

# South Durham u3a

Registered Charity Number 1207225

Active in **Darlington, Cockerton and surrounding areas**

<https://southdurham.u3asite.uk/>

Friday 4<sup>th</sup> July 2025

Tuesday 8<sup>th</sup> July

Alys Arnold: VOICE: UK National Innovation Centre for Ageing at Newcastle University

## MESSAGE FROM YOUR CHAIR

Welcome to our new members

Jean Brown  
Ann Marie Hunter  
Marie Luce Brown

Welcome to July's newsletter as we recover from the warmest June on record, and those heatwave temperatures in the last few days. As I write this I'm still waiting for a real downpour to refresh our garden and top up the levels in the water butts.

Our membership has now reached 200; I've been watching the number creep up steadily since January (when it was 176) so it's great to break into uncharted territory! We are regularly getting attendances of 80/90 at our monthly meetings which is very encouraging and I thank all our Helping Hands for their roles in getting the hall set out and ensuring everyone can move around safely and enjoy the morning.

Last month we hosted a Quiz for the south of the Northumbria u3a region, which was a very busy and enjoyable afternoon, well received by the other groups attending (you'll find a report in this newsletter). The next Quiz takes place on 26<sup>th</sup> November – if you enjoy trying to answer a wide variety of questions, please join one of our teams.

Nationally many u3a groups don't have meetings during the summer holiday period, but we choose to continue so there will be the regular monthly meeting in July and August. If you are likely to be missing from one of the interest groups however, please let your group leader know not to expect you – it could be they choose to cancel one session if very few of the regulars are not going to attend.

Finally, I end with the sad news of the death of Pat Oliver, wife of Bill. She was a longtime member of our group, and we have sent our condolences to Bill and family.

Ruth Beckett

# LAST MONTH'S MEETING

Rob Lynas – Tees Valley Rescue

Tuesday June 10 This may be a small organisation but certainly has its act together. Rob took us on a brisk journey from grumbly beginnings to the spark of an idea, charitable status, boat purchase and first official patrol in June 2020, ending with a succession of statistics that proved a) how it's grown and b) how worthwhile it is. I lost count of the times Rob said he's a qualified such-and-such but one of his hats is that of a "marine mammal medic" - who'd have thought? I also hadn't realised what makes his charity pretty necessary in comparison to other rivers - the Tees Barrage, which renders it impossible for lifeboats to go too far upriver. If you think you're too old to volunteer for this type of thing, think again - a 78 year old recently retired from Rob's admin side after 8 years! Hope for us all...

LINDA CHADD



## LATEST NEWS FROM THE GROUPS

### COFFEE & CHAT

☕

We meet from 10.30 to 12.30; in Binns Cafe on the last Wednesday of the month Everyone is welcome. Just take a break from your shopping, rest your feet and join our friendly group for a coffee and a natter.

Next meeting will be at 10.30 on Wednesday 30<sup>th</sup> July

Pauline Noble

### DOT'S JUNGAGLOW CRAFTS



This month my crafting ladies resurrected a childhood craze – LOOM BANDS.

Once the technic was mastered, they produced some stunning loom band bracelets.

We even crafted small bees out of the bands, to hang on the bracelets as charms.



|                            |                           |                      |                             |
|----------------------------|---------------------------|----------------------|-----------------------------|
| 31 <sup>st</sup> July      | Silicon Casting jewellery | 30 <sup>th</sup> Oct | Snow Globes                 |
| 28 <sup>th</sup> August    | Japanese Bracelet making  | 27 <sup>th</sup> Nov | Bead work/birthday calendar |
| 25 <sup>th</sup> September | Mandella Weaving          | 18 <sup>th</sup> Dec | Quilted Christmas baubles   |

## CREATIVE WRITING



The Creative writing group continues to grow. We are now full, but if you are interested in joining, I will make enquiries to move the group to a bigger venue. This month's session homework was entitled Witches and Wizards. The pieces could be in story poetry form. We had some very interesting writing on the subject.

Next Meeting is August 6th from 10 until 12 noon at 15 Elton Grove.

Contact Dot if you are interested in joining this group

*Dot Hullah*

## ORIENTAL MUSEUM TRIP

Founded in 1960 to support the University's teaching and research in the Oriental School, the present building was funded by the Gulbenkian Foundation and received a bequest of 3,000 Chinese objects from Sir Charles Harding in addition to the Egyptian collection of the 4th Duke of Northumberland. However, the collection now numbers over 23,000 artefacts, many of which are used to promote teaching and learning in the University and the wider community. Our small U3A group was met by our two delightfully enthusiastic guides who took us on a tour of some of their favourite exhibits.



Among these were a Chinese wedding bed and some tiny shoes from the days of foot binding and an incredibly rare statuette of a young Egyptian girl, only two others similar have ever been found!

We loved the Korean wedding ducks whose position facing each other would indicate the married couple were getting on, facing away told visitors that things were not so harmonious!

However, the high point of the visit was the opportunity to handle some incredibly rare exhibits, among which was a 3,000 year old cosmetic jar, a beautiful Chinese jade bowl and an embroidered silk tunic dating from the early nineteenth century.



There is so much to see I will have to make another visit in order to browse at my leisure.

With many thanks to our lovely guides and to Ruth for arranging the visit.

*Toni Carr*

## INTERMEDIATE WALKING GROUP



The walk on paper reads Cotherstone to Lartington and back again, but the bare bones of those words does not convey what a lovely day we had. It began not just with the arrival at Cotherstone, but the journey there through the English countryside of an early summer.

Visitors to the north are amazed at how beautiful it is, and we so easily take it for granted. Travelling to Cotherstone we passed through country lanes, trees heavy with dark green canopies of leaves, fields of waving grasses, buttercups and clover, dozing sheep shedding ragged winter fleeces, horses flicking manes and tails in the shade, and the odd buzz of tractors going about the working day. We also pass through a thousand years of history with glimpses of Raby castle estate, Walworth, medieval churches, Georgian street fronts, and dry stone walls which would have been there when Bonnie Prince Charlie tried to invade England.

The walk itself went from the stone built Cotherstone village, front gardens full of roses, over Scur Beck to the very ornate to Lartington Hall. Nearby there are magnificent trees each one a testimony to the landscaping of years gone by. We looked in on the private burial ground where a very impressive Grade 2 listed building holds the remains of Thomas Witham (he of Witham Hall). Google tells us it has stepped buttresses and pilasters, flanked by imposing statues of saints. Other features on the walk? a very pleasant lunch break outside the walled garden once belonging to Lartington Hall, with the sound of a rushing brook to sooth our senses. We passed under the Kirkby disused railway line, and travelled on through meadows and woodlands crossing the Grise Beck on a large stone slab footbridge.

Retracing our steps with a last final uphill effort, we came to Mire Lane, and thus to Cotherstone, and the very welcome church/cafe, where the cakes are enjoyed under the eternal benign gaze of saints depicted in the stained glass windows.

Our thanks to the drivers and the leader without whom none of this pleasure would be possible.

Alex Bailey

The next walk on **Monday 21st July**, is from Gilling West to Skeeby. Approximately 5 miles, some stiles, cows and may be muddy.

The following walk on **Monday 4th August**, is from Brafferton. Approximately 5 miles, some stiles, rutted fields, cows and may be muddy

You may wish to bring a packed lunch, fruit and drink.

Members should be confident they are fit to participate and wear suitable clothing and footwear. They should also carry information to be used in case of an emergency. (ICE cards)

## LOCAL HISTORY



Kevin gave us a cracking talk on a distinctive architectural style which gave rise to beautiful homes for the professional classes, at its zenith between the 1880s and the 1920s. More of a world view than a simple design movement, it covered furniture and interior decoration and its influence percolated down to what I remember of the modest 3-bed thirties semis I shared with my parents in the London suburbs. Many familiar names were mentioned like William Morris, John Ruskin and Mousey Thompson but the movement spread far beyond them. Aesthetics being what it is, demarcation lines are blurred and our conversation strayed to other design movements such as Art Nouveau and Deco. I may not have time to visit all the wonderful places illustrated but shall keep a better lookout for this style in future.

## LINDA CHADD

|           |   |
|-----------|---|
| Month     | Local History   |
| July      | Gibside in the Derwent Valley <i>David Butler</i>                                 |
| August    | Highlights of Roman County Durham – <i>Dr. David Mason – county archaeologist</i> |
| September | Church Recording – <i>Vivien Clear &amp; Rosalind Platts</i>                      |
| October   | Women of the Stockton & Darlington Railway <i>Caroline Hardie</i>                 |

If you wish to attend **Darlington u3a's History** group – this is their programme for the year – contact Steve directly to let him to know you'll be attending from our group.

**Darlington U3A History Group, 2025 - Programme of Wednesday 2pm meetings (doors open at 1.30pm.)  
St Thomas Aquinas Church Hall, 249 North Road, Darlington.**

|                  |  |  |
|------------------|--|--|
| <i>July 30th</i> | <i>Darren Billingham</i>                   | "Ringtons" The history, background and development of this iconic local business whose Head Office remains in Newcastle.                                     |
| <i>Sep 24th</i>  | <i>Richard Annis</i>                       | "A Roman settlement at East Park Sedgefield. "The story of discovery and excavation (partly by the Time Team) of this settlement on the line of Cade's Road. |
| <i>Oct 29th.</i> | Members day<br>Ken Bowman                  | Come early for tea, coffee and biscuits, before being entertained by Ken's "Local tales of South Durham" Folklore, myths and memories.                       |
| <i>Nov 26th</i>  | David Butler<br>Former County<br>Archivist | "Drunken midwives and common strumpets"<br>Great title for a great talk by a great speaker.  |

**Steve Keeney Darlington U3A History Group Leader**

### NEW MEMBERS (and not so new members) COFFEE MORNING



This will take place the fourth Tuesday of each month- in Café Zest Binns 10.30- 12.00



Our aim is to allow new members to get to know each other in a less busy setting than the monthly Bowen Road meetings. There will be committee members present should you have any questions to ask. We hope that this will help you make new friends and meet with our recently joined members in a relaxed environment. No need to book, just turn up.

**Jenny & Brenda**

### FRENCH CONVERSATION



We have talked about Mother's Day in France and had some quick speed- dating conversations! We all love to learn from each other and really enjoy trying to improve our French conversation. We would welcome new members to the group! Our sessions are from 11.15-12.15 at the Newcastle Building Society and in the Autumn will run on Mondays:

September 8 and 22

October 6 and 20

November 3 and 17

December 1 and 15.

Please contact me if you have any queries.

**Celia Howarth**

### READING GROUP 2



Group of seven met to discuss "Pompeii" by Robert Harris. It's set in Italy in AD79, during the 4 days leading to the eruption of Vesuvius which buried Pompeii. The hero, Attilius is the engineer in charge of the water supply. He attempts to find out why there is an interruption in the water supply, he meets Pliny and there are many examples of the observations Pliny made of the eruption. An enjoyable read, the result of meticulous research by Robert Harris.

### Next meetings

11<sup>th</sup> July Book chosen is "The Lincoln Highway" by Amor Towles

*Liz Kay*

## PHILOSOPHY AND YOGA

We were pleasantly surprised when the members were arriving for the meeting to be presented with a lovely card and a large Alstroemeria plant for our garden which was from the current and past members over the two series of discussions that we had led.

We had a good session to round off the series of Yoga Philosophy during which we watched a series of videos by Swami Tadatmananda on YouTube under the heading "What Meditation is and is not" these went into considerable detail with very good examples thrown in for good measure. These are an excellent series of lectures / videos for anyone interested in the subject and he is very understandable.

We followed this with a yoga nidra relaxation which always goes down well to round off the session

Just a reminder that this was the last meeting of this series and at present we are not anticipating holding any more.

*Barry and Pat Garnett*

## LUNCHEON GROUP



The June get-together for the lunch group was held at the Burtree Inn when 17 members attended.

Our July get-together will be on Friday July 25<sup>th</sup> at 1pm at the Bay Horse, Middridge. We do not need to pre-order but I will be taking names of those wishing to attend at our next main meeting on 8<sup>th</sup> July.

*Stella Barnes.*

## SCRABBLE GROUP



This is a fairly new group, and we need some new members. We are a mixed ability group so whatever your level you're sure to fit in. Held on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month in The Travellers Rest, in Cockerton

Interested? Contact Brenda Ellidge

## FAMILY HISTORY

It has been decided that the group will not meet during the summer months when everyone is either on holiday or prefers to spend time outdoors during the good weather instead of sitting in the library. I shall contact all group members at the beginning of September with a view to recommencing and I shall also include a notice in the September newsletter. In the meantime, enjoy the good weather, everyone and I'll hope to see you in the autumn ready to search for more ancestors

*Pauline Noble*

### PLAY READING



. At last – we have completed ‘Murder on Arrival’ and look forward to Tom Stoppard’s play ‘The Real Inspector Hound’ which is the last of the plays borrowed from Richmond Amateur Dramatic Society to whom we are very grateful for keeping us going whilst Gainford Players were out of action. This play was first produced in 1968 at the Criterion Theatre in London. As cast members included Ronnie Barker, Richard Briers and Josephine Tewson, we expect it to be a comedy, even though murder is the subject.

Recently we have been able to visit Gainford once more after their flood. They have produced and performed one play and are in the process of rehearsing their next production. They gave us free access to their library of play collections from which we chose four titles which should keep us going till Christmas I should think!

*Murial Jones*

### READING GROUP 1



Our chosen book for our June meeting was *The Spy and the Traitor* by Ben Macintyre, described as ‘the greatest story of the cold war’.

It follows the career of Russian Oleg Gordievsky, who was born into a KGB family, and joined the KGB himself in 1963.

After various ‘boring jobs’ at headquarters in Moscow he was sent to their embassy in Copenhagen where he experienced life in the West for the first time. He loved the freedom of the people, being able to buy any book he wanted, listen to any music, and generally the relaxed life of the citizens as compared with life in Moscow. He also realised how badly the Soviet people were treated, and how much miss- information was spread by those in office.

In 1974 MI6 finally recruited him, and for many years he passed valuable information to them, never for money but for the sake of his fellow citizens.

There were many hiccough, but in 1982 he was moved to the Russian Embassy in London, together with his wife and two daughters. They all settled into Western Life and loved it.

But rumours of a spy in the Embassy abounded, and as one of several suspects , he was ordered back to Moscow, his family following later.

This book is based on an incredible amount of research, and much detail, and numerous Russian names! Can I suggest that anyone finding this a little too much, should read Chapter 14, Friday 19th July , and Chapter 15, Finlandia.

Ann

Our next meeting is on **July 9th**, at Lorna’s, when we will be discussing *Eden Close* by Anita Shreve.

*Ann Tomlinson*

### ITALIAN CONVERSATION

Our group is always fun and everyone is very supportive ! We have learnt how to say some phrases about the weather. The group is continuing in the Autumn and we will learn how to talk and understand about health and illnesses - often useful on holiday! Our sessions will be from 10.00-11.00 at the Newcastle Building Society on Mondays:

September 8 and 22

October 6 and 20

November 3 and 17

December 1 and 15

*Celia Howarth*

### OPPORTUNITYS FOR u3a MEMBERS

#### **OUTING TO SHANDY HALL AND BYLAND ABBEY, THURSDAY JULY 17<sup>th</sup>**

Shandy Hall is a small, eccentric writers' museum in Coxwold, North Yorkshire and the former home of 18th century writer Laurence Sterne, author of "The Life and Opinions of Tristram Shandy". It has been described as the birthplace of the English novel. Patrick the curator will give us a tour of the museum and church in the morning. After lunch we will visit nearby Byland Abbey where I hope to meet a friend who will give us a brief chat about the Cistercians before we have a look around. You should be back in Darlington before rush hour.

I'm organising this trip along the lines of last year's jaunt to Hylton Castle, so we will be car-sharing. Numbers for the house are limited to 16, which means me and 3 more drivers. The minimum number for the visit is 6. If oversubscribed, I'll start a waiting list.

You can secure a space on this expedition at the upcoming monthly talks, by paying me the £10 museum charge (cash preferred). I'll need to take your contact details so we can organise lifts.

Each driver will be responsible for contacting their passengers and making lunch arrangements- there is a small *cafe and a pub in Coxwold, or you can have a picnic in the museum garden.*

There are only **4 places** left for this trip but you can secure yours by paying me £10 at the June general meeting. If more people sign up, one must be a driver. I shall send fuller instructions nearer the time.

**LINDA CHADD.**

#### MESSAGE FROM Trip Co-ordinator.

Thank you for supporting the trips this year. The final one has taken place & the decision on next year isn't finalised due to the rising costs of coach hire. The last coach was £900. I would be interested to hear from members as to how much you would be happy to pay per visit for the journey.

We have 2 visits left

Friday November 14<sup>th</sup>

AM Lit & Phi.

PM Victorian Tunnels

This day is make your own transport arrangements. I will advise members nearer the time who is attending to car share.

Stamps

Is there anyone who can advise where used stamps can be sent please.

My contact know longer collects.

A PLAY BY GAINFORD PLAYERS – 2<sup>ND</sup> OF JULY – FOR ONE WEEK ONLY



Ever eavesdropped on a conversation you weren't *meant* to hear?

Welcome to "**All Bar One**" – a wickedly funny peek into the lives of hotel guests who definitely have something to hide... and no intention of keeping it that way.

Opening in just **two weeks** at Gainford Academy Theatre, this deliciously tangled comedy brings together a barmaid who's a little lost, a man who knows too much, a married woman with a secret, her not-so-secret lover, a high-class call girl, and the ever-watchful Lady Winston—who may just be enjoying the chaos a little *too* much.

Set in a bustling country house hotel, **All Bar One** is a sharp, surprising, and occasionally scandalous night out—where the line between truth and fiction blurs, and the wine (and wit) flows freely.

Expect laughs. Expect drama. Don't expect everyone to be who they say they are.

 Performances begin Wednesday 2nd July for **one week only!**

 At Gainford Academy Theatre

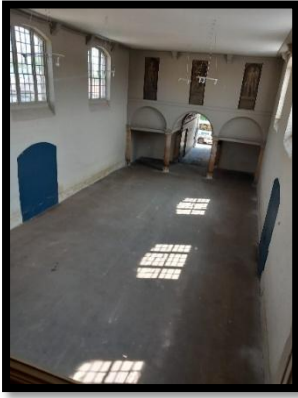
 [BOOK NOW](#)

Come for the mystery, stay for the mayhem—and bring a friend who loves a bit of gossip. See you at the bar (or at least near it),

### **HELP NEEDED**

"If you have a few hours to spare on a regular basis, Darlington Town Mission (DTM) is looking for more Trustees and volunteers. People with knowledge of HR/employment contracts would be particularly welcome as Trustees and volunteers who can drive are needed as soon as possible, to escort our 'Friends' (over 80s) to events. Volunteers must be prepared to have a DBS check and an induction process is followed. DTM have been around since 1838 and are focussed on relieving loneliness and offering practical support, mostly to over 80s and especially where family members live away. If you feel able to help please speak to Penny Moon -

VISIT TO HOVINGHAM HALL, WEDNESDAY JUNE 11



It's always a pleasure to mix with the upper classes and so I was duly edified on meeting a select coachful of u3a members for our trip to somewhere I'd never heard of. But there was more aristocracy to come in the person of the current and most hospitable Lady Worsley, niece by marriage to the Duchess of Kent (who was born here and is now in her 90s). Unlike many stately homes, her 18th century Palladian



mansion opens straight onto the village street and uniquely, the riding school is the first thing visitors encounter. Hot drinks and scones followed before we took a tour of the delightful house and gardens, then onto the part-Saxon church with its family vault. What a nice place in which to grow up. Then to Helmsley where we dispersed to do our own thing which basically amounted to the same thing, nourishment and shopping. All rounded off by a lightning ride down Sutton Bank, up which we had crawled in the morning. A lovely day, thanks to Carol, our driver and the weather.

**LINDA CHADD**

## SUMMER QUIZ

South Durham hosted the South Northumbria Regional Quiz on Wednesday 18th June 2025.

This is a biannual event. We had 18 Teams of 6, from 10 different u3a's taking part.

Our Venue Hurworth Grange Community Centre has extensive grounds with ample parking. Members driving a distance were able to visit the on-site café to partake of refreshments prior to the quiz. It was a very pleasant afternoon, a chance for friends and potential rivals to catch up with each other.

The range of questions set by our Quiz Master; Dave Tucker didn't disappoint with a number of Tie Break questions at the end to select the winning team.



**Winners:** Durham Carville.

Prizes were presented by Ruth Beckett (Chairperson)

**Last Place:** Sedgfield Ladies.

Prizes were presented by Dot Hullah (Artist)

**Jenny Hurt**

Garden Snails

The slimy snails were having a party  
As the evening sun was setting  
They slithered among the new young plants  
Underneath the garden netting  
They chewed and chopped the tender leaves  
Leaving holes in everyone.

“The lady won’t be happy” they laughed  
“When she sees what we have done”  
But the snails got a big surprise when they saw  
The lady had left them some food  
“Oh wow!” they squealed, “How kind of her .....  
To ignore it would be rude,”

So, they scoffed away at the bright blue ‘food’  
Which was in pellet form  
Until suddenly they all became  
Very, very warm.....

“We’ll have to take our shells off now  
So that we can cool down.

I wonder what was in the food?”  
Said one snail with a frown

So, they all took off their shells and made  
Some more slithery trails.

Then .... A crow swooped down and pecked them  
to bits

And that was the end of the snails.

(P.S. Snails are not my favourite creatures as you  
may be able to tell)

*Kate Brown*



And There it wasn't

From the corner of my eye  
I see a shadow sliding by  
Or slipping past slowly  
Or whipping in and out

A sly movement by the curtain  
A warmer patch of wall  
A darker shade of light  
A blurring in the hall

When I turn to catch it,  
To see what shape of shadow  
Where it is going  
It wasn't there at all

The sun causes shadows  
A draught makes a move  
Open windows lift the air  
I know, but this is sneaky

Almost daring me to catch it.  
It is happening more and more  
I need some other eyes to see  
To say it wasn't there.

*Margaret Rule*

Send your creative gems to the  
Editor Dot Hullah at  
[sdu3aeditor@gmail.com](mailto:sdu3aeditor@gmail.com)

## MONTHLY MEETING SPEAKERS

| Monthly Meeting           | Speaker & Title  |
|---------------------------|--|
| 8 <sup>th</sup> July      | Alex Mitchell: VOICE: UK National Innovation Centre for Ageing at Newcastle University   |
| 12 <sup>th</sup> August   | Aycliffe Beekeepers Association  |
| 9 <sup>th</sup> September | I AM ROADSMART Helping to make better drivers and riders through education and upskilling (formerly the Institute of Advanced Motorists) |
| 14 <sup>th</sup> October  | Kate Streatfield: Croft's Crossing- her experience of researching and writing a book   |
| 11 <sup>th</sup> November | AGM & Stuart Miller – Lee Miller war photographer  |
| 9 <sup>th</sup> December  | TBC  |

## GROUPS ON OFFER

|  |  |   |
|--|--|---|
| Canasta – Sylvia Elliott                           | Travellers Rest                                      | 2pm alternate Thursday of the month. £2 each – includes refreshments. |
| Coffee & Chat - Pauline Noble                      | Binns cafe   | 10.30-12.30am last Wednesday of each month                            |
| Creative Writing – Dot Hullah                      | Leader's home  | 10-12am first Wednesday of each month                                 |
| Current Affairs – Gill Turnbull                    | Members' homes                                       | 10am-12 noon on the 3rd Monday of the month                           |
| French, Advanced<br>Celia Howarth                  | Above Newcastle Building Society, Market Place       | 11.15 on 2nd & 4th Monday of each month                               |
| Friday Walking<br>Judith Bryant                    | Park cars in Linden Ave (nearest Coniscliffe Rd end) | 9.30am on the 3rd Friday of each month                                |
| Intermediate Walking<br>Susan –                    | Cockerton car park                                   | 10am on the 1st & 3rd Monday of each month                            |
| Italian for beginners<br>Celia Howarth             | Above Newcastle Building Society                     | 10-11am on 2nd & 4th Monday of each month                             |
| Jungalow Crafts – Dot Hullah                       | Above Newcastle Building Society, Market Place       | 10am-12pm Last Thursday of the month                                  |
| Local History – Ruth Beckett/Linda Chadd           | Willow Road Community Centre                         | 1.30pm on the 3rd Tuesday of the month                                |
| Luncheon Group - Stella Barnes                     | Pubs/restaurants                                     | 1.00pm on the last Friday of each month                               |
| New Members (and old) coffee morning<br>Jenny Hurt | Binns café   | 10.30-12 on 4th Tuesday of each month                                 |
| Play Reading – Muriel Jones                        | Members' homes                                       | 2pm on the 3rd Tuesday of the month                                   |
| Reading Group 1 – Toni Carr                        | Members' homes                                       | 2nd Wednesday of each month   |
| Reading Group 2 – Judith Bryant.                   | Members' homes                                       | 10.30am on 2nd Friday of each month                                   |
| Rummikub – Liz Kay                                 | Members' homes                                       | 10am-12 noon on the 1st Friday of each month                          |
| Scrabble<br>Brenda Ellidge                         | Travellers Rest Cockerton                            | 2pm on 2nd & 4th Monday of each month                                 |