

WINTER TALKS JANUARY-MARCH 2021 on Zoom

To register please click the link for the talk that you are interested in below

You will automatically receive a booking confirmation email.

Two days before the event you will be sent a reminder email with the Zoom codes that you will need to access the event.

NB: If you think you have not received either the confirmation email or Zoom meeting link, please check your spam/junk folder before emailing the contact below.

Further information: Talks.lru3a@gmail.com

Monday 4th January

17.00-18.00
Log on from 16.30

Hazel Beale: **A Virtual Tour of the Museum of London Docklands**

The visit will look at the Havering hoard of Bronze Age tools and the 'London, Sugar and Slavery' exhibition, noting the removal of the Robert Milligan statue on the quayside at West India Dock. The tour finishes with a brief visit to Tate Modern art gallery, to look at the Kara Walker installation, 'Fons Americanus' in the turbine hall (also concerned with slavery).

[Click here](#) to register

Monday 11th January

17.00-18.00
Log on from 16.30

Henry Howarth: **Cryptic Crosswords Explained**

This is the story of the cryptic crossword – a quintessentially British form of the written word that beguiles and delights puzzle fans every day. Find out how cryptic crosswords work, where they came from, who solves them, and how people learn this skill. At the heart of the story is the development of the English language itself – rich and idiosyncratic, and ideally suited to the wordplay in cryptic puzzles.

You will need a device that has a good-sized screen: a Windows or Mac OS computer, an iPad or tablet computer. [Click here](#) to register

Monday 25th January

17.00-18.00
Log on from 16.30

Jonathan Lipitch: **How to Control Stress in a Stressful World**

In his talk Jonathan will provide the audience with a greater understanding of how stress operates and builds within the body. He will then describe practical ways to take greater control over this process in order to improve physical health and an overall sense of wellbeing. An article to set the scene and overall context for the talk will be sent to applicants in advance.

[Click here](#) to register

**Monday 8th
February**

17.00-18.00

Log on from 16.30

Camila Nichol: A two hundred-year Antarctic adventure: a short History of Humans in Antarctica

In 1820 Edward Bransfield spotted the Antarctic continent – a place that had long been the subject of speculation and failed attempts to discover it. What followed were two centuries of exploration, exploitation, triumph, tragedy, geopolitical escalations, and cutting-edge science. This talk will explore some of that history and how the UK Antarctic Heritage Trust works to preserve that history and what the future might hold for this remote and inhospitable continent at the bottom of our world. [Click here](#) to register

**Monday 15 &
22nd February**

17.00-18.00

Log on from 16.30

**(Register once only.
Same Zoom link
for both talks)**

Alan Freeland: Chinese Art - Insight to the Soul of a Nation

A two-part presentation on consecutive Mondays – February 15th & 22nd. In Spring 2019 Alan completed a 12-week full time course of the history of Chinese Art at the School of Oriental and African Studies at the University of London. As a complete novice to the world of art this was both a stressful and revealing experience. In this talk, with lots of pictures, Alan gives a personal view on his learning experience and what 5000 years of Chinese Art might tell us about the Chinese people today. We will look at a handful of objects that represent the range of materials and styles used from 2000 BCE to the 18th C, then how the Chinese appreciate their paintings before looking at famous paintings from the 8th to the 21st C. [Click here](#) to register

**Monday 8th
March**

17.00-18.00

Log on from 16.30

Geoff Pick: Realms of Gold - John Keats, his Story, and his Poetry

An introduction to the life of John Keats in this the bicentenary of his death in February 1821. There will also be readings from his poems, both well-known and not so well known. [Click here](#) to register

**Monday 22nd
March**

17.00-18.00

Log on from 16.30

Tony Dayan: I Can't Believe We Still get Medicines from Plants

A surprisingly large number of everyday, important prescription drugs are still extracted from plants. The medicines discussed and the curious histories behind them range from the familiar Foxglove to the Opium Wars of the 1860s, a near fatal arrow wound in the Gold Coast, and a treatment for mild dementia based on a Bulgarian peasant headache remedy. The successes and failures should leave you in awe of your gardens! [Click here](#) to register

SPEAKERS

Hazel Beale (London SE U3A): Hazel has lived in London for the past 22 years after moving from her home town of Bath. Her hobby is guiding in London where she is a volunteer guide with the British Museum and National Trust. She is a trained Blue Badge guide, City of London guide, London Borough of Camden guide and a Tate Modern volunteer guide.

Tony Dayan (U3A in London): Tony Dayan studied medicine and became a neuropathologist, then a toxicologist in the drug industry, and finally he ran a Department of Toxicology at Barts Hospital. He was involved there and has continued to work since in Britain, Europe and elsewhere on the problems of the safety of dirty water, clean air, medicines, pesticides, and everything we swallow, rub on ourselves or use at home, work, and play. He is particularly interested in harms of all sorts and how we do or don't react to them.

Alan Freeland (Farnham U3A): Alan has recently retired from a career in the IT Industry where he specialised in communicating the business benefits of complex IT technologies to Business Managers. Since retirement he has become enthused by art and history and has travelled The Silk Road from Xian in China to Khiva in Uzbekistan. Alan is an active member of the Farnham U3A History Group and runs the Farnham U3A Silk Roads Group and the Farnham U3A Art and Science of Communication Group.

Henry Howarth (Bournemouth U3A): Henry has taught over 500 adults how to solve cryptic crosswords, and is the author of the book 'Learn How to Solve Cryptic Crosswords' and the app 'Learn Cryptic Crosswords'. He is also the U3A national Subject Adviser for crosswords.

Jonathan Lipitch: Jonathan is a professional certified coach and psychologist, specialising in stress and burnout. He worked for five years in the NHS coaching patients in stress management as well as the prevention and maintenance of chronic health conditions. Previously a Chief Operating Officer and Head of Communications for Europe, Middle East & Africa, Jonathan knows first-hand the pressures of operating at the highest level. He has coached professionals, managers and business leaders across the globe, including senior civil servants in the British Government, (Cabinet Office). Jonathan is also a coach mentor and supervisor.

Camila Nichol: Camilla is the Chief Executive of the UK Antarctic Heritage Trust, a UK-based charity which conserves six heritage sites on the Antarctic Peninsula and works to promote our Antarctic heritage in the UK. She studied Geology at the University of Edinburgh followed by Museum Studies at the University of Leicester. She has had a varied 25-year museum career working for organisations with collections as diverse as geology, scientific and medical instruments, anatomy and pathology, Scottish football, and the early oil industry. She is a member of the Antarctic Placenames Committee, an Associate of the Museums Association and is a Fellow of the Royal Geographical Society.

Geoff Pick OBE: Geoff has worked as a professional archivist at London Metropolitan Archives for over 30 years. The LMA is the UK's largest archive after The National Archives, focusing on the history of London from 1067 to the present day. It is owned and funded by the City of London Corporation which also manages Keats House in Hampstead. For 12 years Geoff was responsible for the House, seeing it through its major restoration, and development as a centre for the exploration of poetry through events for people of all ages and backgrounds. Geoff was a founder member of Lighthouses UK which brings together the country's literary houses and museums, and has taken leading roles in the archive sector.