

OVERSEAS

THE JOURNAL OF THE ROYAL OVER-SEAS LEAGUE

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The Royal Over-Seas League is dedicated to championing international friendship and understanding through cultural and education activities around the Commonwealth and beyond. A not-for-profit private members' organisation, we've been bringing like-minded people together since 1910.

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WELCOME



“Looking ahead at what will no doubt be a brighter and better springtime”

Writing in the time of yet another lockdown, I'm aware of how important keeping up morale is for all of the ROSL community. In part, this is done by keeping in touch, tuning into online events and conversations, but also through looking ahead at what will no doubt be a brighter and better springtime now that the vaccination programme is being rolled out. In particular, the ROSL team, led by Resident Manager Warren Miller, is working hard to put in place a new food and beverage offering for members upon reopening. After a formal catering beauty parade just before Christmas, presented to members of Central Council, the Senior Leadership Team and I took the collective and unanimous decision to take catering back in-house. Already many impressive candidates have applied for the new Executive Chef and Food & Beverage Manager positions.

The ROSL team is very excited about the coming months, and looking forward to unveiling and rolling out the new offering to members. Not only will we ensure members have the option of their favourite club classics, but we also aim to offer international cuisine in tune with our mandate of international friendship in the Commonwealth and beyond, maybe even delivered by the occasional international chef in residence, together with the new Executive Chef. During the course of this year, we will also launch a ROSL wine club – we are sure this will prove popular! And we will continue to make the most of our wonderful garden and terrace, with the introduction of outdoor heating, and exciting pop-ups on food and drink. Also, during the course of 2021, we will introduce an afternoon tea in the newly and elegantly refurbished drawing room. And a further item on our catering agenda is to provide pre-concert menus, and other food and beverage offerings around the splendid music and arts programmes, as well as the public and international events series we have just launched. And the entire team is keen to build up to bringing a fine dining option for members to ROSL in the splendid Art Deco dining room. All in all, we hope you agree there's a lot to look forward to!

Dr Annette Prandzioch
DIRECTOR-GENERAL

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“When life threw me a curveball, I turned to gardening as a distraction. It turned out to make me really happy”



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From the EDITOR

The pandemic has changed many aspects of our lives over the past 12 months, some only temporarily, but some for a lifetime. What we eat and drink has certainly been impacted, with most of us forced to eat at home almost exclusively. This has led some of us to brush up on our cooking skills, some to start growing our own at home, and many more to long for the day when restaurants reopen! In this edition of *Overseas*, we take a look at how food and drink is changing, not only in terms of what we are eating, but also how it is produced, how it is cooked, and how it is disposed of.

On page 22, Natalie Healey looks at how you can get started in your garden, or even on your window ledge, with growing your own vegetables and herbs.

No experience needed!

The rise in so-called flexitarianism over the past few years has seen many take a closer look at their diets and try to reduce the amount of meat they eat as a result. In December 2020, the first lab-grown meat product was approved in Singapore, making its restaurant debut a few weeks later. On page 26, Abi Millar asks if now the time for cultured meat – billed as an ethical alternative to farmed meat – to start gaining traction?

In the UK alone, 4.5 million tonnes of edible food is wasted by families every year, equivalent to £700 per household. On page 18, we find out how can we get better at buying, storing, using, and reusing our food?

We also take a trip around the Commonwealth by asking ROSL staff about the cuisine and favourite dishes of their home countries, on page 8.

Of course, no discussion of food and drink would be complete without talking about ROSL's own catering. As Annette has already mentioned, the decision was taken at the end of 2020 to bring our catering back in house. With plans progressing at speed, we hear from ROSL's Warren Miller about the exciting plans lined up for the clubhouse on page 6.

Read all these features and more, plus news from ROSL HQ and upcoming events to look forward to over the next few months. I hope you enjoy the issue, please get in touch with any comments or suggestions, your feedback is always welcome.

Mark Brierley
editor@rosl.org.uk

FEED YOUR IMAGINATION

With catering coming back in-house, a whole world of possibilities is opening up for the food and drink we will be able to offer members. Resident Manager Warren Miller takes Overseas through some of the plans that will give you more choice, higher quality, and better service at the clubhouse

“
My initial focus is on the garden and how we can make it even more attractive than it already is, in terms of food and drink

After 16 years using an external caterer, the past 12 months of Covid-related restrictions has given ROSL the opportunity and time to reassess what it can offer members when they visit the clubhouse; central to this is the food and drink on offer.

In December, Director-General Annette Prandzioch and Resident Manager Warren Miller, along with the support of Central Council and the Senior Leadership Team, assessed internal and external bids to take over the catering at Over-Seas House.

“In the end, we had one outside catering

company, as well as the internal bid, which both had to provide a five-year plan with detailed financials” explains Warren, who led the internal bid. “It ended up being a very long day, starting at 8am, with the recently refreshed Central Council, who were fantastic. They made sure each bid was scrutinised; the right questions were asked.”

The unanimous decision was taken to bring catering back in-house, with Warren leading the transition from Graysons, who have provided catering at the clubhouse for the past 16 years. The first step is to hire a new Food and Beverage Manager, and Executive Chef, who will be in place ready for when government restrictions are lifted and the

clubhouse is allowed to reopen. This is just the start of what will be a long process, which aims to restore ROSL's dining experience to its former glory. “I want to get it done right, but it's going to be a bit of a ‘slowly, slowly’ approach.”

The reason for this approach is two-fold. Firstly, you can't put the cart before the horse. With the clubhouse in lockdown for large parts of 2020 as the UK battled the coronavirus pandemic, a vital source of income was lost for ROSL, so many of the plans for food and drink can only be realised as the world recovers and our global membership starts to return to Over-Seas House.

Secondly, Warren and the whole ROSL team are keen to bring members along on the journey. You are the reason we are all here, after all. Making sure that you get the food and drink you want is crucial. That has not stopped Warren for making plans that should get everyone excited, whether you work locally in London and pop in for a drink after work, visit every couple of months for dinner before the theatre, or travel from overseas once a year to enjoy our hospitality for weeks at a time.

“My initial focus is on the garden and how we can make it even more attractive than it already is, in terms of food and drink,” explains Warren. “Of course, it is

beautiful already, but we need to make it more weatherproof with better parasols and heaters in place, to make it usable in the cooler months of the Spring and Autumn. The plans are still awaiting approval, however, I am looking at improving the way we can provide food and drinks to the garden, which will make life much easier for the chefs and servers, and ultimately provide a much better service to members and more variety when it comes to the food we can offer. It will make it much more varied and exciting.”

There are also small gains to be made elsewhere in the clubhouse that members will benefit from immediately. For example, the acoustics will be improved in the

Brabourne Room, making it easier to chat over your lunch. The bigger plans will start to be seen as more members start to return to the clubhouse later this year and into 2022.

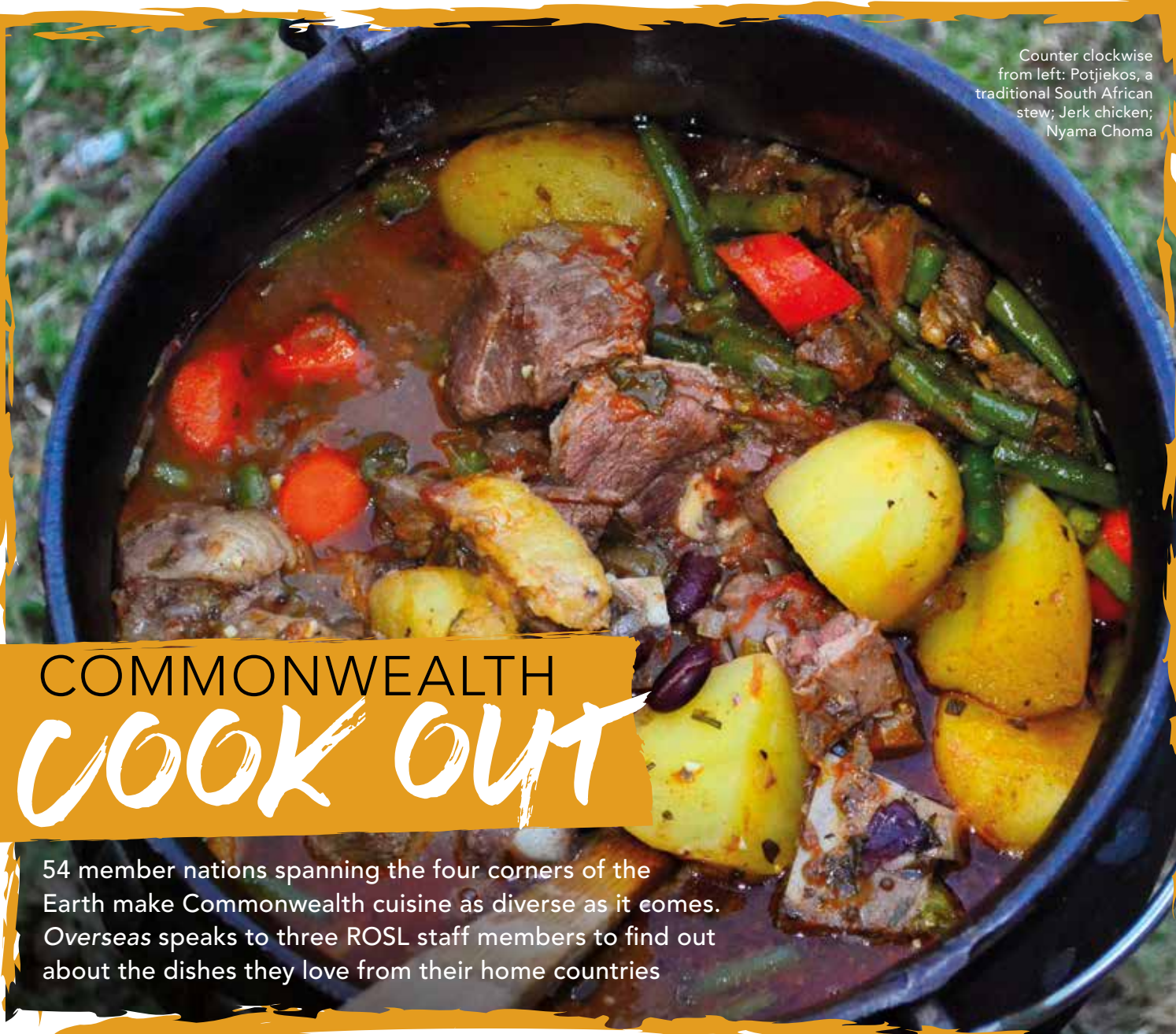
“Afternoon Tea in the Willingdon Drawing Room is something I'd like to explore. I want to go back to basics, offer a traditional afternoon tea with a nice glass of bubbly, and then possibly create nice packages so members and their friends can enjoy it. Longer term, I would like to partner with tea companies to take our members on a journey, exploring the customs and history of tea. Maybe a six-month tour of India? You could come in once a month, hear from the producer, and get to know more about where your tea comes from.” The recent refurbishments, including all-new furniture make the Drawing Room perfect for this.

The biggest plans are reserved for the dining room downstairs in the Westminster Wing. But as they are the most ambitious, they will also take the most time to realise. The return of formal dining, which is something members have been asking for, is a key part of ROSL's identity.

“We need to bring that back” agrees Warren. “When it happens though, all depends on the other projects going on around the clubhouse. I've already had designs through, which include the refurbishment of the dining room in a classic timeless art deco style, the inclusion of a bar in the room, a private dining room, and also the refurbishment of the toilets. We want to pay homage to the history and heritage of the Westminster Wing.

“I think a bar is essential, for times when the Duke of York Bar gets too busy. We would love members to come for pre- and post-theatre drinks and dinner. It would also give members more choice in their clubhouse. A classic cosy members bar upstairs and a more of a cocktail bar downstairs. This all comes with time, as members start to come back to the club. It's going to be a journey, it's going to take time, but it'll be worth it.”

We hope you'll come along on this journey with us. Keep an eye out in future issues, eNewsletter and on the ROSL website for news as new members of the catering team come on board, menus are devised and updates are made to the dining areas around the club. Cheers to that!



Counter clockwise from left: Potjiekos, a traditional South African stew; Jerk chicken; Nyama Choma

COMMONWEALTH COOK OUT

54 member nations spanning the four corners of the Earth make Commonwealth cuisine as diverse as it comes. Overseas speaks to three ROSL staff members to find out about the dishes they love from their home countries



Warren Miller,
Resident Manager

Growing up in South Africa, I was spoilt with the sheer diversity of dishes available across the country. South African cuisine is heavily influenced by a melting pot of cultures that make up our wonderful Rainbow nation.

Food is, of course, highly emotive and there are so many dishes that conjure up memories for me. A few of the typical South African dishes include “Umngqusho” (Samp and Beans) made from mielie (corn) and sugar beans, spiced and fruity Cape Malay dishes such as Bobotie, which is a spicy mince made with sultanas and baked with an egg custard bay leaf topping; Mutton

Bunny Chow, a fiery Durban Indian curry served in a half loaf of white bread; Biltong, spiced dried cured meat; Koeksisters, a plaited dough fried then soaked in sugar syrup; freshly caught fried Snoek; Mozambican inspired Peri-peri Chicken, and, of course, the Braai (Barbeque), an integral part of every South African’s DNA.

If I had to choose my favourite dish, it would be Potjiekos. Potjiekos is a traditional South African stew that is slow cooked outdoors over wood or charcoal in a traditional cast iron, three-legged pot. Some of my fondest memories are sitting with my Dad as he skilfully prepared the “potjie”, explaining in detail the importance of getting every step right and how any deviation in the steps would prove disastrous. Our favourite

was Oxtail, which he would brown in the pot; fry the onions, garlic, herbs, and spices in the juices of the meat, and once cooked, would start to layer the pot with a selection of fresh vegetables like patty pans, green beans, baby corn, cabbage, carrots, and ending with a final layer of potatoes on the top. He would then pour over stock, beer and/or wine to cover the potatoes. The lid would go onto the potjie and it was left to simmer for up to six hours, without stirring the potjie at any time, as the aim was for flavours of the different ingredients to mix as little as possible. When it was finally ready you ended up with the mouth-watering stew with meat falling off the bone, vegetables tender and a deep smoky flavour to the sauce. Without a doubt one of the most delicious South African dishes.



Harriet Leyden,
Marketing Officer

Rich in herbs and spices, I can guarantee that in every Jamaican kitchen

you will find scotch bonnet peppers, pimento seeds, thyme, spring onions, ginger, and curry powder.

Jamaican cuisine is an emblem of the intersectionality that arrives from cultures merging, that is what I love about my nation’s cuisine. The history, the culture, the diversity that it reflects. I have favourites for different occasions; on road trips, I love peppered shrimp, paired with a freshly opened coconut; at Christmas I love curried mutton and roti, on Sundays our traditional rice and peas (beans), and for breakfast, our national fruit ackee and saltfish paired with a cup of Blue Mountain coffee.

Another popular Jamaican classic, which I love due to it being rich in both flavours and history, is jerk. The art of jerking, smoking the meat (or fish or vegetable) on a grill, was first invented by the inhabitants (Tainos) of the island as a way of preserving their food. During the Taino period, it was used as a method of survival and being discreet they would jerk their food in the ground to stop the smoke from escaping. This method of food preservation was later adopted by the Maroons and passed on from generation to generation. Today, jerk chicken or fish is typically considered as takeaway street or beach food. Packed with herbs and spices, I like to pair my jerk chicken with bread.



Titus Silu, *Duty Manager*

Kenya is a multi-racial society, made up of over 40 native ethnic tribes, as well as Asians, Arabs, and

Europeans. Even though each region of the country has its own staple food, in general, the country’s cuisine has been influenced a lot by early settlers, the main influence coming from the Indians who migrated and settled in East Africa as railway workers in the 19th Century.

There are, however, some ingredients that are used in all parts of the country, such as maize, rice, potatoes, and beans. My favourite Kenyan meal would have to be a combination of Ugali (cornmeal) and Nyama choma (roasted meat).

Ugali is the most common food in Kenya, and probably the most popular in Eastern and Southern Africa. It is very affordable and easy to make. The main ingredients are water and maize flour, but you could also use millet or sorghum flour for a healthier version.

Nyama choma literally means grilled meat in Kiswahili and it’s the unofficial national dish. The meat is usually goat or beef. You will find it almost everywhere, from roadside shacks to local bars, and the finest restaurants. In Kenya, any gathering is an excuse for eating Nyama choma, where it’s often paired with ugali, Kachumbari salad (fresh tomatoes and onions salad) and a local beer.

TRY IT FOR YOURSELF

NYAMA CHOMA

INGREDIENTS - SERVES 4 -6

- Goat, beef, or chicken meat, cut into bite-sized chunks – 1kg
- Oil – 3 tbsps
- Warm water – 2 cups
- 1 tbsp ginger and garlic paste
- ¼ lemon juice
- Red hot pepper to taste
- Salt to taste

PREPARATION

- Wash and leave the meat to dry. Put in a bowl and set aside.
- In a separate bowl, mix the ginger and garlic paste, and lemon juice. Then pour the mixture over the meat to marinate it.
- Cover the meat and leave for two hours to marinate completely.

COOKING

- Prepare your grill and have it hot.
- Toss the meat with the oil, then thread it on skewers.
- Dissolve the salt in warm water and sprinkle it over the meat while cooking
- Grill the skewered meat, basting it occasionally with the salt water, until it is cooked to your desired doneness.
- Remove the meat from the skewers, and serve with kachumbari salad and ugali



Heard it through the *grapevine*

150 years and five generations has made the Davy family expert wine merchants. As suppliers to ROSL, Chairman James Davy tells Overseas what it takes to bring the best to members

Our approach to buying is simple but it works for us. We like dealing with independent, family businesses that are a similar size and have a similar philosophy to ours. We are only interested in quality and being family owned and fully independent, we only need to buy wines if we like them. So, we taste and re-taste and don't settle for something if it doesn't hit the spot. At Davy's, we like a good environmental approach too. The best wineries work in harmony with the land and make decisions with the next generation in mind – our business is very much run in the same way.

Choosing the right producers

Our portfolio is Europe heavy because of the number of long-standing relationships that we have established over the past 150 years, however, we now work with excellent producers across the world. We like to ship wines that are exclusive to Davy's in the UK.

A lot of new producers, we find through relationships. We often get recommendations from customers and other wineries too. Also, as our wholesale division has grown, we have listened to the growing number of customers that we have in top London restaurants, hotels, and indeed membership organisations such as The Royal Over-Seas League, and responded with styles of wine that they are looking for.

Our portfolio is made up predominantly of small, independent growers who share our philosophy of quality over quantity. We look for terroir driven wines, which are truly representative of where they come from, whilst also seeking out the personalities behind the wine – the winemaker or family who own the estate.

We constantly benchmark our portfolio to ensure the wines we offer provide value for money, whatever the price point. As with many aspects of life, the more you put in, the more you get out so it is no accident that the wineries we select based on their taste and quality are usually those who put an emphasis on soil health and working with sustainable and/or organic methods.

Getting the right wines to you

We visit our producers when we can, or have samples sent to us here, to assess new vintages and select the wines that we want to import. We also have two annual portfolio tastings every year, one to cover our producers from the 'Old World' and the other covering those from the 'New World'. Often, during these tastings producers will present new wines from their range to gauge customer feedback.

Our portfolio tastings take place at Royal Over-Seas League and are always well attended. ROSL members receive a special price for these tastings – details of which will be released ahead of our next scheduled tasting in September.

Supply to ROSL began following our acquisition of established Wine & Spirit Merchant, Mayor Sworder in 2009, a company run by ROSL Member and Master of Wine Martin Everett. Martin remains part of the team at Davy's providing continuity and a link to a further several decades of supply to the club.

ROSL members have always taken a great interest in the wines that feature on the lists at the club and the list has evolved over the years, influenced in part by member feedback from the many wine dinners and events held at Over-Seas House. We aim to act as a conduit between our producers and consumers, and the Royal Over-Seas League is a perfect example of this process working well. Most of our producers have visited the club for our Annual Portfolio tastings and several have become members along the way.

Despite the pandemic, we are still operating as usual so you can order online for contact-free delivery to your front door. We have created a unique web page for ROSL members, featuring up to 20% off some club favourites. We also offer a 15% discount off any otherwise non-discounted wines at checkout with voucher code DWDFFF.

For more information and to take advantage of this exclusive offer for ROSL members, visit davywine.co.uk/rosl



We constantly benchmark our portfolio to ensure the wines we offer provide value for money, whatever the price point

Can you tell me a bit about your musical education? When did you first decide to take up violin as your instrument of choice?

I started learning because of a wonderful cellist called Liz Anderson who came to my nursery and played for us. I was totally transfixed, asking her loads of questions afterwards. So, the next year, I started lessons with her in a group of seven of us, mixed string instruments. We sang, played games, played music together, so right from the start, it was sociable and collaborative and fun. I loved going there.

I never really thought about taking it particularly seriously though. The mum of my closest friend at the time was a professional musician and always said to us 'don't do music professionally, keep it as a hobby'. She didn't want us to lose the fun. So, it was never really on my radar but I loved doing it.

When I was nine, I went to Wells Cathedral School and had a specialist music education from then on. We would often play together in the evenings, improvise, make up tunes. I spent my holidays doing National Children's Orchestra and then National Youth Orchestra and I had another incredible teacher at Wells called Patricia Noall, who is an incredible musician and a really wonderful, logical teacher, who met everyone on their level and taught them differently depending on their personalities.

When I was 12, I learnt the Bruch Concerto and from that moment I was so in love with it and obsessed by it, I knew that it was music I wanted to do. When I was 17, I went to the Royal Academy of Music and studied there with Clio Gould, for both my undergrad and postgrad.

Has it sunk in? How does it feel to have won the AMC?

It has now. It was a bit of a shock at the time! It's an incredible thing to say. To be able to have that at the top of my CV, it will open so many doors for me. It makes people take notice. My win being reported by *The Strad* and many other publications, who both published articles and

shared the videos from the competition, have given my playing and the win an international audience.

I got very badly ill and couldn't play for a long time, I was wheelchair bound. It was a difficult time in my life but I got to the point where my health had improved enough that I could play an hour most days, but not enough that I could start working again.

The competition was something I had wanted to do for years but had never had the time while freelancing, so I applied, continued with my hour a day and thought to myself 'I'll see what happens'. It was amazing for me to have it to focus on and work towards, and to enjoy preparing for. It was a strange way to come to it; a major win that came out of a real low point in my life, that I wouldn't have had the opportunity to enter otherwise. I would have been too busy with the daily grind.

Did the long gap between the section final and final of the AMC, and the fact it was held behind closed doors, help or hinder your preparation and performance?

On the day, I absolutely loved playing at ROSL. It was such a nice atmosphere; I think everyone was just so happy to be there and have this opportunity to make music. The panel were really warm and welcoming. There was such a good feeling as soon as

I walked into the room. And to get to hang around and chat with the other competitors and the panel was really a highlight of the year. Winning the AMC is a huge deal, it means so much to me. It's amazing to have the support of the organisation.

In terms of preparation, the long gap wasn't that fun! I got to a place back in March 2020 during the Section Final where I thought 'I'm really happy with how I am playing, so I can just go on stage and enjoy myself'. I think that's probably made the difference in the end; being completely myself on stage and I think that connected with the judges. I wasn't interested in just spending the long gap just staying home and making each piece 'winnable'. I actually changed my programme a week or two before the final. ●

To the CORR

Despite a disrupted 2020 Annual Music Competition, violinist Eleanor Corr was able to overcome the adversity to take home the Gold Medal. She tells Mark Brierley what winning first prize was like and how life has been as a professional musician over the past 12 months





Even though the Gold Medal Final was held behind closed doors, you can watch all the performances on the ROSL YouTube channel



Winning the AMC is a huge deal, it means so much to me. It's amazing to have the support of the organisation

The great thing about the AMC is that it's a free choice of repertoire, so I was able to show what I really like to play and my personality.

I would start my practice every day in the months leading up to the final by asking myself 'what do I feel like playing today?' It could be something old or something new. I was just enjoying playing the violin for the sake of playing the violin and not necessarily for the sake of preparing something for a competition. Obviously, I was working on my technique all the time, but I found that if that was where I wanted it to be; everything was there in the arms and in the mind, the music would follow.

You also took part in our ROSL at Home series. Have you done many other recorded and livestreamed performances? How does it differ from performing for a live audience? It can be tough, actually. With livestreaming, it's the same as a concert in many ways. It's happening now and that's how it's going to go. You've only got one opportunity to get it right. You focus on working towards it and then on the night, whatever happens happens. I really love that; the spontaneity of music making.

Whereas with recording, there's added pressure because you can do it as many times as you like. You always find yourself asking 'should I stop and try it again?' You can let go a bit more

in a concert than when you're sitting alone in a practice room. So, I have tried to learn during the pandemic to treat recordings in the same way as live performances.

How has the past year been for you as a musician? Has the closure of venues made life as a professional difficult?

Yes. In terms of playing, it's still enjoyable, but career-wise, it's been really tough. There's been virtually nothing this year. I've now got cancellations all the way through to June 2021, which is quite tough. At least at this point, I feel I can plan ahead with a little more confidence.

I've been lucky to some extent. In the last two or three years, I've split my time half and half between the UK and Norway. Norway locked down a couple of weeks earlier than the UK and was out of the woods significantly earlier. By the time I was allowed to travel in July, I had a lot of projects that I should have been doing since March, which all got bunched together. So, I had quite a steady flow of work between August and Christmas. It's been nice because there hasn't really been anything in the UK, or only the very occasional thing.

Working conditions here in Norway are very nice for violinists, it's a very fun, very relaxed environment. If I were to go into an orchestra as a freelance musician in the UK,

you tend to do one day's work at a time, so you have to piece together lots of single jobs. Whereas over here, you tend to get a patch of five or six days in a row, where you get the chance to settle in, get to know your colleagues. It feels more familiar, as if you were a full-time employee of an orchestra.

How important is funding like the prize money from the AMC given current circumstances?

It's absolutely incredible for us as musicians. Having that financial backing opens up the opportunity to say yes to things, and to have the luxury of time for those things. It becomes OK to take that recital that may take tens of hours of work and practice, that means missing a week of other work elsewhere. It's key.

So much is moving online now, and increasingly you need high-quality videos, so it can be expensive establishing yourself as a musician. It's important to have that support. It makes it feel like the years of training were all worth it.

I'm hoping I can use a chunk of the prize money for career development. Recording an album is very tempting! I would also like to put some of it towards buying an instrument.

But aside from the finance, it's the people you meet and the connections you make as well. They will last a lifetime.



MY CITY

Washington, DC

More than just the seat of American power, Washington is also host to international organisations, incredible arts and culture, food, and more. Member Kathleen Mistry takes you through her highlights

Describe Washington in three words.
Charming, cultural and international

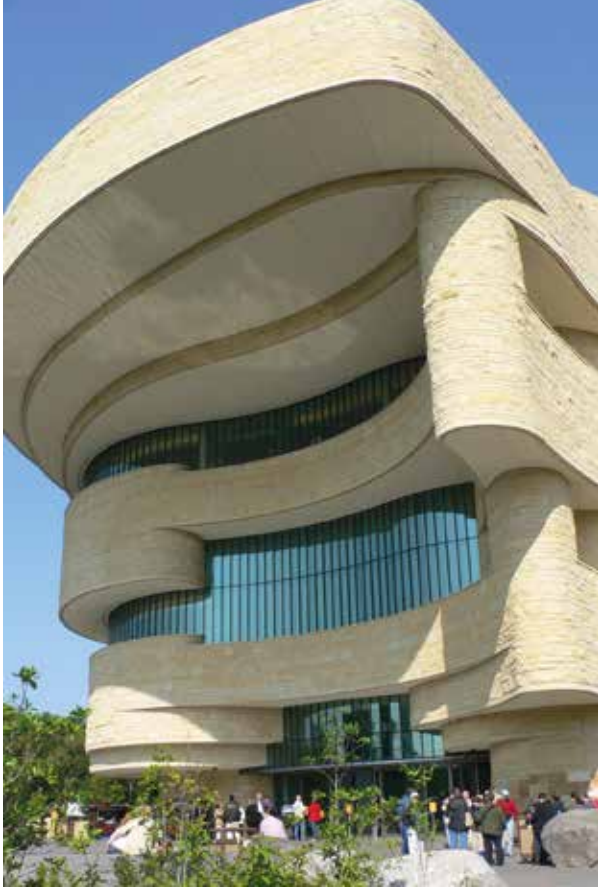
How long have you lived in the area?

We moved to Washington, DC in 1995. In 2000, our family moved to live the life of expatriates in Paris, France, for the next four years. It was a wonderful experience. *C'est un bon souvenir!* I believe everyone needs to move to a different country to appreciate their own country and their government. We moved back to Washington, DC in 2004 and we are still enjoying Washington today. I must tell you that the native-born Washingtonians are some of the most kind and hospitable people you will ever meet. I hope you will be able to meet some during your visit.

As the Capitol of the United States, it is the hub of our government. It is easy to get caught up in the 24/7 life of politics. I think most of us are news junkies. I am happy to report that the restaurant scene has matured now offering many ethnic restaurants. I attribute this in part to the presence of the embassies, World Bank, International Monetary Fund, and the International Finance Corporation. Around 180 countries are represented at these various institutions. Weekend excursions are a great way we decompress. In just a couple hours' drive we can be walking in the mountains in Shenandoah National Park; touring many historic military sights, homes, battle grounds and monuments; or relax at a beach overlooking the bay or the Atlantic Ocean. ●

In just a couple hours' drive we can be walking in the mountains in Shenandoah National Park; touring many historic military sights, homes, battle grounds and monuments

Left: US Capitol Right: National Museum of the American Indian



The city has so many things to see, what are your highlights?

First, wear your walking shoes and forget the car! We have Metro, buses and taxis for local transportation. Hail a taxi in The District.

Smithsonian Institution

We are fortunate to have the Smithsonian Institution as a base for art, culture, history, science, and research. Through the generous bequest of the British scientist, James Smithson (1765-1829) the Smithsonian was established as a trust in 1846. Today, it has 19 museums, the National Zoo, and nine research centres. With great wisdom, Mr. Smithson decreed in his will that no entrance fees may be charged for any building. This was to ensure that all people had access to all the exhibitions and cultural offerings to enrich their lives. www.si.edu

The John F. Kennedy Center for Performing Arts

This is our national cultural centre offering dance, theatre, ballet, opera, concerts, performing arts, exhibits, and art education. It is home to both the National Symphony Orchestra and the Washington

National Opera. Throughout the year, there are a variety of offerings for everyone's taste. You are welcome to enjoy a coffee or meal before your performance or simply take a tour of the complex. Be sure and enjoy the view of the Potomac River from the Terrace. Our newest building is the REACH building. This is a multipurpose centre for inclusion for all with studios, galleries, performance spaces, education, art exhibits, lecture halls, and installations. www.kennedy-center.org

The US Capitol and Visitor Center, Library of Congress, the National Mall and Monuments, and Private Museums
A tour of the Capitol is a very good introduction to our government. The building is beautiful and the one-hour tour worthwhile. It is better to buy your tickets online ahead of time. But you can go in the morning and try to have a tour the same day. www.visitthecapitol.gov

The Library of Congress is the largest library in the world. The Library is the research arm of the US Congress and home of the US Copyright Office. Tours are smaller and very interesting. www.loc.gov



KATHLEEN MISTRY

Mistry founded Mistry Advisors, LLC to provide clients bespoke strategic Connector – business development services using Cultural Intelligence in The Emirates, the Gulf, India, Asia, and Europe. She thrives on bringing diverse, multicultural groups together for successful collaboration. Mistry is very proud that all the firms' clients are dedicated to helping the environment. Mistry advocates on Capitol Hill to Congress for a variety of Expatriate issues to help her fellow Americans living overseas. She is a lifelong supporter of the arts, music, dance, and education.

The National Mall stretches over two miles from the Lincoln Memorial on the west end to the US Capitol on the east end. It is a great place for a stroll.

We have more than 160 monuments and memorials. The Washington Monument, Lincoln and Jefferson Memorials are very historic for our young country.

The United States Holocaust Memorial Museum, National Museum of African American History and Culture, National Geographic Museum, Union Station for Metro and AMTRAK railroad which was saved from destruction and restored by the First Lady Jackie Kennedy, US National Arboretum with the National Bonsai & Penjing Museum, The George Washington University Museum and The Textile Museum, The Phillips Collection (modern art), Folger Shakespeare Library and the Martin Luther King Monument are very interesting.

One of my favorite places to visit after I have walked to the White House and taken photos is St. John's Episcopal Church, 1,525 H Street (at 16th) NW near Lafayette Square. It is so small and charming. The first service was held in 1816. It is lovingly referred to as 'The Church of the Presidents' (see plaque outside). Most every president has worshipped there. When a president retires from office a church member needlepoints his name on a kneeling cushion. In 1902, the formal state funeral of British Ambassador Lord Pauncefote was held at St. John's.

After visiting St. John's, it is worth your time to walk the few blocks to see the country of Oman, Sultan Qaboos Cultural Center at 1,100 16th Street, NW. The Washington National Cathedral is a landmark for worship. It is a beautiful cathedral definitely worth a visit. It is a house of prayer for all people founded by our leaders. It is the venue for national level services for great celebrations, and Presidential and other leaders' funerals. It is an Episcopal church chartered in 1893. All year long, there are services, concerts, and talks to engage all of Washington. www.cathedral.org

The Middle East Institute – MEI Art Gallery at 1763 N Street, NW. The gallery pays tribute to the experiences and reflections of artists from the Middle East.

The International Spy Museum is located near our small Chinatown. The museum will give you a glimpse into the world of espionage, spies, and intelligence. Upon entry you will be issued your 'cover identity'. You can test your spy skills throughout your tour of the museum. See the various tools and disguises used historically to present day. It is a great visit!

The Georgetown Waterfront has an assortment of restaurants and tour boat excursions. After a long morning of the museums, enjoy a peaceful lunch overlooking the Potomac River and then take a ride on one of the boats. A stroll through the charming Georgetown section of Washington is always enjoyable. There are shops and restaurants for lunch or dinner.

What are the must-sees for first time visitors

I would by a multiday pass for the On and Off Bus tours. Ride the whole tour and get a feel for the city. Then go ride again and depart at stops and see only the sights that most interest you.

What is the best time of year to visit?

Late March to mid-April is a must see time for the National Cherry Blossom Festival. There is a 'buzz' in the city. We commemorate the 1912 gift from Tokyo, Japan of 3,000 cherry trees to the City of Washington. Beginning in late April, May, and early June is a good time to visit our city. There will be smaller crowds before mid-June. Congress will adjourn by the end of June. The schools will close for the summer and the tourist crowds will increase until the beginning of September. August can resemble Summer in Mumbai being hot and humid. Our Autumn season is lovely weather accompanied by the changing of the colours of the leaves on the trees. By the middle of September, the city will once again have its 'buzz'. Congress will be back in session, offices will be busy, schools will be in session, concerts, dance, and theatre performances will resume. During the Christmas season, there are many decorations, receptions, concerts, performances and other traditions to enjoy. It can be cold and/or rainy until March or April. Honestly, with Climate Change, I hesitate to give any guidance for the weather.

A stroll through the charming Georgetown section of Washington is always enjoyable. There are shops and restaurants for lunch or dinner



Left: Tidal Basin cherry trees Above: Lincoln Memorial

ZERO WASTE

In the UK alone, 4.5 million tonnes of edible food is wasted by families every year, equivalent to £700 per household. How can we get better at buying, storing, using, and reusing our food?

Food waste is a huge problem across the world. As well as being expensive and a questionable use of resources, it is a major contributor to climate change. According to a 2018 study, around 6% of total global greenhouse gas emissions come from food that never gets eaten. And DEFRA estimates that if food waste were a country, it'd be the third largest emitter after the US and China.

In the UK alone, households waste 4.5 million tonnes of edible food every year, according to the Waste and Resources Action Programme (WRAP). That amounts to £14billion worth of food waste, or £700 per family – a significant dent in anyone's grocery bill. Factor in the retail supply chain and the hospitality sector, and the total rises to 6.4 million tonnes (or 9.5 million tonnes, when you count the parts of the food that can't be eaten anyway).

These figures, from 2018, are lower than they were in previous years. Households wasted 26% less edible food, worth around £4.8billion, than they did in 2007. However, more progress is needed if the UK is to meet the United Nations target of halving food waste by 2030.

"The latest figures from WRAP show that the tide is beginning to turn, albeit slowly," says Andy Needham, Managing Director of Approved Food. "The work that companies such as Approved Food have put in to raise awareness of the problem is beginning to

pay off. While it has become apparent that people are becoming more 'food smart' and are modifying their shopping and food storage habits, there is more work to be done to ensure this continues in the long term."

The situation is similar elsewhere. The Australian economy loses \$20billion in food waste each year, while Canadian households squander C\$17billion. Globally, between a third and a half of all food is lost or wasted, with developing countries tending to lose more at the production stage, and developed countries losing more after the food has left the farm.

Clearly there are systemic changes that need to happen if the UN is to reach its targets. To cite just a few examples, governments could set legally binding targets for businesses; ban supermarkets from throwing away unsold food; and ensure that food waste is collected separately from the rest of the rubbish. (On the latter point, food gives off harmful gases like methane when it rots. Collected separately, it can be turned into fertiliser.)

From an industry

perspective, there are agreements in place like the Courtauld Commitment 2025, an ambitious voluntary commitment that seeks to reduce waste and make food production more sustainable. The likes of Pizza Hut and Nestle have signed up, along with various regional governments.

However, since around 70% of all wasted food comes from domestic settings, this is one area in which consumers themselves can make a real difference.

"From a household point of view, there are various reasons why food is needlessly thrown away, including a lack of knowledge about portions and how to prepare it," says Needham. "Confusion over food labelling is also a contributor. There is a huge difference between 'use by' and 'best before' – the former is centred on food safety while the latter is a guarantee of quality."

In actuality, food that's past its 'best before' date is perfectly safe to eat, so long as it looks and smells OK. Surveys suggest that 83% of consumers now know this. But for the

remainder, confusion around the terminology can mean throwing out good food with no good reason.

Approved Food, an online retailer that sells surplus and short-dated stock (food that's past or near its best before date), has been working hard to make this distinction clear. Since it was founded in 2009, it has diverted over four million tonnes of goods that would otherwise have gone to waste, passing savings onto the consumer.

Although the stock changes every day, a shopper with a keen eye for a bargain might pick up a packet of Nobby's Nuts for 25p (normally 69p), ten packets of Hippeas chickpea puffs for £5 (normally £2.39 each), or a 20-pack of dishwasher tabs for £2.99 (normally £8). The products are sourced from retailers with stock to spare.

"Within the supply chain itself, supermarkets still need to do more to make surplus food available more widely," says Needham. "Approved Food has urged big retailers to allow more access to food further up the supply chain – in other words, food that has been produced but has not yet been delivered to store, to enable more of it to be available for redistribution."

This includes supermarket own-brand products that are edging a bit too close to their best before date, as well as products that require a change to the packaging design. Without the help of organisations like Approved Food (as well as charities such as FareShare and FoodCloud), these products might well end up in landfill.

However, confusing labels and surplus

People are becoming more 'food smart' and are modifying their shopping and storage habits, but there is more work to be done



10 TOOLS TO KEEP HANDY

in the Fight Against Food Waste

The right tools make all the difference in helping you reduce food waste. The Kroger Food Waste experts recommend a few simple items that can help you cut down on unused food without drastically changing your cooking habits

Source: www.krogerstories.com



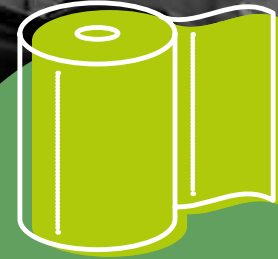
FRIDGE THERMOMETER

Use a thermometer to make sure your fridge is set to 40 degrees Fahrenheit or below for longer food storage.



AIRTIGHT STORAGE

Extend the shelf life of foods by using airtight bags and containers



PAPER TOWELS

Wrap leafy greens before placing in the fridge drawer to absorb moisture



BLENDER

Turn fruit and veggies on the turn into a quick smoothie



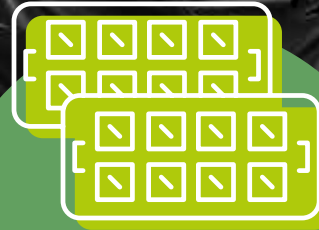
GLASS JAR OR VASE

Store asparagus and fresh herbs with their cut ends in water so they last longer



VEGETABLE BRUSH/PEELER

Clean those vegetables and eat the skins, or use a sharp peeler to lose as little of the good stuff as possible



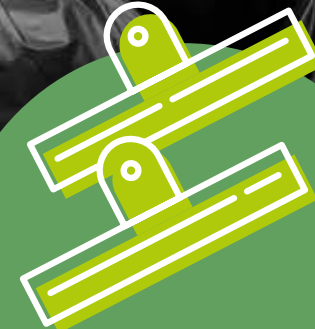
ICE CUBE TRAYS

Extend food's life by freezing portion-sized amounts of sauce, herbs, baby food or other ingredients



FREEZER STORAGE BIN

Keep a container in the freezer for meat bones, vegetable peels and produce ends. Turn them into an easy stock



BAG CLIPS

Keep items fresh longer with bag clips



VIRTUAL SHOPPING LIST

Before heading to the store, create your menu and load your shopping list

supermarket stock are only one part of the problem. For many households, wasting food simply comes down to poor meal planning, and not knowing what to do with leftovers.

"Waste is a human-made invention," points out Ollie Hunter, author of *30 Easy Ways to Join the Food Revolution* and *Join The Greener Revolution*. "Nature doesn't waste, it turns energy into energy, and in the same way we can cook with zero waste. Good menu planning and buying correctly makes a huge difference, and if you are stuck then a freezer is a friendly storage solution. The other great way to help us cut waste is using preservation techniques like pickling, sugar, fermentation, or storing in fat like butter or oil."

He recommends 'eating root to fruit', which means finding ingenious ways to use the whole fruit or vegetable. This might

include using beetroot stalks and leaves to make a dhal, incorporating broad bean leaves in a salad, or using pumpkin seeds to make a dukkah.

"Another way to waste less is creativity," he says. "Arancini is a traditional technique to use up left over risotto and transform it into something new and delicious. What new and exciting dishes can you create?"

A former Masterchef semi-finalist and current pub-owner (his pub, the Wheatheaf, was voted the UK's most sustainable by the Sustainable Restaurant Association), Hunter wants people to eat locally, organically, and seasonally. He points out that by adopting a zero-waste policy, we should be able to save money and therefore afford the organic produce.

"This gives us more flavour with fewer ingredients, which is only heightened by sourcing food locally because it is fresh.

Sustainable food isn't just great for the planet, it's more nutritious, more delicious, and more joyful," he says.

While this kind of approach may seem daunting for the average household, there are suggestions that the pandemic may have recalibrated people's relationship with food. (And that doesn't just mean making your own banana bread.) Locked down at home much of the time, families have been making shopping lists, cooking more, and keeping a closer eye on the contents of their fridge.

What's more, confronted with empty shelves in the supermarkets, many of us started to appreciate the value of what we

We need to think about ourselves as a collective, rather than isolated individuals

had in the pantry. Hubbub, a UK sustainability charity, says 57% of us value food more than we did pre-Covid.

"Households have learned to love their food during the various lockdowns – but more can still be done to prevent it being needlessly wasted," says Needham. "Figures from WRAP showed that during the first lockdown, people were throwing away less food than they were before the coronavirus pandemic, with a 34% reduction in the amount of bread, potatoes, chicken, and milk ending up in the bin."

It's one of the few heartening statistics to come out of the pandemic. And there's reason to hope the trend will continue – once you've got a taste for proper meal-planning, the habit is likely to stick.

This trend seems to be more pronounced in older age groups. Despite millennials' and Gen-Z's much-vaunted interest in

environmental issues, it's actually the over-55s who are most likely to say they've reduced their food waste over the last year – 81% agreed with that statement in one survey.

However, younger consumers may be more likely to use apps like OLIO – a sharing app that allows people to give away unwanted food and other household items to their neighbours.

As for where consumers still have work to do, the WRAP research uncovered gaps in people's knowledge about food storage. Almost half of those questioned thought apples would keep longer if they were unpacked at room temperature (they should actually be kept in their original packaging in the fridge) while 40% believed chicken breasts should be frozen on the day of purchase (they can be frozen at any point up to the 'use by' date).

What's more, the figures on festive food waste remain truly galling. "Each year in the UK, five million Christmas puddings, two million turkeys, and 74 million mince pies go to waste, not to mention huge quantities of vegetables, fruit, and snacks," says Needham. "Obviously, this is totally unacceptable where people are also relying on food banks and charities to put food on the table."

Hunter believes the way forward is simple: we need to think about ourselves as a collective, rather than as isolated individuals, and to act accordingly.

"We have made huge positive steps forward not only in terms of awareness but also culturally," says Hunter. "We are all part of this mammoth ecosystem, the planet, all connected, and every decision we choose that makes a positive action, makes the world a better place."

Raring to grow

Previously unloved gardens, yards and allotments have been revitalised over the past year as more people have turned to growing their own food. Natalie Healey finds out how anyone can get started

Gardening bloomed in 2020. When coronavirus lockdowns were announced throughout the world, many people turned to plants to break up the monotony of stay-at-home orders. Google search queries for “how to grow vegetables” surged in April. While figures from the UK’s Office for National Statistics in June showed that 42% of Brits took up gardening during the restrictions – with many attempting to coax seedlings into food for the very first time.

Lucy Hutchings from Suffolk UK already had a head start. In 2018, the former jewellery designer traded projects with A-list celebrities, such as Kylie Minogue and Rihanna, for soil, seeds, and spades. She can relate to the desire to connect with nature during a stressful period. “When life threw me a curveball, I turned to gardening as a distraction. It turned out to make me really happy,” she reveals. After years of dabbling with indoor herb gardens and ornamental house plants, Hutchings retrained in horticulture, soon finding a flair for growing rare heirloom tomatoes and other colourful, edible delights. She now provides inspiration to over 100,000 budding gardeners on Instagram as SheGrowsVeg.

Growing your own food can have enormous mental health benefits believes Hutchings. There is little more rewarding than nurturing plants that you can eventually put on your plate. Studies back this up. Regular gardening has been shown to reduce depression, stress, and anxiety and even combat high blood pressure – all useful attributes during a global pandemic. A survey from Australia’s food network Sustain found that nearly 20% of people said they could not have made it through the coronavirus lockdown without their garden.

Dig for victory

An appetite for distraction isn’t the only reason many people resolved to grow their own food during the restrictions. In the early weeks of the coronavirus crisis, panic buying surged and global supply chains were upended. Few will forget the barren supermarket shelves seen at the beginning of the pandemic.

For the first time in many people’s living memory, their food security was threatened, says Hutchings. “People had always assumed they could just pop to the shop and pick up whatever they wanted.” Coronavirus turned that idea on its head.

But the current trend towards self-sufficiency is nothing new, says Andrea Gaynor, associate professor of history at the University of Western Australia. Vegetable gardening often gains popularity in times of trouble. “Home food production has increased during economic crises, such as the great depression of the late 1920s and 1930s and the oil shocks of the 1970s,” she says. “This is partly due to specific economic factors such as loss of purchasing power or high food prices, but also because people turn to home food production because it helps them feel more in control and less anxious.”

Vegetable gardening also thrived during the first and second world wars. Many nations such as the US, UK, Canada, Australia, and Germany created initiatives to increase home food production as supplies became increasingly threatened. In 1939, the British Ministry of Agriculture created its ‘Dig for Victory’ campaign. It was highly successful. UK allotments swelled to 1.7 million over three years and five million households learned to grow food in their gardens. Digging vegetable plots became associated with boosting morale, and communities banded together to feed and support each other. “In the second world war, the Australian Government was concerned that aspiring home food producers wouldn’t have sufficient knowledge to succeed, so they published advertisements encouraging experienced gardeners to help their neighbours,” reveals Gaynor.

Getting started

A Dalhousie University (Nova Scotia, Canada) survey found that about half of all respondents grew fruit or vegetables in 2020. And nearly a fifth of said it

was the first time they’d attempted to produce their own food. But although many people like the idea of self-sufficiency, not everyone perseveres. It’s easy to get discouraged when you first start out, says ecologist Paul Manning from Dalhousie’s faculty of agriculture. The most common mistakes he’s seen this year include exposing seedlings to late frosts, neglecting weeding tasks and even failing to protect the crops with fencing to deter wild deer. But anyone can become an expert eventually. “We all begin with a blank slate of knowledge,” he reveals. “And in our internet-connected world, it’s easier than ever to learn from individuals who are practising food self-sufficiency. In my experience, gardeners are gracious with their time and expertise. I have learned

a lot from casual conversations at the community garden, reading blog posts, attending workshops, and listening to radio programmes.”

Starting from scratch can feel intimidating. But learning to grow

doesn’t have to be prescriptive. Hutchings believes social media has galvanised interest in vegetable gardening and encouraged a new audience to give it a try. “Instagram’s a great place to learn for new growers who like a more flexible approach. You get to see where people have broken the rules and it’s worked.” Making mistakes is all part of the process. When Hutchings first started cultivating edible plants she says she “had no idea” what to do – learning as she went along. Stay open-minded and don’t be disheartened if things don’t work out at first, she suggests.

Admittedly, some people will find it easier to get going than others. Not only has the coronavirus crisis exposed health inequalities, it has also highlighted unequal access to green spaces. One in eight households in the UK had no access to a garden at all during lockdown. Lack of outdoor space needn’t be a dealbreaker though, says Hutchings, whose book of edible gardening projects *Get Up and Grow* will be released in April. Although there are some obvious limitations, there

When life threw me a curveball, I turned to gardening as a distraction. It turned out to make me really happy

are also benefits when growing indoors. “You’re not at the mercy of the elements anymore so you can actually grow year-round,” she says. It’s really just a case of determining how much light and what temperature the plants you’re nurturing will require. “Plus, it can be a really stunning feature of the home.” For novice gardeners, herbs grown on the windowsill are a good place to start. Parsley, thyme, and rosemary are pretty forgiving. You can even grow many plants from kitchen scraps. Simply pop the root ends of vegetables such as lettuce, spring onions and celery in a shallow cup of water. You’ll start to see new shoots in a matter of days.

Budding gardeners bring benefits
Ultimately, growing your own food should be a hobby not a chore, especially if you’re a beginner. The most successful gardeners are the ones that take pleasure from it. And there’s no point trying to

grow fruit or vegetables you don’t enjoy eating, advises Hutchings. She’s often asked about the easiest foods to grow for beginners. “But I don’t personally think that’s the best way to start,” she reveals. “It’s better to spend a little more time learning how to grow the crops you actually eat rather than what is easy.” Radishes are famously simple to grow - and are ready to harvest a month after sowing - but not everyone is a fan of actually eating them. Chilli peppers and tomatoes aren’t that much more difficult but are far more popular. “The little bit of extra effort to learn how to grow these foods will be worth it,” says Hutchings. It’s not yet clear whether the renewed enthusiasm for gardening will falter when the coronavirus pandemic is finally extinguished and normal life begins to resume. But home food production might become even more important as the world shifts its focus to another looming disaster: climate change. By relying on seasonal produce and growing

food as close to home as possible, we can reduce our consumption of vegetables grown thousands of miles away and subsequently decrease our carbon footprint. So if you took up gardening during lockdown, it’s worth keeping it up. Sustain is calling for the establishment of a A\$500million national Edible Gardening Fund to drive a mass expansion of urban food production across Australia. “For a tiny fraction of our current annual health expenditure, the return on investment would be enormous,” said Executive Director Nick Rose in a statement. Government schemes for establishing allotments and community gardens for those who don’t have outdoor space could be a wise investment for the future, while promoting public wellbeing in the meantime. “Food production requires a set of skills that anyone can benefit from honing,” says Manning. “It is rather humbling to see how much work and skill goes into producing the food that makes its way to our plate.”

Green fingers
Five foods you can grow indoors



If you’re looking to spice things up, chilli peppers are a good place to start. Needing plenty of light, heat and moisture to thrive, place your pots on a window ledge that gets plenty of sun. Water regularly but make sure the soil dries out between waterings



These young vegetables, known as microgreens or vegetable confetti, are packed with 40 times more vitamins and nutrients than their fully grown brethren. Harvest them when two to three weeks old for the best results

HERBS CHILLIS TOMATOES MICROGREENS RADISHES



Herbs are sun worshippers, so perfect for that sunny spot by the window. Some of the most successful herbs to grow indoors are basil, chives, sage, thyme, parsley, oregano, mint and rosemary. Plenty of variety for almost any meal



Try smaller varieties if you plan to grow tomatoes indoors. They tend to do better if you don’t live in a hot climate or have a green house at your disposal. Again, plenty of light is needed to get the best out of these, and you’ll find the seeds germinate fairly quickly



Fast growing and ready about four weeks after sowing, radishes don’t need the same amount of light as these other suggestions, so can work well in the darker months of the year



OFFICE SPACE AT ROSL

We are adapting to these Covid times and are re-purposing some of our bedrooms into office spaces. We can provide an office for two to three people, including an ensuite bathroom, WiFi, and the option to hire meeting rooms when you need more space with colleagues and clients.

The Copper Tower, the small two story building on the right as you enter ROSL’s courtyard, is also available as a self-contained office, with space for up to six people.

Your business can take advantage of our wonderful Mayfair location with a garden overlooking Green Park, and beautiful Grade 1 listed building. If you know of a small organisation looking for a new home, please contact Jon Kudlick jkudlick@rosl.org.uk



Meet the new MEAT

In December 2020, the first lab-grown meat product was approved in Singapore, making its restaurant debut a few weeks later. So is now the time for cultured meat – billed as an ethical alternative to farmed meat – to start gaining traction?

A few days before Christmas, a group of diners sat down at a swanky Singapore restaurant for a four-course dinner. The menu, which included a bao bun with chicken and spring onion, along with a crispy maple waffle with chicken and hot sauce, perhaps didn't sound like the kind of thing that would make history. Yet one of the diners, a 12-year-old pioneer, described the chicken as "the most amazing thing I've ever seen or ever tasted. It's definitely made me see how small things, like just changing the way we eat, can literally change our entire lives."

The chicken in question, which was branded as GOOD Meat and launched at the 1880 private members' club, was nutritionally and functionally the same as normal chicken. It tasted like chicken too – "because it is," according to the GOOD Meat website. However, no hens were harmed in its making. Rather, this was cultured chicken – grown in a lab from cells on a chicken's feather, without requiring the slaughter of a single bird.

Eat Just, the San Francisco startup responsible, was the first cultured meat company to reach this milestone, but is far from the only one on the track. The late Dutch scientist Willem van Eelen, widely regarded as the 'godfather of cultured meat', studied cell culture techniques from the 1950s onwards and filed several patents from the late '90s.

Over the decade that followed, stem cells from frogs were used to create a steak-like product; *TIME* magazine labelled cultured meat one of the breakthrough ideas of 2009; and PETA offered a prize for the first company to sell lab-grown chicken to consumers. NASA, looking for ways that astronauts might grow their own meat, even grew a sample of fish fillet from goldfish cells.

Then, in 2013, Dr Mark Post of Maastricht University created the first lab-grown beef burger, the culmination of two years of work and €250,000 of funding. The burger, made from 20,000 tiny threads of muscle tissue, was described as tasting "reasonably good" – although clearly at that price point, it wasn't going to put McDonald's out of business.

In 2017, Eat Just acquired Willem van Eelen's original patents, and brought his daughter Ira on board as an advisor.

"This historic accomplishment is not the result of a single company's actions – far from it," said Josh Tetrick, co-founder and CEO of Eat Just. "It's the result of the imagination and tenacity of Willem van Eelen as well as the many scientists, educators and entrepreneurs in the field who believed in the power of this idea before most of the folks at my company were even born, including me. Today, we're thankful for them and will continue to carry on their important work."

The big question, then, is whether lab-grown meat is ready to hit the mainstream. With 1880 selling its chicken nuggets for just \$23 – comparable to what a guest would pay for a regular chicken entrée there – is cultured meat reaching a point of commercial viability? And are consumers themselves ready to embrace cultured meat, or is there a disgust barrier to overcome first?

Dr Marianne Ellis, head of the Department of Chemical Engineering at the University of Bath and co-founder of Cellular Agriculture, is a tissue expert and one of the UK's leading authorities on cultured meat. She believes that cultured meat will one day be available as an alternative protein source, at a cost close to everyday 'staple' meats like mince and chicken.

"This is some way off, possibly ten to 15 years," she says. "We expect that cultured meat will be on the market and available in some restaurants in the next year or two, but it will be expensive and at the high end of meat product prices."

While there is still a long way to go in terms of bringing costs down, the last few years have seen remarkable advances in that regard. There has also been a dramatic uptick in the number of companies working on lab-grown meat. Dr Neil Stephens, a sociologist and Wellcome Trust Fellow at Brunel University, has been following the social world of lab-grown meat since 2008. He estimates there are around 80 companies worldwide at the moment, up from just a handful five years ago. 📈

2040

Plant-based meat alternatives and lab-grown meat will account for more than half of all meat consumed by 2040

60%

By weight, 60% of mammals on earth are livestock, 36% are humans and just 4% are wild animals

“When I started looking at lab-grown meat, it was really exclusively a university-based research enterprise,” he says. “Since 2015, we’ve seen a shift to something driven much more by start-up companies, who have a different way of working.”

Much of their work draws on innovations in biomedicine, some of which are highly applicable to cultured meat, and some of which need to be adapted.

“While both look at controlling cells’ proliferation and differentiation, medicine is very different in terms of volume and price point,” points out Stephens. “People will pay a lot more money for kidney tissue to address their disease than they will for a small sausage, and a small sausage would probably have more material.”

In Dr Ellis’s case, she and her team take animal stem cells and feed them a cell culture media (a nutrient solution), before placing them on a support material in a bench-scale bioreactor. The end product is a gloop of muscle cells that could ultimately be used by the food industry.

“The cost of production is still high, so finding ways to reduce costs is essential,” she says. “That is why we are working on bioprocess design to help reduce the cost of manufacture. There are also high costs associated with the purchase of cell culture media – however, a number of companies are working on making new media formulations and the most successful will likely be the one that makes production most affordable.”

The cell culture media used to make the Eat Just chicken is somewhat controversial. The company used foetal bovine serum to grow their cells, which involves the slaughter of a pregnant cow. Clearly, this poses ethical problems for the vegetarians and vegans who might otherwise view cultured meat as a harm-free product.

“This is something where, for the technology to be successful, the community needs to move away from it,” says Dr Stephens. “A number of companies have announced that they are able to move away from that – Eat Just decided they wanted to push for getting regulatory approval for a product that does use foetal bovine serum, but I think not all companies would make that same decision.”

As and when a plant-based medium can be used, lab-grown meat promises to be entirely animal-friendly. Considering 130 million chickens and four million pigs are slaughtered every day, that would be welcome news to anyone concerned about animal exploitation.

There may be major environmental benefits too, cutting out the damage associated with industrial farming practices and turning the tide on deforestation. Dr Ellis’s team are working to reduce the carbon footprint of cultured meat, by refining their bioreactor design and choosing more environmentally friendly materials.

73%

The expected increase in global demand for meat by 2050, compared with today's consumption

£104bn

The expected size of the market for meat alternatives within the next decade, equating to 10% of the global meat industry

Over the long-term, cultured meat may help reverse a looming crisis – the challenge of feeding an ever-growing population at a time of ever-depleting resources. According to the journalist George Monbiot, lab-grown food (which will include fermented flour and other food products, as well as meat) could be our best hope for the precarious years ahead.

“The new technologies I call farmfree food create astonishing possibilities to save both people and planet... If it’s done right, it means cheap and abundant food for everyone,” he wrote in *The Guardian* in January 2020.

Dr Ellis believes that, in future, cultured meat, plant-based food and traditionally farmed meat will all be available to consumers.

“The relative amounts and types will differ between cultures around the world, which I see as a good thing,” she says. “People will always have their personal beliefs as to what is the best diet, and this is important as differences of opinion are good for healthy debate on the future of food. My personal thoughts are that we need a diversity of food sources to ensure we can feed everyone on the planet.”

In the meantime, lab-grown meat remains something of a polarising subject. While it’s difficult to gauge consumer sentiment before the products are even on the market, studies suggest that different demographics might respond to cultured meat differently. For some, the ‘ick’ factor – the thought of consuming a ‘ Frankenfood’ – may be hard to overcome.

“There’s a group of people that really are not interested in cultured meat, there’s a group of people who seem very open to at least trying it and a whole lot of people in the middle who are unsure for all kinds of reasons,” says Dr Stephens. “What the studies tend to find is that the people who are more likely to want to consume cultured meat are younger, male, educated, and live in urban environments. That diversity will probably be there for a long time but may also shift depending on what happens.”

Relatedly, there is a debate in the vegan activist community about whether cultured meat is really the way forward. While many are excited at the prospect, others believe it’s sending an unhealthy message that meat is still desirable: why do we need to grow meat in a lab when we can just eat plants?

Dr Stephens thinks this debate will eventually be played out more broadly. As the growing number of vegetarians and ‘flexitarians’ will testify, it isn’t only the vegan activists who are concerned with meat reduction. However, he doesn’t see cultured meat as being a mainstream talking point until the products are actually on the market.

“The technology is still too early to actually be anywhere close to the supermarket,” he says. “Building the factories and bioreactor systems takes time – so if you want to supply a major supermarket, you have to consider the infrastructure, even if you can make cultured meat perfectly well. Don’t conflate the fact it’s being sold in one restaurant with the idea that it’ll be available in all restaurants soon – it won’t!”

At \$23, 1880’s lab-grown entree is comparable in cost to their other chicken menu options. Could this price point mean cultured meat will soon be a viable option?

There is a debate in the vegan activist community about whether culture meat is really the way forward

Street Food CITY

In London, you are spoilt for choice when it comes to street food. Whatever your taste buds are craving, there is a stallholder in every corner of the capital able to sate your hunger

1. CAMDEN MARKET (WEST YARD)

Nearest Station: Camden Town, Chalk Farm

Overlooking Regents Canal, Camden Market is home to more than 1,000+ stalls, selling everything from vintage clothing to gothic jewellery, custom Converse to circus equipment, and of course, a whole world of food and drink. New York salt beef sits happily alongside kosher Lebanese wraps, Portuguese custard tarts, Taiwanese fried chicken, and everything in between.

camdenmarket.com

2. BOROUGH MARKET

Nearest station: London Bridge

Said to be more than 1,000 years old, nestled between and beneath several railway lines around London Bridge station, Borough Market plays host to a huge array of independent traders, selling fresh produce and ready-to-eat food from across the UK and around the world. Arguably London's most famous food market.

www.boroughmarket.org.uk

3. MARKET HALL VICTORIA

Nearest Station: Victoria

Converted from a former night club and walking distance from the clubhouse, this market hall is home to 11 kitchens, three bars, a coffee shop, and a rooftop bar. You can enjoy all the benefits of street food while keeping away from the elements.

markethalls.co.uk/market/Victoria

4. BUCK STREET MARKET

Nearest Station: Camden Town

Billed as the UK's first dedicated market for the 'conscious consumer', all stallholders offer vegetarian and vegan options, as well as adhering to a zero-single-use plastics policy. All food waste is composted to generate electricity.

buckstreet.market

5. BOXPARK

Nearest station: Shoreditch High Street

Constructed from stacked 40ft shipping containers, BoxPark became the world's first pop up shopping mall when it launched in 2011. With a mixture of street food options, you can happily mix a beer with authentic Argentinian steak, Greek souvlaki and Spanish tapas all in one meal!

www.boxpwwark.co.uk

6. WHITECROSS STREET MARKET

Nearest Station: Barbican

A weekday street food mecca, covering most of the area between the Barbican and Old Street. The sheer number of independent stalls on offer keeps city workers coming back day after day, and mean you will always find something to tickle your taste buds.

www.bitecross.co.uk

COVID CHECK

With government coronavirus restrictions changing frequently, please visit each market's website before travelling to ensure they are open.

HONOURABLE MENTIONS

Leather Lane Market
Chatsworth Road Market
Brixton Village
& Market Row

Gourmet

NEWS & EVENTS

The latest from our clubhouse; branches; and art, music, and education projects

ROSL's new link with Tanzania

Margaret Adrian-Vallance looks at ROSL's support for marginalised communities around the Commonwealth and how members' generosity is touching the lives of so many including those at the Orphans in the Wild Village in Tanzania

Alongside ROSL's care for its future, clubhouse and staff during the pandemic, members' past donations and legacies towards humanitarian and education projects in marginalised areas of the Commonwealth have seldom been more valued.

From funding students in Namibia, Kenya, and Pakistan, to education for single mothers and their children in Bangladesh, many members and

branches probably don't know just how much their help has been appreciated.

The Commonwealth is a big place and although this support has been modest, it has improved the lives of many, and the COVID pandemic has again shown how interdependent we all are on each other.

One area very much in need of support is in Tanzania, and from February, ROSL will be supporting the Orphans in the Wild Children's Village

near Ogodia. The village provides education and other support for HIV affected children from 16 villages in the Southern Highlands.

"Most of the communities are on the top of each hill", says Marion Gough, Orphans in the Wild Trustee.

"The area is affected by HIV/AIDS and has the highest infection rate in Tanzania, hence the number of orphans.

"The Children's Village has been set

out with individual houses around the head of a little valley. Each house has a House Mother and a maximum of 12 children. There is a large living room, a small kitchen, toilets and showers – with water supply connected".

"We tried to avoid a single building that would resemble an 'institute' and instead have created 'family' houses, all interconnected by a path, to resemble a village.

"The village is supported by a small clinic with a nurse, an office complex, a play school and a sizeable kindergarten school. There are three volunteer houses, an electricity power line, and water pumped to header tanks. There is also a private Finnish doctor's house on site.

"Nearby, we have built a vocational training school (operated independently, but providing free training for our own NGO school leavers).

"With 16 Villages within our NGO Project Area, orphans originate from a variety of villages around the region, and we can only take children in who have absolutely nowhere to go. We have a Milk Powder Project, sponsored for the last seven years by a church in Bristol.

"We are so very grateful for ROSL's support and would be more than happy if any ROSL members could pay us a visit – perhaps combined with a Safari when travel restrictions ease".

In the UK

Closer to home, it was very sad to learn of the deaths of Sir Colin Imray, Marilyn Archbold, Patricia Farrant and Robert Wainwright, who all took such an interest in the altruistic side of ROSL. Former Chairman Sir Colin often said he hoped that ROSL would one day have a project with Bangladesh – a country he knew well – and Marilyn was a great supporter of the ROSL-Namibia project, collecting books and other resource material for free freighting out to Namibia. Read more about their generous legacies on page 40.

Education has a broad definition and thanks to funding from the ROSL Trust,



News & views
ROSL NEWS



ORPHANS IN THE WILD

Founded in 2006 to support children in Tanzania

Based in the Mufindi district, a hotspot for HIV/AIDS in the country

Approximately 40% of children have lost at least one parent

By 2020, 62 children were being cared for in six single-storey houses, each with a dedicated house mama

“Education has a broad definition and the Trust has been supporting the archiving of ROSL's key historical documents

the archiving of ROSL's key historical documents has re-started, albeit around the temporary closures of the London clubhouse, due to the Coronavirus pandemic.

When completed it will be full of interesting and helpful possibilities.

Overseas magazine for example, first published in 1915, holds much information on attitudes of the day, articles, photos, advertisements, branch reports and so on,

as Empire changed into Commonwealth. As ROSL takes back the catering in house and international travel remains limited, there are exciting plans afoot to include dishes from countries in which ROSL has branches, reciprocal clubs or projects.

A lot to look forward to and much to be grateful for – in particular the past and present generosity of members helping to bring ROSL and so many other communities through these unprecedented times.

For more details on ROSL's work and how you can support projects, visit www.rosl.org.uk/education



Incognito

The third edition of ROSL's charity postcard exhibition saw over 150 artists from all over the world create and donate artwork anonymously

Despite not being able to host a private view or live sale launch due to the government restrictions, the new exhibition was still on display at Over-Seas House for a short time before closure, and the work was available to purchase online so members around the world could get involved.

Sold for £50 each, the artist name was only revealed after the artwork was purchased. All

the money raised from each sale will support the altruistic work of ROSL, focusing on our projects encouraging and enabling arts education around the globe. The sale has raised over £4,000 so far, all thanks to our artist friends and members who created and donated, as well as those who have bought works.

Thank you to everyone who supported the exhibition.

“
The money raised from each sale will support the altruistic work of ROSL



ROSL Composition Award 2020 Winner Announced

We are pleased to announce that the winner of the first ROSL Composition Award for 2020, in association with the London Sinfonietta, is Michael Small

Michael Small, along with five other young professional composers, were invited to workshop a short original work with London Sinfonietta, following which Michael was selected as the winner of the ROSL Composition Award, and will receive a £3,000 commission to compose a short chamber work for six players and conductor, to be premiered by London Sinfonietta at the Southbank Centre. The date will be

confirmed at a later date due to concert restrictions with the pandemic. Four out of the six composers workshoped in person, with the other two composers joining the workshop virtually, thanks to the wonders of technology.

The composition award panel for 2020 included Composer Gavin Higgins, Tina Speed, Creative Manager for Wise Music Classical, and conductor of the workshop with London Sinfonietta

Jonathan Berman.

Michael studied composition with David Horne as an undergraduate at the Royal Northern College of Music and pursued his postgraduate studies in composition at Cornell University. His works are regularly performed by international calibre musicians. Michael's music has been featured by Ensemble 10/10,

the American Composers Orchestra, the Aspen Contemporary Ensemble, the Momenta Quartet, Music from Copland House, and soloists including Grammy laureate Gloria Cheng, and the BBC Music award winning violinist Fenella Humphreys. His work *For Years Now* delighted the panel and we cannot wait to hear the full work very soon.



Beethoven 250th Birthday Concert

A concert celebrating one of the all-time great composers was packed with alumni from ROSL's Annual Music Competition

Beethoven celebrated a milestone birthday in 2020, which was most definitely outshined by the pandemic, but artists, venues, and organisations still managed to find a way to celebrate this man's genius, and ROSL was no exception. Originally planned to take place in the spring, we were delighted to be able to host the concert in his 250th year, but even more delighted to have an audience in the room, as well as online. As ever, our ROSL Annual Music Competition alumni were centre stage, with pianists Tessa Uys, Ben Schoeman, and Martin Cousin, and violinist Michael

Foyle. The audience online and in person were treated to a whistle-stop tour of Beethoven's career with three epic works, *Symphonies No. 1 and No. 7*, transcribed for piano for four hands by Franz Xaver Scharwenka and beautifully played by South African pianists Tessa Uys and Ben Schoeman. Michael Foyle and Martin Cousin enthralled the audience with a stunning performance of the *Violin Sonata No. 10*, the last violin sonata Beethoven composed for this instrument combination, and often described as the loveliest. It was brilliant to be able to celebrate Beethoven's birthday with such



a fantastic programme and even better to be able to welcome our audience into the clubhouse in person and virtually to celebrate with us.

Watch the full concert on our YouTube channel. Thanks to Ian and Susan Pettman for kindly supporting this concert.

Archiving update

Once again delving into our history, Archivist Natalia Sedunova is back to finish the job

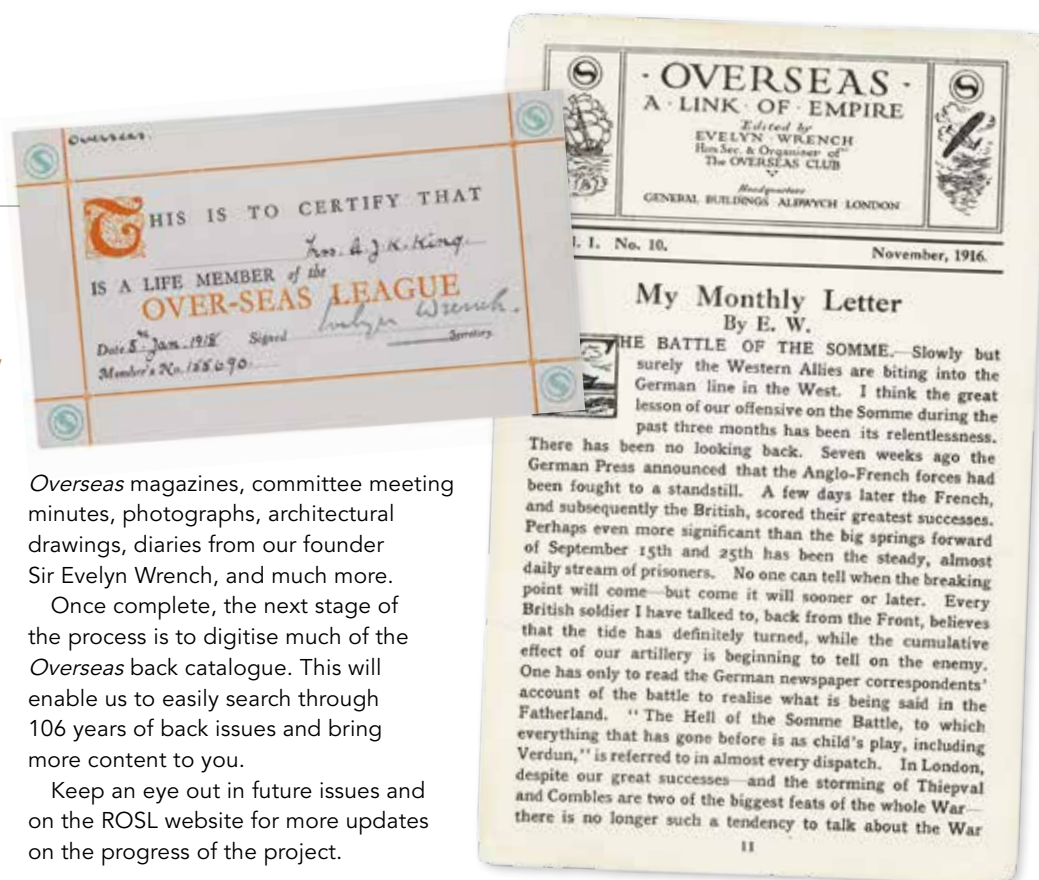
Thanks to funding from the ROSL Trust, our work to properly catalogue and archive ROSL's extensive collection of historical documents and artefacts restarted late in 2020. Archivist Natalia Sedunova, who began the project as part of her undergraduate course at UCL, has returned to ROSL to complete the works part time, while she completes her postgraduate studies in Archives and Records Management at UCL.

The first stage is to complete cataloguing the collection of past

Overseas magazines, committee meeting minutes, photographs, architectural drawings, diaries from our founder Sir Evelyn Wrench, and much more.

Once complete, the next stage of the process is to digitise much of the Overseas back catalogue. This will enable us to easily search through 106 years of back issues and bring more content to you.

Keep an eye out in future issues and on the ROSL website for more updates on the progress of the project.



More images online

Visit our Facebook page and the ROSL website to see more photos of ROSL events. Get daily news updates on the ROSL website and by following us on Twitter.



ROSL
PHOTOGRAPHY
COMPETITION

Workers busy unloading limestone, by Aravinda Ganesan, from the successful 2019 competition, which focused on the theme of style



New furniture in the Drawing Room

Thanks to a generous legacy donation from Mrs Audrey Roberts, the Willingdon Drawing Room has been lovingly renovated with new furniture. A quiet and tranquil sanctuary away from the hubbub of London's streets, the Drawing Room is looking better than ever.

Featuring now sofas, seats, tables, planting, and more, the room is the most comfortable place in the clubhouse to sit and take in the view of Green Park, perhaps over the newspaper or even afternoon tea. We hope you enjoy the changes for yourself when we reopen.

— OFFICE — SPACE AT ROSL

We are adapting to these Covid times and are repurposing some of our bedrooms into office spaces. We can provide an office for two to three people, including an ensuite bathroom, Wi-Fi, and the option to hire meeting rooms when you need more space with colleagues and clients.

The Copper Tower, the small two-storey building on the right as you enter ROSL's courtyard, is also available as a self-contained office, with space for up to six people.

Your business can take advantage of our wonderful Mayfair location with a garden overlooking Green Park, and beautiful Grade 1 listed building. If you know of a small organisation looking for a new home, please contact Jon Kudlick - jkudlick@rosl.org.uk

ROSL Photography Competition 2021

Following the success of our 2019 ROSL Photography Competition we are pleased to announce that we are welcoming submissions for our 2021 Competition, focusing on the theme of 'International Friendship'

Our 2019 Competition with the theme of 'Style' received over 250 submissions from 21 countries, providing a wonderful and diverse exhibition of images. With three prizes selected by our expert panel of judges, it also provided a valuable opportunity for those who entered to have their work seen by industry professionals.

Through our competition, we want to capture contemporary culture in the Commonwealth and ask that images be taken in the year prior to the competition deadline. For 2021, all images submitted must be taken from 7 September 2020, should relate to the chosen theme and have a link to current

countries of the Commonwealth.

Free to enter, the competition has two categories, Camera and Mobile Phone, and applicants may submit up to five images across both categories to be judged individually. The Camera winner will receive £2,000, a trip to the clubhouse exhibition opening, a day of professional tutoring and their winning image will be published in *Overseas* magazine, the Mobile Phone winner will receive £1,000 and their winning image will also be published in *Overseas* magazine, and a Young Photographer from across the categories will receive £500 as part of 'The Madiha Aijaz prize for a young photographer of

promise', which will be chosen solely by judge Farah Mahbub in memory of her colleague and friend. As before, the top 20 images will be displayed in the Overseas House Exhibition and the work will also be shared online.

The deadline for entries is 5pm GMT on Monday 6 September 2021, the 20 images selected for exhibition and overall prize-winners will be announced on Friday 24 September 2021 and the exhibition of final images will open at Over-Seas House on Tuesday 7 December 2021.

Visit www.rosl.org.uk/photography to find out more.

Meet your Central Council

Made up of ROSL members, Central Council works hand in hand with the Director-General and Senior Leadership Team to provide strategic direction for the organisation. As members, they are your representation in the decision making process at ROSL and make sure members' interests are at the heart of what we do

Alexander Downer AC (ROSL Chairman) was born in Adelaide, South Australia. He has served as a career diplomat in the Australian Diplomatic Service and with the United Nations. He was a member of the Australian Parliament for 24 years and spent nearly 12 of those years as Australia's Foreign Minister. He is also currently serving as the Executive Chair of the International School for Government at King's College London.

Anne Wilkinson (ROSL Deputy Chairman) worked as a Head of Corporate HR at a local authority in London, followed by HR consultancy projects. She spent ten years as a Trustee for a national domestic violence charity, as well as being a volunteer Samaritan and serving on a national recruitment panel for senior volunteer roles and trustees for a national charity. She has been a ROSL member since 2012, as well as a Central Council member since 2017 and ROSL London Group committee member.

Richard Harbord (ROSL Honorary Treasurer) spent his main career in Local Government, working in eight Local Authorities in London and the South East., becoming Chief Executive and Director of Finance at the London Borough of Richmond in 1988, and Managing Director of

London Borough of Hammersmith and Fulham in 1999. He left there in 2002 to commence his own consultancy business.

Anjola-Oluwa Adeniyi leads EMEA Accounts at Securonix, a company working in cyberthreat detection using Machine Learning and Big Data, with responsibility for post-sale customer success, client relationships and renewals. His previous experience includes organisations like Barclays, Aviva, BP, and CLS. He is a member of the Information Systems Security Association (ISSA), and holds the Institute of Directors (IoD) Diploma in Company Direction. He is a Freeman of the City of London, and a Liveryman of the Worshipful Company of Information Technologists.

Paul Arkwright CMG was until recently the UK Government's COP26 Regional Ambassador for Sub-Saharan Africa, having left the FCDO to set up his own consultancy focusing on Africa. He was previously CEO for the UK-Africa Investment Summit, British High Commissioner to Nigeria, and UK Ambassador to the Netherlands, and has served in senior posts at the FCDO in London, including as Director for the Commonwealth. He has extensive ties throughout Africa as well as in London.



Ruth Bala is a successful rising star at the Bar, practising from Gough Square Chambers, who can assist in promoting ROSL throughout the extensive London and international legal community, as well as applying a forensic approach and exercising commercial judgment to strategy and risk.

Nabeel Goheer, Assistant Secretary General, has a pivotal role within the Commonwealth Secretariat, and a wide global network throughout the Commonwealth and beyond, in addition to a background in consultancy involving restructuring of organisations, and PhD in Management from Judge Business School of University of Cambridge.

Alistair Harrison CMG CVO, is a former British High Commissioner to

Zambia and Governor of Anguilla, currently part of the Royal Household as the Marshal of the Diplomatic Corps, the liaison between HM The Queen, and all the overseas High Commissioners and Ambassadors in London.

Helen Prince started her career as an Advertising Copywriter, and soon developed a specialism in marketing and fundraising for charities. Since 2009, she has held various senior management positions in charities and cultural organisations, most recently as Head of Development at the Shakespeare Birthplace Trust. As a member of ROSL for more than 25 years, she is particularly focused on working with the ROSL team to develop fundraising to help the organisation grow and thrive into the future.

Atholl Swainston-Harrison studied music (violin) in South Africa before completing his army service and managing the Pro Music Orchestra and Opera Company, becoming Assistant Director of the Roodepoort City Theatre and Opera (Johannesburg) thereafter. He took on the role of Chief Executive of IAMA from 2000 after further study in London. In his spare time, he serves as a trustee on the West London Hospital Trust, Alex Simpson Smith Memorial Trust (Great Ormond Street, London) and Howard Davis Farm Trust (Jersey). He is also a council member of the Royal Philharmonic Society.

Anthony Teasdale, Director General of the European Parliament's Research Service, has had an eminent career in UK politics (special adviser to a previous Chancellor of the Exchequer, Kenneth Clarke, and Foreign Secretary, Geoffrey Howe), as well as within the European Union institutions. He is a Visiting Professor at both the LSE and Columbia University in New York. He has extensive networks in London (Parliamentarians, Civil Servants, Policymakers) and throughout Europe and in the US (NYC and Washington DC), which he visits regularly to enhance ties to the Parliament.

Susan E Walton is a senior finance and digital media executive with over 25 years of experience running the global institutional investment research franchises of top-tier investment banks in London, New York and Hong Kong. She is also an investor and entrepreneur founding a number of start-ups in the technology and digital media space. She serves as a board member and senior advisor to leading think tanks, universities, cultural institutes, social enterprises and charities including the Royal Hospital Chelsea and Charles University in Prague.



Former Chairman appointed OBE

Stanley Martin, who served as ROSL Chairman from 2005 to 2010, has been appointed OBE in the New Year Honours for his services to diplomacy. Pictured above in his ROSL portrait, we send Stanley many congratulations.



Chairman visit

Despite the difficulties in branches meeting around the world, ROSL Chairman Alexander Downer AC was still able to visit the Western Australian branch in 2020.

The ROSL legacy lives on

Over the past 111 years, ROSL has been lucky enough to count some hugely supportive members of society amongst its ranks, who have served ROSL as members and officials for years and even decades in some cases. They have also left behind generous legacies which will help support and nourish us for many more years to come

We are sorry to announce the recent passing of Sir Colin Imray (pictured below), who served as ROSL Chairman from 2000 to 2005. Born in Newport in 1933, Colin led a distinguished diplomatic career with postings in Australia and Kenya, as British Trade Commissioner in Canada, Consul General in Pakistan, and Deputy High Commissioner in India, among others. As well as serving on ROSL's Central Council and as Chairman, he was also Patron of the Friends of the Center for the Paralysed and a member of the Travellers Club.

Former Director-General Robert Newell said: "I was particularly fond of him. He was one of the very best ROSL chairmen, a very wise and eminent person with enormous charm and intellect."

Former Chairman Stanley Martin said:



“
Colin Imray was a fine man, who enriched the life of ROSL as a fine Chairman

"Colin Imray was my oldest and closest friend in the Diplomatic Service for over 60 years. We met in 1958, when I took over his desk on my first day in the Service. As a newcomer hoping for help if I needed it, I was dismayed when he said he was off to his first posting - in Australia, which then sounded as far away as the moon. When ROSL was looking for a Chairman at the end of the century, I suggested Colin. He was elected to the Central Council and his modesty, charm, and intelligence soon won over his new colleagues. Colin Imray was a fine man, who enriched the life of ROSL as a fine Chairman."

We have also recently lost Marilyn Archbold (pictured right), who joined ROSL in 1961, met her husband at the club and would go on to serve on Central Council, as Chair of the West Sussex Branch and as Vice Chairman for five years from 2006.

Speaking to *Overseas* in 2018, Marilyn recounted how she met her husband: "I was sitting at the desk in the Central Lounge one evening and someone I recognised from work, Norman, came in and exclaimed 'What are you doing here?' I never in my wildest dreams, imagined that I was meeting my future husband. Unknown to me, he was a member of the club and would have meetings in London on a Wednesday and stay at the clubhouse on a Tuesday night. Sometimes he would drive me home and that's how things developed."

Former Central Council member Patricia Farrant has also recently passed away at the age of 93. A member of the London

“
She had a deep passion for ROSL and everything it stood for



Group and a keen follower of ROSL's artistic output, she also lent her expertise to several ROSL committees.

Former Director-General Roddy Porter said: "Patricia made a clear impression on me. She possessed a keen sense of humour and when she laughed, as she frequently did, her eyes would twinkle in amusement. I much appreciated her wisdom, especially whilst I was new to the workings of Central Council and the Executive Committee. She had a deep passion for ROSL and everything it stood for, which found expression in the way she cared for staff and fellow members. We are the poorer for her passing."

A huge thank you to all those who have served ROSL in their lives and continue to do so, through the generous legacies that have been left to the organisation.



ROSL Annual Music Competition 2021

This past year has been a turbulent one for everyone, but our Annual Music Competition has continued to grow in profile, and we were thrilled to successfully complete the 2020 competition, albeit with a few delays along the way and supported by so many of you in the audience in the Princess Alexandra Hall and watching from home. Our commitment to the young musicians never faltered, and this year we had a record number of entrants for the 2021 competition. Due to the latest lockdown restrictions, we have had to delay the section finals for the Annual Music Competition, which means we must change the traditional format, but only slightly. We plan to hold our solo section finals, followed by our Gold Medal, which will take place in the Queen Elizabeth Hall at the Southbank Centre, and then finish our competition with our ensembles section finals back at Over-Seas House. All dates to be confirmed.

The competition offers more than £75,000 in awards with a £15,000 first prize for solo performers and chamber ensemble awards of £10,000. The winners of the Wind & Brass,

Singers, Strings, and Keyboard solo sections and the collaborative piano prize receive £5,000 each. We are looking forward to another fantastic competition and hope that you will join us to cheer on the fantastic music making.

Visit www.rosl.org.uk/amc for more information as dates are confirmed

AMC 2021 Applications

Percentage of total applicants for each section

- Ensemble A 8%
- Ensemble B 6%
- Keyboard 13.5%
- Singers 27.5%
- Strings 25%
- Wind and Brass 20%

Nationalities represented this year

- British
- Australian
- British Overseas (Hong Kong)
- Canadian
- New Zealander
- Indian
- Singaporean
- Irish
- South African

ROSL Book Group

Meets on Wednesdays either at the Club or on Zoom at 6.00 until 7.30. For further details and to reserve a place for the discussion (essential), please contact Eve at e.mitleton-kelly@mitleton-kelly.org.uk

- 24 March: *The Village in the Jungle* by Leonard Woolf
- 21 April: *Shuggie Bain* by Douglas Stuart
- 24 May: *Brideshead Revisited* by Evelyn Waugh



UPCOMING Evelyn Wrench Lectures

Wednesday 28 April,
6pm, Online

The New Industry. Light Rail Manufacturing, Engineering and Operation in the UK

Representatives from the All-Party Parliamentary Group for Light Rail (APPLRG) will discuss the emergence and benefits of light rail trams in several cities in the UK. They are ecological, non-toxic vehicle fleets, which will contribute to the decarbonisation of the country's transport system in a highly cost-effective way.

Andrew Carter MP; Beverley Nielsen, Chair, Ultra-Light Rail Partners; Nicola Small, Coventry City Council, Programme Director, Very Light Rail; and Daniel Giblin, Director, UK Ultra-Light and LCT Ltd. James Harkins, Head of Secretariat, will moderate the discussion.



Thursday 3 June, 6pm, Over-Seas House Inspirational Black Women in Music, Publishing and Fashion

These three women have created and run brand new businesses, to encourage and support black authors and musicians, and to offer affordable bespoke fashion to all women. They will talk about the businesses they have created and the challenges they have had to face. Valerie Brandes (middle) is the founder of inclusive independent publishing house Jacaranda Books; Chi-chi Nwanoku (left) is Professor of double bass at the Royal Academy of Music she is the Founder, Artistic & Executive Director of Chineke! Foundation; and Dr Maggie Semple (right) is a successful business woman and entrepreneur who founded the Semple brand in 2010.

ROSL calendar

ROSL NEWS

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www.rosl.org.uk/events

DATES FOR YOUR DIARY...

1932: PICASSO'S
'YEAR OF WONDERS'
Tuesday 2 March

ROSL AMC
VOCAL FINAL
Tuesday 20 April TBC

ROSL PUBLIC AFFAIRS
SERIES, SIR SHERARD
COWPER-COLES
Thursday 25 March

ROSL AMC WIND
AND BRASS FINAL
Tuesday 13 April TBC

MEDICAL MUSICAL
SOCIETY CONCERT
WITH SOLEM
QUARTET
Wednesday 14 April

MARMEN QUARTET CONCERT
Thursday 22 April

EVELYN WRENCH
LECTURE
ULTRA-LIGHT RAIL
Wednesday 28 April

ROSL PUBLIC
AFFAIRS SERIES,
KWASI KARTENG MP
Thursday 29 April

ROSL AMC
STRINGS FINAL
Tuesday 11 May TBC

ROSL PUBLIC
AFFAIRS SERIES,
ANATOL LIEVEN
Thursday 13 May

EVELYN WRENCH
INSPIRATIONAL
BLACK WOMEN IN
PUBLISHING, MUSIC
AND FASHION
Thursday 3 June

ROSL AMC STRINGS
ENSEMBLES FINAL
Tuesday 8 June TBC

ROSL AMC
OVERSEAS FINAL
Tuesday 18 May TBC

ROSL AMC GOLD
MEDAL AT QEH
Tuesday 26 May TBC

COMEDY NIGHT
Thursday 10 June

ROSL AMC MIXED ENSEMBLES FINAL
Tuesday 15 June TBC

ROSL PUBLIC
AFFAIRS SERIES,
TOM TUGENDHAT MP
Thursday 17 June

MEDICAL
MUSICAL SOCIETY
CONCERT WITH
LINOS PIANO TRIO
Tuesday 22 June

SHADOW STATE:
MURDER MAYHEM
AND RUSSIA'S
REMAKING OF
THE WEST
Friday 2 July

ROSL
PHOTOGRAPHY
COMPETITION

Camera category
winner 2020:
Holding Hands
by Isabella Agbaje

SHOWCASE THE CONTEMPORARY CULTURE OF THE COMMONWEALTH

The Royal Over-Seas League is pleased to announce the 2021 theme
of the ROSL Photography Competition as 'International Friendship'

Prizes of up to £2,000 available

The competition has two categories: **Camera** and **Mobile Phone**

Enter now: www.rosl.org.uk/photography

The deadline for entries is 5pm GMT on Monday 6 September 2021

