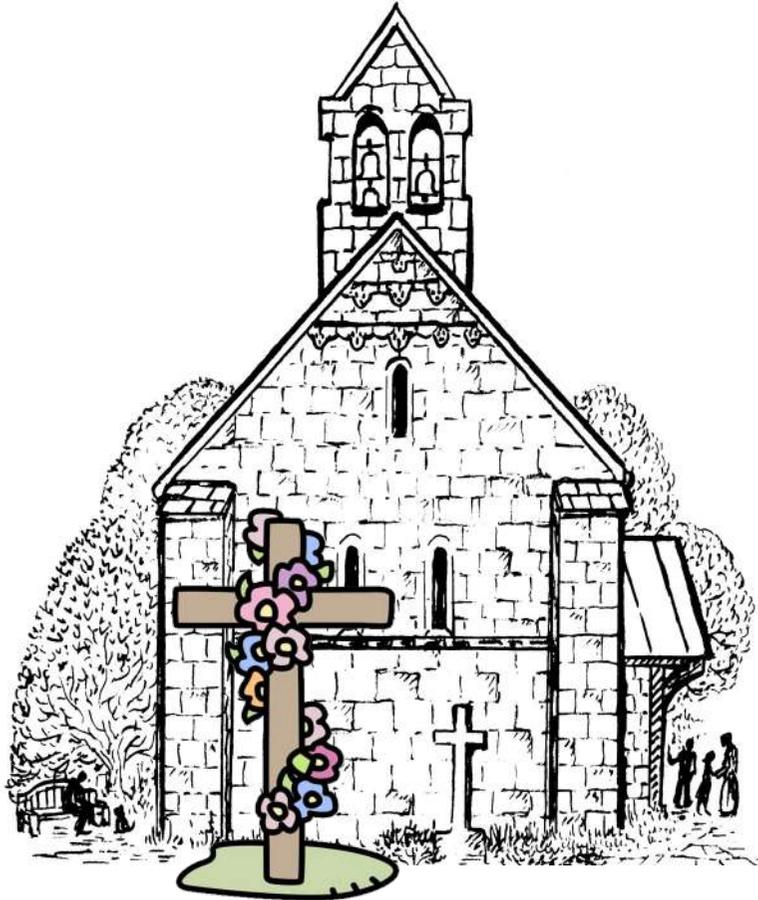




ADEL BELLS

Parish Magazine 60p



April 2021

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Adel Bells
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Church Website
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www.adelparishchurch.org.uk
Adel Parish Church



The Parish Church of St John the Baptist, Adel
 Enquiries including Home Communion, Baptisms, Confirmation,
 Weddings, Funerals; please look at the church website
www.adelparishchurch.org.uk

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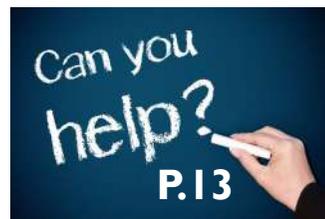
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Parish Registers

Funerals

10th March
 Brenda Bond

11th March
 Keely Watts



Festivals & Feasts

1st April
 Maundy Thursday

2nd April
 Good Friday

4th April
 Easter Day

23rd April
 St George's Day

26th April
 Mark the Evangelist



From the Psalms

Where can I go from your spirit?
 Or where can I flee from your
 presence?
 If I ascend to heaven, you are
 there;
 If I make my bed in Sheol, you are
 there.
 If I take the wings of the morning
 and settle at the farthest limits of
 the sea,
 even there your hand shall lead
 me,
 and your right hand shall hold me
 fast.
 If I say, 'Surely the darkness shall
 cover me,
 and the light around me become
 night';
 even the darkness is not dark to
 you;
 the night is as bright as the day,
 for darkness is as light to you.

Psalm 139: 7 - 12



Church Open for Private Prayer—See page 7



We aim through Christian worship, word and action to celebrate and share the love of God with our neighbours

From the Editor

Hopefully my confidence is not misplaced when I say that services are now being held in Adel Parish Church, albeit still with reduced numbers. Because of those small numbers, online services will also be available. The church will also be open for private prayer three times a week - please see page 7. We do not want to rush into things too quickly, so it may yet be some considerable time before we can have a full church. A return to social events in the Stables is unlikely in the near future, so we shall still be offering online events and later possibly some outdoor opportunities to get together and, who knows, celebrate. Patience will reap its own reward here.

A closed church has unfortunately resulted in financial losses too but the churchyard has not been closed. Many local people, and some from further afield, have benefitted from a daily walk and sometimes a rest on one of our benches. If you have done that, please read Alison's piece on page 13 and consider how you might be able to help.

During Lent we had members of our congregation taking turns to speak to us about their concerns. Their thoughts were so encouraging to all who heard them, making us realise that we were not suffering alone, but that rather throughout the parish people were struggling to come to terms with a lifestyle that had been forced upon them. Many of you will not have been able to listen to these talks, so I have included the texts of the first two and hope to publish more next month. There is also some good advice for us all to follow.

100 Club Draw

The winners for February were:-

| | |
|----------------|--------|
| Dorothy Frost | £77 |
| Barbara Wright | £30.80 |
| Cath Jackson | £30.80 |

Marjorie

Online Services

Each Sunday will offer

- A 10am Eucharist, available afterwards at any time on Facebook or You Tube
- A Pebbles session available at any time

Rector Alison's Letter

A 'good read' on new life.

Dear friends,

Apparently over the last year, with so many other activities curtailed, there has been an increase in reading for pleasure. I wonder what your lockdown reading has included? The book I enjoyed the most was 'English Pastoral' by James Rebanks. James is a Cumbrian farmer, passionate about making farming sustainable and environmentally friendly. He grew up on the family farm, and his book is part study of farming methods, and part elegy to a boyhood spent learning his trade from his grandfather.

Woven through it is the story of a year when his grandfather, realising he was being lost to farming, decided to show him what it was, and why it mattered.

There is also the story of the years in between. Driven by the demand for ever cheaper food, and the availability of new pesticides and fertilisers, James and his Dad 'modernised', like farmers across the country. At the time, it was the only way to survive in farming. There were gains, but they realised, almost too late, that this way of farming damages the soil and the ecosystems that depend on it. Finally, it is the story of how James and his family, with the help of

scientists, ecologists and fellow farmers, are finding ways to farm that work with nature not against it.

Much of what they do is informed by new science; but it is also rooted in the old ways. His grandfather farmed in ways that had barely changed for hundreds of years. The farm was full of curlews, lapwings and many other species now increasingly rare. The book is a beautiful story of rediscovering something life-giving, and finding it is still relevant today. I recommend the book to anyone who loves the English countryside... or indeed anyone who wants a 'good read'. I think it contains truths that go wider than farming too – about ancient wisdom, and what gives us life.

April this year begins with Easter. At the first Easter, people encountered the risen Jesus and something life-giving. He brought a way of living that was both utterly new, and a rediscovery of something ancient. Following the risen Jesus showed them the life they had been created for, the life which had been hidden inside them. It also turned out to be something that brings life to others.

People have been encountering that life ever since; finding it life-giving and joy-bringing; and that it uncovers something already within them. We will be rediscovering that new life on Easter Sunday (April 4th) and

throughout the Easter season. You are welcome to join us, online or in person. Have a blessed and life-giving Easter, Alison

Booking information

Many of the services in church will need to be booked, by contacting Eventbrite.

<https://tinyurl.com/adelservices>

If you are not able to do this online booking, please contact Marisa Clayton on her mobile or by email and she will do the booking for you. 07814 533 352

amonavis80@hotmail.com

Please note that one ticket is required per individual or per household/bubble of up to 5 persons. If your household/bubble has more than 5 persons then two tickets are required (up to max of 5 persons per ticket).

Some services have small numbers so booking is not needed for these. The back cover will tell you which services need to be booked.

Private Prayer

The church will be open at the following times for private prayer

Monday: 2- 4pm
Thursday: 2-4pm
Saturday: 2-4pm

Christian Aid Week 10-16 May

Last year Christian Aid was unable to run its usual house-to-house envelope collection, but it is hopeful it can go ahead this year. Our regular band of volunteers is willing to deliver the envelopes. However, we may not be able to collect them all in, so you may receive an envelope with a Return To address on it. Please try to return it. If you can't, I will collect it.

Christian Aid is again focusing on the way climate change is causing more frequent and intense droughts for millions living in Kenya. Your donation could help a community build an earth dam so when the rains do come families have the water they need.

More information about Christian Aid's work is on its website christianaid.org.uk. If you don't have internet access, I can send you some information in the post.

Lesley Walton 07834 352 782: 0113 3689 622: lesleywalton@hotmail.com

QR Code

Using this QR Code will take you straight to the church's online giving page, should you wish to help with the upkeep of our special church.



Travels through Lent

Week 1

How I miss the simple act of walking up the church aisle to take communion at the alter rail. I miss singing in unison – I am no good by myself – when I do try my dog gives me a strange look. I miss sharing the peace – the only person to touch me in any way since last March is my hairdresser who put her hands on my shoulders to ask me a question. I had not felt stressed, but I felt the stress just falling away from my shoulders.

We took so much for granted a year ago - it was Lent last year when we last worshipped all together in church. It seems to me that we have walked a sort of wilderness walk since then. A time of trial or testing but not necessarily temptation. It seemed that all that was left was our faith. However, the human spirit, creativity and fortitude have shown through. We have prevailed and have learned to worship differently. There are some unseen heroes who have helped all this to happen. Trevor has wonderful IT skills which have meant we have really good on-line services. There are the many musicians who contribute their talents but who are unseen. Then there is Marisa who has enabled us to book to come to church whilst all the time home teaching and working from home herself. Chris Cunliffe has arranged the phone line service for

those without an internet connection.

Alison has been on a steep learning curve too: filming done, memory sticks passed on at the right time, Zoom meetings chaired and sermons delivered. Then there are all of you out there who film yourselves reading lessons or prayers in your own homes. We have found new skills in order to continue our worship.

When everything “normal” in a service was stripped away and just our faith was left we all set to and made our church services work for everyone. Along with faith there has been a huge increase in kindness. Have you noticed that?

So my prayer is for our faith and kindness to increase as we walk our wilderness walk till we can all worship together again here in Church.

Heavenly Father we pray that you will increase in us the faith that has seen us through this testing time. We thank you for the kindness shown to us and pray that we as a church will be known for the kindness we show to others. Amen

I leave you with a promise from the book of Job. Job 23 v10
He knows the way that I take; when he has tested me, I will come forth as gold.

Hilary Taylor

Week 2

When Alison asked me to give a short talk about Lent, my first thought was 'of course'; it would be a good way to contribute and 'do my bit' for the Church.....and then the inevitable anxieties and negative thoughts set in. What could I say, how would I fit it in with all the other things I had to do? There were no immediate answers but I wondered whether a prayer might help and then I started to think about how difficult prayer is in such a busy, noisy world.

The theme for Lent 2 in this year's 'Lent in a bag' was 'Follow me' and we were encouraged to hold a small foam rubber footprint included in the bag while thinking about what Jesus might be challenging us to do this Lent and what steps we can take on our own journeys of following Jesus.

Initially lacking inspiration I found myself with eyes closed feeling the texture and then the contours of the footprint and then wondering what it would have been like to have touched Jesus' own foot or to have walked literally in his footsteps. In that mindful moment I had been transported to another place, away from the troubles and cares of today. A place where I could almost sense the presence of Jesus and where nothing else impacted on my consciousness.

In that instant, also, the theme of this talk became a lot clearer. I was taken

back to work, where, over the last few years before I retired I spent an ever-increasing proportion of my time dealing with mental health issues - low mood and depression being increasingly common but often fuelled by anxiety. Life can never have been easy and the stresses and strains of 21st century life are probably little different to those of the 1st century. However, the increasing complexity of this digital age and of our methods of communication means that there is very little 'quiet time' to recharge our batteries and allow the adrenaline driven anxieties to subside.

We have been very lucky in Leeds to have access to a multitude of excellent resources to help people combat their mental health issues but increasingly I found myself signposting more of the 'worried well' to these same resources when their cares and concerns were clearly having an impact on their ability to get on with their lives. My favourite is an on-line resource called 'Mindwell' (you can find it easily by Googling 'Mindwell Leeds'). I have often described it to my patients as the 'most useful website known to man' as there are resources and links helpful for almost any situation. If you put 'Be mindful' in the search box it takes you to a whole section where you can learn about the principles of mindfulness and how to apply them. For those of you who don't know much about it I would thoroughly recommend giving it a go. Briefly it is about being 'in the

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moment' - using ones senses to appreciate the environment around us and by doing so to push all anxious thoughts out of our immediate consciousness.

You may be wondering what this has to do with Lent? I wanted to do something positive rather than the more traditional denial of comforts or pleasures. I had already decided to get back to a daily walk and then to add a period of daily mindfulness. I don't know whether you have noticed the many resources that have been springing up since the pandemic struck. There are many websites and on-line resources and Apps for your smart phone if you have one. Well known ones include 'Headspace', 'Calm' and 'The Mindfulness App' all of which are free and easy to access. There are also many 'Mindful playlists' available through the various music streaming services. BBC's 'Winterwatch' have produced a piece called '15 minutes of winter spectacles' which is available on catch-up and BBC4 also produced a magical series of 4 half hour episodes under the title of 'Breathe, release, restore' which I stumbled across by accident, but which has a gentle narrative of the sights and sounds of nature which almost forces you into a state of calmness. I also enjoyed recently watching the landing of NASA's Perseverance Rover on the surface of Mars. The images and videos have been available on YouTube and have been inspirational to watch. I also

came across footage shot by the previous Rover called Curiosity which has been showing panoramic views of the Martian landscape in complete silence and which for me also worked remarkably well to magically erase any stressful thoughts from my mind.

Mindfulness is something that once learned can be found in almost any part of our lives. Since retirement I have been able to spend more time following one of my hobbies of watching the birds in our garden. Once a year for about the last ten years I have spent one hour each January sitting quietly and identifying and counting the birds visiting our garden as part of the RSPB's 'Big Garden Birdwatch'. I now find myself doing that almost every day, as in that moment when I am focused on these beautiful miracles of nature, nothing else seems to matter.

I feel that in order to follow in Jesus's footsteps we have to declutter our minds so that we can focus on what we want to say in our prayers and also stand half a chance of being able to hear when he calls us. Perhaps you could use a mindful moment every day to lead on to reflection or prayer. Let us pray

'Lord, help us to clear our minds of the day to day busyness and noise of life so that we may more clearly see your footsteps and hear your calling'.

James Moxon

Multiplication

Whatever you give, God will multiply

I have recently come across a very useful app, entitled 'The Bible in One Year'. The intention is for us to spend 10 to 15 minutes a day on it; there are Bible readings, comments on the readings and prayers. It certainly gives me something to think about, as well as making me more familiar with the Bible. I'll give you an example of how it set my mind at work one day.

There are stories that we are all very familiar with, but sometimes we need to sit back and look at them afresh and this app encourages us to do just that. One such story is the feeding of the 4000: a miraculous feat, to feed 4000 people with 7 loaves of bread and a few fish. How do we explain that? Or rather, I wonder, do we need an explanation? Concentrating on the numbers alone may lead us up a false track. If we examine the story carefully, we notice something significant: Jesus encourages the disciples to hand out the food. It is they who share what they have with others; they spread kindness and kindness begets kindness and so it grows, maybe not all at once as on that miraculous occasion, but the message is there: give to those in need and encourage others to do the same and one small act will lead to a multitude of acts, thus multiplying the kindness beyond all measure.

In a similar vein, we were told the story of Hattie May Wiatt who lived in Philadelphia, USA, in the 19th Century. The Sunday School was too small to accommodate everyone who wanted to go. The minister told her that one day they would have enough money to build a Sunday School large enough for everyone. She was six years old at the time. Two years later



she contracted diphtheria and died. Under her pillow was found a little bag containing 57 cents together with a note saying "To help build

bigger so that more children can go to Sunday school." Her mother handed that money to the minister who somehow made it grow and grow until they had enough to carry out Hattie's wishes and more besides. Her kindness had encouraged others to do the same and the money grew.

And so we come to our times. During this pandemic we have seen so much kindness and it is still growing, echoing a theme that runs throughout the Bible. What cannot be achieved by addition, God does by multiplication. You reap what you sow, only many times more. What you give to the Lord, he multiplies. So let's spread kindness and keep on doing so even when normal times return.

Marjorie Cole

Words from Pilgrim

The managing director of a factory in Leeds had inherited the firm upon his father's death 28 years previously. He was the third son in succession to have done so, and he was delighted that his own son was content to follow this pattern. He had just graduated in Business Studies and had been highly commended for his research on the topic "Business efficiency, employees' well-being and job satisfaction." It had been this firm's aim to enable the local folk to find satisfaction and dignity in their work, and for the town to flourish in its social well being and its civic life. It was now time to prepare his son to be able to continue the tradition when the time came.

Consequently, he had a long conversation with his son, offering him a salary, the standing of an associate member of the board and a move to Suffolk, where the firm's subsidiary branch was finding it hard to build the sense of community spirit which was a key feature of the Yorkshire branch. Although he was to live in Suffolk, he was answerable to the board in Leeds and could expect to be travelling frequently between the two centres.

This story is wholly apocryphal, but I offer it to you as a model which may help you to see something of what motivated the event of Jesus' return to the heavenly places, and how we

may make it part of the perception we form of the way that God engages with His people still. But first of all, let us consider how God engaged with us through Jesus. God, the incomprehensible origin of everything, makes himself comprehensible by becoming a human person who lived for about thirty years in everyday circumstances; he gave us an indication of our openness to eternal truth and so invited us to come closer to Him, its source.

Is not this what the father in our story did through his son when he appointed him to his task in Suffolk? Was not he supported by keeping close contact with his father in Yorkshire and thereby enabled to carry out the purposes which had taken him away from home? As we read the story of Jesus' thirty years in Palestine and follow the effects that they had upon him and upon the people he had come to serve, are we not made aware of the ways in which God declares His purposes and His support of us, as we try to follow in the way that Jesus has marked out for us? We read in Scripture of the world for which God is preparing us, but we know that for us it has not yet come. Yet the world in which we now live is also the place in which we now serve our Risen and Ascended Lord, and from where we shall one day be ushered into His presence and receive His welcome.

Can you help?

You may have seen reports in the media about the Church of England being in desperate financial straits after our year of lockdown, and the possibility of church closures and reduction in clergy numbers. Whilst not entirely accurate, there is some truth in this, that I will share with you.

Firstly, an explanation of what belonging to a national church means. This last year has been challenging for me as for everyone, especially being so new into my role. I have been so thankful to have colleagues with whom to share ideas; an area Dean, Archdeacon and Bishop to go to for advice; and the support of a fantastic diocesan secretary who works out what each new set of regulations means for the church, and is always there to answer questions. In addition to this crisis management, the diocese provides advice on safeguarding and legal matters.

The national church also maintains a Christian presence in every parish, not just in those which can afford to pay for it. The last year has shown how important these churches are to their communities. One example is St Aidan's in Harehills who through their 'FoodShare' provide food every Saturday for anyone who needs it. Of course, all of this comes at a cost, which is borne by parishes through the payment of 'Parish Share'. This is a system where all parishes are asked to

contribute, the amount requested depending on the size of the church, and the relative affluence of the area it serves. Not surprisingly, Adel parish is asked for a large contribution, presently around £110 000. This is on top of the cost of running our church.

Parish share pays for parish clergy stipends, housing and training; training for lay ministers and youth workers; central support services such as safeguarding; support and resources for church schools like ours. In 2020, we paid 65% of our parish share, which is well below the average. If we wish to maintain the presence of clergy in Leeds parishes, including this one, then it is important that we work towards paying our full share.

I am no more comfortable asking for money that anyone else, but if you value the presence of our church and churchyard in the community, then I ask you to consider how you might be able to support it financially. The best way to do this is to give a regular amount each week via direct debit. Many of you already do this – thank you. Direct debit forms for planned giving are available via the website. If you are unable to commit to this but would like to make a donation, you can do so by using our online giving link. <https://tinyurl.com/adeldonate> This is also available via our website. With grateful thanks,

Alison

Church's Electoral Roll

Revision of the Roll

In the years when we don't produce a new Electoral Roll, we revise the existing one in time for the Annual Parochial Church Meeting (APCM), which will be on 23rd May.

If you are on the Roll produced last year you are eligible to attend and take part in the APCM so do not need to take any action (unless you have moved when you should let me have your new address). However, if you are NOT on the roll and wish to attend the APCM, you must apply for enrolment by 2nd May. The revised Roll will come into effect on 6th May; then new names can be added only after the APCM.

In order to be eligible for enrolment you must:
be baptised and aged 16 or over, or will become 16 between 2nd and 23rd May;
have signed a form of application for enrolment;
and either
be a member of the Church of England or of a Church in communion with it and reside in the parish
or
not reside in the parish but be a member of the Church of England or of a Church in communion with it, and have habitually attended public worship in the parish during the preceding six months



or
c. be a member in good standing of a Church which is not in communion with the Church of England but subscribes to the doctrine of the Holy Trinity; is also a member of the Church of England; and have habitually attended public worship in the parish during the preceding six months.

Application forms will be in church from 15th April and available from me. They can be returned by placing them in the red box in church or to me at 16 Dunstarn Drive, LS16 8EH.

If you have any questions, please get in touch but you can also speak to Rev Alison or our Churchwardens, Lucy and Alison. Details of our privacy policy relating to the Electoral Roll can be found on our website or I can let you have a paper copy.

Lesley Walton
07834 352 782

or lesleywalton@hotmail.com

Penny's Ponders

Good News 😊

Good news! All of a sudden, I have noticed there is more daylight – wonderful! I have since found out that there isn't really, it's just that the clocks have been moved forward an hour, so the light has been redistributed! How you humans like to confuse us canines! Whatever, the result is good as it means I can go out in daylight for longer – and it's getting better every day! Not being a lover of going out in the dark, this is extremely good news.

I think we all like good news. Last year there was so much bad news, but it is so good to hear that you humans are not catching this Covid 19 as easily now: so that's one thing less for me to worry about. I love going for walkies and saying 'hello' to you all, and your dogs – well most of them.

More good news 😊 – it's warmer! I do like a spot of sunbathing when the shafts of light come through the windows. Best one in our house is on my Mum and Dad's bed. You can't beat comfort *and* sunshine!

Even more good news! 😊 The grass I enjoy eating is coming through thick and fast, so no tummy worries for me! I understand you humans can take tablets or medicine to help your digestion, but for me, there's nothing

so good as fresh green grass!

All these good things I enjoy in my life come together to give me a cosy, warm feeling inside. My Mum told me this is 'contentment' and I should be very grateful as so many animals and humans don't enjoy what we have. So, I'm a contented, thankful canine.

😊 And some more good news: the fields are filling up with new-born lambs – and not so new born, jumping and playing for the sheer joy of being alive. I love to see them – pity my Mum won't let me join in; apparently, I could get shot if I do – not good news. 😞

We've got Blue Tits nesting in our wall again! Clever little things! No cat is going to get them there!

Good news, or in this case, the best of good news: it's Easter again! The church has been thoughtful and contemplative for the last several weeks and then there is the sorrow of Good Friday, the peace of Saturday and then Easter Day – great celebrations as this is the day that our Lord Jesus Christ rose from the dead. And the very best news of all is we can look forward to His Kingdom, on earth as it is in heaven. 😊😊

Happy Easter, God bless.

Penny x

Nicholson Family

Lost Gardens of Stairfoot



1. Stairfoot House Rose Garden in winter. Photo taken in the **1940s**.



2. Arthur Nicholson in his Rock Garden by the drive leading to Stairfoot House

A note, written by Arthur's daughter, on the back of **photo 1**, reads:

Stairfoot House, Adel, shows the hut where Dad sold his flowers etc & made over £15,000 for charity in 3 years.

Email 3 from Dr John Prince (Great-grandson of William Paul of Cookridge Hall—see March issue)

You can find an aerial photo of Stairfoot quite easily online, by just Googling 'Stairfoot House, Adel'. The estate looks as if it is under early construction but the house, curiously described as a large cottage, is still standing. You can see Dinah's cottage too.

1. *It looks as if Stairfoot House garden must have been of several acres. All the Nicholson family, Arthur, his wife Nora, and two daughters Joyce and Ruth were keen gardeners. Joyce, worked as a radiographer during WW2 and Ruth was in the Land Army. The family had the assistance of a German Prisoner of War. I remember seeing the German gardener which must have been before the end of 1945.*

2. *In 1950, Stairfoot House was sold and the family moved to Roundhay. Arthur died in 1951, aged 72. He was buried (near the Paul family graves) in Adel Churchyard.*

The Nicholson black cross stands close to the boundary wall, by the cricket field, surrounded by brambles. Joyce's ashes are also there.

Stairfoot House



Reflections

Thank you for sending me your photo of Stairfoot. What memories it revives! It was an attractive, comfortable, if undistinguished stone house.

My mother's friend, Joyce Nicholson, was my Godmother. Joyce lived at Stairfoot with her parents and sister Ruth. Ruth is pictured with her dog, in this photograph, taken in 1948, in the rockery. The garden was one that required a huge effort to create and maintain.



Links with the Middletons

Mother's elder sister, Winifred, had married Daryl Middleton.

Joyce Nicholson was also Godmother to Ian Middleton, born in 1941.

Uncle Daryl's first cousin was Noel Middleton, father of Peter Middleton.

Peter, like my Father, was an airman in WW2. Peter Middleton married Valerie Glassborow in Adel Church in 1946.

Their son was Michael who is the father of Kate Middleton, the Duchess of Cambridge.

John

Val Crompton writes:

We are delighted to have these photos and memories of Stairfoot Garden for the Adel Archives.

The best roof tiles from Stairfoot House were acquired by Robin Spencer in 1963, when the old house was demolished. Robin used them to re-roof York Gate House. Robin saved the old blue YG roofing slates - and in 1970 used these as part of the patterned floor of *The Arbour*.

An attractive private estate was built on this difficult, sloping site. Stairfoot Walk Estate won an Award in 1972.

Social Events!

We can still do social things, though it is wise to keep our distance by going online and using Zoom. Our recent Bingo Night was warmly welcomed by over 40 people and much fun was had. The cookery demonstration on You tube likewise was watched by over 60 people. A plus from these was that we raised over £400 for the church.

Here are details of our plans for April:-

April 3rd at 11am

A Virtual Coffee Morning

Cake will be delivered to your house, but you provide your own coffee.

April 24th at 7.30pm

A Race Night

This will be just for fun, no money will be involved, just the pleasure of seeing if you can choose a winning horse. Children should be able to take part too.

If you would like to take part in either of these virtual events, please let us know, by emailing

adelparishchurch@gmail.com

QE Corner

Here it is again.....

An octopus can change the colour of its entire body in three-tenths of a second.

To kill yourself with coffee, you would need to drink 80-100 cups at a single sitting.

Baby opossums are so small at birth you could fit 20 in a teaspoon.

A blue whale's mouth cavity is so large and flexible it can hold a volume of water equal to its own body mass.

Northern Europeans took the biblical Forbidden Fruit to be an apple but it is never specified beyond 'fruit' in the original Hebrew.

Between 1919-1920, J.R.R. Tolkien was employed on the staff of the Oxford English Dictionary, and was assigned to the W words, writing the definitions for 'waggle', 'walnut', 'wampus' and 'wampus'.

An antigram is a word or phrase where the letters can be arranged to create the opposite meaning, such as 'united' and 'untied', or 'forty-five' and 'over fifty'.

Trevor Cole

Words from Joyce Hill

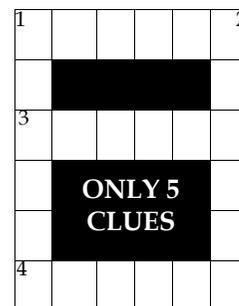
Why do English speakers use the word 'Easter' for the feast-day of the Resurrection and the celebratory season that follows? In French, for example it's *Pâques*, *Pasqua* in Italian, *Pascua* in Spanish, *Pask* in Dutch and *Påsk* in Swedish, each derived from Latin *Pascha*, the official term when Latin was the universal language of the church. *Pascha* comes from Hebrew *Pesach* (Passover) the Jewish festival celebrating the exodus of the Israelites from Egypt. The Christian festival of Easter had the same name as Passover from earliest times because the Crucifixion and Resurrection took place at the time of the Passover. It's a festival whose date is determined by the lunar calendar, and so, within certain limits, the date varies from year to year. This is why the Christian festival likewise has varying dates within certain limits, being similarly bound by the lunar calendar. So where does our 'Easter' come from?

The church always used *Pascha* for the feast of the Resurrection, just as they used the Latin terms for all other feast-days. But the ordinary people in Anglo-Saxon England often created their own names for festivals. For example, what made a big impression on the Feast of the Purification of the Blessed Virgin Mary (as it was officially called, though in Latin, of course) was the extraordinary illumination of the

church when all the village held lit candles, and so they gave this feast the name of *Candelmasse*, giving us 'Candlemas'. Similarly, the Nativity of the Lord (in Latin) was called *Cristes mæsse*, 'Christ's mass', giving us 'Christmas'. Another popular way of 'owning' a striking element in the liturgical year was simply to apply to it a name taken from daily or even pre-Christian life: a reapplication of a term that was deeply embedded in the collective psyche. So, for example, instead of calling the forty-day fast by its Latin name of *Quadregesima* or something derived from it (as in French *Carême*, or Italian *Quaresima*), the Anglo-Saxons simply called it by their name for Spring: *Lencten*, i.e. the season of lengthening (of the days), hence modern 'Lent'.

The naming of Easter is the most extreme instance of this popular naming habit. According to Bede, the ordinary people used *Easter* instead of *Pascha*; they were re-applying to this central Christian feast the name of a goddess whose festival had always been celebrated in the springtime. Yet it will quickly have lost any sense of its pagan origin: within a few generations people will have forgotten where the term came from. And although ecclesiastics of course continued to use the Latin term in official contexts, we see from surviving manuscripts that they freely used 'Easter' in English contexts in a perfectly natural way.

Puzzles



Across

- Note vocally produced by male singer
- Ramble with son – internet pest!
- Last of intake failing to pass

Down

- Time to publish thin paper
- Give an account of Tralee in novel form

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Word Square

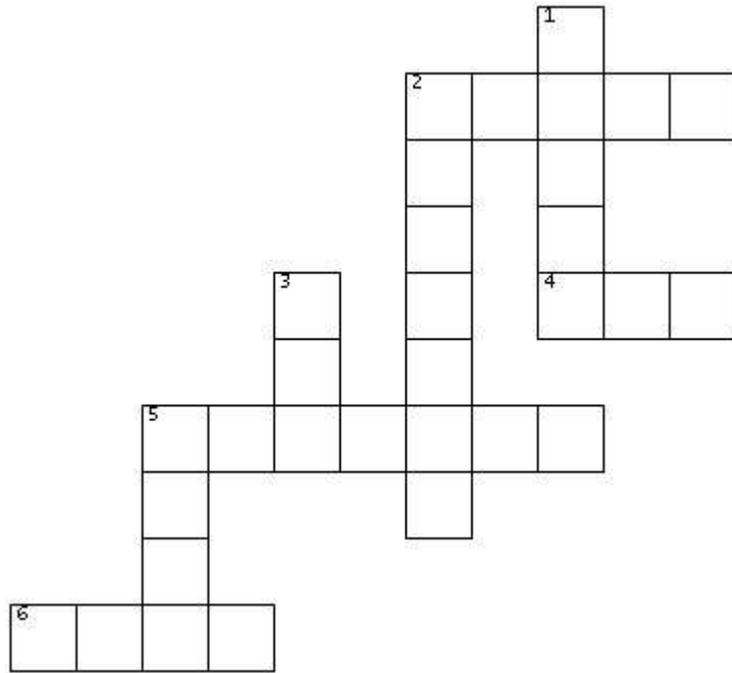
Insert each of the following letters into the right cell, so that when the puzzle is completed each row and each column contains a real word.

L E A O F S T

SUDOKU—EASY

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Children's Page



ACROSS

- 2. an animal with hooves that you can ride
- 4. something you play with
- 5. sticky sweets
- 6. large animal with antlers

DOWN

- 1. planet's path around the sun
- 2. number of centimetres in a metre
- 3. pixie-like creature
- 5. rubber cover for a wheel

Solutions on page 31

Nature Notes

Over a period of 4 or 5 weeks every spring a great migration of birds occurs across Europe but unless you are actually looking out for it, all this activity might pass you by without your noticing. Most of this movement takes place in April, but, depending on the weather, some early birds will have crossed during March, and a few do not make it until early May.

These birds will be living in our woods and countryside, but there are others, waders similar in lifestyle to Snipe, Lapwings and Curlew, that nest north of the Arctic Circle where they can exploit the long hours of daylight and the wealth of invertebrate life emerging as the frozen tundra warms up. Many of these long-distance travellers pause in their migration flights in our wetlands and coastal marshes.

Another spectacle is the seabird breeding colony on Bempton Cliffs, just north of Bridlington, where thousands of birds return each spring to nest, having spent the winter months at sea. How do they find their way back? How do they know when the time is right for their return? I suppose they have somehow inherited the accumulated knowledge of their ancestors over thousands of years.

Someone (perhaps it was the poet Ted Hughes but I have not been able to track it down) once wrote "The

Swifts are back. Good, the world still works" Well, this year we hope that the world will still be



working and that the Swifts will be back, but the world is not working as well as it once did. Insect-eating birds that have particular requirements like Swifts and Spotted Flycatchers have suffered from the great loss of insects that has afflicted this country and much of Europe over the past 10 or 20 years. I think the Cuckoo which eats hairy caterpillars is also suffering from this loss. I have not heard a Cuckoo calling for many years, but I think that they are still doing well in Scotland where intensive agriculture is not so widespread.

Seabirds are also suffering from a shortage of food caused by over-fishing... Birds from the Bempton colony sometimes have to fly many miles to find food for their growing chicks and some seabirds in other colonies have, in recent years, raised virtually no young, because they could find nothing to feed them on. With our modern way of life we are collectively and unwittingly jeopardising the whole of this beautifully adapted and wonderfully productive natural world.

Peter Larner

In Your Garden

"April hath put a spirit of youth in everything. (Sonnet XCVIII)"

William Shakespeare

If the last few years are any guide we could reasonably anticipate a comparatively dry spring. But as we all know with our weather - you just never know. It is my favourite time of year with so much promise. Gardens are alive with the sound of birdsong, frantic activity as birds defend territories, attempt to entice mates, feed first their incubating partners and then later their hungry offspring. So much going on, right under our noses!

Now that we have British Summer Time back with us, there is ever more daylight in the evenings, the sunshine has some warmth in it and your garden is coming back to life. Grass has started growing again, buds are bursting and new shoots appearing on most perennials. Bulbs are up and delivering their spectacular early flowers and bees and other insects will be out and about on early excursions on the warmer days. If you have a pond then the frogspawn will be wriggling and then dissolving as the tadpoles emerge.

Woodland flowers take centre stage in April, together with their garden relatives. They are exploiting the spring sunshine before the canopy fills in, so enjoy the anemones, primroses, bluebells and the smell of wild garlic

whilst they are there. Soon the trees will be once again hogging all the light. By the end of April will be time to remove any faded daffodil flowers and some early tulip flowers, nipping off heads and the developing seed pods, but leaving the green leaves.

Of course, it's not just the desirable things in your garden that are growing. So too are the weeds, who typically have evolved to grow, flower and set seed quickly. That is how they succeed. So keep on top of the weeding and hoeing. It is so much easier to deal with small emerging weeds rather than the more established ones, and it gets you close to the soil to check on its health and fertility. You will also want to resume the mowing of your lawn. Start with a relatively high cutter setting and lower it with successive cuts.

April is the time to be getting your supports in place for those perennials that benefit from them. They should be growing away and easily visible, but not yet too large. Plants such as peonies and delphiniums, penstemons and sedums, globe thistles amongst many others will flower much more attractively with a little help. A plant that has already collapsed never looks great if it is subsequently tied up again!

George Turnbull

enquiries@adelgardencare.co.uk
www.adelgardencare.co.uk

Springime Cyclists

A Pretty Face



Long before Lockdown, my cycling club were promoting a 50-mile ladies time trial. As usual, competitors set off at minute intervals, each bearing a race number, total number per race, 120. I had volunteered to hand sponges up.

We met several of the girls who were competing. One pretty young lady gave me a beaming smile. 'Hello' she said, 'I watched you in the Golden Acre Event last week, it must have been gruelling' I said 'I'm still recovering' and we laughed. It had been a tough race. I wished her well.

On arriving at our post, we found a car waiting for us, carrying water, plastic buckets and sponges. We had attended to a few cyclists, when a lone rider was spotted. I was next up. I got ready to set off at a run, with the sponge. It was the pretty girl I had met in the group. I got another beaming smile and a thank you, as I passed up the sponge. She quickly wiped her face and handed it straight back. 'That was lovely' she said and accelerated away. I was amazed! Normally the sponge would be just tossed in the hedge right up the road! We volunteers stayed about an hour.

Then we were asked to move - to set up a feeding station for riders on the way back. Tomatoes were on the menu as they are both a food and a liquid. Quite a few riders had come through. I was in position for the next one - when who should come into sight but the pretty girl.

I set off running and she held out her hand. I held up my hand as she came alongside. She reached out and held my hand in hers. 'What is it?' she asked. (Now this is most unusual, when feeding men, they just snatch it out of your hand and stuff food into their mouths. Sometimes they grunt - and then they are away.) 'It's a tomato' I gasped, trying to keep up.

She looked into my eyes, gave me a beaming smile, then squeezed my hand. The juices and pips ran all down my arm and into my sleeve. 'Don't like tomato' she said smiling, as she accelerated away.

I'll never forget her - for all the wrong reasons! I had a sticky arm and stained shirt sleeve. I hoped next time she would treat the support group with more compassion. I never saw her again. I had learned never to be taken in by a pretty face.

Peter Davis

Holt Park Writers' Group



What's On

History Talks

During lockdown, we are posting presentations on **Kirkstall Abbey Facebook**, on a range of subjects. This month we have two such talks with the event header '1152 Club: online'. Those who would not normally attend are welcome to join us too.

Join us online, at **10am** on the following dates

19th April

'Life in the ruins: the wildlife of old abbeys'
Clare Brown
(Curator of Natural Science)

30th April

'African textiles, with a focus on West Africa'
Adam Jaffer
(Curator of World Cultures)

All talks will appear on the Facebook page shortly before 10am on the morning of the broadcast. They are 10-15 minutes each and available indefinitely afterwards. Please, if you know of anyone who may be interested, spread the word—no age restrictions.

Patrick Bourne

OPAL

We may have been a little quiet here recently but we have had plenty going on behind the scenes. We are now busily planning our gradual reopening and one of the things we are doing is refurbishing our cafe space.

We are looking for some bits and bobs of furniture and equipment. If you have any recommendations of local/Yorkshire based companies that provide second hand or refurbished catering equipment it would be good to hear about them.

Thank you

Friday Social Afternoon

Join us online every Friday at 2pm for an hour. For more information: ring 0113 2619103 or email rowan@opal-project.org.uk and Rowan will give you the link and password

9th April

Coffee and chat

16th April

'A Bit of a Walk - South West Coastal Path' Rita Savage

23rd April

Catchphrase

30th April

Would you Rather?

York Gate Update

Spring is always an uplifting time, and this year more so than ever. Some of the plants I cherish the most are the woodland treasures, many of which flower early before the foliage of trees and shrubs block out the light. There are so many to choose from and here are some of my favourites; all of them easy to grow.

Uvularia grandiflora has lovely twisted yellow petals dangling from arching stems. If you look closely the foliage is exquisite too. Flowering from April into May and gently spreading, it grows to around 50cm and is best in partial shade.

Lathyrus vernus is an unusual low growing pea with blue-purple flowers, again in April and May. The fresh unfurling leaves are particularly attractive, and the foliage remains throughout the summer reaching a height of 40cm. As with *Epimediums* it is worth removing the old foliage in late February, before the new shoots start to emerge.

Trillium chloropetalum var. *giganteum* is best described as a beefy species making a 40cm solid clump of typical *Trillium* foliage. Its flowers can be variable, but if you can find a good deep red form it is hard to beat. Best in humus soil preferably with some acidity.

Dodecatheon meadia f. *album* is a

pure white form of the unusual *Shooting Stars*; when you see one it is clear where its common name comes from. In a damp shady spot, it will light up with its 30cm flower stems. I grow all these plants at home and over the next few months they will find their way to York Gate along with many more treasures we plan to introduce; exciting times.

Mark Jackson,
Nursery Manager

You may have spotted that our plant sales has been open since 11th March. This will be open every Thursday and Friday (from 10am until 4pm) until we fully reopen on Wednesday 14th April. On this date our garden, shop and café will also open. As last year, you will need to pre-book your time to visit just the garden on our website yorkgate.org.uk with the gardens open from 11am until 4.30pm (last booking at 3pm). We will be open Wednesday until Sunday inclusive plus Bank Holiday Mondays. The café will serve takeaway drinks, sandwiches & cakes. We will also have some outdoor seating on the terrace. The café will be open from 10am until 5pm (last orders at 4.30pm) Unfortunately we are unable to take any bookings for the café.

Sally Latchford, Finance & Administration Co-ordinator

Robin Spencer describes a walk around the York Gate Garden in 1975, starting at the farm gate:

He sees the garden in the 'Arts & Crafts' style, as a sequence of pictures, including surprises! Then he continues:

' You are now standing on the edge of the turnabout, looking at the first of the set of pictures. The view is centred on a small pond with a pine tree growing on the far bank..

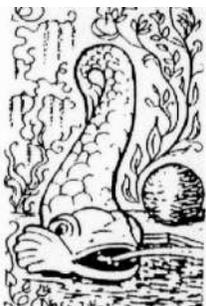
The cast iron urn, some six feet in diameter ... is a most formidable piece of Victorian craftsmanship.

Another feature is the New Zealand Flax, Phormium tenax. It seems particularly happy by water. Grey-green swords rise to five feet.

You can see the small and charming variegated bamboo ... And best of all joke plants, the mouse plant, Arisarum proboscidium, thrives and provides 'mouse' flowers in May and June.'

Robin's Ms p10 *

* Transcribed by Vanessa Hinton from Robin Spencer's manuscripts. See YG Archives.



See also
'Heritage of York Gate'
page 94.

Val Crompton



The pine has gone but the Pond, Urn, NZ Flax, Bamboo and Mouse Plant, are still in the picture. **York Gate Garden** will be **OPEN** **Wednesday-Sunday** 11am-4.30pm from **Wed April 14th.**

Pre-Book on yorkgate.org.uk
(Café Open from 10am)

Barry Anderson

Happy Easter

I would like to wish all readers of Adel Bells and your families a very Happy Easter. Spring is most definitely on the way.

Eastmoor planning applications

Advent Homes have now submitted 3 planning applications for the old Eastmoor site. The first one is for a pharmacy at the entrance to the site which will be off Eastmoor Lane/Sir George Martin Drive. The second is for a (up to 86-bed) care home and the third is for 72 dwellings, 28 using the existing listed buildings and 44 other dwellings. The applications have not yet been approved but feedback from local residents and the Neighbourhood Forum is positive. Some concerns have been raised about the removal of some of the trees but comments received by planning to date show that residents feel that having the site developed far outweighs the tree loss.

Cooplunds bakery (old Nat West bank)

A planning application for a replacement shop front at the old Nat West Bank has been submitted. The application form states this application has been made on behalf of Cooplunds Bakery. There is also an associated application for an advertising sign.

Thefts of catalytic converters

The Police have issued an alert following a number of thefts of catalytic converters in the area. They advised as follows:

“Cars that are most often targeted are hybrid vehicles, as these vehicles have two power sources, so the catalytic converter is used less frequently. The metals are less likely to corrode, meaning they are worth more and therefore more attractive to thieves. Hybrid cars, Vans and SUVs are particularly at risk, as the ride height makes access to the exhaust system beneath them easier. The Toyota Prius, Toyota Auris and Honda Jazz are often targeted in West Yorkshire.

If you see someone acting suspiciously under a vehicle, report it to the Police. Obtain as much information as possible, including any vehicle registrations.”

Dog thefts

A general warning has been issued for the city in relation to thefts of dogs being on the increase. The Dogs' Trust have issued a useful booklet about how to keep your pet safe. If you would like a copy of the booklet please email me at barry.anderson@leeds.gov.uk

National insurance number scam

Please be aware of a scam currently circulating; the details are: "Victims have reported receiving an automated telephone call telling them their "National Insurance number has been compromised" and in order to fix this and get a new number, the victim needs to "press 1 on their handset to be connected to the caller".

Once connected to the "caller", victims are pressured into giving over their personal details in order to receive a new National Insurance number. In reality, they've been connected to a criminal who can now use their personal details to commit fraud.

If you get a similar call and are unsure, don't be afraid to hang up and get advice. If you think you have fallen victim please act and contact your bank and Action Fraud." You can telephone Action Fraud on **0300 123 2040** Monday to Friday 8am - 8pm

Waste electric and electronic equipment (weee) banks for reuse and recycling

The Council has rolled out local WEEE banks with new locking systems and new designs and 3 banks are now in place in the local vicinity at: Asda, Holt Park, Rawdon Library Car Park and Cattle Market Street Car Park, Otley. In total there are 35



banks to recondition and this will be completed on a rolling programme over the next few months. Items that can be recycled within these banks are small electricals such as hairdryers, irons, phones, laptops, anything with batteries, a plug or a charger.

Larger items such as vacuum cleaners, lawn mowers and TVs can be taken to your nearest Household Waste and Recycling Centre (and are still being accepted during lockdown). Any cables no longer attached to items can also be placed in there.

Cllr. Barry Anderson
Adel & Wharfedale Ward
Direct Dial 0113 3367742
www.barryanderson.yourcllr.com
Twitter @barryanderson19

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Historical Cookies

On 25 April 1915, the Australian and New Zealand Army Corps (ANZAC) set out to capture the Gallipoli peninsula in Ottoman Turkey. The plan was to open the Dardanelles for the allied navies. It soon became the day on which Australians and New Zealanders remember the sacrifice of those who had died in the First World War.

A year later, on 25 April 1916, King

George V and Queen Mary attended the first commemorative service in Westminster Abbey and it has been held there ever since.

This month's recipe is for the traditional ANZAC biscuits which are thought to date back to the Ottoman Turkey war when mothers made them for their boys heading for the front line. This recipe was found on the Royal British Legion website in 2014.

Ingredients

4oz plain flour
4oz light brown sugar
4oz desiccated coconut
5oz rolled oats
4oz butter
2 tblsp golden syrup
½ teaspoon bicarbonate of soda
1 tblsp boiling water

Method

Mix the flour, sugar, coconut and oats together in a large mixing bowl. Melt together the butter and syrup. Dissolve the bicarbonate of soda in the boiling water and add to the butter and syrup. Add butter and syrup to the flour mixture.

Place teaspoon-sized mounds of the



mixture on a greased baking tray large enough to hold 12. Give each mound room to expand. Bake at 180C Gas Mark 4 for 15 - 20 minutes, transfer to a cooling rack as soon as cooked.

I wonder if ground almonds could replace the coconut.

Editor

Children's Puzzle

ACROSS

- 2. HORSE
- 4. TOY
- 5. TOFFEES
- 6. DEER

DOWN

- 1. ORBIT
- 2. HUNDRED
- 3. ELF
- 5. TYRE

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Word Square

- FIAT
- IDLE
- TOSS
- SLOT

Only 5 Clues

Across

- 1 TENNER
- 3. STROLL
- 4. ELAPSE

Down

- 1. TISSUE
- 2. RELATE

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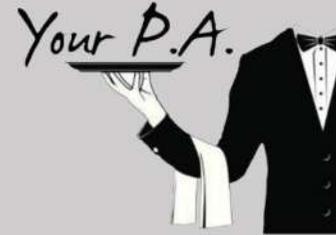


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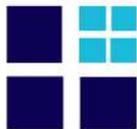
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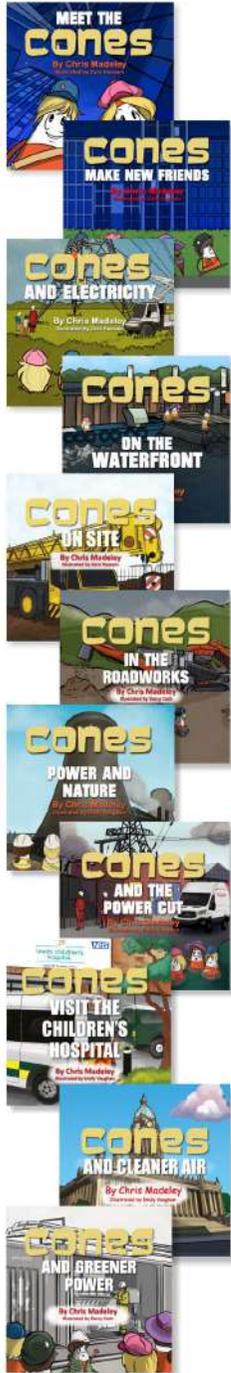


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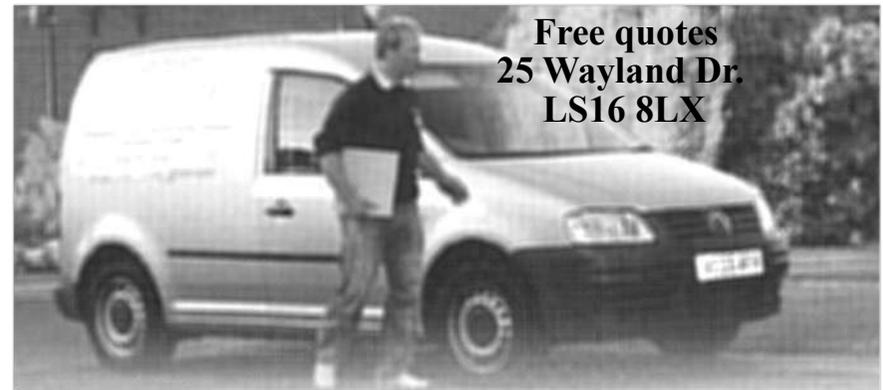
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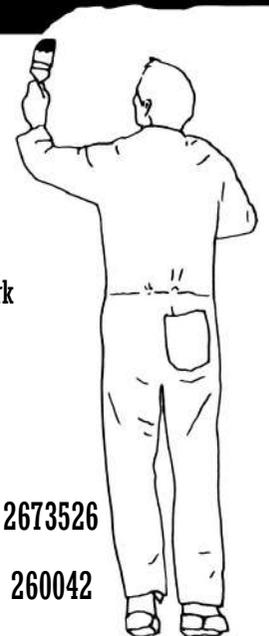
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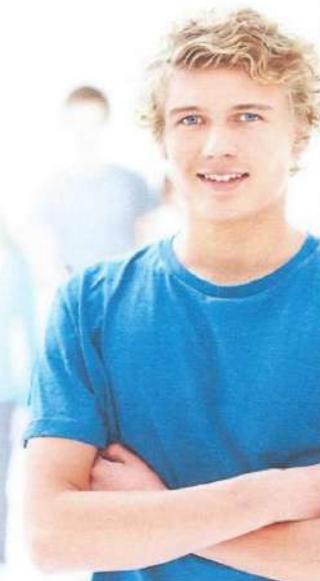


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and goes out to 460 homes except for
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Services in Church



April

| | | | |
|---------------------|--------------------------|--------------------------------|--|
| Thursday 1st | 7.30pm | Maundy Thursday | Liturgy of the Last Supper and optional Watch until 10pm* |
| Friday 2nd | 2pm | Good Friday | Good Friday Liturgy* |
| Sunday 4th | 6am 9.30am 11am | Easter Day | First Eucharist of Easter* Parish Eucharist* Parish Eucharist* |
| Wed 7th | 11am | | Eucharist |
| Sunday 11th | 9.30am 11am | Second Sunday of Easter | Parish Eucharist* Parish Eucharist* |
| Wed 14th | 11am | | Eucharist |
| Sunday 18th | 9.30am 11am 6.30pm | Third Sunday of Easter | Parish Eucharist* Parish Eucharist* Evensong |
| Wed 21st | 11am | | Eucharist |
| Sunday 25th | 9.30am 11am | Fourth Sunday of Easter | Parish Eucharist* Parish Eucharist* |
| Wed 28th | 11am | | Holy Communion |

- Services marked thus need to be booked, please see page 7 for details.

Online services are still available. See page 5.