



MEMBERSHIP RENEWAL NOW DUE FOR 2026-27

Please see the full notice at the end of this newsletter

EVENTS, VIEWS AND REPORTS

UPCOMING MONTHLY MEETINGS

APRIL MEETING - CHILDREN'S LITERATURE David Milner

2.15 pm Thursday 16th April at Penrith Rugby Club

David Milner was a local Methodist minister who became the District Superintendent. Still living in Penrith, he is now retired and able to pursue his personal interests and enthusiasms. These include a strong interest in children's literature so he has elected to give a talk on books for young people. This promises to be an interesting talk with helpful advice on what we might like to recommend to those youngsters we know.



MAY MEETING - A ROMAN PALACE IN CARLISLE? Dr Andrew Wallis

2.15 pm Thursday 21 May at Penrith Rugby Club

Our speaker for the meeting on May 18 will be Dr Andrew Wallis, a volunteer co-ordinator for Uncovering Roman Carlisle. He has been greatly involved in the community Archaeological excavations at the Cricket Club in Carlisle. It is currently thought that they have unearthed the largest Roman building on Hadrian's Wall, suggesting this was a veritable 'Roman Palace in Carlisle'. It promises to be a fascinating talk.



JUNE MEETING – AGM & Celebration of Penrith u3a's 30th anniversary

Plus 'A NEW LIFE FOR BROUGHAM HALL' Mary Chappelhow

2.15 pm Thursday 18 June at Penrith Rugby Club

Notice of AGM

The Annual General Meeting of the Penrith and North Lakes U3A will take place on Thursday 18th June 2026 at 2.15pm

Venue: AW Jenkinson Suite, Penrith Rugby Club, Winters Park, Penrith. CA11 8RQ

We invite nominations for members and officers of our committee. Committee members are also Trustees. Nomination forms are available via our website or by contacting the Secretary (Tel. 01768 892690). Anyone interested in joining the committee is also very welcome to discuss this further with the Chair, Margaret Irving (Tel. 01768 864290) or any committee member. Nominations should be submitted to the Secretary, Josie Dunlop, The Hollies, Wordsworth Street,

Penrith CA11 7QZ by 15th June 2026. You are also invited to submit, by 15th June 2026, any items to be considered under "Any Other Business" or any proposed and seconded resolutions to the Secretary at the address above or email josiedunlop2@gmail.com.

The paperwork for the AGM will be available on our website later in May and also e-mailed to those members for whom we have an email address, and posted out to others. There will also be the opportunity to vote by proxy for those unable to attend and further details will be given in May.

'A NEW LIFE FOR BROUGHAM HALL' - Mary Chappelhow

In December 2024 the newly formed Brougham Hall, a Community Interest Company (CIC), bought the Hall. Led by Mary Chappelhow, six creative people with businesses at Brougham, are being supported by the local community to save this important building. Mary will be telling us more about this interesting and exciting new scheme. The site has a very long history with buildings ranging from the Roman period through the mediaeval centuries to more recent times. The workshops will be continuing to operate along with the popular café.



Light refreshments will be served after the meeting in celebration of the 30th anniversary of Penrith and North Lakes u3a.

ADVANCE NOTICE U3A visit on July 16 to Levens Hall and Farfield Mill. Places will be available for 40 people. Further details will be given later.

CHAIR'S PIECE

I just want to add to what has been said already about the forthcoming AGM and elections to the committee. We have a very strong and thriving u3a, thanks to the commitment and dedication of group convenors and the members who take such active parts in the various activities. However, none of this could happen if we don't have a group of people willing to be members of the committee and therefore trustees of our charity.

I for one am not seeking re-election this year, having done stints as treasurer, secretary and currently as chair and although I have enjoyed my involvement (and yes, I will miss it), I think it's time to step down. Please do think about putting your name forward for nomination as a committee member or an officer- new faces bring new ideas. As mentioned elsewhere, I am happy to have a chat with anyone who would like to know more about what is involved in joining the committee.

Margaret Irving (Chair)

FEBRUARY MEETING

THE SUNBEAMS MUSIC TRUST - Annie Mawson

Members of Penrith and North Lakes u3a were treated to a most enjoyable, interesting and moving talk given by Annie Mawson, the founder of our local music centre: The Sunbeams Music Trust. Situated just off the A66 near Rheged this remarkable modern building is the home of a very special group of people of many ages and personalities.

Central to the work going on there is Annie Mawson who trained as a teacher of children with special needs, and as Annie would add, who also have special talents and sensitivities. Founded in 1992, Sunbeams has become a vital element of many people's lives. Through the medium of music, vital therapy is transforming the lives of people who have great gifts which can remain hidden until they are given the chance to engage in musical activities. The emphasis is on their abilities rather than disabilities. Using a wide range of instruments, sounds and songs, the

difficulties of communication and participation are overcome. Looking at photos and video clips the eagerness, joy and involvement of both children and adults was both very impressive and moving.

The building of the Sunbeams' Centre is itself very special. Annie's nephew, Will Mawson, was studying Architecture at Newcastle University when she invited him to submit a design for the new centre. The result is this most thoughtfully planned building which is not only perfect for the work taking place there but also was awarded several significant prizes for the imaginative design of Will and Dan Kerr who have now established a most successful architects' company: MawsonKerr based in Newcastle.



Annie gave a series of moving examples of people who are continuing to benefit from their visits to Sunbeams, some of whom have been attending for many years. A girl who suffers over 30 seizures on a daily basis is freed of them altogether when engaged in music; another is able to speak full sentences having heard music by Philip Glass and is now able to join in mainstream classes at school; a young man said 'Sunbeams is a refuge' in a life otherwise dominated by unkind judgments; a boy with Downs Syndrome has played in concerts at St Martin in the Fields church in London since going to Sunbeams. Adults as well as youngsters are being encouraged through their visits to this special centre.

All in all, Annie's talk was most interesting, entertaining and clearly demonstrated how closely Sunbeams is achieving the aims described in their mission statement: 'Sunbeams Music Trust is a charity helping disabled children and adults improve their health and well-being through the creative freedom of music'. It was a heart-warming insight into a wonderful local charity. Annie rounded off the afternoon with a lovely rendition on her harp.

Sue Tomlinson

MARCH MEETING

BEATRIX POTTER, 1864 to 1943 - Faye Morrissey

Faye Morrissey, manager of the Armit Museum in Ambleside gave a very interesting talk on Beatrix Potter at the March Penrith U3A meeting. She revealed a very different side to this famous author of the much-loved Peter Rabbit series of children's books. Living between 1866 and 1943, she was born into a wealthy upper middle-class family based in South Kensington. Her grandfather had generated a considerable income from his large calico business and her father became a barrister.

Beatrix related very well to her brother Bertram but was more on her own when he left home to go to boarding school. She was educated by governesses but also spent much time pursuing her own interests which included reading, drawing and both discovering and studying wild life. Living in London gave her the opportunity of visiting the nearby museums and galleries where she spent much time closely observing the appearance and structures of animals, insects and, perhaps more unusually, fungi. The Potter family enjoyed taking holidays with family on the south coast and later from 1870 (at the tender age of 4) travelling further afield to Scotland to stay at Dalguise House, near Dunkeld.

Spending the entire summer in the countryside delighted young Beatrix who thoroughly enjoyed many summers furthering her knowledge of wild life, examining plants, animals and fungi very carefully and showing increasing skill in drawing and painting them. When Dalguise House was not available the



Fungi by Beatrix Potter

family stayed instead at Wray Castle in the South Lakes and so began her strong love of the Lake District as a whole. Over a series of summers for some 20 years Beatrix Potter stayed at Holebird, Lingholm, and Eeswike (Lakefield) in Eskdale, always furthering her knowledge of the natural

world. She became intrigued by the form of various, creatures as evidenced by her paintings revealing her close study of the detail and precise colour of fish, bats, bees and fungi, each demonstrating her skill and determination to create accurate portrayals.

Perhaps a rather unlikely friendship developed between Beatrix and Charles McIntosh, an enthusiastic naturalist and mycologist. He was the local postman whom the family got to know when staying at Dalguise and he and Beatrix corresponded with one another over the period 1887 to 1901 (when her first Peter Rabbit book was published.) They exchanged letters with illustrations of fungi as their mutual interest in mycology developed. An amusing story of their shared interests is of a delicate mycological specimen being sent through the post by Charles to Beatrix. Her uncle, Henry Roscoe, a scientist, also encouraged Beatrix to submit a paper to the Linnean Society entitled 'On the germination of spores of "Agaricaceae". However, we have no evidence of how her paper was received as neither studying mycology nor writing scientific papers were regarded as appropriate female pursuits. We do, though, have evidence of the many watercolours painted by Beatrix scientifically depicting specimens of fungi and lichens.

In her conclusion, Faye broadened her scope to say more about the Armitt, a museum, a library and a gallery in Ambleside. The lives of Sophia Armitt, an artist, botanist and also a mycologist and of Charlotte Mason, a teacher, also fascinated by the natural world, are also celebrated at The Armitt.

Sue Tomlinson

PNLu3a groups

ARCHITECTURE 2's VISIT TO CARLISLE CATHEDRAL

Our Architecture 2 group recently visited Carlisle to see its new award-winning **fratry** (café). A new entrance to the refurbished fratry hall and undercroft has been created, reached through a red sandstone entrance pavilion and link structure connecting old with new. The café, previously semi-underground, is now based in this beautiful new fratry.



The fratry (right), a new bridge linking it to the old buildings



Whilst we were there, we also went to see the **East Window**, (left) recently voted the favourite in England, and the biggest window in Carlisle Cathedral. The top third is medieval glass from the 14th century. The window depicts the story of the last judgement. The lower nine panels were added in the Victorian period and depict many of the stories of the bible: nativity, Jesus' miracles, crucifixion and resurrection. The ceiling above is also much admired, setting off the window below.

Our guide was keen we should see the screened off **mediaeval panels** (right), dating back to the 15th century. A remarkable survival, they depict the apostles and the lives of St Anthony, St. Augustine and St Cuthbert.





We were then shown the **Brougham Triptych** 'one of Cumbria's greatest treasures'. It originates from Antwerp and bears the trademark of the Antwerp Guild of Woodcarvers. The altarpiece portrays the birth and Passion of Christ in intimate detail.

Finally, we saw the **Cathedral Library** (right), one of the best among English cathedrals

NORDIC WALKING

The first session of this new group was given over to instruction by Debbie Jackson, a professional instructor. The well attended session was held on the grass and roadways at Freshfield. At the moment the group is looking for suitable routes and is open to all suggestions.



BOOK GROUP 3 – new members welcome

If you would like to join a friendly, interesting book group, u3a Book Group 3 has vacancies and would be pleased to hear from you. We meet on the 3rd Wednesday of the month at each other's houses at 10.30 when we have coffee and biscuits and some lively discussion. Interested? Contact Pam Head. pamhead25@gmail.com or 07443411101

FELLWALKING GROUP

On Tuesday 10th February a dozen intrepid fellwalkers set out from Glenridding, beneath glowering skies bound for Red Tarn. The weather forecasters were swiftly confounded when the rain evaporated, giving way to a surprisingly dry February day. We reached an atmospheric Red Tarn wreathed in mist in time for lunch when the cloud briefly lifted, revealing the snowy East Face of Helvellyn. Our descent into Grisedale rewarded us with fine views across to Place Fell and the green fields in the valley below. We rounded the walk off with a flourish by adding the delightful summit of Keldas, with its classic view of Ullswater framed by mature pines. Afterwards, convivial drinks in the Ullswater Hotel gave us the perfect chance to warm ourselves through and reflect on a rewarding day's outing in the Lakeland hills

John Day

NEW - copy deadline for the next issue – FRIDAY 5th June

Please send all contributions ASAP PLEASE (don't wait till the deadline.)

Send copy to penrithu3newsletter@btinternet.com. Send contribution text and pictures together in an **MS Word** attachment if possible, or as separate .jpeg etc., rather than in the body of the email - it makes transcribing much easier.....Thanks, Ron Lyon. (Editor)

END OF AN ERA FOR U3A MUSIC APPRECIATION GROUP



John Upson's decision to take early retirement as convenor of the Penrith U3A Music Appreciation group at the age of 93 was met with dismay by his devoted followers, tempered somewhat by a quite outstanding final event.

John has run the group for twenty-seven years, taking over from his wife Mary who started it three years earlier. Monday mornings have become a very special time for the group, enjoying a wide range of classical music set in context by John. His knowledge of the lives and works of composers from Purcell to Prokofiev is encyclopaedic and his repertoire of anecdotes and personal recollections of musicians he has known and performances he has taken part in are invariably captivating, and



frequently humorous. That he will be missed is a gross understatement. Meetings preceding Penrith Music Club concerts were particularly rewarding, ensuring that unfamiliar pieces were less so on the night and always providing interesting background for the more well-known. John would go to endless trouble to find a recording if his own formidable collection didn't have one.

Despite all his knowledge, careful preparation and musical talent, John wears his learning lightly. His gentle, self-effacing presence on a Monday morning has been as important as the music in creating an oasis of refinement and a safe space to shelter in. For the members over the years, the Monday morning sessions have provided respite from their cares, and membership of the Music Appreciation Group has benefited people in many different ways, not only musically.

As the final few meetings approached, John announced that he was organising a live performance. He had done this occasionally in the past with the string quartet in which he played violin, but this was to be alongside his formidably talented family. His three daughters Valerie, Rachel and Bridget play cello, violin and viola, and classical guitar respectively and they were accompanied on the day by menfolk Milton and Glyn on guitars. John's son Chris also plays the violin but was away in Poland winning gold medals in the European Masters Athletics Championships. The concert, in John's living room, started with a bourree from a Bach cello suite, followed by a Beethoven string trio, a lovely cantabile for violin and guitar by Paganini, and virtuoso performances by Bridget of her own arrangement for guitar of Rachmaninov's Rhapsody on a Theme by Paganini and the Recuerdos de la Alhambra by Tarrega: an iconic piece in the guitar repertoire. This utterly captivating concert took on a lighter mood towards the end with pieces by Paul McCartney, sung by Glyn, and a final flourish with three Irish jigs. Just wonderful.

Clear to see was the evident delight in each other's company of this utterly musical family and the affection in which the *paterfamilias* is held, as he is by all of us who sat at his feet over the years.

To paraphrase ABBA:

"We say thank you for the music, the songs we're singing
Thanks for all the joy they're bringing
Who can live without it? We ask in all honesty
What would life be?"

Without a song or a dance, what are we?
So we say thank you for the music, for giving it to us"

Written by Ian Forrest, a member of the Group for over 20 years.

GROUP CONTACTS

For the most up to date information on a group between issues of the newsletter, see the applicable website page at <https://penrith-n-lakes.u3asite.uk/groups/>. Several groups are operating at capacity, but convenors still need contact from you, even if you've heard that your choice is one of them. We try to establish further groups where there's a clear call for them.

We don't normally give email addresses below, unless the Convenor has requested it, as the address would be in the public domain on the U3A website. However, if you would prefer to make your first approach by email, please contact janestables@icloud.com, who will pass your email to the Convenor.

Archaeology	2nd Mondays 10.00 - 12.00	Linda Davis 07855 926465
Architecture 1	1st Fridays 10.00-12.00	Gillian Stoddart 01768 862501
Architecture 2	3rd Mondays 2.00-4.00	Sue Tomlinson 01768 865622
Art Discussion	1st Tuesdays 10.00-12.00	Angela Davies 016974 75217
Art Discussion 2	First Mondays	Jan Edwards jan.edw@btinternet.com 07950 923666
Ballroom Dancing	Wed 1.15-2:15	Margaret Bancroft 07855662068 mb1952@btinternet.com
Birdwatching	4th Fridays	Jill Saunders - 01228 530267 Dave Neale - 0752 1295454
Book Circle 1	3rd Wednesdays 2.00-4.00	Jackie Bramwell 01768 867208 Carol Mitchell 01768 890443
Book Circle 2	1st Thursdays 2.00-4.00	Judith Markey 01768 863742
Book Circle 3	3rd Wednesdays 10.30-12.30	Pam Head 01768 201572
Book Circle 4	2nd Fridays 10.00 - 12.00	Angela Power 07811 084500
Bridge	Thursdays 9.30-12.30	Nick Evans 07967647028 Janet Evans 07717 833089
Bus Pass Adventurers	Where, Days, Time - all * tba	Jim Sellars 07400920940
Camper Van	Ad Hoc	Brian Hodgson 07788 510194 dak195955@gmail.com
Cinema Club	Fortnightly on Mondays	Angela Stretton 07766 935854
Cycling	*Rides on Tuesdays March to October (*see u3a website)	David Luckhurst 07739 189421
Folk Dancing	2nd & 4th Thurs 2.00-4.15pm	Tirril Village Hall Rose Johnson 07894 260580 Roger Burgin 01768 894107
Folk Music	1st and 3rd Thurs 10.00-12.00	Cliburn village hall Martin Fagan 07771 665923 Neil Stretton 07986 214541
French 4 beginners	Where, Days, Time – all * tba	Deborah Wilson deborahkay1961@gmail.com
French Intermediate	2nd & 4 th Wednesdays 10am	Alastair Keelas 07929968648
Gardening	Ad-Hoc	Anne Jackson 07802 253413
Bits & Bobs		Christine Nicholson 07733 474083
German	Alternate Tuesdays 10.30-12.00	_Kath Lawless 07788420156 kathlawless@googlemail.com
Geology	Last Tuesday 10am	Phil Newall 07976 711545
Handicrafts	2nd & 4th Friday 10.30am	Carol Mitchell 07718 144509 wollaton@gmail.com
Indoor Bowls	Thursday 2.00-4.00	Andrew Frazer 01768 428814
Industrial History	4th Fridays 2.00	Ian Hoose 07961 322948

Italian	2nd & 4th Thursdays 2.00-4.00pm	Pam Head 01768 201572
Literature 1	1st Wednesdays 10.00 to noon	Robin Acland 01768 779672
Literature 2	1st Fridays 10.00-12.00	Katharine Cooke 01931 712429 kallycooke@gmail.com
Local History	Where, Days, Time – all * tba	Lydia Gray lydiachapel@gmail.com
Lunch Group	Last Fridays 12.30	Sandra Barton 01768 840410
Motorcycling	Fortnightly Fridays April to October (weather permitting)	Kevin Lodge 07914 679507
Philosophy	1st Thursdays 2.00-4.00	Alan Green 07812 059575
Photography	meeting times to be decided	Alan Beale 07414 656268
Play Reading	4th Tuesdays 2.00-4.30	Peter Bowles 01768 881222
Pottery 1	Tuesdays 10.00-1.00	David Neale 0752 129 5454
Pottery 2	Tuesdays 1.00-4.00	Anna Bartrum 07876 572836
Reckless Recorders	Monday mornings 10.00 -12.00 fortnightly	Margaret Bancroft b1952@btinternet.com The Quaker Meeting House 07855 662068
Science Discussion	2nd Thursdays 2.00-4.00	Roger Leech 07841378121
Sketching 1	1st Thurs 2.00-4.30	Rosemary Koch-Osborne 01768 881274 Diana Smith 01768 862196
Sketching 2	1st Tuesdays 2.00 to 4.30	Steve Atkinson 07989 565023 Steve_atkinson@hotmail.com
Scrabble	1st Tuesdays 2.00-4.00	Mary Lund 01768 428312
Spanish	every Tuesday 10.30 -12 noon	Maggie Neale 01768 868123 Joy Davies 07521 754003
Table Tennis	Tuesdays - 2.00-4.00	Denise Walker 01768 865096 Thursdays - Alan Beale 07414 656268
Wine tasting	2nd Fridays 3.00-5.00 October to April	Peter Edwards 07957866856 wineofcourse@pm.me
Writing for Pleasure	Last Wednesdays 2.00	Angela Power 07811084500
WALKING GROUPS		
Short Walks	2nd and 4th Thursdays in the month	10am David Miller 07810521479 djtmiller@icloud.com
Moderate Walks	2nd & 4th Weds	Brian Hodgson Dak195955@gmail.com
Fell Walking	Second Tuesday	John Day johnday100@gmail.com

FOR GROUPS JUST GETTING ESTABLISHED

Tba.= To be advised

MEMBERSHIP RENEWAL NOW DUE FOR 2026-27

Membership fees are now due. The fee is £13 (or £13.40 if paying by cheque to cover the bank charge for each cheque paid in)

Thank you all of you who have already paid by standing order. You will have already received your proof of membership by email.

To pay £13 by bank transfer - Sort Code: 40-36-10; Account No: 11559117 Beneficiary: Penrith and North Lakes U3A

To pay £13.40 by cheque - Penrith and North Lakes U3A Please send this to - PNLU3A Treasurer, 14, Bannerdale Road, Penrith CA11 8UZ

If you belong to either W Cumbria, W Lakes, Carlisle, Skiddaw, Cockermouth or Upper Eden U3As then the entire fee for our U3A is waived as long as you have sent proof of your membership to myself at pnl3arenew@gmail.com

Members of any other U3A must pay £5.40.

To save on postage (87p) your proof of membership will be emailed to you. If you do not use email please send a stamped addressed envelope to receive yours - Maggie Neale, Renewals Secretary, 11 Arthur St, Penrith CA11 7TU

Penrith and North Lakes Standing Order Mandate

To (name of your bank)

_____ Address and post
code of your bank (as on cheques)

_____ Post Code

_____ Beneficiary: Penrith and North Lakes U3A The sum of _____

Amount in words: _____ On (Date of first
payment) _____ and on April 1st each year after until further notice Reference to be
quoted (your name and surname) _____

Your Account name to be debited

_____ Your Account No

_____ Signature
of Bank Account holder (for joint accounts only one signature is required)

_____ Date

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For administrative purposes please email pnl3atreasurer@outlook.com to confirm you are paying