

Dates for your diary

Friday 1st February - IT Club

2pm Sycamore Hall

Saturday 2nd March Easter Crafting

10.30am – 1pm, Sycamore Hall

Saturday 16th March

Annual Community Lunch

Bainbridge Village Hall

Wednesday 21st March Monthly Meeting

7.30pm, Sycamore Hall

Thursday 27th March Lunch club

Wheatsheaf Inn, Carperby

12 noon for 12.30

Thursday 4th April - Book Club

Sheep Scar Thornton Rust 7.30pm

Garden Club

To be arranged

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

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Federation Events

See Federation Newsletter for full details

Tuesday 5th March – Log Cabin Patchwork

Alma House, Ripon, 10.30am-3.30pm £20

Tuesday 12th March – Cookery Demonstration

Arkendale Community Hall, 1.30pm – 4.00pm, £15

Saturday 16th March – Not Home-made but Handmade

Alma House Ripon, 10.30am-3.30pm, £20

Saturday 23rd March – Climate Change Half Day

Bishop Monkton. 12.30pm-3.30pm, £10

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

From the Committee

As I write this the sun is shining and the first daffodils have come out. Let's hope this is the end of what has seemed like a very long winter and the beginning Spring!

We have a busy and interesting spring and summer ahead with lots of activities and outings to look forward to. This month, alongside our usual activities we have two special events - Easter Crafting on Saturday 2 March and the Annual Community Lunch on 16th March, read on for more details of these and other upcoming events.



Annual Community Lunch

The preparations for the Annual Community Lunch are going well. Invitations have been sent out and we are starting to get replies. The menu is – Chicken and Leek pie with vegetables, followed by a variety of desserts.

Thank you to those of you who have already volunteered to help. We are buying the pies from Café Curva, which will help a lot with the preparation, and a number of members are making the desserts.

There will be an Easter 'headwear' competition, judged by Linda Cameron and a repeat performance of our wonderful Cinderella pantomime.

Last year we had many members helping on the day and the guests commented on how nice it was to be greeted at the door and given lots



of attention during the day. So, if you would like to help out on the day please let Nicola know.

Membership fees

Please remember our WI membership fees are due by 1st April. The fee for Bainbridge WI members for this year is £39. We prefer payment by bank transfer but also accept cheques and cash.

Monthly Meeting

We had a really interesting talk at our February meeting when five members of the Yorkshire Dales Moorland Group came along to talk to us. We had never seen so many men at a WI meeting!

We were treated to a very informative talk about the management of our moorlands and many of the old myths were busted in the process. We learned how good management of the moorland is vital to ensure it sustains the wildlife necessary for good balance and also how important the moorland is to addressing climate change.

We learned how the controlled burning of the heather ensures the right habitat for the wildlife as well as controlling pests and disease. If this did not take place there would be a much higher risk of uncontrolled fires breaking out in hot weather, as we have seen elsewhere in the country, and indeed around the world.



We also learned how important the annual shooting season is to our local communities. There are, in fact, very few local businesses who do not benefit in some way from this through accommodation, hospitality, increased sales in our shops and garages etc.

A huge number of people are employed, not only directly in the shooting industry, but also in these businesses and the loss of this would have an enormous impact on our communities.

It was also interesting to hear how the Moorland Group are working with schools, both in our area and further afield, to educate children on the importance of the managed moorland and maybe in the process encourage them to train as gamekeepers or volunteer in the future.

As always, we followed this talk with supper and the opportunity to chat and sign up for many forthcoming events.

Don't forget Our March meeting has a change of date and venue:

Wednesday 20th March, 7.30 pm at Sycamore Hall, Bainbridge (we can't compete with Sir Trevor McDonald who is appearing at Tennant's on the Thursday). This will be an Open Meeting where we welcome all visitors (no entry fee) to see Shannon McIntyre of Feather & Fern in Hawes demonstrating some Easter flower arrangements so please bring along a friend.

A short note about our meeting in June – we are having a Canal boat trip – the boat trip is booked and will be a cost of £27.50 per person which includes afternoon tea. We will be taking bookings from next month.



A coach is booked and will be paid from our existing funds. We will leave about 12.30pm and arrive back in Bainbridge about 6pm. The boat trip is about 2 hours long.

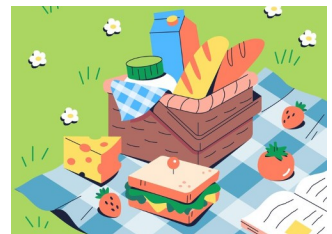
Fund Raising in 2024

Of the annual subscription of £39, Bainbridge WI gets to keep £14.60 (the remainder goes to National and Federation). This amount covers our monthly meeting expenses of hall hire and speakers.

We do have other expenses: insurance, web site fees, auditor, printing for publicity and archives etc, flowers, and of course the Annual Community Lunch. We raise funds to pay these expenses.

This year we have two big fundraising events. They are both in June, and on consecutive weekends which will be hard work but together they have the potential to raise the money we will need for this year.

On 16th June we are selling refreshments at the **Beamish Car Run**, you have supported this very well in the past, and again this year we would like to have donations of cakes to sell and volunteers to run the stall on the day.



The other event, which you will have seen on the programme, is catering for a **Ripon Motor Club Veteran Car Run** on 23rd June. The club approached us about providing a lunch for them on their day out touring the Dales. We will be catering for 120 guests!! Initially it was 60, but it has proved popular.

That's a scary number but to keep it as simple as possible we will buy in the food from local suppliers, showcasing the best of local foods,

and serve it as a buffet. So, we won't be asking you to donate food, but we will need many volunteers on the day – to set up the hall, prepare salads, help serve the buffet and wash up.



The plan is to have two sittings, but in reality it will probably be a constant serving spread over a couple of hours as the cars turn up. It's a big job but we aim to make it as simple as possible and it has the potential to earn us a good amount of funds.

We are starting to plan it now, and will be asking for volunteers in April, but we wanted to let you know what it was all about so you can save the date. And spread the word as it will be quite a spectacular visit – 60 veteran pre 1910 cars, and participants from all over the world. So please save the date.

Quilting workshop

The second day of this workshop was held on Saturday 10th February - we learnt how to trim the patchwork and layer up the batting, quilt the layers together and add a binding to make placemats. Thank you to our two very patient tutors Karen and Heather - The Quilting Sisters from Darlington.

Easter Crafts – Saturday 2nd March

Our mini dabble day craft sessions have become very popular. For Easter we are doing wacky Easter wreaths, air dry clay hanging ornaments, decorated 'bonnets' and more. We hope you will come along and join us. The

session is open to anyone, including children (who must be accompanied).

Choose as few or many activities that you want to do. The session runs from 10.30am to 1pm, turn up at any time and stay as long as you like. Entry is free but we will ask for a small donation towards materials. The session will take place at Sycamore Hall.

Garden Club

Tuesday 26th March the Garden Club are having an outing to Moss and Moor in Ilkley. <https://mossandmoor.co.uk/> -

'A gardening hub for foodies and lifestyle lovers to enjoy' – there is a garden centre and large indoor shopping area selling food, gifts and indoor/outdoor living items.

There is also a very nice café <https://mossandmoor.co.uk/wp-content/uploads/2023/10/Moss-Moor-Menu-scaled.jpg>

We will set off about 10am, car sharing. The journey there will be about 1 ½ hours.

Please let me know if you would like to join us (and if you would be willing to drive), if there is a group of more than 10 we will be able to book a table in the restaurant.



Beetham Nurseries Rose Talk

On Saturday 29th June Beetham Nurseries, near Kendal, are hosting a talk all about roses by Andy from David Austin Roses. He will talk on a wide range of topics, including climbers, shrubs, companion planting and the best varieties for gardeners. Robert from Beetham Nurseries will also talk about the roses they have on offer.

The talk will be in a heated marquee. The cost is £5 and you get a £5 voucher to spend at the nurseries on the day of the talk. The Garden Cafe and the Wood Fired Kitchen will be open for refreshments.

If you would like to join a group of members going to this talk, please let Sue Stokes know at suestokes@qualitar.co.uk or sign up at the next meeting.

IT Club

In February we had a look at the new WI Learning Hub, at the variety of courses available, how they are delivered and how to sign up for them.

Some of our members have already participated in some courses – including chair Pilates and crochet daffodils.

There is a good range of courses available, just about all of them free to WI members. If anyone would like some instructions or help with signing up for courses, please let Nicola know.

At the next session, on 1st March, we will be looking at Apps – what are they, how to download and use them, and other free online resources.

There is no need to book for this session, just turn up.

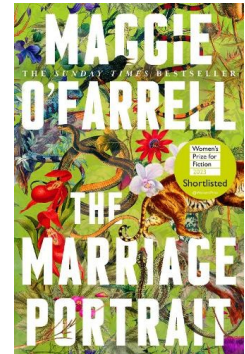
Book Club

We were very happy to welcome new member Rachel Newall to Book Club this month. Our latest book *Wedlock* by Wendy Moore generated a lot of discussion.

It is the story of the terrible physical and mental abuse suffered by heiress Mary Eleanor Bowes, Lady Strathmore, at the hands of her second husband, Captain Andrew Robinson Stoney, towards the end of the 18th Century.

We reflected on the difference between the present day and Georgian times for women to be able to have legal representation. Fortunately the delicious supper lightened our mood!

Our next 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.

All welcome

Susan Freer



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

MAKING THE MOST OF IT

Another month and yet another reason for me to find myself at James Cook Hospital! I am sure it is a wonderful place, doing amazing things every day but I am getting a bit fed up with seeing the place - and getting lost in it!

We stupidly parked in the wrong place and entered by the wrong door so were politely told we just needed to 'walk around the hospital, past A&E and the south entrance, enter via the bridge entrance and then turn right'!

Suffice to say, for someone not feeling well (like most people there, I assume!) that was not 'just a walk round the hospital' - it was more like a marathon, especially as we were now going to be late if we couldn't find this place! By the time we did arrive, I was almost in need of resuscitation!!! Thank goodness we were met with a cup of tea!



Anyway, having finally reached the right department, I had the pleasure of meeting another very nice consultant. He was in fact a bit of a charmer and we had quite a conversation about my previous life, training to be a medical secretary. I told him how aghast I was to see that he was dictating a letter to my GP into a dictaphone which transferred it straight into a letter on his computer screen before us! I told him it was clearly a blessing when I changed the direction of my career as I would otherwise have been redundant now, replaced by a

machine - nowhere near as interesting, fun or accurate, I am sure!

Aside from our chat on such trivia, he went on to examine me and to tell me that he didn't really know why I had been referred to him as I had undergone all the tests necessary to demonstrate that the key bits of me were perfectly normal and working okay.

Now, I have to tell you that these are not words normally associated with me - not at any point in my life, and certainly not recently - so I was somewhat relieved, and also reassured that the surgery had actually done what they should. However, he then went on to say that in his humble opinion, we humans were designed only to live for sixty years and, after that time, bits of us start to tire and become inefficient! Oh great, thought I, as I battle my way towards what I hope will be my sixtieth birthday next year!

We chewed over this and he suggested that this is something that should be taught to our children at school rather than (in his words) 'some of the rubbish they teach them these days'!! He suggested to me that if I were to do my bit by keeping active and he did his bit by looking after me, I might still manage to get to 99!



So, this made me think. For a start, perhaps he is right ... perhaps we should guide our children to expect to live to the age of 60 so that they can try to get their priorities right and do what they want to do. Admittedly, as he said, some may have much longer than that, but we should really be considering anything over the

age of 60 as a bonus and not expect it to be a 'given'.

If we all thought that we had just sixty years would we have done things differently? One thing for sure (and something I have learned recently) is that all this planning for a lovely retirement is utter rubbish! Yes, if you are really lucky, you may get a good number of active years of retirement, but equally you may find (as I have) that your health deteriorates and all those plans go out the window.



With the way the world is going, you may never even reach retirement or pensionable age as the goalposts keep getting moved! I think I am already staring an official retirement age of 70+ down the barrel of my gun, knowing that the chances of making it that far are becoming increasingly remote!

Likewise, I pointed out that I wasn't even sure I wanted to make it to 99 years old! Whilst I have had the pleasure of knowing some very active, lovely people who made it to their 100th birthday - and some far beyond - I have also seen those who have struggled with all manner of dreadful health conditions into old age and just couldn't wait to 'shuffle off'! Indeed, I am not alone in thinking that there are definitely circumstances in which we keep people alive far too long with absolutely no quality of life at all, just 'because we can' now that our medical skills and treatment options are so good. Is that morally right - a discussion for another day?

I guess it is the luck of the draw and I suspect if someone promised you good health, activity levels and a comfortable lifestyle you perhaps

wouldn't worry about living to 100+ but without any of that, I am not sure it is so appealing, certainly in the world we are currently living in!

After all that discussion I came away from the hospital thinking - I wish someone had told me when I was younger that my ticket expires at sixty and I needed to fill my time with things I wanted to do, rather than things I didn't.



Bit late now!

So ladies, lets all get out there and make sure we are filling our days with the people, places and things that we want in our lives - not the things we don't and certainly not the worries for the future. Let's live in the 'here and now'! As I heard someone say just last week, we are here today but tomorrow is not guaranteed - certainly not with the way things are at the moment!

Have a very Happy Easter!

March 2024

