

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
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 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 Bowls	Wednesdays 4.00-6.00	Mike Lawson 01768 862346
Italian	2 nd & 4 th Thursdays 2-4pm.	Shirley Moss 01931 714051
Literature 1	1st Wednesdays	Robin Acland

Literature 3	10.00-12.30 1st Fridays	01768 779672 Helen Dunham 01931 712429
Lunch Group: 3	Last Fridays 12.30	Sandra Barton 01768 840410
Mainly for Men	1st Tuesdays	Trevor Keith 01768 840113
Music	Monday weekly 10.00-12 noon	John Upson 01768 863538
Philosophy 2	2nd Tuesdays 2.00-4.00	Glynn Phillips 01768 864419
Photography	meeting times to be decided	Alan Beale 07414 656218
Play Reading 2	4th Tuesdays 2.00-4.30	Joe Cann 01931 712429
Pottery 1	Tuesdays weekly 10.00-1.00	David Neale 0752 129 5454
Pottery 2	Tuesdays weekly 1.00-4.00	Anna Bartrum 01768 779815
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	Alan Wright 01931 716490 Eve Knafler 07717 947317
Table Tennis	Tuesdays 2.45-4.45	Denise Walker 01768 865096
Ukulele Fun	1st & 3rd Thurs 12.00-1.30	Marilyn Keith 0750 319 2007
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
**Photography,
 Beginners' Bridge,
 Nature and Wildlife**

and page 2 of *News and Views* section for:
Painting



Photography

Alan Beale (example of his work above) has agreed to act as convenor for a revived photography group. His aim is to attract both beginners and those with some expertise and experience. Mobile phones have ever more sophisticated cameras and are able to take good quality pictures, an advantage being that many people carry them everywhere. For some however, serious photography means a digital single lens reflex camera. Either way, Alan believes the subject matter is the point and feels that here in Cumbria we are spoilt for choice. The activities of the group could cover learning, sharing and showing, with occasional guest speakers, although this would be guided by the feelings of the group. Learning and sharing could cover taking pictures and techniques for improving them afterwards using readily available software. Anyone interested

should ring Alan on 07414656268 or send an email to him on cumbrian1@outlook.com.

Beginners' Bridge

Course commences 22nd October 2018.
8 consecutive Monday evening's 7pm to 10pm.
Contact Jon Begg on 07717 845625, 01768 88351.

Nature and Wildlife: a proposed new group

The idea is to take an interest in nature in and around Penrith town and to look at some interesting places out in the local countryside. To look at what's special out there and maybe get interested in researching more about particular places, creatures or plants. Visits could include Cumbrian nature reserves, wildlife gardens, trees and forests, bogs, pond and river life, butterflies and other insects. Neither birds nor wild flowers would be a particular focus of the group.

I am thinking of whole or half day visits in the countryside from spring through to autumn and maybe indoor events such as a talk in the winter. Please do contact me, Frances Bell, if at all interested, thirdunicorn@gmail.com, or on 01768 892806

M4M schedule November 2018 to June 2019

November 13th (not the first Tuesday, as I'm away) Lakeland Motor museum. Tickets £7.95, if booked in advance on-line.

4th Dec Xmas lunch. Nominations for a good venue? Needs to be sooner rather than later as they get booked up. I visited Beehive, Eamont Bridge at weekend- looked ok.

January. 1st Tuesday is New Years Day- so no meeting planned for January

5th February. Ten Pin Bowling. Options for venue Carlisle or Workington. Carlisle gets a poor Trustpilot review, but is nearer- we can decide at the time.

5th March - (or nearest date) Sporting event. TBA

2nd April Hartlepool Historic Quay. Visit to Trincomalee- sailing ship £8

7th May Threlked Museum and Quarry

4th June Provisionally; Transport Museum Glasgow
Details TBC

Strenuous walks

Usually 1st and 3rd Wednesdays

The walks for November/December are:-

7 Nov. Knott from Mosedale 6miles 2000ft leader Bob Parkes tel.01768 892230

21 Nov Yoke, Ill Bell 10miles 3000ft leader Rachael Jones tel 01768 484170

5 Dec Helvellen 9miles 3000ft leader John Storr tel 01228 560963

19 Dec High Street 7miles 2500ft leader Peter Beachell tel 01768 840707

Less strenuous walks

2nd and 4th Wednesdays

14th November Leader Ruth Ansell-Davis
ruth.a.d@outlook.com 017683 62857

Orton Scar & Asby Scar. Returning via Raisbeck. 9.2 miles. 1100ft

Good views from both scars inc. Sunbiggin Tarn
Meet Rheged 9.30 or Orton village 10am

Parking on the B6261 towards Raisbeck NY628080. There's a wide layby here just before a crossroads. Poor weather alternative walk available.

28th November Leader Howard Simpson
simplam@btinternet.com 01768 840122

Meet 9.30 Rheged or 9.40 Pooley Bridge. Free parking in November

Catch 9.50 bus to Aira Force. Walk back on The Ullswater Way. Approx 7miles, 350 ft

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 in touch with most by email so I can make last minute changes. Phone me if not on the net. Dates are

13th and 27th November, 11th December, end December undecided as yet.

