

Beach



SPECIAL

www.thebeachteam.org



OLYMPIC MEDALIST DEBBIE FLOOD

Life On and
Off the Water



GROW YOUR OWN Fruit and Veg



VISIT OUR GLORIOUS COASTLINE Top Blue Flag Beaches



FREE



Welcome!

Since the 1950s, our teams of volunteers have been helping to make a positive difference to beach holidays. From Leysdown to Llandudno, from Whitby to St Ives, holidaymakers have appreciated our mixture of wholesome family fun and lively Christian teaching.

We hope that you and your family will want to join in as well! Depending on where you meet the Beach Team, you might find children's games, sports, face painting, puppets, plastic duck racing or sand modelling. Flex your muscles in preparation for our tug-of-war, practise to impress your kids in the penalty shoot-out, or don your waterproofs for the water quiz in our afternoon programme. 'Holiday Specials' contain a fast-moving mix of quizzes, songs, Bible stories, competitions and more. It's free to join in and it would be great to see you there! We hope you enjoy reading our magazine as you relax. There's a whole section on the Olympics, our top ten blue flag beaches, money advice, puzzles, competitions, tips to grow your own fruit and veg, and fascinating stories of people who have had their lives changed as they've trusted in Jesus.

The Beach Team



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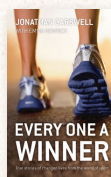
Free Offers



Beyond Beans on Toast

A book for university students that provides tips on how to survive,

recipes that make the budget taste sweeter and real stories that reveal the abundant life that Jesus brings!



Every One a Winner

A collection of true stories about sportsmen and women past and present, including Dan Walker and Debbie Flood (see page 8).

Each one has found a meaning and a purpose to life that goes beyond sport.

FREE BOOKS



Life Stories

All the stories contained in this book are about real people. Some are dramatic. Others feature famous names. Some may

even reflect aspects of your own life. All of them are captivating. This book features the story of Billy and Jacqueline (see page 4 and 5).



Discovering: Real Lives

Stories of people who have all

faced some of life's greatest challenges but their faith in Jesus Christ is something that has been very real to them.



Discovering: Real Questions

Questions about the Christian faith answered by academics and Bible scholars.

FREE DVDS



Discovering: Has Science Killed Christianity?

A set of 3 DVDs of talks presented by Professor Stephen Taylor asking whether science and Christianity are enemies or friends.



Discovering: 'So who is this Jesus?'

A DVD split into 6 sections and specifically designed to help you have a better understanding of who Jesus is.



A VICTORY TO CELEBRATE

Neither drizzle nor dull skies dampened the celebrations on 8th May, 1945. Victory in Europe had at last put an end to years of loss, suffering, separation and death. The war was over. Crowds, euphoric with joy, swarmed Buckingham Palace. There were hugs and kisses, smiles and laughter, dancing and singing. For the first time since war broke out in 1939 London's skies lit up with fireworks and floodlights. Queen Elizabeth II later reflected that "it was one of the most memorable nights of my life". The BBC had interrupted its programming to announce a public holiday. At 3pm Winston Churchill broadcasted on national radio, and later King George VI also spoke to the nation. He and Queen Elizabeth made eight appearances on the Buckingham Palace balcony with Princesses Elizabeth and Margaret and Prime Minister Churchill. Throughout every corner of the UK there were street parties and parades. Similar celebrations took place in Moscow, Rome, Paris, and throughout the British Empire.

"Throughout every corner of the UK there were street parties and parades"

Bonfires were topped with effigies of Adolf Hitler. Red, white and blue material could be purchased without ration coupons so that bunting could brighten the streets. Pubs were full. St. Paul's Cathedral had ten consecutive services of thanksgiving each packed with thousands of worshippers. Churches across the land had congregations giving thanks to God. But a war that had cost millions of lives, destroyed cities, families and homes meant that for many there were mixed emotions. Millions were pained by loss and sadness. VE Day for them was a time to reflect.

"Red, white and blue material could be purchased without ration coupons so that bunting could brighten the streets"

War and victory were seen 2000 years ago. Humanity's fight against God came to a head when Jesus was crucified. The savagery of the time was awful. People did their worst against Jesus who had come to seek and to save lost humanity. The brutality of the cross and the suffering endured were horrendous. All hell was let loose when Jesus was nailed to a cross at Calvary. There God took all the wickedness of the world, from the beginning of time to its end, and laid it on Jesus. His physical suffering was intense. But, as He carried and paid for the sin of the world, His spiritual sufferings were immense. As He bore our sin in His own body on the

cross He cried, "My God, my God, why have you forsaken Me?" He was forsaken by God so that we might be forgiven and never be forsaken by Him. We rightly remember those who have given their lives for our freedom. We remember

"We rightly remember those who have given their lives for our freedom"

because people matter. It is right too to remember that Jesus died for us that we might know true freedom and forgiveness. Today, Jesus who rose from the dead is alive to welcome us and bring us into a friendship with God that lasts beyond time. God, in His 'word' to humanity speaks of heaven and hell. Heaven is not a reward for doing good, but a gift which Jesus purchased and offers to all. Hell is

"Heaven is not a reward for doing good"

for those who reject God's forgiveness but choose their own way. The Bible also speaks of a day when Jesus will return to reign in righteousness as Lord and King. On that day we read that God "shall judge between nations, and shall rebuke many people; they shall beat their swords into ploughs, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore". As we commemorate VE Day, let us also thank God for coming into our world to pay the price of our warring against Him, and trust Him, surrendering to Him as Lord and Saviour.

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Our Ten Favourite

Key



Beach Mission team operates
www.thebeachteam.org



Lifeguards patrol the beach



Beach known for water sports



Perfect for sandcastles



Beach huts available to hire



Dogs welcome, check times
and restrictions

You may have heard people talking about blue flag beaches, but what is it that makes them so special?



Blue flag beaches are located all around the globe, and they must submit evidence before they are given the elite status.

The keys things they must provide are:

- "Excellent" water quality
- Lifesaving and first aid equipment on hand
- Wheelchair access and accessibility
- Toilet facilities

Now we've got that sorted, we've chosen some of the best in the UK and Ireland for you. So make sure to plan a day out soon!



1. Downings



Downings beach is located in front of the village of Downings (Na Dnaibh) on Donegal's Rosguill Peninsula and is perfect for swimming, kayaking, boating, windsurfing, sailing, surfing and SUP (see page 13).
Postcode: F92 H7WK



2. Whiterocks Beach



Whiterocks, Portrush is a sandy beach, popular with surfers and bodyboarders, on a stretch of coast famous for its unique limestone cliffs, eroded over time into a labyrinth of spectacular caves and arches. Dog restrictions in July and August. Postcode: BT56 8NE



3. Ardmore



A beautiful little holiday town with a mile-long stretch of beach perfect for swimming, surfing, bodyboarding and kayaking. Car park and toilets nearby.
Postcode: P36 X294



4. Carbis Bay



Sheltered and sandy, Carbis Bay near St Ives has excellent views and calm, crisp blue water. Dogs are banned from Easter Day until 1st October.
Postcode: TR26 2NW



To find a list of other blue flag beaches near to you check out www.blueflag.global

Blue Flag Beaches



Olympic Runner Eric Liddell trained on the beaches at Broadstairs for the 1924 Olympics! Read more on page 11.

5. Silver Sands



Silver Sands, Aberdour sits close to Burntisland on the Fife Coast. A small, sandy beach with good views of the islands of Inchmickery and Inchcolm, and backed by woodland giving it a tranquil feel. The Fife Coastal Path passes behind the beach. Postcode: KY3 0RQ



6. Whitby



Whitby is a sandy and rocky beach backed by cliffs. It was the home of Captain James Cook and has welcomed visitors to its sandy shores for hundreds of years. Make sure to check the tides, as high tide comes right up to the wall. Postcode: YO21 3EN



7. Benllech



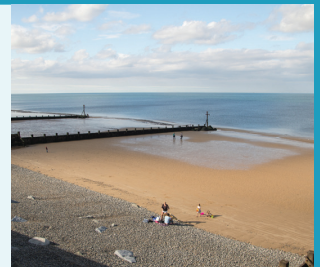
With excellent disabled facilities and practical access for both prams and disabled visitors, Benllech caters for the whole family whether young or old. Cafe, toilets, pay and display car park. Postcode: LL74 8QE



8. Sheringham Beach



A stony beach with sand and rock pools at low tide, so don't forget your crab bucket! Postcode: NR26 8BW



9. Stone Bay



This pleasant sandy beach is backed by a promenade lined with beach huts leading into Broadstairs town. Behind the beach are high chalk cliffs which provide shelter from the breeze and a feeling of seclusion. Postcode: CT10 1ED



10. Dawlish Warren



A perfect place for seaside fun, the beach is great for families. During the summer there are many free open-air events, children's entertainers and spectacular firework displays. Dogs are banned from 1st April to 30th September. Postcode: EX7 0NF



Life On and Off the Water



Olympic silver medallist, Debbie Flood, didn't have the textbook start to her rowing career, but that didn't stop her.

You might as well give up now. You're never going to make it in the rowing world – you're just not good enough."

How Debbie Flood's former coach must have been regretting those words as he sat down in front of the TV to watch the Olympics in both Athens and Beijing!

"You might as well give up now. You're never going to make it in the rowing world – you're just not good enough"

As Debbie stood on the podium in both Games to collect her silver Olympic medals all sorts of things were running through her mind. She had come so far, so close, surprising so many pundits. Her emotions were running high. Exhausted, she stood there with her three team mates, arms locked, facing the blinking flash bulbs of the world's media. Despite the incredible experience, the privilege of representing her nation, Debbie's life is more than just about rowing.

Her rowing career started by accident. Debbie and her father used to go out running together several times a week. However, when her father picked up a nasty knee injury she was forced to look for another method of fitness training. The rowing machine in the local gym seemed an inviting option. Being a natural on the machine, rowing on the water was the next obvious step, but Debbie was not very good at it. However, one thing she didn't lack was determination. She committed herself to practising her technique and improving her times. After a while she decided to enter herself into some long-distance races. She came in last... 'by miles', she admits. Nevertheless, she continued to train each morning and evening. It was during those hard, cold winter months of training that a coach at Debbie's local club dealt the low blow and suggested she give

"A coach at Debbie's local club dealt the low blow and suggested she give up"

up. She left the boathouse that night in floods of tears. Rejection was something

that Debbie was not used to. The trophies of any number of sports competitions were lined up on her mantelpiece – she was determined to add one for rowing too. ‘Trying something else’ would mean defeat at this, and that was not an option. She managed to get hold of a key to the boathouse of the local all-boys’ school and from there Debbie began to train harder than ever. A top coach from down south agreed to take her on and train her, giving her a training programme over the phone each day. Over the months that followed, with the help of a Lottery grant, Debbie began to move up the ranks. Winner’s medals trickled in, and before long Debbie was rightfully earning the respect of her peers, including the British rowing selectors. But with all this success, and now two Olympic silver medals around her neck (though she keeps them in a sock!), what is it that makes this Yorkshire lass tick?

“To be an Olympian is a dream come true; I would never have believed it if you’d told me a few years ago that I would achieve this. But I have to say, for me it’s not about the fame and success. Yes, I had to work very hard to get here, and naturally I am delighted to get two silvers, but I have something far

“I am delighted to get two silvers, but I have something far better than any medal”

better than any medal. I want to be the best and win every race I enter, but what’s most important in my life is my relationship with Jesus Christ. When I was a teenager a local youth worker in a church challenged me as to whether or not I had a real relationship with God. Despite going to church and praying every so often I knew I was far from having any connection with God. There were things in my life that were far from what God would want. I was embarrassed that others knew what I was like, let alone a perfect and holy God. But I couldn’t fool



Him; He knows me better than I know myself because, as the Bible teaches, He created me. I needed to accept Jesus into my life, which I did a little while later. He has given me more than any Olympic medals could ever give me. He has forgiven me, changed

“He has given me more than any Olympic medals could ever give me”

me and made me a new person. I still do wrong things that mess up my life. God the Judge said there has to be a penalty for this. But Jesus died for me and paid the sentence for my sin. I am now seen as guilt-free in His eyes. That is something that no Olympic success could bring. However sorted my life might be, without Jesus it means nothing.”

Whether you are a successful Olympic athlete, an armchair fan or someone who just takes life as it comes, the good news is that Jesus came to save sinful people, and that includes you and me!

Having worked in the prison service for a number of years, Debbie is now working for Christians in Sport, supporting athletes in their sport and in their faith. She helps athletes to explore the Christian faith and also equip and encourage them to grow

in their walk with God, knowing that their life is precious because God who gives us life says so.

“Worth and value is not something that we ‘build’ for ourselves by trying to be good enough or achieving success, it’s not tied into winning or losing, or built upon what others think of us which is ever changing, but our great worth and value is understood rightly when we come to know God and place our security in Him. Then we can live life with the freedom Jesus came to bring, and enjoy the gift of sport to work hard, love our team mates, and honour God in how we train and compete, rather than using it to work out our ‘identity’.”

Even Debbie and others like her, who seem to have life sorted and are successful, need Jesus. He came into the world to save people who have sinned – if we are honest that includes us all. Like it or not, we need Him. We need His forgiveness because without it we are outside God’s perfect standard. Without Him the Bible says we will have to face terrible consequences. Jesus died for you! He loves you and wants you to be His. Will you ask for His forgiveness just as Debbie did? Ask Him to change you and make you like Him. That is better than any Olympic dream!



Want to read more of Debbie’s story? You can in

***Everyone a Winner* from 10Publishing.**

More details of how to get a copy are on the inside front cover.

OLYMPIC QUIZ

Will you get a gold, silver or bronze medal in our quiz, or will you be sent to the reserves team?

1. Which athlete has won the most Olympic medals?

- a) Carl Lewis
- b) Mark Spitz
- c) Michael Phelps
- d) Usain Bolt



5. Which of these countries has not hosted the summer Olympics?

- a) Finland
- b) Mexico
- c) India
- d) Belgium



9. Which city has held the modern Olympics three times?

- a) London
- b) Athens
- c) Los Angeles
- d) Tokyo



2. Why did Bobby Pearce slow down during his rowing race at the 1928 Olympics in Amsterdam?

- a) To wave at a friend in the crowd
- b) To let a family of ducks pass by in the water
- c) He dropped his oar in the water
- d) His glasses fell off into the boat



6. The first 12 ancient Olympics only featured one event. What was it?

- a) An eight-lap chariot race
- b) A wrestling competition
- c) A sprint from one side of the stadium to the other
- d) A marathon



10. 14 countries competed in the first modern Olympics in 1896, but which country topped the medal table?

- a) Great Britain
- b) USA
- c) Germany
- d) France



3. What did Muhammad Ali wear while flying to Rome for the 1960's Olympics?

- a) His dressing gown
- b) His boxing gloves
- c) A world title belt
- d) A parachute



7. The ancient games featured a competition for which musicians?

- a) Guitarists
- b) Singers
- c) Drummers
- d) Trumpeters



11. Which of these sports have never featured at the Olympics?

- a) Squash
- b) Swimming obstacle race
- c) Croquet
- d) Motorcycle racing



4. Which metal makes up 92.5% of an Olympic gold medal?

- a) Gold
- b) Silver
- c) Bronze
- d) Copper



8. What is the name of this year's Olympic mascot?

- a) Pikachu
- b) Charmander
- c) Miraitowa
- d) Daito



12. Which of the following sports makes its debut at the 2020 Olympics?

- a) Darts
- b) Surfing
- c) Bowling
- d) Water skiing



Score

10-12 = 🥇 Gold Medalist: You know your Olympic trivia, top of the podium.

7-9 = 🥈 Silver Medalist: You have a great Olympic knowledge, well done.

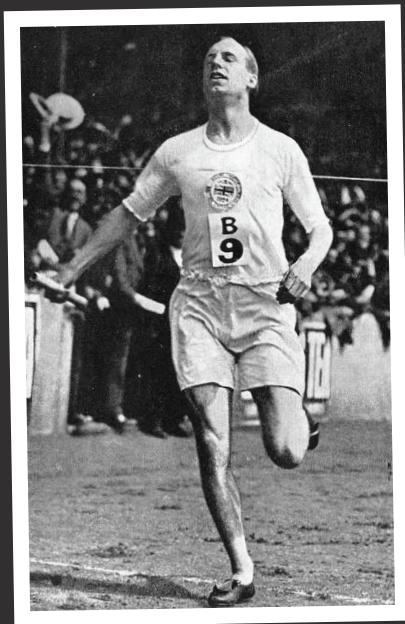
4-6 = 🥉 Bronze Medalist: Not bad, but maybe more training needed.

1-3 = Reserve Team: Oh no, you dropped the baton. Go to the reserves!

Score

Chariots of Fire

The inspiring film, *Chariots of Fire* (1981) reminded the world of Eric Liddell who ran for gold at the Paris Olympics in 1924. He was the Usain Bolt of his day.



Eric Liddell was born in 1902 in the city of Tianjin in China. His parents were Christian missionaries there. It was at school in the UK that, over time, he gained sporting fame in rugby and as a runner.

He was always a shy, self-effacing personality. He showed gentleness, sportsmanship and genuine concern for others, and though they didn't make the headlines, they won for Eric the admiration of his peers. He used to shake hands with each competitor before every race.

Paris Olympics

Eric was selected to run for the British team in the 1924 Paris Olympics. He would say, "God made me fast, and when I run, I feel His pleasure." In Paris he heard

"God made me fast, and when I run, I feel His pleasure"

that the heats for the 100-metre dash were to be held on a Sunday. Eric was a Christian – he had trusted Jesus Christ as his Lord and Saviour – and believed that Sunday was a day for worship, not for running. So, much to the consternation of the officials of the Olympic team, he opted out of that race.

Eric sacrificed his place in the 100 metres, and preached in a Paris church on the

day of the race. Instead, he ran in the 200 metres winning a bronze medal, and then in the 400 metres.

On the final stretch of the 400m race, Liddell threw back his head and put on a burst of speed that brought him victory by five metres. The crowd went wild. Eric had set a new world record of 47.6 seconds. He was delighted; though he knew that God was not obligated to give him such a prize. Eric had done what he knew to be right, and that was enough, though God had been good to him. He said, "I don't need explanations from God. I simply believe in Him and accept whatever comes my way." For the next two years he spoke at hundreds of events, not so much about his sporting prowess, but about Jesus, who lived, died and rose again so that people could find forgiveness and come to know God. His motto was: *Christ for the world, for the world needs Christ.*

Life After Gold

The second half of Eric Liddell's life is every bit as inspiring as the first, though in a different way.

With his fame, Eric could have had success in almost anything in Scotland, but he returned to China as a science teacher. The country was suffering from the effects of war and famine. He married and had three daughters and continued to run, in 1927 he broke the Far Eastern records in the 100, 200 and 400 metres.

War and Imprisonment

In 1937, his happy life was interrupted by the invasion of the Japanese forces into Northern China. During the occupation, Eric's work became dangerous and traumatic as he witnessed the brutality of the Japanese soldiers. He helped the victims in whatever way he could.

Despite British government advice to British nationals to leave China, Eric Liddell stayed, though his pregnant wife and two daughters returned to Canada. Sadly, he would never see them again.

In 1943, the Japanese rounded up westerners and sent them to Weihsein

Internment Camp. Eric continued to help all needy people around him, sharing his food with them. He even organised and refereed football matches for young people. When he found a boy with no shoes in the cold winter, Eric gave him the running shoes he had worn in the Olympics. As he put it, he wanted to be part of God's "amazing offensive of love".

"When he found a boy with no shoes in the cold winter, Eric gave him the running shoes he had worn in the Olympics"

He begged his fellow prisoners not to hate the Japanese, but to pray for them and show them forgiveness.



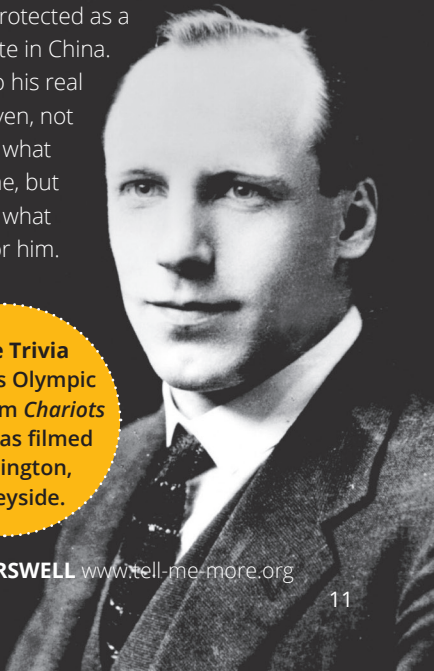
Life in the camp worsened as food and supplies became more scarce. Winston Churchill even negotiated a POW exchange for him, but he turned it down, giving it to a pregnant woman, choosing to remain and continue serving the other prisoners.

Eric eventually died in the camp of a brain tumour, exacerbated by exhaustion and malnourishment on February 21, 1945. His race was over. He was mourned and honoured both in the camp and over all of Scotland. Today, there stands a monument to him on the site of the former Weihsein Internment Camp, and his home has been protected as a historical site in China.

Eric went to his real home, heaven, not because of what he had done, but because of what Jesus did for him.

Movie Trivia
The Paris Olympic scene from *Chariots of Fire* was filmed in Bebington, Merseyside.

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Olympic Trivia



Olympic Torch

The Olympic torch is ignited several months before the opening ceremony of the Olympic Games at the site of the ancient Olympics in Olympia, Greece. The flame is lit by the light of the sun, its rays concentrated by a parabolic mirror.

After the ceremony at Olympia, the Olympic flame first travels around Greece, and is then transferred during a ceremony to the current year's host city.

The Olympic torch for the Olympic Games Tokyo 2020 incorporates several elements of Japanese culture. The body of the torch features five cylinders that represent petals of the beloved cherry blossom flower. The torch is carried in relay by many different people, from all ages and areas of the country, all abilities and achievements. This year's relay will also have support from the International Space Station, with 2 Space Ambassadors!

KEY DATES

12th March: Flame Lighting Ceremony, Greece

12th-19th March: Greek Tour

19th March: Handover Ceremony, Athens

20th March: Flame lands in Tokyo

21st March – 23rd July: Touring Japan

24th July: Opening Ceremony

Flag Matching Game

Can you match these countries competing at this summer's Olympic Games with their flags?

1. The Gambia



a.

2. Grenada



c.



e.

3. Lebanon

4. Iceland



b.

5. Seychelles



d.

6. Tanzania



f.



What are the Olympic Rings?

The Olympic logo is five interlocking rings, coloured blue, yellow, black, green, and red on a white background, known as the "Olympic Rings". The symbol was originally designed in 1913 by Baron de Coubertin, someone who championed the modern Olympics, and it was first

raised in Antwerp, Belgium at the 1920 Summer Olympics in the main stadium.

Coubertin appears to have intended the rings to represent the five continents: Europe, Asia, Africa, America and Australia.

According to Coubertin, the colours of the rings together with the white of the background could be combined to make every competing nation's flag at the time. Can you find any flags that aren't made up of the 6 Olympic colours?



WORLD'S FASTEST GROWING SPORTS

We all know football, rugby and tennis, but what about pickleball and SUP? Welcome to four of the world's fastest growing sports.



Stand Up Paddleboarding

SUP looks like a cross between surfing and kayaking and is one of the fastest growing sports in the world. The first competition was in 2007, and its popularity is growing worldwide. Concentrating on your core muscles, it's a great low impact sport, and fantastic recreationally when investigating and exploring the coastline. Equipment can be hired from many beach resorts, and many also offer lessons and outings for beginners. For more info check out www.bsupa.org.uk



Adventure Racing

The term 'Adventure Race' is used to describe events that are generally multi-disciplinary and involve an element of navigation across varied terrain. The principle disciplines for competing are trekking, mountain biking and paddling, but races can incorporate many other disciplines like climbing, abseiling, horse riding and rafting. When competing at a high level it will always involve a mixed gender team of 4, who work together on the strategic endurance race, never more than 100m apart.

Search out races close to you at www.findarace.com/adventure-races



Trail Running

Trail running combines running and, where there are steep gradients, hiking, but importantly is run on any unpaved surface. Runners often say that the lower impact stress compared to road running, and also the enjoyable views and environment, are primary reasons for preferring trail running. A good pair of shoes is the only equipment needed, so ideal for those with a small budget.



Pickleball

Pickleball is a fun sport that combines elements of badminton, tennis and table tennis. Played both indoors and outdoors on a badminton-sized court with a slightly modified tennis net, two or four players use solid paddles made of wood or composite materials to hit a small plastic perforated ball over the low net. A great social sport which is finding enthusiasts in all age categories. With origins in America, the sport is growing in popularity in the UK and to find a local club look on www.pickleballengland.org

FASTEST GROWING SPORTS AMONGST YOUNG PEOPLE

1. Stand Up Paddleboarding (SUP) ^140.1%
2. Adventure Racing ^97%
3. Mixed Martial Arts Competitions ^73.4%
4. Triathlon ^72.3% Why pick one sport when you could choose three? It's thought the Brownlee brothers are inspiring a new generation of triathletes.
5. Boxing ^71.1%
6. Rugby ^50.2% Boys and girls can both play now for many local teams, which may explain the jump in sign up.
7. Mixed Martial Arts Fitness ^44.7% No competition necessary, but the fitness training has seen a boom in youth enrolment.
8. Squash ^43.6%
9. Roller Hockey ^40.3% All the fun of ice hockey but without the ice meaning it can be played almost anywhere.
10. Trail Running ^40.2%

Top Ten Easy to Grow Fruit & Veg

Garden or not, you can grow your own!

Growing your own fruit and veg has become increasingly popular over the last 20 years. Many allotments have waiting lists of more than 60 people, with the average time you need to wait being 3 years – but that jumps to 40 years in some areas of London!

However, you don't need an allotment to start growing your own, in fact you don't even need a garden.

Check out our Top Ten easy to grow fruit and vegetables. Many are suitable for growing indoors on a windowsill, or in an outdoor window box.



1. Salad Leaves



Sow: Throughout summer

Harvest: 3 weeks later

Plant seeds in pots, keep well-watered and cut when needed. Most will continue to produce leaves right through to the autumn.

Suggested Types: Chard, Rocket, Spinach, Frisée, Red Kale or buy a specialised mixed pack.

Too many? Excess leaves can be added to a stir fry, or made into a pesto.



2. Radishes



Sow: From 4 weeks after last frost and then through the summer

Harvest: After 4 weeks

Radishes come in a variety of flavours and colours, but are really easy to grow. They will grow in a container, or sow seeds directly into the ground.

Suggested Types: French Breakfast or Rainbow Mixed



3. Potatoes



Sow: February/March

Harvest: July to September

Part fill a potato bag with compost and plant your seedling potatoes. When the shoots appear add more compost to the bag to cover shoots, and repeat this process over the weeks until the bag is full. At the end of the summer, once the leaves start to go yellow and die, you can tip the whole bag out and rummage through the soil to find your treasure!

Suggested Types: Russets are the best all-round potatoes, but there are hundreds of varieties.

Too many? Extras can be parboiled and frozen.



5. Runner Beans



Sow: April to July

Harvest: After 2 months

These need plenty of space to climb, and a support frame. Keep them well watered to be rewarded with lots of beans throughout the summer!

Suggested Types: Hestia (for those with less space) or Firestorm



6. Spring Onions



Sow: March to July

Harvest: 2 months later

Easy to grow in pots, or in the ground. Planting alongside mint will stop any onion flies. Once you have harvested you can even regrow them by saving 3-5cms (1-2 inches) above the stem and placing in a glass of water. Leave on the windowsill and they will regrow!

Suggested Types: Performer or Wild Lisbon

4. Peas



Sow: March to June

Harvest: After 2 – 3 months

A trouble-free crop which is fine in our cooler climate. Sow directly into the ground and use canes or chicken wire to support the stems. The more you pick the pods, the more the plant produces.

Suggested Types:

Avola or Canoe





7. Tomatoes



Sow: February to April

Harvest: July to October

Grow in hanging baskets, pots or bags. They will need tomato food to help them along, but will produce a bountiful crop if cared for. Excess fruit makes lovely chutney.

Suggested Types: Cherry Cascade (hanging baskets), Roma

Too Many? Make into a lovely chutney to see you through the winter.



8. Raspberries



Plant: Canes can be planted between November & March

Harvest: June to October

Easy maintenance and undemanding, these are the crop that keep on giving. Make sure to cut the canes back to ground level each February and they will produce another crop.

Suggested Types: Polka, Autumn Bliss

9. Cucumbers



Sow: April to May

Harvest: July to August

Easy to grow, but do need sun and a good supply of water. Plant directly in the ground and if you can use a trellis or fence for support, this has been shown to produce better yields. If you get too many, make sure to pickle!

Suggested Types: Orient Express, County Fair

Too Many? Pickle them in sweet or sour liquid. Delicious for sandwiches.

10. Strawberries



Plant: Late Spring through Summer

Harvest: June and July

Grow in hanging baskets, window boxes or in the ground. They need to be well drained and be in the sunlight to get the best results. You may need a net to prevent wildlife from stealing your precious fruit.

Suggested Types: Marshmello or Flamenco

Too Many? Excess fruit is easily made into jam.

Kids Love to Grow



Easy Vegetable Soup

SERVES: 4 **PREPARATION:** 15–20 minutes **COOKING:** 20 minutes – 1 hour

- 1 In a saucepan melt the butter or oil and add the carrot, potato, celery, onion and garlic. Cook until they are softened, stirring regularly. You can do this bit either quickly in 5 minutes or slowly in 20–30 minutes, but the longer you cook the veg down, the more intense the flavour becomes.
- 2 When they are softened, add enough hot water or stock so the veg is covered. Boil until everything is fully cooked, stirring occasionally. If the veg are not fully cooked, it will not blitz properly.
- 3 Blitz the soup up until it is nice and smooth, and for an extra touch add some milk or cream to enrich the flavour and thin it down. If you don't want to add milk, water or stock will also do this. Season to taste.

Perfect to freeze



INGREDIENTS:

1 tbsp butter or oil
1 carrot, peeled and chopped
1 large potato, peeled and chopped
1 stalk of celery, finely diced
1/2 onion, finely diced
1 clove of fresh garlic, crushed or chopped
Water or stock (chicken or vegetable), enough to cover the vegetables
Milk or cream (optional), to thin out the final soup
Salt and pepper

CHEF'S TIP:

This recipe can be adapted for any vegetables. Why not try butternut squash, parsnips, spinach, peppers, aubergine, peas etc. Plus, adding some curry powder while cooking, or fresh coriander at the end, brings another level of flavour.

Family Favourites

Olympic Word Search

Complete the word search by finding the words horizontally, vertically or diagonally.



ATHLETE
 BRONZE
 GAMES
 GOLD
 HEATS
 JAPAN
 MEDAL
 OLYMPICS
 RACE
 SILVER
 TEAM
 TORCH

Sudoku

Place the numbers 1-9 in each 3x3 box, each full row and each full column without duplicating.

EASY

			1			2	4	
8	7				5			
		6			2			
		7				6		4
					7		3	1
			2				9	
				8				3
1								
9	3						1	

HARD

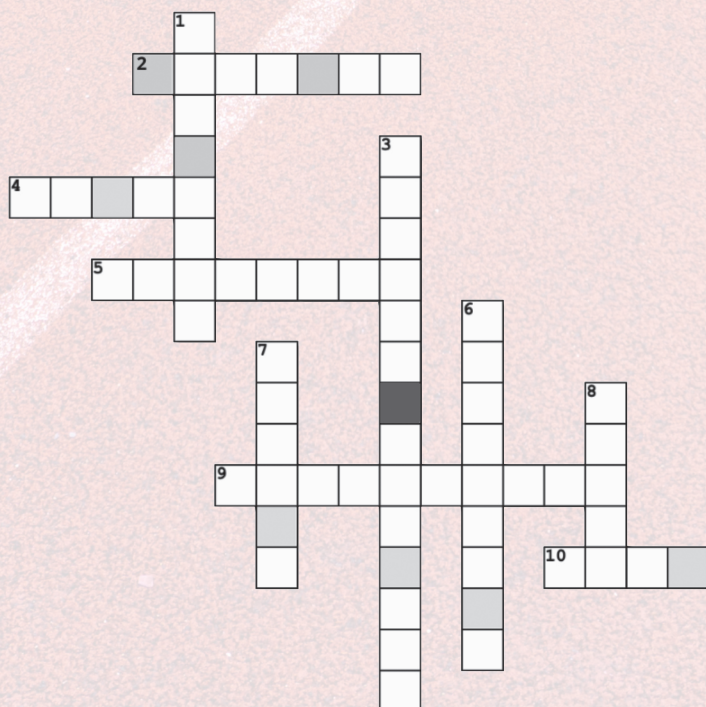
	6						1	7
		3	8					9
			9	5				
	7					4		
		8	2				3	
		6		3	5	9		
							2	
5	4				1			
		1			3			

Competition Crossword

The answers to each question can be found in the pages of this magazine, so don't worry if you don't know them straight away, you can find them somewhere!

The shaded letters can be rearranged to spell what summer word?

To be in with a chance of winning a £20 voucher from online retailer 10ofThose.com, email the correct word to competitions@10ofthose.com with the subject 'Crossword'. Full terms and conditions on the inside back page.



Across

- Logo of the Beach Team (7)
- Elements of the Olympic logo (5)
- Featured blue flag beach in Scotland (8)
- A combination of tennis, badminton and table tennis (10)
- Prison Billie McCurrie was held in (4)

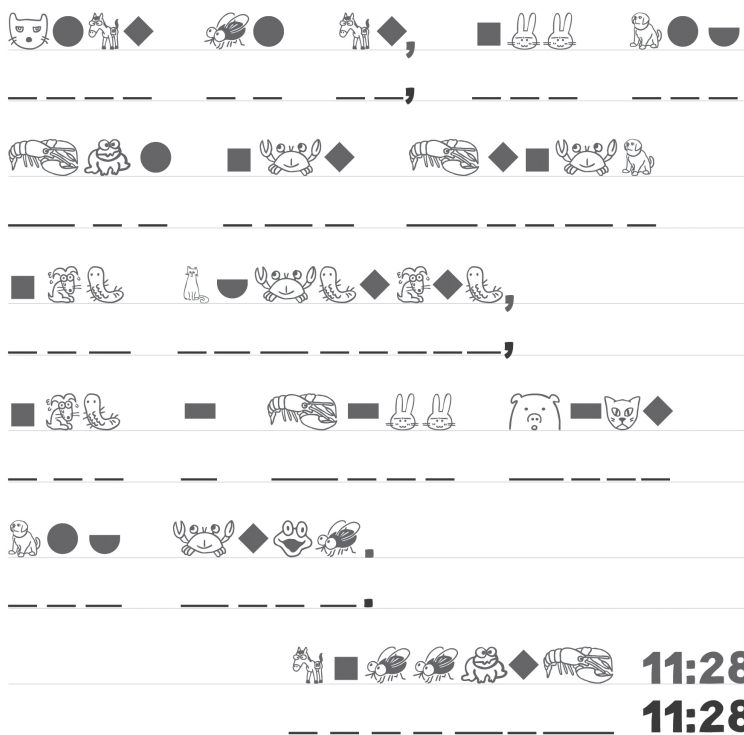
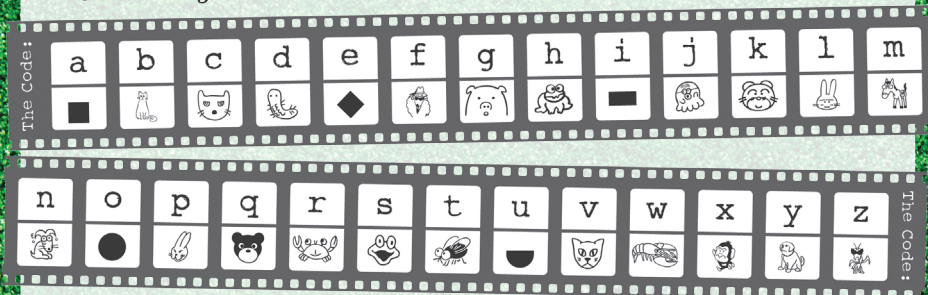
Down

- Internment camp where Eric Liddell was held (8)
- Japanese flower used on the 2020 Olympic torch (6,7)
- Type of mirror used to light the Olympic torch (9)
- Sporting discipline of Olympian Debbie Flood (6)
- Type of dancing raspberry (5)

Kid's Activities

Code Breakers

Can you use the code key to break the code and find out what Jesus says he will give us?



Want to be a Winner?

If you are part of any sports or clubs you may take part in competitions, and when you do I imagine you will be trying to win! The excitement we feel when we win, and the disappointment we feel when we don't, can be hard to contain. But is coming 1st the most important thing? If you've been successful and have awards on your bedroom wall that's amazing and something to celebrate. It shows that you've been given some fantastic talent, and spent many hours practising, but is that the most important thing in life?

The Bible tells us that *"The Lord does not look at the things that people look at. People look at the outward appearance, but the Lord looks at the heart."* (You can read the story of David being chosen as the new King in the Bible in 1 Samuel 16, much to the surprise of Samuel, who didn't think David looked good enough!)

We may not feel like winners: strong, clever or important, but God doesn't love us because of those things, but because of our heart. Another verse in the Bible says, *"If you say with your mouth, 'Jesus is Lord,' and if you believe in your heart that God raised Jesus from death, then you will be saved."* (That's in Romans 10 verse 9)

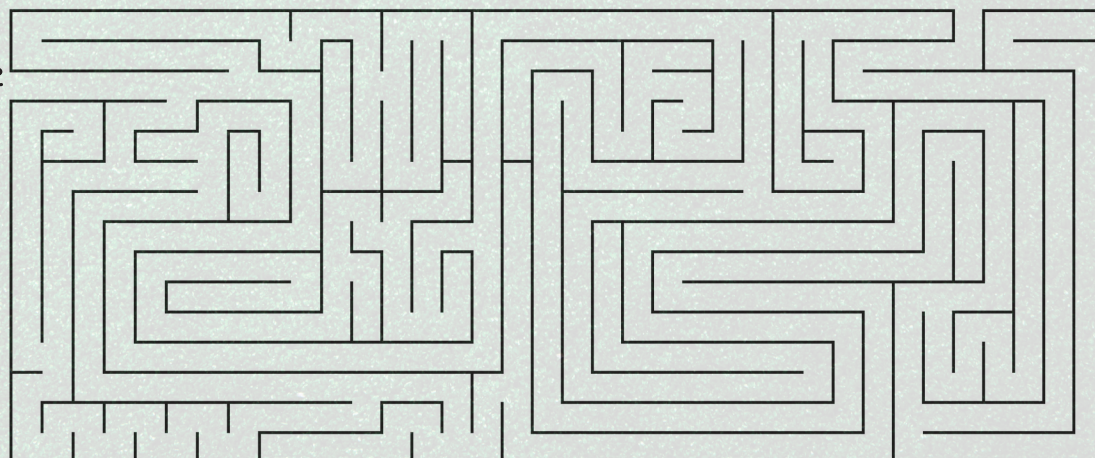


Being saved is the most important thing in life, and more important than medals or trophies!

Maze



Can you find your way out of the maze in time to finish the race.



Answers can be found on the inside back cover. No cheating though!

Summer Spending Special

Our top tips to enjoy the summer without breaking the bank.

As with most things, when you're trying to keep to a tight budget, affording to take part in summer fun can be a challenge. Plus, businesses know to raise their prices during the summer, especially when it comes to activities for children and families.

But you know there's always a way to save money! Plan ahead, seek out free and inexpensive things to do and take a look at these tips for making summer life more affordable:

LOOK FOR FREE FAMILY EVENTS

To keep the family entertained over the summer break, there are bound to be events near you that are suitable for all ages and free to enter. Churches often run free fairs and other events – why not check your local church's notice board or website for ideas? There are also lots of museums with free entry around the UK which would be brilliant for a day out.

Don't forget the free activities going on at a variety of beaches around the UK with the Beach Team!

www.thebeachteam.org

www.moneysavingexpert.com/deals/free-museums-and-art-galleries



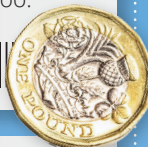
TEMPORARILY CANCEL YOUR SUBSCRIPTIONS

As you may be out of the house more over summer enjoying the weather, or even going away on holiday, an easy way to save cash is by cancelling subscriptions you won't need as much. For example, you could take a break from Netflix and Amazon, or cancel your gym membership and go out for a run instead. Often we forget about these things and they can drain our money in the background. If you're not using it, save the money and sign up again later in the year if you need to. It may also be the push you need to explore new hobbies.



SAVE ENERGY

Summer is an ideal time to save energy – from turning down your thermostat and switching off the lights when you don't need them, to using a washing line instead of a tumble dryer, to even ditching the car or bus and walking or cycling instead. It's good for your budget and for the environment too.



RESEARCH BEFORE TRAVELLING ABROAD

If you decide to head overseas for your summer break, be sure to do your research beforehand. Check restaurant prices in the area you're visiting and consider booking activities in advance. This can help you get the best deals and avoid being hit with unexpected costs. Also, don't underestimate the importance of travel insurance – it may seem like an extra expense, but in the long term it could save you a whole lot of money.



HOLIDAY AT HOME

Opting for a staycation in the UK this summer is an easy way to save the money you'd ordinarily spend on flights, luggage charges, travel agents and exchange rates. How far do you really need to go to find beautiful and interesting places? (Have you seen the amazing beaches on pages 6 & 7?!) Give camping a go if you haven't tried it before – you might find a new hobby! Remember, it's not about where you go, but the people you're with and the memories you'll make. If you want to go camping but don't have the equipment put out a quick message to friends and family, you'll be surprised what you can pull together!



GROW YOUR OWN

Some fruit and vegetables are actually really easy to grow, and are a brilliant way to save money, and if you have children, grandchildren, nephews or nieces, can provide a fun activity for them to get involved in. Check out pages 14 & 15 for our top ten easy to grow fruit and veg.



Joseph Allison writes for the CAP UK blog. Christians Against

Poverty (CAP) is a UK charity with over 600 services across the country delivering debt counselling, money management courses, job clubs, life skills groups and support for people with life-controlling habits, and are endorsed by Money Saving Expert, Martin Lewis. Visit www.capuk.org to find out more.

christians
against
poverty

CAP



The Winner Takes It All?

We hope you've enjoyed reading this year's expanded Beach Special. One of its themes has been the Olympics - how did you do at the quiz? Many Beach Teams will be running a 'Family Olympics' event this week or maybe some other evening event like a 'Smugglers Trail'. Do ask one of the team for more details!

Whether you win any of our competitions or not we trust you enjoy any event we put on. But what makes a winner and what makes a loser?

In this magazine, the real-life stories of Olympians Debbie Flood and Eric Liddell remind us that it is not medals that matter. They are real winners in life because they found something worth infinitely more than any gold medal. What's more, every member of the Beach Team is a winner in the same way. They each have their own story of how they became a Christian. What exactly does that mean? It is firstly to know that Jesus came into this world, lived a perfect life, died to deal with the wrong we have done (the Bible word is sin), and came back to life on the first Easter Sunday. And secondly it is to accept Jesus Christ as a personal Saviour and Lord. Why not ask a Beach Team member about how they became a Christian?



Free Offers

Postal Bible Club Children aged 4 - 16 can join a free Postal Bible Club to receive regular Bible stories by post every month. There are activity sheets with great stories and quizzes, and by answering the questions children can earn points and win great prizes. For details on how to apply check the back cover.

FREE CLUB

Free Bracelet Have you got your free Beach Team bracelet yet? Not only does it match the Olympic colours, but each colour tells the amazing story about Jesus! Ask a team member for yours today.



Yellow (Gold): The colour of a king tells us that Jesus is boss, he is God.

Black: But we have all disobeyed God and done wrong things. That makes us 'unclean'.

Red: Jesus, who did no wrong, died on the cross because he loves us so much.

White: If we are sorry for the wrong we have done he can forgive us and cleanse us.

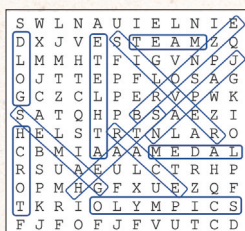
Green: By reading the Bible, praying and going to a good church we grow as Christians.

Blue: The wonderful thing is that heaven is waiting for every Christian!

Terms and Quiz Answers

Page 12 Flag Match: 1b 2d 3f 4a 5e 6c

Page 16 Wordsearch:



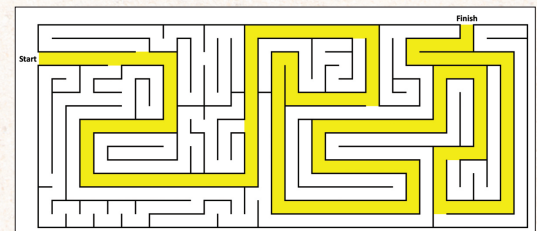
Page 16 Sudoku: Easy

5	9	3	1	7	6	2	4	8
8	7	2	3	4	5	1	6	9
4	1	6	8	9	2	3	7	5
3	5	7	9	1	8	6	2	4
2	8	9	4	6	7	5	3	1
6	4	1	2	5	3	8	9	7
7	2	4	6	8	1	9	5	3
1	6	5	7	3	9	4	8	2
9	3	8	5	2	4	7	1	6

Page 16 Sudoku: Hard

9	6	5	3	4	2	8	1	7
7	2	3	8	1	6	5	4	9
1	8	4	9	5	7	2	6	3
3	7	9	1	6	8	4	5	2
4	5	8	2	7	9	6	3	1
2	1	6	4	3	5	9	7	8
8	3	7	6	9	4	1	2	5
5	4	2	7	8	1	3	9	6
6	9	1	5	2	3	7	8	4

Page 17 Maze:



Page 17 Code Breakers: "Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11:28

Competition Terms and Conditions: Competition is open to all. Winner will be chosen at random and winner will be notified within 14 days of the competition end time, which will be Wednesday 9th September 2020. If the winner has not replied within two weeks of being notified, The Beach Team will be entitled to select another winner. There is no cash or other alternative for prizes. In the event of unforeseen circumstances, The Beach Team reserves the right to provide an alternative prize of equal or greater value to the offered giveaway prize. Prizes are non-transferable. The Beach Team accepts no responsibility for any damage, loss, liabilities, injury or disappointment incurred or suffered by you as a result of entering the prize draw or accepting the prize.

Beach Mission Centres in the UK

1. Whitby 22nd-25th August
2. Scarborough 16th-28th August
3. Mablethorpe 26th July-7th August
4. Leysdown 26th July-7th August
5. Lyme Regis 26th July-21st August
6. Looe 26th July-14th August
7. St Ives 19th July-28th August
8. Carbis Bay 26th July-14th August
9. Mumbles 19th July-3rd August
(2 sites- Langland Bay and Blackpill)
10. New Quay 19th July-21st August
11. Benllech 19th July-28th August
12. Llandudno 6th July-28th August

International Student Outreach Centres

1. Brighton 26th July-31st July
2. Bournemouth 28th June-17th July

The Beach Team in Ireland

1. Downings 5th-17th July
2. Portnoo 5th July-14th August
3. Kilkee 19th July-7th August
4. Ballybunion 19th July-14th August
5. Rosscarbery 26th July-7th August
6. Ardmore 5th-17th July
7. Tramore 19th-24th July

Where else will you find The Beach Team operating?



Plus we have teams in about 10 city centres



The Beach Team in Continental Europe

1. Liege (Belgium) 19th-24th July
2. Colombes (France) 5th-10th April
3. Carcassonne (France) 18th-25th July
4. Houlgate (France) 26th-31st July
5. Ravenna (Italy) 19th-24th July
6. Portimão (Portugal) 5th-10th July
7. Venue and dates tbc (Spain)
8. Montreux (Switzerland) 9th-13th April, 5th-17th July, 2nd - 7th August



Free Offers

Free CD and Gospel



John, a disciple of Jesus, wrote an eye-witness account of Jesus' life so that we could be 'Sure of Heaven.' Both this CD and edition of John's

Gospel describe how Jesus transformed the lives of those He met.

FREE GOSPEL

Tell Me More

We can send information about good churches in your area. We can send you resources that will help explore the Bible and the Christian message in more detail. Just ask us!

For any of the free offers featured please

- visit: www.thebeachteam.org/free-resources
- email us: office@thebeachteam.org
- write to us at: United Beach Missions, c/o EMW, Waterton Cross Business Park, South Road, Bridgend, CF31 3UL

