Welsh has a Latin based written alphabet similar to that of English but with 28 letters not 26, eight of the letters consist of two letters put together...

a, b, c, ch, d, dd, e, f, ff, g, ng, h, i, l, ll, m, n, o, p, ph, r, rh, s, t, th, u, w, y

and in Welsh there are 7 vowels, not 5... a, e, i, o, u, w, y and there are sounds used in Welsh pronunciation that we don't use in English.

As English language learners you are familiar with the rule of subject – verb – object, but in Welsh the system is verb – subject – object and auxiliary verbs are used a lot more.

The Welsh system of counting can best be compared to French because it is based on twenties. For example in French 70 is soixante-dix ("sixty-ten") and 99 is quatre-vingts-dix-neuf ("four twenties nineteen"). The Welsh for 12 means the same as "two on ten", and 24 is "four on twenty"

The increase in Welsh has now spread to the electronics world with Welsh language interfaces for Windows XP, Vista, Microsoft Office and websites such as Facebook and Wikipedia also offering Welsh versions.

The ultimate example of the Welsh language is currently speeding its way out of our solar system as one of the 55 examples of languages on Voyager. The Welsh greeting is...

lechyd da i chwi yn awr ac yn oesoedd – "Good health to you now and forever"

Twenty Welsh Facts

20 things you might not know about Wales

1. Canada was explored and mapped by a Welshman called David Thompson.
2. Wales is not represented on the Union Flag of the United Kingdom.
3. The Prince of Wales is not Welsh.
4. One of the national emblems of Wales is a smelly vegetable called a Leek.
5. The world's first wireless transmission took place in Wales.
6. The last Briton to die in World War I was a Welshman.
7. The Earth's highest mountain is named after a Welshman, Sir George Everest.
8. The world's first mail-order shopping began in Newtown, Wales.



9. The Mumbles Swansea Railway was the first to accept paying passengers.

10. The automobile was invented by a Welshman, Oliver Evans.
11. Lawn Tennis was invented by a Welshman, Major Walter Wingfield.

12. The world's biggest second-hand bookshop is in Wales, in a little town called Hay-on-Wye.



13. Tre'r Ceiri is the largest Iron-Age fort in northwestern Europe.

14. A Welsh coracle (small, ancient boat) crossed the English Channel in 1974.

15. Welsh gypsies were the last to speak to Romani language in Europe.
16. The New York Times newspaper was founded by a Welshman, George Jones.
17. According to legend the Holy Grail was found in Wales.
18. The death penalty in Britain was abolished after the wrongful hanging of a Welshman on February 17th, 1956.
19. There is a large community of Welsh speaking people in Patagonia.



20. The world's longest railway station name is in Wales -

Llanfairpwllgwyngyllgogerychwyrndrobwyllylantysiliogogoch



Dylan Thomas

Dylan Marlais Thomas was born in Swansea on 27th October 1914, the son of an English teacher and a seamstress.

Young Dylan was a sickly kid who suffered from bronchitis and asthma through the rest of his life and he spent a lot of his time at home reading rather than going to school. His poor health may well have been his saving as it prevented him from being called up to fight in World War II and instead he worked for the government writing scripts.

When he did attend school he went to a private school near his home and later attended Swansea Grammar School where his first poem was published in the school magazine.

At the age of 16 he left school and got a job using his literary talents working at the South Wales Daily Post, but however his poor health and the stress of the job forced him to leave 18 months later but he continued to work freelance for a few more years.

The freetime now available to Dylan gave him the chance to write and he could often be found in the Kardomah Café in Castle Street where he chatted with the poets, musicians and artists who also went there.

In February 1941 the Germans bombed Swansea destroying the café. Dylan wrote about his experiences of this in his play *Return Journey Home*.

His first poetry volume was published in 1934, the same year that he moved to London. He then went on to direct films for the Ministry of Information and ended up working for Strand Films.

In 1946 *Deaths and Entrances* was published and it was now that Dylan started to become more famous around the world. His voice was loved in America when he travelled the country in the 1950s reading his poetry and it was while he was in the US that he finished writing his most famous work *Under Milk Wood* and first performed it at Harvard in May 1953.

As with many talented people Thomas's life was tragically short and he died in New York on 9th November 1953 aged 39. His death has been the cause of much discussion with some people saying it was due to his naturally weak constitution, others claim he died of illness caused by the addiction to alcohol.

At the post-mortem, the pathologist found that the immediate cause of death was swelling of the brain, caused by pneumonia. His liver showed very little sign of damage due to drinking. His body was returned to his home country where he was buried in the village churchyard at Laugharne on 25th November and amongst the mourners at his funeral were his mother, Florence, and his wife, Caitlin, who



Statue of Dylan Thomas, Swansea

died in 1994 and was buried next to him.

Dylan's poetry is famous for its musicality, particularly *Fern Hill*, *In the White Giant's Thigh* and *In Country Sleep*. Dylan once told a friend that his style was influenced by the Mother Goose rhymes that his mother used to teach him when he was a child.

Dylan's poem and death shall have no dominion is noted for its metaphysical sentiment and assertion of the eternal continuity of life in nature.

And death shall have no dominion.
Dead men naked they shall be one
With the man in the wind and the west moon;
When their bones are picked clean and the clean bones
gone,
They shall have stars at elbow and foot;
Though they go mad they shall be sane,
Though they sink through the sea they shall rise again
Though lovers be lost love shall not;
And death shall have no dominion.

In 1982, a plaque was unveiled in honour of Dylan Thomas, in Poet's Corner, Westminster Abbey.

» The Little Theatre in St. Mark's Road, Torquay will be putting on a performance of *Under Milk Wood* from Sat 12th – Sat 19th June at 7.30.

Tickets cost £10 and can be booked from the Tourist Information Centres in Torquay, Paignton and Brixham or by phoning the theatre on 01803 299330

Grammar Spod: Words which can confuse



Many people confuse the verbs “to lie” and “to lay,” but here are some useful tips to help you to remember.

“Lie” is both an irregular and regular verb. The regular verb means “not to tell the truth”:

She lied to me about her job.

The irregular verb is connected with beds and beaches:

**I lie in bed every day until 9.00
They lay on the beach in the hot sunshine.**

So, lie – lay – lain

“lay” is an irregular verb and it is connected with tables and chickens:

**She lays the table for
dinner in the evening.
The chicken has laid an egg**

So, lay – laid – laid

There is a frequent confusion in American English as “lay” can mean “lie,” as in Bob Dylan’s song “lay, lady, lay” (which must be a love song to a chicken!) In British English it should be “lie, lady, lie upon my big brass bed.”

Welsh food: Laver Lovers

What do Koreans, Japanese and the Welsh have in common?

The English have their roast beef & Yorkshire pudding, the Scots have haggis and our Irish friends over the sea love are experts in the use of the potato, but for the Welsh there’s nothing like a bit of seaweed for dinner!

Laver is a highly nutritious edible seaweed with high levels of vitamins B2, A, D and C found all around the coast of Britain and it’s also common around the coasts of Japan and Korea. In Japan it’s eaten with rice and known as nori while in Koreans know it as gim.

The high iodine and salt content of the seaweed is what gives it its distinctive flavour.

The seaweed is picked from the rocks at low-tide and given a wash in clean water. It is then repeatedly washed to remove sand and then boiled for several hours until it becomes a green mush. It can then be preserved for a week but is typically eaten cold as a salad with lamb or mutton, but one of the most well-known dishes is known as laverbread, though it has nothing to do with bread, which can be rolled in oatmeal or eaten without but traditionally is served with bacon and cockles for breakfast.



Laverbread Cakes:

Ingredients 1 lb (450g) of fresh laverbread
4 oz (115g) fine oatmeal
6 rashers of bacon

Method :

Mix the laverbread and oatmeal together and form the mixture into small, round, flattish cakes. Fry the prepared cakes in hot fat (preferably bacon fat) using a palette knife to keep them in shape. Fry until they are crisp and brown on both sides. Serve with the grilled bacon as a breakfast dish.

Enjoy!

What's on

4th – 11th June

English Riviera Dance Festival

For all lovers of dance, whether you just can't keep off the dance floor, or you simply enjoy watching the spectacle, the annual English Riviera Dance Festival is a must.

The clear advantage of the English Riviera Dance Festival is that it is available to everyone. The June extravaganza, organised and hosted by dance impresario Philip Wylie, has wide-ranging appeal. Based at the Victoria Hotel in Torquay, the extensive dance programme is given some extra sparkle and glamour with two gala evenings at Torquay Town Hall, plus the added excitement of the Sunday afternoon competition session. A full programme of events is available online, or you can call TLH Leisure Resort on 01803 400500. Don't be a wallflower and do come and join Holiday and Dance at the Victoria Hotel, Torquay between 4 – 11 June 2010.

Belgrave Hotel, Torquay, Devon
TQ2 5HT
Tel: 01803 400500

www.englishriviera.co.uk

5th June

Firework Cruise

Firework Cruise from Torquay to Brixham aboard the Heritage Ship Fairmile for the Brixham Heritage Week. Enjoy a beautiful evening cruise before seeing the fireworks set off. Departs from Princess Pier. Contact www.greenwayferry.co.uk for details. Tel. 01803 882811

www.englishriviera.co.uk

6th June

11.00 – 17.00

Open Gardens Day

A chance to wonder around and take in some of the most beautiful gardens located in Galmpton Village. Teas will be served in the village hall during the afternoon and there will be musical entertainment outside the village hall. Make sure you don't miss this wonderful event.

Various Gardens in Galmpton
Galmpton, Brixham, Devon, TQ50LP
Tel: 01803 845251

www.englishriviera.co.uk

10th June

Babbacombe Festival

A week-long festival takes place on Babbacombe Downs with stunning

views across the Bay and the East Devon coastline. Events include live music, crafts, walks, bowls, the Babbacombe Corinthian Sailing Regatta, a charity ball, fish and chip day and the Babbacombe Fayre itself. Babbacombe Downs
Torquay, Devon, TQ1 3LF
Tel: 01803 211211
www.englishriviera.co.uk
www.babbacombe.org

11th June

Torbay Pride Evening Party Cruise

Torbay Pride Evening "Stick a rock" Fundraising Party Cruise - "Come stripy" - DJs - Fun and frolics for the second Torbay Pride Festival. Departing from Princess Pier Torquay aboard the Fairmile.
www.greenwayferry.co.uk Tel. 01803 882811
www.englishriviera.co.uk

12th – 19th June

Independent Book Sellers Week

The third 'Independent Booksellers' Week' takes place between 12th -19th June.

12th June: Michael Morgan, the renowned Devon artist, now 83, has a couple of books and a range of greeting cards and a new address book just about to be published.

12th June: Judith Miller, creator of 'Miller's Antique Price Guide' and expert on 'The Antiques Road Show' will be joining Mark Hill, presenter of the new BBC2 programme 'Cracking Antiques'.

14th June The son of John Slater of Z Cars fame, Roger Slater, will be discussing his father's life with Bob Curtis.

15th June Plymouth based author and publisher Sasha Fenton has gathered together four authors to present 'Sasha Fenton's Modern Mystics'

16th June Comedian, Justin Lee Collins will be signing his autobiography 'Good Times' now in paperback.

19th June Julian Stockwin will be signing his new book 'Victory'.

Torbay Bookshop
7 Torquay Road, Paignton
Devon, TQ33DU
Tel: 01803 522011

www.englishriviera.co.uk

15th June 19.00

Sasha Fenton's Mystic Evening

Sasha Fenton's Mystic Evening at Oldway Mansions Paignton. Talks by Nina Ashby, Kim Farnell, Marlene Houghton and Jonathan Dee.

followed by signings and refreshments, then the Psychic Forum led by Sasha Fenton.

Have a Magic, Mystic Evening. Tickets available on the door £6.00 per person or available at The Torbay bookshop, Torquay Road Paignton TQ3 3DU, 01803 522011 or Zambezi Publishing Ltd, Po Box 221, Plymouth PL2 2YJ, 01752 367300. Doors open 6.30pm
www.englishriviera.co.uk

16th June

BMAD Bike Nights

Hundreds of motorcycles of all shapes and sizes will be taking over Paignton Green along with live entertainment, this social event is fun for all the family. Organised by Bikers Make A Difference (BMAD) this wonderful festival helps raise money for various local charities, including Devon Air Ambulance.

BMAD Bike Nights 16 Jun 2010
BMAD Bike Nights 23 Jun 2010
BMAD Bike Nights 30 Jun 2010

Paignton seafront
Paignton, Devon, TQ4 6AG
Tel: 01803 211 211
www.englishriviera.co.uk
www.bmad.co.uk

19th June 19.00

Maritime Prom

South Devon Choir and the North Devon Choral Society present a Maritime Proms
Music featured includes Vaughan Williams and Henry Wood with a traditional Last Night of the Proms. In support of the RNLI
Tickets on sale at all 3 English Riviera Tourist Information Centre or call 01803 211211.
Prices £10 ,
Torquay Town Hall
Castle Circus, Torquay, Devon
TQ1 3DR
Tel: 01803 605135
www.englishriviera.co.uk

19th June 19.30

Championship Boxing

Introducing Championship Boxing to the English Riviera ,Mayo Boxing Promotions present Dean Mills Vs Mark MuCullouch in a British Lightweight Title Fight.
19th June 2010, Start Time 7.30pm
Ticket prices from £35 - £60
Tickets on sale at all English Riviera Tourist Information Centres or by calling 01803 211211
Riviera International Centre
Torquay, Devon, TQ2 5LZ

www.englishriviera.co.uk

19th June

Brixham Pirate Days

Ahoy there me hearties!!
The Brixham Buccaneers invite you to experience their swashbuckling pirate antics. With the magnificent Golden Hind as a backdrop, our colourful crew provide music and entertainment for the whole family. Face painting, stocks, puppets, crafts, storytelling and balloon modelling are just a few of the exciting activities

Brixham Harbour
New Quay Lane
Brixham, Devon, TQ5 8AJ
Tel: 01803 850382
www.englishriviera.co.uk

**21st June – 11th September
Gladiator - Way of the Warrior**

Stunning arms & armour and costumes from the biggest blockbuster movies, including Gladiator, The Last Samurai, Saving Private Ryan, and Kingdom of Heaven, to name but a few.

See the iconic armour worn by Russell Crowe (General Maximus) and Joaquin Phoenix (Emperor Commodus) in Gladiator.

A hands-on exhibition for all the family, with replica arms and armour that can be handled and worn. A Kids' Corner with activities designed for children. A walking warrior dressed in replica arms and armour will be in the Museum on most days

Gladiator - Way of the Warrior
Torquay Museum
Babbacombe Road
Torquay, Devon, TQ1 1HG
Tel: 01803 293 975
www.englishriviera.co.uk

www.torquaymuseum.org

30th June

Safari BBQ Night

Experience Paignton Zoo 'after hours' at one of our new BBQ Nights. Featuring animal enrichment at selected enclosures, Jungle Express train rides around Gibbon Island and more. All enjoyed with sumptuous locally sourced BBQ food and musical entertainment in our Island Restaurant and garden.

Tickets: £15 Adult , £12 Children
10% discount for Annual Members
Family Saver £45 (2 adults & 2 children)
(not valid with any other discount)
Time: 5.00pm - 9.00pm

Booking is essential
For tickets please telephone 01803 697500
or email info@paigntonzoo.org.uk
www.englishriviera.co.uk

LAL Excursions

- 16/06 Coleton Fishacre House & Gardens
Jazz Night
- 17/06 Exeter
- 18/06 Dartmoor Highlights
- 19/06 South East Cornwall

- 22/06 Totnes Walk/Shops
- 23/06 Dartington Hall
Country Pub Tour
- 24/06 Plymouth Barbican/Hoe
- 25/06 Castles of South Devon
- 26/06 Cardiff City Tour

- 29/06 Kents Cavern Tour
Jazz Night
- 30/06 Brixham & Berry Head
Country Pub Tour
- 31/06 Exeter Walk/Shops
Kents Cavern Ghost Night
- 01/07 Dartmoor Highlights
- 02/07 South West Cornwall

Full descriptions of all excursions are printed in the LAL Torbay Guide and at www.laltorbay.co.uk/guide.

This programme may change. Please see this week's excursion planner, available from the Excursions counter and at www.laltorbay.co.uk/guide

**Babbacombe Theatre,
Torquay**

Babbacombe Downs Torquay Devon TQ1 3LU
Box Office: 01803 328 385
Email info@babbacombe-theatre.com

**12th June
Bootleg Shadows**

Bootleg Shadows keep The Shadows 'live' sound alive by performing a fantasy concert that encompasses the Shadows' amazing career from 1960 up until the early 80s. Concert audiences are invited to relive fantastic hits such as Foot Tapper, Man of Mystery, Atlantis, Wonderful Land, Kon Tiki, Don't Cry for Me Argentina, FBI plus many, many more. Bootleg Shadows perform a unique tribute that has audiences humming the tunes and doing the Shadows' famous 'walk' long after they have left the theatre.

In the company of Mark, John, Tony, Steve and Tony the audience is taken on a tour of the Shadows' career, with plenty of humour to make it a night out to remember. For anyone who loves the sounds of the 60's - and enjoys a few laughs on the way.

www.englishriviera.co.uk

**Princess Theatre,
Torquay**

Princess Theatre
Torbay Road, Torquay
Devon, TQ2 5EZ
01803 290288

For more information on the following shows please visit:
www.princessstheatre.org.uk

**5th June 19:30 - 21:30
On Night of Queen**

Over the past 9 years One Night Of Queen has rocked sold out audiences all over the World including UK, Germany, Holland, France, New Zealand. Fresh from their second tour of the USA Gary Mullen and "The Works" return with a stunning live concert featuring fantastic staging and lighting effects.

Tear It Up and Keep Yourself Alive by going to see this show. Have One Vision before Another One Bites The Dust, pick up the phone to book a ticket now, it'll only take a Flash.

Break Free and We Will Rock You!

**10th June 19.30
Mad about the Musicals**

Mad about the Musicals returns with its award winning spectacular 2010 show. From the poignant 'All I ask of you' to the dramatic 'one day more' Mad About's talented ensemble conjure stunning, high quality vocal performances, which evoke the true spirit of the West End.

**19th June 19.30
In the Flesh – The Pink Floyd Show**

In The Flesh present an authentic excursion into Pink Floyds most creative period from the mid-Sixties to the early Eighties performing tracks from the classic-era albums including The Piper at the Gates of Dawn right through A Saucerful of Secrets, Atom Heart Mother, Meddle, The Dark Side of the Moon, Wish You Were Here, Animals, The Wall and concluding with The Final Cut. This is an amazing show for all Pink Floyd fans and is not to be missed!

**29th June – 3rd July
Singing in the Rain**

Including some of the best loved comedy routines, dance numbers, and love ballads ever written.

With a vintage score and book – and that torrential dance number "Singin' in the Rain" – it is 24hr classic entertainment. Staged by TOADS with a cast of over 40 and a live, professional orchestra.

Day	Opening Times
Tuesday- Saturday	19:45 - 22:00
* Saturday Matinee	2.30pm

Rear **Window**



The Beautiful Welsh Countryside, Paul Gwyther