



rest less

Discovery

May-June 2023

Reigning in the Season: A Summer Issue
on the King's Coronation



CONTENT

As we welcome the start of summer, it is with great pleasure that we present to you this special issue of our magazine, focused on the grand occasion of the King's Coronation.

Summer is a time of new beginnings and renewed hope, and the coronation of a new king marks a significant milestone.

I hope you enjoy this issue, including the submissions from members of our community here at Rest Less, and that it inspires you to embrace the season with joy and optimism.

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04

Featured Events

08

Celebrating the Coronation

12

See in Summertime

14

Community Submissions

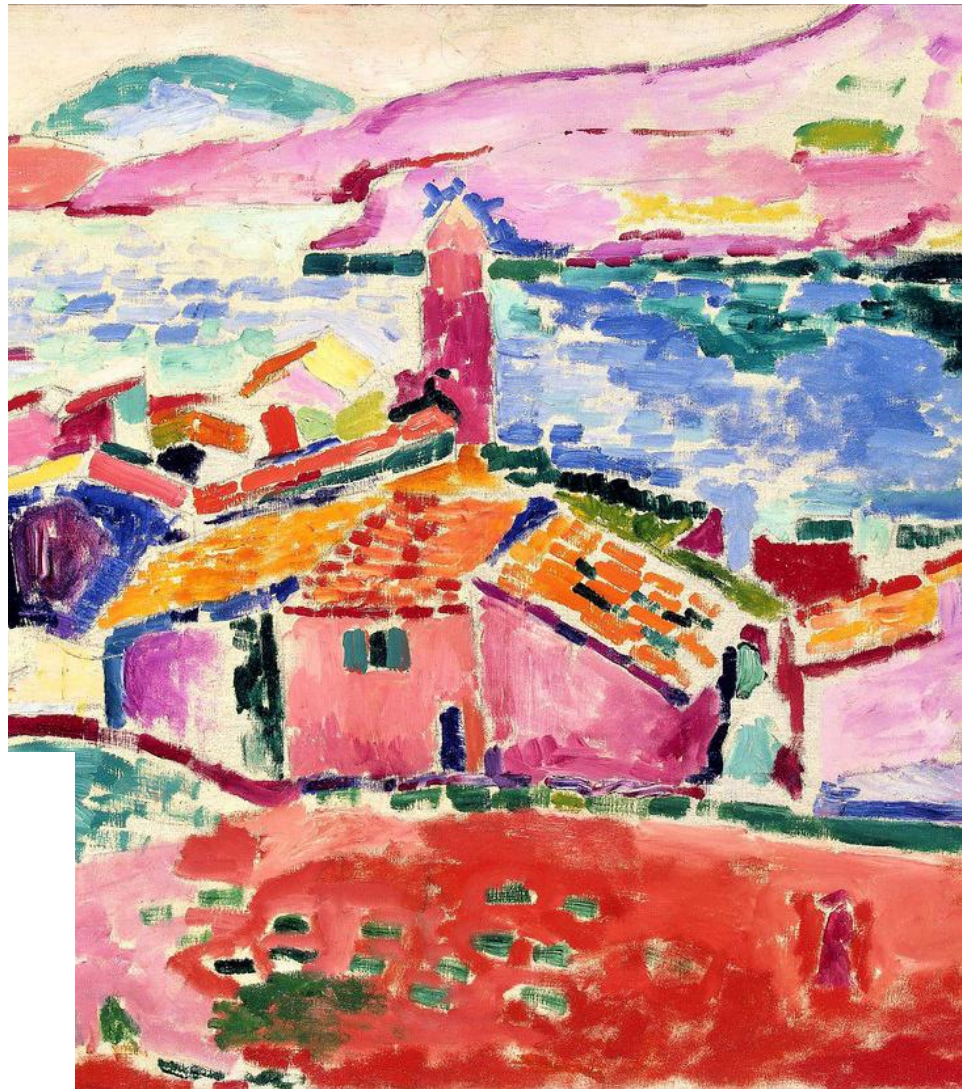


May- Feat Eve

- 1.** An Ancient Mediterranean Tour: Getting to Grips with the Ancient Civilizations
- 2.** Music of the Sixties – A Four Act Drama
- 3.** Awakening to Colour: Matisse and Derain in the South of France
- 4.** Bonjour! Learn French Online in 8 Weeks



**June
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Featured Events



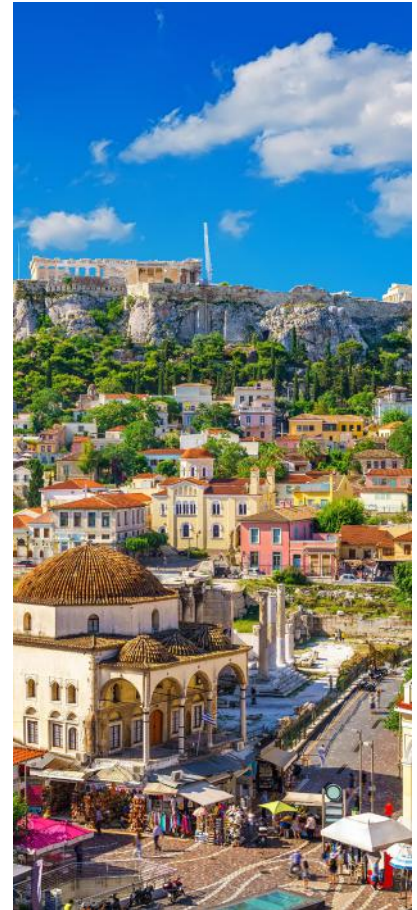
**The History
of Tai
Chi and
Qigong,
Fact and
Fiction with
J.T. Turner**

**Monday
15th May at
4pm**



**Afrofusion
Fitness with
Kenzi**

**Every
Tuesday at
5:15pm**



**A Walk
Through
Athens City
Centre wth
Dr Lillian
Cespedes
Gonzalez**

**Thursday
8th June at
4pm**



**Hedgehogs:
Coming to a
Garden Near
You (and In
Need of Your
Help)**

**Tuesday 23rd
May at 11:30am**



**Otters: Coming
to a River Near
You**

**Tuesday 30th
May at 11:30am**



**Tawny Owls:
Coming to a
Wood Near You**

**Wednesday 7th
June at 2:30pm**

with Stephen Powles

LET'S CELEBRATE

1. Coronation Quiz with Geoff Harris

Thursday 4th May at 11:30am

2. Coronation Anthems with Julia Loveless

Monday 8th May at 1pm

3. Behind the scenes of Eurovision and His Majesty's Coronation

Tuesday 6th June at 4pm





The coronation of King Charles III and Camilla, Queen Consort, is set to take place on 6th May 2023. As the UK gears up for this historic event, there are plenty of ways to celebrate the occasion, whether you prefer to mark it at home or join in with community activities. Here are nine ways to celebrate the King's coronation.

1 Join in The Coronation Big Lunch

On Sunday 7th May, the Big Lunch team at the Eden Project is organising the Coronation Big Lunch, where neighbours and communities across the UK can share food and fun together. Thousands of Coronation Big Lunches are expected to take place in gardens, streets, parks, and community spaces across every corner of the UK.

2 Watch the King's coronation on screen

If you'd prefer to skip the crowds over the coronation weekend, there's plenty of opportunity to enjoy the buzz of the coronation weekend away from the capital. Over £1 million has been donated to

setting up screens across the country to livestream the coronation ceremony on Saturday 6th May. Screening locations include Cardiff Castle, Jubilee Square in Brighton, and Piccadilly Gardens in Manchester. The BBC will also cover all ceremonial events - including formal processions, the service at Westminster Abbey, and the Buckingham Palace balcony appearance. The special Coronation Concert taking place at Windsor Castle on Sunday 7th May is set to be broadcast live by the BBC, featuring performances from global music icons as well as contemporary talent.

3 Enjoy some coronation themed arts and crafts

For those who enjoy arts and crafts, creating some coronation decorations over the weekend can be a fun way to get into the spirit. The government has put together a toolkit of printable templates and materials, including homemade bunting templates, greeting cards, and activity sheets for children – all available to download for free.

4 Take part in The Big Help Out

Organised for Monday 8th May, The Big Help Out is an event intended to highlight the positive impact that volunteering has on UK communities by encouraging people to try it for themselves. The Big Help Out welcomes everyone to give volunteering a go, whether they can spare one hour, one day, or more. Categories which volunteers can lend a hand in include community, animal welfare, health and social care, young people and children, and sustainability and the environment.

5 Attend a coronation event near you

Over 1,000 public coronation events have been planned and nearly 300 street parties and other private events shared so far. This includes everything from coronation picnics in the park, choir and orchestra performances, afternoon teas, musical



entertainment, and street parties. If you'd like to get involved and see what's happening near you, simply enter your postcode into the interactive map on the GOV.UK website.

6 Get creative in the kitchen with some coronation recipes

Why not celebrate the coronation with a delicious meal? There are plenty of recipes available online, from coronation chicken to jam roly-poly. These recipes can be adapted to suit different dietary requirements, and can be a fun way to get creative in the kitchen.

7 Visit historical sites and museums

The coronation is an excellent opportunity to explore the history and heritage of the UK. Many historical sites and museums will be running special events and exhibitions over the coronation weekend, such as the Tower of London and the British Museum. It's also a great time to visit royal palaces, such as Buckingham Palace and Windsor Castle.



THINGS TO DO THIS MAY

Brighton Festival: This arts festival is the largest in England and takes place throughout May, featuring literature, theatre, dance, visual art, and more.

Chelsea Flower Show: This popular gardening event showcases breathtaking gardens, houseplants, and scientific horticultural innovations to combat climate change and boost mental health. The show runs from May 22-27.

Llandudno Victorian Extravaganza: This free family event in North Wales features Victorian street fairs, old-time fair rides, and daily parades where visitors can dress up in Victorian attire. The event runs from April 29-May 1.

Orkney Folk Festival: Celebrating its 40th anniversary this year, the festival is a vibrant celebration of folk music in Scotland. It takes place from May 25-28.

Adventure Cinema: Enjoy a unique open-air cinema experience in various locations across the UK, including Belvoir Castle and Sewerby Hall. May screenings include *Top Gun: Maverick* and *Mamma Mia!*.

WalkFest: May is a great time to enjoy the outdoors, and there are various walking festivals taking place across the UK. From the Isle of Wight Walking Festival to the Torbay Rambling and Nordic Walking Festival, there is a range of options available.

Chester Food and Drink Festival: Foodies will enjoy this event in Chester, which showcases the best of local and international cuisine. It takes place from April 29-May 2.



Stratford-upon-Avon Literary Festival: Literature lovers won't want to miss this event, which features author talks, workshops, and book signings. The festival runs from April 29-May 8.

Hay Festival: Another event for book lovers, the Hay Festival takes place in Wales and features talks, debates, and book signings from top authors. It runs from May 26-June 5.

Winchester Cocktail Week: Cocktail enthusiasts can enjoy this event in Hampshire, which features masterclasses, tastings, and cocktail competitions. It takes place from May 9-15.

Bournemouth 7s Festival: Sports fans can enjoy this festival, which features rugby, netball, dodgeball, and hockey tournaments, as well as live music and entertainment. It takes place from May 27-29.



Royal Cornwall Show: This agricultural show in Cornwall is a great family day out, featuring livestock displays, food and drink stalls, and live entertainment. It takes place from June 9-11.



A photograph showing a group of people in a circle, with their hands resting on each other's shoulders, symbolizing community and support. The background is a blurred outdoor setting with greenery.

Community



Honouring The Ancestors

by Karen Duffell-Canham

I have been searching for my roots and my family's origins for decades. It's rather like peeling back the layers of an onion. Each layer reveals another one! And with each revelation comes the feeling that we are but reflections of the events that we and our ancestors have lived and are living through.

The focus of my research started with my paternal great, great grandmother, Janet Sarah Graham. She was a second generation 1820's British Settler. Her mother and family arrived in the Eastern Cape aboard a sailing ship called 'The Alebury' as part of the plan to strengthen the Eastern frontier of South Africa. They were promised large tracts of land to farm, and as Britain was in the grip of a recession after the Napoleonic Wars, many gladly seized the offer.

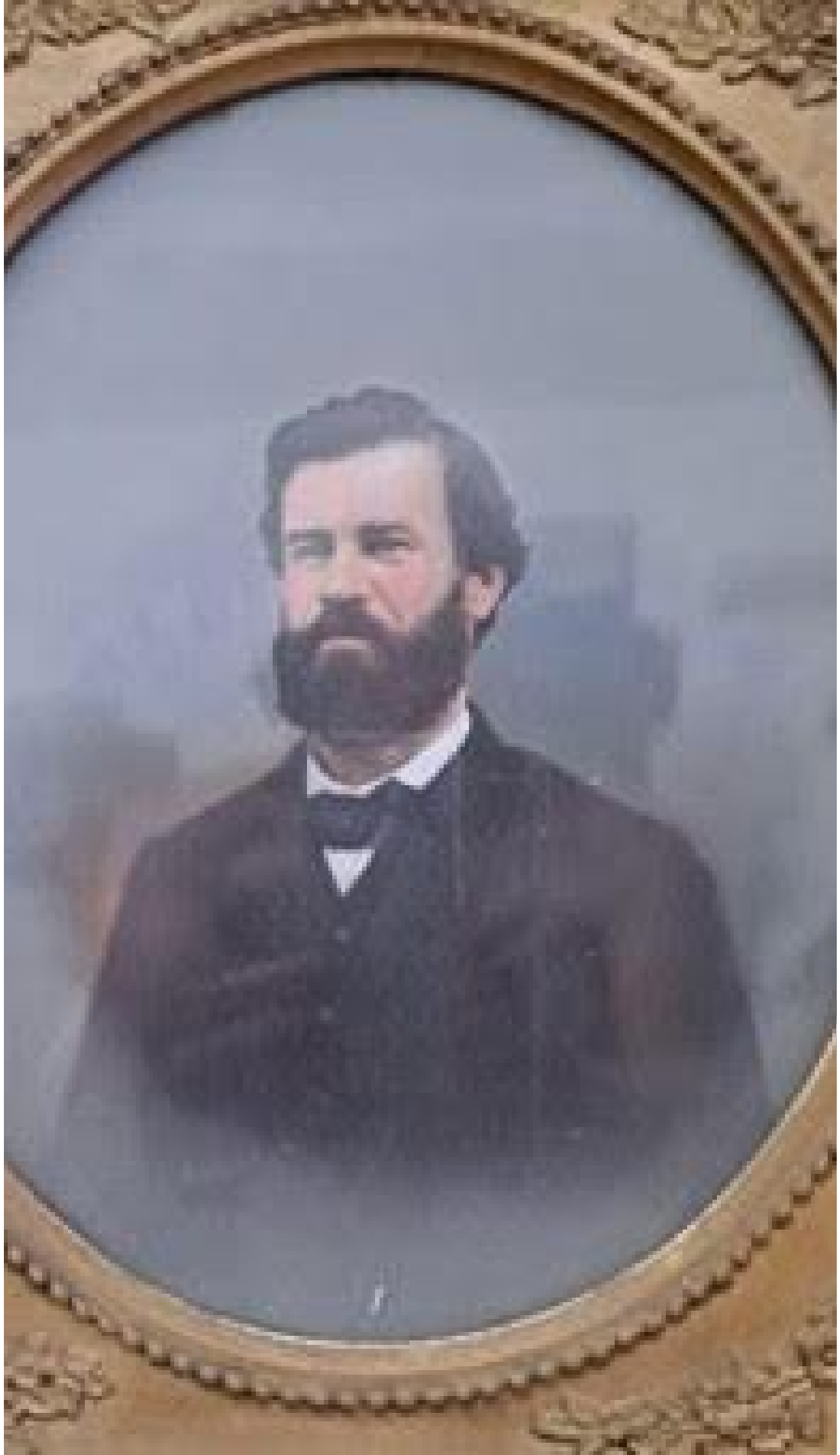
However, it was a two-edged sword, the conditions were harsh and many of the Settlers were not farmers. They were potters and jewelers straight out of the big cities of England. Many retreated to Grahamstown, a military garrison at the time. The family eventually gave up farming and moved to Cape Town where Mrs Graham ran a boarding house in Plein Street.

A dashing sea captain by the name of Edward Cooper used to call in and stay at Mrs Graham's boarding house regularly when he was in Cape Town. There he met my great great-grandmother, a pretty, young girl of 19 years old, who fell in love with him. He had been married to his first wife at the time, with a young daughter

and subsequently they divorced.

He has a colorful tale to tell which I discovered many years ago when reading a book called: "Here Comes the Alabama" by Edna and Frank Bradlow. Captain Edward Cooper and his ship, The Urania, had been moored in Table Bay for some time with the notorious raider The Alabama, a ship of the opposing Southern States in America, also in port. She was a very successful Confederate raider, heavily armed with cannons. She sunk most ships that were unfortunate enough to cross her bows.

In 1863, my great great -grandfather twice boarded The Alabama to speak to the captain of that ship, Raphael Semmes, and ask for safe passage out of Cape Town. His replies were obtuse. But under cover of darkness one night Captain Cooper set sail far out into the Atlantic and made it safely back to New York after some months. For this daring feat of seamanship Captain Edward Cooper was awarded a gold chronometer watch beautifully inscribed, with the reasons behind the award, at a posh dinner held at Delmonico's Restaurant, New York.



Captain Edward Cooper of the
bark Urania



Janet Sarah Graham waited patiently for his return to the Cape. She followed him back to New York after they were married at the Congregational church in Cape Town in 1864. But the life of a sea captain's wife is a lonely one and she missed her family back home. She subsequently returned to South Africa with her son William. The sea captain carried on sailing all over the world on various sailing ships. But at 50 years old he was taken ill off Newcastle, Australia and after refusing a doctor was found lying dead in his bunk. He is buried in Newcastle, Australia.

The cause of death was given as consumption. Living in close quarters with everyone else on a wet, cold ship had taken its toll.

Janet Sarah (nee Graham/Cooper) subsequently remarried a George Travers-Jackson and bore him six children.

The romantic and wonderful story of my ancestors has been slowly revealed to me over the years. I am currently living in the Eastern Cape Province of South Africa, where I had thought I had no roots. But history has proved me wrong! Albeit that the Graham's returned to the Cape.

There is a famous Cape song called: "Here Comes The



Janet Sarah {Graham} at right with her second husband George Travers-Jackson behind her. My great grandfather, William Lovell Cooper is standing second right, last row. He is the sea captain, Edward Cooper's son, born in New York and from whom our line descends. The lady in the middle is Mrs Graham of boarding house fame! (And Janet's mother)



Aboard The Alabama, a Confederate ship-
Captain Raphael Semmes in foreground.

Alabama” sung traditionally by the Cape Malays, people who came from Jakarta to the Cape as labor during the 1800’s. There was always much excitement in Cape Town when The Alabama came to call. I find this quite puzzling as she represented the ‘South’ - pro-slavery while Captain Cooper’s ship, The Urania, was a merchant ship funded by the ‘North’ - anti-slavery.

The Alabama seized 68 chronometer watches from captured ships in her time. They had to be kept wound up by a grumbling sailor. If funds for the war effort were low these chronometers got sold off. At the time of this story, when Captain Cooper was moored in Table Bay - The Alabama had just seized The Sea Bride off Robben Island. Thereafter,

as tradition has it, the Cape Malay’s sung that famous traditional song of the Cape, except usually it is sung in Afrikaans - “Daar Kom Die Alabama.”

So it is a very sentimental song for me, evocative of my families ties to two countries, two causes represented by The American Civil War and a lovely romantic tale.



The Tiffany’s gold chronometer presented to Captain Edward Cooper

I am sure that I have an orchestra in residence in my household and wonder if maybe you have one too! Read on, and all will become clearer, well, so I hope.

My day begins, and yes, I am usually the first up, with the first member of the orchestra tuning their "instrument," and if I am not quick enough to stop it, this "musical" member will increase in volume. At varying stages of my morning routine, I will hear further members of this section of the "Household orchestra" tuning up too, ready to join the medley.

The next section to join this medley will depend on my routine and if I have any "early" callers – if any deliveries are made, and my attention is needed, he/she will attract my attention via a member of a different section of my orchestra – and when this one "plays," I am guaranteed a "clash of sounds" may occur as the dogs "tune in too" – my cacophony increases!!

The kitchen is where most of my "orchestra" members reside and play – the daily cooking routines will "exercise" the musical attributes of the Home orchestra, and the length and frequency of their interaction will be governed by my skills too. Further members of my Home orchestra are scattered around my home, and some have little interaction – to be honest, the members of the Home Orchestra who "reside" in my hall and on the landing are the ones who I hope will not be too forthcoming in demonstrating their musicality because their inclusion in the Orchestral medley can signify an issue within our home.

Venture outside, and the final member of my Home Orchestra will be found, but this member will rarely have a major role to play. I have just reread the article thus far and noticed a glaring mistake – the omission of mention of the Conductor! One guess only permitted! Answer – 100% no doubt – Me!

So, have you yet figured out what I am talking about? Well, last year, after several years of providing "Bank of Mum and Dad" to our beloved children through their university years, we had a new kitchen fitted. Since then, I have become used to recognizing and utilizing the differing "buzzer" sounds attached to each piece of equipment. I wonder if it might be possible to compose a "Home Orchestral Symphony" using these pieces of equipment, and I would love to know if each "buzzer" is based on a musical note, maybe. In the second paragraph, I was referring to the "musical instrument" – my alarm – provided by my mobile phone or even my radio alarm. The following paragraph saw my "doorbell" and dogs join the ever-growing orchestra. The reference to orchestral members causing me to worry referred to the fire alarms/carbon monoxide alarms we have on our landing and in the hall. The final member of the orchestra – who resides outside, in our case in the garage, refers to the freezer and its alarm call, which is usually only activated following power failure when all the above-mentioned will have been rendered silent but will all "shout" their existence to me to reset them all once power is fully restored.

Hope you have enjoyed this "fun" piece, and if anyone can tell me if the tones of all the electrical equipment we now own are "loosely" based on musical notations, I would love to know more.

by Debbie Millard



Join James Ryan for our new Rhythms at Home session! Starting Monday 15th May at 11:15am

