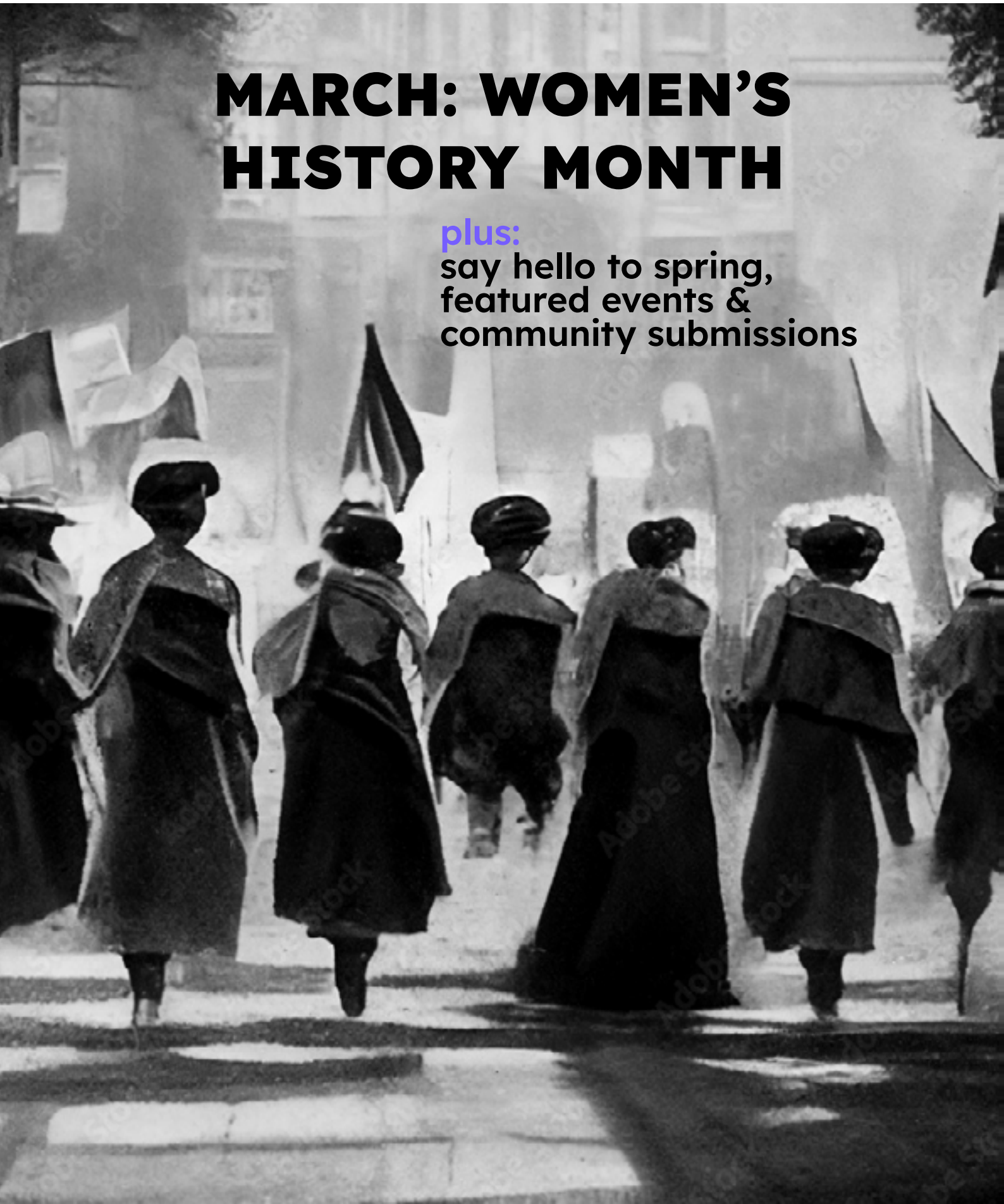


**rest less**  
**DISCOVERY**

MARCH - APRIL 23

# MARCH: WOMEN'S HISTORY MONTH

plus:  
say hello to spring,  
featured events &  
community submissions



Welcome to the newly renamed Rest Less Discovery! Formerly known as the Mirthy Explorer, we have updated the title to reflect the rebrand to Rest Less Events.

In this issue, we celebrate Women's History Month and the incoming spring season, with a plethora of community submissions and captivating articles.

Women have played a pivotal role in shaping the world we live in today. From historical figures to modern-day heroines, we explore the untold stories of women who have defied societal norms and stereotypes to make an impact in their respective fields.

As we move into the spring season, we are reminded of the renewal and growth that accompanies it. Our contributors have shared their insights on the significance of springtime, and how it provides a sense of hope and rejuvenation after a long winter.

We are grateful for the many community submissions we have received, which reflect the diverse experiences and perspectives of our readers. From personal anecdotes to informative articles, each piece offers a unique glimpse into the world around us.

We hope that this issue of Rest Less Discovery inspires you to continue exploring, learning, and discovering. We welcome your feedback and look forward to bringing you more exciting content in the future.

Happy reading!

*Mahalia*

Head of Community Engagement

# in this issue

## Women's History Month

page  
**4**

### Events

- Introducing you to the Bravest Women of India
- Women Artists: Where are they?
- Women's History Month: a series
- International Women's Day Recital
- Suffragettes, the vision of voting

### Community Content

- Ethel McCaul - Nurse Extraordinaire by David Turnbull
- 'Woman' - Poem by Marianne Harvey
- Elizabeth Barton: Reconstructing her word by Abigail Ottley
- Contact with Nature by Maria Rosa Diez de Ulzurrun

### Women's History Month Anagram Quiz

## Welcoming Spring

page **16**

### Written by Rest Less

- Fun ideas to help you make the most of spring
- Top tips for a successful spring clean
- Your April garden checklist
- What to look out for in the night sky in April

### Events

- A Guide to the Spring Sky
- Exploring Malvern's Nature
- Get Cooking! Simnel Muffins
- Easter Recital
- Leaf Printing Workshop
- The Soothing Season: relaxation & art making

### Community Content

- 'Snowdrops' - Poem by Doreen O'Keefe
- Spring Haiku by Penny Lighthall
- Beekeeping by Clare Beaumont
- 'Mum's Marmite Event of the Year' by Debbie Millard

## Community

page **38**

### Events

- Feel Good Club
- Lunch Club
- Coffee and Crosswords
- Poetry Community Club
- Introduction to Bridge
- Desert Island Discs
- Community Club

### Community Content

- 'Is this the Most Romantic Village in the World?' By Debbie Millard
- 'The Secret Agent' by Liz Potter
- 'The Root Cause' by Doreen O'Keefe

# March: Women's History Month

## Featured Events

**1st March – 2:30pm**

### Introducing you to the bravest women of India

*with Komal Darira*

You will get to know the most powerful women who helped shape India's future for the better. Whether it's India's first female prime minister or social activists who helped bring reforms in the country or the first female recipient of the Nobel Prize, this tour will provide a brief insight into their lives and the incredible work they did for a better tomorrow. We will then introduce you to the real-life superwomen.

We will take you to colorful and inspiring streets in the center of Delhi that have many stories and art, and that will change your perceptions and introduce you to the new India.

When you come to India, one of the questions people generally ask is, "Where are

the women? Why do we see so many men on the streets and so few women?"...

Get ready to explore and learn about those courageous women who broke the stereotypes and followed their passion. They are the unsung heroes of the Indian community.

**7th March – 11:30am**

### Women Artists: Where are they?

*with Antonia Cevizli*

*Why have there been so few great women artists?*

This talk takes a look at why there have been so few great women artists. What were the obstacles they faced and did some women overcome them?

**8th-29th March – 2:30pm**

### Women's History Month: a series

*with Sun Jester*

A series of talks celebrating Women's History Month shining a light on two very different women from history who tried to make their mark in a man's world: Katherine of

Aregon and Mol Cutpurse.

We will also be looking at how generations of invisible women's work was integral to weaving the threads of human society – something so commonplace we now barely notice it.

The final talk looks at attitudes and beliefs about women and the effect these have had, and still have, on modern societies around the world.

**8th March – 7:15pm**  
**International Women's Day Recital**

*with Julia Loveless*

In this energetic and vibrant recital, Julia Loveless will take us through some of the best songs written about and written by women through the 21st Century. We'll move from the realms of musical theatre to classical music and on to Jazz, Blues and much more.

**21st March – 11:30am**  
**Suffragettes, the vision of voting**

*with Penny Walters*

Traditionally, it had long been felt that women's 'place' was at home, caring for her husband and children,

however, the Industrial Revolutions enabled more women to work and to have more of a say in their own lives. Although women could own property, they didn't have the right to vote. From 1905, the Suffragettes' campaign, whose motto was 'Deeds Not Words' increasingly used more aggressive tactics to get people to listen, which included planting bombs, breaking windows, handcuffing themselves to railings and going on hunger strikes when imprisoned. Many people around the UK 'spoiled' their 1911 census forms by defacing their household's page, writing cynical or protesting comments, and some husbands and fathers also wrote quirky comments or apologies. In 1913, Emily Davison threw herself in front of King George V's horse, at the Epsom Derby horse races, to protest against women's suffrage. She died from her injuries four days later. This tragedy had to make Government decision-makers to pay attention. By 1918, the 'Representation of the People Act' extended the vote to all men over 21, and to some groups of women over 30.

# Ethel McCaul – Nurse Extraordinaire

By David Turnbull

St Thomas' Hospital in London's Waterloo boasts fitting tributes to two formidable and ground breaking nurses. Florence Nightingale, who had a long association with the hospital, has an entire museum dedicated to her life. And in the grounds, there is an imposing statue commemorating Mary Seacole, a woman of Caribbean origin who defied the prejudices of the day to follow in Nightingale steps, providing care to wounded soldiers on the front line of the Crimean War.

However, on the other side of Waterloo, not far from world famous Old Vic theatre, there stands a building which owes its existence to another, lesser known, but equally formidable and groundbreaking nurse.

The Union Jack Club is a 24 storey, 260 room hotel, run exclusively for serving and veteran enlisted members of the armed forces and their families. The current building was opened in 1975, but the original Club dates back to 1907 and came about largely from the initiative and fund raising efforts of a nurse

called Ethel McCaul.

Ethel Rosalie Ferrer McCaul was born in 1867, a decade after the Crimean conflict had ended. Under Florence Nightingale's influence nursing was becoming a respectable profession and Ethel trained as a nurse at Radcliffe Infirmary in Oxford before practising in London.

Toward the end of the 1890's she had established a small private hospital for army officers in central London. Her professionalism brought her to the attention of the eminent surgeon Sir Fredrick Tevis who was recruiting a team of Red Cross nurses to bring with him to serve in his South African field hospital during the Boer war.

Ethel excelled herself and was on the front line, tending the wounded at the relief of Ladysmith. While she was decorated with the Royal Red Cross for her bravery she was also highly critical of the organisation of nurses and the lack of professional training the army provided. In a series of press articles she called for a professional corps of nurses to be attached to the army.

Such a corps already existed within the Japanese Imperial Army and this led to Ethel and fellow nurse Elaine St Aubrey receiving royal support

to spend a year in Japan observing the work of the Japan Red Cross Society and how this was integrated with the army and navy. On her return to Britain she published her experiences in her book 'Under the Care of the Japanese War Office' which was to prove highly influential in terms of the development of military nursing.



At the same time Ethel embarked on another project. One that became the passion of her life. She had noticed how officers in the armed forces enjoyed the benefit of luxurious private clubs at which they could stay when visiting London. Ordinary serving soldiers and sailors, meanwhile, had to make do with poor quality lodgings, often of ill repute.

She therefore embarked on a fund raising exercise to build a club where non-

commissioned military ranks could be provided accommodation at a cost that was to be set at no more than a day's wages. She acquired a site on Waterloo Road, a short walk or tram ride over the river to London's west end. Her fund raising included a concert at the Albert Hall and an offer to name a room after anyone who pledged at least one hundred pounds. Sherlock Holmes, author Sir Arthur Conan Doyle, was one high profile donor.

The Union Jack Club opened its doors in 1907 and became a firm favourite with servicemen and their families. Particularly during the first and second world wars.

Ethel died in 1931 and was not around to see the bomb damage sustained by the club during the blitz. By the late 60's this damage and general deterioration called for another fund raising effort and in 1975 the new modern club was opened.

Ethel's portrait now sits in a frame in the reception of the club, along with the medals she received for her services to military nursing. In the words of TE Lawrence (Lawrence of Arabia), a frequent visitor to the club, she is forever remembered for her *small scrap* of kindness.

# WOMAN

by Marianne Harvey

I am the girl of glass  
and  
the darling doll

the superstar  
and  
the puella

I am the victim  
and  
the warrior queen

I am the witch  
and  
the eternal girl

I am the child  
and  
the armoured amazon

I am the Mother  
and  
the whore

I am the sinner  
and  
the Goddess

I am young  
and  
ancient

I am changed  
and  
I am the same

I am whole  
and  
perfect

I am Woman





# ELIZABETH BARTON: RECONSTRUCTING HER WORD

by Abigail Ottley

They think they have my measure these lords with their  
ladies

Who come flaunting their fine white linen

Their dainty Spanish blackwork, their sleeves of split satin

Their bodices and jewelled French hoods.

They arrive in the company of pink-cheeked clerics

Whose faces shine honest as babies.

Are succeeded by their lawyers and gentlemen stewards

Merchantmen, guildsmen, the poor.

It pleases me to see my social betters come

Strutting as I labour in pursuit of God's Business.

Later the bishops they will scuttle like beetles

Huddling in hard knots to confer.

Wrinkling their brows they will nod like sages

Bow their heads in the presence of such sanctity.

Such *unlooked for wisdom*, so much *holiness and grace* —

*And* in the person of a woman base-born.

# Contact with Nature

by Maria Rosa Diez de Ulzurrun

This is the story of a woman in her seventies who travelled alone through one of the northern provinces of Argentina. She stayed in a small village called Tilcara in Jujuy, where people still keeps the traditional customs, dirt streets and stone houses, with sheet metal or adobe roofs covered in cardon's wood, widely used in this region of semi-desert climate with wide thermal variation for its hardness and natural insulation.

She started her trip by visiting The Pucara, a pre-inca fortification located on a hill outside the town, originally occupied by the tribe of Omaguacas, Although, no arms were found among the archaeological remains, it was supposed to have been built for defence purposes due to its strategic location. The houses were made of stone with small doorways and no windows.

The Omaguacas, according



to their beliefs, performed religious ceremonies led by a druid priest. They believed that a person's essence did not disappear with physical death. For them, death meant passing into a different state. They celebrated "the day of the dead" by offering different kinds of food that it was supposed that the souls would go to try that night, they dug up their dead and carried them on the corps throughout the town. The following day they sat down in the courtyards of the houses to eat and drink everything left by the spirits, and they noted that all the food tasted different because the spirit of the dead had

taken the best.

Tilcara, Purmamarca, Humahuaca are connected by the same route. Surrounded by mountains of different colours, according to the minerals they are made up of. The Seven colours hill in Purmamarca, is distinguished by gently sloping sedimentary strata of various shades of red, pink, grey, white and green. There one can also visit the large salt marshes, a desert of salt recovered for commercial uses. Its origin is volcanic, approximately 10 million years ago, when the tectonic plates of the continent collided with the Pacific. They are crossed by



the route 52 that connects the Republic of Argentina with the Republic of Chile through the Paso de Jama.

Puna's region is characterised by wide temperature ranges. Puna means "high land", and in fact it is the proximity to the sky that best defines this region, which at more than 3,500 metres above sea level exhibits salt pans, lagoons and oases well-guarded by the high mountain peaks.

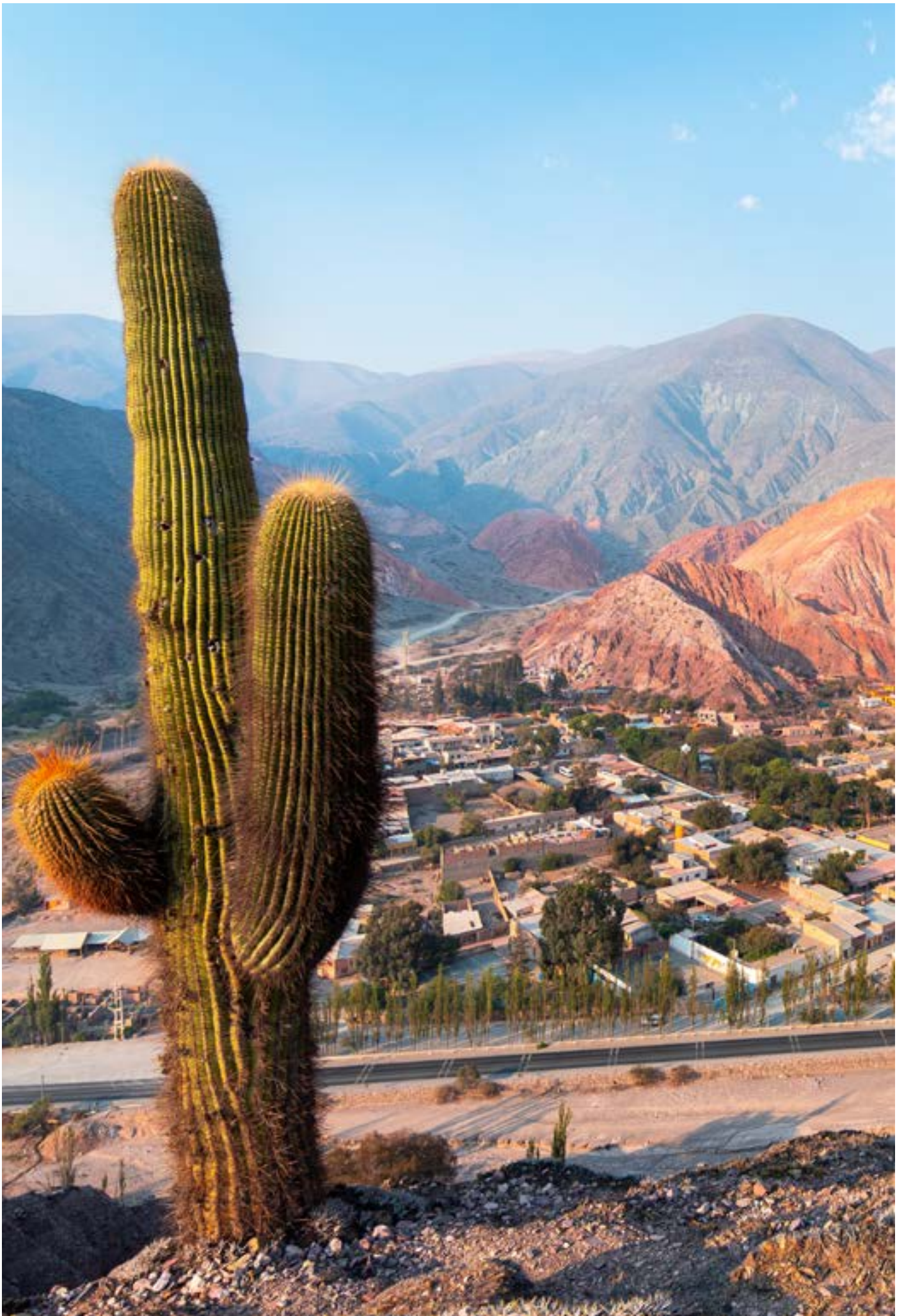
The last important village to visit is Humahuaca, located at an altitude of about 3,000 metres above sea level, surrounded by mountain ranges of great beauty, a picturesque town, ideal for walking through its narrow streets and admiring the different houses and buildings. Since 2003 it has been declared a World Heritage Site by UNESCO at the Paris conference.

There she discovered the Hornocal, a fourteen-coloured hill located at 4350 metres above sea level. It is called "Mountain of the fourteen Colours", because these are the colours that can be seen on it. The formation is very curious and seems

to be hand-painted, as the coloured veins form almost perfect triangles all along the mountain. Each colour corresponds to one of the minerals that form the different rocky materials, turning different tones depending on their oxidation in contact

Another cultural relic to visit in Humahuaca is the church of our Lady of Candelaria. Built in 1631, it is also the headquarters of the Prelature of Humahuaca. Its original Adobe walls are one metre deep. The altar, originally made of carbon, was covered with gold sheets, in a fine work done by the plastic artist from Tucum Santos Legname in 1980. Inside, it is possible to admire the images and paintings of a colonial Cuzco painter.

There are many marvellous sights to see in Jujuy but the most important thing is all she could learn about the cultural ancestors of this region, the original inhabitants of this land and the contact, the dialogue that one engages in with nature, to fill the soul forever.



# Women's History Month Anagram Quiz

Unscramble these anagrams to discover ten famous women from history!

1. **DAVE COAL ALE** (A pioneer in the world of computers – 3, 8)
2. **SAME RAY COAL** (Nurse working with soldiers during Crimean war – 4,7)
3. **RAIL LOIN BUGLE** (An early 20 th century French composer – 4,9)
4. **AIR RUE MICE** (A scientist and Nobel prize winner – 5,5)
5. **POISE ME STAR** (A pioneer in the field of women's health – 5,6)

**6. BEGGAR RENT HUT (Environmental activist from Scandinavia – 5,8)**

**7. SHE GRAIL BRAT (Lead scientist in developing COVID vaccine – 5,7)**

**8. SOAR SPARK (An American campaigner for racial equality – 4, 5)**

**9. RINK FALLS RAIN NOD (British chemist who studied structure of DNA – 8,8)**

**10. INK THEM MEALS PRUNE (Campaigner for women's suffrage – 8,9)**

Answers can be found at [events.restless.co.uk/trivia](https://events.restless.co.uk/trivia)

Quiz by Angela Bell.

Join Angela for Coffee and Crosswords (and other word games), every Friday at 11:30am.

**hello**  
**spring**







# 12 fun ideas to help you make the most of spring

- 1.** Have a picnic in the park with friends or family.
- 2.** Attend a gardening class or workshop to learn new gardening techniques and tips, and then go and plant your own garden!
- 3.** Join a walking group or take a guided tour of local parks or historical sites.
- 4.** Take a cooking or baking class focused on using fresh spring ingredients.
- 5.** Go for a hike or walk in nature and enjoy the beautiful spring scenery.
- 6.** Visit a local vineyard or winery for a wine tasting or tour.
- 7.** Try birdwatching or take a photography class to capture the beauty of spring scenery and wildlife.
- 8.** Take a painting or art class focused on capturing the beauty of spring landscapes.

**9.** Visit a local farm or farmers market to pick fresh fruits and vegetables.

**10.** Have a spring cleaning session and declutter your home.

**11.** Visit a zoo or botanical garden to see all the new baby animals and blooming flowers.

**12.** Take a road trip to see the cherry blossoms in bloom or other springtime sights in your area.



These are just a few ideas to get you started. There are plenty of ways to enjoy spring, discover 22 more ways to make the most of spring in this article. Have fun and make the most of this beautiful season!

Spring is the perfect time to refresh your home and start anew. As the weather warms up and the days get longer, it's time to say goodbye to the winter blues and hello to a clean and organized home. But where do you start?



## Tips to help you get started with your successful spring clean

### Declutter First

Before you start your spring cleaning, it's essential to declutter the area first. Go through each room and get rid of items that you no longer use or need. Consider donating, recycling, or throwing away items that are just taking up space.

### Create a Cleaning Plan

Once you've decluttered, make a list of the areas you want to clean and create a plan to tackle them one by one. Prioritize the areas that need the most attention, such as the kitchen, bathrooms, and bedrooms.

### Stock up on Cleaning Supplies

Make sure you have all the cleaning supplies you need before you start. This includes a vacuum, mop, cleaning products, and microfiber cloths. It's also a good idea to consider using natural cleaning products like vinegar, baking soda, and lemon to reduce exposure to harsh chemicals.

## **Dust and Clean from Top to Bottom**

Start by dusting surfaces from the top down, and then clean the floors last. This will prevent dust and dirt from settling on already-cleaned surfaces. Don't forget to clean often-neglected areas such as baseboards, light fixtures, and ceiling fans.

## **Don't Forget the Small Details**

It's easy to overlook small details, but they can make a big difference in how clean your home looks and feels. Be sure to clean often-neglected areas such as baseboards, light fixtures, and ceiling fans.

## **Wash or Clean All Fabrics**

Take the time to wash or clean all bedding, curtains, and upholstery to refresh the space. This can help get rid of any unwanted odors and dust.

## **Organize as You Clean**

As you're cleaning and decluttering, take the opportunity to organize items and put them in their proper place. This will make it easier to keep the space clean and clutter-free in the future.

## **Work in Short Intervals**

It's easy to get overwhelmed by a big cleaning project, so break it up into shorter intervals of 20-30 minutes at a time. This will help you avoid fatigue and burnout, and make the task seem less daunting.

## **Make It Fun**

Cleaning can be a daunting task, but you can make it more enjoyable by playing your favorite music, lighting a candle or diffuser with a refreshing scent, or rewarding yourself with a treat after you finish each area.

**Still feel like you need more tips to motivate you to get started? Find 28 top tips for a successful spring clean [here](#).**

# Your garden checklist

## March:

**Clean up debris:** Remove any dead leaves, plants, or debris from your garden beds. This will help prevent disease and pests.

**Prepare soil:** March is a good time to add compost or other organic matter to your soil. This will help improve soil structure and fertility.

**Start seeds indoors:** If you plan on starting your own seeds, now is a good time to start them indoors. This will give them a head start and ensure that they are ready to transplant when the weather warms up.

**Prune fruit trees:** March is a good time to prune fruit trees before they start to bud. This will help promote healthy growth and improve fruit production.

**Plant early crops:** Depending on your climate, you may be able to plant early crops like lettuce, peas, and spinach in March.

## April:

**Remove winter protection:** If you used any winter protection on your plants, like mulch or burlap, it's time to remove it.

**Plant cool-season crops:** April is a good time to plant cool-season crops like beets, carrots, and radishes. These crops prefer cooler temperatures and will mature before the heat of summer sets in.

**Fertilize:** Give your plants a boost by applying a slow-release fertilizer. This will provide nutrients throughout the growing season.

# st for March and April

**Weed control:** As the weather warms up, weeds will start to sprout. Keep on top of them by pulling them out or using a natural weed killer.

**Watering:** As the weather gets warmer, your plants will need more water. Be sure to water deeply and regularly to keep them healthy.

These are just a few tasks that you may want to add to your garden checklist for March and April. Of course, the specific tasks will depend on your climate and the plants you are growing.

For more ideas, you can find longer checklists for March and April on the Rest Less website.



# Guide to the Spring Sky

with **Martin Lunn**

**Monday 6th March at 4pm**

Here is a chance to take a tour of the night sky during the spring months, learning how to find the Plough and the North Star. Discover what stars can be seen in the spring sky and their myths and legends. Then discover if there are any planets or meteor showers visible this spring.





## What to look out for in the night sky in April

The night sky is majestic during springtime. It presents the stargazer with a great variety for the eyes to feast on, as winter's chilly grip is replaced by milder April evenings.

### The Pink Moon

The Pink Moon is a name given to the full moon that occurs in the month of April. The name comes from the pink flowers known as creeping phlox, which typically bloom around this time in North America.

In some cultures, the full moon is seen as a time for reflection and spiritual growth. Many people also associate the Pink Moon with the arrival of spring, and use it as an opportunity to celebrate new beginnings and fresh starts.

### Planets to Observe

In April, stargazers can observe the innermost planets of our solar system. Mercury will be visible in the evening sky, with the best viewing opportunities at the beginning and middle of the

month. On April 11th, it will set two hours after sunset. Venus will also be a brilliant object in the evening sky, setting four hours after sunset by the end of the month. On April 10th, Venus will be near the Pleiades, making for a stunning celestial sight. Mars will be visible in the fading evening sky and will be positioned 9 arcminutes from Mabsuta on April 14th. Although it will appear small when seen through a telescope, it is still worth observing.

### Lyrid Meteor Shower

Each year, Earth passes through debris left by comets, resulting in several meteor showers. In April, the Lyrid meteor shower occurs when Earth crosses Comet Thatcher's debris trail. The shower has been observed for over 2,700 years and can be traced back to ancient China, where it was first recorded in 15 BC and 687 BC. The radiant of the shower is located in the constellation of Lyra, and impressive shower sightings were recorded in Greece in 1922, Japan in 1945, and the US in 1982. Stargazers can witness this spectacular event with the naked eye, making it an excellent opportunity to see shooting stars.

# Events to welcome

## Exploring Malvern's Nature

Monday 20th March

with Julia Goodfellow-Smith

### Malvern's Marvellous Trees

Are you interested in history, trees or both? Have you already visited Great Malvern and fallen in love with the area? Or are you curious about what else Malvern has to offer except its famous hills and water? In this virtual tour, you'll learn about the history of Malvern's trees, the stories behind their planting, and the unique characteristics of each species. Malvern's Marvellous Trees is an educational and entertaining talk, illustrated with top-class photos, that will leave you with a greater appreciation of all trees. Book now to discover the fascinating story of how Malvern developed its unique treescape and experience the beauty and majesty of these trees yourself.

Monday 27th March

### Walking on the Malvern Hills

The Malvern Hills rise dramatically from the flatlands surrounding the River Severn. The hills are rich with history, diverse in habitat and overflowing with natural springs, known locally as 'wells'. On a clear day, the views from the hills are unsurpassed, and when the weather is wild, you can watch the drama unfold over the surrounding areas. Join us on this virtual walking tour and learn about the area's ancient and modern history, the habitats and wildlife of the hills, and the town's influence on our musical and literary culture.

# me in the Spring

## Easter Events

Tuesday 28th March

### Get Cooking! Simnel Muffins

with Anne Marie

A simnel muffin is a tasty mini version of an Easter fruitcake with marzipan hidden in the middle.

This baking class is perfect if you want some things to do inside to celebrate Easter and feel in a spring-time mood.

They're fun things to bake and great for all skill levels. You can share your yummy baked goods to loved ones as handmade gifts, it is sure to put a smile on their face.

Friday 7th April

### Easter Recital

with Julia Loveless

As we approach Easter Sunday, join one of our resident singers as she takes us through the plethora of church choral music written to celebrate this particular Christian festival. With both a church and choral background herself, Julia is very well placed to both walk us through the history of these beautiful pieces while also singing them live for us to enjoy. You can relax in your own home, as the songs stream out from Zoom - and, hiding behind your mute button, you can even join in if you like!

# Spring Arts & Crafts

with Amy Hutchings

Monday 13th March

## Collograph Print with Aluminium Tape

Join Amy, collect your ideas and materials, and create something unexpected!

During this session we will create prints using found materials from the natural world.

We use these leaves and flowers to create a printing plate, creating our own homage to the natural world. During the workshop we shall be considering placement, and pattern. I encourage people to take themselves off of mute and to share their progress/ thoughts and questions as we work through making our plate together.

Tuesday 25th April

## Exploring Spring through Printmaking

This is an experimental workshop where we try things out just to see what will happen! No experience necessary – please join in for the joy of trying a new technique, which you can then continue to explore after the workshop.

During this session we will direct print using found materials from the natural world. In advance, please collect flowers/petals/ leaves.

We will paint and print these, creating our own homage to Spring, considering colour, placement, and pattern when printing. During the workshop we can share what we are creating and discuss what works well and what doesn't, learning from each other.

# Drawing in Charcoal

with Caitlin Heslop

Join Caitlin Heslop, London based artist and founder of Barely Drawing, for a drawing class in charcoal, where you will explore expressive mark making, tone and form. Using floral and still life arrangements as our inspiration, Caitlin will lead you through a 4 week course, consisting of quick drawing exercises and more sustained studies. We will create beautifully simple line drawings, tonal studies, and expressive drawings, taking inspiration from masters such as Morandi, Cezanne and Matisse.

The classes are suitable for all abilities, and each class will work as a stand-alone session, or you can attend all four to see your work develop over the month of March! All classes will begin with warm up activities to help build confidence and to get stuck in straight away!

Thursday 9th March

**Introduction to charcoal**

Thursday 16th March

**Exploring composition**

Thursday 23rd March

**Developing a still life drawing in charcoal**

Thursday 30th March

**Consolidation - creating a final piece**

*This is a 4-week course and recordings will be available for 7-days following each booked event.*

## Suggested materials :

Willow charcoal (available from any art shop or amazon)

Paper

Still life set up including a few items from the following list:

a piece of fabric/ some fruit/ vegetables/ a vase/ flowers/ cutlery/ mugs/ glasses

# The Soothing Season: relaxation and art

with Sarah Parker

Fornightly on Friday afternoons

Feeling a sense of soothing and peace is a really vital part of everyday experience. Life isn't always good to us. We feel pain, loss and isolation at times, and finding ways to be with ourselves through these difficult times can be a lifelong journey.

For me, chronic health problems changed my life at the age of 26. Suddenly I couldn't work, or even leave the house and I longed to be outside. Before this time, I gave little thought to my capacity to self-soothe, and had only a passing interest in nature. But when life brought me to a stop, took away my usual distractions, I knew it was time to change my focus.

So, I spent years exploring art-making, relaxations, visualisation and slowly reconnecting to nature. This led to me to start training as an art therapist in 2008. In 2015 we moved to the North York Moors National Park, where we were more immersed in the changing seasons and nature. And it was at this point that all the

elements of soothing and connection I'd been exploring fully came together to create The Soothing Season.

In my workshops, we take a little bit of time for ourselves to focus on something soothing. I introduce my workshops with a reminder that nothing you do is wrong in this space. It's just a time to listen to yourself and connect with nature and what it has to teach us. I'll often start with a thought on the subject we are exploring that day to help connect you with your own feelings and responses to this particular element of nature. This could be symbolism, poems, facts, sounds or other sensory experiences.

I begin the led part with a body-based relaxation. This just allows us to slow down a little and let go of our busy day. And then I lead you through a nature-based visualisation about an animal, plant, location, or weather. Taking the time to connect to the elements that are soothing, grounding or enlightening.

The next part of the workshop is to express your experience through art. There are some fascinating neuroscience papers that highlight how making art can connect you to parts of the brain that find it difficult to express themselves. So, you can find out more about yourself and your needs by making art and looking at the story it tells you. Art-making can also help you to relax. There was a research study in 2016 that found that 75% of the participants had lower cortisol (a stress hormone) levels after making art.

*The Soothing Season: relaxation and art, takes place every other week on a Friday afternoon, where you can join me in finding a soothing space for yourself.*



# Snowdrops

by Doreen O'Keefe

Earliest flower of the year,  
bell shaped pendulous white heads showing  
above the ground. They succeed winter  
and precede spring. A sign of purity and hope

heralding in rebirth, rejuvenation,  
and regrowth.  
Springing forward with the equinox  
milky flowers with linear leaves.

While the natural world struggles,  
Death, war and déjà vu.  
Resilience, solace, repair and recharge  
accepting the healing power of nature.







# Spring Haiki

by Penny Lighthall

Gentle rain; sunshine  
from the soil, green sprouts wiggle  
bold, bright flowers bloom

# Beekeeping

by Clare Beaumont

Once the year has turned, it's time to prepare equipment for the new season - cleaning what has not been used since last September, replacing and repairing where necessary. And worrying that the bees have in fact got through winter. Have they got enough food? Did that cold snap kill them? Have mice got in the hive?

Our bees arrived in July 2019 and it's been a rollercoaster ride of checking on them; can you find the queen, what does this mean, what's that! Despite training, it's still a bit like having a manual in a language you don't understand, until gradually (hopefully) your knowledge and experience increases and it starts to get easier.



The bees keep the hive at a temperature of between 32 and 36 degrees centigrade so opening the hives too soon can be a death sentence. Ideally you would inspect the hive on a warm day, at least 12 degrees and with little wind. The arrival of dandelions is traditionally the beginning of the bee year and are a valuable source of pollen and nectar. The workers who forage will be out of the



hive making it easier to see what's happening.

When you inspect the hive you are checking to see that the bees are healthy, have plenty of stores, the queen is actively laying eggs and that there is plenty of room in the hive, you don't want your bees

to swarm! The first couple of inspections each year are all about making sure the bees have the best conditions they need for a successful year of pollinating and hopefully producing a bit of honey for us too.

# Mum's Marmite Event of the Year

by Debbie Millard

‘Spring Forward Fall back’ is commonly used to remember when to adjust all the clocks in our homes. Looking for this year’s date took me down memory lane, tinged with sadness at her absence. I recalled how much my late Mother hated this event! Saying, “remember what Mum thought about putting the clocks going forward” to my brother and sister would ensure conversation and hilarity ensuing. We all knew, without a shadow of a doubt, that this was ‘Mum’s Marmite Event of the Year’. I believe she thought this clock change was aimed personally at her. Her equilibrium was thrown off totally for a week, and she would comment non-stop about the loss of the hour’s sleep.”

## 8 facts about Daylight Saving Time:

1. Daylight saving is used in more than 70 countries.
2. Lord Howe Island, Australia, is the only place in the world to change its clocks by half an hour.
3. Port Arthur in Canada was the first place on earth to enact Daylight Saving Time on 1st July 1908.
4. Double summer time was used in WW2 as an energy saver and also meant we were on the same time zone as mainland Europe.
5. In 1968, a three-year experiment took place with British Standard Time, keeping the clocks fixed throughout the year on GMT+1. This was not popular with many Scots, as it resulted in dark mornings.
6. The first time clocks were changed in the UK was in May 1916, followed by Germany.
7. Due to the mechanism on older clocks, people were advised to turn their clocks forward rather than back.
8. In October 1999, the King of Tonga put the clocks forward an hour, ensuring Tonga beat its neighbour Fiji to the Millennium.

# A brief History of Summer Time/Daylight Saving and British Summer Time

Benjamin Franklin, the American Envoy in Paris, is credited with being the first person to introduce Daylight Saving in 1784. Having been woken early by the summer sun, he claimed that fortune would be saved in candles if people woke up earlier. Others claim that it was the brainchild of a New Zealander, George Vernon Hudson, in 1895, who worked shifts and wanted to have more daylight for his hobby of insect studying.

In the UK, William Willett campaigned for British Summer Time in the early 1900s. While riding near his home, he noticed that many people had curtains or blinds closed even though it was light. Greenwich Mean Time meant that it was light by 3 am and dark around 9 pm. William used his own finances to fund research and produce a pamphlet titled “The Waste of Daylight.” He was supported by MP Robert Pearce, who campaigned in the House of Commons in 1908, but unsuccessfully.

Unfortunately, William Willett died of flu in 1915, so he did not live to see his idea passed into law during World War 1. The United Kingdom needed to conserve its fuel supplies during the war, and the Summer Time Act became law on 16th May 1916. The clocks went forward on Sunday 21st May 1916, officially introducing British Summer Time.

William Willett’s memorial sundial is set permanently to Daylight Saving Time (British Summer Time).

I am sure you won’t be surprised to learn that my mother loved the day the clocks went back giving her another hour in bed!





# Comm



community

# Events

## Feel Good Club 6th March – 2:30pm

What makes you feel-good? When you're at home is it listening to good music, watching a good film, or doing some crafts? When on holiday, does walking on a beach or up a hill or sitting with a pint in front of a beautiful view make you feel better? When with friends, what are your favourite 'feel-good' activities? We will have a different theme each month, sharing feel-good moments that are linked to the theme.

This is a space to share stories, songs, art, and poetry. You can be as creative as you like in telling your feel-good moments - each member will get 5 minutes to share. We hope to inspire each other to think creatively and feel good!

In March, your prompt is Women's History Month/ Celebrating women in our lives.

## Lunch Club Every Wednesday – 1:00pm

Introducing... Lunch Club! A chance to have a lunchtime date with some company who could be joining from anywhere around the world! This is time set aside each week for us to talk about what's on your mind and enjoy a conversation over a meal. Come and join in!

## Coffee and Crosswords Every Friday – 11:30am

Do you enjoy crossword puzzles, but sometimes get stuck on a tricky clue (or two!). Or are you a fan of word puzzles but have never managed to do a cryptic crossword? Or just looking to learn something new and keep your brain active?

Led by Angela, 'Coffee and Crosswords' is a community event where we work in a group to solve clues. Each week, we take a different cryptic crossword and solve it together. You will learn how



to recognise different types of clues, and there will also be an opportunity to play some online word games such as Countdown and Wordle during these weekly sessions!

## Poetry Community Club

**10th March – 1:00pm**

**14th April – 1:00pm**

Do you have a favourite poem (or poet)? Do the words have a special association for you? This is an opportunity to share your favourites with other poetry lovers in a friendly group.

Poems are chosen by the host from suggestions put forward by members and should be from a published source. You have the option to read your choice yourself or have it read by the host. The aim is to share poems other members might not have read and enlarge our enjoyment of poetry. There will probably be time for about 5 to 6 poems in each session, depending on the length of discussion around the poems.

## Community Club

**27th March – 2:30pm**

**24th April – 2:30pm**

Our Rest Less Events community extends around the world and we know that the highlight of community events is talking to people from all over the globe! So we started this club to share 'culture' on different themes and topics each month.

### March

Welcome to the 'Museum of Me', or the Museum of You! This month, bring along 2-3 items that you would include in an exhibition about yourself!

### April

This month, we are asking you to curate a mini exhibition on the Museum of your Area. Are there a few facts that aren't in the local museum that you think should be? Or some items or images you have you'd like to share that you feel highlight your local community?

# Is this the Most Romantic Village in the World?

By **Debbie Millard**

I, like many other people, miss the local “treasures” we have on our doorstep, and having watched a series of programmes with Robson Green (he of Soldier Soldier and Grantchester), I decided it was time to change this.

For my first trip, I decided to research and then visit a village near me that has achieved worldwide fame, including featuring during lockdown on the TV programme Countryfile. I decided to visit this Wiltshire village which for 50 weeks of the year is like all other villages but for approximately two weeks becomes a hive of activity with locals baking, stamping, and selling. But why, I hear you say? Prior to the closure of the village post office, the local postmistress would expect to receive in excess of 2,000 items of mail during this two-week period. But why, I hear you ask? Read on, and all will be revealed.

The name of this village is not pronounced as it is spelled. The second letter is an “O” but this is pronounced “ou” which means you might miss the romantic link - this is your first clue. It is not just the village name that is now world-famous but a service that it offers, and it is this service that is really being sought after. During the pandemic, this special service had to be moved online to prevent people from continuing to flock to the village. Now it is available online, and you can visit in person, as I have now done for the past two years.

So where, I ask you, unless you have cheated and looked at the photos at the end of the article, is this village, and what is the service it offers? The village is “Lover,” and for two weeks in February every year, this village becomes a romantic

hub. After the post office was closed, the villagers set up a Community Trust, and you will find buildings and road signs decorated with hearts. It is, however, the treasured item of a carefully hand-franked envelope with its personalised cache and postmark that is sought by romantics across the globe. It is believed that in the last five-plus years, over 8,000 cards have been dispatched from Lover. Before you ask, yes, I do use this service too. It is surprising that Lover claims to be “The most romantic village in the world!”

Do look up [lover.org.uk](http://lover.org.uk) to see more photos - they have a Facebook page too, and a lovely local dog Stanley is their mascot. I would love to hear about places near to where you live that have a special name.



# The Secret Agent

By Liz Potter

Sally believed that she did her best work at the morning tea break. The directors would ask for tea at some time between half past ten and eleven. By then Sally would have unloaded the dishwasher, stored all the crockery neatly in the cupboards, and read a couple of chapters of her book.

When the call came, she would push the trolley along the corridor to the conference room door, with mugs arranged to her own system on the top tray. Sally was good at remembering who drank what. Information carried in her head, she thought, was always the safest.

Sally would distribute the mugs around the table. The directors were always polite to her, moving their papers out of the way, but never engaged with her as a person. Which was all right: she was not good at jokey conversation anyway. She much preferred to listen to

the snippets of information that she heard, or saw displayed on the projector screen, as she walked around the room.

The invisible woman.

During the next ten minutes or so, the directors would wander out into the office, to visit the toilets and make phone calls. It was at this time, at the end of the break, that Sally would set to work. Under the pretext of collecting the mugs, she would have a look at the papers in front of each place to see if there was anything worth reporting to her handler.

Weeks could pass without anything useful turning up. The company only worked for the Ministry of Defence on 40% of its contracts – that was open knowledge. What was not open knowledge was that it was losing out on too many contracts and redundancies were now being considered.

Sally found that information on a confidential report in the conference room. Five confidential reports in fact: the A4 sheet was on top of several directors' stack of papers.

After a moment of panic, Sally decided that there was no need to worry. She would alert her handler to the situation, but would reassure him that her job was not at risk, because no one else could fix the photocopier or knew where the spare key to the stationery cabinet was kept.

At ten to five, when the staff were leaving the office and the cleaner had arrived, it was Sally's job to fill and switch on the dishwasher. This included gathering up stray mugs and plates from around the office. During lockdown, the health and safety officer had tried to get everyone to put their dirty crockery in the dishwasher themselves, even circulating a photo of the machine so that everyone would be able to find and identify it in the tiny kitchen. The idea had not really taken off though.

That evening Sally was particularly assiduous in collecting dishes, checking under desks as well. It was while retrieving a crisp packet that she saw the sheet of paper under the HR lady's desk.

Sally got down on her knees - with some difficulty - and retrieved the sheet of paper.

She read:

*Sally Jacobs, 52 years old  
Reliable, hard working,  
socially awkward*

*Interests - spy novels and  
films*

*Fantasises*

# The Root Cause

By Doreen O’Keeffe

I was born blond and now I’m not. I coloured my hair with highlights since I was in my teens. They also covered any strange stray greys that came along. The day I got the free bus pass I said “who are you fooling girl, you are a senior now, the blond will have to go”. Time to put down the dye. The transition was challenging both emotionally and follicly but financially it was rewarding.

No longer that blond woman, I had retired, matured, taken up yoga, creative writing and was a grandmother of three teenagers. I felt comfortable in my skin and natural



hair colour. It certainly was great during the pandemic no worries about roots showing. I managed to trim it myself and keep it in shape. I think white hair reflects the woman I have become.

I had noticed that European women let their hair go grey or white while still being stylish, some celebrities too. Emmylou Harris for instance looks fantastic, also Helen Mirren. Although they would probably look great in a black bin bag!

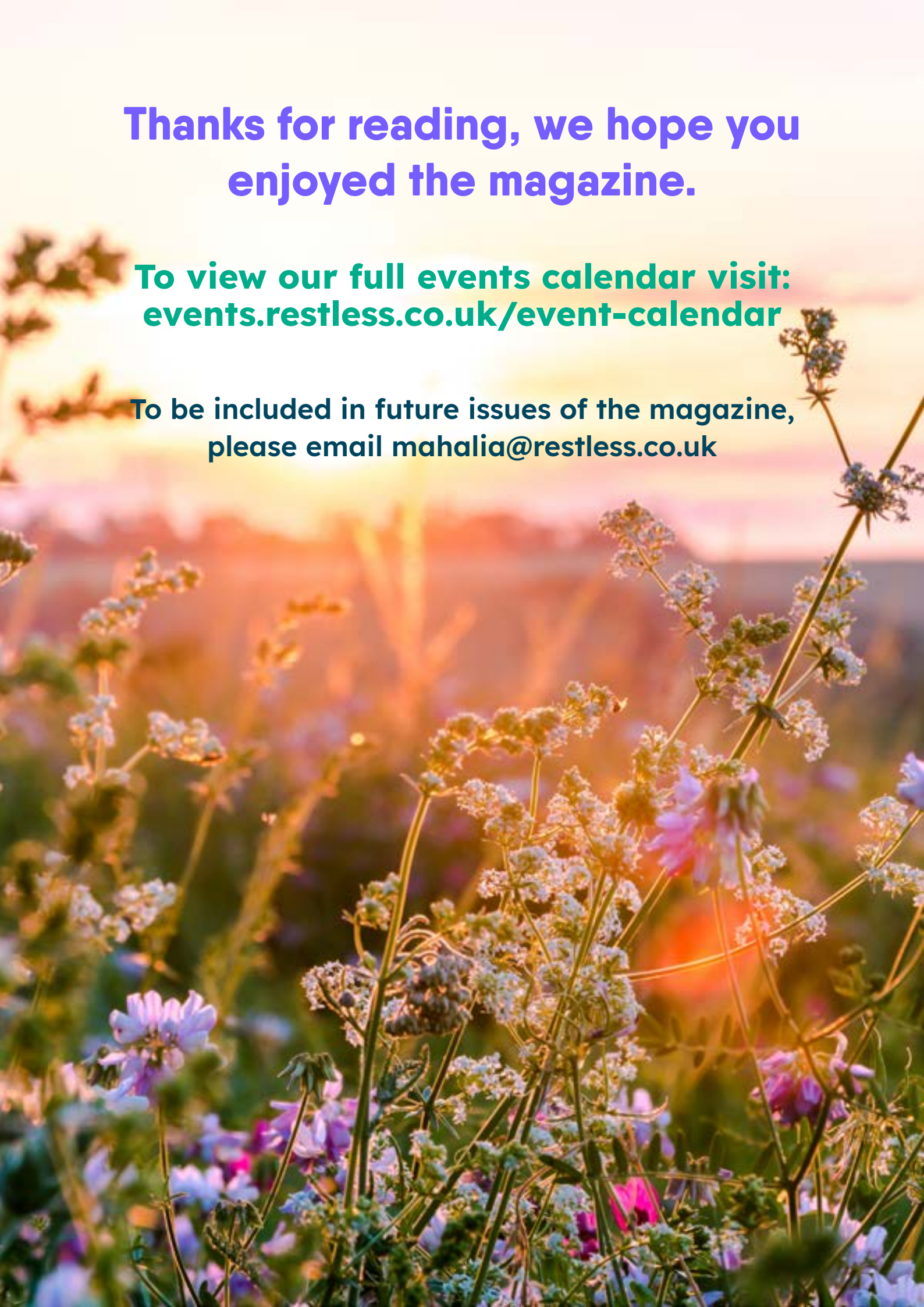
I have to admit sometimes I am startled when I see a photograph of myself in a crowd and see this white haired woman. My passport and public service cards are a bit ghostly.

We are in a society which worships youth and makes us afraid of showing signs of aging. It's big business looking young.

My father had white hair, I don't remember him with any other colour. I think his hair used to be brown. My older sister who was natural a brunette is now an unnatural one! She moans about her roots which have to be touched up every three weeks. Her hair is dyed into submission.

I tell her to embrace white and be like her husband and younger sister - me!

But she can't get her head round it!



**Thanks for reading, we hope you  
enjoyed the magazine.**

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