



Newsletter



Hartlepool & District u3a

Issue 104, January (New Year Special) 2026



Comments from the Chair

As you are reading this Christmas Day will have been and gone and we will all be looking forward to the start of a new year. We had some great speakers last year and we have some treats in store in the coming months. We start off on Friday January 2nd with a talk from David Hastings from the RNLI who will be telling us all about this amazing organisation in his talk 'Wooden boats and Iron men.' David does not charge for these events but would be grateful for donations to this great organisation. As usual, our general meetings start at 2 pm.

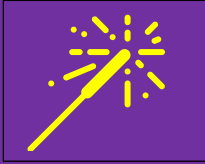
On Friday 6th February we welcome back Frances Wilson, the local historian, who will be telling us about what happened to some of Hartlepool's children in the Second World War. This will be of interest to all of us as most people are aware of children being evacuated from big cities but not what happened to local children from Hartlepool. Our March meeting on Friday the 6th will feature Andy Hampson who will be keeping us up to date with how to keep safe from being scammed. Our general meeting for April will be on the 10th of April as the first Friday of the month falls on Good Friday. Please note the change of date in your diaries.

Our interest groups will all be going strong during this period and we are so lucky to have so many to choose from. We are almost spoilt for choice, but there is always room for more so if you would like to start a new group have a word with one of the committee members and we will be glad to help you.

It only remains for me to say that I wish you all the best for the new year and hope to see a lot of you in the coming months.

Happy New Year!

Roger



A New Year Brenda Regan

New Year's Eve is also known as Old Year's Day of St. Sylvester's in many countries. Tonga is one of the first to welcome New Year, while American Samoa is among the last.

In England at midnight New Year's Day is greeted with the chimes of Big Ben and fireworks displays. In Scotland there is first-footing, when friends and family go to each other's homes with a gift of whisky and a lump of coal. *Auld Lang Syne*, meaning *Old Times Gone*, is sung. The Welsh tradition of giving gifts and money, has been replaced nowadays by giving bread and cheese to friends after midnight. In Ireland people open the back door of their house just before midnight to let the old year out, and open the front door to let the New Year in. Also, on New Year's Eve the tradition is to eat corned beef, carrots and onions for a New Year filled with luck and abundance.

My most remembered New Year's Eve memories are of when I was in my early 20's. With friends we visited houses of other friends after midnight. The women were given a small glass of port, and the men were given a small glass of whisky, and all were offered mince pies.

After I was married, we hosted New Year's Eve parties with friends who came to see the New Year in. After I returned to Hartlepool after 24 years away, we went to West Rugby Club to see the New Year in, where it was noisy but entertaining. Nowadays many people who live alone watch TV, greet the New Year in, then go to bed.

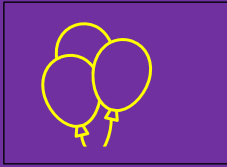
Many make New Year resolutions, including calling friends and family. My New Year resolution is always to think positive, which is not always easy to do.

January 1st is always a Bank Holiday, although Premier League football clubs hold matches on the day.

There are many superstitions for New Year's Day – such as:

- Don't wash your clothes
- Don't wash your hair, because it will wash away your good fortune.
- First-footers, who knock on your door at the stroke of midnight, should be dark-haired people carrying a lump of coal.

Times have changed, but some of these traditions are still practiced in the world.



New Year Resolutions

Barry Liddle

In my experience, New Year Resolutions are easy to make and easier to break. Perhaps the most common New Year Resolutions centre round health and fitness. Evidence of this can be seen in the content of TV and newspaper advertising, with healthy food and gym memberships featuring prominently. It seems that the media promotes luxury foods and indulgence in December and the polar opposite of abstinence and healthy living in January.

January is also a time to take stock of domestic finances, and popular resolutions centre around saving money and reducing debt. These thoughts are often prompted by all the additional costs associated with Christmas.

Other popular resolutions focus on improving mental well-being, learning new skills, and spending more quality time with family and friends.

New Year is also a time when couples reflect on the status of their relationship and it is no coincidence that there is a significant spike in divorce and separation enquiries in January.

To 'stop smoking' has traditionally been a common New Year resolution, as has cutting back on alcohol. 'Dry January' has become very popular. However, many lapse after just a week or two, but for a minority 'Dry January' can lead to longer term abstinence.

How did New Year resolutions come about? Well, scholars believe the tradition started with the ancient Babylonians about 4,000 years ago. During a 12 day festival which celebrated the New Year and the planting of crops, they would make promises to their gods such as the repaying of debts and returning borrowed articles.

It is believed that ancient Rome adopted similar customs, making promises to the god Janus, who represented new beginnings and the past. This tradition was later integrated into Christian practices, where New Year's Day became a time for reflection and repentance.

Today, the tradition of New Year Resolutions is widespread, but it has evolved from a religious perspective into a more personal view focused on self-improvement.

At the outset I noted that it was easy to make New Year Resolutions but it is even easier to break them. The most common reason for this is the failure to set realistic goals. On the other hand, if the goal is too easy, then there will be little sense of achievement in reaching it. To increase the chances of success, choose goals that are specific, achievable and positive. Small achievable steps are better than making drastic changes all at once.

Sources: Google/Wikipedia

The Ballad of Sophie Constable

Wendy Borthwick

New Year is a time for looking forward and a time for reflection. Recently, I came across a tragic story that could have come out of a Charles Dicken's novel. It concerns an impoverished Yorkshire girl called Sophie Constable.

I came across a sculpture dedicated to her in Northallerton and the plaque at the base of the statue reads:

The Ballad of Sophia Constable

**'A life without choice, a future restricted,
but all the same found guilty – convicted.**

**Guilty of stealing by 'devious deception', and the law
to be followed, without exception.**

Sophia and her mild transgression – Sophia Constable aged just eleven'.



After further research I discovered that Sophie was sentenced to four weeks hard labour followed by four years in a reformatory for stealing a threepenny loaf of bread from a shop in Whitby in 1872, a crime motivated solely by hunger.

The sculpture depicts Sophia clutching a loaf of bread, with a prison warden placing a hand on her shoulder. The sculpture itself is on the site of the old Northallerton prison.

Sophia was the youngest girl to be imprisoned at the jail. At the end of her time at Reformatory School in Doncaster she returned to her home town of Whitby. Sophia later married and had children and at one time worked as a nurse. She lived a fulfilling life until her death in 1932 aged 70 years.

The sculpture by local artist Ray Lonsdale and costing £85,000 has been positioned

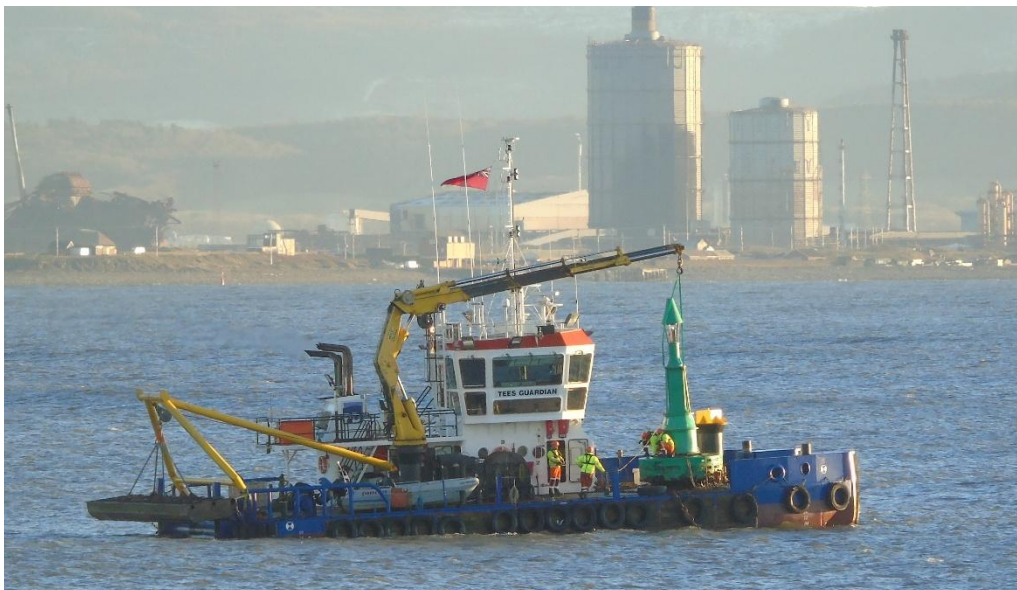
in the town's new 'Treadmills' development area on the site of the former jail and was unveiled by Sophia's great-granddaughter and a half-cousin, in September 2023.

HM Northallerton Prison finally closed in 2013 more than 200 years after it had taken its first inmates in 1788 replacing an existing house of correction in Thirsk. Built on an area of marshland donated by the Diocese of Durham and costing £3,411 – 3 shillings and 11pence. The Architect was John Carr who also designed Harewood House, West Yorkshire. The jail was custom-built and separately housed male and female prisoners. Later additions included a Court House connected to the jail by a tunnel and a Governor's House with further additions as time went on. Treadmills were installed in the 1820s; at one time Northallerton had the largest treadmill in the world. Treadmills were used as punishment for prisoners to grind corn and pump water.

During its time Northallerton Prison also housed women with children, youth offenders and military prisoners. On the outbreak of World War 2 it was transferred to the British Army and used as a storage depot and later a training facility for Royal Military Police Officers. In 1943 the army used the site as a 'glass house' (military prison). In 1946 prisoners, aggrieved that the end of the war had not led to remission of their sentences, rioted, damaging the cell blocks and throwing roof slates into the street.

HM's Prison Service struggled to keep the old prison operating to modern standards, citing costs and also the relatively small size of the institution. The prison closed in 2014 and purchased by Hambleton District Council with a view to developing the site.

Hartlepool by the Sea



© Barry Liddle

New Year Memories of Champagne, Cava and Prosecco

Barry Liddle

If you reach for a glass of bubbly this New Year it is likely to be either Champagne, Cava or Prosecco. In this article I want to talk about how I became aware of these wines in that particular order:

- The first sparkling wine I tasted, between 1970 and 1990, was Champagne. At that time Champagne had few competitors as a drink of celebration. (Indeed, in the early 70s the range of wines available was very poor indeed. I remember going to Hinton's Supermarket in Murrey Street in 1974 and they stocked only sold two bottles of wine - Hironnelle White and Hironnelle Red). However, getting back to Champagne, it is made using a traditional bottle-fermentation method with grapes like Chardonnay, Pinot Noir and Pinot Meunier, resulting in complex, aged and often richer flavours. Prices today range from £13-25 for entry level bottles, with vintage or premium at anything over £250. Personally, I can only speak for the taste of entry level bottles, which on the whole have always tasted perfectly fine to me.
- Cava is from Spain and I first came across it in the 1990s courtesy of my brother, who at the time was living in Greater London. Several times a year he would go to France on so called 'booze cruises' to shop at French hypermarkets. Due to the Single Market, Spanish Cava was readily available at these hypermarkets at prices much lower than Champagne, making it a 'must buy' for bargain hunting shoppers like my brother. Cava is made using the same method as Champagne but with local grapes such as Macabeu, Xarello and Parellada. I found the taste comparable to entry level Champagnes, but at a much lower price. Better value for money would be my conclusion. Also, in recent years producers have introduced a range of higher quality Cava's, which is putting pressure on Champagne sales.
- Prosecco has come onto the scene relatively recently in the UK, perhaps only in the last 5-10 years. Prosecco is made in Italy using the Charmat method. Where a secondary fermentation happens in large tanks, giving it a lighter-bodied and fruitier taste and making it cheaper to produce and so it has a lower price point. So, price is one reason why Prosecco has become so popular in recent years, also important is the area where Prosecco can be made has expanded significantly in recent years allowing large scale production and therefore greater supply to the UK market. Also, Prosecco is a light fruity drink, a perfect base for cocktails.

Whichever sparkling wine you choose this year, let me be the first to wish you a Happy New Year! And in case you overindulge, on the next page you can find my article on hangover cures!

Hangover Cures for New Year's Day

Barry Liddle

On New Year's Day, many a reveller will be seeking out a hangover cure. In Scotland a second public holiday on 2nd January is also available for this purpose. For me the solution is water and plenty of it and then a bacon sandwich. But over the years, a number of folk cures have been suggested (without much in the way of scientific evidence). Here is a selection of the lesser and better-known remedies.

- **Raw owl's eggs** (a favourite of Ancient Rome).
- **'Prairie Oyster'** – raw egg mixed with Worcestershire sauce, Tabasco sauce, and seasoning (said to have been introduced at the 1878 Paris World Exposition).
- **'Hair of the Dog'** i.e. drinking more alcohol (a favourite with alcoholics!)
- A **'Bloody Mary'** (made principally with vodka, tomato juice, Worcestershire sauce, lemon juice and Tabasco sauce).
- **Black Velvet** (equal parts Champagne and Stout).
- **Irn Brew** (Scotland's national hangover cure.)
- **Andrew's Liver Salts** (once very popular, now a cure in decline)

Famous imbibers often had their own remedies:

- The TV chef **Keith Floyd** actually wrote a book called *'Floyd on Hangovers'*. His signature cure called the 'Corpse Reviver' involves crushed ice, beef consommé, lemon juice, Worcestershire sauce, horseradish, vodka, Tabasco, and an egg yolk.
- **Ernest Hemmingway** preferred the 'Hair of the Dog' method, options including the cocktail 'Death in the Afternoon' (absinthe and champagne), a 'Bloody Mary' and a reported cure involving a mixture of beer and tomato juice.
- **Richard Burton's** reported hangover cure was a bowl of chilli and a beer. He sometimes shared this breakfast with his wife Elizabeth Taylor.
- **Frank Sinatra's** preferred hangover cure was a 'Ramos Gin Fizz' introduced to him by fellow actor Robert Mitchum. The main ingredients being a cocktail of gin, lemon juice, lime juice, egg white, sugar, cream, orange flower water and soda water.
- **Van Gough**, according to his letters relied on the 'hair of the dog' method or a simple plate of bread and cheese with a glass of wine.
- Jeeves's hangover cure for the fictional **Bertie Wooster** was a Prairie Oyster.
- TV Chef **Jamie Oliver** has a few hangover remedies including a spicy Bloody Mary made with smoked jalapeno vodka – which also acts as a breakfast.
- The legendary rocker **Keith Richards** is said to have a hangover cure involving a concoction of Pepsi Cola, Folgers Instant Coffee and Alka-Seltzer and possibly other things.



Notice Board

Dates for Your Diary. Helen Eustace

December 29th

I.T. formerly known as Computer Group

Newcastle Building Society, York Road,
between 1pm and 3pm.

Bring your laptops, tablets mobile phones
etc. with you. Free tea and coffee.

For more details contact Jan Jenner

January 2nd, 2026

General Meeting

St. Josephs at 2pm

A talk on the RNLI by David Hastings

January 5th, 2026

Photography Group formerly known as Camera Club.

Newcastle Building Society York Road,
2pm. Bring your camera or mobile phone
along with your questions and problems
Free tea and coffee.

For more details contact Jan Jenner

January 8th

Archaeology and History Group

People's Centre at 10.30am

Frances Wilson will give a talk on the
development of the Hutton Avenue and the
immediate area, before the Ward Jackson
Park area was developed, this was considered
the place to live.

January 13th, 2026

Poetry Group

2pm until 4pm at the Newcastle Building
Society

Further details contact Margaret Chappell.

Continued next page.....

New Group for 2026

The Bus Pass Group

Jan Jenner and I are hoping to start a
new *Bus Pass Group* in the New Year.
The idea was announced at the last
u3a monthly meeting, and we have
already had a dozen or more
members sign up to join.

Over the coming weeks, Jan and I will
look into how other u3a groups run
their bus pass outings and will report
back with more details.

In the meantime, anyone else who
would like to join, or who has ideas for
interesting places we could visit by
bus, is very welcome to get in touch
with Jan or myself.

Liz Milbourn

My Word of the Month

'Slancher'.

It being New Year, my word of the
month is 'Slancher', an Irish and
Scottish Gaelic word that means
'health'. It is well known to all as a
drinking toast, similar to saying
cheers.

Barry Liddle

January 14th, 2026

Art Appreciation, People's Centre 10.15am
This will be a group discussion. We will be talking about pictures/paintings that evoke Childhood memories.

January 23rd, 2026

Natural History. Burn Valley.
Meet at 10.00am near the zebra crossing on Baden Street for the Big Garden Bird Watch. Bring binoculars if you have them.

February 6th, 2026

General meeting 2pm. A talk by Frances Wilson

February 11th

Art Appreciation. Visit to Sunderland Glass Centre. Leaving from the Golden Lion Car Park at 09.45am and returning from the Glass Centre at 2pm. Cost to be confirmed.

March 11th

Art Appreciation Peoples Centre 09.45am
This will be a group discussion about war artists

April 2nd

Natural History
Saltholme. Meet in the entrance of the visitor's centre at 1.30pm to see what migrant birds have arrived and then finish off with a 'cuppa'.

May 7th

Natural History (and Garden Group).
Trip to the Botanic Gardens in Durham. This will be a joint visit with the Gardening Group. Time and cost to follow.

June 4th

Natural History
Headland. Meet in the carpark of the Borough Hall at 1.30pm to have a stroll along the front to see what plants and birds are there. Then refreshments at Mary Rowntrees.

August 6th

Natural History
Spion Kop Cemetery, Headland.
Park outside of the Cemetery and meet at the main entrance at 1.30pm to see what wildflowers and birds there are.

Who am I?

Compiled by Barry Liddle

1. I was born in Glasgow in 1933.
2. I was best known as a singer and entertainer.
3. I was also an accomplished lyricist and wrote the words to many of my hit songs
4. I was known for wearing a kilt and for typical Scottish humour.
5. My 'breakthrough' moment was the release of 'A Scottish Soldier' a No1 record in Canada, Australia and New Zealand and it spent 40 weeks in the UK Singles Chart.
6. Other hit records include 'Come in-Come in' and 'Donald Where's Your Troosers'.
7. I'm also remembered as the compare of The White Heather Club' produced by BBC Scotland during the 1960s as an annual New Year's Eve party.
8. I took part in the 1961, 1962 and 1978 Royal Variety Performances.


Answer on page 17

Garden Group: Early Planning for 2026

JANUARY SOCIAL MEETING

We're kicking off the year with a social gathering in January (date and venue to be confirmed).

In addition, Carole Lloyd has kindly agreed to give us another fascinating talk in January (date & venue to be agreed). The title of the talk is:

 "Familiar Weeds, Plants, Trees, and Fungi That Can Kill You or Cause Extreme Irritation"

This promises to be just as intriguing as her talk last year, and she's promised to bring only photos (no live specimens!). This will also be a great opportunity to enjoy refreshments and catch up with fellow members.

2026 GARDEN VISITS




For 2026, we've already planned a joint visit with the Natural History Group to the Botanic Gardens at Durham on 7th May 2026.

PROPOSED TRIP: TULIP FIELDS IN AMSTERDAM

It has been suggested that we organise a trip to see the famous Dutch tulips in April/May. We will investigate whether this is feasible, gauge interest from the Garden Group and the wider Hartlepool u3a and report back in the New Year.

IDEAS & GUEST SPEAKERS WELCOME

We are always looking for:

-  Suggestions for gardens to visit
-  Recommendations for guest speakers
-  Ideas to help shape our 2026 programme

If you have any suggestions or know someone who would make an interesting speaker, please get in touch!

WITH THANKS AND WARMEST WISHES

Thank you for your continued support throughout 2025. We wish you all a peaceful, joyful New Year!

Best Wishes

Liz and Helen

News from Tuesday Book Club

We have chosen our books for the first part of 2026, which are:

- In January, Jamaica Inn by Daphne du Maurier;
- in February, Precipice by Robert Harris;
- and in March, Raising Hare by Chloe Dalton.

After Easter we are going to turn to crime; Gaudy Night by Dorothy Sayers; Case Studies by Kate Atkinson; and A Dying Fall by Ellie Griffiths.

We meet upstairs at the Central Hub at 2 o'clock on the third Tuesday of the month so the first meeting of 2026 will be on Tuesday 27 January. We welcome any U3A member who'd like to come along.

Mary Waldmeyer

Looking for a New Year Cocktail? – Try 'Kir Royale'

Many years ago, I attended a day of meetings in France which culminated in a formal dinner. As an aperitif, I was presented with a *Kir Royal*, which is a simple but incredibly refreshing French cocktail made with just two ingredients: crème de cassis (blackcurrant liqueur) and chilled Champagne. I was so impressed, I returned home clutching a bottle of crème de cassis.

To make the cocktail, place two teaspoons of cassis in a champagne flute glass and top with champagne. After that first drink you can adjust the amount of cassis to your liking.

Cheers! or should I say 'Slancher' or as this is a French cocktail, perhaps it should be 'Sante'.

Barry Liddle

New Year Celebrations on Mars

Barry Liddle

One day there will be human settlements on Mars. NASA is planning manned missions to Mars sometime in the 2030s and SpaceX is optimistically talking of manned missions as early as 2029. So, it is just possible that in some of our lifetimes there will be people on Mars to celebrate New Year. It is possible that two celebrations will be held. One to celebrate New Year on Earth and one to celebrate the Martian New Year.

A Martian year is much longer than an Earth year, lasting 687 Earth days. The Martian New Year shifts around the Earth's calendar because Mars's orbit is elliptical. For example, the most recent Martian New year was on 12th November 2024 but the next one will be on 30th September 2026.

The Key question for New Year celebrations on Mars is 'Will there be any alcohol?'

Some Inspirational Thoughts for the New Year

Compiled by Barry Liddle

“What the New Year brings to you will depend a great deal on what you bring to the New Year”

Vern McLellan.

“We all get the exact same 365 days. The only difference is what we do with them.”

Hillary Depiano.

“You are never too old to set another goal or to dream a new dream”

C S Lewis

“The bad news is time flies. The good news is you’re the pilot”

Michael Altshuler

“Be always at war with your vices, at peace with your neighbours, and let each New Year find you a better man.”

Benjamin Franklin

“There are far better things ahead than we leave behind.”

C.S. Lewis

“The beginning is always today.”

Mary Shelley

“Each age has deemed the new-born year the fittest time for festal cheer.”

Walter Scott

“Learn from yesterday, live for today, hope for tomorrow.”

Albert Einstein



Pondering Life's Little Choices

Martin Green

Full English or cereal & toast?

Cereal or toast, not both. Maybe the occasional bacon butty!

Holiday abroad or Staycation?

Anywhere where there are mountains. Stay clear of beaches

Dog or Cat?

Neither – my son has both

Christmas Day or Boxing Day?

Christmas Day, though I have to do the family dinner these days

Wine or Beer?

Wine

Beatles or Rolling Stones?

Can just remember them

Meat or Lentils?

Meat, or often fish with plenty of veg though.

Dr Who or Star Trek?

Star Trek

Cappuccino or Espresso?

Black Americano – preferably decaf

Night in or Night Out?

In watching sport or documentary if I'm not busy with trains or Fairtrade

Coronation Street or Eastenders?

Hate all soaps

Football or Rugby?

Rugby league in my youth – now has to be football here in the North East

Cheese & Onion or Salt & Vinegar crisps?

Just plain salted

Shopping or Anything Else?

Don't mind shopping with a purpose. Prefer watching trains!

Garlic or No Garlic.

A garlic naan or some stuffed olives perhaps.

Pudding or Cheese & Biscuits?

Pudding occasionally

Cash or Card

More often card these days

Whisky or Gin & Tonic?

G&T

Night Owl or Lark?

Night Owl

White or Brown Bread?

Usually Wholemeal – especially a cheese & marmalade sandwich

The Flintstones or Noggin the Nog

Neither

Ketchup or Brown Sauce?

Brown sauce, but I'm not really a saucy person

Morris Minor or Ford Anglia

Had an early Mini, then a Mini van – does that count?

Tripe & Onions or Liver & Onions

Liver – no contest

Darts or Snooker

Snooker (but I'm no good at it!)

Sherry or Cocktail.

Sherry – but prefer the G&T

Social Media or No Social Media

Just for interest groups – limited Friends

Avocado on Toast or Beans on Toast.

Beans + Mushrooms

Mods or Rockers?

I did have a BSA Bantam once

Crossword Puzzles or Sudoku?

Sudoku - prefer anything with logic

Indian Takeaway or Chinese Takeaway?

Chinese just ahead

Strictly Come Dancing or Bangers and Cash?

Bangers & Cash - can't stand Strictly

Salad Cream or Mayonnaise?

Mayo with tuna

Regular Exercise or No Exercise?

Occasional walking – Is that an allowed answer?

Is your glass half full or half empty?

I like to think its half full



The British New Year Quiz

Compiled by Barry Liddle

Q1 You are celebrating New Year at a restaurant. Someone recommends the Cullen Skink? What would type of food would you be eating?

- a) A dessert made with cream, oats and whisky
- b) A smoked artisan cheese
- c) A smoked haddock and potato soup

Q2 What does the acronym LNER stand for?

- a) London North East Railway
- b) London New Eastern Railway
- c) London North East Regatta.

Q3 Which Premier League Football Team plays at Craven Cottage?

- a) Brentford
- b) Crystal Palace
- c) Fulham

Q4 The Halle is an English symphony based in which city?

- a) Birmingham
- b) Leeds
- c) Manchester

Q5 Which one of these British motor racing greats never won the Formula1 World Driver's Champion?

- a) Mile Hawthorn
- b) Stirling Moss
- c) John Surtees

Q6 Laverbread is a traditional Welsh delicacy. What is it made from?

- a) Laver – a type of barley
- b) Laver- a type of seaweed
- c) Laver – a blend of offal, onions and grains

Q7 The Grand National Horse Race is held annually at:

- a) Aintree
- b) Cheltenham
- c) Goodwood

Q8 What is Britain's Longest Running River?

- a) River Severn
- b) River Thames
- c) River Trent

Q9 The Yorkshire based Black Sheep Brewery is located in:

- a) Maltby
- b) Malton
- c) Masham

Q10 What are the traditional ingredients of a Cornish Pasty?

- a) Beef, potatoes, swede, onion,
- b) Beef, potatoes, carrots, onion.
- c) Lamb, potatoes, swede, onion

Q11 What is a Homburg?

- a) An endangered small ground nesting bird native to Scotland.
- b) An expensive leather overnight bag
- c) A hat with a single dent in the crown and a slightly curled brim.

Q12 Which British Castle has served as a filming location for both Harry Potter and Downton Abbey?

- a) Alnwick
- b) Bamburgh
- c) Caernarfon

Q13 What does SUV stand for in cars?

- a) Sports Utility Vehicle
- b) Super Utility Vehicle
- c) Superior Utility Vehicle

Q14 If you are Pescetarian, you are:

- a) A person who excludes meat but eats fish and seafood, fruit, vegetables and nuts.
- b) A person who substitutes fish for meat twice a week.
- c) A person who only eats plant-based products and a variety of edible seaweeds.

Q15 Gatwick Airport is located in which English County?

- a) Kent
- b) Surrey
- c) West Sussex

Q16 The first and only British Lions rugby union side to win a test series in New Zealand against the 'All Blacks' was the 1971 tour. Who was the coach?

- a) Ronnie Dawson
- b) John Dawes
- c) Carwyn James

Q17 What is a Cuddy Wifter?

- a) A basket weaver
- b) A left-handed person
- c) A sudden odious smell

Q18 In which city does Scottish Premier League football team *Hearts of Midlothian FC* play their home games?

- a) Edinburgh
- b) Inverness
- c) Renfrew

Q19 You are hosting a New Year's Eve Party. A guest asks for a Dirty Martini. What would you add to an ordinary Martini to make it a Dirty Martini?

- a) Angostura Bitters
- b) Olive Brine
- c) Vermouth

Q20 Ben Stokes is captain of England's Test Cricket Team. When not playing for England, which County does he play for?

- a) Durham
- b) Middlesex
- c) Surrey

Answers on page 17

Directory

Committee Members for 2025/26

Chair, Speaker Finder & Web Admin.

Roger Say

Vice Chair–

Paul Eustace

Business Secretary –

Wendy Borthwick

Treasurer –

Cliff Cordiner

Membership Secretary –

Andrea Reid

Beacon Admin.

Pauline Williamson

Group Co-ordinators

Pauline Williamson & Helen Eustace.

Minutes Secretary

Paul Eustace

Committee –

Keith Alder,

Roles of Non- Committee Members

Newsletter Editor-

Barry Liddle

Interest Group Leaders

Archaeology/History Group: Chris McLoughlin.

Art Appreciation: Co-Leaders: Irene Archer, Andrea Reid.

Backgammon Group Ann Gardiner

Bridge: Phil Jefferies.

Chess Group: Roger Say.

Coffee & Chat Jacky Armstrong

Creative Writing Group: Roger Say.

Events: see notice board

Family History: Co- Leaders: Jacky Armstrong, Pat Rutter.

Fun with Fabrics: Ann Say

Gardens and Gardening: Co-Leaders: Liz Milbourn and Helen Eustace

I.T. Group: Jan Jenner

Lawn Bowls: Ray Elliston.

Music: Vacant

Natural History Group: Co- Leaders: Irene Archer, Margaret Andrews and Beryl Turnbull.

Photography Group: Jan Jenner

Play Reading: Carol Currie

Poetry: Margaret Chappell

Quiz Team: John Campbell.

Reading Group: Andrea Reid

Shibashi Exercise Group: Marjorie Reynolds.

Stroll and Chat: Helen Eustace

Tuesday Book Club: Mary Waldmeyer

Walking Group: Keith Alder

Who am I? Answer: Andy Stewart

Quiz Answers

Q1 c) A smoked haddock and potato soup; Q2 a) London North East Railway; Q3 c) Fulham; Q4 c) Manchester; Q5 b) Stirling Moss; Q6 b) Laver- a type of seaweed; Q7 a) Aintree; Q8 a) River Severn; Q9 c) Masham; Q10 a) Beef, potatoes, swede, onion; Q11 c) A hat with a single dent in the crown and a slightly curled brim; Q12 a) Alnwick; Q13 a) Sports Utility Vehicle; Q14 a) A person who excludes meat but eats fish and seafood, fruit, vegetables and nuts; Q15 c) West Sussex; Q16 c) Carwyn James; Q17 b) A left-handed person; Q18 a) Edinburgh; Q19 b) Olive Brine; Q20 a) Durham.

Copy Wanted for This Newsletter

Articles, Short Stories, Interesting Photographs (with captions), Limericks & Poems.

Items for the Newsletter's 'Notice Board' are also welcomed.

All contributions to the next Newsletter are most welcome.

Copy deadline for the next issue is 20 January 2026.

Barry Liddle, Newsletter Editor