

Dates for your diary

Tuesday 1st August - Book Club

7-30 pm at East Netherbar, Appersett

Wednesday 9th August- Walking Group

From Bainbridge, 10.30am

Watch out for emails and WhatsApp
for updates.

Thursday 17th August - Monthly Meeting

7.30pm Colin Bailey

Bainbridge Village Hall

Thursday 24th August – Lunch Club

Saddle Room, Coverdale

12.30 for 1pm

Sunday 20th August – Tractor Event

Refreshment Stall

Bainbridge Village Green – 10am to 4pm

Garden Club

Date and Place TBC

Wednesday 20th September -

An Evening With Adam Frost

7.30pm Tennant's Garden Rooms £14

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

High Dales Event

Monday 2nd November -Skittles & Quiz
Thornton Rust Institute, details to follow.

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Federation Events

See Federation Newsletter for full detail

Wednesday 6th September

Autumn Bounty Cookery Demonstration

2pm - 4pm and 7pm – 9pm Alma House £10

Saturday 16th September

International Day - Ukraine

Darley 10am – 3.30pm £30 includes lunch

Tuesday 26th September

Jane Robinson – author

2pm - 4pm Alma House £15 with Afternoon
Cream Tea

Tuesday 24th October – Beginners

Watercolours

Alma House 9.30 – 3.30pm £12 + £5 materials

Thursday 26th October – Returners

Watercolours

Alma House 9.30 – 3.30pm £12 + £5 materials

Tuesday 7th November – Wacky Christmas

Wreaths

10am – 3pm £12 + £5 per wreath

Thursday 9th November – Wacky Christmas

Wreaths

10am – 3pm £15 + £5 per wreath Hellifield
Institute

**Thursday 23rd November Christmas Food and
Flowers**

10am – 3pm Darley Memorial Hall £32.50

From the Committee

Many WI's slow down during the summer but we seem to be keeping up with all our activities, which is great. All our clubs are meeting in August, and we have a big fundraising event - the 'Tractor Event' - on the 20th. To those of you who are going away on holiday or hosting family and visitors - we hope you have a lovely time.

Bainbridge Car Club & Vintage Machinery & Tractor Event

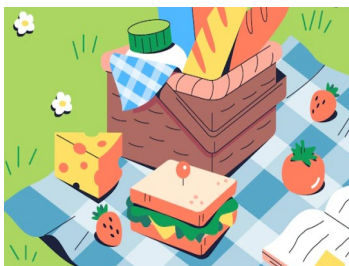
This event is on Sunday 20th August. The Village Green will be buzzing with people and tractors and we are hoping for some good weather. We have been asked to run a refreshments stall from 10am - 4pm. We will be serving sandwiches, quiche, cakes and tray bakes, tea, coffee and squash.



Please let us know if you can help with any of the following:

- Setting up and serving 9am - 1pm
- Serving and clearing away 1pm - 5pm
- Making sandwiches, quiches, cakes and tray bakes.

As you were very generous with your donations for the Beamish event and we are well on track to meet our fundraising target we are happy to pay expenses for the ingredients of anything you are able to make.



Monthly Meeting

Our speaker for July was Louise Webb, who until last year had been an Art teacher for 24 years with 19 years spent at Wensleydale School. She has now embarked on a new career linking her varied interests in Art with Mindfulness and how the two can help one another. She is currently taking a post graduate course to become a counsellor in Psychotherapy and works with various groups in Art and Mindfulness, which she described as the practice of being aware of the present moment and accepting it, by being in the here and now and not looking back.

Louise had us all drawing and passing our sheets of paper amongst the group to express our

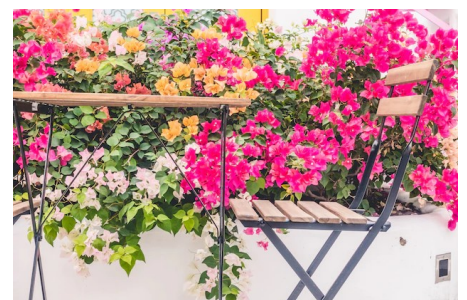
thoughts and how we interpreted how we were feeling.



We finally had to draw the person opposite us whilst not looking at our paper.

An Evening with Adam Frost

BBC Gardeners' World presenter Adam Frost will be coming to Tennant's to share his story of a life in Gardening. We have booked 10 tickets for this event at Tennant's Garden Rooms on 20th September. At the time of writing this there are two tickets left so if you would like to come along please get in touch with Nicola.



Garden Club

This month we met in Raewyn's garden in Marsett. In line with most other days in July it is fair to say the weather forecast was not promising but we managed a dry hour before settling for coffee.

The effects of high winds and unseasonably low temperatures on the plants were discussed but we had met to see the lavender which didn't disappoint. In previous years the lavender has been host to huge numbers of Bumble Bees, Honey Bees and Hover Flies sadly there have been very few this year.



Lunch Club

We decided to have a change for the July lunch to make it special. Some dressed up in their best dresses and fascinators, some didn't! However, we all met at the Stone House Hotel near Hawes ready to enjoy an afternoon tea, which we certainly did.



Savouries included finger sandwiches, quiche and a very generous sausage roll. This was followed by scone, jam and clotted cream plus a lovely selection of tiny cakes and chocolate dipped strawberries. And to crown it all, was topped by a small glass of lemon cream with a lovely, big fat fresh raspberry. There was lots of laughter and we were well looked after. We had a lovely afternoon with most taking a little doggy box home!

Our August gathering will be at the Saddle Room in Coverdale with lunch, 12.30 for 1, on Thursday 24th August. Just let us know if you need a lift, or can offer one. Everyone is welcome. Just add your name to the list at the WI meeting, or contact Anne Harrison 01969 663381 or anneandmauriceharrison@btinternet.com We look forward to seeing you all on 24th.



August Birthdays

A very happy Birthday to:

Diana Hartley Claire Lambert
Nicola Robinson Freda Rudland

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

The Ladder of Life

Having just become a grandma (hoorah!) I am now reflecting on life and the phases that we pass through on our journey.

When my parents died very close together, I realised then that I was suddenly the oldest member of our family and felt the associated responsibilities fall on my shoulders, even though at the time I was still relatively young.

Now that I am a grandma, I am suddenly feeling that age is catching up with me and my time here is somewhat limited. That made me sit and think about life and how we move up the 'ladder of life', even if we are not always aware of it. So, here is my interpretation of the '*Ladder of Life*'...



Step One – Birth

We are born into a world we know nothing about and have no control over. We hope we are born into a secure, loving home but again, we have no control over that. We are entirely dependent upon our parents to provide us with the nurturing, care and love we need to develop. Some of us are lucky; others less so, but this stage really can determine our future.

Step Two - Childhood

Here we are launching ourselves into the world around us and making endless discoveries about it. We are still very dependent upon our parents to guide us in what is right and what is wrong and to keep us safe. However, we venture out making our own mistakes along the way but generally

getting away with it because we are just children and we can bounce back. These years are apparently carefree and endless (they certainly seem that way in the memory.)

Step Three - Semi-Independent Teenager

Oh dear, we have reached the really tricky years. We are no longer a child, but equally not yet an adult (although we think we are!).

This is the stage where we rebel against everything, want to try everything and take absolutely no notice at all of what our parents tell us! We are here to have fun, fun, fun, regardless of the consequences! We are indestructible! Some come through unscathed, others scarred for life (and that includes the parents)!

Step Four - Adulthood

We reach the age of 18 and seemingly we turn into adults, responsible for our own behaviour and way in the world.

We are really excited and yet we are also very scared (but we can't show it because all of our compatriots are doing it so well).

Society expects us to know exactly what we are doing but really we have no clue! We set forth on journeys of further education, work or travels and we hope for the best. Sometimes we are successful; other times we are not. This is not what we thought it would be like after years of desperately wanting to be an adult! We can't possibly get it wrong at this stage!

Step Five - Grown Up

Apparently, somewhere in our twenties (depends very much on our sex, education and upbringing) we turn into fully fledged adults. We are now entirely responsible for our actions and the path our life is taking.

We are really excited to get out there and try everything and are still having lots of fun although there are niggling worries in the back of our minds about where we go next.



Step Six - Expert Adults

Not sure there is such a thing really, but we can now no longer fall back on childish behaviour or lack of knowledge and experience to save us from our mistakes. We are now completely responsible. In fact, we may even be responsible for others if we have chosen to form a relationship with another adult and perhaps even have our own child.

This is really scary! No-one taught us about this bit at school! What was the point of all that Algebra when we don't know how to talk to people, set up a home or raise a child?! This bit is really scary but we want to try and enjoy it so somehow we muddle through and turn ourselves into our own styled experts!

Seemingly, somewhere in the midst of this stage (let's say 30's to 45's) we should be having a wonderful life and everything should be just perfect - exactly where is that again?!?! Not sure we have found it yet!

We are too busy worrying about our mortgage, paying the bills, hanging onto a good job, having the right car, putting the kids through the right schooling, taking the right number of holidays each year, etc, etc. God, its pressured! Why exactly did we want to enter adulthood so early in our lives?!

Step Seven - Past It!

Well, now we have reached the ripe old age of 50, we clearly know it all, have done it all and know exactly what is going on - don't we?!

No, of course we don't! We may have had a good time thus far but now things start to pack up on us! Just when we thought we might have more time and money to enjoy the things in life we have decided suit us, our bodies start to tire of the effort. We thought we would have a lovely time around now, coasting through to retirement but no, we are starting again!

The modern world thinks we are still 'fit as a fiddle' and able to work for a good few years yet - not quite sure how, but it will save the country paying out our pensions that have been miss-invested!

We thought we would have plenty of time on our hands and money in the bank to be able to enjoy the latter years of our lives, but that is becoming an increasingly distant dream.

The modern world is very different to the one of our youth and we are not only now trying to live our own lives and fulfil our remaining dreams, but we are also roped into helping our children to manage their increasingly challenging lives.

We are probably having to juggle childcare for the grandchildren so that our children can continue to work and bring in sufficient money to keep a roof over their heads and we may even also be responsible for the care of our own parents!

As if that wasn't enough, we are being encouraged to contribute to our declining services by volunteering in our spare time - what spare time?!?!

Blimey, they certainly didn't tell us about all this when we were younger! So, exactly which bit of later life is ours to enjoy? Let's head back to our 20's/30's quickly!

Step Eight

If we make it this far, we have done well. If we have made it this far and are still fit and able, we have done even better.

However, our children think we are prehistoric and can't wait to 'put us in a home'. Despite our extensive life experience, we have nothing to offer them (except, they hope, a nice fat inheritance!). Well, sorry kids, those days are long gone!

In 21st Century Britain, we are probably still working until the day we die; we haven't managed to pay off our mortgage; can't afford to retire because our pensions were ill-advised and badly managed; we have no savings to enjoy because you have had them all to keep you afloat over the past twenty or so years and neither we, nor you, can afford to 'put us in a home'!!!



Step Nine - Falling Off the Ladder!

We know how this ends - Not a day we will look forward to, nor know when it will come, but if we have got to this rung of the ladder in our later years, we have done well and probably need the rest! So, that is my guide to the 21st Century 'Ladder of Life'.

Now being a grandma I have clearly moved up a rung and am not too sure I like it much. Of course, I am thrilled to be a grandma but the thought of what that brings on the ladder is a bit daunting. I guess this is the point where I sit and think about why I didn't do all the things I was told to do when I was younger, nor did I heed the advice given to me along the way of my life, thinking that there would be plenty of time for all that later.



Well, I think I might have reached 'later' and now it seems like an uphill struggle. My advice to all those who won't listen because I am too old to know anything, is just to enjoy every day like it is your last! We should be grateful for the good things we have in our lives and treasure every moment. Here's hoping we all have quite a way to go yet on the ladder.

