

# the northern line

*the newsletter of north london university of the third age*

issue 75

January 2021



## Editorial

Praise be to Eric S Yuan, who, in 2011 founded Zoom and allowed you and me to keep up our U3A interest groups and friendships throughout the devastating pandemic of Covid 19. At the end of April 2020 there were 300 million people meeting on Zoom worldwide (source: businessofapps.com). This is not an advert for Zoom – I know some of you hate the very idea – but at this time when we cannot meet in person, we can still see each other, talk to each other and learn together. We can have family get-togethers, see (if not hug) siblings and grandchildren, smile at each other and raise a glass in a virtual toast.

In an online interview in 2017, Yuan said: 'By allowing people to meet face-to-face, [Zoom] reduces

isolation and increases team cohesion. Studies have shown that body language and facial expressions account for as much as 70 per cent of communication, so in that regard Zoom supports better communication.'

Did I mention creativity? Our creative groups have carried on, producing artistic works at home and sharing them with each other. Here we show you some of these.

Even groups that would not normally meet online have been doing so. The Friday morning walking group is an example, as is the Thursday singing group, Joyful Noise.

In addition to these, we bring you the story of St Paul's Church, where we used to hold monthly meetings (remember that?).

We also describe seasonal festivals that bring light into



darkness and a plan to make London an age-friendly city. ☺

**LENI GREEN**

Editor

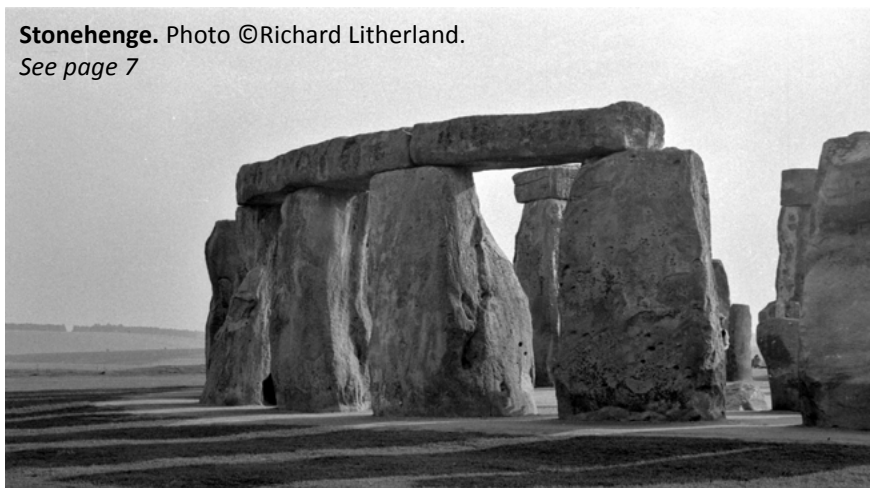
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**Stonehenge.** Photo ©Richard Litherland.  
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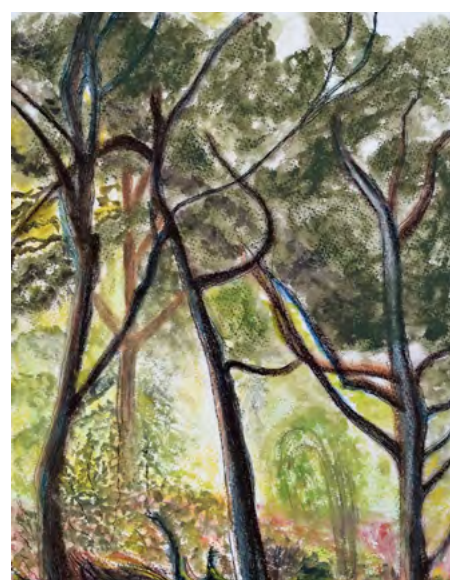
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- Remember to renew your membership! Go to [www.nlu3a.org.uk/join-form-2021](http://www.nlu3a.org.uk/join-form-2021) for renewal or joining details including a form, online banking and a postal address for cheques.

# Arts and crafts in the time of Covid

We may be locked down but our imagination doesn't have to be. Coordinators of four creative groups share their work

## Anyone Can Draw: Judith McGirr *(Photos ©Judith McGirr)*

I set a project called 'A view through a window' at the beginning of the first lockdown. A few of us from the NLU3A art groups met in Highgate Woods in the summer. The rest of the pictures were created by group members at home. ☺



Clockwise from top left: From my window; Highgate Woods watercolour; Highgate Woods pastel; Highgate Woods; From my window.



## Freestyle Embroidery & Textile Art: Ann Dugdale

(Photos ©Ann Dugdale)

We met by Zoom during the spring lockdown and occasionally – suitably socially distanced – for coffee during the summer months. But we were all missing being able to get ‘down and dirty’ with equipment at the Blue Beetle. So I set an optional project for those who needed inspiration. It was called ‘Word Perfect’ and we had to produce a piece of textile artwork that included a favourite word or words; here you see some of the results. The rainbow quilt was done by Judy Roose, who donated it to the Whittington Hospital to raffle in aid of their Covid funds. She sells the Dr Covid teddies for £10 each and donates the funds to the Red Cross. 🐾



## Knitting for Charity: Anita Nielsen (Photos ©Anita Nielsen)

For many of us, being able to knit during lockdown has been a life saver. We knit blankets and donate them to Knit for Peace, a Hampstead-based charity that provides knitted goods to national and international organisations, including hospitals, women’s refuges, hospices, refugee camps and Syrian relief. In turn, they give us knitting wool that people have donated to them. We were lucky enough to have enough wool to continue knitting during lockdown.

Some people like to knit nine-inch squares. In the summer we met in the garden of one of our members where we collected sets of 40 squares that colour-matched and sewed them together. Other people prefer to make their own blankets, but they are still big enough to keep somebody nice and warm.

I am proud of our beautiful blankets. Here are some we produced over lockdown. 🐾





## London Architecture: Jill Marston



London Mithraeum at the Bloomberg SPACE.  
Photographer: Gapfall

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For normal building visits, I send an information sheet so people can choose whether to come or not. We make our way individually on public transport and meet at the venue. A guide takes us on a tour of the building.

The virtual visits work in the same way, albeit online. I send a sheet with visit details and an information pdf with video links at the bottom of the sheet. These take members to videos that give a virtual tour with the sort of information about the building that a guide would give us if we did an actual tour. An example is the Mithraeum virtual visit. This link takes you to the Mithraeum site to read information about the temple and background information on Roman London: [londonmithraeum.com/about/](http://londonmithraeum.com/about/). ☺

## Walking – virtually

Most NLU3A walking groups are not meeting because of – well, you know why. But one enterprising group *is* meeting, sometimes virtually, sometimes in small gatherings. **Kathy Kyriakides** and **Gillian Doyle** tell us how.

The Zoom Local Short Walks group meets every Friday at 10.30am, the time and day when we used to meet in person. We started out meeting on a member's private Zoom site, with 12 to 15 members signing in. But this had a time limit of 40 minutes, so when NLU3A wrote offering Zoom meetings, we jumped at it.

Ron Garrod hosts the Friday meetings, which range across various topics from favourite views to where we would like to go on holiday. Indeed, we are scheduled to meet on both Christmas Day and New Year's Day as they fall on a Friday. We don't usually meet at Christmas because there is no public transport, so this is a first. And meetings may be needed this year as families may not be able to get

together as usual.

As soon as the lockdown was eased, Gillian suggested small local groups of six people. (Rule of Six – remember?) At the time of writing, we have groups in Muswell Hill, Finchley and Waterlow Park. If one of our six cannot come, we invite someone from our reserve team to join them.

However, these are not walking groups as such: they are coffee meeting groups. Walkers meet at a local café in a park, which enables them to walk to the venue and home again.

During the summer months our Muswell Hill group visited several cafés where we can sit outside, including the lakeside café at Ally Pally, the café at the Ally Pally garden centre, the Finsbury Park café, and the café at Highgate Wood. With the onset of autumnal and now winter weather, sheltered tables became harder to find. And since the recent lockdown we have been meeting only one-to-one for a local walk and sometimes a



Photo ©Gillian Doyle

takeaway coffee.

Whatever happens, we will keep on walking and carry on Zooming! ☺

Our website contains details of groups that are continuing to meet virtually or otherwise at a distance. Please see [www.nlu3a.org.uk/groups/groups-currently-operating/](http://www.nlu3a.org.uk/groups/groups-currently-operating/) for a list. If your group is meeting but is not on this list, please contact Henrietta Cohen, the groups coordinator so that she can add you – and perhaps more people can join you! [henanded@gmail.com](mailto:henanded@gmail.com) or 8343 3088.

# The silent sing

The **Joyful Noise** choir has found a way of singing together on Zoom. It's not like the real thing, but it works – just – as **Melvyn Rees** told us



I'm just the latest in a line of people who've hosted Joyful Noise choir meetings on Zoom. Peter Hyams got us going on Zoom in late spring.

We started off all singing together, but every device, whether computer, tablet or smartphone has a different delay in receiving and sending its signal. The result is cacophony.

So over the summer, we became a talking shop – taking advantage of the eased restrictions and fine weather to meet outdoors at the Stephens House café every other week.

Now we have a new accompanist and we've found a way round for Zoom. As host, I mute everyone except our pianist, so each of us sings solo

to the piano

– sweetly but alone. This doesn't suit everyone; some have chosen to wait until we can meet together again and others do not have the equipment to join a Zoom meeting.

So for the time being we are not a choir, but we are still singing. And we do get a chance to see and talk to each other. 🎵

## St Paul's – Finchley version



St Paul's church centre in Finchley Central has been the 'headquarters' of NLU3A for about 10 years. It's where we hold our monthly meetings, the AGM and special celebrations. But many other local community activities – religious and secular – also see St Paul's church and the St Paul's centre as their home, as **Judith Abbs** explains

St Paul's church owes its existence to the development of the Northern Line (the tube, not this magazine!).

The 1861 census, just before Finchley Central station opened, recorded a population of 4,937 in the area; 14 years after the station opened, the population had increased to 11,191. To accommodate the new residents, the ancient local parish of Our Ladye Saint Marye at Fynceslea (St Mary-at-Finchley) was divided into three parishes: St Paul's was added in 1886 and St Luke's in 1905. The two new parishes were later merged and the sale of St Luke's church hall funded the construction of the St Paul's centre, which opened in 2008.

There have been many other changes and, as the local

community has become more diverse, St Paul's has continued to respond to new opportunities and challenges. The Victorian church building itself is used by three different Christian communities. In addition to the Church of England congregation, which meets on Sunday mornings, St Paul's hosts the North London Iranian church, which worships on Sunday afternoons and is the largest Farsi-speaking church in the UK, and Oastea Domnului, a Romanian Orthodox community that meets on Sunday evenings. In addition, a small Nigerian Pentecostal church meets in the centre hall on Wednesday evenings. As well as hosting these churches from ethnic communities, St Paul's supports mission partners in France,

Rwanda and Peru and is a Fairtrade-registered church.

As part of its longstanding commitment to serving the local community, St Paul's is one of two Church of England churches that are involved in the life of St Mary's CE Primary School in Dollis Park. The church also supports the Christian Care Trust, which was founded by a church member more than 20 years ago. It runs a residential care home in Nether Street and provides care in the community for those in later life. More recently, it has become a partner of the Finchley food bank, with one of its members serving on its management committee.

The St Paul's centre is used by a wide range of

*Continued on page 6*



community groups, businesses and charities. These include after-school play groups, Barnet Council foster carers group, a choir and two Gamblers Anonymous groups. The local MP has hired the premises for his pensioners' information and advice days and the hall is also a polling station.

St Paul's is about to invest some £180,000 in making the church building warmer and more welcoming. The project involves the installation of new toilets, including a fully accessible one, and a new heating system, which will feature electric radiant panels. This will substantially reduce its



Photo © David Ramsey

carbon footprint as the church's electricity supply is from 100 per cent renewable sources.

Rosemary, an NLU3A member, has been part of the church congregation for many years. She says that the small

Connect group to which she belongs provides mutual support and friendship and gives her a sense of community. And that is what St Paul's also offers to all those local groups, including NLU3A.

## As I see it

Time to think positively no matter what's going on outside of us, says **Patricia Isaacs**

**L**ockdown meant it was time to press the 'reset' button, to accept a different life, one that is differently pleasing. Covid or not, it is always really important for mental and emotional health to banish negative thinking.

I am blown over by the creative abilities of so many U3A members. Stunning photographs and paintings, exciting ideas for maintaining contact with members – the pandemic shut down much of the country, but it could not shut U3A men and women out of their own third age lives. Online learning and Zoom meetings kept members focussed; restrictions on meeting indoors gave emphasis to walking groups and other outdoor activities; alongside miserable memories we will remember the pandemic as a positive force for our third agers.

It is harder to press the 'reset'

button on another aspect of my life, and coronavirus cannot be blamed for resentment at the loss of smooth, firm skin (was I ever that young, ever that girl?). It is hard to accept the wobbly bits, the fat bits, the slowing down of energy, the ever-present forgetfulness. Look for compensations; the trick is to focus on them, to bring them to the fore on the basis that as you can't hold back ageing, you have to go with it.

It hasn't been my way to simply sit with idle mind and hands, but during this year I have found pleasure in quiet contemplation, gazing at trees in Queen's Wood, or sitting by a pond in Waterlow Park, letting my mind drift wherever it will, unguided, unrushed, restful even in short, dark, wintry days. In our Third Age, without need to clock in, or catch a rush-hour



tube, it seems really important to make time for peace of mind, for restorative serenity.

If your U3A group has lost touch with members, why not have a chat to your group convenor about setting something up? Contact with one another is important to combat loneliness in isolation and to keep mind and body in good health, and U3A can play a vital part in this. ☺☺

PATRICIA ISAACS IS A PAST  
CHAIR OF NLU3A

# Let there be Light!

Winter in the northern hemisphere can be dark and dismal. The sun sets early; the temperature drops. But around the world there are timely festivals that bring light into the darkness, as three members tell us

## Yuletide and Saturnalia

Photo ©Caroline Goodman

The winter solstice falls on the shortest day of the year – 21 December. The ancient traditions of Yuletide and Saturnalia still influence the ways that religions celebrate the time around the winter solstice.

The Pagan celebration known as Yule may be the oldest winter festivity in the world, observed in Britain long before the arrival of Christianity.

People would gather at Stonehenge on that day to watch the sun set between the upright stones. They knew that the days would grow longer from then on, so it became a time of merriment.

It was marked in northern Europe by bringing indoors plants that were still green in winter: holly, ivy and mistletoe. Carols about the holly and the ivy represent a tradition going back thousands of years. People lighted a Yule log to conquer the darkness, banish evil spirits and bring luck for the



coming year. It had nothing to do with chocolate cake!

Saturn was the Roman god of sowing and seeds. The Romans called the winter solstice Saturnalia because they offered gifts to the god of agriculture during the winter sowing season.

Saturnalia is the most popular holiday on the ancient Roman calendar – a time of misrule, with masters waiting on slaves, the slaves becoming the masters and gifts being exchanged. ☺

MARGARET KENNEDY

## Christmas

Although Christians celebrate the birth of Jesus on 25 December, historians of all faiths generally agree that this date does not fit with the evidence.

Originally, different Christians celebrated Christmas on different days. In the fourth century AD the Christian church adopted 25 December as the date of Jesus's birth and called it Christmas (from old English *Crīstes mæsse*).

The accuracy of the date does not affect the significance of the Christian belief that Jesus Christ was the light of the world and the symbolism of celebrating his birth at the darkest time of the year.

It was the bright light of a star that led the shepherds to the place where Jesus was born. Twelve days later the coming of the Magi was marked by the gifts they brought.

Exchanging gifts has remained an important part of Christmas. Christmas cards did not appear

until the mid-nineteenth century, when improved technology made colour printing cheap and quick. The Post Office made, and still makes, a large part of its income over the Christmas period.

Christmas is now a family time, but it has become so commercialised that it is thought of as just a winter holiday and the original message of Christianity has become lost. ☹

Photo © Leni Green



MARGARET KENNEDY



## Diwali

The ancient festival of light known as Diwali is a popular and major religious ritual of Hinduism. Sikhs and Jains also mark this ceremony with their own take on its theme.

The word is derived from the Sanskrit compound *Dipavali* meaning rows of lighted clay lamps. Traditionally the lamps were handmade but these days are mostly commercially manufactured.

Diwali falls between October and November and lasts for four to five days. Broadly speaking, it is a celebration to dispel the onset of autumnal darkness. During Diwali, the doorways and courtyards of Hindu homes are painted with vibrant patterns, called *rangoli*, using fresh flower petals or coloured granules. Gifts and sweets are exchanged between friends and families and joyful feasts and communal gatherings take place.

The Hindu epic *The Ramayana* narrates the legend of the victorious mythical King Rama and his wife Sita's long awaited homecoming after vanquishing the demon king Ravana in a battle. It



Photo © David Ramsey

is a symbolic tale of the fight between good and evil, virtue and vice, light and dark.

The spectacle and the spirit of this fabulous celebration has now captured the imagination of many beyond its religious confines. ❧

KRISHNA DUTTA

## Chanukah: festival of lights

Chanukah, an eight-day Jewish festival, usually falls around December. It is a very joyous festival, where families and friends gather to light the Menorah, a candelabra that symbolises light and truth and is often placed near a window so that all may see it and remember what it stands for.

The story is told of Antiochus, King of Syria, who defiled the Temple, allowing pigs to roam and his men to rob and desecrate it. Judah Maccabee and his heroic band of men were so sickened by the Temple's desecration that they cleaned and scrubbed it back to its original state. They wanted to re-dedicate it but all they could find was a little flask of holy oil, with which they relit the great Menorah. Exceeding all expectations, the oil lasted for eight days and since that time we have celebrated Chanukah.

In our homes, synagogues and public areas, the Chanukiah, or Menorah, is lit each night, starting with one candle on the first night, with each night lighting the previous night's candles plus one, so culminating with all eight candles by the end of the week.



Photo © Hilary Segall

To celebrate we eat! Usually oily, sugary food – latkes (or potato rosti if you are a posh chef!) and doughnuts; children receive Chanukah gifts and gelt – chocolate coins.

It's a lovely festival, without any of the usual restrictions of no work and regular synagogue services. Essentially it is a family festival with the emphasis on the lights and the knowledge of being able to light the Menorah in freedom. ❧

HILARY SEGALL



# A city for all ages

U3A London trustee **John Bent** is helping **Sadiq Khan** to make ours an age-friendly city

**M**ayor Sadiq Khan intends to make London part of the World Health Organisation's Global Network of Age-friendly Cities and Communities, and the U3A is playing its part.

All members of the Network promise to promote healthy and active ageing and a good quality of life for their older residents. The mayor has committed himself to reducing barriers to decent jobs for older workers, reducing digital exclusion, providing more accessible and adaptable homes, and ensuring that sports and arts and the transport system across the city are inclusive and responsive to the needs of older people.

The global population is rapidly ageing. In 1980 there were just under 400 million people in the world aged 60 and over. By 2017 it was 962 million, and it is predicted to be just over 2 billion in 2050 – that will be 22 per cent of the population worldwide.

And more people across the world are living in cities – just over half the world's population in 2018. By 2030 three out of every five people will be city dwellers, and by 2050 almost 70 per cent.

Making cities age-friendly is the best way to respond to this.

The WHO says that in an age-friendly community 'policies, services and structures related to the physical and social environment are designed to support and enable older people to age actively – that is, to live in security, enjoy good health and continue to participate fully in society.'



Photo © Barry Davies

Green Park — London, the greenest of cities

To qualify as an age-friendly city, says the WHO, there are eight areas of urban life that you need to get right: outdoor spaces and buildings; transportation; respect and social inclusion; social participation; housing; communication and information; community and health services; and civic participation and employment.

The launch of the mayor's initiative to make London age-friendly was attended by over 100 bodies representing older people, plus senior managers from the Greater London Association (GLA) and London boroughs. Participants heard not only from the deputy mayor and leading academics, but also leaders of the age-friendly organisations of Manchester and Leeds – both already accredited age-friendly communities.

The steering committee, the London Age-Friendly Forum (LAFF), includes CEOs and chairs of leading age-representative bodies, including the Third Age Trust. Volunteers

were formed into eight groups to address each of the eight areas of urban life, and each held workshops to establish the concerns and recommendations of the members of the organisations they represented.

The findings of the groups will influence the GLA's age-friendly action plan.

Despite the severe disruption brought about by the pandemic, and the understandable switch in GLA priorities, LAFF is continuing to contribute and campaign. We are having Zoom meetings with GLA managers who are leading the Age-friendly project, and we are in dialogue with the London Recovery Board, the body appointed to plan and implement London's post-Covid development.

Many of the recommendations that are in our plan will benefit not only older Londoners, but all residents, businesses and visitors to our capital. ☺

**Many of the recommendations that are in our plan will benefit not only older Londoners, but all residents, businesses and visitors to our capital.**

# Meet...

## Michelle

Giving by choice, receiving with gratitude. **Christine Stammers** talks to our new wellbeing volunteer

**T**he moment I heard Michelle on the telephone I knew she was the perfect person for our wellbeing volunteer. She was warm, friendly, confident but not overpowering, helpful and very clear about how she saw her role.

She joined NLU3A when a neighbour told her about it and was delighted to meet people who had different ways of seeing things and a variety of interests, and wanted to share them, rather than hold conversations about

baked beans. She also liked that all members are teachers and learners, coming together with mutual respect and gratitude.

Michelle loves meeting people and she realised when reading a newsletter article that many members are isolated and 'need an ear', and that she would be good at listening, so she volunteered. 'It's a lovely thing to be the voice on the end of the phone for anyone who needs to talk and be listened to,' she says, 'and it benefits both parties.'

People are unhappy or distressed for many reasons: poverty, illness or disability, or through friends and relatives moving away or dying. Michelle does not offer advice; she listens and soon the formal conversation turns into friendly, confident chatting, then laughter. 'You cannot tell people what to do. They need help in letting go of a situation and by listening to them the negative voice in their head becomes diminished, and then still.' ☺

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## Hostel times

There are many records and testimonies about survivors of the Holocaust, but what about the children who came as refugees? **Rena Prozzer**, who was born into a north London hostel for such children, shares her memories in this excerpt from a talk she gave on Zoom to her Life, Art and Politics group

**M**y parents were teachers in Vienna and had been married for under two years when Hitler invaded. They managed to come to England, leaving my father's parents behind. He never forgave himself for being unable to get them out, and they perished in the camps. My mother's parents had died when she was a young child. On arriving in England, they contacted the German Jewish Aid Committee, applying for jobs.

Things moved swiftly then. I have a letter from that committee, dated 22 February 1939, to my mother, offering her an interview

for the position of matron of a hostel that would shortly be opened in North London to house between 40 and 60 girls aged 8 to 16 years. The interview was to take place on 23 February between 8 and 9.30pm. The post must have been quicker than it is now! The next letter, dated 27 February, appoints her as matron and superintendent of the hostel, at a salary of £2 per week, and asks her to take up the position the following day.

And so it began. The girls,

some as young as 4, were rescued via the Kindertransport, and my parents made a home for them. My mother was known as 'Matron' and my father as 'Mr M'. I was born in the middle of the war, growing up in this

*To me, this environment was normal; only later I did realise that other people lived just with parents and siblings, in smaller homes,*

environment. My home was two large, sprawling houses, joined together, in Stoke Newington, and the committee asked my parents to make

sure that the houses were as smart as those of their neighbours, and not to lower the tone!

To me, this environment was normal; only later I did realise



that other people lived just with parents and siblings, in smaller homes, but as a baby and then toddler it didn't bother me. The hostel girls were children, but to me they were grown up. I had my favourites, and some I didn't like. Some made a fuss of me; some didn't. Of course I didn't realise it, but many of these girls must have been traumatised, snatched from their parents and sent to a foreign country, and my parents' objective was to give them a happy, secure home, not place them in an institution. My mother ran the house, looked after their welfare and so forth. My father did the administration, and also rendered first aid – I have memories of watching him administer plasters and iodine to scraped knees!

At some point there were over 60 girls in the hostel, but the average was 30 or 40. The semi-basement of the house consisted of a very large kitchen, a dining room, various store rooms, an ironing room and a large bathroom with five or six baths. The girls had rotas to take baths. On the ground floor was a playroom, a study, the office and a sick room. There were timetables

(called 'duties') for everything: helping with cooking, washing up, cleaning. They went to school as well, and when they left school at 15 they had to get a job and contribute to their keep until they moved out. Some even got married from the hostel, which closed in 1949. Many went to the United States or to Israel, and quite a few managed to reunite with their families.

I remember a new batch of girls arriving, it must have been after the liberation of the camps, and my mother telling me that she was going to have to spend extra time with these children. I would have to be very quiet and not interrupt when she was with them, teaching them English. I didn't understand any of this at the time, but

## A memory

The big dining room on a Sunday morning, with its never-ending floor which had to be polished. Matron saying: 'I want three volunteers to polish the floor this morning.' Up went the hands of the three good girls. Matron, beaming: 'It was just a ruse. I wanted to find out who my three best girls are Here are three theatre tickets for you.' Same scene, one week later. Matron, beaming: 'I want three volunteers to polish the floor this morning.' My two friends and I exchange glances, up go our hands, we are bathed in virtue and goodwill. 'Right,' says Matron. 'Here is the polish; here are the rags; get on with it!!'

- Holocaust Memorial Day takes place on 27 January.
- If you would like to read the complete version of this story, please contact Rena Prozzer, [rena.prozzer@gmail.com](mailto:rena.prozzer@gmail.com)

obviously these children were very traumatised.

My parents kept in touch with most of the girls after the hostel closed. My father had a card index and sent them birthday cards every year, and the girls continued to call them 'Matron' and 'Mr M' ever afterward! ☺

## Cultural catch-up

At the beginning of the first lockdown in March, everyone desperately turned to their computers to view art, theatre, lectures and other cultural offerings online; yet whenever you spoke with friends they mentioned things you managed to miss!

However, if you were savvy and far-sighted enough like Jo Velleman, and you were lucky enough to be on her email contact list, then you would have received, and still do, a cultural

catch-up each week, highlighting events across the board; there is truly something in there for everyone! From opera and theatre to online art viewings and talks, lectures, you name it, Jo finds it and puts it in!

At the time of writing we received number 45 – shows you how long we have been missing our favourite things. Jo, a member of Art We Like; Life, Art & Politics; Armchair Critics and Shape of London delivers the information in a funny yet

exceedingly informative way and things that you may think you are not interested in catch your eye and prove to be worth viewing or listening to. Her passion is opera so there's always a good chunk of events at the Met and some eclectic things such as The Royal Docks virtual tour of London's enterprise zone and global gateway! Well, whatever floats your boat!

So, if you want to be added to the list email Jo at: [byjove55@icloud.com](mailto:byjove55@icloud.com)

## Wilson Briscoe

**Y**ou will be sorry to learn that one of the original members of NLU3A, Wilson Briscoe, has died. He started the Shape of London Architecture Group and ran it for over 27 years. It remains one of the most successful groups we have.

A full tribute will be published in the next edition of The Northern Line but we send all our condolences to his wife, family and his many friends on their sad loss.

EDMOND COHEN  
CHAIR NLU3A

## Those we have lost

**W**e pay tribute to those of our friends who died in 2020. We are sorry if we have missed anyone; this is all the information we had.

Viv Aggett

Nettie Lowenstein

Wilson Briscoe

Valerie March

Geoff Gilbey

Peggy Vickers

Lidia Hall

Josephine Zara

## Scamwatch

**A** card is posted through your door from a company called PDS (Parcel Delivery Service) saying that they were unable to deliver a parcel and that you need to contact them on 0906 661 1911 (a premium rate number). If you do this and you start to hear a recorded message, you will already have been billed £315 for the phone call. The premium rate number may change, but in any case, do not call any number on a card from PDS.

If you receive a card with these details, contact Royal Mail Fraud on 7239 6655.

**Y**ou get an email saying that a delivery company, Hermes, tried to deliver a package to you twice but you were not at home. You can arrange a redelivery if you click on the link below, but there will be a charge. Do not click on the link. Instead, report it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk).

Do not give out private information (such as bank details or passwords), reply to text messages, download attachments or click on any links in emails if you're not sure they're genuine.

• For more information about scams see the Crime Stoppers website: [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

## Monthly meetings

**P**hysical meetings are currently suspended because of Covid-19. Until we are permitted to meet as large groups, we will present these meetings using the members' Zoom facility. This will permit up to 100 participants, but you will have to pre-book a place. We are setting up a programme of talks to follow those that took place in July and August. Details will be posted on the monthly meetings page of the website ([nlu3a.org.uk](http://nlu3a.org.uk)).

We recommend that you gain experience in using Zoom before joining a meeting. It will be recorded, so that members who cannot attend or wish to experience the lecture again will be able to do so online.

### Monday 11 January The heritage of Gilbert and Sullivan

**L**ifelong Gilbert & Sullivan enthusiast Bernard Lockett and author of two books about their works will consider the historical background of G&S. He will take a look at the vast amount of social and political satire within the shows and assess the world-wide popularity of the genre in the 21st century.

### Monday 8 February Brilliant British humour in the forgotten art of the picture postcard: 1840–1950

**D**r James Taylor, a former auctioneer and curator of the National Maritime Museum, Greenwich, will talk about artist-drawn postcards. The most popular art form from the Edwardian era to the outbreak of World War II, these entertained, inspired, instructed, motivated, persuaded and lifted-up the spirits. He will explore the popular themes and styles by masters of the medium including Mabel Lucie Attwell, Donald McGill and Fred Spurgin and the reasons why their popularity waned with the British public.