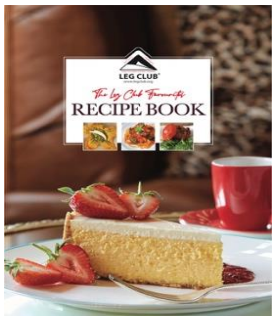
Dear friends

November is renowned for many worldwide celebrations such as Thanksgiving, World Diabetes Day and Guy Fawkes night just to name a few. One particular festival that came to mind was experiencing a warm welcome into people's homes as a guest during the Diwali five-day festival of light, the holiest month in the Hindu calendar. The festival is observed with immense joy symbolising the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance". Also, Diwali prompts us to understand that life is much more than a mere journey but it's a continuous quest for truth and knowledge encouraging people to come together and celebrate the festival regardless of their background. It was a humble experience as so many around me had very little or next-to-nothing, yet they were happy because they had the ability to survive with the basics and appreciated life. Due to the worldwide social restrictions and the tragic loss of loved ones I'm wondering how this important occasion will be celebrated especially in the Indian subcontinent? "*The ultimate source of happiness is not money and power, but warm-heartedness" – Dalai Lama*

Last month I highlighted the humanitarian World Food Programme (WFP) and received a friends reflective comment: "*It made me stop and think how terrible it must be to be hungry but not knowing when your next meal is going to come. I often use the phrase I am 'starving' loosely but will think about your message and the awful suffering that is happening across the world the next time this word enters my brain*". The exceptional work of the WFP received the prestigious 2020 Nobel Peace Prize for the organisations efforts in raising awareness to combat global poverty and hunger especially in war-torn zones!

Since lockdown and working from home I began observing things around me that one normally takes for granted. An example was witnessing my Ash tree being reduced and pruned made me realise that tree surgery is not only an art but an incredibly dangerous profession. Due to the recent strong winds a professional assessment necessitated the tree surgeon's knowledge and expertise when he evaluated the trees status for protentional hazards that may cause harm from falling branches. Also, he monitored the tree signs of disease especially in the case of Ash Dieback which fortunately my Ash tree is thankfully free from!

Suddenly it's that time of the year again, with garden centres filled with wonderful winter bedding plants, pansies and cyclamens and the arrival of Mandarins and Christmas goodies hitting store shelves. Gone are the days of pillowcases at the end of the bed filled with an orange, a few nuts, the odd sweets and a small much wished for gift-wrapped present to now when everyone is turning to websites for inspirational Christmas gifts.



Look no further as attached to this note is the much-awaited order form and taster recipe for those who would like to purchase the *Leg Club Favourites Recipe Book* making it a unique 2020 present. The creation of this book has been an amazing project and the commitment and contribution from within the Leg Club network and wider international community has been phenomenal.

Warmest regards, you are all very much in my thoughts and greatly missed during these extraordinary times.

Ellie