

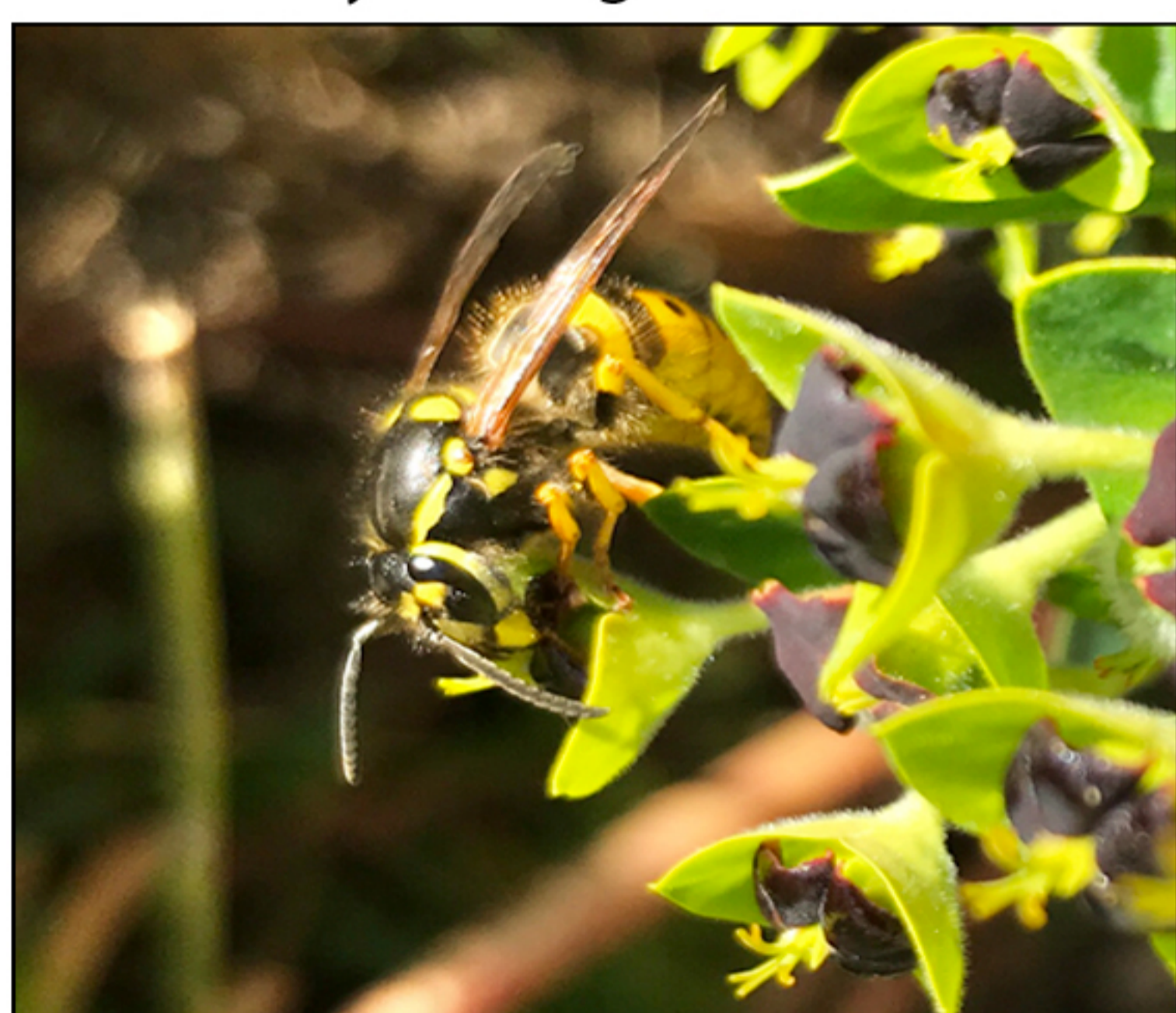
Braunton Caen Memory Cafe News



May the wings of the butterfly kiss the sun. And find your shoulder to light on. To bring you luck, happiness and riches. Today, tomorrow and beyond.



How doth the little busy bee
Improve each shining hour,
And gather honey all the day
From every shining flower!



Hello to you all

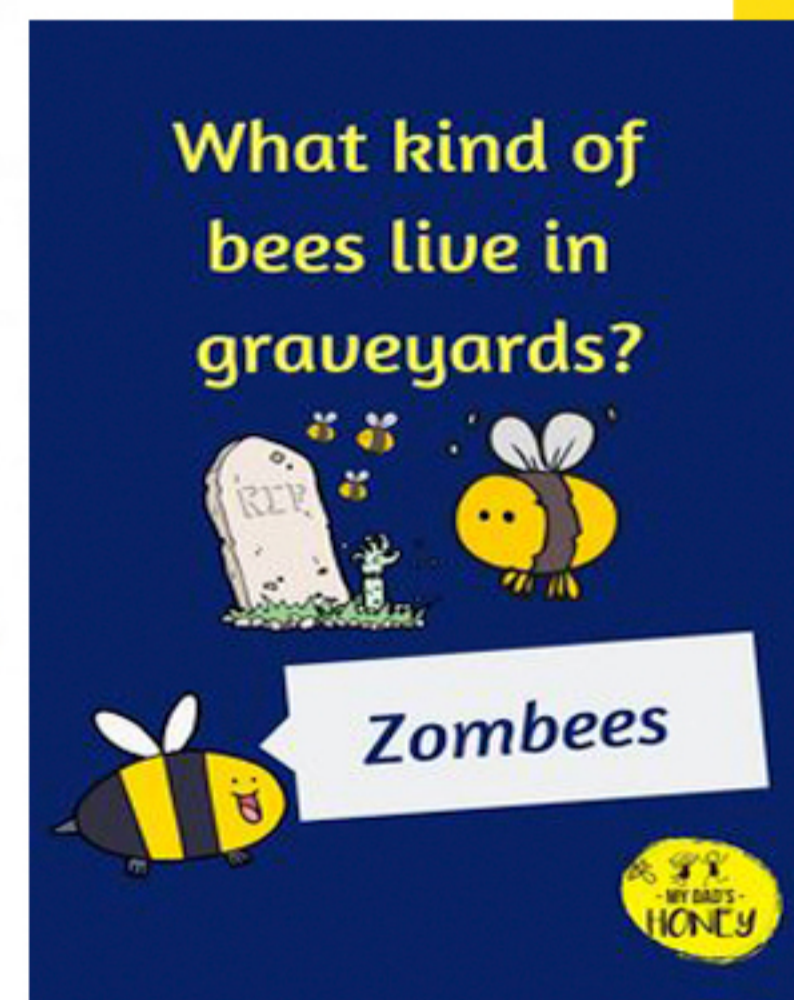
We hope you had a happy Easter and enjoyed your Easter Egg from the Memory Cafe Team. Easter came just after April Fools Day, both events are usually enjoyed by many. This year, being still in lockdown, both felt somewhat subdued. But, the good news is that we are now able to once again meet outside in groups of six, cafes and pubs can be enjoyed again sitting outside and we can enjoy the company of family in our gardens.

The weather holds good too and the gardens are coming to life with butterflies, bees and insects returning. In my own garden I have enjoyed the Blackbirds, Sparrows, Pigeons and Blue Tits gathering materials and building their nests. Spring is bringing back joy.

Braunton Caen Rotary have been busy continuing to steward at the Leisure Centre in Barnstaple. We have also been helping out at Braunton Academy with the testing of pupils at the start of the new term. Over 2100 lateral tests were done over a three week period.

The virtual Balloon Race has now ended and a sum of £2500 raised for the North Devon Hospice. Besides this, we were contacted by a former Braunton resident who wished to generously donate £2000 to support local charities that have been supporting those in the community that have been most deprived and vulnerable during Covid. Consequently we have been able to donate £500 each to four different local charities, namely the South Street Braunton Food Bank, the Ilfracombe Food Bank, Encompass South West (which supports homeless people particularly in rural areas) and North Devon Against Domestic Abuse.

Should you wish to contact any member of the Memory Cafe Team, please call Geoff on 01271 815377.



Lateral testing at Braunton Academy

Stewarding at North Devon Leisure Centre



Donation to South Street Braunton Food Bank





Flower Power



Bees are becoming more visible again, helped along by the recent warm weather and the arrival of spring flowers. There are 24 species of Bumble bees in Britain but only seven are widespread. The queens emerge in spring to form a new nest. They do not make honey as they do not need to store



Early Mining Bee



Bumble Bee

food for the winter, they just collect the nectar and use it as a food source for the colony.

A common early spring species of bee is the Early Mining Bee. They have a red abdomen

and can be spotted on flowers and fruit trees.

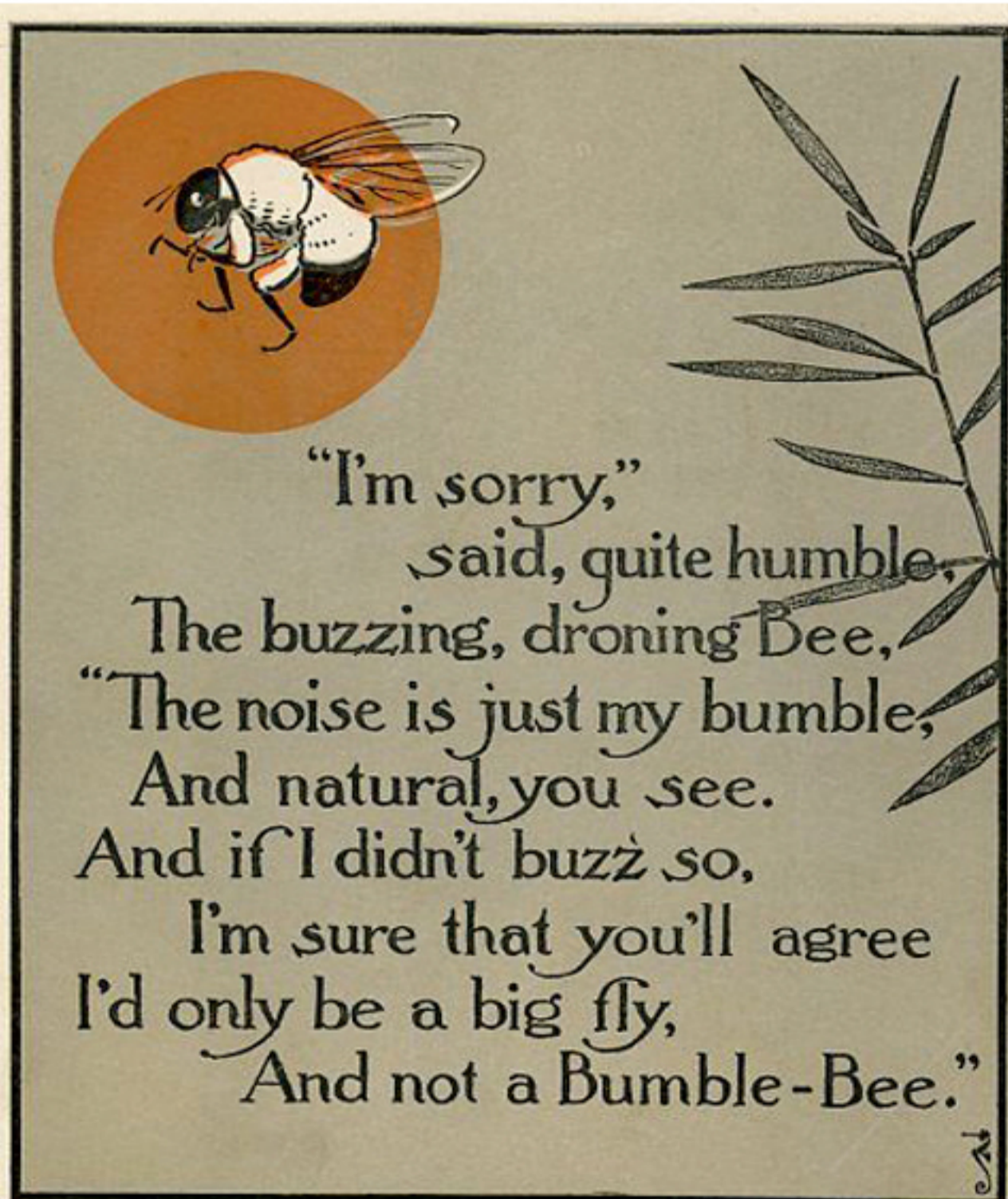


Honey bees are the only British bee species that makes honey. They are managed by bee keepers. Up to 100,000 bees live in a hive, consisting of one queen, female workers and male drones.



Honey bee

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|----------|-------------|-----------|
| ASTER | HONEYSUCKLE | ORCHID |
| CROCUS | LAVENDER | PANSY |
| DAFFODIL | LILAC | SUNFLOWER |
| DAISY | LILY | TULIP |
| GERANIUM | MARIGOLD | VIOLET |



May is known as a month of transition. The fresh cold winds are gone and the rains of early spring flowers are blooming, birds are chirping, and life is starting to seem a little more joyful day by day! The name May comes from the Latin word Maius, which has its origins from the time of the ancient Greeks. They named the month after the Greek goddess of growth. In Old English, May used to have a very different name. It was referred to as the "month of three milkings." Unsurprisingly, this meant that the longer days allowed you to milk your cows up to three times per day!

May became celebrated with a maypole. In the UK, maypoles existed since at least 1350 AD. People would erect a tall pole and attach flowers, garlands, and strips of fabric to it, after which certain dances would take place. The maypole was found primarily England. However, the earliest recorded maypole is in a Welsh poem written in the mid-14th century. The custom was well established across southern Britain by 1350-1400, with maypoles becoming communal symbols that bought the community together. However, the rise of Protestantism in the 16th century led to disapproval. Maypoles and other May Day practices were viewed as idolatry and therefore immoral. But by the Reformation in 1660, maypoles and May dances once again appeared. By the 19th century, the maypole had become one of the symbols of "Merry England". Men and women stand alternatively around the base of the maypole each holding a ribbon. They then weave in and about each other with the men and women going in different directions until the ribbons are woven together around the pole, meeting at the base. Maypoles are usually placed on village greens and often events are run by local Morris Dancers.

THE FIRST OF MAY

**If I could stay up late no doubt
I'd catch the buds just bursting out;
And up from every hidden root
Would jump a tiny slender shoot;
I wonder how seeds learn the way,
They always know the very day—
The pretty, happy first of May;
If I could stay up then, no doubt
I'd catch the buds just bursting out.**

By Annette Wynne

