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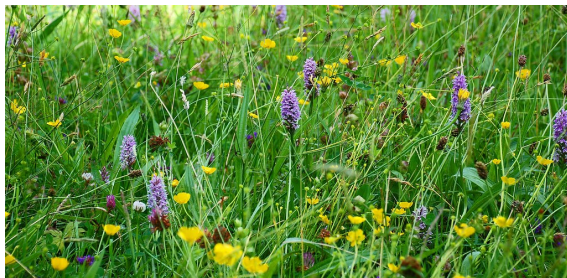
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Monthly Meeting, Tuesday 6 September 2022 at 2pm in the Great Hall, Hexham Abbey - and on Zoom

Topic: Flora of Northumberland

Speaker: John Richards



I have lived and gardened in Hexham for 52 years. I am Emeritus Professor of Botany, University of Newcastle, past president of the Alpine Garden Society (still exhibitor and judge), RHS subcommittee member, Vice-President of the Botanical Society of Britain and Ireland and County Recorder for plants in South Northumberland.

John Richards

Tea and coffee will be served after the meeting.

Tynedale u3a Open Day, Friday 23 September from 11am to 3pm, Great Hall, Hexham Abbey Buildings

Come along to our Open Day! We hope to see as many members as possible. It is an opportunity for us all to find out what else is happening in groups that we do not belong to. We are delighted that all groups will be represented. I am sure we will be able to demonstrate to visitors that we are a dynamic and resilient organisation. Please encourage friends and family to come along. We want the community of Hexham to be talking about us enthusiastically.

Wendy Dale

Subscription renewal

It's that time of year again!



September 1st is the date of subscription renewal, and reminders are about to be sent out.

The easiest way to renew is using the online form. [Click here to access it](#), or you can look on the membership page of the Tynedale u3a website. More than 200 members renewed their membership this way last year, and we hope even more will for 2022-23.

This year the form is even easier - if you've not changed address or any of your contact details, you can simply indicate that, put in your name, tell us how you are paying and whether we can claim Gift Aid, and just press 'Submit'.

REMINDER: the annual subscription is unchanged at £14.00, but for those taking the Third Age Matters (TAM) magazine, it has gone up to £17.35, just to pay the increased postage. Again, the easiest way is to pay online; pay to **Tynedale u3a**: sort code **20-40-09**: account **60601209**: reference is **your membership number and surname**. (The 'reference' is essential for us to process your renewal.)

If paying by cheque, remember to make it payable to '**Tynedale u3a**'. It can be posted with any paper forms, sent separately, or handed in at one of the monthly meetings.

Alternatively, the renewal form can be printed off from the website (again there is a link), completed and posted to the Membership Secretary. For those receiving the newsletter by post, a form is included.

If you have a Standing Order for the subscription including TAM, **PLEASE** can you ensure that the increase to £17.35 has been done - this saves us chasing you for 25p!

Thank you

John Dark

Membership Secretary

Tynedale u3a Facebook group

Calling all Facebook users! Social media is not everyone's cup of tea but other u3as have attracted new members through an active Facebook group.

Tynedale u3a has a new public Facebook group to connect members and potential members, and to share information about our activities.

Facebook posts are short term and constantly changing. They are good for sharing news and connecting with others with shared interests. If you have a Facebook account, please join the group - just search for Tynedale u3a and click on 'join group'.

Take a look at the group rules, then start posting, share information and photos of your u3a group activities, and 'like' and comment on the ideas and stories that you will find there.



For many, social media is beginning to replace print media. The more people who join and contribute to the Facebook group, the more chance we have of maintaining and growing membership in the longer term.



Sally Hewitt

Publicity Officer

Groups liaison update

Open Day

First, I must say a big thank you to all the convenors and group members who have agreed to put on a display for the open day. Our full range of group activities will be covered on the day, so if you have been thinking about joining a group, why not come along and see what they do and maybe chat to group members. Representatives of all groups will be on hand.

Open Day Reminder

You may remember this from the July newsletter:

We also plan secondary, none too serious displays:

Members: We invite you to submit a photograph or image that encapsulates what it is you get from participating in the u3a. Please include a caption for your photograph.

Groups: We invite you to submit a photograph, an object or a creation that demonstrates what you do.

If you have something to submit you can either

Email it to me at: groupfixertynedale@btinternet.com

or

Bring it along to the September monthly meeting and hand it to any committee member

or

Bring it along on the day, but please let us know what is coming

Note: If it is a photo print, we will scan it and use the scanned version in the display and return the original to you.

Proposal for a new walking group

I was really tempted to headline this as the 'Are We Nearly There' walking group because I am suggesting we form a themed walking group.

I know we have one remaining walking group which is very popular and successful. We also have a number of other groups that indulge in field trips such as geology, landscape, wildlife etc.

I am getting the impression there is an opportunity to marry these varied interests together in a way not currently being met. By that I mean walks of ~8 miles or more with a specific objective in mind. This could be to reach a particular landscape feature, such as a high cup nick, to explore an industrial archaeological landscape, such as the lead mines of the North Pennines, or even to achieve lunch at a desirable but remote pub.



With this note I invite expressions of interest. At this stage I am not sure such a group could meet every month but that may depend on the level of interest.

New group ideas

We actually had some brief bursts of real summer weather this year and I hope you were all able to enjoy it. In your refreshed state of mind, maybe you have thought of some new ideas for group activities over and above the obvious 'How to keep cool in excessive temperatures group'. We are always open to new group ventures so if you have any thoughts send them along to me: groupfixertynedale@btinternet.com

Colin Argent
Group Fixer

Group news and activities

Environment group

We met in June to learn more about our coastal waters and beaches. It is encouraging that there are now more than eighty Marine Protection Areas (MPAs) or Marine Conservation Zones (MCZs) around the territorial waters of England alone, including the whole of the Northumbrian coast, but disheartening to read that some water companies are still discharging raw sewage, including microplastics, into the sea. Pollution also comes from passing ships, and this includes the noise pollution from their engines.



Perhaps the biggest controversy concerns fishing, particularly the trawling of the sea bed that causes serious and indiscriminate damage to the underwater environment. This practice is allowed in almost all our MPAs even though the movements of fishing vessels are now monitored, so it could be stopped. Organisations that represent the interests of the fishing industry oppose any restrictions, so there is still much to be done.

Richard Bentley

Latin Learners group

Do you want to brush up your Latin? Why not give the Latin Learners group a try?

We are a very small group who have progressed through the Cambridge Latin Course books 1-5 under the enthusiastic and gentle guidance of our convenor Janet Sole, who sadly died earlier in the year. For each of the autumn meetings we are hoping to translate together a short story from The Cambridge Anthology, look at some aspect of grammar which we've forgotten, and finish with some 'lighter' quotes or facts about the Romans - nothing too serious.

We meet on the first Monday of the month from 2 to 3.30pm in Hexham. If you would like to come along for a 'taster' session, please ring Sue on 01434 604787. You would be most welcome.

Wildlife group

Visit to the Spetchells – Monday 11 July 2022

My initiation into the Wildlife group took me to a very special place on one of the hottest days of the year. Who'd ever have thought that somewhere once used as a spoil heap for a chemical factory producing WW2 explosives would have become such a unique wildlife habitat for Northumberland? Judging from the wealth of chalk-loving plants we discovered, you'd think we'd been magically transported to the South Downs, instead of just south of the river Tyne at Prudhoe.

Jenny, our expert leader, had chosen the perfect time to see the plants, if not to catch the sand martins that had been nesting in the chalk cliffs. We could clearly see the holes where they'd been, though, just as we were able to spot the holes made by nesting mining bees elsewhere on the site. Birds we did manage to hear loud and clear, however, were a bevy of passing oystercatchers, quite unmistakable in their call.

Jenny led us on a trail through the Spetchells, sharing clear, simple pointers to identification. Soon we could tell our welshed thistles from our nodding thistles, knew that sedges have edges and rushes are round, and would never again confuse a centaury with a centaurea! We found a plant for witches, called enchanter's nightshade, a tiny plant for fairies to spin with, called fairy flax, not to mention plants that were just right for cooking with, like marjoram and wild basil. There were flowers we recognised from our gardens, like columbine, field scabious and musk mallow, and also some lovely orchids – both northern marsh and common spotted varieties. . . .and of course much more besides.



All in all there was plenty to learn, to test your memory skills with and, above all, to enjoy! Can't wait for the next one!

Mon Richford

Events

Lindisfarne Gospels visit

Monday 3 October 2022 at 10.30 am and 2.00 pm at the Laing Art Gallery, Newcastle

In conjunction with Tyne & Wear Archives & Museums, the Laing Art Gallery and the British Library, Northumbria u3a has organised a fascinating talk about the Lindisfarne Gospels and tour of the exhibition, featuring the return of the Gospels to the North East after a number of years.

Morning Session (limit of twenty attendees): registration from 10.00 am

with the talk in the Function Room followed by a tour of the exhibition between 10.30 am and 12.30 pm

Afternoon Session (limit of twenty attendees): registration from 1.30 pm

with the talk in the Function Room followed by a tour of the exhibition between 2.00 pm and 4.00 pm

Numbers have been restricted to ensure a quality experience.

There will be a fee of £12.00, payable at the u3a Registration desk, which includes entry to the Laing Art Gallery and the Lindisfarne Gospels Exhibition with free tea/coffee and biscuits in the Function Room.

Cash or cheque (payable to Northumbria Region u3a – please write the name/s on the reverse of the cheque). Sandra and Sheila from u3a Newcastle look forward to greeting you.

To reserve (a) place/s, contact Kelvin Rushworth by email on kelvinregnat@outlook.com

PLEASE STATE:

Morning or Afternoon Session

Name/s of attendee/s

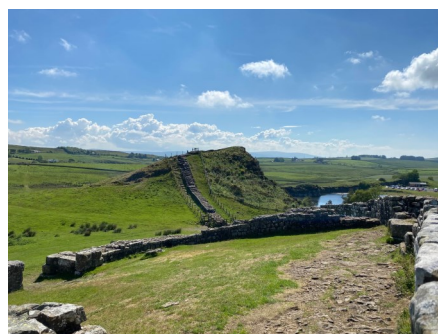
Email address/es of attendee/s

Name of u3a/s

FURTHER DETAILS WILL BE SENT TO ATTENDEES ONE WEEK PRIOR TO THE EVENT

Northumbria region u3a - UK Hadrian's Wall event 2023

Sue Russell, Chair of Network Link writes: We are hoping to attract many u3as, interest groups, or individual members to an event probably in May next year showcasing u3a activities on and around Hadrian's Wall. Judging from early comments, it could appeal to many different types of activities grouped together at different locations, using the Wall as a background or platform. There are plans to video the event using drones, and to create maximum national publicity to help raise the national profile of the movement. Please advertise this widely within your u3a and encourage groups or individuals to demonstrate their interest by sending an email and any ideas to Ann Keating on ann.keating@u3a.org.uk.



u3a 40th anniversary Charity Bridge Festival



To celebrate the u3a's 40th Anniversary, Hexham Bridge Club are hosting a friendly Charity duplicate bridge session on September 22nd Thursday at Hexham Community Centre at 7pm (please be there at 6.45pm).

Cost: £3 a person (additional donations welcome). The charities for this event will be announced.

Please email Alan at secretaryHBC@btinternet.com if you are attending, giving your u3a group and one group contact email address or telephone number. Please come along with a partner; however if you don't have one, let us know and we will do our best to find someone.

Ukrainians in Hexham



Is there anything we can do as an organisation for the Ukrainian guests in Hexham? If anyone has ideas for making Ukrainians welcome in our groups, please let me know.

There is a website, [Hexham Together for Ukraine](https://www.hexhamtogetherforukraine.co.uk), which is aimed at Ukrainians and hosts. I was surprised to find that Tynedale u3a feature under 'Activities for older adults'. Some of you may be hosts or know others who are and may be able to offer advice. I am sure we want to make them feel welcome.

Wendy Dale

From our members

A 79-year-old scientific editor reaches Volume 100 in 2022

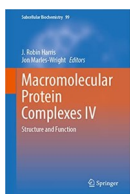
I have been the Series Editor of the longstanding Springer Nature book series *Subcellular Biochemistry* since 1986. The series had started in 1971 as a quarterly journal and evolved into a book series in 1978 (Volume 5). Initially in the hands of the Plenum Publishing Company, the series was taken over in 2005 by the Springer company (now the international scientific publishing giant Springer Nature). Over this period, the book series has continued to progressively if slowly expand.



From the publication of Volume 12 (1988), I have handled the series, edited and contributed to many books myself and encouraged numerous other scientists to edit books. I introduced considerable expansion and diversification to the content of the books, whilst retaining the original biochemical and cellular base.

With [digitization](#), the books have continued to be published as hardback paper versions along with e-books, and e-chapter PDFs. This has greatly increased the availability of the expanding library of material to scientists and university students in the biomedical and biosciences. Indeed, Open Access is also available, with the chapter authors paying an advance fee to Springer Nature to enable this.

Since taking retirement from the University of Mainz, Germany in 2005 and moving to Hexham with my wife Sheila in 2006, I have increased my personal input by editing several volumes and establishing important sub-series devoted to the study of large Protein Complexes, and the biochemical and cellular fundamentals of Ageing, along with younger co-editors working at Newcastle University.



Of the interesting topics that I have introduced to the series, the following might be mentioned: Vertebrate and Invertebrate Respiratory Proteins (Vol. 94), Protein Aggregation and Fibrillogenesis (Vol 65), Cholesterol Binding and Cholesterol Transport Proteins (Vol. 51), Peroxiredoxin Systems: Structures and Functions (Vol. 44), Ascorbic Acid: Biochemistry and Biomedical Cell Biology (Vol. 25) and Virally Infected Cells (Vol. 15). Springer Nature continues to actively support the series, with plans for several more books.



Currently, I have five books in hand, at varying stages of production, with others in mind for future years. The extensive online literature searches required to edit a book are enormous and very time-consuming, yet in all cases are extremely interesting. Scientific progress is based upon the personal fascination and consuming interest of those involved. The *Subcellular Biochemistry* series now covers the development of this broad field of study over the past 50 years. A new enthusiastic Series Editor will surely be needed within a year or two, but to persuade an already busy scientist to take on this task will not be easy!

Any Tynedale u3a member who would like further information can contact me on 01434 606981 or rharris@uni-mainz.de.

Prof. Robin Harris

Book review

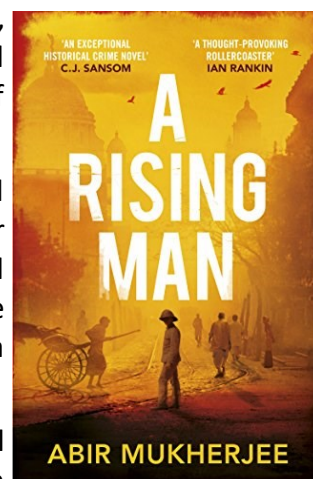
One of the good things about book clubs is the number of excellent finds we would never have discovered otherwise. Our u3a Detective Book Club recently came up with a superb read, Abir Mukherjee's *A Rising Man*. Set in Calcutta in 1919 in the all-encompassing Raj, it is a brilliant whodunnit revolving around Sam, a former Scotland Yard detective. Sam is scarred, not just from service in the trenches but the death of his wife from Spanish flu.

Another historical anchor I hadn't been aware of before was how WW1 affected young women. I knew girls' schools advised their leavers to 'prepare for spinsterhood' as so many men had been slaughtered at the Somme, but I had never heard of 'The Fishing Fleet'. That was the name the ex-pats gave to the hundreds of British women who went out to India and other colonies to catch a husband.

What makes the novel stand out are the insights into Britain's imperial culture. Racism, misogyny and class are all dissected and viewed under the microscope of moral superiority. We can see the roots of the anti-Meghan propaganda in the anti-AngloIndian behaviour by both the British and Indians, plus the caste discrimination around today. These attitudes are illuminating examples of 'my tribe is better than your tribe'.

So, a special thank you to Cathy's daughter for suggesting this book.

Mike Foster



Journeys of Discovery - The Discovery Award

THE DISCOVERY AWARD
An achievement award for people over 50



I want to share an award scheme which I have found to be very rewarding, in the hope that other members of u3a might want to start up a new group to support each other to achieve it. The Discovery Award is similar to the Duke of Edinburgh Award (DoEA), but instead of being for young people, this one is for those of us over 50. Like DoEA, the Discovery Award has three levels: Bronze, Silver & Gold, each made up of four sections. These are: Service in the Community; Recreational Pursuit; Hobby or Interest; and Journey of Discovery. The Award is a recognition of what you've done to help others and yourself. When you start thinking about it, there is loads you can do to help.

I've completed all three levels over the last two decades, and my favourite parts have been the Journeys of Discovery I have made.

For my Bronze, I began with a trip along the canal seeing my hometown from a different angle, with the luxury of floating gently instead of walking, which meant I travelled further and didn't get tired out and foot sore. The history that I saw inspired me to research more deeply as I journeyed.

Silver was a holiday trip to Cromer on the east coast, looking for amber on the beach. Spring was the best time after having winter storms and very high tides, but when we arrived the onshore winds kept the sea from going out, so I didn't find any amber. Instead, we visited the local attractions, distributing information on my late husband's hobby, which was helping at the local model engineering track and heritage steam railway.

For my Gold, a birthday present of the airfare to Norway for myself, my daughter and granddaughter. My first trip abroad! This meant I had to get a passport, and then plan the route to Stansted Airport and deciding what we were going to do when we arrived. I'd wanted to go to Norway since I was 10 or 11, but it had seemed impossible in the 1950s before flights meant you could travel so much more quickly and spend more time exploring. This trip was really special, as my granddaughter took her first wobbly steps on the ferry as it listed up the fjords.

I am now in my 80s and doing the Gold+ Award. For my journey I am aiming to walk 1000 miles in a year, and started this in February this year. Thank goodness I've got a Fitbit.

For the Award's 21st anniversary celebrations, members were asked to explore 21 things. My contribution was to uncover the history of 21 bridges from the earliest times to today. That idea came from seeing the floating bridge at Bergen harbour, which rose whenever the tide came up the fjord, as it has no footings on the seabed. Another member in Nottingham also looked at bridges, but he took photos of different ones he'd seen on his travels. I think the only one we had in common was Trent Bridge Nottingham.

One of the activities which I've continued regularly is teaching people how to play tunes on hand bells. This began as my service section, but the group of Ukrainian women I was teaching counted it as their recreational pursuit. We had such a good time, and other Award members from different groups and solo individuals joined in. I've since moved up to Allendale, and have set up a hand bell group in the local residential care home - if anyone is interested in joining us, you'd be very welcome!

The u3a has Discovery Award groups elsewhere, including Haywards Heath, Stafford, Stone, and West Wolds in Lincolnshire. All have been going quite a few years.

The Discovery Award has been a good motivator for me. We all know things often take longer than expected, and there is sometimes that project you started years ago, which you always mean to finish off when you have the time. You could use the Award as an incentive to finally finish it.

Just like the u3a, working towards the award has helped some participants regain their wellbeing while recovering from serious illnesses, deal with loneliness, and boost their confidence.

If you're curious, more information can be found at www.discoveryawardengland.co.uk, or send me an email and I'll try to answer your questions. If you want to join a u3a group to support you through working towards your Award, please get in touch. The same applies if you want to join the hand bell ringing group!

Elizabeth Beardsley

Email: elizabethbeardsley@yahoo.co.uk



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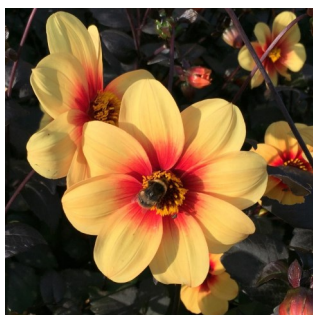
Newsletter Editor

Alicia Cresswell - 608170

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Membership

We currently have 456 members, including eight associate members.



Tynedale u3a is a registered charity (number 515733).



A very warm welcome to Roberta Waugh, Di Downie, Neil Downie, Joan Lesley Kirk, Susan Holden, Alison Harper, Paul Brookes, Sandy Chambers, Mark Pitkethly, Michael Pitkethly, Jane Phipps and Derek Phipps, who have recently joined our u3a.



Dates for your diary

Monthly meetings - October to December 2022

All meetings start at 2pm

- | | |
|-------------|---|
| 4 October: | Richard Young, Thatched cottage mystery |
| 1 November: | Tony Flynn, The Brasilia of the north? |
| 6 December: | Chris Pollock, Plants poisons |

Next issue of the newsletter

The next issue of the newsletter will be published in October 2022.

We welcome contributions from groups and individual members.

Please send your contributions to the newsletter editor, Alicia Cresswell, by 22 September. Email address: tyneu3aeditor@gmail.com.

Thank you