



Kingston U3A Newsletter

Spring 2020 Volume 10 Issue 5

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www.kingstonu3a.org.uk

Greetings everyone and welcome to our first newsletter of 2020. Two of our members are hoping to start new groups – one for online learning and another for some ‘gentle’ walks. There are two trips to the South Bank on offer and an opportunity to join our foreign holiday – this year to Crete.

At the end of last year, one of our members – Doris Ashurst – celebrated her 100th birthday. Doris is on page 7 with her bouquet of roses.

Margaret Harold is now arranging the welcome events for new members. She discusses her new role, and two recent attendees talk about meeting up at one event and arranging other outings. That’s one of the aims of the U3A, isn’t it? To go out, meet people and try out new things.

And you aren’t confined to Kingston. We’ve details of the talks at the London area Easter conference as well as of Surrey Network’s study days at the Menuhin Hall in Stoke D’Abernon. Why not go along with a friend and try one out?

Best wishes

Ireni Esler
Chair



Group News

Message for Group Leaders

Could you please ensure that someone else in the group other than you has all the information relating to your members in case of illness or accidents. Keep emergency phone numbers for everyone.

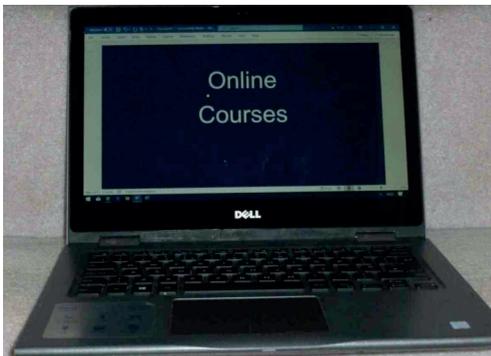
Possible New Groups

Massive Open Online Courses (MOOCs)

Linda Foreman is hoping to form a new group to experiment with free online courses in science and history, using websites such as FutureLearn or MOOCs.

Linda explains how the class might be run. 'If we get about six people with their laptops around a table at my home in Berrylands, we could start a course together, depending on what is available that month. We could then meet regularly to compare progress and help each other for about three months.'

If you are interested and have a laptop, please contact Linda Foreman at linda.u3a@foto.co.uk.



Gentle Walks

There are already several walking groups but this new one, called Gentle Walks, will hopefully encourage those members who might once have walked happily for a few miles but now feel a bit limited. Jan Goodyear is hoping to cater for those who, like her, can no longer walk too well or too far.



Jan describes how she hopes to arrange the group. 'I suggest that we start with a gentle walk one morning each month and see how we get on. My idea is to meet up near a bus stop and walk from there for about half an hour around a nearby park, or along the river, to a café where we can sit down together for a coffee. I have identified lots of different bus stops in our area which would fit the bill, with parks and cafés nearby. For our first outing, I suggest we meet at TKMaxx in Kingston for a short walk along the river.'

'To start with, I'm thinking of arranging the walks on the first Tuesday morning

every month but do get in touch if this is not a possibility for you and we will get a general consensus. We'll walk on the first Tuesday in the month, beginning on 3 March.

'I'm hoping that one of two of you might also like to help me run this group so that we get lots of different ideas of locations and keep the group running, even when I'm away.'

If you are interested, please contact Jan:
jan.goodyear@gmail.com
tel: 020 8397 6795.

Cooking Swap Shop

Each month a different member chooses an activity for the following meeting, based on either their cooking experiences or their cookbooks. We try out foods (eg harissas); swap recipes and family tips; bring things from home to sample (eg soups, cheeses) or actually make things at the meeting (eg biscuits).

Gill Pickup says, 'We often taste but still find time for tea and news. We're limited by the size of the kitchen table but have space for two more experimental cooks.

If you would like to join, please contact Gill Pickup: gillpickup@waitrose.com
tel: 020 8399 3271.

Croquet 2020

Lorraine and Philip Hellen are intending to have a meeting in April with last year's Croquet group. They are both away for May but hope the group could run itself during that period, with possible help from club members. They will offer two taster sessions in May for U3A



members, dates to be decided and published in the next news bulletin.

New Tutors Wanted

Beginners Bridge

We're looking for someone willing to start a new Beginners Bridge group as there is such a demand at the moment and classes are full. Help is available.

Contact Linda Foreman:
linda.u3a@foto.co.uk

Modern Languages

Would anyone be able to start groups for Beginners French, Spanish or Italian?

We have received a lot of enquiries for language learning at a basic level.

If you can help, please contact Shirley Miller: shirley.miller4@btinternet.com
tel: 020 8940 8573.

*¿De dónde eres?
Soy inglesa, de Kingston.*

*Come ti chiami?
Mi chiamo Mimi.*

*Où est
la plume de ma tante?*

Tours, Trips & Outings

Southbank Centre: Behind-the-scenes tour Tuesday 7, April

This trip is an opportunity to gain an insight into the history of the Southbank Centre. Built for the Festival of Britain in 1951, it has hosted many international orchestras and artists. We'll have access to the backstage areas usually reserved for the artists performing at the Centre. The guide will have a wealth of stories to entertain us with.

From Waterloo Station we'll walk the short distance to the Festival Hall. This involves crossing roads and there's a flight of steps up to the entrance. On arrival, there'll be time for refreshments before our guided tour begins at 11am.

Date: Tuesday, 7 April

Time/Meeting place: 10.15am,
Waterloo Station, opposite platform 1

Cost: £11

If you would like to join this trip, please complete the enclosed application form and send it with your cheque for £11, made payable to Kingston U3A (GAS), plus a stamped addressed envelope (unless you give your email address) to Moira Shearer, 35 St Andrews Square, Surbiton, KT6 4EG. Tel: 020 8390 6356.

Please print your email address so that it is clearly legible.

If you give your email address, all information will be sent by email, including any changes to timings, so please check your mailbox regularly.

Guided walk around Waterloo & the South Bank

This is an area fairly familiar to most of us, yet we are often just passing through and rarely stop and look. It has undergone immense changes ever since the arrival of the railway in 1848 and it continues to change today.

The walk will include some aspects of Waterloo Station, Lower Marsh, William Blake's 'Lovely Lambeth' and, amazingly, some remains of the Festival of Britain, as well as the Royal Festival Hall. As usual there will be some surprises, including a view into the 'underworld', an old road surface, plus a helicopter landing site.

John King will be your guide for the walk.

Dates:

- Thursday, 30 April
- Wednesday, 6 May
- Tuesday, 12 May

Meeting Time: 10.15 am for a 10.30am departure

Meeting Point: Waterloo Station, opposite platform 1

Cost: £1 administration fee will be collected on the day.

If you wish to join this walk please complete the enclosed application form and send it to: John King (U3A), 64 Alric Avenue, New Malden, KT3 4JW.



The Ancient History & Delights of Crete

11-17 October

Itinerary

Day 1: We meet at our designated pick-up point in Kingston/Surbiton/Tolworth and transfer to Gatwick Airport for our scheduled flight to Chania. On arrival we are met by our guide and transfer by coach to the hotel. Our guide will accompany us on all transfers and included day excursions.

Day 2: Our first visit is to the extensive ruins of the Roman and Hellenistic site of Aptera with its spectacular views over the Bay of Souda.

We then go to the Souda Bay War Cemetery, where 1,500 Commonwealth servicemen of the Second World War are commemorated.

We continue to the White Mountains where an optional 500m walk takes in some of the stunning scenery.

In the afternoon we visit the harbour town of Chania, built on the ruins of ancient Kydonia which, according to mythology, was founded by King Kydon.

Day 3: Today our tour focuses on the Minoan era. First we visit the Minoan Tombs of Armeni, where over 200 chamber tombs and a tholos (beehive) tomb lie scattered through an olive grove.

We then visit the Palace of Phaistos, the second largest palace of Crete after Knossos. This Palace – just like the other palaces of Minoan Crete – was destroyed three times before being rebuilt on the ruins of the old buildings in

1700 BC. Aesthetically, Phaistos is built on the most spectacular setting of all palaces in Crete: high on a dramatic hill overlooking the entire Messara plain. We also see the ruins of the Royal Villa of Agia Triada. This site was first settled during Neolithic times and the remains of the palace date back to around 1600 BC. The site was first excavated in 1902 and is believed to have been the summer residence of the King of Phaistos.



North Entrance of Knossos, the Palace of King Minos
Moonik [CC BY-SA (<https://creativecommons.org/licenses/by-sa/3.0/>)]

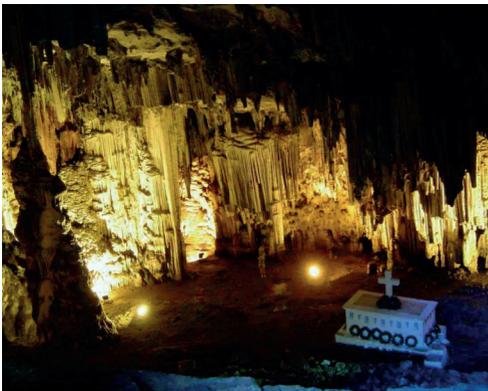
Day 4: A visit to the most famous of the Minoan palaces on the island – Knossos – excavated and controversially restored by Sir Arthur Evans. Knossos was undeniably the capital of Minoan Crete, as it is grander, more complex and more flamboyant than any of the other palaces on the island. It was inhabited for several thousand years, beginning with a Neolithic settlement sometime in the seventh millennium BC, and was abandoned after its destruction in 1375 BC. This marked the end of the Minoan civilisation.

Our guided tour of Heraklion, the capital city of Crete, takes in sights such as Agios Minas Cathedral, St Mark's Basilica and Lion Square.

For the rest of the day you are at leisure and, on an individual basis, you may choose to visit the Heraklion Archaeological Museum, one of the greatest museums in Greece and the best in the world for Minoan art.

Day 5: Our first visit of the day is to the pottery village of Margarites.

We then visit Melidoni Cave, one of the three largest tourist caves on Crete. The cave has been inhabited almost continuously since the Stone Age and during Minoan times it was used for religious ceremonies.



The Melidoni Cave
Steffen 962 at de.wikipedia [Public domain]

En route back to our hotel we pass through the region of Eleftherna, considered to be one of the most important and largest areas of Crete.

Day 6: We visit the Byzantine Monastery of Arkadi, one of the most important centres of the Cretan resistance during the years of the Turkish occupation.

It is thought that the first fortified group of monastery buildings was built in the 14th century BC by the monk Arcadios who gave his name to it.

In the afternoon we enjoy a guided tour through the old town of Rethymnon with its old Venetian buildings and maze of narrow streets. We'll also visit the Venetian Fortress there, built on the Paleokastro Hill on the west side of the city. It was built between 1573 and 1580 by the Venetians in order to protect the citizens from the Turkish threat.

Day 7: We have some free time before returning to Chania Airport for our direct scheduled flight to London Gatwick. On arrival we will have private coach transfer to our original pick-up points.

Hotel: We stay six nights at the Eliros Mare hotel: see www.elirosmare.gr. It is located on the beach of Kavros in Georgioupolis. All rooms have en suite facilities and there is a bar-pool, restaurant and spa.

Cost: £1,029 per person, sharing a twin/double room for six nights on a half-board basis. Single room supplement: £139.

The cost also includes coach transfers, guide, all day trips and entrance fees, portorage and local taxes. Gratuities and audio headsets are not included.

Insurance: £53 if you do not have your own already.

If you would like to join this holiday, please complete the enclosed application form and send it with a stamped addressed envelope (not too small, please) to Gisela Zürcher-Feiß, 37 The Byeways, Surbiton KT5 8HT. Tel: 020 8399 4990



Many Happy Returns

Ireni Esler wishes Doris Ashurst a happy 100th birthday with a bouquet of roses from Kingston U3A members.

Welcome to the U3A: New members liaison

At the end of last year Margaret Harold took on the responsibility for liaising with new members and arranging the welcome events. 'I used to work in admin before retiring,' she explains, 'and I decided to offer my skills to Kingston U3A to see if I could help in any way.

'About a month before a scheduled welcome event, I email invitations out to those people who've recently joined and finalise the numbers about five days before the meeting.'

Margaret joined Kingston U3A about two years ago, shortly after retiring. As well as helping new members, she meets up regularly with one of the MOTO groups. 'I like the fact that it offers members on their own the opportunity to go to a wide variety of events in the company of other people.' Margaret also attends Martin

Power's History group. 'It's very informative,' she says. 'At each meeting I learn something new.' The members of Fran Thurling's Art Appreciation group, including Margaret, meet once a month at someone's house to discuss their views on the exhibition they've just visited. 'We then discuss and agree which one we'll go to next.'

Margaret would like new members to experience the same welcome she received when she joined those three groups. 'It's so reassuring when you first arrive on your own.'

Jan Oakley recently attended one such new members event. 'It was a good opportunity to meet people,' she says. 'I struck up a friendship with Georgina Godwin-Keene and Helene Hill there. The quiz was another great chance to chat, laugh and find out what we knew and, guess what, the three of us were in the winning team. Amazing!'



(l-r) Georgina, Jan and Helene

Georgina Godwin-Keene explained how she and Helene went out to lunch after the new members event and got chatting again with Jan over tea and mince pies at the December meeting. 'We swapped phone numbers,' she says, 'and agreed to meet up in the New Year.'

... Annual U3A Quiz



Georgina enjoyed the quiz and thought it was pitched at a good level – not so difficult that you got bored but not easy either. ‘Jan, Helene and I met three other interesting members (above – Jennifer, and Sheila and Geoff Austin). ‘We were all able to contribute to our victory and win a book token each. My husband manages a book shop, so I’ve tasked him with finding something different from the crime fiction I’d normally buy. He’s still thinking about it!’



It’s just before 2pm on the first Monday in January. Teams sit round tables, already getting their heads round two parts of the annual quiz (identifying sitcoms and doing a bit of code breaking),

awaiting the instructions, ‘Turn over your papers now. You have two minutes to complete your answers.’

It’s always surprising how quiz setters can take a subject – eg Rivers – and use it to pose questions about classical myths, the Bible and cinema etc. And then they test your mettle on metals, stretching your knowledge from the nicknames of football teams to the first US spaceship to take a man into space.

Do you watch *The Antiques Road Show* or *Bargain Hunt*? You could have put your knowledge to good use in the General Antiques and Local Art round.

Eadweard Muybridge, Millais and Nipper the HMV dog all put in an



And talking of the ...

appearance in the answers.

Good quizzes aren't just about what you know already but what you can learn en route.

Architects Zaha Hadid and Renzo Piano featured in the Built Environment round but did you know that the Wood Street facade of the Bentall Centre is based on the architecture of Hampton Court?



know that Burns Night is on 25 January and that a palmiped is a bird with webbed feet.

The scores were finally in. Well done to the winning table who now have the dubious privilege of setting next year's quiz.

Many thanks to Steve and Jean Farrell, Liz and Alan Johnson, and George and Mary Ling for compiling such varied



Setters often sneak in a brain teaser. In a Transport round lurked this question: If you add Victoria to Circle, why do you get District? The answer: Because it's green – blue (Victoria Line) + yellow (Circle Line) gives you green (District Line).

If you hadn't scored well on the subject rounds, perhaps you could fare better on Pot Luck, but you needed to



questions and for the smooth running of the quiz on the day.

Thank you too to the ladies who got the teas and coffees ready, and to the guys who prepared the room.

And Nipper was more than happy to play his part. Woof! Woof!



U3A in London: Easter conference

Dates: 21-23 April

Place: Main Hall, Hampstead Old Town Hall, 213 Haverstock Hill, London, NW3 4QP

Cost: £50 for all three days, including all coffees, teas, lunches from the Atrium café.

Theme: Freedom and its Consequences

The conference includes a programme of talks, given by a range of speakers, over three days. The subject is explored from different standpoints, for example:

- Art: Freedom and art
- Music: How music has been a potent force in expressing dissent and motivating social reform
- Science: Freedom in medical science
- Literature: When literature became free (keynote speech)
- Curtailment of Freedom: Indefinite detention of immigrants to the UK
- Overcoming Prejudice and so-called Traditional Roles: How women won the fight for freedom in education

Booking and further information: Application forms are available by emailing u3alondon@gmail.com or phoning 020 7692 5440. Please keep your eye on the U3A London website at www.u3alondon.org.uk for further details.

U3A Surrey Network: Study days

Study days are open to all U3A members and guests are very welcome.

Time: 10am-4pm (registration 9.30am)

Dates: See table opposite

Place: Menuhin Hall, Cobham Road, Stoke D'Abernon, KT11 3QQ

Directions:

By car: The Menuhin Hall is easily accessible from M25 junctions 9 (Leatherhead) and 10 (Cobham).

By train: Cobham & Stoke D'Abernon station is on the Guildford via Cobham line from Waterloo. Taxis are available at Cobham station. In addition,

minibuses may collect audience members from the station, by prior request, 30 minutes before the start of a performance. Please contact the box office on 08700 842020.

Cost: £10 for members, £12 for guests (Cost includes coffee/tea and biscuits but you are advised to bring a packed lunch.)

Booking and further information: Advanced booking is necessary. For booking procedures, ticket availability and more details about the individual study days, please see the Surrey Network website at: u3asites.org.uk/surreyu3anetwork/events.

Date	Topics
21 Feb	Astronomy: Moons of the solar system and debunking the moon landings controversy
20 Mar	Geography and Landscapes of South East England
17 Apr	The Most Famous Pharaoh of them all: Tutankhamun, the boy king
15 May	Two Centuries of British Design
19 Jun	Understanding Turner: The man, his life and his work
18 Sep	The Art and Objects of the Mughal Emperors, from Akbar to Shah Jahan
16 Oct	Industrial Archaeology (planned study day)
20 Nov	The Art of Drawing

Kingston U3A Monthly Meetings

2 March: Memory Boxes and Time Capsules – Jo Livingston (U3A Member)

Jo looks at how such objects are linked to our memories and help us recall and relate to past and current events.

6 April: House of Romanov – Siobhan E Clarke

The murder of the Russian imperial family in 1918 shocked the world and still prompts a lurid fascination. The beauty and innocence of the royal children have become emblems of a vanished world.

4 May: Footsteps in Summer – Russell George

When early retirement beckoned, Russell George set off on a gruelling 950-mile solo charity walk along from John O’Groats to Land’s End and faced, among other obstacles, heat waves, loneliness and blisters. (Russell’s royalties are donated to Cancer Research UK.)

(Please note the date of this talk. The usual early May bank holiday has been moved to Friday, 8 May to commemorate VE day.)

2pm (doors open 1.30pm), United Reformed Church, Eden Street, Kingston
Members only

Kingston U3A Executive Committee 2019/2020

Registered Charity No. 1011295

Chair	Dr Ireni Esler	07788 247208 chair@kingstonu3a.org.uk
Secretary	Lorraine Hellen	020 8390 5718 secretary@kingstonu3a.org.uk
Treasurer	Joy Garvey	020 8399 9323 treasurer@kingstonu3a.org.uk
Vice Chair & Database Manager	Linda Foreman	020 8390 0109 database@kingstonu3a.org.uk
Membership Secretary	Jane Hoyland	020 8399 0163 membership@kingstonu3a.org.uk
Groups Coordinator	Shirley Miller	020 8940 8573 groupcoordinator@kingstonu3a.org.uk
General Activities Section (GAS)	Gisela Zürcher-Feiß	020 8399 4990 generalactivities@kingstonu3a.org.uk
Web Coordinator	Diane Wilson	07944 333519 website@kingstonu3a.org.uk
Speaker Secretary	Suzie Vernel	07766 012947 speakers@kingstonu3a.org.uk
Newsletter & Bulletin Editor	Susan Hinchcliffe	07814 487727 newsletter@kingstonu3a.org.uk

Change of Address

Please send updates to:
Linda Foreman, Database Manager,
54 Berrylands Road, Surbiton,
KT5 8PD or email her at:

database@kingstonu3a.org.uk

Contributing to the Newsletter

Tell us what your group has been doing or the visits and holidays you've enjoyed. We'd also like to receive poems or short reviews of books, plays, films or exhibitions.

Contributions should be no more than 500 words but there's always room for smaller items too. Photographs always help to illustrate your contribution but

don't forget to send a caption and/or the names of people shown in them. Photos need to be in .JPG format and need to be sent as separate files and not embedded in a Word document.

Please send your contributions and photos to:

communications@kingstonu3a.org.uk

Distribution

In 2020 the newsletter will be posted around the middle of the month in February, May, August and November. If it fails to reach you within a reasonable time, or if it is incomplete in any way, please contact Ann Phillips on 020 8397 0495.