

TEESDALE u3a FORUM

Your monthly newsletter about interest
groups and events in the Dale

November 2022 no: 22/11



www.teesdaleu3a.org.uk

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Chairwoman's Letter November 2022

Dear Friends

This is the last Forum of the year, a momentous year: two monarchs, three Prime Ministers, and a European War of devastating cruelty and consequences. And when will there be good news? We have to hope that there will be good news, and in the meantime live the best way we can in this lovely dale of ours, making the most of what it has to offer.

There has been some brilliant stuff going on. The Teesdale Operatic Society's production of *The Little Shop of Horrors* was a tremendous display of talent (although alas it did bump us off The Witham for our monthly meeting). *The Pitmen Poets*, that shameless, but glorious, parade of Northern exceptionalism, was a great treat (see photo, performance at The Witham on 3 November). We may be neglected when it comes to levelling up, but who could fail to be moved by such an evocative reminder of our cultural roots.



Tim's talk for the monthly meeting *Where there's muck...* explored that heritage from a different angle – from the perspective of exploiter (or entrepreneur as Tim would have it!) rather than exploited. This was a great example of how local research can enrich the lives of researcher and members. It is our hope and ambition that the u3a can do more delving into what there is yet to be mined in in our

cultural landscape.

It probably seems like something that points out the self-evident, but latest research from King's College London found that seeing or hearing birds improves mental wellbeing. It also found that everyday encounters with birds boosted the mood of people with depression, as well as the wider population, and that visits to places with a wealth of birdlife could be prescribed by doctors ("social prescribing") to treat mental health conditions. They added that their findings also highlighted the need to better protect the environment and improve biodiversity in urban, suburban and rural areas in order to preserve bird habitats. This is positive affirmation for our Birdwatching Group and for the Birdsong workshop we have planned for next Spring, and lends weight to getting behind action on climate change.

It may be too early to be wishing you a Happy Christmas, but I hope there will be joy for each of you in the festivities of the season.

With warmest wishes, Annie

It's Your Forum

Editors: Annie Clouston, Celia Chapple and Ian Royston

This month's editor is Celia.

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All editors receive all contributions and share the email account:

forumeditor@teesdaleu3a.org.uk

DEADLINE FOR CONTRIBUTIONS for the next edition:

Tuesday 10 January 2023

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 interesting 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

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

- 1 December** **Christmas Bash**, The Coach House, Headlam Hall (see page 6)
- 26 January** Helen Guy **Legacy of the Kerton Brothers**
- 23 February** Kate Bailey **Climate Change**

Thursday 24 November Gary Fildes **An introduction to Astronomy**

A step by step guide through the cosmos. From the night sky we see to the most distant galaxies in the universe.

At October's monthly meeting, Tim Meacham's local history talk, *Where's there's muck there's...*, re-discovering Weardale's industrial past and its significance, is reported on pages 16 and 17.

Weekend Workshop Programme

Please note that the workshop programme for 2023 is being scheduled. There is still time for you to give us your ideas, which are most welcome. If you have not filled in the recent questionnaire we would still like to hear from you at:

forumeditor@teesdaleu3a.org.uk or by phone **01833 637091**

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. Fully booked. To book a place on the waiting list, contact Sue Overton 01833 908597 sueoverton@hotmail.com

Saturday 14 January 2-4pm Bridge for Beginners - Guide HQ Birch Road. Led by James Dykes and Liz Hewlett. Cost £5. Book a place by contacting Sue Overton 01833 908597

sueoverton@hotmail.com

Saturday 11 February 2-4pm Art Appreciation Workshop focussing on the work of David Hockney - Startforth School.

Led by Hazel Yeadon. To book a place contact Hazel Yeadon 01833 638710 hazelyeadon@hotmail.com

Saturday 18 March 2-4pm Bird Song led by Andrew Lapworth - Guide HQ Birch Road Barnard Castle. Contact Annie at 01833 637091

Theatre Trip 10 December 2022 Theatre By The Lake: *The Borrowers*

This theatre trip is fully booked. If you need to cancel, you must find a replacement for your place.

Could everyone please note that we shall be leaving outside Addisons at 10am.

Please make sure all your party are aware of this as we will be leaving on time!

We should be back in town by 6.30 ish, depending on road conditions.

I hope you're looking forward to it as much as I am. See you then.

If you have booked this theatre trip, a payment of £36 per person is now required. Could you please make cheques out to Teesdale u3a and send to me, Diana Marks, at 5 Green Lane, Barnard Castle, DL12 8LE. More details about the trip are at:

<https://teesdaleu3a.org.uk/news/the-borrowers-theatre-by-the-lake-10-december-2022/>

Singing in Harmony Workshop - Saturday 15 October 2022

This workshop was arranged earlier at the suggestion of Teesdale u3a Chair, Annie Clouston, but unfortunately was postponed. The new date clashed with Annie's holiday (swimming in Turkey) so sadly she couldn't attend. She had wanted us to learn two or three part songs which we could perform one after the other at the end—quite an undertaking. However,



under the professional leadership of Annette Lawson, Church organist and Community choir and orchestra leader, this was achieved. Not only *Didn't my Lord Deliver Daniel*, *When the Saints Come Marching In* and the Sea Shanty, *Times are Hard* were completed, but also recorded (for participants only). The remit had also been to have a relaxed afternoon and we managed this, plus a lot of

laughs. Not sure we will be entering the Choir of the Year competition, but it was a very successful workshop.

Workshop reports continued on page 7....

CHRISTMAS BASH

The booking deadline has now passed. If you want a late booking , you must call Ian Reid on 01833 631304 as Headlam Hall must approve your booking.

Thursday 1st December 2022 - 12.30 for 1.00pm Headlam Hall – Coach House Suite. CHRISTMAS MEAL Main Course, Dessert, Tea/ Coffee, mince pies, Quiz. £30.00 per person, including welcome drink
Bookings taken by:

Cash: in an envelope marked with member's name(s)

Cheque: made out to The Teesdale u3a. Can be posted to:

Hazel McCallum, 37 Kingthorne Road, Barnard Castle DL12 8GZ

BACS transfer: The Teesdale u3a, Sort code: 20-83-73 A/C 03778576

Reference: Christmas Bash and Surname of member

When booking with Ian, please choose your Main Course and Dessert. Coffee/Tea & mince pies will be served at the end.

Please feel free to invite guests.

Main Courses:

1. A heritage beetroot wellington with olive oil potatoes, glazed Brussel sprouts, mushrooms and a 'marmite' gravy
2. Roast breast of turkey with chipolata wrapped in bacon, homemade sage and onion stuffing, cranberry sauce and roast gravy
3. Grilled fillet of sea bream, saffron potatoes, confit tomatoes, spinach and a red pepper sauce
4. Steak and kidney pudding with horseradish mash, roasted roots and red wine sauce

Desserts:

1. Headlam Hall Christmas pudding with marinated fruits and rum sauce
2. A selection of local cheese & biscuits
3. Chocolate and blackberry tart with white chocolate ice cream
4. Cinnamon crème brûlée with cranberry biscotti
5. Fresh Fruit Salad

It will not be possible to refund cancellations after 24 November

Calligraphy Workshop Report 5 November 2022

“Learning to write with clarity, legibility and elegance is, as much as anything, a matter of good manners” (Alfred Fairbanks when launching The Society for Italic Handwriting). Eleven enthusiastic would-be calligraphers met at the Guide HQ, with our u3a Chairwoman, Annie, joking that she had come along as she anticipated writing modern day Lindisfarne Gospels! Our very able demonstrator, Tony Craig, whose writing can be seen in the Remembrance Book at Barnard Castle Methodist Church, led us through learning this skill. We first used a broad edged pencil; then his ‘very technical contraption’ - two pencils joined together with rubber bands; before progressing to wedge-shaped felt tipped pens. We could choose either to practise the upright Foundational style based on a tenth century Roman hand used in Winchester or Italic hand developed during the Renaissance, characterised by a slight slope. We were given prepared sheets to show us how to form the letters, with arrows showing the direction of the strokes, until we felt competent enough to write ourselves. So keen were we all, that coffee was taken back to our seats so we could continue. I think Annie might put her project on hold for a while, but an enjoyable morning was had by all.



Dum de Dum de Dum de Dum.....

If you know which radio programme began on 1 January 1951 and is still running, please read on.

The everyday story of country folk is, of course, The Archers, the world's longest running soap. I have been addicted for about 47 years and need a fix once a day at least!

If there are others like me, maybe we could form a **Teesdale u3a Archers Addicts Group**. There is much to discuss and appreciate – the characters, plot lines, writers, etc. as well as enjoying the healthy Borsetshire countryside (they escaped Covid, you know). Please contact Annie Woodward on **01833 627264** Please avoid phoning at 2pm and 7pm for obvious reasons!

Call for New Convenor

I am trying to restart the Art Appreciation Group, which I ran for 12 years. I no longer want to run meetings, but I have lots of DVDs on art and artists which could be used. We also used to have two or three trips a year to galleries where there were interesting exhibitions. If you feel able to coordinate this group, for which I am happy to give advice, please contact me on **01833 631758** or rogerwstanyon@gmail.com



Invitation to Teesdale u3a Members



Understanding Classical Music Group

The group is looking to add new members. There is no need to be a regular listener to classical music or to be able to play a musical instrument. The aim of the group is to educate its members about the many different aspects of classical music - orchestral music, choral music, opera, ballet etc and about the numerous composers and their contribution to the development of music.

To achieve this aim, we use educational videos which have been produced for the general public e.g. BBC programmes. We do not listen to full classical works on CD, just short excerpts to illustrate specific points.

Beginning in January 2023 (no meeting in December) we are to include a series of videos in our programme which have been specially produced to introduce and explain classical music to those with little or no experience of the subject.

So, if you have ever wondered what classical music is about, why not come along for a 'taster' and expand your musical knowledge. We are a small (12 members) friendly group and meet every 4th Friday in the month at Startforth School, 10am to 12 noon. You would be made most welcome.

For further details contact Bill Heyes, wfheyes@btinternet.com or phone 01833 640885.

Group Reports

Birdwatching Group Report by Andrew Lapworth

On our 17 October field trip to Durham Wildlife Trust's **Low Barns Nature Reserve** nine of us enjoyed a walk around this excellent nearby reserve. The rain stayed off and we were ahead of the gusty winds forecast; we visited several hides and ended the morning in their visitors' centre and cafe.

The bird feeding stations were surprisingly quiet. From the first hide we watched the lake with Mute Swans, Mallards, Coots and Tufted Ducks and



Moorhen showing its red "garter".
Photo by Ian Blake

were entertained by close views of a Moorhen scuttling around underneath the feeders designed for finches and tits. Having such close views of a Moorhen on land enabled us to see the bright red 'garter' at the top of its bright green legs~ it's usually hidden.

We went on to the next hide where we drew a bit of a blank, except for a fly past by Long-tailed Tits and 'scope views of the rear ends of the Exmoor ponies! The brightly coloured 'birds' on the wires turned out to

be warning discs on the overhead cables! Robins were the only birds in song: their wistful song in the Autumn is subtly different to their Spring song. Continuing on, we noted the Wear was in full flow, and we tested our hearing trying to hear and see Goldcrests high-up in the swaying willows, along with Blue, Great and Coal Tits.

From the double-decker hide overlooking the main lake and with the sun behind us, we had good views of the duck, geese and gull flocks. With the 'scopes we could see the bright yellow toes of a distant perched Little Egret at the far end, and we eventually also identified a few equally distant Goldeneye ducks diving alongside Pochards. Before returning to the café, we heard, and some of us saw, a Common Buzzard drifting overhead,



seen-off by the local Carrion Crows and Jackdaws.

Thanks to Linda Elliot for leading this trip, and Ian Blake for the photos. Overall we saw a respectable 26 species; not bad considering the breezy conditions.

No birds in this bush but an Exmoor Pony doing some 'eco-system engineering.'

Room to Read Group Report by Kate Bailey

Let the Great World Spin - Colum McCann

Well, this book certainly divided our readers! One person disliked it from the start and skimmed through it, another enjoyed the first part but found the later part disjointed, one person loved the detailed observations of city life and all the characters, another agreed it was well written but felt that some of the characters were superfluous.

The day the world seemed to spin was 7 August 1974, when Philippe Petit walked and danced across a high-wire between the 110th floors of the Twin Towers in New York. This event actually happened but all else is fiction. Petit's back-story is imagined as are other stories of accidents, incidents and misunderstandings. At the time, the city was nearly bankrupt, courts were full to overflowing and many people were trying to survive on little or no income, in families or friendship groups formed in quiet desperation. The locations come vividly to life, the whole city buzzes with a restless energy, with the Vietnam war still fresh in the memories of grieving mothers.

The detailed descriptions of the 'low-life' and 'respectable' characters are engrossing - both heart-warming and heart-breaking. The novel reads like a connected series of short stories, the writing style cleverly changes to reflect each different personality. In a way they are all trying to defy gravity, to resist the power of a lawless city to drag them down, including the computer hackers who phone a stranger in the street and the graffiti artists working in subway tunnels in the dark.

The chorus of disparate voices is resolved at the end by a coming together of a few of the lonely people and a court judgement written with a smile. Much of the language is lyrical and seductive, a captivating tale of sad and bad lives in New York in the 1970s. You may love it or hate it but, in our book group meeting, it elicited strong feelings and a fascinating discussion.

Scores out of 5 - as a book group book = 4; as a recommendation to friends = 2.5.

Climate Solutions Discussion Group Report by Kate Bailey

Despite being postponed slightly, due to the Teesdale monthly meeting occupying 'our' slot in the calendar, the group was in good spirits when we met. We had news to share and the prospect of a presentation to a future monthly meeting to prepare for.

Talking about global events can be depressing and frustrating so our focus was on the potentially positive effects of climate warming in Teesdale and the North Pennines. The topics that we feel are interesting to members include prospects for future generations (will we be thought of as 'good ancestors?'), weather, food and farming, landscapes, wildlife, renewable energy and home insulation, plastic use and plastic waste, transport and

travel. An interesting article in the Teesdale Mercury demonstrates that local projects are turning in the direction of nature restoration. A Teesdale business is acting as 'go-between' for carbon-emitting businesses to pay landowners for carbon-storage projects such as tree planting. The article talks about landowners needing investment to plant buffer strips of woodland near the Tees. These will improve habitats, prevent farmland fertilisers polluting the river and reduce flooding. We noted that the TCR Hub in Barney has green roofs and ponds, with reed beds for collecting and cleansing rainwater runoff, resulting in similar benefits for wildlife.

The issue of peat moors, which provide nationally important carbon stores, was discussed too. Heather moors have traditionally been grazed by sheep and burned by gamekeepers to produce new heather shoots to feed the grouse. The government is now promoting schemes to take sheep off the fells and block land-drains to re-wet the peat. In some places landowners are beginning to 're-wild' the land with extensive tree planting. These measures will affect farmers' livelihoods and the survival of some village communities in Teesdale. We decided to find out more in order to discuss landscape management issues again at a future meeting.

Following conversations with the geography group, we have decided to run a joint research project next year, focusing on climate solutions for Teesdale residents. This will be introduced at the monthly meeting in February 2023, when we will welcome contributions from all u3a members. In the meantime we agreed that our 8 December meeting will be a sociable one with only positive climate news! Do contact Kate 07867 683195 if you'd like to join us.

Gardening Group Report by Sue

Dianne Nicol-Brown is a lecturer at Houghall Horticultural College, and in her spare time runs an organic nursery and B&B at Trimdon Grange. She gave us a fascinating look into the world of edible flowers and herbs, using them to add colour and flavour to savoury and sweet dishes, also making flavoursome butters, oils, and vinegars.

A few words of warning - if in doubt, do not eat; pick fresh on a dry morning, and use the petals only.

Alpine Pinks and Sweet William give a clove-like flavour added to cakes and sugar. Bergamot has a strong spicy scent which is used to make Earl Grey tea and also compliments bacon, poultry, rice, and pasta. Chrysanthemum adds colour to cream soups and eggs and could be used in place of saffron. Lavender is used to flavour cakes or sugar, also roast pork, lamb, or chicken.

To make Lavender vinegar, grind lavender flowers to fill one-third of a jar, top up with cider vinegar and leave for four weeks. Nasturtium, add the peppery flowers to salads, leaves can also be used for a milder flavour. Pot

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marigold, another peppery taste to add to soups and stews, can be dried for use later in winter. Primrose, use to decorate cakes fresh or crystallized, can be frozen in ice cubes. Rose, all roses are edible and can be used to flavour, sugar, or cakes. To make rosewater, boil a quarter cup of dried rose petals, 1.5 cup water, bring to the boil, then simmer. Scented geranium, use lemon scented to line a cake tin. Sweet violet can be used in sweet or savoury dishes as well as tea, can be candied, use pansys as garnish for cakes and souffles.

Herb flowers give a more subtle flavour. Borage has a cucumber flavour, freeze in ice cubes to add to drinks. Chives have a mild onion flavour, leaves and flowers can be used. Lemon Balm, strip the leaves into a teapot add boiling water. Lime variety has a distinct lime flavour. Mint, all types of mint, strawberry, ginger, pineapple etc. all can be used in oil, vinegar, butter; apple mint is best for mint sauce, strawberry mint makes a fabulous tea. Rosemary used fresh in salad and tomato dishes or to flavour butter.

I think we all left the meeting with lots of ideas to spice up our meals.

Next trip: 2 December. Our last coach trip of the year is to Nunnington Hall – *Christmas Through the Ages* is the theme. This is now fully booked; if you are unable to go, please let Pauline know as there is a waiting list.

For 2023, your new convenors, Julie Archer and Kate Keen, take over and will be in touch about future events.

Genealogy Group Report by Heather Coustick

13 members met at Enterprise House on Thursday afternoon for a talk by Pam Taylor on *DNA as a Genealogy Tool*. We were enthralled the whole afternoon as she shared her story.

In 2009, on the death of a relative, Pam acquired a box of old photographs. Among them was a photo of a gravestone, and it was this that changed her life. It aroused her curiosity and she was soon hooked as she began to find out more about her family. Thinking she came from a Northern family, she has also discovered family links in Scotland, Norfolk and Wiltshire, and extended family much further afield.

Today, Pam has over 22,000 people in her family tree – direct bloodline plus all siblings and their descendants, most documented from birth to death.

After a few years of research, in 2016, she had what she described as a 'game changer' – the DNA test. Pam explained what DNA is and what we can find out from Ancestry DNA.

DNA is measured in centiMorgans. The bigger the cM number the closer the match. This can range in Pam's family from 1516 cM, 22%, to 14cM, <1%. Even with less than 1% shared DNA it is possible to find the common ancestor where bloodlines intersect.

The Ethnicity estimate shows where your ancestors came from, and this can change as new techniques are developed.

DNA Matches is the reason most people go for it. You need a family tree on Ancestry to be able to track and compare your ancestry to the ancestry of your match to determine who the shared ancestor is. Ancestry computers compare trees and family lines to find cross-over and suggest possible matches.

There is a huge amount of information available. From television series we see that DNA is used for catching criminals; it is used in healthcare, but for the genealogist, it is a great tool for solving puzzles and learning more about your family. Pam shared several examples of how she had discovered more relatives, collaborating and working out how they fitted into the family tree.

Next month's meeting will be held on Thursday 1 December at Enterprise House. The topic will be *World-wide Family Trees*.

October Geography Report by Jane Harrison

October's geography meeting was a wide-ranging and thought-provoking talk by Professor Grenville Holland, who spoke about 'Renewable Energy: Politics, Planning, and Building New Estates'. He described his talk as a "bit science, bit politics, some laughs and tears at the end", so we were all intrigued as to what he would say. Professor Holland is a renowned geologist, but this time he was drawing on his experience as a Durham City councillor (and former Mayor) to talk about how planning decisions are (or are not) made.

He began by talking about the UK's energy supply and our over-reliance on imported fossil fuels. The UK currently obtains only 17.3% of its energy from renewable sources. This compares with Sweden, who leads Europe on 60% and the world leader, the Democratic Republic of Congo, on 96.24%.

Against this background, Professor Holland stressed the importance of making all new housing self-sufficient in energy. He explained this would be relatively simple and inexpensive to do if installation began prior to house construction, and talked about ways this might be achieved. For example, houses could have solar panels and ground source pumps which, working in tandem, would enable them to produce enough energy to be self-sufficient.

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On paper, Sniperley Park on the edge of Durham city looks like a golden opportunity for such innovation, especially given that the Durham County Council development plan now seeks delivery of carbon-neutral developments, through use of renewable energy and sustainable transport connections. The housing developers, however, want to build the houses their way and so were refused planning permission in September 2022. The application failed on thirteen counts, including the need for the development to be comprehensively master planned and sustainable, and with the need for sustainable house design. It also failed to address the risks caused by the existence of old coal mine workings below the site. There is now going to be a public enquiry in January 2023. A case of 'watch this space...'

Professor Holland was joined by Professor Alan Townsend, formerly a lecturer in town planning at Durham and a local councillor. There was a lively discussion amongst the group at the end.

Next meeting: Thursday 19 January 2023 (there will be no meeting on 15 December).

September Geology Report by Bob Tuddenham

After four excellent field trips through the summer, the group held the first indoor face to face meeting on 26 September at The Witham.

Les Knight gave a fascinating talk on *Minerals and How They've Evolved Over Time*.

The number and variety of minerals have increased since the formation of the Earth some 4.5 billion years ago and even before. After giving a basic introduction to X ray crystallography in determining a crystal structure, Les outlined some of the factors that affect the structure of a mineral. The talk showed how changes in geological and chemical conditions have resulted in numerous new and very different minerals.

On a local level, the presence of small amounts of silver in lead ore in the North Pennines was mentioned and how this arises.

October Geology Report by Bob Tuddenham

Our second face to face meeting at The Witham was well attended and was taken by Trevor Morse.

The main talk was on *Ophiolites* whose distinct features can be seen in a number of places in the world. In very simple terms, an ophiolite is a piece of oceanic crust that has been thrust onto continental crust during subduction. The resulting exposed 'slab' enables us to investigate the oceanic crust which is usually inaccessible. We briefly looked at the

ophiolites that occur in Newfoundland, Cyprus and Oman.

In the second half of the meeting, Trevor went over some of the key points from the field trips in the summer in Whorlton and Teesdale. These reminded us once again that we live in an area of wonderful, very accessible geology, and why the North Pennines is a UNESCO Global Geopark.

Our next meeting is on Monday morning, 28 November at 10 am at The Witham when we will have a guest speaker, Ric Smith, who will give a talk entitled *Woodsmith Polyhalite Mine, Whitby*. This should be a very interesting talk about this major mineral development in North Yorkshire. All are welcome.

Historic Environment Group Report by Tim Meacham

Well, a visit with a difference (not the weather, which included another deluge)! Luckily most of our time was spent indoors, but at last we undertook our postponed June visit to the Tees Cottage, a set of buildings many of us have stared at while driving into Darlington and said "I must see that sometime!"

We were greeted by the extremely friendly volunteers with a cup of tea which was most welcome as we waited for the rain to moderate; eventually it did and we headed out of doors. Our first stop was between the two sand filter tanks, both now filled with water, but until 1926 contained sand and gravel to purify the water. This was drawn from the Tees right next to the works and needed thorough cleansing before use, largely, we were told, because of the filthy habits of the people and businesses of Barnard Castle upstream! It then supplied Darlington and a wide area of Teesside.

Our next stop was the Gas Producer Plant, just behind the filter tanks. Here we were introduced to the gas engine which drove the pumps to raise the water from the Tees. Dating from 1914, this was a superb example of



machinery driven today by mains gas, but until 1926 served by suction gas produced in the room next door; this was not fully abandoned until a serious explosion in 1955 (felt by workers in their cottages across the main road, but fortunately without serious casualties). Even today the cramped conditions and poor ventilation in this room made it clear what conditions must have

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been like for those tasked with the gas production – not to mention the noise of the machine in operation which was insistent and almost deafening.

Stepping out of doors, we found the rain had stopped, so, after a quick look at the blacksmith's shop, it was on to the highlight of our visit. Five days before our arrival, the volunteers had started the process of firing up the twin 1902 Lancashire boilers which drive the giant beam engine of 1904 in the adjacent main boiler house. The term 'boiler house' hardly does justice to this edifice which is still a sight to behold with its spectacular décor evidencing the pride and confidence of the late Victorian era. We watched as the volunteers fired the boilers, using the same basic principles as firemen with their locomotives on the contemporary steam locomotives. The extreme heat was quite welcome on this chilly October morning! Then it was up to the beam engine itself

which was just about to start up after five days of preparation. At first, all was shrouded in steam, but after a tense few minutes the engine almost completed its first revolution before coming to a halt. After five or six tries, there was a small cheer as round it went and the engine went into operating mode. The size, power and style of this machine was,



again, breath-taking as we watched it from all angles. Few of us were experts, but we all realised we were watching something very special from our industrial heritage.

There was just time for a final tea and biscuits before our two hours were done. Great thanks are due to Dave and his fellow enthusiasts for sharing their time and expertise. To anyone reading this and wondering whether Tees Cottage may be worth a visit, the answer must be a resounding 'yes'.

Monthly Meeting Talk 'Where there's Muck There's..... Local History Talk by Tim Meacham

The speaker at the last monthly meeting was Tim Meacham, one of Teesdale u3a's own members. Tim is a railway buff and during one of his

rambles along old Durham rail tracks, he came across the remains of buildings at Salters Gate, which led him to undertake some fascinating research. Although little remains now, Tim and his friend Terry found enough evidence to suggest these buildings were part of a more substantial development. By chance, Terry came across a cottage where the occupant informed him that her husband had worked on the railway. She even produced a map showing a tramway to a quarry, a brickworks and a coal depot. Encouraged to look through past newspapers, Tim identified a local entrepreneur, Sampson Langdale, who had been associated with a Mineral and Coal Mining Company which had been working in the area. The Company was formed in 1868 and was liquidated in 1875, despite advertising for more investment in 1874. Sampson Langdale was then declared bankrupt.

Tim found that Sampson Langdale came from a wealthy family from the Stockton and Yarm area, who seemed to be the 'movers and shakers' of the region. A Tyneside map of 1847 showed a very large manure (fertiliser) site in Newcastle in which the family had invested. Hence the title of the talk 'where there's muck.....'. Sampson had even offered to take the outflow from the public WCs in Newcastle for his manure business but the offer was declined. Adverts showed that the Langdales were also involved in a large public house promotion in 1869.

In 1872, Sampson was associated with the take-over of Lawes Chemical Manure Company Ltd in London, one of the biggest companies in the world at the time.

It was clear that the Langdales had invested in several ventures, some of which had not prospered. Sampson himself had been declared bankrupt twice. Tim posed the question: had Sampson been typical of investors of the time and been unlucky, or had he been dishonourable with a disregard for the consequences of his failed ventures? The clear view of the audience was that he had been dishonourable.

This was an exceptional talk involving considerable research and was much appreciated by the audience of about 100 members.

The next meeting will be held on Thursday 24 November when Garry Fildes, from the Grassholme Observatory will be speaking on *Journey through Space to distant Gallaxies*. Ian Reid.

October iPad and iPhone Group Report by Mike Sweeting

A variety of topics were covered in this session of the iPad and iPhone Group. We started by looking at the differences in button layout and purpose on the three different formats of iPhone. Some buttons had disappeared altogether over the years to be replaced by actions on the touch screen. This led us onto how vibrations can be set to occur to confirm

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when an action is complete, e.g. when using the phone for card payments or to confirm that a touch on the camera button has worked.

Version 16 of the operating system for both iPad and iPhone is now available and we looked at the significant changes and updates, some of which we may look at in more detail in the future.

The main topic of the day was the Calendar. We looked at how its use can extend beyond keeping track of personal events. It can also be used, amongst other things, for family calendars and reminders of events and birthdays. It will also synchronise across different Apple devices. The discussion will be extended next month to cover how to automatically include public holidays and events, and how information can be shared with others.

The next meeting will be on 25 November in the Music Hall at The Witham at 2:00pm. Cost £3.00 to cover room hire.

October Lunch Group Report by Kate Keen

Six of us met at Clarendon's in Barnard Castle for an enjoyable lunch. The menu has changed recently and most of us were tempted by the pie and chips option. This was very filling and left no room for dessert, so only those choosing the lighter option managed one. Next month we will be going further afield to the Black Horse at Ingleton. There is no lunch service so we will be meeting late afternoon at 5.00pm.

For more details and to book contact Jane Mathieson.

Needlecraft Group by Glen Howard

As ever, we had a very enjoyable afternoon working on our various projects - crochet, knitting, quilting and sewing. We decided that we would go out for a belated 'Christmas' lunch in January again next year and will be sorting out menus in time for our December meeting. Ideas were put forward for an outing next summer and further discussion will take place next month to decide on a destination. We all enjoyed a 'Betty's style' fat rascal with our cuppa.

Our next meeting will be on Monday 5 December. Please get in touch with me if you would like to join us. Glen Howard 01833 631639

Painting Group Report by Val Hobbs

Our November meeting falls after The Forum deadline, so I'll cover that in the December write-up. After a summer of alfresco meetings in graveyards and the like, the group are now meeting back at Startforth School, cosy in the warm room with lashings of free tea and coffee! December's meeting

falls on 9 December...and there may just be the odd mince pie...or two...to mark the festive season!! No doubt Anne will have an exciting Christmas challenge for us on the day...so please, come along and join our group. Contact Val Hobbs on 07900 497503 for more details.

Martin Page, a member of the group, gives his description of the October task.

'Winter draws on and we were back in the classroom at Startforth. It was time to put the outdoor sketching to one side and pick up the paint brushes again. By way of a change from classic watercolour techniques of 'wet on wet', 'wet on dry', and 'dry on dry' we digressed to wild life painting. This amplifies the skill in the art of producing texture from the brush to create realistic looking fur and bristle.

In the limited time available, the animal silhouette was traced from a donor picture (Yes! - tracing is an acceptable practice in painting) and the light tones brushed 'wet onto dry' in the direction of the musculature and then softened by paint removal with a dry brush. This technique produced a very acceptable graduation realistic of soft fur. The mid tones were produced in same way. The larger brushes were substituted for the fine ones, for the dark shades and the details such as eyes and noses with quantum results, bringing the shading to life and giving focus to the painting.



Philosophy Group Report by Ruth Sansom

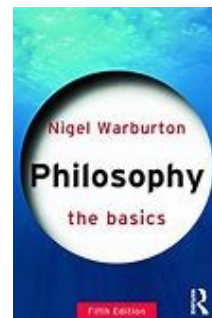
The Philosophy Group did not meet in October, but we continue to read, ponder and ask questions.

Do you ask questions about ideas in life? If so, come and join us.

Our members find images and cartoons for us to share:

Our topic for our November meeting is Appearance and Reality

Do you ever look at things and wonder how they got there?

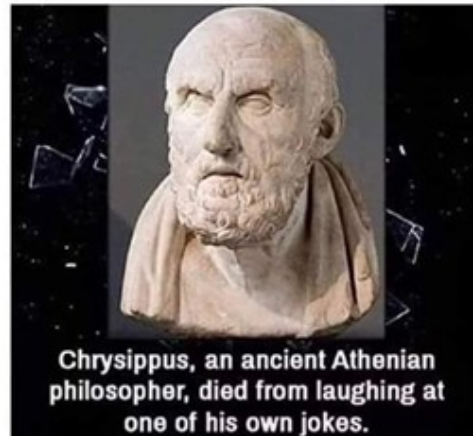


Can you believe it?

There was a young man who said "God
Must find it exceedingly odd
To think that the tree
Should continue to be
When there's no one about in the quad."

Reply:

"Dear Sir: Your astonishment's odd;
I am always about in the quad.
And that's why the tree
Will continue to be
Since observed by, Yours faithfully, God."



Do come and join us on the 4th Tuesday of the month at Enterprise House at 10am. Next meetings: Tuesday 22 November and 24 January. We follow the themes in **Philosophy, the Basics**. The next topic will be Science. Contact Ruth Sansom ruth@sansomfamily.org

Poetry Group Report October 2022 by Annie Clouston

This month's theme was Walt Whitman which dragging my mind to how we chose it, I remember it was because when Meg Peacocke was our guest she said he was one of her favourites. Our group on closer inspection certainly couldn't echo Meg's enthusiasm. Indeed, Liz admitted that she had ceremonially burned her Collected Works when studying for her degree in English Literature. Whilst the rest of us didn't quite share her animosity, we were left cold and highly likely to rank him in our least favourite poets.

There's a sententious religiosity about his work exemplified by this extract from a lengthy poem *Song of Myself* (often regarded as his best work):

I am the poet of the Body and I am the poet of the Soul,
The pleasures of heaven are with me and the pains of hell are
with me,
The first I graft and increase upon myself, the latter I translate into
a new tongue.

Born in 1819 in New York, he received little recognition for his poetry in his lifetime. He was a great supporter of Abraham Lincoln, and the emerging political system after the horrors of the American Civil War, in which he seemed to envision democracy as invincible and a route to a brave new world. I wonder what he would think of Q Anon?

Here is his vision:

For You O Democracy

Come, I will make the continent indissoluble,
I will make the most splendid race the sun ever
shone upon,
I will make divine magnetic lands,
 With the love of comrades,
 With the life-long love of comrades.
I will plant companionship thick as trees along all
the rivers of America, and along the shores of
the great lakes, and all over the prairies,
I will make inseparable cities with their arms about
each other's necks,

Continued overleaf....

For You O Democracy poem continued from overleaf....

By the love of comrades,
 By the manly love of comrades.
For you these from me, O Democracy, to serve you
 ma femme!
For you, for you I am trilling these songs.

Table Tennis Group Report by Peter Singer

Democracy is threatened around the world, the climate is going rapidly down the pan, the war in Ukraine grinds on and energy firms make enormous profits whilst many of us can't afford to eat or keep warm. What to do? Well, obviously, play a few games of table tennis, which we do every Friday afternoon.



It's a great way to vent all that pent-up anger and frustration (imagine Trump's face as you hit a majestic forehand smash), have a chat and a laugh with friends and generally put things in perspective – all for only £2 a pop. It is also good for stretching the legs and keeping us mobile. A recent list of the top ten health benefits of playing table tennis, by Coach EmRatThich, included “a wonderful sport even when you are at the golden age” (which we undoubtedly are) and “women can play with men” (maybe lost something in translation, that one). Perhaps someone should bottle and sell it – ping pong smoothie, anyone?

Anyway, to more serious matters. Since the 1950's the game has changed dramatically as a result of the replacement of the 'hardbat' with sponge-coated bats, which allow players to impart spin to the ball and this is now the dominant factor in the sport, although largely hidden from view for casual spectators. We need, therefore, to understand and be able to play with spin. Spin is imparted by brushing the bat against the ball at an angle (forward sloping over the ball for topspin and backward sloping under the ball for backspin). Returning spin is more difficult. Watching carefully the contact of the opponent's bat with the ball and the flight and bounce of the ball helps to identify what spin is being applied. Backspin causes the ball to rebound downwards, so use an open racket angle, with bat sloping backwards, to hit underneath the ball and push it upwards. Conversely, topspin causes the ball to rebound upwards, so returning requires a closed angle, with bat facing downwards, to hit over the ball and direct it downwards. Of course, practice makes perfect!

If you would like to join our group to learn the game, improve your skills or just have a bit of fun, please contact Peter Singer:

pandjsinger@btinternet.com 07508 663998. All are welcome, whether you play regularly, have not played for some time or have never played before.

Understanding Classical Music Group Report by Bill Heyes

The subject at the October meeting was the Austrian composer Anton Bruckner. Bruckner is usually thought of as a symphonist but a BBC podcast explored the composer's works from the beginning of his musical career. Bruckner trained as an organist from a very early age but after his father's death, his mother sent him to train as a teacher, though not of music. He obtained a position as general teacher and organist at the age of 21 and continued his teacher training to become qualified to teach in higher education.

Bruckner's family were staunch Catholics so it is not surprising that his early compositions were religious in nature. Eventually he became teacher of musical composition at the Vienna Conservatory. However, it wasn't until the first performance of his 7th symphony that Bruckner gained international recognition – at the unusually late age of 55.

In the second part of the meeting, the group watched a video explaining the intricacies of Bruckner's 8th symphony, considered to be one of his finest works.

The next meeting will be 25 November when Howard Goodall will recount *The Truth About Christmas Carols* (BBC video).

Editor: Please see the invitation to join the group and a description of the group's activities on page 8.

Shorter Walks Group Report by Sue Overton

Photos by Ian Royston

Monday 24 October Lartington Circular 4.5miles

Twelve of us set off from Barnard Castle Post Office downhill on the tarmacked path to the Silver Bridge. We crossed the bridge to Lartington Lane with the River Tees quite high after the previous day's downpours. Luckily, the day stayed fine as we took the path to our right, part of the Teesdale Way, through a large field grazed by sheep and continued to Pecknell Wood, admiring the autumnal colours of the trees in Flatts Wood on the opposite bank of the river.

Climbing the steep narrow road through the now cropped woodland was hard going for some....me mainly! And two of the group decided to return home at this point. The walk continued through the fields (more sheep) parallel to the old railway and along a track behind Pecknell Farm. This part was very wet and muddy, requiring careful negotiation. More sheep in another large field with Grotto Wood on our left took us behind a large house inhabited by a famous footballer whose name I can't recall. We emerged on a narrow road and turned left towards

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Lartington, over a small stone bridge spanning Scur Beck and immediately left through a wooden gate into Lartington Hall Park.

Much discussion took place about purchasing the Hall (only £3million!) for use by our u3a as a permanent base. Did we buy a lottery ticket?

We enjoyed the walk through the park with the beck on our left, bright red fungi and magnificent trees – thank you, Godfrey, for the identifications.

Leaving the park, we turned left up a short hill towards Pecknell Farm, then right through an easy, low stile onto the woodland path opposite the caravan site. The sunshine through the beech trees was gorgeous and warranted lots of photos – thank you, Ian.

We avoided a return to the road, remaining on the woodland paths despite hazardous damp roots and boggy bits until we reached the bridge where the beck joins the river. Here, we retraced our route back to the Silver Bridge, spotting jays in flight and agreeing we were fortunate to have such wonderful scenery on our doorstep.

Next month's walk on 28 November will be a 3 or 3.5mile walk around Bishop Auckland Park. Details to follow.



4-6 Mile Walking Group Report by Gillian Barnes-Morris Photos by Ian Royston

Tuesday, 11 October
Frosterley, Weardale -
5 ¾ Miles

For our October walk, the 4-6 walking group ventured into my old stomping ground of Frosterley in Weardale, where we were greeted with a cool but sunny day. Perfect for walking.

After crossing the River Wear, we headed towards the hills to follow a route that was essentially a figure of eight over the undulating terrain of an old mining area.



The views were lovely and many of the ruins were accompanied with plaques explaining their use, making the walk varied and also interesting.

The final section took us past Harehope Quarry, a former limestone quarry, which is now part of an educational eco project. The quarry is open to explore but they also hold many events and activities for all. See attached website

<https://www.northpennines.org.uk/location/the-harehope-quarry-project>

7 to 9 Walking Group October Report By Peter Harding Photos by Ian Royston

On Wednesday 19 October, 17 members met at The Broompark picnic area just west of Durham. The day was overcast but with no forecast of rain.

We set off along the Deerness Valley Railway path then a road climb to reach the historic Ushaw College. Lunch was taken with some folk sitting on benches in the gardens whilst others made use of the College's refectory.

After lunch, we found ourselves following The Northern Saints Trail until we joined the Lanchester Valley Walk, returning to the Broompark picnic area.

The walk was measured at 8.2 miles. Photo from inside Ushaw College Refectory kindly taken by Ian Royston.



The next walk on 16 November is led by Margaret. Starting from Washton Road in Richmond, we will walk through the golf course, then past Aske Hall, down to Gillingwood Hall, then back via Coalsgarth c.7 miles. Please contact Nicky Grace nickygrace729@gmail.com

We are joining the fell walkers and 4-6 mile walking groups for festive fare on Tuesday 13 December at the Fox and Hounds at Cotherstone. Please contact Gillian Barnes-Morris for details gillianbm1@gmail.com Kathleen will be leading a short walk prior to the meal for those that are interested.



Thank you to all of the leaders who have created such an enjoyable and varied programme this year. Thank you also for all the walkers who have provided such good company whilst we explored the wonderful country surrounding us. I shall be working on the 2023 programme and will be delighted to hear from those interested in leading a walk next year.

Wishing everyone happy walking for the festive season. Nicky

**Fellwalking Group October 2022 Report by Annie Clouston,
Photo by Judith Coleman**

This was a ten miler of massive views, vast grey doomy skies, and a wind that would knock a woolly mammoth off course. Not being a herd of woolly mammoths, there was some staggering about from the twelve of us, particularly when peely-wally with hunger and the effects of a steady climb. At snap time, an escaped carrier bag while being chased down a perilous cliff by a couple of walkers keen to reclaim it, looped the loop spectacularly to return boomerang-style on a capricious gust of air.

We began our walk in Bowes and made toward Citron Seat (not yellow nor orange, but altitude 1464') round Gilmonby Moor then joining the Pennine Way along Sleightholme Beck to God's Bridge and back to Bowes. We commented on the mass of water going under God's Bridge, and in Sleightholme Beck, which at its confluence with the Greta seemed to carry



the greater amount. Virtually drooling for some liquid refreshment after the wind-battering, we were disappointed to find The Ancient Unicorn closed until further notice.

It was indeed a delightful walk, made richer by the good humour and wit of fellow walkers. Thank you to Lynda for leading.

What can those blokes find so interesting over that wall?

Wildflower Group Report by Kate Keen

The last 2022 wild flower group walk was held in September. Our 2023 programme will start early with the New Year Plant Hunt to be held on Tuesday 3 January starting at 2.00pm on the Demesnes. This is a national event organised by the Botanical Society for Britain and Ireland. The project provides evidence of the impact of climate change on flowers in the UK. We won't expect to find many plants flowering in Barnard Castle in January; however, depending on how harsh our weather has been, we may see a few stragglers from the autumn and a few others that manage to flower almost all year round including gorse and chickweed.

Wine Group October Report by Tim Meacham

In October, we met at Roger Stanyon's house where, as a bonus, Roger presented a small exhibition of his grandfather's paintings. Thank you Roger, for this lovely display. We then settled to the business of the day, blind tastings of six wines, three from Germany and three from Austria. The results were very interesting.

We started with a pair of Rieslings, a Pfalz Sturmwolken Riesling 2021 (11% from Sainsbury's costing £7.50) from Germany, then a Niederosterreich Riesling 2021 (12.5% also from Sainsbury's costing £9.50) from Austria. After some discussion, the Austrian wine was chosen unanimously as the better. The Pfalz surprised those who expected a bland, sweet wine by having more depth and less sweetness, but lacked the longer finish of the Niederosterreich which also had mineral undertones which added to the experience. One nil to Austria.

Moving on, we compared a second pair of white wines: from Germany came a Weibburgunder 2021 (12.5% from M&S costing £9.50), based on the Pinot Blanc grape which belied its price tag by its sheer blandness ('Is that it?' was one comment). By contrast the Austrian Niederosterreich Gruner Veltliner Dry (12.5% from Lidl at only £5.99) received a thumbs up. Based on the most popular Austrian grape, the Gruner Veltliner, with its flavours of green pepper and lime, was an absolute steal, reminding the group of a top-notch Sauvignon Blanc. One up for Lidl and an unassailable lead for Austria over its more prolific neighbour.

Roger was quite impressed by both our reds, the German Rheinhessen Pinot Noir 2021 (12% from Sainsbury's at £7.00) surprising us with its lightness - 'a charming, medium-bodied wine that has a delightful fruitiness with balanced acidity and low tannins' as the label put it; it was, however, again put in the shade by its Austrian equivalent, the Zweighelt 2019 (13% also from Sainsbury's and a mere £6.00) featuring the lesser-known Zweighelt grape, now Austria's most-planted red grape. Smooth and full-bodied, this would go well with a roast dinner and represented fantastic value at this price. So the contest ended 3-0 and gave food for thought. The disgrace of the 'antifreeze' years has clearly driven the Austrians to prioritise quality and there are some absolute bargain wines out there.

The November meeting will take place at Stella and John's on Tuesday 18 November, but as I mentioned last month, membership of the group is currently at its maximum. Anyone wishing to be placed on the waiting list should contact me at simontimotheacham@gmail.com



Festive Foods From Around The World

Not everyone eats turkey at Christmas

Article by Karen Tranter

Greenland

Mattak and kiviak are two dishes that you can expect to be served. Traditional Inuit fare, mattak is a strip of skin taken from the narwhal or white whale with the blubber still attached; this is then carved up and served in bite-sized chunks and is said to taste like fresh coconut. It's often served alongside kiviak: the flesh of a small arctic bird called auk which is then stuffed inside a sealskin. The sealskin is then buried for several months to ferment. Once the auk is in an advanced state of decomposition, it's ready to eat.

Norway

Smalahove is a dish made from a sheep's head served with potatoes and rutabaga (swede) traditionally served the Sunday before Christmas. It would be an indulgent meal for the poorer Norwegians. The head would be split in two, the brain removed and the pieces soaked in water for two days. It would then be salted, dried and smoked, and finally boiled or steamed. The eating process is an art in itself. Firstly, the ears and eyes are eaten as they're considered a delicacy, the meat would then be eaten from the skull, starting at the front and working your way to the back.

Russia

Selyodka pod shuboy translates as "herring under a fur coat". It's so called because it's made up of diced pickled herring that's layered under diced potato, carrot, beetroot and onion and mayonnaise, then topped with chopped boiled egg. Often fashioned into elaborate designs, the dish is usually served as party food particularly at Christmas.

South Africa

Mopane worms, the caterpillar of the Gonimbrasia Belina moth, not strictly regarded as a Christmas food, are in abundance around the festive period in Southern Africa. Harvesting begins in late November, making them an ideal Christmas treat. Once harvested, the fresh worms are fried with onions, tomatoes and chili. As this practice was born from necessity, they're not something that's eaten to the same extent these days and many consider them a form of bush meat, but there are a number of communities that regard them as a delicacy.



Scottish Tablet

This has a gritty, melt-in the-mouth texture, a tooth-aching sweetness, it's unique and wonderful.

Ingredients

- 900 g Caster Sugar
- 250 ml Full-fat Milk
- 110 g Butter
- 397 g Condensed Milk

Method

Pre-grease a 13x9 inch tin with a generous amount of butter and set aside.

Place the sugar and milk in a large pan over a gentle heat. Stir occasionally until all the sugar has dissolved.

Once all the sugar has dissolved add the butter and allow to melt.

When the butter has melted, add the condensed milk and mix well. Increase the heat and stir continuously while the mixture boils and reaches Soft-Ball stage (120°C) on your sugar thermometer. Take care that it doesn't burn.

Remove from the heat and allow the mixture to settle a little before beating. Beat with a wooden spoon in the pan until the mixture is almost setting. This may take a good bit of beating!

Transfer to your pre-greased tray and spread evenly to the edges/corners. Leave to set for at least a couple of hours but ideally overnight. If you want neatly cut squares/bars of tablet score your tablet in your desired size/shape about 30 minutes into setting.

It's well worth the effort.

Vaniljekranse (Vanilla Wreath Butter Cookies)

from skandibaking.com

Ingredients

150 grams unsalted butter, softened

150 grams granulated sugar

1 large egg

1.5 tsp vanilla extract

50 grams almond flour

200 grams all-purpose flour (S.R.)

Pinch of salt

Method

Preheat your oven to 390 F (~200 C), gas mk. 5.

Mix together softened butter and sugar.

Add egg and vanilla and combine well.

Add almond flour, all-purpose flour, and salt. Mix until a pipeable dough forms.

Add your dough to a piping bag with a star shaped piping tip. Pipe rings onto a baking sheet.

Freeze the tray with piped cookies for around 5 -10 minutes to keep more of the ridged definitions – if you don't, it may end up just looking like a circle!

Bake for 8 minutes until just lightly golden on the bottom – these can burn quickly, so pay attention! Enjoy!

Danes even have a mantra for this season of indulgence. “Det er ikke hvad du spiser mellem jul og nytår, men hvad du spiser mellem nytår og jul”. We can translate this into the following: It's not what you eat between Christmas and New Year's, but what you eat between New Year's and Christmas.

**Curried Cauliflower Cheese Filo Pie
(from Yotam Ottolenghi)**

This is a very scrumptious vegetarian dish that will feed four very hungry people. I think you will find that even committed carnivores will delight in this! Our December workshop members will be preparing, then eating another festive special filo pie that will make the carnivores jealous and go well with the traditional vegetable accompaniments of turkey or goose. We will also make, and eat, a Christmas Eve supper dish with Italian connections. Details of the Vegetarian Cooking workshop are on page 4.

Ingredients

1 large cauliflower, trimmed and cut into bite-size florets (about 700g)

2 tsp mild curry powder

3 tbsp olive oil

1 tsp salt

100g unsalted butter, 50g cut into roughly 3cm cubes and 50g melted

75g plain flour

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675ml whole milk

2 garlic cloves, crushed

1½ tbsp English mustard

150g mature cheddar, roughly grated

6 sheets good-quality filo pastry – we use JR Feuilles de Filo)

1 tbsp roughly chopped parsley to serve

1½ tsp lemon zest to serve

You'll also need:

23cm springform cake tin

Method

Heat the oven to 180°C fan/gas 6. Line the bottom and sides of the 23cm springform cake tin with baking parchment.

Put the cauliflower on a large, parchment-lined baking tray and toss with the curry powder, half the oil, ½ tsp salt and a good grind of pepper. Roast for about 20 minutes until cooked through and lightly coloured. Set aside and turn the oven temperature down to 170°C fan/gas 5.

Meanwhile, make the béchamel. Put the cubed butter in a medium saucepan on a medium-high heat and, once melted, whisk in the flour and cook for 1-2 minutes – it should start to smell nutty (like popcorn). Turn the heat down to medium and slowly add the milk a little at a time, whisking continuously to prevent any lumps, until incorporated and the sauce is smooth. Cook, whisking often, for about 7-8 minutes until thickened slightly. Off the heat, stir in the garlic, mustard, cheese and ½ tsp salt until the cheese has melted.

Keep your filo sheets under a damp tea towel to prevent them from drying out. In a bowl, combine the melted butter and the remaining 1½ tbsp oil and keep to one side.

Working one sheet at a time, brush the exposed side of the filo with the butter mixture and drape it into your prepared tin (buttered side up), pushing it down gently to fit. Continue in this way with the next filo sheet, brushing it with butter and then laying it over the bottom sheet, rotating it slightly so the overhang drapes over the sides at a different angle. Do this with all 6 sheets.

Spoon half the béchamel into the base and top with the roasted cauliflower florets. Spoon over the remaining béchamel, then crimp up the overhang so it creates a messy 'scrunched-up' border around the edges, leaving the centre of the pie exposed.

Brush the top of the filo border with the remaining butter mixture, then transfer the tin to a baking tray and bake for 30 minutes.

Using a tea towel to help you, carefully release the outer circle of the springform tin, then return the pie to the oven for another 20-25 minutes, or until the sides are nicely coloured and everything is golden and bubbling. Leave to settle for 15 minutes.

Top the pie with the parsley and lemon zest and serve warm.

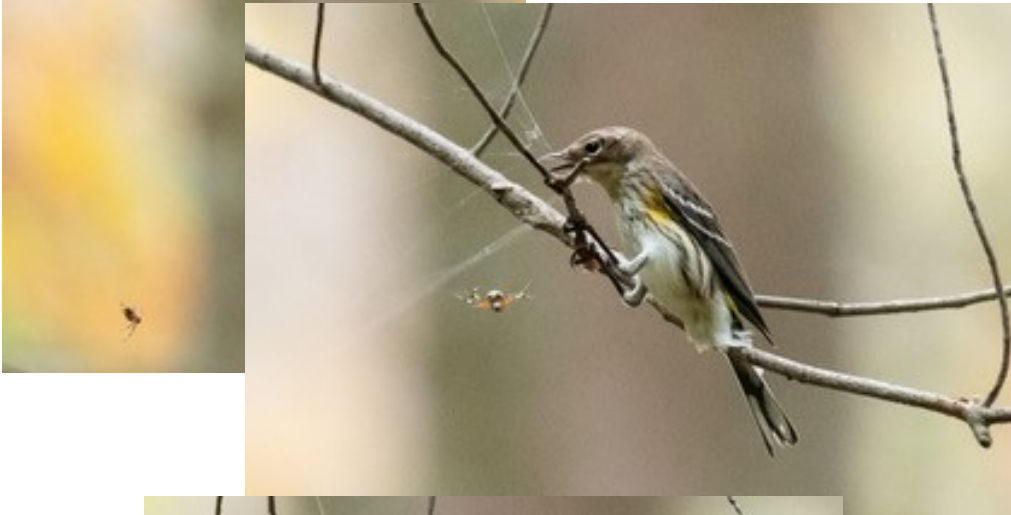


Thank you to Karen Tranter and Annie Clouston for these festive food recipes.

Christmas Quotes

1. **Benjamin Franklin**
"A good conscience is a continual Christmas."
2. **Mother Theresa**
"It's not how much we give but how much love we put into giving."
3. **Anonymous**
"May you never be too grown up to search the skies on Christmas Eve."

**We all need a Christmas meal.
Thank you to Pete Redgrave for these action wildlife photos.**



Help Wanted by Timothy Tocher

Santa needs new reindeer.
The first bunch has grown old.
Dasher has arthritis;
Comet hates the cold.
Prancer's sick of staring
at Dancer's big behind.
Cupid married Blitzen
and Donder lost his mind.
Dancer's mad at Vixen
for stepping on his toes.
Vixen's being thrown out—
she laughed at Rudolph's nose.
If you are a reindeer
we hope you will apply.
There is just one tricky part:
You must know how to fly.



November December Quiz A Christmas Selection Box

1. US President Franklin Pierce introduced what to White House Christmas tradition in 1856?
2. What red-blooming Christmas plant came originally from Mexico?
3. Pine needles are said to be a good source of which vitamin?
4. What drink invented by Francis Showring has a fawn mascot?
5. In which Christmas carol does this line feature: "*Bring me flesh, and bring me wine, bring me pine logs hither*"?
6. Complete the famous rhyming line which follows: "*At Christmas play and make good cheer....*"
7. Which poem written by Clement Moore was originally titled *A Visit from Saint Nicholas*?
8. What animal is the Scandinavian Christmas Julbock symbol?
9. What British spacecraft was lost on Mars at Christmas 2003?
10. What Christmas item takes its name from the old French word *estincelle*, meaning *spark*?
11. Who was said to have presented the baby Jesus with Frankincense?

Continued overleaf....

Continued from overleaf....

12. Before the tradition of hanging stockings up at Christmas, what did Dutch children hang by the fireside?
13. In which country is it a tradition to hide all brooms in the house on Christmas Eve?
14. In the song *The Twelve Days of Christmas*, how many pipers are there?
15. Who composed the music for the festive season ballet *The Nutcracker*?
16. When exactly is *The Twelfth Night*?
17. '*Christmas won't be Christmas without any presents!*' is the opening line of what classic novel?
18. Which Christmas item was invented by Tom Smith in 1847?
19. What is the fear of snow called?
20. True or false: There are no records of Joseph speaking in the Christmas Story?
21. In which fictional world, created by CS Lewis, is it always winter but never Christmas?

October/November Answers

1. Fruit
2. Mary Shelley
3. Ireland
4. Macbeth
5. Bone and fire
6. Samhainphobia
7. The great pumpkin
8. A werewolf
9. Bram Stoker
10. Arnold Ridley
11. 4
12. Garlic
13. vines
14. Mother Shipton
15. Mexico
16. Transylvania
17. Jadis
18. Turnip
19. A coven
20. Saint
21. Between the two e's – (Hallowe'en)
22. Apple 'dookin'

Bridges around Teesdale

2023



The 2023 Photography Group Calendar ***Bridges around Teesdale*** will be available at November meeting or by contacting Jane Mathieson, Business Secretary 01388 710741

bissec@teesdaleu3a.org.uk

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Group	Meeting Time	Contact Details
Art Appreciation	1 st Wed pm	Roger Stanyon 01833 631758
Birdwatching	3 rd Monday am	Andrew Lapworth 07962 038052
Book Group 2	2 nd Mon pm	Groups@teesdaleu3a.org.uk
Book Group 3 Room to Read	3 rd Wed pm	Annie Clouston 01833 637091
Chess		Diana Marks 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	1st 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 07979 204212
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 24 Nov 7.00pm	FILM – Where the Crawdads Sing (15) with subtitles A captivating mystery-drama, based on the 2018 novel of the same name by Delia Owens.
Thurs 24 Nov 7.30pm	SPOKEN WORD – High Helbeck: Transforming an Upland Estate for Nature and People. A talk hosted by Teesdale Special Flora Trust.
Fri 25 Nov 7.30pm	COMEDY – Angelos Epithemiou: Can I Just Show You What I’ve Got? (14+)
Sat 26 Nov 2.00pm	SCREENING – National Theatre Live Encore: The Seagull (15)
Fri 2 Dec 7.30pm	FUNDRAISER – The Genius of Charles Dickens Enjoy some of the best-known characters from Dickens as featured in Chris Foote-Wood's one-man Edinburgh Festival show.
Sat 3 Dec 8.00pm	MUSIC – About The Humans... A once only pre-release full live performance of their new album, working title: <i>A Document of the Unpredicted</i>
Thurs 8 Dec 7.00pm	THEATRE – Turrets Youth Theatre: The Fir Tree A re-imagining of Hans Christian Andersen’s festive fairy tale.
Fri 9 Dec 7.30pm	MUSIC – The Young’Uns’ Christmas
Sat 10 Dec 7.30pm	MUSIC – Carols by Candlelight A concert of festive music with <i>Concordia</i> , <i>Canticus</i> and <i>No Added Sugar!</i> choirs.
Sat 17 Dec 7.30pm	MUSIC – A Ukulele Christmas with D’Ukes of Scarth and support from Malcolm Elsbury and James Dykes.
Mon 19 Dec 6.30pm	FAMILY – Santamime Free gift for each child ticket purchased! Spot prizes for the best Christmas jumper too!
Fri 16 Dec to Sat 24 Dec Various times	PANTOMIME: Jack and the Beanstalk

www.thewitham.org.uk

Box office: 01833 631107