

Learn, Laugh, Live

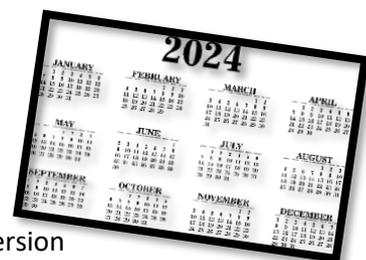


Membership Renewal

Our membership Secretary, Diana O'Reardon, is busy collecting in people's membership renewal fees. We are pleased to say most of you have now paid or are about to pay. Renewals by bank transfer should be made between 6 and 10 April. **If you choose not to rejoin then this will regretfully be your final ku3a newsletter** but we do hope we will continue to see you all at our many and varied activities. Contact Diana quickly if you have yet to renew. She also cordially invites you to let her know if you decide not to renew. Diana can be contacted via ku3amembers@outlook.com

Updated Diary

The latest diary now has the 'when' and 'where' for every group session from now **through to the end of August 2024**. Please note that **building works are going to be taking place in the Masonic Centre in July and August** so there a quite a few room changes in those months. Significant room and date changes and new groups are highlighted in yellow in the diary. Please carefully check the date, start time and location for each of your group sessions. Remember also, **the diary has the contact details for each interest group**. A restricted printable version is available on our website [here](#).



Warning: *Interest groups leaders will endeavour to notify known group members of any last-minute changes. However, if you are planning to join an interest group for the first time, we recommend you check the date and meeting location with the group facilitator/organiser detailed in the ku3a diary.*

Monthly Meeting Talks

In February, the monthly talk was given by John Cooper who is a guide at Kenwood House. He regaled us with stories of the art at Kenwood, particularly relating to the ladies who either lived or



visited there. John's knowledge and interest in his subject is profound and he was a great storyteller. In March we really were entertained by Stephanie Tickner. The title of her talk

was "How to be a good tourist guide". Stephanie talked about her years of experience as a Blue Badge Guide, telling us what as a guide what you should do and what you should not do. Her advice and anecdotes were fascinating, amusing and very well received.



On Wednesday April 24th at 10am our speaker will be **Jill Goldman who is a singer songwriter** and a Kenton u3a member. On May 22nd we are hoping Mike Barbakoff will talk on **The World War Two History of Bletchley Park**. The next newsletter will have more details.

Save the Date: Our Monthly meeting on June 26 will be used for our AGM and will be followed by a Summer Party, marking 10 years of Kenton u3a. More details in the next newsletter.

Exploring London Visits



On **11 March**, we went on a visit to the **Cinema Museum** in Kennington. Our volunteer guide, Martin, gave us a presentation about the story of the building (an old workhouse), how the Cinema Museum came about (he and Ronald rescuing artefacts, memorabilia and equipment that would mostly have been destroyed which preserve the history and grandeur of cinema's golden age). After looking nostalgically round the museum displays, we were treated to an entertaining

film that especially showed a medley of vintage and corny adverts that had us all laughing.

Three more visits have been arranged. Contact Louise Bennett if you would like to come.

On 4 April, we are going to the **Peek Frean Biscuit Museum** in Bermondsey. Spaces are all taken. However, **a second visit has been agreed** on the afternoon of **Thursday 2 May** which Richard Rumsey will lead. The Museum is based in the biscuit company's old works in Bermondsey. Peek Frean is the home of custard cream, bourbon and Garibaldi. A volunteer who worked at the factory will tell us the industrial and social history of the company. We can ask questions and have a walk around the museum looking at the exhibits. **There is no charge**. The visit starts at 2.45pm and will last about two hours. We can travel down together from Preston Road Station, meeting at 1.45pm. It is a 0.4 mile walk from Bermondsey station to the Museum.



On the morning of **Thursday May 9** we are going on a 'Knights, Revellers and Saviours' private tour at the **Museum of the Order of St John in Clerkenwell**, 5 minutes from Farringdon Station. These medieval structures have survived with varied uses over the centuries since the site started as an ancient military order caring for sick pilgrims. We will follow in the footsteps of knight-monks, printers, literati, publicans and philanthropists in a whistle-stop tour through 900 years of history. The one hour tour includes the Priory Church, crypt and historic rooms in St John's Gate. Because they can only take twelve on a tour, we are booked on two tours (staggered at 10:30am and 11:00am). However, we will all travel down together as there are also museum galleries to explore while you are waiting or when you have finished the tour. Please note that there are 67 ascending and 70 descending steps along the tour route. The cost is £12 although if you have an Art Fund pass it is £9. (Please advise Louise when booking). We will travel down together from Preston Road Station, meeting there at 9.45am.



On the morning of **Thursday 13 June** Louise has arranged a private tour of the **UK Supreme Court** on Parliament Square. Our tour starts at 11am. Our guide will show us the courtrooms and explain the workings of the Supreme Court, the background to its creation and some of the famous cases that have been heard there. The tour will last about an hour, including the chance to ask questions. The cost will be £8 each. We will travel down to Westminster tube station together, meeting at Preston Road Station at 10.15am.

New Groups and Members' Wish List

ku3a is open to all ideas for new interest groups and short courses. Please feel you can suggest one. As you will appreciate, a new group needs enough interested members but the key component is finding someone with the interest and commitment to facilitate and lead it. Help and advice is readily at hand to help groups start up. Please make contact with our new '**New Groups Supporter**', **Howard Goldstein** whose contact details are in the diary.

***NEW* Singing for Pleasure Group**

Pauline Silver has kindly offered to run a monthly *Singing for Pleasure* group. She says, "Having sung for over 40 years in choirs, I thought it would be fun to start a group at Kenton u3a. Depending on members' interests, we might cover different musical styles – songs from musicals, for example." Singing together is a very sociable hobby and has proven health benefits. No experience is necessary, and no auditions. We plan to meet at 2pm on the second Monday each month, **starting on 13 May**. Please contact Pauline to sign up or for further information – her details are in the new ku3a diary.



***NEW* Opera Lovers Group**

Zsuzsanna Messing would like to share her love of opera with necessarily a small group of people in her Wembley Park home. She envisages the sessions starting with a short introduction of the work and after watching it we could follow it with a short discussion. The sessions will take place every other month at 2pm on the third Thursday of the month. The **first session will be on 23 May**. Please contact Zsuzsanna for further information or to express interest – her details are in the new ku3a diary.

Interest Group News

Interest group co-ordinators: Louise Bennett and Peter Rummer, email ku3aGroups@outlook.com

Photography Group

The photography group has now met twice and seven members have been attending. At the moment they are all men. Cyril Brazil, who runs the group, says it would be great to have ladies join us and also to have more audience participation. The next session is on Tuesday 2 April at 2pm. Bring along your cameras and phones for a discussion on the kit we use or want to get. For the future Cyril says we can have sessions on technique. There are some wonderful YouTube videos which we can watch and discuss. He proposes that we choose a couple of subjects from a list proposed by the members such as flowers, landscapes, portraits, pets or whatever interests the group. Then participants bring along their photographs on a XD card or computer key. Photos on a phone can be downloaded on to a computer and then projected. We can project the images on a large screen for all to see. In the Summer months we could have a local visit out together with our cameras to take photos and practise our techniques and then compare our results.



Quiz Mornings



With Ken Sinclair as our quiz master, our quiz mornings in the bar lounge are proving to be a great success. 35- 36 members have come along and their feedback has been positive. Winners at our March quiz received a (tiny) cup each – see the picture. Quizzes run every other month in the bar lounge, so the next one will be on Friday 17 May, starting at 10.30am. Keep an eye out for an announcement later this month, when Ken will be compiling a list of those wishing to attend. All are welcome and we allocate members to teams rather than people forming one of their own.

Morality Matters

Members informally debate the moral issues behind the month's topic. Everyone is welcome to come along and take part, especially if you have relevant background information that might stimulate debate. At the meeting on 6 March Louise Bennett led a discussion on the topic ***What are Prisons for?*** We had a stimulating conversation with many thoughtful contributions from attendees about the extent to which prisons are there to punish or rehabilitate criminals and the degree to which they are successful. On Wednesday 3 April at 2pm Ken Sinclair will ask ***Do we need the House of Lords*** as a counterbalance to the House of Commons? If not, do we need any second chamber and, if so, what form should it take? Then on 1 May Ann John will lead a discussion on ***the Morality of Vaccination***. Is there a moral obligation on people to be vaccinated or is it an unjustifiable infringement on civil liberties and parental rights?



We are always looking for volunteers to lead a session. You do not have to be an expert. Any subject with a moral angle, as long as it can lead to an interesting debate, is fine. Contact Ken if you are willing.

MOTO - 'Members On Their Own' Group



This group is for people living on their own who would like to meet up informally with other members who are also on their own, especially at weekends when things are quieter. MOTO now has 28 members registered on its dedicated WhatsApp Group. If you wish to be added, please contact Peter Turner or Viv Spiteri so you can be included in the invitations. Members typically offer to host a tea or coffee session in their homes or organise a meal out and others are then invited to join via WhatsApp. Dates, when known in advance, are added to our website diary but the WhatsApp group enables us to do things at short notice.

In February Vivienne Bishop kindly hosted a coffee morning for us at her home. March has been a bit quiet but we have organised a party of 11 of us to attend Vue Cinema Harrow on 23 April for an NT Live broadcast of *Nye* from the National Theatre. There will also be a Sunday Carvery Lunch outing in May (date still to be confirmed). In June Peter is hoping to arrange a matinee visit to see Sondheim's musical *Sunday in the Park with George* at Wheatsheaf Hall near Vauxhall. As the nights get lighter and the weather warms up we aim to offer more events. Peter is always on the look out for modestly priced tickets, particularly for matinees.

Monthly Walks

We didn't have a walk with Kevin in March but his next walk will be on Sunday 21 April through Soho. This is an area of London people may well be familiar with but not know its history. Building started here in the 1670s but, as the gentry moved out, immigrant groups such as French Huguenots and later Greeks and Chinese moved in. The area has always attracted artists and writers who frequented the pubs. A series of famous people have stayed in the area including Casanova, Canaletto, Karl Marx and John Logie Baird. Please contact Kevin (details in diary) for more information and to register for the walk. Do not just turn up at Preston Road Station on the day.



Classical Music Appreciation

In our March session, we looked with Herbie at the life and works of **Hugo Alfven**. Despite his long life, during which he composed over 200 works, it was his misfortune to have become a one-hit with his early Swedish Rhapsody, written at the age of 31, which was greeted with knowing nods from those present. We also heard some of his other works, mostly forgotten now, which demonstrated his masterly orchestration and sense of drama.



As this year marks the bicentenary of his birth, we will next turn to **Anton Bruckner**. He was born just after the first performance of Beethoven's 9th Symphony and, like him, wrote nine numbered symphonies. Far from being a child prodigy, he undertook serious musical studies only at the age of 37! Moreover, the author of these ethereal cathedrals in sound was an unrefined country bumpkin – gauche in manners and a naïve simpleton. His life was largely uneventful but, to compensate, Herbie assures us there are plenty of anecdotes attesting to his eccentricity which he will relate. Join us on Thursday 11 April at 2:00 pm. All welcome – no technical knowledge required.

Jazz Appreciation

At the March 26 meeting, Pete Meadows, the well-known jazz collector and presenter, was our guest show master and guide to the Big Band Sound. He presented an array of big bands, some well known, some less so. Pete's ku3a audience was appreciative and Ken promises he will be returning soon. At the next session on Tuesday 23 April, Ken will be continuing with the big bands of 1935 to 1945 era, including Glen Miller, Artie Shaw, Benny Goldman etc. All members of Kenton & District u3a are very welcome and we look forward to seeing you there.



Art History



Jennifer Mills has now finished her latest course of classes, taking us through **British Art in London Galleries** in her well informed and engaging way. We looked at how various London galleries came into existence and then Jennifer used each gallery as a springboard to look at a particular artist or artistic genre. One class, though, on the Guildhall Art Gallery and the Pre Raphaelites was very ably taken by our very own Diana O'Reardon who is a volunteer guide at the gallery. In May Jennifer will be taking two small groups of class members on a tour of the art we have been looking at this term at Kenwood House. Those eligible are being contacted

separately. Classes will resume on Friday 4 October and run fortnightly until 13 December on the theme of **Women Artists pre 1830**.

You might like to go along to our film review club session on Thursday 16 May at 1.30 pm in the Harrow Room as the film being shown will be **Mr Turner (2004)** starring Timothy Spall as the artist JMW Turner. He was the subject of one of Jennifer's sessions this term.

Watercolour Art



This friendly group is coordinated by Lyn Dantas. We are currently looking at projects from portraits to flowers and trees. We welcome additional members so do come along and give it a go. You only need a box of watercolours, paper and a pencil. Our next sessions are at 2pm on Tuesday 9 and 23 April and on 14 May in the bar lounge.

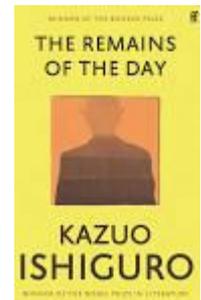
Magic of Musicals

Mike Morrow's popular programmes highlight the many different aspects of musical theatre and films and include a smattering of old pop song performances. For the rest of the season Mike will be including selections of up-tempo excerpts from modern and historical productions featuring both vocal and dance numbers. Many will have received awards at various annual ceremonies such as the Oscars, Oliviers and Tonys. The aim is to ensure the stunning history of 'Musical Theatre' is shown alongside the best of modern shows. Mike welcomes requests to ensure what is shown is kept relevant to all. The next sessions are at 10am on Thursdays 4 and 18 April in the Harrow Room and then his last session until the Autumn will be on 2 May.



Book Club

We had our last bi-monthly meeting on 22 February. We spent a pleasant afternoon discussing the fictional works of Robert Harris. His genre in the main is historical fiction and he has an easy accessible style backed up by thorough research of his chosen topic. These are varied and cross continents and eras. Every one of us found something to enjoy in his books. In advance of our meetings we are all free to read any book(s) by our chosen author, leading to a wide-ranging discussion of their works and style. Our next meeting is on Thursday 25 April at the HDMC at 2 pm and our chosen author is the critically acclaimed contemporary fiction writer Kazuo Ishiguro.



English Literature



David Harris has been looking at the poetry of **Philip Larkin** with us in a series of enlightening and convivial sessions. In a survey in 2003 conducted by the Poetry Book Society, Larkin was chosen as the "Nation's Best Loved Poet" and in 2008, the "Times" named Larkin as the greatest British post-war writer. Indeed, three of his poems featured in the "Nation's Top 100 Poems" as voted for, in 1995, by viewers of the BBC's "Bookworm". **The last session is on Tuesday 16 April** at 2pm in the Wembley Room (not Tuesday 9th at 10am as previously planned). David is then taking a break and, we are pleased to say, plans to return in September.

Scrabble Group

This Scrabble group meets in Priscilla Dale's home usually on the first Monday afternoon in the month. The next meetings, though, are on 8 April and 13 May. There is also a Rummikub and Scrabble group which meets at the Masonic Centre on the first Tuesday and second Wednesday of the month.



Rummikub & Scrabble



The popular, friendly Rummikub and Scrabble Group continues to thrive. Typically we have four tables and 12-16 participants. We all pause half way through for refreshments and mixing. Players and learners of either game are most welcome to join us in the bar lounge. We meet at 10am on the first Tuesday and third Wednesday of every month. Forthcoming dates are Tuesday 2 April, Wednesday 17 April, Tuesday 7 May and Wednesday 15 May.

Sign Supported English

Our course of six Sign Supported English classes, with the ever-patient Kay Jennings, has been a lot more fun than expected. It was scheduled to end on Friday April 5 but, to help each other improve (and have more fun), the group has decided to continue on a weekly basis - Friday mornings, other than quiz mornings, in room 6 of the Masonic Centre. Kay has agreed to oversee us, as and, when she is available - to monitor, correct, advise and push us forward. The meetings will be facilitated by Diana O'Reardon.



Healthy Living



In February we discussed the various types of diabetes including prediabetic conditions, noting the importance of good management to minimise complications of the disease. At our March meeting Sonia gave a brief description of the structure and function of the brain followed by discussion of the various medical conditions affecting it including trauma, TIA, stroke and infection. Members were helpfully sharing some of their own experiences.

At 10am on Tuesday 16 April we will continue with discussing **degenerative disorders of the brain** including Parkinson's disease and dementia. On 21 May, Julian Green, our local paramedic, will present **A Bowl of Alphabet Soup**, demystifying lots of health and welfare acronyms, with illustrations of real cases.

Knitting group

The knitting group is for people with all levels of ability from complete beginners to those who have been knitting for many years and, under Francine Endleman's guidance, is great fun. Members assist and inspire each other and are keen to show the group how their projects are progressing. A WhatsApp Group enables members to upload photos of finished items for the group to view. Some lovely examples have also been brought in, proving there is a great deal of hidden talent waiting to be shared! Why not come and join them for a relaxing afternoon on the third Tuesday of each month. The next meeting is on Tuesday



16 April at 2pm in the Northwick Room.



French Conversation

French Conversation, led by Brigitte Levin who is herself French, meets on the first Thursday afternoon of the month at 1.30pm so 4 April and 2 May are the next sessions. Participants bring a short

piece (maximum of 250 words) to the meeting which they read in French and translate. After a break for refreshments, we have time to chat in French or discuss in more detail one of the topics read out earlier. We do our best to accommodate those who are proficient in French as well as those who are less so.

German Conversation

The February German Conversation Meeting had the theme **OLD PHOTOS**. Sara, Helen, Valerie, Jeannette, June, Marion and Sabine welcomed a new member, Maya. Sabine's photo showed her father at two in a long lacy dress. Helen had one her parents in Bavaria at her grandparent's big house and garden. Valerie had a picture of her father and his sister as children wearing the best clothes they had at the time. June had several photos of her young professional mother as model and seamstress. Jeannette showed us the only photo she had kept after many moves. Marion's contribution was a picture of a village wedding at the turn of the century. Sara made the welcome tea. She did not have a photo, but joined in the conversation.



At our March meeting we watched the German film for children **PÜNKCHEN UND ANTON** by Erich Kästner. We enjoyed the story of two children one poor and one rich. The film was made in 1953 and reminded us of our own childhoods. All of us picked up the story line, but some funny comments were missed, because of the speed of the action. A second showing might remedy this.

For the Friday 12 April meeting at 2pm at Sara's house our theme will be **PICTURE BOOKS**. As always, we meet at Sara's home on the second Friday of each month. We accommodate all levels of German. Our aim is simply to encourage conversation, increase confidence and pick up a few new words. It's fun.

Gardening Club

The Gardening Group has met twice since the last newsletter. The programme of videos and discussion has continued with a seed planting masterclass; ten vegetables to start in February; top tips for sweet pea success; plants that I will never grow again; growing chard and why; the secrets for a blueberry bonanza; growing bananas above the snow line, and an update on Project Orchard. Items of equipment on display included neem pellets and seed heating mats. The March meeting covered getting amaryllis to bloom at Christmas; growing rosemary from supermarket herbs; separating clubs of seedlings safely; how to propagate hydrangeas with bananas and garlic; seeds to sow in April; the Easter weather forecast, and the latest progress on Project Orchard. Members of the Group were delighted to welcome Freda back from her knee surgery. Our next meetings are on Wednesday 10 and 24 April and then 8 May at 2pm. Plans are underway for trips in April and May, once the weather has improved!



What are your Memories?



At our March session the topic was *entertainments* and how they have changed over the years although, as usual, we strayed off in to sharing all sorts of memories. Our next meeting is on Wednesday 10 April at 10am in the bar lounge. We will start by chatting about things that are no longer seen and then John wants people to bring along a small object that sparks a particular memory that you can show the rest of us - say a souvenir from a holiday or something you have inherited. New and occasional members are very welcome to come along and have fun sharing their memories.

Cookery



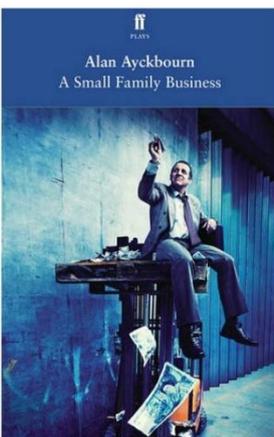
As expected, Viv's building works have resulted in chaos in our usual meeting place! So, following on our first meeting in February at Tian Hu celebrating Chinese New Year, we had two more lunches out. On 22 February we dined out at Morrisons in Honeypot Lane and on 14 March we ventured as far as the Harvester in Bushey. Plans for 28 March are still hanging in the balance, again dependent on the builders but hopefully normal service will be resumed in April. The photo shows the state of Viv's breakfast room at present!

13 are free to join us for meals out.

Play Reading

Comedies are always popular with our group, often with some members finding it hard to stifle their

laughter so we always have a jolly time. In March we read ***When We Are Married***, JB Priestley's classic comedy about three couples who receive a rude shock during their joint silver wedding celebrations that they have in fact been living in sin for the past 25 years.



On Monday 15 April at 2pm we will be reading ***A Small Family Business*** by Alan Ayckbourn. The new head of a family furniture business believes he will initiate a new age of honesty and integrity. However, everyone else involved in the enterprise is dishonest and deceitful. This will be followed on 20 May by ***Sandcastles*** by Bob Larbey. Two couples have been taking their holidays in the same resort for years, turning the area around their beach huts into a cosy little fiefdom. Then along comes Doug, with his nubile nieces who just want to have fun in the sun!

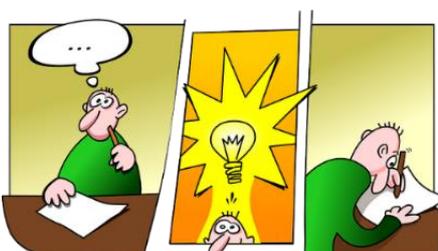
Table Tennis

Table tennis is enormous fun and great exercise. We play singles and doubles on our 3 tables. The group is not aimed at beginners, although if you are physically fit enough, once enjoyed playing and are now rusty about scoring and technique, you're very welcome. Do bring your own bat if you have one (though we have a couple of spares) but balls are supplied and make sure you have sensible shoes. If you are interested or want more information, please contact Eric Kiel.



The next session is on Wednesday 3 and 17 April at 2pm, then Wednesday 1 and 15 May in the Harrow Room for a couple of hours.

Creative Writing

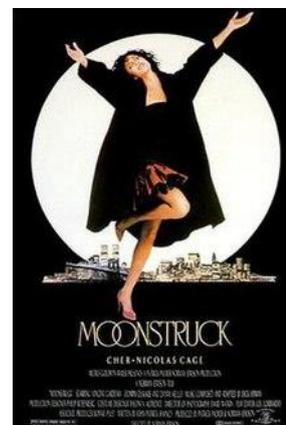


We usually have about thirteen people at our twice-monthly sessions. Some pieces are light-hearted and others are more sombre. Recent themes include writing a one-sided telephone conversation and some writers continue to produce serialised stories. We have also tried writing stories that use Magical Realism in their plot line. Another recent exercise was to turn the Robert Frost poem "The Road Not Taken" into prose. We are regularly

entertained by stories with a twist at the end. Our next meetings are on Wednesday 3 and 17 April at 10am, where we will add the topics "Scammers/chuggers" and "If only..."

Film Review Club

The February and March films, *The Sting* and *Butch Cassidy and the Sundance Kid*, were both directed by George Roy Hill and starred Robert Redford and Paul Newman. The complex plot of "The Sting" led to a lively discussion around which character had actually died but in spite of that most members enjoyed the film, many recalling when they had first seen it. On Thursday 18 April starting at 1.30pm in the Harrow Room we will be watching *Moonstruck* (1987) starring Cher and Nicholas Cage. This is a delightful romantic comedy for which Cher won the Oscar for Best Actress in 1988. The 16 May film will be *Mr Turner* (2004) starring Timothy Spall as the artist JMW Turner. He was the subject of one of Jennifer Mills' history of art course. Several members then asked if we could show this film. Refreshments are served after the screening followed by members offering their views on the film we have seen.



Current Affairs Discussion



If you are looking to share your knowledge and opinions on current national and global stories in the news, or even just listen to what others have to say, come along to our lively group. We meet at 10am every Monday (except public holidays – with several coming up). If you would like to take the chair and manage a session so you get to choose what is covered and how, Howard Goldstein – who oversees the group – will be delighted to add you to the schedule.

Family History Group

The Family History group meets twice a month on Friday afternoons and the members are continuing with their research and enjoying finding interesting new ancestors and current relatives. A further member has taken a DNA test and is awaiting her results. If you wish to join this group, please email Sylvia Thompson first.



Third Age Trust National News & Events

As a member of Kenton u3a you are automatically a member of the national body, the Third Age Trust, which includes receiving the *Third Age Matters* magazine. If you haven't done so already, do sign up to get the monthly **national email newsletter** from the Third Age Trust. It is filled with information, advice and ideas for staying active and having fun for u3a members across the country. The link to subscribe is [here](#). The national website currently offers many **free online learning events** delivered via Zoom by u3a members for u3a members [here](#). For example, a talk on pleasure gardens and theme parks on Friday 5 April at 2pm and one on the latest developments on the US Presidential election on Tuesday 8 April at 2pm.

London Region of u3as

Look out for information and updates on talks, study days, workshops, concerts and other events taking place in the London area on the *London Region of u3as* website [here](#). The London region is also taking bookings for their Summer Walks and Visits Programme which runs between 2i May and 23 July. The programme involves 31 guided walks and guided tours to museums/galleries around central London. The online Programme includes information about each event, plus a direct link to the relevant online booking form. Each event, which is for u3a members only, is priced at just £10 per person. Click on this link [here](#) for more information.

Riviera Travel

Do bear in mind that if you book a holiday directly with Riviera Travel and nominate Kenton & District u3a, they will donate commission to us on your return, benefiting all our members. You will need to tell the person booking your travel that you would like them to do this at the time of booking. The donation can apply to the total basic cost of a group booking, if the person making the booking is a u3a member. When you return from your holiday, just confirm the following details to our Treasurer, Anita Maund: your booking reference; your date of travel; the cost of your holiday. Anita will claim the commission on our behalf.

