

## UNHAPPINESS IS:

1. Repeatedly bumping my head on the impossibly low lintels in our cottage. (5 ft. - I'm 6 ft.)
2. Severe carbohydrate crisis, the choice between:



the yummy pears and apples in our back yard



or Melton Mowbray pork pies.

## “SCARY” IS:

Visiting London so soon after:

*Grenfell Tower*



and

*Westminster Bridge*



## RELIEF IS:

*changing our plans (4 months ago) and not going to*

*Barcelona (October 6 - 10)*

*Northern Spain (October 11 - 20)*

