



CHAIRWOMAN'S LETTER - MARCH 2023

Dear Friends

Everything is better when it's older – except bananas. So said Robson Green in his recent BBC series of *Weekend Escapes in the North East* (which, incidentally, featured Barnard Castle for a whole three minutes). I'm not sure my knees would agree with him, but there's a good deal to celebrate about freedom from full-time work; having the ability to choose how and when to be sociable, grasping new opportunities without the constraints or competitiveness of the world of work. The possibility of reinventing yourself!

Coming to Barnard Castle newly retired, as I did twelve years ago, I had a bit of a go at this, and the u3a was a large part of it. Always a bit of a dunderhead when it came to a life scientific, and having had a job where the most scientific thinking I ever did was working out my monthly expenses claim – a stretch I'll admit – I have found the variety of group activities incredibly stimulating.

Talking to a friend this week, we discussed how the nature of learning has changed. When I was at school access to success was, somewhat narrowly, via a good deal of rote learning, the sort of stuff you cram in on a Monday night for a test on Tuesday and by Wednesday it's gone. Not much critical thinking required there. But now it seems to me that learning, when there is almost universal access to the worldwide web, is developed through an intelligent curiosity - knowing the right questions to ask the search engine to get the information you want. You don't have to retain it (unless you're a quiz-fan), just know where and how to find it.

If all that sounds a bit much like hard work, and not terribly sociable, there are great ideas, bright company and variety to be had within our activities. And I know I'm repeating myself, but the key to keeping on keeping on is making sure you stay sociable and stimulated. I'm taking my own medicine – the u3a Bridge Workshop kick-started something for me. The name of that thing is Bewilderment, but I'm giving it a go to see if I can rename it Enlightenment before the decade is out.

With warm regards

Annie

Cover photo by Celia Chapple: A swathe of snowdrops at Brignall

It's Your Forum

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DEADLINE FOR CONTRIBUTIONS for the next edition:

Tuesday 11 April 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, 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

MEMBERSHIP RENEWAL REMINDER 2023-24

Thank you to those many of you who have renewed your membership since my reminder in the February Forum. There is still time for others to drop me a cheque or cash, or pay directly from your bank account. Details are below — please don't forget to write 'Number 2 Account' after 'Teesdale u3a' on any cheques. I do hope you agree that, despite the ever-increasing demands on the household purse, £20 per annum remains good value for what we offer. There will be a stall at the March monthly meeting to receive payment by cash or cheque.

Cheque Payments: make out your cheque to 'Teesdale u3a No 2 Acct' and bring it (with your name on the back) to the next main meeting **or** send it to me at:

T Meacham (Teesdale u3a Membership Secretary), The Sidings, 1a Station Terrace, Cotherstone, Barnard Castle, DL12 9PZ.

Cash Payments: can be posted to me at the address above or handed in at the meeting; just make sure that this is in a sealed envelope showing your name and, if possible, any further identification (address etc.).

Direct bank transfer: simply transfer your £20 (or £40 for a couple) to:

Account: The Teesdale U3A. Sort Code: 20-83-73.

Account Number: 23470873.

(Please type **The Teesdale U3A'** in full and quote your name as your reference for the bank transfer to make sure we can identify the source of the payment).

If you have any questions or need more information, don't hesitate to contact me by email at simontimothymeacham@gmail.com or phone (on 07847 182554 or 01833 651845).

Have a great 2023 with Teesdale u3a!

Tim Meacham

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.

u3a NEXT MEETINGS

- 23 March Martin Lloyd Passports, Assassins, Traitors and Spies
- 27 April (AGM) Sheila Petersen By Canoe to Timbuktu
- 25 May—Hannah Fox—My Vision for the Bowes Museum

Notice of Annual General Meeting

The 15th Annual General Meeting of Teesdale u3a will be held on Thursday 27th April 2023 in The Witham Hall, Barnard Castle commencing at 10.30 am. Doors open at 10am.

All AGM documents will be sent out by e-mail or post:

- A Nomination Form to propose members for the 2023 -2024 Committee.
- Motions for Debate Form to put forward items for debate.

Our current Committee have indicated that they are ready to stand for re-election with 1 new nominee. All committee posts can be applied for.

Our u3a cannot function without a committee.

Please come forward and help to ensure our continuation.

WEEKEND WORKSHOP PROGRAMME

The Workshop Committee has a great time planning these workshops, but would love other perspectives (particularly male) on what could be on offer. We meet monthly for an hour to plan, and take turns to manage the various tasks involved. If you can add to our team a very warm welcome awaits you. Please contact me, Annie Clouston 01833 637091 or annie@cloustons.uk and I will gladly discuss it with you.



Saturday 22nd April 2023 10:00 to 12:00 £38 per person. Guide HQ Birch Road Barnard Castle.

Have you ever fancied making your own drum lampshade but don't know how?well we'll show you how we do it!! During this lampshade making workshop we'll show you how to cover a 30cm diameter drum lampshade with a pretty fabric of your choice.

We bring the kit needed to make your fabulous shade, all you need to bring is yourself, your fabric of choice and a sharp pair of scissors to cut your fabric. We recommend using a cotton or linen fabric and it'll need to measure at least 1 metre wide by 30cm deep. You can choose to make the lampshade either as a pendant (ceiling) or table on the day.

Contact Sue Overton to book a place. 01833 908597 sueoverton@hotmail.com

Saturday 20 May Wire Sculpture. Anyone who saw the superb exhibition at The Witham that showcased the work of local schools under the guidance of Sarah Cox will know that again you will leave the workshop with a thing of beauty! The cost is £25.

Contact Hazel Yeadon to book a place. 01833 638710 hazelyeadon@hotmail.com

Saturday 17 June we are off to **Whitby for fun and gin tasting.** The gin tasting tour is fully booked but you could be put on the reserve list. There are currently only 2 seats left on the 53 seater bus, so it looks like Whitby will be experiencing a Teesdale tsunami. Cost for the bus approx. £12, Gin tour including sampling £20. Contact Sue Overton.

TEESDALE u3a DAY TRIPS for 2023 - Jane Mathieson

- **19 May Ripon & Constable Burton Gardens**, leave Barnard Castle outside Addisons, Galgate at 09.00 return about 18.00. Price £14.00 plus price for gardens. Includes time in the morning to look around Ripon cathedral, museums, lots of shops & eateries, also Booths if you want to do some good food shopping; afternoon at Constable Burton to look around the tulip gardens.
- **21 July Bolton Castle, Wensleydale**, leave Barnard Castle outside Addisons, Galgate at 09.00 return about 18.00. Cost £19.00. Includes entrance to castle, gardens, wild boar feeding & falconry displays.
- **15 September York & York Cocoa House**, leave Barnard Castle, outside Addisons, Galgate at **08.45**, return about 18.00. Cost coach £14.00, plus making your own chocolate at the Cocoa house £16.50. Includes time to look around York & a session at the Cocoa House kitchens learning about & making chocolate.

For more information please contact: Jane Mathieson 01388 710741

A note from Dorothy Jameson about travel trips:

The visit to Norfolk is now fully booked and there are 23 of us being picked up in Barnard Castle on Sunday 25th June.

There is a trip going to Hampshire on Sunday 22nd October which includes a day in Portsmouth and a visit to the Mary Rose, a day in Winchester, a trip on the Watercress Steam Railway, and a horse drawn barge cruise on the Kennet and Avon canal and time in Southampton. Chilworth Manor Hotel with 5 nights, dinner, bed and breakfast.

Kyle Travel are taking bookings and depending upon numbers the coach will leave from either Barnard Castle or Darlington.

Arrangements for Sage Concert 14th April 2023

Please join the Maude's coach at the bus stop near Addison's at 4.45pm. The concert starts at 7.30pm. You will have time for refreshments or a stroll along the river beforehand. Tickets will be given out on the coach. The cost of coach travel is £9 per person. Bring a cheque made out to Teesdale u3a.

I will be in touch with each one of you the week before to confirm the arrangements. Looking forward to seeing you. Elizabeth elizabeth.formstone6@gmail.com

ART APPRECIATION WORKSHOP - 11 February 2023

Hazel Yeadon

On a most glorious winter afternoon, when a brisk walk would have been good, twenty four people gathered at Startforth Community Centre for the Art Appreciation Workshop. However we were soon engrossed in A Bigger

Picture, a DVD about the artist David Hockney, chosen as some of us had greatly enjoyed his exhibition at Salts Mill on the u3a trip to Saltaire last August. Filmed over



three years, by Bruno Wollheim, the DVD was about when David had returned home to live at his family home in Bridlington, East Yorkshire after 25 years in California. As well as glimpses of his early life, it showed how he had worked outside during all the seasons and all weathers to produce the largest picture ever made outdoors. This measured 12 metres long by five metres tall and was painted on 50 individual canvases. It was eventually donated to The Tate.

A chance meeting at a Bridge Club (hurray for the Beginners' Bridge Workshop) between our Chair, Annie Clouston and Howard Coutts, who is in charge of ceramics at The Bowes Museum, led to the second half of the afternoon. Howard gave a short talk on his views on Hockney over the last 40 years and he brought along various of his own books about the artist, including those on his print work and also set designs, giving ever more insight into his art. A big thank you was given to Howard for coming along to

speak to us.

The idea of the workshop was to replicate what was done in the monthly meetings of the Art Appreciation Group. run so successfully by Roger Stanyon for 12 Tony Seward vears. has come forward to resurrect the group. Roger says that he has a huge library of art DVDs that can be borrowed.

Tony Seward 01833 630050; Roger Stanyon 01833 631758 rogerstanyon@gmail.com

THE INBETWEENERS



Something new... an opportunity to meet other members of the u3a informally for a chat, a cuppa and good company. This day has been agreed to coincide with the half-way point between our monthly meetings to help us keep in touch with members and give information, get ideas, and gain feedback about what we have on offer. A chance to have your say.

When: 2nd Thursday each month, starting on 13 April

from 2.30 pm

Where: The Witham Ground Floor Gallery

GROUP REPORTS

ART APPRECIATION Report by Roger Stanyon

I'm very happy that Tony Seward will be restarting the Art Appreciation Group, probably in May. Details to follow.

I have received comments from many members saying how much they miss the group, and discussing art during the interval with a cup of coffee or tea, and going to galleries where there are special temporary exhibitions. They will be pleased that the group will be restarting. Contact details on previous page.

Room to Read Group Report by Marilyn Normanton

A Change of Climate - Hilary Mantel

This is a novel that engendered differing opinions among the group, varying between enjoyment, equivocation and actual dislike. Most of us saw it as a

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rather sad tale, peopled by unsympathetic characters lacking in warmth even towards their own families and driven by perceived duty rather than fellow feeling.

Moving between the past and present, the story of the Eldred family gradually unfolds as we learn the secrets and betrayals that have shaped their lives. The change of climate comes about as Ralph and Anna Eldred leave their home to work in Africa as missionaries, a career that Ralph has been blackmailed into by his bullying father. Though not really religious themselves, both come from narrow-minded and deeply religious families. They head to Africa with a vague idea of doing good but have no real understanding of African culture and little idea of whether their work is of any value. After being drawn into South African politics, the couple are arrested, jailed and forced to leave for a new posting. It is in Bechuanaland that the heart-breaking tragedy central to the novel occurs.

Deciding to suppress the truth of what happened in Africa, the couple return to Norfolk to bring up their children, who are perhaps the most normal characters in the story. (This did lead to a discussion among the group as to what exactly constitutes 'normal'. The jury's still out!)

Doggedly continuing their good works, the Eldreds offer temporary sanctuary in their home to waifs and strays, categorised as "Good Souls" or "Sad Cases". The novel comes to a head with a further betrayal, yet there is hint that Ralph and Anna may find a way to continue their lives together through a shared purpose.

Whilst the Eldreds are fictional, the tragedy that devastates the family is based upon actual cases researched by Hilary Mantel when she lived in Africa.

We were all in agreement that Hilary Mantel is an exemplary novelist, perhaps due in part to her own extraordinary life. Her evocation of the stultifying conformity of the religious households in Norfolk, and of Africa as a place with strange, dark undercurrents, are masterly. There are sharply-observed flashes of humour too, which serve as light relief.

Scores out of 5 as a book group = 4.5; as a recommendation to friends = 3

CLIMATE SOLUTIONS DISCUSSION GROUP Report by Kate Bailey

Most of the group attended the monthly meeting on 23 February, when Kate gave a talk on climate in Teesdale. We had already decided to cancel the March meeting, which would have been only a week later. The presentation was generally well received and the feedback was mostly positive.

We can learn a lot from various people's comments. For example, several members suggested that they often feel misled, alarmed or even frightened by information that may or may not be reliable. There is certainly a great deal of misinformation in the media, often based on the propaganda and 'greenwashing' campaigns funded by the fossil fuel industries. A scientist in the audience stressed the importance of finding sources of verified data (such as from NASA and the UK Met Office) rather than relying on anecdotal evidence, to ensure that the information being presented is accurate and up to date.

One person commented that very little seems to be said about the severity and frequency of strong winds on the Pennines, as Gale warnings have been replaced by Storm warnings. Another was prompted to write an interesting email afterwards with further suggestions for reducing pollution and waste of all kinds.

The Climate Solutions group welcomes feedback and contributions from all members. Our view is that talking with others about climate, sharing our knowledge and experiences, and discussing practical solutions to our individual concerns are good ways to overcome our fears and concerns. Email kate@katebailey.co.uk on any climate-related topic that puzzles, interests or alarms you, and we will try to respond.

At the next meeting in April, we will be "following the money" and considering financial and economic responses to climate change, using ideas from panel discussions at the Davos 2023 World Economic Forum as our starting point.

You'll be welcome to join us ...

DISCUSSION GROUP Report by Glen Howard

We had a good meeting in February with everyone joining in with the discussions. Most of our time was spent on items of news including: Sunderland; data protection particularly with regard to Chinese camera surveillance; gendered language; is God male? changing your name in school on a daily basis; lack of respect for teachers; trying to get older people into work; Facebook; and veganism.

Our main topic was 'China' but because we had talked about China earlier we had little more to add.

Next month's meeting will be on Friday 14th April, 10.15am at Andalucia's. We decided that we would spend this meeting discussing items of news rather than have a set topic. If you would like to join us, please get in touch

Glen Howard 01833 631639

GARDENING GROUP Report by Kate Keen

The March meeting of the gardening group heard about Thomas White, a little known landscape gardener, sometimes referred to as the Capability Brown of the North East. He did in fact spend the first 6 years of his career working on projects for Capability Brown. Thomas White produced designs for the grounds of many stately homes in the north including the estates of Raby Castle and Lumley Castle.

Our Speaker was Louise Wickham. Louise has recently published a book *Thomas White, Redesigning the Northern British Landscape.*

Our April meeting date falls on Good Friday so an alternative date has been arranged of Friday 14th April at 2.00pm. The April meeting will involve a light-hearted gardening quiz and a plant swap so bring along any spare plants that you are happy to pass on to good homes.

GENEALOGY GROUP Report by Alan Swindale

A Helping Hand

17 members of the group turned up to a practical session where they helped each other to advance some part of their family history research. Nobody left without having advanced their skills, their family tree or both. The wi-fi in the Dales Room enabled everyone to log-on to one of the genealogy sites and see what they could find out — with a neighbour to help them along. The session was very popular and a similar session will be held every other month for the next few months at least.

The next meeting of the Genealogy Group will be on Thursday 6th of April at 2 p.m. at Enterprise House. The topic will be *Illegitimacy, Bastards and Bastardy Bonds*.

GEOGRAPHY GROUP February Report by Jane Harrison

Our speaker was Dr Jonathan Mitchell, a former diplomat, who continues to advise the Foreign Office. He is an expert on Middle Eastern and South East European affairs. His talk was titled *Russia vs. Ukraine: Impact on S.E. Europe.* It was illustrated by a series of highly detailed and informative maps, which he produces himself and uses to analyse regional geopolitics. Jonathan has also worked with Gerald Blake on an atlas of the Middle East and North Africa.

Jonathan's talk considered the effect Russia's invasion of Ukraine had on its relationship with the Balkan countries of Bosnia Herzegovina, Serbia, North Macedonia, Albania, Kosovo, and Bulgaria. Whilst the countries are

very diverse in character, they are all poor in terms of their Gross Domestic Product and this poverty amplifies other issues. Traditionally, Russia has had close links with this region, and Jonathan referred to its ability to meddle and destabilise, using what he described as "mischief levers".

He explained that borders in the Balkans have changed frequently and don't necessarily reflect cultural identity or ethnolinguistic groups. This can lead to political instability. There is still nostalgia for the time of the Soviet Union and resentment of Western intervention. The Russian Orthodox Church is also influential, and Russian is spoken in Bulgaria and former Soviet countries. Some populations, for example, those in Serbia, are staunchly pro-Russia, but politicians tread a more cautious line and sit precariously on the fence. The economies of all these countries are heavily dependent on Western Europe for both imports and exports, and most seek EU membership in the long term.

Putin may not have achieved the desired effect through his invasion of Ukraine as the Balkan countries have supported UN votes condemning the invasion. Western Europe has become more aware of the need to resolve issues in the Balkans region and realises the importance of countering Russian influence. Forging closer economic ties, with a view to future EU membership, will be a prolonged process given the impoverished state of the region's economies. Dr Mitchell concluded by considering the various scenarios which might present in Ukraine and their likely impact on the Balkans.

This is only a short summary of a detailed, thought-provoking talk. I'm sure I wasn't the only one who came away more informed than when I arrived about the complex geopolitics of this region.

Next meeting: Thursday 20th April 2023. 2pm in The Witham. Gerald Blake will talk about *The Geography of pre-colonial Africa*.

HISTORIC ENVIRONMENT GROUP Report by Ian Reid

February's talk was by Phil Johnson who spoke on *Historic England and our Local History*.

Phil's interest in this topic was sparked by a visit to the house of Elizabeth Gott, which was built in the early 1700s. Phil decided to see what digital information was available on the house, which led to a wider search for listed buildings in the region. He found that the title 'clerk of works' was quite ancient and probably went back over 1000 years. The post carried responsibility for significant buildings and was usually linked to the government's Treasury Department.

At the moment, the principal players with regard to historic buildings are the National Trust, English Heritage, Historic England, the Historic Houses

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Association. Phil had identified over 3000 other organisations which were involved in some way with historic buildings. Within these organisations, there was often overlap regarding ownership and there were sometimes competing issues in balancing preservation and conservation.

Phil then listed the principal historic properties in the region together with visiting costs and ownership. This list could form the basis for future visits by the Historic Environment Group. He then took us through the Historic England website and particularly the Barnard Castle area. He displayed a local map which identified all the listed buildings with their Historic England identification number. 'Clicking' on a building shown on the map produced a summary of the building's main features. Listed buildings are structures of special architectural or historic interest and cover smaller structures such as milestones.

Phil has an impressive command of detail, and his comprehensive and interesting talk should prompt us to look at the Historic England website and its links for ourselves. This could also prepare us for possible visits in the future.

On Thursday 9th March, Tim Meacham delivered the second part of his talk on *The Railways of Barnard Castle*. Our next meeting is Thursday 13th April when we shall do a village walk around Bowes with Reverend David Tomlinson. Anyone wishing to attend should contact Tim Meacham.

iPAD AND iPHONE GROUP February Report by Mike Sweeting

11 of us looked at the far-reaching effects of the cloud - the ever expanding computer network that allows us to talk to our friends, store photos, create documents and spreadsheets, back up and synchronise information on our phones and computers. Aside from that, most businesses across the world do not have their own computer systems but also do their work in the cloud. Did you know that Amazon is the biggest provider of cloud services in the world?

Some individual issues were tackled and we finished off with an introduction to iCloud Keychain, a password database built into the Apple operating system across their range of devices; safe but limited in function.

Our next meeting will be on Friday 24th March at 14:10 in The Witham.

LUNCH GROUP Report by Christine Watkinson

The lunch group met up early evening on the 15th February as we were going to Capri, our "trusted" Italian on Newgate in Barnard Castle. They open early on an evening so we met at 5pm and we were surprised to see a number of people already seated.

We had a good turn out for the "lunch group," 12 diners in total. Most of us decided to try the Early Bird Special of 2 courses for £11.95. It was very good value considering restaurants have had to cope with food inflation too.

Nine of the group decided to go for the 2 course specials, bruschetta classica, and garlic mushrooms were the favourite to start the meal, followed either by a pizza or pasta dish. All delicious and plentiful. Service was a little slow but one of the waitresses explained that one of their chefs had not turned up that night so the other chef was working very hard to cope with orders.

The rest of our group had a sea bass dish with roasted vegetables, and pizzas that were not on the "specials" menu.

We all agreed that Capri was an excellent venue and one to be recommended to friends and family.

The next lunch meeting was on 15th March at Eggleston Hall Cafe, 12 noon.

We shall also meet on 19th April at The George, Piercebridge, at noon.

NEEDLECRAFT GROUP Report by Glen Howard

We had a full house for our March meeting with most of us working on our knitting - trying to make sure that we had something straightforward so that we didn't make any mistakes whilst talking. Our conversations were very domestic, covering cooking methods, baths versus showers, and the difficulties of opening tins and other packaging. It was unanimously agreed that we should continue with cake to accompany our cup of tea and that we should make a rota for the provision of same so that we could all benefit with goodies from those unable to host our meetings because of numbers and lack of space.

Our next meeting will be on Monday 3rd April.

Please get in touch with me if you would like to join us.

PAINTING GROUP Report by Val Hobbs

Our February meeting saw a very cold and windy morning, but we had an excellent number of eight attendees, which made the room seem somehow warmer. This included two lovely ladies from Bishop Auckland u3a, wanting to start up a painting group of their own, and had come along to 'have a go' and find out more.

The project for the day was to learn to draw figures and start introducing them into our landscapes as a point of interest. Not many of us had ever attempted figures, so another steep and exciting learning curve for us all. Anne encouraged us not to utilise the uniform 'carrot shape', but instead to concentrate on different body shapes and stances. We all had great fun drawing the different figures in pencil, and then, using light washes of paint to bring them to life. Tea and biscuits were provided to rejuvenate the stamina, and we ended the meeting suggesting that the newly formed Bishop Auckland Art group and ourselves should meet up alfresco for a joint effort in the future.

The next meeting was on 10th March, with meetings every 2nd Friday of the month. New members are welcome.









PHILOSOPHY GROUP 28th February Report by Christine Price

At this month's Philosophy Group meeting, we continued our consideration of science and the Scientific Method (Chapter 6 of Nigel Warburton's *Philosophy: the basics*).

After a brief recap of the history of the philosophers concerned with the use of induction and deduction as the method for acquiring scientific knowledge, we moved into the 20th century and the work of philosopher, Karl Popper. He developed the notion of 'falsifiability', a means of ensuring the validity of scientific theories and this remains a commonly used approach for scientists.

Thomas Kuhn's description of 'paradigm shifts', whereby the accumulation of anomalies and new ideas ultimately challenge dominant patterns of scientific work, allowing new patterns - or paradigms - to emerge provoked discussion, particularly in terms of the influence of certain individuals or 'old school' scientists.

'Scientific anarchism', the rejection of any fixed model or method for scientific enquiry proposed by philosopher Paul Feyerabend, led to further debate, and we concluded with a consideration of 'scientism'; whether science and the scientific method are the best or even the only way to the truth about the world and reality.

The answer to this may (or may not) be discovered in consideration of our next topics, beginning with 'the mind'...! Our next meeting is on Tuesday 28th March 10am -12pm Enterprise House, Harmire Enterprise Park, Barnard Castle DL12 8XT

POETRY GROUP February's Report by Annie Clouston

This month's theme was *Poetry in Translation*. This opened up – quite literally – the world, and exposed us to the expression of other cultures, as well as to a whole heap of questions: How does the translator decide what to prioritise in his work? Is it rhythm, rhyme? meaning? How does a translator work out meaning in the absence of dialogue with the poet (because she is deceased)? Is it possible to really get inside a **culture** that isn't your heritage to be true to the subtleties of poetry?

We put all this in the too hard box, for the most part, and just enjoyed the poems we had chosen. However, this poem by Kotaro Takamura (1883 – 1956) seems to sum up the cultural specificity of, and therefore the challenges of getting to grips with, poetry in translation:

Please see overleaf for the poem, My Poetry.

The poetry group's report is on the previous page.

My Poetry by Kotaro Takamura

My poetry is not part of western poetry; The two touch, circumference against circumference, But never quite coincide...

I have a passion for the world of western poetry,

But I do not deny that my poetry is formed differently.

The air of Athens and the subterranean fountain of Christianity Have fostered the pattern of thought and diction of western poetry.

It strikes through my heart with its infinite beauty and strength -

But its physiology, of wheat-meal and cheese and entrecotes,

Runs counter to the necessities of my language.

My poetry derives from my bowels -

Born at the furthest limits of the far east,

Bred on rice and malt and soya-beans and the flesh of fish,

My soul – though permeated by the lingering fragrance of Gandhara And later enlightened by the 'Yellow Earth' civilisation of a vast continent

And immersed in the murmuring stream of Japanese classics -

Now marvels excitedly at the power of the split atom...

My poetry is no other than what I am,

And what I am is no other than a sculptor of the far east.

For me the universe is the prototype of composition,

And poetry is the composed counter-points.

Western poetry is my dear neighbour, But the traffic of my poetry moves on a different path...

(Gandhara literally means 'Land of Fragrance')

March's theme is *The American Beat Poets*. If you would like to join us at future meetings, or would like a copy of the poetry file for each theme, please contact me via annie@cloustons.uk

Photo: Wikipedia



Kotaro Takamura in 1911 aged 29

SCRABBLE GROUP Report by Ray Thompson

The 6th February's meeting was at Lillian's. There were six of us on this occasion. We split into two groups of three for the first games.

Phil and Kate were the winners of the round with scores of 193 and 230 respectively. Phil and Kate went on to play their second game with Ray as the next highest scorer.

Judith, Marilyn and Lillian played their second game together. Judith won this game with a score of 214, while Ray won the other with a score of 301, being helped with the word 'tailgate' for 61 points.

Thanks to Lillian for the teas, coffees and lovely home-made scones. Our next meeting is at Judith's on 3rd April; there is no March meeting as people are away. Please get in touch with Lillian 01833 650628 if you'd like to join us.



TABLE TENNIS GROUP - Report by Janet Sweeting



Our number of players for February has varied from as little as three - when everyone seemed to dash away on holiday - to a maximum of ten. Some newcomers have stayed, others have decided it is not for them, but all in all fun, is had by everyone.

The points system is a lot easier than the tennis scoring system and we play the short-scoring game up to eleven, so if we have too many for the tables allocated to us, everyone is able to enjoy a few games (and an occasional rest). We tend to play doubles, which I find quite challenging because each player has to hit the ball in turn, so you need to be ready and to be in the right place, at the right time, to get that cunningly spinning ball back to your opponent's side! All the while not getting in your partner's way.

If you would like to join our group and get a little exercise, which includes chasing after that missed ball, or just have some fun, please contact Peter Singer pandjsinger@btinternet.com (07508 663998). All are welcome, whether you play regularly, or have never played before. (Improving your skills may be an optional extra!)

WILD FLOWER GROUP March Report by Kate Keen

In February, there was another first for the Wild Flower Group as we held a workshop to look at how to identify trees in winter. 19 of us met in the morning at Cotherstone Village Hall where we were welcomed by the Tees Swale team from the AONB. The Tees Swale team told us a little about the work they are doing to enhance the meadows in Teesdale and Swaledale. The team work with local farmers and identify meadows which can be reseeded with local wild flowers. We survey the results in the increase in wild flowers and the changes to the bee population. The team are also

growing wild flowers and local trees to restore the area.

We used the Woodland Trust Twig ID workshop and Simona from Tees Swale had brought in bunches of twigs numbered 1-12 which we could then match up to our ID sheets. After this, we set off around the area following the route map for the Trees For Cotherstone Tree walk. We could put our learning into practice identifying the trees we passed. The village has fine examples of native and non native trees.



We returned to the hall and were treated to a buffet lunch provided by the AONB. The walk was well subscribed and we plan to arrange another similar event for the Teesdale u3a weekend workshop programme in 2024.

On the 1st March we held another meeting focused on lichens and mosses and led by Sue and Les Knight. There was a pleasing turn out of 18 brave souls who faced the heavy rain which thankfully cleared up as the meeting started.

We looked at lichens on the siliceous/sandstone wall near the car park to introduce some of the terms applicable to this group of organisms. Lichens are a symbiotic relationship of a fungus and an alga, with both partners benefitting from the relationship. The fungus forms most of the thallus of the organism and gives it its name. It provides shelter for the alga which forms a thin layer just below the surface. The fungal cells stop the alga from drying out, so allowing it to colonise this exposed habitat. The alga benefits its algal partner by photo-synthesizing and providing sugars for the fungus.

While looking at the range of lichens on trees, it was pointed out that historical pollution may be one reason that the trunks of some of the mature

trees were fairly devoid of lichens whereas some of the younger branches had been colonies. Some lichens are tolerant of nitrate pollution e.g. the yellow Xanthoria parietina.

We found several mosses which illustrated the two different growth forms in this group – upright mosses (acrocarpous mosses) – upright stems with capsules growing on thin stalks (or seta) which arise from the top of the moss stem and trailing mosses (pleurocarpous mosses) – with a branched stem, often flattened against the substrate. (We didn't see any capsules on these but their seta grow from the side). Mosses also differ in the characters of their leaves e.g. shape, +/- a hair point, +/- teeth on the leaf.

The next meetings will be taking a look at emerging spring flowers. In April we will have 2 walks: Wednesday 12th April 23 2.00pm meeting at Egglestone Abbey. Wednesday 26th April 23 2.00pm meeting at the Desmesnes, Barnard Castle

For further details contact Kate Keen katekeen21@gmail.com



Photo: Wikipedia. Yellow Xanthoria parietina

ANOTHER MONTH IN THE ARCHERS

Report by Annie Clouston

Another month of funereal goings on as Jennifah has still not been laid to rest. More milked than the cows at Bridge Farm this one! At least Brian has come out of his massive sulk to agree to talking about the funeral. Kate of Spiritual Home appeared to be the family nominee for the eulogy at St Stephen's and rehearsed it with the Understanding Vicar. But then it was all too much - her chakras have clearly been of little help - and now Lilian (she of the forty-woodbines-a-day cackle) has volunteered. This is at the time of writing so I should think by the time we get to publication there may be a list of those too affected to manage the task, and we might actually find that the man from Edgeley Cross, who once changed a tap washer for the Aldridges, is the only one sufficiently in command of himself to do the deed.

Meanwhile, in other non-news, Chels, our lovable Horrobin who does hair, has decided to challenge Lower Loxley's pretensions by offering herself as a Tour Guide. Freddie, heir to the establishment, has been tasked with rejuvenating the corps of venerable octo- and nonagenarians and has been desperately seeking new recruits of a different vintage. His dismay is palpable when Chels applies, clearly he wasn't expecting "someone with a gob on her", but manages to sound outraged when Chels suggests he thinks she's common and thick (precisely what he does think). Good ol' Chels, once she passes her entrance exam, she tells him where to shove his (unpaid) job.

The focus on Jennifah's demise seems to have left little room for the development of other plot-lines that I speculated upon last month. Have the adorable twin-babies now only to be celebrated in the stained glass window at St Stephen's so controversially commissioned by Peggy Woolley, their great-grandmother? Or will we hear more about their career as super-models?

So there we have it; this month's goings on. Life's rich pageant, Ambridge style. Last month it was Ham, Gush and Reform. This month's summary would be Milking, Up-yoursing, and Side-lining.

I'm taking a breather next month - too much manure in the air in Ambridge for me. Maybe a change of scriptwriter will improve the tone...

Editor: If this has sparked your interest and want to know about these happy folk, see the BBC webpage

BBC Radio 4 - The Archers



WALKING GROUPS SHORTER WALKS GROUP Report by Sue Overton

It was a misty moisty afternoon as eight hardy members of the group set off from the Rose and Crown in Romaldkirk on a four mile (approx.) circular walk. We crossed the B6277 Barnard Castle to Middleton road and began a long uphill climb on a narrow tarmacked road – great not to be walking through mud but about half a mile too long for my liking!

At the crossroads we turned right towards Mickleton (a left turn leads to Hunderthwaite) and were rewarded with great views – marred by low cloud but still great - and a long descent passed the beacon erected for the Queen's Platinum Jubilee in 2022. We paused for the traditional mint break and admired the scenery – Kirkcarrion looking very different when viewed from above.



Downhill now all the way to the Tees Railway Path where we took a right turn to follow the path back to Romaldkirk (about a mile and a half). It now began to rain but this gave us a fantastic rainbow which became a double bow after a while.

There is a very steep uphill stretch at the end of this path which tired legs did not appreciate but we achieved the summit, turned left into the village and back to our starting place.

4-6 Mile WALKING GROUP Report by Gillian Barnes-Morris 14TH FEBRUARY BARNARD CASTLE CIRCULAR

Thirteen members of the walking group (an unlucky number?) met outside the gates to Barnard Castle on a beautiful, sunny February morning. We headed down to the river, crossed over Percy Beck and took the Teesdale Way into the woods. An upward track lead us through the woods, under Deepdale Viaduct and along the side the golf course. After crossing the B6278 into the fields and stopping briefly at the Red Well, the walk was due to turn back towards Barnie. However, we were just getting into our stride and enjoying the sunshine, what a treat in February, so Carol suggested lengthening the walk via Stainton.

As Peter knew a circular route back to Barnie he lead us across the fields into and through Stainton until we reached the main road. Turning left and left again, we spied the entrance to the railway line that would return us to our destination. Arriving at the Sports Centre we took the original route back over the B6278, into the woods and to our cars.

Many thanks to Carol and Peter for saving the day and allowing us to make the most of the February weather.

7-9 mile walking group exploring Grassholme and Selset reservoirs. Please see opposite page for their report.



7 to 9 MILE WALKS GROUP Report by Jim Coleman 15 FEBRUARY

A group of 20 assembled in Middleton on a cold, but bright morning before setting off towards the Holwick road to pick up the Pennine Way, heading for Harter Fell. Led by Jim and Judith Coleman, the first quarter of an hour meant climbing up what was, for some, rather euphemistically described by Jim as a "steepish" climb up, Intake Hill, but we all made it.

Reaching Crossthwaite Common, the path takes a slight south-westerly direction towards the fell and we ascended steadily towards the highest point of the walk at 1430 feet – or 435.86 metres for those who wished we'd never left the EU! We skirted Harter Fell's flank before stopping for a well-earned coffee break. The plan had been to sit and admire the elevated views over Grassholme and Selset reservoirs as our reward for reaching the top, but by this time the weather had deteriorated enough to force us to shelter in the lee of a nearby wall – just like a flock of Teesdale sheep! From there, it was downhill on well established paths.

As we dropped down into Lunedale, it was more sheltered from the wind. Despite the overcast conditions, the scenery was still lovely, but we didn't see much in the way of wildlife. Several of us were, however, taken with the 'tuck shop' at Wythes Farm – a covered shelf stocked with soft drinks and chocolate bars, and an honesty box for payment. Being seasoned walkers, we all had our own supplies so didn't buy anything, but it was good to see such a fine example of entrepreneurialism.

On reaching the entrance gate to the south side of Grassholme reservoir we saw a confusing sign which said the northern bank path was closed – confusing enough for some to question if Jim had taken another wrong turning! We noticed what looked like lane markings on the surface of the water, learning later that they were probably foam lines.

The weather improved enough for us to stop for lunch at the Grassholme Observatory before returning to Middleton via fields and the Tees railway path. We got back bang on 2.30pm as planned, having covered just under 9 miles in 4½ hours (including stops), after which some of us repaired to a local café for tea and scones ... well, we would have, except the cheese scones were sold out!

Thanks to Jim and Judith for leading the walk. Our next walk on Wednesday 15 March led by Lynda will be a 7 mile walk around Hamsterley forest. On this occasion there will be a limit of 18 walkers so please contact nickygrace729@gmail.com as soon as possible to reserve your space.

In April the walk is on Wednesday 19th led by Alan from Balderhead reservoir.

FELLWALKING GROUP February Report by Annie Clouston

It was cold, it was wet, but the walk was so good it transcended the malevolence of weather. Ten of us, just call us the Teesdale Ten, migrated for the day to Weardale. Starting at Bollihope Burn, we headed off across the heathery moor to a pimply pike, aka Pawlaw Pike, where the rain first introduced itself to us. We skirted Five Pikes – with little temptation to go over the top - trying to figure out what substance you'd have to be on to see the elephant in the Elephant Tree, but seeing instead a much more convincing Emu on the horizon. We then picked up the Weardale Way.

At soggy lunchtime we stopped by the Gaunless which had largely disappeared at this point and the photo shows Jenny having a closer look at the Frosterly Marble in the riverbed that can be seen in all its glory from the footbridge above what would be a rather splendid waterfall. Curious about where the water had gone, we followed the river upstream and discovered, at a confluence with a substantial beck, the spot where most of the water sinks underground.

We returned via White Kirkley along the way seeing some rather splendid stretches of lime kilns, where sadly the arches appear to have become dumping grounds for industrial and agricultural detritus. On returning to our starting point the excellence of Bollihope Burn as a picnic spot and play park (in wellies, building dams) was obvious, though not particularly appealing on the sort of day we were blessed with. Thanks to Lynda Bares for offering the walk and Gordon Selley for leading it.



Photo by Judith Coleman

Old and New.

Railway bridge in Barnard Castle



Photo: Celia Chapple

ROTARY BARNARD CASTLE CHARTER DINNER INVITATION

FRIDAY 21 April 2023 Cost £32.50 per person

Presidents David Yeadon, Keith Miles, Ian Reid and Gerald Blake, and Members of Rotary Barnard Castle, extend to you a warm invitation to join with them at HEADLAM HALL HOTEL, Gainford. Guests to arrive from 6.30pm and will be greeted with a glass of prosecco or soft drink in the Stable Lounge with dinner at 7.00pm. The evening will comprise welcome drink, dinner, followed by music by a local group 'About the Humans......' and dancing. Dress is informal. Please contact Pauline Loughran-Hanby for booking either by pauline.loughran1@btinternet.com or by post to 15 Richardson Fields, Barnard Castle, DL12 8HY. You can pay direct to Barclays Bank 20-25-29 Account Number 50746274 or send a cheque, payable to - The Rotary Club of Barnard Castle, to the above address. Could you please state whether you have any special dietary requirements or food allergies. There will be a bus from Barnard Castle. Could you please let me know if you would like to book a seat, cost to be confirmed at a later date.

We look forward to welcoming you to this event.

Pauline Loughran-Hanby, Secretary, Rotary Barnard Castle Tel 01833 630102. Website: www.barnardcastlerotary.org.uk

Menu

Demi tasse of soup

Breast of chicken stuffed with Gruyere cheese, wrapped in Parma ham served on pommery mash with a thyme gravy

Grilled fillet of seabass set on chive mashed potato and wilted spinach served with a champagne sauce

Wild mushroom risotto served with parmesan shavings and a drizzle of olive oil

All served with potatoes and seasonal vegetables

Fresh fruit salad with a choice of ice-cream or cream (please state choice)

Cheese and biscuits

Seasonal Crumble and custard

Tea/coffee and chocolates

MICHAEL AND ALAN IN SPAIN

Michael Harris January 2023. Vera Playa, Spain.

In recent news, John Cleese is planning a comeback for Fawlty Towers, but Michael Harris finds that in Spain, it has never really gone away.

Television here is dire; five channels hover between Crossroads and Acorn Antiques but not up to their standard! We scour charity shops before we travel to Spain to find films that we never got around to seeing. This year we found Yes Minister and FawltyTowers.

Most bars here are cafés and most cafés are bars - ideal places to eat tapas with coffee or alcohol. The norm is simple tapas of Russian Salad, tortilla or tomatoes on toast. We like to find cafés with more varied fare. A visit to Almeria found the Cathedral and museums closed, so we decided to explore the mountains and the surrounding villages.

The bar/café in the highest village offered 27 different tasty tapas! It had square tables each with three chairs except one table that had four chairs, at which the four of us sat down. Scrutinising the menu, we chose six tapas. The barman, who was probably called Basil (as opposed to Manuel), squatter than John Cleese and a bit of a bruiser) came for our order. Without pleasantries, he said abruptly 'Drink? Tapas?'. We ordered drinks and six tapas. He pointed to a notice on the wall written in Spanish and English - ONLY 3 TAPAS PER TABLE! In poor Spanish we indicated that we were four not three. He tapped the sign again. So obviously, two of us moved to the next table and each table ordered three tapas.

Drinks were slammed down with bad humour, glasses likewise. Sybil

prepared the tapas in the kitchen and mine needed a knife. Basil, when asked, gave a big sigh, and picking one up by the blade, wiped it between his fingers (he didn't actually spit on it!).

My friend, Wim, wanted another tasty tapas but that meant four tapas for our table so he moved on to an empty table to order. We were now occupying three tables



between four of us! He moved back once it arrived. I then went to pay...

In Spain, cards seem to be the norm and some places don't want cash. Basil wanted cash. I had no cash! Between us we scraped together the modest bill. Not enough for a tip, so we slunk out laughing uproariously at our Senor Basil Fawlty Experience.

GREEN QUIZ QUESTIONS created by lan Royston

It being March we might think of St. Patrick's Day so every question or answer is associated with him, the colour or the name Green?

- 1. St. Patrick is associated with the Emerald Isle but in which county was he born?
- 2. Which traditional accumulating song forms a largely Christian catechism?
- 3. How did St. Patrick come to arrive in Ireland?
- 4. In what year did the Green Party first elect a member of parliament?
- 5. The US NFL team the Green Bay Packers hail from which state?
- 6. Which is the Green line on the London Underground map?
- 7. In which US city is the river turned Green on St. Patrick's Day?
- 8. Who was a rival, antagonist, and critic of Shakespeare?
- 9. What is the name of the book about an orphan girl brought up in agricultural Canada in the early 20th century?
- 10. In the eponymous film, what was Soylent Green?
- 11. Which country's flag is green with an offset red circle?
- 12. What green pigment is associated with photosynthesis?
- 13. In which type of building would one find a Green Room?
- 14. Postman Pat principally serves which place?
- 15. Which singer-song-writer is primarily known for his 1969 song "Spirit in the Sky"?
- 16. Which shade of green is most associated with Robin Hood?
- 17. March 17th, St. Patrick's Day commemorates which day in St. Patrick's life?
- 18. In which British Film Comedy does Alastair Sim play an enigmatic Scotland Yard detective?
- 19. Which chemical element burns with a green flame?
- 20. Which character sang the words "It's Not Easy Being Green?"

Do you fancy creating a quiz for the Forum? Long or short, please send it to the editors forumeditor@teesdaleu3a.org.uk

Picture: catholicprints.com St Patrick



ANSWERS TO FEBRUARY'S WHITE QUIZ

- 1. Cream
- 2. Vodka, cream, coffee

liqueur (Kahula)

- 3. NW coast of Russia inlet of Barents Sea
- 4. Barry White
- 5. Jack London
- 6. White City Stadium London
- 7. Pennsylvania Avenue
- 8. Chicago
- 9. Procol Harum
- 10. New Zealand
- 11. Greece
- 12. Beluga

- 13. Breaking Bad
- 14. Brothers Grimm
- 15. White Stripes
- 16. Reservoir Dogs
- 17. James Herriot
- 18. Holiday Inn
- 19. The White Rhinoceros
- 20. Termites
- 21. Cilla Black
- 22. Isle of Wight
- 23. Answers to go with Qu.22 Ryde,

Ventnor, Yarmouth, Shanklin or

Sandown, Osborne House

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Group	Meeting Time	Contact details
Art Appreciation	1 st Wed pm	Tony Seward 01833 630050
Birdwatching	3 rd Monday am	Andrew Lapworth 07962 038052
Board Games	2 nd Monday pm	Hazel McCallum 01833 316484
Book Group 2	2 nd Mon pm	Maggie Cleminson 01833 640801
Book Group 3 Room to Read	3 rd Wed pm	Annie Clouston 01833 637091
Climate Solutions	1 st Thurs am	Kate Bailey 07867 683195
Discussion	2 nd Fri am	Glen Howard 01833 631639
French Conversation	4th Thurs pm	Stella Kirton 01388 488919
Gardening	1 st Fri pm	Julie Archer 07774 903377 01833 637576
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
Photography	1 st Tues	Jane Mathieson 01388 710741
Poetry	2 nd Wed am	Annie Clouston 01833 637091

Group	Meeting Time	Contact details
Science and Technology	2 nd Mon am	Roy Tranter 01833 638288
Scrabble	1 st 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
Wildflower Group	2nd Wed 2pm	Kate Keen 07880 741151
Wine Group	3rd Tues pm	Tim Meacham 07847 182554
Walking Groups		
Shorter walks 3-4 miles	4 th Monday pm	Sue Overton 07512 368884
Walking 4-6 miles	2 nd Tues 10am	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

Most meetings are held in or near Barnard Castle though the walks may start further afield.

For further details of any group; to confirm the start time and venue, or if the meeting is going ahead, please contact the Convenors/Group Leaders shown in the table.



Coming up at your Community Arts Centre

Thurs 23 Mar 7.00pm	FILM – The Lost King (12A) Starring Steve Coogan and Sally Hawkins.		
Sat 25 Mar 2.00pm	FILM - The Lost King (12A) with subtitles		
Sat 25 Mar 8.00pm	COMEDY – Lucy Porter: Wake Up Call (16+)		
Thurs 30 Mar 7.00pm	SCREENING – National Theatre Live: Life of Pi (12A)		
Sat 1 Apr 2.00pm	FAMILY – Top Secret: The Magic of Science Fun and exciting entertainment for all the family.		
Sat 1 Apr 7.30pm	SPOKEN WORD – Steve Richards: Rock and Roll Politics		
Fri 7 Apr 2.00pm	FAMILY – Morgan & West: Unbelievable Science (7+) Captivating chemistry, phenomenal physics, and bonkers biology.		
Sat 8 Apr 7.30pm	COMEDY – Steve Hewlett: A Life in The Day of Arthur Lager Ventriloquism, laughter and characters with your whole family.		
Wed 12 Apr 7.15pm	LIVE SCREENING – The Royal Ballet - Cinderella		
Fri 14 Apr 8.00pm	SPOKEN WORD – An Audience with Sir Steve Redgrave		
Sat 15 Apr 7.30pm	FUNDRAISER – An Evening of Movies and Musicals with Hurworth Concert Band		
Wed 19 Apr 7.30pm	MUSIC – Kiki Dee & Carmelo Luggeri: The Long Road Home Tour		
Fri 21 Apr 7.30pm	THEATRE – Tomatoes Tried to Kill Me but Banjos Saved My Life The inspirational true story of overcoming obstacles, pursuing passions, and the healing power of music.		
Tues 25 Apr 7.30pm	MUSIC – Kathryn Roberts and Sean Lakeman		

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