

The

# Buzz



27<sup>th</sup> October 2020



## LIP SMACKIN' ACE TASTIN' FUND RAISIN' BIG BAKIN' CUPCAKES

ATLANTA Rayner (pictured) enjoys a Cafe cupcake with her brother-in-law; perfect for a family get-together. Sandra Hetterley, Christine Howell, Mandy Slater and Clare Bebbington baked over 160 cakes for the Big Bake for Longfield fundraiser. More than 40 boxes of cakes were sold, including four bought by Jo Harris for the teachers at Avening School. Over £100 was raised for the charity.

## Cafe brews up for Orchard clear-up

THE Cafe will be out in force to support the Avening Orchard clear-up at the Playing Field on Sunday November 1<sup>st</sup> with tea, coffee and cakes for all of the volunteers.

The Orchard is the brainchild of Phoebe Carter and is funded by donations and a grant from Gloucestershire County Council's Thriving Communities Fund. The clear up will help remove brambles and undergrowth from around existing trees and begin preparations

for planting new trees early next year. 'Now more than ever, it's important to provide spaces for people to relax, collect fresh produce and reconnect with nature,' says Phoebe. 'It's the best time of year to clear up areas like this and we'll minimise the impact on wildlife while we work.'

It you'd like to get involved with the clear-up, meet in the Playing Field at 10 am. Please bring your own gloves and tools - and a mug if you'd like a cuppa while you work.

## Bee Happy!

AVENING textile artist Louise Watson created the Buzz Bee for this edition; just one of her exquisite embroideries inspired by nature (see back page). Louise is also the talent behind the illustrations in the Cafe's *Little Book of Baking*, copies of which are still available and cost just £5.

*Have you got a bee for The Buzz? Get in touch!*



# Diary

October 31<sup>st</sup>

**Halloween Haunted House Hunt.**

Raising funds for FOAS. Tickets £2 and must be booked in advance. Contact foasavening@gmail.com

November 1<sup>st</sup>

**Clear up the Orchard.** Details on Facebook. Pop-up Cafe, 10am at the Playing Field.

November 3<sup>rd</sup> and 17<sup>th</sup>

**Pop-Up Cafe.** Outside the Social Club, 10-11.30.

November 3<sup>rd</sup>

**Cafe Curry Night at The Bell.** We take a table for six for Cafe friends and guests. Contact Clare on ccbebbbs@gmail.com

November 10<sup>th</sup> & 24<sup>th</sup>

**Coffee morning at The Bell.** Open to all, 10-12.

November 17<sup>th</sup>

**Cafe Walk.** Everyone welcome. Route or routes will depend on who signs up! 10am at the Social Club.

All month

**Roadside Library.** Outside 6 Old Hill.



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

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The Buzz is distributed online with hard copies available on request and at the pop-ups, The Bell and outside 6 Old Hill.

## Caught by The Buzz



# Elizabeth Oliver

**You're the only person I know who gets excited by dandelions! What do you see in them?**

Colour. I use them to make natural dyes. And elderberries, onion skins, sunflower petals, golden rod, ...anything from my garden or the hedgerows and fields around Avening. Nepeta is my favourite plant to print with right now.

**Your jars of dye look like just 50 shades of brown. How do you know what will emerge?**

You don't. Everything starts with an 'I wonder'. It's not just a matter of nettles giving you one colour, onion skins another. In spring, nettles give you a bright fresh green; in autumn it's greyer and more muted. The first time you use a dye bath made from onion skins it will likely create a rich, dark umber; the second time it'll be a delicate mustard shade.

**Bit of trial and error at first, I bet!**

Of course! Experimentation is part of the joy. I started off by learning how to spin. Back then I accepted any old fleece that people would give me but I'm fussier now with my sheep, alpaca and goat wool; every

year I get a fleece from a Jacob sheep in Wotton. She's called Tulip.

**Do you think the master weaver living in your cottage 300 years ago knew his sheep by name?**

Hah! He would have got the wool already spun somewhere else in the village. They may have given their sheep names. Perhaps not Tulip.

**Back to the dyes...the yellows, greens, ochres and plums work together beautifully....**

When I was a little girl the wife of one of my Dad's dental patients, Mrs Hedges, took me round her garden to keep me occupied while her husband was having his teeth pulled out. As we were looking at her plants she said to me 'When you're embroidering and choosing your colours, remember to look to nature – because nature never gets it wrong'. She was absolutely right.

**OK – I'm sold! How do I start?**

There are a few things you need to get to grips with – for example how you prepare the cloth or wool for dyeing. But making the dye is easy – you just need some onion skins, water - and time!



KEEN walkers took one Tuesday in their stride at the first Café Walk to Nags Head via Mays Lane. Sources close to the walkers claim the photo is blurry because they were walking so quickly...

The next ramble is on November 17<sup>th</sup> when Beverley Rymer will lead a walk of about two hours to Three Cornered Bit, Cherington and back. A shorter walk will also be organised. Walkers need to wear appropriate footwear and bring refreshments. Please contact Beverley on 01453 832100 if you are interested.



Nicola Metcalfe, left and Mel Stronach take a well-earned break

## Sweet treat surprise for Longfield team

AS with coals to Newcastle, so it was that Longfield Big Bake cakes found their way back to the Longfield shop in Minchinhampton - courtesy of Amanda Sanders. The charity is dear to many hearts in Avening and although Covid-19 has thrown up many obstacles and has without doubt had an impact on footfall, Nicola, Mel and their wonderful team of volunteers continue to work hard for the hospice.

'I had a few spare hours on my hands as a result of the pandemic

and decided to volunteer at the Minchinhampton Shop,' says Amanda. 'It's a lovely place to work, so I could think of nothing more fitting than taking in a couple of boxes of cupcakes baked by our brilliant Cafe bakers. I think the surprise was well received!'

The Longfield shop at 1 High Street, Minchinhampton is an Aladdin's cave with many hidden gems and well worth a visit. Covid restrictions apply. Please call first if you want to make any donations.

## Ellie's grateful for rule of three

IT may seem we have little to thank 2020 for so far and, like many, I have at times felt as though this year has been a write-off.

However, last month I decided to start a gratitude journal; noting down three positive things every day. These have ranged from something as simple as a perfect cup of tea to a day out with my family. It helps me

focus on these little bursts of positivity in an otherwise difficult and uncertain time.

Use a notebook or download a journaling app to record just a few things you're grateful for every day. It's something small, easy to do, and provides a moment of mindfulness.

**Ellie Sanders**

### Fan-'tache-tic Mr Young

Word reaches us that the allegedly facially-hair-challenged Richard Young is growing a 'tache to raise money for Movember, a charity dedicated to improving men's health. Here's hoping for a full Tom Selleck rather than something more, er, Adolf-y.

### The WI's hyacinth bouquet

There's been a buzz and a lot of joy about the hyacinth bulbs sent to every member of Avening's WI to celebrate its 90<sup>th</sup> birthday. Shirley Hand came up with the idea and Soo Rolfe gave it a 2020 twist: the hyacinths will bloom in all the colours of the rainbow as a tribute to the NHS.

### Olga sends her love

Lovely to catch up last week with Olga Scott, who was only the second person in the county to be hospitalised with the virus. Olga is on a long road to recovery, and although she isn't yet able to come to the Cafe, she did want to say a big hello to friends via this column.

### Net losses for Sarah

What do you miss most? Hugs? Friends and family? For Sarah Coe it's all of the above. - and tennis too. Not just no Wimbledon this year: she also had to cancel a trip to Barcelona to see her hero, Rafa Nadal, play. So, Sarah, with our love, here's something to sugar the pill!





**LOUISE** Watson's 'perpetual nature journal' is a delight. The idea, she says, is to dedicate a double spread in a sketchbook for each week in a year and add drawings of whatever is in flower or observed that week. As the years pass you add to your observations and the pages slowly fill up. 'You build such an interesting record of the first frost, or first swallow and it gives me so much pleasure to see the year unfolding, says Louise, who is now in the second year of her journal. She hopes to have her journals displayed next year at Rodmarton at the Gloucestershire Guild of Craftsmen's annual exhibition. You can also follow her work on her Instagram page.

## Buzz Food

# Sandra's Spiced Dorset Apple Traybake

Sandra Hetterley is one of the Cafe's most popular bakers and bakes like this - ideal for eating outside at an autumn Cafe Pop-Up - is just one reason why.

## Ingredients

225g butter (room temperature)  
 550g cooking apples, quartered, peeled and thinly sliced  
 Juice of half a lemon  
 225g light muscovado sugar  
 300g self-raising flour  
 2 tsp baking powder  
 1 tsp ground cinnamon  
 4 large eggs  
 1 tbsp full-fat or semi skimmed milk

## Method

Pre-heat oven to 180<sup>o</sup> C (160<sup>o</sup> fan, 350<sup>o</sup> F). Grease a

30cmx23cm traybake tin and line with baking parchment.

Put apples in a dish and pour over lemon juice.

Put butter, sugar, flour, baking powder, ½ teaspoon cinnamon, eggs and milk into a large bowl. Beat for about two minutes until smooth and light.

Spread half mixture evenly into the traybake tin, lay half the apples on top and sprinkle with remaining cinnamon. Spoon over rest of cake mixture and level the surface. Scatter with rest of apple slices.

Bake for 40 minutes until well-risen and golden brown. Leave to cool for 10 minutes before removing.

Dust with icing sugar and cut into squares.