

# OVERSEAS

THE JOURNAL OF THE ROYAL OVER-SEAS LEAGUE



**WELLNESS**  
The art of staying healthy





‘Our new Executive Chef Julien Maisonneuve has created a fresh garden menu, with a delicious selection of seasonal dishes made to be shared and enjoyed with friends in the leafy splendour of our wonderful outdoor space’

Summer is a brilliant time of year at the Royal Over-Seas League, and one which marks my fifth anniversary as Director-General. ROSL is a very special institution and plays an important role in ties of international friendship around the globe, making it a privilege to lead. We continue to hold a public affairs series with well-known public figures and will host the former Chancellor of the Exchequer Jeremy Hunt on 3 July. Our Annual Music Competition goes from strength to strength – do come to the Gold Medal Final at the prestigious Wigmore Hall and support our talented young musicians vying to take the coveted prize. Our new Executive Chef Julien Maisonneuve has created a fresh garden menu, with a delicious selection of seasonal dishes made to be shared and enjoyed with friends in the leafy splendour of our wonderful outdoor space overlooking Green Park; I can think of no better place to be on a warm summer’s day. The season also sees the return of our popular Jazz in the Garden events.

While the main focus of this edition is that of ‘wellness’, we also have some wonderful insights from two leaders of iconic institutions: first, David Farnsworth, whose work as Interim CEO of the Barbican has seen him lead a wonderful new arts programme and also Claire Horton CBE, who speaks to us about the endeavours of the Commonwealth War Graves Association, of which she is Director-General, an organisation that undertakes vital work to uphold the commemoration of those who have given their lives in conflict across the Commonwealth.

**Dr Annette Prandzioch**  
DIRECTOR-GENERAL



The Royal Over-Seas League is dedicated to promoting international friendship in the commonwealth and beyond. A not-for-profit private members’ organisation, we’ve been bringing like-minded people together since 1910.

Cover: Volcanic Landmannalaugar mountains in the Laugavegur hiking trail, Iceland. See page 6.  
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# Afternoon Tea AT ROSL

Elegant surrounds? Check. Pots of piping hot Birchall’s tea? Of course. Stacks of expertly created savouries, pastries and scones? Obviously! We think ROSL provides the best afternoon tea in London, a cornucopia of delectable treats to be enjoyed in the stately surrounds of our Grade I-Listed Clubhouse. With an optional glass of Prosecco or Champagne, this is a delicious celebration of a venerable institution (much like ROSL itself).

**Visit [rosl.org.uk/dining](http://rosl.org.uk/dining) for more information and to book**





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## From the EDITOR

Wellness is a concept that feels very modern, conjuring images of HIIT classes, acai bowls, hot yoga and high-tech fitness trackers. But as a concept it's very old indeed. The Ancient Greeks, with their worship of rippling-muscle deities and God-adjacent athletes, were huge proponents of holistic health, with an emphasis on good nutrition and massage enjoying the same importance as sports and gymnastics. Today, social media plays its part in inspiring good health, with fitness influencers placed on the same pedestal as those heavenly bodies in the times of Ancient Greece. But as 'wellness culture' becomes accessible, it's easy to forget that simple exercise and good nutrition form the bedrock of good health.

In that spirit, I take a walk on the wild side exploring some of the world's most intriguing long-distance treks, which may well inspire you to lace up your hiking boots this summer and explore your local trails wherever you are in the world. I also take a look at the benefits of fermented foods and why they've been dominating headlines in recent years.

I was thrilled to get the chance to talk to Interim CEO of the Barbican David Farnsworth about one of the city's most iconic venues and how it lives up to its original utopian tenets of bringing arts to the masses; and we speak to Claire Horton CBE of the Commonwealth Graves Association about the act of remembrance in a digital age.

This will be my last edition as Editor of *Overseas Magazine*; it's been an absolute privilege to helm this historic publication and I'm excited to see which fascinating topics and worldly news will steer upcoming editions.

Wishing you all a wonderful summer from the team at ROSL

**Rosie Allen**

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# 6

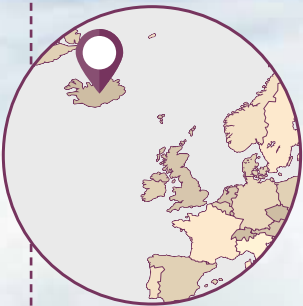
To inspire you on taking an adventure of your own, we've rounded up some of the most interesting lesser-known long distance walks across the globe



# OFF THE BEATEN TRACK

In a world of reformer pilates, biohacking and callisthenics, old-fashioned walking has become all the rage again. A recent study shows that a brisk 30-minute stroll every day can reduce the risks for cardiovascular diseases, type-2 diabetes, dementia and cognitive decline, and the benefits of incline walking and ‘rucking’ (walking with a weighted rucksack) has been extolled by fitness influencers and health professionals alike. While a heart-rate-raising trip to the local park may well be enough to hit government guidelines, there’s no denying the satisfaction and fitness benefits that completing a health challenge can bring, enhancing confidence, building camaraderie and bringing a sense of accomplishment that will last long after your blisters have healed. To inspire you to take a long-distance walking adventure of your own, we’ve rounded up some of the most interesting lesser-known treks from across the globe.

## LAUGAVEGUR *Iceland*



**DISTANCE**

34 miles

**DAYS TAKEN**

4

**BEGIN**

Landmannalaugar

**ENDS**

Kampala

It’s called the Land of Fire and Ice for a reason; Iceland comprises a landscape of active volcanoes (thanks to the country’s location on a fault line between two tectonic plates) and stunning glaciers, with imposing mountains, mirror-like fjords and lava fields giving a terrain of almost mythical proportions.

The Laugavegur Hiking Trail will see you begin at Landmannalaugar Nature Reserve, famous for its geothermal hot springs and multicoloured rhyolite mountains. From here you’ll trek to Hrafninnusker, the jewel in Iceland’s highlands, known in English as The Obsidian Skerry, made as it is of raven-black glassy volcanic rock. With its surrounding terrain varying from verdant valleys to volcanic craters, the area eventually gives way to the uninhabited desert landscape of

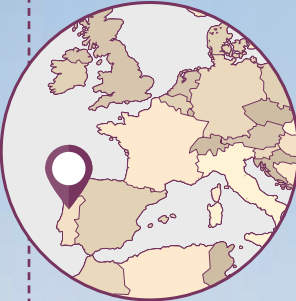
Mælifellssandur, with stunning black sands stretching as far as the eye can see. You may even want to visit Maelifell, the eerily green moss-covered pyramid mountain that stands in majesty among its landscape of pure black. The trail ends in Þórsmörk, a gorgeous mountain ridge named after the God Thor, surrounded by crystalline lakes and glaciers.

Due to Iceland’s changeable weather, the challenging nature of the terrain and relative inaccessibility of Þórsmörk, you’ll want to be well prepared before you embark; there are plenty of good guides online to help you decide how to pack and prepare, as well as the training you’ll need beforehand. But if you decide to take the plunge you’ll be treated to a rare glimpse of Iceland’s raw, untamed beauty.

Colourful rhyolite volcanic mountains, Landmannalaugar



THE FISHERMAN’S TRAIL  
Portugal



**DISTANCE**  
140 miles  
**DAYS TAKEN**  
13  
**BEGIN**  
São Torpes Beach  
**ENDS**  
Sagres / Lagos

Following well-trodden paths traditionally used by fishermen, this trail is a dream for lovers of all things maritime. With its imposing lighthouses, villages perched atop rugged cliffs, cerulean blue seas and wildflower meadows, there’s a reason it’s considered one of the world’s greatest coastal treks. Those spectacular views come at a price however; the single track follows undulating sand dunes and steep escarpments, and the constant exposure to the elements – including that coastal wind and the foreboding sun – means it certainly needs plenty of preparation. But the rewards for the intrepid are great, with the promise of medieval ruins, picturesque fishing ports and villages promising delicious seafood and glasses of Vinho Verde with which to watch the sun set make it well worth the effort.



Rota Vicentina,  
Fisherman’s trail,  
Portugal

Iffley Lock on the  
River Thames, Oxford



THAMES PATH WALK



**DISTANCE**  
298 Km  
**DAYS TAKEN**  
14 (though can be taken in stages)  
**BEGIN**  
Kemble,  
Gloucestershire  
**ENDS**  
London

We couldn’t leave London off the map, though this delightful walk takes in far more than the history and urban beauty of the capital. Wending its way through water meadows, unspoilt rural villages and historical towns and cities, you’ll follow England’s greatest river from its source in the beautiful Cotswolds, to its end in Woolwich, a few miles from the sea. Though its distance may be long (feel free to take it in stages) the pathway is well marked and relatively gentle and if you visit in summer you’ll be rewarded with a host of wildlife including butterflies, damselflies and water birds. Why not make a holiday of it by staying at ROSL for part of your journey? Visit [rosl.org.uk/](http://rosl.org.uk/) accommodation for more information.

NAKAHECHI TRAIL  
Japan



**DISTANCE**  
70km  
**DAYS TAKEN**  
4-5  
**BEGIN**  
Tanabe  
**ENDS**  
Kii Katsuura

Make a pilgrimage on one of Japan’s ancient spiritual pathways and tread in the footsteps of pilgrims who have been following these paths in search of enlightenment as far back as the 10th century. Part of Japan’s Kumano Kodo trail, a network of spiritual pathways that are a registered UNESCO World Heritage site, the Nakahechi trail (or the *Imperial Trail*) immerses travellers in the beauty and tranquillity of rural Japan’s cypress woodlands, villages and mountain regions. Moss covered steps, cobbled pathways plunging deep into the forest and awe-inspiring shrines make a hike on the Nakahechi trail feel like a journey into a fairytale, with highlights including the Three Grand Shrines of Kumano: Kumano Hongu Taisha, Kumano Hayatama Taisha, and Kumano Nachi Taisha.

Cobblestone path through the forest of ancient cedars, part of the Kumano Kodo - Nakahechi Daimon-saka Pilgrim Route in Japan





MOUNTAINS OF THE MOON  
Uganda



**DISTANCE**  
75 miles  
**DAYS TAKEN**  
7-8  
**BEGIN**  
Kilembe  
**ENDS**  
Mount Margherita

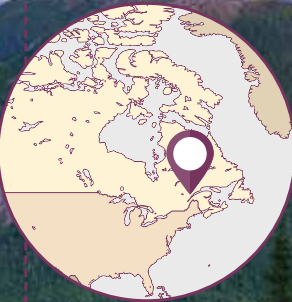
For an out-of this-world walking experience, the surreally beautiful ‘Mountains of the Moon’ trek which winds through the Rwenzori Mountains, straddling Uganda and the Democratic Republic of the Congo, tops Africa’s already-impressive list of off-the-beaten-track treasures. A challenging eight-day trek through almost-unspoilt wilderness reveals alpine valleys, tropical rainforests, moorlands and glaciers, ending in an ascent to the summit of Mt. Stanley’s Margherita Peak, the highest point in Uganda, a formidable climb which offers breathtaking views of the Congo upon summit.

Allegedly named Mountains of the Moons by locals, due to the whiteness of the Rwenzori’s pristine snow-capped peaks, the mountain range occupies an almost-legendary place in the imagination of writers and artists, referenced in Miguel de Cervantes’s 1604 novel *Don Quijote de la Mancha*, and Edgar Allen Poe’s *El Dorado*. While the 2020 flood of the Nyamwamba River brought devastating landslides in the region, causing catastrophic damage to many of the area’s established trails, incredible efforts from locals and mountain guides have re-established this epic trek in hiking legend.

Storm clouds over the Mountains of the Moon in Uganda

Dome mountain, Zec des Martres, Québec, Canada

CHARLEVOIX TRAVERSE  
Canada

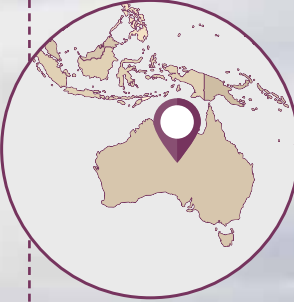


**DISTANCE**  
105km  
**DAYS TAKEN**  
6-7  
**BEGIN**  
Zec des Martres  
**ENDS**  
Mont Grand-Fonds

It sounds like something from a vintage novel; a wooded trail through north-eastern Canada’s gorgeous Charlevoix region, where trekkers can take in the snow-capped peaks, pick sun-ripened wild blueberries and enjoy wonderful views of the St-Laurent River on a week-long hike. If this trek feels a little more municipal than some of the other more rugged walks on this list it’s because it was designed that way; established in 1977 by Eudore Fortin, son of a local woodsman, in collaboration with local authorities, the trail was painstakingly planned, cleared and shelters built to create a trail from which locals and tourists alike could explore the beauty of Quebec’s wilderness. In 1991 the addition of six log cabins – assembled Scandinavian-style without nails and furnished with wood stoves, near quality water sources – made another civilised addition to the trail, adding to its appeal.

And if more adrenaline-inducing activities, such as mountain biking or Nordic skiing, appeal to you, then you can break the trail up into sections and adventure away to your heart’s content.

JATBULA TRAIL  
Australia



**DISTANCE**  
62km  
**DAYS TAKEN**  
5-6  
**BEGIN**  
Katherine Gorge  
**ENDS**  
Edith Falls

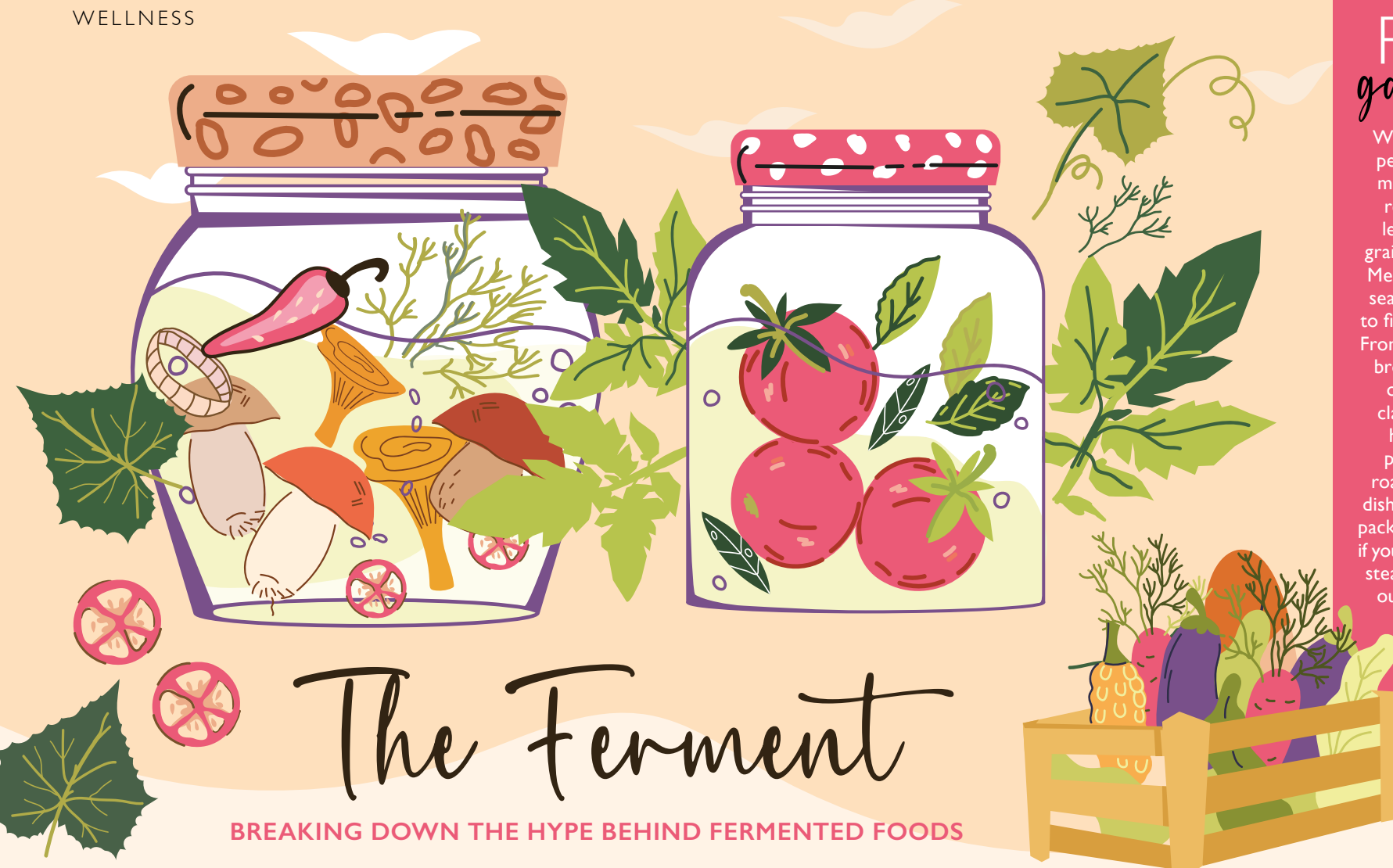
Spectacular swimming spots and incredible Jawoyn rock art are the big draw of this Antipodean trail, which follows an undulating path between designated camping zones with tempting names such as Crystal Falls and Sweetwater Pool. But make no mistake – the reason these verdant oases sound so appealing is that the Jatbula Trail takes in some serious miles of arid landscape in extreme heat. Traversing over sandy scrublands, past incredible rock formations and lush waterfalls, it’s a beautiful – if exhausting – celebration of the Australian wilderness. Nitmiluk National Park, through which the trek crosses, is the traditional land of the Jawoyn people, and you’ll be able to see evidence of their centuries-long settlements of these lands in the incredible rock art that adorns stony outcrops along the trail.

Heatstroke is the biggest threat to life on the Jatbula trail, where the temperatures can reach the 40s during the walking season, so it’s essential that you take the necessary precautions. Permits must be obtained before travel, and a safety briefing is mandatory (you’ll hear more about the dangerous animals such as wild buffalo and king brown snakes you’ll possibly encounter) before undertaking the trek.

But the rewards are great, not just in the unmatched scenery and wild swimming you’ll enjoy along the way, but the delicious food awaiting at the kiosk at the very end of the trail, where you’ll very much have earned a post-trek feast.

Edith falls, Australia





# The Ferment

## BREAKING DOWN THE HYPE BEHIND FERMENTED FOODS

If you enjoy a hunk of aged cheddar or a glass of wine or ale, then you're already well acquainted with the joy of fermented foods; despite the current – and deserved – noise around these wonder products, the average consumer has been enjoying them for decades. From yoghurts to the ubiquitous loaf of sourdough, many simply processed foods will undergo a process of breakdown that we know as fermentation, which sees microorganisms such as bacteria and yeast breaking down its carbohydrate content.

Deliberately fermented foods are created through controlled microbial growth, a process that might be undertaken for several reasons, from preserving a food's freshness, to making the ingredients easier to digest, or to enhance its flavour profile (fermentation lends a unique taste which can range from slightly sour to a 'farmyard-y' vegetal flavour). Fermentation has been utilised across global cultures for over 10,000 years. In Eastern food in particular, fermentation has long been associated with the unique

tastes and character of its cultural foods; whether through its role in making condiments such as miso, soy and fish sauces; or in dishes such as kimchi, a dish usually containing salted and fermented cabbage and radish and which in the West is as often seen stuffed into grilled cheese sandwiches or alongside barbequed meats as it is alongside more traditional Korean dishes. In fact it's the spread of Asian-inspired chain restaurants and the availability of traditional ingredients in supermarkets in recent decades has helped to open our eyes to the possibilities of fermented foods.

### Gut feelings

So what makes some fermented products into 'superfoods' and why have they suddenly come into the public consciousness? Revelatory discoveries about our digestive system in recent years has seen fermented foods make headlines, with countless articles and podcasts extolling their potential health benefits. Many hail these ingredients as gut-health saviours that

could solve myriad health problems from digestive issues, to improving energy levels and skin conditions, and helping with mental health issues.

It's all down to magic elements called probiotics and the ways in which they interact with our gut microbiome, the environment of bacteria, microbes, fungi and other living matter which lives in our digestive system and helps us to process the food we eat. A probiotic is a live yeast or bacteria that, when ingested in the correct way, can help to restore and harmonise the unique environment of your gut. You'll find three types of probiotic but *Lactobacillus* is the one most commonly found in fermented foods, and is credited with a whole range of positive health outcomes such as reduced cholesterol, improving the symptoms of Irritable Bowel Syndrome and potentially even promoting weight loss when eaten as part of a healthy diet.

According to the National Library of Medicine, the benefits of fermented foods for our guts were identified as early as the

## ROSL'S garden menu

While hitting your '30 plants per week' recommendation may sound intimidating, the recommendation includes legumes, herbs, spices and grains. The new ROSL Garden Menu is packed with plenty of seasonal fruits and vegetables to fill your plate with goodness. From chilled tomato or roasted broccoli soup, to a selection of fresh salads including a classic Caesar, tuna nicoise, hot smoked salmon with peppery watercress and a roasted beetroot and orange dish, there's plenty of nutrient-packed inspiration to enjoy. And if you opt for an ethically sourced steak, burger or fish dish from our grill, then adding a side of baby gem salad, heritage tomatoes, broccoli with kale and chilli oil, or French beans with confit shallot will see you on your way to your target. See page 17.

early 1900s, with Russian Immunologist Élie Metchnikoff, who credited the robust health of Bulgarian agricultural workers of the time to soured milk; through experimentation he surmised that lactic acid bacteria was producing a 'disinfecting' quality to the digestive system. But why would our microbiome need fixing by the introduction of these 'good' bacteria? Modern lifestyles and a host of environmental factors are thought to render the gut microbiome inhospitable; from over consumption of alcohol and lack of fibre diversity in the diet (there's a reason that health proponents are touting the benefits of '30 plants a week' – it's great for your gut); to the use of antibiotics which kill off good bacteria as well as bad; stress, lack of exercise and cigarettes have also been blamed; and some experts credit fizzy drinks, emulsified sauces and other ultra-processed foods with playing havoc with our digestive system. But our guts don't just affect how our food is digested.

Astonishingly, recent research is linking our microbiome to our mental health; according to some studies there is very

strong evidence that the flora in our intestines is linked to our immune system and the resilience of our brain's responses to mental stressors: it concluded that 'probiotics, such as *Lactobacillus*, *Bifidobacterium*, *Pediococcus acidilactici* CCFM6432, and *Akkermansia muciniphila*, showed significant preventive and therapeutic effects on several mental disorders, such as anxiety and depression'. It's leading medical professionals to see fermented foods as another tool in a holistic kit that could help us self-manage our mental health.

**It's leading medical professionals to see fermented foods as another tool in a holistic kit that could help us self-manage our mental health**

In addition to the probiotic qualities of fermented foods, there's also the fact that many of them are produced in a minimally processed way, using traditional techniques, whole-food ingredients and an artisanal aspect to their creation which inevitably makes them a smarter choice when it comes to looking after our physical and mental health. What's more, the introduction of sugar, heat or pasteurisation actively kills off the 'live' element of these foods, which makes high levels of processing unlikely in quality examples of these foods.

## How to enjoy



### SAUERKRAUT

Originating in Germanic countries in the 17<sup>th</sup> century, this tangy delicacy is made by salting shredded cabbage and packing tightly into a glass jar, creating the perfect conditions for the vegetable to ferment in its own juices. It makes a deliciously zingy addition to salads or sandwiches and – as with many fermented foods – is best enjoyed unheated to retain its probiotic goodness (but please do refer to packet or recipe instructions).



### MISO

Miso is often enjoyed stirred into hot (not boiling) water to make a soup, as the base for a



### KIMCHI

Not dissimilar to sauerkraut in spirit but often made with added carrots and radishes, and sometimes chillis, garlic and ginger, this traditional Korean ferment is best enjoyed with Korean barbecued meats or fried rice dishes to add crunch and tang.



### TEMPEH

Made from fermented soya beans, this versatile plant protein is traditionally made in Indonesia and makes a delicious



### KOMBUCHA

A delicious fermented fizzy tea, with roots going back 2000 years to Ancient China, this combination of tea, yeast and sugar has a unique sour quality to it, and it can be readily bought in cans from your local supermarket.



### KEFIR

A milky drink or yoghurt made by fermenting kefir grains with milk or water, kefir is packed with probiotic goodness and is credited with improving blood sugar balance, gut health and more.



## MEET *The Chef*

Summer is a time of abundance in the kitchen, with fresh flavours and ideas coming to fruition on the plate. We're delighted that our new summer menu has been designed and created by our new Executive Chef, Julien Maisonneuve, who brings a wealth of experience to the ROSL kitchen team

*H*ailing from Valence, Julien began his career in France under Michelin Star Chefs including Les Cedres (2 Michelin star), Pic (3 Michelin stars), Michel Chabran (2 Michelin star), Pierre Gagnaire (3 Michelin star) and Regis Marcon (3 Michelin star). He then moved to the UK where he gained extensive experience as a Senior Sous Chef and Head Chef for Oliver Peyton at The Admirable Crichton, and Tom Aitkin's Michelin Star restaurant, before moving into a group executive role for Istanbul Doors and The Grain Store. Most recently he spent three years as the Executive Chef at Renaissance St Pancras, looking after their four successful restaurants and event spaces.

Julien specialises in sustainability and provenance of products and enjoys working closely with farmers and producers as well as developing and maintaining his menus, kitchens and team. With a passion for serving only meat that is reared ethically, Julien ensures our meats are sourced from Aubrey Allen, Britain's award-winning butcher, who pride themselves on having a stricter selection process than any other butcher in the country, so only the very best quality meat arrives on your plate at ROSL.

### *In season now*

As allotments begin to bear their glorious glut of fresh produce, there's no time like the summer months to enjoy the fruits of nature's labour; below are some of the delicious ingredients coming into season now, whether you enjoy those that feature on the ROSL garden menu, or included in a tasty creation from your own kitchen.

#### JUNE

**Gooseberries** – hedgerows will soon be groaning under the weight of these tart but tasty green fruits, adding a piquant note to sweet dishes such as clafoutis, and folded into creamy fools, or made into a jam for creating a contrast with richer meats such as pork or goose.



**Artichokes** – as their beautifully jagged appearance might indicate, artichokes are the edible flower buds of the thistle plant and are prized for their delectably mild nutty flavour. Whether marinated and thrown on pizza, stirred into pasta dishes or simply boiled, with the tender buds peeled and dipped into a butter sauce, they're a gastronomic treat at this time of year.



#### JULY

**Fennel** – leafy July brings the vegetable patch pretty swaying fronds of fennel, its mild liquorice taste and aroma adding crunch to salads (delicious with oranges and bitter rocket), melting into pasta dishes spiked with chilli, and making a star turn when roasted to caramelised perfection.



**Samphire** – this sea vegetable always retains a taste of the ocean on the plate, bringing succulence and a sweetly salty flavour to every dish it graces. Finding its home in salt marshes and mud flats, it always shines when paired with fish but also sings beautifully with eggs. 🍷



## *To Drink*

It's the season for delicate rosé, crisp whites and chilled reds; Head of Food and Beverage Serge Pradier recommends his most versatile options for enjoying with our summer menu

#### ROSL Champagne, Gardet Rosé NV

With its beautiful bright coral colour and palate that bursts with summer fruits, this charming sparkling rosé makes a surprisingly versatile match to seafood and grilled meats alike and feels special enough for a celebration.



#### Eguren Ugarte, Rioja Blanco, Spain, 2022

White Rioja makes a great match for food with its slightly fuller body than other summer white wines; this delicious example blends elegance and aromatic complexity from a mix of grape varieties.



#### ROSL Pinot Noir, Germany, 2022

While pinot noir is known for its earthy complexity, this lightly aromatic example from Germany packs aromatic red-cherry fruit for delicious summertime drinking. A smooth, elegant fruitiness with a hint of spice, this is a perfect partner for anything from our grill.







### THE ROSL *Garden*

Open throughout June, July and August until late September (weather permitting), the Garden invites members and guests to take respite in hidden corners and on the shaded, decked terrace and features seasonal planting, a verdant well-tended lawn and mature woodland trees and shrubs that wind their way down to a fragrant rose arch and trickling water feature.

Refreshing drinks are on offer from the outdoor bar, along with delicious stone-baked pizzas or light seasonal dishes, salads and snacks. Booking is recommended to dine outside, with food served throughout the summer months until mid-September. The dress code for the Garden is smart casual.

Members are welcome to bring up to six non-member guests at any one time. For larger occasions, please contact the events team who will be happy to assist. Telephone: +44 (0)20 7408 0214.

**Cherries** – stirred into yoghurt, baked into an indulgent Black Forest Gateau or enjoyed chilled from the bowl, is there any summer fruit more cheering than the gleaming, darkly coloured cherry? Smaller sour cherries taste great in savoury dishes too, adding a pleasing tartness to chicken-based meals or taking a classically French turn with roast duck.



#### AUGUST

**Tomatoes** – praise be; sun-blessed August is when tomatoes come into their own, adding their delicious sweetness and vibrant green flavours into every dish they touch, from elegant savoury tarts and fresh-tasting summer soups, to vegetable-packed pasta dishes. Cherry tomatoes even lend a little Mediterranean magic to the humble ploughman's lunch.



**Sweetcorn** – king of the barbeque, sweetcorn lends its brightness to a host of summery dishes this month, whether the aforementioned grilled meats (put it on the barbecue alongside to get a delicious char), served with a Latin-inspired feast of tacos, adorning any number of salads or just enjoyed dripping in butter, it truly is the taste of high summer.



**Blackberries** – for crumble lovers, the return of this glossy black fruit renders the irritation of brambles into something of a blessing in disguise; adding jammy deliciousness to breakfast porridge or a simple cake, or heralding the gentle descent into autumn in a pie packed with apple and slathered in custard.



## ROSL'S NEW SUMMER GARDEN MENU

Imaginative salads and premium grilled meats are central to our new garden menu, featuring a delicious selection of dishes celebrating the very best seasonal produce. Executive Chef Julien has created a menu that can be enjoyed as starters or as mains, or as sharing plates to be enjoyed with friends



### *Grill*

Our meats are ethically sourced from Aubrey Allen, Britain's award-winning butcher. With a strict selection process and commitment to sustainability, only the top 1% make it to your plate

#### WAGYU AND BRISKET BURGER

Chef's signature burger sauce, cheddar, brioche bun

#### RIB EYE 280G

Béarnaise sauce or green pepper sauce

#### SIRLOIN 200G

Béarnaise sauce or green pepper sauce

#### FILLET ON THE BONE 220G

Béarnaise sauce or green pepper sauce

#### LAMB T-BONE 250G

Oregano, roasted garlic, lemon

#### LAMB CUTLETS 85G

Oregano, roasted garlic, lemon

#### LOBSTER

(whole or half)

Béarnaise sauce

#### LARGE TIGER PRAWN 160G

(per person)

Garlic and red chilli oil

### *Stone-Baked Pizzas*

#### PEPPERONI AND HOT HONEY

Tomato sauce, Fior di latte mozzarella, fresh basil, pepperoni, chilli-infused honey

#### PUTTANESCA

Tomato sauce, anchovies, olives, capers, chilli flakes

#### MARGHERITA

Tomato sauce, Fior di latte mozzarella, fresh basil (v)

#### FOUR CHEESE

Provola, Fior di latte mozzarella, gorgonzola, parmesan, smoked chilli jam (v)

#### ORTOLANA

Tomato sauce, aubergine, courgette, Fior di latte mozzarella, fresh basil (v)

#### MARINARA

Tomato sauce, fried garlic, oregano (vg)

#### GARLIC BREAD

Roasted garlic, crumbly Lancashire, oregano (v)



### *From our kitchen*

Our dishes are designed to be enjoyed as starters or mains

#### CHARCUTERIE SELECTION

(PER PERSON)

Iberico ham, chorizo, lomo, pickles, toasted sourdough

#### ALEXANDER PRAWN COCKTAIL

Poached prawns, Marie Rose sauce, iceberg lettuce

#### HERITAGE TOMATO

Isle of Wight tomatoes, Fior di latte mozzarella, shallots, basil, balsamic dressing (v)

#### CHILLED TOMATO SOUP

Cucumber, red pepper, red onions, Sherry vinegar (vg)

#### CHICKEN PAILLARD

Grilled chicken breast, rocket leaves, caperberries, olives, balsamic dressing

#### CAESAR SALAD

Baby gem, smoked anchovies, parmesan, croutons

#### NICOISE SALAD

Tuna, french beans, egg, anchovies, new potatoes, red onions, tomatoes, dill dressing

#### HOT SMOKED SALMON

New potatoes, shallots, horseradish dressing, watercress

#### ROASTED BEETROOT

Radicchio, orange, beetroot dressing (vg)

#### STONE-BAKED BROCCOLI

Cannellini beans hummus, Chimichurri (vg)

#### STONE-BAKED CAULIFLOWER

Vadouvan spice, herb dressing (vg)



# TEA TRANSFORMED

*How Saicho has made the humble cuppa into a sparkling success*

**Grown-up tasting soft drinks can be hard to find; enter Saicho non-alcoholic sparkling cold-brew tea, a new offering at the ROSL clubhouse that offers a sophisticated and complex alternative to wine. Here we talk to the brand's founder Charlie Winkworth-Smith about why tea makes the perfect match for food, and the impeccable provenance of Saicho**

*Sparkling tea is likely something our members have never tried before – where did the idea come from and how is the product made?*

The idea for Saicho sparkling tea was born out of a personal challenge and a shared passion. My wife, Natalie, has an alcohol intolerance, and she often felt as though she was missing out on the full fine dining experience. This became especially clear one evening in an upscale restaurant. With limited soft drink options, she had to settle for tap water while I was guided through an intricate selection of wines, each paired perfectly with our meal. It was a moment of realisation – why wasn't there a non-alcoholic drink with the same level of complexity, heritage, and ability to elevate food?

Natalie drew inspiration from her heritage,

having grown up in Hong Kong where tea was an essential part of dining, offering an incredible range of flavours and depth. This sparked our journey to redefine how tea could be enjoyed alongside food. Our goal with Saicho is to celebrate the exceptional quality and versatility of tea, bringing it to the finest dining tables worldwide.

Saicho is made using carefully selected single-origin teas from Japan, China, and India, each cold-brewed for 24 hours to extract delicate flavours and aromas. After brewing, the tea is lightly sweetened with grape juice and balanced with acidity before being gently sparkled to enhance its complexity. The result is a sparkling tea with rich character and depth, perfect for pairing with food or enjoying on its own.

**Our background in food science has been instrumental in developing Saicho.**

**We have always been fascinated by flavour chemistry and sensory perception – how ingredients interact to create depth and balance**



*What's the significance of cold brew, and why does it make for a better tea?*

Cold brewing is key to unlocking the most delicate and nuanced flavours in tea. Unlike hot brewing, which can extract too much bitterness and astringency, cold brewing allows us to draw out the floral, fruity, and umami notes while keeping the tannins smooth and refined. This creates a well-balanced, complex drink that retains the integrity of the tea's natural characteristics.

*Charlie, you and your wife Natalie have PhDs in food science. How did that lead you to sparkling tea?*

Our background in food science has been instrumental in developing Saicho. We have always been fascinated by flavour chemistry and sensory perception – how ingredients interact to create depth and balance. This scientific approach helped us refine our cold brewing technique and ensure that our teas retain their most delicate flavours while achieving the right balance of tannins, acidity and effervescence.

We also wanted to push the boundaries of what non-alcoholic drinks could be. Wine and tea share many similarities – terroir, varietal, harvest time, and processing methods – so we saw an opportunity to reimagine tea as a refined, gastronomic sparkling beverage, elevating its status alongside the world's finest drinks.

*You source teas from Japan, India and China. Does tea reflect terroir in the way a wine might, and what different properties can you expect from teas from each region?*

Absolutely, terroir plays a crucial role in tea, just as it does in wine. The soil, climate, altitude, and cultivation methods all shape the flavour profile of a tea.

- **Japanese teas** (e.g., Hojicha) tend to have umami-rich, roasted, or grassy notes, influenced by Japan's unique steaming and roasting techniques.
- **Chinese teas** (e.g., Jasmine) are often floral, delicate, and aromatic, shaped by centuries-old traditional processing methods.
- **Indian teas** (e.g., Darjeeling) are known for their muscatel, fruity, and brisk characteristics, influenced by the high-altitude Himalayan climate.

By selecting teas from different regions, we showcase the diversity of flavours that tea can offer.

*'Low and no' is a drinks category that's soaring in popularity – do you think products such as sparkling tea might eventually overtake wine and beers in terms of popularity?*

The rise of the low-and-no category is undeniable, and more consumers are



## TASTE FOR YOURSELF

Experience the complexity of Saicho's sparkling tea for yourself at the Clubhouse; we're now serving their beautifully presented selection in the Duke of York bar and Garden, making for the perfect summer refresher

looking for sophisticated alternatives to alcohol. While wine and beer have deep cultural roots, we believe that sparkling tea is carving out its own space as a premium, food-pairing drink.

People aren't necessarily giving up alcohol entirely, they're seeking balance. Many enjoy switching between alcoholic and non-alcoholic drinks within the same occasion. With its complexity, depth, and ability to complement food, sparkling tea is well-positioned to become a staple in fine dining and social settings.

*What's behind the name Saicho?*

Saicho is named after a Japanese Buddhist monk who, in the 9th century, travelled to China, discovered the tea ceremony, and brought tea culture back to Japan. He

recognised the value of tea not just as a drink but as a meditative experience.





# THE barbican



Considered one of the world's best examples of brutalist architecture and programming a huge range of eclectic arts, music and visual events throughout the year, London's Barbican is a truly iconic venue. Here Editor Rosie Allen speaks to Interim CEO David Farnsworth to learn more about the incredible story of the venue and living space built from the ashes of an area destroyed in the Blitz

David, your background includes work with social justice charities and a career as a lawyer; could you explain what appealed to you about working for one of London's most iconic arts venues, and how your background has fed into your work leading the Barbican?

Both of my grandfathers were working-class Londoners, so my connection with the city on a personal level is deep. And I've always looked for opportunities to work with

London's communities, so a connection for me was with the City Bridge Foundation (David was Managing Director of the City Bridge Foundation, an organisation which maintains London's historic bridges, along with undertaking community projects), and the common denominator between that organisation and the Barbican is the City of London Corporation. The corporation has a history going way back to the *Magna Carta*, but also spanning to contemporary cutting-

edge projects, such as London's cybersecurity; it's an extraordinary organisation. It was also the original founder of the Barbican, when the vision for this space emerged from a bomb site during the Blitz, so I had a connection there too.

In regards to an interest in the arts, I was lucky enough as a seven-year-old child to get free violin lessons, which was a real access point to music for me. I feel that I'm a jack of all trades in the arts; I enjoy painting and

amateur dramatics, which has nurtured my love for the sector, and I have a real appreciation of the power of social mobility through that, of using art as a means of affecting change and social justice. It's something I really believe passionately in.

So another thing that attracted me to the Barbican is it has a really high-end offering in terms of its arts programme, but also it's a civic space; you don't have to pay to enjoy the arts and community that we offer here, so I was enthused by the privilege of the opportunity to lead the organisation for this extended interim period. There's a real energy here; it's a place of ambition and inclusion, and we're united by the idea that we want to appeal to everyone in some

Working with a site almost completely razed by the Blitz, the Barbican's architects, Chamberlin, Powell and Bon, seized the opportunity to propose a radical transformation of how we live in buildings and cities



shape or form; it's a place where global London meets local community.

I left private sector Law which gave me skills which are useful in this space. For a long period of time I was working with refugee communities and what was really interesting about that experience was seeing the crossover between geopolitics and local community; in London there's every chance your neighbour has come from a place of deep persecution. At the Barbican there's an interplay where you have an international brand and touring exhibitions, but then at a hyper-local level school children from up the road will be at a matinee performance. Again for me it embodies London – different communities and ethnicities being brought together with that very local community element.

There's also a nod to the journey that The Barbican has been on. It happens that the foundation stone of the Barbican was laid in the year of my birth and so watching that generational moment and that energy come to fruition has been inspiring. The previous CEO Claire Spencer really helped

reset the Barbican, and we're building on that work in partnership with the City of London Corporation and wonderful neighbours such as the Guildhall School of Music and Drama, which values-wise are deeply committed to the free access of arts and music, just as I was with my violin lessons.

As part of the Barbican Renewal, the Corporation has committed £191 million – around 80% of what's needed to complete the first five-year phase of the programme – so we're now actively fundraising to secure the remaining support.

**The Barbican's programme features an eclectic mix, with exhibitions ranging from architecture to contemporary arts, music and much more; what's the secret to creating a programme that appeals to a broad spectrum of ages and interests, whilst still retaining an identity that feels true to the uniqueness of all that the Barbican stands for?**

We're always going back to the values that underpin us and using that as a north star – of innovation and inclusivity, and of



recognising that we're part of the wider world and the local one too. Being an arts centre gives a sense that we can use different mediums and creatives to reach different audiences across background and ethnicity, by dint of geography, and again that idea that as a civic space we're more porous and open to local communities and visitors, whether it's someone visiting from abroad or other parts of the UK on a learning visit, or a student. We also always allow for innovation and are comfortable with risk – it's something we should embrace, subject to reasonable mitigation, but there's a boldness here which I connect with.

We'd like to increase attendance among younger audiences so we're always diligent in thinking about who's coming here and thinking about how can we better tell our story to audiences who are less familiar with us. I believe there's something for everyone and 4,200 events a year certainly presents that opportunity.

**The building is considered a bold architectural achievement, rebuilt from a site that was almost completely destroyed in the Blitz as an 'opportunity to propose a radical transformation of how we live in buildings and cities'. To what extent do you think the complex still lives up to that aim today, and how do you think art has the power to inspire hope and transformation?**

The Barbican really embodies the spirit of London I think, which is something built on deep heritage and history but not frightened of reinvention and staying contemporary. Part of the tragedy of the Blitz also created a silver lining of opportunity that meant there could be some reimagining and reassessment

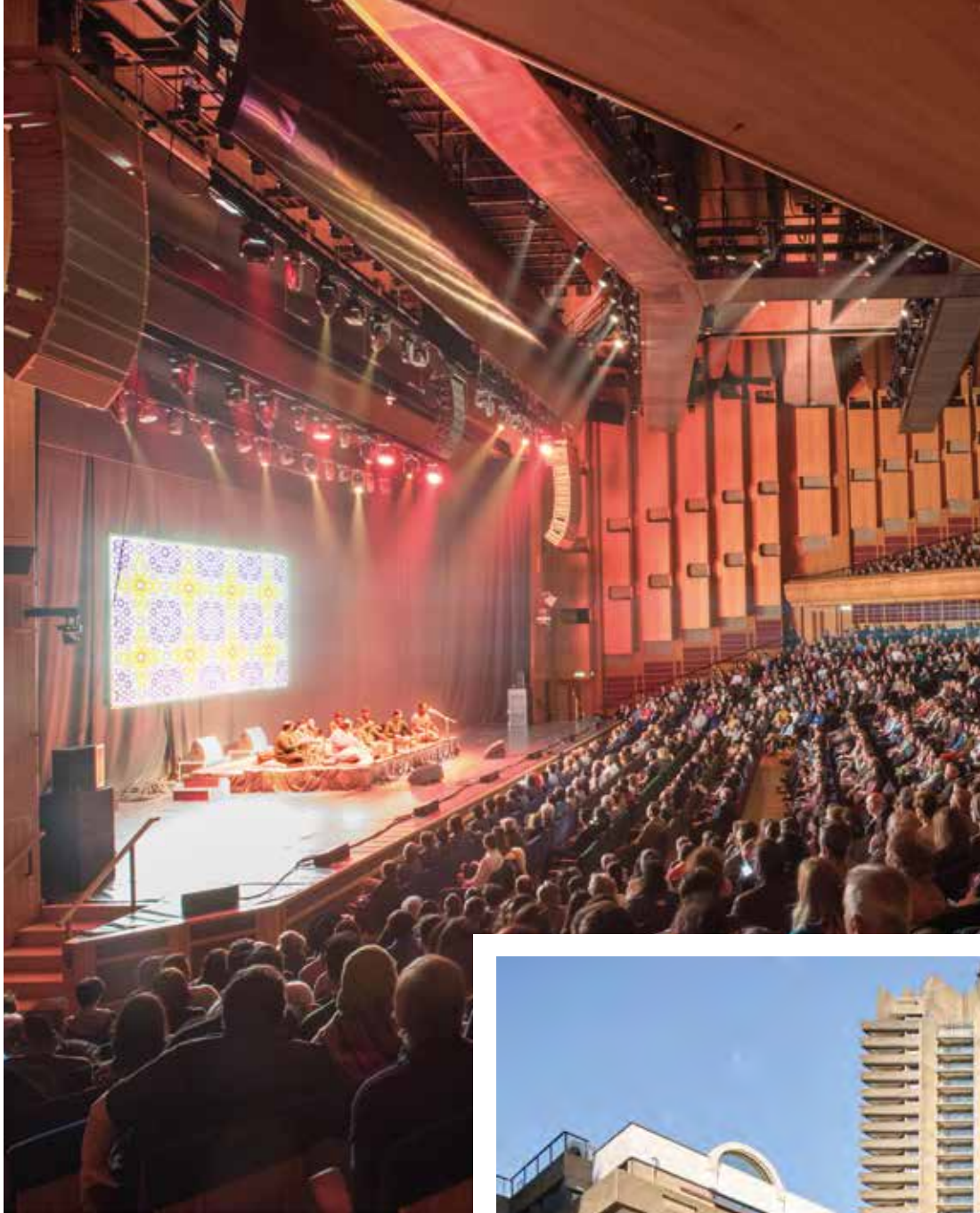
**The Barbican really embodies the spirit of London I think, which is something built on deep heritage and history but not frightened of reinvention and staying contemporary**

of the city and from that 47 acre bomb site was that 'phoenix out of the ashes' moment where they created this urban utopia. That might sound highfalutin but actually even today if you walk through the building you can be surprised by the encounters that you have. It might be a group of young people doing their homework, a person just looking for some shelter or somewhere to sit; you've got older people who are coming to sit and do some knitting but then also catching some free jazz while they're here; you've got young people on a school trip for a matinee performance; graduates coming in to use the space for degree work. We're a place of

encounter, encouraging and allowing humans of all different backgrounds to come together, so the space is still as relevant now as it was 50 years ago. It supports the best of humanity, recognising difference but also one cause. That's the thread through to the arts piece; while all too often we human beings see difference, I'm a natural optimist. There's so much that connects us and I think art is part of that deep connection because we can experience it in a very personal way but it

can also connect us to others; sometimes it's a bridge of cultures; I was exposed to a fabulous Zulu acapella group (*The Joy*, who played as part of EFG London Jazz Festival) a few months ago and I'd never encountered that kind of music before and I felt it in my solar plexus. It opened a whole vista to me and I see that when I bring my daughter; she's a student at the moment and it's really exposed her to new experiences.

So, while the world may be one of unrest, the Barbican and the art it enables gives hope because it helps us to promote the best of humanity in terms of connection. It also helps with understanding. Some of it just



The Barbican's summer programme will include *Feel the Sound*, a multi-sensory experience which reimagines the nature of sound itself

gives pure joy which is wonderful in times of bleakness but helps our understanding of a complex world. You might see art that shifts your viewpoint; an example for me is the Noah Davis exhibition – Noah was a Black American artist who started painting when he was 24 and sadly died of cancer at 32, leaving a widow and son. It's a portrayal of Black American life in a way I've never had exposure to and it taught me so much. I also went to the exhibition opening, with Noah's widow and son, who is now 16 in attendance, and watching how moving it was to see a global audience witnessing his legacy. Often what I see here is a collective experience of art and people coming together for a shared love or sense of connection or encounter which is properly energising. ●





**EXPLORE FROM ROSL**

Our rooms make the perfect place to relax after a day exploring, and the 1910 Dining Room and Duke of York Bar provide a warm welcome and a reviving selection of delicious food and drink.

Visit [rosl.org.uk/clubhouse](https://rosl.org.uk/clubhouse) for more information





As well as CEO for the Barbican, you've also been Managing Director of the City Bridge Foundation, a charity that maintains London's iconic bridges. How vital to London's identity do you feel that the mixture of London's modern architecture, such as The Barbican, with its ancient monuments really is? A combination of heritage and modernity is something that the City of London Corporation has been upholding going back to pre-Magna Carta days, and yet the Lord Mayor's Role is steeped in history but also deals with very contemporary issues such as AI.

London benefits from that because you have a thread of humanity which goes back through history whether the 14<sup>th</sup> century or the 21<sup>st</sup>. It's very anchoring and having buildings that remind you of that ancient connection is very helpful.

At the same time you don't want to atrophy and become like a precious museum. Whilst some heritage is worth preserving, the opportunity that we have in London is that we can re-imagine, and the Barbican was an example of that re-imagining. In a relatively short time it's achieved 'iconic' status as a piece of architecture and whether you love or hate brutalism it's one of the best examples of it you'll find in the world and people travel from all over to see it.

But the building is not on a pedestal, it lives and breathes. London is not a museum city; it's living and thriving and one of the few

global cities that has that energy from the way people live, work, play and learn here. There's also the metaphorical side of the question and in an obvious way of course the first bridge connected the north and south of the city and had a very practical use. But also there's the metaphor of the connectivity of that bridge, literally bridging communities, and the Barbican is set up that way too, bridging communities through the arts.

**Finally, what are you most looking forward to in the programme this year?**

*Feel the Sound* is our new immersive exhibition which aims to rearrange what you think sound is; it includes multi-sensory installations that take you on a journey across locations in the Barbican, from our car parks to the Lakeside Terrace. It's part of a month-long residency, one part featuring Rebel Radio which riffs off the idea of pirate radio. I like that it's not just the traditional idea of bringing in an exhibition,

and I'm hoping it will particularly resonate with a younger audience – hopefully their introduction to our outside space might help bring them into the building itself.

Summer sees the *Fiddler on the Roof* bringing in a different audience, and our arts centre gives the opportunity for people to see a free exhibition in the Curve and to explore something elsewhere in the building afterwards. I love the idea of that cross-pollination, that an exhibition in one part of our building can lead a person into an exploratory adventure into somewhere they hadn't intended.

## Summer HIGHLIGHTS



The Barbican's summer and autumn programme boasts an eclectic mix of visual arts, music and theatre: alongside David's recommendations above, the *Frequencies: The Sounds that Shape Us* series brings you music that takes you beyond, to interrogate how you perceive and encounter sound, and the ways what we hear affects how we think. Including *In Pursuit of Repetitive Beats*, a virtual reality experience that takes participants back to the 1989 Acid House scene, electronic music pioneer Jeff Mills joins the London Symphony Orchestra for an awe-inducing fusion of electronic and symphonic music.



For theatre lovers, Emmy and Tony Award-winner Sean Hayes (*Will & Grace*) brings his acclaimed, Tony Award-winning performance in *Goodnight Oscar* to the Barbican stage this summer – direct from a critically acclaimed Broadway season. And June sees the start of *Classical Pride 2025: Voices of Pride*, a celebration of LGBTQ voices in classical music. Featuring the London Symphony Orchestra in a world premiere by Jake Heggie commissioned by Classical Pride and a line-up of star soloists.

## THE PASS IT ON PLEDGE

When you're finished with your copy of *Overseas*, please don't throw it straight into the recycling, pass it on!

We're encouraging our members to spread the word, so if you know any non-members that might enjoy reading the articles and the great window they provide into the world of ROSL, please pass it on to them.



**ROSL**  
ROYAL OVER-SEAS LEAGUE



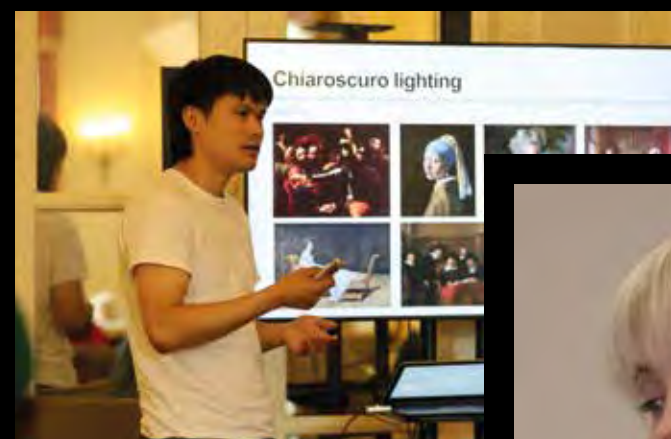


# SUMMER PLACE FESTIVAL

*A three-day celebration of art, music and food*  
**5–7 September**

Experience a summer of wonder with ROSL's first festival dedicated to the arts, with a programme of talks, concerts and workshops, all expertly curated by our Arts and Food & Beverage teams. We'll be fusing ROSL's unique heritage with spectacular music, wine, food, art and much more, as we lift the curtain on a truly special three-day extravaganza of all things cultural

**Keep an eye out on our events page at [rosl.org.uk/events](https://rosl.org.uk/events) and subscribe to our email newsletters for more details on festival events over the coming weeks**

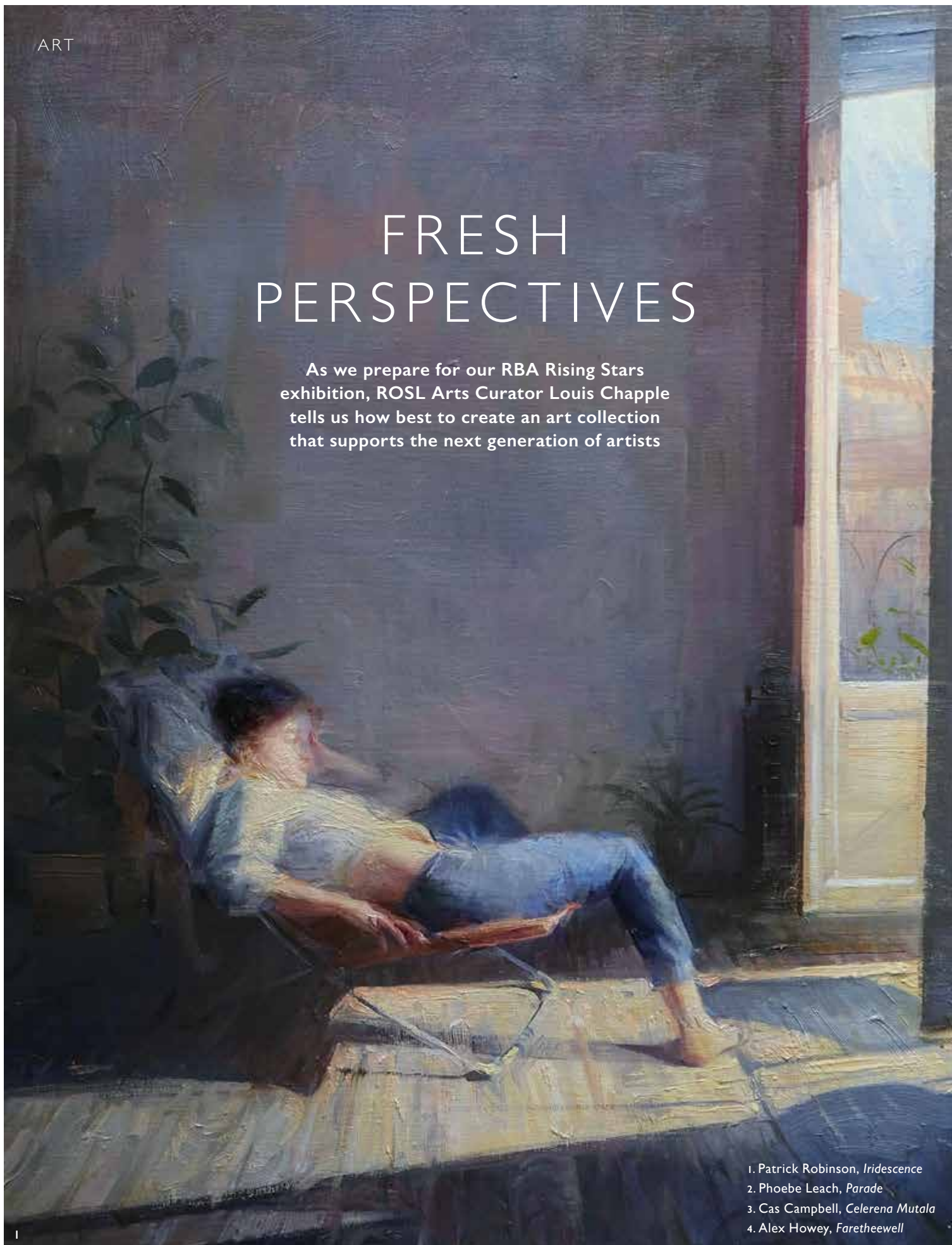


Over the past three years our Summer Place Festival has brought together an eclectic mix of theatre, classical music, wellness events and dining experiences in the unique surrounds of our Grade-I Listed building. Previous years have included photography workshops, the acclaimed *Gin Chronicles* stage experience and much more



# FRESH PERSPECTIVES

As we prepare for our RBA Rising Stars exhibition, ROSL Arts Curator Louis Chapple tells us how best to create an art collection that supports the next generation of artists



1. Patrick Robinson, *Iridescence*  
2. Phoebe Leach, *Parade*  
3. Cas Campbell, *Celerena Mutala*  
4. Alex Howey, *Faretheewell*



With the annual RBA 'Rising Stars' exhibition returning to the Clubhouse at the beginning of May, I thought it would make a good time to write about the benefits of starting an art collection, particularly with works by emerging artists. Here I will highlight a selection of works from the exhibition under £5,000, across painting, sculpture, drawing and print.

Emerging art is the bedrock of the art ecosystem. Most often thought of in terms of young artists and recent graduates, the category is best described as work by an artist at the start of their career. These artists are vital for introducing fresh perspectives and styles into the art world, often spearheading trends that later become prominent. For new and seasoned collectors alike, collecting works from emerging

artists is one of the most rewarding – and accessible – ways to collect art. As well as securing works at a more approachable price point, collectors have the chance to invest in and support the careers of artists at their most crucial stage (Artsy, 2024).

The yearly RBA Rising Stars exhibition is almost always our highest-selling and best attended show each year, and it is easy to see why. With over 40 artists exhibiting, the expansive display of mediums, concepts and techniques means there is often something for everyone. Furthermore, as an exhibition dedicated to the freshest emerging talent, the price range of artworks can often be lower than exhibitions featuring more established artists, making the exhibition an ideal place to start your own collection.

**These artists are vital for introducing fresh perspectives and styles into the art world, often spearheading trends**

Held as an open call by the Royal Society of British Artists (RBA) for any artist under the age of 35 working in the UK, the opportunities for those selected for Rising Stars include exhibitions with ROSL and Mall Galleries, significant prize money (a £5,000 main prize plus two additional runner-up prizes worth £1,000 each) and a prestigious month-long residency at Sala Uno, an arts centre in the heart of Rome.

Still being relatively new to ROSL, this year is the first time I have participated in selecting the shortlisted artists, a process that further connects ROSL with the RBA Committee. I was incredibly impressed by the breadth of talent from across the country and it was by no means an easy task getting it down to the shortlist you will see in the





1. Alice Gompels, *Play, Behave*  
2. Lexia Hachtmann, *White Vest*  
3. Lily Hargreaves, *Red Fruit*  
4. Hsi-Nong Huang, *Arch Research III*  
5. Natalie Charles, *A Marvellous Entanglement*  
6. Shanshan Mo  
7. Shawn Lee, *Glimpse into the Banqueting Room*  
8. Ella Jackson, *The Spirit After Dark*  
9. Katie Kaur, *My Black Shroud*



exhibition. Emerging artists often approach their work with radical innovation, offering fresh perspectives and unique styles that are undiluted by market pressures and demands. Now is the time to build relationships with artists and acquire works you love, before they are out of reach.

Many Rising Stars exhibitors go on to receive significant success shortly after exhibiting at ROSL, and supporting an artist at the yearly stage of their career by acquiring their work can substantially contribute to the development of their career by providing financial support for open calls, residencies, research and more. One example is the British-Caribbean artist Hettie Inniss, who exhibited in the 2023 Risings Stars. Shortly after, Inniss went on to complete

a commission at Tate Modern, and gained representation with globally renowned gallery GRIMM, and has now shown in all three of their galleries in London, New York and Amsterdam.

But now on to some of the work you can expect from this year's cohort. Royal Drawing School graduate Natalie Charles presents *A Marvellous Entanglement* (£2,200), a deftly luminous drawing that employs surreal forms to evoke personal archives deeply rooted in intimacy and memory. Investigations into emotional space continue through Lexia Hachtmann's *White Vest* (£3,800), where two majestic figures are frozen in gaze and embrace.

Lily Hargreaves harnesses the fictionality of the painted world to patch together

fragments of histories that haven't quite happened. At first glance *Red Fruit* (£1,600) depicts a normal dinner table setting, only to be interrupted by an unwanted reptilian guest. Flattened perspective, tight brushwork and sepia-hued colour palette create a delightfully cinematic aesthetic in which her humorously uncanny scenes can thrive. Alex Howey's sweeping two meter-long *Faretheewell* (£1,500) presents a sensational landscape in flux. Intensely fraught with motion and drama, figures burst into the foreground propelled by a biblical raging fire. A swirling riot of intense bright light and ever-present looming darkness, Howey imbues the paintbrush with a liveness and immediacy that drags all who dare to look, into the furnace.



Conversely, Shawn Lee's *Glimpse Into the Banqueting Room* (£675) is a meditation on the quietude of interiors. Rejecting the inclusion of human life, Lee instead focuses our eye onto the play of light as it ripples and dances across the banqueting room floor. The blurring, painterly brushstrokes and cropped composition shroud the snapshot in mystery.

A highlight in printmaking, Alice Gompel's delightful etching *Play, Behave* (£1,000) presents a rooftop scene bathed in moonlight, where jesters and doll-like children juggle and attempt to capture crows in a net. If sculptural practices are more your thing, look out for Cas Campbell's ceramic *Celerena*

*Mutala* (£685). The name of a rare moth, Campbell utilizes highly skilled detailing and jets of luminescent blue to evoke the majesty of the cocooned creature.

Collecting art by emerging artists has many benefits. As touched on above, supporting artists at this stage of their career is crucial for the development of new work and opportunities. It is often a very secure investment, as you will be buying at the lowest price the artist's work will be in their career. But every acquisition must always start with one thing – that you love the work. If you truly feel a connection towards an artwork, you will never tire from seeing it everyday in

**Supporting artists at this stage of their career is crucial for the development of new work and opportunities**

your home, often discovering and new hidden elements as years go by. Many of our members have started their journey of building an art collection with works from the Rising Stars exhibition, and if you have been thinking about it – or intrigued to find out more – I encourage you to join us at the opening to meet the artists and see the works in person.

I am always on hand to talk through any queries and questions, or to guide you in the right direction based on your taste and available space. I look forward to seeing you at the exhibition, and can't wait to introduce to you this brilliant new cohort of artists.

*The RBA Rising Stars exhibition opens 1 May at the Clubhouse. For more information visit [www.rosl.org.uk/events/](http://www.rosl.org.uk/events/)*



# THE COMMONWEALTH WAR GRAVES COMMISSION



**As conflict rages around the world, the act of remembrance becomes more vital than ever. Claire Horton CBE tells us how the work of the Commonwealth War Graves Commission continues commemorating those who have lost their lives in conflict**

*Could you tell us a little about the work of the Commonwealth War Graves Commission around the world, and its importance?*

The Commonwealth War Graves Commission's mission is to ensure those who died in service, or as a result of conflict, are commemorated so that they, and the human cost of war, are remembered for ever. A global leader in commemoration, founded by Royal Charter in 1917, we work on behalf of the Governments of Australia, Canada, India, New Zealand, South Africa and the United Kingdom to commemorate the 1.7 million men and women from the Commonwealth who lost their lives in the two World Wars.

We believe that remembering individuals who have died in conflicts is of universal, perpetual relevance, and that reflecting on their deaths is of continuing and paramount importance for us all. The cemeteries, memorials, graves, landscapes, and records in our care will be found at 23,000 locations and in more than 150 countries and territories. They are both the practical means of our

commemoration of the fallen and vehicles for discovery, inspiration, and engagement.

Each one of those we commemorate were people like us, with their own ambitions, hopes, and dreams. It is our duty and privilege to care for their graves and memorials and through our charitable Foundation, keep their stories alive.

*Could you tell us a bit about what 'non-commemoration' means and how you're putting right the injustices of the past in this respect?*

Commemorating the uncommemorated is the most important piece of work the CWGC has undertaken since the Second World War. We believe that more than a century ago we failed these men. We will not do so again.

In 2021, The CWGC published the findings of research it commissioned into historical cases of non-commemoration in the immediate aftermath of the First World War. The research, together with an independent committee to consider its findings, were convened following the airing of a 2019

television documentary titled *Unremembered*, on Channel 4. Presented by The Rt Hon David Lammy MP, the programme drew attention to inequalities in commemoration for pan-African carriers, labourers and soldiers who were integral to the British and Imperial forces during the First World War.

Evidence published in the report, found that the UK Government, British Army, and the then Imperial War Graves Commission, failed on a significant scale in their duty to treat all those who fell equally in death, in some parts of the world. The report found that between 45,000 and 54,000 casualties (predominantly Indian, East African, West African, Egyptian and Somali personnel) were commemorated unequally, usually in registers or collectively on memorials but not by individual name. A further 116,000 casualties (predominantly, but not exclusively, East African, and Egyptian personnel), were not commemorated by name or not commemorated at all.

The Commission apologised unreservedly, accepted the report's findings in full, and committed to a ten-point action plan to right these historical wrongs. In the years since, CWGC has led a dedicated, multi-million-pound redress programme, spanning 13 countries, to right these historical wrongs. Today we're working hand in hand with local communities, governments, and

stakeholders to ensure all those who served are properly commemorated. Significant progress has been made.

There's also the 'search for names project'; at the heart of the programme is a concerted multi-national programme to find the names of those previously uncommemorated. Our historians have so far found more than 11,000 servicemen not previously recorded and, in some cases, met the descendants of these men. Our methodology, and findings have followed a clear process, covering state and military archives in East Africa, Southern Africa, and the UK with further searches underway in specific Indian and Tanzanian repositories. Access to archives in Egypt has not yet been possible and remains a challenge we continue to grapple with.

India's contribution was vital to Allied success in both World Wars, and important historical documents (known as the Punjab Registers) may include up to 10,000 names of soldiers who were not commemorated. Research, sponsored by CWGC and led by Greenwich University and the UK Punjabi Heritage Association will validate these findings within the next 18 months. Winning a British Library / Arcadia

Endangered Archives Programme grant, the CWGC is helping to digitise and preserve an archive of tens of thousands of Kenyan military personnel files, previously completely unknown. The project, which is being undertaken at Uhuru Gardens, will potentially include more than 4,000 records belonging to men killed in the First World War for whom we did not hold information.

CWGC is not just attempting to find the names of those lost but also, where possible, find and mark their graves, led by Patrick Abungu (a direct descendant of one of the men we are searching for). Working with the National Museums of Kenya to identify, secure and mark grave sites in Kenya, our dedicated field teams, in collaboration and consultation with local communities, are

narrowing down and exploring sites of interest and eliciting views as how best to mark these sites.

In partnership with Queen's University Belfast and the National Museums, we have successfully trialled the use of innovative methods – including drones and non-intrusive ground penetrating radar (GPR) – to confirm areas of interest that will guide future activities. 📍

**Access to archives in Egypt has not yet been possible and remains a challenge we continue to grapple with**



Tyne Cot Cemetery, located in the Ypres Salient in Belgium, the largest Commonwealth Cemetery in the world





always seek to rebuild to a standard befitting the sacrifice of those commemorated at the locations – as we did with the Indian war cemetery in Zehrendorf, near Berlin many years ago. This site was almost destroyed during the Second World War and then fell behind the Iron Curtain. When that fell, we were able to assess the site and rebuild it and today, it is once more a haven of peace and a fitting tribute to those buried there.

However, far more than conflict, it is our changing world and climate that is impacting on, or has the potential to threaten, our estate. We literally garden the globe and are perhaps uniquely placed to monitor and report on changing weather patterns and their impact on our horticulture and structures. Rising temperatures, the spread of insect infestation and disease, the availability of water, rising sea levels, coastal erosion, are all issues that we now must mitigate or adapt to.

We use climate modelling systems to monitor the potential threat to sites by rising sea levels, or lack of water. We are also looking to the future and adapting both the plant species we use and the design of our sites to ensure they are better equipped to cope with sustained periods of drought. At

the same time, we are conscious that our gardens are an essential part of our commemoration of the dead – so they still have a duty to inspire and delight our visitors. Our ethos of caring for our estate in a safe and sustainable manner requires us to constantly review our operations and the processes

we use. Add to that an ageing estate and inevitably it leads to challenges.

We've just completed, for example, the restoration of perhaps our most iconic memorial, the Menin Gate. During that

*Part of your work is in restoring damaged Commonwealth Graves sites across the world, for example the King Tom Cemetery in Sierra Leone which was damaged by flash flooding; what are the current climate and conflict issues that are most pressing when it comes to preserving these special sites?*

Given the sheer scale of our work – caring for 1.7 million commemorations at 23,000 locations and in 153 countries and territories – man made impacts on our work, be they vandalism, accident or conflicts, are fortunately rare. But equally, when they do occur, the impact can be highly significant.

At present, conflict around the globe is directly affecting our operations in Sudan, Yemen, Syria, Gaza, Iraq, Libya and Somalia. In some of those cases the impact is minimal

but in others (notably Gaza and Iraq) we may be facing the complete reconstruction of our sites at a cost of millions of pounds. Our Commonwealth governments and international partners are vital in keeping channels open to facilitate work in these more challenging areas – ensuring the Commission's rights and interests are well understood, or in helping us to keep our people safe.

Earlier this year, I was hugely relieved to be able to evacuate our dedicated staff and their families from Gaza to Egypt. When it comes to sites affected by conflict, the CWGC must play a long game – returning when it is right and safe to do so. When that time is right, we will

**I was relieved to be able to evacuate our dedicated staff and their families from Gaza**

**In that first week of going online, we proudly knocked the royal website off the top spot in the UK's most accessed sites**

process we found materials and methods that were used in the original construction that were no longer viable – which added greatly to both the cost of the project and its complexity. It is vital that we communicate the reasons for our adaptive approach to commemoration so that the public who cherish our sites can come with us on that journey. Personally, I am excited by our plans for what the cemetery of the future might look like.

*There is a huge amount of political unrest and active conflict taking place in the world right now, and the rolling news coverage means we're more aware of it now than ever. How does the act of remembering and commemorating the war dead change in light of this?*

It is worth noting that in 1922 HM King George V made a pilgrimage to the former Western Front to see for himself the work the Commission was doing. At one of the newly created cemeteries, he said; 'We can truly say that the whole circuit of the Earth is girdled with the graves of our dead. In the course of my pilgrimage, I have many times asked myself whether there can be more potent advocates of peace upon the Earth through the years to come, than this massed multitude of silent witnesses to the desolation of war.'

I think those words are as profound and relevant today as when they were spoken more than a century ago. Those who created the Commission did so, not just to honour the dead and to bring comfort to the bereaved, but with the firm belief that common remembrance could prevent future conflict.

Now obviously, that sadly failed, but I and others still see CWGC as a force for good, a

force for international diplomacy and an advocate for peace. **Indeed, our stated mission is to ensure those who died in service, or as a result of conflict, are commemorated so that they, and the human cost of war, are remembered for ever.**

That unsaid power was perhaps most recently voiced or demonstrated by UNESCO's inscription of 51 of our sites along the former western front as World Heritage Sites – recognising not just their historical significance but the role they play as reminders of the price we pay when diplomacy fails.

Although CWGC is still bound to commemorate those who died in the world wars, we do care for graves and casualties beyond those conflicts on behalf of our member governments and more recently, our expertise has been sought on commemorative projects as diverse as the Covid-19 memorial to the LGBTQ+ armed forces memorial.

*For Evermore is your online resource helping people to find stories of the fallen – to what extent do you think the internet age has transformed our concept of remembrance?*

Put simply, it has been a game changer and the potential to do more digitally is one of the exciting areas we are exploring in our efforts to reach more people and engage that next

generation in the ongoing importance of remembrance of the war dead. Back in 1998, when we took the decision to put our records online, we took a major leap forward in terms of improved access to the core commemorative information, our 1.7 million records, of the Commonwealth war dead.

For the first time, you didn't have to call us in Maidenhead, visit our offices or your

local library to access a copy of our printed registers. You could access that information, freely from anywhere in the world and at any time. Equally, the digitisation of our records made them searchable in ways Fabian Ware would never have thought possible. You could now search by hometown, regiment, date of death or even see how many people

with your name we commemorate.

In that first week of going online, we proudly knocked the royal website off the top spot in the UK's most accessed sites, and you couldn't get an outside line from our offices as we had so many people calling to ask for the website address. Obviously, technology has moved on leaps and bounds since and the For Evermore platform is a fabulous way for the public to engage with our records and add the sort of personal information that really helps to put a human face to the names carved in stone.

*Could you tell us a little more about yourself and how you came to lead the organisation?*

I have spent more than three decades working in the not-for-profit sector, leading incredible charities and organisations that are close to my heart in the fields of mental health, disability, children's charities like the NSPCC, and higher education.

Those that know me will know I am hugely passionate about animal welfare – I am Vice President of the wonderful Battersea Dogs & Cats Home, where I was privileged to be its Chief Executive for 11 years from 2010, working with some of the most dedicated and talented people I've had the pleasure of working with.

*Find out more about the work of the Commonwealth War Graves Commission at [www.cwgc.org](http://www.cwgc.org)*



**From Left to Right: Ceremony from the inauguration of the Cape Town Labour Corps Memorial; Kranji War Cemetery, Kranji Singapore; Cape Town Labor Corps Memorial, South Africa; Thiepval Memorial to the Missing of the Somme, Picardy, France**



# LOVE

## IN ANOTHER LEAGUE

The elegant architecture and romantic heritage of Over-Seas House make ROSL headquarters a wonderful choice for a wedding venue. We spoke to Ruth Bala, a member of ROSL's council, who recently held her wedding at ROSL about why the League was her family's choice for their special day

**R**OSL's location, overlooking Green Park, is unsurpassable. We wanted a central London venue that would be easy for our guests to access and which could accommodate the ceremony within the same building as the reception. We are in our 40s, so many of our friends needed to book childcare, making easy logistics appreciated.

The garden made a pretty, romantic setting for the ceremony, especially in May when the flowers were in bloom. We ran the risk that it would rain, particularly as we had the Hall of India & Pakistan as a back-up indoor location. In the event we were blessed with rays of sunshine, although it was a very close call at the point the set up needed to commence.

Some grand Westminster clubs can feel unwelcoming to outsiders and those from ethnic minority backgrounds, but ROSL admitted women well before suffrage and is naturally inclusive, as it has always been devoted to forging Commonwealth ties. It is a place where we knew that we and our guests would feel welcome.

The fact that our guests could move between different rooms, each with their own distinctive décor was a big plus. This gave the wedding different phases, making for a more varied experience. We began with the ceremony in the garden, then moved to the dinner in the Hall of India & Pakistan and finished with dancing in the art deco Princess Alexandra Hall.

We chose to have an afternoon ceremony; guests arrived in the garden, where our harpist Amie True was playing to welcome them. Our son Maximilian, who was then six years old, walked me down the outdoor stairs descending into the garden and down the aisle. He was so excited to be part of the day and still refers to it as 'our', rather than 'your', wedding.

After the guests showered us with dried petal confetti, we had an hour-long sparkling wine reception in the garden with canapes



**'After the guests showered us with dried petal confetti, we had an hour's sparkling wine reception in the garden with canapes'**

(smoked duck, potato and truffle, three cheese gougeres and shepherds' pie tartlet) while the harpist played.

The food was divine – we had beef carpaccio or salt baked beetroot tart to begin, followed by roasted chicken breast or brick pastry aubergine for the main course and treacle tart with mascarpone ice cream for dessert. We had ROSL's house wine, with sparkling wine for toast and port to finish.

We moved to the Princess Alexandra Hall for cutting the cake and dancing, with ROSL's Elderflower Collins cocktails on supply. Our DJ, Glu Sound from Storm DJs played a compromised track list: indie music selected by Paul, followed by drum 'n' bass selected by me.

Although we live in zone 2, we stayed overnight in ROSL accommodation, so that we could wake up and have a leisurely breakfast in the 1910 dining room with one of our friends who had also stayed over.

The heritage of the venue offers a varied aesthetic, from the Georgian Palladian style of the main building to the art deco style of the Westminster wing.

We did not hire a wedding planner, so we relied on the venue to administer the event with our input. Magda and

Natalia were brilliant and we had full confidence in their support and decision making. We could not have asked for a more helpful team.

We would absolutely recommend ROSL as a wedding venue for the following reasons; because of its beautiful, heritage building with a very pretty English garden overlooking Green Park and the strong events team with sensible ideas and a genuine desire to help. Also the food is of exceptional quality. Both the canapes and the 'wedding breakfast' were the best we've tasted at any wedding and many of our guests said the same.

*For more details of holding a wedding at ROSL, please see the page overleaf.*



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1910

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# Heritage at the Heart

A NEW WELCOME



## RESTORE AND PRESERVE ROSL'S UNIQUE HERITAGE FOR FUTURE GENERATIONS

As ROSL continues its journey in restoring our Grade-I listed clubhouse, Over-Seas House, we invite our members to support us to complete the final piece of the architectural jigsaw.

Vernon House dates back to 1835, and constitutes a significant part of the architecture. Our plan is to restore the entrance hall within Vernon House to its former glory. The arrival experience members and their guests receive is at the very heart of ROSL; a first impression is often the last impression.

We are a London-based institution with global reputation and outreach; the entrance is a gateway to a world of culture, heritage, public affairs, arts and dining.

To deliver this project, we need to raise £300,000. We are asking for the generous support from our

membership to reach this ambitious target. This would equate to £40 per member, an amount that we hope may be realistic for many, but any size donation will make a difference.

Should you be able to support this final significant development to the Royal Over-Seas League clubhouse, we will have an entrance hall that will preserve ROSL's architecture and heritage, creating a welcome that is fit for a King!

To make a donation, please scan the QR code, or contact the Director-General Dr Annette Prandzioch: [b.neale@rosl.org.uk](mailto:b.neale@rosl.org.uk) or visit the ROSL website <https://rosl.org.uk/product/wc-donation-heritage-at-the-heart-a-new-rosl-welcome/>



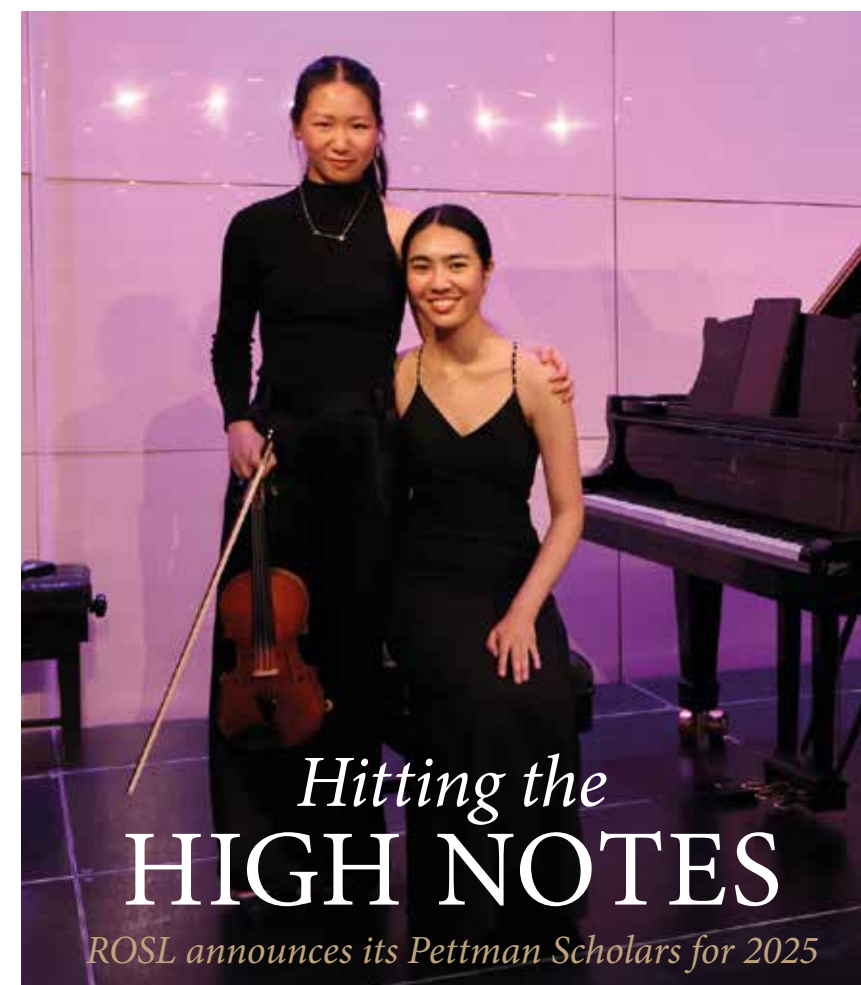
Thank you for your anticipated support

Director General | Dr Annette Prandzioch



## NEWS & EVENTS

The latest from our Clubhouse; branches; art, music and announcements



ROSL Arts supports many musicians across the Commonwealth, through our Annual Music Competition as well as our scholarships. Each year we work with our New Zealand branch to run the Pettman/ROSL International Chamber Music Scholarship.

We're delighted to announce that our Pettman Scholars for the year 2025 are violinist Sara Lee and viola player Tal Amoores.

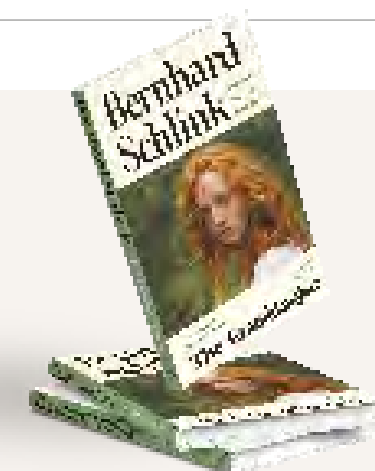
Sara Lee is currently in the third year of her Bachelor of Music degree at The University of Auckland, studying under the guidance of Stephen Larsen.

Her achievements include receiving second place at the National String Competition 2024 and PACANZ National Competition 2022, the Chiron Lewis Eady Foundation Scholarship in 2022, and a Gold award at the NZCT Chamber Music

Competition in 2021. She also performed as a first violinist in the NZSO National Youth Orchestra in 2022, and was selected as the Emerging Artist for the At the World's Edge music festival 2024 in Central Otago.

Born in Sydney and based in Aotearoa, violist Tal Amoores a recipient of the NZSM Director's Award, he is completing his Bachelor of Music at Te Kōkī, New Zealand School of Music, studying with Peter Clark and Gillian Ansell. He is a founding member of the Antipodes Quartet, a newly formed ensemble in partnership with Chamber Music New Zealand, the New Zealand String Quartet, and the Adam Chamber Music Festival.

We wish Sara and Tal all the best on what promises to be an exciting year for the Pettman Scholarship.



### Member-led Activities

#### BOOK GROUP

The Book Group meets in person at the Club, as well as on Zoom for overseas members, on **Wednesdays**, once a month, to discuss primarily novels. The discussion starts at **5pm** but we meet beforehand for a drink and a chat and afterwards for dinner (optional) at **6.30pm**. The June meeting will be on 25 June to discuss *The Granddaughter* by Bernhard Schlink. The July and August books have not been chosen yet. The dates are 23 July and 20 August.

#### BRIDGE CLUB

The Bridge Club meets at ROSL every **Monday 2pm-4pm** (except on Bank Holidays) to play ACOL Bridge. New members are welcome. Lunch at 12.30 is optional.

#### BACKGAMMON CLUB

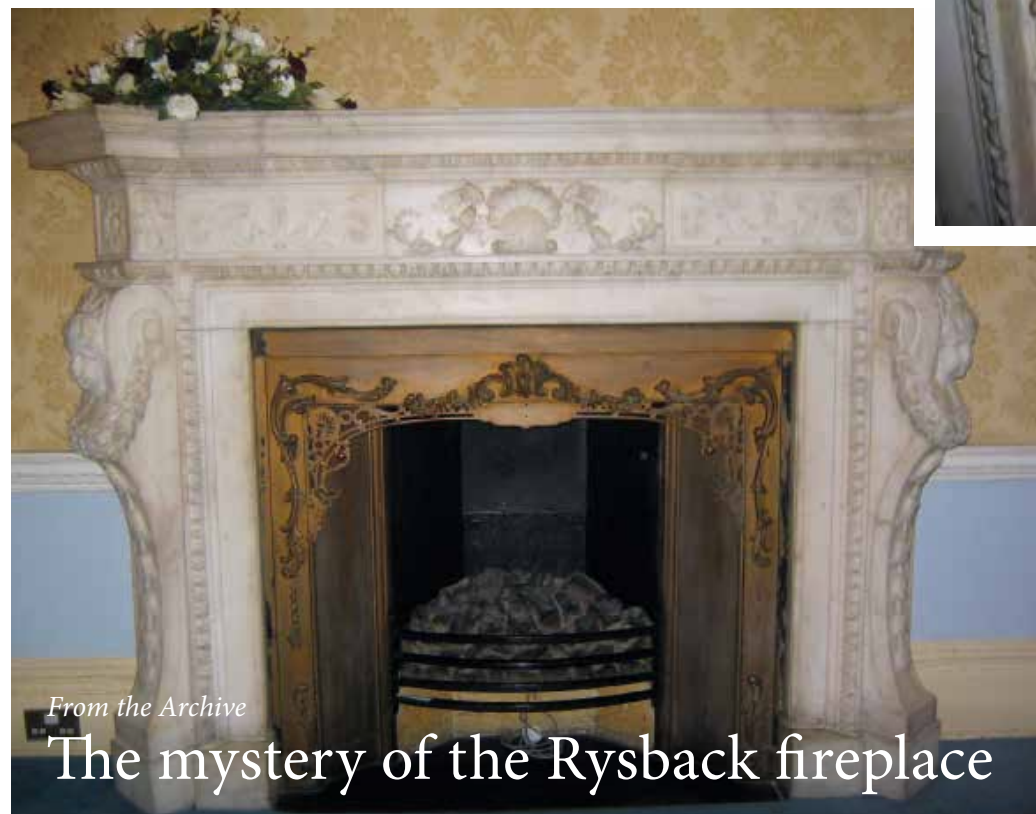
Meets on **Wednesdays 2pm-4pm** and for lunch (optional) at 12.30. New members are welcome.

#### ROSL THEATRE & OPERA GROUP

We go regularly to the theatre, opera, ballet and modern dance. We also go to Glyndebourne every year.

To join any of the Member-led activities, please contact the Membership Team at [membership@rosl.org.uk](mailto:membership@rosl.org.uk)





Michael was hard working, versatile and still sculpting at 70. He died in 1770 aged 77. A good innings: average life expectancy in England was then 36 and in London 25. His major works include the monument to Sir Isaac Newton in Westminster Abbey (1731) the Duke of Marlborough's tomb in the chapel at Blenheim Palace (1733) the equestrian statue of William III in Bristol (1735) and a vast fireplace with draped figures for the India Office.

Until this research, the possibility of Catholic imagery and Rysback's surround being deliberately both fireplace and child memorial had not occurred to me. Previously it had simply seemed faintly mysterious. Carved in Carrara marble, the front panel of leaves is delicate but the over mantel strangely massive. On the sides where one might expect a

long draped figure there is the bust of a child set at an angle – one gazes out of the window, the other looks into the room. Behind each head is a large flower. Or is it a halo? The busts are

constrained by husking attached to a scroll. From the front the scrolls look like wings. Perhaps, as the Duchess stared into the flames she saw something quite comforting about the death of the Shireburne heir and dynasty; her guests and succeeding generations would simply see a fireplace.

**On the sides where one might expect a long draped figure there is the bust of a child set at an angle**

Peregrine Widdrington. He was good company but the Duchess deemed him socially inferior and refused to marry him. With her brother's death and having no children of her own, the Shireburne dynasty was over.

Self-willed and opinionated, the Dowager Duchess was now free to do as she wished. The famous architect Gibbs was commissioned to build her a London town house, now part of Over-Seas House, and Michael Rysback, the most celebrated sculptor of the day, was chosen to design her main fireplace.

Rysback was Flemish. Born into a family of artists in 1693, he moved to London in 1720 with his brother Pieter who was a painter.

beautiful and forward'. However, on 6 June this golden child went out into the gardens, ate some poisonous berries and died. The family, noted for the strange and narrative style of their tombs, erected a large Italianate memorial to him in Great Mitton Church.

The dynastic importance of Richard's sister Mary changed overnight. By May 1709 Sir Nicholas had negotiated Mary's marriage to the Catholic Duke of Norfolk, spending £350 on her wedding dress, £668 on gilt plate, £128 on food and a large fortune over the next few years supporting the Norfolk estates.

The couple disliked each other and by 1717 were leading separate lives. There were no children. In 1732 when Norfolk died, Mary lived openly with her long term lover and kinsman

In this article from our archive, the late Margaret Adrian-Vallance reports the fall of the Shireburnes and the impact on Over-Seas House

In 1702 eight-year-old Richard Francis was the only son and heir of Sir Nicholas Shireburne, head of a wealthy Roman Catholic family that harboured long standing religious and dynastic ambitions. They lived at Stonyhurst Hall in Lancashire, an Elizabethan mansion with many chapels, grand staircases, corridors wide enough to drive down and a recently planted maze in which Richard played.

Showered with presents, from valuable books to vast numbers of bows and arrow, Richard's proud father once sent him a Valentine's Day Card inscribed 'to a Child very Extraordinary in all Respects, both

From the Archive

## The mystery of the Rysback fireplace

73<sup>RD</sup>  
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AMC GOLD MEDAL FINAL

Friday 18 July, 7.30pm

Enjoy an evening of wonderful performances in the surrounds of historic Wigmore Hall at our AMC Gold Medal Final, where we celebrate the very best in young musical talent.

Find out who will join the illustrious ranks of our ROSL Annual Music Prizewinners and support the brilliant young musicians as they vie for the coveted Gold Medal Award.

Visit [rosl.org.uk/events](https://rosl.org.uk/events) for more details



Casa Silva: Chilean Wine & Tapas Tasting  
Thursday 5 June, 6.45pm

Casa Silva began as a bottling business in 1989, but took the step to winemaking in 1997 when Mario Pablo Silva proposed to his father that they transform their business to focus on creating premium wines that really speak of the character of the unique vineyards which produce them. The rest is history! We invite you to explore the delicious fruits of Casa Silva's labours, in this tasting, in which you'll explore the mouthwatering diversity of Chilean wine, alongside a specially created dinner celebrating the fresh flavours of Chilean cuisine. Hosted by Viña Casa Silva and Julie Jackson of Jackson Nugent Vintners, who will guide you through the wines and their unique characteristics, our Executive Chef, Julien Maisonneuve, will complement the exceptional wines with a bespoke tapas menu for the evening.



Wimbledon Fortnight  
From Monday 30 June to Sunday 13 July

As the most iconically British of sporting tournaments hits the courts of south-west London once again this year, ROSL will be celebrating by hosting special screenings of every match, along with a delicious special set menu. Expect a cornucopia of seasonal ingredients, fresh flavours and – of course – lashings of strawberries and cream.

Jazz in the Garden  
Fridays throughout summer  
(from 13 June), 7pm

Can you think of a better way to while away a summer's evening than in the verdant ROSL garden, enjoying our delectable summer menu to a backdrop of smooth jazz music? Us either. Our Jazz in the Garden series returns this season with resident musician and singer, Oliver Lord; Journey through the golden eras of jazz as spring unfolds into summer, while savouring al fresco dining, handcrafted cocktails, and fine wines.



Mozart, Shostakovich and Brahms with the Aquinas Trio  
Friday 4 July, 6.30pm

CONCERT IN ASSOCIATION WITH THE MEDICAL MUSICAL SOCIETY OF LONDON  
We are delighted to welcome back the Aquinas Piano Trio featuring Ruth Rogers (violin), Katherine Jenkinson (cello) and Martin Cousin (piano), who are firm favourites with the Medical Music Society of London and Royal Over-Seas League audiences.

PROGRAMME  
Mozart: Piano Trio in C K548  
Ireland: Phantasie (Piano Trio no.1) in A Minor  
Shostakovich: Piano Trio no.1  
Interval  
Brahms: Piano Trio no.2 in C Op.87



AMC Gold Medal Final  
Friday 18 July, 7.30pm, Wigmore Hall

The jewel in ROSL's cultural crown, the AMC Gold Medal Final once again returns to the beautiful surrounds of Wigmore Hall to celebrate the very best in young musical talent. Over several months the ROSL team and selected judges have whittled down a select few talented musicians from the many gifted youngsters that take part in our Section Finals at ROSL. The AMC Final gives you the opportunity to enjoy the very best that our young musicians have to offer, culminating in the awarding of the coveted Gold Medal Award.

Former renowned winners include Jacqueline du Pré cello, Melvyn Tan harpsichord, Barry Douglas piano, Susan Chilcott soprano and Jonathan Lemalu bass.

The four finalists competing for the Gold Medal are:  
Rafael Kyrchenko piano  
Ewan Millar oboe  
Madeleine Perring soprano  
Mabelle Young-Eun Park violin

The evening also includes performances from the winners of the two ROSL Ensemble Prizes; Regency Quartet & the Delphine Trio.





# LET THE LEAGUE BE YOUR LEGACY

Continue to support your home from home in the heart of Mayfair by bequeathing a gift to ROSL in your will. Your generosity will give young people around the world an education, it will give talented young musicians, artists and writers the chance of a career, and it will safeguard the future of your beautiful Grade I listed clubhouse.

To discuss email [legacy@rosl.org.uk](mailto:legacy@rosl.org.uk)  
or call +44 (0)20 7408 0214

