

DATES FOR YOUR DIARY

Thursday 8th July - Visit to 'Schooling in the Dales' exhibition at DCM. Meet in car park at 1.45 pm. Followed by Afternoon Tea at The Creamery.

Thursday 15th July - Monthly Meeting - 'Mystery Evening' - 7.30 pm via 'Zoom'.

Thursday 22nd July - Lunch Club at Middlesmoor, near Richmond. 12.00 pm for 12.30 pm.

Saturday 31st July & Sunday 1st August - 9.00 am to 4.30 pm - Providing catering at the Craft Fayre at Hawes Market Hall.

Thursday 5th August - Book Club Meeting - 7.30 pm

Saturday 14th August - Summer Shopping Market on Bainbridge Village Green - 10.30 am to 2.30 pm.

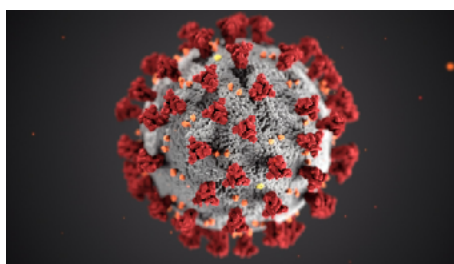
Thursday 19th August - Monthly Meeting - Nigel Metcalfe - YDNPA

Friday 3rd September - Visit to Dumfries House, Scotland (via Bibby's organised trip).

Wednesday 8th September - Soup & Sweet at Thornton Rust Institute - 12.00 pm

Tuesday 14th September - Visit to Diamond Hill Farm & Tea at Tennants - 2.00 pm

When Might we be Free?



So, we are now past the magical date of 21st June when we were promised the lifting of all Covid restrictions - depending of course on the science presented at the time! Well, what did that tell us? Apparently, it suggested that we were in danger of another wave of the virus, so here we are still living under restrictions, this time until 19th July - maybe! 2021 is certainly turning out to be as challenging as 2020 and we are still living in very uncertain times which makes it very difficult to plan anything. However, we perhaps should try to focus on the positives rather than the negatives and appreciate that we are still here, relatively safe from the virus, enjoying wonderful countryside, good food and friends - to name just a few! Things could certainly be a good deal worse, and for many people they are, so we should be grateful for what we have.

Visiting Dumfries House



We are delighted that we have managed to fill the twelve seats Margaret booked to join the Bibby's visit to Dumfries

Answers to the June Newsletter Quiz

1. Basil
2. An Apple
3. Garlic
4. Nutmeg
5. Walnut
6. Hulling
7. Tayberry
8. Blood
9. Vermicelli
10. Stomach - usually cow
11. Semolina
12. Seaweed
13. Italy
14. Greece
15. Haricot
16. A Tree (the inner bark)
17. Seville
18. Japan
19. Tubular
20. Ewe's milk

Hopefully you all scored really highly on this one - as members of the WI!

House on Friday 3rd September. Those people going know who they are, and they should have paid their money already. If there is anyone else wishing to join this visit, then it will be necessary to contact Bibby's direct to see if there are any spare seats on the bus. No doubt this will be a really interesting visit and we look forward to hearing all about it when our travellers return.

July Birthdays



This month we send our best wishes for a very **HAPPY BIRTHDAY** to the following members:-

Jennifer Fawcett

Grace Hemsley

Sue Metcalfe

Margaret Preston

Chrissie Gordon

We hope you all enjoy a very happy day!

A Witch at Work!

Unfortunately, Eric Scaife was unable to entertain us at our June meeting as he was still recovering from his motorcycle accident. However, we were very fortunate to be able to find a last-minute stand-in with Rachel Morris from Hunton. Rachel spent 15 years working in clinical research for breast cancer, Parkinson's and Alzheimer's. She then took on the role of School Business Manager at Kell Bank School and she has also been the Operations Director for a children's charity - a role she continues in, so she is a very busy lady!

As a lover of good soap, and with a fascination for how it was made, Rachel decided to look into how to create her own. She has subsequently become self-taught in the art of making soap and lip balms, and set up her business 'Belles Natural Soaps' in 2020.

It was not a swift process, starting in the spring with the creation of some products for testing on family. Safety reports were required for each product and these took 8-10 weeks to obtain so Rachel decided to apply for these for all her products at the same time. This meant that she wasn't able to fully launch her new business until October 2020.

There are three methods to making soap - the cold process, hot process and melt & pour process. Having tried them all, Rachel



settled on the 'melt and pour' process as it is easier. For this process a soap base is cut into chunks and melted in short bursts in a microwave until it is completely melted. At that point, essential oils can be added along with maybe oatmeal, to give texture to the soap. Colour can then be added, if desired, and the liquid poured into a mould and allowed to set.

All of Rachel's products are vegan and organic, and she emphasised the importance of using quality ingredients in order to produce a quality product. To obtain organic status, products must be certified by

the Soil Association or Cosmos. Rachel went on to explain that, unless products are only used by family members, they must have a Cosmetic Product Safety Report which is obtained via a cosmetics portal at Trading Standards Department. It is essential to respect all the ingredients and to be aware that even if the ingredients are organic, the product could still have allergens present which could cause a reaction in some users.

Having mastered soap making, Rachel moved on to lip balms, which are also relatively easy to make. They are created using a base of wax (either beeswax or soya wax) to which is added essential oils and flavour/scents. The only equipment needed is a heatproof jug, a tablespoon and a microwave. The percentage concentration of oils used is very important and should be 0.5% or less for the lip balms, 1% or less for leave-on potions (such as hand creams) and 1-3% for rinse-off items (such as the soap). More than this could lead to problems.

Although Rachel claims not to be artistic, erring on the side of scientific, she says she is quite creative. However, her family have said that it is like having a witch at work when she is creating her products!

Rachel now sells a range of soaps and lip balms, which are all sustainably wrapped. She has teamed up with Hedgehog Furniture near Catterick who now make some wonderful wooden soap dishes, specifically to fit Rachel's soaps. Her lip balms are sold in small recyclable metal pots and she has recently launched a liquid soap in a refillable aluminium pump bottle.

The products come in a range of fragrances and because there are no synthetic ingredients they are not harsh on the skin and do not strip it of natural oils. Rachel is now working on launching a hand and body lotion to accompany her other products.

At the moment, Rachel sells her products at Middlemoor Farm Cafe near Richmond, but she also takes direct orders from customers. There is no minimum order and delivery can be arranged. She will even make to order! At the moment, Rachel is working on launching a website but she is not yet happy with this, so is not sure when it will officially be launched. In the meantime, she has offered our WI members special rates on her products, so perhaps now is the time to indulge yourself and try out some of these wonderful homemade products.

Information from Rachel has already been sent out to you, but details are included at the end of this Newsletter.

A Gentle Stroll up Addlebrough

Well, how unusual? On a day when we had arranged a walk up Addlebrough, the sun was actually shining and it didn't rain!



Five intrepid members donned their walking boots and rucksacks and headed up the hill, led by Susan. It was a leisurely walk/climb so we were able to

enjoy a chat along the way and the views from the top were spectacular, thanks of course to the lovely weather. We took a photo just to prove to you all that we did actually climb the hill!

Once we had descended, we all enjoyed refreshments in Susan's garden - the best bit by far!

Time for Lunch - Well, Not Quite!

As you know, we had intended to have a 'test' Soup & Sweet lunch at Thornton Rust Institute on Wednesday 30th June. However, given that we were not released from restrictions on 21st June, as we had all hoped, we felt it wise to cancel this event. Given the ongoing uncertainty, we have now decided to postpone this event until **WEDNESDAY 8th SEPTEMBER**. Fingers crossed that it will be fairly safe to go ahead then! Further details will follow.

Going Back to School

We have our visit to 'The Story of Schools' exhibition at the Dales Countryside Museum in Hawes on **THURSDAY 8th JULY**. If you are booked to come along on this visit, please make sure you are in the car park at 1.45 pm so that we can all go in as a group. If you are a Friend of the DCM, you will need to bring along your card to gain access. Once we have looked around the exhibition, we will be going up to The Wensleydale Creamery for refreshments. There is no need to book for that, but if you wish to go to the exhibition, please let Susan know **BY MONDAY 5th JULY**.



A Surprise for our July Meeting

Unfortunately, the speaker we had booked for our July meeting is now unable to talk to us, so we are going to have a 'Mystery Evening' instead, via 'Zoom!' This will take place on **THURSDAY 15th JULY** starting at **7.30 pm**. We hope that you will join us to find out just what mysteries we have in store!

Ladies Who Lunch

Hoorah! Our Lunch Club is back! After such a long time of not being able to



meet up over lunch, we are now looking forward to our first lunch which is booked for **THURSDAY 22nd JULY** at Middlemoor Farm Cafe, just outside Richmond - Covid restrictions permitting! Anyone wishing to join this event **must book with Anne Harrison BY 8th JULY**. We will be travelling by cars and no doubt we can offer lifts to those without transport who would like to come along - let us know. Lunch is booked 12.00 pm for 12.30 pm and we will be seated in the marquee - hopefully it will be lovely weather, but please be prepared if it is not! **PLEASE NOTE THAT PAYMENT MUST BE MADE ON THE DAY IN CASH ONLY.**

What we do Best!

We have been given the opportunity to raise some funds for our WI by providing

refreshments at one of the regular Craft Fairs held in Hawes Market Hall, which we are very grateful for after a very lean year! We will be providing the refreshments for the event over the weekend of **SATURDAY 31st JULY and SUNDAY 1st AUGUST**. Obviously, we will be looking for the support of all our members for this activity which will require volunteers to serve in the kitchen for a few hours over the weekend and/or donating some homemade cakes, scones, tray bakes and sandwiches. At least we are not reliant on good weather for this event, so you are sure of being warm and dry inside! However, we really do need your support to ensure that this is not left to a few people who end up spending hours in the kitchen, rather than just an hour or two on a rota. Please consider helping us if you possibly can as the funds we raise will enable us to offer our members a good range of activities in the future. Volunteers will be needed between the hours of 9.00 am and 4.30 pm each day. Please contact Susan as soon as possible to let her know if you are able to help in any way. Very many thanks!

90 Years and Still Counting

I hate to keep mentioning this, but we are rather lacking in feedback to our request for information from our members to create a booklet marking our 90th Anniversary next year. Please do try and get in touch with any committee member, as soon as you can, to give us the following information.

- ❖ The date you joined the WI
- ❖ How old were you when you joined?
- ❖ What prompted you to join?

- ❖ What do you enjoy most about belonging to Bainbridge WI?
- ❖ Any significant or memorable moments of your membership.
- ❖ Any photographs of our WI events/ activities and significant celebrations.

Thank you!

Book Club

The next meeting of the Book Club will take place on **THURSDAY 5th AUGUST** at **7.30 pm at Susan's home (Sheepscar, Thornton Rust)**. The new book being read is 'A Gentleman in Moscow' by Amor Towles. If you wish to join this club, please contact Susan (663980).

Summer Shopping Market

The Summer Shopping Market on Bainbridge Village Green is fast approaching and we are really hoping that our talented members are busy in the background making, or planning, homemade goodies for us to sell on our stall. This is going to be a major fundraiser this year as there are so few other opportunities available to us, so your support is crucial in ensuring that our WI is financially viable for next year.

The Market is taking place on **SATURDAY 14th AUGUST** between 10.30 am and 2.30 pm on Bainbridge Village Green. We would like to be able to offer homemade cakes/biscuits as well as craft items - all made by our members - together with plants that we may have been able to grow ourselves. We intend to offer refreshments, so we will also be looking to serve sandwiches and cakes etc and would

appreciate your donations of those on the day. We are really relying on you all to support this and help sustain our WI, so please try and help if you can - either by preparing things to sell or by coming along on the day to help - or both, if you wish!

Coming up in August

We have another change to our programme in August when we will now have Nigel Metcalfe, a Ranger at the YDNPA, talking to us about projects currently being

undertaken in the National Park. This meeting will take place on **THURSDAY 19th AUGUST** when we very much hope



that we will be able to return to the Village Hall. The meeting will start at 7.30 pm, but of course this will depend upon the Government guidance at the time. We will keep you updated.

Calling All Gardeners

We have arranged to visit Joan Ford's garden at Diamond Hill Farm near Patrick Brompton on **TUESDAY 14th SEPTEMBER at 2.00 pm**. We will follow the visit with afternoon tea at The Garden Rooms at Tennants in Leyburn. If you wish to join this visit, please let Susan know **BY MONDAY 6th SEPTEMBER.**

Goodbye to Past Members

It is with great sadness that we mark the passing of previous members, who have died recently:-

Isobel Metcalfe

Always do your best - what you plant now, you will
harvest later.

Og Mandino

BAINBRIDGE WI

Website: www.bainbridgewi.com

President: Mrs Susan Freer, 'Sheepscar', Thornton Rust, Leyburn, DL8 3AN

Telephone: 01969-663980

Newsletter Editor: Mrs Karen Prudden, Coatie, Bainbridge, Leyburn, DL8 3EF

Telephone: 01969-650706

July Quiz

Back to some General Knowledge this Month ...

1. What do the letters MRCP stand for?
2. Which Hans Christian Anderson character sleeps in a nutshell?
3. Name the only US state beginning with the letter 'D'.
4. What is the only stringed instrument not played with a bow?
5. The Swastica Stone, dating to 2000BC, can be found on which Yorkshire Moor?
6. Who wrote the novel 'Shirley'?
7. What is the county town of Rutland?
8. Which actor played the first Dr Who?
9. What was TinTin's dog called?
10. How many time zones are there in Russia?
11. What country has the shortest coastline in the world?
12. What colour is the blood of a lobster?
13. What is the collective noun for a group of foxes?
14. What is the biggest island in the world?
15. What colour are the 'black boxes' on an aircraft?
16. How many noses does a slug have?
17. What was the best-selling film soundtrack of the 1970's in the UK?
18. What was the name of the tower block where Del and Rodney Trotter lived?
19. What is the oldest university in Scotland?
20. What was destroyed by the 'bouncing bombs', designed by Barnes Wallis?

GOOD LUCK!

Belles Natural Soaps

Handmade to order organic soaps and balms,
Using ethically sourced ingredients.

All our soaps are vegan. The liquid soaps are palm-free and our hand soaps are made using sustainably sourced palm products. The lip balms are made with only organic beeswax, coconut and almond oils. Our packaging is all recyclable or re-usable.

We are on Instagram and Facebook - Belles Natural Soaps
Email us at: admin@bellesnaturalsoaps.co.uk

Soap Bar Fragrances 80g - £5.00 100g - £6.00	Liquid Soap Fragrances 250ml - £7.50 250ml Refill - £5.50	Lip Balm Flavours 15g - £3.00	Accessories
Simply Lavender	Lavender	Cherry	Handmade Wooden Soap Dishes - £5.00
Gentle Rose	Rose	Lemon	Fairtrade Organic Cotton Gift Bag - £3.00
Bergamot & Black Pepper	Lemongrass & Ginger	Mandarin	Natural Jute Bag - £3.00
Lemongrass & Ginger Thyme & Juniper Berry Sweet Orange & Clove	Bergamot & Sweet Orange	Peppermint	Organic Cotton Face Flannel - £2.50
	Thyme & Juniper Berry Orange & Cinnamon	Sweet orange	
		Sweet Orange & Cinnamon	