



## Monday 21<sup>st</sup> August

Following Gordon Henderson's talk on Roman medicine (there was a salve for arthritis),

Jim Frazer will tell us about **Arbeia and Hadrian's Wall**

Venue All Saints Church Hall, Cleadon, doors open at **10.00** for 10.30 start

**Visitors** – potential new members – have been invited to our meeting via the local Facebook pages, please make them welcome.

## Pre-ordered 2024 u3a diaries will be available at the meeting

They are bright orange this year, week to view and are £4.10 each. Please bring the correct cash if possible.

## Emergency Contact

Thanks to many of you who logged into Beacon to check your details and register a password, which makes it much easier for you to use in the future.

As always, if you have any problems email updating your details contact

[u3aboldon@gmail.com](mailto:u3aboldon@gmail.com)

Why not join our **private** Facebook group.

It is a fun place, be first to hear about day trips, share photos and get news of group activities, enjoy and contribute to Stephanie's u3a foodies posts and even laugh at the occasional joke.

Members are welcome to add any posts which they think would be of interest.

To join, search Boldon u3a in Facebook and answer the basic questions.

## **News of Outings from Kath Lodge**

**PLEASE NOTE** If you park in the Britannia car park you will be fined.

### **Saturday 16<sup>th</sup> September Thirsk/Skipton**

We go straight to Thirsk for morning coffee etc, then on to Skipton with it's very popular market and canal. If you wish to go on one of the public 1 hour river trips it will be payable on the day and subject to availability.

Cost - £17 payable at the meeting on 21<sup>st</sup>August.

The coach will leave the bus stop opposite Cleadon pond at 9 and Skipton at 4.

### **Friday 6<sup>th</sup> October BINCHESTER ROMAN FORT.**

Following the very interesting talk on Roman medicine given by Gordon Henderson at the July meeting, several members asked if a tour of the fort could be arranged. I subsequently contacted Gordon and he would be very happy to give us a tour, which will last approx 2 hours. Afterwards we would call into a local garden centre/tearoom for refreshments.

Cost £16-£22 depending on numbers. This will be payable at the meeting on 18th Sept. An Expression of Interest sheet will be available at Monday's meeting.

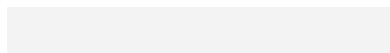
The coach will leave the bus stop opposite Cleadon pond at 9.30 and we should be back 3-3.30.

### **Thursday 9<sup>th</sup> November HAREWOOD HOUSE AT XMAS.**

This outing includes full entry to the house, gardens and also a Winter Artisans market, featuring over 100 local producers.

Cost £31 - £36 approx, depending on numbers. This will be payable at the meeting on 16th October. An Expression of Interest sheet will be available at Monday's meeting.

The coach will leave the bus stop opposite Cleadon pond at 9, and Harewood at 4. We should be back about 6.



## News of Groups

*The ethos of the u3a is to Learn, Live and Laugh, with members sharing their interests for the benefit of everyone.*

Feel there is nothing for you currently in the u3a groups?

Then help to set up and run a new group based on your interests, with the full support of the committee. Contact Sue Soulsby at [u3aboldon@gmail.com](mailto:u3aboldon@gmail.com)

All groups have room for new members apart from Bridge and Contemporary Music

**New Poetry** Group –Anne Witherington will host a small poetry reading group in her home. An expression of interest sheet will be available at the meeting on Monday.

**New iPad users** group will meet at Boldon Golf Club from Thursday 5th October. All levels of experience are welcome, let us learn from each other. Initially this will replace the current Technology group. An expression of interest sheet will be available at Monday's meeting or contact [u3aboldon@gmail.com](mailto:u3aboldon@gmail.com).

The next session of **Enjoy Singing** group is on August 25<sup>th</sup>. The group meets on the last Friday of the month in Cleadon Methodist Church Hall at 10.30 and new members welcome.

**Art and Painting** group are taking a break during August and will restart on September 12<sup>th</sup>, then every 2nd and 4th Tuesday 2-4 in the Old School Room in All Saints. New members welcome.

Do you want to try flower arranging while having fun? Come along to our **Flower Arranging** group on 8<sup>th</sup> September, at 10.30 in the School Room at All Saints Cleadon. Using this image for inspiration, the group will create their own arrangements with guidance from Maureen Carrigan.



New members welcome.

**Art Appreciation:** which normally meets on the third Tuesday of the month in Boldon Golf Club will meet on September 8<sup>th</sup>, due to holidays. The subject is Picasso. Contact Pat Devenport if you would like to join the group.

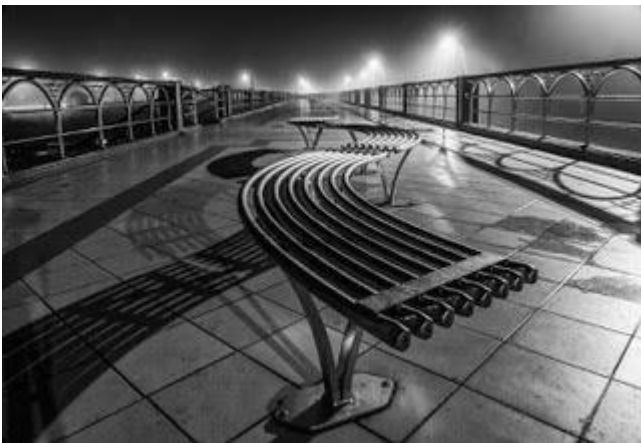
The next meeting of **Music Appreciation** will be on Thursday 7<sup>th</sup> September, the theme being composers beginning with I,J K. Bring along your composers and music. Contact Peter Winfield for more information..

**Scrabble** group will resume on Sept 4<sup>th</sup>, a friendly group who play for fun, new members are welcome. We meet in the community hut behind the bus stop opposite The Britannia.

It is always a pleasure to report on the achievements of our members, and yet again the **Photography** group have reported success.

Colin Dudley is also a member of South Shields Photographic Society and they take part in the annual PID competition organised by the Photographic Society of America (PSA).

“Photographic clubs from around the world take part, each submitting six colour and six mono images in each of the three rounds over the course of the year. Once the three rounds are finalised all the winning images and those achieving a merit award or honourable mention are chosen for the 'best images' competition. As you can imagine the standard is very high so it is my pleasure to announce that **Colin Dudley** is the overall winner of the mono section in group B and the recipient of the Best of the Best award for his image 'Curves, Lines and Shadows'. Congratulations Colin.



Ian Henderson has written an article for the Washington Wildfowl Trust (WWT) where he volunteers. One of his images ended up on the front page of the Journal. There are some other photos on WWT website.



If you want more information about any groups, please contact the group leader directly via the website by clicking the blue carrier pigeon.

Remember you can always find the latest news on events and groups by visiting our web site [u3asites.org.uk/boldon/home](http://u3asites.org.uk/boldon/home)