

Newsletter March 2023

DATES FOR YOUR DIARY

Wednesday 8th March - Walking Group

Burtersett to Hawes 10.30am
Choice of longer or shorter routes

Thursday 16th February - Monthly Meeting

Bainbridge Village Hall

Wednesday 22nd March Lunch Club

Forresters Arms Coverdale
12.30 for 1pm

Saturday 25 March Garden Club

Sycamore Hall 10.30 am

Saturday 1st April Community Lunch

Bainbridge Village Hall 12 noon
(By invite)

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
2.30pm Bridge

Friday 11am Gentle exercise

Other WIs' Events

Wednesday 8th March Games Night

Lower Wensleydale Group of WIs
Dalesman Club Leyburn 7pm £3

BAINBRIDGE WOMEN'S INSTITUTE

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Federation Events

See Federation Newsletter for full details

16th March Beginners Watercolours

18th March Climate Change Workshop

13th April and 15th April Beaded Necklace
Workshops at Alma House

22nd April Spring Council at Tennants

16th May Bankfield Museum and Piece Hall
Trip

18th May Federation 40th Anniversary event
Long Preston

20th May Federation 40th Anniversary event
Alma House

13th June Bridgewater Garden and Jodrell
Bank Trip

15th June Antiques Evening Kettlesing

22nd June Federation 40th Anniversary event
Crakehall

24th June Federation 40th Anniversary event
Dacre

From the committee

It seems like we have a lot of events and activities planned. The garden club is brimming with ideas and we hope to combine walking, garden visits and lunching in to some trips out. Watch out for more information in the newsletters and in the email newsflashes. Thank you for returning the completed questionnaires, it is very helpful for us to know what you are interested in and with what you can help out with.

As most of you know, April is the month in which we collect the WI annual membership fees. The total subscription for Bainbridge WI members for 2023 – 2024 is £39, an increase of just £1 on last year. Bainbridge WI has again decided to subsidise the WI share of the fee. The fee you pay is shared between National Federation: £12.60, NYW Federation: £10.80, and Bainbridge WI: £15.60 (reduced from £22.60 with our subsidy). At the March Monthly Meeting we will display a copy of our budget for 2022/2023 showing you what we spend this money on and how much money we need to raise in order to cover all of our costs.

Our fund raising has got off to a good start with the popularity of the soup and sweet lunches and we hope that there will be a couple of opportunities to raise funds at summer events in Bainbridge – again watch out for more information coming soon. One recipient of our fund raising activities is the Annual Community Lunch for the older residents of our community. This is happening on 1 April this year, planning is underway and we hope that this will be as successful as in previous years.

Monthly meetings

At our February meeting Travel Counsellor Dinah Alonso-Wilkes came and talked to us about her exciting career in the travel industry. Throughout her varied career, she has travelled extensively and gave us a slide show from some of her many trips and also the various cruise ships she has travelled on. Whilst cruising may not be for everyone, Dinah was very enthusiastic about her career and the work she has had the privilege to enjoy and the many countries she has visited as a result.

We enjoyed a lovely supper and especially some beautiful heart shaped shortbread biscuits made especially by a member in honour of St Valentine's Day.



Our March meeting will take place on **Thursday 16th March** at Bainbridge Village Hall, starting at 7.30 pm. Our speaker will be Joy Barrett Cookery Demonstrator. Joy will be demonstrating 'One Pot Wonder' meals.

Soup and Sweet

We had another busy Soup and Sweet lunch on 20th February – 30 lunchers joined us with a choice of Apple and Parsnip or Creamed Sweetcorn soup followed by Chocolate pudding, Pancakes with berries and cream or Jam Roly Poly. It is very rewarding to see so many of our local community enjoying these events. The next event will be on 24th April at Thornton Rust. The Soup and Sweet Lunches will take a break for the summer but will return in September.

Garden Club

Many thanks to Janet for your hospitality and for showing us around your lovely garth and garden. The snowdrops were looking fabulous and the birds were in abundance and didn't seem at all worried by our presence. We swapped seeds and magazines, chatted about gardening, and planned events for the coming year. Surplus seeds and 'read more than once' garden magazines will also be at the monthly meetings for you to help yourself to.



Our next meeting is on **Saturday March 25th** – we meet at Sycamore Hall for refreshments with the residents and to share photos of the spring plants in our gardens.

Garden Nursery Visit April 28th

On Friday April 28th we are visiting Holden Clough Nursery, a beautiful award-winning nursery in Bolton-by-Bowland, about 1 hour's drive from Bainbridge. Have a look around their website holdencloughnursery.com for more information about the nursery, beautiful photographs, growing tips and more. We will car share leaving around 8.30am so you will be able to plan the time spent at the nursery to suit your schedule and have the flexibility to make other stops on the way home.

We will book a table in the restaurant for lunch, there will be a talk by the owners about the history of the nursery and some planting and plant care tips. Please let Nicola know if you are interested in going on this trip ASAP.

Walking Group



Snowdrops were the focus of the walking groups latest exertions. Four members met in Askrigg on a wonderful spring like day and followed a circular route which took us passed both the mill and Nappa Hall where the banks were carpeted with a fabulous display of Snowdrops. No WI walk would be complete without coffee and cake therefore we finished our walk at the Bakewell.

Our next walk (weather permitting) will be on **March 8th**. The walk will be Burtsett to Hawes with a choice of a longer or shorter routes. Meet at 10.30.

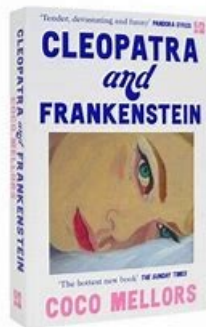
Watch out for updates by email and in the WhatsApp group. If you do not use email or WhatsApp and would like to be kept up to date of any last minute changes by telephone – let Nicola know.

Book Club

The Book Club meeting on 28th February was held at "Sheepscar " Thornton Rust. We welcomed Margaret Reynolds as a new member of our group.

The book "Sorrow and Bliss" by Meg Mason was discussed. Gill informed us that one book which we all enjoyed, "A Gentleman in Moscow " by Amor Towles is now being made into a film.

Some of us are still reading " Still Life " by Sarah Winman. Our next title is " Cleopatra and Frankenstein" by Coco Mellors



We all enjoyed a very social evening. . The next meeting is on Wednesday APRIL 19th ,7-30 pm at "Sheepscar " Thornton Rust.

Other events

Saturday 11 March 11am – 2pm -

Kirkby Green Day

Kirkby Malzeard Village Institute, HG4 3RS

Stalls and food with a sustainable theme

March Birthdays



A very Happy Birthday to both Janine Preston and Marjorie Spence

Hold The Back Page by Karen

ADAPTING TO A NEW WORLD

For some strange reason, I have been asked to write a regular article for our WI Newsletter which I hope you will enjoy, and which will give me something to do. As you all know, I have plenty to say, so in theory I should also have plenty to write about. However, when it came to writing for this issue, I was in a quandary about what to write.

With so little currently going on in and around Bainbridge and Askrigg (at least, that I could safely write about!) it has taken me some time to come up with a theme.

In desperation, I thought I might just ramble on about my recent experiences as a newly registered blind person. I am sure that sounds boring enough to make you stop reading now, but I hope I can bring some interest to the subject and maybe enlighten you on the new world I now live in.

Naturally, this has been a real shock to the system and I can't say there are not times when I struggle to deal with the fact that this is my life from now on. However, the way I am trying to deal with it is just to get on with things and try to find humour in situations. It isn't always easy, but there have been times when I have had a laugh, whilst others have thought I must have completely lost my mind!

I have discovered a lot of things in our 'normal' world that don't work in the world of a blind person. I guess I am fortunate to have some small element of sight left, but I have lost most of my colour vision so my world is now mainly very grey - bit like the weather! With that in mind, just imagine how difficult it is to wash your hands in a public toilet - how on earth do I know which way to twist or turn those combo taps to wash my hands without burning myself? Indeed, how do I even find the right public toilet to go into without help? I appreciate some have braille on the signs, but not all - and anyway, I don't do Braille!

One of my biggest bug bears so far has been the yellow 'warning - slippery floor' signs. I will soon be in double figures of how many of those I have fallen over or kicked into someone or something! I am sure they are great at warning of wet floors, but they are a dangerous obstacle to those of us who can't see, especially as they are generally plonked in the middle of a doorway!

I have also found that in our modern world, most things are now done on ,mobile phones, tablets, computers or screens - great, if you can see them; not so good if you can't! How do I now order a meal in MacDonalds? Their ordering system is now on touch screens or mobile phone apps. Those touch screens never liked my fingers anyway and I would usually end up looking for a member of staff to tap the screen for me! Now, I can't see the screens and in fact, they have become yet another obstacle to try and avoid.

Talking of obstacles, oh my goodness - just how many of those are there out there to catch out the blind person? Footpaths are full of 'A' boards, lamp posts, bollards, uneven flags, post boxes etc. It is a bit like an obstacle course! Then there are the pedestrians who are talking or on their phones and not concentrating who come straight for you! Mind you, there are quite a few of those who do that anyway, without the distraction of phones etc!

Now, I guess you are going to say that if I had a white stick, they wouldn't do that - and you may be right, although I am not putting any money on it! Sadly, I don't have that much faith in the average person.

Anyway, the white stick is another story in itself! When my consultant was telling me that I could have a guide dog and a white stick I thought great - until I remembered just how many dogs we already have at home (none of which are clever enough to be guide dogs!) And then when she told me I would need to pass a test to get the white stick, I just laughed! Seems it wasn't funny?! I really do have to pass a test to use a white stick and in order to do that, I have to undergo several months of training!! My teacher is very nice, but she doesn't share my very twisted sense of humour and takes the matter very seriously. After my first training session, I was somewhat shocked that she took the stick away from me, but it seems that until I am 'qualified' I might not use it properly?! At a subsequent session, she didn't see the funny side when a friend said she would lie down to see if I would find her or trip over her! Anyway, I have persisted and been very diligent with my training and I have now been left with said stick to practice. I know I shouldn't be so cynical as I have to say I have been impressed at just how useful the stick can be, but I do consider myself intelligent enough to have some idea of what to do with it and can't help thinking that several months of training is going to become very tedious. Having had a lesson on going up and down stairs I was stupid enough to ask if the same rules applied to using escalators but I was promptly told that this would be a whole lesson in itself! I can hardly wait! I have also been told that I can have an 'off-road' stick if I feel that I need to walk off roads and footpaths often enough. That apparently has a bigger ball on the bottom than the usual stick. As I was being told this, I was already thinking of just how big my new handbag is going to have to be to carry a stick and a replacement ball, not to mention all the other aids I now have to help me! If you see me with a rucksack in the future, don't think I am going on an expedition - I will just be carrying my visual aids with me!

Seriously, though, I shouldn't complain as it is amazing what can be done to help these days. I have some amazing magnifiers and a wonderful set of lenses which allow me to see the TV, even if only in grey and white and very blurry. I probably look like an alien wearing them, but at least I don't sit in the armchair of an evening falling asleep with boredom! I am however, very frustrated by the number of TV programmes which appear to be filmed in the dark - can't they afford the lighting?! A lot of the time I feel I am just looking at a black hole!

All in all, this has already been an 'eye opening' experience (forgive the pun!), even if it is one I could have done without. It does however make me appreciate just how difficult life can be for those of us who are unfortunate enough to be classified as 'disabled' in whatever form that may be. Perhaps I should sign up as a WI speaker to enlighten others, although my talk would have to come with a warning that it may offend some people with my twisted sense of humour!

Hopefully you will have read this with a smile but also appreciated some of the issues that some people face every day. If we can all be a bit more aware and helpful, I am sure that the world would be a better place.

Anyway, I am now going to put my mind to a more interesting theme for next month's ramblings.

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.
