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FORUM

AUGUST 2023 No. 23/08



u3a

CHAIR'S LETTER from IAN REID

First of all, thank you to Tim Meacham for so ably taking the chair for the initial 3 months of the year and doing it with such good humour. You may remember that I was in the chair for the 2015/2016 year and we have come a long way since then.

At that time, we had a membership approaching 320 and fewer interest groups. New groups were French Conversation, Book Group 3 (Room to Raed), iPad, Understanding Classical Music, Wine Appreciation and an extra walking group. Philosophy and Archaeology/History were just ideas. Also, it was during that year that we transferred our monthly meetings from the Jersey Farm (now Runa Farm) to the Witham. There was some concern at the time about whether this was a good move or not, but it has turned out to be very successful, benefitting both parties.

The position today is that we have 384 members and 37 interest groups plus one off groups established through the workshops. So we are in a healthy position, which is not the situation in every u3a. A very big thank you to Convenors for taking on the responsibility of running their group. Groups are the life blood of u3as. However, there is less enthusiasm to become a committee member and currently there are vacancies. Roles can be flexible and need not involve major responsibilities, but can be supporting roles that are helpful from time to time.

Please contact me, Tim, Annie or Sue if you would be interested in discussing this further.

Look forward to seeing you at the next meeting.

Ian Reid

MONTHLY MEETINGS AT THE WITHAM

The next meeting will be on 28 September 2023

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.

Cover: Marsh helleborines on a dismantled Stainmore railway embankment

It's Your Forum

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All editors receive all contributions and share the email account

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!

Please limit submissions to 1 page (Word doc) or 400 words and 1 or more photos, and send them to the Forum Editor at:

forumeditor@teesdaleu3a.org.uk

DEADLINE for the next edition: Tuesday 12th September 2023

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.

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JULY'S MONTHLY MEETING AT THE WITHAM

Report by Ian Reid

27 July 2023, Roger Browne — *The Great American Songbook: Gershwin, Rogers, Kern, Porter and Beyond*

Roger Browne was the speaker at the July meeting. Music has always been an important part of Roger's life from when he gave his first public performance at the age of four in his home town of Salford, singing songs from the hit film of the day, 'The Al Jolson Story'. He said that he retired from singing at the tender age of eight although his stories indicated that singing was a major part of his musical career.



Roger developed a passion for the musical theatre and in particular the subject of his talk, *The Great American Songbook*. Since then he has composed, written and performed with some of the well known jazz musicians of the day and is currently a pianist with the Manchester Jazz Band.

The 'Great American Songbook', was music composed between the two world wars and Roger covered gospel, blues, ragtime, jazz and music from the shows. He was also able to put the music into its

historical context.

For example, at the end of performances of the musical, *Showboat* written by Jerome Kern, it was reported that audiences walked out in silence as they became aware of the cruel conditions that slaves were working under. The last line of *Old Man River* "I am tired of living but afraid of dying" is very appropriate.

Cole Porter was another of Roger's favourite composers. Following a challenge, the composer wrote "Miss Otis regrets she is unable to lunch with you today, madam". Roger described how, following a betrayal, Miss Otis took her revenge and eventually her life. Roger had particular praise for the contribution made by lesser known composers and arrangers, particularly Robert Russell Bennett, known for his orchestration of many well known Broadway and Hollywood musicals.

Roger finished with another favourite, George Gershwin, a prolific young composer who died when he was only 38. As a tribute, Roger gave a brilliant keyboard rendition of just a fraction of Gershwin's music, an extremely uplifting performance which left the audience in a very positive frame of mind. There were lots of happy smiling faces leaving the hall.

SEPTEMBER MEETING: Keith Offord - *Aristocrats of the Air*

Our September speaker will be Keith Offord, a graduate zoologist whose special interest is Photography and Birds, particularly Raptors. He has travelled to many parts of the country delivering his fascinating talks and he also gives lectures at Higham Hall near Cokermouth.

Their ability to fly has enabled birds, unlike other animals, to colonise all corners of the globe. Flight has resulted from millions of years of evolution which has produced some truly fascinating adaptations. This presentation looks at how birds become airborne and how they travel with minimum expenditure of energy. It is illustrated with some of the most spectacular examples from around the world, from vast soaring eagles to miniscule humming birds. We look forward to seeing you there.

SOUND BATH WORKSHOP: Report by Sue Overton

Two groups of ten members met for separate sessions of the sound bath workshop led by Susan Lodge, a yoga teacher with 20 years experience, a sound practitioner and author of three handbooks for yoga teachers.

This was a new and enjoyable experience for all of us – a combination of gentle yoga moves and relaxation whilst bathed in sound - which can be done seated or lying down. In her introduction Susan described yoga as similar to the body movements involved in ballet or dancing. The practice of yoga is very individual according to age and life circumstances. Susan saw yoga as a containment of fluctuation in the psyche or mind - movement containing thoughts. Whilst it is not possible to empty our minds completely, we can help to settle our minds by focusing on postures.

We began with simple movements - arm raises, side bends, gentle head turns and twists from lower to upper body with focus on breathing. This ended with counter postures/ stretches to ensure everything returned to centre. We ended with 'caring breaths' – a combination of breathing and arm movements.

The next section involved relaxation whilst various instruments produced sounds based on the four elements – earth, air, fire and water. The vibrations from the instruments – chimes including the kochi chime, singing bowls, monochord and different sized gongs, the biggest was the wind gong - affect the fluid in our bodies moving our cells with their tones and harmony thus enhancing relaxation.

'I listen, I listen – the sound of the bell brings me back to my true home'

Recommended reading: *Yoga for the Three Stages of Life* by Srivatsa Ramaswami

NB: Susan will be leading yoga morning retreats (10.30am – 12.30pm) in Cotherstone Village Hall on 16th September and Woodland Village Hall on October 22nd. 1 hour yoga and 1 hour sound bath, £9 per individual session or £18 for both.

These are not u3a events so you will need to contact Susan direct to book a place: yogasusanlodge@outlook .com or 07984 693539

FUTURE WORKSHOPS

14 October - Play Reading Workshop

Leader:- Ronnie Lowery

Saturday 14th October 2pm - 4pm at Guide HQ, Birch Road, Barnard Castle

Cost: £8 includes refreshments

Contact: Hilary Dunnighan - hilary.dunnighan@gmail.com

11 November - Vegetarian Cookery Workshop

Leader:- Annie Clouston

Saturday 11th November 11am - 2pm at Kirby House, Thorngate, Barnard Castle

Cost: £10 includes lunch with wine

Contact: Annie Clouston - annie@cloustons.uk

2 December - Christmas Crafts Workshop - sharing skills and ideas

Leader:- Hazel Yeadon

Saturday 2nd December 10am - 12noon at Boldron Village Hall

Cost: £5 includes refreshments

Contact: Hazel Yeadon - hazelyeadon@hotmail.com

FUTURE DAY AND LONGER TRIPS

9 September - Walkabout - History behind some of Barney's Street Names led by Tim Meacham. Saturday 9th September 10am - meet at The Witham. Limited to 10 people. Contact Annie Clouston 01833 637091

15 September - York & York Cocoa House, leave Barnard Castle, from Addison's, Galgate at 08.45, Return about 18.00. Cost - coach £14.00, plus making your own chocolate at the Cocoa house £16.50. Includes a session at the Cocoa House kitchens learning about & making chocolate. For more information please contact: Jane Mathieson **01388 710741**

22 October – Hampshire, there is a 6 day trip staying at the Chilworth Manor Hotel (set in 12 acres) for 5 nights, dinner, bed and breakfast. It includes a day in Portsmouth and a visit to the Mary Rose, a day in Winchester, a trip on the Watercress Hants Steam Railway, and a horse-

drawn barge cruise on the Kennet and Avon canal and time in Southampton. Kyle Travel are taking bookings and Gardiners have agreed that the coach will pick up in Barney.

TRAVEL - note from Dorothy Jameson

There are now 15 people booked on the Hampshire holiday and we could do with a few more! Living 'Up North' you may perhaps feel that October is a bit late in the year to travel, but Hampshire has a different climate! As it is organised through Kyle Travel it is not just for U3A members. Anyone can go, so we are looking for 'Uncle Tom Cobley and All' to join us !

THEATRE NOTICES - See page 33

ART APPRECIATION GROUP - report by Tony Seward

At our July meeting we looked at Masaccio, Jan van Eyck and Rogier van der Weyden. Howard Coutts joined us briefly to talk about the Bowes Museum's painting of *St Luke Drawing the Virgin and Child* by Diereck Bouts, a composition echoing van der Weyden's treatment of the same subject.

This was illustrated by a short film analysing the painting's technique. One of its most interesting features is a view of the artist's studio, with easel, palette and freshly prepared paints contained in mussel shells, tucked away to the right of the central scene.



Professor Kloss grouped our three painters under the heading 'Acts of Faith'. Masaccio's powerful depiction of *The Expulsion of Adam and Eve from Paradise* in the Brancacci Chapel, Florence, marked a further leap forward in the movement towards greater realism begun by Giotto. You can feel the despair in the figures of the protagonists. He showed us the extraordinary scene of St Peter's shadow curing the sick as it passed over them.

In the wonderful *Descent from the Cross* of van der Weyden, in the Prado, the figures are so crammed into the constrained space of the composition that they are forced forward towards the viewer, in poses that are a dramatic departure from earlier versions of the same subject. The effect is claustrophobic, tragic, intense, expressed finally in the body language of the mourners over Christ's body – see especially the woman to the left in her white headdress, holding a cloth to her weeping eyes.

Next up – Tuesday 5 September: Sargent, Manet and Seurat



Georges Seurat *Bathers at Asnières*

AUTOMOTIVE GROUP - Report by Peter Colley

The summer is a bumper season for automotive enthusiasts with plenty of activities in the North-east and Yorkshire. We are planning a trip to The Motorist in Sherburn in Elmet.

If you are interested in attending, contact our convener
petergcolley@icloud.com

BIRDWATCHING GROUP – Report by Andrew Lapworth

We didn't have our usual outing this month; instead 4 of us made a late evening visit up to The Stang hoping to see and hear **Nightjars**. Unfortunately the evening was cold and breezy and we only heard the merest snatches of their churring song and we didn't see even one. Better luck next year, possibly at a different and more reliable site.

Swifts. We are fortunate in Barney to still have Swifts visiting and breeding during the summer; many of us delight in seeing and hearing screaming parties of Swifts over the town, especially over the Bank and along Thorngate. Swifts spend their life almost entirely on the wing and even feed, sleep and mate in flight. They feed exclusively on insects and only come to land when nesting. They are only with us from May to early August.

Many of you will know there has been a significant decline in their populations. The reasons for these losses are likely to include poor

summer weather, a decline in their insect food and continued loss of suitable nesting sites. Many decaying historic buildings, quite often sites for nesting Swifts, have been restored. Demolition of old buildings is also a cause of nest site loss; the replacement buildings invariably exclude Swifts. Old factories and warehouses have been converted into apartments and offices and these too were often prime Swift nesting sites.

These old buildings are always refurbished or rebuilt to modern standards, with sealed roofs and walls, and no space left for Swifts. Most of the UK's arable land is sprayed with insecticides. Some crops such as oil-seed rape



can be sprayed over 20 times per crop. Populations of insects are declining very fast as a result. Here in Barney we are fortunate to still have insect clouds over the Tees where the birds often feed, along with House Martins and Swallows.

One way to help our Swifts is to provide suitable alternative nesting sites. We have a local Swift champion, Ian Graystone, who has built and installed boxes on and around his home in Woodlands and has had success in establishing a local colony there. This year he has built and fitted Swift nest boxes for our house in Raby Avenue.

We've not had any luck in attracting Swifts into our nest boxes this year, despite playing Swift calls using a small specially made loudspeaker; but we have had some flying-by, very close, investigating the calls. If any U3a members are interested in fitting Swift nest boxes, do contact me and I will pass on your details to Ian.

BOARD GAMES GROUP - Report by Andy Lecomber

A quintet of Qwirklers assembled at Sue's to try a game new to all but one. Qwirkle is a kind of board-less, letter-less version of Scrabble that uses tiles printed with six kinds of shape in six different colours; these are laid on the playing surface in straight lines with a view to creating runs of different shapes or colours. A single point per tile is scored for each run thus newly created, with a bonus applied for a full set of six tiles — the eponymous 'Qwirkle'.

The simple rules make for a fast-paced game that is both easy to learn and fun to play, but which requires a combination of both luck and strategy to win.

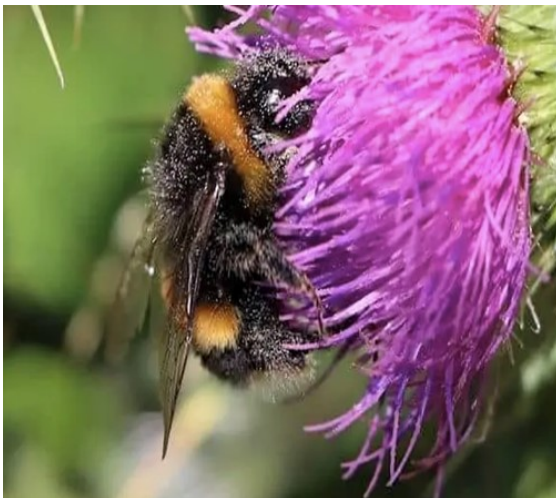
The next meeting will be on 11th September, so get in touch if you fancy playing something new or would like to introduce us to your own favourite



game! You don't need to know how to play any of the games as all of the games have been new to some of the group each time.

CLIMATE SOLUTIONS GROUP - Report by Kate Bailey

We were delighted to see that a number of members had put forward suggestions for Pollinator Parks in Teesdale. We talked about the different opportunities presented by each individual site and we want to thank those members who have expressed an interest in getting involved.



Climate Action NE, the community interest company helping us to progress the initiative in Teesdale, will decide which site or sites are most suitable for action.

They will carry out ecological surveys, make contact with landowners, local businesses and potential volunteers, and report back to us in the autumn. We anticipate that planting will take place early next year, 2024.

We agreed that it feels good to be doing something positive for wildlife recovery, not just talking about it!

Photo: Cumbria Wildlife Trust

In August our topic was 'Oceans'. We enjoyed a wide-ranging discussion about the Earthshot Prize, the Gulf Stream, mangrove forests in unexpected places, cold water coral reefs around the UK, kelp forests and seagrass meadows. These coastal habitats are important because they sustain fisheries by providing shelter for many aquatic plants and marine species; they also defend the coasts from wave erosion, storm damage and on-shore flooding.

The oceans cover around 70% of the earth's surface and absorb 90% of the CO₂ in the atmosphere. They also absorb and redistribute the heat of the sun via ocean currents such as the slow-moving Atlantic Meridional Overturning Circulation, a system of deep ocean currents that drives global weather systems. The AMOC is part of the Great Oceans Conveyor Belt which includes the Gulf Stream, carrying warm water from the Caribbean north past the UK and up into the Norwegian Sea. Studies show this current has been weakening for some time, partly because of warming oceans and melting sea ice in the Arctic.

To learn more, follow this link to the BBC programme: ***How can oceans help us capture carbon ?***

<https://www.bbc.co.uk/programmes/w3ct3khx>

CRYPTIC CROSSWORD GROUP - Report by Sue Overton

Twenty two members met at Enterprise House for the first meeting of the Cryptic Crossword group. The majority claimed to be near beginners with only a few admitting any degree of skill! We began by considering two indicators – anagrams and hidden - from a list of eight clue types.

Identifying the definition and indicator in each clue to deduce the solution was not always easy but we persevered and succeeded in the end.

Others in the group attempted the Times Quick Cryptic and the Sunday Times Cryptic. The former was completed with input from the whole group and the latter remains to be finished, though anagrams and hidden clues were identified. The group unanimously agreed they would like 'homework' and so they have received twenty clues to solve – anagrams and hidden types – in order to consolidate their learning.

At our next meeting at Enterprise House on Wednesday 9th August at 2pm we will work through another two indicators – sandwich and homophone - from our list of eight clue types, plus one or two crosswords.

DISCUSSION GROUP - report by Glen Howard

It always surprises me that all the members of the group have found different topics to bring to our meetings. This month's subjects included: lobbying; packaging / labelling; bus services in our area; press publishing stories amounting to trial by media; taxi drivers no longer needing to know their way around (because of satnavs!); Barbie; Boris Johnson unable to remember a password; sheep attacks from young dogs purchased during Covid by novice owners; and overweight planes.

Our next meeting will be on Friday 8th September, 10.15am at Andalucia's. If you would like to join us, please get in touch -
Glen Howard 01833 631639

GARDENING GROUP - report by Julie Archer and Kate Keen

In July the gardening group visited Levens Hall in Cumbria. As we boarded the coach in Barnard Castle the rain was pouring down but when we reached Kendal it was dry and the sun came out later. As we arrived at Levens Hall there were 2 representatives waiting for us in the car park to welcome us and escort us to the garden.

Levens Hall is famous for having the world's oldest topiary garden dating back to the 1690s.



There are some amazing structures using the ancient yew and box, with abstract as well as geometrical shapes and including a train and a crown ...

... and a baby elephant !

It takes 6 months to trim all the hedging. The gardens are underplanted with 30,000 flowers grown from seed each year on site.

Beyond the walled garden are herbaceous borders,

the orchard, and the first recorded 'haha' in Britain, separating the gardens from the agricultural estate.

The hall itself is an Elizabethan structure built onto what was a 13th century Pele Tower. We were able to look around the house, which is known for its

fine oak panelling, leather clad walls and fine furniture.



The café is in the Levens Kitchen, a new structure opened in 2019 with indoor and outdoor seating and serving food using ingredients from the estate where possible.

There is also an on-site bakery and a shop and plant sale area. All in all, a very enjoyable day and a worthwhile visit.

Our September visit is to Harewood House.

On Friday 6th October we will resume indoor meetings at the Stainton Village hall starting at 2.00pm. Our speaker will be Ruth Starr-Kebble a botanist who will be talking about the project to restore wild-flower meadows in Teesdale.

In November we will have Tim Marshall, Head Gardener of the Raby Estate to talk about the plans for their gardens.

GENEALOGY GROUP - report by Alan Swindale

“How do I know I’m right?” When tracing your family back, especially before the census and civil registration, the researcher is often faced with two (or more) possibilities, for example, which Thomas was the father of great great grandfather Thomas. Once I’ve selected the one I think most likely, but how do I know I’m right?

In genealogy little is certain – the saying “It is a wise child that knows his own father” goes back to Homer - but the Genealogical Proof System (GPS) condenses best practice to ensure that any conclusion will stand up to investigation or, alternatively, when to admit that there is uncertainty and why.

The GPS consists of five elements:

- Reasonably exhaustive research;
- Complete, accurate citations to the source or sources of each information item;
- Tests - through processes of analysis and correlation - of all sources, information items and evidence;
- Resolution of conflicts among evidence items

- A soundly reasoned, coherently written conclusion.

Genealogical proof reflects what evidence shows after any conflicting evidence is resolved. Such proof, therefore, cannot be overturned by “might-have-beens”. Possibilities for which no known evidence exists do not discredit a ‘proved’ genealogical conclusion. However, new evidence can overturn a proved conclusion.

The subject is better fitted for a full course but was introduced by the example of two Thomas Swindells who each had a son also named Thomas baptised in Burton upon Trent in the 1820s. Which was the son who married an Ann Eliza Price? Research into baptisms, marriages, census records and some brain twisting analysis provided a clear favourite but people lie about their age (or don’t really know) and present their status in the most favourable light. It took the application of the GPS to reach a defensible conclusion.

Since this talk was first presented DNA testing has entered the picture. To cut a long story short a group of Australians found that they were interrelated but also related to a group of Mormons in the USA. Further investigation showed that the Americans were descended from Thomas’s aunt, which was only the case for one of the possibilities – the one chosen through the GPS fortunately!

The next meeting of the Genealogy Group will be on Thursday 7th September at 2 p.m. at Enterprise House. This will be another ‘Helping Hands’ meeting where anyone is invited to pursue their research with the assistance of their neighbour or, indeed, the whole group!

GEOGRAPHY GROUP - Report by Jane Harrison

Following the interest generated by Gerald’s talk on pre-Colonial Africa in April, the Geography Group held a further meeting on the theme of Africa in July. “Back to Africa” was based on member contributions and proved very popular. Phil Johnson began by looking at the continent’s geological history and explained how that influenced its geography.

Annie Clouston described teaching in northern Nigeria, in the 1970s, when she was on VSO. Some of the pupils she taught were as old as she was! Being white and female (and riding a motorcycle) also had its challenges in the garrison town of Mubi. She observed great extremes of wealth and poverty there. Life is still very precarious and unpredictable for the subsistence farmers today and now the ever-present threat of Boko Haram adds to the insecurity of this remote border region.

Pete Redgrave was also aware of the inequalities on his visit to South Africa in 2018. He showed us photographs that he had taken, somewhat hesitantly, in Soweto and later at the World Heritage Site in the Drakensberg Mountains. He was struck by the friendliness of people he met, as was Bill Bartle, who talked about a volunteering visit he made to a school in Accra,

Ghana. Watching a teacher teach two separate groups fractions and percentages simultaneously he did wonder what he could offer by way of advice!



Pete Harding showed photos of his holiday expedition from the Cape to the Victoria Falls, a journey of 5,800 kilometres, which was mostly on dirt roads.

The landscape of Namibia was spectacular with the Fish River Canyon, the Sossusvlei sand dunes and the Etosha salt pans. Not to mention the wildlife.

He described a somewhat terrifying excursion when one of the unstable flat-bottomed boats capsized in a river full of hippos and crocodiles. Fortunately, their boat stayed upright!

Hazel Yeadon rounded off the meeting by talking about her memories and impressions of Africa on visits to different parts of the continent. We also had the opportunity to look at three beautiful Tanzanian paintings belonging to Joyce Jackson.

Photo: Peter Redgrave

Next meeting: Thursday 21st September. 9.40am for 10am start. Barnard Castle Cricket Club. Joint meeting with Probus. Gerald Blake "The History and Geography of Durham Regatta".

GEOLOGY GROUP - Report by Bob Tuddenham

Our July meeting covered some essential geology topics of interest to all our members. In the first half, Wilf Wrigley gave an excellent talk on 'Structural Geology' which for many of us is always a challenge. Wilf clearly explained various structural phenomena including fault and fold complexes and how they formed with the forces involved.

David Saville then continued his series of talks on introduction to geology with the first of two presentations on 'Igneous Rocks'. This was a most useful presentation and we are fortunate to live in an area where there are examples of intrusive igneous rocks such as the Whin Sill, the Cleveland

Trevor Morse had again brought along his rock box from the region which contained a number of igneous specimens including a sample of the Weardale Granite taken from the famous borehole at Rookhope in 1961.

Our next meeting is at The Witham on Monday September 25th at 10 am. All are welcome.

HISTORICAL ENVIRONMENT GROUP - Report by Tim Meacham

In July no fewer than 25 members enjoyed the second part of Rob Pearson's guided walk across Cockfield Fell. This complemented the first walk last year which covered the lower lying area of the fell including the two main railways in the area.



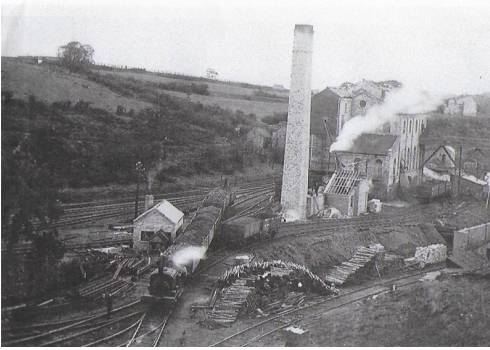
Happily the weather was warm and sunny as Rob filled us in on the history of the mining that had been going on in this area for nearly a thousand years.

We started off by crossing the higher fell just below Cockfield

village. Our first stop was to view one of the 400 or so bell pits which permeate the fell. These bell pits each resulted from the digging of a hole some thirty or forty feet deep in search of a seam of coal or iron ore. Many of these remain in a collapsed state, often, as with this example, filled with all manner of spoil.

We continued over this 'lunar' landscape towards Cockfield village where we viewed the long medieval tofts, narrow gardens separated then as now by stone walls and once providing most the families' food for daily living'. Most are now used as more conventional gardens although a few have sheep grazing on them. Moving down the hill away from the village we paused to see one of the best surviving sections of the giant quarry which split the lower fell, much of which has been infilled in recent times. We paused to consider the depth and width of the remaining section.

As so often on the fell it is hard to gain any real impression of what it must have been like in the days of heavy industrial activity, but luckily for us Peter Harding had brought some pictures along of the area just below the quarry. The photos (facing page) illustrate much better than words the colossal changes which have taken place. Believe it or not they feature views taken from the same viewpoint: the modern version I took this July, the earlier black and white view is undated, but is probably post WW1.



It just remained to see the 13th century St Mary the Virgin Church which Rob had arranged in advance to be open for us. This fine building was extended several times but retained original features as well as memorials to the local Dixon brothers. Thanks to Rob for another fascinating visit.

i-Pad and i-Phone GROUP - Report by Mike Sweeting

In July, Hazel led a discussion of ways of using the keyboard, particularly the 'slide to type' feature where you can slide your finger between letters without lifting it off the keyboard. We also discussed some other ways of using the keyboard and briefly looked at the Merlin app which can be used for bird recognition.

The main topic was an introduction to Pages, the Apple word processor that is included free with all Apple devices.

Due to 'grandparent' commitments and holidays there will be no meeting in September. We will resume in October, still at Enterprise House. Have a good summer, see you again in the Autumn.

LUNCH GROUP - Report by Christine Watkinson

Six U3A members met on the 19th July at the Black Bull Inn at Moulton not far from Scotch Corner & Middleton Tyas.

<https://www.theblackbullmoulton.com/>

Many years ago the pub boasted a Pullman carriage as part of their dining room. It has now been brought into the 21st Century as the Pullman carriage has been taken away. This has given the pub a very bright, comfortable and roomy dining area. The older part still exists at the front of the Black Bull Inn with a small Edwardian snug where you can also eat if you wish.

Their menu was extensive with also some lunchtime specials. Five members went for the Steak Pie with mash & vegetables and the remaining member had the minute steak with garlic butter, pomme frites and coleslaw on the side. When the pies arrived a few thought they would be asking for a "doggy

bag" to take some home, however the pies were declared delicious, with beautiful pastry and not too filling, so "doggy bags" were not needed! The minute steak with garlic butter was cooked to perfection and melted in the mouth. Four ladies even had room for a pudding, two had chocolate mousses and the other two had "Affogato" - vanilla ice cream with a hot espresso coffee & biscotti on the side. We all agreed that we would certainly recommend The Black Bull Inn as a venue for all ages & tastes in food.

NEEDLECRAFT GROUP - Report by Sheila Kigarrieff

For various reasons it was a depleted group of seven who met for our monthly meeting. A variety of tasks were undertaken, including embroidery, knitting, crochet and quilting.

In a renowned weekend magazine recently it asked "How Crafty Are You?" The article highlighted the fact that any absorbing handicraft is very beneficial for keeping your mind and body healthy. The concentration required means that you turn off from your worries and anxieties. It is even better to do this in a group situation, as it helps people to 'connect' and release stress. Our group discussed what we had accomplished since we last met, which included making summer trousers out of an unwanted duvet cover, finishing knitted items e.g. for premature babies etc.

As per usual we did not work in silence and the subjects we discussed included the use of bad grammar, imperial measures compared to metrication, teaching children to read and the wonderfully varied butterflies we saw on the buddleia bushes. We discussed our yearly outing and next month we propose to visit the Vivienne Westwood exhibition at the Bowes Museum.

PAINTING GROUP - Report by Val Hobbs

We decided to take a chance and go alfresco ... after all it was mid-summer! Five of us met at the main door of Bowes Museum as the ashen clouds scurried over the almost deserted grounds, and the wind whipped at the branches, stripping them of their summer greenery. We looked at each other, turned up our collars and gritted our teeth. This is the stern stuff the painting group is made of!

Anne explained that we were going to attempt some pen sketches with water-based ink, and then introduce tone by softening ink with water. We had all taken the necessary sketch book, pencils, rubber, water container, brush and the even more essential flasks of hot coffee. Gone was the concept of sipping chilled wine under tilted sunhats, whilst dabbling away in the luxuriant warmth of the late morning heat. No ... it was full metal jacket and batten down the hatches!

We shivered our way through the hours, while still managing to produce decent pen and ink sketches of our chosen trees. Having thoroughly

enjoyed pitting ourselves against the elements, learning while we worked.



We ended the session with blue lips, frozen fingers and still laughing! Why not come along and see the fun we have!

Please contact Val Hobbs for details on 07900 497 503.

PHILOSOPHY GROUP

Report by Ruth Sansom and Clare Tuddenham

Our topic of study for this month's meeting was **The Philosophy of Art**. Following an introduction on how to use Artificial Intelligence for a presentation in the Geology group, it was decided that we would try out a couple of examples on our philosophy topic. We used Google Bard and ChatGPT and requested a 'Presentation on the philosophy of art to an intelligent audience'. The results came up within 5 seconds. We transferred these to Powerpoint presentations and discussed both the results and the content.

We discussed the benefits (some) and drawbacks (many) of using AI for a presentation, but were more interested in the content, and how we could pursue the questions posed from both the artist's and the viewer's standpoint: What is art? What is the purpose of art? What is the value of art?

This led us on to some of the major philosophical theories of art, including:

- Platonism: Plato believed that art is an imitation of reality, and that it is therefore inferior to reality itself.
- Aristotelianism: Aristotle believed that art is a mimesis or representation of reality, but that it is also a creative activity that can give us insights into reality that we would not otherwise have.
- Kantian aesthetics: Immanuel Kant believed that art is a form of disinter-

- Hegelianism: Georg Wilhelm Friedrich Hegel believed that art is a form of cultural expression reflecting the values and beliefs of a particular society. Consideration of culture, time and personal perceptions raised questions about how answers to these philosophical theories could be framed. As usual, few answers were forthcoming, but the debate was stimulating!

Do come and join our small group on the fourth Tuesday at 10am at Enterprise House. The next meeting is on September 26th – we may be moving on to new topics or asking further questions about the Philosophy of Art. New members are always welcome – come and give it a try!

PHOTOGRAPHY GROUP - Report 1 by Alan Kenwright

In August twelve members of the photography group made their way to the Killhope Lead Mining Museum in Weardale. In keeping with tradition there were leaden skies and intermittent rain as we arrived (it's often grim up Weardale, even in what is supposed to be summer!). However, once we were there the rain held off and we were able to explore and take photographs.



Additional challenges (or “opportunities” if you are a hopeless optimist) were provided by the fact that a large portion of the site was undergoing restoration and consequently was behind barriers and covered in scaffolding. But our intrepid band still managed to find interesting subjects to photograph and the serving staff in the cafeteria ensured that we had plenty of time for discussion over a (very) leisurely lunch.

After lunch, some members continued the hunt for the elusive red squirrel and some of the group moved on to explore the remains of the Groverake Mine near Rookhope. This was the last operational deep mineral mine in County Durham.



The mine was originally worked for ironstone between 1819 and 1875, then later for lead, until the mine closed around 1919. In the 1930s it was reopened to mine fluorspar and remained in operation until 1999.

It is a much less ‘sanitised’ slice of industrial archaeology and more challenging to access, but it is a striking reminder of the area’s industrial heritage.

PHOTOGRAPHY GROUP - Report 2 by Pete Redgrave

[Ed note: – this report was mistakenly omitted from the July magazine]

Saltburn by the Sea

What better way to celebrate 4th July Independence Day than with a trip to the seaside? Depleted by prior holiday arrangements, just four members of the photography group made the trip to Saltburn. Fortunately, the Met Office prediction of 60% dry weather was accurate insofar as the only spots of rain fell as we were leaving. We assembled on the sea front at 11am and decided each to do their own thing then meet for lunch at 1pm. Some went up into the town to take photos of Victorian architecture while others sought subjects on the beach.

On the sand there were several parties of school children (7-11ish) receiving marine education. Several escaped the supervising teacher’s attention and decided to experience the North Sea first hand in the form of whole body immersion, in their school uniforms ... pictures were taken.

Other rewarding sea-front subjects were the colourful beach huts, outside one of which a Johnnie Depp double was seated ... or it could have been the actor himself, I didn’t ask ... again pictures were taken.

Another photographic highlight was the funicular railway that takes holiday makers too lazy to walk up and down from the town to the pier head. Suddenly it was 1pm and we repaired to the Tomahawk Steakhouse for light-bites for a tenner, rather than standard fish, chips and mushy peas (£15) and of course some liquid refreshment (photo: see Wine Group).

As the tide was coming in after lunch we all walked to the end of the pier to take pictures. A stiff breeze had generated a swell sufficient to tempt out a goodly number of surfers – in wet-suits as the sea temperature at this time of the year is still a bracing 11 degrees. Most were ‘learners’ and wisely stayed close to the shore trying to catch waves after they had broken.



However, a couple of lads who knew how to play the game ventured out much further where the big waves were building. Here is one of them turning skilfully on the top of a breaking wave.

Lastly, inattention to the SatNav meant there was

plenty of time for us to get lost in the back streets of Middlesbrough on our way back to Barney. For those that made the trip, it was a good day out in an interesting location for photography

POETRY GROUP - Report by Robert Alabaster

Ten members of the U3A poetry group met at Chris’s house in July to share poems about trees. We had selected a wide range of poems which gave rise to some key themes -

- Childhood memories of playing on trees;
- Trees as a metaphor - a journey to the woods as the journey of life;
- Winter and the apparent death of trees;
- Trees as the centre of systems of interconnectedness and mutual assistance;
- They are a symbol of strength but are also a target for destruction;
- They seem eternal and everlasting;
- They watch and wait, take their time, and progress almost imperceptibly, whilst man hurtles headlong

Excerpts from three poems illustrate contrasting moods and are drawn from different landscapes:

The Trees - Philip Larkin

The trees are coming into leaf
Like something almost being said;
The recent buds relax and spread,
Their greenness is a kind of grief.
Is it that they are born again,
And we grow old?
No; they die too
The yearly task of looking new is written down in rings of grain.

Hope - Dinah Hawken

It is to do with trees
Being amongst trees
It is to do with tree ferns:
Mamaku, ponga, wheki..
Shelter under here
Is so easily understood.
You can see that trees
know how it is
To be bound into the earth
And how it is to rise defiantly
into the sky.
It is to do with death:
The great slip in the valley:
When there is nothing left
But to postpone all travel
and wait
In the low gut of the gully
For water, wind and seeds.

Sabbaths - Wendell Barry

What is the way to the woods, how do you go there?
By climbing up through the six days' field,
kept in all the body's
sorrow, weariness and joy.
By passing through
the narrow gate on the far side of that field
where the pasture grass of the body's life gives way
to the high, original standing of the trees.
By coming into the shadow, the shadow
of the grace of the straight way's ending,
the shadow of the mercy of light.

ROOM TO READ BOOK GROUP - Report by Annie Clouston

This month we discussed *The Archivist* by V S Nelson. We all disliked it intensely, so much so, that only the person who suggested it finished it. Mostly we all make an effort, even if the book isn't our cup of tea. However, in this case, waves of revulsion seem to have come over us all, disabling our commitment to do the right thing by book group standards. This was a first! I went way beyond my adopted rule for naff books, ie, if I'm not getting anything from it by page 100 minus my chronological age I give up, by struggling through 90 pages ...

So why did we take against it unanimously? Written apparently for the Young Adult age-group, it is in the horror/fantasy genre, its rationale perhaps to grasp the taboo subject of death and explore the nature of mortality and the possibility of immortality. I have cribbed from its cover:

"There is no God waiting for you in paradise. No afterlife where friendships severed by death are reformed and families reunited. There is only the Aether, a dimension of insatiable hunger that will possess you no matter the life you led. "

The book has a mystifying format, which takes a while to fathom, first written in one voice – that of a waif-like creature with an abusive boyfriend who has rapacious designs on her under-age sister, and then in the voice of the Archivist, with whom she makes an unholy alliance. At times it is violent and almost always tasteless. Searching for something positive to say about it proved fruitless.

There could be no good reason to recommend this book to anyone, so we rated it no stars on that score and only one/five for book group discussion. We hope for a more edifying experience in August with *If Nobody Speaks of Remarkable Things* by Jon McGregor.

SCIENCE AND TECHNOLOGY GROUP Report by Hazel McCallum

How technology drives improvement

Radiotherapy – the treatment of disease with radiation – has been around for over a hundred years, particularly in the treatment of cancers. It covers a wide range of treatments; Hazel's talk was concerned with high energy X-rays, the form that many cancer patients will receive.

Treatment X-rays have sufficient energy and intensity to deliver a large dose to the target volume, rapidly severely damaging cells to the point where they will die. Diagnostic X-rays are needed to define target volumes inside a patient. They have much lower energy and intensity and create images of bones and organs without causing significant damage to cells. In the 80's and 90's treatment and diagnostic imaging were done separately.

Images were captured on X-ray film and, because tissue and organs had low contrast, a tumour could rarely be seen directly. A target box inside the body was defined using two orthogonal X-ray images. As it was crucial that the treatment X-rays from four directions went only through this box, the patient was positioned carefully using cushions and moulds that could be reproduced at each treatment. The images also defined the placing of heavy metal pieces that would block the X-rays from the areas that should not be irradiated. All of this was done manually – there were no computers and no automated systems to move blocks.

The 2000's brought many major improvements. CT diagnostic scans gave high resolution, high contrast 3D images of organs; much smaller target volumes could be defined; treatment X-rays could be delivered from many angles instead of four; digital images and computers define the target better; automation gave real time adjustment of blocking pieces as the treatment X-ray was rotated round the patient; real-time confirmation of hitting the target is possible. Modern X-ray radiotherapy is much faster and safer than 40 years ago. Incidental damage to surrounding organs is less, while high doses of X-rays are delivered to smaller targets. Developments are still taking place to better define the tumour and deliver the dose to just that volume.

SCRABBLE GROUP - Report by Ray Thompson

This month we met at Judith's on the 10th, there were only five of us, Ray, Paula, Judith, Phil and Lillian. We split into two groups so Paula and Judith played together and Ray, Phil, and Lillian likewise.

Paula won her game with a score of 346 even though Judith got a 7 letter and scored 66 with " STIRRERS ". Phil won their game with a score of 174.

Lillian had to leave early so the four of us played the second round. Ray won this game with a score of 237 including a 7 letter " SOUPING " for 71. Thanks to Judith for the lovely home-made lemon drizzle and lemon/ passion fruit cakes, biscuits and refreshments.

The next meeting is Monday 11th September at 2pm at Lillian's. Please contact her on 01833 650628 if you would like to join us.

TABLE TENNIS GROUP - Report by Peter Singer

It so happens that our 12 active members of the table tennis group include three Peters and two Janets. The significance of this, if any, has eluded us so far, although it makes remembering everyone's name a little easier for those of us with less than perfect recall – a punt on Peter has a reasonable chance of being correct, at least for the men.

The name Peter originally meant "rock" or "stone", which is not particularly appropriate for table tennis, unless it relates to our somewhat



circumscribed mobility around the table. Janet apparently meant “God’s gracious gift”, so goodness knows what that might imply, apart from describing the occasional, stunning shot produced from nowhere. If there are any other Peters out there who might like to play, please come along and we can play an all-Peter doubles match, which would be fun (“your ball Pete...”).

Some recent news from Table Tennis England is encouraging. Margaret Dignum has won two gold medals for England in the women’s over-80 class at the European Veterans’ Championships in Norway. Even more uplifting is the Norfolk local league team of four players with a combined age of 336 years, three of whom are 86 years old. They still play competitive league table tennis and this year were runners up in their division. As one of them said, “table tennis is a great sport and we are living proof that it can be played at any age it is so much more than just table tennis, it’s about exercise and keeping fit, socialising, making friends and generally enjoying our night out. Whilst we can do that, we will keep playing”. Hear hear to that!

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

WILDFLOWER GROUP - Reports by Susan Barnes & Ruth Stables

Hayberries Nature Reserve (Susan Barnes)

Sixteen of us enjoyed a leisurely walk around the Hayberries Nature Reserve. Many of the flowers were more stunted than in previous years, probably due to the hot dry weather we had in June. However we did find 58 different flowers in all. We were delighted to find two fairly rare bee orchids.

Bishop Middleham Quarry Nature Reserve (Ruth Stables)

After a postponement of a couple of days because of an appalling weather forecast (which proved correct) 6 intrepid souls journeyed to Bishop Middleham Quarry on 20th July. It still rained but not too much and we experienced a veritable feast of flowers. It was just fantastic - nearly 60 species - and the highlights were the dark red helleborines - the speciality of this quarry site. They were everywhere.

Other special joys were the hoary plantains, rest harrow in profusion, carline thistles, yellowwort, hop trefoil, three kinds of orchids plus twayblades, greater knapweed, wether thistle, and a completely new species for me - peach-leaved bellflower.

We were there for 3 hours - and we resolved to return next year too!

WINE TASTING GROUP - Report by Tim Meacham

It was July, so time for our outdoor annual Summer Fizz session – except that it poured down from start to finish! Thanks however to John & Stella we moved indoors and had a fun meeting with a nice range of sparkling wines. Though my great potential discovery, a J Vineyard California Cuvee (12.5% and £20 but on offer at £8.99 at Tesco) from the Sonoma Valley turned out to be a damp squib! The first member declared that it tasted like essence of fish and everyone except me agreed. A more



successful premium wine was our Oyster Bay Sauvignon Sparkling Cuvee (12.5% and a very fair £7.50 in Sainsburys' %25 off sale) with a crisp clarity befitting a New Zealand Sauvignon. At least one of my prize finds came up trumps.

We had started with a couple of Roses, of which Lidl's Allini Pino Grigio Blush Vino Spumante 2022 (11.5% and £6.49) was pleasant enough for a sunny afternoon (if only!) but our Cava Rosado Brut (11.5% and £7.50 from M&S) won the contest here for being less sweet, [with livelier bubbles: a

typical Cava, sharp and refreshing. Our two intermediate whites were both fine. The Valdobbiadene Prosecco Spumante Superiore 2022 DOCG from Lidl (11% and £7.99) was a pleasant surprise. Proseccos tend to be much of a muchness but this wine had elegance and a longer than usual finish. As so often with mid-price Lidl wines it represented excellent value, the Glera grape being produced in the Alpine-Dolomite area of Veneto, home of the grape.

Finally, as former member Guy once taught us, 'you can't go wrong with a Cremant'. The Cremant de Loire Brut (12% and £8.99 from Lidl) had all the expected creamy fizz and that little extra zing that we were looking for. A pity then about the J Vineyard Californian fish sensation which followed!

All in all this was a fine way to take our minds off the weather !

Ed.Note - photo re-purposed, with apologies to the Photography Group]

SHORTER WALKING GROUP - Report by Liz and Pete Harding

Meeting outside the Co-op in Cockfield, nine members of the Shorter Walking Group headed down Front Street to pay a visit to Glebe Memorial Gardens.



Photo: Ian Royston

From there we walked onto **Cockfield Fell**, which is England's largest scheduled ancient monument.

Cockfield Fell has many interesting features and historical landmarks, which the leaders hope they managed to explain to the group. These included the Lands viaduct (remains) which one of the group had

ridden over in a train. We also saw beehive coke ovens, the route of Haggerlees railway which we walked along, the skew bridge, bell pits and the site of an ancient settlement. Upon returning to our start point everyone agreed it had been an enjoyable 3.5 mile walk.

4-6 MILE WALKING GROUP - Report by Alan Kenwright

Twelve walkers met at the car park adjacent to **Balderhead Reservoir** for a 5 mile walk. Luckily, after what had been a miserable start to August, the day was sunny and breezy - perfect walking weather.

The route briefly returned to the road before descending the Pennine way through Hannah's Meadow to the north shore of Blackton Reservoir. The route then proceeded eastwards along the north shore of the reservoir to the second dam at which point we crossed over the top end of Hury Reservoir and followed the track to join the road.

We then walked west along a very quiet road and returned to Blackton Bridge. The choice was now to take either the Pennine Way, which was very wet and also contained some challenging stiles, or to take the tarmacked route past Clove Lodge. We agreed that the tarmacked route with beautiful views was preferable.

As we walked though Clove Lodge we discovered, to our delight, that the owners had laid out a welcome area in one of their (very clean) barns with a kettle, fridge containing milk & ice-cream and selection of other treats. Payment was by donation. Angela explained that as they had sometimes sometimes been asked for fresh water from passing ramblers

they would set up a little refreshment area. After a short break and a chat to Angela we climbed up the track to return to the starting point.



Photo: Ian Royston

FELL WALK (that wasn't a fell walk)) **Report by Pete Harding**



Have you guessed where yet?

I cannot be sure if you have ever been ...
To a place that is named Crimdon Dene.
On the Durham coastal path it does sit
An eleven mile walk for the fairly fit.

Twelve fell walkers gathered together
All wishing for a day of good weather.
Kids at play on Crimdon beach, dogs barking,
Everybody happy about the free car parking.

In four cars to Seaham, we all made our way
To follow the chosen leader for the day
Arrived at Tommy, well we did all pose
Then off we went towards the Points Nose took.

We walked together, but not in a bunch,
Stopped at Hawthorn Hive beach for lunch.
Then walked through Denes and industrial past,
Colliery towns with maybe some open cast.

We reached Crimdon Park Holiday caravan site,
Dune's cafe in time for a rest, drink and a bite.
Eleven miles it stated in Durham coastal book,
Fourteen miles is what it actually took.



Photos: Peter Harding

The following extract is a screen shot from the Durham Heritage Coast leaflet

Introduction

Crimdon has been a popular place for holiday makers for many years. From the 1920's mining communities from the area visited Crimdon for their annual summer holidays. The name derives from the Old English words 'crymel' and 'dun' which means a small piece of land on a hill. The discovery of a pagan cross would suggest that the site has been inhabited for many years.

The dene is one of many in East Durham. It is essentially a limestone gorge carpeted with layers of

glacial clay, sand and gravel. It was carved by the water from melting ice at the end of the last period of glacial activity. Today the little burn is totally out of place in the wider valley. We refer to this as a 'misfit' stream.

Crimdon Dene, in keeping with other denes along the Durham coast, has a viaduct which was built in 1905 to carry the North Eastern railway.



AUGUST'S NICKNAMES QUIZ

Compiled by Phil Clarke

- | | |
|---------------------------|------------|
| 1. Maid of Orleans | History |
| 2. The Big Easy | Sport |
| 3. Old Blood and Guts | History |
| 4. The Man in Black | Music |
| 5. The Desert Fox | History |
| 6. The Lady with the Lamp | History |
| 7. Ol' Blue Eyes | Music |
| 8. The Hoff | TV / Films |
| 9. Lady Day | Music |
| 10. The Brown Bomber | Sport |
| 11. Slowhand | Music |
| 12. Golden Balls | Sport |
| 13. Chef | Sport |
| 14. Bluff Hal | History |
| 15. The Boss | Music |
| 16. The Singing Cowboy | Films |
| 17. Swedish Nightingale | Music |
| 18. Coppernose | History |
| 19. William Rufus | History |
| 20. The Great White Shark | Sport |

ANOTHER MONTH IN AMBRIDGE

Report by Annie Clouston

Well, if “love means never having to say you’re sorry” (Love Story, film 1970), all I can say is there is very little love in Ambridge. “Sorry, I insensitively mentioned the word toe when I should have remembered that three years ago gone April, you almost broke one of yours.” “Sorry Tony, I accidentally reminded you that your ex-son-in-law is a psychopath when I should have been congratulating you on last month’s milk yield.” You get my drift, it is sadly the most over-used word in this longest running of all soaps. ‘Sorry’ to Ambridgians is the ‘we need to talk’ to East Enders. Sorry to go on about it, but it really hacks me off.

Tony’s ex-son-in-law is indeed a psychopath, but shortly to be a dead one. Most people will not grieve over this, after all he coercively controlled Helen, raped and then invited her to stab him (which she duly did then was done for attempted murder – all part of his twisted plan). But Tony thinks that he’s getting off lightly. I think he had in mind a death even more grizzly than a rampant brain tumour, one that befits the perpetrator of gross perfidy. Tony is, in short, eaten up with HATE.

However, into this chasm of darkest thought steps the recent convert to godliness, Sergeant Harrison Burns, to counsel Tony against his self-defeating loathing. Whether Tony is sorry about being sorry the dastardly Rob is robbed of the death he deserves, we shall see ... I have a suspicion that there may be a misdiagnosis - involving bribing the medics - and it’s all part of Rob’s heinous grand design to get visitation rights to his son Jack.

As one anti-hero is about to be dispatched (or is he?) another is blossoming. Yes, George Grundy’s evil machinations, misogynist doings – in particular mother-blaming – are developing into a full-blown Rob replacement. Who could have given birth to such a creature?

The mother is Emma Grundy, the father one of the Grundy boys (still not sure which though I think there was a DNA test at one point), she has been married to both brothers consecutively. I can hear my mother now: “Why spoil two families?”. Said it as she thought it, my mum.

So Archers fans, apologies, misdiagnoses, misogynies, whatever next?

All we hear is radio ga ga
Radio blah blah
Radio, what’s new?
Radio, someone still loves you ...

THEATRE NOTICE

EMPIRE THEATRE, SUNDERLAND

Wednesday 20 September at 7.30 pm

Straight from the West End, the musical:

EVERYBODY'S TALKING ABOUT JAMIE

We need to book early for these tickets so please book now if you are interested.

I have 16 good seats in the upper circle at £46.

The coach will cost £5 return; meet at Addison's at 5.30 pm

Please send me a cheque for £51 made out to Teesdale u3a and enclose your contact details (Tel. No. & email address).

Elizabeth Formstone. Bridge House, Piercebridge, Darlington DL2 3SG
elizabeth.formstone6@gmail.com,

THEATRE BY THE LAKE

The Little Princess

Saturday 9th December 2023

I have reserved 30 seats for the 2pm matinee. The cost for each theatre seat will be £26.50.

The coach price is in the air at present until Steven Maude knows how much fuel prices will rise (or fall).

Please let me know if you would like places reserved by email
dianamarks813@gmail.com

I look forward to hearing from you, Diana Marks

WHY MEN DON'T WRITE ADVICE COLUMNS

Dear Walter,

I hope you can help me here. The other day, I set off for work leaving my husband in the house watching the TV as usual. I hadn't driven more than a mile down the road when the engine conked out and the car shuddered to a halt. I walked back home to get my husband's help. When I got home I couldn't believe my eyes. He was in our bedroom with the neighbors' daughter. I'm 32, my husband is 34, and the neighbors' daughter is 22. We have been married for ten years.

When I confronted him, he broke down and admitted that they had been having an affair for the past six months. I told him to stop or I'd leave him. He was let go from his job six months ago and he says he has been feeling increasingly depressed and worthless. I love him very much, but ever since I gave him the ultimatum he has become increasingly distant. He won't go to counseling and I'm afraid I can't get through to him any more.

Can you please help?

Sincerely,

Sheila

Dear Sheila:

A car stalling after being driven a short distance can be caused by a variety of faults with the engine... Start by checking that there is no debris in the fuel line. If it's clear, check the vacuum pipes and hoses on the intake manifold and also check all grounding wires.. If none of these approaches solves the problem, it could be that the fuel pump itself is faulty, causing low delivery pressure to the injectors.

I hope this helps,

WALTER

This month I have been mainly...

...making Blackcurrant Coulis

If you always wanted a purple kitchen without the bother of emulsion paint this is what you do:

Pick 1.5 kgms of blackcurrants, destalking and deleafing as you go, put in a heavy-bottomed large pan

Add the same weight of granulated sugar and sit the pan over a very low heat until the sugar is dissolved

Once the liquid is bubbling keep on the heat for ten minutes or so until the blackcurrants are very soft

Strain through a colander and squash through until all that's left in the colander is a dry lump of skins

Bottle in clean jars—makes 6 x 1lb jars

This will keep for a very long time and is exceptionally good with vanilla ice cream or stirred into plain yogurt. It delivers a massive dose of vitamin C so you need never worry about scurvy again.

...and frolicking in the freezing waters of the North Sea in Saltburn



Photo by Pete Redgrave

AUGUST'S NICKNAMES QUIZ - ANSWERS

1. Joan of Arc
2. Ernie Els
3. General George Patton
4. Johnny Cash
5. Erwin Rommel
6. Florence Nightingale
7. Frank Sinatra
8. David Hasselhoff
9. Billie Holiday
10. Joe Louis
11. Eric Clapton
12. David Beckham
13. Alistair Cook
14. Henry V111
15. Bruce Springsteen
16. Gene Autry
17. Jenny Lind
18. Henry V111
19. William 11
20. Greg Norman

Update on Bridge Workshop from Sue Overton

Since the Beginners Bridge Workshop was held in January, many of the participants have continued to meet in their efforts to improve their knowledge and skills. However, this is not as yet a specific interest group of our Teesdale u3a mainly because of the difficulty in catering for all the different level of skills in one group.

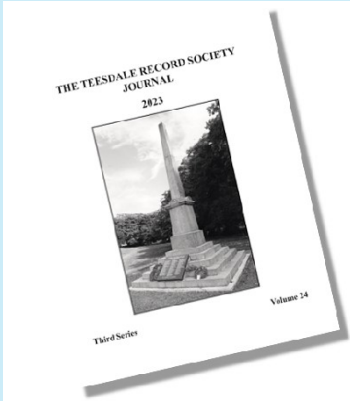
Currently, a few of us (beginners) meet fortnightly with a couple of experienced players, some people attend the Wednesday evening Duplicate Bridge Club at the Glaxo Sports and Social Club, some attend a group in Eggleston, and I have recently been informed that there is an intermediate group who meet every Friday 10am – 12noon at the golf club in Bishop Auckland (contact is David Wilkinson).

If you have knowledge of other groups in the area, please send the details to me sueoverton@hotmail.com

**Available now – the new edition of the
Teesdale Record Society Journal**

Topics include - Richard III - The Northern Connection

**Community and Commemoration; War Memorials in Teesdale
and the North East**



1871 and the Bowes Museum Project

The Cheesemongers of Teesdale

**Lead Mining in Teesdale - A New
History**

**Bentley Beetham; Teesdale to Everest
and into Legend**

£10 (+ £2.50p&p)

Teesdale Record Society – www.teesdalerecordsociety.org.uk

To purchase a copy email wfheyes@btinternet.com



Don't forget!

**The Inbetweeners
get-together**

**An opportunity to meet other members of the u3a
informally for a chat, a cuppa and good company.**

**Thursday 14 September at 14.30
Ground Floor Gallery, The Witham**

Group	Meeting Time	Contact details
Art Appreciation	1 st Wed pm	Tony Seward 01833 630050
Automotive	3 rd Tuesday am	Peter Colley 01833 695197
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 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	4 th 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 1.30pm	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

Group	Meeting Time	Contact details
Poetry	2 nd Wed am	Annie Clouston 01833 637091
Science and Technology	2 nd Mon am	Roy Tranter 01833 638288
Scrabble	2 nd Mon pm	Lilian Smith 01833 650628
Spanish Conversation	3 rd Thurs 10am	Michael Harris 07799 051389
Table Tennis	Every Friday 3pm	Peter Singer 07508 663998
Theatre	Varies	Elizabeth Formstone 07979 204212
Travel and 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 Photography and 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

**Coming up at your
Community Arts Centre**

Sat 9 Sept 8.00pm	TRIBUTE – NE Street Band: Songs of Bruce Springsteen An audience engaging tribute show of all things Bruce Springsteen
Fri 15 Sept 7.30pm	.FOLK – Tannahill Weavers Traditional Celtic music at its best!
Sat 16 Sept 7.00pm	BRASS – The EverReady Band (formerly Reg Vardy Band) Premier Brass Band of North East England returning to The Witham for the third consecutive year.
Wed 20 Sept 8.00pm	COMEDY – Andy Parsons: Bafflingly Optimistic (14+)
Fri 22 Sept 7.30pm	COMEDY – Ashley Blaker: Normal Schmormal (14+) From the star of hit Radio 4 series '6.5 Children'.
Sun 24 Sept 2.00pm	FUNDRAISER – Community Choir in Concert: Sing Sing Sing! Songs from the world of pop, classical, musical theatre, sacred, folk and so much more.
Wed 27 Sept 7.30pm	THEATRE – Mrs Roosevelt Flies to London Alison Skilbeck's critically acclaimed one-woman show, with special permission to use Eleanor Roosevelt's writings.
Fri 29 Sept 7.30pm	COMEDY– Markus Birdman: Platinum (14+) Edinburgh Fringe show nominated for the 2023 Chortle Awards
Sat 30 Sept 7.30pm	MUSIC – China Crisis: The RETROspective Tour Eddie London, Gary Daly, Jack Hymers (keys), Eric Animann (sax).
Tues 3 Oct 7.30pm	SPOKEN WORD/MUSIC – Bob Harris and Colin Hall: The Songs The Beatles Gave Away Includes rare archive from Bob Harris' collection of interviews with Lennon & McCartney.