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Monthly meeting online, Tuesday 2 February 2021

Topic: The seven deadly sins

Speaker: Father Michael E Burgess

Father Michael Burgess was born in the North East and grew up in Stockton-on-Tees. His first curacy was in Stanley near Consett. He has served in parishes in Cornwall, north Wales and Cheshire. His interests include reading and singing.

The talk is a humorous-serious look at the seven deadly sins.



The Seven Deadly Sins and the Four Last Things
Hieronymus Bosch

Annual general meeting

The annual general meeting (AGM) will take place via Zoom before our monthly meeting of Tuesday 2 March 2021 at the usual time of 2pm.

As we are unable to meet in person due to Covid 19, special measures are being put in place to allow us to approve the accounts and vote for committee members and any motions online. Members without email will be sent the necessary papers by post in advance, and will have a postal vote.

It is important that as many members as possible attend the meeting because there will be two motions proposing changes to the constitution. One will be seeking a change to incorporate the use of Zoom or other electronic media for future AGMs and EGMs. The second proposal is to move the date of membership renewal from April to September 2021 (and September each year thereafter). If this is approved, it will give current members six months free membership this year. If we do not achieve a quorum, we may be unable to carry these proposals forward.

The AGM is the time when we confirm the committee for the coming year. Members can stand for any of the roles, but we are keen to have nominations for the roles that become vacant.

Vacant committee posts

At the AGM on 2 March several committee members will be standing down, leaving three vacancies: Membership Secretary, Group Liaison Secretary and Events Secretary. One member has expressed interest in joining the committee and taking on the role of membership secretary, but we still need two members to fill the other vacant posts.

It is a strange time to be joining the committee and taking these roles as activity is constrained, but it does mean that the introduction will be gradual and there will be time to become familiar with the tasks. A summary of the three roles is given below, and the current postholders are more than happy to provide further information about the specific tasks and answer any questions.

Group Liaison Secretary role (one of two)

- To facilitate the setting up of new interest groups
- To support and advise the Group Leaders/Convenors
- To ensure good communication between the Group Leaders/Convenors, group members, the Committee and the membership

Current postholders: Margaret Earl and Jane Perona-Wright

Events Secretary

- To facilitate a programme of events open to all members
- To be responsible for the organisation and administration of each event

Current postholder: Wendy Dale

Membership Secretary

- To provide information to prospective members
- To be responsible for all paperwork and administration pertaining to u3a membership
- To maintain accurate membership records in the desired format

Current postholder: Barbara Herring

Members are invited to stand for election. They should complete the nomination form on the back page of this newsletter and send it to Susan Turnbull, Business Secretary, Hydro Bungalow, Allendale Road, Hexham, NE46 2NB, or email it to tyneu3abus@gmail.com. Nominations to the Committee should be submitted to the Business Secretary no later than 7 February 2021.

Members' motions

Any motions for discussion at the AGM should also be submitted to the Business Secretary no later than 7 February 2021.

Constitutional amendments

The Chair and Committee propose the following amendment to the [Constitution](#):

- 1. Paragraph 3.c.1. “...the due date of 1 April each year” shall change to “...the due date of 1 September each year”.**

The reasons for this change are as follows:

- To allow any new Membership Secretary to become familiar with the membership system before the annual renewal exercise.
- To give members six months free membership as some compensation for fewer group meetings during the Covid 19 crisis.

The Chair and Committee propose the addition of a clause to section 8 of the constitution to confirm the validity of holding digital meetings.

- 2. 8.g The Annual and Special General Meetings may be held electronically online, and any written notices, nominations or calls to members (as defined in 8.b, 8.e and 8.f) may be issued in writing electronically, where required.**

Tynedale Desert Island Discs

January Desert Island Discs

We held our sixth Desert Island Discs Zoom on 19 January, when Sue Charlton shared her musical choices and aspects of her life.

Sue's choices were:

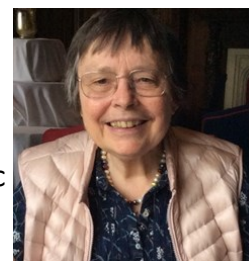
1. Let Me Down Easy – Ralph McTell
2. Born to be Wild - Steppenwolf
3. A Small Fruit Song – Al Stewart
4. Ursula (The Swansea Song) – Barclay James Harvest
5. Daisy Lady – Tír na nÓg
6. Sir B. McKenzie's Daughter's Lament for the 77th Mounted Lancer's Retreat from the Straits of Loch Knombe, in the Year of Our Lord 1727, on the Occasion of the Announcement of Her Marriage to the Laird of Kinleakie – Fairport Convention
7. ¿Por Qué Te Vas? - Maná
8. The Police Constable and the Rare Butterfly – Bernard Wrigley

This month's Desert Island Discs

Our next Desert Island Discs is on 16 February at 2pm.

Mike Worthington will be our host.

Our castaway will be Margret Jacot, who will treat us to her varied selection of music and some insights into her family.



King Lear Prizes creative arts competition

This information has been sent to u3a associations:

King Lear Prizes is a national creative arts competition open to those over the age of 65. The latest round of the competition has just opened to entries, and is running from January to 19 March 2021.

- **Choose from a range of different creative arts** - Art, Poetry, Real Stories and Solo Musical Performance
- **Enter with people at the same level as you** - Separate categories for beginners and for more experienced amateurs
- **Improve and hone your skills** - Hints and tips to help you create your masterpieces, with extra help for beginners
- **Be recognised for your work** - Over £2,000 in prizes, certificates if you are shortlisted, with hundreds of special commendations for high-quality work
- **Free to sign up for more information with no commitment** - Only £5 to enter. The King Lear Prizes is a not-for-profit organisation.

The King Lear Prizes [website](#) has more information about the competition and the organisation running it.

BBC Radio 4 discussion on the life of Saint Cuthbert

Melvyn Bragg and guests discuss the life of the Northumbrian monk, priest and hermit who lived on the Holy Island of Lindisfarne and became patron saint of our county and one of England's most revered saints. Thursday 28 January at 9:00, repeated at 21:30 on BBC Radio 4.

Mike Foster

Group news and activities

Geology group

Expanding Zooming territories...

The Geology group has ventured into new landscapes by linking with Zoom to other u3as around the country. In late November twelve of us joined seventy Zoomers from Cockermouth u3a, Skiddaw u3a, and the Geological Societies of Cumbria and Westmoreland to listen to Emeritus Professor Michael J Hambrey of the Glaciology Department of Aberystwyth University talking about Antarctica: Three Billion Years of Earth's History. In December we were able to join Cockermouth u3a again for a talk about the Geology of buildings there. Earlier we had a presentation on the Geology of Arran by Rod Jenkins, a retired rocket scientist from Thornbury u3a near Bristol: Three fascinating, enriching talks which would have been difficult without Zoom.

Our own members have also led us around the globe with talks covering Anglesey, Patagonia, Bute, Canada, Dorset and Ayrshire. In January we learned about the geology and the people of the lead industry of the Northern Pennines, together with the flora coping with the contamination produced by it.

Our 2021 programme may well be peppered with other distinguished speakers from the UK and beyond to supplement the excellent wide-ranging presentations given by group members.

Our regular events can be viewed on <https://u3asites.org.uk/tynedale/page/56148>.

John Loader



Birdwatching group

The new restrictions and the icy weather have kept us all indoors and taking limited local exercise, but the days are getting longer and our resident birds are responding by starting to pair up and look for nest sites.



Many visiting redwings and fieldfares have settled in for the winter and although common starlings have been suffering a serious decline in the UK for the last 20 years, their numbers are swollen in winter by many migrant visitors from Northern Europe. At the moment they are looking very smart in their new fresh feathers ready for the breeding season. They are chattering away in the treetops, and are expert mimics, ranging from car horns to curlews.

Richard Bentley

Loneliness in lockdown

It's never easy to admit that we are lonely. Even under normal circumstances when friends and family are around and we prize our 'me time', there are still occasions when we naturally feel lonely. But now, when friends and family are only images on a computer screen or voices on the telephone, the 'me-time' has filled our days and we long for that face-to-face contact with loved ones again. Now, loneliness can creep into our lives.



In recent months, the u3a movement has been focussing on the benefits of u3a membership in helping to combat loneliness, with articles in the local press and even contributions to an All Party Parliamentary Group on the subject. But with many activities curtailed by lockdown, we are having to find other ways of keeping loneliness at bay.

Here at Tynedale u3a, an initiative for members affected by loneliness who would benefit from a chat with others was introduced at the start of lockdown 1. Several members have volunteered to help with this. Their names and phone numbers are listed below for you to contact if you would like to chat.

Alistair 394158	Alicia 608170	David 01661 842903
Margaret 689123	Susan 607264	Wendy 606215

If you are happy to share your experiences of loneliness in lockdown, we would like to publish them in future newsletters. How are you coping? What are you doing to help you avoid loneliness? Have you received support from an unexpected source in your community? Are you supporting others who are on their own? To contribute, simply email the newsletter editor, Alicia Cresswell, at tyneu3aeditor@gmail.com.

You can also share your views on the Discussion Topic on the u3a section of the Voice website <https://www.voice-global.org/public/groups/u3a/> (if you haven't done so already, you will need to join both Voice and the u3a group first by following the link).

We really look forward to hearing from you. After all, something that you contribute now might just help someone else in need.

David Pattinson

u3a radio podcast

In a recent issue, we introduced the u3a radio podcasts that are broadcast monthly via the u3a YouTube channel. The podcasts are available [here](#).

We would now like to tell you a little more about them. The podcasts are created by member volunteers with experience of working in radio. There have been four episodes so far, with a new episode released on the 17th of each month.

The latest episode is packed with interviews about food, music and ways of dealing with retirement. Interviews include a Barnet u3a member who featured in Britain's Got Talent, two members who created a course on how to retire with attitude, and a chef from Vegetarian for Life who has been doing virtual cookery demonstrations to u3a members. [Click here to listen to this episode](#).

Walking in Northumberland

Last month we published an article on favourite walks with contributions from the three walking group convenors. Here Margret Jacot tells us about a walk she enjoyed last spring.

My favourite walk during last year's lockdown

OS Map Explorer OL43 1:25000

Here is a walk that will lift your spirits as we face a new lockdown that might well take us into spring.

This easy stroll through stretches of beautiful woodland along the banks of the North Tyne is good all the year round, but is especially stunning in early spring, from the moment you can see the first snowdrops to the wonderful display of bluebells later in the season.

You can make the walk as long as you like by retracing your route, or turn it into a circular walk roughly seven kilometres long with stunning views over the Tyne Valley. You may not find the river path marked as a public right of way on an old Ordnance



Survey map, but this is now a public path waymarked by the cancer charity Daft as a Brush as the North Tyne Trail.

Start in the village of Wark. Take your car over the single bridge crossing the North Tyne (if you dare), then turn left and park anywhere off the single road on the east bank of the river. Head north and join the lane along the riverside. Just one kilometre upstream is Gold Island, which can only be reached if the water level is low enough. The bluebells on the island will amaze you. The lane comes to an end at Blindburn. Now follow the river track for two kilometres through carpets of bluebells. When you come to a big bend in the river, you can either return or cross the fields to a farm, Low Carr House. A steep climb on a sunken lane takes you up to a road junction.



Now turn right past a cottage, Thorneyhurst, and follow the ridge road south for about two kilometres until it drops you back into the valley near the bridge at Wark. In this section of the walk, you cross the now defunct railway line from Hexham to Bellingham in a couple of places.

Even if you can't walk very far or are pushing a wheelchair, the views of the village from the opposite bank and the short amble towards Gold Island will delight you, and you will never forget the banks of daffodils and the shimmering blue and scent of the bluebells.

Margret Jacot

Quizzes

General knowledge quiz 1

1. Name the three countries in the world that begin with the letter F.
2. In what country will you find the cities of Valparaiso, Antofagasta and Temuco?
3. What is the longest river in Britain?
4. Which city's cathedral has the tallest church spire in England?
5. What city has the busiest airport in the world?
6. The Lofoten Islands are in which European country?
7. In what country will you find the Inca Trail?
8. What's the largest country in the world beginning with the letter L?
9. Abertawe is the Welsh name for which city?
10. What is Britain's longest motorway?
11. What is Scotland's fourth largest city by population?
12. In which city do the football teams Boca Juniors and River Plate play?
13. Which Alfred Hitchcock thriller is notorious for its shocking "shower scene"?
14. Who played Jack in Titanic?
15. Which British actress won the Best Actress award at the Oscars in 2019?
16. Who is the only Disney princess who was inspired by an actual person?
17. Which German striker was known as Der Bomber?
18. Ataulfo, Alphonso and Keitt are varieties of what fruit?

General knowledge quiz 2

1. In what part of the body would you find the fibula?
2. *Hamilton* has become one of the biggest musical theatre shows of all time since it debuted in 2015, but what is the name of the acclaimed star who wrote it?
3. If you have cryophobia, what are you afraid of?
4. What's the chemical symbol for silver?
5. What's longer, a nautical mile or a mile?
6. What are the five colours of the Olympic rings?
7. What does Bridget Jones name her baby in the film series third instalment?
8. Which soft drink is commonly associated with Scotland?
9. Who played the Prime Minister, Jim Hacker, in *Yes, Prime Minister*?
10. Gordon Sumner is the real name of what famous British musician?
11. Which Stephen King novel takes place mostly in the fictional Overlook Hotel?
12. Who authored *The Hunger Games* book series?
13. Which Sally Rooney novel has recently been adapted into a BBC Three drama?
14. Who wrote *I Know Why the Caged Bird Sings*?
15. How many elements are in the periodic table?
16. Which year did the European Union first introduce the Euro as currency?
17. How many Grand Slam singles titles has Serena Williams won?
18. Where is the original *Starry Night* by Vincent Van Gogh housed?
19. Which island group includes Ibiza, Menorca and Majorca?
20. In what decade was artist Tracy Emin born?

Photo quiz: Buildings in North East England

Identify the buildings in these images:

A.



B.



C.



D.



E.



F.



G.



Answers to this month's quizzes

You will find the answers to the quizzes on the last page of the newsletter.

Your committee

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tyneu3ach@gmail.com

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Beacon Administrator

John Sandiford - 602262
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Membership

We currently have 428 members, including nine associate members.

Tynedale u3a is a registered charity (number 515733).

Answers to this month's quizzes

Quiz 1

1. Fiji, Finland, France; 2. Chile; 3. The Severn; 4. Salisbury; 5. Atlanta; 6. Norway; 7. Peru; 8. Libya; 9. Swansea; 10. The M6; 11. Dundee; 12. Buenos Aires; 13. Psycho; 14. Leonardo DiCaprio; 15. Olivia Colman; 16. Pocahontas; 17. Gerd Muller; 18. Mango.

Quiz 2

1. Leg; 2. Lin-Manuel Miranda; 3. Ice/cold; 4. Ag; 5. Nautical mile (it is 1.15 miles long); 6. Blue, yellow, black, green and red; 7. William; 8. Irn-Bru; 9. Paul Eddington; 10. Sting; 11. *The Shining*; 12. Suzanne Collins; 13. *Normal People*; 14. Maya Angelou; 15. 118; 16. 1999; 17. 23; 18. Museum of Modern Art, New York; 19. The Balearics; 20. 1960s.

Photo quiz

A. Alnwick Castle; B. The Orangerie at Gibside (18th century landscape gardens near Rowlands Gill, Gatehead); C. Tynemouth Priory and Castle gatehouse; D. Holy Jesus Hospital, Newcastle upon Tyne; E. Durham Castle; F. Belsay Castle; G. Souter Lighthouse, South Shields.

Next issue of the newsletter

The next issue of the newsletter will be published in March.

We welcome contributions from groups and individual members.

Please send your contributions to the newsletter editor, Alicia Cresswell, at tyneu3aeditor@gmail.com by 15 February.

Thank you

March 2021 monthly meeting and AGM

2 March at 2pm, via Zoom: Annual General Meeting followed by talk by documentary photographer Jim Holmes (topic to be confirmed)

NOMINATION FORM FOR THE COMMITTEE (Please print)

Position/role:

Name of Nominee:

Proposed by:

Signature:

Seconded by:

Signature:

Please send to Susan Turnbull, Business Secretary, Hydro Bungalow, Allendale Road, Hexham, NE46 2NB, or email to tyneu3abus@gmail.com.