



Newsletter & Diary

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Anne's Message



What a wonderful turnout for the AGM, thanks to all. Also, thanks for accepting the subscriptions resolution, I suppose we have all become used to price rises and should just be grateful we have a roof over our heads and food on the table.

Our thanks go to Lynne Dorff for many year's service as Honorary Secretary and I'm so pleased to welcome our new Honorary Secretary, Angela Taylor; she has a great act to follow, but has a wide experience and expertise. We also look forward to possibly seeing some new faces round the committee table.

New members are the life blood of a group and although "word of mouth" is a wonderful system, if we could appoint a publicity officer to make contact with the wider world that would be most helpful. Don't forget to keep a leaflet in your pocket/bag to give to anyone showing interest.

This past weekend marked Spring, St David's Day and u3a members assisted with Marie Curie collection weekend wearing some very eye-catching outfits. It's too soon to know how much was collected, but we'll let you know.

Our range of groups has grown despite our need for economies, and we hope you are all able to find a group to interest you.

The saga about the parking situation at Morrisons continues. Morrison's have made a planning application for the erection of tall poles and cameras for the enforcement of a 2-hour parking restriction. You should already have received information by email from our Committee about this, which recommended that each individual member submitted a formal

objection to Harrow Council through the online planning portal. We hope that as many of you as possible have done this, because by the time you receive this Newsletter, the period for placing an objection will have closed. We understand that the Hatch End Association are making a formal objection and the local Councillor has started a petition, as he himself is unhappy about the proposals; links to this petition have already been distributed online.

In the meantime, and until this planning application is dealt with one way or the other, the parking arrangements remain as they are, i.e. no restriction.

The Arts Centre has some new buildings, mostly we gather for dance groups, but HAC have also acquired the Mayor's Parlour in the former Gobey Room. There has been work done on the roof of Rayners and repairs are generally being dealt with.

Your committee wish you a good summer session with plenty to keep the brain and body active.

Anne Gerrard



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Harrow Arts Centre

www.harrowu3a.co.uk

Please send Notices,
Articles and Photos to
the Newsletter Editor
BEFORE
FRIDAY 5TH JULY

Please submit articles as Word (or similar) text files attached to an email, or as text in the body of the email. Please include the article title in the Subject line of the email. Photos should be high resolution .jpg files separately attached to the email, not as pictures embedded in the text.



The Editor reserves the right to edit the length of Notices and Articles to fit in the space available. Wherever possible the Author will be consulted beforehand, but the Editor's decision is final.

Opinions expressed in the Newsletter do not necessarily reflect policies of Harrow u3a or of the Third Age Trust.

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Hello everyone,

After my plea at the AGM, I would like to thank all those who offered to help with delivering the Newsletter. We now have 11 potential "Posties", eight women and three men (am I allowed to say that these days?!). Why is it that most of our volunteers for this and other requests for help are women? Come on chaps—step up and be counted. Thank you also to those who wrote to me offering advice and suggestions about this.

The remaining, and major, problem is that a total of about 50 people are needed to cover the distribution areas. Please contact me if you are able to help.

If we can ultimately deliver everything by "postie", there is the potential to save over £1000 each year, and there will be a further increase in postage due this April.

The alternative option being considered is that the Newsletter should go totally online, with only a small number to be printed for those members who cannot use the internet. The Newsletter and Diary are already on our website and many other u3as' newsletters are solely online. Overall, this would save over £4000 per annum in printing and postage costs.

What do you think?

- **printed Newsletter & Diary**
- **online Newsletter & Diary**

Please let me know by emailing me (see links at top-left or bottom-right)

It is important that you respond, as we need a large consensus to act one way or the other.

Unfortunately, the Newsletter is reduced to 20 pages this time. I would love to receive more feature articles and photos for the next issue from you, our members, about the u3a activities you have enjoyed over the summer.

In a similar vein, I have now run



out of the little "Life Before u3a" biographies. If you are a Committee member, or a Group Leader, or an "ordinary" member—especially if you feel you have an interesting tale to tell—please contact me.

As some people seem to get lost at Harrow Arts Centre, I have included a new layout diagram on page 17. This diagram is also available as a leaflet at the HAC box office.

You will note one major change in the Tours & Visits section where, with agreement of the T&V committee, there will no longer be "green slips" for making a booking. As it is necessary to phone or email the T&V organiser anyway to check whether there are places still available, the actual booking can be made at the same time; the only thing then left outstanding is the payment. Please refer to the new wording on the first T&V page in this Newsletter.

On a happy note, although we've just been through a dismal and very wet winter, spring is now here. So let's all forget the up-coming election and political shenanigans and look forward to a glorious summer.

Stephen Dorff

Monthly Speakers

Talks are on the last Thursday of the month at 10.30 a.m. and are in Hatch End Suite 1 which faces the car park at the rear of Harrow Arts Centre. Talks last 45–60 minutes and are followed by refreshments. In the interest of the environment, you are kindly requested to bring along your own mug or cup.

With thanks and looking forward to meeting you.

Helen West

Thursday 30th May—Mary Smith—A Schoolgirl's War

This talk tells the story of school life during WW2 arising from two fascinating and recent discoveries. The first was the uncovering of an extensive set of tunnels used as underground classrooms and the second was the discovery of an exquisite set of paintings created as the war unfolded.

Thursday 27th June—Rosemarie Swinfield, professional make-up artist—The Fashionable Face of Restoration

The astonishing story of paint and 'wiggery' at the Court of Charles II

Thursday 25th July 2024—Claudia Mernick Presents The Harrow u3a Ukulele Band

After starting out in September 2022 as complete beginners, it was quickly discovered that learning to play the 'uke' was fun and the band was formed. Claudia is assisted by co-group leaders Colin Newland and Ken Hart. You are invited to sing along.



Walks

COUNTRY WALKS

Third Thursday of the month.

Walks are approx. 8 miles

Dates for May–August 2024

Thursday 16th May

Thursday 20th June

Thursday 18st July

Thursday 15th August

The walks in the countryside often involve hills and footpaths or trails that are muddy in places, so a reasonable level of fitness is assumed. Stout walking boots or footwear are essential and walking poles can be useful.

Various members volunteer to lead walks. Each walk has been thoroughly reconnoitred by the leader.

Public transport is used to get to the start of the walks and to return home. Not all our walks are circular; on a linear walk we return from a different station.

Details to confirm route and transport arrangements will be circulated by email about 10 days before the date of each walk, to those who have confirmed that they wish to walk.

We have lunch at a pub on the route and we usually have to choose from the menu in advance.

If you are fit and new to the walks and would like to be on the email distribution list for this group, please contact Vivienne Gould

WALKING IS A GREAT WAY TO BE ACTIVE – SO WHY NOT COME ALONG FOR A SOCIABLE DAY AND ENJOY THE BEAUTIFUL COUNTRYSIDE SO CLOSE TO WHERE WE LIVE.



u3a SUNDAY GROUP SUMMER 2024

Would you like to join a friendly group of people for a week-end outing? The Planning Group hope you will enjoy our new programme and join us for some summer outings. The outings are usually on the third Sunday of the month and you'll be sent a reminder email each month. Please leave your mobile phone number so that we can contact you if there are any problems.

Please contact [Pam Gonsal](#) for up to date information.

May 19th—The Charles Dickens Museum

Charles Dickens wrote 15 novels between 1836 and 1870 including some of the most famous works in the English language – such as “A Christmas Carol”, which was credited with popularising Christmas as a holiday in Britain and America. Many of his books depicted impoverished characters triumphing against the odds. He moved to Doughty Street with his wife Catherine and their eldest son Charlie in 1837. While living in Doughty Street, Dickens finished writing “The Pickwick Papers”, wrote “Nicholas Nickleby” and, most famously of all, “Oliver Twist”. These early publications made Charles Dickens an International celebrity, even Queen Victoria was a fan!

Today the museum is set up as though Dickens had just left it. It appears as a fairly typical middle-class Victorian home, complete with furnishings, portraits and decorations which are known to have belonged to Dickens. Entry to the museum is £10.50 (concession)

We meet at 12.00 at Harrow-on-the Hill Station and travel together. Bring a packed lunch, or there is a café at the museum. Please phone Pam Gonsal on 020 8868 4291 by the 12th May to let her know you are coming (leader Judy Loffman)

June 16th—A cruise to Greenwich

We thought a leisurely cruise on the River Thames would be a good way of spending a Sunday. We can admire the views of London's iconic sights from the river, listen to the commentary as we are sailing, or head for the open deck for panoramic views of London's landmarks. On arrival we can explore Greenwich and visit Greenwich market, the Cutty Sark, the National Maritime museum, wander around Greenwich Park or visit the Royal Observatory.

We meet at Harrow on the Hill Station at 12.00 and make our way to Westminster together where we can board one of the Cruise boats. Bring a picnic lunch or eat at a local café. We will let you know nearer the time the cost of the cruise but think we can get a discount with our Freedom Passes. Please phone Pam Gonsal on 020 8868 4291 by the 9th June to let her know you are coming. (Leader Pam Lee)

July 21st—A walk in Spitalfields. (blood, guts and body snatchers)

Smithfield—a medieval ‘smooth field’ large and flat enough for the sport of jousting—began as a horse market. Eventually butchery took over the area and it became home to London Central Markets (better known as Smithfield Market), one of the largest meat markets in Europe. Butchery of a different kind took place in West Smithfield which was for centuries the site for public executions. The Scottish national hero William Wallace was hung, drawn and quartered here. In 1305 Smithfield was also a centre of the body-snatching trade, whose lasting legacy is the watch house built to guard the Sepulchre's grave yard. There are places we can eat locally or bring a packed lunch. This is a self-directed walk.

We meet at Harrow on the Hill Station at 12.00 and travel together. Please phone Pam Gonsal on 020 8868 4291 by the 14th July to let her know you are coming. (Leader Sue Thomas)

August 18th—Rickmansworth Aquadrome

The Aquadrome is a designated local Nature Reserve. It has become one of the foremost attractions of the area where you can enjoy a leisurely day out in a public park, a nature reserve, a river and a canal. We can take a peaceful walk around the lakes as well as watching the water sports, such as water-skiing, canoeing and sailing. There is a very nice café where we can lunch or bring a picnic lunch. Entrance to the Aquadrome is free.

We meet at Harrow on the Hill Station at 12.00 and travel together. Please phone Pam Gonsal on 020 8868 4291 by the 11th August to let her know you are coming. (Leader Judy Loffman)

Sustainability and Climate Change

The group continues to have hybrid meetings, so some of us meet in a room at HAC and some of us join in on Zoom. Our meetings for the summer term will take place on **13th May, 3rd June and the 1st July**. We do not meet in August.

Our topics for this term will include:

- Speakers from Harrow Council to talk to us about Recycling and to find out more about what happens to our rubbish. This is a topic we have covered before but in the recycling world things are always changing.
- One of our members will be investigating why mould grows in our homes, its effects and what we can do about it.
- Another member will be looking at ways in which the Environment Agency and water companies are trying to tackle river flooding in various parts of the country as Climate Change affects our weather and higher levels of rainfall are expected.

If you would like to join our group, please get in touch with Jan Constable. You can also look at our Facebook page where you will find interesting articles and information about the next meeting

www.facebook.com/harrowu3asustainability

Helen Maylan

History

Our wide-ranging monthly talks which take place in the **Belmont Room** should appeal to many tastes. All welcome to any talk – just turn up!

May 20th – The Grand Tour—The British and the lure of Italy in the 18th Century

June 17th – From a Hard Place to a Rock—The story of the escape through France to Spain of 2 pairs of men captured by the Nazis

July 15th – Fred Hill and Washington Old Hall—How George Washington's ancestral home was saved for the nation

August 19th – The Bayeux Tapestry and its Hidden Messages

There is normally a simultaneous transmission of the talks via Zoom. Contact me at jim.niblett53@gmail.com if you need to receive a Zoom link for any of the talks.

Jim Niblett

Natural History in Harrow

This new group welcomes any u3a members who love nature and would like to learn more about the plants and wildlife in Harrow's many green spaces. We meet monthly at 2.30 pm on the third Wednesday of the month, either at HAC for a talk on a natural history topic, or for a guided walk. Please see Diary for specific dates.

During the summer term all our meetings will be held outside, and details will be circulated to group members

about 10 days before the date of each walk.

Walks are conducted at a slow pace, as we stop frequently to observe our surroundings. Please note that the paths in nature reserves can be uneven and muddy, and there may be trip hazards such as tree roots across the path. You should wear stout shoes or boots and perhaps bring a stick or pole. It is also a good idea to have your arms and legs completely covered, to avoid stinging nettles and insect bites.

If you would like to join our group please contact either of the following group leaders:

Margaret Huitson phone 020 8863 2077

email [Click HERE](#)

Rosie Etheridge phone 07561 891686

email [Click HERE](#)

Choir

The choir continues to grow and to enjoy singing under the guidance of our conductor David Phelops. Sadly, Stella Young, our pianist for several years, passed away on 3rd January. We have been fortunate to find another pianist, Avis Gerry, to play for us each week and we are very grateful to Avis for agreeing to take on the role.

We continue to sing a wide variety of songs from the musicals, popular standards, and rounds. Sometimes these are sung in unison and sometimes we do part singing, but the ethos of the group is enjoyment. We still need more men to have a more balanced sound!

If you are interested in joining us please contact

Joyce Davis

Suggestions for New Groups

Do you have a skill or special interest you wish to share with others? Then how about becoming a group leader? Help is available for you to set it up.

If you have any ideas for a new group you would like to attend, please contact me and we will see what can be arranged. If we have enough interest in a subject, there may be an opportunity of starting a self-help group to learn together.

Tricia Sillifant

**Harrow u3a is doing a lot for you.
What are you doing to help Harrow u3a?**

Committee	Group Leader
Group Admin	General Help

Please contact anybody on the Committee or a Group Leader to see how you could help.

Recent Activities

Thursday 25th January—Talk by Gary Italiaander

Gary Italiaander, the celebrity photographer, gave the January Monthly Talk, "The photographers and portraits that have influenced my work" and began this by expertly playing his harmonica, having been a serious student of music. He is the author of "Reflections: A Tribute to Larry Adler" who was just one of many celebrities Gary had met.

He has his own studio and this used to be within the Harrods store. Gary had sought advice from other photographers and also studied the work of others. He mentioned Patrick Lichfield, Lord Snowdon and Karsh of Ottawa among others. Gary had photographed many celebrities and mentioned Frankie Vaughan, apparently an accomplished artist, and Sir Claus Moser, who had been chairman of the Royal Opera House.

We were shown a series of excellent pictures by other photographers and by Gary himself. Gary is an expert at restoring damaged photographs and showed us examples of this. He also showed us some amazing photos of crew members and their aircraft posing for publicity shots for Arik Air, West Africa's leading airline. Gary proved to be an excellent raconteur who had many more stories to recount.

Geoff Wolfson

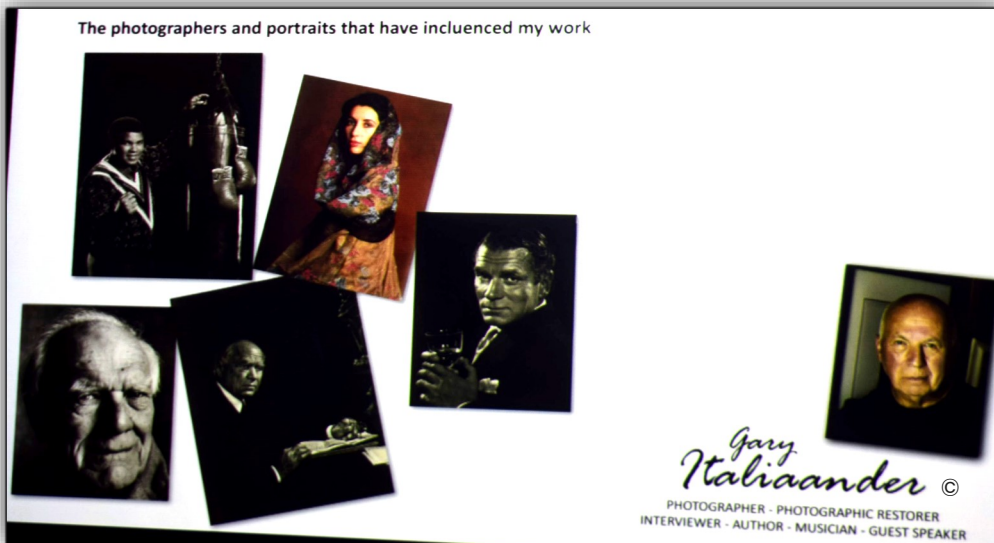


Photo: Geoff Wolfson / Gary Italiaander

Thursday 29th February—Talk by Janice Maddock *My Journey with Polymyalgia Rheumatica (PMR)*

When I began suffering with crippling pains and stiffness in my neck, shoulders and back I put it down to the stress of caring for my elderly Mum who had recently passed away. Yet, very soon everyday life became almost impossible. The first thing I remember is that I struggled to turn over in bed, get out of the chair or car and pick things up from the floor. I could not even lift my arms above shoulder height! I eventually sought help from my GP and, after blood tests, I was diagnosed with Polymyalgia Rheumatica (PMR), a condition I had never heard of. I was immediately put on a high dose of steroids which gave me a dramatic improvement. But it was just the start of my journey, involving many years of medication, which I still require in very small doses. I also realised that my Mum had PMR although she had never been diagnosed so she never got any treatment.

PMR is an auto-immune condition that causes pain, tenderness and stiffness in the large muscles around the shoulders, hips and back. This can severely impact on a person's quality of life. PMR is linked to another rheumatic condition called Giant Cell Arteritis (GCA) which have symptoms that include headaches, scalp tenderness which can lead to blindness if untreated.

PMR and GCA affect people almost exclusively aged over 50 with the average age of 72. I am around one of 40,000 new cases of PMR each year in the UK.

At the point when I was struggling to manage my PMR, I looked for support online and I discovered the charity PMRGCauk. It helped me to deal with the condition and the side effects of the medication. I soon became a Trustee, and I am now Deputy Chair and I volunteer to raise awareness of these relatively unknown conditions and feel it is vital to raise awareness to groups such as u3a. The charity was a lifeline for me and their help and support was invaluable.

Although I was fortunate in getting a quick diagnosis, a lack of awareness means that many people are left suffering in silence without getting the right help. I now run two bi-monthly support groups in Pinner and Ruislip.

If you would like any further information about the support groups or the charity, please email me - [Janice Maddock](mailto:JaniceMaddock) or visit www.pmr.gca.org.uk or you can call 0300 999 5090

15th February 2024—A Riverside Ramble to Rotherhithe

It was on a sunny, warm February morning that 26 of us set off along the Thames Path from the Cutty Sark in Greenwich for an 8 mile figure-of-eight walk via Rotherhithe to Canada Water. We were particularly pleased to welcome four new members.

Crossing the 21st-century bridge across the Deptford Creek we met a rather strange statue of Peter the Great. This was unveiled in 2001 by the Russian ambassador and Prince Michael of Kent. Vladimir Putin visited the memorial with Prince Andrew, Duke of York in June 2003, during the Russian president's four-day state visit to London. The memorial was damaged in April 2022 by metal thieves – or as a passer-by informed us “they were Ukrainians!!!”

Peter the Great stayed in Deptford when studying shipbuilding in 1698, renting Sayes Court, the home of the diarist John Evelyn.

There he wreaked havoc, vandalising the house! All that remains now is the Sayes Court Park with a mulberry tree supposedly planted by Peter the Great!

Deptford was once home to an important naval dockyard founded by Henry VIII in 1513. It was here that Elizabeth I knighted Francis Drake in 1581 and is also one of the locations associated with the story of Sir Walter Raleigh laying his cloak before Elizabeth's feet. All that remains now are a few cannon by the river wall.

We then passed an unattractive 1960s tower block which had a *Wall of the Ancestors* which provided extra entertainment trying to identify the 16 characters.

At Greenland Dock we left the Thames Path to see the attractive waterside housing of Norway Dock. The original docks predated the Georgian docks on the north side of the Thames by a century. The dock basins took the names of the countries or regions they traded with. Greenland Dock was named in recognition of the whaling trade during the 18th-century. Many ships sailed from London to Greenland hunting whales for blubber and whalebone.

Bombing during WW2 devastated the docks- the Surrey docks suffered more damage than any other British dock area.

But they kept going and it was here at South Dock and Russia Dock that concrete blocks were constructed at great speed to make the two mile floating Mulberry harbour for the D-Day landings in Normandy in 1944.

Our route then took us to Russia Dock Woodland, a long narrow ecology park. Following the closure of the docks in the 1970s, Russia Dock was filled (save for a thin stream and ponds through the woodland) and planted as a 34.5 acre woodland in 1980.

In 1985 an artificial mound, Stave Hill, was added, using waste material and rubble. Most of us climbed to the top to enjoy the splendid views over the trees to the Isle of Dogs and in the opposite direction the London Eye, then followed the path down to Surrey Dock. From here our lunch stop was in sight – the riverside Salt Quay pub.

Hunger sated, we then proceeded south along the Thames Path back towards Greenland Dock, making a brief detour through the Surrey Docks Farm to study the donkeys and goats! From here it was just half an hour's walk along the south side of Greenland Dock to Canada Water to complete our journey.

And this walk had all been on solid footpaths with NO MUD!!!



Vivienne Gould

Cryptic Crossword

ACROSS

- 7 Scramble tapes with one hundred to give a view (6)
- 9 Wigan and Charlton may need this type of support (8)
- 10 Stroke in favour of European worker (8)
- 11 Adored but made volatile going west (5)
- 12 2 is confused, and got fish instead of meat (5)
- 13 Consistent dance hung around? (9)
- 15 Do they hold your teas or do they carry your tees? (7)
- 16 Dropshot generated in non-stop spine-chiller (7)
- 19 Large Parent was an exponent of this activity (9)
- 21 Make haste to get through these to reach the final (5)
- 23 Axes helicopters without the quiet Queen (5)
- 24 Plump person starts fight (5,3)
- 25 In this case, at home Mr Laurel is Christian (9)
- 26 Truant on the golf course (6)

DOWN

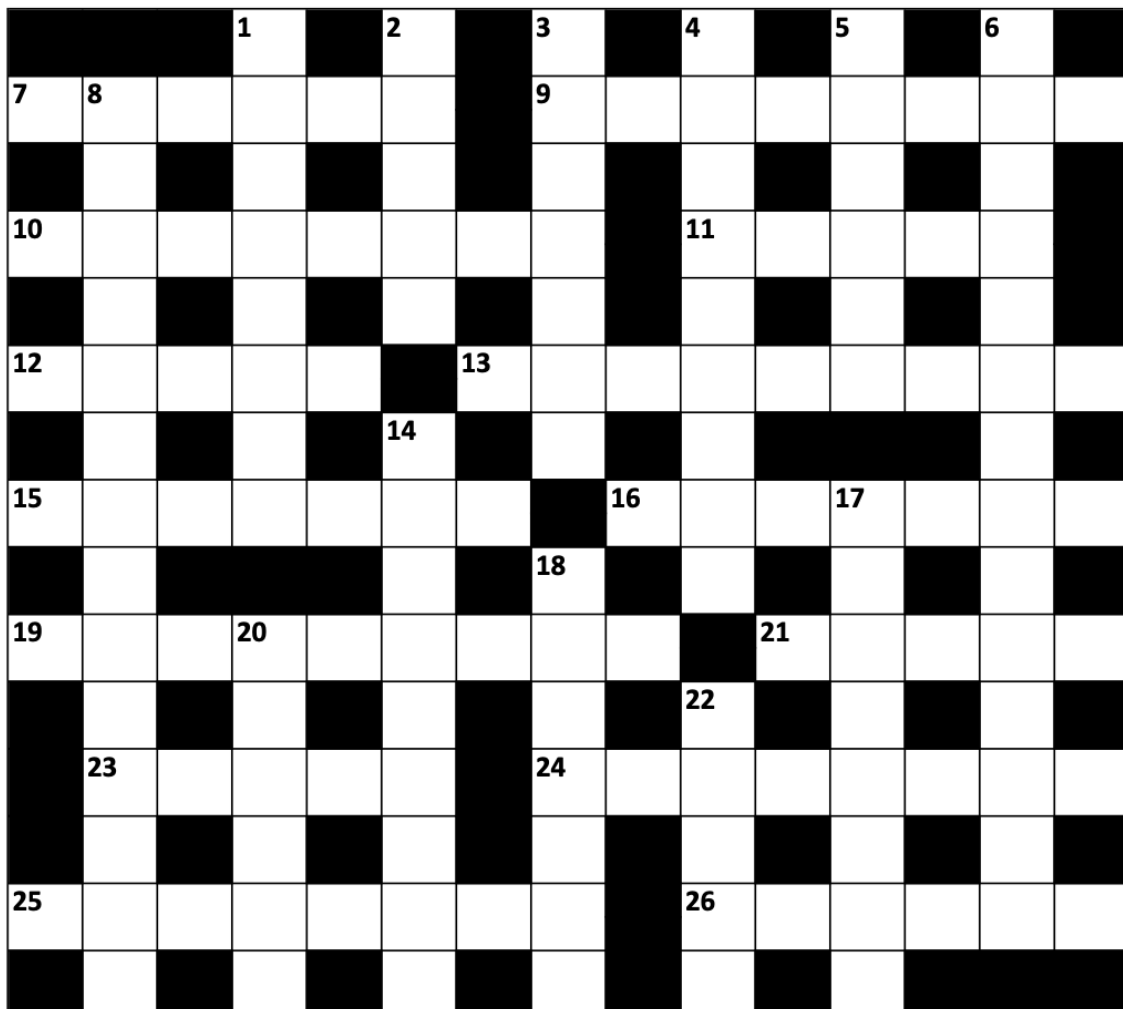
- 1 Discarded, someone's not interested in you! (8)
- 2 12 is confused, and got meat instead of fish (5)
- 3 Young ladies giving nothing away (7)
- 4 Juvenile American gangster's early life (9)
- 5 Greeting in a female bird to reach this ideal (6)
- 6 Upset, did it send camel to enter this race? (6,8)
- 8 Soup basis and bangers auto speeding (5-3,6)
- 14 Understanding confusion in Algiers (9)
- 17 Glides north with daughter travelling on snow (8)
- 18 Neither James nor Kelly will give you a breather (7)
- 20 Spicy Mel, a keen player (6)
- 22 Drug Byron conceals this game (5)

Crossword No. 103

Compiled by Harrow u3a Cryptic Crossword Group

Answers on page 12

If you would like to join the Cryptic Crossword group, please contact [Lucille Balkin](#)



Tours & Visits

T & V Committee

TMB	Theresa Murray-Bates
J/MB	Judith & Malvern Barnett
PB	Pat Bays
JK	Jack Kushner
MM	Mary Morgan
DP	David Pashley
AH	Alison Harvey
TW	Toni Waxman

IF YOU WISH TO ENQUIRE ABOUT ANY TOUR OR VISIT
please contact Jack Kushner who will redirect the query
to the relevant person.

PLEASE NOTE THAT WE ARE NO LONGER USING SEPARATE BOOKING SLIPS.

TO BOOK AN OUTING, first please contact the **Organiser of that particular trip** to check availability. Their colour-coded initials will be shown in the published details of the outing and their contact details are also in the table above.

You will be able to complete the booking on the phone or by email; please make sure that you note all the relevant details (such as number of places, pick-up / meeting points, pricing options, etc.). You will then send your cheque payable to **HARROW u3a TOURS AND VISITS** to the organiser at the address you will be given. You will be required to send a **separate cheque for each outing**. It may also be necessary to send a stamped self-addressed envelope for any brochure etc.

For those events near to the date of publication of the Newsletter, it may sometimes be necessary to issue early notification of an outing by email. **To avoid disappointment** of finding that an event is fully booked after you have read about it in the Newsletter, we will send early details via **Beacon**. Some tickets will be held back for those members not on email.

BOOKING CONDITIONS: Only paid-up members of Harrow u3a are entitled to attend any outing. Spouses or Partners must also be members of Harrow u3a

CANCELLATIONS: Where we are able to re-sell your ticket, we will make a refund less an administration charge. Tickets will always be offered in the first place to members on a waiting list for the outing.

DISCLAIMER: Please note that only trips advertised in our Newsletter or paid via Harrow u3a are under the auspices of Harrow u3a. Harrow u3a and the Organisers cannot be responsible for any loss or injury, however caused.

Tuesday 7th May—Stephens House, Finchley; tour and lunch

Stephens House and garden is the former home of 'Inky' Stephens (Stephens Inks) in Finchley, now a Grade II listed Victorian building that has been bequeathed to the people by the Stephens family. You can find more information at <https://www.stephenshouseandgardens.com>

We can travel by public transport from Harrow to Finchley Central station. There are many combinations of underground and bus, (check City Mapper or TfL) or the Superloop SL10 bus runs from Harrow bus station.

I suggest meeting at Finchley Central station at 10.30 and walking together from there. Alternatively, if travelling independently, meeting at Stephens House at 10.45. Journey time about 1h 20 minutes, including a 15-minute walk.

Limited street parking is available nearby, but some streets are restricted 2-3 pm.

A tour of the house and gardens is planned for the 7th May at 11 am. Tea and biscuits will be provided on arrival and the tour will include details of the house and its history, landscaped gardens, the Stephens' small collection of memorabilia, and a visit to the private enclosed Bothy garden, in total about 90 minutes.

The house has many stairs to the top floors and cellar which are optional and the Bothy is a short walk away from the house.

The tour can include a 2-course buffet lunch in the house. A minimum of 10 is required to book this. There is a café on site which would need pre-orders for food on the day.

After lunch we are then able to enjoy the landscaped gardens and arboretum and return at our leisure.

Cost is £27.50 including lunch or £14.50 without lunch.

Please contact me if you would like to join this trip and reserve a place; email Alison Harvey

AH

Wednesday 19th June—Southwark Household Reuse and Recycling Centre

A visit for 15 people has been arranged to The Southwark Reuse and Recycling Centre.

Veolia's innovative facility in Southwark is a model for what sustainable waste management should be. The waste and recycling brought onto the site is further processed and turned into a new resource.

The centre promotes several reuse projects in their community. Examples of these include: The Community Repaint Network and The Community Reuse Scheme. The Community Repaint Network helps to address the vast amounts of paint that are wasted each year (about 55 million litres are unused nationally). The centre redistributes all paint brought to the centre to its community to support redecoration in the area. Working electricals, bric-a-brac and bicycles which come into our Reuse and Recycling Centre at Southwark are donated to a small social enterprise called Community Reuse where items are repaired and reused.

There are no disabled access arrangements at the site. People undertaking this visit must be able to climb up to 30 steps independently as there are no lifts. Flat shoes must be worn, and Veolia will provide protective clothing which must be worn throughout the visit.

The coach will leave Morrisons at 12.30 to arrive at the Recycling Centre by 2.30. The visit to the site will take two hours. **The cost for the trip is £28** which includes the cost of coach travel and gratuities. If you are interested in joining this trip, please email [Theresa Murray-Bates](mailto:Theresa.Murray-Bates) **no later than Monday 15th April.**

TMB

17th–21st July—5-day Extended Coach Trip to RHS Tatton Park Flower Show

We meet our coach at our local pick up point and make our way to our hotel Best Western Cresta Court, Altrincham. Enroute we make a refreshment stop at Trentham Garden Centre. Our well-situated modern contemporary style hotel has easy access to the North West on the edge of the town centre and is an ideal base for our tour. It has a lift. All rooms are ensuite with complimentary toiletries, high speed Wi-Fi, work station, T.V., iron, hairdryer and tea and coffee making facilities. Our four night stay is on half-board basis which includes a Table d'Hote dinner comprising 3 courses with a minimum of 3 choices per course plus tea or coffee. Full English breakfast is available each morning.

Our tour starts with a visit to William Hesketh Lever's Port Sunlight Village of living history. We have a guided tour by coach of the picturesque village which highlights the impressive architecture of over 900 Grade II listed buildings, stunning gardens, impressive monuments and museum.

Our next visit is the historical city of Chester founded almost 2,000 years ago. There is so much to explore, including the world famous Rows—two tier medieval galleries with superb shops—plus the Eastgate Clock and the largest Roman Amphitheatre ever discovered in Britain.

The highlight of our tour is the RHS Tatton Park Flower Show set in the glorious parkland of Tatton Park which makes a spectacular backdrop for this celebration of flowers and gardening. Full of spirit, colour and all that's great about gardening, plus the boutique shopping and artisan food, it's the perfect day out. Cutting-edge designs seek to expand on current offerings to surprise and delight visitors. Other park attractions such as The Mansion may also be open on the day – admission not included, payable locally .

We have a guided panoramic tour of the vibrant city of Liverpool and time to explore at our leisure. For music lovers there is the Beatles Museum and Cavern Club. Those interested in history will appreciate the exhibits at The Museum of Liverpool and The Maritime Museum. Art lovers will want to spend time in The Walker Gallery and Tate Liverpool. Nobody visiting Liverpool can fail to be impressed by the city's two finest attractions – The Anglican and Metropolitan Cathedrals.

On our return journey we visit the Cathedral City of Coventry.

Tour price per person **£650** Single room supplement**£91**

Deposit per person **£70** (due no later than 21st May)

Please contact [Pat Bays](mailto:Pat.Bays) for further information and a brochure, which I can post to you if you send me a large SEA.

PB

Tours & Visits *cont'd*

EXPRESSION OF INTEREST

Thursday 8th August—Sadlers Wells Theatre—“A Chorus Line”

Expressions of interest are invited for a proposed trip to the Sadler’s Wells Theatre to see a matinee performance of “A Chorus Line” at 2.30pm. This trip will only be viable if at least 22 people want to see this show.

A Chorus Line is a musical originally conceived and choreographed by Michael Bennett. It uses real-life testimonies from 17 dancers who tell their stories of ambition, shattered hopes, and what it really costs to follow your dreams. A Chorus Line features iconic songs including One, I Hope I Get It, Nothing and the hit ballad What I Did For Love.

The coach will depart from Sherbourne Place, Stanmore at 11.30am and from the side of Morrison’s, Hatch End at 11.45 am. We should reach the theatre in good time so that people can either purchase snacks or eat a packed lunch in one of the sitting areas in the theatre.

The cost of £66 includes the theatre ticket, coach travel and gratuities. We have been able to purchase discounted tickets for this popular show in the rear stalls. **However, the tickets can only be held for a limited time.** If you are interested in joining this proposed theatre trip, please email [Theresa Murray-Bates](mailto:Theresa.Murray-Bates) **no later than Monday 15th April.**

TMB

EXPRESSION OF INTEREST

Thursday 5th September—Piccadilly Theatre—“Moulin Rouge”

This multi-award-winning musical takes you into a world of splendour, romance, glitz, grandeur, and glory. Baz Luhrmann’s revolutionary film Moulin Rouge has been remixed into an extraordinary musical that has been described as “Completely Ravishing” by the Independent and “Irresistible! An Absolute Blast!” by WhatsOnStage. In 2021 Moulin Rouge won 10 awards including the Tony Award for Best Musical

The coach will depart from Sherburne Place, Stanmore at 12.00pm and from the side of Morrison’s, Hatch End at 12.15pm for the matinee performance at 2.30pm. Our seats are in the Royal Circle and the theatre has a lift to facilitate access for everyone.

The cost of the visit is £81 and this includes the theatre ticket, coach travel and gratuities. Expressions of interest are invited for this theatre trip. We have been able to purchase discounted tickets for this popular show. **However, the tickets can only be held for a limited time.** Please contact [Theresa Murray-Bates](mailto:Theresa.Murray-Bates) **no later than Monday 15th April.**

TMB

Sustainability & Climate Change

A Tip Full of Tips

No, nothing to do with the Council’s “tip” at Forward Drive, nor with any mal-dumped rubbish you may stumble across. I’m just looking at a **Positive News** in my in-box: one item takes me to tips on six ways towards a zero-waste kitchen, another tells me about the world’s first zero-waste restaurant, a third about how an African country is building schools that stay cool without air conditioning. There is plenty more besides, not limited to green themes.

We can all see this March 2 issue at <https://mailchi.mp/d2652fc279eb/a-game-changer-cancer-test-2291129?e=2eca46ffe8>. **Positive News** comes out weekly on line and it’s free to subscribe, though the publishers invite readers to become supporters and help cover their costs. They aim to highlight good news and counter the gloom that all the crises and disasters in mainstream media may engender. Here’s a chance to give it a try. If the link above doesn’t work, just go to www.positive.news/ for their latest stories.

Richard Maylan



If you need help while you're with us, feel free to stop by our Box Office during its operating hours (Monday to Friday, from 10am to 5pm), or you can reach our site team by calling 07736 778 458.

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Crossword Answers

Across: 7 Aspect [anagram Tapes+C]; 9 Athletic; 10 For+e+hand; 11 Loved [hidden reverse]; 12 Skate [anagram]; 13 Unchanged [anagram]; 15 Caddies; 16 Topspin [hidden]; 19 Wrestling [Big Daddy]; 21 Heats [anagram]; 23 Chop-(per)-s; 24 Round one; 25 In+stan+ce; 26 Bunker

Down: 1 Rejected; 2 Steak [anagram]; 3 Maidens; 4 Child+hood; 5 He(ave)n; 6 Middle distance [anagram]; 8 Stock-car racing; 14 Realising [anagram]; 17 Sledding [anagram Glides+N]; 18 Snorkel [hidden]; 20 Sporty [Spice Girl]; 22 Rugby [hidden]

Crossword 103

Harrow u3a Notices

LIFT ACCESS AT HARROW ARTS CENTRE

It has been found that problems occur because people try to pull the door open/closed instead of waiting for it to work automatically. They also keep pressing the buttons before the door has closed. *This causes the mechanism to fail!*

To avoid problems, please ...

- DO NOT attempt to pull/push the door open/closed—*WAIT FOR IT TO OPERATE AUTOMATICALLY.*
- DO NOT press the floor-call button inside the lift *UNTIL THE DOOR HAS CLOSED FULLY.*

An important message to all Members and Group Leaders

Please remember to switch off mobile phones or select "silent ring" during lectures, talks and other activities. Ringing and bleeping are very distracting to other members. Please also refrain from using tablets with a stylus or any other gadgets that can create a noise which could disturb the concentration of members.

If you are participating in a **Zoom** or similar "virtual" meeting, please ensure that your microphone is **muted at all times**. Please unmute **only** if you are invited to ask a question or make a comment, and please remember to **re-mute** afterwards.

If a member is not well, has been in hospital, or they have not attended meetings for a while, let me know so that I can check on their welfare. Please do not remove them from your register until we know if they will be returning. Also, please let me know if a member has been bereaved.

Contact Susan Field, Members' Liaison Officer,



TOURS & VISITS

If you are a wheelchair user and/or need assistance with mobility, please ensure you discuss this with the Tour Organiser before you book an outing, so that your needs can be accommodated. In some theatre venues audio-enhancing headphones are available for persons with hearing disabilities. We will do our best to make appropriate arrangements, but please be aware that this may not always be possible.



HARROW TALKING NEWSPAPER

Do you know any visually impaired people (VIPs) who might like to receive the audio version of the local news which our volunteers produce? It is sent out to listeners weekly on memory sticks.

HTN provides a very easy-to-use player on which it is played. The memory sticks are sent by Freepost. The only requirement is that the recipient is unable to read newsprint due to their visual impairment. The service is free.

In addition to the local news, a number of articles of particular interest to our listeners are added, so the recording typically lasts for about two hours.

For more information, please contact Barbara Turner by email, including your phone number.

STAMPS FOR CHARITY

A wonderful way of making use of your used stamps! I was left with a large quantity of used stamps and have discovered an excellent charity to donate them to.

The charity is called "Little Voice" based in Ethiopia. It is a genuine charity with no highly paid executives and all the money raised goes towards building schools for orphaned and abandoned children and to help women in a male-dominated culture. The parcel of used stamps I sent will probably raise about £15 which would sustain a child in Ethiopia for about a month.

IMPORTANT

1. **When cutting stamps off envelopes leave a wide margin, at least 1 inch all round, as the stamps are sold by weight**
2. **Even more important – when posting stamps to Malcolm, stamps tend to bulk up in the middle of the envelope and then do not pass through the slot in the Royal Mail sorting office incurring a surcharge.**

Please send your used stamps to:

Malcolm Finebaum, 8 Mountford House, Crescent Road, Enfield, EN2 7BL His tel no is 020 8245 2587

Harrow u3a Notices

EXECUTIVE COMMITTEE

Life President: Georgina Butcher

<i>Chair</i>	Anne Gerrard	IF YOU WISH TO CONTACT ANY COMMITTEE MEMBER <u>PLEASE CLICK HERE</u> then select the person you wish to contact.
<i>Acting Vice-Chair</i>	Lynne Dorff	
<i>Hon. Secretary</i>	Angela Taylor	
<i>Hon. Treasurer</i>	Krutsna Buddhdev	
<i>Membership Team</i>	Howard Greenwood Matthew Bennett Carol d'Souza	
<i>Study Group Co-ordinator</i>	Tricia Sillifant	
<i>Publicity Officer</i>	vacant	
<i>Speakers' Secretary</i>	Helen West	
<i>Members' Liaison Officer</i>	Susan Field	
<i>Premises Officer</i>	Alison Tanna	
<i>Web Editor</i>	Nita Patel	
Non-Committee Members:		
<i>Tours and Visits</i>	Jack Kushner	
<i>Newsletter Editor</i>	Stephen Dorff	
<i>Diary Administrator</i>	Kuldeep Virdi	
<i>Beacon Administrator</i>	Kathy Westhead	

The Committee would be grateful if members would confine phone calls to weekdays between 9am and 6pm.
Thank you for your co-operation.

CAR PARKING

Please park within the parking lines at Harrow Arts Centre and PLEASE DO NOT block the ramp to the Hatch End Suite and DO NOT park in a disabled bay unless you display a blue badge.

At the time of publication, visitors to Harrow Arts Centre are permitted to park in MORRISON'S supermarket car park with no time restriction or charge. This situation may change and Harrow u3a committee will keep members informed.

CORRESPONDENCE ADDRESS

Harrow u3a, 1 Shelbourne Close, Pinner HA5 3AF

NEW MEMBERS:

For all enquiries regarding membership, please contact our **Membership team** – see contact details above.

EXISTING MEMBERS:

Please remember to inform the **Membership team** if you change your address, phone number, email address, etc. – see contact details above..

An invitation from your committee

You are cordially invited to attend any of the committee meetings (once again being held in person at HAC) to further your understanding of the workings of Harrow u3a. There will be no obligation to shoulder a role or engage in a task and you will be made most welcome. Please contact one of the committee to make arrangements to suit you.

Please contact the Hon Secretary if you would like to see a copy of the meeting minutes.

u3a National Office

The Third Age Trust	020 8466 6139
52 Lant Street	national.office@u3a.org.uk
London SE1 1RB	www.u3a.org.uk

Diary – Daily Summary – Summer 2024

Mon	Tue	Wed	Thu	Fri
WEEKLY				
Mixed Media Workshop Art Studio Bridge Improvers Bridge Social <i>Fitness Training</i> Table Tennis	Current Affairs 1,3,4 <i>Current Affairs 2,6</i> Choir Embroidery International Folk Dancing	Badminton Knitting & Crochet for Fun <i>Maths</i> Tai Chi	Clothed Figure Drawing Water-Colour Art Class <i>Yoga</i>	Portrait Drawing & Painting
2-WEEKLY				
Chair Yoga Creative Writing <i>Spanish Advanced</i> Spanish Intermediate Tea Time French Ukulele Water-Colour Workshop Water-Colour & Oils Workshop	Backgammon <i>French Advanced Grammar</i> German Conversation Advanced <i>Intermed. Spanish Grammar</i> <i>Italian Advanced</i> Latin Intermediate <i>Literary Discussion 2</i> Portuguese Advanced Portuguese Beginners / Intermediate Rummikub	<i>Ancient Greek</i> Current Affairs 5 <i>French Conversation</i> Jazz & the Great American Songbook <i>Latin Advanced</i> Literary Discussion 1 Opera Appreciation Spiritual Wellness	Arts & Crafts French Conversation Advanced Laughter Yoga	<i>History of Modern Europe 1789-1945 & Beyond</i> Photography Psychology of Everyday Life Virgil's Aeneid
4-WEEKLY/MONTHLY				
Beginners' Cookery <i>Family History</i> History Philosophy Sustainability & Climate Change	Cookery <i>Music Appreciation—The Backdrop to our Lives</i> Play Reading	Cryptic Crosswords <i>Cryptic Crosswords</i> Classical Music Appreciation Garden Club Natural History	Comparisons in Music Country Walks Free Dance Karaoke / Singalong Local History Middlebrow Book Club Monthly Speakers' Meetings Patchwork, Appliqué & Quilting	Magic of Musicals

MONTHLY: SUNDAY: Sunday Group

NOTES:

Check full details of all times and locations in the detailed Diary.

- ♦ **Bold type** indicates “live” classes held at Harrow Arts Centre or other locations. Some Covid restrictions may still be in place depending on circumstances at the time. If this is not possible, the groups may continue on Zoom.
- ♦ *Italic type* indicates groups using electronic devices and applications such as Zoom, Skype, WhatsApp, or similar, or by phone and/or email.
- ♦ **Bold italic type** indicates “hybrid” – live meetings combined with Zoom for those who cannot attend in person.

Any class or group may be cancelled at short notice. Please watch out for communication from your Group Leader about this.

Some Monday and Friday classes may not occur due to public holidays.

