



Bainbridge WI Newsletter

March 2026

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Nubian Kingdoms

Sunday 1st March

Talk by Tilo Flache – Lifelong Learning platform VIA

Walking Group

Wednesday 4th March

10.30 Thoraby Walk

International Women's Day

Friday 6th March

Book Group

Friday 6th March 7.00pm

Sycamore Hall.

Craft and Chat

Sat March 7th, 10am – 12 noon,

Sycamore Hall

Bring your own project to work on.

NYWF trip to Beamish

Sunday 8th March

And 10.00-12.00 Repair Café at

Richmond Town Hall

VIA Healthy Heart Workshop

Wed 11th March 1.00pm

WI Committee meeting

Mon 16th March -7.30 Sycamore Hall

Monthly Meeting

Thursday 19th March

7.30pm Sycamore Hall. Tea and biscuits for refreshments.

Wensleydale Railway Talk by Bob Coombs and Christine Butterworth

Lunch Group

The White Bear, Masham

Wed 25th March

Garden Group

Next visit to be confirmed

Deadline for craft entries to Nora Worth competition

Sunday 28th March

Theatre group meeting

Saturday 28th March at Sycamore Hall

To discuss future outings at noon in the coffee shop and see article in the newsletter

Membership Fees

To be paid by 30th March please!

Payment by BACS (online): Account name: Bainbridge WI, Bank: Virgin Money,
Account number: 25405645, Sort Code: 05 09 94, Reference: the name of the event/activity

Payment by cheque: Please write on the reverse of the cheque: **your full name, details of the event/activity the payment is for**

Payment by cash: Please put the money in a decent sized envelope and write on the outside: **your full name, details of the event/activity the payment is for**

Events at Sycamore Hall

Monday 9am - 11am Post Office
Monday 2pm - Knit and natter
Tuesday 10.30am - Quiz or Bingo
Wednesday 9am - 11am Post Office
Thursday 10.30am - Coffee morning
Thursday 2.00pm – Bridge
Friday 11am - Gentle exercise
Friday 11.30am – Fresh fish van
Every day 2pm - Dominoes

Intro

I fell on black ice while out with Bainbridge WI walking group in January. With a double fracture in my ankle I have had my leg in plaster, then in a moon boot. So I have been out and about in a wheelchair. What an opportunity to experience first hand how you need to adapt your own home but also to review public disabled toilet provision and facilities!

Our WI campaign for this year is bystanders can be life savers and fortunately with my accident there was no need to use a defibrillator. I am first aid trained and having been a community first responder since I lived in Rutland over 20 years ago I strongly believe that as many members of the public should have had first aid and or defibrillator training as possible. In addition, it would be great to upgrade existing accessible toilets and increase the number provided.

I have been travelling about quite a bit recently and fortunately Mark has been available and able to assist me. He has been able to drive with my wheelchair in the boot and myself stretched across the back seat with cushions to raise my broken leg. Some facilities are great, others eg a service station had their disabled toilet locked. You had to get a key from behind the counter, apparently if you're more permanently disabled and are entitled to a blue badge you can get your own key to access any disabled toilet. Not great if you're new to having to do this. Not all Accessible toilets are really that. I tried to get out of one quite small disabled toilet only

to find that I could not turn the wheelchair around or get out as the door was locked behind me! It took quite a few yells to get it open.

On the plus side I have managed to get to pretty much everywhere I'd planned to go, with help from family and friends☺ Joining in with our WI group activities has brought normality to my life, although I have taken advantage of being able to watch the winter olympics. How fabulous that team GB managed to win 5 medals: 3 gold and one each of silver and bronze. It has been Team GB's most successful Winter Olympics in history. Who'd have thought Great Britain would be Olympic champions at mixed team Skelton, mixed team Snowboarding and men's skelton. They were thrilling, sadly the



Men's curling team had to settle for a silver medal despite being so close to a gold one. From my point of view it was great to have something so entertaining to watch!

I did do something creative – I have started a crocheted square for the Federation scene.

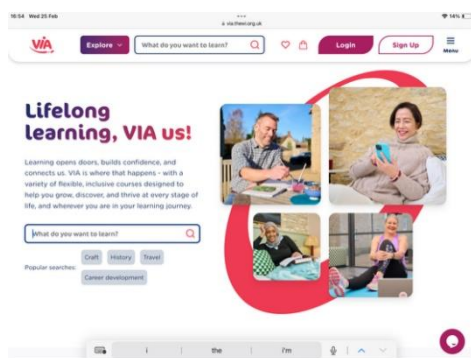


Sue Stokes

Learning hub March 2026

I managed to squeeze in an art history lecture in early February with some real insights into styles of artists and also the stories within the artwork. Then I added the Resolutions training which was really useful and the WI provided a certificate for those of us who passed the test at the end of the course. Always a bonus☺

I had intended to do the “Put your heart first this valentine” workshop but sadly it had to be postponed until March 11th so I’ll let you know how it goes in the next newsletter.



As you're probably aware the Learning hub is now VIA which looks like this:

You'll still be able to use your WI number to get free courses and exercise classes. There are currently 66 live courses to choose from as well as many recordings 😊

I have booked a recording of a workshop Nubian Kingdoms by Tilo Flache. If you think you know everything about the pyramids then Tilo will help you explore the wider continent revealing a rich and often overlooked history in the broader continent. This is a recording that I'm planning to watch on Sunday 2nd March in the evening. Let me know if you'd like to watch it with me.

Sue Stokes

Annual Community Lunch

We had a very productive planning meeting for our Annual Community Lunch which we will be holding



on Saturday 18th April at noon in Bainbridge Village Hall. We will shortly be sending out our invitations to

local people. If anyone thinks there maybe someone who we haven't invited before that has reached 75 years of age and are living alone then please let me know asap. Any WI member who would be willing to

volunteer please also get in touch. This event is our way of giving back to our community and gives many that live alone the chance to meet up with friends and neighbours. It's a lovely occasion to take part in.

Sue Stokes

Membership fee increase for 2026

This month the committee took a vote on increasing the annual subscription for 2026–2027. It was agreed to raise the membership fee from 1 April 2026 to 31 March 2027 by £1. This will increase the annual subscription from £39 per year to £40. The official WI membership fee is £54 per year but because of the fund raising we all do, Bainbridge WI is able to subsidise part of that payment for each member (£14 per person) which brings the amount each member has to pay down to £40.

All wonderful news and we hope you agree it's money well spent. It just now needs paying 😊

Our preferred method of payment is **BACS (online payment)** to:

Account name: Bainbridge WI

Bank: Virgin Money

Account number: 25405645

Sort Code: 05 09 94

Reference: membership/your name

Alternatively, you can pay by **cheque**. Please write on the reverse of the cheque your full name and that the payment is for your membership.

If you wish to pay by **cash** at the next meeting in March, please put the money in an envelope and write on the outside your full name and that the payment is for your membership.

All membership payments have to be received by **Mon 30 March** in order for us to pay Federation by 1 April 2026 so please do transfer the money when you can or bring a cheque/cash to the 19 March meeting.

Spring Housekeeping

Now also seems a good time to do some housekeeping as there are various Bainbridge WI Whatsapp and email groups that have been created and so it would be good to check that you are receiving all correspondence for the events/groups you'd like to be involved in. Or if you are receiving messages and no longer want to, or if you have changed your email/mobile phone details, now's a good time to let us know.

There is a Bainbridge WI Whatsapp group: contact alison.thwaite@hotmail.co.uk if you are not on this and want to be.

There is an email for all things related to Bainbridge WI, including forthcoming events and the monthly Newsletter: contact rs_newall@hotmail.com

There is an additional email group for non-WI related events/matters. This is an optional group and you need to contact sue.stokes@qualitar.co.uk if you agree to receive non WI emails

Lunch club – uses main WI Whatsapp group for contact/arranging car shares (see above)

Garden club Whatsapp: contact claire@penninotech.net

Walking group Whatsapp: contact njrob222@gmail.com

Book Club Whatsapp: freersusan99@gmail.com

Theatre group emails/Whatsapp: contact gwenjaclark@gmail.com

Alyson Jones

February Meeting

Once again, we met in the warmth and comfort of the lounge at Sycamore Hall for our February meeting.

Our speaker was Ruth Lindsay from Hardraw who gave us a fascinating talk on her family's wool business and how she has gone on to develop wool logs to help control water flow through the peat moors and protect them.

Ruth's family owned a wool mill in Bradford with her descendant Henry Herbert starting work there in 1885 as an office boy, working his way up to Managing Director, and ultimately owner.

After a spell working for Marks & Spencer, Ruth applied to work at the family mill and was interviewed by her father and uncle. She told us that this process took much longer than the usual recruitment process as her family members seemed to need a considerable amount of time to consider her application! However, ultimately, she joined the business in 1988.

The business was doing well with turnover increasing from £250,000 to £1 million. However, in 1997 the family sold the business to Arville Textiles Ltd of Wetherby. Ruth held various roles within the business including Business Manager and Finance Manager. She also took a career break to bring up her children.

With the wool trade reducing over the years, Ruth worked on an idea to use the plentiful supply of wool to create logs. The logs are generally 1 metre long by 30cm and are made with wool felted onto jute and filled with clean natural wool. The felted wool is made into matting in Lancashire. It is then cut into small squares and used as mulch mats around young trees. Larger pieces are turned into the wool logs which are either 1m or 3m long. Ruth has spent many hours stuffing these logs in her kitchen which is hard work!!

Eventually, word got out about the logs and they have been used here in the National Park, as well as on the North Yorkshire Moore and Dartmoor. They are also being trialled on the Hampshire coast as sea defences instead of walls

Due to waste control regulations, it is necessary for farmers to deliver the fleeces to Ruth in Hardraw. These are sourced from four local farmers. The

fleeces are then processed into felted matting and logs. It is essential that the fleeces are cleaned before use to ensure they contain no contaminants. The logs are not only locally sourced and produced but they are made from sustainable materials (animal by-product). Ruth told us that it generally costs between £1.50 and £2.00 plus VAT per sheep for shearing but the wool only sells for 10-20p per kilo, meaning it is a cost to farmers. Although research is being undertaken in 'New Zealand to produce sheep with fleeces that self-discard, this is not an ideal solution to the problem. Ruth prefers to work on the basis that she will pay farmers a fair price for the fleeces which is why she has not yet tied up with the Wool Marketing Board. The wool is UV, fire and mild acid retardant.

In 2023, Ruth won an Innovation in Wool Award which she is very proud of. She is also very proud of the work she has done to produce the logs which take over 500 years to biodegrade, are totally natural and are not eaten by deer.

Sadly, whilst the logs are being trialled, along with other varieties, by several organisations, there has been no money put aside for monitoring and therefore it is going to be difficult to validate the effectiveness and sustainability of any products. It is, however, believed that some logs containing polyester can leave behind contaminants including microplastics. It seems very bizarre to trial new products and yet not monitor their effectiveness to produce data from which to make an educated decision on their effectiveness.

Whilst very proud of this work, Ruth has yet to make any money from it!! She would like to think that there is a future in the use of the logs that will help the environment, both in this country and further afield. However, as is usually the case, there are endless hoops to jump through and permissions to gain on that journey!

What a wonderful idea and a great use of something that has sadly turned into a waste product rather than something that should be valued and used in many areas of our lives. Well done Ruth!

Karen Prudden

Bainbridge WI Flower girl wanted!

We are looking for someone to take over the role of 'Flower girl' for Bainbridge WI. What this would involve is organising taking flowers, bulbs or plants and a card to go out to members who have had a bereavement, an extended illness/trip to hospital, or a BIG birthday. This could be a role shared between several people and you'd have the full support of committee members to help you in this role. It's Bainbridge WI's way of sending comfort out to members and letting them know they have support and are in our thoughts. If you are interested in finding out more about this role, contact alysjonjones@hotmail.com



Lunch Club



A great time was had at Hamiltons on the 25th February. Apart from fabulous food, Steve gave

everyone nicknames. Sue Stokes was "Sticks" for obvious reasons(!) and as Liz and Sue Tempest on one table had stripes, they were stripes and blue stripes. If you want to know the others' nicknames - you'll have to ask them!

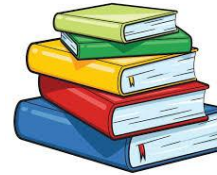


All the freshly made food was delicious - most people had quiches/tart or mushroom soup. For afters many had the blueberry tart, others apple pie. There were a lot to choose from.

What a shame if they do sell up and we no longer have this fabulous place to go for lunch and afternoon tea.



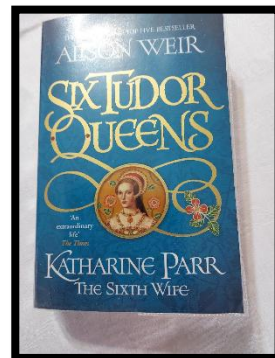
Book Club



At our January meeting we decided to plan the meeting dates for 2026. We usually meet every six weeks. We meet at Sycamore Hall at 7-30 pm and if we have to change venue notice will be given by e-mail or WhatsApp. Here are the dates for the rest of the year: -

6th March	21st August
24th April	2nd October
5th June	13th November
17th July	11th December

At our March meeting we will be discussing "Katharine Parr, The Sixth Wife" by Alison Weir



At Book Club you do not have to read every book. We have a "Bring and Share" supper and it is a relaxed social event with new members made very welcome

Susan Freer

Garden Group



The Garden Group visited Kiplin Hall on 27th Feb the write up is therefore missing the timing for this newsletter, but look out for next month! They will also be setting their next 'expedition' and date – keep an eye on your email.

Claire Lambert



Papercraft Workshop

Our crafty ladies have had a busy start to 2026. Along with the Craft & Chat session at Sycamore Hall on the first Saturday of the month, January saw some of us back there for a Papercraft Workshop with Diana Hartley.

Diana had brought along her large collection of card-making bits and pieces, along with some very clever little gadgets that we were eager to try. She showed us how to create our own greetings cards or to make a scrapbook to stick photos etc into. We then set forth to make our own.

We had great fun looking through all the papers, cards, ribbons, toppers, sparkles and other things that we could stick on. Needless to say, there was plenty of chat amongst the creating and a cuppa or two. We had a great time!

At the end of our session, it was amazing to see just what we had all created and how different

everything was. Some people had been really industrious and made several cards, whilst others had tried to perfect one or two, but each was individual and gorgeous.

Thanks so much to Diana for her time and guidance. We really enjoyed ourselves and perhaps some of us are carrying on the creative streak at home!



Pottery workshops

JUST WHAT HAPPENED TO PATRICK SWAYZE?!

Having recently watched 'Ghost' (the film featuring Patrick Swayze and Demi Moore) some of us were secretly rather hoping that the man himself might turn up at our first pottery workshop! Of course, we knew that was impossible as he is no longer with us,

but the memory of him at the potter's wheel is still fresh in our minds!

So, I went along to the first of two workshops at Liz Carlisle's studio In Woodhall. The first challenge was finding the place which, for some, took quite a while! Eventually, we ended up in Woodall, all rather ashamed that we had left our homes in our worst clothing as we were told to wrap up warm and not wear anything smart or precious! Layers were the secret to staying warm but going out looking so scruffy felt a bit odd! Anyway, we arrived and were welcomed by Liz into her pottery workshop. She talked us through the basics, kitting us out with aprons and instructing us to remove jewellery etc. She then demonstrated to us how easy it was to make a bowl and a vase on the potters wheel – at least, it was easy for her!! Within minutes she had created a lovely rimmed bowl and a vase with not so much as a crinkle in them! Oh, the pressure to perform!

With two potters' wheels, we took it in turns to have a go ourselves, under Liz's instruction. Before we started, she cut off a suitable bit of clay from a large block and got it centred on the wheel, which seemed to require quite some effort! It was then over to us to turn that blob of clay into something recognisable and hopefully useful - oh dear! Now, if we were paying attention, Liz had told us exactly how to treat the clay and when to exert pressure on it as well as when to treat it rather more delicately. Some of our group were clearly naturals and made it look quite easy, whilst others had varying degrees of success

Somehow, I managed to let go of my second bowl rather too soon, at which point it decided to collapse and turn itself into something which resembled more of a jug than a bowl! Liz was very kind and said it looked like a nice little jug - I am not sure I am convinced!!

Amazingly, none of us lost the clay from our wheel or splattered any of us with wet clay. In fact, it felt a bit disappointing to come home without the need to

sit on the towels we were told to take with us and then strip off everything for the washing machine! Would anyone believe we had been potting?!?

It had been a brilliant workshop and really interesting to hear about Liz's life and work as a potter, and indeed working for the family estate agents. We picked up lots of tips should we ever decide to take up pottery ourselves although, now we know more, it isn't quite as easy as throwing a pot and firing it! There is a significant financial commitment but also a time commitment to making a success of this craft.

We learned that Liz holds pottery classes at her home where you only pay if you turn up so there is another option to fill our spare time! Having enjoyed ourselves so much, and managing to create things actually worth taking home, we thought we might book to go to another workshop later in the year to make some Christmas decorations, so look out for details.

Just a shame that Patrick Swayze didn't turn up - or his ghost!!!



Linda Cameron

Walking Group



Weather report – it rained a lot in February! Following on from a very wet January, so even though there were odd dry, and sometimes sunny days, the ground conditions were not good so we didn't venture out.

However, we have got all our fingers and toes crossed for a dry day on **Wednesday 4th March** when we plan to walk from Thoraby. There is a very nice Snowdrop Trail around the village so there are lots of options for short or longer walks. I need to do a final check on the long walk but this will incorporate the snowdrop trail and then continue up the dale.



The long walk will be about 4 miles. The snowdrop trail is about 1 ¼ miles to do the circuit, or you could do a 'freestyle' wonder around the village before we all meet at The George for refreshments. The George only sells drinks (usual bar drinks, tea and coffee), crisps, nuts and pork scratchings so you may wish to take a snack of your own.

Timings – for the long walk meet 10.30am in Thoraby, in the car park behind the village hall. For the shorter walk I suggest starting about 11.30 am. We should all then land at The George between 12 and 12.30. (It opens at 12 noon.)

Please let me know if you plan to come along so that I can keep you updated with timings and weather reports. Email njrob222@gmail.com, phone/text 07490 656007

Snowdrop Photo Competition

Inspired by the two snowdrop themed events – the Garden Group visit to Kiplin Hall and the Walk around Thoraby, we are having a photo competition to be judged at our next Monthly Meeting on 19th March.

So, phones and cameras out and get snapping! All members can submit one snowdrop themed photo – a group or a single snowdrop, close up or in a setting – be creative. We will print and display the entries at the meeting and ask members to vote for their favourite. There will be a small prize for the winner.

Important dates and information:

- please submit your photo to me at njrob222@gmail.com or by WhatsApp on 07490 656007 by Friday 7th March.
- I will print these out ready for display at the meeting (they will be displayed anonymously)
- if you can't make the meeting but would like to vote for your favourite, let me know and I will arrange for you to see the photos
- on the 19th you will be given a slip of paper to write down the ID of your favourite, the photo with the most votes will be the winner

The photos will stay on display for a few days at Sycamore Hall before being taken down and given to those taking part.

If you want any technical help with your photos, just let me know.

Nicola Robinson

Theatre Group



Members had a fun evening when the group went to the Pantomime. Lots of chuckles and audience participation on a chilly winter evening at the end of January.



Thanks to our theatre group co-ordinator Gwen for organising this. We're looking forward to our next theatre trips that are coming up soon. If you're interested in going to Settle please let Gwen know asap by email. Look out for the signup sheet for Animal Farm at our March meeting.

Would anyone be interested in:-

The STATION CINEMA Richmond-

GISELLE on Sunday 8th March , and/or
Shakespeare's OTHELLO on Wednesday 11th
MARCH ,

Also at THE VICTORIA HALL Settle-

WILDING on Wednesday 4th MARCH 2.30PM and
HOLY COW 7pm also on 4th March.

Help plan future theatre ideas by joining for a coffee
in Sycamore Cafe on Saturday 28th March at noon.
Bring any brochures you have

Gwen Clark



Happy Birthday

Many Happy Returns to



Janine Preston



IS ARTIFICIAL INTELLIGENCE GOOD OR BAD?

Artificial Intelligence seems to be high on the agenda these days with the news often featuring something about it. Having watched quite a few reports and programmes on the television about the development of AI, I find myself rather torn between thinking it might be the best thing since sliced bread or the worst thing ever invented! Perhaps there were people in Victorian Britain who felt rather the same as the Industrial Revolution took hold and changed their world. Perhaps it is just true that all change is scary but I have been of the opinion that, having opened Pandora's box and let AI out, we might regret it and be unable to put it back in the box! We are warned that AI is about to take many jobs from us mere mortals, although in the main, these will be the mundane tasks that no-one wants to do. Well, having watched a recent programme about how successful AI is in taking on some of our jobs, it would appear that is a bit of a lie! Seemingly, many of the things that AI is being targeted to take over are actually more middle and higher range jobs.

I watched as AI took on the role of a solicitor in assessing case notes, an interior designer creating a room in a house, and a doctor in diagnosing illnesses. From a purely financial viewpoint, AI won out as it didn't take anywhere near as long as humans to achieve an outcome. However, it was the standard of the outcome that was the issue. I guess it comes down to the fact that AI can only be as good as the information that is programmed into it - and for that, you need a human

It is true that the end result when it reviewed legal case notes was the same as with a real solicitor, but the detail, knowledge and experience was not there. Likewise, the other two roles. As for diagnosing

patients, yes, it did get some of that right, but it also missed things because it wasn't provided with the right information or able to ask the right questions. It also had no real knowledge or history of the actual person and, not being able to look at them as a doctor would in a surgery, it could not detect things that a good doctor should.

No doubt, there are things where AI can analyse data much quicker than humans and, provided it is given the right information, can produce excellent results at speed. However, would we rely on that? I am not sure.

For me, I don't think there is any alternative to sitting in front of a real doctor, describing symptoms and being examined with a knowledge of that person's previous medical and social history. In fact, that is why I complain so much about the ridiculous system we have been left with after Covid where it is almost impossible to see a real doctor! Why? Telephones, emails and video calls just don't do it for me! I am sure the same would apply if I was asked to put my symptoms into a 'chatbot'!! I want to talk to, and preferably see, a real human being who has undergone many years of medical training!

Anyway, aside from that, there is the risk that AI could become more intelligent than us and we could be left at the mercy of AI running our world. Yes, that may be a bit fanciful, but who knows? I don't think I am likely to be around to find out! However, on a much more positive note, I have now voluntarily moved into the world of AI and it has left me thrilled! I went to investigate the new Meta Glasses which I was told could transform my life as a blind woman. Was I cynical? Yes, just a bit. However, I am now a convert! Oh my goodness ...

this form of AI is in fact miraculous and I love it! Obviously, it hasn't entirely replaced my eyesight but it has gone a lot further than any of the other aids I have tried. I now have glasses that talk to me! They tell me what I am looking at so I can now go out to a restaurant and 'read' the menu myself! I can also ask questions, hear the news, play a radio station, ask for directions to somewhere, get the weather forecast, take photos and videos and record voices! Yes, all through a pair of glasses! Fortunately, people who know me, already know I am just a little bit mad so they are not surprised when they hear me apparently talking to myself (I'm not - I'm talking to my glasses) so they won't find this as daft as some, but no doubt I will get a few odd looks as I go about wearing these things.

So, am I now a fan of AI? Well, I wouldn't go quite that far, but in this instance, it is certainly helping to improve my quality of life. I wonder what they will think of next?! Maybe the Bionic Man and Woman that I watched on TV as a youngster aren't that far off?!?!?!?

The jury is probably still out on AI!