

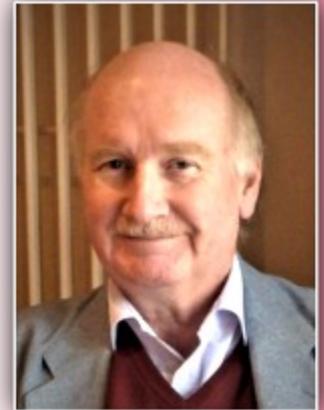
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Harrow U3A website  
[www.harrowu3a.co.uk](http://www.harrowu3a.co.uk)

*CHAIRMAN'S MESSAGE*



We face unprecedented times with the challenge of covid19. Most of us are vulnerable to the virus and have been self-isolating. Government advice is that shielding in England has been paused and that if you have been shielding, you should now adhere to strict social distancing, rather than full shielding measures. This includes keeping two metres or three steps away from other people outside your home, whenever possible, and limiting the number of people you meet, shops you visit and non-essential journeys you make. I would suggest that people remain extremely cautious. Although the number of cases has gone down, covid19 has not disappeared.

We are very pleased that Harrow Arts Centre is re-opening on the 7<sup>th</sup> September, and now we need to meet the challenge. Groups and group leaders are making up their own minds as to whether to return and you will need to consult the diary to find out which are doing so. We strongly advise the wearing of masks for those that do attend HAC and some group leaders may make it a requirement.

There will be strict limits on numbers in the rooms due to social distancing and if more people arrive than the room is permitted to hold, they will have to be turned away. If we can solve the problems it will give greater access to our courses.

We are going to trial a combined physical class and Zoom participation with the Family History group. It presents a number of challenges and we hope to sort them out and then roll it out for more groups in the future.

Hopefully some time next year a vaccine will be produced so that we can return to something much more normal.

*Mike Allen*

*[Editor's Note—please refer to the Diary for details of all groups and classes, and the detailed information on page 14 regarding the protocols in place at HAC]*

**This issue  
 includes  
 membership  
 renewal form.**

Please send Notices, Articles and Photos to [newsletter.hu3a@yahoo.co.uk](mailto:newsletter.hu3a@yahoo.co.uk) BEFORE FRIDAY 6TH NOV



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 text.

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

*Opinions expressed in the Newsletter do not necessarily reflect policies of Harrow U3A or of the Third Age Trust.*

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*Data Protection: Any information supplied to the Editor, including personal details, will be held and maintained on a computer for as long a period as is reasonable for the purposes of correspondence and contact.*

*Privacy: The lists of Management Committee Members and Tours & Visits Committee Members and other personal details contained in the Newsletter are for the use of Harrow U3A members only and are not to be distributed or used for general mailing lists.*

Hello everyone.

Lockdown stress? Me? No way! As you can see in my photo, I have come through practically unscathed, although in need of a haircut! (I actually had it cut at the end of July, just after this photo was taken)



Unfortunately, like many of you I am sure, I know several people who caught covid-19 and some who suffered badly. My sincerest thoughts are with those of you who have suffered illness or loss.

You might notice that this issue has some slight formatting changes and also several changes in content. Because of the lack of group activities and cancelled tours & visits during the summer term, I have included some of the many articles which members have sent me describing what they have been doing (or not) during the lockdown. I thank you all for your contributions, and apologise to those whose offerings I don't have enough space to print.

I am very pleased that Harrow Arts Centre is reopening in September, albeit with seriously reduced capacities due to the requirements of social distancing.

As a consequence, the Diary is also somewhat changed, and indicates which groups will now actually be meeting together in person and those which are continuing on Zoom or similar on-line facilities. Please make sure you read the

information on page 18 which sets out the measures which will be in place to ensure everyone's safety.

You will already know from bulletins issued by the committee that the membership renewal subscriptions are reduced for the coming year because of the cancelled activities during the Summer term and the continuing effect of the pandemic for this Autumn term. We all hope that things may return to something approaching normality in 2021. Please renew your membership as soon as possible; the worst thing that could happen to Harrow U3A would be a drop in membership just at a time when we all need to stick together.

Lastly, Brian Burford's haiku poem on page 9 seems unseasonal, but it gives us something to look forward to.

*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](http://www.harrowu3a.co.uk) or, even better, make it your Home Page.

*Website Editors: Stan Byrne & Pam Gonsal*



## Harrow U3A Membership Renewal

For the year 1 Oct 2020 - 30 Sep 2021

Harrow U3A is a registered charity, No 1009872  
and a member of the Third Age Trust\*\*

Please renew your Harrow U3A membership. If you have given HU3A an email address, you will have received an email asking you to renew and it is most straightforward to follow the requests in that email. The email gave the banking details to pay electronically and had a link to a simple on-line form to tell us about your renewal. If you have not received that email then please proceed as described below or request another email from [membership.hu3a@yahoo.co.uk](mailto:membership.hu3a@yahoo.co.uk)

For Harrow U3A membership subscription renewal the following has been decided:

- the rate for 2020-2021 has been reduced to **£40** for individual members and **£70** for two members at the same address; concession rate remains at **£12** for members on Pension Credit.
- the start of the renewal process has been delayed; please try to renew during September.
- you will receive a new membership card generated by the Beacon database. These cards will normally be sent by email. We will no longer send the original stickers for the back of gold cards, which are being phased out.

The Membership Team would much prefer it if you could pay us by bank transfer (BACS) which you can set up either by on-line or telephone banking. Your individual subscription is **£40**, joint subscription is **£70**, concession subscription is **£12**. For the Concession rate please confirm that you are in receipt of Pension Credit and quote your DWP number in the contact details part of the form overleaf or by email: [membership.hu3a@yahoo.co.uk](mailto:membership.hu3a@yahoo.co.uk)

Details of the Harrow U3A Membership account at HSBC are:

Name of account: Harrow U3A  
Sort code: 40-36-21  
Account number: 01518518

**Please quote as a Reference: your membership number followed by (up to) the first 11 letters of your surname.**

If you don't do on-line or telephone banking, do you have a friend or relative who does and could pay on your behalf? In that case, you could email us at [membership.hu3a@yahoo.co.uk](mailto:membership.hu3a@yahoo.co.uk) to tell us the name of the account holder who is making the payment, so we can recognise it on our bank statement, though it is simplest to use the on-line form for this. Also, if you are reimbursing them for it, tell us that too. (This is important because when we claim Gift Aid on subscriptions, the money must have come from the member.)

If you cannot pay us by bank transfer, then please post your cheque for the relevant subscription, payable to **Harrow U3A**, to:

**Harrow U3A Membership Team, 68 Pinner Court, Pinner, HA5 5RN.**

Please write on the back of your cheque your name and membership number (or postcode, if you don't know your number) and return with the form overleaf. **If you require a printed version of your membership card(s), please also include a stamped addressed envelope for us to return your card(s).**

For any queries about renewal, please email: [membership.hu3a@yahoo.co.uk](mailto:membership.hu3a@yahoo.co.uk)  
or phone: 07908 533 317 or 020 8907 4625.

**Member details**

Title: Mr/Mrs/Miss/Ms/Dr/etc	Membership number
Forename	Surname
<input type="checkbox"/> <b>Please tick this box</b> if you would like us to send you a Gift Aid Declaration form (unless you have already done so – in which case, thank you, and there’s no need to fill in another one).	
<b>Tell us of any change to your contact details.</b> If we do not have an email address for you, it would help us a lot if we could have one.	

**TERMS AND CONDITIONS OF MEMBERSHIP**

All members must:

- Abide by the Principles of the U3A movement.
- Always act in the best interests of the U3A and never do anything to bring the U3A into disrepute.
- Abide by the terms and conditions of the constitution and policies.
- Treat fellow members with respect and courtesy at all times.
- Comply with and support the decisions of the elected committee.
- Advise the committee of any change in your personal details.
- Abide by the Member Code of Conduct.

**PRIVACY STATEMENT\***

Harrow U3A processes member information so that we can keep you informed about events, groups and activities as part of your membership. In processing your information Harrow U3A will:

- Store it securely.
- Use it to communicate with you as a U3A member.
- Share your information with group leaders for those groups that you are a member of.
- Send you general information about the Third Age Trust\*\*

*\*Harrow U3A’s lawful basis for collecting this information is legitimate interest. You can see our **constitution, data protection and privacy policies, and the member code of conduct**, on our website, [www.harrowu3a.co.uk](http://www.harrowu3a.co.uk), or contact the Hon Secretary at 5 Furham Feild, Hatch End, Pinner, HA5 4DX to request a paper copy.*

*\*\*The Third Age Trust is the national organisation to which all U3As are affiliated.*

**Optional**

As a registered charity, Harrow U3A can claim Gift Aid on your subscription, if you are a UK taxpayer. This increases our income (so keeps membership fees as low as possible) at no cost to you. Please tick the box on the form above if you would like to sign up for this scheme.

## MEMBERSHIP RENEWAL CONT'D

### MEMBERSHIP CARDS

Most members will notice a difference when renewing for 2020-21. The old system of gold cards with a coloured sticker on the back will be replaced by a new card produced by the Beacon database. Some of you will have these already.

The membership team are encouraging members to renew online, and the cards will be sent by email to all those who have given an address. If you don't have email, you should send a stamped addressed envelope as before. There are several advantages to the new-style cards...

#### For everyone:

- Better for the environment - no new plastic or stickers are produced.
- Saves money.
- No risk of name or number smudging off the card.

#### For members:

- If you have an email address you can expect to receive your new card more quickly than by post. And no need to send a sae.
- The card can be stored on a smart phone, so you can always have it with you.
- A printout of your card will be sent to those without email, and others who request one. You can stick it to your gold card if you want.

#### For group leaders:

- The new cards are easier to check because the member's name and number is clearly printed. They will have a different colour band each year, and the expiry date is easy to read.
- Members are more likely to have their card with them.
- Everyone will have the same type of card.

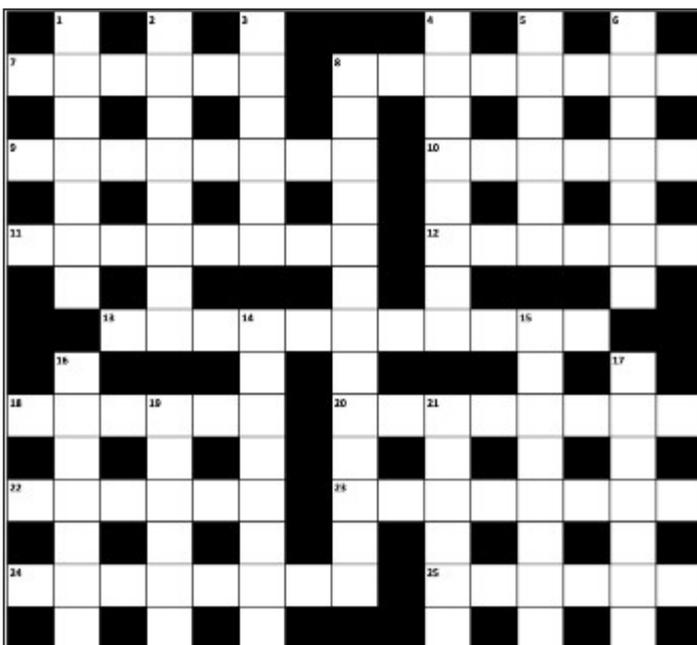
#### For the membership team:

- It's simpler to operate one system instead of two.
- Now Matthew Bennett has done the initial set-up, it simplifies and speeds up the renewal process. Setting up the mini-envelopes with stickers was fiddly and time-consuming, and if a replacement card was ever needed, the name and number had to be hand-written. The new-style ones will be there on the database ready to issue.

## CRYPTIC CROSSWORD

### ACROSS

- 7 See 6d  
8 Remain with Rover right away for short break (4,4)  
9 A 24 across might try mince stirred (8)  
10 Hundred remains to the East - 24 across (6)  
11 Sounds like this idiot at the seaside was cracking it (8)  
12 I hear it will reduce instruction (6)  
13 Clooney is angry for not being awarded this medal (6,5)  
18 Shoot through with holes - that's a puzzle (6)  
20 Lack of remains for people of no importance (8)  
22 Graduate and doctor with ducks found the tall woody plant (6)



- 23 Team members produce pistols (4,4)  
24 Joker in mid-ocean spinning wildly (8)  
25 Did a confused Cagney use this organisation (6)

### DOWN

- 11 Struck by old satirical magazine with its compiler (7)  
2 I say! A special spot on route from Nice to Monte Carlo (8)  
3 Medley of 15's film series has no right to colour (6)  
4 Initially, Victoria and Simon can use libraries, and read about blood vessels (8)  
5 Two of these to a pack make me laugh (6)  
6, 7ac Four hens mix with mouse. Find that amusing? (5,2,6)  
8 Bramble with child give us a classic sitcom (7,3,3)  
14 Confused Hector seeks Religious Instruction to gain (8)  
15 What a carry on for South African 24 across! (3,5)  
16, 19 French Reverend and one boy fled upsetting sitcom (5,2,6)  
17 A 24 across has a waterproof in a burst pipe, I hear (3,4)  
19 See 16d  
21 Asylum granted within imbibed lampoon (6)

Compiled by Harrow U3A Cryptic Crossword Group

We have no idea if we are pitching our compilation at too high or too low a level because we receive no feedback. If you do try our crossword and would like to comment, please do so! All comments are welcome, even the derogatory ones!! Please contact Lucille Balkin on email [thebalkins@yahoo.com](mailto:thebalkins@yahoo.com)

## MONTHLY SPEAKERS

Talks are on the **last Thursday in the month**. These talks would normally be in Hatch End Suites 1 & 2 at the Harrow Arts Centre, but in these extraordinary times they will be “broadcast” via **Zoom** commencing **promptly at 10.30am**. Details on how to join the Zoom meetings will be issued by email nearer to each due date.

Helen West

### **Thursday 24<sup>th</sup> September: Ian Keeble—“The Art of Deception”**

A member of the Magic Circle, Ian returns with his talk describing the link between magic and art. Discover how magic has been depicted in art throughout the centuries.

### **Thursday 29<sup>th</sup> October: Nigel Coleman—A One-Man Play on the Life of Dirk Bogarde**

A writer and performer for the past twenty years, Nigel Coleman has specialised in one-man plays covering subjects as diverse as Churchill to Jimmy Edwards. Dirk Bogarde was arguably Britain's greatest post-war screen actor who wrote seven volumes of autobiography.

### **Thursday 26<sup>th</sup> November: Brian Newman-Smith—The History of Bekonscot Model Village & Railway**

Bekonscot in Beaconsfield is the oldest original model village in the world. Started in 1929, it portrays aspects of English life mainly in the 1930s. Brian is its Managing Director.

There will be no talk in December

## WALKS

### COUNTRY WALKS

#### Third Thursday of the month

#### Programme for September to December 2020

Just to let you know that the country walks group programme has resumed after a very successful trial in July.

Although restricted to groups of six, we walked in two socially distanced groups, then repeated the same arrangement the following week so accommodated 22 members. We temporarily abandoned our policy of public transport and pub lunch so that people could drive if not wanting to use trains yet, and all took a picnic. (Yes, we had to use bush toilets!!!).

It was so good to meet up with people again. Contrary to Zoom evidence, they all had legs.

So the dates for next term are still the third Thursday of the month:-

- 17th September
- 15th October
- 19th November
- 17th December

I cannot give details of the walks yet as we are still juggling with the suitability of our cancelled walks. BUT we are now restricting our walks to circular walks from a Metropolitan line station as most people are now confident using that line out to its countryside areas and by being circular walks giving people the option of driving if still doubtful about the trains.

I will send out details by email at least 10 days before each walk.

We are now studying outdoor facilities of pubs!

We had been hoping that August 1st would bring an easing of regulations restricting our group number for walking but not so, (only in Wales) so for August we will be walking in THREE groups of six, socially distanced of course.

So unfortunately for the time being, we cannot take on any new members — even though the countryside is endless!



Vivienne Gould

### German Advanced Conversation

We normally get together every second Tuesday of the month, but since lockdown we now have our German conversation class every Tuesday via Zoom to break the monotonous cycle of the days, support each other and have fun!

We are a diverse and vibrant bunch of people and very much enjoy each others' company. Sometimes we share our problems and try to help one another. We do Crossword Puzzles via Zoom screen-share and discuss a variety of topics - Loudly!!!

Our main aim is to learn a few new words each week and create a happy atmosphere which is filled with laughter and hearty debate. Whatever technological problems we may have encountered these past months, we have all been able to overcome them. Age has not been an obstacle to using modern technology.

I feel honoured to spend one-and-a-half hours every week on Zoom with such lovely and kind hearted people.

*Rosemarie Lowenberg*

### Sustainability and Our Future

Most societies want to achieve economic development to secure higher standards of living, now and for future generations. They also want to protect and enhance their environment, now and for their children.

#### Harrow U3A's group

Established in 2008, the Sustainability Group has explored a wide range of topics including presentations by group members and guest speakers as well as visiting many places of interest

In recent years, our programmes have been linked to one or more of the UN's 17 sustainability development goals (SDGs): <https://www.un.org/sustainabledevelopment/>

#### A new name

Encouraged by the appointment of Frances Halliday as the new U3A subject adviser for climate change (see TAM Issue 41 page 52), a pan-London Zoom meeting of U3A groups concerned with climate change, and discussion within the Harrow Sustainability Group, we have renamed our group as the **Harrow U3A Sustainability and Climate Change Group**. Its Facebook address has also changed to:

@harrowu3asustainabilityandclimatechange

#### A twin track approach for future meetings

As advice about Covid-19 evolves, the following meetings by Zoom have been arranged:

- 7<sup>th</sup> September:** The Environment Bill – the story so far – Group members' presentation
- 5<sup>th</sup> October:** Visiting presentation - Harrow Cyclists
- 2<sup>nd</sup> November:** Visiting presentation - Practical ways to tackle Climate Change in Africa
- 7<sup>th</sup> December:** Visiting presentation by Brunel University - '*Citizen Science: Boats and Genomics to Engage People with Water*'

For further information, please contact the Group Leader or Assistant Group Leader or Facebook private message.

*Arran Poyser*

### Opera Lovers

It was with much sadness that I have cancelled my three opera groups due to the coronavirus. I have been having opera classes in my home for 22 years on behalf of Harrow U3A during which time I have met so many lovely people and have spent all those years listening to and watching wonderful music and singing. There was also a fourth group drawn from members of the other three groups, which had finished in March, in which we studied two versions of Wagner's Ring Cycle, all his other operas and then finally ended with a selection of Russian operas. This took over three years and was a great experience for the class and myself.

Whilst I know my groups are disappointed with this decision it is for their safety that I have come to this conclusion since we all sit in close proximity to each other. Who knows what the future will bring but hopefully the time may come when I will be able to have the classes back again. In the meantime, I hope you all keep safe and well.

*Helen Harris*

### Sunday Group

Sheilah, Pam, Sue and I miss you all very much. We used to enjoy our monthly outings with you and it was very sad when we had to cancel all our planned activities. We've always enjoyed the planning and hope that you have liked our choices.

Hopefully it won't be too long before we can meet up again. At the moment it is very difficult going on Public Transport and most of us want to avoid such close contact with others (even with mask and gloves). Even though the social distance is now one metre instead of two, it is a risk for us all. When the time is right for us to start up again we could try and keep our activities close to Harrow and Pinner. If you have any suggestions for the future do let us know.

Hope you are all keeping safe and well.

It will be wonderful to get together with you all again soon.

*Judy Loffman*

## *TOURS & VISITS*

### T & V Committee

<b>MB</b>	Malvern Barnett	m.barnett2011@btinternet.com	020 8428 9387
<b>PB</b>	Pat Bays	-	020 8866 9274
<b>PG</b>	Pam Gonsal	gonsalpam@outlook.com	-
<b>JK</b>	Jack Kushner	j.kushner17@gmail.com	020 8954 8671
<b>MM</b>	Mary Morgan	marymorgan.home@sky.com	020 8868 6649 07741 318 914
<b>PN</b>	Pam Nevile	pam.nevile@btinternet.com	020 8866 4084
<b>DP</b>	David Pashley	david.pashley@tinyworld.co.uk	020 8428 9664
<b>S/ER</b>	Sylvia & Edgar Ring	ring.time@yahoo.com	020 8952 7888
<b>AR</b>	Anne Russell	rsslann9@aol.com	020 8861 2251
<b>TW</b>	Toni Waxman	toni2bee@talktalk.net	020 8954 8671

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.

Unfortunately we are unable to plan any outings for the remainder of this year. However the Tours & Visits Committee look forward to reinstating some of the events that were already planned for 2020. Here are a few of the proposed ideas for 2021:

- A visit to Aston Pottery in Oxfordshire.
- Another visit to the Amazon Warehouse in Hemel Hempstead for those who may have missed the last, most interesting trip.
- The outing to the de Havilland Museum in St. Albans.
- A visit to Forman's Smokehouse ( Smoked Salmon) near the Olympic Park in London.
- More walks led by Rachel Kolsky.
- A day outing to Frogmore House and Savill Gardens.
- An afternoon tea at the Ambassador Hotel after listening to a musical recital in St. Pancras Church.
- An extended holiday of 5 days to Devon and Cornwall during May/June.

Date and prices of the above cannot be confirmed at this time because of covid-19 and until the venues re-open.

**CONFIRMED RIVER HOLIDAY.** We are pleased to be able to confirm the change of date for this 5\* trip on Portugal's Duoro River to 30th April 2021 for 7 nights where there are some cabins still available. See details on next page.

**DOURO RIVER CRUISE—30<sup>TH</sup> APRIL 2021 FOR 7 NIGHTS**

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.

**PRICES include Flights and coach to/from Gatwick:**

£250 per person deposit to reserve your place.

**Lower Deck** Standard Twin/Double Cabin £1839pp. Single £2713

**Main Deck** Twin/Double £2139pp. Single £2863

**Upper Deck** Twin/Double £2239pp. Single £2913

All cabins are outside. On the lower deck they have fixed windows and for the main and upper deck they have floor to ceiling windows which slide down halfway. All cabins have twin or double beds, with good closets, TV, radio, phone, and private bathroom with shower and hair dryer.

**Important information:-**

Tips and gratuities are not included.

If anyone has any special requests, dietary requirements, or medical needs please make us aware at your earliest convenience.

**For more information and**

**Booking Forms** please contact JACK KUSHNER or TONI WAXMAN on 020 8954 8671



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

POETRY CORNER

**ZOOM LIFTS THE GLOOM**

Zoom lifts the gloom when we're all feeling blue  
Connects us to family and friends  
Perhaps we won't lose it  
Continue to choose it  
When this nightmare eventually ends.

We're streaming, Whats-Apping and Facetiming too  
They certainly keep us all sane  
But they're poor imitations  
Of great expectations  
To meet, face to face, once again.

*Sylvia Lambrinos*

**SPRING**

Unfurling leaves  
remap the trees.

Spring weaves new life  
in seasons semaphore,

Fresh flags the days  
with filigrees.

*Brian Burford ©*

**COUNTRY WALKS GROUP 21<sup>ST</sup> MAY — DLR “WALK”**

The strains of the Beatles singing “Ticket to Ride” introduced our virtual walk following and using the Docklands Light Railway – today we were able to use our Freedom Pass and travel on the “virtual” DLR!

My PowerPoint presentation showed the station chosen by a “passenger”, whilst that passenger spoke of the station’s history, its nearby places of interest, the origin of its name – or, best of all, a personal anecdote relating to their chosen station.

Twenty-three of us “met” at Tower Gateway. Many of us remembered when the railway opened in 1987 with eleven single-car trains and fifteen stations. The original network comprised two routes – Tower Gateway to Island Gardens and Stratford to Island Gardens. Today there are 45 stations on the DLR and 149 vehicles. What’s perhaps most incredible about this system, other than the fact that sitting at the front feels like riding on a rollercoaster, (more than one of our passengers had asked to reserve that seat!) is that it was London’s first and only driverless train system of its kind.

Crossing the Meridian Line at East India, we followed the Becton branch “walking” the capital ring from Royal Albert via Gallions Reach, “catching” the Woolwich Ferry to Woolwich. To recover from this walk we caught the train to Stratford, stopping en-route at London City Airport, Pontoon Dock and Abbey Road – albeit Abbey Road E15, a station that has attracted many confused foreign tourists as they turn up here expecting to find the famous zebra crossing!

At Stratford we changed to the original branch of the DLR to Island Gardens, now extended under the river to Lewisham, stopping on the way at Pudding Mill Lane, now the station for the West Ham Stadium. It was then a journey south, picking up more titbits at Canary Wharf, Crossharbour, Mudchute and Island Gardens - now underground.

This new tunnel brought us out to “Cutty Sark for Maritime Greenwich” where we finished our trip today.

This DLR trip was an entertaining virtual tour. Not only was it interesting and informative it was also very different! Thank you to everyone who took part and to Zoom for making it possible. It was fun putting together such an enjoyable trip.

*Vivienne Gould*

*[Editor’s Note – see photos on back page]*

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**CRYPTIC CROSSWORDS**

Cryptic Crosswords has been managing to function throughout lockdown with the much appreciated help of my IT guru, David Rauch, and the miracle that is Zoom! David managed to set up regular meetings and has helped those who are less au fait with high tech to access and use it.

Normally there are thirteen of us – a witches’ coven – who crowd together in my flat for an afternoon of hard slog and laughter but unfortunately two of our team are unable to use Zoom and have been missing out on our lockdown meetings. I regularly phone these two members and send them the crosswords we are tackling that week so that they can join in if they wish. Luckily they were able to participate in our offering for this issue, emailing their contributions to everyone concerned.

Usually we have two free 40-minute sessions which means we have to log in again after the first session – a real pain! It is better now that we have discovered that the same link suffices for both sessions.

Throughout lockdown as well as cryptic crosswords we also have tried other types of brain teasers. These are just extras but are talking points at our meetings. We no longer do the crosswords together as a group but as individuals and discuss our answers when we meet via Zoom. It certainly keeps our brains ticking over! We also discuss problematic crosswords outside of the class that we have mulled over without understanding why the answer is what it is. Some of the explanations for the answers are as hard to understand as the clues!

Despite the difficulties of physically not being able to meet we have cobbled together another cryptic crossword for this issue of the newsletter, but if it transpires that this is another “virtual” issue fewer people will be able to participate in doing our crossword.

*Lucille Balkin*

*[Editor’s Note – Luckily for Lucille and her gang and everyone who enjoys doing crosswords, we are once again able to publish a “real” newsletter]*

### **A SUITABLE BOY?**

Since visiting India in 2002, I have read many novels about, or set in, this fascinating country. There was one novel, however, 'A Suitable Boy' by Vikram Seth, that I had not had the courage to tackle over the years, simply due to the sheer volume of pages - 1,474 to be precise.

Lockdown seemed the perfect opportunity to remedy this, so I hefted the book from my bookcase; my reading challenge had begun.

Whilst browsing the T2 section of The Times newspaper on Monday 20<sup>th</sup> April, I spotted an article titled, "What, only 800 pages? The best doorstep books to read now"; and discussing what lockdown reading challenges some of the paper's writers were undertaking.

I wrote the following to the Letters page that afternoon:

"Sir, What a bunch of lightweight readers your writers are. At a mere 1,474 pages, 'A Suitable Boy' by Vikram Seth had languished unread in my bookcase for 20 years, waiting for the perfect moment to be rediscovered. That time has come. Since the lockdown begun I have read 433 pages, and am engrossed in post-Partition Indian family life. Whether the ending of restrictions or the final chapter comes first is open for debate."

I was both bemused and flattered to see my letter published in the paper the next day with the heading 'Best Doorstops'.

Knowing I would need to be dedicated to the reading challenge I had set myself, I read every night. I was making slow but steady progress, and noted in my diary that a week later I had read a total of 521 pages. Then disaster struck; a section of the story was missing due to a binding error! In panic I downloaded a Kindle edition. In fact, this actually speeded things up and relieved some of the pressure of holding such a weighty tome in my hands.

Happily, 'A Suitable Boy' was well worth the wait and the weight. I fell in love again with the India I had briefly experienced all those years ago. Despite being one of the longest novels so far written, I found it so deeply engrossing and warm hearted, that when I reached the final page on 19<sup>th</sup> June it felt like saying goodbye to new friends I was very reluctant to leave.

I had achieved my lockdown challenge with time to spare, and will remember those three months for the outstanding book I finally had the time and motivation to read.

*Jill Davis*

*[Editor's Note: See photo on back page. Have you seen the TV series?]*

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### **LIFE WITH ZOOM**

What a catastrophe! A total lockdown! How on earth will we get by?

Well, of course we did, mainly thanks to Zoom and similar systems. And thanks to all those in U3A who gave encouragement and help to set things up.

My own group - French conversation - has been ongoing for many years. I call it a coffee morning in French and now we continue thanks to Zoom, but sadly without the coffee. Of course it's not quite the same, but I think we are all pleased to maintain our meetings and learn how each one is managing to cope with life under these unusual circumstances.

Meanwhile, others have asked to join our group, but there are no vacancies at present. This set me to thinking that I could perhaps start another one and so we now have a Teatime French group on every other Friday and after only two sessions we are eight strong.

As for me, as one who lives alone, lockdown has restricted me even more as I no longer have any visitors, although with the recent changes and good weather I can at least see people in my garden. Of course, we have to cope with this - don't we? But Zoom has opened many horizons and I can now enjoy keep fit, art and of course language classes, as well as numerous talks and discussions. It's quite a busy life, but I still look forward to a new normal.

*Marion Bloom*

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### **ART STUDIO —WHAT WE HAVE BEEN UP TO**

The wonderful thing about art is we can do it in our own homes and that's just what we've been doing. Every fortnight we have a separate theme for us to paint and then we gather the finished images together, scan them into one document and email them for the whole group to see. We've also been making use of YouTube - we've had art history lessons, art quizzes, videos from presenters of art-based television programmes and, of course, the occasional 'funnies' about lock-down that have been doing the rounds. We are aware that being in an art room together is always the best, but we've tried hard to make sure we are keeping up our friendships through art from home.

*Jacqui Martin*

### ***MASK-ERADE***

The 1950s were the heyday for the TV western. 'Gunsmoke', 'Wagon Train', 'Rawhide', 'Laramie' and who could forget 'Bonanza'? Like so many other teenage girls, I had a crush on Michael Landon, who played Little Joe. Oh happy days! Then there was the Lone Ranger (whose calling card was a mask) and his Native American cohort Tonto. Obviously light-years ahead of us in the fight against viruses. Which brings me right up to date, to mask or not to mask? That is the burning question.

I decided to throw caution to the wind recently and went out in search of masks and hand sanitizer. Funny how once upon a time retail therapy meant something altogether different. Anyway, I contacted our local chemist to make my order. I was instructed to phone him when I was outside the shop and he would leave my bag of purchases outside. This left me feeling like I was part of an illegal drug cartel. Trying not to look too suspicious, I went home with my booty, diligently dodging every pedestrian corona bullet. And then when I got home I couldn't relax, as I then had to sanitise the hand sanitiser, which as you know, isn't as easy as it sounds. I also recently bought a selection of scarves and bandanas from Amazon for the purpose of either protecting my face or keeping my war-torn hair in place. But of course now I am too worried about removing them from their plastic wrapping, as they have travelled from China. Maybe one day we'll be able to look back and laugh. Or then again, maybe we'll wake up and discover it was just a bad dream. If only...

*Dinah Monnickendam*

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### ***GENDER & ART – OR, WHY HAVE THERE BEEN NO FAMOUS WOMEN ARTISTS***

During the 'Lock-Down' I decided to do a specialist class with my two classes at the Arts Centre (Renaissance Art & World Art). The subject I chose was "Gender & Art" which would allow us to look at artists and their paintings which we wouldn't normally study in our usual classes.

Five hundred years ago, and later, women did not have the same opportunity as men to study art, particularly the "Life" classes. Some women were lucky enough to have a father who ran a workshop and where daughters would have an opportunity to learn to paint. There were even two women founder members of the Royal Academy, but they could only be represented by their portraits on the wall!

I am doing these classes by e-mail with a fully illustrated "Word" document attachment.

*Gwen Wright*

*[Editor's Note: see picture on back page]*

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### ***INTERNATIONAL DANCE ON ZOOM***

Dancing on Zoom? I was initially surprised and indeed slightly sceptical of this suggestion. Three months ago I was a complete stranger to Zoom and my initiation was via static activities such as discussion groups and meetings. However I am now a convert!

There were some technical hitches to overcome but as we became more confident in understanding the mysteries of "pinning", "muting" and "chat", we began to gain more expertise in virtual dancing. You have to allow for the fact that the music and the dancer who is demonstrating may be slightly out of sync and that as the screen shows a mirror image, you should be moving the opposite direction to the dance demonstrator; for these reasons, it is not the best medium for learning new dances and because you are working within the screen space, the most suitable dances are those that go to and fro (it's surprising how many dances do this, or can be adapted to do so). It is also surprising how well partner dances and dances in sets work: we cheerfully swing imaginary partners and move up imaginary sets with no risk of treading on toes or bumping into anyone!

Zoom is a wonderful medium but whatever the application it is quite tiring - demanding a different kind of concentration from working in a live group. I would suggest that the scheduled two hours is a little too long and I noticed that a number dropped out after the first half; perhaps a cut-off after one-and-a-half hours, with a break in the middle would sustain the energy better.

*Vivian Wright*

## RECENT INACTIVITIES CONT'D

### BERYL WELLZ HARROW U3A SECOND YEAR SPANISH

Beryl wrote this in response to a request to write about daily routine in Spanish – but a good advertisement for U3A. Some of the Spanish has been corrected as it needs a variety of tenses, but Beryl wrote much of this correctly first time around. Many of the friends Beryl talks about are friends made through the U3A and the special friend is Mary who attends my equivalent French group.

*Cuando me jubilé no sabía qué hacer. Mi hermana me habló del U3A. Mi hice miembro. Voy a varias clases para mantenerme ocupada.*

*Tengo muchas amigas. Voy de vacaciones con una amiga especial y visitamos los países distintos.*

*Tengo suerte porque aunque sea viuda, tengo mucho que ocuparme con mis amigas.*

*Por las noches me gusta hacer punto o colcha mientras miro la televisión.*

When I retired I did not know what to do. My sister told me about U3A. I joined and I go to several classes to keep busy.

I have a lot of friends. I go on holiday with a special friend and we visit different countries. I am lucky because, although I am a widow, I am busy with my friends.

In the evenings I like to knit or do patchwork whilst watching TV.

*Alison Whitehead*

## LIFE BEFORE U3A

This personal profile is from **Ricky Holland**, who leads the Arts & Crafts group every Tuesday.

### RICKY HOLLAND

I was born in a small country town in the Black Forest called Rottweil. We lived in a big house with big cellars, as both sides of the family were in the wine trade. We had servants - a cook, two housemaids and a nanny to look after me. It was a sign of the times; I never saw my parents except at breakfast-time to say good morning and before I went to bed to say good night. Nanny was the only person I saw except my father's bulldog who gave me a ride and his dachshund which I could cuddle.

All this changed when I was five when my parents divorced and my mother and I moved into a two-bedroom flat in Stuttgart. There we had one maid and my mother went to work as a statistician. I went to a kindergarten three times a week and a lady governess came to the flat to teach me manners, to read and write, etc. At the age of seven I started school; it was a catholic school but my mother very cleverly let me stay for prayers and religious education. In 1935 we moved to Switzerland as Hitler was in power and attacks on Jews had started in earnest, although I must admit that as a child I was not aware of the antisemitism at the time.

In 1936 my uncle set a telegram to my mother to leave Switzerland and come to Palestine. He had a visa so we went on a train to Trieste. I had strict instructions not to let go of my big teddy and my doll; it only became clear to me when mum undressed them after we had reached safety and pulled out wads of money. We went onto a boat and arrived in Jaffa but could not land as some Arabs had shot three nuns. We then sailed to Haifa where my uncle waited and we then went to his place in Ramat Gan. Then we moved into a flat in Tel Aviv and Mum went to work and I went to school and

also learnt Hebrew. As my mother refused to learn the language, I did all the shopping. When I finished school, it was decided I should go to Pitman college, not to art school as I had intended. I went to the college for a bit but did not like it so volunteered for the British Red Cross and Friends of America. My mother never knew and still paid my Pitman fees.

As I was quite young, I spent a lot of time writing letters for those who had had their arms amputated or otherwise injured. I also helped convalescing soldiers and airmen with their shopping, etc. That is how I met my husband, who had sand-fly fever. He asked if I could help him get some perfume for his Mum; I said he need something for his sunburnt red face! A few days later he asked if I could put some elastic in his swimming trunks. I cooked him a meal and that was how our romance started. He went back to Iraq, but hitched lifts on planes to visit me. We got engaged with a silver Arab ring.

In 1945 I boarded a ship and then a train and a ferry to England. We got married, bought a house, and had a daughter. I enrolled to get a City & Guilds degree in pottery and sculpture and then taught pottery and sculpture in evening classes, day classes, and a youth club for the London Borough of Harrow for the next 42 years. I loved it.

When I retired and then became a widow, I joined the U3A and have been a group leader of the Arts And Crafts group since 2004. It is a lovely group with very friendly members and we all enjoy our Thursdays.

*Ricky Holland*

## IMPORTANT INFORMATION FOR MEMBERS ATTENDING AT HAC

The purpose of the information below is to reassure members that HAC are putting safety measures in place to ensure that we can physically return to our classes as soon as possible. **Please read it all and ensure that you comply with the requirements if you attend a class at HAC.** Already 12 groups have decided to start in September and very many more hope to do so in January. Please make sure your Group Leader has your contact details so they can find out your preferences.

We have also sent guidelines to leaders of home groups; it will take a little longer for them to resume.

So, here are the details of what HAC are doing to ensure we STAY SAFE.

### Summary of measures put in place at HAC in readiness for HU3A groups starting in September 2020

HAC and Harrow Council have carried out a detailed risk assessment upon which all of the following statements have been based.

#### **Harrow Arts Centre's responsibilities:**

- HAC staff will sanitise chairs, door handles etc before and after each meeting and throughout the site.
- Reduced capacity in rooms dependent on numbers ensuring social distancing.
- Doors left open to save contact, leave open during meeting. Windows to be kept open at all times.
- Introduced one way system within the main building corridors ensuring social distance.
- Sanitising points introduced at entrance and exit and in all meeting rooms.
- Box office equipped with Perspex screens and additional cleaning throughout the day in public areas.
- Fogging will be carried out every 7 days throughout the empty site. Fogging is a mild mist which is produced by wet or chemical fogging. This eliminates bacteria and viruses in the air, floors, furniture, walls, ceilings etc.
- Hand sanitisers and anti-bacterial wipes provided at the start of sessions for users to additionally clean chairs etc., if they wish.
- One person allowed in lift at any one time.
- Rooms will be opened 15 mins early to allow staggered entry.

#### **Harrow U3A's responsibilities:**

- GLs must keep the attendance register up to date including phone numbers.
- GLs responsible for registering attendance of members and ensuring no more than the allotted numbers are in the room. It may be sensible to ask members to inform you of their attendance a day or so before.
- HAC staff will make spot checks during the day to ensure no more people are in the rooms than allowed.
- GLs will ask all attendees to report infections of Covid 19 as a matter of urgency.
- GLs will immediately inform Study Group Coordinator or Premises Officer if a Covid 19 symptom is reported, who will tell HAC and GLs will send the register to Study Group Coordinator to contact all attendees on the list.
- Members are strongly advised to wear face masks at all times, unless a person is exempt for medical reasons. It will be up to Group Leaders to stipulate whether or not they wish their group to wear a face covering.

#### **HAC Equipment and Technology:**

- Please book any HU3A equipment you need as usual.
- Only one person should operate the equipment which you should wipe down before and after use with the sanitisers provided.
- Computers, keyboards and mice will no longer be provided in the rooms. It is recommended that GLs bring their own laptops if possible and connect the USB lead in the room to use the whiteboard. Use of it will be clearly explained on notices in each room.
- Any other technical requirement not mentioned, please ask Premises Officer Alison Tanna who will contact HAC and try to resolve any issues.

Your committee have been working their proverbial socks off to get as many groups up and running as possible. We know how important the social aspect of U3A is, and we hope to see many of you soon.

**Well done for making it to the bottom of the page!**

## CROSSWORD ANSWERS

### **Across**

1 Happy New Year; 8 Er-rands; 9 Naevoid [anagram]; 11 Dic [reverse]-tate; 12 Indiana [hidden]; 13 Nit [sounds like] -re; 14 Deciduous [anagram]; 16 Destroyer [initial letters]; 19 Re-cur; 21 Strip-ed; 23 Origami [initial letters]; 24 Sun-burn [anagram]; 25 Abolish [anagram - e]; 26 Re-lent less-ly

### **Down**

1 Haricot [anagram]; 2 Pan-cake; 3 Yesterday; 4 Ennui [hidden]; 5 Yielded; 6 Avocado [(H)avoc-ado]; 7 Reading Desks; 10 Dead Straight; 15 Corporate [anagram]; 17 St-rang-e; 18 Rapture [hidden]; 19 Ruinous [anagram IOU+runs]; 20 Char-it-y; 22 Do [sounds like] -NUT

## 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
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<i>Publicity Officer</i>	Stanley Byrne	020 8427 7761	stanbyrne@hotmail.com
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<i>Enquiries Officer</i>	Sheilah Lowe	020 8861 3821	sheilahlowe62@sky.com
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<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
<b>Non-Committee Members:</b>			
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<i>Newsletter Editor</i>	Stephen Dorff	020 8428 4140	newsletter.hu3a@yahoo.co.uk
<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](http://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

*Membership:*

HU3A Membership Team, c/o 68 Pinner Court, Pinner HA5 5RN

#### **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](mailto:membership.hu3a@yahoo.co.uk) or phone as details above.

#### U3A National Office

The Third Age Trust  
52 Lant Street  
London SE1 1RB

020 8466 6139  
[national.office@u3a.org.uk](mailto:national.office@u3a.org.uk)  
[www.u3a.org.uk](http://www.u3a.org.uk)

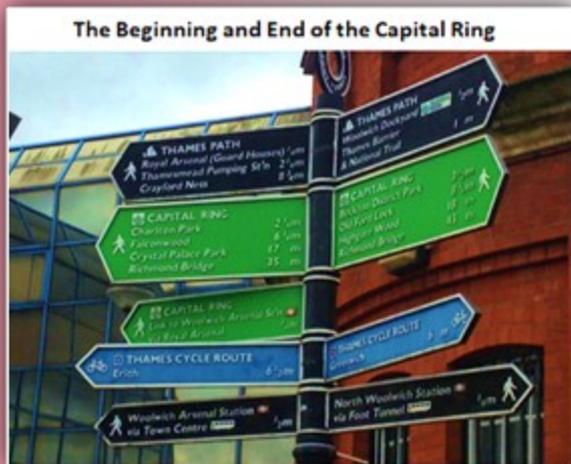
# HARROW U3A PHOTO GALLERY



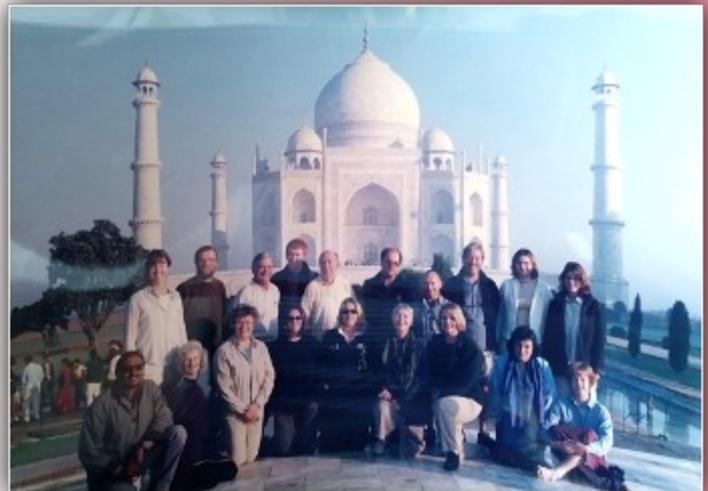
← The Arts and Crafts group normally meets every fortnight to share a project led by one of the members. During the lockdown, we've been drawing, colouring, constructing, crocheting, knitting, sewing, sticking and generally creating for friends, family, charity and just because we want to! We've been sharing the results over a WhatsApp group, during Skype calls and recording them all on a blog. I've put together a collage of some of the projects we've completed, but if you'd like to see more, please visit the blog: <https://craftyharrowladies.blogspot.com/>

Tricia Sillifant

Photo collage created by Tricia from photos taken by the group members who made the items



←↑ The Country Walks Group "Virtual Walk" on the DLR  
See page 10  
Photos: Vivienne Gould



Jill Davis in India – (bottom row, far right) ↑  
See page 11



↑ 'The Tribuna of the Uffizi', (1772-77) Johan Zoffany. The portraits depicted on the right-hand wall are of Angelica Kauffman and Mary Moser, the only two women amongst the 34 founders of the Royal Academy.  
See page 12  
© Royal Collection

→ The Patchwork group has continued their monthly meetings via Zoom. Participants work on their own projects, as they did before lockdown, and the meetings are used to share information and advice, as well as to chat and enjoy the company of friends. Projects vary, but include patchwork decoration for tote bags, pictures to hang, and quilts for grandchildren. The photo shows the first full size patchwork bed cover made by Christine S.

