

Anne's Message

We hope you are becoming comfortable dealing with the electronic version of the newsletter; the techie world does get easier with time, but the speed with which it develops means we have to run to keep up. We can comfort ourselves with the thought of the wonderful savings we're making, and the ecological contribution we are making to the world.

We are very aware of savings generally and adjustments are being made in many ways. The national news seems to be full of complaints about the rising cost of living and we are in the same boat, so we must count our pennies to make sure we can continue successfully. Members have been very accommodating in the groups that have been asked to help to make savings, which is much appreciated. My mind boggles at the complex calculations and plans that our Group Study Co-ordinator devises, but they are certainly showing results.

Do please promote the monthly meeting to your non-u3a friends, these meetings are a friendly way for people to see what we are doing and consider joining us. They start at 10.15 with coffee and social time, then the talk begins at 10.45. Please arrive in good time to avoid disruption to the speaker. The December meeting in particular will be much fun with the Ukulele Group and community festive singing. We will also have the occasional Group Leader promoting their activities.



Included in this Newsletter with the AGM Notices, is information about changes in our constitution to enable us to hold hybrid AGM's and voting details. Next March seems a long way off, but we need to be prepared. So please read the details with care.

This brings me to another decision that needs to be made at the AGM, I will be stepping down from the Chair position and other roles are also becoming vacant, so nominations for new faces are needed. My mantra is "a job is what you make of it" so it's only as challenging as you wish it to be, and there's a seasoned and friendly team just waiting to provide backup and advice. It is a requirement of the Charity Commission that we have a Chair, so our continued existence is reliant on someone stepping forward. If the role is empty our future will be under threat, sorry to be so doom laden but that would be the situation.

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Assuming that we are still here next year, there are new groups being proposed which is exciting and we will be promoting them as soon as we know that they work financially. We are pleased to announce that we will have some experienced assistance with the accounting side of things which is very welcome and spreads the load.

You might have noticed that, due to GDPR, we are being very careful about contact details to ensure members' privacy, although links are set up for easy contact.

Wishing you a warm, family friendly, festive season and look forward to seeing you in the new year and in March at the AGM.

Anne Gerrard



Newsletter & Diary

Issue 105

Spring

January-April 2025

**AGM papers
inside**

Registered Charity 1009872

www.harrowu3a.co.uk

Please send Notices,
Articles and Photos to the
[Newsletter Editor](#)
BEFORE
FRIDAY 7TH 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.

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.

Attendance at AGM

IMPORTANT

Information regarding the Annual General Meeting for 2025 is included in this issue of the Newsletter. There is a **Special General Meeting** preceding the AGM to vote on a proposal to change the Constitution of Harrow u3a. Amongst other matters, **this is to permit meetings to include members on Zoom**; refer to pages 9-11 for more details.

The business of the SGM and the AGM cannot proceed unless there is a quorum of members present (defined as 10% of the membership or 100 members, whichever is the lowest). At the time of writing, there are 820 members and a quorum is therefore 82 members).

Although a link via Zoom will be available, **it is imperative that at least 82 members attend in person** at Harrow Arts Centre., so that the SGM Resolution to change the Constitution can be voted upon. A majority of 2/3 of the members present is required to pass the Resolution and **members on Zoom will not be counted in the quorum nor entitled to vote on the Resolution**, as this is not permitted by the current Constitution.

If the Resolution is passed, then members on Zoom will be included in the quorum and will be entitled to vote on matters in the AGM.

PLEASE MAKE EVERY EFFORT TO ATTEND AT HARROW ARTS CENTRE.

Editorial

Hello everyone,

Welcome to the new layout of the Newsletter; I hope you like it. The content is broadly the same but it might be in a slightly different page order than before. The main difference, which makes production slightly easier for me, is that all text has the same 'landscape' orientation, whereas previously it was all in 'portrait' except the Diary which was 'landscape'. I hope that it is now a bit easier to read; it's certainly easier to insert the Diary.

While I'm on the subject, may I remind the Group Leaders who have entries in the Diary that it is most important that you respond promptly to Kuldeep, the Diary Administrator, when he asks for your Diary entries. It is even more important to respond when he requests that you 'proof check' the Diary entries before publication; this is the last opportunity for verification and it is immensely helpful that you respond, even if only to state 'all correct'. Silence is assumed that all is, indeed, correct, but there have been many occasions where errors have been found after publication of the Newsletter which then need an Erratum to be circulated. This causes extra administration which could have been easily avoided.

For the AGM, (see 'Attendance at AGM' adjacent, and the SGM/AGM papers on pages 9-14) please note that only members who specifically request access via Zoom will be sent the link; it



will **not** be distributed to all members as was done for the AGMs during Covid.

On a cheerier note, no matter which path you follow, I wish you all the Season's Greetings, and a very happy and (hopefully) healthy New Year.

Stephen Dorff

WANTED
ASSISTANT
EDITOR



I need someone to shadow me and later take over my role, otherwise at some point there will be no Newsletter.

Monthly Social & Speaker Meetings

These meetings are the main event of the month and are open to members and non-members who may be considering joining Harrow u3a. Here you will have the opportunity to socialise and make new friends, and also hear about u3a groups that you may find of interest.

The venue is Hatch End Suite 1 which faces the far side of the carpark at the rear of Harrow Arts Centre, 171 Uxbridge Road, Hatch End, HA5 4EA. **Doors will open from 10.15 a.m.** and refreshments will be served. In the interests of the environment, you are asked to kindly bring with you a cup or mug for a hot drink.

Talks will commence at 10.45 a.m. followed by questions and answers. **Please arrive well before the start of the talk as late entries are very disruptive.**

The event will close by 12.00 noon.
Helen West

Thursday 9th January – John Ashmele – ‘The History & Role of Toastmasters’

Dressed in his hunting pink livery, John Ashmele FGPT will talk about the training required for him to become a Fellow of the Guild of Professional Toastmasters. He will describe the different types of functions covered, including weddings, civic and corporate functions, peppering his talk with ‘tips of the trade’ and amusing anecdotes.

Thursday 6th February – Jo Poole – ‘Gangs’

Jo, an ex-police officer, will speak on how young people are attracted to gangs, how they are structured and gang crimes.

Thursday 6th March – Gary Italiaander – ‘A Tribute to Larry Adler’

The remarkable and fascinating story of the life of Larry Adler, the harmonica maestro and raconteur who was a personal friend of the celebrity photographer, Garry Italiaander.

Gary’s talk is illustrated with many images (some taken by him), recordings, video extracts and many anecdotes about Adler’s friends and associates such as Chaplin, Duke Ellington, George Gershwin, Billie Holiday, and will include some live performance on the harmonica.

Thursday 3rd April – Lucy Allen, Stunt Woman – ‘Ship of Dreams; Tales from The Titanic’

In 1996 Lucy Allen was one of four British Stunt Women chosen to go to Mexico and work on James Cameron’s film ‘Titanic’ for 10 days. She came back 21 weeks later as a Titanic ‘Survivor’ having got through the difficult shoot and many huge Stunt set pieces in one piece! This talk is about the history of the doomed liner Titanic and what it was like working on the Oscar winning film.

Walks

COUNTRY WALKS

Third Thursday of the month.

Walks are approx. 8 miles

Dates for January–April 2025

Thursday 16th January

Thursday 20th February

Thursday 20th March

Thursday 17th 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.

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 2025

We are delighted to give you our new Programme and look forward to seeing many of you at these events. We've tried to make it as varied as possible as well as including our popular annual lunch in January. Our outings are usually on the third Sunday in the month. You will be sent an email each month to give you more information and ask you to register your interest. Please leave your mobile number so that we can contact you if there are problems.

JANUARY 19th Meal at Casa Mia, Hatch End

This is our annual get together when we can socialise, exchange news and give new ideas for venues. This event has always been popular and it is so good to see you all. We will meet at 12.45 for lunch at 1pm. Please contact Pam Gonsal [CLICK HERE](#) as soon as possible and by 12th January at the latest to let her know you are coming so that we can book the restaurant and give them the numbers.

FEBRUARY 16th A Visit to the British Museum

At the British Museum you can experience cultures across the globe from the dawn of human history to the present. In the galleries come face to face with objects from the Sutton Hoo ship burial, explore the collection of the Islamic World and learn about Egyptian mummies. The Egyptian Sculpture gallery travels back through 3,000 years of history, discover the Rosetta stone and see the statue of Rameses II and more.

Admission is free and you can wander through

many of the galleries. However there will be the special exhibitions for which you will have to pay.

We meet at Harrow-on-the Hill station at 12.00 and travel together. Please arrive promptly at the time stated as we have to leave on time to meet others. We can lunch at the Museum café or bring a packed lunch. Please contact Pam Gonsal [CLICK HERE](#) by the 9th February to let her know you are coming. (Leader Pam Lee)

MARCH 16th The Wallace Collection

The Wallace Collection is a national museum which displays the art collections brought together by the first four marquesses of Hertford and Sir Richard Wallace, the son of the 4th Marquess. It was bequeathed to the British nation by Lady Wallace, Sir Richard's widow, in 1897. The Museum was opened to the public in 1900. Among the Collection's treasures are an outstanding array of 18th-century French art, many important 17th and 19th-century paintings, medieval and Renaissance works of art and one of the finest collections of princely arms and armour in Britain. Entrance is free.

We meet at Harrow on the Hill station at 12.00 and travel together. Please arrive promptly at the time stated as we have to leave on time to meet others. We can lunch at the Museum Café or bring a packed lunch. Please contact Pam Gonsal [CLICK HERE](#) by the 9th March to let her know you are coming. (Leader Judy Loffman)

APRIL 13th Bushey Rose Garden and Bushey Museum

(this is a week earlier than usual because of Easter)

Experience one of the hidden treasures in Bushey. Bring a picnic and together enjoy the peaceful ambience of this delightful garden. The garden was opened to the public in 1937. Sadly it became neglected and suffered from vandalism. Thanks to funding from the Heritage Lottery and Big Lottery fund 'Parks for People' programme from Hertsmere Borough Council, the garden received a much needed cash injection to fully restore it to its former glory. It was re-opened in July 2010. Bushey Museum is an 8 minute walk from the gardens and you may wish to pay it a visit. The Museum and Art Gallery has a local history collection plus a major art collection spanning 200 years, with paintings, prints and drawings, sculpture, pottery and historic Church silver.

Just a bus ride from Harrow-on-the Hill station, we meet at the station at 12.00 and travel together. Please arrive promptly at the time stated as we have to leave on time to meet others. Please contact Pam Gonsal [CLICK HERE](#) by April 6th to let her know you are coming. (Leader Sue Thomas)

GIFT IDEA

Looking for some gift ideas for a birthday, anniversary or other celebration? Then give them a present of a year's membership of Harrow u3a.

With more than seventy groups covering a broad range of interests, it is the perfect way to learn, keep active and make new friends. For further information please contact membership.hu3a@yahoo.co.uk

Sustainability and Climate Change

A highlight last term was hearing visiting Emeritus Prof Steven Bown from UCL who gave us a wide-ranging lecture on Population, Health, and the Environment. We felt he'd be an excellent speaker for a future Hu3a monthly meeting. We also heard talks on flooding, insurance for sustainable projects, living with "forever" chemicals, and we discussed the latest local regeneration proposals.

This spring term we're looking forward to a visit by John Baxter, the U3A's national subject advisor on climate change & environment, who will tell us about the strengths and weaknesses of the electricity system – generation and distribution – in the context of renewables and zero carbon.

We'll also examine the sustainability of chocolate (free samples?), search out good news stories on the environment, and visit and report on Futurebuild (exhibition and seminars) at ExCel in early March. And we'll keep an eye on local environment matters.

We run our monthly meetings flexibly to accommodate the interests of our members. If you have a concern about climate or the environment, please come along and tell us. You'll be welcome too if you're just curious and would like to learn more. We meet at Harrow Arts Centre, usually on the first Monday of each month; see page 20 of this newsletter for the dates and times. If you can't attend HAC, we try to enable on-line participation from home, but this works imperfectly so do join us at HAC if you can; you'll see and hear the presentations better and share interactions with others in the room. To find out more please [CLICK HERE](#) to email us – no obligation.

Our group's Facebook page is at www.facebook.com/harrowu3asustainability

Helen Maylan

Choir

u3a Choir meets in Hatch End Suite 1 every Tuesday morning from 10.30 – 12 noon. David Phelops is our choirmaster. We start with gentle physical warm-up and voice exercises before we start to sing. Sometimes we sing with a backing track, but usually Avis Gerry plays the piano as David puts us through our paces and encourages us to sing in parts, sing in different rhythms and styles, and express ourselves through the music and hopefully produce a beautiful sound. We hope to perform at a few concerts in the New Year. If you think you would like to try us out, please [CLICK HERE](#) to email us. We are already a big group so spaces may be limited.

Helen Maylan

History

The History Group meets monthly in the Pinner Room for a talk and discussion on a specific topic, usually on the third Monday of the month between 10 and 11.30. All are welcome – just turn up. Talks are usually transmitted simultaneously via Zoom. History Group members will receive the Zoom logon link automatically. Any others wishing to participate can obtain a link by emailing Jim Niblett [CLICK HERE](#)

This term's talks are wide-ranging as usual:

- **20 January–Charles Lee**, a regular speaker in recent years, will explore the life and times of **Eva Peron**.
- **17 February–Jo Livingston**, another regular, will give us **An Architectural Pub Crawl** which will shed light on a good deal of history.
- **17 March–Peter Cox** will speak on **The John Lewis Partnership Story**
- **April date and speaker to be confirmed.**

Jim Niblett

Philosophy—and its relevance to everyday life

Our group has been running for over two years and the questions keep on coming. Around 2,400 years ago, Socrates was put to death for asking too many questions. Have no fear, this is not what our group is all about. We had to start with Socrates and Plato but, over time, we've branched out to include numerous other philosophers and have recently been discussing a variety of ethical questions such as 'Bank Error in Your Favour' – do you return the money or keep it? 'Condemned to Life' – would you like to live forever? and 'Would you eat your pet' – (I'm not quoting Donald Trump!!) 'How do you know what's right?' the ethical dilemma of Robin Hood's reasoning for robbing the rich to give to the poor.

The group is very friendly and many members have given presentations on a topic of their choice. Forthcoming topics include 'When Does Offence become Harm?', and the philosophers Jeremy Bentham, Jean-Jacques Rousseau, and Baruch Spinoza. If you would like to join us, or would like more information, please email/phone me. The dates, times etc are on the Diary page of this newsletter.

Lynne Dorff

Suggestions for New Groups

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

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

[CLICK HERE](#) to email Tricia

Recent Activities

Photography Group's Summer Projects

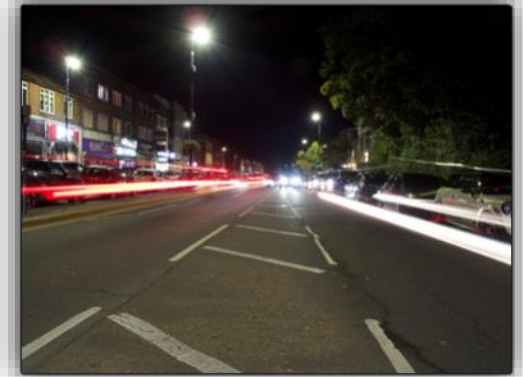
During the summer, the Harrow u3a Photography Group went to the Headstone Manor Wetlands Park, which has been created between Headstone Manor and the new housing estate where the Kodak Recreation Ground once stood. If you're going out for a walk, it's well worth a visit.

We also did some 'projects' on different photographic techniques including night photography and using a mobile phone instead of a camera. Here are some examples.

We now meet for 2½ hours on the second Friday each month. This results in a substantial saving in cost but allows us to get more done in each session. We will also be able to meet in between for project work, group expeditions and visits to exhibitions if we wish.

We would love to see more members join our group. If you are interested in improving your photographic skills, please contact me—see details in the Diary.

Stephen Dorff



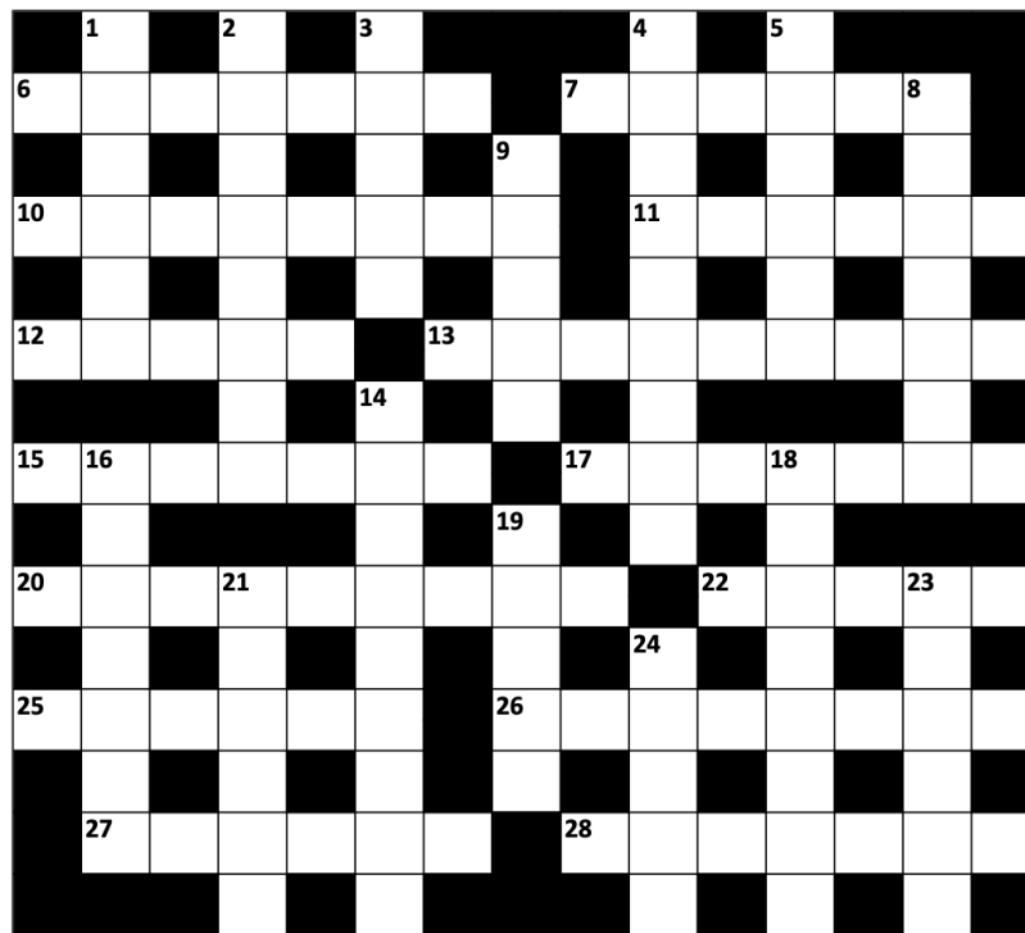
Cryptic Crossword

ACROSS

- 6 Tommy Steele rocked with these troglodytes (7)
 7 Take another look at the assessment (6)
 10 Farm buildings with a meadow for a 22ac (8)
 11 Purpose of being under canvas? (6)
 12 Joan misspelt her husband in this 22ac (5)
 13 Strangely sense her stocking tops are in 22ac (9)
 15 Full pay assumed when fun loving (7)
 17 22ac for retirement by river crossing (7)
 20 Sink pints first from the sound of it at the White Duck (9)
 22 I leave flat fish to produce somewhere to live (5)
 25 Loud bang or noise gave rise to 22ac in Wales and N. Ireland (6)
 26 Reflected light with an opening, great in Norfolk (8)
 27 Old pun out of place in this 22ac (6)
 28 Left Scottish island shortly for a bit (7)

DOWN

- 1 Cope, able to run a business (6)
 2 In Kent, internet marketplace has her number from the start (5,3)
 3 22ac for sources of water or a time machine (5)
 4 Action occurred round vital organ then handed over (9)
 5 22a where you might tilt a great weight (6)
 8 Tied in a knot in this 22ac (7)
 9 This 22ac accommodates shy thespians (5)
 14 Mute, Dolly not starting for a 22ac (9)
 16 System of crop rotation on ground in Lancashire (7)
 18 22ac sounds like derogatory term at end of Cornish river (8)
 19 Essex 22ac, where the colours are dull (5)
 21 Moving slowly away from headless dithering (6)
 23 Bed takes weight of fabric (6)
 24 Prepare food with raw starter for the shepherd's staff (5)



Crossword No. 105
 Compiled by Harrow u3a Cryptic Crossword
 Group
 Answers on page 16

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

Harrow u3a is doing a lot for you.
What are you doing to help Harrow u3a?
 Committee Group Leader
 Group Admin General Help
 Please contact anybody on the Committee or a
 Group Leader to see how you could help.

Welcome to Harrow Arts Centre



HAC
WELCOME TO HARROW ARTS CENTRE
Harrow Arts Centre (HAC) was built on the site of an old school and has been in existence since 1988.
At the heart of the complex is the magnificent Elliott Hall, a Grade II listed auditorium which seats over 300 people.
Elliott Hall Entrances:
A: Main Entrance B: Side Entrance
C: To The Backstage Bar D: Link Building
Elliott Hall Rooms:
1: The Box Office 2: The Gallery 3: Auditorium
4: Pinner 5: Kenton 6: Stanmore 7: Belmont
8: Roxeth 9: Canons

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

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: Nita Patel

email [CLICK HERE](#)

Notice of Special and Annual General Meeting



Chairman: Anne Gerrard,

Hon. Secretary: Angela Taylor, Email: [CLICK HERE](#)

Special and Annual General Meeting

33rd Annual General Meeting of Harrow U3A

Date: Thursday 13th March 2025 at 10.00 am

Place: Hatch End Suite 1 & 2, Harrow Arts Centre, Uxbridge Road, Hatch End,

The meeting will also be accessible on Zoom

AGENDA

Special General Meeting

1. Resolution for Amendment of Constitution.

Annual General Meeting

2. Apologies for absence.
3. Approving the Minutes of the Annual General Meeting held on 5th March 2024.
4. Matters arising from the Minutes.
5. Receiving and approving the Accountant's Report and Examined Accounts for the year ended 30th September 2024.
Jeremy Harrod, Independent Accounts Examiner, will attend the meeting.
6. Appointing an Independent Accounts Examiner for the financial year 2025/26.
7. Receiving and approving the Chairman's Annual Report.
8. Receiving Report and Accounts from the Tours & Visits Committee.
9. Election of Officers.
10. Voting on submitted Resolutions.
11. Any other business.

NOTES

- Please note that admission to the AGM is restricted to paid up Members only. Membership cards will be checked at the entrance to the room.
- The Accounts for 2023 /24 and the Minutes of the 2024 AGM will be emailed to members during the week commencing 27th January 2025.
- Members wishing to present a Resolution must submit it to the Hon. Secretary to arrive no later than 12 noon on 20th January 2025. It must include:
 - Names of proposer and seconder, with their membership numbers;
 - Explanatory or supporting notes.
- Resolutions will be circulated with the Accounts and Minutes of the 2024 AGM.
- Members wishing to join the AGM on Zoom must contact the Hon. Secretary no later than 1st March 2025 so that the link can be sent in good time.

Harrow U3A is a Registered Charity (No. 1009872) and a member of the Third Age Trust.

We receive no money from central or local government and are financially independent. Group Leaders and administrative staff give their services free.

Special and Annual General Meeting—Notes & Standing Orders



Special and Annual General Meeting

Thursday 13th March 2025

NOTES

1. The Minutes of the 2024 Annual General Meeting and copies of the Accounts for 2023/24 will be issued by e-mail in January 2025. 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.
2. **The Standing Orders for the Special General Meeting will be those coloured black in the text below. The text in red will come into force for the Annual General Meeting only if the Resolution is passed at the Special General Meeting. Members attending on Zoom will not be entitled to speak or vote for the Resolution at the Special General Meeting, but provided the Resolution is passed will be able to speak and vote for all items at the Annual General Meeting.**

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 Rules 14 & 15.

(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 in person or by electronic means** 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.

Special General Meeting



Special General Meeting Thursday 13th March 2025

PROPOSED RESOLUTION TO AMEND CONSTITUTION OF HARROW u3a

1. The Committee wishes to amend the Constitution of Harrow u3a to improve flexibility in the way we arrange and run meetings. The reason for this is that the current constitution only allows in-person meetings and the Charity Commission recently removed the dispensation, introduced during the Covid pandemic, to allow charities in this position to hold electronic meetings. The Third Age Trust has consented to the proposed amendments as required by the Hu3a Constitution.
2. To continue to operate legally, and to improve accessibility and inclusivity for all u3a members, the Committee proposes the following amendments:
 - a) To allow general meetings (Annual or Special) to be held that allow attendance in person or by proxy or by suitable electronic means. The quorum will comprise u3a members present by any of these means.
 - b) To allow online Committee and Sub-committee meetings as well as in-person meetings.
 - c) To formalise procedures to allow urgent decisions to be taken by the Committee between Committee meetings.
 - d) To introduce proxy voting whereby a member may appoint another Hu3a member as proxy to attend a general meeting and vote on his or her behalf. Proxies must be appointed by a signed formal Proxy notice and delivered to the Hon. Secretary 14 days in advance of the meeting.
3. To reduce uncertainty, the Committee also proposes to reduce the grace period for paying annual membership fees from 2 months to 6 weeks after the due date.
4. If approved at the SGM, all amendments – **with the exception of proxy voting** – will be effective for the 2025 AGM. Proxy voting will only be introduced for the 2026 AGM because the amendments to the constitution are not retrospective and proxy voting cannot be initiated prior to the 2025 SGM/AGM.
5. Full details of the proposals may be obtained from the Hon. Secretary by email [CLICK HERE](#)

Annual General Meeting—Election of Officers



Annual General Meeting Thursday 13th March 2025 **ELECTION OF OFFICERS**

Information about the election

Our Chair Anne Gerrard has completed her term in office and has announced that she will be standing down. Lynne Dorff has been Acting Vice-Chair for 2024 and she also wishes to stand down. Krutsna Buddhdev also wishes to stand down as Treasurer. There is a long-standing vacancy for Publicity Officer and we need to fill this post. Therefore we welcome nominations for the following positions:

CHAIR VICE-CHAIR TREASURER PUBLICITY OFFICER

Nominations have been received for Chair and Treasurer, but this does not preclude further nominations.

The following posts are up for renewal but those in post are willing to stand again. This does not preclude further nominations.

GROUP STUDY CO-ORDINATOR WEB EDITOR DIARY ADMINISTRATOR

How to nominate a candidate

Please use the Nomination Form to nominate a member to serve in any of the vacant posts on the 2025/26 Executive Committee. Please ensure that all the required names, membership numbers and signatures are completed, including the position for which the member is being nominated.

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 Executive 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 [CLICK HERE](#)

The competed Nomination forms must be sent to:

Harrow U3A
1 Shelbourne Close
Pinner, Middx.
HA5 3AF

to arrive no later than 12 noon on 20th January 2025.

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

Annual General Meeting—Nomination Forms



NOMINATION FORM – AGM 2025

Nominations are requested for the following positions:

Chair, Vice Chair, Treasurer, Publicity Officer,
Group Study Coordinator, Web Editor, Diary Administrator

For further information refer to 'Election of Officers'.

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:

Seconder's Name: Membership No.....

Seconder's Signature



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Candidate's name: Membership No:

Post:

Candidate's Declaration

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Candidate's Signature:

Proposer's Name: Membership No:

Proposer's Signature:

Seconder's Name: Membership No.....

Seconder's Signature

Tours & Visits

We are pleased to announce that Tours & Visits has been re-formed by Theresa Murray-Bates and Pat Bays.

TO BOOK AN OUTING, first please contact the **Organiser of that particular trip** to check availability. You will be able to complete the booking on the phone or by email. Please make sure that you note all the relevant details (such as number of places, pick-up / meeting points, pricing options, etc.). Please then send your cheque payable to **HARROW u3a** to the organiser **at the address you will be given**. You will need to send a **separate cheque for each outing**. You may also be asked to send a stamped self-addressed envelope for any brochure etc. **Please note that cheques should NOT be made payable to Harrow u3a Tours & Visits as that bank account has been closed.**

For 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.

TICKETS will usually be sent by email or may be handed out on the coach or at the destination.

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: Cancellations within 7 days prior to the event may forfeit the whole sum paid. 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.

FAWLTY TOWERS

**Apollo Theatre Shaftesbury Avenue
Thursday 23rd January at 2.30pm**

Expressions of interest are invited for a proposed trip to The Apollo Theatre to see Fawlty Towers. It has been possible to purchase good stalls seats for this play at a discounted rate. Decisions about booking these discounted theatre tickets need to be taken very quickly. **15 tickets need to be sold if this trip is to run**

About the play: The Play is a comedy play by John Cleese based on his TV sitcom of the same name that he co-wrote with Connie Booth. The play is adapted from three episodes of the TV series forming one storyline: "Hotel Inspectors", "The Germans" and "Communication Problems"

Travel to the theatre will be by **coach** which will depart at 12.30 from the side of Morrisons, Hatch End.

The cost for this trip is £86 which includes a stalls theatre ticket, transport by coach and gratuities. Booking and payment details are shown above.

If you are interested in joining this theatre trip, please contact Theresa Murray-Bates by email [CLICK HERE](#) **as soon as possible**.

OLIVER!

**The Gielgud Theatre Shaftesbury Avenue
Wednesday 7th May at 2.30pm**

This production of **Lionel Bart's** iconic musical, **Oliver!** is directed by Matthew Bourne and was previously staged at Chichester

Oliver is a much-loved gem among British musicals having been adapted from Charles Dickens novel of the same name. The story follows a young orphan who overcomes mistreatment, deception, and abduction to make a better life for himself and his new-found friends. On his journey he encounters a cast of colourful characters, including the Artful Dodger, the villainous Fagin, the kind-hearted Nancy, and the menacing Bill Sikes. As Oliver navigates a world filled with danger and deception, he seeks love, family, and a place to call home.

Travel to the theatre will be by **coach** which will depart at 12.30 from the side of Morrisons, Hatch End.

The cost for this trip is £96 which includes a stalls theatre ticket, transport by coach and gratuities. Booking and payment details are shown above.

If you are interested in joining this theatre trip, please contact Theresa Murray-Bates (see adjacent 'advert') **as soon as possible** because these discounted tickets must be reserved well in advance.

EXTENDED 5 DAY COACH TOUR TO DEVON

23rd – 27th June 2025

Day 1: We leave Hatch End and start our journey to Devon. We will have a stop in Bath for lunch where we can explore the city's Roman and Georgian treasures.

Day 2: We start with a delightful cruise on the River Exe departing from Exmouth. Then to Topsham which is now a pretty maritime town with a mix of fascinating architecture, from 17th and 18th century Dutch-style merchants' houses to antique tea shops and pubs.

Afternoon visit to Powderham Castle, beautifully situated on the banks of the River Exe which is the family home of the Earl of Devon.

Day 3: We travel to Bicton Park Botanical Gardens and Countryside Museum. Set in over 64 acres, there is plenty to see and do. There are many formal gardens to explore, beautifully themed and displaying different designs – from the centrepiece of the world-renowned Italian Garden to the delicate colours of the Rose Garden. The Bicton Woodland Railway (extra cost £4.00 p.p. approx. to be paid on site) takes visitors on a journey through the majestic Pinetum, which features over 300 endangered tree species, to the uniquely crafted 19th century Hermitage summerhouse.

THE SCORE

The Theatre Royal, Haymarket
Thursday 27th March at 2.30pm

Expressions of interest are invited for a proposed theatre trip to see **The Score**, a new play by **Oliver Cotton**. Decisions about booking discounted theatre tickets need to be taken very quickly. **A minimum of 8 tickets have to be sold to run this trip. Please note that travel to the venue is by public transport.**

About the play: Following a sold-out critically acclaimed run at the Theatre Royal, Bath, Oliver Cotton's blistering new play, *The Score*, makes its West End transfer for a strictly limited season starring legendary stage and screen actor **Brian Cox** and produced by **Trevor Nunn**.

It is Spring 1747, Prussia. Johann Sebastian Bach reluctantly visits the court of Frederick II. The two men are vastly different. Bach is deeply religious, Frederick is an atheist. Bach loathes war, Frederick revels in it. Bach studies scripture, Frederick reads military history. But Frederick remains in awe of Bach's genius and has mischievously prepared a musical conundrum that he hopes will baffle the composer and amuse his court. The explosive events of the following days could not have been predicted by either man.

Travel to the theatre will be by **public transport**. Those wishing to travel in a group can meet me either at Pinner Station or Finchley Road Station or at the theatre itself.

The cost for this trip is £47.

If you are interested in joining this theatre trip, please contact Theresa Murray-Bates by email [CLICK HERE](#) as soon as possible.

Day 4: This morning we visit the seaside town of Sidmouth for time at leisure. In the afternoon we visit the Seaton Electric Tramway, which runs alongside the River Axe estuary and offers splendid views of the surrounding wildlife residing on the wetlands

A visit to The Donkey Sanctuary, near Budleigh Salterton (free of charge – donations welcome). The charity is home to hundreds of these gentle creatures who can be found in stables, fields and paddocks. There are displays throughout the Sanctuary with further information on the care donkeys require, the history of the organisation and a cafe with panoramic views over the countryside and towards the sea.

Day 5: Homeward journey – with stop at Tyntesfield, near Bristol (National Trust admission extra). Tyntesfield is a rare survivor, a near complete Victorian country house and Estate. Spanish-born merchant William Gibbs used his huge wealth to transform an ordinary Georgian country house into an extraordinary Gothic Revival masterpiece. The richly decorated house contains among other things 70,000 of the family's possessions collected by William as he traded in the Hispanic world.

Our hotel is the Passage House Hotel, Newton Abbot for 4 nights half board.

Price per person (sharing twin/double room) is **£768.00**

Single room supplement is **£90.00**

Our coach will pick us up from the side of Morrisons, Hatch End.

If you would like a brochure or further information please contact Pat Bays by email [CLICK HERE](#)

Harrow u3a Notices

COME AND JOIN OUR AWARD WINNING TEAM!!!

Do you like meeting new people, listening and chatting?
Or do you have technical skills that you feel could be put to good use?

If you said yes to either of the above, or both, then you would be ideal to volunteer with us at **Radio Brockley!** Whether you're looking to get involved in broadcasting, have a love of music or just want a brand new experience, we want to hear from you! We are looking for people of any level of experience or skills to join our fun and enthusiastic team of volunteers.

Based in the **Royal National Orthopaedic Hospital** in Stanmore, we are looking for new recruits to support our delivery of radio programmes and podcasts to the patients (and beyond).

So, whether you want to learn and have new experiences, or are already an accomplished listener and/or technician, please contact us at volunteers@radiobrockley.org if you would like to know more. We can't wait to hear from you!



HARROW TALKING NEWSPAPER

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

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

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

For more information, please contact Barbara Turner by email at pcandbturner@btinternet.com, including your phone number.

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, email [CLICK HERE](#)



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 Tel: 020 8245 2587

Crossword Answers

Across: 6 Cavemen; 7 Review; 10 Barns+ley (meadow); 11 In+tent; 12 Derby; 13 Sheernes (anagram)+S; 15 Playful (anagram); 17 Bed+ford; 20 Ayles (sounds like ales) + bury; 22 Pla(i)ce;

25 Bangor (hidden); 26 Yar (ray backwards) + mouth; 27 Dunlop (anagram); 28 Port+lon(a)

Down: 1 Manage; 2 Her+n+ebay; 3 Wells; 4 De+liver+ed; 5 Tip+ton; 8 Windsor; 9 Hythe (hidden); 14 Dumb+(P)arton; 16 Leyland; 18 Fal (sound like foul)+mouth; 19 Grays; 21 (H)edging; 23 Cot+ton; 24 C+r+ook

Harrow u3a Notices

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. We understand that this will be changed in the near future to a limit of 4 hours, but this should not affect our members. This may change and we will keep members informed.

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. The meetings are held at Harrow Arts Centre. 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.

EXECUTIVE COMMITTEE

Life President: Georgina Butcher

<i>Chair</i>	Anne Gerrard
<i>Acting Vice-Chair</i>	Lynne Dorff
<i>Hon. Secretary</i>	Angela Taylor
<i>Hon. Treasurer</i>	Krutsna Buddhdev
<i>Membership Team</i>	Howard Greenwood Matthew Bennett Carol d'Souza
<i>Study Group Co-ordinator</i>	Tricia Sillifant
<i>Publicity Officer</i>	vacant
<i>Speakers' Secretary</i>	Helen West
<i>Members' Liaison Officer</i>	Susan Field
<i>Premises Officer</i>	Alison Tanna
<i>Web Editor</i>	Nita Patel
Non-Committee Members:	
<i>Newsletter Editor</i>	Stephen Dorff
<i>Diary Administrator</i>	Kuldeep Viridi
<i>Beacon Administrator</i>	Kathy Westhead
<i>Tours & Visits</i>	Theresa Murray-Bates Pat Bays

IF YOU WISH TO CONTACT ANY COMMITTEE MEMBER
PLEASE [CLICK HERE](#)
then select the person you wish to contact.

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

CORRESPONDENCE ADDRESS

Harrow u3a, 1 Shelbourne Close, Pinner HA5 3AF

NEW MEMBERS:

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

EXISTING MEMBERS:

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

u3a National Office

The Third Age Trust
156 Blackfriars Road
London SE1 8EN

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