

# CARLISLE ONE WORLD CENTRE

[www.cowc.co.uk](http://www.cowc.co.uk)  
Newsletter Spring 2009



**Fairtrade Mayor, Cllr Jacquelyne Geddes with the Carlisle Fairtrade City Certificate surrounded by local businesses and organisations who received theirs on Monday 26<sup>th</sup> January.**

## Welcome

And a very Happy New Year from all the team at COWC!

Once again Fairtrade Fortnight is just around the corner. We have already launched this year's celebration at a reception to mark the presentation of certificates to businesses, schools and other organisations on the 26<sup>th</sup> January at the Civic Centre. As many of you know, we have a Fairtrade Champion for our Mayor this year. Cllr Jacquelyne Geddes is working hard to promote the campaign this year more than ever. More below.

Since the last newsletter COWC has also been promoting a range of local and international issues from AIDS Day to Gaza; Green to Zimbabwe. We continue to respond to events and national campaigns through our Campaigns Group and by using various communication strategies (emails, web, press etc.) We hope to work with some advisors over the next few months to develop and upgrade these strategies in line with a plan for greater outreach to students and young people that will take place in 2009. Watch this space!

This newsletter is different from previous ones in that we are remembering two very special network members whom we lost in 2008. Anne Canham and Saroj Parratt are greatly missed. On the other hand, we welcomed three new additions, more below!

We hope to see you all at some of the events below. Don't forget that we depend on volunteer help for most of the Fairtrade activities – contact the centre or let Lorna in the shop have your details if you can help at the coffee mornings or on the Business Conference.

*Adrienne Gill*  
[Agill.cowc@gmail.com](mailto:Agill.cowc@gmail.com)

## From our Chair

No sooner is there one emergency in the world that needs to be addressed than another one comes along. The Congo, Gaza, Zimbabwe, Ethiopia - is there no end to the serial suffering of so many innocent people? They all, of course, have a common denominator. These crises are all caused by a lack of justice which arises because of a lack of regard for the dignity of another.

I sometimes think that the chances of any of us possessing the gift of life are, even biologically, many millions to one. The odds of you sitting there reading this, for example, are infinitesimal. Yet, there you are, rejoicing in an existence you need not have had! If that is true, and I see no reason why it shouldn't be, we should be treating our own existence as the most precious gift we possess.

Obviously others also have this gift and their lives are as precious as ours. That's why organisations like COWC are supported so faithfully by so many. It is our motive for helping others to nurture, protect, preserve, and nourish this gift which only comes once and can never be given again.

**Greg Turner**



This year we are celebrating the successful renewal of Carlisle's Fairtrade City status with several high profile events. At a celebration and launch event, on Monday 26th January, the Mayor of Carlisle, Councillor Mrs Jacquelyne Geddes presented official certificates to representatives of 30 organisations as an official endorsement of their contribution to Carlisle's status as a Fairtrade City.

This status is awarded by the Fairtrade Foundation who set rigorous criteria for achieving this status. The criteria includes:

**Goal 1: The City Council passes a resolution in support of Fairtrade including a commitment to serve Fairtrade tea and coffee at its meetings and in its offices and canteens**

That was passed unanimously when Judith Pattinson who did a great deal for Fairtrade in Carlisle and Brampton was Mayor. Subsequent Mayors have supported our events and activities. Since Cllr Geddes became Fairtrade Champion for the City Council before becoming Mayor she has sought every opportunity to raise the profile of Fairtrade.

**Goal 2: A range of (at least two) Fairtrade products are readily available in the area's shops and served in local cafés/catering establishments**

The number of retail establishments supporting Fairtrade has risen from 14 in 2005 to 19 in 2006 to 38 in 2008. The number of cafes has increased from 10 to 14 to 36.

**Goal 3: Fairtrade products are used by an appropriate number of local work places (offices, shops, B&Bs etc.) and community organisations (faith communities, schools, universities etc)**

Again, the number of workplaces has increased from 11 to 14 to 34.

All of the above have been given a new Carlisle Fairtrade City sticker to display in their window along with copies of the new Fairtrade City guide to distribute to customers and staff.

**Goal 4: To attract media coverage and popular support for the campaign**

This is being carried out by City Council and COWC publicity officers on an ongoing basis.

**Goal 5: A local Steering Group is convened to ensure progress and continued commitment to the campaign.**

Members meet regularly are represent their organisations. This group would benefit from a schools representative.

**New Directory launched**

At the reception the new Carlisle Fairtrade City Directory was launched by the Mayor. This booklet explains what buying Fairtrade means to the workers and their families in providing the necessities which we take for granted such as shelter, education and health support. It includes a

comprehensive list of organisations from small independent retailers to national high street companies, all showing a commitment to Fairtrade and a different of trading and shopping. The directory is now available from COWC, the World Shop, libraries and several participating outlets.

**Fairtrade Business Conference**

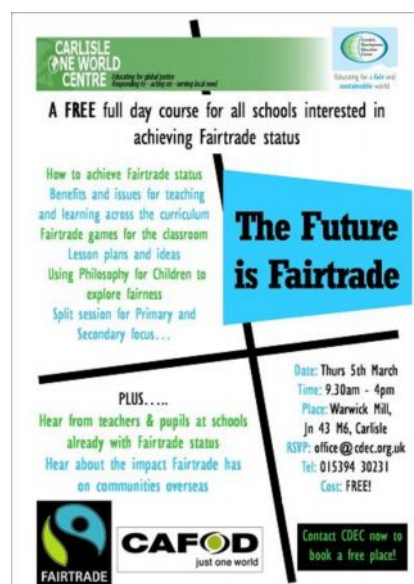
To encourage more businesses and companies to become more committed to Fairtrade, Carlisle will be hosting Cumbria's first ever Fairtrade Business Conference on Friday 27th February at the Civic Centre. The conference's keynote speaker will be the Fairtrade Foundation's Patron, George Alagiah and presenter of BBC News and BBC World. The main speakers are Julia Clark – Tate & Lyle's Marketing Manager who turned the company around to Fairtrade and Rajah Banerjee, the inspiration behind the biodynamic Makaibari Tea Estate, Darjeeling, India which provides teas for Hampstead Teas.

This day has been put together to encourage businesses and other organisations commit or increase their commitment to Fairtrade. If you would like to attend or know of someone that would be encouraged by attending, the letter of invitation and booking form can be downloaded from the COWC website – [www.cowc.co.uk](http://www.cowc.co.uk). It is a free event with donations invited for those wishing to have trade stands.

**Other Events**

This year two **Fairtrade Coffee mornings** will take place at the Old Town Hall on Saturday 28<sup>th</sup> February (Christian Aid) and 7<sup>th</sup> March (Fairtrade Steering Group) respectively. On the 7<sup>th</sup> March we hope to have the Snakes and Ladders out along with events to mark a special **Go Bananas for Fairtrade** initiative - all you have to do is eat a Fairtrade Banana between noon on Friday 6<sup>th</sup> March and noon on Saturday 7<sup>th</sup> March and encourage others in your organisation to do so. Could we have a Carlisle record?

On the 5<sup>th</sup> of March a training event will take place for all interested schools (staff or governors). **The Future is Fairtrade** will be delivered and co-funded by CDEC and CAFOD in partnership with COWC. Places are still available – contact CDEC for more information and a booking form.



## Fairtrade Volunteers Appeal

Once again the Fairtrade Group is looking for volunteers to help with our Fairtrade Fortnight events.

1. Putting up posters around the city.
2. Help with the coffee morning on Saturday 7th March - making scones or tray bakes using Fairtrade ingredients - available from the shop
3. Helping on the day - to serve coffee, wash up, look after the Fair Trade stall, take money at the door
4. Co-ordinating the coffee morning – we would really appreciate someone to take the lead on this.
5. Organising a raffle – getting prizes, tickets etc.
6. Looking after a covered stall in front of the Old Town Hall on 28<sup>th</sup> Feb and 7<sup>th</sup> March with leaflets, information, taster items etc.
7. To supervise the Fairtrade Snakes and ladders game at the coffee morning events.
8. To help at or before the Fairtrade Business Conference (assembling packs, final preparations etc.)

The more help we have, the less there is for each person to do! Contact Adrienne on 078 81488566, [agill.cowc@gmail.com](mailto:agill.cowc@gmail.com) or call in to the shop and let Lorna know.

## COWC Round up

We are still upstairs in the shared office which is working out well for all concerned. On Monday 2<sup>nd</sup> March, during Fairtrade Fortnight, an open day will take place for S.I.S. (Self Injury Support). COWC representatives will be present as will some display and information material.

We have had several events and campaigns since the last bulletin. More detailed reports of two of these are below. We also held a successful Palm Oil information evening in November in conjunction with Friends of the Earth and Amnesty. Carolyn Marr from Down to Earth gave a talk to accompany a short DVD about Palm Oil production in Indonesia. It raised a number of issues and concerns about the bio-fuel industry. For more information and how to campaign on this go to [www.biofuelwatch.org.uk](http://www.biofuelwatch.org.uk).

### Fairtrade Harvest Treasure Hunt and Family Fun Day, Tithe Barn, Saturday 11th October



This event was organised by representatives from the city churches of St. Cuthbert's, Methodists, The Cathedral and the Border Kirk. Carlisle One World Centre provided support in the form of a new Fairtrade Treasure Hunt which brought many of the city centre shops and cafes on board, as well as help with games and finding Fairtrade recipes. The Treasure Hunt was a great success – 5 different

groups took part and all participants thoroughly enjoyed themselves. This resource can be used again by any group that wishes to do so. It would be advisable to contact the establishments in advance of being visited but otherwise the game is completely transferable.



**Liz Law (centre) and Christian Robertson (right) from Border Kirk run a Snakes and Ladders game. Above – young children put together a harvest themed collage**

The children could choose between making a collage, playing Snakes and Ladders and baking Fairtrade treats. One of the delicious Fairtrade Recipes is also included below.

### Rich Tea Date Fingers

1 Pkt Rich Tea Biscuits broken into small pieces  
1 lb dates (2 blocks) chopped  
1 egg  
½ lb butter  
½ cup sugar  
Vanilla essence  
Coconut

Boil sugar and butter. Add chopped dates, cook until soft stirring all the time. Add beaten egg and vanilla essence.

Put broken biscuits into mixing bowl, add date mixture and mix together.

Turn into baking tray and flatten ½ inch thick. When cold cut into fingers and roll in coconut.

## Malawi Connections

### Esther Lupafya – a very remarkable lady

November 2009 saw Esther Lupafya returning to Ekwendeni in Malawi. She had been in Edinburgh since August the previous year studying for an MSc. In itself an almost insurmountable task at 50 years old but when you couple the work-load with negotiating the internet, pouring over books in a library (which is a 50 min bus journey from your accommodation) for endless hours, thinking in Tambouka and translating written work into English that scans correctly you then realise the vastness of this undertaking.

We were very fortunate to have two weeks of her time prior to her departure. One of those weeks she spent in and around the Carlisle area. She visited four local schools and was a great hit with all the children she met as she encouraged them to ask questions and shared songs and dancing with them. When asked by one boy at St Patrick's if it was easy to carry items on your head she demonstrated the technique used and asked the questioner

to try it out for himself. On the Tuesday evening Esther joined the congregation members at the Border Kirk and others who had either met her in Malawi or met members of her family. She told the group of her amazing work with the orphans and their families which begins early in the morning and continues until very late at night.

The following evening she addressed a group from COWC, friends and a number of Malawians living nearby. This event took place at St. Cuthbert's Vestry and was a really enjoyable evening for all concerned. During this evening many of us that have visited Malawi told of the impact that the country and the people have had upon us. We put up displays of art and artefacts and listened to Malawian music. The spinoff has been the sponsorship of another young person's Secondary Education from the Ekwendeni area.

During the second week we went to Mull and Iona. Here she was subjected to some quiet time which was not an easy thing for Esther to comprehend but she returned rested and refreshed ready for her daughters visit. Brenda arrived on the Sunday morning in Edinburgh and was addressing the congregation of the Border Kirk that same evening.

This was the first time that Brenda had ever been out of Malawi and no-one had prepared her for the air turbulence that might and did occur! She survived all that and a two week dash up and down England and Scotland. When we met up with Esther and Brenda for the last time before they returned home it was to celebrate Esther's graduation and bid them a safe journey home. Esther had just heard that her dissertation was to be published by the University because of its high standard and poor Brenda looked totally worn out.

If you had the good fortune to meet this remarkable lady, Esther Lupafya, you have been blessed by an encounter with someone who is really exceptional. May God bless her in all that she tries to do for those many whose lives path crosses her own.

**Christian Robertson**



**Esther (left) with David Pitkeathly (Border Kirk) and her daughter Brenda**



## **Forthcoming Events in 2009**

**Wednesday 11th February 7:00pm, COWC**  
Amnesty Carlisle Group

**Monday 23 February, Kirkgate Cinema,  
Cockermouth 8pm** Waltz with Bashir  
Animated film about the struggle of an Israeli to recall his part in the massacres of Palestinians in the Shatila and Sabra camps in the Lebanon by pro-Israeli Lebanese Christian militiamen in 1982

**Tuesday 24th February 7:00pm, The Source Cafe**  
Friends of the Earth

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**Monday 23<sup>rd</sup> February –  
Sunday 8<sup>th</sup> March 2009**

**Fairtrade Fortnight**



**Thursday 26th Feb at Morton Manor 7.30pm**  
Sorooptimists Fairtrade Beetle Drive. 6 games with prizes plus a Fairtrade raffle. Tickets £2 from Daphne Roberts (contact her if you wish to attend - [daphne.roberts@virgin.net](mailto:daphne.roberts@virgin.net); 077 12577835)

**Friday 27th February, Civic Centre**  
Fairtrade Business Conference. Booking form on [www.cowc.co.uk](http://www.cowc.co.uk)

**Saturday 28th February 10am -12pm, Old Town Hall**  
Fairtrade Coffee Morning – Christian Aid

**Thursday 5th March 9:30 – 4:00, Warwick Mill**  
Fairtrade Schools event. Contact CDEC: 015394 30231

**Saturday 7th March 10am -12pm, Old Town Hall**  
Fairtrade Coffee Morning - Fairtrade Steering Group

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**Sunday 1<sup>st</sup> March 2:00pm, Theatre by the Lake,  
Keswick**  
Richard Dowden Lecture – Africa - Altered States, Ordinary Miracles. In association with Keswick Fair World Alliance. [www.theatrebythelake.com](http://www.theatrebythelake.com)

**Sunday 8th March**  
**UN Day for Women's Rights and International Peace**

**Wednesday 11th March, 7:00pm COWC**  
Amnesty Carlisle Group

**Sunday March 15<sup>th</sup>, Alhambra, Keswick, 5pm**  
Waltz with Bashir

**Saturday 21st March**  
**International Day for the Elimination of Racial Discrimination**

**Sunday 22<sup>nd</sup> March**  
**World Water Day**

**Tuesday 24th March 7:00pm, The Source Cafe**  
Friends of the Earth

**Saturday 28<sup>th</sup> March, Church of Scotland 7:30pm**  
Christian Aid Week launch event and talk

**Thursday 7th May, Tithe Barn 7:30pm**  
Talk on the Ecumenical Council for Corporate Responsibility by Helen Boothroyd. Joint event with Churches Together Carlisle and COWC. All are welcome.

**10<sup>th</sup> – 16<sup>th</sup> May 2009 Christian Aid Week**



**June 2009, New date to be confirmed**  
**COWC AGM – more info to follow**

## Girl Guides Centenary Year Event

To launch the centenary of Girl Guiding, all members of the Girl Guides from North Cumbria will be gathering in Keswick for a whole day of celebrations and activities on Saturday 5<sup>th</sup> September at Keswick School.

As part of the day, up to 2,000 guides and brownies will participate in activities around the theme of One World and, within that, My Responsibilities in the World we live in. COWC will play a role in running two Fairtrade workshops and we are looking for volunteers to help with either the Snakes and Ladders or the Trading Game. Contact COWC if you wish to help out with these workshops or Susan Aglionby for more general information on the day itself - 01228 549626 or [susan.aglionby@btinternet.com](mailto:susan.aglionby@btinternet.com).

## New Network Members

It was quite a summer for new Fairtrade Campaigners.

First, Naomi who joined us at the start of the Fairtrade city campaign and submitted our first Fairtrade application gave birth to Joshua on July 5th. Congratulations to Naomi and Charles and a warm welcome to Joshua.



Then on 30th July, Anna, assistant manager at the shop, who also worked on the Global Journey event gave birth to Leon Jago. Congratulations to Anna and Joss and a warm welcome to Leon from us all.

Our third new arrival was Abigail Catherine on 11th August, born to Hannah who submitted our second Fairtrade application as well as many other Fairtrade activities. We welcome her and wish Hannah and Matt every blessing.



They have all been in to visit us and are all beautiful babies blessed with wonderful parents and grandparents, some of whom are also Fairtrade Campaigners!

Finally, Claire who covered Anna's maternity leave, has just left us because her baby is due at the end of February.

We thank all for the work they have done for us and wish them much joy in their new roles.

**Lorna Strong**

## And a Fond Farewell

**Anne Canham** had so many friends in Cumbria, and many of them were associated with COWC and the World Shop, where she was both a volunteer and a supporter.

A life-long pacifist and vegetarian, Anne's Christian faith sustained her through her long struggle with cancer. She was an inspiration both to her friends and to members of the clergy throughout.

As a young bride she had set off for India with her husband, Philip, where they were engaged in missionary work for some years. On her return to the U.K. Anne took up a post as a social worker and soon became Head of Children's Services in Carlisle. It was at this time in her life when, despite a demanding job, being a clergy wife, and having four children of her own, that she saw the plight of many abused women and recognised a need for a Womens' Refuge. She made this her aim and, with the help of friends, brought the project to fruition. Social justice was always the foundation of Anne's actions; she worked tirelessly for the Labour Party all her adult life.

After her retirement, she created a truly beautiful garden at her home in Eden Park Crescent - a space where she could express her love of shape and colour - and which became a haven for suburban birds and her friends alike.

Anne's Christian faith underpinned everything that she did - and she did everything with such generosity. We are all richer for having known her.

**Edwina Campbell**

### **Saroj Nalini Arambam Parratt**

Arambam Saroj Nalini was born in Imphal, in the then princely state of Manipur, on June 2<sup>nd</sup> 1933. Her father was a well known and respected educationalist and government officer. She studied Philosophy at Calcutta University, where she became the first Meetei woman to obtain BA and MA degrees. There she converted to the Christian faith which was to become a dominant influence on her future life. She came to Britain in the late 1950s to study theology, and obtained a Bachelor of Divinity degree from London University in 1961. She was married to John Parratt shortly after. When their desire to work in India was frustrated they decided to work elsewhere in the developing world, initially in Nigeria, where Saroj became a tutor in philosophy at the University of Ile-Ife. When her husband was offered a research fellowship by the Australian National University she enrolled for a PhD in the Department of Asian Studies there. Despite the frequent absences of her husband on field work in Papua-New Guinea and the care of three young children, she completed most of her thesis before returning to Manipur for further field work in 1972. Her doctorate was awarded three years later and her influential thesis was published in 1980 as *The Religion of Manipur*.

From 1975-90 she taught in southern Africa, including the universities of Malawi and Botswana. Papers published included a study of Islam in Botswana and studies of Christianity among Tswana women. Her main research remained the Meetei, and she spent lengthy periods on field work in Manipur. She was appointed an honorary professor at the University of Manipur in 2001. The fruit of this research, besides numerous academic papers, was two books jointly authored with her husband. *Queen Empress vs. Tikendrajit, the Anglo-Manipuri Conflict of 1891*, an account of the most traumatic event in Manipur's history and *The Pleasing of the Gods: Meitei Lai Haraoba* a study of the pre-Hindu religious festival which lies at the heart of Meitei culture.

Before she left Botswana in 2000 Saroj was planning to produce an accurate translation of the *Cheitharol Kumpapa*, the Court Chronicle of the Kings of Manipur. She had the unique privilege of being invited by the head *maichou* (court scribe) to photocopy the whole manuscript of the chronicle. She quickly mastered the archaic script (*meetei mayek*) and the scribal conventions. She became an honorary fellow of the Institute for Textual Scholarship and Electronic Editing of the University of Birmingham and began the translation which would occupy the remainder of her life. The publication was sponsored by the Royal Asiatic Society. Volume 1 *The Court Chronicle of the Kings of Manipur: the Cheitharol Kumpapa* appeared in 2005 and the second volume is expected in 2009. By this time she was suffering from terminal illness, and just a week before her death she finished the draft translation of the final volume (up to 1891), thus completing a work which is likely to remain a standard text for scholars working on the Indo-Burma region.

Saroj Nalini Arambam Parratt earned widespread respect in north-east India, both for her scholarship and for her advocacy of the distinct identity of the Mongoloid peoples of the region as contrasted with the Sanskrit tradition of the sub-continent. Her contribution to our understanding of the history and culture of the Meetei is probably unparalleled.

**From obituary by John Parratt**

Carlisle World Shop has a few lengths of woven material of Saroj's from Manipur, which is famous for its textile production, a cottage industry, done by women in their homes. However **the livelihoods** of women, especially in rural areas, are threatened by disturbed conditions, lack of marketing opportunities and the importation of mass-produced clothes. Many now live below the poverty line, especially widows whose husbands have died in the political unrest or through drug-related disease.

Saroj was deeply concerned about the situation of the Manipuri women weavers and their families. Apart from one small order I have not been in a position to help by buying from these groups. Skilled product development is required to help them produce items which would market successfully here. It is a deep regret that I have had neither the time nor the skill to become an importer and help. The best I can do is to tell people about Manipur and hope and pray that the person who can help will come forward. Saroj will be sadly missed.

**Lorna Strong**

**phanek** traditional delicately striped long skirts with embroidered borders,  
**inaphi** are woven in delicate and elaborate patterns in fine silk or cotton.

CARLISLE  
ONE  
WORLD  
CENTRE

**AND**

CHURCHES  
TOGETHER  
in  
CARLISLE  
& DISTRICT

Present a Talk on

**The Ecumenical Council for  
Corporate Responsibility  
(ECCR)**

By Helen Boothroyd

On Thursday 7<sup>th</sup> May 2009  
7:30pm, Tithe Barn, West Walls,  
Carlisle

### **Contact us:**

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**Secretary: Position Vacant**

**Treasurer: Frances Robinson**