



Northampton LAMs NEWSLETTER

Autumn/Winter Edition

Newsletter - Number 9

In This Issue

- Welcome
- Charity Presentation
- Q & A with Chairman
- News of recent Events
- Climate Change Advice courtesy of
HRH Prince Charles

Visit our Website

<http://www.northampton-lams.org.uk/>

Contact Us

lynne@northampton-lams.org.uk

Almoner- Linda Cribbin

Please contact her if you have news of members so that we can support & share information

Her contact details are on the website

Ideas for the future

- Speakers
- Activities
- Visits

Please Let Us know

Welcome return at last!

Since September as our lives and activities resumed we have tentatively started to meet at Sheaf Close. At coffee mornings we have made every effort to comply with Covid restrictions to keep members as safe as possible. Coffee is now provided in disposable cups with biscuits served in wrappers. Social distancing is recommended & those wishing to wear masks can do so. Activities have been limited but those members who have attended are relieved & pleased to be back. **SO PLEASE COME & JOIN IN IF YOU HAVEN'T YET DONE SO.**

Our New CHAIRMAN is Lynne Clayton who is known to most of you as she has served Lams so well for many years.

{See interview overleaf}

CHARITY PRESENTATION TO SANDS

Gill Bott presented a cheque for £1000 to Maggie Berrow at the September Coffee morning. This charity supports parents of still born & early death of infants. Memory boxes & baby shawls were displayed to encourage Members to knit to donate.



November Christmas Bring & Buy

Whilst the number of members attending was low their generosity raised more than **£200.**

Climate Change Advice From HRH Prince Charles

- Plant a tree
- Buy Electric Car
- Use energy saving light bulbs
- Grow your own vegetables
- Eat less meat per week

So for those of us who don't have access to a chef here is a simple vegetarian recipe:

Baked Courgettes with Leeks & Blue Cheese

2tbsp of vegetable oil

4 courgettes

25g Butter

2 Leeks

100g Blue Cheese

50g walnut pieces

METHOD

1. Preheat Oven 200c or gas mark 6
2. Fry sliced courgettes 2-3 minutes & transfer to oven proof dish
3. Melt butter in pan & add the leeks & fry for 4-5 minutes
4. Season & spoon on top of courgettes
5. Sprinkle over cheese & walnuts & bake for 20 minutes

Quick & Easy

Conversation with Lynne Clayton

Early Life

I was born in Yorkshire, growing up in the 1940's/50's as an only child living with my parents & Maternal Grandmother. It was a happy carefree time & as my mother was an accomplished dressmaker I was always beautifully dressed as I went about with my black & white sheepdog called Rex. I remember watching children's TV such as Muffin the Mule & Flowerpot Men but my real passion was **DISNEY** which I retain today making annual visits to Disney World in Florida. I love dance & musical theatre. Tap being a particular favourite.

Working Life

Leaving school at 15 I worked at a Solicitors office studying part time at College of FE. Once qualified I became secretary to Governor of Wakefield prison in 1969 & by early 1970's. I sold Vauxhall & Citroen cars whilst also working part time as silver service waitress. Once my son was born I qualified as a teacher at Warwick University & taught adults whilst he was at school. Later I became Lecturer in Business & Professional studies at Northampton College. By the time I retired I had become Assistant Director for Quality, staff development and teacher training. It is a privilege working to improve teaching & learning. When I retired in 2005. I became Vice Chair of Governors at Castle Primary School & was proud to be part of their outstanding Ofsted Inspection. At this time I also became a Director of our family business, Bluepark Solutions Ltd, where I work today.

Community Involvement

In 1967 I became an officer of the Girls Venture Corps as Assistant Commandant training young women in aviation & the military. I have marched many times to the Cenotaph laying a wreath on Remembrance Sunday; always a poignant occasion. When my son Richard was 7 he joined Northampton Swimming Club. He swam competitively until his mid-teens. I qualified as a judge & time keeper for the Amateur Swimming Association spending many weekends poolside at countless galas, getting wet.

LAMS

I joined in 2005 quickly becoming a committee member & have held several offices. I have met many interesting people & am pleased to be Chairman again this year. Being a member gives me special comfort since the loss of my dear husband George, who was always a champion of Northampton LAMs.

