



Dates for your diary

Thursday 4th April - Book Club

Sheep Scar Thornton Rust 7.30pm

Friday 5th April - IT Club

2pm Sycamore Hall

Saturday 13th Monthly Craft Club

10.30am – 1pm, Sycamore Hall

Thursday 18th Monthly Meeting

7.30pm, Bainbridge Village Hall

Thursday 27th March Lunch club

Queen's Head, Finghall

12 noon for 12.30

27th April Garden Club

Margaret Thompstone's House

Events at Sycamore Hall

Monday 9am – 11am Post Office

2pm Knit and natter

Tuesday 10.45am Quiz or Bingo

Wednesday 9am – 11am Post Office

10.30 Wellbeing coffee morning – second

Wednesday of each month

Thursday 10.30am Coffee morning

2.00pm Bridge

Friday 11am Gentle exercise

BAINBRIDGE WOMEN'S INSTITUTE

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Federation Events

See Federation Newsletter for full details

Wednesday 10th April – Spring Council 2024

Hampsthwaite Memorial Hall HG3 2EJ

Wednesday 15th and Thursday 16th May

First Aid Course 9.00 am to 4.00 pm

Alma House, £60 . Closing date 26th April

Tuesday 25th June Axe Throwing and Archery

Bilton Hall Action Centre 6.00 pm for 6.30 pm

£37.50, closing date 14th June.

Tuesday 25th June—Returners Watercolours

9.30 am to 3.30 pm at Alma House,

£12 plus £5 for materials. Closing date 14th June.

Friday 28th June—Beginners Watercolours

9.30 am to 3.30 pm at Gargrave Village Hall,

£15 plus £5 for materials, closing date 14th June

Tuesday 9th July—Friday 12th July

Great Yorkshire Show.

Volunteers required – see Federation Newsletter

From the Committee

What another busy month we have had. We are pleased so many members are getting actively involved. Many of you helped out at the Community Lunch, Karen has written a lovely report about it and we have included all the thank you notes we received. It is good to get such nice feedback, it makes all the hard work worth it.

Sue Stokes is doing a tremendous job as communications secretary keeping you up to date with activities and news, and one of our newer members, Rachel Newall is organising a garden club trip to see the tulips at Constable Burton.

Read on for more about what we have done and what we have planned.

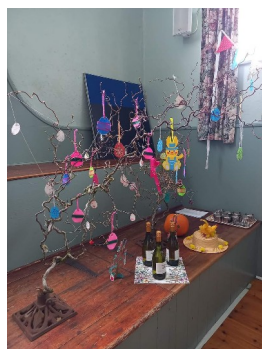
Don't forget that the annual subscription is due by 1 st April, so if you have not done so already, please send your £39 to our Treasurer Gill Flowers.

Annual Community Lunch

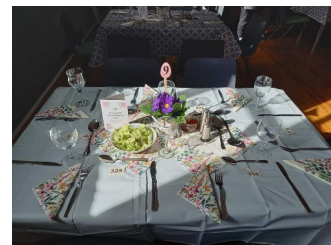
Giving Back to the Community.

On 16th March we held our annual Community Lunch for the older members of our local community. Traditionally, this has been our opportunity to give back to the local community and we have funded it through monies raised from our Soup & Sweet lunches.

This year, almost 60 people accepted our invitation to join us and came along to Bainbridge Village Hall, which had been decorated with Easter trees and bunting.



Everyone enjoyed a delicious two-course meal prepared and served by a team of our members. We had an Easter theme to the event and guests were invited to come along with their decorated Easter bonnets. The winner of this competition was Mary Myhill of Sycamore Hall who had crafted her hat at our Easter Craft Workshop earlier in the month.



After the meal, where guests had enjoyed the chance to chat with friends, they were treated to a performance of our pantomime, 'Cinderella for Radio'. It was somewhat chaotic (as the best pantomimes always are!) and would probably have been better on the radio than in person, but nevertheless, it seems our guests enjoyed it all!



A lot of hard work and effort goes into this event and it was therefore lovely to see everyone enjoying themselves and leaving well-fed.

Huge thanks must go to everyone who helped in any way with this event.

We would like to share with you the many thank you notes that we received by email, telephone and card:

What a wonderful lunch yesterday! Thank you so very much to all concerned in giving us a delicious meal and a lovely occasion. Very best wishes, Angela and Geoff Keeble

Many thanks for a wonderful lunch and entertainment. Thoroughly enjoyed the event. Thanks must go to the catering team and the performers! Tony Hutchinson.



Hello ladies.....Just to say many thanks for another perfect meal. Malcolm and I really enjoyed it. It was lovely to see so many there and all having an enjoyable afternoon. Your efforts are appreciated.....thank you all Anne and Malcolm Renshaw.

I thoroughly enjoyed the excellent lunch with everyone yesterday. It really was a most enjoyable afternoon followed by amazing entertainment. A special thanks to you and everyone involved for all the hard work to make the occasion so successful. Beryl xx

What a lovely afternoon I had, food was lovely, company was great, and the entertainment was just great fun. Thank you Nicola and all your helpers for a great afternoon. Thank you Denny

Mason and I thank you for another excellent 'Community Lunch'. Delicious food and such a happy, welcoming atmosphere. Well done Mason and Mary

Thank you for a lovely lunch and afternoon on Saturday. Well done to you all, it was great. Best wishes Beryl Percival

A big thank you for a very enjoyable afternoon. Lots and lots of hard work for many of you. You made lots of us very happy. Love Jean, Grace, Denny and Beryl

What a treat! I knew it would be good, it always is, but like a sporting record, the standard keeps rising. Although all looked cool and calm, these things don't happen without a lot of hard work and planning so THANK YOU ALL including the Panto Team. Its always good to end with a laugh. Tricia Tate

Thank you for your very kind invitation to the WI Community Lunch. I did enjoy it, meeting new and familiar faces and chatting over lunch which was delicious. Thank you very much and well done for organising the event. Martin Garside

It was a delightful day on Saturday. You are wonderful hosts. It was an excellent meal with brilliant waitress service and fun and unique entertainment. It doesn't happen without careful planning, preparation and hard work on the day. A big thank you. Brenda

Monthly Meeting

At our March meeting, we were delighted to welcome WI members from far and near for an evening of Easter flower arranging by Shannon McIntyre of Feather and Fern, who runs her floristry business based in Hawes. As this was an open meeting, we held the event in Sycamore Hall and this attracted some of their residents who came and joined the evening too.

Shannon made three fabulous arrangements, two table decorations which were very versatile and a beautiful Easter wreath, the flower colours and perfume were delightful, and all were raffled at the end of the evening with three lucky winners very delighted with their Easter blooms.



A fabulous supper was provided by WI members and lots of WI events coming up after Easter were discussed including an Afternoon Tea whilst enjoying a trip on the Leeds Liverpool canal from Skipton to be taken in June. Next month's meeting will be a talk given by Tiv Wallington of the CPS entitled "My Life in Crime".

Book Club

You Can't Judge a Book By its Cover

Well, I have now found out just how exciting it can be to be a member of our WI Book Club!

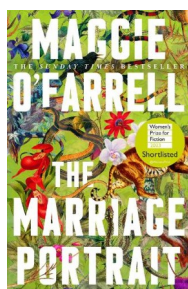
It seems that sometimes the book chosen to read is not quite as it seems from the cover and just recently, our ladies have been rather shocked by one of their reads (think 'Fifty Shades of Grey')! Is there no end to the education the WI can offer?

If you fancy joining this group to widen your horizons and enjoy a lovely social get-together to chat about the latest read, now is the time! We have just joined the North Yorkshire Library Book Club service which means that you now don't need to buy the books being read (unless you want to, of course).

This service means that our ladies can plan the books to be read each year and the Library will provide copies at the relevant time.

So, if the thought of having to buy a new book every few weeks was putting you off joining this club, don't hold back - sign up now and enjoy all the fun of the read and the meetings for free!

Our current title chosen by Heather is *The Marriage Portrait* by Maggie O'Farrell. This is a work of fiction woven round Lucrecia Medici.



The next meeting is on 4th April at 7-30pm at Sheepscar, Thornton Rust.

Lunch Club

It's a tough job, but someone has to do it! Being a member of our Lunch Club is such an onerous role! Goodness me, the strain of having to go out to a different venue each month to sample the food is just too much to bear!

Who am I kidding? Do any of us need an excuse to go out and eat? Of course not! As far as I can see, the only factor affecting the decision these days is the increasing cost! That said, we feel it is important that we can report to our members on where they should go for some good food and a warm welcome!

So, in March we headed to the newly re-opened 'Middle House' in Askrigg (previously 'The White Rose'). About a dozen of us met up in the conservatory restaurant where we sampled dishes from the new menu, all of which were delicious. There was no-one else in, which is possibly a good thing when the WI arrive en masse, so we had good service.

The refurbishment has created a warm and cosy atmosphere and we even enjoyed a tour of the bedrooms after our lunch although we were told that this refurbishment work is still in progress.

As I write this, we are anticipating a visit to The Wheatsheaf in Carperby where we know we will get some good, hearty Yorkshire fare and a warm welcome. We will then have to deal with the important matters of the day - the decision on where to go next month! Oh, what a chore!

Why not join us next month for some yummy food and good company? Consider it one of your 'five a day'!!!

Lunch Club – Again!

(Either the ladies who lunch went out twice in one month, or I missed an article – sorry).

Another Day Without a Diet!

Another eager gang of women headed to The Wheatsheaf at Carperby at the end of March to sample the menu at their Lunch Club get-together.

This time, there were twelve of us to fill the bar and we sampled several dishes from the menu, all the time enjoying a good old natter. It is rare to be disappointed at this venue, and this was no exception as we all tucked in to some delicious food. Even though we filled up with main courses, it was amazing how many of us managed to 'find a space' for a pudding! Well, why not? We only live once!

During our discussions, we agreed to put together a bit of a programme for the forthcoming months so we discussed ideas for future meetings. Look out for details of our programme once we have finalised the dates and venues.

Do think about coming along to join us and don't feel you have to indulge in a huge meal. Many of us just have a light snack but it is a good excuse to get us out and about and spending time with others which is always good for the soul. The food is just a bonus!

Garden Club

The garden Club visited Moss and Moor garden centre this month – first stop the cafe for coffee and lunch! Lovely display of art and craftwork. We were all tempted to buy – mostly plants but also household goods and foodie treats.



Constable Burton Hall is holding its tulip festival over the early May bank holiday weekend. Showcasing over 6000 tulips planted throughout the formal and woodland gardens, this is the perfect opportunity to enjoy the beauty of spring in full bloom (and of course, to treat ourselves to some delicious refreshments!).

Bainbridge WI enjoyed a successful trip to this beautiful estate last year, so if anyone is interested in going this year, the details are: Saturday 4th May to Monday 6th May, 10am to 4pm. £10 per adult (plus share of booking fee of £2.50).

If you are interested in going please let Rachel Newall know by emailing her at rsmundy@hotmail.co.uk including your preferred date and if you would be willing to drive. Please respond by **5 pm Friday 5 April 2024**.

IT Club

At the beginning of March we had a look at Apps – shared recommendations and tips on how to use them and how to keep safe while doing so. We have previously looked at YouTube which is great for 'how-to' videos. Instagram and Pinterest are also good for short video clips.

On 5th April we will be looking at more substantial online learning courses – we will be exploring a few of the many sites that share free courses from arts and history, science and technology, health and many more subjects. We will end the session by viewing one of the Learning Hub courses so if you would like to see how learning with the Learning Hub works, do come along and join us.

Easter crafting

On 2nd March Sycamore Hall was again buzzing with activity, this time with Easter themed craft making and members leading a number of activities:

Sue Stokes led the members and guests in little painted trees with hanging decorations and some lovely painted decorations. Linda supervised the Easter bunny hanging decorations, Karen was there with her

beautiful decorated Easter bonnets, and Nicola was getting messy with clay hanging decorations.

Our crafting sessions have been very popular so from April we are holding monthly 'bring your own' craft sessions – come along if you want some company while doing your craft,



if you want some advice from other members about your craft, or if you would like to share your crafting skills. The sessions will be at Sycamore Hall on the second Saturday of each month, starting on 13th April at 10.30am.

Swimming Group

We have all heard about the health benefits of swimming. I haven't been swimming regularly since I started living in the Dales over 15 years ago, however, since I now have issues with my feet, leg and back I was advised that swimming would be the best form of exercise. It's great as the water carries your weight which otherwise places (in my case) a heavy load on your joints. It's also a much softer landing in the water if your legs go wobbly!

I've been having to rely on my partner and friends to give me a lift to events/venues more than a short distance away but I'm now driving further since recent operations and a couple of swims. I decided to try the over 50's session in Bedale pool first and it was a pleasant experience although only a pool and of course a 47 miles round trip. Cost £5.10 per swim. There is only a drinks machine at Bedale.

This week Heather Clarke and I tried Richmond pool which has had some refurbishment, particularly the shower areas.

The pool length is 6 lanes wide and is 25 metres long. A 34 miles round trip and a cost of £5.40 per swim. The cost would go down to £3.70 per swim if a book of tickets for 10 swims is purchased; and the tickets are not unique to an individual person they can be shared.

We went for a tea and a Cappuccino served in proper cups after our swim and discovered that the café had hot and cold lunches plus quite a good selection of cakes.

Obviously there is also the Station opposite the pool with a further choice of food and drinks available without moving your car.

So, if you'd like to go for a swim with one or more other members of our W.I. there will be a signing up sheet at our meetings to register your interest. There's no obligation to come for a set number of swims.

We plan to go starting week commencing 8th April on a day and time to be confirmed when the pool publish their new programme.

Hope to be car sharing to the pool with you soon – Sue Stokes



Happy Birthday to: Jean Daykin
Rhian Liddell & Carolyn Rukin

Newsletter Entries

If you wish to have an article included in our newsletter please send it by email to bainbridgewinewsletter@gmail.com. If you do not use email, then please pass your entries to one of the committee members.

Hold the back page by Karen

Appreciating our Lot

Here I sit at my computer wondering what on earth I am going to ramble on about this month and I find myself looking out of the window at what has been a lovely spring day. It has made a real change to have a few nice, dry, sunny days even if they haven't been very warm.



I am desperate to be able to get out into the garden without fear of falling in the bog, but then I realise that I can't actually do what I want when I get there! I fear the

day is fast approaching when I am going to need to look for a gardener but then that removes the fun and relaxation of tinkering with the plants although I suspect desperation will set in when I see just what a mess is left after the winter!

I have been feeling a bit despondent of late and put that down to all the miserable weather we've had over recent weeks and months. Although I always tell people to be positive and cheerful as there is always someone worse off than us, I accept that there are some days when it is really hard to pull ourselves out of the doldrums. I think that must be where I have been stuck for a few days!

There is so much misery and worry around that it is very easy to get sucked into how gloomy things are. I suspect our ancestors felt much the same at times, but for very different reasons - or were they? If you are brave enough to watch the news these days you will hear reports of war, famine, unemployment, poverty, homelessness and general despair - and that is all before they throw in such horrors as global warming, the threat from

wayward meteorites and world shortages of energy, food etc, etc. Is it any wonder we have days when we feel miserable?

Still, as I said, I suspect our predecessors had similar worries and indeed for many of the same reasons. So, why does it feel so much worse to us now? Well, my guess is that past generations probably didn't know quite as much as we do about the 'how' and 'why' of all these woes and they certainly didn't have the World press and social media to fill in the gaps! However, I also tend to think that perhaps their expectations of life were not as ambitious as ours are in the 21st century.

One of my sons has just moved house and I thought I was being helpful by offering him a lot of things we no longer needed in our house and indeed I even bought things for him at auction (which many of you will know is a weakness of mine) all the time thinking that he would be grateful for all this to help set up his new home. You can therefore imagine my disappointment when a lot of these offers were declined and I then had to find alternative homes for them all!



I remember in years gone by (I think the youngsters now call it 'in the olden days'!!) we



were very grateful if someone gave us something for our new home. It may only have been a 'make do' until we could afford something better but at least it allowed us to set up a home.

It was very similar for my parents when they set up home and I was thrilled when, after my parents died, I found a little exercise book that my Dad had kept, listing not only how much he had paid for their first home but also how

much everything had cost to furnish it. What a joy - and indeed a snapshot of life in the early 1960's.

It made me smile but it also made me realise just how much all those things meant to my parents and how many of them had survived throughout their lives.



Things just aren't the same these days. We live in a 'want it; have it' society (regardless of the cost/debt situation) and also a 'throwaway society' where we don't think twice about

throwing out something that may be perfectly useable but which has now been replaced by a newer model - again, not caring about the cost implications nor indeed the waste.

And that is my excuse for having a house full of stuff - I just can't get rid of it if I think it is still useful! Is it me who needs therapy or the rest of society?!?!

Anyway, when we think about some of the woes we are now facing, perhaps we should also think about how many of them are attributable to our own behaviour over the years? Every action tends to have a consequence and maybe we now have to face some of those?

Not wishing to end on a miserable note, let's hope that the next month will see more lovely weather, especially as the clocks change and the days get longer. That might get me out of the doldrums!



Let's hope too that we are all able to get outside and enjoy many active and fun days here in the glorious Dales. The WI will certainly offer us many such opportunities!



Karen – The Back Page Rambler April 2024

