

The Brida Journal

Email : daily@brida.eu

www.journal.brida.eu

Week 23/2020

The journal for learners of English, by learners of English

Summertime is Picnic Time

The warmer weather signals the start of the picnic season! Sooner or later you are going to be invited to one, so what happens at picnics?

An average picnic involves going with friends to a sunny outdoor space, such as a park or beach, to eat, drink and socialise.

Before you even so much as open the fridge, you should first pick a suitable location for your picnic. If you are taking the kids along then you probably do not want to be stuck in the car for hours, especially if it is a hot day, so opt for the local park or beauty spot. If you do choose to venture further afield, take into consideration things such as traffic, whether there's parking close by, and perhaps most importantly, what the weather is going to be like. It is also a good idea to check if there are any factors that might hinder your picnic – if you know a particular location is popular with dog walkers for example, then steer clear as you might find your lovingly prepared salad gets skittled by an excitable Labrador. Once you know where you are heading and who will be coming along, it is time to start thinking about what you need to take with you.

Depending on how posh the gathering is, you might take a picnic basket which has plates, glasses and all the things you need to enjoy an alfresco meal. A less posh picnic will involve disposable plates and cups.

For the authentic picnic experience you simply *have* to use real crockery, cutlery and glassware – sipping rosé from a plastic beaker just isn't quite the same! Plus, not using disposable plates and knives and forks is better for the environment. Of course, this is not always convenient, especially for those who like to travel light or have children in tow. Whatever option you plump for just make sure you have the staples of plates, forks, knives, napkins, cups and/or beakers, glasses and a chopping board. If you are taking glassware though, ensure that it is sufficiently protected from breakage – a space-saving solution is to wrap plates and other fragile items in your picnic blanket and glassware in napkins.

Other items essential to the smooth running of your epic picnic are a bottle-opener/corkscrew, sharp knife for cutting meats and fruit, bread knife, wet-wipes, salt and pepper mills, and bin-

bags to put your rubbish in afterwards. As with your glassware, take care to ensure the knives you take with you are adequately protected so as not to injure yourself when unpacking.

Given that you will be chowing down outdoors taking some sort of insect repellent is a good idea, as is bringing along your favourite book to read lazily in the sun when in the midst of a food coma. You could even get a Bluetooth speaker and stream music to it from your phone. Be mindful of others in the vicinity though and keep volume at an acceptable level – nobody wants a noisy neighbour upsetting the ambience.

The food you'll be eating is obviously a huge part of any picnic but if you don't have the right gear to store it in then you could end up sorely disappointed once you get to your venue and find what can only be described as a sodden mess. Obviously, the type of food you'll be taking will dictate the type of containers you opt for but there are a few hard and fast rules you shouldn't deviate from to ensure your munchies stay fresh and protected en route. If you are taking sandwiches (and if you aren't, what kind of a picnic do you call that!), be sure to keep them sealed in a hard container so as to avoid crushing. Make sure that the containers are NOT airtight though, as this is a sure-fire way to ensure the bread goes soggy.

Picnic food tends to be cold stuff like chicken thighs, tear-able bread, crackers, tortilla chips and dips, olives, carrot and celery sticks hummus and pitta bread and the summertime favourite – the quiche! Some people do take disposable BBQ's to cook burgers but be warned most public places prohibit this.

All of these delicious foodstuffs are easy to prepare and even easier to eat with just your hands. If you have salads or pasta dishes that use mayonnaise as a binding agent be careful to keep them chilled in your cool box as it can go off if left out in the heat for too long. Alternatively, swap mayonnaise for pesto to avoid this problem. Pack condiments such as vinaigrettes separately and dress leafy greens when you are ready to serve. Again, this will prevent sogginess.

Drinking is a big part of any picnic and summer drinks like Pimm's and lemonade – which can be bought pre-mixed – are popular. But if you don't drink alcohol, just take what you like.

It is also traditional to toss a frisbee around or play a team game like football or rounders.

Picnics can last a long time. People like to stretch out their picnics for as long as possible because, quite frankly, one day of glorious sunshine might be the only one of the year!

[Listen to Text here.](#)

[Do activity here.](#)



Speak to me.

Are you a celebrity, a pastor, a hard-working executive who feels as if you are surrounded by many people but in the same breath you feel so alone?

Do you have a truth that you need to share with someone that is not a close friend or family member because you fear of being judged? Are you an individual who desires community but feels isolated and alone in this world of technology and texts?

Do you have something to SAY but no one to say it to?

If you answered yes to any of the above questions, I am here with the solution. My name is Artful Joy and I am here to be that someone, that ear, that safe place where you can divulge your thoughts, feelings, and emotions anonymously.

I will never ask for your name, job title and or position.

All I ask of you is that you talk as freely and as openly as you see fit!

Calls are €3.99/min

If you feel no one is here for you, dial 09.05.12.56.xx and find out that you can find your community in me.

[Listen to the text here.](#)

[Do Activity Here](#)



Insurance Sales Representative

Requirements:

- 1-2 years of insurance sales experience is preferred.
- Demonstrated successful track record of meeting sales goals and quotas required.
- Enthusiasm and belief about the role insurance and financial products play in people's lives.
- Proven track record of trustworthiness, dependability and ethical behaviour.
- Excellent communication skills: written, verbal and listening.
- Must have strong interpersonal communication skills
- Must be motivated and determined.

Responsibilities:

- Develop insurance quotes, make sales presentations, and close sales.
- Establish client relationships and follow up with clients, as needed.
- Develop ongoing networking relationships with Small Business owners.
- Provide prompt, accurate, and friendly client support. Support can include responding to inquiries.
- Maintain a strong work ethic with a total commitment to success each and every day.
- Develop new Financial Service opportunities with both existing and new clients.

Benefits:

- Base salary plus a very competitive commission structure.
- Great bonus potential if you are a top performer.
- Paid time off - for personal time and holidays.
- Training provided if necessary.

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New potato, pea, asparagus and spinach sformato

new potatoes 300g

asparagus 400g, trimmed and cut into 3-4 pieces

butter 80g, plus extra for the tin

onion 1, finely chopped

plain flour 80g

whole milk 800ml

spinach 75g

nutmeg a good grating

Dijon mustard 1 tsp

Italian hard cheese 100g, finely grated

frozen peas 75g

eggs 5 large

red onions 2, thinly sliced

red wine vinegar 2 tbsp

flat-leaf parsley a small bunch, leaves picked

STEP 1

Heat the oven to 180C/fan 160C/gas 4 and butter and line a deep 23cm springform cake tin.

STEP 2

Cook the potatoes in a large pan of lightly salted boiling water for 8-10 minutes or until tender to the point of a knife. Scoop out with a slotted spoon, then add the asparagus for 2 minutes and drain well. Cut the potatoes into 1-2cm slices.

STEP 3

Heat the butter with the onion and a pinch of salt and cook for 5 minutes until softened. Add the flour and cook for 2-3 minutes until smelling toasty. Add the milk, a little at a time, while whisking, adding more once fully incorporated.

Simmer for 5 minutes until thickened, then stir in the spinach, nutmeg, mustard, Italian hard cheese, and lots of seasoning. Cool for 5 minutes, then stir in the asparagus, new potatoes, and peas. Crack in the eggs and whisk well, then pour into the prepared tin and put into the oven for 45-50 minutes or until cooked through.

STEP 4

Put the onions into a bowl with a pinch of salt and the vinegar and use your hands to scrunch them until they soften slightly.

STEP 5

Cool the sformato for 10 minutes in the tin, then remove the sides, invert onto a plate and cool to room temperature. Stir the parsley into the onions, drain, scatter over the top of the sformato, cut into wedges and serve.

[Listen to the text here.](#)

Brida Local

The Weather This Week In Brida

Monday, 01 June 2020. Sunny intervals and a gentle breeze. Highs 24° and Lows 15°.

Tuesday, 02 June 2020. Light cloud and a gentle breeze. Highs 24° and Lows 16°.

Wednesday, 03 June 2020. Sunny intervals and gentle breeze. Highs 24° and Lows 16°.

Thursday, 04 June 2020. Light rain and a gentle breeze. Highs 24° and Lows 16°.

Friday, 05 June 2020. Thundery showers and a gentle breeze. Highs 26° & Lows 15°.

Saturday, 06 June 2020. Thundery showers and a gentle breeze Highs 24° & Lows 14°.

Sunday, 07 June 2020. Light rain showers and a gentle breeze Highs 22° & Lows 16°.



Our special offers for this week.

Strawberries
400g, €3.50

Chocolate Bars, various
Per bar, €0.99

Americano Instant Coffee
2x 250 g. €7.55

Tuna Steaks
10 rashers, 170 gr. €1.90

Air Dried Ham
150 gr. €2.50

Crunch peanut butter
450 gr, €2.49.

Crunch oat and honey
granola bar
4 per pack, €1.00.

Original Bagels
5 per pack, €1.00.

Almond unsweetened drink
1 l. €1.70.

3 disposable razors
pack. €5.75

Chill body spray,
150 ml, €1.50.

Clotted ice-cream
1 l, €2.75.

Rich Skin moisturiser
125 ml. €2.95

Prosecco, medium-dry
75 cl, €7.75

Oven cleaner
300 ml. €4.99

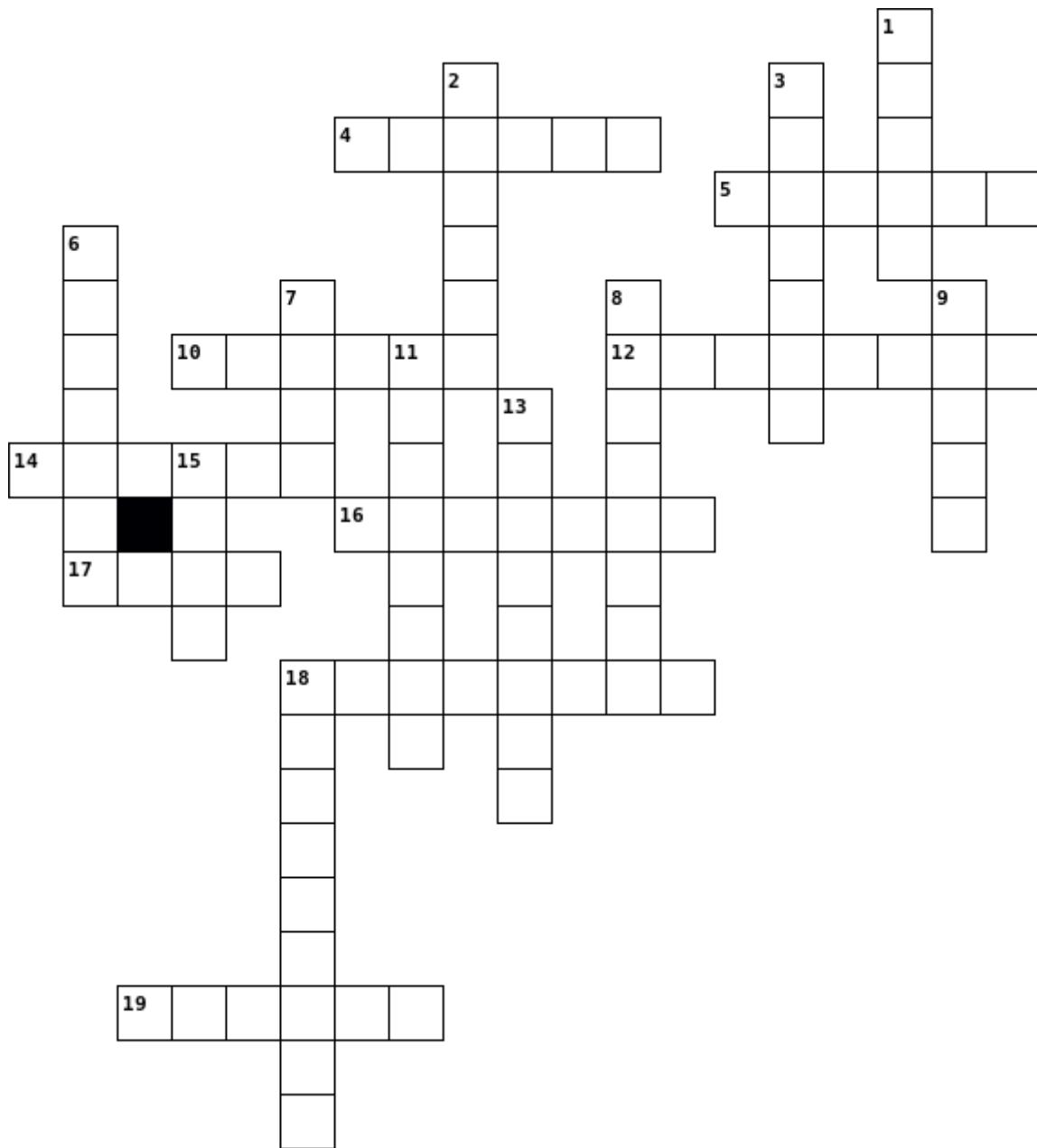
Offers while stocks last. Valid from June 01, 2020 to June 06, 2020.

[Listen to Text here](#)

[Answer questions here.](#)

Brida Gymnastics - Vocabulary

23.20 Crossword



Across

- 4.** summer is this compared to winter
5. tiny as well as a unit of time
10. solid milk or cream
12. all your plates, cups, bowls etc.
14. a church official
16. all your knives, forks, spoons etc.
17. done with a phone number when phoning
18. to be alone
19. a relaxed outdoor meal

Down

- 1.** extra payment with a salary
2. cool storage box
3. Popeye's favourite food
6. seeds associated with Dijon
7. water released when crying
8. essential for measurements to avoid mistakes
9. a rip in a wall
11. when a problem no longer exists
13. the best time of the year
15. to rip fabric
18. financial protection against disasters

Solution Crossword 22.20**Across**

- 3.** deliver
5. happy
7. vehicle
8. taxi
10. castle
13. seller
16. century
17. independent
18. technology
19. Loire

Down

- 1.** unique
2. hike
3. department
4. politician
6. basketball
9. inspire
11. explore
12. cellar
14. marinade
15. smartphone

Play Brida, Learn English



The Brida Journal,
a journal
for learners of English
by learners of English.

Editor in Chief,
Frank Peters,
3 rue des Vignes,
67160 Cleebourg,
France.

Email: frank@peters-langues.fr

The journal's website is www.journal.brida.eu.
The journal's email address is daily@brida.eu

Brida is an educational platform to facilitate the learning of English.
www.brida.eu

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Third Party Inspirational Sources

classifieds: gumtree.ie or gumtree.co.uk,

the supermarket: www.ocado.com

weather: bbc.co.uk/weather, (the city is Perpignan, France)

Chez Brigitte: olivemagazin.com.

The garden: Wenia Field's Gardening, published 1973 by Octopus Books.