

Who? What? Where?
Groups When?



www.penrithandnorthlakesu3a.org.uk

Newsletter 158

February/March 2018

Several groups are operating at capacity, but convenors do need contact from you even if you've heard your choice is one of these. We do try to establish further groups where there's a clear call for these. Not always easy, but we'll work at it.

Archaeology 1	2nd Mondays 10.00 - 12.00	Linda Davis 01768 866082
Archaeology 2	2nd Thursdays 10.00-12.00	Jim Sellars 017683 62363
Architecture 1	1st Fridays 10.00-12.00	Gillian Stoddart 01768 862501
Architecture 2	3rd Mondays 2.00-4.00	Sue Tomlinson 01768 865622
Architecture 3	1st Tuesdays 10.00-12.00	Janet Madden 01768 862637
Art Appreciation	2nd Tuesdays 10.00 -12.00	Mike Fossey 01900 824079
Art Apprec.	1st Tuesdays 10.00-12.00	Diana Smith 01768 862196
Discussion	10.00-12.00	01768 862196
Badminton	Fridays 2.00-4.00	Howard Simpson 01768 840122
Birdwatching	4th Fridays	Hedda Moore 07981 321306 David Jones 017684 84170
Book Circle 1	3rd Wednesdays 2.00-4.00	Sheila Summerscales 01768 362783
Book Circle 2	1st Thursdays 2.00-4.00	Judith Markey 01768 863742
Book Circle 3	3rd Wednesdays 10.30-12.30	Linda Cooke 01768 210522
Book Circle 4	1st Thursdays 10.00-noon	Kathy Taylor 07712 168085
Bridge	Friday weekly 2.00-5.00	John Upson 01768 863538
Classical Literature	4th Wednesdays 10.00-12.00	John Fletcher 01768 898804
Cycling	2nd + 4th Tuesdays	Mike Head 01768 606627
Energy Futures	1st Tuesdays 2.00	Bryan Lindley 01768 890652
Exploring Music	2nd Wednesdays 10.00-12.00	Angela Newport 01768 840944
Folk Dancing	2nd and 4th Thurs 2.00-4.15pm (Tirril reading room)	Rose Johnson 01768 480058 Roger Burgin 01768 894107
Folk Music Workshop	1st and 3rd Thursdays 10.00-12.00 (Cliburn village hall)	Philip Helm 01768 88797 Sheila Stuart 016974 72734
French 1	Monday weekly 2.00	Judith Markey 01768-863742
French 4 Beginners	Tuesday morning	Janet Simpson 01768 863054
Gardening	4th Mondays 2.00pm	Richard Hall 01768 483394
Geology Beginners	2nd Wednesdays 1.30-2.45	John Rodgers 01768 895743
Geology Advanced	2nd Wednesdays 3.15-4.30	John Rodgers 01768 895743
German	Alternate Tuesdays 10.30-12.00	Ian Forrest 01768 483526
Handicrafts	2nd & 4th Fridays 10.30am	Sue Crothers 01768 210631
Handicrafts 2	3rd Fridays 10.30	Carol Mitchell 01768 890443
Indoor	Wednesdays	Mike Lawson

Bowls	4.00-6.00	01768 862346
Italian	2 nd & 4 th Thursdays 2-4pm.	Shirley Moss 01931 714051
Literature 1	1st Wednesdays 10.00-12.30	Robin Acland 01768 779672
Literature 2	2nd Fridays 10.00-12.00	Christopher Lloyd 01768 868581
Literature 3	1st Fridays 10.00-12.00	Helen Dunham 01931 712429
Lunch Group: 3	Last Fridays 12.30	Sandra Barton 01768 840410
Vegetarian Lunch Group	2nd Tuesdays 12 for 12.30	Cathy Wilson 01228 591648
Music	Monday weekly 10.00-12 noon	John Upson 01768 863538
Philosophy 2	2nd Tuesdays 2.00-4.00	Glynn Phillips 01768 864419
Photography		Bryan Lindley 01768 890652
Play Reading 2	4th Tuesdays 2.00-4.30	Joe Cann 01931 712429
Pottery 1	Tuesdays weekly 10.00-1.00	Anita Woods 01931 714080
Pottery 2	Tuesdays weekly 1.00-4.00	Anita Woods 01931 714080
Science Discussion 1	2nd Thursdays 10.00-12.00	Jane Boylan 01768 867932
Science	2nd Thursdays 2.00-4.00	Roger Leech 01768 88745
Scrabble	1st Tuesdays 2.00-4.00	Mary Lund 01768 428312
Spanish	every Tuesday 9.45-12 noon	Maggie Neale 01768 868123 Sue Hirst 017683 51494
Strenuous Walks	1st and 3rd Weds	Peter Beachell 01768 840707
Less Strenuous Walks	2nd & 4th Weds	Sue Lancaster 01768 895673
Short Walks	2nd and 4th Tues 10am	Tony Gerwitz 01768 870356
Table Tennis	Thursdays 2.00-4.00	Eve Knafler 01768 840040 Alan Wright 01931 716490
Virtual Homes and Gardens	4th Tuesdays 2.00	Sue Crothers 01768 210631
Writing for Pleasure	4th Wednesdays 2.00	Dorothy Cadwallader 01768 866983 Hazel Stansfield 01768 483587
Wild Flowers	1st Wednesdays times flexible	Caroline Warlow 01768 480876

See over for:
Ukulele Fun,
Chess
 and
Nutrition and Cooking

Ukulele Fun

Join our band - beginners welcome - fun way to learn, sing and play. Any one interested? Tel. Marilyn 07503 192 007.... or contact Jim Sellars at jimsellars333@btinternet.com (We have a venue and a time slot).

Chess

Richard Farrall has offered to convene a chess group if there are enough people interested. He has been exploring likely venues and a possible link with Penrith Chess Club. Anyone interested should email Richard on richardwfarrall@btinternet.com or me on ian.forrest1940@gmail.com. If enough support is forthcoming, a meeting will be called to discuss venues and times to meet.

Ian Forrest

Groups Co-ordinator

Nutrition and Cooking

A number of members have in the past asked about a group focusing on nutrition. Barbara Keen has recently joined and has offered to convene a group

if there is sufficient support. She is an ex-professional chef and with a good knowledge of nutrition. She envisages an introductory session on the theory of nutrition. How the group would meet thereafter would be decided by those who had expressed an interest. A short course of cookery lessons may be an option if a suitable venue could be found.

If you would like to express an interest, please email the groups co-ordinator at ian.forrest1940@gmail.com

and finally ...

Mainly for Men

See the piece by Ian Forrest under this intriguing heading in the *News and Views* section of this newsletter.

Walking

Strenuous walks

Usually 1st and 3rd Wednesdays

7th March Lonscale 6miles 1900ft leader Rachael Jones tel.01768 484170

21st March High Street 7miles 2000ft leader Peter Beachell tel.01768 840707

4th April Great Gable from Gatesgarth 9miles 2900ft leader Bob Parkes tel.01768 892230

18th April Causey Pike & Grasmoor 8miles 2800ft leader John Storr tel. 01228 560963

Less strenuous walks

2nd and 4th Wednesdays

14th March Leader Howard Simpson simplam@btinternet.com 01768 840122
Glenridding-Greenside-Glencoyne circular
6 miles. About 450 metres ascent
Parking around the green in Glenridding.
Meet Rheged 9.30

28th March Leader Sue Parmley sueparmley@googlemail.com 01228 560153
Keswick-Lakeshore-Great Wood.
Long slow ascent up into Great Wood back down to Theatre by the Lake. 6 miles
Meet Rheged 9.15 to catch the 9.27 bus to Keswick
Remember your bus pass if you have one

11th April Leaders Sue & Trevor Lancaster susanlancaster42@yahoo.co.uk 01768 895673
Cliburn Village - Whinfell Forest circular 7.25 miles, 500ft cumulative ascent.

Parking along Cliburn village street.
Meet Rheged 9.30 or Cliburn village 9.45

25th April Leader Chris Wilkinson cwilkins0n@aol.com 07986003551 or 017683 62829

Lyvennet and Crosby Ravensworth Fell, 6.5m 800ft ascent

Meet Rheged, 9.30 or at parking opposite Crosby Ravensworth village hall 10.00

Short Walks

Leader Tony Gerwitz 01768 870356 07890 673660 a.gerwitz@btinternet.com
Walks are on the 2nd and 4th Tuesdays. 2-3 miles and 300 ft climb maximum and minimum stiles. Sometimes there are NO stiles. Usually meet at Penrith RFC at 9.30 to leave at 9.45. I am touch with most by email so I can make last minute changes. Phone me if not on the net. Dates are **13th** and **27th March**, **10th** and **24th April**.

In case anyone tangled with last issue's Puzzler, *Seasons Greetings* was the solution



Penrith and North Lakes
U3A is a Registered
Charity, No.1073281

Chairman: Josephine Dunlop
Secretary: Mike Head 07963 904925
New Members Sec'y: Maggie Neale 07746 298694

Next newsletter, copy deadline = Monday 9th March: groups,
monthly meetings, one-off/short-run to Robin Acland, 017687
79672, rtacland@gmail.com; all else to Chris Wilkinson.