



# CARLBECK NEWS

## April 2020



**Hello and welcome to the latest edition of Carlbeck News**

We hope that you and your friends and family are safe and well and coping tolerably with the current privations and restrictions. Stay well, stay safe!

We also hope that you will enjoy this temporary format of the Carlbeck newsletter, in these exceptional times; you will notice it's mostly pictorial.

Our Carlbeck groups are a very industrious lot and keep up their busy crafting schedules alongside garden preparation and keeping up some form of daily exercise.

Thank goodness for technology to keep us in touch and feeling connected with our friends and family whom we cannot see in person. Of course the good old telephone is invaluable for one to one conversations and Skype and other video conversations are better yet though WhatsApp is proving a popular way for the Carlbeck users to stay in regular contact with larger numbers and to date we have 29 participants with very many exchanges every single day. The advantage of this is people can join in or just watch and enjoy the chatter without saying very much if they prefer not to.

We plan to issue regular newsletters until 'Lockdown' finishes and we can return to our normal 'crafty' activities in the company of our friends. However, to do this we will need more content, lots more content. But looking at the number of beautiful pictures of the work you have been doing in the past month we're sure that won't be a problem. Keep sending us photos of what you have achieved and we will keep printing them!

Best wishes from everyone at Carlbeck



Lynn Morse has painted this wonderful portrait and woven this beautiful piece of fabric while husband Trevor has set himself the goal of climbing Everest!



Lou Clarke has been very busy!



### EXERCISE DURING LOCKDOWN / SELF ISOLATING SET YOURSELF A TARGET

Using a typical staircase of 12 steps which equals 8' (2.4m) of height.

Climb Mount Everest over 6 months (182 days).

By climbing the staircase 20 times a day.

5 times after: breakfast, morning coffee, lunch and afternoon tea.

Total height climbed in a day 160' (48.8m)

Over 6 months (182 days) you will climb 29,120' (8876m), plus a little bit extra.



Sea level	(1400m, 4600')	29 days)
Kathmandu	(1400m, 4600')	29 days)
Base camp	(5400m, 17716')	111 days)
Camp 1	(6100m, 20013')	125 days)
Camp 2	(6500m, 21328')	133 days)
Camp 3	(7400m, 24278')	152 days)
Camp 4	(8000m, 26246')	164 days)
Summit	(8850m, 29035')	181 days)

The last 850m should be done quicker than 20 times a day.  
you will be entering the DEATH ZONE.  
ENJOY (Trevor Morse 2020)



June Dent is working on two patchwork pieces: a Laura Ashley block and a patchwork shirt quilt.



While Julia Nelson has been busy weaving this lovely scarf



Barbara Ford has completed a pretty patchwork piece and a Bargello wall hanging



Ann Irving's teaching herself Japanese with this colourful Kogin sampler

Jane Roberts has created this lovely cross stitch elephant



Joanna Tait has almost completed her pretty lace mistletoe leaf



Carol Haswell has finished her Calico Gardens piece



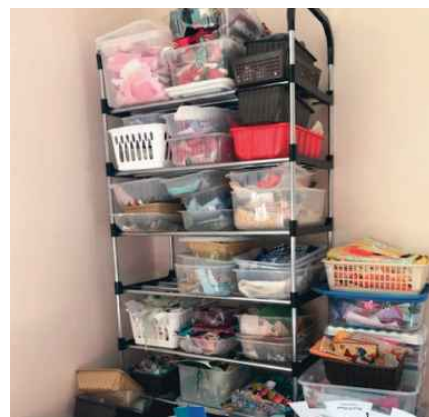
Claire Williams is making good progress with her chair

Margaret Dent has also been busy - when isn't she?



Finished that wool at last!

Just in case you're worried she might run out of scraps!



Jane Wilkinson's bright and beautiful chair

Jo Lee decided to refurbish her kitchen, including the table. Look's good, doesn't it?



Ruth Craggs has moved into wildlife studies with this very realistic fox



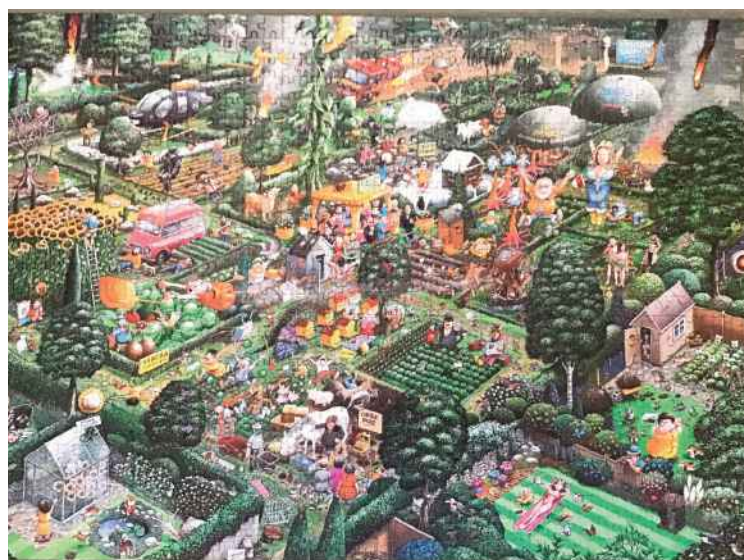


Doll clothes and a colourful, abstract quilt by Kathleen Shield



It's Spring so where did we find Mary Wilson? In her garden, of course.

The poly tunnel is filling up and the seedlings are coming along nicely, Mary!



And finally, Margery & Ron Leath have a passion for jigsaws. Their current project is this stunning 1,000 piece puzzle designed by Mike Jupp. We're told that some parts are easy, others not - but it is always amusing. Hidden away in this puzzle are Alan Titchmarsh and Charlie Dimmock, not to mention Adam & Eve and the vicar raising his hat to them! The perfect time filler for 'Lockdown'.

**The Carlbeck Centre, Lunedale, Middleton-in-Teesdale, DL12 ONX**

**Website: <http://carlbeckcentre.org.uk> Village Halls website: [www.thevillagehalls.co.uk](http://www.thevillagehalls.co.uk)**

Approximately three miles from Middleton and Mickleton on the B6276, the Carlbeck Centre is a warm and comfortable venue for private events, meetings and workshops. Self service catering facilities are available to all users.

There is a regular programme of craft and leisure sessions, organised for and by the community; workshops are also arranged on a variety of subjects. Details of these can be obtained from the Secretary, Margaret Dent, on 01833 640 763. If you have an idea for a workshop that you would like to attend or perhaps you could pass on your own skill and knowledge to others through a workshop, please contact Margaret.

**Bookings for the hall can be made with Judith Carter on 01833 640 078**

**Carlbeck Centre, Lunedale Charity No. 1115465**

**MANAGEMENT TEAM:**

Chair: Jane Wilkinson	640 840
Vice Chair: Carole Pinkney	640 195
Treasurer: Keith Roberts	641 575
Secretary/Heritage: Margaret Dent	640 763
<i>Email: <a href="mailto:margaretdent@uwclub.net">margaretdent@uwclub.net</a></i>	

**Committee members:**

Julia Nelson	641 392
Helen Finnimore	640 471
Sid Wilkinson	640 840
Ruth Craggs	640 408
Bookings Secretary: Judith Carter	640 078
<i>Email: <a href="mailto:laithkirk9.muriel@btinternet.com">laithkirk9.muriel@btinternet.com</a></i>	