

KENN

ISSUE

407

JULY 2022



NEWS & VIEWS

Birthdays and Anniversaries

July

- 5 - Avril Gaunt
- 10 - Caroline Holden
Molly Cheek
- 12 - Gus Van Riessen
- 15 - Ashley Julian Diffey
- 17 - Celia Andrews
- 21 - Toby Naish
- 24 - Brian Walters
Eloise Gale
- 25 - Sue Pugh
- 27 - Jessica Clanchard (Brett)
- 28 - Juliet Stowell
Jack Stowell
Millie & Mike Stowell WA
Charlie Mackay
- 29 - Emma & Peter Brooks WA
Liz & Vince Stowell WA

Our Flag

was flown on Sunday 5th June
to celebrate the]
Queen's Platinum Jubilee

St John the Evangelist, Kenn



St. John's Altar Guild

July Rota

Jilly Butland with Robin and
Marianna Mackay

COFFEE MORNINGS

Celia Andrews thanks everyone who
supported the Coffee Morning on
Saturday 25th June
£70 was raised for Water Aid.

The fourth Saturday Coffee Mornings
will continue. Anyone wishing to
organise one for their chosen charity
should contact Celia Andrews
(01275 877806) - preferably in time
for it to go in that month's magazine.

JULY COFFEE MORNING The Church Room

Saturday 23rd July
10.00am - 12noon
for The Blay Family in Ghana
Host Julia Bush

Everyone Welcome

Drop-in days at the Church Room this month

Tuesday July 5th 2-4pm

Tuesday July 19th 2-4pm

Tea, coffee, biscuits and cake available.
Come in and say hello, chat, catch up on
news, talk about issues in life, book a
baptism, ask about hiring the room etc.

I'd love to see you.

Fran (Vicar)

Dear friends,

The Church Room (new room) is now open for business!
If you would like to pop in and have a look then look out for this board which will be outside.

I shall be there a couple of afternoons a month on a Tuesday from 2-4pm with coffee brewing, the kettle on and biscuits and cake at the ready.

Dates booked in for **July** are **Tuesday 5th** and **Tuesday 19th**. Monthly coffee mornings have also started on the fourth Saturday in the month. The first one on **June 25th** raised money for **WaterAid**. The next one on **July 23rd** **10-12 is raising funds for the Blay family in Ghana** which the people of Kenn have been supporting for three generations.

Come and find out more if you know nothing!



The charge for using the room will be £5 a session for charities and £10 a session for other groups. It is freshly painted with new furniture and lovely bright spotty tablecloths.

Is also has Wi-Fi and a coffee machine for those who are into real coffee and I am happy to demonstrate how to use it!

An ideal local venue for small group meetings, tea parties or lunches.

Please don't forget that church also has Wi-Fi, a screen and a projector and is useful therefore for larger group meetings.

Julia Bush is the bookings secretary so please be in touch with her if you are interested.

It is so good to have a venue locally for meetings and we have already started to use it for church groups.

I shall be using it as a local base to meet people and as a drop in venue on a Tuesday afternoon as mentioned above and I do hope you might find time to drop in and say hello.

We have a change to our usual pattern of services in July and on Sunday July 24th at 6pm we have a Songs of Praise service. If you would like to come along and have a favourite hymn then please let me know in the next couple of weeks for me to try and include it.

I do hope that for all of us in the run up to school summer holidays that the weather will be warm and sunny but with enough rain to keep gardeners and farmers happy. Probably too big an ask! I also hope that as Covid numbers have been rising in North Somerset you will stay well and safe.

Fran

Platinum Jubilee in Kenn.



What a fabulous day we had in Kenn on the 5th June. The hall was full, the marquee was up and we were 160 people strong. So many lovely friends, old and new, together for a special day. We really do know how to do a village day in style.

There are so many people to thank. First, the village hall committee for letting us have the hall rent free for three days. Margaret and John Ball who let us use their fields for car parking, children's area and marquee pitch. Generous beyond belief. To all the muscle power who came and helped put the marquee up and decorated the hall. Thank you to Jan who made all the ends of the table cloths neat and uniform. That attention to detail gave an elegant edge to presentation. On the day many thanks also to Julian who went to TESCO to get elderflower cordial. (I had forgotten to buy).

To Julian, Robin and Marianna who did the meeting and greeting to welcome people to our village event. Patrick who organised 'the bubbly team'.

They made sure everyone had a glass of bubbly or elderflower for the toasts.

Callum, Julia Bush and John Griffin who made heartfelt speeches toasting the village children, the village and the Queen.

Patrick's organisational skills assembled us for the village photograph. Both he and Paul Ashton took the official village photograph. A record of the day.

Then we ate. Many, many thanks to Mary who helped serve out the food. Also, Sam who was a champion. He could second guess when we needed a change of platter or more coleslaw to serve.

The Kenn choir were excellent. Lead by the Sue Parker on keyboard they sang a medley of familiar tunes. Such a fun addition to the day.

Many thanks also to Jan and Colin for organising the children's play area.

To all the people who baked an unbelievable feast of cakes. Happy calories that do not count on a festival day. So much imagination, cup-cakes, sponges, carrot cake, fruit slices. Centre stage were the trifles made by Mary, Julia and Grace. Everyone seemed to have cake with a dollop of trifle.

So much thanks and appreciation to all the relay teams of people who cleared up, washed, and wiped and tidied the kitchen. Everyone did their shift.

John and Nigel who ran the bar and thanks to all the impromptu bar staff who took a turn.

To all the people who came back the next day to help with the final clear up. Overnight fairies took all the champagne flutes home, washed and re-boxed for the next time. (Margaret and John) Other fairies took down the tables. (Robin and Marianna) Nigel Hobden directed some of his removal crew to come to Kenn and take the marquee down. Also thanks to John Hazel who has given us the marquee. We now have a village marquee.

What a brilliant, warm, friendly village to live in.

To the next time!!

Caroline xx

Kenn Celebrated the Queen's Platinum Jubilee on Sunday 5th June with a super party at the Village Hall which was orchestrated by Caroline and John with help from a huge number of people.



John Griffin, as a village elder, very kindly led us with this Royal Toast.

“Good day everybody, it is my privilege to propose the Royal Toast, but first let us reflect a little on what brings us to this totally unique occasion, never before occurring in the long history of our nation, and I doubt that it will ever be repeated, the reign and service of a monarch for 70 years.

That is not just a long time but also 70 years of unprecedented change, with its demands for adjustment from all including the institution of the Crown. A new world came about after the end of the War.

But first let us go back to a beginning, the late 1930's, George V dies, Grandfather of course to Elizabeth. As a ten-year-old Daughter of the Duke of York, Elizabeth and her sister Margaret would have been looking forward to their much-loved Uncle David becoming King. That was not to be, but instead their Father, became King with Elizabeth next in line.

I move on now, the war had been won by Britain and her allies and Princess Elizabeth on her 21st birthday, in 1947 makes her famous pledge to Nation and Commonwealth that her life will be one of service, whether that life be long or short.

All too soon, her Father dies and she, as a young wife and mother, comes to the throne and how she has lived up to her promise.

She has met, advised and in some cases befriended 14 Prime Ministers of Britain alone and others of her Commonwealth. Kings, Queens and Presidents around the globe have benefited from her interest and support. She has welcomed many of them to Britain, hosted state banquets and balls even danced with some of her distinguished guests, always with that very special smile.

She must have shaken millions of hands, travelled many thousands of miles around the World, done walkabouts among many people, making everyone and all feel that they mattered to her. She has become and is the most famous woman in the world and has attracted to our shore's visitors by the million.

Her message in the midst of the pandemic to us, when she said 'we'll meet again, we'll hug again' so true and so welcome to us, even at her great age looking to the future with hope and optimism.

A very great and genuine lady indeed of whom we can all be proud and be very grateful for.

Please be upstanding and the toast is 'The Queen with our thanks and love'”

John Griffin

Bird News

Swallow numbers have picked up through the month but there seems to be a continuing decline in local Swifts - we have only seen four around our local colony and there were a dozen a couple of years ago.

Jeff Naish phoned to say that he had seen Stonechats mating on Nailsea Moor. Stonechats had young on Kenn Moor (near Yatton) and on Congresbury Moor. This species was formerly a very occasional breeding bird on North Somerset moors but they seem to be increasing steadily now.

Jeff also noted a Mandarin duck with young at Tickenham, there had been sightings at Kenn Moor and Nailsea previously. He has also seen a Red Kite on Kenn Moor following grass cutting operations and there were sightings of perhaps the same bird from Yatton High Street the next day and Stowey Road the day after. Then just as I was preparing this piece a friend phoned to say that a Kite was circling over Yatton railway station- I went outside and saw it!

Kestrels have enjoyed a productive season with five young reared in a box in Yatton and four at a Nailsea. There have been lots of reports of Barn Owls hunting in the daytime, more than I have experienced before and according to **the Hawk & Owl Trust this is a national phenomenon that isn't yet understood** even by experts. It must surely be linked to a reduction in the food supply. Most local nests are progressing well but there have been some losses due to starvation. Hopefully I should be able to provide an update next month.

Lapwings have nested on a large maize field at Wemberham and to my surprise (but delight) they have at least one youngster despite the attention of gulls and crows. There are lots of young birds on the wing and it seems that the dry weather has helped parent birds to feed their young.

The warblers from Africa have done well, particularly our local Reed Warblers which are present in the highest numbers for many years.

Trevor Riddle. birds@yacwag.org.uk 01934 835208



St John's Kenn



All Saints' Kingston Seymour

Services at St. John the Evangelist Kenn and All Saints' Kingston Seymour July 2022

July 3rd

8.30pm	St John's	Traditional Communion
11am	All Saints'	All Together in Church
6pm	On Zoom	Team Evening Worship

July 10th

8.30am	All Saints'	Traditional Communion
11am	St John's	All Together in Church

July 17th

11am	All Saints'	Holy Communion
6pm	On Zoom	Team Evening Worship

July 24th

6pm	St John's	Songs of Praise
-----	-----------	-----------------

July 31st

10am	Holy Trinity	Team Communion
------	--------------	----------------

Every Tuesday and Wednesday 8.15am

Team Morning Prayer on Zoom

Useful Numbers:

Village Hall Booking Secretary:
Lyn & Nigel Burnett 01275 870189
Kvhallbooking@gmail.com

**The Team of Yatton Moor
Parish Office** 01934 832184
office@yattonchurches.org

St John the Evangelist

Priest in charge
Revd Fran Binding 01934 830120

Churchwarden:
John Ball 874077/Mobile 078 1667 0304
Julia Bush 873554

Church Floodlighting:
David Pugh 874278

Village Flag Flying:
Marianna or Robin 340323
Chris Taylor 872781

Altar Guild Secretary:
Marianna Mackay 340323

North Somerset Council:
01934 888 888
out of hours:
01934 622 669

News & Views:
Margaret Ball 01275 874077
Email: Margaret.john@btinternet.com
Chaseside, Kenn Street, Kenn



With
COFFEE
MORNING

Saturday 9th July 10.00-12noon

North Somerset Times

Copies of this local newspaper are available in the Church Porch from Wednesday mornings



WASTE COLLECTION - MONDAYS

Recycling/food waste Mondays 4th, 11th, 18th 25th July

Dustbin Mondays 11th, 25th July



**CLEVEDON
SALEROOMS**



Clevedon Salerooms Ltd, The Auction Centre, Kenn Road, Kenn, Clevedon, BS21 6TT
<https://www.clevedonsalerooms.com>

**Antique and Quality Furnishings.
Collectables etc**

Thursday 21st July 10.30

Quarterly Specialist Sale

Thursday 1st September
Catalogues can be viewed at

www.clevedon-salerooms.com



Donations to the foodbank are down from all areas of Clevedon.

They are particularly desperate for Breakfast Cereals, both family size boxes and the variety packs for their 'Holiday Hunger' lunch bags., which replace school lunches for many children.

Meanwhile, they need all the usual items for their standard '3 day supply ' boxes.

Also, money donations help them with their infrastructure costs (rent for the premises in Knowles Rd etc)

Thankyou to everyone who donates, either using the bins in the local supermarkets, or in the box in the church porch.

Julia Bush

Michael Blay writes from Ghana - to Julia and the people of Kenn

Hi mummy,

I am very happy to hear that all the pictures and news about my family is the one you wanted to know. I hope everything is fine there and I will be waiting for the pictures anytime you get chance you can send me.

May the Good Lord keep guiding and protecting Queen Elizabeth in the throne. long live the Queen. Have a blessed weekend and please take care of yourself, people of Kenn and the family

Thanks a lot for all you have been doing for the family we are grateful. May God keep guiding you with good health, strength and long life

Hopefully to hear from you soon. Michael Blay

The Wall family visits Kenn

4th June - Bryan Wall on the left, and family have visited Kenn today (from Canada) looking for information on their family.

Robin and Marianna have given them a village magazine and are going to forward The Kenn Hangings booklet.

As requested, they are now on the circulation list for Kenn News and Views



Christian Aid Week 2022 in Kenn Final figures (at last)



Absolutely thrilled to report that the 'Delivery Only' envelopes used this year were a brilliant success.

43% of the envelopes were returned and the amount raised, £425 was around the same as the last 2 or 3 years BC (before Covid).

Huge thanks to everyone who brought their envelopes back to Quercus, or gave to Christian Aid Week 2022 in other ways (online or by post etc).

Julia Bush 01275 873554

PS Look up C Aid online to find out nationwide results of C Aid Week, what they will do with the money, and other events going on during the year.



The Parish Council were donated this bountiful hamper by National Grid for our village Jubilee celebrations.

It was displayed at our Jubilee party.

We were meant to raffle it off and the proceeds go to fund village groups.

We had a lot of people at the event.

Everyone who could, had a job to make the party a success.

Unfortunately, there was no extra person-power to sell raffle tickets.

Instead, the hamper was given to Clevedon Food Bank.

A group of us decided that we in Kenn have full larders.

The greater good was to give it to people who do not have this luxury.

Caroline



The Galvanised Bin.

There is a small, galvanised bin just inside the driveway at Chapel Cottage. It is the drive next to the converted Chapel on Kenn Street

Put used tablet blister packs and plastic bottle tops in the bin.

I then take them to a collection point in Clevedon.

I now take two bin loads a month to Clevedon. I put them in a collection point garden in Griffin Road. Simple, as the young people say.

It looks like a few of the drug companies have got together to front a campaign. Once collected, the empty blister packets are sent off to Terracycle, separated by polymer type and cleaned off. The material is then extruded into plastic pellets to make re-cycled products. Marie Curie receives a donation of £1 for each kilo of empty medicine blister packets collected.

Keep the packs and plastic bottle tops coming! Caroline x



Thank you Margaret,

I'm hoping to persuade you to accept one more final article regarding what I consider to be the most important problem facing humanity at the present time.

I hope you agree with me that Freedom of Expression is the corner-stone of democracy and that an exchange of views without rancour or abuse is a healthy sign.

I have not given it a title as it probably doesn't need one! So here goes!

I arrived on this planet in 1937 and since that date life on Earth, in every country, has improved dramatically!

To be fair I can't claim any credit but I would like to make a few comments to support that statement.

First a look back to the decade in which I was born 1930-1940's.
World population was approx. 2 Billion: deaths from natural events such as floods, hurricanes, typhoons, earthquakes, famines, volcanic eruptions etc was approx. 5 Million people. Life expectancy was 60 years on average.

Current World population is approx. 8 Billion. Deaths from natural events between 2000 and 2010 was approx. 900,000. Life expectancy in 2022 is 81 years average.

I suggest that these figures alone confirm my opening statement but I leave you to factor in all the other benefits of living in the 21st.Century.

Next, I ask that you recall (or look-up) the wildly inaccurate forecasts of doom and gloom from 1970 to the present.

To assist comparison here are some current figures: the Global average temperature today (21st June) is 13.66 C which is 0.33. C below the 30 year average.

The current UK annual average temperature is 9.62 C. It was 10.46C in 1912!

Then I ask that you bear in mind the fact that mankind inhabits places today with average temperatures of minus 50 C through to plus 34 C. This leads me to suggest that perhaps another degree or two would not destroy anyone's civilisation.

Future generations will not thank us for destroying years of incredible improvements in living standards nor will poorer counties in Asia and Africa thank us for banning their use of the fossil fuels that have led to our better standard of living.

To close, I ask that anybody who believes that mankind can CONTROL the Global Climate would they kindly enlighten the rest of us!

So a provocative end to my literary career but please do not bombard the editor with too many requests for my re-instatement, as if!

John Croxton



St John's Kenn
Jubilee Decorations
(Just a sample)

KENN PARISH COUNCIL

2022



Project to increase the rate of home composting in North Somerset.

The project is called [Master Composters](#) – it involves working towards setting up a network of volunteers throughout the district that show their friends, family and neighbours about composting by attending events, giving talks etc.

North Somerset launched the project with [Garden Organic](#) and have a dedicated volunteer co-ordinator working with the volunteers. They invest in the volunteers providing training, resources, paying expenses, organising socials as well as free membership to Garden Organic. In return ask that volunteers commit a minimum of 30 hours of volunteer work per year. This work is organised both by Kate (the volunteer co-ordinator) and the volunteers themselves.

The next training session is on the 19th July so they are looking for more volunteers.

More information:

- Facebook: <https://www.facebook.com/nsrecyclingandwaste/photos/a.1954199158162450/3231766383739048>
- Twitter: https://twitter.com/ns_recycling/status/1537750663437987841?s=20&t=OIMIRiaPp-lyvKBOxllO4A

Message from North Somerset Council Consultations

We are updating the existing Travel Plans Supplementary Planning Document (SPD) and would like your views on the proposed changes.

The purpose of the SPD is to guide and inform developers and occupiers of new developments and assist them in meeting their Travel Plan obligations. The updated SPD proposes a number of changes including those set out below, to enable the council and developers to better manage Travel Plans and Travel Plan Statements and ensure a consistent approach across North Somerset, in line with other local authorities. We invite you to share your views on the proposed changes by responding to our short questionnaire. You can access the updated SPD and questionnaire [here](#).

The consultation will close on Monday 1st August 2022 at 12pm

Some of the issues covered: access for all, walking cycling, bus provision, employment areas, car sharing, new housing sites, community facilities and planning obligations.

Also Travel Plans include ways of tackling air quality issues.



2022 Meetings

4 July – Council

5 September – Council

7 November – Council

The meetings will be held at 7:30pm in the Village Hall – agendas on the noticeboards before the above date

KENN PARISH COUNCILLORS

Sheila Naish (chairman) Tel: 07808 920 962

Neal Breeden (vice-chairman) Tel: 01275 879 636

Stephen Brain Tel: 07773 211 394

Wilf Bessant Tel: 01275 872 406

Jon-Paul Humberstone Tel: 07990 690 060

Mark Titterton Tel: 07960 240 960

Robert Treble Tel: 07831 316 760

NORTH SOMERSET COUNCILLORS

Steve Bridger Tel: 07762 023 423

Wendy Griggs Tel: 01934 834 143

LUNCH AT KENN VILLAGE HALL. 12noon—2.00pm



The last lunch was on Monday 2nd May 2022. It was a bank holiday Monday. I ran the lunch anyway as we had missed so many gatherings through Covid. Not many were expected however we had a full house. The soups were Spicy Cauliflower and Coconut, (an unlikely combo but tastes delicious) plus a plain carrot soup. Jean Fenwick and Mary made cakes.

Another dream team waitressed and washed up. I had asked for help on Facebook. Without hesitation, Shelley, Mary, and Jane Bessant offered to help.

Julia was again the auditor this month. She checks the bills and the receipts from the food bank. As they have limited resources, I tell them not to send us a thank you letter. I have sent another £50 to the food bank.

Sadly, there will only be another three of these lunches on the dates below. Either later this year or early next year I will be doing research at Bath Spa University. This is a not to be missed opportunity and will absorb all my time.

Lunch dates for 2022.

Monday July 4th	Lunch
Monday August 1st	Lunch. Bank holiday. Lunch will go ahead
Monday Sept 5th	Lunch.



Kenn Village Hall Yellow Teapot

The usual 'Teapot Tribe' plus a couple of new faces met last month for tea /coffee/cakes and biscuits, with or without caffeine/gluten or animal products.

Everyone welcome when we meet in July]

Monday 18th July, 2-30 to 4-30pm

Julia Bush

Drop-in days at the church room this month

Tuesday July 5th 2-4pm
Tuesday July 19th 2-4pm
Tea, coffee, biscuits and cake available.

Come in and say hello, chat, catch up on news, talk about issues in life, book a baptism, ask about hiring the room etc.

I'd love to see you,

Fran (Vicar)

theWI

INSPIRING WOMEN

KENN W.I.

Nick Wilson from St. Peters Hospice came to talk to us at the June meeting of Kenn W.I. He told members about the work that the Hospice movement does and the history of St. Peters Hospice which serves Bristol and the surrounding area. It helps people who need in-patient care as well as bringing a great deal of help and comfort to ill people in the community. He also explained the work of the shops and how they are staffed by volunteers who raise a great deal of the money needed to run the Hospice. The members of the W.I. are hosting a tea party in August and any money that they may raise will be sent to St. Peters Hospice.

Some of our members were able to visit the garden of another member, Felicity James, in Chew Magna. It was a perfect day for viewing a garden. Felicity and her husband spent a great deal of time during the pandemic redesigning and planting their garden and we were very pleased to be invited to look at it. The day included a trip round the Lakes and lunch at the Blue Bowl Inn. It was an outing which was very much enjoyed and we were able to see what a beautiful part of the world North Somerset is.

All those wishing to attend the Birthday Lunch at the Greedy Goose in October are asked to bring a deposit of £5 to the meeting in July.

Our delegate to the AGM in Liverpool was given her instructions on the vote Kenn wished to make on the Resolution. This year it was about diagnosis and treatment for women and girls suffering from ADD (Attention Deficit Disorder). As members did not know what the expert witnesses would say our delegate, Wendy Clegg, was given discretion to vote as she saw fit. We all wished her a rewarding day and look forward to her report when she returns.

Leaflets from the Police about internet scams were available for member to look at. It is hoped that we can arrange for a visit from the Police team at a future date to tell us how to avoid being scammed.

At the July meeting Jo Jeffery will tell us about the History of Tea.

We are always delighted to see anyone who wishes to attend.

The meetings are on the second Wednesday of the month at 2.30 pm at Kenn Village Hall..

Ann Holtham

The card which we sent to Her Majesty for Her Platinum Jubilee





Maggie and Lyn together with helper Callum are pictured here with the recently planted barrels outside the Village Hall. Huge thanks to them for all they do for the Village so greatly appreciated by us all. Margaret



Our July Village market with Coffee Morning

will be held on Saturday 9th July from 10.00am—12 noon

Kenn Market

You may remember that we raised £90 earlier in the year to spend on the planter at the front of the village hall, with a kind donation of a second planter from John & Margaret Ball we set about smartening up the planters with some beautiful plants and fresh compost. They seem to be thriving and we hope will bring much pleasure to our village.

It was a rather quiet market this month but following on just a week after our Jubilee celebrations we were not surprised. Kenn is fortunate to have a monthly market where we can meet for a coffee and piece of cake with our neighbours and browse the hall full of delicious produce from jams, chutneys, cakes, eggs and fresh vegetables along with beautiful wood turned products, cards, plants, soaps, books and gift ideas, it would be lovely to see more customers to show appreciation for our stall holders' hard work.

This month Lyn and I provided the refreshments to raise money for Muscular Dystrophy and with your generous donations I have sent off £73.00, for every £1 donated 81p is spent fighting muscular-wasting conditions and 19p on charity costs.

Next month we look forward to seeing you on Saturday 9 July from 10am to 12pm. Please remember if you would like a table or would like to run the refreshments for your favourite charity please contact Lyn or myself.

Lyn 870189 Maggie 876277
Sent from my iPad

Tickenham Drama Group

Summer Supper Show evenings =Friday 15th and Saturday 16th July

Do bring your friends and family along to Tickenham Village Hall for a great evening's entertainment and a delicious two course supper all for just £20.

Always a great evening out and many villagers have come along to our previous Supper Shows. The talented cast include Maggie Hobbs acting in the sketches and my daughters performing with the singers. Tony and I will be playing in the band so Kenn will be well represented. Do come and say hullo.

We have a fabulous company and live band performing a mix of short sketches and songs from our favourite musicals including Gypsy, Waitress, Avenue Q, The Sound of Music, Ghost, Dear Evan Hansen, The Jersey Boys and the Elvis musical, All Shook Up.



BOX OFFICE You can buy individual tickets or perhaps you'd like to make up a table of 6 or 8. Book online or give Jane Hague a call on 07523 373070 or contact me, Sue Parker.

www.ticketsource.co.uk/tickenhamdramagroup

TRY SALSA FOR FREE WITH ABANICO SALSA

JOIN EDDIE AND THE TEAM ON TUESDAY 19TH JULY AT 7PM FOR A FREE SALSA CLASS

Week 1 of our popular 8 week beginners' course is FREE so you can *try before you buy...* or just come along for a free night out! We run Salsa classes every week so if you want to meet people, get some exercise and have a lot of fun join us this July to find out more.

Places are limited so head over to our website to book or reserve a place:
abanicosalsa.com/clevedon
 or call **Eddie** for more information on **07971-565-406**

Our Monthly Missive from The Limes

I'm supposed to be doing the housework this morning but I really just do not feel like doing it. Perhaps later. Mark you, I can't say I look forwards to it at the best of times. When we ran the B&B the vacuum cleaner was in constant, almost daily use, usually by me, but now it is out less frequently, dog hair and cobwebs being my main challenges.

In fact I can't remember when I last emptied the bag although I did check it the other day. (And before you point it out I do realise that housework is more than vacuuming. I am very willing for you to come over and give me a demonstration).

So instead of housework I thought I'd start on this month's missive although again I can't say I am overly enthusiastic. No reflection on you readers and I'll come to my reasons later. However I have an editor's deadline to meet and that tends to concentrate the mind and give motivation, a topic we will think about briefly.

Why do we need motivation and how do we get motivation?
What is the purpose of motivation?

I can remember visiting my grandparents who lived in a hilly area in south east London with fantastic views across the city. Their garden was long and thin and towards the rear had a little wall with statues on it separating the vegetable patch from the flower beds and lawn. It looked lovely and then over the years started to look neglected.

The statues fell over or broke and were not replaced.

My grandfather was perfectly capable of fixing it, he just lacked motivation and interest.

Okay, some of that was a result of ageing and less energy but we can all give examples where jobs needing to be done are quite capable of being done but they ain't going to happen because there is no motivation. Motivation is a precursor to action.

One of the comments from the lockdown is that people realised that some jobs left for a rainy day will never get done because there was no motivation.

Therefore in Stephen's philosophy, two of the most useful attributes in a person are motivation and energy.

Motivation and encouragement are also closely linked, as one can help the other and for those of you with husbands or wives you have probably benefitted from the effects of being "encouraged" to get on with a particular job.

For those of us on our own we have to develop self-motivation and that can be hard.

That brings me on to why today I am not a picture of great joy and why my enthusiasm or motivation to get on with housework is lacking and why May and June are no longer favourite times of the year for me.

Today would have been Heather's sixty-eighth birthday. A few weeks ago it was five years since she died. Whether I like it or not, my mind lingers on those events and times past.

Yes, my life has changed significantly. Yes, I have kept the house together and with help, improved the garden. I am still looking for a reliable "old style" painter who doesn't make a mess to maintain the external woodwork and for someone to replace my cleaner who had to give up for family reasons, but on the whole I have survived here.

When the children come and inspect they are positive about the place and the standard I have maintained.

I have good friends who help on practical jobs here and enjoy doing so. I have incredible help in the garden. I have taken up new hobbies and try to keep busy. I also meet up regularly with others in similar positions - but all this still doesn't make up for the loss of Heather and so like many others there is an ongoing grieving process.

There was an interesting article in the Guardian last week about grief. (Google "Guardian Grief" and look for the one about Loss Happening Yesterday).

It didn't tell me anything particularly new but might be useful for those trying to understand how people like me feel (although until you have been through it yourself you won't really understand). It does mention C.S. Lewis's brilliant comment that losing someone is like losing a limb or leg. The wound will heal but you will never be a biped again.

I would like to think that most of my writings raise a chuckle from time to time. Perhaps even a guffaw. They are not always like that.

When Heather died I wrote an article which made people cry. Since then I have tended to avoid the topic in KN&V and when I meet up with friends in similar positions we seldom say much about it either, but there is that understanding that we know where each of us is coming from. Occasionally we share our feelings. The most common phrase I hear is: "it doesn't get any better".

That is one of the points in the Guardian article. "Time is a great healer" is a half-truth. In my church from time to time a pastoral report comes along with names of those for prayer who are suffering in various ways: e.g. sickness, bereavement etc.

Although I understand why, it does pain me that after a time someone who is bereaved comes off the list. It is as if they are viewed as now being OK.

No they are not and never will be. In our village I have no real idea of exactly how many of us mourn the loss of a husband or wife or parent or (possibly even worse) a son or a daughter but I'm sure it is a significant number. We are not looking for sympathy but spare a thought and from time to time say a prayer for us.

Finally, in writing this I cannot but think of the incredible grief and suffering in other parts of the world and how selfish I can be just thinking of myself.

The senseless suffering in Ukraine is an obvious example which will take decades to get over. It makes my own situation look insignificant by comparison.

At the weekend I met a mother and daughter from Ukraine. A son and a husband are still there, living near where the Russians butchered civilians.

How people out there cope with the death and destruction they see beats me and in their case you can't see an end in sight.

Stephen

