

THE POINT



A Newsletter produced by Spittal Improvement Trust
Issue 84 February/March 2019

EDITORIAL

Just a reminder that if you have family, friends or you may know of someone who would like to receive a copy of The Point, then please let us know as we can add them to our emailing list. Also, if you are aware of anything that may be of benefit to our community, an event for example, then we may be able to put it in The Point or on our Facebook page. The deadline for the next issue follows. Please note that we do not accept adverts for The Point.

Deadline for the next issue, which covers April and May, is Wednesday 20th March.

SPITTAL IMPROVEMENT TRUST

NOTICE OF AGM

To be held at 7.30pm on
WEDNESDAY 24TH APRIL
in the AIDAN ROOM of
BURC (ST. PAULS) CHURCH
Please contact the Secretary by 10th
April if you wish to join the committee.

NEWS FROM THE TRUST

Firstly, some sad news. Everyone at the Trust is saddened to hear of the passing of Tony Langmack MBE recently. Tony was one of the people that was involved in setting up the Trust from its inception back in 1997. He was a committed Trust committee member and our minute taker and only recently gave up both of these roles at last year's AGM. Our thoughts are with his family at this time.

Our AGM is approaching, as shown in the notice above. There are always opportunities to get involved with us, not only on the Trust's main committee but with individual events, projects or the Gardening Group. We are always open to fresh ideas! Anyone wishing to stand as a full committee member will need to let us know by Wednesday 10th April. The AGM is open to all to attend.

We have our first concert of the Spring coming up on Friday 1st March, **Fool's Gold 'Stories with Strings'**, which is not through the normal Highlights Rural Touring Scheme but booked by ourselves. Fool's Gold is a North East acoustic duo consisting of Carol and Steve Robson. They play original and traditional music, they are folk-ish, without being trad. They play a variety of instruments during their shows, guitars, flute, whistles, bass and ukulele feature regularly. A Fool's Gold show is rooted in music but is much more than just a concert performance. As well as performing the songs, they reveal the stories behind the songs, the histories and mysteries, tragedies and romances that gave rise to original and very well-known songs with the aid of projected visuals to weave a fascinating show for all ages.

FOOL'S GOLD
presents
Stories with Strings
an evening of acoustic folk music and stories

FRIDAY 1ST MARCH @ 7:30pm
BURC (FORMERLY ST PAUL'S), MAIN STREET, SPITTAL
Tickets: ADULT £8 • U17'S £5 • Family £22
on sale at SPITTAL FOOD STORE, call 07752 403409
email: events@spittalgreat.co.uk or online at:
www.beboxoffice.com
HOSTED BY SPITTAL IMPROVEMENT

www.foolsgoldacoustic.com
Original Traditional Acoustic Music

Following on from this we have our first Highlights offering on Friday 5th April with a performance by the **Remi Harris Duo**. Swapping worldwide touring for a series of intimate village hall gigs, or church in our case, extraordinary UK guitarist, Remi Harris is joined by double bassist, Simon Smith for an eclectic

mix of music. Remi's music draws from Gypsy Swing, Jazz, Blues, Rock and World Music. His live set includes original compositions, improvisations, jazz standards and new arrangements of musical masters ranging from Django Reinhardt and Jimi Hendrix to Wes Montgomery and Charlie Parker. He plays a variety of acoustic and electric guitars and his show is interspersed with commentary about the history of the music and instruments he plays.

The final Highlights show for this Spring is on 4th May and we have a band from Canada paying us a visit, **Diyet & the Love Soldiers**. Diyet is alternative folk, roots, country, North Americana and traditional Aboriginal music with catchy melodies and stories deeply rooted in her indigenous world view and northern life. She is backed by The Love Soldiers with husband and collaborator, Robert van Lieshout on guitar and foot percussion, and Juno Award-winning producer and multi-instrumentalist, Bob Hamilton. They are a multi-instrumental trio and will be playing music from their 2018 album of the same name, it promises to be an enjoyable evening of music with between-song stories and insights into the cultures of their music.

Full details of all three concerts are on their respective posters. There are more details about each of the performances on our Facebook page. Tickets for Fool's Gold and The Remi Harris Duo are now on sale at the Spittal Food Store, tickets for Diyet will be in the

shop from the middle of March. All three performances can be booked online now at www.beboxoffice.com, there are no booking fees to pay for using this service.

Moving on now to the **Fishing Shiel**, which we haven't mentioned for awhile. We have been busy in the grant application stage of the project to restore it and to bring it back into some meaningful use. To start with, all the potential funders that we are approaching require an 'Expression of Interest' form to be completed. This gives them the opportunity to see which projects are worth bringing forward for a full application to be made. This still takes us some time to do as we have to make sure that we comply with the respective funders criteria for their grants and all the funders have different criteria! We are making progress on this and have some good responses for the ones that we have already submitted however, there is still a long way to go yet.

We are also busy with plans for the Seaside Festival. We have decided to change the name of the Festival to the '**Spittal Seaside, Music, Arts & Crafts Festival**'. This year will be the twelfth one and we feel the need to make it more interesting for you and other visitors to it. Also, we hope that bringing the 'Arts & Crafts' aspect into it might help us with the funding for the Festival, which we desperately need. We are therefore looking for any artists/crafters that may be willing to demonstrate their art or craft,

especially those that will be willing to let people have a try as well. If you know of anyone, then please ask them to get in touch with us. We just hope that we get better weather than what we did last year!

Mike Greener – Secretary SIT

GARDENING GROUP NEWS



You may have already noticed that the hardy members of the group have already been out clearing the beds in the street and in the park. Despite the really cold weather recently, many of the bulbs are peeping through now so we are hoping for a great show this year. We intend having meetings to discuss our plans for planting etc for 2019 so if any of you have any suggestions or any spare plants do let us know.

On the Spittal calendar the Spring Fete is shown as Saturday 6th April however, the date now clashes with something else, so it has had to be pushed back to Saturday April 13th. All proceeds from the Fete go directly to the gardening group funds. As it is will be held so near Easter, we plan to have an Easter theme, which will include an Easter egg tombola as well as the usual tombola and raffle. The usual refreshments will be on sale, too. Look out for our poster. We would be very grateful for any donations for any of the stalls.

Jackie in the shop has suggested doing an Easter display in the window. We have decided to take that on so look out for the Easter bunny, chickens, eggs and other surprises.

We were saddened to hear of the death of Connie Walker. Jim and Connie have been constant supporters of the gardening group events over the years. We send our deepest sympathy to Jim and the family.

And just recently we also lost another staunch supporter of the Gardening Group, Maureen Raper. Maureen always trying to help us in all sorts of ways. She organised a writing competition in 2013 for both children and adults with stories about Spittal, which proved very popular, and last year she suggested she write the recipe book of old Spittal recipes with all profits going to the Gardening Group. She thought we were all making such a difference in Spittal and was always interested to hear what our next plans were.

Mau Watkins (Chair) - 07748076527

Sheila Heckles (Secretary) – 01289 331994

RUNNING – A WAY TO A BETTER LIFE

47yr old Spittal resident and marathon runner David Arnold, has qualified to represent England at the marathon distance. After two years of trying and failing to achieve his dream. David travelled to Brighton, Lincoln and Chester before finally making the grade down in Bournemouth last October. David will form part of the England team who will compete against an, yet unannounced, country at the Yorkshire Marathon this year on October 20th. David says when he finally gets to wear his own England vest it will be his most expensive purchase ever after the amount of time, effort and money it has taken to get his hands on it!!

David discovered the joy of running later in life in his mid-thirties. He wasn't always a fitness freak having previously led a sedentary lifestyle. *"I used to smoke, drink and eat too much junk food. When I turned 30, I couldn't run a bath let alone a marathon."* David hopes that his achievement will inspire others to get more active and believe in themselves. He says running has not only improved his physical health but also his mental well-being too. *"I always feel more relaxed and at peace with the world after a run. I'd chose a run over going to the pub any day of the week now. and I never thought I would say that."*

David would urge anyone to give running a try. He says if you can put one foot in front of the other and repeat the process you can run!! Start by walking then gently run to a nearby tree or lamp post before walking again. Start with small steps and build it up slowly. You'll be amazed how quickly the improvements come.

David would also recommend contacting Berwick's local running club Tweed Striders. It's an inclusive club for everyone, no matter what your fitness level. They run a beginner's course throughout the year and can be contacted through their Facebook page or via their website at www.tweedstriders.org.

Ed: An inspiring story and we wish David well in his endeavours.

BERWICK SWAN & WILDLIFE TRUST

BE A FRIEND OF WILDLIFE



Last winter the Trust had over 65 animals and birds in its care each day. This year we have 45 hedgehogs over wintering with us. The Trust relies on donations to keep going and small regular amounts would be very helpful with our day to day costs. With this in

mind we are setting up a 'Friendship' scheme which will entail 'Friends' donating £3.00 each month. 'Friends' will be able to have special visits to the Trust perhaps every couple of months to see what is happening with the wildlife, then enjoy a cup of tea or coffee and a chocolate biscuit. As a 'Friend' you will receive a membership card and details of our first visits, and what is new at the Centre. We will be doing this by email as the easiest and quickest way of letting you know if anything really interesting is happening. Anyone wishing to help even more, might like to help with fundraising, which is something that, dealing with day to day treatment and husbandry, we struggle to find time to do.

For details on how to become a 'Friend', go to this link <http://alturl.com/qhfhp>, sending your completed form to: swan-trust@hotmail.co.uk.

ST JOHN'S CHURCH

The New Year brings another round of Spittal 'Men's Nights' on the second Tuesday of each month at 6pm. These will be taking place at 129 Main Street, (St. John's vicarage) and include a meal and a discussion. Recent topics we have covered have included - Garden sheds, What the sea means to me, Castles, Bridges, Christmas customs in other lands and Forests. The next 'Men's' Night' will be on Tuesday 12th March at 6pm, followed by one on 9th April.

We are also hosting a concert, 'Sing Joyfully!', by the Andante Chamber Choir' on Saturday 30th March at 7pm in St. John's Church, Spittal. The Andante Chamber Choir are a 34-voice a cappella choir from the Scottish Borders with an eclectic mixed programme celebrating the joys of unaccompanied choral singing. Songs will be from the English master composers William Byrd & Edward Elgar, together with a little jazz, a little folk, some more contemporary classical and a show tune or two or even three!

Tickets will be available on the door.

Diana Macnaughton - 07422 507286

NEW BUSINESS'S

A belated welcome to the **Karmic Cakery**, run by Tania, who last November set up business in the Meantime Workshops on North Greenwich Road in Spittal.



Her business began by baking cakes for her family and friends. She found that she had a passion for experimenting with flavours and a

desire to debunk any preconceived ideas people may have had around vegan food being unimaginative or lacking flavour. But it was Zoe and Sion at the Mule on Rouge in Berwick that helped turn her hobby into a business by selling her cakes in their cafe. This then expanded the number of people eating her cakes considerably and helped to grow confidence in both herself and her product.

Karmic Cakery passionately believe in the ethical treatment and respect for all sentient beings. To this end, it is their mission to produce delicious, original cakes and food that are 100% plant-based. Some people naively assume following a vegan lifestyle means sacrificing their favourite treats. They aim to challenge this misconception with their range of tasty, unique cakes and bakes.

Tania provides bespoke and personalised celebration cakes to order and tasty tea time treats alongside savoury options when the cakery is open. Her cakes can be ordered directly via their social network platforms or sampled freshly and by the slice from the cakery and the Mule on Rouge in Berwick. The cakery has become a reality as a result of a lot of hard work by Tania and her friends and family.

Visit the cakery on Wednesdays between 9 am and 4 pm and you will be supporting an innovative, independent business!

And finally....

The new employee stood before the paper shredder looking confused.

"Need some help?" a secretary asked.

"Yes," he replied. "How does this thing work?"

"Simple," she said, taking the fat report from his hand and feeding it into the shredder.

"Thanks, but where do the copies come out?"

<p>SIT Contacts: Chair: <i>Mau Watkins</i> – 01289 308813 mrswatkins2@hotmail.co.uk Secretary: Mike Greener – 07752 403409 mike@spittalisgreat.co.uk Website: www.spittalisgreat.co.uk Follow us on   </p>

Printed in Spittal by

shiel  morrison printers