

MARCH 2024

CHAIR'S REPORT

Well March is here and as I am writing this it is wet and very dreary. I am glad I had a super weekend to smile about. I went to my son Michael's concert - Faure's Requiem and Dona Nobis Pacem by Vaughan Williams - at G Live in Guildford, then the next day we went down to Portsmouth to see my son Andy and his family. He cooked lunch - always a treat.

No walk with Chrissy this month as it was so wet but I enjoyed Vipin's walk along the new canal at Stanstead Abbots. I was glad, also, to have got out for a short walk in the Town Park while the sun shone. Recently, I lunched with my playreading group, our seasonal treat.

I hear everyone who went to the Tina Turner Show enjoyed it. I am looking forward to April's trips, to be booked at the meeting on 25 March, and I am off to London soon with London Explorers for our first outing. I hope to see you at the meeting on Monday. **Jane Winterbotham**

SECRETARY'S NOTES

Our new website is on the way. We should be ready to install the technology and have access to build the content by the end of March. We want the website to be relevant to members, current and prospective, and support the groups in their activities in ways that have not been possible previously.

To make this happen and result in the website we need, a team approach is necessary. The technology side is taken care of. The team will include members who can share their experience in more artistic ways including writing, visual arts, graphic design, photography, and knowledge of how our groups would like to see themselves represented. Once the website is up and running – aiming for early April – there will be opportunities for on-going updates, improvements and changes in all areas.

I'll be at the March 25th meeting and able to provide more information and sign you up to the team. Please contact me at harlowu3a.sec@gmail.com if you can't be at the monthly meeting or are able to join the team now. **Geoff Longster**

Thank you to all those who have submitted items for this month's Newsletter; the deadline for next month is **FRIDAY 12 APRIL**. Your contributions are important and greatly appreciated; **it would be very helpful to receive more reports about what's happening in our groups.**

WINSTON CHURCHILL - MAN, POLITICIAN AND LEADER: OUR GREATEST ENGLISHMAN



February's Guest Speaker, Andrew J Baker, (headmaster, author, lecturer, public speaker) gave an interesting presentation on Winston Churchill at February's meeting. He offered, "A portrait of an exceptional human being, regarded by many as the greatest Englishman of the 20th Century."

We were reminded that Churchill was a descendant of the Dukes of Marlborough and the most aristocratic of all the Prime Ministers of the 20th century. He was a neglected child and was sent to boarding school aged 7yrs. He was not a particularly academic child but he immersed himself in history and philosophy: his heroes were Drake,

Nelson, Marlborough and Wellington. Churchill believed, "The further back you look, the further forward you are likely to see."

Churchill's significant political career, and his wartime leadership, has been well documented and explored through a variety of media. Baker gave an overview of Churchill's journey as a politician and Prime Minister: his greatest achievements as well as his misjudgements and reversals. He explained that during his finest moments, during WW2, Churchill felt, "I was walking with destiny and that all my past life has been in preparation for this hour and this trial." Baker described how Churchill had enkindled hope, confidence and a belief that surrender was impossible, in the British people. He reminded us of Churchill's skill as an orator, "The rhythm, the emotion, the sizzle of a speech."

We also learnt much about Winston Churchill's personal tastes and wit. He loved conversation, champagne and cigars – smoking 8-10 Cuban cigars, which became his trademark, a day. He loved France and loved painting. He was a prolific writer and his collected works consist of more words than Shakespeare and Dickens combined. However, he also suffered from depression – the Black Dog as he referred to this – and his various interests and habits helped to keep this at bay.



Any quizzers in the audience would have recognised some of Churchill's invective, of which Andrew Baker reminded us, as it often features in rounds on "Who said this?":

Nancy Astor (UK's first female MP), "If you were my husband I would poison your tea."
Churchill, "If I was your husband, I'd drink it."

Churchill died in 1965 aged 90 years. His coffin of English oak, a symbol of strength, endurance and resilience, was a fitting choice and reflected his legacy. Commentating at the state funeral, broadcaster Richard Dimbleby said, "The greatest heart in England has ceased to beat."

Andrew Baker concluded his talk with this statement: our great fortune, at the time of Great Britain's greatest peril, was that we found a leader who understood how to point us on the road to freedom.

Imelda Gunn

FUTURE GUEST SPEAKERS

25 March
22 April

Harlow Food Bank
Spring Social

Andy Thornton

HARLOW FOOD BANK

Andy Thornton is currently the CEO of Harlow-based charity, the Michael Roberts Charitable Trust, a Christian relief charity that runs the foodbank plus other projects in the town.

Members are invited to bring donations of food and/or cash/cheques to the General Meeting 25 March. The following foodstuffs will be most welcome:

- Long-life milk and long-life fruit juice
- Tinned meats (eg ham, sausages etc)
- Tinned fish
- Tinned fruit
- Tinned vegetables
- Sponge puddings
- Rice Pudding



Other food contributions will also be gratefully received but **not fresh** fruit or vegetables.
Cheques should be made payable to: Michael Roberts Charitable Trust. Peter Gould

HARLOW U3A



**NEEDS
YOU!**

WILL YOU HELP?

Harlow u3a is served by dedicated and hard-working Committee members who enable our u3a to function for the benefit of all its members, however they really do need volunteers to fill the vacancies that have arisen in recent months. We sincerely hope that some of you will feel able to take on one of the roles outlined below:

ASSISTANT TREASURER: Our Treasurer, Helen Simpson, is doing a great job but she would like someone to share the load. It is also good practice for our u3a to have an Assistant Treasurer in case Helen ever needs to have a period of time away from her duties. If you would be interested in finding out more about what is involved and whether it is a role you could take on, please

Speak to Helen at the General Meeting on 22 April or contact her via this link: [TREASURER](#)

EVENTS COORDINATOR: Do you have an interest and flair for coordinating events? Then this is a perfect role for you. Maybe a shared role with another u3a member/friend? For more information please speak to Chair, Jane Winterbotham, at the General Meeting on 25 March or contact her via this link: [CHAIR](#)

MEETERS AND GREETERS: This is a vital role in our organisation. Making new members feel welcome, showing them the ropes at General Meetings, introducing them to existing members and helping them to settle in, makes such a difference and can determine whether new members feel part of our u3a, want to join groups and attend General Meetings. Could you do this? Could you be the initial "face" of Harlow u3a, and a friendly face, for our new members? For more information please speak to Chair, Jane Winterbotham, at the General Meeting on 25 March or contact Membership Secretary, Christine Chesham via this link: [MEMBERSHIP SECRETARY](#)

VISITS & OUTINGS

We were blessed with dry, sunny weather on our first trip on a Saturday to **Thriplow Daffodil Weekend and Country Fair**.

There were colourful Morris dancers, folk music stages and numerous tents full of stalls. Several of the large houses had opened their gardens for people to wander around, plus



many houses also had stalls helping to raise funds for the two charities the event is supporting this year.

Everyone enjoyed the day as there was so much to see and do. There was a free mini-bus that went the length of the village, with several stops, and many people had put out garden chairs for weary



legs. There were lots of smiling faces returning to the coach with animated chatter of all they had bought and seen. Hopefully we can find a similar event next year: if you know of one then please let the V & O Team know.

FORTHCOMING TRIPS

Our trips, on offer at the March meeting, are to the popular **Brick Lane Music Hall** St George's Day celebration on **Tuesday 23 April** for the sum of £57.50 per person, this includes coach travel, entrance and afternoon tea. We are also offering a trip to **Hampton Court** on **Thursday 25 April** for £35.00 per person.

The Visits & Outings booking desk opens at 10am: please have your membership number, mobile contact number and payment ready.

No bookings can be taken before the meeting; names can be taken after the meeting by contacting the Visits and & Outings facilitators. **Hazel Sugarman**

EXPLORING WORLD FAITHS: HINDUISM

Another interesting talk on the faiths practised in and around Harlow

This will take place at The Church Of Latter Day Saints, Tysea Road, on **Friday 26th April** at 2 pm. Vipin Patel will give the presentation. All the previous talks, particularly the last one which discussed the Mormon beliefs, have generated lively discussion and I'm sure this one will too. If you are interested, please contact me through this link: [ARTS IN AND AROUND HARLOW](#) A £5 donation will be requested. **Ann Flint**

WETHERSPOON WANDERERS

The Wetherspoon Wanderers met on a breezy, dry day in the Six Templars, Hertford. As usual there was light-hearted, free-flowing conversation covering a wide range of interesting topics. Before we realised it, the time was running out for the pay and display car park.

Hertford has changed into a place where eating establishments abound. There are precious few shops left. Luckily Wetherspoons is still open for the Wetherspoon Wanderers to visit.

Anne Richards



SEW AND SEWS

Our ladies have been busy making quilts to raise funds for St Clare Hospice.



Chris B. is pictured with two beautiful, blue and turquoise quilts which she finished recently. Yvonne's two lap quilts, one in shades of green, and the other in fawn and brown, are the first quilts she has ever made!



All four quilts are beautifully made from squares of scrap fabric which was donated to the hospice, so they are all true "scrap quilts". Both should be really proud of their work: well done ladies!

Jacqueline Nash

PRESENTATION AT PARNDON MILL

Calling all interest groups, particularly the Art Groups, Walking Groups, Environmentalists, Book Groups, Local Historians and many more.



On the **31st May 2pm**, Roger Lee will show a documentary in the Project Space at Parndon Mill, Parndon Mill Lane, Harlow CM20 2HP, about the history and development of The Mill and there will be many activities taking place including an opportunity for Q and A afterwards.

Fortunately, there will also be an exhibition in the Gallery which will be of an exceptionally high standard. 'Literary Landscapes' showcases a variety of printmaking techniques such as polymer etching, linocut, collagraph, drypoint, screenprint and monotype. The work is varied in style with many processes used to create original, fine-art prints. Some are unique, others are part of a small, limited edition, and all are hand inked. The artists have taken their inspiration from the writings of selected authors, including Virginia Woolf, John Betjeman and Laurie Lee. Extracts of these inspirations will be shown with the work. For more information, do look at the website of the leading artist, Helen Boden. <https://www.bodenpress.co.uk/>

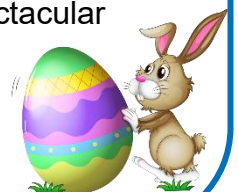
There is no set cost for this informative afternoon, but everyone will be asked to make a donation, so I'm sure you will be generous. Hopefully, the rain will have stopped by the 31st May so why not walk to the Mill, along the River Stort Towpath, and bring a picnic to enjoy before the Talk. Tea and coffee will be available at 50p a cup. Should it be raining, you can eat in the Project Space. Please contact me via this link [ARTS IN AND AROUND HARLOW](#) if you would like to come along or have further questions. There is plenty of parking and the sun will shine! There will be a limit of 50 people at this Talk, so I suggest you contact me as soon as you can. What is there not to like? **Ann Flint**

COFFEE-TIME QUIZ



1. Who made the first chocolate Easter egg in the UK?
2. Which ingredient is placed on the top of a traditional simnel cake?
3. Easter Island belongs to which country?
4. Golgotha is mentioned in all four gospels of the New Testament: what took place there?
5. Judi Garland and Fred Astaire starred in which springtime film in 1948?
6. What food is traditionally eaten for lunch or dinner on Good Friday?
7. Which flower is considered to be the symbol of Easter?
8. What is the name of the Russian jeweller who decorated spectacular Easter eggs for royalty?
9. When was the first Cadbury Creme Egg sold in the UK?
10. The Sunday preceding Easter Sunday is known as

(answers on the last page)



JOIN US FOR U3A FESTIVAL 24

The u3a movement is holding its first ever festival in 2024, **18 - 20 July**, where members will be running a wide variety of activities - talks, sporting events, musical entertainment and workshops. It will take place at the University of York. Keep up to date with the latest Festival 24 news by signing up to our [u3a Friends Newsletter](#). If you would like to get involved or have a query about the festival please get in touch by emailing festival@u3a.org.uk.

LEARNING EVENTS

Introduction to Cryptic Crosswords: Thursday 28 March 10am-12pm. Try your hand at solving cryptic clues on this free, online, two-hour taster session with Henry Howarth, u3a Subject Adviser for Cryptic Crosswords. You will learn about two of the simplest and most common types of clues, be shown the basics of clue construction and be introduced to the variety of cryptic clues. At the end of the session, you will know if learning how to solve cryptic puzzles is something you would like to take further and how to go about this. **What you will need:** A laptop, iPad, desktop or tablet computer and a broadband connection. Use this link to book your place:

[INTRODUCTION TO CRYPTIC CROSSWORDS](#)

From Pleasure Gardens to Theme Parks: Friday 5 April 2-3pm. This free, online talk by Moira MacQuaide, touches on a selection of gardens and parks, past and present, looking at their history. Use this link to book your place: [PLEASURE GARDENS TO THEME PARKS](#)

Live Cookery Demonstration- Spring Recipes: Thursday 11 April 10.30-11.30am. Chef Alex, from 'Vegetarian for Life', offers a free demo of his delicious spring recipes live on Zoom, especially for u3a members. Use this link to book your place: [COOKERY DEMONSTRATION](#)

The Climate Crisis and Some Solutions: Friday 19 April 10-11.30am. Brenda Ainsley delivers her popular, free, online talk on the science and solutions relating to the climate crisis. Using peer-reviewed research from institutions such as NASA, the Meteorological Office and various academic institutions, the presentation is up-to-date and draws on examples from both around the world and here in the UK. Brenda then goes on to address the all-important question of 'What can we do?' The talk concludes on an update on what is happening within the u3a to help members learn about, and react to, this most pressing issue of our times. Use this link to book your place:

[CLIMATE CRISIS AND SOME SOLUTIONS](#)

ALL OUR YESTERDAYS

The u3a Trust Learning team, working with Trust Volunteer Carole Chapman, is planning a new initiative to collect memories from members for a series of stories to share online, and would now like to gather **stories of the 1950s and 60s** that stand out in your memory. We hope that u3a members from across the UK will be inspired to contribute experiences to this collection of material.

Do you have memories from the 1950s and 60s? Is there a family history that has been preserved, perhaps in documents or photographs? If so, and you would like to share this, please either fill out our [online form](#) or contact Trust Volunteer [Carole Chapman](#). We will publish a selection of the stories and experiences. This page will be updated on an ongoing basis as members' stories are received. Please click on the following link to read some already published: [ALL OUR YESTERDAYS](#)

LOCAL HARLOW NEWS

PLANS FOR A REBUILD OF MARKET SQUARE

A consultation on plans to completely transform Market Square, as part of the regeneration of Harlow Town Centre, is now live. The proposals include several new features not previously seen in the area. There are also plans to make regular use of the space with opportunities for street trading and pop-up stalls, local markets, art displays and other events. Click for more details: [PROPOSALS](#) To have your say, you can complete the [online questionnaire](#). The consultation will run until May. You can also visit the Discover Harlow Hub in the Harvey Centre to discuss the plans with members of the Council's Regeneration team. The hub is normally open on Thursdays from 11am to 2pm.

SAINSBURY'S CAR PARK FIFTH AVENUE

I've been asked to highlight that the free car park for customers at Sainsbury's now has a two hour parking limit.



ENTERTAINING LITTLE ONES THIS EASTER?

Parndon Wood Nature Reserve Easter Events: Friday 29 & Saturday 30 March 11am-2pm

Booking required

Pets Corner: Easter Egg Hunt Daily from 31 March to 12 April 11am-3.30pm £1.50pp

DATES FOR YOUR DIARY

25 March	General Meeting	Paringdon Sports Club	10am
8 April	Committee Meeting	Harlow Town Park	10am
12 April	Deadline for April's Newsletter		
22 April	Spring Social	Paringdon Sports Club	10am
23 April	Trip to Brick Lane Music Hall		
25 April	Trip to Hampton Court		
26 April	Faith Talk: Hinduism	The Church of Latter Day Saints Tysea Road Harlow	2pm

GET IN TOUCH

You can contact [Committee Members and Facilitators](#) by email through links on the website. Using this method keeps personal information out of the public domain. **Go to:** [CONTACT](#)

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COFFEE-TIME QUIZ ANSWERS

1. Joseph Fry 2. Marzipan 3. Chile 4. Crucifixion of Jesus 5. Easter Parade 6. Fish 7. Lily 8. Fabergé
9. 1971 10. Palm Sunday