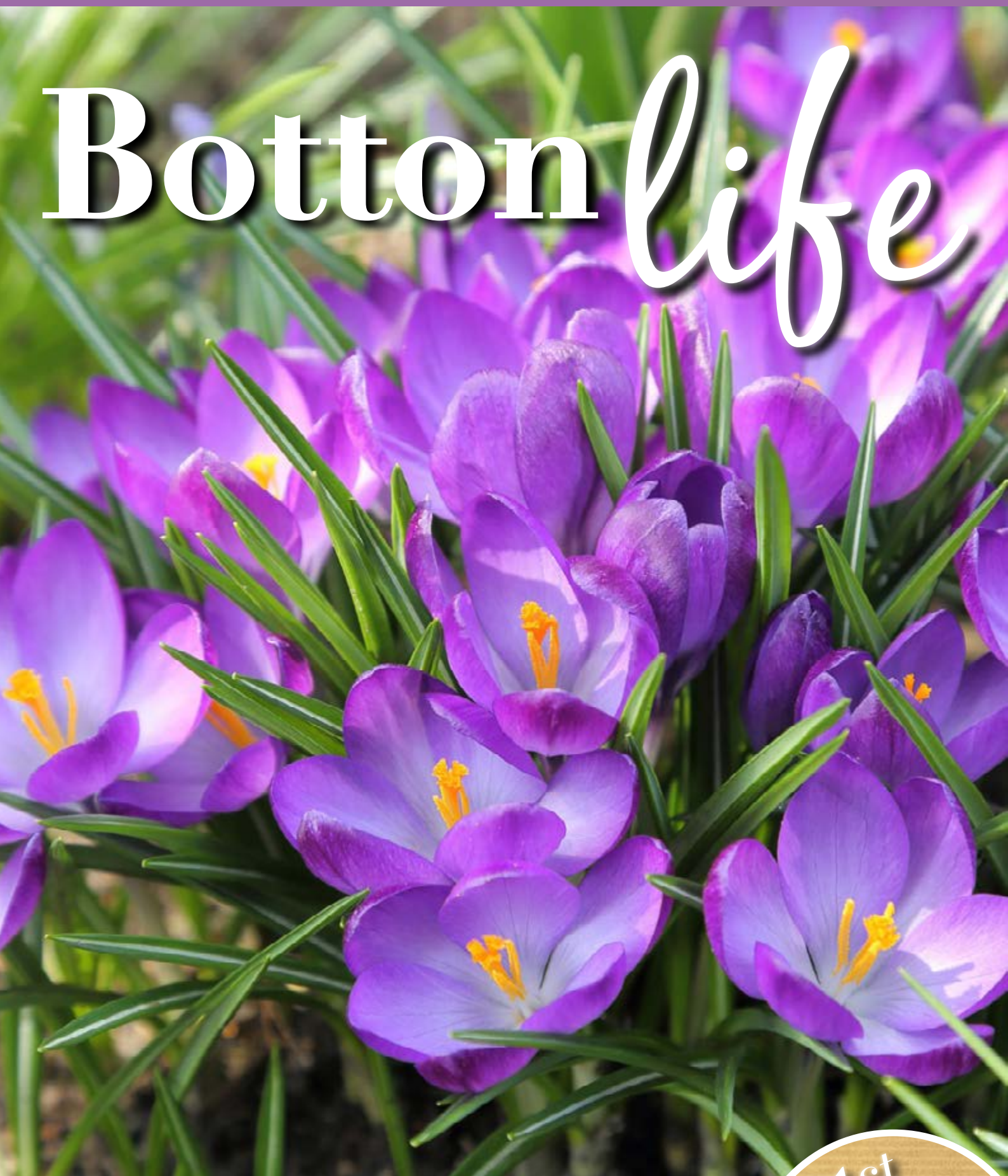


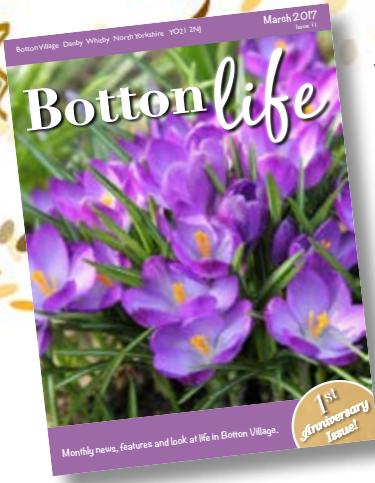
# Botton *life*



Monthly news, features and look at life in Botton Village.

1st  
Anniversary  
Issue!

# Welcome to March's Botton life



Welcome to another edition of **Botton Life** magazine.

It's our anniversary, we have been publishing **Botton Life** magazine now for 1 year. What a year it has been too. Many fun things have been going on and the magazine has grown and developed during the last 12 months too. Our reader numbers have increased and most importantly so have the participants, from which this magazine exists.

I would like to thank everyone who has contributed to not only the content within this edition of the magazine but for the past 12 months too, keep your stories, and ideas coming in, we would love to hear from you.

Deadlines for submission of any content to be included in the following months edition is 15th of each month. All submissions will be checked for suitability, etc. Submissions are not guaranteed to be placed in any edition, we may also keep some submissions for future editions. Please do not hesitate to contact me for clarification on this matter.

Yours sincerely,

**Andrea Pattison**  
Editor of Botton Life



# W

AYNE'S  
ORD

*Hello all and welcome to this latest edition of Botton Life Magazine.*

I can't quite believe that this is our first anniversary issue and, looking back over all of the previous editions I must say how proud I am of the magazine and the work that goes into it. Andrea and John put a phenomenal amount of effort into its production each month and when I get to review before final print I struggle to find the words to tell them how much I love it! Thanks to both of them and to everyone that contributes.

*Happy reading!*

*Best wishes,*  
**Wayne**



## Contact Details

**Email:** [botton.life@cvt.org.uk](mailto:botton.life@cvt.org.uk)  
**Tel:** 01287 661390  
**Post:** Botton Life, HR Department  
Botton Village, Danby  
North Yorkshire YO21 2NJ

**Camphill Press**

**Botton life** Design & Print  
by Camphill Press

Paper supplied from Responsible sources.  
For all enquiries or a quote please contact...  
T: 01287 661347 or 01287 661345  
E: [press.botton@cvt.org.uk](mailto:press.botton@cvt.org.uk)  
Botton Village, Danby, Whitby YO21 2NJ

Digital Print/Design & Papercraft Workshop

Books, Notepads & Exercise Books  
Booklets, Brochures & Magazines  
Business, Office & Wedding Stationery  
Invitations, Cards & Calendars

Putting the people we support at the heart of all we do - benefitting physically, emotionally and spiritually with a strong sense of community.

# Ashley's fulfilment at Botton Social Farm



*My name is Ashley I come from Easington on Monday, Tuesdays and Wednesdays to work at the social farm in Botton. I am quite a chatty person so if you see me in the village I might start chatting with you.*

I think Botton is peaceful this means I don't get angry, it gives me space to think.

The care farm makes me feel relaxed and safe. It gives me the opportunity to get work experience and learn new skills. In the future I would like to live

on my own with some support, coming to the farm will help me achieve this.

The thing I like the most are feeding and bedding up the chickens. I really like the animals on the farm, especially Rasp the sheep/therapy dog. I enjoy planting plants because it teaches me to look after things and respect other people's property.

On some days I work in the Shop and Café. This teaches me to work under pressure to time scales and helps build my confidence.

When I started the garden was a bit of a mess, but we have worked hard and now, the tunnel is weed free, we have split the rhubarb, and are preparing to sow seeds, for the new season.

I like working here at the farm in Botton because it's a great place to work.

~ Ashley

## Mary's Poem of the Month

### Candlemas

*Candlemas flowers,  
White with green leaves down,  
Ever out in beauty  
Then gentle, no wind  
Blow out.*



Mary Mascaro

# The Grand Completion of The Pottery Sculpture!

Please come and look at our amazing, beautiful Art Project in the centre of the village, by the main car park. Here is a reminder of the first picture you ever saw of the idea:



We had so many ideas before we started, that it was difficult to choose which ones to use. We decided that we wanted to show mainly two things:

- The seasons, because they are so clear and strong here in the village, they guide us through the year, and we live with them through work and home life and festivals. You will see the structure has 4 main colour areas: blue (winter), yellow (spring), green (summer), red/ brown (autumn).

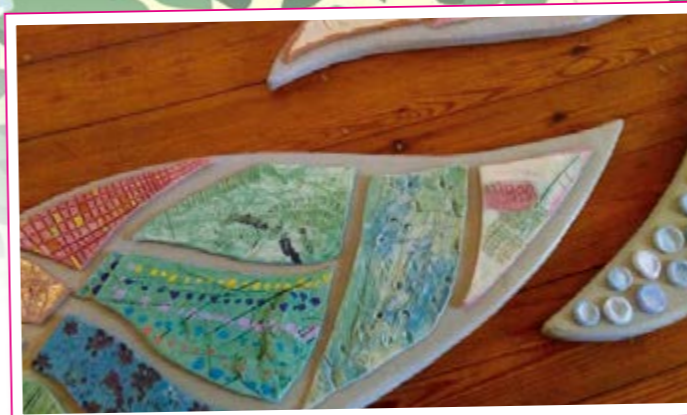


- Representing the community as a vibrant place where different people come and go, work and live. If you walk up closely to the project, you will notice bigger pieces, and small round pieces. This will be explained later on, and it symbolises the idea that we are all part of the village, and that without each one of us the picture would not be complete.

We started work on the project during the first week in June. The first day was spent collecting thumb

prints. Everyone who was in the village that day was invited to join in. We collected over 400 little prints! They were then all coloured in individually. You can see them running through the whole structure. This is the part that hopefully tells people that we are all part of the big picture.

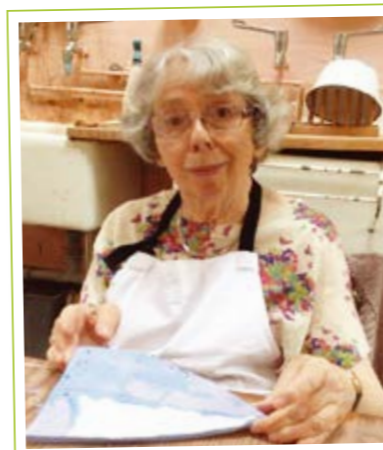
Next, we ran pottery workshops where people could drop in to create bigger panels. Some people attended almost every session, others only popped in for half an hour.



A close up of one of the finished panels!



Everyone busy painting their pottery pieces.



Community involvement was fantastic, so many different people took part. The atmosphere was lovely and so brilliantly creative.

Once all pieces were fired, we laid them all out and compared them to the big drawing, to make sure they would all have the correct colours... Luckily I have such a big room to use!

## Phase 2 happened in July:

All the pieces needed to be glazed. We used glazes and oxides and tried to concentrate on the main seasonal colours. Some tiles were then glazed in a shiny top-glaze, others left natural. It is amazing to see how a glaze that looks like nothing turns bright when fired, and how it looks different again if it has clear glaze over it.

The glazing sessions were the last big sessions. After that Katie (the pottery artist) and I spent a long time laying out pieces and then we had to stick them onto the wooden background. Then we put silicone around all the edges to protect the pieces from

water and frost. And then all was ready for Roger and his team to get the structure built and put up.

Thank you to all who were involved, and to everyone who has made this possible.

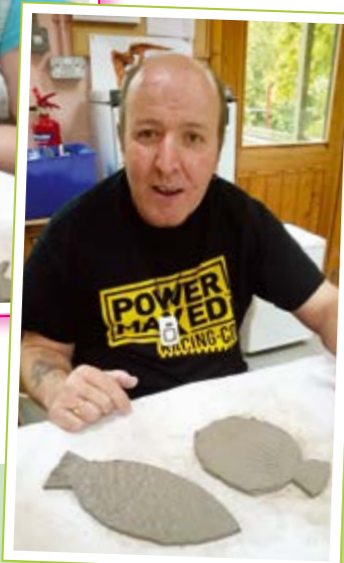
Please come and have a look. The closer you go, the more detail you will see. Maybe each one of us will find their own little favourite bit in the picture. My favourite is one particular blue finger print. I have no idea who did it, but rather than just squeezing

their thumb into the clay, they made a little decorated edge around it. What a great idea. I will look for that little round disc every time I walk up to the structure.

~Anja Cole



Above & Right: Stephanie and Martin taking part in the pottery workshops to create the larger sections of the sculpture.



Above: One of the Pottery Workshop Sessions!



Spotlight On ...

## Julie Hanna

**My personal history:** I came to Botton in 1977 when I was 22 so I have been here all my adult life. I lived at High Farm when I first came to Botton for my trial visit. I have lived in many houses and have many friends in the village. I like to talk about my experiences here and the many people I have gotten to know. I am interested in their lives and that of people who have left the village.

I love my life in Botton but I also love my family and keep in close contact with them. I am one of the few people who can remember a lot of the history of the village. This is why I want to do this feature and hopefully get it published.

I have worked in lots of places including many houses, the food

centre, coffee bar and doll shop. Now I work in Hall North Tuesday, Thursday and Friday. On Wednesday morning, I work in Rogers House. Every afternoon I work in the Inner Garden every afternoon and enjoy working with Robin, Brian and Josh. I am really happy with my work placements.

I am happy in Old Botton Farm and feel really safe and settled here. People always have time to listen to me and help me do the things I want. I go out to lunch once a week with my support worker and I get to choose where to go!

I am happy in Old Botton Farm, we have nice people working with us here. I like some of the new things now at Botton.

I like Learning to Lead and being more responsible, being part of a group with other residents and Sean, Steven and Bogdan to make



things happen in the village like the Residents Ball. It was so exciting. I can't wait to go again.

I have included some pictures of the olden days, one with me my parents and my sister, the other when I was fairly new to Botton in the 70's sitting behind my housemother on the farm horse Noina.

~ Julie Hanna



## Botton Social Farm is Opening it's Gates for... Open Farm Sunday

**Botton Social Farm is opening its farm gates to the public on Sunday 11th June 2017 between 11am-2pm as part of LEAF Open Farm Sunday.**

Open Farm Sunday is the farming industry's national open day. Farmers across Britain are opening their farm gates to demonstrate the dedication, skills, technology and passion that goes into producing great food, and managing the countryside.

We have decided to open our gates for this year's LEAF Open Farm Sunday on 11th June and proudly show the public all that has been achieved and the breadth of goods and services we deliver here in Botton Village. There will be food and refreshments on the day, a chance to see the farm in action, and the opportunity to explore our gardens.

If anyone is interested in volunteering to help on the day then please contact Robin at High Farm.

**Email:** robin.asquith@cvt.org.uk **Tel:** 01286 661208



Above: Botton Social Farm, High Farm, Botton Village.

## Best Man Neil!

**Last Friday I travelled from Botton to St. Helens/Widnes for my Dad's Wedding as I was the best man. The wedding took place in the beautiful and tranquil setting of the Everglades Hotel in Widnes.**

Here is a photo of me in my kilt, jacket, waistcoat, shirt, sporran and in my socks. I had a fake skeen du and my button hole flower.

During the service I had to do a reading called "Marriage is Madness" in which I was choked up with tears and despite that I got through the reading.

I now have a very large step family of two brothers and two sisters and their children.

All the best to my Dad and Step-mum Janet for their long and fruitful marriage.

~ Neil Shearer



# COMMUNITY NEWS

MARCH 2017 UPDATE ..... WAYNE MASON

## VILLAGE STORE DEVELOPMENT



I'm delighted to tell you about our plans to redevelop the village store which Our Learn to Lead group are helping to re-design to make it a more attractive and welcoming place to visit. We hope to be able to create a café and terrace for people to sit whilst enjoying our wonderful Botton produce and to develop more work and training opportunities for our residents. This project is being managed in a genuinely co-productive way and our residents are very excited about being so involved in the process.



## COMMUNITY POTTERY PROJECT

The pottery project is finally finished and proudly displayed near to the village store. It's an amazing piece of work that most of the community has been involved in creating. Anja Cole led the project from the start, encouraging people to make individual thumb prints onto small pieces of clay which the pottery group then fired, glazed and mounted onto an incredibly creative display. The aims of the project were essentially to get everyone in the community involved and working together; creating an entrance piece for the community that shows who we are, what we stand for, what we



offer and how we live and work. It's a lovely piece of art. We are having a sign made that will sit beside the display and tells the story of how it was created. Well done Anja and everyone involved!



## CREAMERY EXTENSION

The work to extend the creamery is just about complete. As part of the build, we have installed far better ramp access for our disabled residents and villagers, a new entrance, a significant extension to the cold and Brie store area, new staff and resident bathroom facilities and a new boiler system.

## UNIVERSITY PARTNERSHIPS

We have been meeting recently with representatives from Hull and Salford Universities who are very excited about developing partnership opportunities with us. These great institutions have been (rightly) impressed with the work that we do and the culture of learning that we are so committed to. We will shortly begin hosting some MBA students from Hull on day placement schemes and will be working with Salford to develop some initiatives to explore the obvious potential of care farming.

After their most recent visit, a team of academic staff from Salford University fed back to us about their time in the village. They said that they were inspired by the way in which our community uses the seasons to connect people and how the relationships between staff and residents was so supportive and inclusive. They were very impressed with the outcomes based approach that is in use at our social farm and how person centred and flexible we are to support autonomous decision making by our residents. We very much look forward to working with them all and developing our relationships further.

# Candlemas Celebrations 2017

*On Thursday 2 February at 15.30pm ceremonies were organised by Bogdan, Daniel, Erwin and Claire and were conducted in the following locations: Outside General Office and at Stormy Hall.*

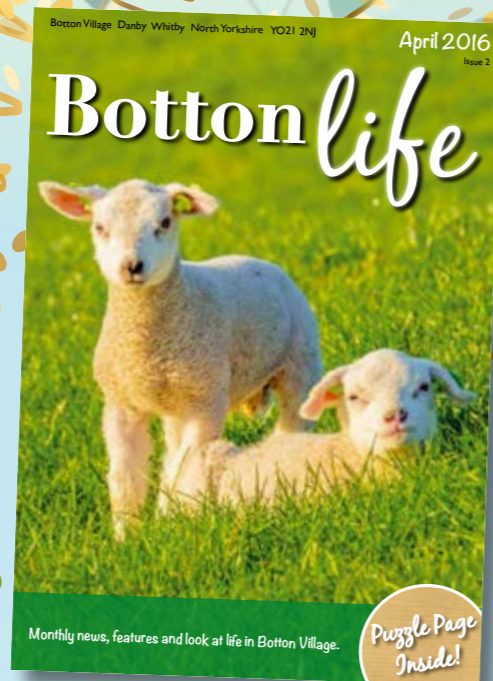
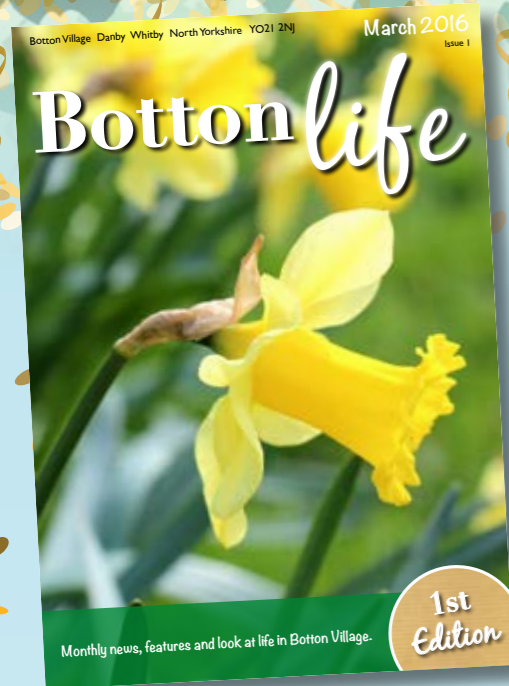
A group gathered outside of the general office armed with song papers and wrapped up warm with hats and scarves. Daniel Stefanescu started the ceremony off with the lighting of three earth candles, which were lit by three young volunteers. The group celebrated the lighting of the candles by singing. Bogdan Bucur

followed with a rendition of what Candlemas stood for, and more songs followed. At the end of the ceremony, we all gathered in the coffee bar to have a tea break, chat and to get warm again.

For those attending Stormy Hall a similar celebration was had, afterward all participants were welcomed at Castle House for refreshments.

Workshops remained closed in the afternoon allowing people to return home to continue with celebrations in the houses.





# Happy 1st Anniversary

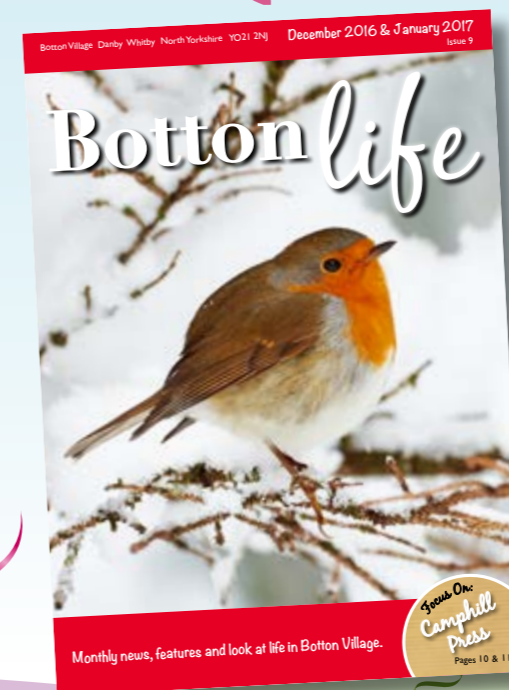
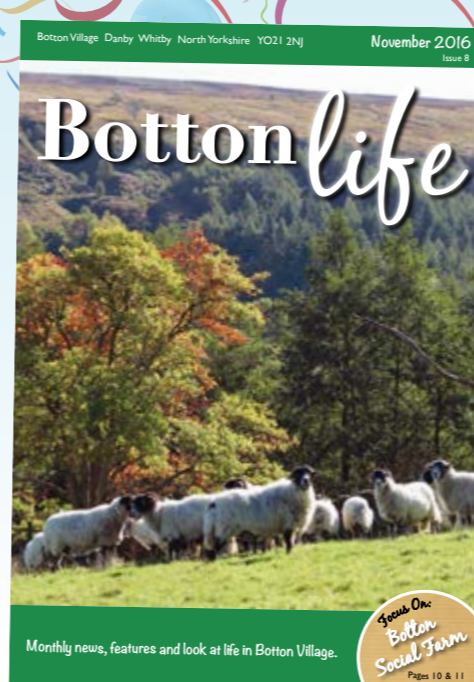
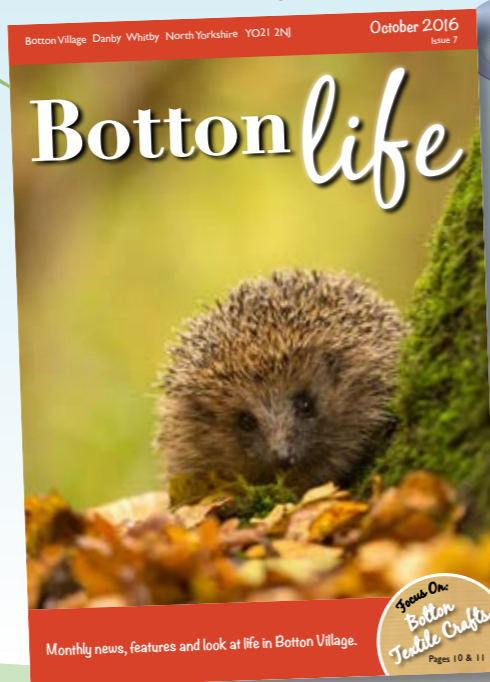
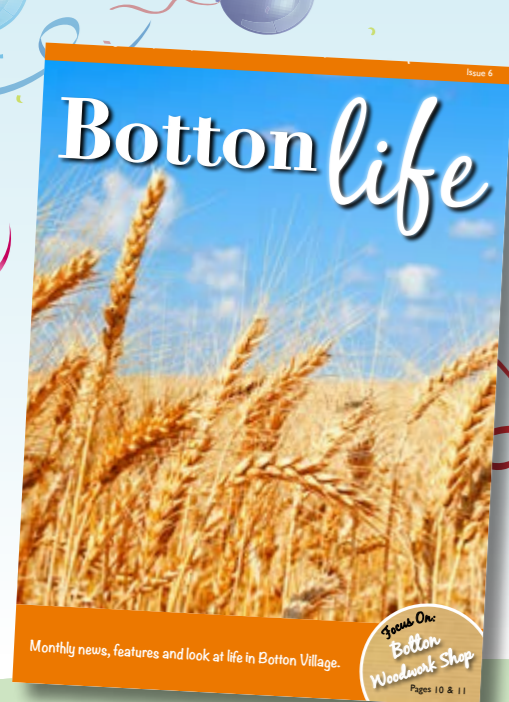
# Botton life

It's our anniversary, we have been publishing **Botton Life** magazine for 1 year!

What a year it has been too. Many fun things have been going on and the magazine has grown and developed during the last 12 months too. Our reader numbers have increased and most importantly so have the participants, from which this magazine exists.

We would like to thank everyone who has contributed to not only the content within this edition of the magazine but for the past 12 months too, keep your stories and ideas coming in, we would love to hear from you!

Best Wishes,  
~ Andrea, John, Dylan and Wayne.



# Botton Village to Welcome...

## The Long Distance Walking Association Annual 100 Mile Walk!

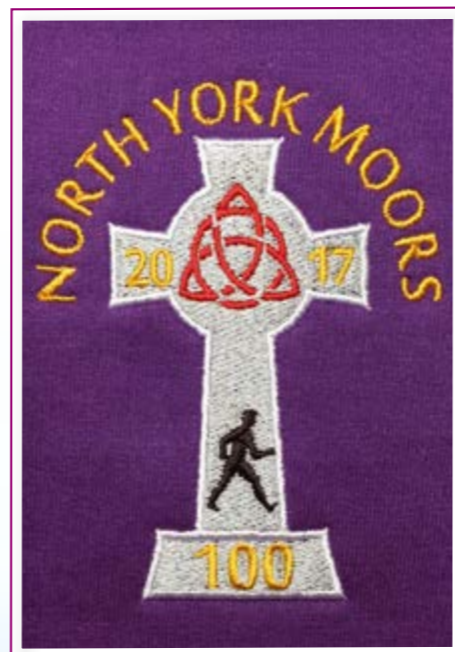
*The Long Distance walking Association Annual 100 mile walk is stopping in Botton village. Initially there will be a Marshall's event where up to 50 Marshalls have the opportunity of completing the walk. This is a National event and has been three years in the planning we are very lucky to have the walkers stopping here on 1st May 2017 for the Marshall Event, then again on 29th May for the National Event.*

They will be stopping for a welcome tea, supper or early morning sustenance depending what time they arrive. The expected time of arrival is somewhere between 6pm and 2am in the morning.

When they arrive in Botton they will be 40 miles into the walk so will be fairly shattered.

'The annual 100 mile event is the LDWA's flagship event. Held every year in a different part of the country, to coincide with the late May Bank Holiday, up to 500 people gather to walk 100 miles in 48 hours. In order to enter all these people will have completed a qualifying event beforehand. The first 100 mile event held was the Downsman 100 in 1973. Since then, with the exception of 2001 when foot and mouth closed the countryside, there has been an event every year'.

If you would like to help and be part of this National Event please contact Sean 365 in the Press.



If you are about in May and you see a shattered walker/s please give them a welcoming smile and feel very sorry for them as they will have another 60 miles to complete.

~ Sean Devall



Looking Back ...

## A Brief History

### What is Anthroposophy?

#### An approach based on Anthroposophy

*Our highest endeavour must be to develop free human beings who are able of themselves to impart purpose and direction to their lives.*

~ Rudolf Steiner.

*The Camphill Village Trust grew out of the spirit of anthroposophy, the philosophy developed by Rudolf Steiner. Anthroposophy is a human-oriented, spiritual worldview that reflects and speaks to the basic questions of humanity and nature. Applied to social care it is transformational, displaying a fully person-centred approach rooted in individual freedom and nurturing a more humane recognition of the intrinsic value of each person. Refusing to define people because of their disability its premise that everyone carries a destiny worthy of fulfillment in body, soul and spirit continues as a major influence in the charity today.*

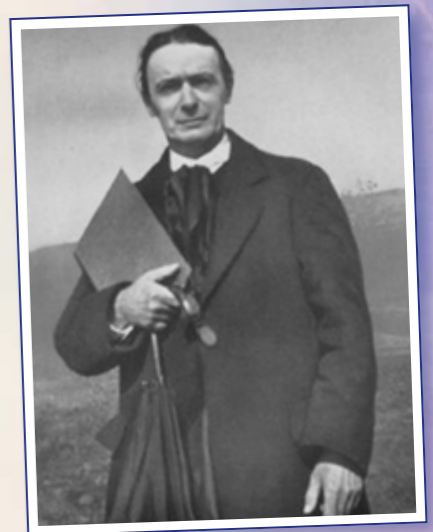
Our approach has its roots in Rudolf Steiner's work in curative education and social therapy. Which began in the early 1920s and was developed by Camphill communities and many other social therapeutic communities around the world. Steiner conceived anthroposophy as a new wisdom of the spiritual, mental and physical nature of man; a wisdom that does not remain as merely abstract but kindles motivation and creativity. This reflects modern ideas of co-production. When people are never asked to contribute and when the assets they represent are ignored they atrophy. It has been a core tenet of our approach that individuals are not passive recipients of services, but active participants, who must be enabled to make their own choices and shape their own lives. We also recognise that the people who use 'services' are hidden resources of social capital expressing

the reality of interdependence and emphasising the value of the quality of the relationships between us. This contributes to the development of community cohesion and a sense of belonging.

The practice of social therapy has its origins in the insights of Rudolf Steiner and his understanding of human development. There is a need to be responsive to particular situations; respectful of individual choice and versatile in one's approach and attitude. Rudolf Steiner described the challenge "to become like dancers", and that image portrays the different facets of mobility, sensitivity, skill and inner discipline. It is important also to recognise that it is the genuine striving and commitment, which is of real value and not the attainment of some therapeutic ideal. Better that we struggle and learn from our mistakes than that we sit back complacently reflecting on our achievements. The ideas behind our work are like a tapestry of interweaving threads which complement one another, and each contribute to the overall pattern. It can be hard to extricate one single thread and understand its significance in isolation.

**All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.**

~ Article 1, Universal Declaration of Human Rights, 1948. Reflected in the UN Convention on Rights of Persons with Disabilities, 2007.



*From social therapy's beginnings in the first half of the 1950s it has set standards as an innovative way of living and working and has developed new forms of living together for people with diverse talents and restrictions. The contribution towards inclusion that social therapy has always offered finds recognition wherever people move beyond one-way thinking in their striving for plurality in the way one tries to solve social questions. In its history, which spans two generations, anthroposophical social therapy has undergone many, also difficult and painful, transformation processes. Today, social therapy sees itself as a work method that focusses on the individual development of people with special needs, the building of communities in social organisms and the societal acceptance of disabled people as fellow citizens. The life and work processes this involves are not bound to particular organisational structures as the original 'village communities' used to be. What social therapy offers to people with special needs is possible on the basis of many, entirely different structures. From the Curative and Social Therapy Council [www.goetheanum.org](http://www.goetheanum.org)*



Four-legged friends (oh, chickens only have 2 legs...),

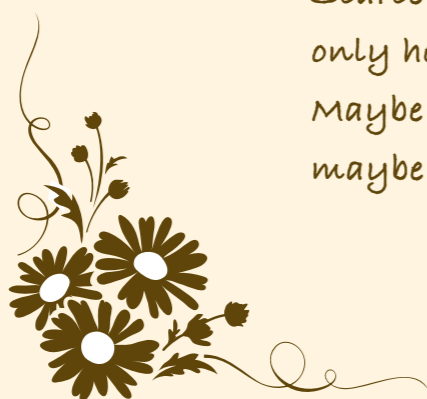


## Good-bye Botton, Thank you for the home we found, friends we made, memories we keep:

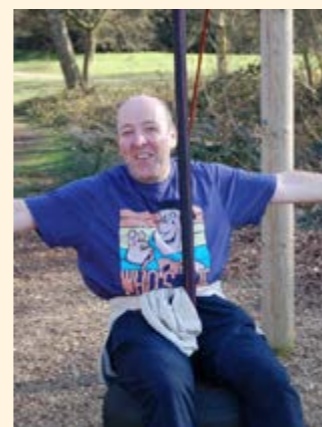
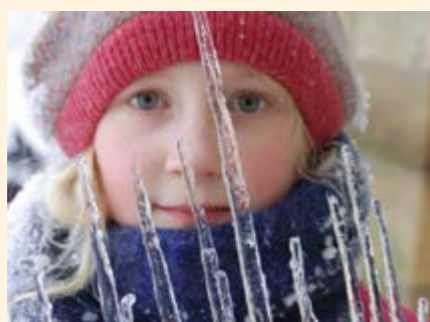
It is now my time to leave, and to let go. Here is my favourite poem, as well as my life lesson to work on (much better in German, of course): Steps (Hermann Hesse)

As every blossom fades and all youth sinks into old age,  
so every life's design, each flower of wisdom, attains its prime and cannot last forever.  
The heart must submit itself courageously to life's call without a hint of grief,  
A magic dwells in each beginning, protecting us, telling us how to live.  
High purposed we shall traverse realm on realm, cleaving to none as to a home,  
the world of spirit wishes not to fetter us but raise us higher, step by step.  
Scarce in some safe accustomed sphere of life have we establish a house, then we grow lax;  
only he who is ready to journey forth can throw old habits off.  
Maybe death's hour too will send us out new-born towards undreamed-lands,  
maybe life's call to us will never find an end Courage my heart, take leave and fare thee well.

And of course the Guinea Pigs:



Hello, big wide world. I cannot wait to see what is next.  
Anja



Outings, celebrations, work and festivals...

Waterfalls in the garden...

## Evolving of the Invisible

*Breath of trust and love's  
Beholding call me to aim  
Beyond horizons.*

Every 'Being' is composed of visible and invisible dimensions even as every piece of music is only partially audible; its mystery soars from the unheard of between the notes and sounds.

We know that light can be measured as waves or as particles, but it would be too easy to just divide the world into a duality, like seen and unseen stuff. A human Being for example could be understood as being composed of a physical body, of its manifestation by its life, of the inwardness of soul and the meaning of its spirit dimension.

And what about the Being of a Community like Botton Village? Can we think of it as an evolving reality? It certainly shows its age in outer 'wrinkles', but would not manifest its changing of character, if one only just looked at its outside.

People who live here, who have grown with Botton's history, become aware first of its aging aches and pains, but then also of its deepening wisdom and charismatic lucidity.

They may have looked into Marta's eyes and perhaps they beheld her patience with her body in her easy chair, but also her challenging looks, asking: 'And you, what are you doing here?'

Botton's body of cars is constantly renewed and the houses get renovated. Botton's festival life is of an evolving nature, depending on those who carry and participate in it. Botton's soul is suffering crisis and care, but is hoping for the best. And its spirit?

One main feature of a Being's spirit is that it always makes sense, even if we with our limited consciousness cannot quite fathom it – yet! But we can pray that it may manifest with grace.

Jens-Peter Linde



## Spring Verse

*One swallow does not make a spring.*

*Bluebirds are a sign of spring; warm weather  
and gentle south breezes they bring.*

*In spring, no one thinks of the snow  
that fell last year.*

*Don't say that spring has come until you can  
put your foot on nine daisies.*

*Spring-time sweet!  
The whole Earth smiles,  
thy coming to greet.*



## Mother's Day Sunday March 26th

Mothering Sunday has been celebrated on the fourth Sunday in Lent, in the UK and Ireland, since the 16th century. The date varies in other parts of the world. Many countries follow the US and celebrate Mother's Day on the second Sunday in May, whilst other countries enjoy the day on March 8th which is International Women's Day.

Mothering Sunday is a celebration of mothers and the maternal bond, and traditionally children give flowers, presents and cards to their mothers, and other maternal figures such as grandmothers, stepmothers and mothers-in-law.

Like many traditions and festivities, Mothering Sunday began with a religious purpose. Held on the fourth Sunday in Lent, exactly three weeks before Easter Sunday, it was a originally a day to honour and give thanks to the Virgin Mary, also known as Mother Mary. Such celebrations required people to visit their 'mother' church - the main church or cathedral in a family's area.



The spread of Christianity throughout Europe in the 16th century increased the celebrations and firmly put Mothering Sunday on the calendar. It was believed to be essential for people to return to their home 'mother' church to make it a true family honoured occasion. The gatherings reunited families and gave children who worked as domestic servants, or as apprentices away from home (from as early as ten years old), the opportunity to have the day off to join their family and see their mother.

## Springtime!

Spring is one of the four seasons, following winter and preceding summer. When it is spring in the Northern Hemisphere, it will be autumn in the Southern Hemisphere and vice versa. At the spring equinox, days are approximately 12 hours long with day length increasing as the season progresses.

Spring and "springtime" refer to the season, and also to ideas of rebirth, rejuvenation, renewal, resurrection and regrowth during which we see days getting longer, temperatures warming and plants blossoming in time for summer.

Spring in the meteorological calendar is the season beginning in March and ending in May.

The weather in the UK during spring is often calm and dry due to the Atlantic losing heat during autumn and winter, leading to less heat and moisture being transferred to the atmosphere. The sun is high in the sky during spring meaning temperatures can rise in the day but stay cool at night due to the moderating effect of the ocean temperature.

Temperatures seen in the UK during spring are largely influenced by latitude, with northern parts of the UK such as Scotland seeing cooler temperatures compared to the lower latitudes and the southern UK experiencing warmer temperatures.



## Farm Word Search!

H A Y E S E E H C B A L E R  
E T U R K E Y S H O R S E L  
N B E S O W I N G S E E D I  
R U C C F E N C E O E W S V  
E T F H U W H S W N D E R E  
M T I E H D U G A O L L E S  
R E C E R O O V U B L L T T  
A R A N H T R R A O H P S O  
F T T B I E I T P A R H O C  
C D A R H A S L R P A T O K  
S R A T A L R V I R W G R L  
N E A I I C E G R Z O O K I  
E E E O R S T O M A E R C M  
W N S D T Y W O T S N R O C  
E R U T S A P S R W E E D S

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell a common farm animal.

BALER  
BARN  
BUTTER  
CAT  
CHEESE  
CORN  
COW  
CREAM  
DAIRY  
DOG

FARMER  
FENCE  
FERTILIZER  
GOATS  
GRAIN  
HARROW  
HARVEST  
HAY  
HEN  
HORSE

HOUSE  
LIVESTOCK  
MILK  
PASTURE  
PIG  
PLOW  
PRODUCE  
ROOSTER  
SEEDS  
SOIL

SOWING SEED  
STABLES  
TRACTOR  
TROUGH  
TURKEYS  
WEATHERVANE  
WEEDS  
WELL  
WHEAT

I spy... Can you work out the location of this photograph? Taken somewhere within the village ...

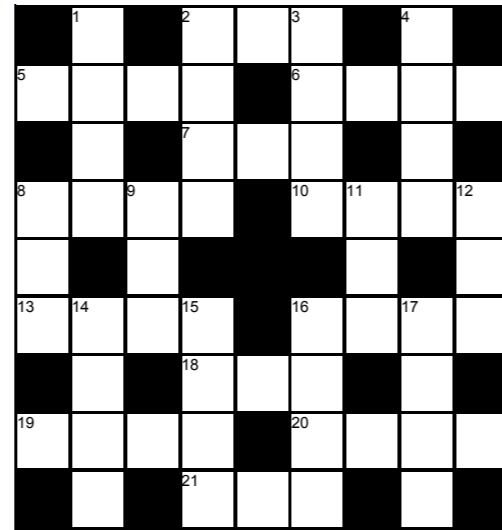


(Answer revealed in next month's issue.)



## PUZZLE

### Quick Cross Word



#### Across

2. Part of a circle
5. Type of car racer
6. Royal title, below Marquis
7. Long fish
8. Bawls
10. Down times
13. On the double
16. Comrade in arms
18. Popular dog
19. Dog treat
20. Cherish
21. Highest card

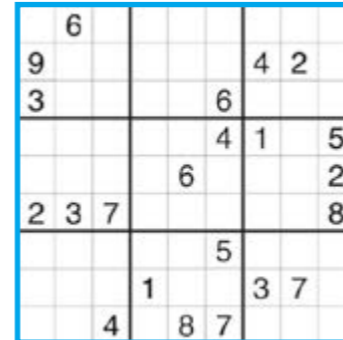
#### Down

1. Sandwich cookie
2. Gets older
3. Kind of phone
4. Large black bird
8. Ocean
9. Lingerie item
11. Bird, like Hedwig
12. To speak
14. Hit the mall
15. Statement of defendant
16. Proficient
17. Exist

## PAGE!

### Sudoku

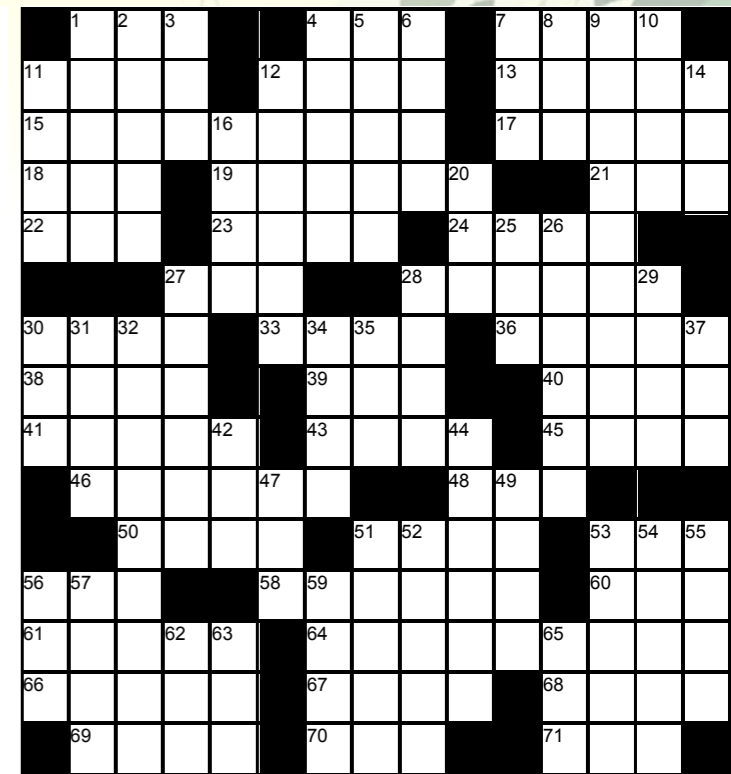
Each horizontal and each vertical line, and each block of nine squares must all contain the numbers 1-9 only once.



#### Across

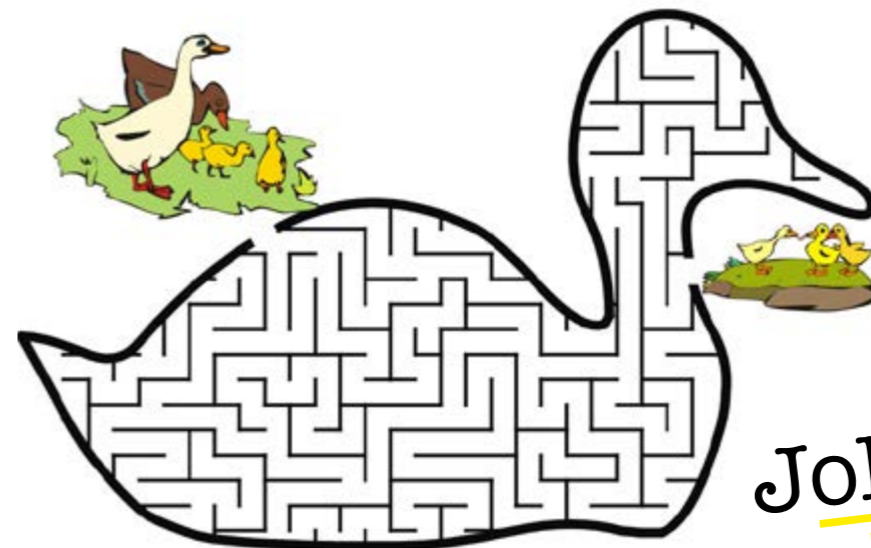
1. Coll. degree
4. Velocity: Abbr.
7. Slacken
11. Method of attack
12. Celebrity
13. Skeleton part
15. Painting of scenery
17. Dining room furniture
18. Final; finish
19. ER procedure
21. Bumped into
22. TV spots
23. Head features
24. Melody for a single voice
27. He's behind the catcher
28. Beehive
30. Party giver
33. Per unit
36. French friends
38. Ammunition
39. Feathery wrap
40. Break in half
41. "Harry Potter" professor
43. Recedes
45. Eagle's nest
46. Long tales
48. Meat from pig
50. Not on time
51. Delhi dress
53. Bank offerings
56. Perform in a play
58. "Pop goes the \_\_\_"
60. \_\_\_ Speedwagon
61. Moby Dick, for one
64. Pirate ship perch
66. Oregon's capital
67. Ranch worker
68. Poses questions
69. Comedy routine
70. Small bill
71. UFO crew

## Cross Word



#### Down

1. Lackluster
2. Touches down
3. In addition
4. Escalator part
5. Fathers
6. Sediment
7. Bigg\_ Loser
8. Also Known As
9. Deli sandwich
10. Vogue rival
11. Statement of defendant
12. Skirmish
14. Sanction
16. It holds up the flower
20. "The Raven" monogram
25. Small stream
26. 2001 Sean Penn film
27. Paradise
28. Melville captain
29. Calendar unit
30. Owns
31. Prefix meaning all
32. Chitchat
34. Simpson and Lincoln
35. Corn part
37. Watch covertly
42. Chow down
44. Cunning
47. Drops on grass
49. Is unwell
51. Kitchen wrap brand
52. All together (2 wds)
53. Top of a wave
54. Work surfaces
55. Heavy drinkers
56. Cries of disgust
57. Cartoonist
59. Addams
62. Parrot
69. Flowery necklace
73. Ambulance rider
75. Glasgow negative



Can you help the Mother Duck find her way through the maze to find her 3 missing ducklings ...

### February's I Spy

Did you find it?

It was part of the artwork on the walls of Botton Bakery



## Joke Corner!

Q- "What is an underground train full of Professors called?"

A: A tube of smarties! ~ Jane Hill, New Botton Farm.

Q: "How do you count cows?"

A: With a Cowculator! ~ Anna Robertson, Rowan.

Have you got a joke you would like to share with everyone?

Please send them in for a chance to appear in next month's Joke Corner!

Winner  
Joke of the Month



Jane Hill

## RECIPE SHARE!

### INGREDIENTS

Serves: 4

- 500g diced potatoes
- 1 tbsp olive oil
- 5 rashers streaky bacon
- 5 pork chipolata sausages
- 8 cherry tomatoes, halved
- Half ciabatta loaf, cubed
- 4 large eggs, lightly beaten
- 100g Greek Style Natural yogurt
- Salt & pepper to taste

Per 200g serving:

Kcal 500 Protein (g) 19.6  
Carbs (g) 27.4 Sugar (g) 4.0

## Sunny Breakfast Skillet

### \*METHOD\*

- Pre-heat grill on high setting.
- Begin by cooking the parmentier potatoes using the packet instructions.
- Heat a little olive oil in a cast iron or non stick frying pan. Add the bacon and sausages and stir often over a high heat until cooked and brown, this could take up to 10 minutes.
- Add the cooked potatoes, cherry tomatoes and ciabatta loaf cubes.
- Mix together the eggs and Rachel's Greek Style Natural yogurt, season with salt and pepper.
- Pour the egg mixture into the pan and continue over high heat until the pan is sizzling and bubbling.
- Transfer the pan to the grill and cook until golden brown and the egg has set
- Serve immediately with hot buttered toast.



## Chocolate Ganache Cupcakes with Homemade Marshmallow Fluff, from Kitchen Sanctuary

### INGREDIENTS

Serves 12

#### Chocolate Cupcakes:

- 100g good quality dark chocolate
- 90g coconut oil
- 200g golden caster sugar
- 1 large egg
- 1tsp vanilla extract
- 220g Greek Style Natural Yogurt
- 60g coconut flour, sieved
- 140g plain flour
- 1 tsp baking soda

#### Homemade Marshmallow:

- 180g golden caster sugar
- 60ml water
- 2 large egg whites
- ½ tsp vanilla extract
- Pinch of salt
- 30g golden caster sugar

#### Chocolate Ganache:

- 50g good quality dark chocolate, broken into pieces
- 50ml double cream

### \*METHOD\*

- Pre- Start by making your cupcakes. Preheat the oven to 180°C/350°F. Take a 12-hole metal muffin tin and spray with a little cooking oil (alternatively you could wipe with a little butter or line with muffin cases)
- Break up the dark chocolate and place in a small bowl with the coconut oil. Place in the microwave and melt using 30 second blasts, stirring in between each blast. Put to one side to cool a little
- In a large bowl whisk the sugar and egg until combined, then stir in the vanilla and Rachel's Greek Style Natural Yogurt. Next add the coconut flour, plain flour and baking soda. Mix until just combined. Finally pour in the melted chocolate and coconut oil. Mix to combine and spoon out into the muffin tray. Fill the muffin holes until the mix is just under the rim. The cakes will rise, but not so much that they will spread all over the tin
- Place in the oven and cook for 14-16 minutes – until a skewer inserted into the centre of a cake comes out clean. Once cooked, remove from the oven, leave to cool for a couple of minutes, then remove from the tray and allow to cool completely on a cooling rack
- Next make the marshmallow. Place 180g of sugar and water in a small heavy-bottom pan. Place a candy thermometer in the pan and heat on a medium heat until the temperature reaches 240°C (soft boil stage). Do not mix at any point or it will crystallize

Have you got a Recipe you would like to share?  
or any handy cooking tips?  
Please send them in to  
Botton Life for a chance to  
appear on our  
Recipe Share Page!

- Whilst the sugar and water are heating, place your egg whites in a bowl with the vanilla and salt and whisk (using an electric whisk on medium) until you get soft peaks (when you lift the whisk, the mixture very slowly sinks back in on itself)
- Staying on the medium setting, slowly add 30g caster sugar until incorporated.
- When your syrup reaches 240°C, take it off the heat, and whisking the whole time, very carefully pour half of it (you can discard the other half) into the egg mixture in a very thin stream at the edge of the bowl (do not pour it on the whisk itself as you may end up being splattered with boiling hot syrup). Continue to whisk until you reach the stiff peaks stage (the mixture will hold its shape when you lift the whisk out)
- For the ganache, place the cream into a small pan and heat on medium until it's almost boiling (you will see a couple of bubbles rise to the top when it's time to turn it off). Turn off the heat and add in the chocolate. Cover the pan and leave for 5 minutes. After 5 minutes, remove the lid and whisk the chocolate and cream until it turns to a glossy sauce. Leave the sauce to thicken for about 10-15 minutes.
- Next, place the marshmallow fluff into a piping bag fitted with a large, plain round nozzle. Starting from the outside and working towards the center, pipe the marshmallow on top. Repeat with the remaining cupcakes.
- Give the Ganache a quick whisk and then drizzle on top of the marshmallow. Allow to cool and serve.



Whitby Pavilion  
WHAT'S ON



Tea Dances with Ray Kirk  
Every Tuesday



The LEGO Batman Movie (U)  
17-19 March



Fifty Shades Darker (18)  
19-21 March



Count Arthur Strong  
Wed 5 April



Showaddywaddy  
Sat 15 April

Book Now  
www.whitbypavilion.co.uk  
(01947) 458899



# Health & Wellbeing

## March Health Awareness!

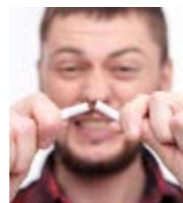
### Ovarian & Prostate Cancer Awareness Month

Ovarian Cancer is a disease that can disrupt the normal function of the ovaries and if left unchecked it can affect other parts of the body too. Prostate Cancer is said to affect 1 in 8 men at some point in their lives. The hope this month is to raise awareness on both issues.



### No Smoking Day ~ 8th March

No Smoking Day is an attempt to raise awareness of smoking and to help as many smokers to have a day free of smoking or as a day to start the process of becoming smoke free permanently! [nosmokingday.org.uk](http://nosmokingday.org.uk)



### Nutrition & Hydration Week ~ 13th - 19th March

This global movement aims to focus on nutrition and hydration as an important part of quality care, experience & safety improvement in Health & Social Care Settings. [nutritionandhydrationweek.co.uk](http://nutritionandhydrationweek.co.uk)



### Brain Awareness Week ~ 13th - 19th March

Brain Awareness Week Unites organisations worldwide in a celebration of the brain for people of all ages. [www.dana.org/BAW](http://www.dana.org/BAW)



### Epilepsy Awareness Purple Day ~ 26th March

There are 50 million people that have been diagnosed with epilepsy worldwide and purple day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. [www.epilepsy.org.uk/purple](http://www.epilepsy.org.uk/purple)



#### MONDAY's

- ~ Coffee and Chat, Castleton Tea Rooms 10.30am, 50p
- ~ Glaisdale Keep Fit, the Robinson Institute 6pm - 7pm, £4 per sessions
- ~ Decorative Glass Evening, the Ley Hall, Lealholm Monday 24th April 7pm - 9pm, £20

#### TUESDAY's

- ~ Jarv's Gym, the Bradbury Centre, Castleton 9.15am - 10.15am, £4 per session
- ~ Play Reading, the Bradbury Centre, Castleton 10.30am, £2
- ~ Yoga, the Ley Hall, Lealholm 1pm - 2.30pm, £8.50 per session when paid in a monthly block

#### WEDNESDAY's

- ~ Jamie's Keep Fit, Castleton Village Hall Wednesday 15th, 22nd and 29th March 6pm - 7pm, £4 per session
- ~ Kids film afternoon, Wednesday 22nd, 1.30pm at Castleton Village Hall, £2.50 per child, includes a drink & snack.
- ~ Family Easter Crafts, Castleton Village Hall Wednesday 12th April. 1.30pm - 3.30pm, £2.50

#### THURSDAY's

- ~ Art Classes, the Bradbury Centre, Castleton 9.30am - 11.30am, £33/4 weeks

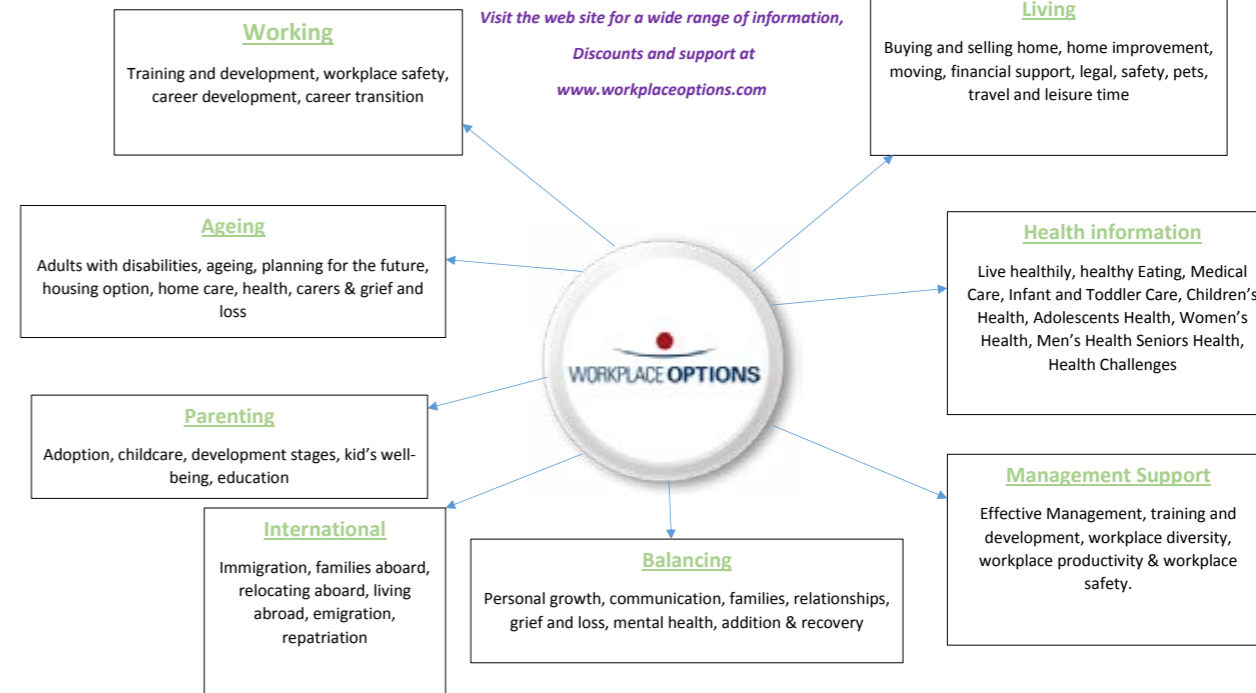
**For further information Contact:**  
Tel: 01287 669357  
Email: [admin@eskmoorescaring.org](mailto:admin@eskmoorescaring.org)

Esk Moors Caring Limited is a charity registered in England and Wales, charity number 1113392. Registered office Esk Moors Caring Ltd, 23 High Street, Castleton North Yorkshire YO21 2DB. Company Number 05433218. England and Wales

# Health & Wellbeing

Click on member link  
User name: - Camphill  
Password: - employee

## A Wide Range of Information for Staff.



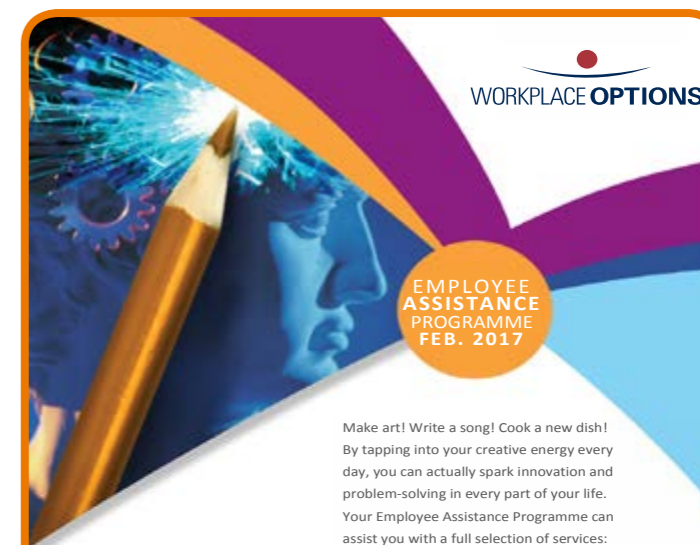
## Upcoming Events ...



Challenge yourself by taking on Swimathon this year. Swim 1.5k, 2.5k or 5k, as an individual or as part of a team, and raise money to support a great cause.

**Loftus Swimming Baths on Sunday 9th April 2017**

Sign Up today at <https://www.swimathon.org/enter-swimathon-2017>



## IGNITE A SPARK

Expand Your Life Through Creativity

Make art! Write a song! Cook a new dish! By tapping into your creative energy every day, you can actually spark innovation and problem-solving in every part of your life. Your Employee Assistance Programme can assist you with a full selection of services:

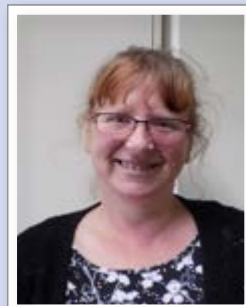
- Get information about starting a writer's group.
- Find art classes in your community.
- Get referrals for arts camps for children.
- Visit our Savings Centre for discounted art supplies.

FREEPHONE: 0800 243 458  
E-MAIL: [assistance@workplaceoptions.com](mailto:assistance@workplaceoptions.com)  
WEBSITE: [www.workplaceoptions.com](http://www.workplaceoptions.com)  
OUTSIDE THE UK: +44 (0)20 8987 6550  
SMS (FOR CALL BACK): +44 (0)7909 341229  
MINICOM: +44 (0)20 8987 6574

Available any time, any day, your Employee Assistance Programme is a free, confidential and independent resource to help you balance your work, family and personal life.

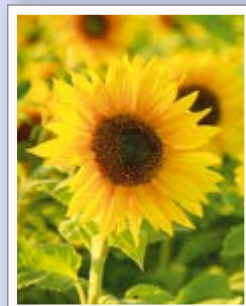
# "Hello & Farewell..."

## Joining Botton:



### Hello to Lynn Borrell,

Lynn transferred from agency to CVT at the beginning of February as a Support Worker for Independent Living. Lynn has worked previously in Hall South via an agency. Welcome on board Lynn!



### Hello to Christopher Tecklenberg,

Christopher joined us at the end of February. Christopher joins the community as the Coffee Bar Supervisor. He is a trained chef and so we look forward to the many wonderful food delights he has to offer us all.



### Hello to Annalara De Vas,

Annalara joined us mid-February as a Guest Volunteer, staying for 6 months. Annalara will live in Tour and work in the wood workshop during her stay with us.

*Please welcome all our new people  
and wish them well as part of our community.*

## Leaving Botton:



### Farewell to Anja Cole,

Anja the Training Co-Ordinator has resigned from her post to start a new chapter in her career. Anja leaves her post at the end of March 2017. Anja has been in Botton since December 2010 initially as a co-worker and then in the above post. Anja will be missed by many, especially those in her team. Wishing Anja luck for her future and career.

# Jean's Birthday Wishes!

## March Birthdays...

Happy Birthday to:	Date:	House/Work Location
Joe Matthews	1	Forestry
Lucinda Riis-Johannessen	4	Stormy Hall
Fran Smith	6	Village Store
Etienne Pannard	7	Falcon
Peter Brookes	12	I.T. Dept.
Lisa Buckworth	13	Village Transport
Alan Harington	16	Thomas Weihs
Kevin Bain	18	Wood Workshop

Sheila Maynard	18	Falcon
Micky Nef	19	Nook
Grahame Westgarth	20	Linden
Felicity Barron	23	Lusmore
David Street	23	Shepherd's Cottage
Sam Evans	27	New Botton Farm
Daniel Smith	29	Falcon

*Wishing you all a very Happy Birthday!*

*Best Wishes from Botton Village!*



## April Birthdays...

Happy Birthday to:	Date:	House/Work Location
Emma Dury	4	Hall South
John Chadderton	4	Thomas Weihs
Stephen Holmes	4	Thomas Weihs
Haruko Walters	10	Sycamore
Anna Robertson	10	Rowan
Gabrielle Werth	11	Sherwood
Margaret Hunter	13	Hall South
Owen Lee	13	Old Botton Farm
Martin Holmes	13	Thomas weihs
Paul Ellis	16	Bakery
Juliet Arnold	17	Hall North

Anthony Carling	20	Hall North
Brian Stevenson	21	Gardens
Uche Pearson	23	Botton Farm
Kathryn Parker	23	Hawthorn
Nick Baxter	23	Hall South
Sean Devall	24	Workshops
Jason Telford	24	---
Jane Hill	26	New Botton Farm
Heike Pfautsch	29	Lusmore
Christina Towers	29	Weavery/Craft
Andrew Yates	29	Falcon

# Community Notice Board

A place to share your personal messages & adverts.

**SPOTLIGHT PERFORMING ARTS**

Saturday theatre schools for kids aged 3-18 years who love performing!

**DRAMA**  
**SINGING**  
**DANCE**

[www.spotlightpa.co.uk](http://www.spotlightpa.co.uk)

Established in 1995

**Features of Spotlight**

- Junior and Senior Spotlight sessions
- Pupils are divided into groups by appropriate age and levels
- Spotlight covers a wide range of subjects of our weekly sessions such as dance, mime, drama, movement, musical theatre, singing, choreography, and improvisation
- Leading stage performances for all pupils regardless of age or ability to showcase their skills and talents, improve confidence and gain performing experience
- Enjoyable sessions in a caring, non competitive environment
- Affordable fees with weekly payment options or term discounts
- Caring, friendly and enthusiastic teaching team

Over our 21 years, Spotlight has some fantastic success stories. Pupils have followed on from us to pursue their passion for Performing Arts at top colleges in London including, Mounthview, Laines & Italia Conti. We are immensely proud of our past pupils who have performed in the West End, on national tours, feature films and adverts, with some being inspired to pass on their skills by becoming performing arts tutors. However, it's not all about creating the next "star". The Spotlight ethos is about offering young people the opportunity to find an outlet that they can thrive in, to build confidence, develop their technical and performance skills and be part of a fun and caring theatre group, making new friends along the way.

**How to find us**

**MIDDLEBROUGH SESSIONS**

Classes held at THE ACORN CENTRE  
Acklam Grange School, off Heythrop Drive,  
Acklam, Middlebrough TS15 8QZ

**SALTURN SPOTLIGHT**

Classes held at SALTURN LEARNING CAMPUS  
Marke Mill Lane, Saltburn, TS12 1HJ

**AM**

JUNIOR SPOTLIGHT age 3.5-7.5yrs 9:30 am - 10:30 am  
SENIOR SPOTLIGHT age 7.5-18yrs 10:30 am - 12:45 pm

**PM**

JUNIOR SPOTLIGHT age 3.5-7.5yrs 1:30 pm - 2:30 pm  
SENIOR SPOTLIGHT age 7.5-18yrs 2:30 pm - 4:45 pm

For full details, to enrol or to book your taster session, contact Spotlight on 01642 825551  
Email: [spotlightpa@hotmail.com](mailto:spotlightpa@hotmail.com) or visit our website

[www.spotlightpa.co.uk](http://www.spotlightpa.co.uk)

Save The Date  
**Botton Village  
Open Day  
Sunday  
2nd July 2017**

Further details to follow

Do you have something you would like to share or advertise on the Community Notice Board?

Please send them in to Botton Life.  
(Full Contacts on page 2.)

**WEDNESDAY TEA DANCE**  
2pm - 4.30pm

THE RNLI TEA DANCE TAKES PLACE ON THE 2ND WEDNESDAY OF THE MONTH

at the  
**ROYAL HOTEL**  
DANCING TO LIVE MUSIC WITH TOP DANCE ORGANIST  
*Steve Conroy*

£3 ENTRY - INCLUDING TEA/COFFEE & BISCUITS.

1PM - BACKGROUND MUSIC  
2PM - 3PM - DANCING TO LIVE MUSIC  
3PM - TEA BREAK & RAFFLE DRAW  
3:30PM - 4:30PM - DANCING TO LIVE MUSIC

Join your hosts Steve & Sharon Conroy

MODERN BALLROOM ★ SOCIAL SEQUENCE ★  
MODERN LATIN ★ OLD TIME ★ LINE DANCE ★ PARTY FAVOURITES  
REQUESTS ALWAYS ACCEPTED  
FREE PARKING AT THE REAR OF THE HOTEL  
LARGE GROUPS & COACH PARTIES WELCOME!

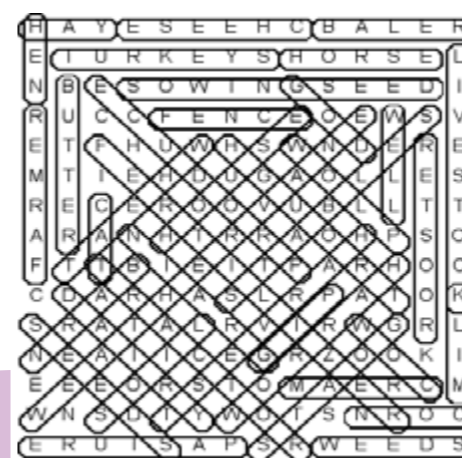
## MARCH 2017

Botton life

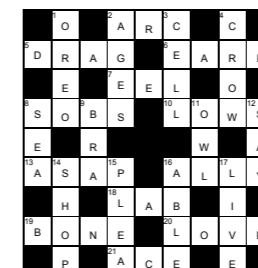
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 ASH WEDNESDAY 2-5pm Guest Vol Training. JoA. 5pm Fish & Chip Van.	2	3 11am Eurythmy Group. JoA.	4 10:30am Act of Consecration of Man	5
6 5pm Eurythmy Group. JoA.	7 5pm Eurythmy Group. JoA.	8 No Smoking Day International Women's Day 2-5pm Guest Vol Training. JoA. 5pm Eurythmy Group. JoA. 5pm Fish & Chip Van.	9	10 11am Eurythmy Group. JoA. 4pm-5pm JoA Hall - Zumba Gold.	11	12
13 5pm Eurythmy Group. JoA.	14 5pm Eurythmy Group. JoA.	15 Botton Life Deadline for submissions 2-5pm Guest Vol Training. JoA. 5pm Eurythmy Group. JoA. 5pm Fish & Chip Van.	16	17 ST. PATRICK'S DAY 11am Eurythmy Group. JoA.	18	19
20 5pm Eurythmy Group. JoA.	21 5pm Eurythmy Group. JoA.	22 2-5pm Guest Vol Training. JoA. 5pm Eurythmy Group. JoA. 5pm Fish & Chip Van.	23	24 11am Eurythmy Group. JoA. 4pm-5pm JoA Hall - Zumba Gold.	25	26 MOTHER'S DAY
27 5pm Eurythmy Group. JoA.	28 5pm Eurythmy Group. JoA.	29 2-5pm Guest Vol Training. JoA. 5pm Eurythmy Group. JoA. 5pm Fish & Chip Van.	30	31 11am Eurythmy Group. JoA.	* Please note that times and locations may be subject to change.	

### Puzzle Answers!

Hidden Word: **CHICKENS**



Quick Cross Word



One

5	6	2	4	7	9	8	1	3
9	7	1	5	3	8	4	2	6
3	4	8	2	1	6	9	5	7
6	8	9	7	2	4	1	3	5
4	1	5	8	6	3	7	9	2
2	3	7	9	5	1	6	4	8
7	9	3	6	4	5	2	8	1
8	5	6	1	9	2	3	7	4
1	2	4	3	8	7	5	6	9

Two

7	8	3	9	1	4	2	6	5
4	5	2	6	7	3	9	1	8
9	1	6	2	5	8	3	4	7
6	7	9	3	8	1	4	5	2
8	2	5	4	6	7	1	3	9
1	3	4	5	9	2	7	8	6
2	4	8	7	3	5	6	9	1
3	6	1	8	2	9	5	7	4
5	9	7	1	4	8	2	3	6

Large Cross Word



*"A pessimist, they say, sees a glass as being half empty; an optimist sees the same glass as half full. But a giving person sees a glass of water and starts looking for someone who might be thirsty." - G. Donald Gale*



Botton Village Centre Daffodils: John Muir



**Botton Creamery**

Cheeses, Yoghurt and Curd cheese made  
from our own Botton Village milk  
Open Monday to Friday from  
9-12 and 14-17  
Saturdays from 9-12  
Telephone No 01287 661272  
E-mail; [bottoncreamery@hotmail.co.uk](mailto:bottoncreamery@hotmail.co.uk)



## Botton Village Store



### Opening Times:

**Monday to Friday** 09:00-12:30 & 14:00-17:30

**Saturday** 09:00-12:15