



THE OLD CROWN PUB

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Issued September 2007

Press information

Event – Book launch - ‘Recipes from the Roof of The World’

Location - The Old Crown Pub, Hesket Newmarket, CA7 8JG

Event date - 7.00 pm, Wednesday 12th September 2007

On the evening of Wednesday 12th September at The Old Crown, Hesket Newmarket in Cumbria, a very special little recipe book was launched, with the aim of helping blind children who live on the roof of the world.

Its author, Dr Mike Townend one of the pub’s regulars, has collected the recipes and taken the photographs for the book during his many years of travel in the Himalaya as a climber and leader of tours and treks.

In 2006 during a visit to Tibet Mike visited the Braille Without Borders school in Lhasa. He discovered children who would have otherwise been left to beg are being taught to read and are receiving education and training that enables them to gain employment, teach other blind children and lead rich and fulfilling lives.

Mike was moved by what he saw and upon his return to England he organised some very popular fund raising dinner evenings where he shared his Himalayan food, photographs and the amazing story of Braille without Borders.

Many suggested that Mike should publish the recipes, Malcolm & Pat Hawksworth the hosts at The Old Crown agreed to sponsor the book’s production and David White, a visitor to the pub heard the story and offered his design skills. ‘Recipes from the roof of the world’ was born.

Dr Mike says

- *“The story that I discovered during my visit to Lhasa was amazing. In 1997, Sabriye Tenberken a young german blind woman defied everyone’s advice, and armed only with her rudimentary knowledge of Chinese and Tibetan, set out to do something about the appalling condition of the Tibetan blind, who she learned had been abandoned by society and left to die.*

Travelling on horseback throughout the country, she sought them out, devised a Braille alphabet in Tibetan, equipped her charges with canes for the first time, and set up a ‘Braille without Borders’ a school for the blind. Her efforts were crowned with such success that

hundreds of young blind Tibetans, instilled with a newfound pride and education, have now become self-supporting.

By purchasing a copy of this book, people will not only be introduced to the cuisine of these Himalayan nations, they will also be making a valuable contribution to the education and welfare of blind children in Tibet.

Without our help and the help of the Braille without Borders school they would be left to beg in the streets”.

Malcolm Hawksworth, says –

“Pat and I were delighted that we could help in such a direct way. It means that all money paid for the books will go directly to the school in Lhasa.

On the evening of the launch guests will see Mike’s presentation of his fabulous photographs, hear first hand his story, receive a signed copy of his book and enjoy a buffet based upon the recipes prepared by my wife Pat and team.

Many mountaineers and international travellers live here and use The Old Crown as their local. They bring back tales of their adventures and of the needs of people in some of the most remote parts of the world. This small and magical part of North Cumbria is truly international in its appreciation of real human world issues. And it is fitting that The Old Crown, Britain’s first cooperatively owned pub should help such a wonderful international initiative to help disadvantaged people to become self-sustaining.

By this simple and beautiful little recipe book Mike has enabled us all to take direct action.”

The book – price £5, can be purchased from –

Dr Mike Townend, Smithy Cottage, Millhouse, Hesket Newmarket, Cumbria CA7 8HR, or

The Old Crown Pub, Hesket Newmarket, Cumbria CA7 8JG.

Editor’s notes –

For more information

- about the book “Recipes from the roof of the world” contact Dr Mike Townend on 016974 78477.
- about the launch evening contact Malcolm or Pat Hawksworth on 016974 778288 and see attached invitation.
- about Sabriye Tenberken and her school in Lhasa see www.braillewithoutborders.org
- about Britain’s first co-operatively owned pub see www.theoldcrownpub.co.uk