

**Edition 20 of the Legendary '6th News'.....Tuesday 16th December 2003**

- In this edition of the 6th News
- Hasta B Pasta!!
  - Taco My Word!!
  - Chilli and Rice.....Nice!
  - Kingz of the Kingdom!!
  - Handball....surely!!
  - It's Christmas!!!!!!!!!!!!!!!!!!!!!!!!!!!!

**WELCOME** to the 6th NEWS...

We're a little bit later than usual for our second edition of the year, but we really decided we wanted to do a Christmas Special, so for this year only we're coming out on party night when the feeling's right!!!

**The Editing Team**

# PASTA LA VISTA BABY!!!!

## ANCHOR BOYS GO TEN TO THE DOZEN!!



The Anchor section have weighed in with lots of action from their 12 strong contingent in this edition of the 6<sup>th</sup> News. Since the last fun filled edition they have been to Kidz Kingdom for an evening of fun. There was ball pool excitement aplenty with enough soft play equipment action to last a lifetime.

The Anchors have also joined forces with the Juniors for a video evening with a Disney classic to keep the boys entertained. With this edition coming out on our fun filled party night no doubt those Anchors will be wowing us with their fancy dress costumes. Pictures and full report next edition.....

**This article was *penned* after a *fusilli* boys took to the kitchen at Alan Road to make pasta. There *cannelloni* be only one outcome and that was lots of fine food.**

We decided we should give the company section a taste of life to come in the Seniors and do some cooking. Richard Laycock, who is of course son of the Seniors' masterchef PL, was the man with the plan of what we should be cooking, but as the half of the company section who were cooking that night joined him in the kitchen, they couldn't quite believe what they were about to produce.

"These eggs and flour are all you need to make pasta," he declared as the four boys and Neil Fox were presented with some of the aforementioned ingredients and told to get kneading. This they did, but not quite believing that the gooey mess in their hands would become something they could eat. After a while and a little fine tuning of quantities of flour and egg (1 egg per 4oz flour per person), there were several balls of dough to be put to one side....*the cooking continues inside!!!*



# CAPTAIN SLOG

Brian has written a special Christmas themed column!!!!



Here we are at the end of another year. Time seems to fly by. We are now in the season of advent where our thoughts turn to decorations, presents, parties and generally enjoying ourselves.

Nothing wrong in that, we all need to enjoy the festive season. However, let us not forget the real reason why we celebrate this time of year. It seems that Christmas starts earlier every year, no sooner are we out of the summer months we see Christmas decorations and goods appearing in the shops. Christmas has become very commercialised and we can easily forget why it exists at all.

Essentially it is Christ's Birthday, and as he isn't physically with us to receive presents, we celebrate by giving each other presents, just as the wise men gave theirs to Jesus when he was born. Can I ask you all at some stage in this seasonal celebration time to stop and think about those who can't be joyous or happy. There are millions who don't have enough to eat or drink throughout the world, so while you are putting away your Christmas Pud and that 4th mince pie, be grateful for what you have, but think of those that don't. The whole reason why we celebrate at this time of year is because of one tiny baby born just over 2000 years ago. I'm sure he'll be happy when the starving of millions on this earth ends.

I wish you all a Merry Christmas and a Happy and peaceful New Year

*Brian Crowe*

# NOW FOR THE SAUCE!!

As we said, now for the sauce, the prime ingredients of which were onions and tomatoes (1 can of tomatoes and 1 onion per 8oz pasta). The chopping of the onions was tackled by those with the nose to stand there and chop whilst tears flowed from their eyes. Sadly the knives in the kitchen weren't up to much, making chopping difficult. Rather than slice through the onions, they usually squeezed them between knife and chopping board sending so much onto the floor, we might have been better off cooking it down there! We're joking of course, that would have been unhygienic, as incidentally would allowing the boys to do anything before washing their hands, that was the first thing they did when entering the kitchen.

Once the onions were chopped as best we could, we added them and some garlic (2 per onion) to the pan to fry in olive oil. Once these were cooked we poured in the tins of tomatoes, some tomato puree (never enough for Adam Stant!), freshly ground black pepper and some dried basil and oregano. This was left to simmer and splatter all over the oven top whilst we went back to the pasta.

The dough had been left under a damp tea towel for at least half an hour but was now ready for rolling. We divided the balls and started them off with a rolling pin. We were using a pasta rolling machine but if you are patient and don't have a pasta rolling machine, you can roll it all with a rolling pin and cut it with a knife. However, the head chef did have a pasta machine so this was cranked into action.

The pasta machine is just like a small mangle and squeezes the dough into sheets as it passes between two rollers when you turn the handle. We then put the dough through the cutter which cut it into the long flat strips called tagliatelli that we were going to eat. Everyone was impressed as the pasta took shape before their eyes. Neil Fox was so impressed that a pasta rolling machine became the first item on his wedding list!!

By this time the sauce had been bubbling away for long enough so all that was left to do was plunge the pasta into a pan of boiling water. Fresh pasta cooks very quickly so it was soon drained, mixed with the tomato sauce and served to all the company section and staff. Compliments were paid to all involved in the cooking, and thanks due to all those who helped otherwise and cleared up, once Jonathan Calver had finally finished eating!!



## The forecast is chilli...(with high winds next day)

Two weeks later, those who didn't become masters of pasta took to the kitchen to cook up more hot stuff. After taking a straw poll the previous week, the night's set menu was chilli and rice with freshly made tortillas.

We were down to five in the kitchen. so Richard Laycock, with the assistance of Neil Fox, the Calver brothers and the ever keen Russel Haddow had their work cut out. Task number one was to make the dough for the tortillas. 1lb of Flour, 2 teaspoons of baking powder, 1 teaspoon of salt and 1/2 a pint of water were mixed up and after some fine kneading by Russ we had a big enough lump of dough to make a dozen tortillas.

We learnt our lesson two weeks earlier that the sharp knives in the kitchen were misnamed and brought some along for the evening. This made the chopping of the 5 onions easier but didn't help with the problem of the watering eyes. Eyes could have been watering too if the next instructions were ignored. We were using fresh chillies from the gardens at 6th News Towers. Five were deseeded and chopped with the warning that you shouldn't rub your hands anywhere, especially on your eyes, until you'd washed them after handling fresh chillies. Duly noted, these were prepared and put beside about 5 cloves of garlic.

Onions, garlic and chillies were fried in the pan, to which was added the mince. We used 2.25kg of frozen mince which is great for large batches like this and is cheaper but not as fatty as some fresh mince. Once the mince was all browned, 4 tins of tomatoes were added along with 2 tsp chilli powder, 1 tsp paprika, plenty of black pepper and 1 tsp ground cumin. After a little while, the 2 tins of kidney beans were drained of the frankly nasty looking purple water and added to the mix. Some people say they don't like these but it's a shame when they're left out as they turn soft like baked beans and absorb lots of flavours from the spices. This was left to simmer whilst we turned our attention to the tortillas and rice.

The dough was removed from the fridge where it had been for a minimum of 20 minutes and divided into (roughly) equal pieces and rolled out with rolling pins into (roughly) circular tortillas, which should be as thin as you can possibly make them. While this was going on, Russel organised a cup of rice for each person, which was put into the boiling water on the stove. From this moment the clock was ticking and Barry and Jonathan had to be quick, frying the tortillas on each side until the characteristic bubbles appeared.

Soon all was ready and everyone gathered round the table and tucked in. Some were less keen, or were more full of their tea, than others but that was good news for the keen ones as they had seconds, thirds, fourth, etc. Again valiant clearing up efforts took place as once more we had shown how easy it was to make delicious food yourself. Hopefully by the end of our cooking sessions we have inspired some of the boys to take to their kitchen more often

## Burrito To Much Fun For The Seniors

Never ones to miss out on spending an evening eating the seniors have once again surpassed themselves with a Mexican night designed to teach the boys how to rustle up a Mexican treat in minutes with the minimum of fuss.

El Gringo Cable brought the simplest of ingredients in to whip up a Burrito treat in only 30 minutes.

Quicker than you could say "antibacterial agent" the spray was hitting the surfaces to help teach the boys the importance of cleanliness as this is next to Godliness in our books. Hands were washed and dried before placing the fresh meat in the frying pan to brown off. Once the meat was cooking away nicely we turned our attention to the fresh vegetables.

We had peppers (all colours), tomatoes and an onion to add the mix. The boys learnt how to cut the onion up properly and safely to achieve that diced effect. Next came the peppers. It is always important to cut the seeds from the pepper as these are not at all tasty and not even the seniors would eat them.

The freshly cut produce was then taken over to the now brown meat. The chopped peppers, onion and tomato were a visual treat. The next item to add was the "special" packet from those good people at El Paso. We then left the pot of freshly seasoned meat to simmer for 20 minutes while we removed the Taco shells and placed them in the oven for 5 minutes. The table was then laid and the food served with a handful of cheese to flavour. So there you have it! A simple meal to enjoy with the minimum amount of fuss but with maximum amount of taste.



## How Big is Uranus?

That's a question we were posing members of the company section, as we learnt a little bit about astronomy earlier in the session, though obviously we found out how big the other planets are too!

Our studies of the sky at night took us out into **The Darkness** at Shingle Street to do some stargazing away from the light pollution in the town, as well as to the observatory at Orwell Park School.

One thing we did in the hall was a quiz about how big the nine planets we in relation to each other. 9 roughly spherical objects were selected to represent the 9 roughly spherical planets and the boys were challenged to match them up. They were told how many were right after each rearrangement until they got them all right.

The 6th News readers can play along with this quiz at home if they like. The objects were a basketball, a cricket ball, a football, a golf ball, a grape, a Malteser, a peppercorn, a squash ball and a tennis ball. The planets are of course Mercury, Venus, Earth, Mars, Jupiter, Saturn, Neptune, Uranus and Pluto. A winner will be drawn from all the correct entries received and will win an appropriate prize!

## HANDBALL AGAIN AND AGAIN!!

While most of the country had settled down with a cup of cocoa in hand and comfy slippers on feet to watch Children in Need 2003, myself and Dan Frost had taken our Junior Section boys to the next instalment of the Battalion Handball competition at Hatfield Road. We again had put in weeks of practice in an effort to compensate for our usual half pint image. This proved to be a small success as our boys really did us proud and put in some really cracking performances against much larger and older teams. We certainly have some real stars of the future as Joshua, Jack and Jayson proved!!

I don't want to talk our team up in any way so I would just like to mention that Aidan scored from his own goal line in our final match which finished up as a draw and we all went home with smiles on our faces as we had picked up a valuable point!

My thanks to those who supported us on the night and maybe next year the Chelski revolution may arrive at the 6th Ipswich!

## SPORT MONKEY'S CHRISTMAS NUTS!

It's that time of the season again, window opens, Roman jumps out along with a few millions, Rio banned? , Euro 2004 draw made and England have hopes of a trophy win to match the egg-chasers. Yes it's Christmas and that means tons and tons of sport, sport, sport.

Where better to start than the Rio affair. Why does it take so long to decide if a player is guilty or not? The F.A. are looking stupid and now FIFA are questioning the time taken to decide - just don't be surprised to see Sir Alex out with his cheque book in the January sales!.

Then we look at Chelsea - will they or won't they? The neutral says yes, sport monkey says what a bunch of bottlers (not bitter or anything), but I suppose it's nice to see Liverpool struggling again. I think the answer is in Houllier, sack him!!

Well we have won the world cup, shame about the sport though, should have been in football then it would be remembered still in about 5 years time!!! Chasing eggs, what's that all about?

And to finish off this Christmas review can you believe that it's 50 years of the sports personality award this year? Some great people have won this award over the years and they are bringing them all together for one big bash in a few weeks time when Wilko will surely be named the winner of 2003!

I hope that you all have a fabulous Christmas and new year. Roll on 2004 and more sports news from the Banana Tree!!!

## Chocolate Box is Back!!

Hopefully you will have already entered the 6th News Chocolate Box competition which hit the streets last Christmas. All you had to do was buy a quality chocolate bar and put it into the box to stand a chance of leaving here tonight with not just the latest 6th News but a whole pile of chocolate too!!



There's every reason to sign up to the recently launched 6thweb news mail service where you can receive email alerts about all things 6th. You can find out about this and current programme information at

[www.6thweb.co.uk](http://www.6thweb.co.uk)

## IN THE NEXT 6th NEWS

We'll be back sooner than you think with a whole ho ho host of brand new features and articles to enjoy. Have a fantastic Christmas and see you in 2004!!!!

*Don't Let Them End!!!!*

### YOUR 6TH NEWS TEAM ARE

Editor:	Richard Laycock
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