

TEESDALE u3a FORUM

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

January 2023 no: 23/01



u3a

www.teesdaleu3a.org.uk

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Chairwoman's Letter January 2023

Dear Friends

As I write the rain is drearily persistent, and cheer seems a bit hard to come by, particularly since at the end of December two members of Teesdale u3a who were great contributors both to the organisation and to the community, have died. Lusie McAnna, who ran our Spanish Conversation group and kept going through the pandemic and through her debilitating illness and physically exacting treatment with her Zoom meetings and her "word of the day". Karen Tranter, a woman who quietly went about the business of providing the Forum with material including the quizzes, jokes, cartoons, curiosities, every month, and was a great helpmate to her husband Roy in running the Science and Technology Group, Both will be missed for their positivity, their humour and their commitment to making life better for those around them. I am sure you will all join me in appreciation of these lives well-lived and in sending our condolences to their families.

You don't need me to point out that this is going to be a challenging year. The challenges seem very big, particularly how to live sustainably in difficult times. I was very struck by a sentence in a book* that I am reading by the granddaughter of Charles Darwin, who says of her Uncle Lenny: "When he was a very old man he was more interested in the future of the world than the past; which is rare in the old". This seems very relevant to our next month's talk ***Reasons to be cheerful***, about how we think of and what we can do for our grandchildren and their future. Kate's approach is one of encouraging us to see ourselves as able to do something, however small it may seem, rather than as powerless to bring about change.

As for me, I'm on Dry January, and a ***new regime***:

It's not a bad idea to find out whether
We like each other sober. Let's resist.
I've got the Perrier and the carrot grater
I'll look on Scotch or a pudding as a crime.
We all have to be sensible sooner or later
But let's not be sensible all the time.

Thank you Wendy Cope.

With very best wishes for the year ahead
Annie

It's *Your* Forum

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DEADLINE FOR CONTRIBUTIONS for the next edition:

Tuesday 7 February 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

23 February Kate Bailey Teesdale Climate: Reasons to be cheerful

In the last few months, the Climate Solutions discussion group has covered a range of practical approaches to energy efficiency and reducing our individual impacts on the planet. Kate will talk about some of our ideas and consider whether the North Pennines AONB, and Teesdale in particular, is a relatively safe place to live in terms of the predicted impacts of the warming climate.

23 March Martin Lloyd *Passports, Assassins, Traitors and Spies*

27 April (AGM) Sheila Peterson *By Canoe to Timbuktu*

Thursday 26 January Helen Guy *Legacy of the Kearton Brothers* An informative talk on the lives and legacy of Richard and Cherry Kearton. From their childhoods in Thwaite, where they developed their interest in the natural world, to becoming celebrated pioneers of wildlife photography.

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**

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

April to be arranged

Saturday 20 May 10-1pm Wire Sculpture led by Sara Cox (if you saw the recent exhibition by members of Teesdale Schools at The Witham you will have seen some of Sara's excellent guided work) Very much a hands-on session with materials provided £25 per person

Please contact Hazel Yeadon to book a place. Tel: 01833 638710

Saturday 17 June Gin Tasting in Whitby. Gin Tour is fully booked but places will be available on a large coach if you'd like a day out in Whitby

Please contact Sue Overton. Tel: 01833 908597

A very veggie Christmas!!

Report of December's Veggie Cooking Workshop by Hazel McCallum

Ten of us joined Annie at the Guide HQ for some festive vegetarian cooking. Annie had selected two recipes to guide us through - a spiced chestnut and squash filo pie with feta and a roasted Mediterranean vegetable lasagna. Annie swiftly had us all chopping - many hands made light work although John had to use some heft handling the squash! Following all the chopping and slicing, the veggies were roasted in the



somewhat temperamental oven, leaving us to move on to the béchamel sauce and a little more chopping. We then made the chestnut filling and started construction. Annie's top tips for filo were to cover it with a damp tea towel while working to stop it drying out and use generous amounts of melted butter to build up the layers. Annie improved the veg lasagna recipe by adding a lot of extra cheese, as Delia was found to be a little frugal on the cheese front.

Once everything was cooked, we sat down with a glass of wine to savour our efforts. Annie had also made a delicious Moroccan carrot salad and a green leaf salad to complement the pie and lasagna.

We all thoroughly enjoyed ourselves. Annie was a super teacher, patiently sharing all her cooking know-how, suggesting the best places to buy the ingredients, and where she sourced her much admired lasagna dish.

u3a Monthly Meeting November 2022—Report by Tim Meacham

For our November talk, Ian Reid presented a fascinating and well-illustrated account of his house 34, The Bank, Barnard Castle, and its immediate environs. Ian stepped in at less than 24 hours notice when the advertised speaker had to withdraw, so particular thanks are due to Ian for providing such an informative presentation.

The first section of Ian's talk focused on the house in its setting. The overall layout of The Bank emphasises the long-time close relationship between 34 and Blagraves next door; indeed, for a period these shared an owner. Although the frontage of Number 34 bears the inscription 'RD 1742' (believed to refer to Richard Davis, an 18th century owner), elements of both buildings predate this by many years. Photographs taken from high made clear that the buildings immediately fronting onto The Bank are 18th century additions, set at right angles to the earlier buildings behind. In 34's case, two such sections can be seen to the rear, the further away dating to the 1600s. The Burgages at the rear were probably present before any buildings were added. Ian then drew attention to the unusual brick-built Banqueting Hall set behind Blagraves (not to forget the mysteriously reappearing carvings now visible on Blagraves' frontage), before he showed us another fine building further down the Bank which has been recently restored, the House of the Castle Steward, which features a fireplace with the date 1641.

Focusing in on Number 34, Ian took us for a walk along from the garden stopping outside the earliest building to view its original doorway (no longer in use). Next we were shown the stairs down the cellar, a feature buried and unknown until revealed by recent renovations. One unusual stone head has survived - to be fixed on an outside wall. During the 'Q & As' at the end of the talk there was debate as to whether the cellars were ever connected by a tunnel to the castle. Such a legend exists and a possible blocked-up entrance survives down there to this day. We moved on (noting Charles I's statue across the fence in Blagraves' yard). An unusual slab forming the flat roof of the porch to Number 34 suggests a one-time early entrance, possibly reached by steps up to the porch roof, but now replaced by a window.

We then moved indoors to start our internal viewing in what was once the lounge bar of 'The Shoulder and Mutton' but now serves as a very smart reception room with a restored fireplace. Here, as elsewhere throughout the house, restoration has been most sympathetically carried out, maintaining period detail whenever possible while adding appropriate modern features.

The lounge windows fronting onto The Bank are original features. The wider -splayed example nearest to Blagraves may once have been a doorway giving vehicular access to the yard behind. A fine Georgian staircase leads up from the lounge to a Drawing Room probably from the 1740s with original doors and another nice fireplace. More original stairs then lead to the top room, now a surprisingly light bedroom considering the small windows - possibly once a workshop for the weavers or curriers known to have toiled here. Records show a bridler, Joseph Raine, disposing of the property prior to 1741 to the Robinsons who were leather workers.

Retracing our steps Ian returned us to the downstairs lounge bar, then explained what he has found about ownership down the ages. From the Robinsons (above) the property passed to the noted Headlam family, one of whom, an Archdeacon no less, apparently introduced the hostelry which existed here for generations under various guises – The Turk's Head from about 1760 (soon The Hat & Feathers, before settling down as The Shoulder of Mutton by the 1820s) and still serving beer and liquor into the early 1960s. A less official name, for reasons which can be guessed, was The Bucket of Blood!

Elsewhere in the non-licensed areas there were records of later owners/renters, including the Davis Family (of frontage 'R D 1742' fame), then some hatters who used the premises in the 1820s, followed by a period under Joseph Foott from 1848; a weaver Morton Ambrose followed in 1911. The 1960s saw the period of joint ownership with Blagraves (by one 'Josie'), after which the Brown family did much restoration before the Reids took over the custodianship of this historic house.

We finished with a photographic tour of the original building's interiors, and Ian pointed out a number of peculiarities which suggested changes over the years: a window which wasn't a window, a loft above the main room but featuring a fireplace, a fine stretch of wall decoration which clearly once continued beyond the area of the existing wall – was there a gallery here at one time? This was just the sort of place for a ghost, and Ian did not disappoint us. A guest during the time when the Reids operated their B&B here spoke at breakfast of an old lady reclining on the chaise-longue in the 4-poster room; other sightings were reported in the erstwhile lounge-bar. An early advertising leaflet for the business claimed to have been written by the ghost!

Ian held us enthralled for nearly an hour with these tales. We were sorry that our intended speaker was taken ill, but grateful to have such an accomplished replacement. Thank you, Ian!

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, wfhey@btinternet.com or phone 01833 640885.

Group Reports

Poetry Group and Room to Read Book Group December 2023 Report by Annie Clouston

Both groups decided a bit of mingling for Christmas would be very pleasant. With a loose theme of 'favourite book or poem of the year', we had a joyous celebration of what we loved about books and poetry. The poetry was very eclectic. From comic ***Daddy Fell into the Pond*** by Alfred Noyes and ***Bloody Men*** by Wendy Cope, to nonsense - ***Jabberwocky*** by Louis Carroll.

From evocative and elegiac, ***The Rain Stick*** by Seamus Heaney and ***The Lake Isle of Innisfree*** by W B Yates, the provocative ***Said the Lord*** by Moira Burgess, ***Love*** by George Herbert and ***Duce et Decorum Est*** by Wilfred Owen to the lyrical, ***She Moves Through the Fair*** attributed to Padraic Colum,

The funereal, ***Do Not Stand by My Grave and Weep*** attributed to Clare Harner and to a piece from a different culture, ***Kindness*** by Naomi Shehab Nye.

We also listened to a sublime reading by Richard Burton of the opening lines of ***Under Milkwood*** by Dylan Thomas. Please feel free to quibble with my classifications of the poems!

Favourite books and recommendations:

<i>Untold Stories</i>	Alan Bennett
<i>Alice in Wonderland</i>	Lewis Carroll
<i>Hamnet</i>	Maggie O'Farrell
<i>Loving Frank</i>	Nancy Horan
<i>Lessons in Chemistry</i>	Bonnie Garmus
<i>Midst of Winter</i>	Isabelle Allende
<i>The Japanese Lover</i>	Rani Manicke
<i>The Flow</i>	Amy Jane Beer
<i>Precious Bane</i>	Mary Webb
<i>Foster and</i>	Clare Keegan
<i>Small Things Like These</i>	

Next Poetry Group:

Wednesday 11 January Theme: New Beginnings

Next Book Groups:

Wednesday 18 January: ***Period Piece, a Cambridge Childhood*** Gwen Raverat

Wednesday 15 February: ***A Change of Climate*** Hilary Mantel

Climate Solutions discussion report January 2023 by Kate Bailey

Early in the new year some of us were optimistic, others less so. The mild weather over the Christmas period was erratic, to say the least. New Year's Day temperatures broke 'hottest ever' winter records throughout Europe. With very little snowfall, and temperatures rising to 10-15C degrees above average in places, most Alpine ski slopes are being re-created using expensive snow blowing machines !

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Back in the North Pennines, winter has been closer to the predictable norm of 'windy and wet' but with very little snow here too. Unfortunately mountain hares that 'dress' for snow when the days are short become highly visible to their predators.



Members of our group agreed in 2022 to take advantage of holidays visiting our families and friends to talk to the younger generations about climate solutions. The results have been interesting.

One delightful 4-year old recorded a song called "*Reduce, Reuse, Recycle ... we have to try you see ...*" Another family's grandchildren variously responded (8-year old) "*grow our own food*" (then spoilt it by saying "*to feed the rabbits in the garden*), (15-year old) "*install solar panels*",

(17-year old) "*recycle clothes via charity shops*". She also said the government doesn't take her generation seriously so we should all be "*writing to MPs, discussing climate solutions with our friends and spreading the word.*" Older grandchildren from a different family (16, 18 and 20) said "*support rewilding projects to restore nature, eat less meat, reduce waste, use public transport.*"

One of my grandchildren aged 8 thought it would be a good idea for her

teacher to arrange for all her classmates to ask their parents/ carers what changes the whole family could make in 2023, and then talk about their own ideas.

From the younger generations' point of view it seems that climate conversations are what we all need to reassure them that we share their concerns and are willing to make changes to help nature recover.

Discussion Group December 2022—Report by Glen Howard

Very varied discussion this month with subjects of news including: PPE provision during the pandemic; the House of Lords; the Sussex Netflix programmes; shop doors being kept open in bitterly cold weather; strikes; and the approved coalmine at Whitehaven.

Our main topic was 'Parking' with much talk about the effect of parking charges on the viability of High Street shops.

Our February meeting will be on 10th Feb, main topic to be decided at the January meeting. If you would like to join us please give me a ring.
Glen Howard 01833 631639

November Geography Group Report by Jane Harrison

We welcomed back Professor Peter Atkins, of Durham University, who gave us a fascinating talk with the intriguing title “The Historical Geography of Food, with particular reference to cheese and the North East of England.” We even did a blind tasting of some samples!

English cheese production is documented from the early 13th century. West Wickham Manor, in Hampshire, produced 167 cheeses in 1208-9. The majority were sold but some formed part of the tithe. Whole cheeses were probably small by modern standards, weighing around 3.27lbs and were produced from sheep's milk. In medieval times production was concentrated along the Essex coast and later extended into Suffolk and Kent. This is known from landscape, land use, archaeological and documentary evidence. Place names also give clues – the ending ‘wick’ meaning ‘a place for making cheese’ e.g., Gatwick. The Luttrell Psalter c.1300 has an illustration of sheep but it is difficult to determine the breed.

Anglo-Saxon manuscripts indicate that cheese played a role in the national diet from before the Norman Conquest. Consumption probably varied by region. Over the centuries some local cheeses, for example, Cleveland, have vanished. Wensleydale, originally a blue cheese, nearly ceased

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production in 1957 but has been successfully revived. Cheshire cheese has a long and fascinating history. During the English Civil War, it was transported by sea to London and was eaten during military campaigns in Scotland and Ireland. Later it was ordered by the Navy as it kept well for 6 months. It was preferable to Suffolk cheese, which was considered too hard - even by the weevils! Cheddar, now the world's most popular cheese, was only produced from the 1840s and was particularly suited to factory production.

I could go on at length about all the fascinating facts we learned about cheese but sadly there isn't the space! Professor Atkins concluded by looking at regional variations in diet and cited evidence suggesting that prior to the Industrial Revolution, northerners with their access to small holdings were probably better fed than their southern urban-based counterparts. A useful insight into what people were eating in the past can be gleaned from contemporary recipe books. Until the advent of the railways and the invention of the tin can, however, people could only eat what was in season or could be pickled or preserved.

Next meeting: Thursday 16th February 2023. 2pm in The Witham. Dr Jonathan Mitchell will talk about the geopolitics of south east Europe

November Geology Group report by Bob Tuddenham

This meeting at The Witham was well attended with considerable interest in the main talk on 'The Yorkshire Polyhalite and its salty origins' by our guest speaker, Dr Rick Smith, a consultant geologist based in the region and who has worked all over the world. He is one of the two main geologists involved in the remarkable development of the Woodsmith Polyhalite Mine at Whitby firstly by Sirius and now by Anglo American. His talk initially covered the extensive range of minerals that have been extracted and used in the north-east and their importance in the industrial development of the region and particularly ICI on Teesside.

Dr Smith then talked about the unique and massive polyhalite deposit which has been found over one km below the North York Moors at Whitby and its value as a modern fertilizer. The potential appears enormous with plans for over 20 million tons per year to be extracted. He briefly outlined the planning requirements for such a development in a National Park and the need to protect the environment. He explained the design of the mine and the 34km tunnel being bored north-westwards to carry the polyhalite by conveyor belt to Teesside for granulating and storing before distribution all over the world.

It was a very interesting talk with a number of questions and discussion afterwards.

In the second half of the meeting, Les Knight gave some book reviews and hopefully some ideas for Christmas gifts! Firstly, he mentioned the TV series 'State of Happiness' which describes how with its last drilling commitment, Phillips struck oil in the North Sea in 1969 and changed the whole economic future of Norway and Stavanger in particular. Les then briefly reviewed three geology based books: all three of the books were about fossils, their discovery, variety and importance in working out the history of the Earth. The book 'The Fossil Woman – a life of Mary Anning' is a very interesting and less sensational look at the life of this remarkable woman and her achievements in the early nineteenth century.

December Geology Group Report by Bob Tuddenham

For the months of December to February, the Geology group have decided to have one hour meetings on Zoom twice a month. Our first meeting took place on 19th Dec with an encouraging attendance given the proximity of Christmas.

In the first half of the meeting, Bob Tuddenham gave a talk about the geology of Mount Kinabalu (4000m) in northwest Borneo which he and his wife visited and climbed in 2019. The details of the geology of this part of Borneo have only recently been studied in detail.

This mountain is a granite pluton now exposed and only 7 million years old (local Shap granite is 400 million years old when it solidified!) Borneo is also near the Pacific 'ring of fire' and there is evidence of active plate tectonics in the past and this could be seen in the country rock around the mountain. On the mountain itself there were three distinct types of granite with different histories, and the current massive exposure suggests extensive uplift and weathering of overlying rocks. What was also a little surprising was that there is evidence of recent glaciers on the summit plateau given that the island is near the equator.

The second half of the meeting was the first of a series of short talks by David Saville entitled 'Geological Foundations'. The aim of these presentations is to provide an introduction to geology to those members who are less familiar with the subject or others who would welcome some revision. The first excellent presentation was 'Sedimentary Rocks 1' which was then followed up with a useful handout which was sent out to members.

Our next virtual meetings will be on Monday 23rd January and then on Monday 13th February. All are welcome to attend. Please contact Bob Tuddenham for the Zoom joining details.

iPad and iPhone Group November 2022 - Report by Mike Sweeting

Our last meeting of the year and appropriately we finished off last month's tutorial on the Calendar app ready for 2023. In the light of a recent report in The Times headlines "Met Police to contact 70,000 potential victims after smashing fraud ring", we went through the importance of creating secure passwords and making sure that they are properly recorded. Also, it is important to ignore texts and phone calls from strangers. (Having said that, the Met Police are contacting those affected by text!)

The big topic of the month was the use of the Apple Translate app. We looked at its ability to translate from speech, typed in phrases/words and images of text scanned by the Camera or from photographs. We also demonstrated how it is possible to have a conversation with live translation. We may look at Google Translate in the future as it receives a better write-up.

There will be no meeting in December and the next one will be at 2:10pm on 27 January 2023. We are following the lead of the Geography Group in starting a little later to allow use of the free parking in the 'Morrisons' car park.

Lunch Group Report by Jane Mathieson

As the Black Horse, Ingleton doesn't open until 5pm the lunch group decided to have an early dinner instead of lunch for a change. The menu offered a good choice and the portions didn't disappoint; however, as you might expect, there was still room for most of the nine attendees to enjoy a dessert Christmas lunch at the Morritt Arms is next on the agenda. Please contact Jane Mathieson for details.

December Lunch Group – Christmas Meal at the Morritt Arms Hotel

We were a party of 7 for our Christmas meal, as a few of our members could not attend due to ill health. Unfortunately, on our arrival we were informed that there had been a communication error regarding our booking. We were not booked for a festive meal even though Jane had spoken to the hotel staff 3 times regarding our booking including our meal choices from the festive menu. However, these things can happen, and they offered us the choices from the updated festive menu, with the exception of the turkey option as they did not have enough servings to cover ourselves and the day's other bookings. We enjoyed our starters but unfortunately some of the vegetables served with the main course were so crunchy they proved impossible to cut and eat. Both the fish

options, starter and main course, were delicious. The desserts were very enjoyable and generous pots of coffee were served.

Our experience was mixed which can partially be attributed to the pressures of Christmas dining.

January 18th - Runa Farm (Jersey Farm) 12md New members always welcome.

Needlecraft Group December 2022 - Report by Glen Howard

This month's meeting was on a wet, dreary afternoon, so it was lovely to be with friends working on our various projects. Gnomes and a ballerina were under construction, as well as several knitted garments. We decided on the venue for our Christmas lunch in January and will choose our courses so that they can be pre-ordered to make the catering easier.

Our next working meeting will be on Monday 6th February. Please get in touch with me if you would like to join us. Glen Howard 01833 631639

Painting Group December Report by Val Hobbs

Our December meeting fell during the 'Arctic blast' period so, as padded up as Eskimos, we all met with rosy cheeks, chattering teeth and stamping and puffing like Rudolph.

Anne had planned a winter theme for us to tackle, using three colours only and utilising the white paper as snow. Using a woodland motif, there were three stages; sketching the winter-scape, applying a wash on the background, and then, after deciding where the light was originating, filling in details of trees and ground, leaving where the snow had blown or fallen, unpainted (see an example of a finished painting overleaf)

Not being as easy as it sounded, we wrapped our frozen hands round cups of hot coffee and nibbled mince pies as we forged ahead with our designs. When the time was up, we had all managed to create something which resembled a winter wonderland, and vowed we'd keep working with this technique over the festive period.

Anyone wishing to join our merry group, please contact Val Hobbs 07900 497503

Continued overleaf....

Lovely winter image from the Painting Group



Philosophy – Appearance and Reality **Report by Claire Tuddenham**

Our final meeting in 2022 considered the tricky issue of whether we can rely on what our senses tell us. In other words, is that object that looks like a red velvet dress really red, does it really have the shape of a dress, does it really have the texture of velvet? Indeed, does it really exist at all?

Most non-philosophers believe that our senses can be relied on and that things continue to exist when we are not there to perceive them. They may be the lucky ones. But the skeptical philosopher ever has grounds for doubt: illusion, perhaps – a straight stick appears bent when in water; dreams – at any one moment, can we be absolutely certain we aren't dreaming; or perhaps our brains have been wired up by an alien civilisation to give us the mere illusion of sensory experience.

We looked at other concepts of reality in search of answers. Representative realism proposes an external world to which we have only indirect access. Idealism, favoured by Bishop Berkeley, goes a step further by suggesting that our reality is just a set of mental ideas, with God providing us with ordered sense experiences. Phenomenalism is similar to idealism but argues that physical objects are the "permanent possibility of experience". Causal realism appears to bring us back pretty much full circle, this time with an evolutionary stance, saying that our senses perform the function of making sense of our environment – they have evolved to promote our survival – and can therefore be relied on.

It's a very metaphysical topic covering slippery concepts which are difficult to grasp and to convey. Nevertheless, the presentation prompted some healthy discussion and, because this is philosophy, there were of course more questions than answers.

In our next session on 24th January, we will take a look at the relationship between philosophy and science; after that we'll meet on 28th February. All meetings are at Enterprise House, Barnard Castle at 10am and of course all are welcome. For further information please contact our convenor, Ruth Sansom, via Teesdale u3a.

November Photography Group Meeting—Report by Jane Mathieson

We met at Enterprise house for a meeting/workshop. Most of the meeting was about deciding on where to visit next year

Feb 7th, Visit to Durham, - Architecture -cathedral, castle, market place

March 7th, Saltholme RSPB, should still be winter birds, cost £4.00 or take your RSPB card.

April 4th TBC

May 2nd, Hackfall Woods, Masham, woods, lakes, grotto's, ? bluebells, afternoon, lunch at Black Sheep Brewery, Masham, ? tour round brewery.

June 6th, Wild Flowers in Teesdale

July 4th, Saltburn, architecture

August 1st, TBC

Sept 5th, WWT, Washington, otters, birds, Cost £9.50

Oct 3rd, TBC

November 7th, Night photography at The Sage, Newcastle - reflections in the river, movement, car light streamers, etc.

This programme is a movable feast.

We also looked at some editing of our photos

December Group Meeting

6 of us had a very enjoyable lunch at The Three Horseshoes in Barney. There was a good menu and the food was delicious, the service was friendly & the atmosphere very festive. A good time was had by all.

The joint Poetry and Book Group report is on pages 8-9. A favourite suggested by the Poetry Group is “**How To get On In Society**” by **John Betjeman**

Phone for the fish knives, Norman
As cook is a little unnerved;
You kiddies have crumpled the serviettes
And I must have things daintily served..

Are the requisites all in the toilet?
The frills round the cutlets can wait
Till the girl has replenished the cruets
And switched on the logs in the grate

It's ever so close in the lounge dear,
But the vestibule's comfy for tea
And Howard is riding on horseback
So do come and take some with me

Now here is a fork for your pastries
And do use the couch for your feet;
I know that I wanted to ask you -
Is trifle sufficient for sweet?

Milk and then just as it comes dear?
I'm afraid the preserve's full of stones;
Beg pardon, I'm soiling the doileys
With afternoon tea-cakes and scones.

And taking a pop at both the male and female of the species.....

Bloody Men by Wendy Cope

Bloody men are like bloody buses
You wait for about a year
And as soon as one approaches your stop
Two or three others appear.
You look at them flashing their indicators,
Offering you a ride.
You're trying to read the destinations,
You haven't much time to decide.
If you make a mistake, there is no turning back.
Jump off, and you'll stand there and gaze
While the cars and the taxis and lorries go by
And the minutes, the hours, the days.

**u3a Science and Technology Group
Reports by Karen and Roy Tranter
Meeting 10 October 2022
You can't put that in there!**

Ian Royston, this month's presenter, worked for a supplier of chemicals into manufacturers of consumer products such as cosmetics, apparel, food, toys, and he became well versed in the intricacies of regulations around the use of chemical additives in these products. His talk was a summary of consumer chemical regulations, and the conundrums often arising from them.

There is no agreed list of substances that should not be used in consumer products. Instead, there are lists for particular product types (cosmetics, food contact, apparel, toys, etc.), but even here there are very few internationally agreed lists – countries or trading blocks produce their own and, sometimes, particularly for apparel, it is down to individual companies to set their own standards.

As might be expected, the lists focus on heavy metals, carcinogens, mutagens and reprotoxins. However, different limits can apply to the same substance depending on the consumer product. Ian mentioned the situation of a coloured plastic cup; when classed as a toy it could be used by any child of any age, but the same cup classed as a food contact product could not be used by any human of any age!

Acceptable limits can also be too broad. There is much concern about nanoparticles in cosmetics and a limit of no particles of any description smaller than 100nm is defined. However, nanoparticles are generally regarded as being about 10nm in size and many substances in common use that are prepared by grinding, such as flour and cement, fall below the 100nm limit. Not only can limits be too broad, but so can definitions. One clothing specification includes "Must not contain more than 50ppm of any free halogen in aqueous extraction." Of the six known halogens, two do not exist in nature and one is so reactive it is unlikely to be in its free form, but the specification requires tests for them.

The main method of testing for solid products such as food containers, toys or apparel, is by putting the object in contact with water, or a simulant solution, and then measuring how much of the substance is leached in the liquid. Standard analytical instruments are then used to make the appropriate measurement.

For all that there are problems, the system does generally work and we have protection from many hazardous materials.

Meeting 14 November 2022 Decoding the Genome

This month's talk was by Dr Alistair Reid, a clinical scientist working on decoding the secrets of genomics – the science of identifying genes, what they do and how they do it.

The first part of the talk traced the development of understanding about genes and how they were eventually discovered. The journey began with Pythagoras and his spermism theory. There followed many theories and what, in hindsight, appear to be insights into what we currently understand about genes and genetics. Thus, Aristotle asserts that what passes from man to woman is not matter but messages, and Wolff (1700's) that a guiding hand decodes information in the fertilized egg to form a human.

There were many misconceptions as well. Paracelsus (1520's), for example, maintained that a sperm contained mini-human homunculi that just grew into a full sized human, while Darwin's pangenesis mechanism (1868) held that each part of a body contributed small particles (gemmules) to the gonads and thus to any offspring.

Mendel's (1822-1884) study of how characteristics of pea plants, such as tall/short plants, passed through generations established that information about both tall and short must be in both parents and both sets of information are passed on to the child plants. de Vries and Correns independently rediscovered the effects and Mendel was acknowledged some 20 years after his publication.

Big steps in understanding chromosomes and genes came in the early 20th century with the chemical characterisation of DNA and RNA, but it was not until the 1940's and x-ray structural analysis that the structures of these key molecules could be undertaken.

It took many years of painstaking work by Wilkins, Franklin, Watson, Crick and others, to get to the now well-known 1953 double helical structure of DNA and to the identification of the 3-letter code based on four bases. Since then, technology and techniques have developed enormously to the point where today we can analyse a complete human genome in a day, locate genes in DNA, modify genes in living organisms and sort out the biochemistry of how genes work.

The second part of the talk looked at what might be possible, in the short and long term, in developing targeted medicines, understanding mutations, predicting "social" traits from genes and protecting space travellers from the harsh environment "out there".

The talk was fully appreciated by the large audience.

Scrabble Group

The group met at Lillian's on Mon 7th Nov. and there were seven players. We played four games in all. We split into two groups 4 & 3, and we played the first two games. The winners of this first round were Liz & Kate and they and the two highest scoring runners up from both teams played the next game together.

In the second heat, Kate and Judith were the winners with Judith's highest score of the day of 307. Double winner Kate had a second highest score of 246, Kate had the only 7 letter word from the four games.

Thank you, Lillian, for the delicious cake, tea and coffee and for letting us meet at your beautiful home.

December's meeting

Our Scrabble group met on Mon 5th Dec at Judith and Phil's. There were only the four of us at this month's game but it was nonetheless just as entertaining.

We played just two games, all four of us playing together in both.

Kate won the first game with a score of 214 and also won the second game with a score of 250, with two 7 letter words, BUNTERS and TRAMPIER.

Thanks to Judith and Phil for refreshments and letting us meet at their home.

There is no scrabble meet in January, the next being the first Monday in February at Lillian's. If you are interested in joining our scrabble group please call 01833 650628.

Table Tennis Group

Report by Peter Singer



In many respects, ping pong is rather like an episode of "Call The Midwife". True, we don't have nuns or play in nurses' uniforms – at least not so far. But we arrive at each Friday afternoon session expectant and full of hope (will we be alone or with others in a similar state of expectancy? Will we produce something of beauty, however small? Will there be tears?). We certainly labour long and hard, there are shouts and sometimes screams and by the end we are pretty tired and spent. Fortunately, forceps are rarely

needed (difficult to hit the ball with) and, apart from occasional slight perspiration, bodily fluids are absent. The ending is usually a happy one, as we bid each other farewell and agree to go through the same tortuous process again next week, which leaves only a quote from the Jennifer Worth, CTM author, to finish this strained analogy – “why did I ever start this?”

Meanwhile, Ormesby Table Tennis Club in Middlesbrough continue to do well in the British Table Tennis League Premier Division, sitting at the top of the league after a recent 4-3 win over Northern Ireland team Ormeau. “Up the Boro.” In addition, two of their players, Sam Mabey (nominated as Man of the Match in the Ormeau match) and Eve Witterick have been invited to play in the finals of the Mark Bates Ltd National Championships, which will be held in Nottingham from 25 to 27 March. It will be interesting to see how these two exciting young players fare amongst the very best players in the country.

Finally, it is always good to have new blood in any group, even if our latest recruit stunned the rest of us with her deceptively innocent question “Do you strategise?” Hrmph! Hmm! Well... The question arose during a discussion about serving styles and how to use and play spin. I guess we do try on some level to work out what the other player is doing and how to combat it, but it's often as much as we can do to stay in the game with a desperate lunge or two rather than follow a prepared strategy. “Get the ball back” will probably have to do for now (or is that just tactics?) and more on serving next time.

If you would like to join our group to learn the game, improve your skills or just have 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.

Travel — a message from Dorothy Jameson

When Carol from Kyle's Travel retired, we realised that the holidays we had enjoyed with her over the years would end. However, the team at Kyle's Travel have come up with a one-off solution. They have arranged that the coach firm, Gardiners, will pick up in Barnard Castle on Sunday, 25th June, for a trip to the Lavender Fields of Norfolk, which also includes Sandringham, Cromer and Felbrigg Hall.

The cost is £479 per person for 4 nights dinner, bed and breakfast at the Dukes Head Hotel in Kings Lynn. There are double, twin and single rooms available and the supplement for the single room is £80. Naturally we will not have sole usage of the coach and we will have no say in the itinerary but we will have chance to spend time together and those people who are on their own know there is always a friendly face nearby. **Please contact Kyles direct via their shop in Galgate, Barnard Castle if you would like to join us.**

WALKING GROUPS

4-6 mile Walking Group

Four new members joined the group to take the total to fifteen walkers for the 6 mile circular walk from the walkers' "capital" of Swaledale –Reeth.

The walk started uphill along Skelgate Lane to get on to the moor. The views were great as usual; Fremington Edge, Arkengarthdale, Swale valley, and the wind was much more favourable than when we did the recce for the walk. The walk continued along the top towards the steep downhill section. Here we were startled but amazed at the skill of an extremely low flying fighter pilot in his Eurofighter jet. Also, here the backmarkers spotted a red kite. We then went down into the valley in Healaugh for a 10-minute drinks stop. We needed the break. The path to Grinton follows the Swale, fast flowing today with lots of water covering the stepping stones. We walked over the bridge, past the church in Grinton and back over Reeth bridge into the village.



November 7 to 9 Mile Walks Group - Report by Nicky Grace

Nine of us met up in the fog at the car park by the old racecourse in Richmond. As the fog cleared Margaret Lowery led us off through the golf course and through the pleasant undulating landscape park at Aske Hall. We had an interesting diversion to look at the impressive stable block with office units and clocked that the chocolate factory sold coffee, for a future occasion. We had our coffee stop just before reaching the immaculate farmhouse of Gillingwood Hall.

We enjoyed looking at the 17th and 18th century garden features and bastion walls which belonged to an earlier mansion. Our walk continued along the edge of Gilling Wood and Black plantation with its outdoor challenge activities. Margaret had found an excellent spot for lunch with long benches to seat us all. However, no sooner had we arrived than the mist was seen rolling rapidly towards us.

So after a quick break we continued towards High Coalsgarth. In the dank fog, we passed the appropriately atmospheric remote house which was the scene of a poisoning in a Peter Robinson detective story. We headed back towards the car park where the first spots of rain fell as we said our good-byes. With many thanks to Margaret for leading an interesting and varied walk.



November Fell Walking - Report by Phil Clarke

This fell walk proved to be rather difficult. Was it because Fremington Edge was mentioned? The walk was planned as usual for the fourth Wednesday but we postponed it because heavy, heavy rain was forecast so we tried again for it the following Wednesday. This time it was FOG. We went ahead.

Four "tough " walkers travelled through dense fog to the start on the Green in Reeth. I changed the route immediately and stayed low following the Arkle Beck upstream to Langthwaithe. Not up to Fremington Edge or Booze, no point, no views but no pain. The route then took us as planned to Fore Gill Gate and back to above Healaugh and down off the moor to Reeth. Here we had a well deserved coffee and cake in the White House Cafe (not the place with the same name on Fremington Edge). Just under 10 miles.



The Three Mistketeers, emerging from fog

Photo by D'Annie Tagnon (the Fourth Mistketeer)

Shorter Walks Group
Auckland Castle Park 28th November 2022
Report by Ian Royston

It was a cold, very misty and classic November day when fifteen stalwart souls, including a few welcome new faces, set off from Bishop Auckland Castle (The Bishops' Palace) for a 3.8 mile walk that would take in parts of both the Northern Saints' Trails - Way of Life Walk and the Auckland Walk. Glimpsing new excavations on our left and the developing walled gardens to our right, we soon entered the deer park and made downhill towards the Gaunless, failing to see the old hilltop Deer Shelter through the gloom.

The river was our lowest point but the uphill stretch that followed was not too onerous and after encountering a flock of sheep crossing our path we passed from parkland into open countryside along the Saints' Trail.

We can wonder if those monks carrying St Cuthbert in the 12th Century went exactly this way but if they did would they have found the ground quite so clarty as we did before we stepped down onto the easier-going track bed of the old railway? Here the route south, part of the Auckland Walk, continued along the NER line linking Ferryhill with Bishop Auckland which opened in 1885 and which finally closed in 1966. 56-years on the stone bridges remain in remarkably good condition and we could admire the craftsmanship of those neatly sculpted and dressed blocks.

Without the murkiness we might have been able to see something of the town to our right but we were hard-pressed to even see the golf course, its manicured links free from anyone today. After passing through a new tunnel under Durham Road, our path left the old railway and became more urban in nature, skirting modern housing and newer roads which have hidden all traces of the old route to South Church.

Following our customary 'mint stop' (thank you Sue) and with dusk now fast-approaching our path came to an end and we joined the busy Durham Road again and walked uphill to our starting point at the east end of the market place.

Photo overleaf.....



The Walking Groups Christmas Walk and Lunch REPORTING IN VERSE BY PETER HARDING

U3A WALKING GROUPS JOINED TOGETHER
EXPERIENCE THE COLD CRISP WINTER WEATHER
AT COTHERSTONE OUTSIDE THE FOX AND HOUNDS
CHEERFULLY TO WALK UPON FROZEN GROUND
17 WALKERS FOLLOWING BEHIND LEADER KATHLEEN
CHRISTMAS HATS AND JUMPERS ,WERE CLEARLY SEEN
BY THE TEES WE WENT, ALONG THE TEESDALE WAY
REACHING VILLAGE ROMALDKIRK WITHIN A DAY

PAUSE BRIEFLY UPON THE VILLAGE GREEN
THEN ONCE AGAIN WE FOLLOWED BEHIND KATHLEEN
A DISTANCE OF JUST OVER FOUR MILES WAS THE AIM
HOPING ALL PEDOMETERS MEASURED ROUGHLY THE SAME
RETURN BACK BY WAY OF THE OLD TEES RAILWAY LINE
EVERYONE AGREED THAT THE WALK HAD BEEN FINE.



AFTER THE WALK , A JOLLY TIME WAS HAD BY ALL AT THE
FOX AND HOUNDS WITH LOVELY FOOD AND WARM HOSPITALITY.
MEMBERS SHOWED THEIR APPRECIATION TO GROUP CONVENORS
ANNIE ,NICKY AND GILLIAN FOR ARRANGING ANOTHER GOOD YEAR OF WALKS
AND SOCIAL INTERACTION. SPECIAL THANKS TO KATHLEEN AND MARK FOR
LEADING THE PRE CHRISTMAS MEAL WALK

Wild Flower Group January 2023—Report by Kate Keen

We started off the wild flower group walks early on 3rd January 2023. This was a first for the Wild Flower Group as we normally start our programme of wild flower walks in April and have a tree identification walk in the February as there is so little to see early in the year. In 2022 Celia and I tried out the New Year Plant Hunt and were pleasantly surprised to find some plants in flower and so thought it worth adding as a group walk.

The Botanical Society of Britain and Ireland (BSBI) hold the New Year Plant Hunt early in the year and are tracking the changes over time. In the south of England the numbers of plants seen in flower are much higher than those in the north due to the milder climate.

Ten hardly people met near the Tees in Barnard Castle. The forecast for the day was wet but in the end we were damp but not soaked through. Most of the plants that we saw were around the edge of the town as this is the most sheltered part. We followed the river to Abbey Bridge and returned along the other side.

In all we saw 16 plants in flower which was more than we expected. The previous year Celia and I had spotted 21 plants, we think the difference is due to the very cold spell in the middle of December 22 which has finished off some of the flowers. The BSBI website has an entry for Bishop Auckland and they found 18 plants in flower.

We saw 2 cormorants and 2 herons as we walked by the river. It was dusk as we finished and as some of us were walking back home a young tawny owl flew over us and watched us from a tree by Parsons Lonnen. In February we are holding a tree identification workshop and walk on 9th February in conjunction with the North Pennines AONB Partnership, this event is fully booked.

On 1st March 2023 we are meeting at Hayberries Nature reserve at 2.00pm to look at lower plant groups mosses and lichens.

QUIZ

I cannot hope to match the ingenuity and breadth of Karen's quiz mastery, but here is a stop-gap measure from the once-coined Capital Queen of the u3a Regional Quiz:

- 1) Can you name an African country starting with each letter of the alphabet?**
- 2) Can you name their capital cities?**

Bridges around Teesdale

2023



Still available! u3a 2023 calendar. bissec@teesdaleu3a.org.uk

To add to our series of filo pie recipes, a lusciously purple concoction of great succulence.

Beetroot and Feta Filo Pie (Serves 6)

Ingredients:

6 sheets of filo pastry	2 medium onions
2tbsp olive oil	3 garlic cloves
1 red chilli	1 lemon
600 gms spinach leaves	400 gms beetroot
200 gms feta cheese	75 gms Parmesan
100 gms butter	

Use a metal baking tin 30x20cm at least 2.5cm deep

1. Warm the oil in the saucepan and add the finely sliced onions. Cook until pale golden and soft (20 -25 minutes).
2. Finely chop the chilli, removing the seeds if you want a mild heat, and add to the onion. Finely grate the zest from the lemon. Wash the spinach leaves and while they still hold some water and put in a pan over a moderate heat until wilted. Drain and when cold squeeze out excess water.
3. Peel and coarsest grate the beetroot and stir into the cooked onions, stir and simmer for ten minutes. Crumble in the feta, keeping fairly large chunks. Add lemon zest, then add the finely grated Parmesan.
4. Melt the butter and brush the base of the baking tin, then lay a sheet of filo over it, allowing it to overhang the tin. Add a second sheet and brush with butter, and then spoon in the filling.
5. Place a sheet of pastry over the filling and another over that, then dip the last two sheets and crumple to decorate the top.
6. Bake in a preheated oven at 190 fan, 200/ gas 6 for about 30 minutes until crisp and golden. Leave for 10 minutes before slicing.

A month in The Archers: An everyday story of country folk?

Like Judi Dench and Patricia Routledge, the Archers is a national treasure. Love it or hate it, listeners have been groaning, yelling, yawning at the nightly – repeated lunchtime – broadcasts since 1950. What started as a sort of Farmers' Daily has transmogrified into a general mishmash of a soap-sudding, social awareness raising (albeit usually ten years too late), low level educating, haven for saddos who get some satisfaction in the petty pocket of escapism it provides. You will by now have realised I am one of those saddos!

I was motivated to write this, in the hope that others will contribute their Month in Ambridge, by the other u3a Annie (Woodward) being keen to start a Da-di-da-di-da-di-da Appreciation Group. Members were clearly not equally keen to out themselves as saddos. I also used to hoot at Nancy Banks-Smith's rather splendid digest in the Sunday Observer, *A Week in Ambridge*.

I must admit to a rather desultory listening habit this month. There has, after all, been other stuff to do. It has been rather racy of late – this tends to indicate a change of scriptwriter, which, rather like a change of government, ushers in some spicy non-sequiturs to embed their specialities, bug bears, obsessions.

Soap has been delivered in the form of elongated drivel about Linda Snell, the impossible-to-like snobby piece with a ridiculous accent (these are not rare in the Archers), who has been archiving residents' stories of Christmas Past (yawn). Social Awareness has appeared via Ben Archer having a severe psychotic episode with his understandably anguished parents falling out about the best way to support him (groan). Low level education is prevalent in messages about farmers struggling to make ends meet whilst also having to cope with the machinations of corporate farming, re-wilding, poaching and so on. The preposterous Kate and her barmy Spiritual Home enterprise that seemingly caters for the wealthy, spoilt and idle who are her soulmates, continues somehow-or-other, even in Austerity, to survive. One last little titbit, just to acquaint the ignorant South with the quaint little ways of the North East, Geordie Joy (ridiculous accent) in applying to the ghastly Brummie Susan (ridiculous accent), manager of the village shop, for a volunteer's job slipped "canny" into her endless verbal CV that somehow involved selling yellow underpants. The pompous know-it-all Jim helped Susan out by delivering—naturally with great condescension the only true meaning of the word, and now ignorance is no excuse.

How very enticing this must seem to all you Archers virgins!

Get on it: Radio 4, Sunday – Friday, 19:03 -19:15 pm, repeats Mondays to Fridays 14:03 -14:15pm, Sunday Archers Omnibus !0:00-11:15 am.

Happy Listening, Annie

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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	Sue Overton 07512 368884
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 26 Jan 7.00pm	SCREENING – National Theatre Live: The Crucible (15) “A Gripping revival of Arthur Miller’s masterpiece.” Telegraph
Fri 27 Jan 7.30pm	FOLK MUSIC – Reg Meuross Experience a journey into the heart, soul and songs of one of England’s finest writers.
Sat 4 Feb 7.30pm	MUSIC – The Jive Aces The UK’s No. 1 Jive & Swing Band.
Fri 10 Feb 7.30pm	THEATRE – Girl in The Machine (13+) Theatre Space North East revive their popular and acclaimed production by writer, Stef Smith.
Sat 11 Feb 7.30pm	COMEDY– Zoe Lyons: Bald Ambition Tour (14+)
Wed 15 Feb 7.00pm	LIVE SCREENING – Royal Opera House: The Barber of Seville Rossini’s comic opera is a riotously entertaining affair.
Fri 17 Feb 7.30pm	MUSIC – An Evening with Stellar Anderson featuring virtuoso violinist, Joana Carvalhas An evening of beautiful feel-good music to uplift and inspire you with melodies and lyrics from the heart.
Sat 18 Feb 2.00pm	FILM – Mrs Harris Goes to Paris (PG) with subtitles The story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress.
Thurs 23 Feb 7.00pm	SCREENING – National Theatre Live: Othello (15) An extraordinary new production of Shakespeare’s most enduring tragedy.
Sat 25 Feb 7.30pm	MUSIC – A Celebration of Simon and Garfunkel Recognised as the UK’s No 1 non-tribute show! As heard on BBC Radio.
Sun 26 Feb 2.00pm	FUNDRAISER – Barnard Castle Band: Live in Concert

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