

Braunton Caen Memory Cafe News



♥ Happy Valentines Day ♥

Hello to you all
February is here and brings us romance in the guise of Valentine's Day. Traditionally the day to express our feelings to loved ones or to those whom we hope will become loved ones! With the grip of winter in the guise of snow and freezing temperatures holding the promise of spring at bay, it cannot be a bad thing to celebrate love and romance.

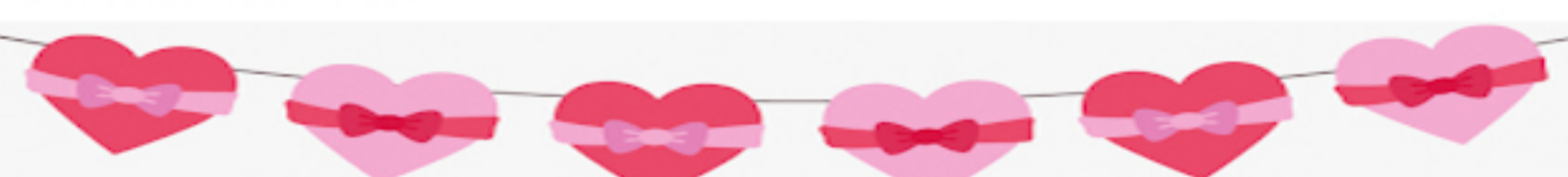
Vaccinations for COVID-19 are going ahead now and we hope many of you have received your inoculation. Rotary Braunton Caen have had the pleasure of stewarding at the Leisure centre in Barnstaple and you can see some photos below of various members on duty there.

We have also been involved with the schools in Braunton in giving donations to enable them to purchase devices to help children in the home schooling. Braunton Academy are now purchasing ten sets of web cameras and headphone Caen, Kingsacre and Southmead are also purchasing various devices to aid them. To the right is a picture of Nick Plumb, Headmaster of Southmead School with three pupils receiving their new devices from President Paula Byrom and Rotarian Paul Cockcroft.

We hope you are keeping well and safe. if you wish to contact any member of the team please contact Geoff on 01271 815377.



What did one sheep say to the other one on Valentine's Day?
I love ewe!



In early spring there comes the time
To celebrate Saint Valentine
Mysterious cards true lovers send
Which to their hearts true passion lend
Lets keep our memories shining bright
That they will cast a shining light
In darker or in sadder times
Or even in these soggy climes
To tell us of the warmth of life
Which will outlast the days of strife
Love may come and love may go
Keep all the good and make it grow
Whatever we do life will go on
And love will make us ever strong.

by Martin Underhill

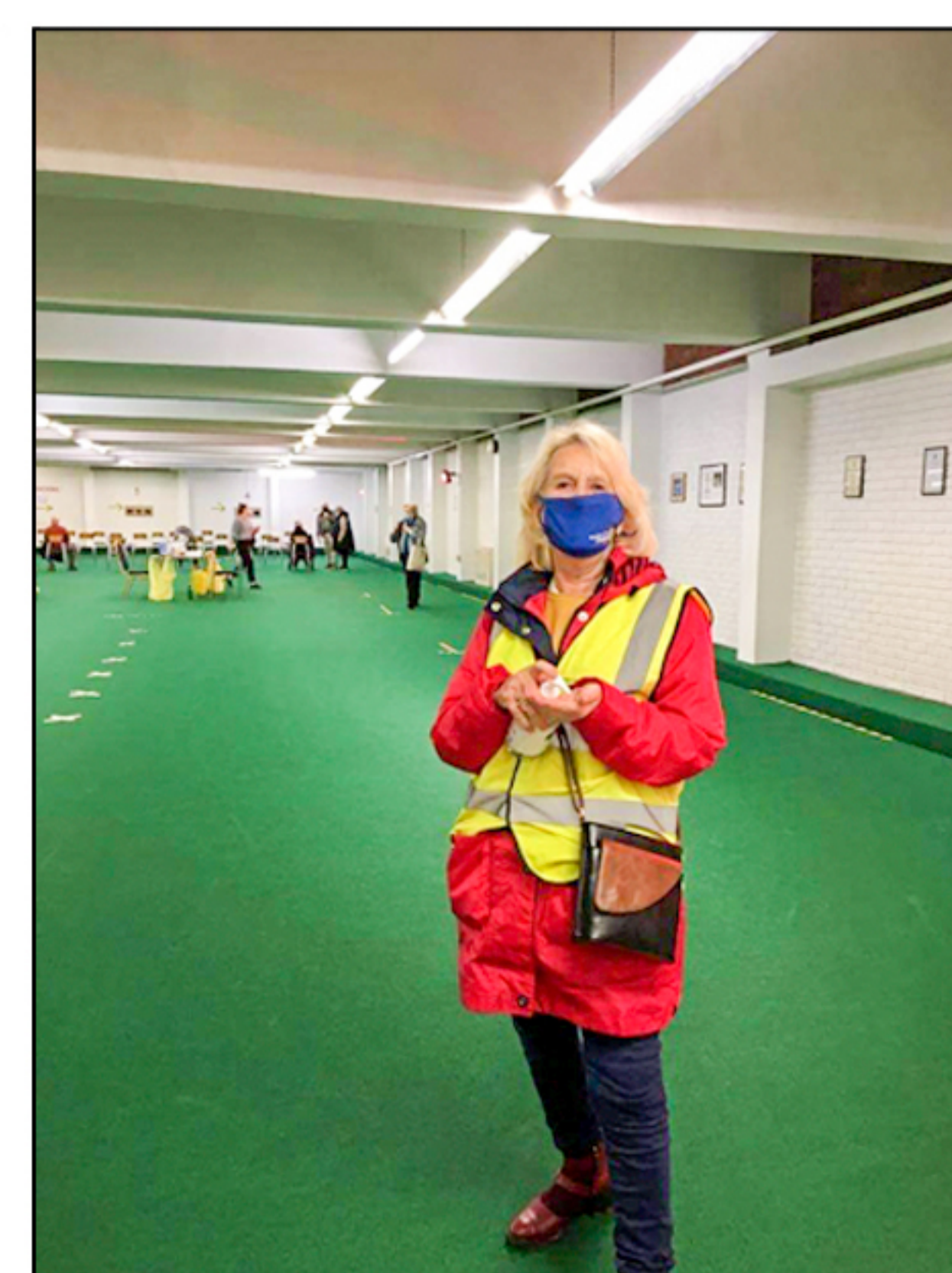
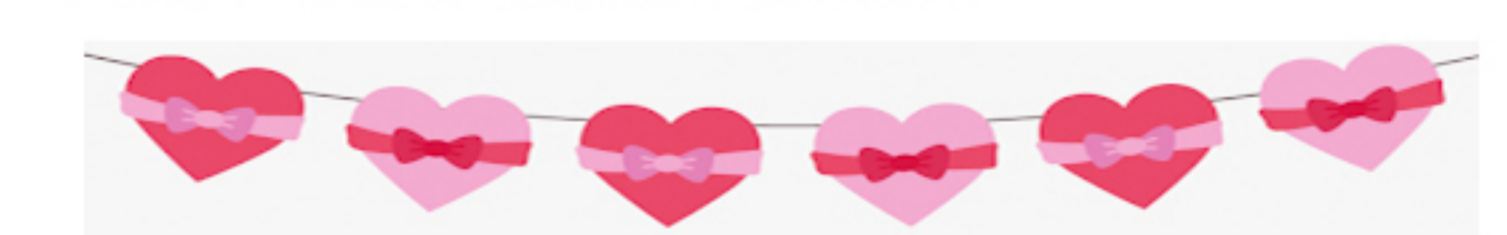
St. Valentine's Day has its roots in a Christian feast to honour one or two early Christian martyrs called Valentine. One of these was persecuted under the Roman Emperor Claudius 11 who decreed that single men made better soldiers than married ones and thus forbade his soldiers to wed.

Valentine defied him and continued to perform marriages in secret until he was caught and jailed. Thereafter Valentine supposedly restored the sight to his jailor's blind daughter. He is also supposed to have written a letter prior to his execution and signed it "Your Valentine" and sent it to the daughter, according to popular sentiment in the 18th century.

The Feast of St. Valentine, as established by Pope Gelasius 1 in AD490 became associated with 'courtly love'. Again by the 18th century this Feast had become an occasion whereby couples would express their love of each other through gifts of cards, flowers and confectionary. Symbols such as hearts, doves and Cupid's became popular on the cards.



Why didn't the skeleton want to send any Valentine's cards?
His heart wasn't in it!





In Victorian times, Valentine cards were posted in such numbers that the postmen were given an allowance for a refreshment to help them through the two or three days before the 14th February. In 1841, one year after the introduction of the Uniform Penny Post (mailing cost just one penny) over 400,000 cards were delivered. By the year 1871 this number had risen to over 1.2 million cards. Most cards were hand made using bits of lace, ribbons, seashells, gold and silver foil appliques and silk flowers. Most had a motto; the most popular being "Be Mine" and often they depicted things that indicated an intention such as a church spire to represent honorable intentions and fidelity.



Knock Knock
Whose there?
Peas
Peas who?
Peas be mine!



The letters in St Valentine so vastly will amount
Postmen may judge them by the lot, they won't
have time to count:
They must bring round spades and measures,
to poor love-sick souls
Deliver them by the bushels, the same as they do coals.

Today it is estimated that more than 23 million Valentines are sent each year. It is calculated that more than half a billion pounds is spent in the UK on gifts for Valentines Day. A romantic meal, red roses, cards and jewellery are amongst the top gifts, although a heart shaped box full of chocolates has become a top seller too.

Valentine's Word Search

VALENTINE
HEART
KISS
HUG
LOVE

RED
CANDY
CARD
CUPID
FLOWERS

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| S | A | C | V | A | O | E | S | F |
| W | R | O | A | R | G | U | H | L |
| Y | E | N | L | S | D | I | T | O |
| D | D | H | E | A | R | T | A | W |
| N | L | N | N | D | A | Y | R | E |
| A | E | T | T | C | I | D | E | R |
| C | K | K | I | S | S | P | N | S |
| N | S | M | N | A | L | E | U | O |
| L | O | V | E | P | D | R | A | C |



An example of a 'Vinegar Valentine'. The words read: "Tis a lemon that I hand you And bid you now Skidoo Because I love another There is no chance for you!"

Whilst most cards had declarations of love, in Victorian times, there arose cards that became known as "Vinegar Valentines". These were sent by those who were not on such good terms, such as after a rejection of a romantic advance or from those who wished to fend off an unwanted suitor. These cards could range from a gentle jab to being quite aggressive and often pointed out some moral failing in the recipient. Few of these vinegar cards were preserved for obvious reasons.

White Chocolate
Dipped Strawberries



150 grams good quality
white chocolate
Punnet of strawberries
Sprinkles of your choice

Line a baking tray with baking paper. Pour Sprinkles onto a flat plate. Break up chocolate and put into small heatproof bowl. Place over a pan of just simmering water, making sure that the bowl does not touch the water, until all chocolate is melted. Remove from heat and stir until smooth. Take strawberries and carefully dip them in the chocolate, one at a time, allowing the excess to drip back into bowl. Roll each one lightly in Sprinkles and set aside on baking tray to set. Once all done, enjoy eating them!

