

# The



# Buzz

10<sup>th</sup> February 2021

**MAKING MUSIC:** George Buchanan, pictured right, may not be able to play and perform music during Lockdown, but he can still work on his exquisite violins, violas and cellos.

George has been making and repairing violins for over 35 years from his studio in Avening, creating faithful copies of those created by master violin-makers of the past, such as Andrea Guarneri and Claude Pierray. They are praised for their 'projection, depth of sound and responsiveness'.

You can read more about George on his website:  
[www.gbviolinmaker.com](http://www.gbviolinmaker.com).

Are you working at home during Lockdown and have a story to tell? Get in touch with us at The Buzz - we'd love to hear from some of our home-workers.



## IT'S ALL ABOUT THE CAKES

THE BIG-hearted Cafe bakers are helping to spread a little love around the village with their Valentine's Day cake boxes. If you want to say it with flours (groan) on February 14<sup>th</sup> put in your request - we'll take orders until 11<sup>th</sup> February. Boxes will be delivered on Sunday morning and cost £2. Profits go to the Mark Townsend Trust, Longfield Hospice Care and The Door.

## FLOWER POWER

TONY Slater snapped our latest Buzz bee in his garden last summer. 'I was experimenting with my new camera and it produced a rather nice effect,' he says. We agree - and thank you, Tony, for sharing with us.

## A helping hand from Avening to Argentina

FROM HIS cottage in Mays Lane, Charles Sabine runs one of the world's leading advocacy campaigns for better recognition of and research into Huntington's disease, a genetically-inherited degenerative neurological condition. Charles, a former war correspondent for US broadcaster NBC News, discovered he was carrying the faulty gene in 2005 after his father died from the disease.

Walking and talking in the lanes around the village, Charles is keen to point out, though, that his is not the only home in Avening from which the hand of friendship has been

extended to people suffering from Huntington's. A chance conversation with Archie Hardman in The Bell about the difficulties faced by Brenda, a teenager in Buenos Aires with Huntington's whose mother had abandoned her when she was very young, began a friendship which has lasted years. Archie has raised funds to buy Brenda computer equipment and such every-day necessities as a bed and a fridge. 'It's incredible to think that so many people in Avening have done so much for someone living thousands of miles away,' says Charles.

*Continued on page two*

# Diary

## Noah's Ark Walks

Pairs of walkers have been out and about in the village on Tuesday morning. The Cafe can help you find a muddy buddy to join your Tuesday exercise. Contact Wendy Jennings on [wendyjennings2010@gmail.com](mailto:wendyjennings2010@gmail.com)

## February 14th

Valentine's Day Cake Boxes. Say it with cookies! Contact [ccbebbbs@gmail.com](mailto:ccbebbbs@gmail.com) to order

## All month

**Roadside Library** for readers of all ages, outside 6 Old Hill. A special shout-out this month to Pam Taylor who brought two boxes of great reads in near-pristine condition

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

*The new trees for the Community Orchard will most likely be planted before Lockdown fully ends. However, we hope that we will be able to hold a pruning workshop in May. In the meantime, keep in touch with progress via the Avening Community Orchard Facebook page.*

**The Buzz is produced and distributed thanks to a grant from Gloucestershire County Council**



Avening Community Cafe

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

**Editor:** Clare Bebbington  
07403006106 [ccbebbbs@gmail.com](mailto:ccbebbbs@gmail.com)

**Contributing editor:** Ellie Sanders

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

## From Avening to Argentina/continued

Now Brenda's story has been told in a film, *Dancing at the Vatican*, chronicling the meeting between a group of young people with Huntington's disease and their families, and Pope Francis. Screenings of the film were interrupted by the pandemic but it is Charles's hope that it will be shown in the Memorial Hall as soon as Lockdown ends - not least, says Charles, because Archie has not yet had a chance to see the footage of the young woman whom he has helped so much.



Charles meets Brenda at Rome airport before their meeting with Pope Francis



## It's a question of balance, says Ellie

FINDING balance in life is often easier said than done. With many of us working from home, it can be tough to separate our working day from our down time. Working in the place we associate with being able to turn-off and relax in can make self-motivation incredibly tough at times. Entering February, perhaps we could all think about how we are going to find a happy medium between work and down time. To get started, you could think about doing one/two of the following things (like I've said before, a little bit of self-care goes a long way). Set your alarm 10 minutes earlier to get up and stretch - this will allow you to

have some gentle movement before settling down to work. Give yourself breaks little and often - working from home means most of us are staring at screens more than ever. Ensure breaks are long enough to give your brain (and back!) a rest. When you're done, switch off your computer - this will stop the urge to continue working or checking your emails. Don't be hard on yourself - being able to go between work-brain to relax-brain within the same environment is tough (there's a reason why we have offices), so take it easy on yourself if you're lacking motivation or struggling to unwind.



Elevenuses: Sandra Hetterley delivers cakes to thank Jane Rushton and the other teachers at Avening School





**The Wombling Watsons:** Alan and Louise Watson with daughter Rowan and son Luke spotted picking up litter near Powis Lane. 'It is appalling and surprising how much is around our beautiful lanes,' says Louise, who picked up a picker from the garden centre and did something about it! The Cafe will be organising a Big Pick once Lockdown restrictions are lifted.

## Get On Yer Bike! (your electric bike?)

AVENING'S pedal pushers are a familiar sight around our highways and byways and we'll be seeing more of them once the weather improves. And for those who put the aged in Middle-Aged Men in Lycra, electric bikes are proving a boon for getting up the steep hills.

'I don't get out much,' says Chandy Rodgers (who relies on pedal power alone!), 'but when I did there's a lovely ride up to Wild Carrot. There's no easy route out of the village, but one is to head up Star Lane, turn right at top, cross over Tetbury Hill, along Chavenage Lane then take a left at the T-junction - the Wild Carrot is on your right.' The Wild Carrot will reopen later in the year - a lovely treat to look forward to as the weather improves.

For David Oliver, an electric bike means a more ambitious itinerary. 'Pre-lockdown, four of us were doing regular Saturday morning bike rides,' says David.

His route also features a number of our favourite Cafes: Ride to Cherington via Nags Head. Then on to Frampton Mansell (crossing the Cirencester Road near Jolly Nice...Cafe no. 1). Take the back lanes to Chalford (with breakfast at the Lavender Bakehouse when it's open...Cafe no. 2). Head down the canal path into Stroud (it can be a bit tricky for cyclists) and turn left at The Lock Keepers Café (completing the Cafe hat-trick) and pick up the cycle path behind Kwikfit. Follow this to Nailsworth and either take the Avening Road home or cross the cattle grid at the bottom of the W, turn sharp right straight and climb the hill to Minchinhampton via Well Hill. Return to Avening by turning right at Steps Lane if it's not too muddy. 'It's quite a long ride and I certainly couldn't do it without my e-bike,' says David.

*Have you got a favourite bike route, ramble or ride? Share it in The Buzz!*

## People

### Eric and Derrick get the needle

It's been lovely knowing that so many residents have been getting their vaccinations, but somehow nothing gave us greater pleasure than hearing that, through a quirk of fate, Derrick Ind and Eric Best ended up getting their jabs together!

### Sand sea and....sewing

It was good to bump into Mick Metcalfe and to hear that Lockdown hasn't interfered with his rug-making. Far from it, in fact. During Lockdown #1 he built a shed in his garden and now, in Lockdown #3, pops in for 30 minutes or so of therapeutic needlework. And not just any old shed: Mick has decked it up as a beach hut, bringing a little bit of Whitby to Woodstock Close.

### Welcome to Avening!

A long overdue 'hello' to new neighbours who have moved in during Lockdown. A proper, warm, Avening welcome awaits....

### Don't worry, bee happy!



How wonderful to open the door to find Doreen Pierce with not one, but *three* bees for *The Buzz*. Here's the first as a teaser for the next edition where Doreen's other bees will be centre stage for *The Buzz's* wildlife special. We're collecting photos, drawings and sightings for the special, so please send them in!





*'It isn't much fun  
with One, but Two,  
Can stick together,  
says Pooh, says he.*

From *Us Two*, by AA Milne



**Two's company:** Vicky Viveash with Ada, right, and Pete Barton with Danny, above with their 'borrowed' doggies. The Cafe can't pair you up with a dog, but if you are looking for a friendly fellow Rambler on your daily walk (or just fancy someone different to chat to during Lockdown) the Cafe CAN help. 'Please get in touch if you are looking for a walking buddy – or if you go out for a stroll yourself and would be happy to invite someone else to join you,' says Jennie South. Get in touch with Wendy Jennings if you'd like two-legged company! Her email is: [wendyjennings2010@gmail.com](mailto:wendyjennings2010@gmail.com)

## Buzz Food

# Elizabeth's Gran's brown sugar shortbread

'I still have the aerogramme my Gran sent me with this recipe almost 50 years ago,' says Elizabeth Buchanan. 'Every inch of the thin papers is filled with news from home - she had the tiniest handwriting! These were a real treat in our home. My Gran used a scone cutter, but when I moved to Avening I started using a cutter in the shape of a duck in honour of our annual Duck Races. Of course then they are called *Ducky Biscuits*.'

Elizabeth's Gran lived in Halifax in Nova Scotia, where her family settled in 1772 and made their home there for generations. 'Even though I grew up in Denver, Colorado, I still think of it as 'home', says Elizabeth. 'My cousin was the last to leave - 30 years ago.'

## Ingredients

225 g butter

115 g brown sugar  
300 g plain flour

## Method

Mix the butter with the sugar using a wooden spoon.

Add half the flour, and mix with the spoon. Knead in the rest of the flour with floured hands ('which should be well-washed,' writes Gran). Elizabeth says that she does this in a mixing bowl, whereas Gran used a pastry cloth.

Gather dough into a bowl and chill if the day is hot to make it more manageable.

Roll dough out on a lightly-floured board to about 0.5 inches thick. Cut into shapes using a fairly small cutter.

Cook on a moderate heat (180 C) for about 20 minutes.

Cool on a wire rack.