

Coverdale WI

Meetings 2023-2024

19th April
Competition **The Eight Limbs of Yoga with Lea Taylor**
Best yoga outfit either worn or admired

17th May
Competition **Talk: Susan Parry: From Forensics to Crime Fiction**
A potential weapon of torture

21st June
Competition **Talk by The Sustainable Swaledale Group**
Any image of a tree

19th July
Summer Bring & Share Supper

16th August
All Day Summer Outing TBC

20th September
Victoria Wood Comedy Genius!
A talk by Chris Foote-Wood
Open Meeting - £5 for guests

18th October
Competition **What did we do before Plastic? By Wendy Knight**
A vintage kitchen storage item (non plastic)

18th November
AGM Talk TBC

9th December
Christmas Supper

17th January
Games/Quiz Evening

18th February
Competition **The Health & Social benefits of Making Music Collectively with Debbie Allenby**
A musical item

20th March
Competition **Paul Clark : The Northern Dales Night Skies**
Any picture of the night sky.

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Community Events 2023-2024

11th to 14th July Great Yorkshire Show
Help out day at WI Pavillion

1st August Yorkshire Day

11th September WI Community Lunch

4th December Christmas Afternoon Tea

21st January January Jolly Sunday Lunch

9th February Domino Drive

11th March Community Afternoon Tea

More about our Guests:

APRIL : Lea Taylor: The 8 limbs of yoga: Pranayama, how we breathe

Bio: Lea Taylor has been doing yoga for over 15 years but more seriously in the last 7 years after studying a British Wheel of Yoga (BWY) foundation course and progressed to become a qualified BWY Hatha yoga teacher in 2022

Why is it that everyone thinks yoga is for flexible people in acrobatic poses? I can assure you it isn't. There are 8 limbs of yoga and In this session, we will be exploring number 4: Pranayama, how we breath. There will be no advanced yoga postures to bend into, but some gentle movements. Please wear something comfortable, that you can move in. Any concerns or questions please do contact me in advance Tel 07977007220 / 01969 640095

MAY: Susan Parry: From forensics to Crime Fiction

Bio: Swaledale crime writer, Susan Parry, is the author of the Yorkshire Dales Mystery series. The books, which are set in some of the loveliest parts of the Dales, feature forensic archaeologist Dr Mills Sanderson, who uses her expertise to assist the police with their homicide investigations. Susan is an analytical chemist and her research career at Imperial College involved forensics investigations, including some high-profile murder cases

JUNE Rob Macdonald: Sustainable Swaledale: Together for trees, the principals and practicalities of planting trees in Swaledale

Bio: Rob Macdonald has lived in Swaledale for ten years. He is now in his third year as coordinator for Sustainable Swaledale's Together for Trees project, supported by the Yorkshire Dales Millennium Trust and Tees-Swale:naturally connected. To date, Together for Trees has planted 10,000 trees across 25 sites in Swaledale and Arkengarthdale, with all work organised and planted by local volunteers. Each site is independently assessed for suitability according to local and national guidelines, and monitored for success rate.

SEPTEMBER Chris Foote-Wood: Victoria Wood Comedy Genius, Her Life and Work

Bio: Chris Foote-Wood, brother of the late Victoria Wood, is an author and actor who lives in Barnard Castle in Co. Durham. He has written 20 non-fiction books, mainly biographies including one of Victoria. He has played the Dickens character Scrooge on stage and has performed his one-man show "The Genius of Charles Dickens" around the UK for the past ten years, including five years at the Edinburgh Festival. Brought up in Bury, Lancashire, Chris went to Durham University and first worked as a civil engineer before taking up his main occupation as a freelance journalist and broadcaster while performing in pantomime and amateur theatre. He has also been active in politics and is currently a town councillor. His granddaughter Hawke Wood is an actor who has had small parts in two popular tv soaps.

OCTOBER Wendy Knight: What did we do before plastic?

Bio: I am a textile designer (ex-chief designer and publications manager at Patons & Jaeger). After having children, I retrained as a primary school teacher, with subject specialisms in literacy and art/design. I was a Climate ambassador for the WI, and I will give a short intro with stats on plastic use/pollution/link to fossil fuels.

I will cover various 'makes' briefly: knitting, crochet, sewing, wax wraps; skills that can be used to produce useful, attractive gifts and for own use. I'll have examples of these items and advice on materials and methods.

FEBRUARY: Debbie Allenby: The health and social benefits of making music collectively Talk & Singing

Bio: I began learning the piano when I was 7 years old and quickly fell in love with the instrument, spending hours practising, competing at music festivals and performing in concerts. I completed ABRSM grades 1 to 8 by the time I was 16 and after completing A Level music I secured a place at the prestigious Bretton Hall Arts College to study music and composition. I now teach the piano and I fully appreciate the joy that comes from singing with others which is unparalleled and the health benefits have been clearly documented. I currently lead 2 community choirs in the area (Dales Community Pop Choir and the Northern Youth Voices). I will give a short talk about the health and social benefits of making music collectively in particular within a choir; how and why I launched the various music making projects and there will also be a fun and interactive singing session!

MARCH: Paul Clark: *Northern Dales Night Skies*

Bio: Paul's lifelong interest in astronomy has flourished since he moved to the light pollution-free skies of Swaledale 8 years ago. His nightscape images and videos are widely published in local and national media.

This illustrated talk will consist of a nocturnal journey from Mallerstand to Marske under the beautiful skies of the Yorkshire Dales International Dark Sky Reserve. Visit many well - and lesser - known Dales locations through the eyes of local nightscape photographer Paul Clark.