



U3A

Northumbria Messenger

July 2009



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HOLIDAY HINTS:

TAKE ICE WITH YOU WHEREVER YOU GO: (Of course we mean your "In Case of Emergency" information!)

MOBILE PHONE –

List your emergency contact's phone number under" ICE" –

the emergency services now check for this **ICE CARD** – When folded it is the size of a credit card, will fit into wallet or purse and holds all your personal and medical information.

Do-it-yourself on: www.medids.com/free-id.php

HOTEL KEY CARDS: IDENTITY THEFT RISK OR NOT?

"Mythbusters" Aside, the Answer's Not Clear-Cut

What's a hapless hotel guest to do? Your best bet is to take the card with you when you check out, then shred or destroy it when you get home. It costs you nothing to do so and the hotels don't care one way or the other.

Even Snopes.com, frequently quoted as "debunking" the threat, offers this advice: "When you check out of your hotel, you can retain or destroy your key card to eliminate the risk, however slight it may be".

[/www.consumeraffairs.com/news04/2006/10/travel_hotel_keys.html#ixzz0GQ6WHgJB&B](http://www.consumeraffairs.com/news04/2006/10/travel_hotel_keys.html#ixzz0GQ6WHgJB&B)

CAN YOU HELP OUR RESEARCH?

Cardiovascular Health Air Pollution Study

The logo for the Cardiovascular Health Air Pollution Study, featuring the letters 'CHair' in a bold, sans-serif font. The 'i' in 'air' has a small heart symbol above it. The logo is enclosed in a thin black rectangular border.

We are a team of researchers at the Medical Physics Dept. Freeman Hospital and Newcastle University looking at the effects of the air that we breathe on our hearts.

The study involves you wearing a portable ECG monitor, a personal air monitor, a time activity monitor and a global positioning (GPS) logger for 24 hours. We will connect the recorders at your home, the Freeman Hospital or other convenient location.

IF YOU HAVE A HEALTHY HEART YOU CAN VOLUNTEER

For more information (without obligation) please contact:

Morris Anglin on 0191 233 6161 ext 26727 or email at morris.anglin@ncl.ac.uk

Dear Friends,

Welcome to our new look newsletter “**The Northumbria Messenger**”. We would like to give a particular welcome to our latest member, **Bedale & District U3A**, and to say farewell to **Thirsk**, who are moving to the Yorkshire Region. We are publishing the newsletter well before the Regional Meeting to give you and your Committee a chance to identify any issues that you would like to bring to Region; also we hope you will be so impressed and enjoy it so much you will rush to contribute in future!

This Newsletter is the first fruit of our new “Communications and IT” Sub-Committee; as well as supporting our Editor, Sandy Hood, we (Mo Morgan, Sandy Hood and myself) will be looking at all the ways we all communicate together and how we can improve our written communications; we will be continuing to develop our website, led by Mo Morgan. Do you have any particular help to offer, or difficulties with, e.g. your own newsletter/magazine, website, that you’d like to share with your co-members? If yes, please let us know (it could make a really interesting and pertinent Regional Study Day). Our thanks to Mo and Sandy for all they’re doing.

Your Regional Committee needs your input:

1. **Regional Committee Agenda:** What do you think your Committee should be focussing on this year to help improve and take forward our Region?
2. **Regional Study Days:** Your ideas for topics?
3. **Development Awareness Days:** Your ideas for making these even more relevant and attractive, particularly to existing U3As?
4. **Regional AGM and Quarterly Meetings:** How can these be improved to meet your needs?
5. **Meeting Venue:** Do you have any ideas about a new venue for our Regional meetings? We would like somewhere which is reasonably easily accessible (which probably, in effect, means just off the A1 corridor. We would like somewhere that can handle not only meetings but also Regional learning events and conferences. It would need to be able to supply refreshments and possibly lunches.
6. **Communication:** What do we need to do to improve this for you?

Please bring or send your ideas to the Regional Meeting on July 29th

You will note a much punchier style to this edition and our thanks to all the contributors who have responded to our request to make their copy more concise as well as keeping it as interesting as always.

Looking outside our Region, we welcome the fact that the National AGM etc. is to be in Edinburgh this time – if you can’t get there and remember you can go for particular sessions, **please ensure that your U3A uses its vote, by proxy if necessary.**

We look forward to seeing you at our future meetings

Best wishes,

Marion

Marion Whyte

Regional Chairman

Welcome, members of Bedale & District U3A

Inaugurated in May, **Bedale & District** U3A has already outgrown its first venue and boasts a membership of 60 and growing.

Of interest to many other U3As will be the generosity of two schools in Bedale who have both offered computing facilities, after school, one for no charge at all, the other being negotiated. (It is known that some local authorities in Northumbria charge £15 an hour for such facilities!) Their group leader is a retired computer instructor - so my job of editor of this publication should be short-lived.

They are also being tempted by one school's internal radio station. A first for the region?

Joyce McKay

Derwent Valley U3A

A great way to spend a day
Talking, walking, watching, learning
You can join if you're not earning.

New friends to meet
Great things to do,
Come and join us -
There's a space for you!

Lynn Ashcroft

Guisborough U3A only started life in early 2008 and already has over 500 members. It has 28 active groups offering courses in a variety of subjects ranging from Art Appreciation to Walking and including 60/70s music, geology and for the brave, **Middle Eastern Dancing**.



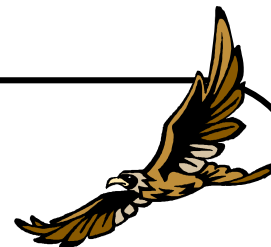
When there is a fifth Wednesday in the month a general lecture by a local expert is held on the local area.

Thirteen visits have been arranged and more are either being booked or are in the process of being planned. Members have been to several plays and concerts and a variety of places of interest. To be recommended:

- Alnwick Gardens
- the RHS Gardens at Harlow Carr
- Harrogate Flower Show and
- Thorpe Perrow arboretum - a wonderful sight in autumn when the trees have changed colours.

Ann Baxter

The Northumbria Regional Bird watching Group
meets on Friday 26th June
at Low Barnes Nature Reserve
at 10.30am



A wide diversity of habitats : very good for orchids and butterflies.

If you would like to join us please ring me, Colin Freeman, on 0191 4555215

The birding programme for the rest of the year is displayed on the Northumbria Region website www.nru3a.co.uk and includes planned visits to sites that we hope will hold interesting birds here in the North East of England.

See also page 13 for a report of the group's fascinating visit to the Pyrenees.

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Join Alnwick for a rather unique monthly meeting

Since **Alnwick U3A** started, our July monthly meetings have taken the form of **awaydays**.

We choose somewhere fairly local as a base and arrange an outline programme of activities appropriate to the area, e.g. walks, garden or museum visits, painting, geology, bird watching, photography - anything anyone wants to do. We have certain times during the day when members know that they can meet up with others for morning coffee, a picnic lunch and afternoon tea and, if the venue is suitable, we bring along a selection of outdoor and indoor games. Members know that they can come and go at any time during the day, join in activities or just relax and chat or read a book.

Last year, when we were based in Howick Village Hall, we were joined by members from Whitley Bay.



If anyone would like to join us this year, we will be at Bamburgh on 16th July - details from Maureen Stephenson 01665 575552 or Joan Johnson 830944

War-time in the Netherlands

On April 9th 2009 **Ashington's** monthly meeting speaker was Mrs Leisbeth Langton. Her talk was an account of her life in the Netherlands under Nazi occupation during the second world war.

She was only a child at the time but as the Germans evicted them from their home they had to rely on the generosity of another local family to provide them with accommodation.

Her father was imprisoned for displaying a picture of Queen Beatrice on his desk, (strictly forbidden by the German occupiers). After his release he lived apart from the family as he was forced to live in hiding. Food was in very short supply and Mrs

Langton described her Mother's courageous attempts to ensure they did not starve. Several thousand of her people had died of starvation before the war ended.

Her talk was very interesting and the audience agreed they were emotionally moved by her story. A member of the audience pointed out that despite her fellow countrymen's suffering during the war, afterwards they took in a great number of orphaned German children.

Mrs Langton's talk was unusual and is to be recommended. She is married to an Englishman and lives in the UK and is currently waiting for her book to be published. You can contact her on 01434 681195

Glynis Hegarty - Ashington

A warm welcome to **Wessington at Washington U3A** - the new kids on the block so to speak. More of them in the next edition.

Saltburn is a very lively and active group which has been in existence for about five years and of the 35 or so groups organised under its umbrella the theatre group is the largest. Since late 2004 members have seen over 50 plays, musicals or ballets.



- Lenny Henry's Othello was enjoyed by all who went to see it .
- The Sage at Gateshead is a great favourite with its variety of concerts appealing to all tastes.
- "Mama Mia" bookings for next January are already over subscribed.

There have been highly recommendable outings to

- Cragside
- Castle Howard
- Burton Agnes



Ann Baxter

Regional Trustee Report – May 2009

Learning Revolution

The Government White Paper, as a result of the DIUS consultation, has now been published. It is concerned with Informal Adult Learning. The NEC is due to meet in June to discuss the implications. (Details at the Regional Meeting.)

National Conference and AGM

Due to be held at the Heriot-Watt University in Edinburgh from Wednesday 2nd September until Saturday 5th September with the AGM on Friday 4th September. The programme has some top class speakers including Professor Tom Kirkwood

Summer School

I would still like to consider the possibility of the Region running a Summer School in 2010. There is a possibility that the Third Age Trust will provide limited underwriting for such an event. We need the new Events Sub-Committee to be involved.

Time to Learn

This is a new publication from National Office that has been produced with assistance from DIUS and will shortly be distributed to all U3As

Shared Learning Projects

The NEC has approved expenditure to support SLPs throughout the country. This will assist in allowing each Region to have a co-ordinator. A potential co-ordinator for the Region has been approached. A job description for this role has also been agreed.

Regional Conference

The Third Age Trust is prepared to fund at least one Regional Meeting in this financial year. It will cover room hire and costs such as lunch, tea and coffee and is on the condition that Trust Officers attend, as a right not by invitation, and that it is open to all U3As in the Region with a maximum of 2 delegates from each U3A. The budget guidelines are £30 per member U3A in the Region. This initiative is the responsibility of the Regional trustee (with assistance from the Events sub-committee)

Design for Living (or is it for all Ages!!!!!!)

The July event did not take place but a bigger event is being planned for October

Development Sub Committee

The NEC has re-instated the Development Sub Committee and will have its first face to face meeting in June. This will (hopefully) be of interest to the EDCs in the Region i.e. Margaret and Joyce.

Regional Trustee

We will shortly be asked for nominations for my replacement due at the National AGM in September.

John Leiper

Update from the Education and Development Team

Two diverse but successful Awareness days held this year and one to come in the Autumn providing opportunities for members to share problems and successes.

Outcomes from both were

Need for

- a leaders day
- a day for Coordinators of activity group leaders

Help with

- establishing websites
- publicity
- improving communication – members to committee and reverse
- Third Age Trust to every one

Solutions

- Suggestion boxes
- and many others

Reminder

- Help for group leaders- of available materials from the Resource Centre, etc.

Perhaps a change of name to Swap Shop of problems and successes.

Margaret Minns

YOU are invited to the next
Awareness Day
Monday 5th October, 2009
Methodist Church,
Howard Street, Morpeth.
Details from Margaret Minns

NEWCASTLE CITY LIBRARY - a Regional/Wearside Event

The scale and speed of the response from the Region to this event far exceeded my expectations. By the middle of May, rather than the deadline of the end, all 185 spaces had been sold to 18 U3As spread from Darlington northward. There are at least 70 others who missed out.

I hope that some who attend will be at the JULY Regional meeting and they will pass on their views to the unlucky (?) ones.

John Lloyd For Wearside and the Region

... FOLLOW UP EVENT

Will you grab an opportunity?

The Launch of the North East Festival of Architecture took place on 11th June in Digital City - a brand new building in MIDDLESBROUGH just behind the station. It is a joint venture between the University and the Local Authority. It is an exciting building and the Architect and the client are prepared to talk about and guide tours of the building. There is a meeting space within the building and full disabled access. An early visit could offer a similar event to the library. I need an early indication of how many from your U3A might come while I settle details. The suggested date is Thursday 24th September, in the afternoon. The cost will be in the region of £1.50 per person. More details to follow.



Google "Digital City Middlesbrough" to find out more, or try www.onenortheast.co.uk/page/environment/difitalcity.cfm

In some haste, John Lloyd

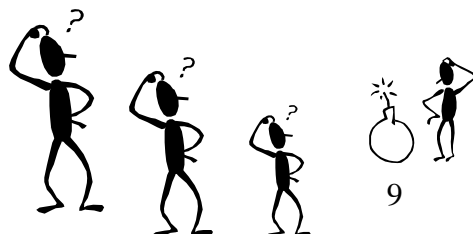


Northumbria U3A Regional Quiz League

Once more we celebrated a year of hard-fought matches with a social night. This year it was hosted by the Derwentside Team. Naturally, quizzes were a part of the night's entertainment, and many were lucky to win a prize in the very generous raffle. A tempting buffet rounded off the celebrations. The Whitley Bay Team won't forgive me if I don't mention their success in being top of the league this year with a magnificent score of 9 wins and only one lost match. Congratulations to them - they've certainly set the rest of us a challenge for next year.

At the moment Derwentside, Durham, Gateshead, Morpeth, Newcastle and Whitley Bay are in the league. Any U3A wishing to join us should contact the regional convenor,

Ruth Swann : Tel: 0191 4200411 Email: ruthswann@blueyonder.co.uk



Progress report for Whickham U3A's *That was Then* Schools Project.

- Project is moving forward successfully
- Enjoyed greatly by all taking part, pupils, teachers, Web Wanderers and members of the community
- 8 schools are currently involved
- 4 booked for the autumn term.
- Baby gasmask raised horror and laughter.
- The Land Girl with a photograph of how she looked "then" and her hand knitted doll in uniform authentic, all except one item! Was very well received and caused lots of questions.
- All pupils were very well prepared and asked very sensible questions.
- Behaviour was impeccable!
- All schools followed our talk with a visit to Beamish and did an appropriate follow up activity.
- Next term they will visit Gateshead City Learning Centre.
- Most frequently made comments -
"No Telly!!" "Why did you put up with it!!"

To find out more about the project visit either our web site or that of Northumbria Region.

If in doubt, go for it! say; Prudhoe & District U3A



We exist because a group of people got together and said 'Why not?'. Some were already involved in U3A activities further afield, many were not. Most had no real idea what they were letting themselves in for!

An exploratory public meeting was held at the end of 2007 and over 50 people expressed a real interest. That was enough, we launched the ship.



We now have over 100 members and around 20 study groups. Activities cover a wide range - alphabetically from Astronomy to Women in the 20th Century. There is Walking, Scrabble, Poetry, Genealogy, Watercolour-painting, History, French - and that's just for starters.

What has struck all of us is that this has tapped into a rich seam. The amount of knowledge and experience lying hidden away in the retired community came as a real surprise. There are experts in so many fields, keen to share their knowledge.



We have also been lucky in finding wonderful speakers, and in receiving material support from our Town Council and from other organisations when it mattered. We are now on a very sound footing for future natural expansion. Our message to anyone interested in getting a group started would be - Go for it!

Moira Wooldridge

Where can we find speakers? A common cry from U3As and other groups. Syd, a member of South Durham U3A, is taking time to put together this much sought after resource – but it can only be as good as YOU make it. Do help him .. and those of us who have to find speakers. (Syd, himself, is a very recommendable speaker, especially when Wimbledon is on the menu.)

He writes as follows:

BUREAU OF SPEAKERS.....SPEAKERS UNLIMITED-NORTHEAST

Within the next month my collection of speakers with their topics and contact details will be on-line as www.speakersunlimited-northeast.co.uk

This web-site will be freely available, not only to U3As but to any organisation requiring speakers. No password will be necessary for access to its lists.

All that I ask in return is that U3As will help me to extend it by sending me the details of interesting speakers who are NOT on the lists so far.

The site will be organised into three zones.....

NEWCASTLE AND THE NORTH
SUNDERLAND AND CO.DURHAM
TEESSIDE AND NORTH YORKS.

This of course is very flexible and most speakers are able and willing to travel reasonable distances for their talks.

Fees or expenses are entirely negotiable and usually depend on the size of your organisation. I look forward to your cooperation in the future and am available at sydslawther@mail.com



Would anyone be interested
in getting together for
a line dancing day?

Contact
Maureen Stephenson 01665 575552
or email Mesteph7@aol.com

Teesdale U3A's Gardening Group Visit The Himalayan Garden Co. near Grewelthorpe, North Yorks

What a delightful tapestry of colour!
A network of paths carefully
constructed to reveal new vistas
enticed us around it. Carefully placed
sculptures by talented young artists
enhanced and are enhanced by their
setting.

The Himalayan Garden Co began just
over ten years ago when the current
owners of a valley near Grewelthorpe
were told that the altitude, climate,
aspect, drainage and soil of their land
made it one of the most favoured areas
in the country for the cultivation of
ericaceous plants (rhododendrons,
azaleas and the like). The succession of
camellias, woodland bulbs,
rhododendrons, azaleas and other
acid soil tolerant plants leaves the
visitor determined to return the
following year at a slightly different
time.

The owner refuses to see himself as a
landscape gardener. He claims he is
merely a plantsman, but to the visitor,
it is instantly obvious that someone has
a good eye for planting in a manner
which is sympathetic to the contours of
the land.

At the bottom of the valley is a
tranquil lake fringed by irises, reeds
and rushes, inhabited by coot and
heron and boasting a few carefully
placed sculptures in total harmony with
their surroundings. The valley sides
are an impressionist's paradise of
colours; blue, pink, mauve, yellow, a

myriad shades of green. Although it
isn't a vast site there is always another
corner to go round; always another
path to explore.

It's **not a site for anyone with
walking difficulties** as the paths are
steep in places. Nor is it a place to go
if you're after an enormous gift shop or
a huge café. There is a small
refreshment area with homemade cakes
and lots of plants for sale in the
nursery. (It is a nursery in which they
pride themselves on growing from seed
and cuttings and on collecting and
supplying a range of specialist plants.)

**This hidden valley in the Yorkshire
Dales is open to the public from
April to June each year.** We were
made very welcome and advised that
Tuesdays are the best days to visit as
they are the quietest and that the
garden peaks each year around the
third week in May. We know we'll go
back but now there is a dilemma: will
it be early to catch the camellias; shall
we try for the bluebells at their best;
what about just a week earlier because
some of the azaleas had just "gone
over." It is one of those places where
you can never get it right yet never get
it wrong. Something is always at it's
best, something is always finished and
something is always tantalisingly not
quite out. Perhaps they'll give a
discount for multiple visits or maybe
we could send a series of
representatives with cameras.

*Anne Harbron
Teesdale U3A Gardening Group*

Pictures sent in by Teesdale U3A may be found on the regional website



Northumbria Region U3A Bird watching Group

In May four members from the region made a nine day visit to Northern Spain under the guidance of Audouin Birding Tours' group leader Cristian Maree, taking in the Spanish Pyrenees (including ascending 5,640 ft. at the Col de la Pierre Saint Martin, just over the border in France). the Belchite plain near Zaragoza and down to Deltebre where the river Ebro flows into the Mediterranean. In all we travelled some 1400 miles.

Highlights included waking up to the call of a wryneck in a nearby tree; being sized-up by griffon vultures as a possible meal when, high up on a Pyrenean mountain path we lay prostrate, the better to scrutinise a rock face for the presence of a wallcreeper. It took over an hour of intense watching before we caught a brief view

of this close relative of the nuthatch; two lammergeyers were in view for several minutes as we made progress up the Upper Hecho valley; and an alpine accentor seen among snowdrifts seemed quite exotic.

At the lower level Belchite plain we had views of two little bustards as they flew away from us, but a two-hour search for great bustard proved fruitless.

Finally Cristian took us to see the eyrie of a Bonelli's eagle that held a well-grown single youngster tumbling about as it exercised its wings. As dusk drew in, an adult eagle landed on a nearby ledge. Overall the trip was an intensive, but exhilarating experience, enjoyed by us all.

Clive Allen, Co-organiser Regional Birding Group.

Clive Allen

Northumbria Region U3A Choral Workshop



On Saturday 16th May the Northumbria Regional Choir held its first Choral Workshop in preparation for the forthcoming visit of the Tall Ships to Hartlepool in 2010.

Up to date some 11 choirs and choral groups have expressed an interest in being involved. At the Workshop there were 46 singers attending from 6 U3As and we worked on one new piece "Rio Grande" and refreshed four others items from the group's 2005 repertoire. The singing went well – no short term memory loss evident here!

It is proposed that there will be a further Workshop in the autumn this year and at least two in 2010 in preparation for the singing on 8 - 10 August at Hartlepool, with further new pieces of music being introduced.

Thanks for the hard work, see you in the autumn,

Brian Prickett

An invitation to join **Gateshead U3A**

for a celebration meal and activities in Gateshead Civic Centre for their
10th Anniversary : Saturday, 3rd October 2009

Details will be forwarded to all local secretaries in the near future.

Peaks & Dales – a great area to explore

Derwentside U3A recommends the Derby International Hotel as a base for exploring the delights of Derbyshire where they stayed during a summer break, writes Anne Yates. Situated within easy walking distance of Derby City Centre, the hotel made up for its rather tired décor by its friendly atmosphere, attentive service and varied menu.

Excursions included **Castleton** with its spectacular scenery, caverns and brooding **Peveril Castle; Bakewell**, beloved of Jane Austen and home of the famous Bakewell Pudding; **Chatsworth**, a rather sombre house but very interesting gardens landscaped by Capability Brown and the venue for Sotheby's "Beyond Limits" sculpture exhibition - a definite talking point. **The Heights of Abraham** near Matlock Bath were reached by cable car over the spectacular deep limestone gorge of the Derwent Valley. The Summit Bar was sampled and the remains of the giant ichthyosaur

at the **Fossil factory** marvelled at before the agile descended into the labyrinth of tunnels awash with colour to learn about the 17th century **lead miners**. **Matlock Bath** and the **Denby Visitor Centre** were a great disappointment.



Homeward bound we called in at **Chesterfield**, with its crooked spire: unseasoned timbers have been blamed for the 9ft tilt to the south - and apparently still moving!

The highs of the trip? Our coach driver streaking through the hotel at three in the morning, side splitting games of Charades, making new friends. The lows? Most of us gained two pounds in weight.

Derwentside also enjoyed an outdoor concert at Gibside and the Sing Live Company at the Sage. Details in their own newsletter.

Anne Yates

Opinions

Awareness Days -

Six members from **Darlington** U3A attended the Awareness meeting at Bishop Auckland in May. It was a well organised event with an excellent chairman. The exhibits were limited by lack of space but this was largely overcome by the excellent services of the Bishop Auckland U3A members. All agreed that there should be more contact between U3A groups.



Harry Gibbs

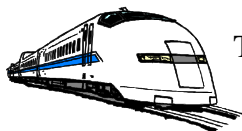
Third Age Trust Conference and AGM

The general opinion at Darlington U3A was that the AGM was too long. The number of speakers should be reduced and that the event could be condensed on one day.

Paradoxically, South Durham felt the National Conference and AGM should be kept together with the AGM in the middle of the event.

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Travel hints from a Stationmaster



Travelling on **Eurostar** from the North East? Did you know that a time specific ticket can be used on a later train home if Eurostar is delayed?

This was one of the very useful tips given to us by **Alex Nelson, Stationmaster, in his entertaining talk about 'My Little Station', the independent railway station in Chester-le-Street.**

Finding the cheapest offers or steering you through the minefield of connections are some of the forms of help they offer. I have tested the Eurostar idea, and a group from this U3A has been found cheap day tickets to London for June 27th.

Their web site is **www.nationalrail.com** and personal help is available from 0191-387-1387 (though not always easy to get through) so, even better, try visiting them at their railway station. Happy travelling!

Edith Wormwald, Durham U3A

Belsay Hall, Northumberland

The gardens are wonderful and Lucky Spot, the crystal horse, by Stella McCartney, absolutely stunning. This was made specially for the Great Hall, on the first floor. Those unable to climb the stairs can use modern IT technology to get a 360⁰ view from the ground floor. Google "Belsay Hall, Northumberland" to see it at home.



Would-be visitors should be aware that the house is not furnished. The walk to the tower was thought to be well worthwhile by those who managed it.

Education groups, such as U3A on a fact finding mission, can get free entry by pre-booking – as with any English Heritage property – making the day out great value for money.

South Durham

Don't miss these ...

Friday 26th June	Regional Bird Watching meeting (see page 5)
Thursday, 16th July	Join Alnwick U3A in Bamburgh (see page 5)
Wednesday, 29th July	Regional Meeting - 10am for 10.30 at the Angel View Inn, Gateshead
Thursday, 30th July	Annual Andrew Leng Lecture, Wooler, 2.30 pm (contact John Leiper for details)
3rd-5th September	National Conference & AGM, Edinburgh
11th-12th September	Heritage Open Days - various venues through the region.
Thursday 24th September	Visit Digital City, Middlesbrough (see page 9)
Autumn	Choral Workshop (details to come)
Saturday, 3rd October	Celebrate 10 years with Gateshead U3A (see page 14)
Monday 5th October	Awareness Day in Morpeth (see page 8)
Wednesday 28th October	Regional Meeting - 10am for 10.30 at the Angel View Inn, Gateshead

New Officers at Whitley Bay U3A

Diane Herron, email - herront@talktalk.net replaces Adele as Secretary.
and a new Chairman has been appointed.

Final copy date
for the next edition of The Northumbria Messenger is
Saturday 12th September

Please send to Sandy Hood at email: regnewseditor@googlemail.com
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tel. 01325 384496

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For copies of this publication and other regional information visit the
Northumbria Regional website www.nru3a.co.uk