

# Braunton Caen Memory Cafe News



Hello to you all

December was a busy month for Braunton Caen Rotary as we accompanied Santa Claus on his rounds of Braunton. As many family plans had been disrupted by the virus, the sight of Santa on his sleigh bought a smile to many faces. Many Rotarians too enjoyed being an Elf and seeing the delight on the children's faces. Santa was also seen outside Tesco and by the village Christmas tree.

Photos of Santa and our December delivery to you are below. We hope you all enjoyed your cakes and cards, made by Jennie, and hung your birds on your tree, made by Serena.

So the old year of 2020 has now passed and we are grateful that the new one of 2021 brings hope of better days with the arrival of vaccines. We are again having to stay home in yet another lockdown but as winter is with us, frosts and snow on the hills are reason enough to stay in! But the days are beginning to lengthen and there are signs of new growth around the village so we can begin to look forward to brighter days.

We hope you are keeping safe and well. If you want to contact any member of the Memory Cafe team please ring Geoff on 01271 815377.



*Learn from yesterday, live for today, hope for tomorrow.*  
Albert Einstein



## JANUARY

The name January comes from the Latin word Janus, which literally translated means 'doorway, arched passage'. In Ancient Rome Janus was the god of beginnings, transitions, doorways and gates as well as passages. His function was to preside over these things and to also allow the Gods transit through the Gate of Heaven. He could action beginnings and guard transitions such as from past to future, war to peace, one vision to another and even childhood to adulthood. He was often associated with planting and the harvest, as well as marriage and death. As much of what he presides over is seen in terms of duality he is often depicted with two faces. January 1st was consecrated to Janus as the first day of the new year and of the month of Janus. Romans believed that the beginning of anything could be seen as an omen of the whole so it became customary on that day to exchange good wishes and tokens of honey, figs and dates as well wishes.

What does a ghost say on January 1st?  
Happy Boo Year!



What's a cow's favourite holiday?  
Moo Years Day



What's for breakfast on a really cold day in January?  
Frosted Snowflakes!

What's a New Years resolution?  
Something that goes in one year and out the other!



## Santa's sleigh around Braunton

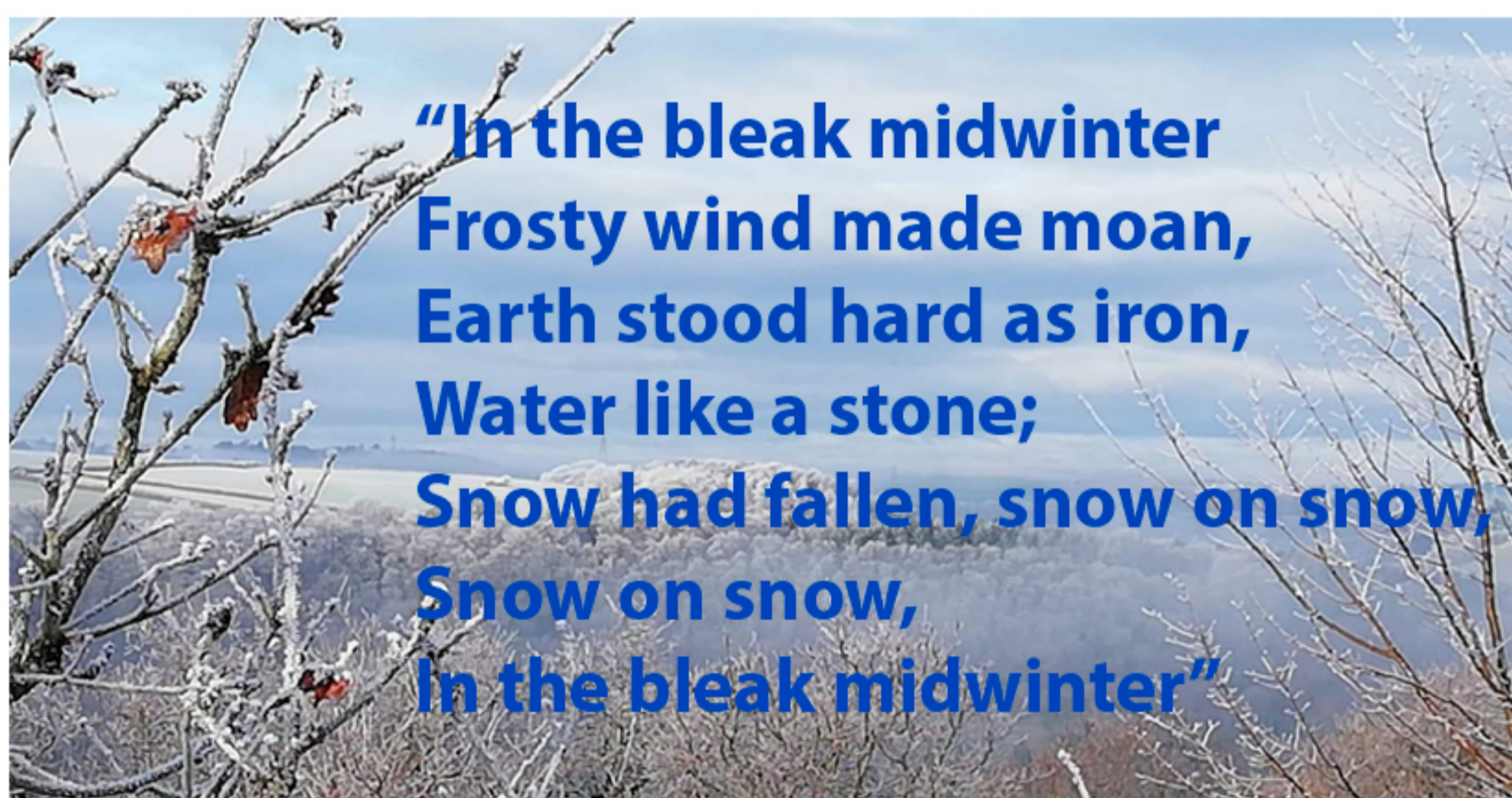


## THE BIG GARDEN BIRDWATCH

One of the events that takes place every year is the RSPB's Big Garden Birdwatch. If you are lucky enough to have a garden, balcony or shared outdoor space you can partake of the event. Between the 29th and 31st of January you take an hour to sit, watch and record the birds, submitting your log to the RSPB by mail or email. This event has now been running for 40 years and helps to identify challenges to our wildlife. An example of this is the Song Thrush. Once in the top ten of garden birds (1979) it has declined 76% in numbers by 2019. The House Sparrow has also dropped in numbers by 53%. The photos show a few birds that visit Serena's garden and that can be found on Branton Marshes. The Marshes are home to a wide variety of birds and in winter they become a haven for migrating geese. Starlings can be seen coming into roosts at dusk or escaping the hunting of a peregrine. Herons, swans and moorhens are to be found in the many channels whilst closer to the coast curlew, plovers and egrets can be observed. Photos of birds and Branton courtesy of George Smart.

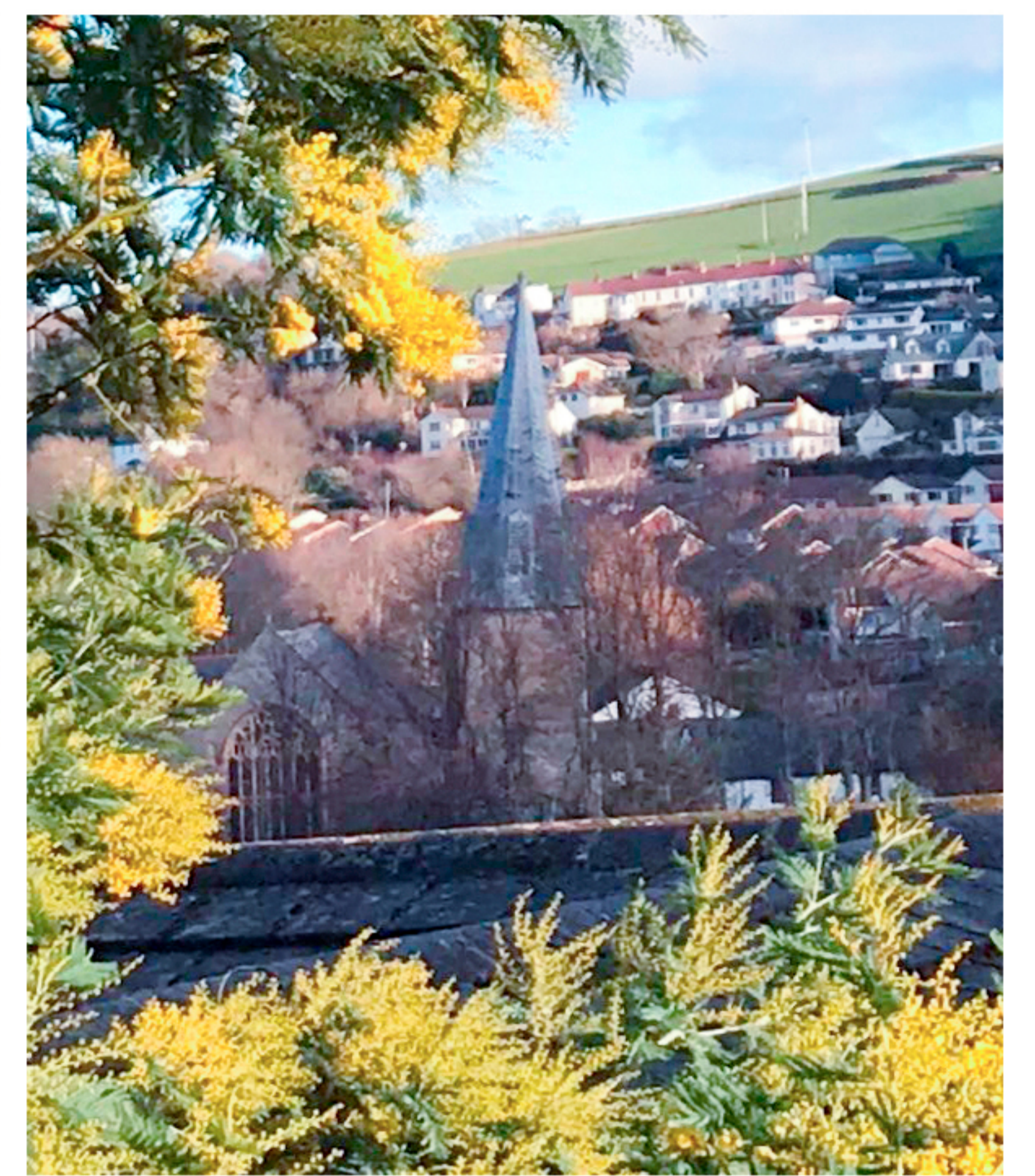


In her poem 'In the Bleak Midwinter' Christina Rossetti tells of the frosts and snow. Winter can transform the earth into a white winter wonderland; lockdown means we can appreciate it from the cosiness of our homes!



## WINTER FEEDING OF THE BIRDS

One way to attract birds into your garden is to feed them. This is especially beneficial to them during the winter months. The RSPB have a comprehensive list of what the various species of birds prefer. Local garden centres and shops will stock a selection of such foods. The best bird seed mixtures should contain maize, sunflower seeds and peanut granules. Fat balls (in various shapes!) provide excellent winter food and peanuts can be hung in containers. Robins, Blue Tits, House Sparrows, Goldfinches and Blackbirds are amongst the many birds that will be attracted. Time spent watching these lovely creatures can be a comfort and a joy to people whilst in lockdown.



## Birdsearch

## Big Garden Birdwatch

O	G	T	G	I	D	G	I	G	G	D	L	L	B
U	A	L	G	B	I	N	R	L	G	I	T	T	L
B	R	B	O	I	H	L	I	E	W	S	G	O	A
S	T	A	R	L	I	N	G	N	A	R	O	F	E
R	M	A	O	G	T	L	I	G	D	T	R	G	U
G	L	R	O	B	I	N	G	L	P	R	T	N	D
O	R	G	N	H	E	G	L	U	G	O	O	I	T
L	W	O	O	D	P	I	G	E	O	N	L	U	T
D	M	A	G	P	I	E	G	G	F	D	I	D	T
F	E	S	E	I	O	T	R	T	H	U	G	L	L
I	B	L	A	C	K	B	I	R	D	O	E	T	T
N	M	C	R	B	M	B	L	U	E	T	I	T	O
C	H	O	U	S	E	S	P	A	R	R	O	W	P
H	L	O	N	G	T	A	I	L	E	D	T	I	T

- house sparrow
- starling
- blue tit
- woodpigeon
- blackbird
- goldfinch
- great tit
- robin
- long-tailed tit
- magpie



Although winter is still upon us, around Branton there are signs of new life. The bulbs are beginning to push up through the soil in gardens and hedgerows. There are even a few brave flowers to delight one's eye. St. Brannocks Church is framed by an Acacia tree, (Acacia Dealbata).

