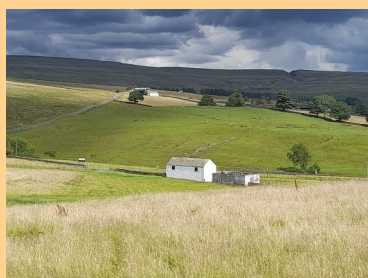


Walking Group 3 day annual walking holiday

This year for our walking holiday John took us to Middleton-in-Teesdale where we stayed at the Teesdale Hotel in the centre of the town. It was a pleasant traditional Hotel which served superb breakfasts, all freshly cooked for you when you arrived at the table. We also had an excellent meal there the first night, and then possibly even better meal the next night at the Forresters Bar immediately across the road.

On the first day we stopped off at Raby Castle for a cuppa (didn't see the deer although you could see them from the road as we left); and we then went for a short walk from our hotel up through the woods and over and back alongside Huddershope Beck. This was curtailed a little due to pouring rain. Nevertheless it's a very pretty area and everyone enjoyed the walk.



The following day was much better weather and John took us on a beautiful walk up along the banks of the Tees to Low Force and then further up to High Force. The waters were splendid after the rain-fall of the previous day and we got some lovely photos. After a snack at the High Force Hotel we returned across the fields along a not too well-defined path (understatement perhaps). A great day out.

The next day we stopped at Egglestone gardens where we had a brief look before rain stopped play – then a little bedraggled we returned home. Thank-you John for another great walking holiday. **Linda**

Luncheon Club News – 25 members met at Mamas Kitchen for lunch and excellent company on Friday 28th July unfortunately 3 people had to cancel last minute and they were missed. Our August meet will take place at 'The Ship', Eighton Banks, on 25th August at 12.30. I understand that August is a difficult month because of holidays child sitting etc. but will take the names of those able to come at the next meeting. Regards **Anne A**

Oh Yes We Are!

Once again our very own thespians will be entertaining you at our December meeting. Our production team is getting the little grey cells working to come up with something unique. We need actors, maybe singers and even dancers if you seem so inclined, so if you would like to take part, please add your name to the list at the back of the hall. **Diana**

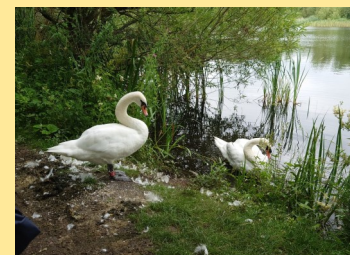


From all in Washington u3a

Strolls

On an unsettled weather day at the end of July, eleven of us set off for Rainton Meadows for our weekly stroll. On our arrival it started to rain but this didn't deter us from our strolling. We were hoping to see some wildlife but the birds appeared to be particularly shy that day. We walked to Joe's pond and some brave strollers ventured past a slightly irritated swan! We ended our stroll with some light refreshments in the cafe. **Alan**

Today: After the meeting we will meet at the back of the hall and then car-share to Crook Hall. Parking is free if you have a National Trust card.



Quiz Answers

1. David Jason 2. Russia 3. Coco Chanel 4. Four - the mitral, tricuspid, aortic and pulmonary valves 5. Moordale High 6. The Burrow 7. Forrest Gump (1994), Catch Me If You Can (2002), The Terminal (2004), Bridge Of Spies (2015) 8. Fresh lime juice, vodka, cranberry juice, triple sec/coinreau/orange liqueur 9. Mark Drakeford 10. New York, in 1943

Monthly Walk



Cock of the North



Wall flowers in full bloom!



Lovely day for our walk this month . Eleven of us car shared from St. Andrews to Broom park picnic site (just a few minutes from Nevilles Cross). The first part of the walk was up the Lanchester Valley railway path until we came to the intersection where we should have turned off towards Baxter woods! Unfortunately my fellow leader and myself were busy chatting and missed the turning. When we reached the café we were supposed to reach an hour later we realised our error and back-tracked and took the turning down to Baxter woods! From there (after Brian photographed a peacock at the farm) we crossed the river and followed the path up to and across the road to Durham and then took the path a few metres to our right across the fields towards where the Beaurepaire ruins are. We didn't have time to sidetrack to the ruins (I wonder why!) but we continued along the same route which veered to the left and rejoined the original railway track. From there we took the return path and stopped for a well-earned rest and refreshment at the 'Truly Scrumptious' café. It was pleasantly warm and we were able to sit outside and recover from the slightly longer than expected trek. Then it was a slightly downward track back to the Picnic site. A very enjoyable walk of nearly 6 miles!

Linda



QUIZ

1. Who plays Delboy Trotter in *Only Fools And Horses*?
2. What is the largest country in the world?
3. Which fashion designer reportedly had a relationship with Winston Churchill?
4. How many valves does the heart have?
5. What is the name of the school in [Sex Education](#)?
6. In [Harry Potter](#), what is the name of The Weasley's house?
7. Put these [Tom Hanks](#) films in chronological order: *Catch Me If You Can*, *Forrest Gump*, *The Terminal*, *Bridge Of Spies*
8. Typically, what four ingredients go into a cosmopolitan cocktail?
9. Who has been the First Minister of Wales since December 2018?
10. Which city had the first ever fashion week?

UPCOMING ACTIVITIES IN OUR LOCAL AREA SEVENTEEN NINETEEN (Holy Trinity Church Sunderland)

This historic building is now a local history, creativity and community centre. Events are planned to encompass a wide range of interests (talks, walks and workshops).

Here are some upcoming events that may be of interest:

- 9th August : 10am Monthly Building Tour – exploring the life of William Wallace, stained glass artist and architect of Saltwell Estate, £5.
- 10th August : 10am Memory Walk – Elephant Tea Rooms and Sunderland Minster *Free*
- September 6th: 10am Monthly Building Tour – Memorials and Memory, £5
- 6th September : 2.30pm Community Lecture – Middens, Dung Heaps and Sewers – Public Health in Sunderland (Sharon Vincent) *Free*

See Booklet for range of craft workshops and list of lectures at the back of the hall

More information can be found on www.17nineteen.org.uk.

NIFTIES at Washington Arts Centre

This group meets every other Wednesday 1.30pm to 3pm.(workshops, talks etc.) Also a film is shown each month:

- 31st August: 7pm : “A Bunch of Amateurs” about amateur film makers
- 20th September : 1:30 pm “Allelujah” about a geriatric ward in a small Yorkshire hospital threatened with closure and a concert to save it.

For more information call 0191 561 3456 or e-mail acw@sunderland.gov.uk

CURRENT ACTIVITIES

Coffee Morning <i>Dobbies</i>	Wednesday 10:30 a.m. 1st in month	Craft <i>Millennium Centre</i>	Wednesday 1 p.m. 3rd in month <i>Jeni Anderson</i>
Day Outings	As and when	Dominoes <i>Woodridge Gdns</i>	Monday 2 p.m. Alternate weeks September to June <i>Pat Gaunlett</i>
Holiday Group <i>Woodridge Gdns</i>	Thursday 10.30 a.m. Some month's only, last in month <i>Anne Moffatt</i>	Lunch	Friday last in month (variable time and place) <i>Anne Anderson</i>
Monthly Meeting <i>St.Andrews</i>	Tuesday 10 a.m. 2nd in month	Photography <i>Millennium Centre</i>	Thursday 10 a.m. 1st in Month
Quiz Group <i>Millennium Centre</i>	Thursday 2 p.m. 2nd in month <i>Shirley Talbot</i>	Strollers <i>Meet St Andrews</i>	Tuesday usually 1 p.m. can vary <i>Diana Clark</i> .
Walking <i>Meet St Andrews</i>	Wednesday 10 a.m. last in month <i>John Ball</i>	Whist <i>Woodridge Gdns</i>	Monday 2 p.m. Alternate weeks September to June <i>George Rutter</i>

CONTACTS : Chair, Diana Clark Secretary: Sandra Cullen

Welfare Secretary: Jeni Anderson