

THE ENGLISH LETTER MAY 2025



It is May 13 with 2025 seemingly rushing by. People start with the weather and then health.

At the moment the weather is really good with visits to the sea and even paddling in the warm, yes warm, shallow depths of the North Sea. There are a number of photos that capture these moments.



As you can see Courtney is staying with us for a while and her energy challenges me and my body to go beyond the boundaries that I am normally restricted to. Searching for shells or just walking along the prom or the wide sandy beaches themselves. The water's edge is perhaps a km out at low tide so a gentle paddle involves a lengthy walk. I have to believe it is good for me.



That easily brings me to matters of health, so let us get that out of the way before we carry on with more important and interesting things.

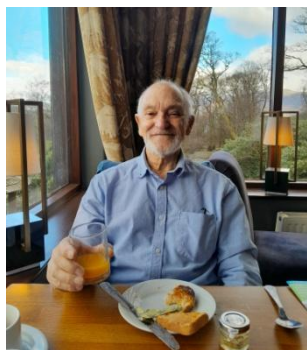
I have just had my pre op for a replacement stent that is there for the prostate cancer that threatens to spread beyond the lymph nodes. New medication should give me an extra two years and so a meet up with the Old Camdenian's annual lunch can still happen. I am also on the waiting list for the much overdue knee replacement. Bev's knee is also in need of serious attention if we are both to walk into the sunset.

Otherwise we are both well and enjoying life made possible by years of exciting happenings both in the UK and then South Africa from which we draw memories and no regrets.

That is that.

.....

Let us carry on which is probably the March trip to Mary Mount by the banks of Derwent Water in the Lakes.



It was by way of an early birthday treat for Bev and given to us by Alex and Melanie who joined us. They shot off for long walks but we enjoyed the hotel offerings, short walks and launch trips. You will see the snow on the peaks behind me of Skiddaw and Bev points out something from the launch. A great stay and once again younger people pushing our boundaries.



But I still have to do something for her birthday in May although Melanie and Alex have invited us up to themselves in Kendal for the day itself. But that is not for now to talk about.

.....

By an amazing coincidence Courtney stumbled across Di Daniels in Woking. She has returned to the UK after years in SA and a good friend of ours from the days in Port Elizabeth. Yet another person to meet up with or host as we go forward. Hello Di.



.....



I organised a Grand National sweepstake with all 34 horses accounted for. We had a pay- out for the first 3 places and then another for the horse that came in last. We took a small TV down into the lounge for viewing and residents were encouraged to bring a drink.

Bev`s horse came in second and mine third!!

.....

We braaied the other day using the Cadac Safari Chef, and we will repeat the experience this evening and plan to have spare ribs, chop (just one) and sausages plus heated bread and salad. That sounds good although a tight fit for the Safari Chef.



.....

Along the way in March I turned 82 and we took advantage of this by eating out at another Italian restaurant called Tiggis where we all had a really good meal and evening. I note that within the last few days another has opened to replace a



Thai restaurant which we will test before too long.



.....

We had more prom walks and beachcombing including a stop for snacks and drinks at the Beachcomber restaurant that sits invitingly amongst the dunes at North beach.



One such trip saw me slip into the watery section despite the presence of my hiking pole that I tend to use these days when out and about. A soft landing meant no damage to my reconstructed hip.



.....

Nearing the end now as our final act for this letter covered the 80th anniversary of VE Day which was remembered by the side of Fairhaven Lake alongside which sat an old Spitfire.

We met up with some Sandhurst Grange that made the evening more pleasurable with Harry and me in full voice.



There were stalls and singing and even “Churchill” made a speech before we all went out to the point on which stood the beacon and ready to light.

A very emotional evening with songs from that time heartily sung by all and even the national anthem.



A final shot of the gentle paddle with the RNLI boat coming in to base.

Once again we say farewell for now and so it is good bye from me and cheers from Bev.

Do try and keep in touch as we do really enjoy hearing your news.

Bye for now.

Alan and Bev

