### **TEESDALE u3a FORUM**

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

July 2022 no: 22/07

www.teesdaleu3a.org.uk

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Founding Chairman: George Jameson



#### Chairwoman's Letter July 2022

#### **Dear Friends**

This last month has been exceptionally lively in the Dale with the marvelous Community Music Festival providing opportunities for showcasing talent from all sectors of our community, and the community showing its appreciation with gusto. The orchestra and choir concerts were a delight, and it was splendid that young people played a prominent and special part in them. After Kim's talk to the u3a last month, *The Lord of the North (the musical)*, written by Kim Harding (lyrics) and Annette Lowson (music), was a great follow-up and vibrantly - con brio in fact – performed by Year 5 Green Lane School. It was so refreshing to learn that Richard III was such a champion of the North, indeed the first promoter of the Northern Powerhouse, and HAD ABSOLUTELY NOTHING TO DO WITH the slaughter of those poor innocent babes in the tower. Who knew?

Richard's symbol The white boar



Then there was the sell-out of *Comedy of Errors*, performed by the Castle Players in the grounds of Bowes Museum. A bravura demonstration of masterly scene-setting, well-chosen music, and vivid characterization, with scarcely a whiff of irony to highlight the daftest of plots. Who noticed in all that excitement they were being eaten alive by a rich assortment of greedy bugs?

This excellent stuff was the work of volunteers and we are lucky that together The Witham for the Summer Festival, the choirs and orchestra, the Barny band, the Castle Players, the teachers, the suppliers of refreshments and many others facilitate our enjoyment and connectedness. A whopping great thank you to you all. And thank you to all of you in the u3a who do your bit to keep us all connected. It's a job done well and with generosity..

It looks as if summer is at last a-coming in (Loudly sing cuckoo). Wishing you happy days.

Annie

#### It's Your Forum

Editors: Annie Clouston & Celia Chapple. This month's editor is Annie

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Both editors receive all contributions and share the email account:

forumeditor@teesdaleu3a.org.uk

#### **DEADLINE FOR CONTRIBUTIONS for the next edition:**

#### **Tuesday 9 August 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.

#### **NEXT MEETINGS**

28 July Pete Norton Charles Willis, Royal Portrait Painter

25 August Val Scully *A People's History of Gibside.*22 September Richard Pears (Librarian at Durham University)

Houses of the North

June's talk — Richard III—The Northern Connection Report of June's monthly meeting talk by Ian Reid

Kim Harding of the Northern Dales Richard III Group was the speaker at our June meeting. Part 1 of Kim's presentation described Richard III's life particularly in the north of the country. Born in Fotheringhay Castle in 1452 he was only 32 when he died at the Battle of Bosworth in 1485. He was the last Plantagenet King. Richard was created Duke of Gloucester after the accession of his brother, Edward IV, to the throne in 1461. Although the youngest brother, King Edward gave him considerable responsibilities in the north. He led an invasion of Scotland during which he carried the banner of St Cuthbert. Based in York, he also had major authority over ecclesiastical appointments at Durham Cathedral. He was extremely well read and made church appointments available to educated people who often went on to establish Grammar Schools. Throughout his life he made strong friendships and alliances with northern leaders.

Part 2 of Kim's talk summarised the evidence and importance of Richard's links to Barnard Castle. Richard's emblem is the boar's head and several of these have been found in the town. There is one in Blagraves and another in St Mary's CE Church. Blagraves had been given by Richard to the widow of Miles Forest, who was the Keeper of the King's Wardrobe. Kim had done considerable research into the ownership of Amen Corner. which is on the corner of Newgate and The Bank, adjacent to St Mary's Church. It was known that Richard had given directions for the establishment of a College of Priests and a chantry building near the Church but there had previously been some doubt whether these were ever acted upon. Chantry buildings would often be funded by donors and priests would pray on their behalf. Kim's work strongly suggests that a college was built at Amen Corner. However, the funding for the 30 clerical staff to work in the college including 12 priests ceased upon Richard's death. This college would have been twice the size of that at Middleham Castle with only 6 priests. Kim's research indicates the importance that Richard attached to Barnard Castle and she believes that had Richard

survived his last battle, the college would have taken its place in history alongside those at Middleham and York.

The vote of thanks was given by Keith Miles.

#### **Weekend Workshops**

- **13 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 <a href="mailto:hazelyeadon@hotmail.com">hazelyeadon@hotmail.com</a>
- **3 September 10-12** *Blue Plaque Walk* a gentle amble round Barnard Castle's notable places. Led by Tim Meacham and Annie Clouston. Free. To book a place contact annie@cloustons.uk 01833 637091
- **1 October 2-4 pm** *Singing in Harmony* led by Annette Lowson the Director of the Community Choir and Orchestra. At Guide HQ, Birch Road. Cost £5. Contact Hazel to book a place: Tel. 01833 638710;

#### hazelyeadon@hotmail.com

- **5 November 10-12am** *Calligraphy* led by Tony Craig. At Guide HQ Birch Road. Cost £6. Contact Hazel to book a place.
- **3 December 11-2pm Vegetarian Cooking for Christmas** led by Annie Clouston. We will prepare and eat alternatives to meat for festive food. Glass of wine included. Cost £10. To book a place contact Sue Overton 01833 908597 sueoverton@hotmail.com

#### **Day Trip Organiser Jane Mathieson**

**Saltaire Day Trip 19 August** I have some more seats available. Please let me know if you would like to go, if you have not already informed me.

Meet at 08:45 outside Addisons, Galgate. Coach is £18.50, plus £7.50 for guided walk. I will be collecting money at the July monthly meeting, or you can send me a cheque if you're not attending. Cheques should be made out to *Teesdale u3a*. Please can you let me know if you want to go on the guided walk.

Harrogate Autumn Flower Show. I am also hoping to organise a trip to Harrogate Autumn Flower Show which is at Newby Hall on Friday 16 September, leaving at 09:00. Price £20.50 plus coach fare £15.00; this includes all the gardens, show and ground floor displays of flowers in Newby Hall.

Could you let me know if you would like to go to either or both of these day trips as soon as possible, please. You can email me at ianem1947@hotmail.com or phone me on 01388 710741.

#### **GROUP REPORTS**

#### u3a Birdwatching Group

#### Leighton Moss RSPB Reserve Visit, 20 June 2022 Report by Andrew Lapworth

Four of us made the trip to Leighton Moss in Silverdale, travelling in one car. En route we saw several Buzzards and lots of Curlews and Lapwings as we went over Stainmore Summit. We arrived on a warm and sunny morning. Even from the car park we saw our first Marsh Harrier and a Greenfinch wheezed from the bushes. After a helpful welcome from the friendly RSPB staff we headed straight for the wonderful cafe. After coffees our first stop was at the Tower where we got to grips with songs of the reed bed warblers:

Sedge and Reed, and the explosive bursts of Cetti's. During the day encountered lots of the latter throughout this fine wetland reserve, plus Reed Bunting, Marsh Tit and brief flight views of Bearded Tit. In the next two hides we had some spectacular views of hunting Marsh Harriers, keeping the Coot flocks very tight. Marsh Harriers we saw regularly across the reserve but the



Bitterns remained elusive. Ice creams back at the cafe were needed in the heat.

We ended the afternoon going to the Eric Morecambe hide overlooking the salt marsh and were entertained by good close views of Redshanks, Oystercatchers and elegant Avocets in the raucous Black-headed Gull colony. 25 species in total for the day.

Our next meeting will be on 19 September to Nosterfield Nature Reserve near Ripon.



## Book Group Two Report by Elizabeth Long Where the Crawdads Sing by Delia Owens

This debut novel about a young girl growing up alone in the marshes of Carolina, isolated and having to cope with the prejudices of the nearby townsfolk, was enjoyed by all the group at our meeting. Running through the book is the mystery of the murder of a popular young man, Chase Andrews. The locals suspect the 'Marsh Girl', Kya, considering her wild and unfit for society.

Kya's mother walked out, her father disappeared and she was left to fend for herself at a very young age. She develops the life skills to survive, becoming an experienced naturalist. Although having the skills to live alone, she is drawn to two young men as she gets older. Tate teaches her to read and write but seemingly abandons her when he goes to college; the second is Chase who marries someone else but won't leave her alone.

We felt that the book had everything going for it: the writing was beautiful with excellent descriptions of the landscape Kya lived in as well as of the life skills she acquired and used to good effect. Although being left at such a young age could be considered far-fetched, we felt that the author made it all so believable. The mystery of the death of Chase kept us intrigued throughout the book. All in all, a vivid and poignant read, worthy of the acclaim it has received. We would definitely recommend it as a book to read.

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

10 October 2pm, when we will be discussing **English Pastoral: An** Inheritance by James Rebanks

14 November (book tba)

12 December (book tba)

Editor's note: This novel has been made into a film and is being shown at The Station Richmond w/c 22 July. Promises to be scenically special.

#### Room to Read Book Group Report by Annie Clouston Square Haunting by Francesca Wade

This non-fiction book tells the story of five women feminist writers who lived around Mecklenberg Square in Bloomsbury. All had, for their time, radical ideas, each carving out an intellectual space and "a room of one's own" in which to think, write and inspire others with the kind of independence that only the time (interwar) and place (a radicals' enclave) could give them. The women were: H.D. (Hilda Dolittle) a modernist poet; Dorothy L Sayers—writer of detective novels—think Lord Peter Wimsey; Jane Ellen Harrison—classicist and translator; Eileen Power, broadcaster and pacifist; and Virginia Woolf, novelist.

The book has a lengthy chapter on each woman, setting them in their context and exploring the relationships that mattered to them. Most of us found the work hard going but the women, particular the lesser known—Jane Harrison, HD and especially Eileen Power—were impressive in terms of their intelligence and their output.

Eileen Power was a hugely influential academic, who while being very socially aware, an internationalist, and the longest resident of the Square, also seemed like she could be less serious, even frivolous, loving fashion and dancing, and a writer of books for children and preparing broadcasts for the BBC, was also a great supporter of the League of Nations and pacifism:

"There is no more powerful means of binding nations together than by the infinite multiplication of these tiny invisible threads of personal contact and mutual understanding".

We were more or less agreed that this was a book for dipping into rather than reading from cover to cover, though undoubtedly it was immaculately researched and well written. We gave it 3.5/5 for book group discussion and rather less for recommending to friends.

Next books: 17 August Amy and Isabelle Elizabeth Strout

21 September Dark Places Gillian Flynn

13 October Let the Great World Spin Colum McCann

#### **Climate Solutions Discussion Group Report by Annie Clouston**

This month we decided upon a visit to Kate's house on North Stainmore, just a mile from Brough and overlooking the Fells towards Tan Hill, with Iron Band behind. Kate has been many years planning and executing, with the help of an excellent builder and expert installers, the total transformation of her cottage and barns to reduce as much as possible her carbon footprint. Very thick stone walls have been stripped and insulated to the max and an air source heat pump has replaced the oil central heating. Floors, ceilings doors and windows have been renewed to reduce heat loss in the pursuit of her goal. Yet her home is designed to keep as many of its traditional features as is possible, while at the same time creating a space that is family and friend friendly. We would all envy her outlook, and the double glazing has the advantage of reducing the traffic noise from the A66 about a kilometer away.

Next month we plan to visit Tom's house. Tom has managed to power himself off-grid with solar (yes! solar, in Teesdale!) Anyone wishing to join the group should contact the convenor, Kate Bailey at kate@katebailey.co.uk

#### **Discussion Group June 2022**

As ever our discussions were free-ranging. The news topics included: Monarchy versus Presidency; NHS capacity; Cliff Richard; Electric Cars and The Meet.

Our main topic was about the situation in the Ukraine. The TV coverage has shown horrendous pictures, with those in the newspapers also very frightening. We all wondered how it will all end and dreaded the thought of a third world war.

Our next meeting will be on Friday 8 July, 10.15am at Andalucia's. We have chosen a much happier topic - *The Joys of Nature*. If you would like to join us please give me a ring.

Glen Howard 01833 631639

## Genealogy Group July Report by Alan Swindale

We welcomed members of the Bishop Auckland u3a to the July meeting and we hope they will be permanent members of the Genealogy group. The meeting was held by Zoom and the topic was *Tracing those elusive female ancestors*.

The group members had watched two online presentations on the subject before the meeting – one from RootsTech22 and one from FindMyPast – and discussed the points raised. It was interesting to contrast the American approach in the first presentation and the British approach in the second.

Both talks emphasised the need to target and organise all information available from as many sources as can be found, not just the stalwarts of census records, wills, church records (weak in the USA), and civil registration (again weak in the USA before Social Security records) but also newspapers (not just obituaries), land records, tax records etc. North Americans are well advised to consult town directories while UK Rate Books are under-utilised.

Targeting means searching for information where you might expect to find it both as regards geography and time period. This makes the search process more efficient, and is the only practical process once you are looking for information not (yet) available online. As a picture builds up of the ancestor – using a timeline was recommended – the search can be focussed even further.

An American technique new to many in our group is the FAN group; identify as many **F**riends, **A**ssociates and **N**eighbours as possible and research them as well for clues to your ancestor.

In August the topic will be *Using the Census*. The meeting will be in person at 2pm on 4 August in the Dales Room at Enterprise House on the Harmire Estate in Barnard Castle. A one hour tutorial will be followed by a one hour practical session.

Alan Swindale ajs@fivenine.co.uk 01388488348

## Geography Group Meeting 7 JULY 2022 with Professor David Newman OBE

#### Report by Gerald Blake

Professor David Newman (Ben Gurion University, Israel) is an internationally renowned political geographer. On this occasion, however, he chose to lecture on the history and geography of the Jewish community in Britain. He gave a fascinating and illuminating talk including details of his own family background, and that of his wife's family in nineteenth century Poland. Apparently many migrants to and from North America travelled between Hull

and Liverpool, and a number stayed in northern towns such as Manchester and Leeds.

We learnt about the world distribution of the modern Jewish diaspora, with 90% in Israel and North America, and a large community still in France. British Jews today number only 270 to 300,000 after reaching a peak in the 1940s. Most British people think there are rather more Jews in Britain, possibly because of their prominent role in public life. Many of the smaller communities, in Sunderland, Durham, and Middlesbrough for example, have disappeared, and 70% of British Jews are now in south east England, especially in north and north-west London. Surprisingly, Gateshead is the home of one of Europe's largest Ultra-Orthodox communities, and it is growing fast. Canvey Island also has a growing Orthodox community.

The decline of so many communities has left a significant problem of what to do with redundant synagogues. Some have been demolished, and some have been adapted to other uses. In the larger towns and cities "cathedral synagogues" were built with magnificent internal architecture, and these are being protected. Besides the architectural legacy, there is the need to preserve the stories of lost communities.

Professor Newman gave a wide ranging guide to the resources available to scholars for this purpose for Jewish Policy Research, and the Parkes Library in Southampton were all noted. Several books about former Jewish communities have been published, and David has collected a number of them.

#### **Geology Report of Field Trip to Bowlees by Jane Harrison**

After two years on Zoom, members of the Geology Group have enjoyed meeting outdoors for some fieldwork sessions. The second of these took place at Bowlees.

We began the session outside the Visitors' Centre, where there was a good view of Holwick Scar. Trevor Morse, our excellent group leader, was keen for us to identify and try to explain some of the geological features in the landscape before he provided us with the answers. We looked across the valley at the impressive vertical columns, which form the cliff face. These are part of the Whin Sill - the same igneous intrusion that forms the Low and High Force waterfalls and other features in the north east such as on Holy Island and along Hadrian's Wall. After the rock was formed, Teesdale has been affected by faulting, which has caused blocks to move relative to one another, sometimes bringing rock strata of different ages and characteristics together and sometimes creating new features.

Our walk took us along the Bow Lee Beck. The rocks exposed along the river and in the quarry are sedimentary, deposited in warm, shallow seas and deltas during the Carboniferous period, over 300 million years ago.

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Repeating sequences of these Yoredale rocks can be seen there, beginning with limestone which is then followed by mudstone, shale and sandstone.

Miners of old identified each cycle by naming the limestone at the base e.g. the Cockleshell Limestone, the Scar Limestone and the Five Yard Limestone. These names are still in use today and we saw these three limestones on our walk. Being more resistant rocks, they formed the cascades and waterfalls along the river. Faulting has occurred there too. Trevor also pointed out some features in the sandstones, such as crossbedding and deep channel infills, which he had mentioned previously in one of our online meetings.

We finished our walk at Summerhill Force and Gibson's Cave. It was a fascinating morning and was enjoyed by all participants, whether new members of the group or the more experienced.



**Lunch Group Report by Jane Mathieson** 

The lunch group met this month at Coghlans, Barningham for afternoon tea. It was a lovely afternoon with delicious food enjoyed by all. If you have not experienced afternoon tea at Coghlans we recommend you give it a go. As usual there was much to discuss and catch up with so the chat was lively, even though we were only 7 in total.

20 July – The Fox Hole, Piercebridge
17 August – The Teesdale Hotel, Middleton in Teesdale
Meet at 12.15. Could you remind me if you are coming.
All new members welcome

#### **Painting Group Report by Val Hobbs**

We had decided to go 'al fresco' for this month's meeting hoping fervently that the weather would change. The unrelenting cold winds and drizzle had featured throughout our late Spring, so it was touch and go whether we would be sitting painting in drenched waterproofs with our gear anchored to a tree, or inside again. Our destination was the beautiful Startforth Church, so I cleared it with the wardens that we could, if too maelstromic, work inside

The day broke fair, however, and in spite of the exceptional gusts of wind, we settled ourselves in the churchyard. This was the first time I'd drawn or painted outside, rather than from still life two feet away, or from a photograph. A whole different set of skills was needed. We all felt the same. How would we get the angles of the body of the Church right? How would we get the spire with all its intricacies correct? The windows, the carved stone, the gargoyles stared menacingly at us, daring us to have a go....and we did! Sadly, I only managed to fit half the spire in to my painting. Anne had brought some view finders which helped us. There's always a temptation to spend too long trying to capture the finer detail. Anne, Elaine and Martin steamed ahead and produced some fantastic pieces of work illustrating perfectly, the light and shade of the dappled surroundings. Peace and tranquility enveloped us as we heard no sound but the wind in the trees and the bleating of nearby lambs. It was a truly magical experience, so much so, that we've decided to visit Bowes Museum for our July meeting on 8 July to experiment with A5 sketch pads and different drawing materials and papers. Please join us, but remember to bring a light deckchair and a flask of coffee. It'll be great fun.

## Philosophy report for Forum - May 2022 meeting by Ruth Sansom, Mike Gilsenan, & Peter Redgrave

Should animals have rights? What do you think?

This month the philosophy group looked at the approach we have to animals in terms of their rights. To clarify our thinking we studied three philosophers:

Tom Regan (1938 - 2017) was an American philosopher who specialised in Animal Rights theory. In The Case for Animal Rights (1983), Regan argues that non-human animals have moral rights and therefore we must work towards:

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- " the total abolition of the use of animals in science;
- " the total dissolution of commercial animal agriculture;
- " the total elimination of commercial and sport hunting and trapping.

The fundamental wrong is the system that allows us to view animals as our resources, here for us - to be eaten, or surgically manipulated, or exploited for sport or money. Regan's view rests on his determination that every sentient being has moral status and worth.

#### Peter Singer (born 1946)

Animal Liberation (1975) launched the animal rights movement. It was a call to end the pain and suffering of animals. In fact, Peter Singer likened the tyranny on animals with that of white humans over black humans. Peter Singer position today is classified as utilitarian following on Jeremy Bentham's agreement for sentiency as the bar we should use to measure morality as opposed to reason.

The argument runs as follows. Since all sentient beings have the ability to suffer, it follows that they have interests. And since they have interests, when these are frustrated, it leads to suffering. Being a utilitarian, Singer's position is one that seeks to maximize satisfaction of interests whether they are of humans or animals.



#### Carl Cohen (born 1931) University of Michigan:

Cohen's central claim is the animals have no rights - by definition. A right is a claim that someone (the recipient) exercises again someone else (the donor). Rights come from the constitution and law (trial by jury) or from prevailing moral codes (honouring a promise).

Consequently, he argues that rights can only arise among a community of moral agents - i.e. not animals. He makes a distinction between rights and obligations. The latter derive from personal commitments (shepherd/dog), status differences (adult/child), a special relationship (parent/child's tuition fees) or special circumstances (returning a favour).

Cohen argues that in order to carry out biomedical research the use of animals is essential.

What do you think?

On 28th June and 26thJuly the Philosophy group will be looking at Political Philosophy - why not come and join us?

## Philosophy Group report for June 2022 by Wallace Anderson

We started this month's meeting with a discussion of the first chapter of David Miller's book— A Very Short Introduction to Political Philosophy.

Miller states that Political Philosophy is concerned with the nature, causes and effects of good and bad government. His starting point is an assumption, which most would accept, that good and bad government profoundly affects the quality of human lives. The second idea is that the form of government is not predetermined. We have a choice. Some philosophers (e.g. Karl Mark) dispute this.

The third idea (assuming we have a choice) is that we can trace the effects of different forms of government and learn what qualities go to make up the best form of government.

As we move on we will try and identify some of the fundamentals and examine what philosophers have said about these issues over the years and whether there are any values which transcend time.

Next month (26th July) we will look at Democracy and after that (23rd August, 27th September) Freedom and the Limits of Government.

We meet on the 4th Tuesday of the month at 10am currently at Enterprise House. Please contact Ruth Sansom 01325 401850 for details. All welcome. We are not experts!

#### Poetry Group Report June 2022 by Annie Clouston

#### Female 20<sup>th</sup> Century Poets

This month our members chose from a number of well-known and lesser known poets. From the bold *Life Doesn't Frighten Me* by Maya Angelou, the brazen celebration of disinhibition in mature years of *Warning* by Jenny Joseph (you know the one that begins "When I am an old woman I shall wear purple...") to the very poignant; *Names* by Wendy Cope, chosen by two members, and *Not Waving but Drowning* by Stevie Smith. There were also some very funny ones: *Please Can I have a Man* by Selima Hill and *Kindness to Animals* and *Loss* –

The day he moved out was terrible – that evening she went through hell

His absence wasn't a problem, but the corkscrew had gone as well. by Wendy Cope.

Two very memorable and beautiful poems by little known (to the group at any rate) poets were *The Stone Skimmer* by Alice Oswald and *The Tigress* by Ruth Pitter, who was the first woman to win the Queen's Prize for Poetry. There were also two poems by the ever enigmatic and tragic Sylvia Plath, *Cinderella* and *Morning Song*, and an unsettling offering by Carol Ann Duffy, *Warming Her Pearls*.

Next month our theme is 21<sup>st</sup> Century Poems, and following that Scottish Poetry.

#### Please Can I Have a Man by Selima Hill

Please can I have a man who wears corduroy. Please can I have a man who knows the names of 100 different roses: who doesn't mind my absent-minded rabbits wandering in and out as if they own the place, who makes me creamy curries from fresh lemon-grass, who walks like Belmondo in A Bout de Souffle; who sticks all my carefully-selected postcards sent from exotic cities he doesn't expect to come with me to, but would if I asked, which I will do with nobody else's, up on his bedroom wall, starting with Ivy, the Famous Diving Pig, whose picture, in action, I bought ten copies of; who talks like Belmondo too, with lips as smooth and tightly-packed as chocolate-coated (melting chocolate) peony buds;

who knows that piling himself stubbornly on top of me like a duvet stuffed with library books and shopping-bags is all too easy: please can I have a man who is not prepared to do that.

Who is not prepared to say I'm 'pretty' either.

Who, when I come trotting in from the bathroom like a squealing freshly-scrubbed piglet that likes nothing better than a binge of being affectionate and undisciplined and uncomplicated, opens his arms like a trough for me to dive into.

#### Science and Technology Group Meeting 13 June 2022

#### 10 years of Science and Technology

This meeting was ten years and a day after Roy Tranter gave his first talk to the Science and Technology Group after becoming the Group's convener in 2012. To mark the occasion, he reviewed the Group's activities during that time, as well as a brief history from the Group's beginning.

The first meeting was in August 2007 with a talk by Tom Vlaming. Over the next 4½ years there were 7 talks and 15 visits (including Boulby Mine, Hartlepool Nuclear Power Station, Transporter Bridge (twice), Forensic Laboratory). The first convener was Alex Fitzsimmons, followed by Jim Wilson. However, there were long periods without a convener, during 2010 to mid-2012 and activities became sporadic.

Roy joined the Group in 2009 and eventually agreed to give a series of 4 practical tutorials in early 2012 on measurement and data. This led to convenorship and his first talk on 12 June 2012.

The Group has had 103 meetings since then, 10 of which were Zoom meetings and 8 were visits. There are 11 dates when there was no meeting, 9 of which were due to COVID. 19 members of the Group have given talks and there have been 8 guest speakers. As might be expected over half the talks have been related to biology, chemistry or physics, but over a third have been on more general subjects. 20 of the meetings have been open sessions where members give a short description of an item or subject. 26 members have done so, covering a staggering 113 topics!

Membership of the Group is fairly constant at 40-50 people and pre-COVID attendance at meetings was 15-25.

In looking back, Roy mentioned several meetings where a theme was apparent. Brain function was in 7 meetings with another couple about Artificial Intelligence. Radioactivity and radiation were the basis of 8 talks and the history of science has been covered in 5 talks. Site visits provide a look at what happens behind the scenes as exemplified by the Heat from Waste, Smith's Signs and the Wurlitzer Organ visits.

Guest speakers have covered a wide range of subjects from authenticating paintings, pigment analysis in the Durham Gospels to Relativity and Quantum mechanics.

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Roy thanked the Group's members as the 10 years would not have happened without their contributions and, importantly, them coming to meetings.

#### Scrabble Group Report by Ray Thompson

The Scrabble Group met on 13 June at Judith's house.

There were seven regulars and we split into two groups of four and three. Liz and Ray won the first games and they then played a second game with the next highest scorer, Paula; Liz went on to win this game too. The four remaining players played their second game which Phil won with the highest score of the day of 267. There were some high scoring seven letter words, a combination of bailers and sworded getting a total of 82.

Thank you to Judith for the very welcome refreshments which went down a treat.

There will be no meeting in July. The next meet is on 8 Aug at Lillian's house at 2p.m.

#### Spanish Conversation Group Report by Lusia McAnna

Six of us finally met in my sunny garden to discuss a favourite mode of transport.

A bicycle was top of one person's list, firstly as a child on a bike costing £3 (no helmet) to today's state of the art mountain bike, cycling from Lands' End to John O'Groats or Fort William to Montrose. Benefits include exercise, fresh air, fantastic views and quiet.

A train came first with another, who always travels facing backwards to enjoy the views longer. No stress, no navigation, just sitting enjoying the scenery and a drink while travelling to your destination - except when there are strikes!

The favourite varied according to her age with another, from hitch-hiking when young, then coaches then trains. Cycling in London before the traffic became horrendous, getting an electric bike for country lanes. Memorable journeys -a helicopter ride in Rio de Janeiro and a sight-seeing boat down the Amazon.

Another member prefers "shank's pony", has always loved walking, as a child roaming the countryside fishing for tiddlers in streams and has roamed all his life, including long distance walks like the spectacular 62-mile Northumberland coastal path from Druridge Bay to Bamburgh. The main difference now is that he doesn't walk in the rain.

Memorable journeys for another included a helicopter trip (retirement gift from the school) along the Tees over High Force, Cow Green and then Lammerside and Pendragon castles, and Arkengarthdale. Amazing was a cable car journey "Fuente De" in northern Spain, 1,823 metres high, looking down onto several flying eagles.

One member remembers a spectacular helicopter ride over Victoria Falls plus enjoys long distance train journeys, watching the character of countries change as you travel through them.

July's topic is our favourite drink, alcoholic or otherwise! and will hopefully be outdoors, weather permitting.

Stay safe, Lusia

#### **Table Tennis Group Report by Peter Singer**



The Table Tennis group continues to meet and indulge in fearsome exchanges on a Friday afternoon, although numbers have been a little reduced recently, as we have entered the holiday season. This has, however, allowed for some more practice sessions, as well as playing competitive games and that has helped to brush up our skills.

The advice from table tennis coaches is to adopt "an aggressive/offensive" style of play (although we try not to be too rude to each other), as defensive play has been on the decline in the sport. An important part of this is to adopt the correct "ready position". This apparently involves standing slightly to the left-hand side of the table, about an arm's length away and, for right-handers, with the left foot slightly forward. One should also have one's knees bent, to lower the centre of gravity, with legs slightly further apart than the shoulders and the weight on one's toes.

Phew! That all sounds rather complicated and, for some of us, the bent knees can be quite a challenge. In reality, we each have our own, individual "ready position", ranging from the crouched, forward-leaning, threatening style, through a more upright, calm and capable look to the laid-back, relaxed, "let's just play the game" approach. They all seem to work, however, so it doesn't do to be too prescriptive in these matters.

The next important aspect is "the grip" (of the bat, that is, not each other), but perhaps more of that another time.

If you would like to join our group to learn the game or to improve your skills, please contact Peter Singer (<a href="mailto:pandjsinger@btinternet.com">pandjsinger@btinternet.com</a> 07508 663998). All are welcome, whether you have never played before or not for some time.

#### **WALKING GROUPS**

#### The Shorter Walks (3-4 miles) Group Report by Carol Oliver

Nine walkers met on 27 June at Hury Reservoir car park (south side) on a sunny but rather breezy day. We followed the track across the dam noting the spillway from the reservoir emptying into the River Balder far below. At the end of the dam we turned left and followed a well constructed stone wall near the shoreline. In the distance we could see the flat topped hills of Goldsborough and Shacklesborough. At the end of the wall we crossed How Gill by a wide sleeper bridge to reach the second inlet. In the distance we could see a tall pillar indicating the route of the tunnel connecting Hury Reservoir with Grassholme Reservoir in Lunedale.



After a short while the tunnel entrance could be seen. We continued down a steep track leading to a small wooden bridge, then went up to the dam between Hury Reservoir and Little Hury Reservoir. Turning left we walked along the south side of the reservoir, where we saw a male and female mistlethrush, an oyster catcher and five Sand Martins before returning to the car park. Throughout the walk we saw various wild flowers including Foxglove, Tormentil, Heath Bedstraw, Yellow Rattle, Thyme, Marsh Marigold, Birds Foot Trefoil and Harebell.

#### 4-6 Mile Walking Group Tuesday, 14 June 2022 5 mile walk in Studley Park, Ripon, North Yorkshire. Led by Liz and Pete Harding

Seven members of the walking group enjoyed a relaxing, gentle walk in beautiful Studley Park on Tuesday, 14 June and we were fortunate to be blessed with warm, sunny weather. As we walked through the park we came across several groups of deer and stags and passed numerous interesting buildings, including the Obelisk and St Mary's Church.

Views of Ripon Cathedral could be seen in the distance during our coffee break, which was taken at a high point just outside Studley Roger Village. Following a short rest we continued through a wooded area, across (and over) a section of the Valley of the Seven Bridges.

As the walk ended everyone headed for the tea room at the end of the lake for lunch and some interesting conversations.



After the walk some of the group visited Fountains Abbey, a World Heritage Site, while others ventured into Ripon. Everyone agreed that the walk had been a nice change from our usual walking patch and a great opportunity to enjoy a lovely day.

Next Walk: Tuesday 12 July Cotherstone, to be led by Robert Alabaster 5.75mi, circular, riverside walk, along the Tees, moderate, 14stiles Starting from The Hagg

## The 7-9 Mile Walk Wednesday 15 June, Tunstall Reservoir, 7.5 miles Report by Nicky Grace

There were 11 of us starting out from the Demesne Mill Picnic Area in Wolsingham, a lovely spot next to Waskerly Beck. From there we went through fields taking a gentle uphill track past Fawnlees Hall, then Low, Middle and High Fawnlees up onto the moorland at Park Wall. Over a serious stile then gently downhill to Tunstall Reservoir. Here we walked along the bank, stopping at the Fishing Hut parking area for lunch then up round the reservoir through the trees, up Backstone Bank and along through the fields past Baal Hill House, down to Hollywell Farm and back to the cars. We were lucky with the weather for this walk as we had sunshine all the way and had some stunning views.



Thank you to Lynda for leading the walk and to James for his cow whispering skills.

Our next walk on Wednesday 21 July will be a 9 mile walk from Bowes encompassing God's bridge and Sleightholme Moor. Please contact <a href="mailto:nickygrace729@gmail.com">nickygrace729@gmail.com</a> if you are interested in coming along.

On 17 August Peter will be leading us on a walk on Barningham Moor - please let Nicky Grace know by 10 August if you would like further details.

## Fell walking (10+ miles) Report by walk leader, Richard Acland

Six members set off from the Hanging Shaw car park on 22 June for an excursion up onto the northern boundary between Teesdale and Weardale. The walk started with a 1000ft climb, steady but not steep, up the fellside past High Hurth caves, pausing at the old quarry at Church Bowers with its distinctive triple cairns. From then on the walk was across open country, without paths, first of all reaching the top of Fendrith Hill at about 2,100ft. The views back into Teesdale were dramatic, over Cronkley Fell and towards the Great Fells.

The journey continued over a succession of energy-sapping peat hags, for a distance of about two miles, via the next summit known as Chapelfell Top. The lunch stop was on the upper slopes of the Langdon Beck valley, just above the road crossing at Harthope Head. From Harthope we skirted the edge of a sandstone quarry before descending, again cross country, towards Langdon Beck.

The final section was through farms in the Under Hurth area before returning to Hanging Shaw. Here there were some very attractive wild flower meadows which contrasted dramatically with the desolation of the higher land traversed earlier.

The distance was clocked at 9.5 miles and the journey time was about 5 hours, with 1,400ft if climbing in total.

It is most unlikely that this will go down as one of the group's all time favourite walks, and one or two members indicated definitively that they would not be returning to the watershed anytime soon. All agreed though that the walk had been very different to normal and therefore for one reason or another would be a memorable experience, and conducted in high spirits.

Next walk: 27 July— Blanchland circular led by Phil Clarke



#### Wild Flower Group June Report—including the Saturday special by Kate Keen

Our first June walk started at Bowlees Visitor Centre. The weather forecast was so bad that the walk was nearly cancelled, however fortune smiled on us and we had a pleasant walk staying dry.15 members took part in the walk, new members are progressing well and increasing their knowledge with every walk.

From Bowlees we walked through two meadows passing the art installation by Steve Messam of an archway an Upland Hay Meadow covered in sheep's wool. It was a temporary installation to mark the Jubilee and has already been removed.

After crossing Wynch Bridge we continued through the meadow enjoying the sights of all the wild flowers. A patch of common spotted orchids was in flower. We saw the tiny but very cute alpine bistort. In total we saw 60 plants in flower. We had planned to walk further but the clouds were gathering so we returned to the Visitor Centre to enjoy a rest and review our finds.

Susan kindly led us on our next walk at Hayberries Nature Reserve. We were pleased to welcome 2 new members and 2 members on their first wild flower walk this year. The weather was glorious with blue skies and full sun. 18 members took part in the walk around the nature reserve.

As soon as we entered the nature reserve we were in the middle of flowers so numerous that we could not avoid standing on them, as there are no clear

pathways through the area next to the car

park.

We had hoped to see bee orchids but it was a few days too early, we did see one bee orchid but it was only partly open, (only 3 days later Jenny L found one in full bloom), we saw 3 other orchid types too. All together we saw 51 plants in flower on the walk. (Pictured, Bee Orchid at Hayberries 25 June)

After the walk most of us went up to the café at Eggleston Hall Gardens where we could reflect on what we had seen.



In June we had a third event looking at the meadow and area surrounding the Demesnes. This was an additional walk arranged as part of the u3a weekend workshop series of events to encourage members to try different activities. We were pleased to welcome some new members with a total of 15 taking part. The weather looked ominous but the showers held off until we had finished the walk. Initially it looked as though there would be few flowers as the grasses of the meadow had grown high with the recent sunny spell. We saw lots of yellow rattle and eyebright in the meadow, both of these plants are parasitic on the grass roots so help to tame the vigour of the grasses and allowing the flowers a chance to grow. The meadow will be cut and the hay baled in July, the grass needs to be removed as otherwise the soil would be too fertile for the wild flowers. In October the grass will be grazed by sheep which helps sustain the meadow.

In all we saw a total of 60 plants in flower and had a pleasant afternoon's stroll around the Demesnes.



# Events in the Dale this month, see through the eyes of photographer Pete Redgrave Mickleton Carnival



A bit of dog-love

#### A bit of fun





The Geography Field Trip to Laithkirk



The magnificent dancers at Mickleton Village Hall fusing Scottish and Spanish traditional music and dance



## Weekend Workshops Annie Clouston

We have had keen interest in our latest workshops. The Wildflower Walk was a complete delight and Kate's report is a testament to the abundance of pleasure there was to be had on the Demesnes. The meadow is likely to be cut soon, and apparently the fodder from a wildflower meadow is much beloved and relished by the lucky creatures who get to feed on it. The Geography Field Trip to Dumfries and Galloway pre-Covid took us to a farm where conservation of the habitat was the principle behind the method of farming. We smelt this sweet fodder post-harvest in the barns and its appeal to a herbivore was understandable, its nutritional value is high—ruminants love it.

Tai Chi proved very popular, so much so that we ran two sessions each for twelve participants back to back. Tai chi is a "non-competitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi has many styles..." (Mayo Clinic) For reasons that will be obvious to anyone who knows me, this really is not my thing, though I did watch the goings-on from the vantage point of tea-maker. It looked like it would be highly beneficial for those seeking to improve their balance. There has been a bit of a stir in the press recently about the correlation between longevity and the ability to stand on one leg (for seconds not decades) so perhaps our Tai Chi participants can already look forward to a very ripe old age.

The third weekend event was a map-reading session from David Ewart, and that I did attend. I have already laid bare to members my abject skills in this department (quite literally leading a fellow walker round in circles) and therefore I was up for it. David is clearly a superb lesson-planner and he had done some excellent prep, with helpful handouts, OS maps for us to share and a compass each to bamboozle us (initially that is). David took us on an imaginary circular walk from Surrender Bridge and back via an ice cream shop, of which he could not speak highly enough, in Reeth. At the end of the session we were all enthused, some more fired up by gastronomic temptations than others, to do the walk.

The workshop sub-committee, myself, Hazel Yeadon and Sue Overton, meet monthly to plan our next steps. Our programme has been heavily influenced by the survey that we did last year. We need your ideas about what you would find stimulating, or something—like me and map-reading - that you really need or want to know more about, or be able to do. So please get in touch and help us to give you the programme you want.

#### The Stone Skimmer by Alice Oswald

Going down through the two small fields,
Disturbing the small-seeing flies he brushes
the restless thistles, their dried skins hooked to their bones.
brimming flowering dimming diminishing.
Among the thistles and the whisking pools of the wind
he's walking he can almost feel
the spent fur of his flesh, a seed-ghost on a gust
condemned to float in endless widening circles.

Eyeless stones, their silence swells and breathes easily in water, barely move in the wombs of rivers.

His mind so rushed and slovenly, full of forms brimming flowering dimming diminishing: into the five inch space between heaven and heaven he's skimming a stone it's just the smack of it contacting water, the amazing length of light keeps lifting up his slid-down strength

#### Chosen by Chris Golds

#### **RECIPE OF THE MONTH**

I just made this for supper for three with giveaways for tomorrow lunch. A recipe from *The Green Roasting Tin: Vegan and Vegetarian One Dish Dinners* by Rukmini lyer

The Most Indulgent Quick Cook Quiche: Broccoli, Blue Cheese, Chilli and Walnut

#### Ingredients:

320g ready-rolled puff pastry sheet

300g (I used 500gs) broccoli florets halved

1/2 red onion finely chopped

1 teaspoon chilli flakes

125g blue cheese eg Stilton

30g walnuts, chopped

100ml single cream

4 free range eggs

1 lemon, zest only

1 teaspoon sea salt

1 clove garlic grated

1. Preheat the oven to 180C and line a small deep roasing tin with baking paper and cover the base and the sides with the puff pastry.

\*At this point you may want to bake the case blind to eliminate the soggy bottom phenomenon. I chose to do this though the recipe doesn't instruct you to do so. If you do decide to bake blind line the case with another sheet of baking paper and fill with baking beans. Put it in the freezer while your oven comes up to temperature to prevent shrinkage. Then bake for 15020 minutes, after which remove the baking beans and return it to the oven for another 5 minutes.

- 2. Scatter in the onion, the broccoli, the chilli flakes, chopped walnuts and crumbled blue cheese.
- 3. Whisk together the eggs and cream, add salt, lemon zest and garlic. Pour over the broccoli, and bake until golden—about 25-30 minutes.
- 4. Allow to rest in the tin for 10 minutes or so, and serve warm with a crisp green salad and some Jersey Royals if they are in season. A tomato salad simply dressed with vinaigrette is also an excellent accompaniment.



#### July - August Quiz "Oh I do like to be beside the seaside"

- 1. Which famous seaside resort is actually at the mouth of the Humber?
- 2. Which resort is known for its surf beaches and seafront Tate gallery?
- 3. To which resort did Dickens regularly take his family?
- 4. The opening scenes of which film were taken at West Sands, St Andrews?
- 5. Which Graham Greene book reminds one of the seaside?
- 6. How much of the earth is covered by ocean?
- 7. What is the main constituent of sand?
- 8. What is a 'pullover'
- 9. From which Scottish resort can boat trips be made to the Bass Rock?
- 10. How many frames of wood is a traditional deckchair made of?
- 11. Where in the world are "Tin Bath Championships" held?
- 12. In which seaside resort is there a "Nelson's Column"?
- 13. Where would you find a 'groyne'?
- 14. Which oil company has a scallop as its logo?
- 15. What are Isle of Man Queenies?
- 16. In which country did Punch and Judy originate?
- 17. What kind of plant is laver bread made from?
- 18. Where would you find 'Skeleton Reach'?
- 19. What is a John Dory?
- 20. If you saw a 'china man's hat', what would you be looking at?

Did you know?

An anagram of 'gardened' is deranged!!

This is probably how many gardeners have felt from time to time.

Try these—two words into one

Nine thumps

Dirty room

Imagine dragons

#### June July answers

- 1. a) 2748 miles b) 6,160 miles c) 1,680 miles
- 2. Windermere
- 3. Loch Morar
- 4. Llyn Tegid
- 5. a) Cautley Spout b) Eas a' Chual Aluinn c) Pistyll Rhaeadr
- 6. a) The Peak District b) Loch Lomond & The Trossachs National Park c) Snowdonia
- 7. Bath
- 8. There is no active volcano in England
- 9. Amber
- 10. Gold
- 11. Agate
- 12. Borrowdale Cumbria
- 13. Ailsa Craig, Scotland and the Trefor Quarry, Wales
- 14. Lead
- 15. Silurian (after the Silures warlike tribe of ancient Britain)
- 16. The Great Glen Fault
- 17. Serpentine (serpentinite)

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Group	Meeting Time	Contact Details
Art Appreciation	1 <sup>st</sup> Wed pm	Roger Stanyon 01833 631758
Birdwatching	3 <sup>rd</sup> Monday am	Andrew Lapworth 07962 038053
Book Group 2	2 <sup>nd</sup> Mon pm	Elizabeth Long 01833 641494
Book Group 3 Room to Read	3 <sup>rd</sup> Wed pm	Annie Clouston 01833 637091
Chess		Diana Marks 01833 631616 07762 626912
Climate Solutions	1 <sup>st</sup> Thurs am	Kate Bailey 07867 683195
Discussion	2 <sup>nd</sup> Fri am	Glen Howard 01833 631639
French Conversation	4 <sup>th</sup> Thurs pm	Stella Kirton 01388 488919
Gardening	1 <sup>st</sup> Fri pm	Pauline Fawcett 01833 638020
Genealogy	1 <sup>st</sup> Thurs pm	Alan Swindale 01388 488348
Geography	3 <sup>rd</sup> Thurs 2pm	Gerald Blake 01833 650899
Geology	4 <sup>th</sup> Mon am	Bob Tuddenham 07812 378004
Historic Environment	2 <sup>nd</sup> Thurs 10am	Tim Meacham 07847 182554
iPad & iPhone	4 <sup>th</sup> Fri 2pm	Mike Sweeting 01833 630005
Italian Conversation	Every Wed am	Marie Jenkins 07754 205664
Lunch Group	3 <sup>rd</sup> Wed noon	Jane Mathieson 01388 710741
Needlecraft	1 <sup>st</sup> Mon pm	Glen Howard 01833 631639
Painting	2 <sup>nd</sup> Fri 10am	Val Hobbs 07900 497503
Philosophy	4 <sup>th</sup> Tues 10am	Ruth Sansom 01325 401850

Group	Meeting Time	Contact details
Photography	1 <sup>st</sup> Tues	Jane Mathieson 01388 710741
Poetry	2 <sup>nd</sup> Wed 10am	Annie Clouston 01833 637091
Science and Technology	2 <sup>nd</sup> Mon am	Roy Tranter 01833 638288
Scrabble	2 <sup>nd</sup> Mon pm	Lilian Smith 01833 650628
Spanish Conversation	3 <sup>rd</sup> 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 <sup>th</sup> Friday 10am	Bill Heyes 01833 640885
Walking Groups		
Shorter walks 3-4 miles	4 <sup>th</sup> Monday Phone	Sue Overton 07512 368884
Walking 4-6 miles	2 <sup>nd</sup> Tues 10am Phone	Gillian Barnes-Morris 07941 852165
Walking 7-9 miles	3 <sup>rd</sup> Wed 10am	Nicky Grace nickygrace729@gmail.com
Fell Walking	4 <sup>th</sup> Wed	Annie Clouston 01833 637091
Wildflower Group	2 <sup>nd</sup> Wed 2pm	Kate Keen 07880 741151
Wine Group	3 <sup>rd</sup> Tues pm	Tim Meacham 07847 182554

## Coming up at your Community Arts Centre



Thurs 28 July 7.00pm	<b>FILM – Operation Mincemeat (12A)</b> with subtitles 1943. How can the Allies protect a massive invasion force from potential massacre? Starring Colin Firth and Matthew MacFadyen.
Sat 30 July From 5.00pm	COMEDY – Edinburgh Previews (16+) Four brand new shows from top TV and radio comedians: Tom Stade, Connor Burns, Lauren Pattison and Brennan Reece.
Until Sun 28 Aug	MUSIC – Summer Festival Live, free music every weekend in The Witham Garden.
Tues 2 to Sun 28 Aug	EXHIBITION – Plants on the Edge: Teesdale's Tiny Giants Highlighting the work of Teesdale Special Flora Trust and artwork created by young people working with local artists.
Thurs 18 Aug 7.00pm	FILM – Benediction (12A) with subtitles Siegfried Sassoon (Jack Lowden / Peter Capaldi), a soldier decorated for his bravery on the battlefield, becomes a vocal critic of the government's continuation of the war.
Aug	Siegfried Sassoon (Jack Lowden / Peter Capaldi), a soldier decorated for his bravery on the battlefield, becomes a vocal critic of the government's continuation of

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