

the centre

Quarterly Journal of

The Riverside Arts Centre and Sunbury & Shepperton Arts Association

www.riversidearts.co.uk

Volume 38 Number 3

March 2018

Riverside Arts Centre Ruby Anniversary Grand Dinner



**Saturday 31st March 2018
at 7pm for 7.30 pm**

**Tickets: £30 (limited availability)
(Includes a full 3-Course Meal with Coffee & Mints)**

Carriages 23:30

Meet some of those who were involved 40 years ago who took on the task of restoring a derelict building to create the arts centre we know today.

The event will be attended by the Mayor of the Borough of Spelthorne, Cllr. Vivienne Leighton and her consort, Mr. Chris Leighton.

Box Office 07853 293 814 -
riversideartscentre@gmail.com
www.ticketsource.co.uk/riverside-arts-centre



*The Riverside Arts Centre is a Company limited by Guarantee,
a Registered Charity (No 272929) and is sponsored by
The Borough of Spelthorne*

CHAIRMAN'S COLUMN

I am delighted to tell you that our appeal for candidates to take on the role of Hon Treasurer was very successful. At the last RAC Committee meeting in January, Peter Norgate and I were able to introduce to the Trustees and Members present, Lydia Fowles who is willing to take on the position. Lydia is a qualified accountant and lives in Sunbury. Her proposed appointment as Hon. Treasurer was accepted unanimously by members of the committee. We look forward to working with her in this very important role in our organisation.

The date of our GRAND RUBY ANNIVERSARY DINNER is rapidly approaching. Details of the event are in this Newsletter. In addition to the Dinner, some professional entertainment is being organised for us by Sunbury & Shepperton Arts Association. Tickets for this event are limited so please book early. I shall look forward to welcoming you on Saturday 31st March 2018.

ERIC CHAMPION
TEL: 01932 782850



SHEPPERTON PLAYERS

Next Performance: Thu 12th – Sat 14th April 2018 at 8pm

Cheshire Cats

by Gail Young

Grown women, aching feet and heaving bosoms! Follow the Cheshire Cats team as they speed-walk their way to fundraising success in the London Moonwalk. Hilary, Siobhan, Yvonne, Vicky and Maggie are attempting to walk 13 miles across the capital in record time in their decorated bras and posh new trainers, but the 6th member of the team doesn't seem to meet the physical criteria! Cheshire Cats is a cross between a girls' night out and a real mission to support a cause close to many hearts, with plenty of laughs and a few tears along the way

Published in July 2011, this play follows the girl's emotional journey as they aim to speed-walk their way to fund raising success in the London Moonwalk while also enjoying a girly weekend away in the capital. Trainers and wildly decorated bras are in, high heels and designer labels out - but a last-minute substitute to the team doesn't meet the physical criteria!

"We are thrilled to have been part of the inspiration for such a wonderfully emotional play and there is no doubt in our minds that women will continue to be inspired and uplifted!"

Walk the Walk Worldwide

"A genuinely funny and even touching ensemble piece"

Edinburgh Fringe review, The Scotsman

"Moving, emotional, poignant, and best of all it makes you laugh..." - Chester Chronicle

Fringe Sell Out Show 2006

Tickets are £12 per person and can be obtained from the box office on 07505 206757 and on-line. Tickets can also be obtained at the door but of course this is subject to availability.

Editor's notes

March 2018

The next Centre appears in June 2018 The deadline for contributions will be Monday 15th May 2018 for news, views and future events in June, July & August 2018. I especially like photos! If the contributor for your group has an e-mail address, please let me know, so that I can send them a reminder about a fortnight before the deadline.

My telephone is 01932 782788, e-mail thecentre.rac@gmail.com or put copy on the notice board at RAC
Your posters can be put on the RAC website. Send (in PDF or .jpg format) to riversidearts59@gmail.com

Christine

The Manor Players



Friday 23rd - Saturday 24th March 2018
Doors: 19:00 / Start: 19:30
All The World's a Stage
A Musical Revue

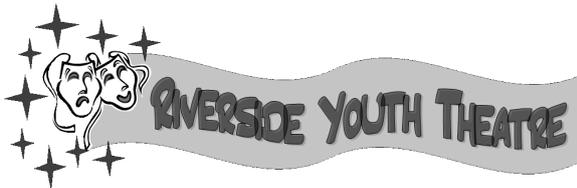
Tickets: £15
Online bookings: <https://www.manorplayers.org>
Box office and queries: 07771 458 696

You are cordially invited to join Manor Players in celebrating the group's 70th anniversary. Come and catch up with members and friends old and new over a meal and a fantastic night of entertainment.

Our cast of fantastic performers are keen to show off their talents over two intimate cabaret-style evenings at our very own Riverside Arts Centre. There is sure to be something for everyone as the material ranges from Sinatra, musical theatre classics & modern

showtunes to drama, sketches & a mini-pantomime. The show will also feature a number from Riverside Arts Centre's in-house dance school KH Dance Academy. This is certainly one not to miss!

The ticket price includes a two-course meal, and our cheap bar will be open all night for you to purchase refreshments. These cabaret nights have been highly popular in the past so book now to avoid disappointment!



Thursday 10th - Saturday 12th May at 8pm
The Addams Family Musical
(Young@Part®)

Tickets will be available online
at www.riversideyouththeatre.co.uk and via
the Box Office at 07871 992 988.

Since starting in January members at Riverside Youth Theatre have hit the ground running with their latest production, *The Addams Family Musical (Young@Part®)*. As ever the cast have been working very hard in bringing these living, dead and undecided characters to life.

The Addams Family Musical (Young@Part®) is a musical comedy based on everyone's favourite kooky family. Wednesday Addams is all grown up and has fallen in love. However, will it all end in disaster when the two families meet for a fateful dinner?

Directed by ex-members Alex Alderson and Ryan McAndrew, the production promises one very strange all singing, all dancing family.

The Addams Family Musical (Young@Part®) is presented through special arrangement with and all authorised performance materials are supplied by Theatrical Rights Worldwide (TRW), 122-124 Regent Street, 3rd floor, London W1B 5SA. www.theatricalrights.co.uk

FROM ORCHARD TO ARTS CENTRE

.....Negotiating the lease was a slow business. Late in 1977 however, it was considered likely that a lease would be agreed, commencing in **April 1978**. So that work could begin before that date the council agreed to issue a licence operating from 1st October 1977. Although work could not begin until 1st October there was a large crowd on 17th September when the Mayor of Spelthorne, Councillor Leon Fox, presented the keys of **59 Thames Street** to Tom Williams, the first Chairman of Riverside Arts Centre.

The Mayor wished everyone success with the project and admired the courage of the committee in taking on so much hard work. Tom had carried the burden of much of the initial liaison with the council and without him the project might never have started successfully. **The presentation**

took place on the pavement outside the front door and immediately afterwards nearly one hundred people trooped inside to view the building.

The building was nominally empty; all the machines had been taken away and there was an open space from almost one end (where the bar now is) to the other (the far end of the workshop). Old pipes and conduit littered the walls and thick black greasy deposits stained the unwary; a relic of fifty years of engineering. Underfoot there was a layer of debris together with various fastenings sticking up from the floor, where machines had been bolted down. The building was damp and dirty, having been out of use for many years and it was no surprise that some of the visitors left quite rapidly, feeling that the task ahead was over ambitious.....

Extract from the booklet written by Pat Champion and David de Jersey and published in 1993 as a fund raiser for The Riverside Arts Centre

In November Michelle Birkby spoke on the "The Real Victorian Woman" connecting the theme with the Sherlock Holmes stories by Arthur Conan Doyle.

Michelle has always loved crime stories and read her first Sherlock Holmes book when she was thirteen. It was when re-reading "The Empty House" a few years ago that she realised the character of Mrs Hudson was more than that of just a house keeper.

This recognition, and her fascination with the character of Mary Watson, spurred her to give these two women of Baker Street a voice. Her first book, "The House at Baker Street" published in 2016, was the debut of the Mrs Hudson and Mary Watson investigations followed by "The Women of Baker Street" in 2017.

At the December talk given by Vanora Bennett on "How To Eat and Save Your Life" gave an illuminating insight into the Medieval diet, its structure and the belief that to seek a balance in diet was at the centre of being leading to a healthy life, whilst promoting a peace of mind that was in harmony with the world.

The diet was governed by a religious and culinary calendar of alternate feasts and fasts during the Advent month before Christmas and the forty day Lenten period before Easter. This created balancing periods of heavier and lighter eating according to the time of year, heavier fasting being undertaken in the winter when less energy was required to work the fields and gather crops. With the exception of Christian ascetics who chose to live only on dried grasses and locusts, fasting didn't mean starvation but in the main meant omitting the lunchtime meal and eating later in the day. In the case of monks, the Winter meal would be at noon starting with two hot vegetable dishes of, a fat free soup followed by cooked greens supplemented with the protein of six boiled eggs or cooked cheese. Gradually their use of meat was substituted with fish and olive oil.

Social status depicted the choice of food. High flying fowl and game were considered good meat suitable for the aristocracy to maintain their strength. The meat, being of the sky, also put them closer to God. Earth-bound large animals, giant capons or huge fish were deemed suitable for merchants. Peasants, being at the end of the social scale had to be content with earth and root vegetables and dried salt herring.

Galen, the second century Greek physician, believed the universe was a combination of the elements fire, air water and earth and everyone's nature was determined by hot, cold, dryness or moistness. If one of these dominated, such as heat because of fever, the coldness and dryness of old age or the heat and moistness of the young, the balance needed to be restored by changing the food eaten. If too moist then dry food should be ingested i.e. beef or game birds. Conversely, dryness should be counteracted with the moist food of young suckling pig or lamb.

Fruit was considered dangerous unless heated or sprinkled with salt. Melon was made safe by serving with pork; pears made healthy by poaching in red wine and warming spices; salad was considered dangerous because its coldness. Most important was the balancing of sauces that accompanied the dishes. These were usually bound together with bread-crumbs and almond milk – a cold moist fish would be served with a hot dry sauce. Use of ginger, and spices was popular and added to food to fine tune the balance.

The Medieval diet disintegrated following the Black Death when towns were built but its philosophy of balance and goodness can be seen as the forerunner to the belief today that we are what we eat.

On 18 January author David Young stepped into the breach when writer Matthew Hall had to cancel at short notice his talk to the Sunbury Book Circle. The group hopes to reschedule a visit from Matthew at a later date.

David Young, meanwhile, did a splendid job of entertaining and informing the group about the workings of the East German Stasi, the background he has chosen to set a trilogy of detective stories, and the history which spawned the novels.

David is a former journalist having worked on provincial newspapers, a London news agency, and the BBC's international newsrooms, where he led news teams for the World Service radio and World TV for 27 years.

However, ready for a change, he turned to novels as an escape route and enrolled on the inaugural Crime Thriller MA at City University – winning the course prize in 2014 for his debut novel Stasi Child, the first of three books in the Oberleutnant Karin Müller series – set in 1970s communist East Germany.

The novel reached the top five best sellers on Amazon Kindle, was number one best seller in Amazon's Historical Fiction chart, and has been optioned for TV by Euston Films (Minder, The Sweeney etc). Translation rights have so far been sold to France.

It concerns an unidentified teenage girl, apparently gunned down at the Berlin Wall during an illegal crossing from West Germany to the German Democratic Republic (DDR) – the opposite route to the era's regular escape attempts.

With several irregularities at the crime scene and the investigation being closely supervised by the all-seeing, all-knowing Ministry For State Security – the 'Stasi' – Muller suspects that there is much more to the case than meets the eye.

The book provides readers with a portal into a not-so-long-gone world of communist cops operating in a State riddled with corruption and paranoia, where every apparent ally is also a potential informer.

Stasi Child has attracted rave reviews since its release in 2016, The book and its sequel, Stasi Wolf, should appeal to fans of the German Cold War-era TV spy series Deutschland 83 and the third book in the series 'A Darker State' will be published in a few months time.

The setting and inspiration for the trilogy came from a period when David Young played in a band which had toured Germany a few years earlier. They played mostly in the former East and he read Stasiland, becoming struck by the still apparent imprint of the old East Germany in Berlin. David Young believes that the DDR setting proved crucial to the book's subsequent success its unique selling point being that The Stasi and Karin Muller co exist in a world as yet unexplored in English language crime fiction.

In addition to historical photographs and details of some of his research, David entertained his audience by explaining that a lot of his research was carried out with assistance from Google Translate.



SUNBURY And SHEPPERTON ARTS ASSOCIATION

SPRING COFFEE CONCERTS 2018

Saturday March 24th at 10.15am for 11am concert

MARY PELLIS : VIOLA DA GAMBA and KAREN GLEN : HARPSICHORD

Programme

George Philipp Telemann 1681-1767 : Sonata in A minor: Largo, Allegro, Soave, Allegro
George Friedrich Handel 1685-1759 : Theme and Variations , The Harmonious Blacksmith
Arcangelo Corelli 1653 -1713 : Sonata in F, Preludio, Allemanda, Sarabanda, Gavotta
Marin Marais 1656-1728 : Suite in A minor, Prelude, Allemande, Gavotte, Gigue and Caprice, Muzettes 1 and 2
Francois Couperin 1668-1733 : Les Baricades Mysterieuses
George Friedrich Handel : Sonata in C Adagio, Allegro, Adagio and Allegro

Saturday April 21st 10.15am for 11am concert

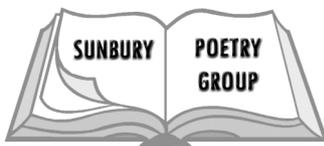
MARK TAYLOR (flute) and GABRIELLA JONES (harp)

programme will include music by
Marlacchi, Scarlatti, Poulenc and Chaminade.

Tickets @£10 include coffee and croissant preceding the concert. Tickets available on line from boxoffice@ssaa-arts.org and www.ticketsource.co.uk and from 01932- 787390.

ALL RIVERSIDE ARTS CENTRE MEMBERS ARE WARMLY INVITED TO ATTEND THE SSAA AGM 2018 on FRIDAY JUNE 15 AT 8PM IN THE STUDIO WHEN WINE AND CANAPES WILL BE SERVED.

PLANS FOR THE JULY FESTIVAL ARE PROGRESSING WELL AND IT IS HOPED THE PROGRAMME WILL INCLUDE THE LAUGHING CHILI COMEDY CLUB, A TALK BY NICK POLLARD, A TALK BY TATE GALLERY GUIDE LAURENCE SHAFER, A VISIT TO SHEPPERTON STUDIOS, A JAZZ CONCERT, DANCE, A CLASSICAL RECITAL, AN ART EXHIBITION and A FLOWER DEMONSTRATION? PLEASE SUPPORT US!



Our December meeting was cancelled because the date clashed with a Christmas Market in the local vicinity. So no festive nibbles or drinks for us that evening!

However, we made up for it at our meeting on January 7 when we had a late New Year celebration, including seasonal poems and a quiz.

The poetry included works by a variety of writers and, at the end of a cold evening, finished on an optimistic note with a line from Shelley's "Ode to the West Wind": "If Winter comes, can Spring be far behind?"

On February 1, Joyce Langmead and Barbara Taylor presented a fascinating programme of poetry and comments on the subject of 'Cats and Dogs'.

We were amused by T.S. Eliot's 'The Naming of Cats', where he suggested that every cat should have THREE names - one that the family use daily, another

that is 'peculiar' and a third that is known only to the cat itself, who will never confess it.

Stevie Smith wrote wittily about her "Galloping Cat", who ran around doing good and Peter Poster proclaimed death to all the feral cats in Australia who spread infection and "watch too much TV"!

It is said that "Every dog has its day" and canines were well represented at our meeting. Lawrence Ferlinghetti wrote about an independent dog in San Francisco, who trotted freely in the street and viewed reality.

Famous dogs were also mentioned, including Toto, Leika, Tin Tin's dog Snowy and Pavlov's dogs.

We concluded by discussing our personal preferences, dog or cat.

All in all, a very enjoyable evening.

Our programme for the next three months is:

March 1 "Landscapes" (Bring and Read)
April 5 A Presentation by Ian Pringle
May 3 "Schooldays" (Bring and Read)

Laughing Chili Comedy Night In The Studio at RAC

March 2018 – 10/03/18

What a top night of comedy we have lined up for March.

Brilliant story teller Matt Price returns as our headliner. Regular, John Mann, is MC for the evening. Plus Alistair Williams, Katie Pritchard, and Mark Silcox.

Join us at the bar first and then for a great night of comedy in the Studio on Saturday 10th March.

16+ only. Show may contain themes and language of an adult nature.
Doors and bar open from 7.30pm. Show starts prompt at 8.30pm.
Tickets £12, and more information from www.laughingchili.co.uk

April 2018 – 07/04/18

Just after Easter is our April night of comedy.

Headlining is the fabulous Gerry K. Local lad, Tom Holmes, MC's; and we're joined by Kelly Convey, Adam Riley, and Sally Firth.

Join us at the bar first and then for a great night of comedy in the Studio on Saturday 7th April.

16+ only. Show may contain themes and language of an adult nature.
Doors and bar open from 7.30pm. Show starts prompt at 8.30pm.
Tickets £12, and more information from www.laughingchili.co.uk

May 2018 – 05/05/18

As we move into May, we bring you another night of great comedy.

The excellent Julian Deane closes the show. Barry Ferns is our host; whilst Andy Gleeks, Amy Howerska, and Jon Long also join us.

Join us at the bar first and then for a great night of comedy in the Studio on Saturday 5th May.

16+ only. Show may contain themes and language of an adult nature.
Doors and bar open from 7.30pm. Show starts prompt at 8.30pm.
Tickets £12, and more information from www.laughingchili.co.uk



Zodiac Musical Society

Affiliated to the National Operatic and Dramatic Association, Spelthorne Community Arts Council, Runnymede Arts Association, Magna Carta Arts Association and Riverside Arts Centre.

Registered Charity Number: 800031

Zodiac are performing 'Sing a Rainbow', a song and dance show from Wednesday 25 April to Saturday 28 April at Riverside Arts Centre, Sunbury TW16 5QF. Evening performances commence at 7.45 pm and a Saturday matinee at 2.30 pm. The show is colour themed and each song has a colour in its title or in the name of the group or singer famed for it. Ticket prices are £8-10. For more information please call the box office on: 01932 220167.

SUNBURY on THAMES FLOWER CLUB



We have had a very enjoyable three months of fun with flowers!

December was our club Christmas party which took the form of afternoon tea with a delightful entertainer. January was the first of this year's Workshops, led this time by chairman Mary Wallis, and we had a go at making Aspidistra Pots, which were small trays of miniature pots made of aspidistra leaves, which was fascinating to do, and we were pleased with the results.

February saw Kathryn Goddard-Austin showing us her display of "Damsels and Dragonflies", which was a most beautiful demonstration of colourful arrangements, from a representation of a dragonfly in green and cream, to a scarlet damsel in distress!

In March and April, in addition to our normal programme, we are offering members and non-members the opportunity of taking part in a short series of classes for Beginners or Improvers, as a refresher course in basics. These will be on five afternoons at 2.00 in the Studio at Riverside, on March 13th, 20th, 27th, April 17th, 24th. For further details, phone 01932 772294 or 07867 534556

March 6th Club Workshop – "Easter Tapestry"
April 3rd Demonstrator Carol Ferris – "Wish you were here – again"

Competition – "A holiday destination"

May 1st AGM and Afternoon Tea

June 5th Demonstrator Gill McGregor – "Summer Splendour"

Competition – "The rose of summer"

Heather Hurrell

Secretary, Sunbury-on-Thames Flower Club

KH Dance Academy



Providing dance classes for ages 18 months through to Adults specialising in Melody Bear, RAD Ballet, ISTD Tap & Modern, ID Contemporary and Street, Adult Tap and Ballet, Keep fit classes and

Zumba Gold.

Weekly classes held in Sunbury-on-Thames with Monday, Tuesday and Saturday classes running at the Riverside Arts Centre

For further details contact:
Kathryn Cameron-Webb 07891675753

Spring/Summer Term Dates 2018

Spring/Summer term dates for all children's classes held at the: Riverside Arts Centre, Sunbury Methodist Hall, Halliford Community Centre & Hanworth Methodist Hall

.Monday 8th January - Saturday 24th March

.Half term 12th - 18th February

.Monday 16th April - Saturday 14th July

Half term 28th May - 3rd June

Melody Bear Little Bear Feet Classes

from 10-10.30am Mondays at the Riverside Arts Centre

Melody Bear is a creative dance syllabus for children 18 months upwards and is shared by the teacher, parent and toddler through the joys of dance and singing.

ADULT CLASSES

Beginners Adult Ballet Class every Monday from 10-11.45am

All adult abilities welcome along with complete beginners or those looking to rekindle their ballet roots. The classes will work on barre and centre work to help improve mobility and posture, coordination and most importantly to have fun and enjoyment through out the class. Free trial class available with block booking thereafter @ £6 per class for a block of 5 classes/ 6 classes

Zumba gold Every Tuesday from 11.15-12.15 at the Riverside Arts Centre. For the older adult or those looking to get back to gentle exercise.



Saturday 10 March from 2pm - 4.30pm
Rotary Club of Shepperton & Sunbury

Deadline Auction

All donated items raise money for Rotary charities.
View items and Bid for those you want.
Ensure your bid is the highest! **End of Auction 4.15pm.**
Entrance £5 - pay on the door - Refreshments included
www.sheppertonandsunbury-rotary.org.uk

The Manor Players 

Friday 23rd - Saturday 24th March 2018

Doors: 19:00 / Start: 19:30

All The World's a Stage

A Musical Revue

Tickets: £15

Online bookings: <https://www.manorplayers.org>

Box office and queries: 07771 458 696

Saturday 24th March at 10.15 for 11.00am
Sunbury & Shepperton Arts Association

Morning Coffee Concert

Mary Pells (viola da gamba)

Karen Glen (harp)

programme will include music by Telemann,
Handel, Corelli and Couperin



Saturday 21st April at 10.15 for 11.00am
Sunbury & Shepperton Arts Association

Morning Coffee Concert

Mark Taylor (flute)

Gabriella Jones (harp)

programme will include music by Maracchi,
Scarlati, Poulenc and Chaminade.

Tickets @£10 include coffee and croissant preceding the concert. Tickets available on-line from
boxoffice@ssaaarts.org and www.ticketsource.co.uk and from 01932 787390



Thursday 12th to Saturday 14th April 2018 at 8pm

Shepperton Players

Cheshire Cats

by Gail Young

Tickets are £12 per person and can be obtained from
the box office on 07505 206757 and on-line at
<https://sheppertonplayers.org.uk>

Saturday 21 April 2018 at 7.30pm
Rotary Club of Shepperton & Sunbury

St George's Day Party

Support our special 'English Party'

With Quality Supper, Morris Dancing with participation & English-Themed Mini-Quiz!

Tickets £24 from 07940 066265



Wednesday 25 April to Saturday 28 April at 7.45pm

Saturday 28 April at 2.30pm

Zodiac Musical Society

Sing a Rainbow

A song and dance show

Ticket prices are £8-10. For more info call the box office on:
01932 220167.

Mood Indigo Events

Riverside Arts Jazz at 7 for 7.30pm

Sunday 4th March Nigel Price plays Wes Montgomery
'Smoking at the Half-Note'
Sunday 15th April Jo Harris sings Anita O'Day
The Verve Years
Sunday 13th May Roberto Manzini plays Kenny Garrett

Tickets £9 via website, £13 on door :
www.moodindigoevents.co.uk

Laughing Chili Comedy Night

In The Studio at RAC at 7.30 for 8.30pm

Saturday 10th March Headliner Matt Price :
MC John Mann
Saturday 7th April Headliner fabulous Gerry K
MC Tom Holmes,
Saturday 5th May Headliner Julian Dean
MC Barry Ferns

Tickets £12, more info from www.laughingchili.co.uk
**16+ only. Show may contain themes and language
of an adult nature.**