

TEESDALE u3a FORUM



**Your monthly newsletter
about interest groups and
events in the Dale**

May 2022 no: 22/05

www.teesdaleu3a.org.uk

**Annie Clouston, Chairwoman
01833 637091 chair@teesdaleu3a.org.uk**

**Jane Mathieson, Business Secretary
01388 710741 bissec@teesdaleu3a.org.uk**

**Tim Meacham, Membership
07847 182554 memsec@teesdaleu3a.org.uk**

**Registered Charity no. 1176746
Established March 2007
Founding Chairman: George Jameson**



Chairwoman's Letter

Dear Friends

All of a sudden we have blossoming everywhere. In April the Dale began greening but now the colour palette has become more vibrant still with bluebells, primroses and wood anemone going bonkers in the valley, a wonderful representation of the irrepressible spirit of Gaia. Reasons to be cheerful...

Thanks to all of the Teesdale u3a team, particularly Tim and Mandy, who were at the Farmers Market in Barney on the first Saturday to raise awareness and hopefully get some new members. It was very nippy at 8am but as the day moved on it warmed and the atmosphere in the town was in tune with the weather. There were many local people and probably even more visitors to the town, and the team chatted to them as they passed by on the way to the street food and plant stalls (which, incidentally, did very well out of the team that day).

It is always a surprise to me that the u3a is not better known. When we explain to people what we are about it seems such a good idea – why not join a community, make friends, find out how to..., learn about stuff you have never had the time to before, have a laugh? What's not to like? We definitely succeeded in gaining one new member – paid up on the day – and tantalised (not too strong a word, I think) another, so our objective of 400 members this year is within our grasp. The more members, the greater our fund of all those things we value becomes – and I am not talking cash here.

Onwards and upwards

With very best wishes

Annie



Front cover photo: Bird's Eye Primrose (*Primula farinosa*) on Crankley Fell

It's Your Forum

Editors: Annie Clouston & Celia Chapple. This month's editor is Celia.
e-mail: forumeditor@teesdaleu3a.org.uk
phone: Annie **01833 637091** Celia **07783 419067**
Both editors receive all contributions and share the email account:
forumeditor@teesdaleu3a.org.uk

DEADLINE FOR CONTRIBUTIONS for the next edition:

Tuesday 7 June 2022

If we do not acknowledge a contribution by email this is probably because we haven't seen it. Please ring us if we have not acknowledged receipt within 48 hours.

Handwritten/typed contributions can be left in the u3a file in the library. Please phone to let us know if you have left a contribution in this file.

If you want to receive a copy of the Forum but cannot make it to the monthly meeting, you can acquire one by:

- ◆ Viewing it online on Teesdale u3a website at:
<https://teesdaleu3a.org.uk/>
- ◆ Sending us some SAEs and a cheque (£2 per copy payable to Teesdale u3a) and we shall post them to you each month
- ◆ Asking a friend to collect one for you at the meeting. The cost is £2 on a 'first come first served' basis.
- ◆ Email forumeditor@teesdaleu3a.org.uk or call Celia 07783 419067
- ◆ Collecting a **back copy** from the u3a file in the library or in The Witham shop or at TCR Hub.

NOTE TO CONTRIBUTORS

We are very grateful for all your contributions. Wherever possible, we will try as editors to include your work, and also urge you to be succinct. The more succinct you are the more photos, illustrations and interest articles and silliness we can include! Sincere apologies to anyone who feels they have been cut short or neglected.

Please limit submissions to 1 page or 400 words and 1 photo, and send them to the Forum Editor at:
forumeditor@teesdaleu3a.org.uk

MONTHLY MEETING AT THE WITHAM

**Meetings assemble from 10.00am for a prompt start at 10.30am
Tickets are no longer required so please come along.**

Guests are welcome to attend one of our meetings as a ‘taster’ before deciding whether to join. Children under 18 are NOT allowed to partake in group activities as guests, as they would not be covered by our insurance.

Thursday 26 May Fran Sandham *Dr Livingstone I Presume?*

The story behind the legendary meeting in Africa in 1871 between the missing explorer, Dr David Livingstone, and the ambitious journalist, Henry Morton Stanley – how it proved to be the newspaper scoop of the century, and why Stanley’s four words became the most famous greeting in history.

NEXT MEETINGS

23 June Kim Harding *Richard III: The Northern Connection*

Although she is recognised for being married to Rev Canon Alec Harding, Vicar of St Mary’s Parish Church, Kim is perhaps most well known for her involvement in all things Richard III. After studying at Durham University, Kim trained as a primary school teacher and raised four children – all named after members of Richard III’s family. She has always been involved in music-making: playing piano, recorder, ‘cello and handbells, as well as singing in choirs, and she is currently a member of St Mary’s Community Orchestra and Choir. Amongst her other activities, she runs the St Mary’s toddler group (‘Smiffies’) and is a volunteer assistant at Green Lane C of E Primary School.

She has been a member of the Richard III Society for over 40 years, and chair and founder member of the Northern Dales Richard III Group for the past 9 years, a group which promotes and researches Richard’s links with the town. Together with Annette Lowson, St Mary’s Musical Director, she has written a Richard III musical for primary school children, which will have its first public performance at 2pm on Wed 6th July in St Mary’s Church.

Kim’s talk will explore Richard’s links with and influence on Barnard Castle, including some recent Richard III research she conducted during the last two years of lockdown.

28 July Pete Norton *Charles Willis, Royal Portrait Painter.* Charles Willis was a superb portrait artist and illustrator. Roger Stanyon and Pete Norton decided to write the book to promote more widely Roger’s grandfather’s work. He worked in the early 20th century and took commissions to paint portraits of all the Royalty from Edward VII to Elizabeth II, and also other illustrations in the major publications of the time.

Report of April's monthly meeting talk by Celia Chapple

Over 80 people attended our Annual General Meeting on 29 April. Following proceedings, Max Adams gave an illustrated talk on forgotten women in history, from the early medieval period to early 19th century, and who are encompassed in his book, *Unquiet Women*.

These forthright women, not often written about, are notable in different ways. Mary Astell (1696-1731) was not afraid to write and converse with religious leaders, politicians and notable thinkers such as the Archbishop of Canterbury and the philosopher, John Norris, the latter publishing her work. She gained immediate and lasting fame with *A Serious Proposal to the Ladies for the Advancement of their True and Greatest Interest* which argued the case for girls to be educated away from men so they could emerge uncowed and self-confident.

In contrast, Max spoke of letters in 396 between sisters describing their unusual travels through Egypt, climbing 7497 feet up Mount Sinai. He outlined the importance of the woman's global role in the textile industry over centuries, handing down their assets – a bespoke weaving pattern – to daughters, or sharing tablet and back-strap weaving skills in South America. Women were also 'quiet' but significant contributors to embroidering the Bayeux Tapestry. Many women inherited estates through a dower in widowhood and used their influence as landowners.

In late medieval times, Christine de Pizan (c1405) was the first known woman to make an income from writing. She wrote moral philosophy and political theory, campaigning for women's rights, and spelling out men's failure in government which led to war and misery.

Another moving example of a woman's freedom of self-expression was the *Self-Portrait as the Allegory of Painting* by Artemisia Gentileschi. It is one of the earliest surviving self-portraits of a woman and is sensual yet self-assured. She has painted herself painting herself, traditionally a male prerogative.

The vote of thanks was given by Elizabeth Long.

Weekend Workshops

Saturday 25 June 2pm. A Wildflower Walk with Kate Keen.

An opportunity to learn more about and be able to identify the multitude of meadow flowers on the Demesnes in Barnard Castle. There will be no charge for this event.

Please contact Annie to book a place: annie@cloustons.uk

Saturday 2nd July 2-4pm Tai Chi Workshop Guide HQ Birch Road, Barnard Castle. Introductory session led by the experienced instructor, Ken Hornung.

Continued overleaf...

Continued from overleaf....

Research has shown that this low impact activity will improve balance, stability and flexibility. It places minimal stress on muscles and joints making it safe for all ages and fitness levels. When practiced regularly, it can also reduce arthritic pain, back problems and fibromyalgia.

To ensure a place on this workshop, contact Sue on 07512 368884 or email sueoverton@hotmail.com

Cost: £10 - Please make cheques payable to Teesdale u3a and send to Sue Overton at:- 5 Cecil Road, Barnard Castle DL12 8AL

Saturday 6 August 10-12. Dry Stone Walling - Hands-on. Cost £5.

Venue to be arranged. Limited places so to book contact Hazel Yeadon, Tel. 01833 638710; email hazelyeadon@hotmail.com

Grassholme Observatory visit 2nd April
Report by Sue Overton

Clear skies, no wind or rain – ok it was a wee bit chilly, but what a great night for stargazing!

In the classroom, 21 of us enjoyed an informative presentation by Gary Fildes, Lead Astronomer Grassholme Observatory, with amazing photographs from the Hubble telescope which has been in operation for 32 years.

Facts and figures were awe-inspiring and mind-boggling. It is hard to get your head round the vastness of the universe e.g. if you could travel at the speed of light (299,792,458 metres per second), it would take one and a half minutes to reach the moon and eight and a half minutes to reach our star, the sun.

We could get clear views of the spring constellations and through the telescopes, we saw the Orion nebula (just below Orion's belt) in amazing detail. The Orion nebula is 1,344 light years from Earth!

I find it fascinating to think that there are trillions of stars in the universe and they are constantly being formed from gas and dust in the nebulae, the 'nurseries' of stars as Gary described it.

In conclusion, I am thankful we have such a great facility on our doorstep. There is obviously a strong interest in astronomy among our members and I wonder if it is time to resurrect the Astronomy interest group. What do you think?

Please contact me with your views or to express an interest in forming/joining a group.

Contact: sueoverton@hotmail.com or 07512368884

Saltaire Day Trip 19 August from organiser Jane Mathieson

I have arranged a day trip to Saltaire on Friday 19 August. We will meet at 08.45 outside Addisons, Galgate, Barnard Castle, returning about 18.00.

For anyone who has not been to Saltaire before, it is a large site with parks, boat trips on the river, guided walks around the village and the mill, which encompasses retail stationary, books, home, gifts, large cafe, art galleries with the latest David Hockney paintings. There is a lot of walking.

The cost will be £18.50 each for the coach, and £7.50 each for the guided walk around the village with Maria Glot and her team. It is slightly hilly and takes 60-90 minutes, 'going as slow as the slowest people'. You are all given a bookmark with who you are for the day. You could be a child worker, a manager, their wife or a general worker, stating where you lived in the village and some facts about 'you'. As you walk through the village you will find where 'you' lived.

I have now got a larger coach, so there are a few seats available, and the cost may be less. If you would like to go on the trip, and have not already informed me, could you let me know as soon as possible, and whether you want to go on the guided walk.

If you know anyone not on email who you think may be interested, could you let them know please. I will let you know when I need payment. Jane Mathieson 01388 710741

Painting and Drawing Opportunity

Our u3a painting group is a cosy, no-pressure meeting led by Anne Lee, an artist of renown. Taking place in Startforth School, on the 2nd Friday of every month from 10-12, it lies within easy access of Barnard Castle, either walking or by car, and costs just a mere £4 per session. It offers expert tuition for beginners or intermediates in drawing skills and watercolour techniques, plus all the tea and coffee you can drink. The group is small and extremely friendly, and we are well known for our sense of humour.

So, what are the benefits of learning to paint and draw?

It improves hand/eye coordination. It helps you to use your imagination, creativity and personal expression. It involves interaction with others. It teaches you to look at things in a different light i.e. focussing on more detail. It can help you express your emotions.

Through teaching us to paint and draw, Anne encourages us to achieve as much or as little as we want, to go where we, as individuals, want to go. Just bring some paper, paints and a brush, and come along for a coffee! **For details, contact Val on 07900497503.**

Group Reports

Book Group Two Report by Elizabeth Long

Motherwell by Deborah Orr

If you were to read most of the reviews about this book, you would think everyone thought it was wonderful. How much that was down to the fact that she was a *Guardian* journalist (who actually died of cancer before the book was published) and could have had many friends, we were left to wonder. The group had very mixed views which, of course, led to a most interesting discussion.

Those who were positive about the book (and not all of it by any means) enjoyed the evocation of childhood and place as a piece of social history. It did bring back memories of growing up and what it was like to be a child; however, for others, at least, it made them very glad of their own upbringing.

This is a searing account of the author's relationship, both with her mother, and with the town of Motherwell itself. She appears to blame both her mother and the town for her difficulties as an adult. However, from all accounts, she had a very difficult marriage, followed by a nervous breakdown and therapy. During therapy, she was introduced to the term 'narcissism'. Although it was obvious that her husband was a narcissist, she went on to apply the term to her own mother, and seemed to view her childhood through that prism. In fact, the word 'narcissism' is peppered throughout the book. We, as a group, felt the mother was not so much a narcissist but a product of her time and generation, trying to do her best. Interestingly, one of our group felt that had she allowed more time to pass, following her therapy, before writing this memoir, she may have reflected more and come to a different conclusion about her mother.

Altogether a difficult book to read, not really enjoyed by all.

We usually meet either every month or every two months, on the second Monday in the month, although this can vary.

Please contact Elizabeth Long on 01833 641494 or
book2@teesdaleu3a.org.uk for further details.

Future Meetings

Monday, 13 June 2pm when we will be discussing *Where the Crawdads Sing* by Delia Owens

Monday 8 August 2pm when we will be discussing *The Woman in the Photograph* by Stephanie Butland

10 October 2pm (book tba)

14 November (book tba)

12 December (book tba)

Room to Read Book Group April Meeting by Annie Clouston

Klara and the Sun by Kazuo Ishiguru

Kazuo Ishiguru is a writer who exemplifies the long slow burn, with a spare, detached style of writing. In this, his latest of eight novels, referred to by some as retro-science fiction, he writes in the first person of Klara, an AF, a solar-powered robot. He shuns the explicit but gradually leads the reader into Klara's world, first in the shop where she is to be sold, then to the home of the pubertal Josie, to whom she becomes her Artificial Friend. Josie is ill and, implicitly, one comes to understand that her illness is linked to the genetic enhancement procedure chosen by her mother ostensibly to confer advantages in an increasingly fragmented society. But I have already said too much. The reader who comes to this book will read many many pages before figuring this out. It's as if you are travelling a learning journey at the same pace as Klara.

The book is unsettling. Its main themes are: exploring what it means to be human. Wherein does this exclusive property reside? How exclusive is that property when robots can observe, learn, replicate? Loneliness, lack of intimacy, alienation in so called progressive high-technologies; the decisions parents make for their children and why. One thing that didn't add up for me was that Klara's experiences of human interaction were very often hostile, unpleasant or aggressive, yet she seems not to have learned these ways of relating herself. Indeed, the very opposite – her communications are discreet, measured and conciliatory. How can that be?

The book is frustrating, but as one member said "it stays with you" like an itch that you need to keep scratching. The adult characters are without exception, objectionable, the landscape of the novel largely unattractive too. Its power lies in its capacity to stay with you. We valued it highly as book group discussion material, giving it five stars. To recommend to others we gave it four.

Next meetings: 18 May *Sad Little Men* Richard Beard; 15 June *Red Dust Road* Jackie Kaye; 20 July *Square Haunting* Francesca Wade

Climate Solutions Discussion Group Report by Kate Bailey

We convened face-to-face in the Witham County Room but with so few of us we decided that this is not a cost-effective venue. We will look to move elsewhere in future months. In any case the next meeting is on June 2nd, which is a Bank Holiday, so we decided not to meet that day. With energy prices continuing to rise we talked about ways of making our houses more energy efficient. We decided that in July we would

Continued overleaf....

visit the homes of two of our members to see the systems they have installed for generating and storing electricity, and the type of insulation they have used to keep the warmth inside.

The other issue we talked about is waste recycling. The first week of May was 'Composting Awareness Week' and we talked about the problems of members who have nowhere to keep a compost bin. Durham Council doesn't have a system for doorstep collections of kitchen waste and when this ends up in landfill sites it releases methane, a potent greenhouse gas. One of our members has offered to arrange a group visit to a waste recycling/reprocessing centre so we will hopefully be able to find out more.

Energy-saving tips for May: Home Insulation

- Updating your insulation will keep you warmer, reduce your heating bills and improve your home's EPC (Energy Performance Certificate);
- Draught-proofing every gap is a good start if cash is limited;
- Insulation work can be done room by room to avoid major disruption and to spread the cost;

Government-endorsed (Dept.BEIS) advice is available; this website enables you to enter your postcode to find out about any local grants: <https://www.simpleenergyadvice.org.uk/>

Freephone helpline: 0800 444 202

The ECO (Energy Company Obligation) is not a government grant. It is an obligation placed on the largest energy suppliers to support households who want to install energy-saving improvements. These are mainly cavity wall and loft/attic/roof-space insulation, particularly for people on low incomes and receiving benefits.

Contact your energy supplier to check whether you are eligible for free insulation.

Next meeting: Thursday 7 July - arranged visit to group members' homes.

Gardening Group Report for May by Sue

Our May garden visit was to The Himalayan Garden and Sculpture Park near Ripon.

I was a little confused to start with - was I on a gardening group trip or was it an art appreciation trip? There were times I wished there had been someone from the art group with me to explain some of the sculptures. That said, it was a most enjoyable day and as it is several years since I have been to the Himalayan Gardens - there was many changes.

The side of the valley immediately below the café was mainly the same planting-wise: magnificent, rhododendron, azalea, in just about every colour imaginable, and down to the valley floor with its three lakes. It is the

other side of the valley that has been totally transformed, now all planted with the continued Himalayan theme, and sculptures everywhere, some obvious, some a little obscure, some just needed a closer look (what I thought was a deer on closer inspection was a billy goat).

The outstanding feature of the new area has to be the clay Meconopsis poppies, created by the local community, school children, and garden staff, who were encouraged to personalise or dedicate their poppies.

Although the weather was quite dull and disappointing for most of us, one of the party said it was great for taking photographs.

No meeting in June

1 July: Kirkleatham Walled Garden followed by Mount Grace Priory

5 August: Colcotes Moor Farm, Dobbies Garden Centre, The Bea-
con

2 September: Breezy Knees

Prices and arrangements for these visits will follow soon.

Genealogy Group May Report by Alan Swindale

The May meeting looked at *Irregular Marriages*.

Runaway marriages to Gretna Green are a recurring occurrence in novels of the Regency or early Victorian period. Cross the border into Scotland and exchange marriage vows in front of two witnesses and, hey presto, you were legally married, even in England. Until Lord Hardwicke's marriage act of 1753, similar marriages could take place in England; the only difference was that the marriage had to take place in the presence of an Anglican clergyman. Mind you, if the other requirements of Canon Law (church law) were not met then the clergyman was likely to be stripped of his living and could well end up in debtor's prison. That is why the surroundings of The Fleet Prison and the King's Bench Prison were a good place to find clergymen willing to perform such a service – they had nothing left to lose.

Such marriages were called 'irregular' or 'clandestine' marriages. They were popular because they were quick – no banns – and cheaper than obtaining a licence. Also, they did not require parental consent and were not publicised – a boon to apprentices marrying before their articles would allow. In the first half of the 18th century, half the marriages in London were irregular marriages at The Fleet, The King's Bench, the Mint or May Fair Chapel.

In the nature of the events, complete records of these marriages are not available but a large number of records for both Gretna Green and The Fleet Prison can be searched on-line at Ancestry. **Continued overleaf....**

Continued from overleaf....

In June the members will assist each other with their family trees. The meeting will again be by Zoom, as usual on the first Thursday of the month, 3 June at 2pm. Details will be circulated to Genealogy group members nearer the time.

Alan Swindale ajs@fivenine.co.uk 01388 488348

Geography Report by Jane Harrison

Seven members contributed to April's meeting *Tales from the Map Room*, making it difficult to summarise everything in 400 words! Jane had discovered some interesting early tourist maps. The oldest, Bacon's County Map of Somerset, was typical of those mass-produced at the end of the 19th century for the growing leisure market. The use of out-dated or pirated printing plates was not uncommon. The Ordnance Survey was slow to respond, and it was only after the appointment of Ellis Martin, in 1919, that sales to the public started to grow. Martin did all the artwork for the map covers, including the calligraphy.



Our perceptions were then challenged by David Yeadon, who showed us the work of artist Layla Curtis. She had skilfully merged European road maps to create new imaginary maps, including one showing the Yorkshire coastline grafted onto parts of Denmark, the Isle of Mull, and the Ile de Noirmoutier!

The problems of mapping a 3D world in 2D were discussed by Phil Johnson. All map projections make compromises. The 16th century Mercator projection served the purpose for navigators by preserving directions but consequently exaggerated the size of high latitude land masses. More recent projections, such as the Gall-Peters projection, have produced very different shaped world maps.

Les Knight illustrated the coastal paradox. When the coastline of the British Isles was measured with 'rulers' ranging from a 100km down to 50m, it was found that the length kept increasing indefinitely as the measurement became more accurate. It led to the discovery of 'fractals' – lines that are infinitely long and look the same at all scales (self-similar). Fern leaves and river systems are examples where the whole has the same shape as its parts.

The stars of the show were Gerald's three original Luftwaffe bombing

maps of Glasgow, Hull, and Newcastle. In 1939 and 1940 the Germans produced a series of secret maps to prepare for the invasion of Britain. They were made using Ordnance Survey maps (easily procured before the war) or air photographs taken by the Luftwaffe. The maps identified strategic targets in all our major cities and ports with chilling accuracy.

A more detailed account of the meeting, including the book reviews, will be posted in the group section online.

Next meetings: Thursday 16 June, 2pm. Witham Hall. Professor Michael Alexander will speak on soils and their formation.

Thursday 7 July (not the 21st) Professor David Newman from Ben Gurion University. Venue to be confirmed.

Historic Environment Group Report by Celia Chapple

Tony Metcalfe, Altogether Archaeology, updated our group on the Gueswick terraced hills excavation situated north-west of Cotherstone. After initial field walking, magnetometry and an exploratory trench in 2019, the community archaeology group excavated Gueswick fully in 2021 to discover that there had been an Iron Age settlement there (+/- 700BC to 43AD).

Teaming up with Norwegian archaeologists and other terrace specialists, soil samples were taken and sealed in tubes to avoid light damage and assist luminescence dating which indicates when soil crystals were last exposed to light. These samples indicate that all Gueswick terraces are manmade.

Three trenches were dug. The third trench, encompassing part of a ditch, indicated that a palisade was built - a fence of wooden stakes fixed in the ground, forming an enclosure or defence – and later, when the wood had rotted, stone slabs were incorporated with many animal bones solidly packed in. Carbon dating from a femur indicated more accurately that this is a late Iron Age site (+/- 42BC to 58 AD).



Tony related the various stages of an archaeological excavation mentioned earlier, and the importance of researching and dating objects, which is an expensive business. The archaeologists and volunteers unearthed important finds, some of which Tony brought with him, and which indicate that people lived at Gueswick. A brooch is the first recorded Saxon item to be found in Teesdale; it is now stored in gel to prevent further erosion. **Continued overleaf....**

Continued from overleaf....

Two spindle whorls for spinning wool were discovered as well as a partly developed Iron Age sandstone bee-hive quern stone, similar to one found at Cow Green, which indicates the use of grain. Romano-British Crambeck type pottery and late 1st or 2nd century burnished ware were found suggesting possible trade from outside the area such as with Malton, North Yorkshire. Other finds were whet stones, Mesolithic flints and a Roman coin that, once conserved, revealed Marcus Aurelius' head (139 to 161AD). The prettiest object was a blue glass bead with white whirls, and some glass droplet waste indicating glass-making took place there.

We start 'outside' meetings in May with a guided walk on Cockfield Fell led by Rob Pearson. June will see us at Tees Cottage Pumping Station with Dave Smart. Please contact Tim Meacham for further information.
simontimothymeacham@gmail.com

iPad & iPhone Group Report by Mike Sweeting

There was a focus on personal information and privacy in this month's session, who holds what information and why. We also looked at how to manage the time spent using the iPad or iPhone particularly where younger, less experienced minds were involved.

Another app that can frequently cause concern is the App Store, we looked at how that works and how it can be controlled. An important area, often overlooked, is hiding behind the head and shoulders in a circle icon (top right). This contains all the information on purchases, subscriptions and payment methods. All these can be controlled from this area.

There was time for some questions and answers before the close.

Next month the meeting will be on 27 May at The Witham. We will cover, amongst other things, using the Camera and Photos apps.

Lunch Group April Report by Nona Colley

This month the Lunch Group met at the Forresters in Middleton in Teesdale. Seven of us had a happy time perusing and enjoying our choices from an extensive and unusual menu. Most of us decided another visit would be needed to sample different meals.

Next meetings:

18 May The Bridge, Whorlton

15 June Coghlans, for afternoon tea

If anyone would like to join the group please contact me, Jane Mathieson, on 01388 71074.

Needlecraft Group Report by Glen Howard

What better way to spend a Bank Holiday wet Monday than with friends and fellow stitchers. It is so relaxing to meet up, work on our projects and chat about anything we feel is interesting. Today, we discussed the merits of the new Lidl store, the suggestion that an Aldi is negotiating for a site, and the need for an 'app' if you want to take advantage of special savings.

Our next meeting will be on Monday 6 June (another Bank Holiday). Please get in touch with me if you would like to join us.

Glen Howard 01833 631639

Painting Group April Report by Martin Page

See also 'Painting Group Opportunities' on page 7

Painting outdoors - especially water colour - in the current meteorological environment is not the brightest of ideas so painting indoors was the order of the day. All good pictures usually start with a sketch in order to define perspective and spacing, and is invariably defined by the dimensions of the piece of paper you start with. It is a northern instinctive – I've paid for this piece of paper, ergo, I'm going to use ALL of it — whereas, actually, a framed picture can be more enhanced and realistic, irrespective of the size or shape of the original paper. This month's challenge was to fit a section of an interior into a framed segment by sketching. This then introduced parts of images entering the frame and enhancing the depth and the ability to draw the eye into the painting. Finishing with tonal shading from the paints.

Here are some class pictures of the day to record what was covered.



Philosophy Group Report by James Dykes

How Can That Be Right?

The group looked further at *Right and Wrong*, the fundamental philosophical topic of **Ethics**. If some human actions or omissions are **good**, and some **evil**, then Ethics looks at how one '**ought**' to behave.

Previously we had considered the *Virtue Theory* and the *Consequentialist Theory*. This time we looked at the *Duty Theory*, or **Deontology**. Philosophers with views on morality over the centuries include *Aristotle*, *Machiavelli*, *Hobbes*, *Berkeley*, *Voltaire* and *Naess*. We looked at various religion-based views, and then we considered scientific and reason-based views, like those of *Immanuel Kant*.

Kant, an eminent 18th century scientist, turned to philosophy late in life, during the European intellectual period known as *The Enlightenment Age*; a period noted for its reliance on reason and logic, rather than on tradition, or faith. Much of the thinking came from Scottish philosopher, *David Hume*, who analysed *cause-and-effect relationships*. '**Causation**' is a concept used to discover why certain events follow, or appear caused by, other events.

Kant felt '**duty**' was the only acceptable motive for good behaviour, decrying wrong reasons like self-interest. Consequences were irrelevant: an action was either moral or not, and the intention behind the act, the '**maxim**', was crucial. This applied in all circumstances, and he called it his '**Categorical Imperative**'.

We then looked at '**free will**': for an action or omission to be moral:

1. the actor has *decided* to act or omit; 2. the decision was taken with the pure motive of acting morally; and 3. one would genuinely wish that action, in that circumstance, to be an '**universal law**'. There are problems with this theory: it is vague and very difficult to apply to day-to-day decisions. It may lead to some absurd decisions, and it completely ignores emotions like compassion.

We discussed several general moral topics including whether variations might apply to collective actions, or to actions taken by groups like generals or MPs. We also visited **Meta Ethics**, or **Applied Ethics**, which considers how theorists apply their moral theories to specific problems, e.g. when looking at the morality of Euthanasia. A meta-ethicist might seek to define and measure terms like justice or forgiveness, whereas Kant believed that duties follow from *logical considerations*, not from emotional ones.

G E Moore developed Hume's views, stating that one cannot work out what 'ought to be done' merely by observation of the situation. Jean

Paul Sartre claimed that the route for deciding correct action was personal judgement and not a 'calculation'. A J Ayers felt that all ethical statements were meaningless, based not on fact but purely a reflection of their opinion.

We concluded that moral philosophy is a complex and broad subject, of which we had only scraped the surface; then I went off for a double shot of caffeine. On 24 May, we look at *Animal Rights*, touching on subjects like vegetarianism, animal suffering, animal welfare.. On 28 June, we will be looking at Political Philosophy.

Photography Group April Report by Alan Kenwright

On 5 April, members of the photography group enjoyed a trip to Fountains Abbey near Ripon. Although the weather was not the most favourable for photography (heavily overcast with flat, grey light) the fascinating ruins of the abbey and the surrounding buildings and parkland provided plenty of opportunities for interesting photographs.



After a pleasant lunch in the visitors centre cafeteria, a smaller group moved on to Brimham Rocks (about 8 miles from Fountains Abbey) to admire and photograph the wonderful eroded rock formations found there (see additional photo on page 29). Deteriorating weather conditions eventually persuaded them to call it a day and head for home but overall the group had a very successful day out. (Photo by Alan Kenwright)

May Group Report by Alan Kenwright

On 3 May, members of the photography group visited Thorp Perrow near Bedale to enjoy photographing the arboretum and the spectacular birds of prey. The arboretum itself provided terrific subjects with vivid spring colours present both in much of the foliage and in the flowers. The group attended two demonstrations of the birds of prey, first the owls and later the raptors, and were able to get much closer to these impressive birds than most of us would ever manage in the wild. We got some pleasing images of the birds at rest, and of the slower birds in flight, but I think almost everyone was defeated by the challenge of trying to capture a tight shot of a peregrine falcon on the wing! Next meeting: 7 June Farne Islands. See Pete Redgrave's photograph overleaf.

**Nature Note by Janet Sweeting
Sun before seven. Rain before Eleven.**

Continued from overleaf.....

Photo by
Pete Redgrave



Poetry Group Report by Annie Clouston

The poetry group will not have met until after the Forum deadline. However, this month's theme is *Narrative Poems*. Here's one that I have found; thanks to John Peat for telling me about it whilst on a walk in Wensleydale (see Fell Walking Group report page 25)

THE BALLAD OF SEMERWATER by Sir William Watson

Deep asleep, deep asleep,
Deep asleep it lies,
The still lake of Semerwater
Under the still skies

And many a fathom
Many a fathom
Many a fathom below,
In a king's tower and a queen's bower
The fishes come and go

Once there stood by Semerwater
A mickle town and tall;
Kings's tower and queen's bower
And the wakeman on the wall.

Came a beggar halt and sore:
 "I faint for lack of bread!"
Kings tower and queen's bower
 Cast him forth unfed

He knocke'd at the door of eller's cot,
 The eller's cot in the dale.
They gave him of their oatcake,
 They gave him of their ale.

He cursed aloud that city proud,
 He cursed it in its pride;
He has cursed it into Semerwater
 There to Bide

King's tower and queen's bower,
 And a mickle town and tall;
By glimmer of scale and gleam of fin
 Folk have seen them all.
King tower and queen's bower,
And weed and reed in the gloom;
 And a lost city in Semerwater,
 Deep asleep till Doom.

Science and Technology Group April Meeting by Karen Tranter Gadgets

Sadly, only 7 members were present, but happily there was a great range of gadgets. A discussion about what constitutes a gadget concluded it is something personal that does a job very well, as illustrated by the items presented.

A wood chisel (Roy Tranter) came into the 'not' group, even though it was optimised for shaping wood, but the vernier calliper and the micrometer (Norman McBain) were! The calliper was still used to measure inside and outside lengths and depths to 1/1000th inch.

Karen Tranter showed a small collection of thimbles and talked about their history. The earliest English examples date from C10th but thimbles have probably been in use since sewing started eons ago. They have
continued overleaf....

Continued from overleaf....

been used also as liquid measures and as highly decorated gifts.

An hexagonal piece of steel with indentations along the edges (Ian Royston) flummoxed everyone. The indentations were a red-herring as it was the slightly prominent corners that were critical to this device for measuring the thickness of a new coat of wet paint.

A small magnet on an extending rod was a favoured gadget of Roy - very useful for finding and picking up small steel items dropped on the floor.

Rob Mead had several items. A couple of homemade gadgets first: a simple wooden rod to operate a light switch just out of reach from his chair and an old iron knife whose blade he had shaped to easily deal with potatoes. Then a small hand-held balance, that could be used to weigh anything (not a gadget) and an even smaller balance designed to check the weight and dimensions of gold sovereigns and half sovereigns (a gadget).

A pill silverser was next. Not only did it do its job well, it was a pleasing object to hold and look at. Three cachet filling devices regularly found in pharmacies until the early C20th were next. Rob's view was that the most complex of these was a machine not a gadget.

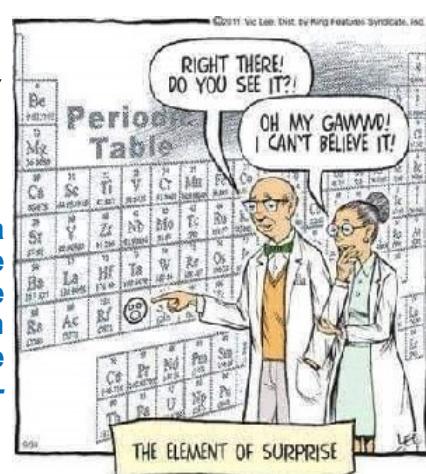
The capabilities of a small hand-held digital microscope were demonstrated by Roy with plant samples, small print and crystals.

Finally, Karen produced more domestic items: a linen marker frame, darning mushrooms, shuttle sticks of various types, egg poachers and an egg yolk extractor.

All of the items generated discussion and tales of similar items - a very enjoyable session!

Next meeting: Monday 9 May when Steve Rolt will give a talk entitled *The James Webb Space Telescope (and my "small contribution to it")*.

Editor's note: If you like Agatha Christie or all things mysterious, see page 30 for an additional Science and Technology group report from their February meeting on the fascinating topic, *Death by Poison - Agatha Christie's Skill*.



Scrabble Group May Report by Judith Fanner

Most regular Scrabble players were able to make the meeting this month, so we split into three groups, with three players in each.

Well done to the winners of each group, Ray, Kate and Liz who then played against each other. A great game from Ray who got all his letters out, not once, but three times, in his first game as shown in the photograph, making the words: piddlier, manorial and fulcrate! This



added an extra 50 points onto his score for each word made, using all his letters. That's the way to do it! Scrabble is a great game as its a mixture of skill and luck and the more we play, the better our game improves.

Thank you to Lilian for hosting this month's Scrabble and for treating us to lovely homemade scones and cake with our tea and coffee.

The next meeting will be on Monday 13 June at our home in Cotherstone 2.00-4.00 p.m. If you would like to join us please contact me on 07790 407152 or Lilian on 01833 650628.

Spanish Conversation April Group Report by Lusia McAnna

Sadly, we were unable to hold our normal April Zoom, but hope to be back on track in May with the topic of *A book that inspired me* and if the weather is better, we may even be able to meet in the garden, which would be refreshing.

For anyone who has ever been in Spain at Easter, they have probably witnessed the traditional religious festivities that take place during Semana Santa (Holy Week) which are sombre but captivating, particularly in Andalucía, with especially striking festivals taking place in Seville and Malaga. These processions portray the Passion and Death of Christ with floats often showing effigies of Christ either holding or on the cross.

There are normally several daily processions in the week running up to Easter Sunday going on throughout the day and into the night which are organised by members of a brotherhood, which usually means that they belong to the same church. The mood of these processions changes over the week with the most colourful and joyous ones on Easter Sunday.

Continued overleaf....

Continued from overleaf....

At each procession, the richly decorated and ornate floats, each depicting a scene from the Easter story, are carried by 'costaleros' pallbearers followed by 'nazarenos' who often carry candles, torches or wooden crosses. The costaleros are dressed in traditional robes and conical hoods which cover their faces. This clothing dates to medieval times, when it would be worn by people to show their repentance over past sins. Women in the processions dress in black and wear a 'mantilla,' a black lace veil a sign of mourning. An integral part of the processions are the marching bands playing and singing religious music and all this plus the scent of incense makes the processions a haunting and fascinating spectacle.

As Easter takes place after Lent, when there has been a period of abstinence from sweet foods, Easter Sunday celebrations include many sweet pastries like Buñuelos (doughnuts) and Torrijos (a sort of French toast with honey).

So if you ever get a chance to be in Spain at that time, it is certainly worth making the effort to witness these ancient traditions yourselves.



Table Tennis Group Report by Peter Singer

We live in an increasingly turbulent world and the hour we spend together as a group every Friday afternoon provides a welcome escape. During this short period of respite, we focus all our energy on a small, round, white (or possibly orange since 1997), plastic sphere, measuring 40mm in diameter and weighing 2.7 grams, otherwise known as a ping pong ball (sadly, environmentally-friendly alternatives to plastic are currently unavailable – paper would be a bit limp and might not last more than a point; bamboo products contain melamine and formaldehyde resin; meringue would be too fragile; a hard-boiled egg wouldn't bounce and a ball of wool, whilst more colourful and good for Teesdale farmers, would likely be too heavy).

As we play, we run the whole gamut of emotions – optimism, hope, frustration, despair, satisfaction and occasionally jubilation. The game may be punctuated by shouts, grunts, screams, laughter, muffled mutterings and expressions of encouragement or scorn, all indications

that we are enjoying ourselves. Latterly, because of holidays, an injury or two (of course, unrelated to table tennis) and the busy lives that we all lead in retirement, our numbers have been down a little, but those attending have taken advantage of the extra playing time to hone their games.

Much attention has been paid to the serve, a more complicated and difficult shot than it may seem. In singles, the ball may be served anywhere on the table, but in doubles, it must be served from the right-hand side at one end to the right-hand side at the other end, and that pesky white line down the middle occasionally catches us out. Some of us try top-spin, others back-spin, side-spin, fore-hand, back-hand, slow, fast – my word, there's no wonder we're confused! Once the game is under way, rallies are fiercely contested with rapier-like accuracy and speed – well, in our dreams anyway. Changing the combinations of players to ensure everyone plays with and against everyone else can lead to prolonged discussion and much head-scratching, so if anyone fancies writing a computer program or algorithm to handle this for us, that would be great.



Perhaps not surprisingly, much has been written about the history of table tennis, but who would have thought that there would be a museum dedicated to preserving and promoting the heritage of the sport? The museum opened in 2004 in Lausanne, Switzerland, but moved to Shanghai, China in 2014.

The building is truly impressive, which may have something to do with the fact that table tennis is the national sport in China and Chinese players dominate the international game, having won 120 of the 143 World Championship titles since 1981.

Shorter Walks Group Report by Vivien Hodgson and Dorothy Binks

April Cotherstone Circular 4miles

On a cool April day, a party of 12 met at Cotherstone church and proceeded along the railway. After negotiating one or two rabbit potholes, we were able to enjoy the spring green and burgeoning spring flowers – marsh marigolds, primroses, stitchwort and blackthorn – until we reached the viaduct over the Balder beck.

A short distance further on, we climbed the steps to the fields towards Doe Park – lambs looking strong and happy, and on the banks, our first sightings of the wonderful English bluebells, can't beat them for vibrancy!

Continued overleaf....

Continued from overleaf....

We went past the caravan park, on through the fields with yet more marsh marigolds, to the road bridge.

A short walk along the road took us to the path towards the Hagg but we bore right, up the hill, past the mound where the castle used to be and then on to the path, high above the river. Again, more spring flowers and new leaves – interesting to see Elm trees regenerating (a bonus to have a tree expert in our midst!) We passed the leaf sculpture, one of the series of Teesdale view markers, where we spotted a hare in the field. Then past the tomb of Abraham Hilton, one of the benefactors of Barnard Castle.

Further along the river we turned right through a field to a single track by a stream where we saw more wild flowers, among them early campion and butterbur, to a stile which took us up the field, over another stile, crossing the beck again on a large single stone bridge, to the memorial garden and pond.

We then crossed the field to the Quaker Meeting House which is still in use. Here our attention was drawn to the larch trees and the non-native Chilean Pine. We continued to the lane and back to our starting point.

We enjoyed a fine day and great company but best of all, we felt spring had arrived!

7-9 Mile Walking Group April Report by Alan Kenwright

A group of 11 met at the parking site at Bollihope and walked up the shooting track to the south, heading for Pawlaw Pike. Although the weather was fresh at the start, the steady climb soon warmed us all up and by the time we reached the moor top it had turned into a beautiful spring day with blue skies and lovely sunshine.

We followed gently descending tracks across the moors until we came to the top of the road that runs down past Allotment House (not actually a house but apparently a very large barn – see pic) where we paused for lunch before leaving the moor to begin our descent.

After a short stretch on metalled road, we turned off to cross some more open country (quite boggy in places!) as we headed downhill to the footbridge over Bollihope Burn next to the farm at Pye Close, and from there followed the Burn back to our starting point.

We were treated to sunshine, blue skies, an interesting variety of bird life, some very young lambs, primroses, and even some bluebells, so we really felt as though spring had finally arrived!

Many thanks to Alan for leading a varied walk in an area new to several of us. The next walk on Wednesday 18 May will be led by Phil from



Reeth. The walk of about 8.5 miles will encompass Reeth - Grinton - Marrick Priory—Marrick—Fremington Edge and back to Reeth.

The walk on Wednesday 15 June will be led by Lynda. A walk of 8.5 miles from Wolsingham to Tunstall Reservoir and back. Please contact nickygrace729@gmail.com if you are planning on coming along.

Fellwalking Report by Annie Clouston

Bainbridge Circular

Eight of us turned out on a cool but mercifully dry day for a ten mile walk from Bainbridge via Cam High road towards Wether Fell turning down towards Marsett—over Marsett Beck to Stalling Busk and around the lake to Semer Water Bridge thence along the River Bain back to Bainbridge. Highlights of the walk included the site marking a key meeting place in the campaign for countryside access. The Ramblers vice-president, Janet Street Porter, unveiled a blue plaque on a cottage in Stalling Busk in Raydale to mark The Stalling Busk Conference of 1996 which formulated a prototype access bill that would lay the foundations of the Labour Government's Countryside and Rights of Way Act (2000) giving walkers extended rights to roam certain areas of mountain, moorland, common land and heaths in England and Wales.

The old church at Stalling Busk is also of interest, now a ruin, but still picturesque and with lovely views over the lake, with surprisingly good places for the flagging walker to eat their snap. From the car park at the end of the lake, we saw a wet-suited figure bobbing in the choppy water and then exiting sharpish, no doubt in danger of hypothermia. On this occasion my usual urge to get wet was strangely absent.... We also saw some monster erratics on the shore, tipped there when conditions were even icier. A great walk, thanks to Phil for leading, and great refreshments at the café in Bainbridge. Tempted to join us on the fourth Wednesday of the month? Please do. Contact me for details: annie@cloustons.uk



4-6 Mile Walking Group
Leyburn to Harmby and Spennithorne 5.3miles
Tuesday, 10 May

I and the three members of the group who arrived for the walk met at the bus shelter in Leyburn, walked down to the Pheasant Inn then turned right and into the Village of Harmby. An almost immediate left turn at a sign marked waterfall led us across the first of several fields that offered wonderful views of Middleham and Pennhill.

After exiting a small enclosed wooded area, we then walked through a narrow space between two walls into Spennithorne Churchyard, spending some time to explore the church. From the pretty village of Spennithorne, we crossed over a stream and another wooded area full of bluebells and wild garlic and headed towards the River Ure and a Christmas tree plantation. From here we took a gradual upwards climb back to Leyburn.

It was a beautiful warm, sunny day with a lovely breeze. What a pity most of you missed it.

Wild Flower Group 13 April Report by Kate Keen
Eggleston Abbey

The wild flower walk started from the car park at Eggleston Abbey. We walked down Abbey Lane towards the meadow logging our finds as we walked. By the gate into a meadow, we were only able to find three moschatel (town hall clocks). On the opposite bank of the Tees, we could see a mass of yellow gorse flowers. Into the meadow and by Thorsgill Beck, we saw swathes of butterbur as well as violets, barren strawberry, golden saxifrage, coltsfoot and Lady's mantle. Returning back along the lane, we discovered lots of patches of moschatel under the hedgerows in places where the group had not seen it before. We normally do this walk later in the month so it may be that they have always been there but have been hidden by other plants. As we crossed over Abbey Bridge, we were able to see the stunning sight of the banks being covered in wood anemones. We even saw bluebells coming into flower. A full list of the plants in flower is in the separate list sent to the group.

On Wednesday 11 May at 2.00pm, the walk was from the Bowlees Visitor Centre and around the quarry.

The wild flower group will meet at Bowlees Visitor Centre on Wednesday 8 June at 2.00pm. We will walk over Wynch Bridge and look around the meadow and will then stroll up the Tees to see what is in flower there.

June is a great time to look out for wild flowers.

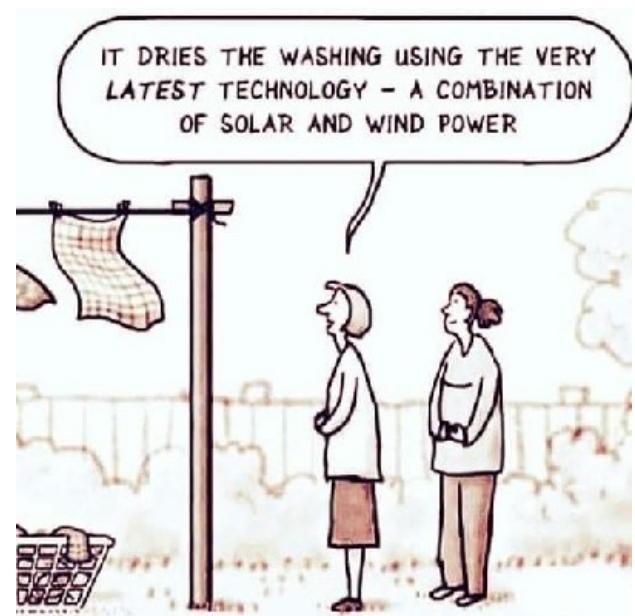
Wildflower Walks 2022 Programme

Date	Location	Leader
11 May	Bowlees Quarry	Kate Keen
24 May	Richmond	Jane Harrison
8 June	Bowlees over Wynch Bridge	Kate Keen
22 June	Hayberries	Susan and Norma
13 July	tbc	Kate Keen

Wine Group Report by Tim Meacham

Part 2 of the Italian tasting will be at the May meeting, 17 May (there will be no session in April). Anyone wishing for more information should contact Tim Meacham via simontimothymeacham@gmail.com

Thank you to Karen Tranter for sharing her humour



Reintroduction of the White-tailed Eagle by Rose Pude

The white-tailed eagle, also known as the sea eagle, is Britain's largest bird of prey with a wingspan of eight feet. It was persecuted in the Middle Ages and became extinct in Britain in the early 19th century. In the 1970s, young birds from Norway were introduced to the west coast of Scotland. There are now over a hundred pairs of eagles that breed there. Both parents look after the one or two chicks that hatch each year. As well as fish, white-tailed eagles eat rabbits, carrion and seaside birds such as gulls.

In 2019, a five-year programme to reintroduce white-tailed eagles in England started with the release of six young birds on the Isle of Wight. A further seven birds were released in 2020. It is intended to release up to sixty birds over a five-year period. It is hoped that some of these birds will regard the island as home and breed there when they are mature. It is known that these eagles lived along the whole of the south coast of England and bred on the Isle of Wight up to 1780. Another reason for choosing the Isle of Wight is because there are plenty of fish in the estuaries and coastal waters of the island.

Each bird has been fitted with a satellite tracker so the project team can monitor their movements. In 2020, the birds released in 2019 travelled as far away as southern Scotland. One female spent the summer on the North York Moors and the Yorkshire Dales. In September, she spent a couple of days by the woods along the River Greta in Teesdale before heading south to Lincolnshire and then to the Fens. These long-distance travels by young birds are a crucial part of their learning. Experience from Scotland shows that they usually find a breeding territory within 30 miles of the release site. It is hoped that the Isle of Wight birds and their descendants will gradually spread along the south coast.

Sea eagles may not settle in the north of England for many years but if we are lucky we will spot one exploring the countryside near our homes. It must be a magnificent sight to see such a large bird soaring in the air.

**White-tailed eagle about to plunge into the sea.
Copyright Laurie Campbell.
Taken from the [Roy Dennis website](#).**



Spring in War Time by Sara Teasdale

Sent in by Roger Stanyon

I feel the spring far off, far off,
The faint far scent of bud and leaf—
Oh how can Spring take heart to come
To a world in grief,
Deep grief?

The sun turns north, the days grow long,
Later the evening star grows bright—
How can the daylight linger on
For men to fight,
Still fight?

The grass is waking in the ground,
Soon it will rise and blow in waves—
How can it have the heart to sway
Over the graves,
New graves?

Under the boughs where lovers walked
The apple-blooms will shed their breath—
But what of all the lovers now
Parted by death,
Grey Death?

Published in her 1915 anthology *Rivers to the Sea*



Photograph from
Jane Mathieson
(see page 17 for
photography
group's visit to
Brimham Rocks)

Science and Technology Group Meeting 14 February 2022

Death by Poison - Agatha Christie's Skill

Karen Tranter gave this talk, the first of the 2022 season. She is an avid reader of Agatha Christie's murder mysteries and, as poisoning crops up frequently in the stories, wondered where Agatha's knowledge came from. There were some impressive statistics: 85 novels; 41 stories involving poisons; 300 poison victims; 17 different poisons used. Her knowledge of poisons came from her practical training and skill in pharmacy obtained over several years in hospital dispensaries. She also started writing her novels in her spare time at the dispensaries; her first being *The Mysterious Affair at Styles* in 1916, featuring Hercule Poirot and strychnine.

After a short review of Agatha Christie's life, Karen went on the look at five of the poisons in more detail: Arsenic in its various compounds, Cyanide in its various compounds, Thallium sulphate, Strychnine and Atropine (Belladonna). For each, she mentioned the stories that involved the poison and then went on to the mode of action of the poison in the body, the symptoms and the lethal dose.

Arsenic and thallium are both slow acting, cumulative poisons where the symptoms develop over a period of months and are often, at least initially, indistinguishable from other common illnesses or food poisoning. On the other hand, cyanide and strychnine are fast acting and have quite low lethal doses. They also cause severe and readily identifiable reactions in the victim - strychnine is described as "an appalling poison". The effect of atropine depends very much on its method of administration - it is only if it gets into the blood stream that it is particularly dangerous, otherwise it is more likely to cause symptoms that could be confused with strokes, insanity or dementia.



Agatha Christie was creative in the ways she found to poison her victims. The method of administration was usually through some common habit - cocktails, champagne, smoking, skincare preparations (men - check your shaving cream!) - so the poisoner usually had an alibi when the victim finally died, leaving Hercule Poirot or Miss Marple a fiendish plot to untangle.

Undoubtedly, Agatha Christie had a great working knowledge of poisons and her training as a pharmacist meant she could find plausible methods of poisoning. But her skill was also in weaving a story that keeps the reader's attention.

If you still feeling like eating after reading about Agatha's 'creative skill', try this very tasty recipe from Laura Gousto from [Gousto Cookbook](#), sent in by Jan Singer.

Sausage Curry (2 servings)

- 1 red onion, chopped into large bite-size pieces
 - 15g fresh root ginger, finely chopped
 - 2 garlic cloves, finely chopped
 - 125g cherry tomatoes, chopped in half
 - 150g baby leaf spinach
 - Half a chicken stock cube
 - 4 Cumberland sausages
 - Half tsp dried chilli flakes
 - 1 tsp ground cumin
 - 1 tbsp garam masala
 - 30g tomato paste
- > Squeeze the sausage meat out of their skins and discard the skins.
- > Heat a large, wide-based pan with a drizzle of oil over a medium/high heat. Once hot, add the sausage meat, breaking it up into small pieces with a wooden spoon as you go. Cook for 3-5 mins or until the sausage meat has browned then transfer to a bowl and set aside.
- > Add the onion to the pan and cook for 4-5 mins or until softened. Then add the ginger, garlic, cumin and chilli flakes. Stir and cook for 20 secs or until fragrant.
- > Add the tomatoes, tomato paste, stock cube, sausage pieces, spinach and 150ml of boiled water. Give everything a good mix then cook for 5-6 mins until the sausage meat is warmed through and the spinach has wilted. Add the garam masala and cook for a further 1-2 mins or until thickened.
- > Serve with basmati rice and naan.



More Nature Notes from Janet Sweeting

The yellow hammer requests "a little bit of bread and n-o-o che-e-e-se"
Hay in May is worth a king's ransom. Hay in June a silver spoon. Hay in July - not worth a fly

May - June Quiz (thank you to Karen Tranter)
Some foreign words and phrases in (fairly) common use

1. bona fide
2. caveat emptor
3. chacun a son gout
4. quid pro quo
5. chef-d'oeuvre
6. carpe diem
7. zeitgeist
8. kitsch
9. unheimlich
10. inter alia
11. ansatz
12. sangfroid
13. schadenfreude
14. tant pis
15. gemütlichkeit
16. sine die
17. soi-disant
18. katzenjammer
19. on dit
20. pis aller

(English equivalent)

a hangover, a piece of gossip, adjourned indefinitely, among other things, buyer beware, cheap gaudy items of popular culture, coziness, delight at the misfortunes of others, educated guess, equal exchange, everyone to their own taste, genuine, last resort, masterpiece, seize the day, so called/self-styled, spirit of the time, the ability to stay calm in difficult circumstances, too bad, uncanny

Community Events Coming Up.....

Rotary Club of Barnard Castle 4 BBB Pairs Stableford Golf Day

Barnard Castle Golf Club 24 June. In aid of Rotary Charities: Ukrainian refugees in Poland through a Polish Rotary Club. 'Shelterbox' which provides temporary shelter for displaced persons around the world. Local funding: Giving 'Rogers Thesaurus' to primary school leavers; funding a local student to go on Rotary Youth Leadership Award course.

Book online at Barnard Castle Golf Club BRS site. For further information call John Lowery at 01325 733138 or email johnlowry49@btinternet.com

Open Gardens

**Thorngate, The Bank, The Demesnes, Newgate,
Sunday 5 June 2-4pm**



Proceeds in aid of Disasters Emergency Committee for Ukraine. Programmes available at Amen Corner, by the Butter Market

Gardens of all shapes and sizes, formal and informal are open again for the first time since 2019. Have a chat with the gardeners, share tips, enjoy each other's company.



Community Music Festival

13 June to 10 July. Celebrating music in Teesdale. This year's festival embraces music makers in Teesdale and offers you the opportunity both to appreciate the wide range of music making in the dale but also to get involved in music making yourself. We hope you'll enjoy this, St Mary's Second Community Music Festival. For the full programme of events, call Annette on 07411 825230 or visit: [St Mary's Community Music Festival webpage](#)

Teesdale Business Awards Winner 2016 for

BEST CUSTOMER FOCUS

REBOOT
R E P A I R S A N D D E S I G N

No Fix No Fee

**Home/Business visits
Free initial consultation if needed**

**Very competitive rates, a patient and friendly service
for any kind of Technology or Wifi problem**

**Tel: 01833 200500 / Mob: 07960151013 and ask for Jenny
contactus@rebootrepairs.co.uk www.rebootrepairs.co.uk**

Group	Meeting Time	Contact Details
Art Appreciation	1 st Wed pm	Roger Stanyon 01833 631758
Birdwatching	3 rd Monday am	John Howard 01833 631639
Book Group 2	2 nd Mon pm	Elizabeth Long 01833 641494
Book Group 3 Room to Read	3 rd Wed pm	Annie Clouston 01833 637091
Chess		Diana Marks 01833 631616 07762 626912
Climate Solutions	1 st Thurs am	Kate Bailey 07867 683195
Discussion	2 nd Fri am	Glen Howard 01833 631639
French Conversation	4 th Thurs pm	Stella Kirton 01388 488919
Gardening	1 st Fri pm	Pauline Fawcett 01833 638020
Genealogy	1 st Thurs pm	Alan Swindale 01388 488348
Geography	3 rd Thurs 2pm	Gerald Blake 01833 650899
Geology	4 th Mon am	Bob Tuddenham 07812 378004
Historic Environment	2 nd Thurs 10am	Tim Meacham 07847 182554
iPad & iPhone	4 th Fri 2pm	Mike Sweeting 01833 630005
Italian Conversation	Every Wed am	Marie Jenkins 07754 205664
Lunch Group	3 rd Wed noon	Jane Mathieson 01388 710741
Needlecraft	1 st Mon pm	Glen Howard 01833 631639
Painting	2 nd Fri 10am	Val Hobbs 07900 497503
Philosophy	4 th Tues 10am	Ruth Sansom 01325 401850

Group	Meeting Time	Contact details
Photography	1 st Tues	Jane Mathieson 01388 710741
Poetry	2 nd Wed 10am	Annie Clouston 01833 637091
Science and Technology	2 nd Mon am	Roy Tranter 01833 638288
Scrabble	2 nd Mon pm	Lilian Smith 01833 650628
Spanish Conversation	3 rd Thurs 10am	Lusia McAnna 01833 638989
Table Tennis	Every Friday 3pm	Peter Singer 07508 663998
Theatre	Varies	Elizabeth Formstone 01325 374727
Travel/Day Trips		Jane Mathieson 01388 710741
Understanding Classical Music	4 th Friday 10am	Bill Heyes 01833 640885
Walking Groups		
Shorter walks 3-4 miles	4 th Monday Phone	Sue Overton 07512 368884
Walking 4-6 miles	2 nd Tues 10am Phone	Gillian Barnes-Morris 07941 852165
Walking 7-9 miles	3 rd Wed 10am	Nicky Grace nickygrace729@gmail.com
Fell Walking	4 th Wed	Annie Clouston 01833 637091
Wildflower Group	2 nd Wed 2pm	Kate Keen 07880 741151
Wine Group	3 rd Tues pm	Tim Meacham 07847 182554

**Coming up at your
Community Arts Centre**



Thurs 26 May 7.00pm	FILM – Death on the Nile (12A) with subtitles Hercule Poirot's Egyptian murder mystery, based on the novel by Agatha Christie, starring Kenneth Branagh.
Fri 27 May 7.30pm	JAZZ – Fergus McCreadie Trio The Scottish pianist has underlined his trio's status as one of the most exciting young groups in European Jazz.
Wed 1 June 2.00pm	FAMILY – Pongo's Party With a colourful farmyard and host of loveable puppet characters, a family show suitable for 2- to 7-year-olds with fun, songs and laughter.
Wed 8 June 7.30pm	THEATRE – A Way Home: The fight for a place to belong It's 1951 – Bet and her family grapple with the potential loss of their family home as their County Durham village is classified 'D' and unworthy of investment.
Thurs 9 June 7.30pm	COMEDY – Alistair McGowan: The Piano Show (12A) A unique mix of classical music and comedy.
Sat 11 June 7.30pm	MUSIC – The Jersey Boys Live! Celebrate the timeless music of Frankie Valli and The Four Seasons, including a live 4-piece band.
Sat 18 June 7.30pm	COMEDY – Steve Bugeja: Tried to Start His Own Nickname (14+) One of comedy's most exciting rising stars, a familiar face on TV, he hosted the BBC Radio 4 series, <i>Economics with Subtitles</i> .
Wed 22 June 5.00pm	FAMILY – Hedge A playful, fresh and engaging new dance show aimed at children aged 4+ with beautiful costumes, innovative props and puppetry.
Sat 25 June 7.00pm	FUNDRAISER – Community Orchestra: Summer Sizzler Concert Part of the Community Music Festival with Cream Tees in the foyer and Green Lane CE School Choir.

www.thewitham.org.uk Box Office: 01833 631107