

# The



# Buzz

9<sup>th</sup> March 2021

## Let's hear it for the Mums!

THE FRIENDS of Avening School have put together little boxes of love and luxuries for Mother's Day - with all funds raised going towards the School. The mini-hampers cost £10 and contain all the ingredients for a perfect cream tea - as well as a cheeky mini bottle of fizz!

Mother's Day is also the start of the Spring Fling - garlands, like this one in Lawrence Road, are already going up around the village!



## DOREEN'S THREE BEES

THE THIRD of Doreen Pierce's bees graces our first March masthead. We're so grateful to Doreen and all of the other artists and photographers who have contributed bees over the past six months. There's one more edition to go - so if you'd like to share a bee for the final Buzz, get creating!



The Way We Were: Garden Coffee Breaks last summer. Watch out for their return in April

## GARDEN COFFEE BREAKS ARE BACK

GARDEN COFFEE breaks are set to return on April 6th, if the government's relaxation of Lockdown regulations proceeds as planned.

Last summer there were 100 coffee breaks - a popular way of filling the gap left by the closure of the Cafe itself. Every Tuesday these six-person 'parties' popped up all over the village, giving us all a chance to meet and make friends, nosy around neighbours' gardens, and catch up on news and gossip around the village.

Some 25 people hosted the coffee breaks, and around 120 people attended one or more. For those who wanted to meet new people, the Cafe matched guests with hosts.

The early spring weather is more variable so there will be a few tweaks to arrangements, says organiser Jennie South. Hosts will be invited to pick a day (although for sentimental reasons we like Tuesdays), and will be responsible for inviting guests and rescheduling if necessary.

Anyone who'd like to join in - as a host or a guest - is encouraged to contact the Cafe. 'Last year we deliberately gathered people who we did not know well (or indeed in many cases at all!) and people said they really enjoyed meeting new people,' says Jennie.

If you'd like to take part, email [jennie.south@btopenworld.com](mailto:jennie.south@btopenworld.com)

# Diary

## Noah's Ark Walks

Pairs of walkers have been out and about in the village on Tuesday mornings. 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)

## March 13-14<sup>th</sup>

Start of the Spring Fling! Put out the bunting, hang up the garlands...decorate your house to welcome in spring.

## March 30<sup>th</sup>

Pete's Litter Pick  
Pete Barton will organise the kit - you just have to turn up and start picking around the village. Details in the next edition.

## April 6th

Garden Coffee Breaks resume!  
See front page for details.

## All month

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

*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. Keep in touch with progress via the Avening Community Orchard Facebook page or email [Phoebe Carteron](mailto:Phoebe.Carteron@pk1c1@hotmail.com) on [pk1c1@hotmail.com](mailto:pk1c1@hotmail.com)*

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Avening Community Cafe

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## Caught by The Buzz



# Cas Boddam-Whetham

**Walking in the woods between Nag's Head and Mays Lane is a long way from where you grew up, Cas....**

It's been quite a journey! I was born in Uganda, where my Dad was a surgeon and cancer specialist. I spent my childhood running about barefoot, playing with snakes and having all kinds of fun.

**So what brought you to England?**

School! I went to Westonbirt School as a boarder; it was such a shock. It was just so different from what I was used to – and cold! But then I made friends, which made everything so much better. Relationships are so important in life.

**Did you ever go back to Africa?**

I married a doctor and we spent the early years of our marriage at a bush hospital on the slopes of Mount Kenya.

I was a physiotherapist and set up and ran the physio unit at the hospital – not to mention having my

three children there. It was a very special time.

**And now Nag's Head...**

Yes, and I love it here. Fate played a big part in my finding this cottage – it was simply meant to be. The last year has been so challenging but we've had three young families move into Nag's Head which has been wonderful. It's a special place.

**I sense you've got a pretty healthy philosophy about life.**

I don't know if I have or haven't. For me, it's about relationships - and my faith – perhaps with a dash of mystery thrown in.

**Mystery...what's the mystery, Cas?**

The mystery is waking each day with a feeling that it's good to be alive and wondering what today will bring. May I be life-giving not battery draining!

**Amen to that! Now...we'd better sort our dogs out as they look as if they are having wayyyyy too much fun...**



**Clare Bebbington is the latest Cafe baker to deliver some mid-morning treats to the teachers and staff at Avening School. Mandy Slater organised the fortnightly Tuesday morning deliveries at the beginning of the third Lockdown - just a small way of saying thank you for all the hard work the teachers are doing for children in the village.**





**THE STALL on the Wall is back, due to popular demand. Swap your seeds, plants and produce on the wall at 14 High Street - or just pick something up and make a donation to the Café's charities. It was one of the big successes of Lockdown thanks to Elizabeth Buchanan's enthusiasm and commitment.**

## IT'S THE BEGINNING OF THE END, SAYS ELLIE

THE past few months have been undoubtedly tough for everyone, but as the weather gets warmer and the days get brighter, we are reminded that better times lie ahead. Things may still seem uncertain at the moment, but I cannot help feeling as though this is the beginning of the end – we finally have light at the end of the tunnel. Over the next few weeks and months, life will continue to change, with schools reopening

imminently and retail set to open up in April. For many, this is a sign of hope and a return to some kind of 'normality'; for others, this is a scary prospect. As we embark on the government's roadmap plan out of lockdown, remember to take each day as it comes and acknowledge how you feel. We should all be proud of ourselves for getting through this past year and here's hoping the next is a little lighter.

## Have your say in the playing field's future

PARISH Councillors John Hetterley, Christine Howell and Richard King are keen to hear from anyone with ideas and opinions about the future of the playing field on Rectory Lane. So if it's more seating, a better football pitch, wildlife areas, outside gym equipment, or anything else that springs to mind, please get in touch. 'We want to make sure the space works for everyone,' says Richard.

## Community Orchard open for business

AFTER months of patient (mostly) perseverance, the Community Orchard now has a bank account! It also has funds to invest in fruit trees, expert advice and a seating area thanks to a grant from Gloucestershire County Council. 'We're lucky that we are fully-funded at this stage,' says Phoebe Carter. 'But if anyone is interested in making a donation, we'd be delighted to chat!'

# People

### Artisan Avening's shell suits?

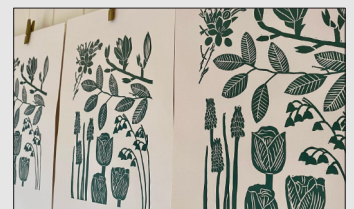
We enjoyed the latest Avening Artisan to feature on the group's Facebook page - and even more the lively debate that followed online. The merits - or otherwise - of Aidan McIntyre's gong, feather and shell therapies we will leave to others to judge. But at least if it's all got a bit Lord of the Flies in your house during Lockdown, you now know where to get the conch.

### Happy Birthday Vicky!

We're a few days early, but wanted to send one of our most loyal customers, Vicky Viveash, best wishes for a Big Birthday in March. Looking good Vicky!

### Avening makers go pop!

The Avening Makers Pop-Up window is back for Spring thanks to Mr and Mrs Lindley once again lending space in one of their windows at 47 High Street. It'll be chocca with spring and Easter goodies, such as Katy Upton's spring prints, so take a look - and think about treating yourself to something special.



### Gerald revs up for charity walk

Are our eyes deceiving us or did we spot Rev Gerald South speeding across Minch Common? Gerald has pulled on his trainers to prepare for a 26-mile Mighty Hike to raise money for Macmillan Nurses and is now on week six of his Couch-to-5K programme. God speed, Gerald!



**THANKS** go to Tony Slater for this picture of a 'scruffy' blackbird, sent to us after our special wildlife edition of *The Buzz* (hard copies of which have disappeared very quickly from the book boxes!). If you have photos to share please take a look at the fabulous *Wild About Avening* Facebook page.

# ELLIE DANCES FOR THE B.E.A.T

**REGULAR** Buzz contributor Ellie Sanders smashed her fund-raising target to raise over £150 for eating disorders charity BEAT.

Ellie ran a 90-minute online dance session on Saturday morning for friends to support the charity, which is dear to her heart (see Buzz No. 10).

'We had 13 people altogether and danced to 21 tracks! It was a really lovely way to start the weekend and all for such a worthy cause,' says Ellie.

Beat is the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, their mission is to end the pain and suffering caused by eating disorders. You can find out more on [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)

## Buzz Food

### Christine's 'Laisy Daisy' sponge

No one bakes a lighter sponge than Christine Howell and she's shared a special recipe with us - for a cake that she used to make her Mum for Mother's Day. 'As a little girl, I always watched my Aunties and my Dad's friends making cakes,' says Christine, 'and nowadays I like nothing more than baking with my grand-daughter Briley.'

#### Ingredients

Grated rind of one lemon  
Tbspn lemon juice  
250g margarine  
250g sugar  
250g self-raising flour  
4 eggs

#### Filling

Lemon curd

#### Lemon icing to decorate

Icing sugar  
Lemon juice

Jelly sweets or ready-made icing flowers

#### Method

Pre-heat oven to 150C/Gas 3.

Grease and line two 20 cm sandwich tins.

Put all of the sponge ingredients into a bowl and with the mixer on a low speed beat to combine. Beat on a high speed for a further two minutes.

Divide between tins and spread evenly. Bake for 30 minutes until firm to the touch and a skewer comes out clean.

Cool in the tins for five minutes, then turn onto a cooling rack. Leave to cool completely.

Sandwich together with lemon curd.

Make enough icing to spread over the cake, it needs to be runny enough to spread - and if it runs over the side of the cake...well, lovely!

Decorate with jelly sweets in a daisy pattern, or with ready-made icing flowers.