



The Buzz

12th January 2021

Here we go again!

BY 9AM last Wednesday morning, the School had shared its online timetable and virtual lessons had begun. The Parish Council had reactivated its network of over 25 volunteers, encouraging them to reach out to neighbours who may need a helping hand or a friendly ear. 'You are not alone in all of this,' said Parish Council leader Tony Slater.

The Cafe, as ever, went ahead with its Tuesday morning Noah's Ark walk - around 30 people have joined at least one walk since they began last November. By Wednesday, plans for next week's walks (confined to household groups or singles walking in pairs) had been discussed and agreed.

'I like the walks because of the company - and the beautiful scenery around here,' says Vicky Viveash who walks with friend Jean Scotford.

'The School has done a great job,' says Mel Young, whose son Corey was busily (if not always



Best days of his life? Corey Young, son of Mel and Richard begins learning online. 'They've got lesson plans, workbooks..the school has been great,' says Mel.

enthusiastically) learning about adjectives with Mr Hall early on Wednesday morning.

If you need help - or just want to talk - the Parish Council's website has a list of volunteers who are

willing to do what they can to support you. There is also a dedicated email address, covid19@avening-pc.gov.uk. And you can always call us at The Buzz on 07403006106.

In the bee-ginning

OUR masthead bee for this edition can be found where the idea for *The Buzz* started: on the back of a van parked in Rectory Lane. The Cafe Committee had decided to launch a newsletter last September, but was struggling for a name - until this little fella appeared in its editor's rear-view mirror. 'It's just one of the things we do to help keep people connected,' says Jennie South. 'It fills a gap while we can't get together in person - and it'll be around for as long as the Cafe stays closed!'

The Buzz is supported by a grant from Gloucestershire County Council.

CAST YOUR VOTE FOR 2021 CAFE CHARITIES

IT'S TIME to decide the charity or charities which the Cafe will support in 2021. Three have been nominated by Cafe customers:

The Door

Stroud-based charity working in Avening which aims to bring hope into the lives of young people and their families.

Longfield Hospice Care

Much-loved local charity, which provides palliative and end-of-life care and support to adults living in

the county, their families and carers.

The Mark Townsend Trust

Avening-based charity aiming to help with whatever life circumstances may arise, whilst raising awareness and tackling the stigma of mental health issues.

To cast your vote for one or more of these three wonderful charities, please see page 2 of *The Buzz*, or the Cafe's Facebook page. The Cafe committee will make its final decision at the end of January.

Diary

Pop-Up Cafes and Coffee Mornings at The Bell

Cancelled until further notice

Tuesday 12th January

Mobile Post Office

CANCELLED. Returns as usual every Tuesday from 19 January

Every Tuesday
Noah's Ark Walks



(Pic from last December before the current restrictions were put in place). The walks will now take on a 'DIY' look, with people encouraged to find a 'winter walk buddy' themselves as we can no longer gather in the Club's Car Park. Contact Wendy Jennings on wendyjennings2010@gmail.com

February 14th

Valentine's Day Cake Boxes. Say it with cookies! Contact ccbebbs@gmail.com to order.

All month

Roadside Library for readers of all ages, outside 6 Old Hill

Jigsaw Puzzle Library, run by Beverley Rymer. Call 832100 to lend or borrow.

Please note that the planned pruning and planting workshop, due to be held in February at the Orchard is now unlikely to take place due to Covid restrictions.



The Cafe that Never Closes: Bob and Wendy Jennings with Mandy Slater on one of the Cafe's walks

Play your part in the Cafe's future

Jennie South writes about

changes to the Cafe Committee:

IN 2018, Clare Bebbington responded to a paragraph tucked away in The Villager asking: 'Is anyone out there interested in a Community Cafe?'. She wrote in an email: 'Wonderful idea! Happy to help where I can'. What an offer - and we've been able to tap into all that help as the Cafe has evolved over the past two years. However, Clare has reluctantly decided to step down from the Cafe Committee, due to work and other commitments although she will continue to edit *The Buzz*, run the Roadside



Clare with Mel Young's brother Dean, Xmas 2019

Library and bake. We'll miss her and thank her for all she has done.

So a door opens for someone else to contribute to the Cafe in this way. We want the Cafe to be open and evolving, with each member contributing in their own way and keeping the Cafe fresh while holding on to our aim to 'provide a welcoming and inclusive social meeting place for residents and visitors'.

Joining the Committee is not a life-sentence! To give it your all for a while and then step aside for someone else is good, and you can always come back after a break. If over the next few months you would like to help us keep up our 'we're not closed' message by joining one of our monthly committee meetings informally, please let us know. It's a good way to dip a toe in the water and see what goes on behind the scenes to make the front of house happen!



The Buzz is published online twice a month by Avening Community Cafe.

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The Buzz is distributed online via the Cafe's Facebook page and the Avening village website. Hard copies are available on request

How to vote for your Cafe Charities

Log on to the Cafe Facebook page, comment or send us a message or

Email Jennie South (jennie.south@btopenworld.com) or Wendy Jennings (wendyjennings2010@gmail.com) or

Put an 'x' against your chosen charity or charities and leave in book boxes outside No 6 Old Hill

I'd like to vote for:

The Door Longfield Hospice Care The Mark Townsend Trust



Phoebe Carter

Your business, Biodiversity

Matters, aims to make the built environment better for nature...?

It does. We are in a global biodiversity crisis so we can no longer afford to throw up housing without any consideration for nature. If we must build, we must build with nature, not against it and we **must** make nature a valued and integral part of development. I am lucky that I get to manage 500ha of wildlife sites and sustainable development across the south west and can see what a different approach to development can do for people and wildlife.

Are there lessons for the village - and our own gardens?

We can be a bit less 'tidy', for example, leaving a section of lawn to grow long, which is brilliant for invertebrates, and encourages birds, bats and hedgehogs into your garden. We can stop using herbicides and pesticides, and leave a hole in our fences and walls to allow hedgehogs to roam.

What about trees?

Trees are vital but planting the wrong

tree in the wrong place isn't the answer. Planting non-native trees on our wildflower meadows can have a detrimental impact on the wildlife already there. We have fields of unimproved grassland around the village – a really important and distinctive habitat and a carbon store in their own right. Plant the wrong type of trees in these fields and we could end up losing biodiversity (orchids, fungal systems, wildflowers, butterflies) as trees shade out existing species.

Any reasons to be positive? What were your highlights last year?

Plenty! Peter Marciniak's photo of the Grizzled Skipper butterfly is definitely up there. This butterfly is becoming increasingly rare so it's great to know we have it in the village. Best of all, though, was people's enthusiasm for our local environment and seeing what they discovered on the Wild About Avening Facebook page. We are so lucky to live somewhere so rich in wildlife - knowing we are keen to share what we find is brilliant!

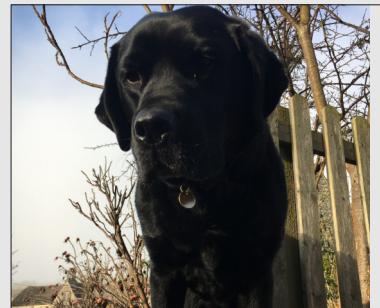


NO QUESTION about Maisie Stanton's highlight from 2020: the day her granddaughter was awarded the Sword of Honour by HRH The Prince of Wales for her 'outstanding ability, leadership, officer qualities and potential for further development' during her initial officer training at RAF College Cranwell ('beating all the boys' says Maisie). Flying Officer Annie Smith graduated with distinction and headed to Cyprus for her first officer assignment. Her ambition is to fly Tornados, although she may be drafted in to help with the Covid vaccination drive first!

People

That's nearly a paw-ful!

Liz Knowles' magnificent black Labrador, Roddy, is our January hero. He's a blood donor at The George vets in Nailsworth and a week ago donated his first blood for a canine emergency. Extra treats for you, Roddy!



Give Cas a call

Cas Boddam-Whetham has closed her practice while she waits for her vaccination but wants to reassure anyone with aches and pains that she is still on the end of a telephone line. For a bit of winter body care phone 07900472999.

A fishy tale

Our article on the Panto has jogged a few memories. We hear that for *Little Avening By the Sea*, paper sprats were thrown into the audience - except for the never-to-be-forgotten night when props manager Maisie Stanton decided to get that evening's sprats from an actual fishmonger...

Lucie's collection's a corker

Popping those corks? Don't bin them - Lucie Hawkins (15 Sandford Leaze) is collecting for a local mental health recovery unit where staff are making a cork board. There should be plenty to spare: our bin men told us their wagon was already chocca with bottles just half way into their post-Christmas round!



Try some self-care bingo

AMANDA Sanders spotted an idea from daughter Ellie's college, Cirencester College, which we've adapted for *The Buzz: Self-Care Bingo*. We've all got our top tips for staying positive or giving ourselves a pat on the back - here are just 25. We'd love to hear from you about any other tips [*perhaps 'playing with a puppy' rather than 'screaming into a void'*, ed.]. Shout 'House' and drop us a line!

Buzz Food

Sue's Armenian Lamb

We had a choice: did the New Year mean abstemious dieting or a big, warm plate of comfort food? No contest: comfort food triumphed. So we looked to Sue Osborne, Cafe volunteer and baker par excellence, for suggestions. She turned to her 1960s Cordon Bleu cook book for this favourite. 'I've cooked this for a lot of people in Avening,' she says, 'and everyone enjoys it.' Just what we need, Sue!

Ingredients

2lb lamb neck fillet
1 tbsp oil
1 oz butter
2 medium-sized onions (sliced)
1 tbsp flour
1 tsp ground cumin
0.5 tsp allspice
2 tbsps tomato puree
0.25-0.75 pint stock
Pilaf:
1.5 oz butter
1 small onion
8.5 oz long grain rice
0.75 pint chicken stock

TAKE EACH DAY AS IT COMES SAYS ELLIE

NEW YEAR can be dominated by resolutions and expectations, says Ellie Sanders. There's pressure to fulfil new goals and feel excited about the year ahead. It can be difficult to feel hopeful about 2021 when the world still seems such an uncertain place we have no idea when 'normality' will truly return.

It's tough to plan for the future when things are always changing, so avoid placing extra stress on yourself by committing to ambitious resolutions. The truth is, you don't need New Year resolutions, you can simply take each day as it comes.

For those of you, however, who do want a new goal, think carefully about one that will benefit you in a way that is mindful and positive. For instance you could try shopping more sustainably, or use social media less!

A quote which I particularly like to take forward to 2021 is: 'Feel it. Feel all of it. The good and the bad.'

Happy New Year!

Method

Cut meat into 2-inch squares. Melt oil and butter in a casserole dish and brown meat in batches. Remove meat and add onions to the pan. Cook slowly for 5 mins. Dust in flour and spices and continue cooking for a further 3-4 minutes.

Stir in tomato puree and 0.5 pints stock. Away from heat, blend until smooth. Return to heat, bring to boil.

Reduce heat, add meat and cover pan. Cook for 45-60 mins on hob, or in oven, 180 degrees C, 350F or gas mark 4. Stir from time to time; add reserved stock if necessary. Season to taste.

Put meat on a serving dish. Reduce gravy to thick sauce and spoon over meat. Arrange pilaf at either end.

For pilaf: melt two-thirds of butter, add onion and cook slowly until golden brown. Stir in rice and cook for 2-3 minutes. Pour on stock, season and bring to boil. Cover the casserole and cook in the oven at 190 degrees C, 375F or gas mark 5 for about 20 minutes. Add extra stock if necessary. When cooked, carefully fork in remaining butter, currants and nuts.