

The



Buzz

10th November 2020

The Buzz's Lowdown for Lockdown

LOCKDOWN began in a busy week for the Cafe: a committee meeting at the Wild Carrot, a Pop-Up behind the Social Club and a Curry Night at The Bell. The conversation at each was the same - what can we do to stay connected, stay safe and stay sane?

The answer, in part, is *The Buzz* itself, with a bumper edition and a cut-out-and-keep poster to help you through the next four weeks. We have a list of the amazing volunteers who have stepped up to provide a network of support across the village; authoritative online resources; some helpful and supportive links to websites looking after our well-being; and, thanks to Amanda Sanders, a colourful stress-buster for young and old alike.

So if there is ANYTHING you think we can help with, please get in touch and urge others to do the same. We're all in this together!

Bee like Briley!

A YELLOW thumb-print for the body. A pinky-print for the head. Stripes and a sting in black. Five-year-old Briley Spice Howell knew exactly how to draw a bee for our masthead. A happy Buzz Bee. Just what we need to cheer us up, Briley. You're a star!



Lest we forget: Helen Haiselden, Nick Winkfield and Liz Knowles

IN FLANDERS FIELDS THE POPPIES GROW

EIGHTY SIX poppies have been painstakingly knitted and crocheted by members of Avening's Women's Institute and incorporated into a beautiful and touching frame for the list of servicemen killed in World War I and World War II.

'We were inspired by work done by other WIs in Gloucester,' says Helen Haiselden, one of the WI members behind the initiative. 'Fifty six men of this village gave their lives for our country and we wanted to do something to recognise that'.

Remembrance Sunday services were shorter than usual, without singing or sermons, and many people were unable to remember fallen servicemen in the way they usually did, so we asked Rev. Gerald South to share some words with us instead. He chose the words of a prayer: 'Merciful God, we offer to you the fears in us that have not yet been cast out by love: may we accept the hope you have placed in the hearts of all people, and live lives of justice, courage and mercy.'

Diary

Pop-Up Cafes and Coffee Mornings at The Bell

Cancelled until the end of Lockdown

17th November

Noah's Ark Walks

Exercise and company, two by two. Contact Beverley Rymer for details.

End of November

The Cafe's Second Birthday!

Happy Birthday to us...with a surprise celebration for all

5th and 6th December

Orchard Pruning and Planting

Workshop at the Playing Fields. More details to come

8th December

Curry Night at The Bell

Will be back? We hope so! Get in touch with Clare if you'd like to share a table for six (or whatever's allowed by then!)

Just before Christmas

Cafe's Christmas Cake Boxes

Order for a friend, a neighbour or go ahead and treat yourself!

All month

Roadside Library, outside 6 Old Hill.



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Cheers, Assumpta!



A BIG 'thank you' to Assumpta at The Kitchen in Minchinhampton for donating takeaway cups for our pop-up Cafes. Like many cafe owners, Assumpta has had her fair share of challenges right now so we really appreciate her help. Please drop by her cafe for her takeaway treats (it's open 8am-4pm).

You won't find a better welcome in these parts!

Walkers set off two by two (hurrah?)

THE CAFE continues to invent new ways of staying together safely in the pandemic. This time we've taken our inspiration from...the Bible. If Noah's animals could walk in two-by-two, so can we.

Lockdown restrictions allow you to exercise outdoors with your household, your support bubble or with one other person. So Beverley Rymer and Wendy Jennings have cooked up a plan to pair up people who would like to stretch their legs, but who would prefer a bit of company while doing so. So get out in the autumn sunshine and BREEEATHE!



FOAS haunted house hunt makes a killing

ALL HALLOWS Eve, and something wicked this way came...in all senses of the word. Over 300 people took part in the Haunted House Hunt around the village, raising just over £700 for playground equipment for the school.

'Everyone put so much effort into their displays,' says organiser Steph Luff. 'The blustery weather gave us

a few headaches - the Hogwarts' gazebo took off with dementors and Voldemort flying down the road.'

The Gruffalo display looked amazing in the dark. The pumpkin patch was beautiful with its light and smoke effects. Slimer in the Ghostbusters car was positively glowing. And as for that clown... Mwwwahahaha.....



Smile of the Century!

LYNNE Mowles (second left) celebrates her mother's 100th birthday with a visit from Atlanta Rayner and family, who brought plates of cupcakes made by the Cafe's bakers. From all of us a very big CONGRATULATIONS (which in our view is right up there with a telegram from Her Majesty!)

Have your say in Cafe's charity choice for 2021

THE SEARCH is on to find the Cafe's nominated charity for 2021, and we want as many people as possible to take part.

Last year Cafe customers picked the Mark Townsend Trust and the Stroud Women's Refuge as our charities from a short-list of five. This year we will be seeking nominations via the Cafe's Facebook page and *The Buzz*. Charities nominated must be based locally and have a community-wide impact. The Cafe Committee will compile a shortlist and the vote will take place (somewhere, somehow) in January.

In 2020 we distributed over £1650 to the two charities from quizzes, sweepstakes, bake sales and donations during Lockdown, especially made during the crop and

plant swap run by Elizabeth Buchanan on the wall outside 14 High Street.

'Our customers are incredibly generous,' says Cafe Committee Chair Jennie South. 'The two charities were chosen before anyone had heard of the coronavirus but both have been doing invaluable work during the year to look after those who need it most in these difficult times. We hope our support has made a difference.'

If you would like to nominate a charity, please send us a message via the Avening Community Cafe Facebook site or contact one of the Cafe Committee members: Jennie South, Gill Adams, Peter Barton, Clare Bebbington or Wendy Jennings.

People

Sally's slimming success

Sally Williams has scooped Slimming World's Woman of the Year accolade by shedding a staggering six stones in weight. Sally, from all of us trying to contain our Covid curves, we salute you!

Two big Cafe 'thank-yous'

As we stagger into another Lockdown we wanted to recognise some very special people who have gone the extra mile to help us keep calm and carry on: the inimitable landlord of The Bell, Glynn, who opened up for coffee mornings in September and October; and to Derrick Ind (let's face it when are we ever NOT thankful to Derrick?!) for letting us set up our al fresco cafe stall in the Social Club car park.

Thank you gentlemen, heroes one and all!

Jennie goes for the treble

Weave some inspiration from Lisa Pedoe together with some hand-holding from Christine Howell, and you get Jennie South's rediscovered love of crochet. A treble stitch might be all she can do but the results are impressive (and growing) - and just right for these chilly autumn evenings.



The Cafe's Cut-Out-And-K

LOCKDOWN

The **UK Government's** website www.gov.uk/coronavirus is the best place to start for definitive information about national restrictions, the furlough, business loans and so on. **Gloucestershire County Council** has set up a coronavirus help hub, which includes details of local testing arrangements (www.gloucestershire.gov.uk/covid-19-information-and-advice). **Cotswold District**

Council website is easier to use for information on business and community support and recycling (www.cotswold.gov.uk/coronavirus). **Gloucester Police's** website also has the latest on the restrictions: (www.gloucestershire.police.uk/advice/advice-and-information/c19/coronavirus-covid-19/) For health advice, there's the **NHS** of course ([www.nhs.uk/conditions/coronavirus-covid-](http://www.nhs.uk/conditions/coronavirus-covid-19)

19) and leading charities have been working hard to support people who are particularly affected by the restrictions. Here are a few of the best:

Carers UK
(www.carersuk.org).

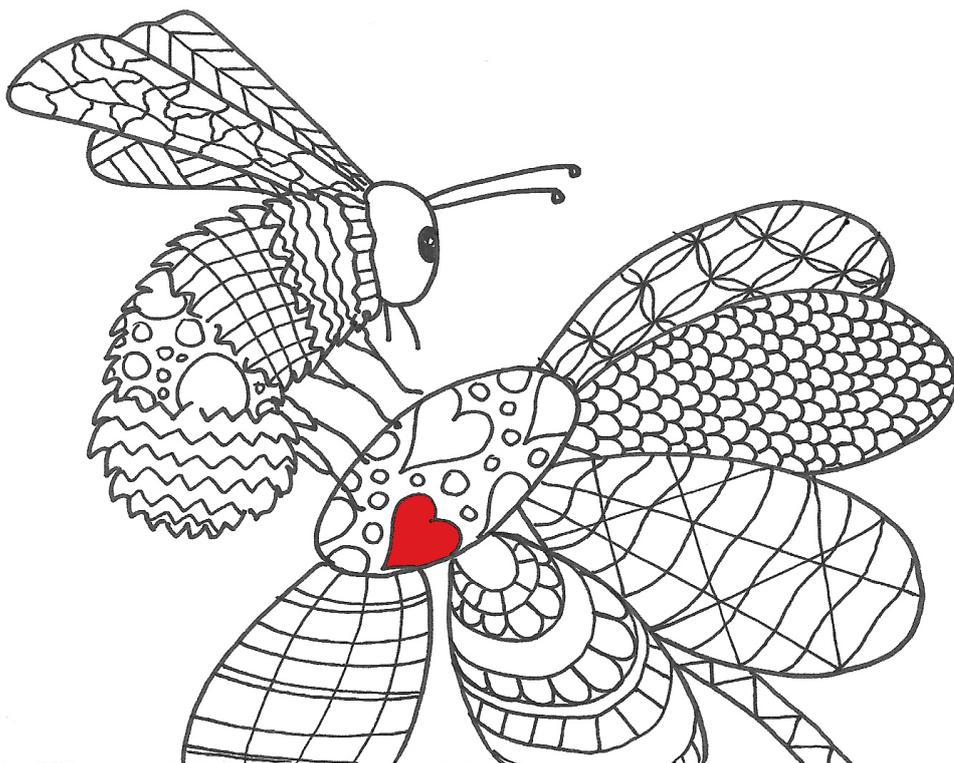
Age UK
(www.ageuk.org.uk/information-advice/coronavirus)

Domestic violence is one area of particular concern during Lockdown.

Women's Aid
(www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors) has some of the best practical advice we've seen. Caring for someone at the end of their life is particularly hard during Lockdown. **Marie Curie**
(www.mariecurie.org.uk) has a sensitive and supportive website which is, as ever, a huge help for those facing such difficult times.

LOOK AFTER YOURSELF!

mandaravdesigns ♥



WE ALL have different ways of coping and looking after ourselves. If you want a bit of extra help, there are also online resources. We asked our contributing editor Ellie Sanders for her top picks: Young Minds, The Wisdom Room and MIND.

youngminds.org.uk/ (Ellie's favourite resource - their social media links are so helpful)

www.wisdomroom.co.uk/category/the-wisdom-room-blog/giveusashout.org/
www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/

Don't forget our very own Mark Townsend Trust which has an excellent Facebook site.

And if you just need a moment of calm, you could do worse than grab some pens and colour in Amanda Sanders' bee and flower!

Keep Lockdown Survival Kit

LOWDOWN

Hats off to our fab volunteers!

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**The Parish Council has also
set up a helpline:**

covid19@avening-pc.gov.uk

Go on...treat yourself...you're worth it!

LOTS OF our favourite cafes and restaurants are now offering takeaways. Here are some of our favourites:

The Bell. Where else? Beer and an Indian. 01453 836453

The Kitchen. Minchinhampton. Takeaway from a good friend to the Cafe 01453 882655.

Bens Chinese Takeaway. Nailsworth. 01453 833151
benstakeaway.co.uk

Chip Shed. Minchinhampton chipshed.co.uk/minchinhampton-fish-and-chips 01453 731221

Amalfi Card payments over the phone. 01453 350432

Hobbs House Bakery. Nailsworth and Tetbury 0808 1963646

Lavender Bakehouse 10-4pm for takeaway. Online ordering only on lavenderbakehouse.co.uk

Wild Carrot New venture next to Chavenage. Superb cakes! Takeaway and bike maintenance only 07803572591

Westonbirt To walk the covid calories off again! Booking essential (boxoffice.forestryengland.co.uk). Cafes are open for takeaways.



Adrian Blenkiron

It's 1979. Maggie's on the rampage. Beer is 34p a pint* Meanwhile....

Meanwhile...our team triumphed on BBC TV's first Great Egg Race.

A sort of 1970s Strictly Come Omelettes?

Don't be silly - it was deadly serious. The challenge was to propel an egg – without breaking it - as far as you could using the power of just one small elastic band. I was working in the Advanced Manufacturing Department of Rolls Royce at the time and decided to enter with a colleague, Steve Darling.

So how did you do it?

Most people were twisting the band to create the power you needed but we realised there is 3 or 4 times more energy stored in a *stretched* band. The titanium wheels, aluminium pulley and lightweight spaceframe made of hypodermic needles helped too. Granted, working for the world's greatest engineering firm meant we

had an edge over teams using balsa wood, Blu Tac, Sellotape and string.

So you had an unfair advantage?

Perhaps – but we improvised a lot too. Our egg was cradled in the wire that holds a champagne cork in place, for example. I think, though, that our biggest advantage was my suggestion to put a ramp at one end of the 100 metre track – all within the rules of course, but it meant our machine could achieve its full potential in distance.

What about the race itself?

It was held at the BBC's Pebble Mill Studios and hosted by former Play School presenter Brian Cant. Don't worry about being careful with the spelling...I didn't care for him at all. The technical expert was Professor Heinz Wolff, a great man who totally supported our idea of the ramp when it was queried by Cant. Our contraption carried the egg 180

metres – about the distance between The Bell and the Social Club

And your prize was....?

A trip for one to Toronto for the global final. Steve had relatives there, so he went but offered to give me the cash equivalent of half the prize. I bought a camera instead – but missed seeing our machine travel a staggering quarter of a mile in Canada which was a shame.

Not rich then, but famous surely?

My allotted 15 minutes of fame – no more than that. I didn't care for TV – they kept putting powder on my face and told me my shirt was 'unacceptable'. I continued my career working with military jet engines instead – taking my Dad's advice that if you pick a job you enjoy you never work a day in your life. I did – and he was right!

** 34p?! Those must be London prices...*



BRAMBLES BEWARE!

AROUND 20 people spent a morning clearing away undergrowth from existing apple and pear trees at the playing fields. For one volunteer, Jean Chatelain, it was familiar work: she's also a volunteer with the Stroud Five Valley's project and spends Tuesdays working around canals, woodlands and other public spaces. 'I am not unfamiliar with the bramble,' says Jean. Without a hint of weariness!

A planting and pruning workshop is planned for the 5th/6th December.



CERAMICS INSPIRED BY NATURAL BEAUTY

WHEN Miranda Jones (pictured left) gave up her job as a climate scientist to become a teacher, she also gave herself time for her art. Now her four beautiful bone china mugs are a sign of how far her talent has taken her.

'I've always loved pottery and wanted to marry my interest in ceramics with my concern for the environment,' she says. Her mugs,

available on the Miranda Charlotte Etsy site, are decorated with cornflower, tulip, oxeye daisy and daffodil designs - a concept which emerged during walks in West End.

Miranda created her designs during a period of serious illness: 'It gave focus when I needed one,' she says, sitting in her mother Marilyn's cosy kitchen. 'The most nerve-racking thing is not coming up with a design, but realising you have 400 mugs to sell!' She needn't worry - they are selling fast. She urges everyone to have a go at some kind of art. 'If you think you're *not* artistic, you just haven't found your media yet,' she says.

Ellie's top six lockdown tips

I'VE BEEN reading all sorts of websites where I've found really useful advice for coping with the lockdown - and which inspired me to come up with my own list, writes Ellie Sanders. Here are my top tips:

You got through the first lockdown, so you can get through this one.

Don't keep checking the news if it's getting you down or making you feel anxious.

Acknowledge your feelings and

don't be afraid to speak to someone about them.

This is temporary - the pandemic feels tedious and never-ending, but one day normal life will resume and we will appreciate the little things we once took for granted.

Some days will be tougher than others and that's okay - take each day as it comes and celebrate the small victories.

Check in on people - we're all in this together!

Amanda keeeeeps dancing!

Amanda Sanders' Zoom dance fitness classes are a huge hit with her friends, their friends and the friends of their friends. Now she's exploring whether a morning class strikes a similar chord. Get in touch with Amanda if you're interested.

Alison helps crafty Food Bank

Alison Winkfield has been one of the volunteers helping to put together 500 craft bags for the Stroud Food Bank. Paper, pens, play dough...anything to keep little hands busy.

Poppy poignancy for Liz

For Liz Knowles, contributing to the WI's poppy display had additional meaning: her house bears a plaque commemorating one of the fallen servicemen, George Newman, a private in the Royal Army Medical Corps who was killed on 20th February 1916. Fred Vening, who was behind the initiative to put these blue plaques up, died earlier this year and you can read Click Mitchell's touching tribute of him in *The Villager* this month.



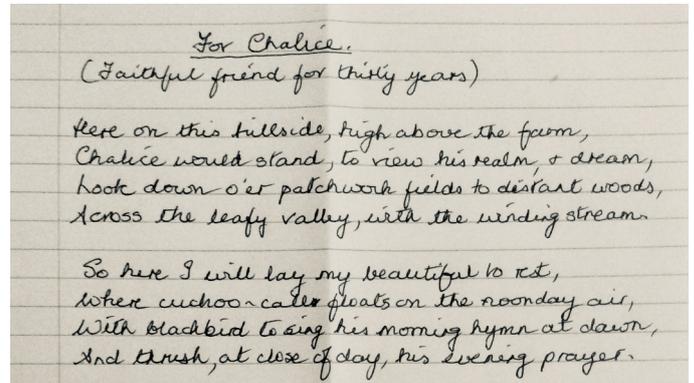
Alan digs deep - again

Alan Watson (pictured) was on familiar ground when he took part in the Orchard clear-up. Alan, former tree officer for the county council, was behind the original apple and tree planting some 20 years ago!



Copper beech tribute for a beloved chestnut

WALK UP the MacMillan Way from Point Road. Look up to your left as you reach the end of a garden wall. On the ridge is an almost-perfect copper beech with a tale to tell. Gilian Bulmer-Davison planted it in the exact spot where her horse Chalice used to stand looking over the valley to Gatcombe. Chalice was a special horse - not only the perfect companion for hacking around Avening and teaching Gilian's children to ride, but also a descendent of the 1954 Derby winner, Never Say Die. With this tree, and Gilian's poem, a much loved pet lives on.



Buzz Food

Westend Farming's honey mustard chops

Gloucester Old Spot pigs produce some of the best-tasting pork and this is a delicious recipe. Buy the chops from Westend Farming and honey from Ian McDonald and it'll be one of the lowest food-mile meals possible! 'The village has given us so much support and it's great to be able to share one of our favourite recipes' says owner Helen Fisher.

Ingredients

2 Gloucester Old Spot pork chops
1 tsp honey
1 tblsp wholegrain mustard
100g savoy cabbage, shredded
200g new potatoes
25g butter
100 ml white wine
100 ml double cream

25 ml olive oil

Small bunch of mint and small bunch of sage

2 banana shallots, chopped

Method

1. Mix together honey, mustard and half the olive oil. Brush over the chops. Cook on a griddle pan for five minutes each side.
2. Cook cabbage in salted water for five minutes. Drain. Cook the new potatoes.
3. In a separate pan, saute the shallots in the olive oil with a smidgeon of butter until translucent. Add the white wine and reduce a little. Add cream and reduce further. Add tablespoon of chopped sage.
4. Crush the cooked potatoes and add the rest of the butter and chopped mint.
5. To serve, pile the spuds onto a plate, lay the cabbage next to them, with a chop on top. Pour over the sauce.