



Issue 102

Spring

January–April 2024

Newsletter & Diary

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Anne’s Message

Hooray and celebrations! We have a “secretary in waiting”, a volunteer!!! After many years of meticulous work as our Hon. Secretary, Lynne Dorff is retiring and Angela Taylor, a lady of many talents and experience, has agreed to take over. Presuming the membership agree Angela’s election at the AGM, Lynne can now have some more “me” time.

The next urgent task is to find a vice chair, a pressing need. Although Georgina has nobly put her name to the post temporarily, we need a younger member who can wrap their head round Hu3a’s thriving community.

On a sad note, we have to record the death of Sheilah Lowe after many years of stalwart service as our Information Officer; our condolences to her family.

Now that we are really in the post covid period, a time for financial reflection is required, as for so many. In order to be prudent as trustees we need to increase the memberships fees next year. As with all areas, costs have risen, and we need to know that we can cover our expenses. The committee are busy doing a housekeeping audit to make sure all groups are financially viable. This ensures that we can sustain the new groups that have already started and those that are proposed. Even with higher fees the value is still very high. How many activities cost £1 a week, or less if you attend several groups? We do hope you have already renewed your membership and will continue to do so.

Having attended the national



AGM online, the main message I would like to bring to you is to remind you that we are a **National** movement, indeed International. We tend to get a bit parochial about our own group or our own u3a, but there is a large network of help and support for us to draw on. We also need to remember that we are a “self-help” organisation. We rely on the skills and endeavours of our members. Although we are a charity, we are not doling out entertainment to passive members. We do have very many members who give of their time and knowledge for which we are most appreciative. We plan to make this aspect of u3a very clear to prospective and new members.

Although the national website takes a little bit of time to manoeuvre, there is a lot of information there. Do find some time to investigate, as well as making good use of our own website.

Have a good festive season and enjoy the new year.

Anne Gerrard

AGM papers included inside



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FRIDAY 8TH MARCH

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.

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Hello everyone,
I am sure you are all aware of rising postal costs, but you may not realise that postage of the Newsletter costs more than the actual printing; printing costs are £500+ and postage stamps are over £800 for each issue!

I know the vast majority of people prefer a physical magazine, which is why we are looking at ways to distribute the Newsletter via a group of people acting as Posties. This would take a bit of an effort initially in order to sort out the various postcodes and delivery areas etc., but once set up it would become routine, with members collecting a bunch of magazines from a suitable point and delivering within a specified time.

It is quite a logistical task and offers of help as to how this could be achieved would be most welcome, as would volunteers to be a Postie. If you have experience of such a scheme, please do contact me.

Unfortunately, the T&V committee have only been able to arrange one trip this Spring. If you are able to give the team some



assistance, please contact Jack Kushner, whose contact details are in this Newsletter. Also, several pages of this issue of the Newsletter are taken up by AGM papers, so I apologise for the apparent lack of articles.

Regarding the AGM, please read the yellow pages in this issue; the Minutes of last year's AGM plus the accounts will be distributed in the new year. Please make every effort to attend, as important issues need to be decided.

Stephen Dorff

HARROW U3A WEBSITE

Want to know what's on?—The Notice Board page will give you news and information which has become available since the publication of the newsletter, plus reminders of planned events month by month.

Can't lay your hands on your printed copy of the newsletter?—You needn't worry – it's there on our website and so is the Study Group Diary. You will also find links to important documents such as our Constitution, Standing Orders, AGM Minutes and much more.

Don't miss out—Go to www.harrowu3a.co.uk or, even better, make it your Home Page.

Comments, Suggestions or New Items—Do you think the website can be improved? Have you noticed an error? Do you have a new item for the website? Please contact Nita.

Website Editor: [Please CLICK HERE](#) to email Nita Patel

Monthly Speakers

Talks are on the last Thursday of the month at 10.30 a.m. and are in Hatch End Suites 1 & 2 which face 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

Thu. 25th January – Gary Italiaander – Celebrity Photographer Italiaander & the Amazing Images that influenced his work

Although many of the images that you will view during this presentation may be familiar, it is likely that you won't know who took them! In his second talk at Harrow u3a, Gary speaks about his career in portrait photography.

Gary met Lord Patrick Lichfield, the Queen's cousin, at the very beginning of his photographic career. Lichfield inspired Italiaander, as did Lord Snowdon, Arnold Newman, Richard Avedon, Irving Penn, and the photographer that most interested him, Karsh of Ottawa.

Thu. 29th February – Janice Maddock – Living with Polymyalgia Rheumatica (PMR) and Giant Cell Arteritis (GCA)

Janice recounts how she was diagnosed with these debilitating conditions, what she has done to raise awareness of them and improve diagnosis, treatment and quality of life to sufferers.

Thu. 28th March 2024 – Shirley Askew – Footballers in Education

Shirley Askew was Head of Education at Arsenal for young budding football heroes recruited at a very young age.

Thu. 25th April 2024 – Lucy Allen – The Highs and Lows of a Stuntwoman's Life

We saw Lucy in films like Titanic and the James Bond movies, but what was it really like? Lucy Allen tells all.

Walks

COUNTRY WALKS

Third Thursday of the month. Walks are approx. 8 miles

Dates for January–April 2024

Thursday 18th January

Thursday 15th February

Thursday 21st March

Thursday 18th April



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 click HERE](#) to contact Vivienne Gould by email or phone 020 8907 8099 or mobile 07803 728616

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.

Sunday Group

u3a SUNDAY GROUP SPRING 2024

The Planning Group are sad to announce that our colleague Sheilah Lowe passed away recently. She was a founder member of this group and has always been very active and enthusiastic. We will miss her. Pam Gonsal has now joined us and will be taking your phone calls each month. We hope you like our new programme and look forward to seeing you. The outings are usually on the third Sunday in the month and you will be sent a reminder email. Please leave your mobile phone number so that we can contact you if there are any problems.

January 21st Meal at Casa Mia, Hatch End

This is our annual get-together when we can socialise, exchange news and give new ideas for activities.

This has always been very popular. We will meet at 12.45 for lunch at 1. Please phone Pam Gonsal on 020 8868 4291 as soon as possible and by 10th January to let us know you are coming so that we can book the restaurant and give them the numbers.

February 18th The Young V & A (formerly the Museum of Childhood)

The museum originally opened in 1872 as the Bethnal Green Museum – at this point it was a general museum designed to bring cultural education to the local East End population.

In the 1920s a new curator, Arthur Sabin, noticed the museum was popular with children and he started to reorganise it to make it more child friendly.

From the 1970's this child focus took over the general museum and it was renamed the Museum of Childhood. It became the home of all the V & A's childhood exhibits and has continued to add to its collection ever since. The museum was closed for refurbishment and has recently reopened and is now called the **Young V&A**. It is situated in Bethnal Green and it has three new permanent galleries that will explore the themes of imagination, play and design.

We will meet at Harrow on the Hill Station at 12.00 and travel together. We can lunch at the museum café or you could bring your own packed lunch. Please phone Pam Gonsal on 020 8868 4291 by the 11th February to let her know you are coming.

The Museum is free. (Leader Pam Lee)

March 17th The William Morris Gallery

The William Morris Gallery is the home the world's largest collection of William Morris's work. He was a revolutionary designer, craftsman, writer, social activist and conservationist.

The Gallery is housed in the Grade 2 listed building that was once Morris' family home (1848-56) in Walthamstow.

The gallery is designed to commemorate the achievements of Morris and those who worked with him. It was opened by Prime Minister Clement Attlee in 1950.

We will meet at Harrow on the Hill Station at 12.00 and travel together. There is a café at the museum where we can lunch or bring a packed lunch. Please phone Pam Gonsal on 020 8868 4291 by the 10th March to let her know you are coming.

The Museum is free. (Leader Judy Loffman)

April 21st Little Venice. The Arcadian Walk

We thought you would like to do something outdoors and explore our wonderful City. Little Venice is a beautiful area with lovely walks near the canal and waterways. We propose to start off from Warwick Avenue and wend our way to St John's Wood.

We will meet at Harrow on the Hill Station at 12.00 and travel together. Bring a packed lunch or we can eat at a local café. Please Phone Pam Gonsal on 020 8868 4291 by the 14th April to let her know you are coming. (Leader Sue Thomas)

Sustainability and Climate Change

The group usually meets on the **first Monday of the month** unless it is a Bank Holiday. Our meetings next term will be held on **January 8th, February 5th and April 8th**. Our **March** meeting will be on the **second Monday** of the month (**11th**) as our speaker is only available then. It will be a Zoom-only meeting when we will be hearing about Regenerative Agriculture. If you would like to join us, [please click HERE](#) to email us so we can send you the details of the Zoom meeting.

At our **January** meeting members of the group will be looking for Good News stories about the environment, climate change policies or issues, technological developments which might help save the planet, or anything else that the group might be interested in hearing about.

In **February** we will be watching a lecture by Erik Dalhuijsen entitled The Narrow Path from the Brink.

In **March** the annual Futurebuild Exhibition takes place at Excel which highlights developments in new building technologies, and which also has excellent seminars and talks on "green" issues.

In **April** members will report back on what they saw and heard.

If you are interested in attending any of our meetings, you can get in touch with Jan Constable on 01923 836374 or [please click HERE](#) to email her. The group also has a Facebook page <https://www.facebook.com/harrowu3asustainability> where you can find tips and news stories about the climate emergency.

Helen Maylan

History

We meet in Belmont Room and all are welcome.

Jan 15 Charles Lee — Art, architecture and weaponry of WW1 with actual artifacts on display.

Feb 19 Lynne Dixon — The Angersteen Family, including its role in the development of the Lloyd's insurance business and the foundation of the National Gallery.

Mar 18 Rob Jones-Owen — Medieval Wales; one of our favourite contributors.

Apr 15 Mike Allen — The US Constitution: the historical process of establishment, amendments and modern consequences.

Bridge Group

The newly formed Bridge Group meets every Monday. The Beginners Group meets at Vagabonds Bridge and Tennis Club in Pinner (10.30 am – 12.15pm) and the Social Group meets at Theresa's house in Pinner

on Monday afternoons (12.45pm – 2.15pm).

A dozen people completed the MiniBridge part of the course which introduced many features of bridge but without formal bidding. Further people joined the Beginners' course when the formalities of bidding and playing bridge were tackled.

In mid-January an Improvers' Course will start which will cover bridge conventions for bidding strong and weak hands. If you would like to join this class [please CLICK HERE](#) to contact Theresa Murray-Bates.

It is hoped that in the summer term the two groups that have been running during this year will merge into a group that plays social bridge on a Monday morning.

Theresa Murray-Bates

Jazz/The Great American Songbook

Welcome to all who enjoy our kind of music. We started the year well and look forward to increased membership. The format has changed and now each meeting has a different presenter. Please come along and give it a try, I'm sure there will be something for everyone. We will be at the Harrow Arts Centre in the Weald Room every **other** Wednesday morning from 10.15am to 12.15am from the 3rd January 2024. We're looking forward to seeing you.

Sandra Berns

Badminton

Our group have now been meeting for a year and we would love to welcome new players.

We meet at 10am on a Wednesday morning at Harrow Leisure Centre for two hours, which gives everyone the chance to play or have a rest between games.

It doesn't matter if you haven't played for a while – it was 30 years since I and my husband Stephen had played – but we soon got into the swing and are feeling the benefit of the exercise. If you don't currently have a racquet, you can borrow one at the centre.

Give me a call if you think you would be interested and you will be made most welcome.

Full details are on the diary page of this newsletter.

Lynne Dorff

Study Group News cont'd

Philosophy

What is the meaning of life? To be or not to be? – the answer is 42.

Everyone has a view about everything and in our group we discuss the views of many well-known and some little known philosophers, from Socrates, Plato and Aristotle then onto Machiavelli, Descartes, Freud etc.

We are following 'The Little History of Philosophy' by Nigel Warburton, which offers a small insight into their lives and thoughts. However, we are fortunate in having members who have offered to expand on each chapter, giving us the opportunity to discuss these views in more depth. We're currently in the 17th century, working our way through the fascinating ideas and thoughts of Locke and Voltaire.

If you would like to join us you would be most welcome. There is no pressure to take an active role unless you wish to, but everyone's opinion is valued and appreciated.

I'm happy to chat about the group if you would prefer to do this prior to attending. The details are on the diary page of this newsletter.

Lynne Dorff

Suggestions for New Groups

It's great to be able to welcome new study groups to Harrow u3a. Recent enquiries include Backgammon and Spirituality

Do you have a skill or special interest you wish to share with others? Then how about becoming a group leader either by starting a class at Harrow Arts Centre or at your home. If you cannot get to HAC or your home is inconvenient, then start one on Zoom. 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

[Please click HERE](#) to email me.

Recent Activities

Wednesday 19th July—Opening of the new Greenhill Suite

Anne Gerrard and I attended the official opening, by The Mayor of Harrow, Councillor Ramji Chauhan, of the new building at Harrow Arts Centre. We were all given a tour of the suite and the recently renovated buildings, which are part of the first phase of the Art Centre and Good Growth Fund programme.

The new, two-storey building contains four large studios which will be used for dance, theatre, fitness and other similar activities. The building has been constructed entirely of timber, resulting in high levels of insulation and low energy requirements. The downstairs studios are available for hire for a variety of events, and there is an opening onto a large patio area which, in the summertime, can be used as an extension to the room.

The smaller rooms nearby are hired out as artists' studios, which were open that evening, and we were able to see some beautiful examples of the work on show.

It is really encouraging to see HAC being utilised by such diverse users, bringing in people from all over the borough and covering all age ranges and capabilities.

Lynne Dorff



Photos: © Isabelle Plasschaert Photography



Sunday 20th August – u3a Visit to the Foundling Museum

On a warm Sunday afternoon, we visited the Foundling Museum, stopping for lunch beforehand in the serene shade of trees in St George's Gardens. A foundling is an abandoned child. Babies could be left in a basket at the hospital gates, anonymously.

The site of the Foundling Museum was originally set up by Thomas Coram in 1739, as a hospital for these children. At the time thousands of babies were abandoned by their parents, who struggled with extreme poverty, or had an illegitimate child.

We walked around the galleries, viewing the artwork and history of the place. Thomas Coram was a pioneer supporting child welfare and worked with fine artists and musicians to raise funds for the place. It felt very moving to see the tokens or tiny objects parents often left with the child: jewellery, coins, textile fragments, or beads. Coram was supported by the musician Handel, and the top floor is dedicated to his work. I did enjoy the day. Thank you Judy for organising it.

Natalie Tobert



1858 – Emma Brownlow – a foundling is returned to its mother

16th September – Happy Birthday, Marion

Marion Bloom, who is an active member of Harrow u3a and has been a group leader until very recently, celebrated her 100th birthday on 16th September. The Teatime French group held a tea party to celebrate this event. The people who you see in the photo, who are too young to be members of u3a, are my niece Anna (who happens to be a rabbi at Marion's synagogue) and my granddaughter Anaïs who kindly helped me serve the food and drinks.

Helen Jugurnauth



L-R: Marion, Marilyn Kozack, Anaïs, Helen, (half of) Anna

Patchwork, Applique and Quilting

Here are some pieces recently made by Maria Foster.

Frances Howard



A JOYOUS MUSICAL LIFE!

Vic Golding 5/9/1928-7/5/2022

Sunday 1st October 2023 was a very important date for the singers, choirmaster and pianist of the Harrow u3a Choir. This was the day when we took part in a concert celebrating the life of Vic Golding who was the founder of the Harrow u3a Choir and who ran it for almost 30 years.

There was a great air of excitement in the beautiful, listed church of St. Anselm's, Hatch End, as the various choirs with which Vic Golding, whose life and musical achievements we were here to celebrate, began to assemble. Four choirs took part, Harrow Apollo Male Choir, Harrow u3a, Gilbert and Sullivan Society and Kingsbury Amateur Operatic Society (K A O S). Vic was involved in the musical life of them all. A total of more than 100 singers and a full audience filled the venue, which shows the popularity, love and appreciation that was felt for Vic.

We were warmly welcomed by the Vicar, Fr. David Green who was the M.C. for the occasion, ably assisted by a group of parishioners who provided refreshments during the interval to the large crowd present for this special event.

First to start the concert was Harrow Apollo Male Choir with whom Vic had performed for many years. They sang songs from South Pacific and a lively rendition of "When The Saints Go Marching In".

Next followed Harrow u3a choir which Vic had founded. He was its musical director for nearly 30 years, almost until his death. Many of us have been lucky to be a member of the choir for many years. We sang songs from Fiddler on the Roof in the first half and three other songs Vic liked in the second half, including "You're Just In Love" and "Hallelujah!"

The Gilbert and Sullivan Society, with whom Vic had performed many leading roles with distinction, were next to sing. For him G & S was a life-long love affair.

KAOS continued the varied and enjoyable programme with their rendition of favourite pieces from Oliver, which Vic loved and performed in many times.

Mention must be made here of the important contributions of the accompanists; Avis Gerry, Stella Young and Stephen Lethbridge, as well as the dedicated conductors, including our own David Phelops, who had with constant practice and patience, brought us to a high level of performance.

This memorable afternoon ended with the massed choirs singing their heartfelt version of "You'll Never Walk Alone," which hopefully provided a fitting close to this celebration of Vic's life and some consolation to his family who were present.

It was wonderful to be part of this marvellous occasion which was a musical tribute to a remarkable man who had shared his talent and love of music generously with so many of us. To say that we all enjoyed celebrating Vic's musical life is an understatement; we just hope that he did too. A wonderful afternoon of music enjoyed by all!

Helen Maylan



Hu3a choir at Vic Golding's memorial concert

Photo: Warren Adelman

Knitting and Crochet Fun Group

This group certainly enjoys itself as we meet each week to produce some really interesting items. Some of the items are for our own personal use or families, but we come together and work on a joint project at the same time. This time around we decided that hats for those in need for the winter would be a useful contribution. We felt that each member could manage to create a simple hat. But that didn't stop some of our more creative members from providing some absolutely fabulous items. We managed to knit and crochet around 85 hats as can be seen in the photo. These have now gone off to good homes. Now onwards to our next project.

Jackie Jacobs



GREENPEACE SPEAKER WOWS CLIMATE CHANGE GROUP

A volunteer from Greenpeace, Athen Ayren, was the guest speaker at the July meeting of the Sustainability & Climate Change group. She told us about Greenpeace's almost accidental beginnings in 1971 at an anti-drilling protest in the Alaskan sea, and their many campaigns on environmental matters over the decades. She concentrated on plastics, illustrating her talk with some funny and dramatic short films. One which amused us was *Wastminster: a Downing Street Disaster*, showing how much plastic waste the UK dumps abroad every day – on average 180 tonnes a day, much of it going to Turkey and Malaysia. She invited us to seek this and other short but pointed videos on their site www.youtube.com/c/greenpeaceuk/videos.

She emphasized that we all have a part to play in protecting the environment and fighting climate change, not just through our own good behaviour, but by talking to others including politicians and business so that we all collectively get the big decisions right. Thank you Athen for a stimulating hour!

We also discussed local matters. Harrow Council announced an on-line consultation on a draft Climate and Nature Strategy for the borough. Several of our members had looked at the proposals; they liked some, they found others vague, naïve, or gappy, with no awareness of previous efforts and consultations. We came up with some ideas, we needed to get on and contribute to the consultation before it closed on 3rd September.

We can find links to the draft strategy documents and various consultations at <https://talk.harrow.gov.uk/>

Members also spoke about recent boarding-up and works at the Civic Centre. We supposed this is the start of demolishing the Centre and building the planned 900 homes.

Richard Maylan

Life Beyond u3a

Jackie Jacobs – Knitting & Crochet for Fun

Being asked to write a brief biography for Harrow u3a is rather daunting and I didn't really know where to start. I am currently the group leader for Knitting and Crochet for Fun which meets each Wednesday morning. I only took on this role during the pandemic when we were in lockdown when the late Sybil Kenton, who had founded the knitting group, felt unable to cope with using Zoom for our meetings. She was a hard act to follow as she was such a talented and creative person. With the lockdown ending and our return to the Arts Centre, the group has gone from strength to strength with more and more keen knitters joining.

When I left school I worked as a secretary at Pitman's College before working for many other companies prior to my marrying and having children. Like many women at that time, being married with children meant staying at home. When the opportunity arose, my husband was very supportive of my returning to full-time education and studying for a BA (Hons) degree in Library and Information Studies. I started this full-time course when my youngest was five. On qualifying, this led to working in the health and medical fields for the rest of my working

(Continued on page 10)

Life Beyond u3a cont'd

(Continued from page 9)

career, first in hospital libraries, before going onto health authorities and finally into the primary care trust medical and public health libraries. I was encouraged to continue my professional education and was able to gain a masters degree from the University of Wales. My working life involved a lot of research and working closely with the public health department. I was also able to use my teaching qualifications in helping the doctors and other health professionals develop skills to obtain high quality evidence to support their decision making. Evidence based medicine became important to every decision made in the health setting.

Outside my professional life, I had joined the local National Women's Register (NWR) group when my first child was just one year old. This non-denominational, non-political women's organisation gave me many opportunities to widen my interests and develop long and true friendships. Besides the many and various sub-groups within my local NWR group, I developed an interest in bridge and mahjong – even going to the extent of teaching mahjong for Harrow u3a along with Lucille Balkin – once we had developed our own skills – before the pandemic halted the group.

The Knitting and Crochet for Fun group is full of laughter as talented people create some useful items not only for their own needs, but to support various charities at the same time. It is indeed a fun group and I am very proud of all the work we produce for good causes.

Editor's Note: I have now run out of these brief biographies. If you are a Group Leader and have had a "Life Beyond u3a" that you would like to share, [please click HERE](#) to contact me.

Resolution for AGM

Proposal for Membership Subscription Rates 2024-25

Since the Membership Team has proposed that the Membership subscription rates for 2024-25 should be increased, it seems only fair that we should lay out the reasons for the proposal.

We can start with the figures used for 2023-24 Renewals – Individual members £40, Joint Members £70 and Concession members £12.

From the Accounts provided for the AGM in March 2023, we can see that the Subscriptions and other income for 2021-22 compared with Expenditure, left a deficit of over £10,000 for that year. The Committee chose not to press for an increase in fees at that AGM in order to inconvenience our membership as little as possible. We now find ourselves back to what may be considered normal times, with room hiring in full swing, but in a new world where costs are rising across the board. We have just completed the renewals process for 2023-24 at the same rates as in the previous two years. The expectation must be that the deficit that will be reported in the Accounts for the year ending September 2023 will be even greater and that the amount we have now collected for 2023-24 will prove equally inadequate to cover the expenditure we are now starting to incur. Whilst membership numbers have held up, we must expect that we will continue spending more than we have collected. We are operating at a loss.

You may be aware that the Committee has started a review of our current Groups in order to identify savings we can implement within our current expenditure. While this is a sensible step to take in the circumstances, it is unlikely to generate a significant reduction in expenditure.

We are therefore faced with the task of predicting the likely expenditure we will make during 2024-25 and what in the way of subscription fees we should raise to support this. These changes will be put before the AGM in March 2024 for your approval.

The Resolution proposal will be to increase the Individual Membership fee to **£60** per annum, the Joint fee to **£110** and the Concession fee to **£18**. These changes are not intended to eliminate the gap between income and expenditure (a larger increase would be required to achieve that), but simply to reduce the rate at which our reserves are being depleted.

We should also point out that while these figures will make us seem more expensive than other u3as in the area, we operate an "all inclusive" fee system, meaning that you can attend as many of our groups as you wish. Other u3as may have a lower annual subscription, but ask for extra fees for each group you attend. We are also a large u3a, so the number of groups available is extensive and wide ranging.

Howard Greenwood, Membership Team

ANNUAL GENERAL MEETING

**The Thirty Second Annual General Meeting of Harrow u3a
will be held at 10.00am on Tuesday 5th March 2024 in the
Canons Room at Harrow Arts Centre, Uxbridge Road, Hatch End
for the purpose of transacting the following business.**

The Meeting will also be available via Zoom

AGENDA

- 1 Apologies for Absence
- 2 Approving the Minutes of the Annual General Meeting held on 14th March 2023
- 3 Matters Arising from the Minutes
- 4 Receiving and approving the Accountant's Report and Examined Accounts for the year ended 30th September 2023. Jeremy Harrod, Independent Accounts Examiner, will be attending the meeting.
- 5 Receiving and approving the Chairman's Annual Report
- 6 Receiving Report & Accounts from Tours & Visits Committee
- 7 Appointing an Independent Accounts Examiner for the financial year 2024/25
- 8 Election of Officers
- 9 Voting on submitted Resolutions
 - Increase in Membership Subscription Rates (see page 10 in this Newsletter)
 - Any other resolutions
- 10 Any other business

NOTES:

- 1. Please note that admission to the AGM is restricted to paid up Members only.**
- 2. Membership cards will be checked at the entrance to the room.**
- 3. The Accounts for 2022/23 and the Minutes of the 2023 AGM will be emailed to the members during week commencing 22nd January 2024.**
- 4. Members wishing to present a Resolution to the AGM must ensure that the Resolution, with explanatory notes, complete with names of proposer and seconder, together with their membership numbers, must be submitted to the Hon. Secretary to arrive, at the latest, by 12 noon on 18th January 2024 for distribution to the members with the Accounts and Minutes of the last AGM.**

Annual General Meeting

Tuesday 5th March 2024

NOTES

The Minutes of the 2023 Annual General Meeting and copies of the Accounts for 2022/23 will be issued by e-mail in January 2024. Only Members registered with the Beacon system will receive this e-mail, so please ensure that you are registered. A small number of copies of the Minutes and Accounts will be available at the AGM.

A G M STANDING ORDERS

Rule 14 of the Constitution sets out details for the operational procedures at Annual or Special General Meetings of the u3a.

The notes below clarify items in Rule 14

(a) Business of the meeting

In advance of the meeting, the Chairman and Secretary will determine the Agenda and prepare recommendations as to the order in which the business is to be conducted. The Management Committee will confirm agreement and the Agenda will be circulated to members in accordance with the Constitution.

(b) Conduct of meetings

The conduct of meetings will be the responsibility of the Chairman. The Chairman will have power to lay down time limits for the discussion of items on the Agenda. The Chairman will rule on any question under the standing orders, or on points of order or information. A challenge to a ruling by the Chairman must be moved and formally seconded. The challenger may make one speech in favour of the motion of challenge and the Chairman may make one speech in favour of the ruling. The motion should be put to the vote without further debate. In a vote, such a challenge will require the support of two-thirds of the members present and voting at the meeting, an abstention not being regarded as a vote for this purpose.

(c) Minutes

Minutes will be kept of all general meetings. The minutes of the previous meeting having already been circulated, the Chairman will call for any questions regarding their accuracy. When there are no further questions the Chairman will declare them (as amended, if necessary) confirmed. Members will then be at liberty to raise points arising out of the minutes, except on matters appearing elsewhere on the agenda.

(d) Voting

Voting will be by show of hands, unless the Chairman directs otherwise. Tellers will, if required, be appointed at the beginning of the meeting. Decisions will be taken by a simple majority of those present and voting (an abstention not being regarded as a vote for this purpose), unless otherwise directed by these standing orders or the constitutional rules of the Harrow University of the Third Age.

ELECTION OF OFFICERS

INFORMATION ABOUT THE ELECTION

We are sad to announce the death of Sheilah Lowe, our long-standing Inquiries Officer. It has been agreed that all future inquiries will be dealt with by the Membership Team..

The following positions have been co-opted onto the Committee and now need to be formally elected.

Diary Editor; Hon Secretary

We currently have a temporary **Vice-Chair** and would welcome nominations for that post.

There is still a vacancy for **Publicity Officer**.

The following posts are up for renewal, and those in post are willing to stand again; this does not preclude further nominations.

Hon. Treasurer; Premises Officer; Membership Team; Speaker Secretary; Member Liaison Officer

HOW TO NOMINATE A CANDIDATE

Please use the form on the reverse of this sheet for nomination(s) of member(s) to serve in any function on the 2024/25 Management Committee, ensuring that all the required names, numbers and signatures are completed, and the function for which the member is being nominated is designated.

Any paid-up Member is eligible to stand for election, or to propose or second a Nomination.

An information sheet describing the scope of duties for each role is available from the Hon. Secretary.

Members of the Management Committee are also Trustees of the Charity. (Information on Trustee status is available from the Hon. Secretary.)

Further Nomination forms may be requested by emailing secretary.hu3a@yahoo.co.uk

The completed Nomination forms must be sent to:

**Lynne Dorff (Honorary Secretary, Harrow u3a)
5 Furham Feild
Hatch End
Middx. HA5 4DX**

to arrive, at the latest, by 12 noon on 18th January 2024

If more than one person is nominated for a vacant position, a ballot by show of hands will take place at the AGM.

NOMINATION FORM - AGM 2024

Nominations are requested for the following positions:

Vice-Chair, Publicity Officer

Further nominations may be submitted for the following positions;

Hon. Treasurer; Premises Officer; Membership Team; Speaker Secretary; Member Liaison Officer

For further information refer to page 13 in this Newsletter.

PLEASE COMPLETE IN **BLOCK CAPITALS**

Candidate's name Membership No.....

Post.....

Candidate's Declaration *If elected I am willing to undertake the post for which I am being nominated and to accept Trusteeship of the Charity*

Candidate's Signature

Proposer's Name Membership No.....

Proposer's Signature

Secunder's Name Membership No.....

Secunder's Signature

NOMINATION FORM - AGM 2024

Nominations are requested for the following positions:

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Proposer's Name Membership No.....

Proposer's Signature

Secunder's Name Membership No.....

Secunder's Signature

Cryptic Crossword

ACROSS

- 8 Affair sounds all right with the young in France (8)
- 9 Slowly, American soldier follows girl with love (6)
- 10 A brief snog on contact – sealed our destiny (6)
- 11 Entertainments for those who like notes? (8)
- 12 Surprisingly, a low stamp without whiskey could be one of 11A (8)
- 13 Put on a head with tails for show (3,3)
- 14 Belted as old C&W singer and is poverty stricken (8,3,4)
- 18 Odd main moon star produces yellow shrub (6)
- 20 One at a meeting might be included at ten deep (8)
- 23 Gut feeling, not quite the opposite of extinct (8)
- 24 Fast Romeo was taken in by this sauce (6)
- 25 Show old organ (6)
- 26 Prologue for 11A played above an ancient city in endless tea (8)

DOWN

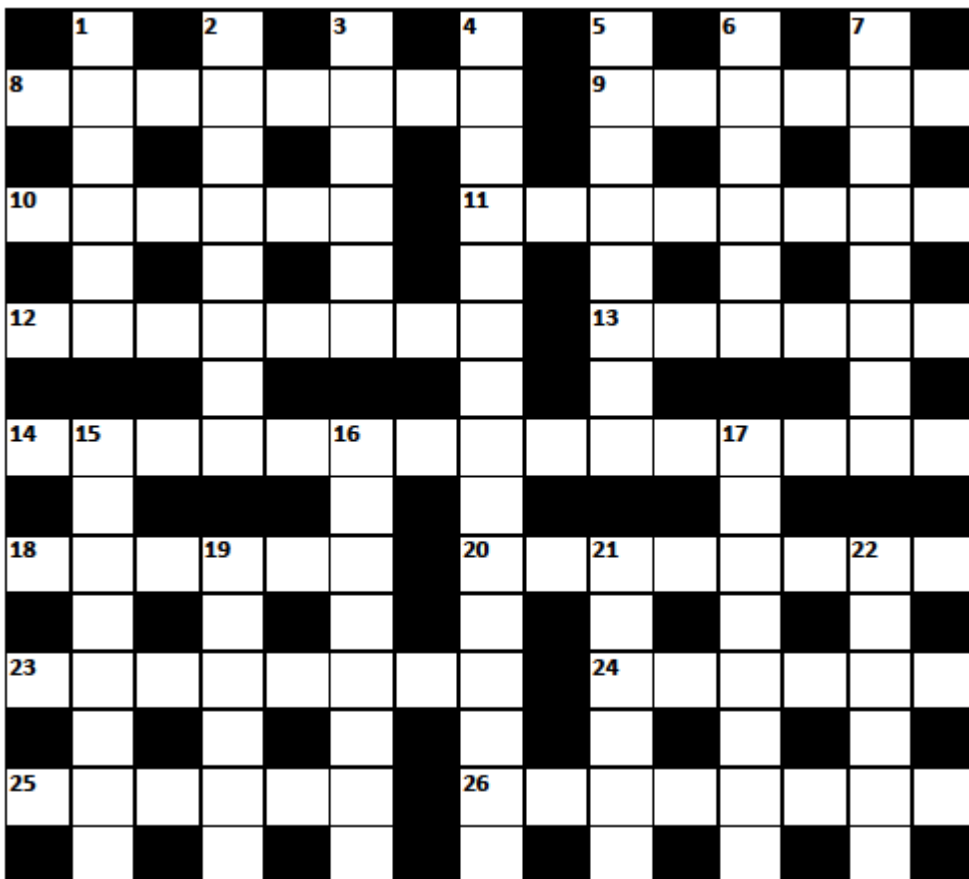
- 1 To save, initially, Simon could reach into my pocket (6)
- 2 Theatrical production my mum described in Rome (5,3)
- 3 Allow nothing back over the door (6)
- 4 Lively pack containing nothing like Mickey Mouse for example (8,7)
- 5 Oats left over could hit the high note (8)
- 6 Crazy hat worn by eccentric (6)
- 7 Bad misdeal by South causes confusion (8)
- 15 Instrument at sea in Bermuda (8)
- 16 Critics hold student schedulers (8)
- 17 Composition is a musical entertainment with love (8)
- 19 Muddled avocet produces musical interval (6)
- 21 Drew liquid from messy pet pad (6)
- 22 The whole lot found in bed when tired (6)

Crossword No. 102

Compiled by Harrow u3a Cryptic Crossword Group

Answers on page 18

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



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 CLICK HERE](#)
 to contact Jack Kushner who will redirect the query
 to the relevant person.

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 in the table above. You will then fill in the relevant tear-off slip and send it to the address noted on the slip, together with a cheque payable to **HARROW u3a TOURS AND VISITS**. It may also be necessary to send a stamped self-addressed envelope. You will be required to send **a separate cheque for each outing**.

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.

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.

Wednesday 24th April—London 'Eyes on the Spies' walking tour

London is the spy capital of the world and the 'Eyes on the Spies' walking tour uncovers the rich history of deceit, betrayal, treachery, and murder that is still being played out in plain sight around us. We recount infamous incidents and characters from the world of espionage as they have impacted upon London over time, from WW2 to today. We tread in the footsteps of world-famous incidents such as the Polonium poisoning of a Russian ex-spy, the recruiting by the KGB of a double agent from MI6, and the failure of British intelligence that cost the life of a British police officer. We reference secret wartime organisations and the shady past of some top London landmarks.

We start this walk at Green Park tube station and finish in Grosvenor Square, outside the hotel where spy Alexander Litvinenko was poisoned. There are no stairs and is suitable for those not wishing to make additional tube journeys. The duration of the tour is about 2.5 hours (comfort stops available on the tour). Headsets are available so that the commentary can be heard clearly.

We will meet at Harrow on the Hill tube station just after 10.00 am and go as a group to Green Park; the tour will start at 11.00 am. Please note that the tour can accommodate only 20 persons maximum.

The cost of the tour will be **£21.00** per person. [Please CLICK HERE](#) to email David Pashley or phone on 07714 203846 to check that spaces are still available before sending your cheque made payable to Harrow u3a Tours & Visits to David Pashley, Beckley, 3A Thornton Grove, Hatch End HA5 4HG. **Please write your u3a membership number(s) on the back of the cheque. THERE IS NO 'GREEN SLIP' FOR THIS TOUR.**

DP

EXPRESSION OF INTEREST

Lunch at The Clink restaurant, Brixton Prison

Date to be confirmed: a Wednesday in late February or March 2024

We are waiting confirmation of the menu for 2024, but envision it will be a 3 course lunch of choice. Pricing will be confirmed once we have information from The Clink and confirmation of coach costs. This information will be emailed to all interested parties. [Please CLICK HERE](#) to contact David Pashley by email or phone on 020 8428 9664 if this is of interest.

DP

Sustainability & Climate Change

u3a Environment Policy

We now have an environment policy.

How come? and what does it mean?

In September 2022 the Third Age Trust proposed that all local u3as should have a written policy for the environment to guide their activities and actions. They put forward a sample policy as a starting point for each u3a to consider and adapt for their situation.

The Harrow u3a committee asked our Sustainability & Climate Change group to shorten and clarify the TAT's sample policy for consideration. Several group members worked on it, exchanging ideas with the committee, and submitted their final proposal in January. The committee ratified it in July.

The aims of our policy are to encourage us to learn how human activities contribute to waste, pollution, global warming and loss of biodiversity, and to adjust our activities to minimise our impacts on the environment, both individually and as an organization. It features guidelines for management, group leaders and members to help Harrow u3a act in environmentally beneficial ways in everything we do.

So, we should include environmental concerns in planning and running our meetings, visits and activities. The policy suggests several practical measures, and encourages us to play environmentally positive roles in the wider community.

Members can see our policy in the management documents section of our web site www.harrowu3a.co.uk – just click on the Environmental Policy folder.

It's early days, so do share your experiences – successes and failures! – of trying to run our u3a a bit more "greenly"!

Richard Maylan

Green ideas galore – for free

Most of us would like to live sustainably – to save money, for our environment, to avoid waste – but do we know how? Which? publish an on-line Sustainability newsletter with lots of practical tips and it's free – you don't even have to be a member of the Consumers' Association to get it. Some recent features:

- New Eco Buy Dishwashers
- How green is Patagonia's outdoor clothing?
- Best vegan sausages
- How green are your cleaning products?
- How to buy a second-hand phone
- How to attract more bees to your garden
- Solar panel buying advice
- How to insulate your home
- How green is your bank?
- Best reusable freezer bags
- Find a trader you can trust
- Is Cafédirect a sustainable coffee brand?
- Top energy saving tips and appliances

We can apply for the Which? Sustainability Newsletter at <https://signup.which.co.uk/wlp-sustainability-newsletter> – and unsubscribe whenever we want. Enjoy.

Richard Maylan

Good news on our oceans – but a plea too

Last July, Athen Ayren, a volunteer speaker from Greenpeace, gave a fascinating talk to our Sustainability & Climate Change group. Now Greenpeace has written to supporters with the good news that the UK government has announced its support for a moratorium on deep sea mining – something they'd campaigned for. But they add: –

"The work to protect our oceans is far from done: the UK is yet to ratify the Global Ocean Treaty even though they pushed for it."

The new Global Ocean Treaty, agreed by the UN in March, makes it possible to create a network of ocean sanctuaries across the globe, areas where fragile ecosystems and marine life can recover and thrive. Greenpeace invite people to call on the government to properly protect our oceans and pass the Treaty into law in this parliament.

Our Sustainability & Climate Change group discussed this at our November meeting; we agreed we'd like to give all Hu3a members the chance to consider this Greenpeace appeal. We can all see more on the Treaty and the appeal at www.greenpeace.org.uk/challenges/ocean-protection/

Richard Maylan

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 click HERE](#) to contact Barbara Turner by email and please include your phone number.



Crossword Answers

Across: 8 Occasion (sounds like OK+jeune); 9 Ada+gi+o; 10 Kis(s)+met; 11 Musicals; 12 Spamalot (anagram-W); 13 Top Hat; 14 Strapped+For+(Johnny) Cash; 18 Mimosa (odd letters); 20 Attendee (hidden); 23 Instinct; 24 P+(r)+esto; 25 O+liver; 26 Over+(t+(ur)+e-(a))

Down: 1 Scrimp (initial letters); 2 Mamma Mia (Italian); 3 Lin+tel (backwards); 4 Animated+Cart(o)on; 5 Falsetto (anagram); 6 Mad+cap; 7 Mislead (anagram)+S; 15 Triangle; 16 P(L)anners; 17 Concert+O; 19 Octave; 21 Tapped (anagram); 22 Entire (hidden) *Crossword 102*

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 £1.50 surcharge. A large stamp only costs 19p extra.**

Please send your used stamps to:

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

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.

Susan Field, Members' Liaison Officer, 01923 819162 [Please click HERE](#) to email me.

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.**

Harrow u3a Notices

EXECUTIVE COMMITTEE

Life President: Georgina Butcher 020 8428 2665 butcher560@btinternet.com

<i>Chair</i>	Anne Gerrard	IF YOU WISH TO CONTACT ANY COMMITTEE MEMBER PLEASE CLICK HERE then select the person you wish to contact.
<i>Vice-Chair</i>	Georgina Butcher	
<i>Hon. Secretary</i>	Lynne Dorff	
<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>Diary Administrator</i>	Kuldeep Virdi	
<i>Premises Officer</i>	Alison Tanna	
Non-Committee Members:		
<i>Tours and Visits</i>	Jack Kushner	
<i>Web Editor</i>	Nita Patel	
<i>Newsletter Editor</i>	Stephen Dorff	
<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, 5 Furham Feild, Hatch End, Pinner, HA5 4DX

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 – Spring 2024

Mon	Tue	Wed	Thu	Fri
WEEKLY				
Art 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 <i>International Folk Dancing</i>	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	Arts & Crafts <i>French Conversation Advanced</i> 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 <i>Sustainability & Climate Change</i>	Cookery <i>Music Appreciation—The Backdrop to our Lives</i> Play Reading	Cryptic Crosswords <i>Cryptic Crosswords</i> Classical Music Appreciation Garden Club	Comparisons in Music Country Walks Free Dance Karaoke / Singalong Local History Middlebrow Book Club <i>Monthly Speakers' Meetings</i> <i>Patchwork, Appliqué & Quilting</i>	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.

