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CHAIRMAN'S MESSAGE

Hello Everybody,
 This is a version of the Chairman's speech which I made at the AGM on 3rd March.

Our succession plan had originally been for Gwen Wright to succeed Anne Gerrard as Chairman. However, Gwen had to resign for personal reasons, so I stepped in. I am tempted to use some movie slogans "I'm back" or "Never Say Never Again".

It is an honour to be Chairman once again. The advice of doctors for seniors is to keep active, get out, meet with people and use your brain. The U3A meets all those objectives and Harrow U3A is recommended by local surgeries.

I want to mention the building works at Harrow Arts Centre. The current phase was to refurbish three buildings which were not in use—the old school laundry (which you may know better as the former Studio café), the Travellers' Studio theatre, and the boiler room.



Once these have been finished—scheduled to happen in the summer—the Greenhill room will be pulled down and be replaced by a substantial two-storey building.

Harrow Council has secured a £700,000 grant from the GLA and added £3.3M to it.

The intention is for HAC to become self-funding and the teaching areas will provide extra revenue. The HAC staff have put on extra events including pantomime and have already reduced the subsidy needed from Harrow Council by 70%. So, there is a real prospect that HAC will become self-financing and the sword of Damocles that had been hanging over the Arts Centre for the past six years or so will be removed. At last the light at the end of the tunnel is not the train coming the other way.

Mike Allen

[Editor's Note: See page 7 for further information on HAC development]



DUE TO THE CORONAVIRUS EMERGENCY AND THE SUSPENSION OF ACTIVITIES AT HARROW U3A, THIS ISSUE OF THE NEWSLETTER IS VERY ABBREVIATED. The Diary and most articles about up-coming events and activities have been omitted.

Please send Notices,
Articles and Photos to
newsletter.hu3a@yahoo.co.uk

**BEFORE
FRIDAY 3RD 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 and attached to the email, not as pictures embedded in the email or Word document.

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.

I wonder how many of you are signed up to receive U3A's National Newsletter, or whether you are even aware of its existence? It is sent in a monthly email and includes some very useful items which are not in the Third Age Matters magazine. If you are interested, go on-line to <https://www.u3a.org.uk/email> and submit your details; you can also see previous issues of the National Newsletter from the link on the sign-up page.

The last issue of Third Age Matters, the national U3A magazine, contained items about the National U3A Day to be held on 3rd June (see TAM page 5). To celebrate and promote Harrow U3A, your committee have had several ideas. We hope to be able to have a presence in a public place, maybe a table in the new library in central Harrow, presuming it's operational by then.



We thought a flash mob might be too much of a challenge, but we will be appropriately dressed in blue and yellow and hand out leaflets.

We also plan to have a "video" of some of our activities to be shown on a screen to demonstrate the range of subjects we have. Maybe a montage of photos from our wide range of visits and holidays.

We had considered an event displaying the choir and dancing etc. at HAC, but how to entice people in was the problem, so we thought we should go out to the public.

We have incorporated suggestions made by one imaginative member but are hoping there is more creativity that might be forthcoming.

Please contact any committee member if you have an inspiration, or even a germ of an idea.

Stephen Dorff

NEW MEMBERSHIP TEAM

Hello Everyone,

My name is Howard Greenwood and I have taken over as the head of a team managing the role of Membership Secretary, as was mentioned at the Harrow U3A AGM on 3rd March. We are taking over from Kathy and Frances who have been carrying out the task between them (with the support of volunteers during the busy periods) for a number of years. We thank them for all their hard work (and will still be looking to them for words of guidance in the days to come). There will be a short handover period, when materials will be moved around and tasks will be adapted to the new arrangements. It is intended to make this of minimal length.

The idea of dividing the Membership Secretary tasks amongst a team came from Kathy and Frances, which gives us great confidence that it is a practical

step. My role will be to act as a figurehead and first point of contact on Membership issues. Initially I will need to consult others in order to give out correct information, but I expect to pick up the basics within a few months. I will be assisted by Carol, Matthew and Leela and, I hope, a number of others. The initial meeting in February, hosted by Frances, was well attended and it gave me confidence that there is a body of support within the membership, that will carry us through the busier phases of the year. The intention is that we will each learn a number of the membership tasks, in order to provide cover and additional support throughout the cycle of the membership year.

Ideally the advent of this new structure will prove invisible to our U3A members.

Howard Greenwood

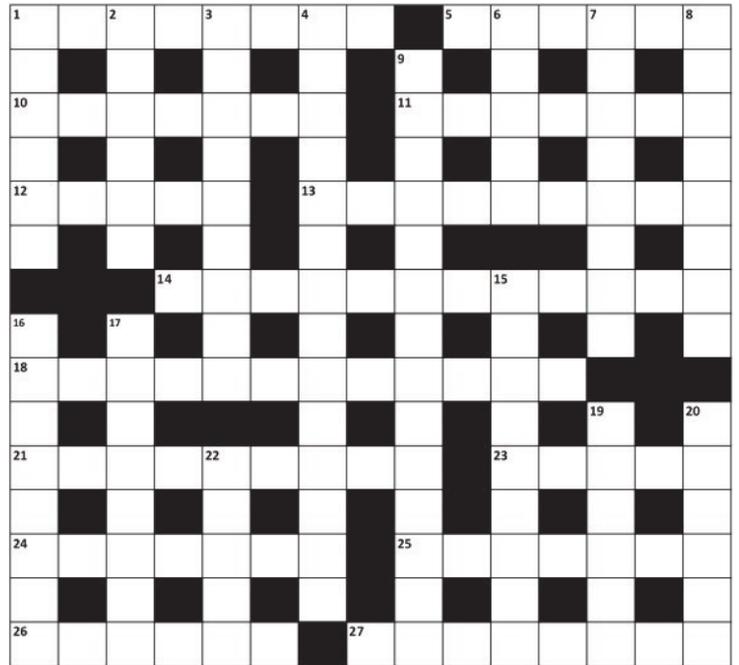
CRYPTIC CROSSWORD

ACROSS

- 1 Chopin's funereal rhythm for wastrel. (8)
 5 Tackles hirsute playwrights with energy. (6)
 10 Mother's quarrel gets the dog. (7)
 11 Bio rain as seen in East African City. (7)
 12 Ayrton and I drive away from this Italian city. (5)
 13 Try out deep London lines used for experiments. (4,5)
 14 Closely question angry look. (5-7)
 18 Gallic stamps sound like former coins. (6,6)
 21 A student with former partner and artist to see a Queen (9)
 23 A branch of this colour is an emblem of peace. (5)
 24 A De Mille gallery conceals an unlawful person. (7)
 25 I start this answer and always take the lead. (7)
 26 Grand promo and shrewd - but such an annoying pest (6)
 27 Shows respect, always, in payment for property. (8)

DOWN

- 1 Block a request for linen cloth. (6)
 2 Make cattle disease in worker go away (6)
 3 Rabbi gets car for a hundred - upset when it's bits and pieces. (4-1-4)
 4 Appropriate, like a stringed instrument in good health. (2,3,2,1,6)
 6 To be? Changes exits. (5)
 7 Lozenge-shaped broom hid jumble. (8)
 8 Without a mate, she turns right round a note (8)
 9 Methodically demolish meat pies at Eton (3,4,2,1,4)



- 15 Recluse can secure boat, and put on the computer; alone at last. (8)
 16 Self and this makes one modest. (8)
 17 Gem lit every diamond initially, like a tiara. (8)
 19 Guess I'd return with grapes. (6)
 20 Old Constable found working in chip shop. (6)
 22 Conceal change likely in Islington. (5)

Compiled by Harrow U3A Cryptic Crossword Group

Too easy, too hard? We would welcome any feedback on our crossword.
 Comments to Lucille Balkin, please! 020 8428 7232 or email thebalkins@yahoo.com

DAY VISITS

WEDNESDAY 12TH AUGUST—FROGMORE HOUSE & SAVILL GARDENS, WINDSOR

We have a guided tour of the house which takes about 1½ hours. It is a Grade I building and is still used for official functions. The interior has lots of interesting items which reflect several generations of the Royal family's influence on Frogmore. Among them is Queen Charlotte's passion for botany, seen in the decorations of the house. It was the home of Queen Victoria's mother, Duchess of Kent, for 20 years. Works by them are displayed in the house. The Britannia Room is furnished with a selection of items from the Royal Yacht Britannia, arranged by Prince Phillip.

Standing in the Home Park of Windsor Castle, the gardens at Frogmore House, covering 33 acres, have been an enduring attraction for monarchs and their families since the house was purchased by Queen Charlotte in 1790.

After our tour and views of the gardens at Frogmore, we make our way to Savill Gardens where we can have lunch. This garden extends over 35 acres and is made up of interconnecting gardens and exotic woodland. It is a tranquil place to discover rare plants from around the world arranged in stunning seasonal displays.

The coach will pick us up at 8:45am at the side of Morrison's, Hatch End.

Cost: £38 per person

PB

MONDAY 19TH-SUNDAY 23RD AUGUST 2020
5-DAYS EXTENDED COACH TOUR TO DEVON

En-route to Devon we visit the Elizabethan House and Gardens of Montacute (National Trust). The gardens are beautiful and the Long Gallery houses over 60 Tudor and Elizabethan portraits on loan from the National Gallery.

The next day we head to the Bygones Museum where we can wander back in time starting towards the end of Queen Victoria's reign. Visit the authentic life-size Victorian Street, see the Blacksmith making horseshoes, the Sweetshop where sweets were made fresh every morning plus much more. We will then visit the nearby Model Village, said to be a creative and humorous representation of British life over the last six decades. Following this we will make the short journey into Torquay around lunchtime for an afternoon at leisure.

On Friday we travel to Dartmouth, home of the Britannia Royal Naval College. We have time to explore the ancient town with its narrow streets, art galleries, boutique shops, cobbled market and gourmet cafes. In the afternoon, we will take the Greenway Ferry Pleasure Cruise to Greenway (NT), summer home of Agatha Christie, beside the River Dart. The wooded gardens display splashes of colour from flowering trees and plants, while the boathouse gives delightful views over the river. Greenway is featured in Christie's book "Dead Man's Folly".

On Saturday, we visit Paignton and then catch a steam train to Kingswear. The line follows the spectacular English Riviera Geopark coastline to picturesque Churston station then on through Long Wood bordering the Dart Estuary. We then go to Brixham, which was originally a Saxon Settlement. Brixham is full of Dutch influences and has a range of art galleries. You can also visit Artists' Corner on the Strand and see the artists working. Brixham Museum is packed with interesting exhibits from the town's cultural and maritime heritage.

On Sunday, we begin our journey home, visiting the medieval cathedral city of Salisbury on the way. We will visit Mompesson House (NT) an 18th century town house located in the centre of the city. We enjoy free time in Salisbury to have lunch and independent sightseeing before arriving back in Harrow early evening.

Our hotel is the Passage House Hotel which has extensive leisure facilities including an indoor swimming pool, sauna and gym. Rooms are equipped with tea and coffee making facilities, hairdryer, Freeview TV and free internet access.

Our coach will pick us up at Harrow-on-the-Hill Station and the Arts Centre in Hatch End.

Cost: £599.00 per person sharing Single supplement £91.00

PB

DOURO RIVER CRUISE—18TH OCTOBER 2020 FOR 7 DAYS

We are going OVERBOARD for our next U3A River Cruise! We will be visiting Portugal's once wild River Douro on the 5* MS DOURO SPLENDOUR launched in 2018. This ship has a lift that goes from the Main Deck to the Upper Deck but not to the Sun Deck where you can find the outdoor swimming pool. On the ship there is a small gymnasium along with a spa and wellness area. On the Main Deck there is a stunning restaurant serving buffet breakfast, buffet lunch and four-course dinners.

We will be leaving by coach from our usual pick-ups (Stanmore and Morrison's) to Gatwick, where we fly to Porto and spend some time with a guided shore excursion with headsets included. Our ports of call, with excursions included, will be Castelo Rodrigo, followed by Salamanca, Mateus Palace & Gardens, Lamego and then we return to Porto to fly back to Gatwick for our return coach.

We have reserved 20 places **BUT** as this Cruise is very popular **WE HAVE TO CONFIRM BOOKINGS BY THE END OF APRIL.** £250 per person deposit to reserve your place.



MV Douro Splendour in Porto, Portugal Photo: © Riviera Travel

PRICES include Flights and coach to/from Gatwick:
Lower Deck Standard Twin/Double Cabin £1839pp.
Single £2713

Main Deck Twin/Double £2139pp. Single £2863
Upper Deck Twin/Double £2239pp Single £2913

For more information and Booking Forms
please contact JACK KUSHNER or TONI WAXMAN on
020 8954 8671

.....
ONLY TWO DOUBLE/TWIN CABINS STILL AVAILABLE.
SORRY, SINGLES ALL SOLD OUT.
.....

TOURS & VISITS COMMITTEE

MB	Malvern Barnett	m.barnett2011@btinternet.com	020 8428 9387
PB	Pat Bays	-	020 8866 9274
PG	Pam Gonsal	gonsalpam@outlook.com	-
JK	Jack Kushner	j.kushner17@gmail.com	020 8954 8671
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TW	Toni Waxman	toni2bee@talktalk.net	020 8954 8671

HOW TO BOOK AN OUTING

For this issue only, as Booking Slips will not be available, please contact the tour organiser directly.

BOOKING CONDITIONS

MEMBERSHIP: 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 for via Harrow U3A are under the auspices of Harrow U3A. Harrow U3A and the organizers 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. We will do our best to make appropriate arrangements, but please be aware that this may not always be possible.

CONCERT OUTING

WEDNESDAY 30TH SEPTEMBER — ABBAPHONIC AT THE ROYAL ALBERT HALL

Dear ABBA lovers, we have booked a **fantastic** evening at the **Royal Albert Hall on Wednesday 30th September @ 7.30pm** for **ONE NIGHT ONLY** featuring exhilarating live music for ABBA fans, bursting with chart topping tracks: **WATERLOO; TAKE A CHANCE ON ME; MAMMA MIA; MONEY, MONEY, MONEY; DANCING QUEEN and more!!** We have managed to obtain a **30% discount** off the price of the tickets for the stalls seats surrounding the arena, so make your reservations today as this is already selling fast!

Royal Philharmonic Orchestra conducted by Matthew Freeman.

Vocalists including Emma Kershaw and Abbie Osman

Plus a SPECIAL GUEST PRESENTER.

Cost **£52.00** including coach and gratuities for these excellent seats.

Please contact Jack Kushner/Toni Waxman on 020 8954 8671 to check that spaces are still available before applying for tickets.

SCIENCE GROUP TALK 9TH JANUARY — BOWEL CANCER

Bowel cancer is prominent in the UK and the 2nd highest cause of cancer deaths. However, it is very treatable when caught early, with an overall 90% chance of survival. The reason for it taking so many lives is due to lack of awareness of the symptoms, a reluctance to seek medical advice or an apprehension to take part in the screening programme. There are two screening programmes available to those who live in the vicinity of St. Mark's hospital depending on a person's age. For 55 to 60 year olds a bowel scope appointment is available, and for those over 60 a home-testing kit is sent to a person's home to test for blood in the stool. To arrange a bowel scope appointment, or request a test kit then please call **0800 707 60 60**. Screening can help detect early stages of cancer leading to immediate treatment, better prognosis and ultimately, peace of mind. We encourage all those eligible to talk to their GP if symptoms do present or for more information about completing the test!

Risk Factors for bowel cancer:

- Family history/genetic factors
- Red and processed meat
- Excessive alcohol
- Smoking
- Diet/lifestyle (Not eating enough fibre, or not doing exercise)

Bowel cancer symptoms:

- Blood in faeces
- A change in normal bowel habit, such as looser bowel movements or constipation
- A lump in the stomach
- A feeling of needing to strain the back passage even after opening the bowels
- Losing weight for no obvious reason
- Severe pain in the abdomen or back passage
- Tiredness or breathlessness caused by anaemia

Sameer Choglay
 Health Promotion Outreach Officer
 St Mark's Bowel Cancer Screening Programme
sameer.choglay@nhs.net
www.stmarksbowelscreen.co.uk | [Twitter](#) | [Facebook](#)



HU3A, HAC AND SUSTAINABILITY

At Harrow U3A's AGM on 3rd March, Anne Gerrard explained the proposed changes and rebuilding at Harrow Arts Centre, and expressed concern over whether adequate car parking would be provided in the new development.

The most recent issue of Third Age Matters included a letter from Ilkley's Environment Group, which described their efforts to travel more sustainably to their meetings.

Our Sustainability Group views this as a challenge, so we are conducting a survey in our group on how we travel to our meetings. We realise that the Harrow Arts Centre is on two bus routes and is close to a third, and is close to Hatch End station. Our London Oyster travel pass has no time limit, so our 10 a.m. start should not cause the problems that Ilkley describe in that their bus passes do not start until 9.30 a.m. We look forward to finding out how and whether we can make better use of public transport, and will report our results when the work is complete.

Mick Oliver,
 HU3A Sustainability Group Leader

We wouldn't have known it from our AGM in March, but we are in a climate emergency. The government has declared it, so has Harrow Council. We should take that into account as individuals and as an organization. We should acquaint ourselves with the facts and the threats; a good way is to spend a few moments without distractions, absorbing the updated World Scientists' Warning to Humanity, it's at <https://academic.oup.com/bioscience/article/70/1/8/5610806>

Then, what to do? Help is at hand: Bioregional offer roadmaps and advice to individuals, community organizations (such as our U3A!), businesses, Councils... see <https://www.bioregional.com/resources>

Let's make a start, for our successors!

Richard Maylan

WOODBERRY WETLANDS WALK 20TH JANUARY

In spite of a dodgy weather forecast on an interesting numerical date, 25 of us set out on an eight mile walk following first the course of the New River from Angel to Manor House, then along the capital ring to Highgate. The New River is neither "New" nor a "River" but a drinking water supply canal running from its source near Ware in rural Hertfordshire to the thirsty city of London, and was constructed by Sir Hugh Myddelton in the early 17th century.

Following the track of the canal, much of which is now in a subterranean culvert, we proceeded mostly through a series of linear parks and gardens, many of which had pleasant water features as a reminder of what lay below. A final long alleyway flanked by allotments led us to Clissold Park. Then round the park lake and after a short stretch on busy Green Lanes we returned to the New River Path. This led to the Stoke Newington reservoirs, one a large lake used by rowing and sailing clubs and flanked by

attractively landscaped modern high-rise apartment blocks, whilst the other has been converted into a reed-bed-lined Wetland Centre, opened in 2016 by Sir David Attenborough.

About three quarters of the way round the Wetland reservoir, it started to rain so it was a quick march to our lunch stop at 'The Naturalist' pub. But by now the rain was coming down in torrents and had set in for the afternoon. It was therefore agreed to abandon our walk here as we were conveniently just a five minute walk to the underground station at Manor House. Good use of our umbrellas was made for this final stretch of today's walk!

Vivienne Gould

[Editor's Note: As a coincidence, I lived in Turnpike Lane as a child and our local synagogue in Wightman Road (I think it later became a Gospel church) backed onto the New River. We kids were frequently in trouble for climbing over the fence to play by the canal-side!]

HARROW ARTS CENTRE UPDATE

With your support, Harrow Arts Centre continues to go from strength to strength. We've had 20,000 more visitors in 2019/20 so far and expect our footfall to be in excess of 270,000 by the end of March. We've also seen a 9% increase in the number of classes held on site and a 21% increase in the ticket sales this year. This, in turn, has enabled us to reduce the level of subsidy required from Harrow Council by 70% since 2016/17. However we are now in a position where it is difficult to become completely self-financing without capital investment on the site.

During 2018 we asked you for your support in securing funding from the GLA's Good Growth Fund to invest in the future of Harrow Arts Centre. Our aim was to increase the creative learning offer, build new spaces for the community and create new job opportunities. With little space capacity on site and an increase in demand from existing and new groups, we were delighted to secure the funding to invest in new facilities.

As outlined in our last article, the first phase of the works seeks to bring three redundant buildings back into use - the Studio Theatre, Boiler House and Workshop. The architects DK-CM have produced designs for facilities that include a new dance studio, office, classroom, a large multi-use room and four artists' studios. Roofco have been appointed as the principal contractors for the work and they hope to complete all three buildings by Summer 2020, with the buildings in use by early Autumn 2020.

On Monday 24th February we held a public consultation meeting with regards to Phase Two of the project, a new building to be placed on the site of the existing Greenhill building, which is at the design stage. Proposed designs from the appointed architects Chris Dyson Architects were presented and the feedback we received during the meeting was extremely positive with some very helpful suggestions for amendments and improvements. The planning application is expected in Summer 2020 and the new building delivered by the end of 2021. As yet, we do not have a timescale for the demolition of the existing Greenhill building, but please be assured that existing bookings will be moved automatically by the HAC team into the best alternative space on site - which may well be the new large multi-use room provided as part of Phase One. Following the delivery of the new building, Weald and Grimsdyke portakabins will be demolished to ensure that those bookings will be able to move seamlessly into the new available spaces. Improvements will also be made to the landscaping and wayfinding *[Editor's Note: e.g. signposting]* on site with the whole project due for completion by the end of March 2022.

If you have any questions about the refurbishment works at Harrow Arts Centre, you can contact the project team at EDO@harrow.gov.uk

Thank you for your on-going support - this is such an exciting time for us!

Kerry Blackburn | Cultural Development Manager
London Borough of Harrow

This personal profile is from **Val Bard**, who leads one of the Current Affairs groups every Tuesday.

VAL BARD

I was born in Cardiff in 1940, a honeymoon baby; my father was a GP in Merthyr Tydfil, but my mother wanted to have her babies near her own mother, a plan she gave up when my brother was born in the car on the way to Cardiff!

At the age of nine I was sent to boarding school (a Haberdashers' school in Monmouth), in order to lose my Welsh accent, and get a good education.

From there I came to London, to study medicine at the Royal Free Hospital School of Medicine. I met my husband Geoff whilst he was a Dental student at UCH; he has always loved travel and we met when he put up a notice in the students union about a holiday he was organising. I joined him and since then we have travelled together all over the world.

We married in 1962, six weeks after he qualified. I qualified in the following year and, after my statutory pre-registration period, had my first baby. I had three babies in 2½ years whilst I continued training as a GP. I became a partner in General Practice in 1969, during which time I trained young GPs and medical students and was a course organiser in our local GP trainee scheme. I worked full time until I was about 60 when I went part time. In retrospect I regret having worked so hard, and wish I had spent more time with the family.

In 2009 I was diagnosed with a high-grade lymphoma; strangely I look back on this as a stroke of good fortune. Firstly I retired, which I may not otherwise have done, then my children, now grown and married, showed me such love and support, and finally I recovered and am in complete remission.

I feel I have a great life now, our children live close to us, so we can see them and our eight grandchildren. I volunteer to help with U3A where I organise Current Affairs group 4, work on the Memory Course when it runs, and attend one of the Literature groups. I also volunteer with our synagogue, including helping with the Night Shelter looking after homeless people in Barnet. I am a slave to my Fitbit, and try to walk at least five miles every day (and usually succeed!).

Sadly, after writing this and having had 10 years of good health, my lymphoma has relapsed. However I have been reassured that another course of chemotherapy will help and I expect that it will not interfere with me continuing to run Current Affairs 4.

So this is my life so far, a life lived with few regrets.

Val Bard

DONE AND DUSTED

“Don't put off until tomorrow
What you can do today”
That's a well known saying
But one I pushed away
Until there was no choice
As we were going to move
Though I knew it would be hard
As indeed it proved.

I started in the spare room
Armed with large black sacks;
Once I'd rid the room of junk
There would be no turning back,
But the first box that I opened
Was filled with children's toys,
Everything they'd played with
As little girls and boys.

The last box I uncovered
Was full of birthday cards,
Photographs and school reports,
Reminders of the past;
I put them to one side
As I brushed away the tears,
It seemed like only yesterday
But it had been many years.

Each box recalled the memories
Of both happy times and sad,
Of the family together
And all the fun we'd had;
But now the day had come
To dispose of all these things;
I slowly placed them in the sacks
And cut the apron strings.

Janet Byrne

WHEN ACORNS FALL

When acorns fall
and farmers haul remaining crops
away from rain;
when sheep seek shelter and retreat
into the lea of dry stone walls,
I gather in our sunlit yesterdays
with plans we made
when we were young.

No apple shared was quite so sweet
or wine so smooth to sip
as all we share in harmony
with life in partnership.

© *Brian Burford*

Suggestions for New Groups

We are always interested in suggestions for starting new groups at Harrow U3A. Amongst possible subjects are: Antiques, another Garden Club, Geography, Geology, Photography, etc.

If you have any ideas for a new group you would like to attend, please register your interest with me and I 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.

Please email me, Rhoda Luer, on studygroupcoord.hu3a@yahoo.co.uk

HARROW U3A YAHOO GROUP EMAIL LIST

Please note that this will soon be discontinued.

If you wish to keep receiving emails with regular notices and updates of our activities, you need to ensure that your email address is included in the membership data on the Beacon administration system and that you have stated on your membership form or by email that you wish to receive email news from Harrow U3A.

Please contact the Membership Secretary or the Beacon Administrator for further information.

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 invitation from your committee

You are cordially invited to attend any of the committee meetings 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.

HELP REQUESTED

Could you help a long-established local charity? The "Talking Newspaper for the Blind of Harrow" are in need of another **Female Reader** (to read aloud, recorded), and an **Admin person** (male or female) to do a small amount of regular basic admin, both in Harrow.

Please contact our chairman for more details:-

Barbara Turner, email: pcandbturner@btinternet.com
tel: 020 8863 1934 mobile: 07510 591867

STAMPS FOR CHARITY

A wonderful way of making use of your used stamps! As joint membership secretary 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

CROSSWORD ANSWERS

Across

1 Dead-beat; 5 B-e-ards; 10 Mas-tiff; 11 Nairobi (anagram); 12 S(i)enna; 13 Test Tubes; 14 Cross-examine; 18 French Francs (sounds like Franks); 21 A-l-ex-and-ra; 23 Olive; 24 Illegal (hidden word); 25 Initial; 26 G-ad-fly; 27 R-ever-ent

Down

1 Dam-ask; 2 A-bse-nt; 3 Bric-a-brac (anagram); 4 As Fit As A Fiddle; 6 Exist (anagram); 7 Rhomboid (anagram); 8 Spins-te-r; 9 One Step At A Time (anagram); 15 Anchor-it-e; 16 Effacing; 17 Jewel-l-e-d; 19 Di-vine; 20 Peeler; 22 Angel (hidden word)

HARROW U3A NOTICES

HARROW U3A MANAGEMENT COMMITTEE

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

<i>Chairman</i>	Mike Allen	020 8868 0335	chairman.hu3a@yahoo.co.uk
<i>Vice-Chairman</i>	Anne Gerrard	020 8954 4110	study2.hu3a@yahoo.co.uk
<i>Hon. Secretary</i>	Lynne Dorff	020 8428 4140	secretary.hu3a@yahoo.co.uk
<i>Hon. Treasurer</i>	Madhu Badale	020 8421 3485	treasurer.hu3a@yahoo.com
<i>Membership Secretaries</i>	Harold Greenwood Carol d'Souza Matthew Bennett	07908 533317 020 8907 4625 07484 814425	membership.hu3a@yahoo.co.uk
<i>Study Group Co-ordinator</i>	Rhoda Luer	020 8861 0022	studygroupcoord.hu3a@yahoo.co.uk
<i>Publicity Officer</i>	Stanley Byrne	020 8427 7761	stanbyrne@hotmail.com
<i>Speakers' Secretary</i>	Helen West	020 8907 8252	speakerssec.hu3a@yahoo.com
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<i>Members' Liaison Officer</i>	Susan Field	01923 819162	susanj.field@ntlworld.com
<i>Diary Administrator</i>	Anne Gerrard	020 8954 4110	study2.hu3a@yahoo.co.uk
<i>Premises Officer</i>	Alison Tanna	020 8863 0587	premises.hu3a@yahoo.com
Non-Committee Members:			
<i>Tours and Visits</i>	Jack Kushner	020 8954 8671	j.kushner17@gmail.com
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<i>Beacon Administrator</i>	Kathy Westhead	020 8422 9895	beacon.hu3a@yahoo.com

**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.

Visitors to Harrow Arts Centre are permitted, indeed encouraged, to park in MORRISON'S supermarket car park. This is open from 8am until 11pm. Whilst no guarantee can be given, it is considered safer than the overcrowded Arts Centre car park.

This Newsletter and Diary are also available on the Harrow U3A website at www.harrowu3a.co.uk where you will be able to enlarge the view for ease of reading smaller print if necessary.

COMMITTEE CORRESPONDENCE ADDRESSES

Chairman:

Mr M Allen, 42 Lucas Avenue, North Harrow, HA2 9UJ

Hon. Secretary:

Mrs L Dorff, 5 Furham Feild, Hatch End, Pinner, HA5 4DX

New Membership or Membership Renewal:

Mrs L Rajapakse, 8 Sherington Avenue, Hatch End, Pinner, HA5 4DT

NEW MEMBERS:

For all enquiries regarding membership, please contact our **Enquiries Officer** — see contact details above.

EXISTING MEMBERS:

Please remember to inform the **Membership Secretaries** if you change your address, phone number, email address, etc. — send an email to membership.hu3a@yahoo.co.uk or phone one of the team.

U3A National Office

The Third Age Trust
52 Lant Street
London SE1 1RB

020 8466 6139
national.office@u3a.org.uk
www.u3a.org.uk

HARROW U3A PHOTO GALLERY



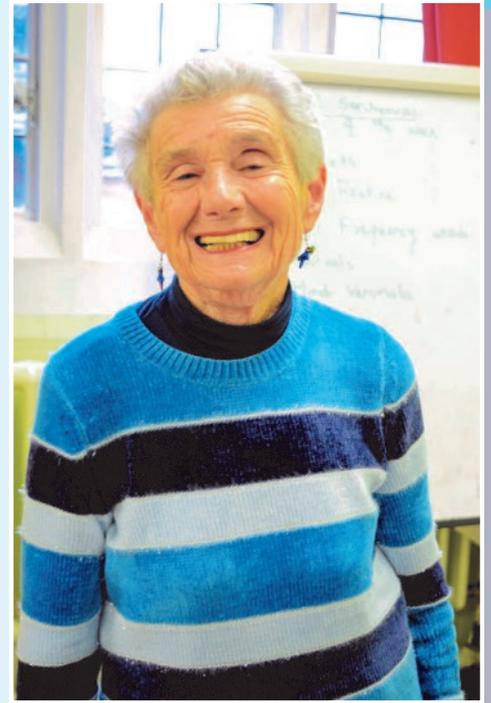
← Arts & Crafts Group—Over the years we have tried our hands at many varied forms of arts and crafts. Recently we became aware that Northwick Park Hospital were asking for help as they are always in need of small woollen hats for premature babies We knitted 20 little hats and one of our group took them to the Premature Baby Unit at the hospital. They were delighted and very grateful. In the past we have also made Twiddlemuffs, which were welcomed in care homes to help people with dementia. It is very satisfying to be able to do something that is helpful to others.

Photo: Carol Taylor

Val Bard, speaking at the Interest In Science Group on 12 December. →

See Val's autobiography on page 8

Photo: Geoff Wolfson



← The Country Walks Group near the West Reservoir, during their Woodberry Wetlands walk.

See page 7

Photo: Vivienne Gould