



## Dear readers

We have had to put the usual paper edition of **The Northern Line** on hold because it needs people to get together to produce and issue it. Apologies to those who prefer (and have paid) to receive the paper edition, but we hope you will be able to access and enjoy this electronic version. We are all having to learn how to become more adept at electronic communications and we hope you are finding ways to keep in touch.🌀

## Editorial

I once read a science fiction story about a future society in which everyone lived alone in isolated technologically powered apartments. Food and supplies were manufactured by computer; the concept of face-to-face contact with other humans

was unthinkable. (I don't know how they managed to procreate, but I did read it a long time ago.) There was lots of electronic entertainment, and people stayed in contact via a Skype-like system. I can't remember what caused this to happen – nuclear war? pollution? a plague like the one we're facing now?

With Covid-19 (which stands for **CO**rona**VI**rus**D**isease-20**19**), we might be going in that direction. We in the U3A need to support each other and give a special thought to members who live on their own, or who are housebound, or who do not have families to call on. We can phone or email each other or connect through social media such as WhatsApp, Facebook or Instagram, if you use them.



Metropolitan Opera (See page 8)

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• The Northern Line (TNL) is published three times a year. It is edited by Leni Green, with assistance from Judith Abbs and Hilary Segal and designed by Barry Davies. Please send contributions for the next issue by 24 July to

[editor@nlu3a.org.uk](mailto:editor@nlu3a.org.uk)

• The editors may shorten or otherwise amend articles to fit spacing and style requirements.

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As I write (late March), we are in lockdown. All activities, including those in NLU3A, have been suspended, and non-essential services have been closed. Of course, by the time you read this everything may be different.

We are relying on advice from the national U3A office, which the committee will send round as they receive it. At the moment everyone must stay at home except for essential shopping and one daily session of outdoor exercise. Wash your hands frequently with soap and warm water or use hand sanitiser if soap is not available. Avoid gatherings of more than two people and stay 2 metres (6½ feet) away from each other.

Our U3A is committed to ensuring members' health and safety. So follow the advice from the NHS, the World Health Organisation and the Third

Age Trust. Our age group is vulnerable; it's essential to be careful.

In this issue of TNL, we follow our own advice by looking at how NLU3A is helping members who live on their own. We bring you website links and other information that you can use to stay entertained during the lockdown. Patricia Isaacs shares her enthusiasm for living on her own and shows how her days are complete. And we feature our singing groups, who are engaged in an enjoyable activity that promotes happiness and wellbeing at any time.

Happy reading, and stay safe and well.

*Leni Green*

Editor

[editor@nlu3a.org.uk](mailto:editor@nlu3a.org.uk)



• NLU3A has a new Facebook group for its members. To join, email Martin Goldman ([mgoldman666@gmail.com](mailto:mgoldman666@gmail.com)). Join Facebook ([www.facebook.com](http://www.facebook.com)) if you're not already on it. There are many privacy features that you can choose to stay anonymous.🔒

## With a song in their hearts

Singing is good for you, and to exemplify this, NLU3A has two thriving choral groups. On the next pages **Sue Gold** introduces the Tuesday group, Singing for Pleasure, and **Peter Hyams** describes Joyful Noise, which meets on Thursdays, though of course neither is meeting at the moment.





## Singing for Pleasure

An online article caught my eye recently, because in its title were the words 'singing', 'benefits' and 'elderly'. Because I love singing (and am a little bit elderly), I thought I'd read it and assess whether I or any of our members had in fact benefitted from these 'benefits'!

I'm not going to list all of them but I will touch on a few that I found interesting, particularly since, as group coordinator, I am in a position to observe the 'before and after effect' on the group.

The article mentions reduced anxiety and aggression, and fewer incidents of depression. Many of our members suffer from ill health, loss of partners or friends, financial worries. I often see people approaching with a sad or careworn face. But I also often see them leave looking as if a load had been taken off their shoulders.

Apparently, singing can also

help with eyesight problems, improve posture, help with breathing. This of course leads to fewer hospital visits!

I've been a member of the NLU3A Singing for Pleasure group for eleven years, joining six months after it started up. It was a small group at first, meeting every Tuesday morning, but it kept on growing. We now have a regular attendance of between 30 and 40 people (possibly the largest of the North London U3A groups). I've seen friendships formed, support given when needed, and I get a genuine feeling of individuals who want to be together to sing. We are led by Caroline Soresby, our musical director, herself a professional musician. She never judges us; she keeps calm and even-tempered even though she has to repeat the same things over and over again every single week.

Each song list, which we sing for three consecutive weeks, is chosen by one of our members.

This works well and means we are often introduced to new songs. We work on various bits for the first two weeks, with a full performance-style run-through of the programme in the third. Our repertoire varies from Broadway songs, folk songs and classical choral pieces to songs from different cultures – sometimes in different languages – and pop songs (usually from the sixties!). Caroline helps us to sing in two- and three-part harmony and introduces subtleties that make the music soar.

BUT, most importantly, as well as singing together, we laugh together. Oh, and surely this must be the most important benefit: apparently it keeps your ears young!

We meet on Tuesday mornings from 10.30am to 12 noon in N3. Care to join us? Contact Sue Gold, 8349 3996, [suegold376@googlemail.com](mailto:suegold376@googlemail.com)



## Joyful Noise

– not the most dignified title, is it? But we have no pretensions, auditions or vocal requirements and absolutely sing for fun.

The group, initiated five years ago, was led by the force of nature that was Max de Boo. All too soon there was the task of singing at her funeral, after which one of our members, Joyce Piper, gallantly filled the breach, and then our pianist was promoted to direct us and not just play.

What a musician! Dilyan Todorov, 23, a masters student at the Guildhall School of Music, first performed at age 16 with the Royal Philharmonic. On a recent Thursday, his morning was spent

with us; his afternoon, playing Prokofiev in a masterclass.

We choose the majority of what to sing via periodic votes, with Dilyan happy (and quick!) to learn any scores we throw at him. Then, in a nice way, he suggests how we can improve. Roughly half our repertoire is from musicals; the rest is a mix of folk-songs, rounds, and classics. But confession time: apart from the rounds, we sing virtually everything in unison and normally with only the lyrics to hand.

In a typical session, we sing a familiar piece once, after which our pianist makes some observations and suggestions. We then try again, sometimes once, sometimes twice, but rarely more, before it's on to something different – often completely different. I find that an ideal pace, with enough feedback to stimulate thought, without turning a song into a chore. And it's all friendly.

Interested? Contact Tom Downes, 8343 4343 or [tom@downes.com](mailto:tom@downes.com) (preferred).

**sing up**  
 Love learning, ~~start~~ singing  
 keep

## Why sing? Three group members tell us

### Myrna Lazarus says

I can scarcely recall a time when I didn't sing. I have always loved singing and I'd sing in my bedroom on my own for hours as a child.

I joined a choir in my late teens and was incredibly flattered when someone commented on my voice. I felt that if there should be another existence I would be a jazz singer in a sexy black dress!

Sadly, I am no stranger to tragedies and following one particularly grievous trauma I found – to my horror – that I was unable to emit a single note. Try as I would, nothing would emerge from my struggling open mouth.

I was in shock and disbelief. Singing was part of my very essence. I looked upwards and murmured 'and this too?'

I cannot remember how long this lasted – weeks? months? Happily, it did not go on.

I have been in Singing for Pleasure for several years. Not only is it a joy to sing with others, but the atmosphere is conducive to making new friendships.

More recently, I have joined a pop choir, which is certainly keeping me on my toes!

### Micky Mankin writes

My first attendance at Singing for Pleasure came about through seeing a flyer on a notice board. I had not sung since the school choir aged 14 and had always assumed that a prerequisite of joining a choir was the ability to sight read. I was wrong – thankfully. My first session was a shock but I quickly realised that singing with others was fun, exhilarating and challenging.

I entered fully into the whole concept, even having singing lessons to improve my breathing and range, and my teacher encouraged me to also join a formal choir. From nothing to having a life revolve round music has been a revelation and I thank the ever-patient Caroline, Judith and Sue for adding such a wonderful dimension to my life.

### Michael Sabel shares

I have loved to sing ever since earliest childhood. My mother used to sing me songs of the 20s and 30s and the occasional plaintive Yiddish melody which she no doubt learnt at her mother's knee. My father would often go around the house singing an aria from a Gilbert and Sullivan operetta such as *The Gondoliers* or *HMS Pinafore*.

Thus was born my love of music, especially vocal music and more especially, opera. Latterly I joined various choirs, and, with singing lessons, an amateur operatic company which I was with for more than 10 years. Although I sang mainly in the chorus I did have a few good leading tenor roles which I am still proud of.

Now a happy member of NLU3A, I belong to both choir groups. They each run quite differently as has been explained by both Sue and Peter, but both offer great enjoyment and the opportunity to make new friends and learn new music!



# Could you sing for your supper?

If so, you would never need to go to bed hungry, says **Judith Abbs**

**H**ave you always believed – or been told – that you are tone-deaf or a growler? Does this mean that you can't enjoy the pleasures and benefits of singing?

If you are one of the 4% of the population who has congenital amusia – the inability to recognise musical tones or to reproduce them – you wouldn't enjoy the experience and nor would the other singers. But everyone else who uses their vocal chords to talk can also use them to sing. You may never sing a solo at Covent Garden but you can certainly join a U3A singing group.

Singing is a complex activity. Even talented singers with naturally beautiful voices need

to practise.

Every singer must learn to:

- **listen:** to sing in tune you need to hear what pitch you are actually singing and what pitch you should be singing;


- **hit the right notes:** if you can change your speaking voice to be higher or lower – for instance, by pretending to speak as a woman if you're a man, or vice versa – then you have some control over your pitch. To sing in tune, you must practise to refine that control so that you hit the exact notes;

- **keep in time with the music:** even if you are perfectly in tune, you will spoil any song if you

come in too early or too late or hold a short note for too long.

Our vocal cords are muscles. Athletes train to strengthen their muscles to improve their performance; so do singers. For instance, like every athlete, every singer starts by warming up.

Practice may not make perfect but it certainly produces progress.

Graham Welch, chair of music education at the UCL (University College London) Institute of Education, once said: 'We are all musical; we just need the opportunity'. And that's just what the NLU3A singing groups can offer you. 

*Practice may not make perfect but it certainly produces progress.*

## As I see it

Self-isolation can offer precious catch-up time, says **Patricia Isaacs**



**B**y the time you read this, we may be in our second month of enforced isolation. For many of our members it has been a very difficult time of despondency and loneliness. I'm fortunate as I truly enjoy solitude and have no fear of months of it. It's an extended home-alone day, with opportunities to do all those things there is rarely time for: reading unread books on the shelves, re-reading old favourites, stitching and embroidery, music, radio. I've taken up sketching

again, and written poems and short stories. Like many of you I've been turning out cupboards and drawers. The only problem with that is that until I can go to Oxfam, where do I put the rejected items? Back where they came from perhaps!

It's springtime and birdsong, cherry blossom, magnolias, daffodils and tight buds on trees bursting into life lift the spirits wonderfully. So, too, do long light days and evenings, and I relish the reinvigoration all of this provides for my ageing body.

Many U3A groups have found ways of keeping in touch with friends, sharing thoughts and comments on WhatsApp, sharing poems and photographs. I know it's easy to say 'Find something to do', and I know that many of our members rely on the focus

**Truly, the only way to get through this, as one of my sons told me, is to grin and bear it.**

of going to group meetings almost every day. I am certainly not trivialising the difficulties, but truly, the only way to get through this, as one of my sons told me, is to grin and bear it. Please try to do that, and find ways of making the solitary days a little more enjoyable. Make a schedule

for each day and that focus will help you through. And sing, loudly! It really does help!

We can help one another by staying in touch with email, phone calls, messaging programmes, offering help where possible and, perhaps, walks in a nearby park. Misery, begone!☺☺

PATRICIA ISAACS IS A PAST CHAIR OF NLU3A.

# Are you lonesome tonight?

You don't need to be, says **Francis Beckett**. You can join Members on Their Own

**A**lmost 2½ million adult Britons suffer from chronic loneliness, according to the Office for National Statistics. That's one of the reasons NLU3A's Members On Their Own (MOTO) group appeals to a mailing list of 30 or so and counting.

It's not meeting just now, for obvious reasons, and has just had to cancel two lunches, but its leader, Melvyn Rees, expects to be bringing it back, one way or another – perhaps on Skype, perhaps on Zoom, which the Technology Today group is using. Melvyn is a member of the Technology Today group, and when The Northern Line spoke to him, he was looking forward to seeing how Zoom works.

Loneliness is worst among older people – though more and more of us learn to be lonely before we retire, because of the

decline of trade unions, the rise of home working, and the increasing number of young people forced into insecure private rented accommodation where they put down no roots.

Social spaces are disappearing. There were more than 4,000 working men's clubs in the 1970s – there are now about 1,300. We have lost a quarter of our pubs and a fifth of our nightclubs (and right now, of course, we have lost all of them.) Austerity has culled youth centres and libraries, and the decline of religion means that few people go to church these days.

For older people, joining the U3A helps fight loneliness. But Melvyn Rees points out that most groups are centred around learning. 'You go to the group, you learn together, and you don't speak until it's time for the next meeting. I do want to have a

social section of the U3A, where people can come without learning anything.'

MOTO has no regular meetings. It has whatever Melvyn can persuade someone to lead, or to host, and so far that's been limited to tea at members' homes and dinner out, though someone did once run a Rummikub evening.

But the group is growing slowly, in numbers and adventurousness, and may soon rival the MOTO group in Mill Hill U3A, which in normal times boasts of weekly events including swimming, Mah Jong, jazz, jiving, pub quizzes, opera visits and more.☺☺

- If you're interested in MOTO contact Melvyn Rees, 07903 456385, [melvyn.tymel@gmail.com](mailto:melvyn.tymel@gmail.com)



Artist: Ken Orvidas

# Open for fun

Here are some tips to keep you from staring at the wall while confined to barracks. Click on the links or copy and paste them into your browser. We are indebted to **Jo Velleman**, a member of Armchair Critics and other groups, for many of these

## Music and theatre

- **Metropolitan Opera:** full operas, one every night – shown at 7.30pm New York time and 11.30pm in the UK. The operas are available to stream for 20 hours after broadcast.

[metopera.org/user-information/nightly-met-opera-streams](https://metopera.org/user-information/nightly-met-opera-streams)

- **The Wigmore Hall** has an archive of concerts it live-streamed in the past. You can simply play these – free – on demand.

[wigmore-hall.org.uk/wigmore-hall-live/past-live-streams](https://wigmore-hall.org.uk/wigmore-hall-live/past-live-streams)

- **St Mary's Perivale:** this de-consecrated church regularly holds concerts. The recitals will continue, with two or three per week – without an audience – and will be live-streamed. The full schedule of concerts is at

[st-marys-perivale.org.uk/events-001.shtml](https://st-marys-perivale.org.uk/events-001.shtml)

- Check out **Classic FM's** website for information about many virtual concerts and masterclasses:

[classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus](https://classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus)

- **The Great British home chorus.** An at-home digital choir led by Gareth Malone every afternoon at 5.30pm. Sign up here:

[decca.com/greatbritishhomechorus](https://decca.com/greatbritishhomechorus)

- **The BBC** has launched 'Culture in Quarantine', a new scheme to provide arts offerings across radio, television and digital platforms in the midst of the coronavirus outbreak. More information here:

[www.bbc.co.uk/programmes/articles/LvhN0VTSk34Pm36c9qSY/bbc-arts-announces-culture-in-quarantine-programme](https://www.bbc.co.uk/programmes/articles/LvhN0VTSk34Pm36c9qSY/bbc-arts-announces-culture-in-quarantine-programme)

- Watch **stage shows, musicals and operas** online for free at:

[www.whatsonstage.com](https://www.whatsonstage.com)

- **The Globe** is now streaming everything until 27 June at no charge.

[globeplayer.tv/globe-to-globe](https://globeplayer.tv/globe-to-globe)

## Art

- **The National Portrait Gallery** has over 150,000 portraits online with details about all of them. You can search by name of sitter, name of artist or just have a browse.

[npg.org.uk](https://npg.org.uk)

- Take a virtual tour of the **National Gallery:**

[nationalgallery.org.uk](https://nationalgallery.org.uk)

- Try **Tate Britain:**

[artsandculture.google.com/partner/tate-britain](https://artsandculture.google.com/partner/tate-britain)

- Browse the collection of the **British Museum:**

[www.britishmuseum.org](https://www.britishmuseum.org)

- Or view the treasures in the **Royal Collection:**

[rct.uk/collection](https://rct.uk/collection)

- If you have been enjoying **Secrets of the Museum** on BBC TV, browse the V&A's wonderful collections at:

[vam.ac.uk](https://vam.ac.uk)



Farm at Watendlath by Dora Carrington Tate Britain





Central Park New York

## Art around the world

### • Le Musée du Louvre, Paris

The world's largest art and antiques museum offers a number of virtual tours, charting everything from Egyptian antiquities to the Galerie d'Apollon.

[louvre.fr/en/visites-en-ligne](http://louvre.fr/en/visites-en-ligne)

### • Musée d'Orsay, Paris

Viewers can explore some of the most famous pieces in the collection, which dates from 1848 to 1914, including one of Van Gogh's self-portraits, and take a virtual wander through the galleries.

[artsandculture.google.com/partner/musee-dorsay-paris](http://artsandculture.google.com/partner/musee-dorsay-paris)

### • The Hermitage, St Petersburg

Explore the vast collection and do the five-hour virtual tour.

[www.hermitagemuseum.org](http://www.hermitagemuseum.org)

### • Rijksmuseum, Amsterdam

Here you can explore 11 virtual exhibits, interact with various works from the museum, read about their history and see close-ups of the pieces.

[artsandculture.google.com/partner/rijksmuseum](http://artsandculture.google.com/partner/rijksmuseum)

### • Guggenheim, New York

Use the Google Street View tour to amble along the gallery's winding corridor and view works up close. Or you can also simply gaze upon the building's remarkable architecture.

[artsandculture.google.com/partner/solomon-r-guggenheim-museum](http://artsandculture.google.com/partner/solomon-r-guggenheim-museum)

### • Uffizi Gallery, Florence

Four online exhibitions take viewers through various works of the Medici, explaining their significance and showing close-ups of important details within the paintings.

[artsandculture.google.com/partner/uffizi-gallery](http://artsandculture.google.com/partner/uffizi-gallery)

## Outdoors

### • Central Park, New York

NYC's green centrepiece is available to tour online. Not only does it show you the sites, it also comes with a guide who talks you through significant events in Central Park's history.

[youvisit.com/tour/centralpark](http://youvisit.com/tour/centralpark)

### • The Royal Parks, London

The UK lockdown makes it practically impossible to get out to the capital's green spaces. The Royal Parks offer a virtual tour of Hyde Park and Kensington Gardens, courtesy of Google Street View.

[royalparks.org.uk/learn/learn-in-hyde-park-and-kensington-gardens/planning-your-visit/our-facilities/virtual-tour](http://royalparks.org.uk/learn/learn-in-hyde-park-and-kensington-gardens/planning-your-visit/our-facilities/virtual-tour)

### • Grand Canyon, Arizona

Get deep into the famed canyon with a virtual archaeological tour. This allows armchair travellers to explore and learn more about the history behind the canyon's formation by clicking on different geological features.

[nps.gov/features/grca/001/archeology](http://nps.gov/features/grca/001/archeology)

### • Yosemite National Park, California

Views from the park's webcams include Yosemite Falls, the Half Dome from the floor of Yosemite Valley, and vistas from the High Sierra captured at 8,000 feet.

[nps.gov/yose](http://nps.gov/yose)

### • Rocky Mountain National Park, Colorado

Experience the great outdoors with all your senses. Use your ears rather than your eyes with an online 'sound library' that features an array of birds and wildlife found in the park.

[nps.gov/romo](http://nps.gov/romo)

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## Card games and puzzles

Do **jigsaw puzzles** online – either alone or in competition with others to see who can finish first. Have a look at:

[jigsawplanet.com](http://jigsawplanet.com)

[jigsawexplorer.com](http://jigsawexplorer.com)

[thejigsawpuzzles.com](http://thejigsawpuzzles.com)

[jigzone.com](http://jigzone.com)

You can also solve **crosswords** via newspaper sites, play **Sudoku**, **Scrabble**, **chess**, **bridge** and more online.

Try:

[boatloadpuzzles.com/playcrossword](http://boatloadpuzzles.com/playcrossword)

[theguardian.com/crosswords](http://theguardian.com/crosswords)

[crossword-puzzles.co.uk](http://crossword-puzzles.co.uk)

[websudoku.com](http://websudoku.com)

Play **bridge** free:

[bridgebase.com](http://bridgebase.com)

Get three months of **bridge tuition** free on this site:  
[nofearbridge.co.uk/U3A](http://nofearbridge.co.uk/U3A)

Free **card games**:  
[arkadium.com/gb/](http://arkadium.com/gb/)

## Courses

**Futurelearn** offers many free short courses online:  
[futurelearn.com](http://futurelearn.com)



### Spring and summer 2020

If we reflect on this time last year, we were probably thinking about spending time with family and friends outdoors. Barbecues, parties, holidays, a trip to an open-air theatre or event and all those other joyful things we usually do together. I

suppose as we spring forward an hour, it's 60 minutes of isolation we've deferred until autumn and, hopefully, the world will have righted itself again by then.

The sun is filling our garden right now, and as a family, we can appreciate how fortunate we are

to have our own outdoor space to enjoy with one and other. It's also incredibly tidy as the garden is definitely benefitting from us having more free time. If you've not been able to get outside, we do hope the links we've been sharing have been helpful. We've

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		8		3			4	

**Massive open online** courses:

[mooc.org](http://mooc.org)

Learning ideas from the **Third Age Trust**:

[www.u3a.org.uk/learning](http://www.u3a.org.uk/learning)

This site allows you to learn a **new language** free at your own pace:

[duolingo.com/learn](http://duolingo.com/learn)

Also try:

[coursera.org](http://coursera.org)



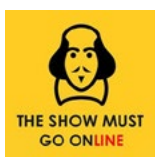


also been receiving more tips from members, and we're including those for you below.

## GLYNDEBOURNE

### Glyndebourne

Great productions from Glyndebourne are available to view online by a range of services including iPlayer, YouTube and Opera Vision. They have a great website with lots of exciting content, so do take a look. [Web link](#)



### The Show Must Go Online

This is a great one. They're performing the complete works of Shakespeare in order, streamed live every Thursday night with an international cast of professional and amateur actors. Performances are then available to watch later on their website too. [Web link](#)



### Royal Shakespeare Company

For those of you with children or grandchildren at home, the Royal Shakespeare

Company have put together a page of fabulous resources, creating a complete learning zone. [rsc.org.uk](http://rsc.org.uk)



### National Theatre At Home

Since Thursday 2 April, the National Theatre has been streaming a different production each week on their YouTube channel. Every play is available to watch for seven days. [ntlive.nationaltheatre.org.uk](http://ntlive.nationaltheatre.org.uk)



### Royal Collection Trust

You'll find a lot of information on the Royal Collection Trust website, [rct.uk](http://rct.uk). While we can't visit any of their locations right now, we can learn about them by viewing their [collections online](#), looking through their [publications](#) or exploring their [online trails](#).

### Belle Voci Charity Concert

We spotted this in a tweet by Classic FM. These two women are incredibly talented, and

they have put their amazing voices to good use by creating a concert, intertwined with their fun commentary. The link is to a YouTube page where you can donate to the Covid-19 Solidarity Response Fund. [youtube.com/watch?v=odoMIHOtKNg](https://www.youtube.com/watch?v=odoMIHOtKNg)



That's it for now.

We'll be sure to let you know when we have more to share with you, and do keep your suggestions coming in.

Thanks to Alan and the team at [Stage Audience](#)

Photo © Leni Green



Regent's Canal can be colourful



# Down the towpath

Happy birthday, Regent's Canal, which marks its bicentenary this year! We join in the celebrations with a description by **Gillian Doyle**, coordinator of the Local Short Walks group, of some beloved excursions along the canal, accompanied by photos of canal scenes by NLU3A photographers

The Regent's Canal is one of the favourite walks of our walking group. In summer we may walk as far as Little Venice or Victoria Park, but our regular route takes us from the bustle of Camden Lock to the calm of Kings Place.

Along the way there is much of interest. New blocks of flats and offices continue to spring up and we pause to compare their architecture with that of the old Victorian warehouses. We may stop to watch a narrowboat

negotiating the lock or the ducks and coots paddling along. Cyclists also frequent the towpath and we often admonish them for not ringing their bells.

Halfway along we have a choice of paths: one path takes us

to the newly developed district of Kings Cross. Here three gas holders have been converted, two into apartments and one into a small park, and here the old industrial arches of the Coal Drops Yard with their beautiful

Victorian brickwork have been restored and new curving roofs built on top. There are also many high-end bars and boutiques.

Another path takes us to a higher level with finely planted borders from where we can look across to Camley Street Nature Reserve and see the new footbridge.

Next we come to Granary Square where the old granary building is now Central St Martins Art School. In front is a fountain of a thousand



Photo © Joan Swann



Photo © Gillian Doyle





• • • • •  
Photo © Leni Green

water jets where in summer small children will be splashing about while close by people sit and relax on the wide steps going down to the canal; we may perhaps visit the floating bookshop.

An alternative route takes us over the Camley Street bridge to the leafy Old St Pancras churchyard. Here we find the famous Hardy Tree and several interesting monuments. (Sir John Soane and his wife, Elizabeth; Mary Wollstonecraft; and Angela



Photo © Martin Goldman



Photo © Barry Davies

Burdett Coutts). We may visit the little 12th century church, reputedly the oldest church in London.  
Finally on a sunny day there is no better place to take coffee than to sit outside Kings Place on Battlebridge Basin and watch the narrowboats pass slowly along this great canal.

•Local Short Walks are suspended at the moment, but they usually take place on Friday mornings from 10.30am to 12.30pm. Contact Gillian, 8829 4933, [geadoyle@hotmail.com](mailto:geadoyle@hotmail.com)



# The Phoenix Cinema

Last month the **Phoenix Cinema** took the decision to close temporarily. Many in our U3A will be interested in their special newsletter



**PHOENIX CINEMA**  
SPECIAL NEWSLETTER



**T**he staff and trustees have been working hard to safeguard the future of our historic cinema and to ensure our doors reopen and we can continue to serve East Finchley and future generations of cinemagoers to come.

We want to thank you – our audience members and loyal supporters for your help in this crisis. We are grateful for all the kind words offered in solidarity with the team. And we have been heartened and uplifted by all your support in the last ten days. With our cinema closed for the foreseeable future, we face a fight to survive the coming months without you. If you are able, please think about some of the ways you might support us during this closure.

## Membership

Become our friend and get free tickets, discounts for paid main features, and at least 10 per cent off at our cafe and bar! We have a range of options for everyone. [Sign up now to become a Friend](#)

## Donate

The Phoenix Cinema is a registered charity and not-for-profit organisation. Each year we reach thousands of people of all ages through our events, screenings and workshops. We aim to preserve our historic building and promote film culture, offering the greatest possible access to the local community. Help us fund these activities by making a donation – large or small – [here](#)

## Ticket Donations

We are in the process of contacting all ticket holders for cancelled screenings. If you can, we are asking that you kindly donate your ticket in lieu of asking us for a refund. Alternatively you can request a credit note for the value of your ticket. We thank you for your patience as you wait for us to get in touch.

## Sponsoring A Seat

Help us to secure and preserve an iconic feature of our historic building - sponsor a seat in the Phoenix auditorium.

Get in touch [here](#)

## Watch films online for free!

To thank all of our subscribers we have teamed up with MUBI to give you three FREE months of cinema. As a loyal audience member of the Phoenix, you can start watching [here](#). The Phoenix Team is going to watch along with you and highlight our favourite MUBI feature films. Keep in touch with us on our social media for our #PhoenixFeatures. Thank you MUBI!

The coronavirus crisis poses the very real risk of us closing our doors permanently. With your support we will do all we can to ensure the survival of a much beloved icon of London's independent film scene.

Your support over the last week has been immense and keeps us going – see you on the other side and please stay safe.

Love from Jelena, Ewelina and the Phoenix Team



# Stay at home days

Stay at home days will have to replace away days for the foreseeable future. This edition of The Northern Line would have included information on our next proposed away day visit, to 18 Stafford Terrace, Kensington, the family home of the *Punch* cartoonist Edward Linley Sambourne and a perfectly preserved example of a late Victorian 'aesthetic' interior. This image of one of the rooms was kindly provided by the Royal Borough of Kensington and Chelsea to encourage us to visit.

It so happens that a visit to this house was included in the first year of away day visits, 2009, arranged by John Hajdu. I thought it was time for a re-run as I was not even a member of NLU3A then. As we can't make the visit, members may wish to whet their appetites by going on to the house website: [rbkc.gov.uk/subsites/museums/18staffordterrace.aspx](http://rbkc.gov.uk/subsites/museums/18staffordterrace.aspx). This has lots of information and some short YouTube videos, of events rather than history, including an Upstairs-Downstairs episode on the staircase.

Where else did NLU3A members go in 2009? It was a typically interesting and varied selection. I list them here with links to their websites so that older members can indulge in nostalgia and newer members suggest those they might like to include again in the programme. They were the Old Operating Theatre and Herb Garret at the Old St Thomas's Hospital ([oldoperatingtheatre.com](http://oldoperatingtheatre.com)), rather grisly when you think that its first operations were done in pre-anaesthesia days. 2 Willow Road ([nationaltrust.org.uk/2-willow-road](http://nationaltrust.org.uk/2-willow-road)) was the architect Erno



18 Stafford Terrace

Goldfinger's modernist home, still filled with his collections. Dr Johnson's House off Fleet Street ([drjohnsonshouse.org](http://drjohnsonshouse.org)) has been welcoming visitors for nearly a century and now has a dynamic programme of events and activities. The wonderfully atmospheric Bevis Marks Sephardi Synagogue, opened in 1701, ([sephardi.org.uk/bevis-marks](http://sephardi.org.uk/bevis-marks)) is one of my favourite buildings and I won't object if members want another visit. The Alexandra Palace TV Studios, which have an important place in the history of British television, are now part of the larger project to revitalise Ally Pally, which includes the recent restoration of the theatre ([alexandrapalace.com](http://alexandrapalace.com)). The Ragged School Museum ([raggedschoolmuseum.org.uk](http://raggedschoolmuseum.org.uk)) tells the history of the other end of London's social spectrum from 18 Stafford Terrace while the Women's Library ([lse.ac.uk/library/collection-highlights/The-Womens-Library](http://lse.ac.uk/library/collection-highlights/The-Womens-Library)), housed at the London School of Economics, holds internationally important books and papers about the campaigns for women's rights.

So many places have such good websites, and often links to

YouTube or other videos, that it's tempting to say that Away Days will become redundant. Now we can all be armchair visitors and after all we can probably make a whole year's programme of visits in a morning's use of the 'click on link' button. But there's nothing like a three-dimensional experience and I suspect that most of us will want to make further expeditions to both the familiar and the obscure among London's seemingly limitless places of interest.

FRANK KELSALL



Dr Johnson's House

Photo © Barry Davies

# Summer term monthly meetings

At the moment all monthly meetings are cancelled because of the coronavirus Covid-19 outbreak but we hope to reinstate them as soon as circumstances permit. Please check your emails and the website ([www.nlu3a.org.uk](http://www.nlu3a.org.uk)) for updates on whether they are taking place.

All take place at 10.45am at St Paul's Church, 50 Long Lane, Finchley N3 2PU. Refreshments are served from 10.15am. Please note that, out of courtesy to the speaker and to abide by fire regulations, you might find yourself locked out of the meeting if you do not arrive by 10.40am.

The following are planned and if they go ahead, they are:

**11 May**

## Shackleton, his life and times

Ernest Shackleton led three expeditions to the Antarctic and was a crew member on a fourth. He is famous for escaping, with all his crew, from the icy grip of the Weddell Sea during his momentous expedition of 1914–16 and for his incredible 800-mile sail from Elephant Island to South Georgia. In 1909 he got to within 100 miles of the South Pole – the first expedition to get so far on the Antarctic plateau.

Dr Isobel Williams, a consultant respiratory physician at St George's Hospital, and a great admirer of Shackleton, will illustrate how he lived up to his family motto, 'By endurance we conquer'.



**8 June**

## The heritage of Gilbert and Sullivan



Bernard Lockett, a life-long Gilbert and Sullivan enthusiast, will consider the historical background and make an assessment of the genre of G&S. He will look at the vast amount of social and political satire within the shows and assess the world-wide popularity of G&S in the 21st century.

## Annual General Meeting (AGM)

The date of the annual general meeting (normally in July) will be decided in the light of developments.

The **autumn term** is expected to start on 2 September.