



UNIVERSITY OF THE THIRD AGE

www.u3awelhat.org.uk

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NEWSLETTER Spring 2018 Issue 57

*The full colour version of the newsletter is on our website at
<http://www.u3awelhat.org.uk/newsletters.html>*



Reports of the Art and Photography Exhibition, the Christmas Party, the Supper Dance (the photograph above shows the fish-and-chip break there), and the Christmas lunch, as well as a competition by the Photography Group, make this issue of the newsletter one full of splendid photographs!

Although we print only in black and white, the full colourful glory of the pictures can be seen on our website – *URL in masthead above.*

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U3A Welwyn-Hatfield NEWSLETTER

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Art and Photography exhibition

What an impressive sight there was in the Ludwick Family Centre on 22 November during our annual Art and Photography exhibition! Four groups had work on show: Photography, Watercolour, Multimedia Art, and the newly formed Craftea. More than a hundred members came along to wonder at the splendid work on display.

The **Photography group** showed some fifty photographs mounted as usual on display boards, with additionally about another dozen images laid on the tables along with members' own photo books for examination. There were fantastic photographs of wildlife (including an all too lifelike slug!), inspiring sights both in the UK and exotic countries, beautiful countryside and fascinating faces full of character (*see picture below*).

The **Watercolour** group had members painting to demonstrate how it's done, as well as displaying some very accomplished finished work (*top picture overleaf*). The **MultiMedia Art** group showed colourful examples of their work, including elephants and a hunting cat (*lower picture overleaf*)! The output of the **Craftea** group covered their tables and overflowed onto the stage. They displayed their hand-crafted Christmas decorations, tree decorations, Christmas stockings, advent calendars, soft toys, dressed dolls, cushions and





table cloths, bags and shawls, bunting, quilts, pictures, bookmarks and tea cosies. It all demonstrated a variety of techniques, including Patchwork and Quilting, Crochet and Knitting, Embroidery, Counted cross stitch and Appliqué (*see top picture opposite*). This new group certainly made an impact!

This wonderful exhibition just goes to show how much talent we have in our U3A — long may it continue! Very many thanks must go to all the members who displayed their work. I'm already looking forward to the next one!

*Ann Davies
Photos by Peter Fox*





Two of the photographs on show at the Art & Photo exhibition:
Below, “Bathtime” by Bryan Marsh
Overleaf, “Felixstowe in the distance” by Michael Nicolas.





A Trio of Christmas delights

Our members have been spoilt with a triple serving of Christmas delights this year.

The first course was on Wednesday 6 December when we had our **Christmas party** and quiz (*pictures opposite, by Peter Fox*). Over a hundred members came and provided an abundance of delicious food – I don't think anyone went without. There were platters of sandwiches, tasty morsels on toast and smoked salmon bites, not to mention the cakes and mince pies.

Before we earned the right to tuck in, though, Tony Tutton put us through our paces with a great **quiz**. There were five rounds for us to puzzle over. Did you know who in 1958 sang 'Born too late'? I knew the song very well but hadn't heard of the Poni Tails! One of our team members knew it. Were you aware that Theseus slew the Minotaur? That answer came from the depths of my mind. What's the name of the



newsagent's shop in Coronation Street? It's the Kabin – several people came up with that one. Who said that our memories are wearing out! It was a well pitched and successful quiz – well, I would say that, as our team managed to win a very impressive cup each as well as a large box of chocolates! One member said she had particularly enjoyed this year's quiz as she felt the questions were more accessible to our 'little grey cells'.

The second Christmas course, on Saturday 9 December, was another fabulous evening of **music and dance**, courtesy of Tony and his band the Beaucrees (*picture by Peter Fox on top overleaf*). Tony has been

a very busy U3A member this month. His band gave us another lively evening of music that we remember from our younger days. Around





130 members were able to enjoy the fun. It has to be said that even if we couldn't dance we thoroughly soaked up the atmosphere. Fish and chips arrived promptly at 9 and were demolished in no time (*picture on front page, by John Brown*), so that we were ready for the second half – which did not disappoint. Hopefully there will be another opportunity to enjoy the group later in the year – maybe in June. Thank you Tony for all your hard work on our behalf!

The final course in this trio of delights was our annual **Christmas lunch** at Homestead Court (*picture opposite, by John Brown*). Again more than 130 members came along and enjoyed a delicious meal served very efficiently by the staff, who included one of our members opting to serve us rather than join in the eating! As usual the crackers, hats and balloons were put to good use with a lot of aiming at other tables – not always successfully, it has to be said. The fun and festive spirit continued well into the afternoon. We owe many thanks to Linda Kent-Taylor who organised it for us.

What a great end to another great term for our U3A!

Ann Davies



Herts Network Quiz

This year's Herts Network quiz was held on 22 September at Welwyn Civic Centre.

First of all many thanks to Hazel Bell for organising two Welwyn-Hatfield teams for this event, and to all the team members for getting there and finding a parking space! This quiz was organised by Bishops Stortford U3A, and the quizmaster was Jeff Poynter; many thanks to them.

The quiz consisted of eight rounds and a Marathon, consisting of random questions; there were 21 teams in all. We were asked to choose nicknames for our teams, and ours chose "*Sine Nomine*" (without name) suggested by Edward Simpson (*photo by Ann Davies overleaf*). The team that won was the "All Brains" from St Albans!

This year, all the questions were on sheets which had to be distributed, marked by neighbouring tables and collected. We felt that the previous system, whereby quizmasters asked the questions and we responded on paper, was more interactive. The answers were all displayed on the projector screen, however, which was helpful.

We had an unpromising start to the first round on "Cities" and an even more challenging second round on "Ditloids", but managed to gain 7 points out of 10. This round required us to solve puzzles of



The *Sine Nomine* team

mixed numbers and letters, such as “12HOTA”, to which the answer was “12 Horsemen Of The Apocalypse”. Definitely needed to engage brain on that one! The third round was by far the most difficult for us and the least exciting. It was on the EU – but such details as left us scratching our heads in despair – we gained only two and a half points on that one. Things started looking up in the fourth round which had picture clues. The title was “Detectives”; the picture clues were of famous

TV detectives. We managed ten points on that one. By now it was time for tea and we were wondering if we had made the right choice to play our Joker on the “Couples” round.

By the end of tea we were required to complete our Marathon, and had to include a few guesses where we were uncertain of answers. After tea was the “Couples” round – and we were proved right in playing our joker as we gained full marks, thus scoring 20 points. Round 6 was on Inventors and we had team members who managed to answer most of those, gaining nine points. Round 7 was on Dickens but was quite light-hearted as, again, it was a picture round containing pictures of famous actors playing roles in adaptations of Dickens. This proved much harder than at first appeared. Some really well-known actors we failed to recognise under their make-up, wigs and whiskers! So only five points scored there. The Final round was on acronyms. Examples such as SCUBA, LASER, TARDIS and QUANGO we were safe on, but made some slips on others – scoring a total of eight points.

At last it was time for results, without much hope of success for us. However, both Welwyn-Hatfield teams scored 37 out of 50 in the Marathon. The *Sine Nomine* team came 8th with 78% and the Welhatonians scored 74%, coming 10th out of 21 teams. The top score was 85% – so we acquitted ourselves quite respectably, and felt we had had a workout for our brains!

Pamela Williams

U3A Summer School

It was on a Monday morning in September that I headed up the motorway to the Royal Agricultural College in Cirencester. I was the only Welwyn-Hatfield member attending this particular summer school, the last one of 2017. After registration, where tea/coffee and lots of freebies were available, I made my way to the single en suite accommodation, which meant walking to the extreme end of the college grounds – thus affording me some exercise during my stay.

The school began on the first evening with a short introductory lecture from our course tutor. We then made our way to a drinks reception which was for all the people attending the Summer School. This gave everyone a chance to meet people attending other courses, as well as the U3A central office staff. An evening meal followed by a quiz rounded the first day off nicely.

My chosen subject was Art History, focussing on the *Belle Epoque* (French for “Beautiful Era”). This covers a period roughly from the 1870s to the outbreak of World War I in 1914. Although the *Belle Epoque* originated in France, it ended up having repercussions throughout the world.

Our tutor was Maria Chester, a Berwick-upon-Tweed U3A member. The course covered developments in art, dance, film, literature, photography, politics and industry that were happening during this time. There were 3–4 sessions per day. Our tutor had certainly done her research, and in her lectures showed images and talked us through them. A pamphlet accompanied the course, too.

On the second evening there was a performance from the local community choir, who were so enthusiastic it was infectious. On the third evening food was served to us rather than us all queuing up at the buffet. I have to say I am glad it was only a four-day course – if only for my waistline! I will definitely be perusing the Summer School 2018 programme when it comes out in the Spring for this very well-organised, stimulating and great value event.

Catherine Sullivan

Information on each year's U3A Summer Schools is published in the U3A national newsletter, and on their website at <https://www.u3a.org.uk/events/summer-schools>

Notes from the Chair



By the time you read this, I'm sure that Christmas will be a fading memory with the turkey eaten, decorations packed away and, perhaps, just a few mince pies or the remains of the Christmas cake lingering in the cupboard. I do hope you all had a wonderful time over the festive period, with a chance to catch up with friends and family.

Our Christmas festivities were once again enjoyed by many members. As Ann Davies describes more fully in her article 'A trio of Christmas delights', we had an additional event this year to complement the quiz and Christmas lunch. This was the highly successful Christmas supper dance with Tony Tutton and his band, the Beaucrees. I, as one of the many, really enjoyed bopping to the familiar tunes, but recognised the following morning that the body isn't what it was forty-odd years ago when dancing for several hours was no problem at all! Many thanks to Tony for that evening and for taking over from Jack Wood as quizmaster this year. It was wonderful to see so many people at the Christmas lunch again, despite the challenging weather conditions. Although I regularly see members who frequently attend Wednesday morning meetings, I don't often meet those who largely gather in their study groups. It was great to see, therefore, members of Rosemary Mitchell's Bridge group, for example, enjoying themselves at the Homestead. I echo Ann's thanks to Linda Kent-Taylor for organising the event so successfully.

In addition to the Christmas festivities, we also enjoyed an excellent display of work from members at the Art and Photography Exhibition in November. The quality was outstanding – a number of members were keen to purchase some of the items, they were so taken with them. I never fail to be impressed by all of the skills and qualities U3A members display – we are so lucky!

As ever, we've had an excellent range of talks this term, ranging from 'The Great Cannabis Con' to the Gunpowder Plot. The former attracted a very large audience – the title was clearly intriguing and the speaker, Dick Breeze, gave an enlightening account of the politics and economics of cannabis which kept us all fully engaged. Once again, many thanks to the speakers' team for organising the programme, and

to all those who help out on a Wednesday morning. I'm already looking forward to next term's.

As 2017 draws to a close, we come to the end of our thirtieth anniversary and, looking back on the year, it has been a full and rewarding one. Many thanks to David Banks for the wonderful cakes that he made for Meet the Groups in the spring and our celebratory garden party in the summer. This is my last 'Notes from the Chair' as I will be stepping down from the role at the next AGM. I would therefore like to take this opportunity to say many thanks to the committee for all that they do and the support they have given me over the last couple of years. Many thanks to you all, as well, for being such good fun – I've made so many friends within the U3A. So often, and particularly recently, someone says to me – 'I've had such a good time – I don't know what I'd do without the U3A'. It's a great organisation and I'm sure Welwyn Hatfield will continue to grow from strength to strength. However, new faces and new ideas are always welcome – so if you feel you would like to play a more active role, then nominations for the committee open in January!



With all best wishes for the New Year,

Jean

GROUP NEWS

Arts Appreciation

After our lively planning meeting in January, seven volunteers stepped forward to run our monthly trips, some up to London by public transport and some by coach journeys further afield.

We had an interesting presentation on 'The Rothschilds' by WEA Lecturer Madeline Edmead in February. The Design Centre & Newport Street Gallery, Museum of Childhood & Geffreye Museum and Freemasons Hall in London were all enjoyed by the small groups who went. Coach trips to Horace Walpole's Gothic Revival Strawberry Hill House in Twickenham, Kipling's House Bateman's in Sussex, and the Arts & Crafts Red House & Dulwich Museum were well attended and much enjoyed. Our Christmas coach outing this

year was to Bury St Edmunds Christmas Fayre on a bright, very cold day, which gave us all the perfect excuse for some hot mulled wine.

Unfortunately our trip to the home of Henry Moore at Perry Green was abandoned, due to dreadful weather, as was the planned visit to Knole, as the coach didn't turn up – hopefully we will get to visit both places during 2018.

Sue King has taken over leadership of this group from me, for which I am most grateful. I would like to thank her for all her support during the year, and hope she will have lots of support and volunteers to make next year another successful, interesting and enjoyable one.

Suzanne Brown

Exploring London (2)

Another busy year of interesting and varied trips into London – aren't we lucky to have such a place on our doorstep! Our year started in March, walking in Clerkenwell and visiting the Order of St John Museum, where we heard about the Order's origins caring for sick pilgrims in the 11th Century through to its role today with St John Ambulance. We had a trip down the Thames in May when our guide detailed the great engineering feats of the Brunels. We ended up in the Brunel Museum, having a fascinating presentation in the Grand Entrance Hall, half the size of the Globe Theatre, where work on the tunnel under the Thames began. Opened in 1843, it was the world's most popular visitor attraction with a million visitors in the first three months!

The newly refurbished Museum of Gardening was our summer visit, housed in St Mary's Church, where John Tradescant, the first great gardener and plant-hunter, is buried. I was excited to find a copy of one of Humphry Repton's *Red Books*, which I had never seen: a wonderful 18th-century way of showing how a view could be landscaped. After a pub lunch we all did the Lambeth Walk ...

Next we visited the London Postal Museum at Mount Pleasant, to see a fascinating exhibition on the postal service from Henry VIII's reign until the present day. We squeezed into the tiny carriages on the Mail Rail, for an informative 20-minutes trip under-ground. This service ran under London, moving mail between mainline stations and sorting offices from 1927 to 2003. So much to take in, and great fun!

Our Christmas trip was a very educational guided tour of Fuller's



Brewery (picture above by John Brown), followed by a happy Christmas lunch together in their pub next door. One fact I'm sure we'll all remember from this visit is that William Hogarth, who lived and is buried locally, had a dog called 'Trump' – forget that if you can!

Another year of learning lots of facts that we will desperately try to remember, and making lots of happy memories that certainly won't be forgotten.

Suzanne Brown

Photography

The photography group continues to attract members, currently 28, with on average 18 attending each meeting. The group enjoys a presentation each meeting on photographic-related topics, followed by a lighthearted critique of the members' recently taken images. This becomes a discussion on how the image could have been improved: either when taking the shot (composition, position of the photographer, unwanted content included), or by post-processing (to level the horizon, straighten a building or clean up the image).

Recent presentations have included architectural photography and mirrorless cameras by Mike Nicolas, photographic abbreviations and what they mean from a practice point of view, and Bad habits of a Photographer by Eileen Pegrum (*shown on page 17*).



The term ended with a knockout competition of the members' images. The winners were:

1st Mykonos sunset by Peter Fox, *shown above*

2nd Heron and Frog by Bryan Marsh, *shown below*

3rd Canal, The Hague by Mike Nicolas, *shown overleaf*

(See the website copy of this newsletter, following the link at foot of the home page, to see the colour versions.)



BAD Habits for Photographers:

1. Not taking your camera everywhere with you
2. Sleeping late and missing that good early light
3. Getting lazy with White Balance settings
4. Letting dust get on the sensor/ Lens
5. Settling for the good shot and not looking for a better shot or position to take the shot from
6. Composing poorly or too quickly
7. Chimping – Checking the LCD screen excessively. This wears the battery down, so you may miss a shot through having no battery power left, or by being occupied looking at the previous shot rather than actively photographing a scene unfolding in front of you.
8. Self Doubt and waiting for others to say it's a good photo.
9. Experiencing sensory overload when travelling to a new place
10. Hesitation...waiting for the perfect shot.
11. Too much photo editing.

Peter Fox



Travel Group

The Historic Houses and Gardens of Beautiful Devon

“Devon, glorious Devon”

We set off in high summer, in high spirits and with high expectations – and we were not disappointed. We travelled along the all too familiar (to me) M3 and A303 and made our way to our first historic house. This was **Montacute House** in Somerset, a beautiful Elizabethan mansion with magnificent gardens and an orangery. It looked its best in the sunshine, making the ham stone glow. The highlight for me was the long gallery which displayed Tudor and Jacobean paintings on loan from the National Portrait Gallery. The gallery itself is one of the longest in existence. There was also an extensive sampler collection. Of particular interest to me was a portrait of Robert Stewart (1774-1799) of Castle Stewart, Wigtownshire. I have spent many happy times at Castle Stewart, which is now no more than a ruined tower. Back in the seventies my husband and a group of friends undertook a restoration project here and built a cottage and some outbuildings on the site. My husband has written a book about some of the early experiences and it has always been a special place for a group of friends. It was exciting to discover a piece of its history that was unknown to us. All this left me with too little time to explore the gardens but there was much to see here.

Onward we journeyed to our destination – Gypsy Hill Hotel, just outside Exeter but within earshot of the M5! This hotel made us very welcome, and what it lacked in style and some facilities, it more than compensated for in its enthusiasm to please and the friendliness of the staff. The grounds too were very extensive and pleasant.

Our first full day began with a walking tour of **Exeter**. I have a special fondness for Exeter, as my daughter was at University here, but it was good to discover some unknown features of the city. One particular revelation was the extent of bomb damage to the city in the last war, revealed to us in photographs that the local guide carried. The city was the most south-westerly Roman fortified settlement, and was a religious centre in the middle ages. It is a city that has seen many changes over the centuries. I was quite saddened to see the ruins of the Royal Clarence Hotel in the cathedral square, destroyed by fire some months ago. I had spent a night there once when visiting my daughter.



Buckland Abbey

Next on our itinerary was an optional guided tour of the cathedral. Exeter's is a magnificent cathedral with the longest uninterrupted medieval vaulted ceiling in the world. It houses an astronomical clock, the oldest parts of which date from 1484. Personally, I particularly like the façade of this cathedral, although weathered, which faces onto cathedral square.

In the afternoon we headed off to **Knightsayes Court**, a Victorian Gothic country house, Grade I listed, with extensive gardens. The house has long been associated with the Heathcoat-Amory family. It was very warm when we arrived – good for wandering in the gardens, but by teatime there was a great downpour and a rush to the coach. It wouldn't be a U3A trip without a sudden deluge! That night there was a terrific storm which seemed to last for some time.

On Wednesday we headed off to Totnes to take the **cruise** on the River Dart Estuary towards Dartmouth. The weather was not at all promising, cool and drizzling, but improved as the day went on. The cruise lasted about an hour and a half with an opportunity to see the Royal Naval College and Agatha Christie's Greenway Estate from the river. We also passed the picturesque villages of Stoke Gabriel and Dittisham and wooded hillsides with vineyards. We arrived in

Dartmouth at about lunchtime, and, having seen the sign “crab sandwiches”, I knew where I was heading. We found a pleasant little café which provided excellent sandwiches and other delights. The afternoon was free and it was a good opportunity to explore the shops, the museum or take a guided tour through the town. The sun came out in the afternoon and it was a most pleasant town to wander in.

On Thursday morning we headed for **Buckland Abbey** (*picture on page 19*), a beautiful place with much history and with a modern art exhibition which provoked much discussion. Once again we had a beautiful sunny day. The Abbey is a former Cistercian monastery which was later sold to Sir Roger Greville and then to Sir Francis Drake. It remained in the Drake family for around 400 years. One of the treasures displayed is Drake’s Drum, silently bearing witness to the exploits of its former owner and, if we needed reminding, the words of Sir Henry Newbolt’s poem on a wall nearby:

“Take my drum to England, hang et by the shore
Strike et when your powder’s runnin’ low;
If the Dons sight Devon, I’ll quit the port o’ Heaven,
An’ drum them up the Channel as we drummed them long ago.”

This was displayed among many smaller exhibits of original artefacts with modern pieces reflecting on them – part of the “Reflections” exhibition by Andrew Logan which were evident in all parts of the Abbey. As the “blurb” states, “It might seem an incongruous pairing: Andrew Logan, flamboyant creator of dazzling artworks fashioned from shattered shards of mirror and urban flotsam, with the 700-year-old Buckland Abbey.” But the pieces were often beautiful, sometimes incongruous and always thought-provoking. My favourite has to be the old barn filled with an **installation of huge ears of golden wheat**



because the installation echoed the original use of the building with the emblematic ears of wheat (*shown opposite*). I also particularly like the “**arm..... clothed in white samite**, mystic, wonderful,” which recalled “Morte d’Arthur” but was actually positioned in a less than wonderful pond rather than a lake (*picture below*). But its bathos made me smile.

There was so much to see here; the kitchen garden, the cider press, the grounds and the constant revelations of the art works co-existing in this ancient building.

In the afternoon we headed off to cross the border into **Cornwall**. Our destination was **Cotehele House**, built in medieval times, but the current house is mostly Tudor. The house is perched high above the River Tamar, decorated with arms and armour and old oak furniture downstairs, but upstairs everywhere is covered with beautiful tapestries. Many of the tapestries were “cut and pasted” to fit spaces and there was a demonstration of restoration of tapestries. In the breakfast room there was an exhibition of personal family treasures from the First World War. This was indeed another unique and fascinating house. Some of the party walked down to the nearby water mill. As the afternoon drew to a close so did the fine weather; it started to pour with rain. We headed back for our last evening at the hotel.

After dinners at the hotel, there was a pleasant lounge or the attractions of the garden. One evening Tony Tutton organised a quiz which was an enjoyable diversion.

So we departed from the hotel and headed off to Tiverton. Here we took a horse-drawn **canal barge** for a trip on the Grand Western Canal. It was a very wet day, but the barge was covered,





served warm coffee and it made for a very relaxing end to the holiday. We dashed to the café for lunch while the rain came down. Then it was time to take the coach for a rather slow return trip along with the Friday evening traffic on wet motorways. So – a damp finish to an otherwise enjoyable holiday. Many, many thanks to the organisers, Jean, Kathy and Tony for all their efforts in making this such a varied and interesting holiday.

Pamela Williams
Photos by Pamela Williams

*The eighteenth in our series of profiles of distinguished
Welwyn Hatfield U3A members features ...*

Don Busolini

Don was a Brocket Babe, born at Brocket Hall where the London maternity service was moved to during World War II. His mother then returned to Finsbury Park, where he grew up. There he attended a new comprehensive school where he met Beverley Crowley, a fellow pupil – and the two have remained together ever since.



Following school, Don read Mathematics at Manchester University, then took a Masters degree in Computer Science at London University. He and Beverley, by then a qualified infant teacher, married in 1967 and came to live in Hertfordshire as Don was appointed a lecturer in Mathematics at the then Hatfield Polytechnic (HP), which later became the University of Hertfordshire (UH). That

year a Computer Science Department was newly formed, offering one of the first Computer Science degrees in the country. Don lectured in both subjects for over forty years, during this time also gaining an MPhil degree from Reading University. He later became Associate Head of Department of Physics, Astronomy & Mathematics at UH. After retiring from that post at the age of 61 he returned to the University, part-time, to create a new Masters degree in Financial Maths and to teach it until he finally left at the age of 65.

So – a career in the most precise of sciences. But meanwhile ...

Don had always taken an interest in alternative medicine, which was little known or accepted in the 1960s. He joined the Herts Holistic Health Centre (HHHC), a group of people with an interest in promoting all forms of holistic health, such as meditation, yoga, Co-counselling, homoeopathy and chiropractic. It produced a newsletter offering information about local classes and therapists. Don was an early participant, and joined a meditation group in Welwyn Garden City which he eventually came to lead. He would play the group specially composed music conducive to meditation – this too was ahead of its time, and difficult to obtain. He set up his own retail business dealing in such New Age music cassettes, Inner Peace Tapes. He also belonged to a closed circle in which he learned about visualisation techniques and psychic development, and participated in Autogenics, a form of meditation developed by European doctors for stress management. For some years he focused on Co-counselling: a self-help psychotherapeutic organisation in which people were trained to counsel and worked in pairs within the group; Don eventually helped to teach it. He also took up T'ai Chi, an ancient practice derived from martial arts, seen variously as a way of reducing stress, a slow-moving meditation or an exercise routine with many health benefits, which he practised regularly.

After some years, still lecturing at HP, Don took over the running of HHHC, expanding its reach through Health Fairs, organised with the help of Beverley. He expanded the newsletter to become a magazine devoted to holistic health, appearing three times a year with a print run of 1,000 and 40 sales outlets: *Herts Holistic Health Magazine*. After eight years the magazine was sold as a going concern.

Wondering about the difference between meditation and hypnotic trance led Don to research this, ending up with an Advanced Diploma from the National School of Hypnosis and Psychotherapy in London. Eventually he taught there at weekends – while still full-time lecturing at UH and offering evening hypnotherapeutic treatment at his home. At that time he joined U3A and, together with Les Gray, set up a Tai Chi group, teaching this slow-moving, graceful routine recommended by doctors for health and fitness. This now has 25 members, who often give demonstrations at “Meet the Groups”, as in the picture below.

Don is a member of the U3A Consciousness Studies Group, and in 2014 started the Inner Peace Meditation group – teaching meditation, ways of relaxing and letting go of problems, creating a state of inner silence and deep peace, and discussing various techniques to achieve this. Now Don still leads this group and Tai Chi, as well as running a professional hypnotherapy practice from his home.

Beverley, who joined U3A together with Don, belongs to the Architecture group, and now runs the Line Dancing group.



Don has a high regard for U3A because it offers a wide range of activities and learning opportunities for older people, which are essential for a long and healthy life.

Hazel Bell

Book Review

Changing Times: Stories of Hatfield Old and New by Brian Lawrence: Hatfield Local History Society, 2017. ISBN 978-0-9928416-7-6. £6 plus postage. Copies available from Jane Theather: 01707 271 454 or <jane@edwardsteather.plus.com>

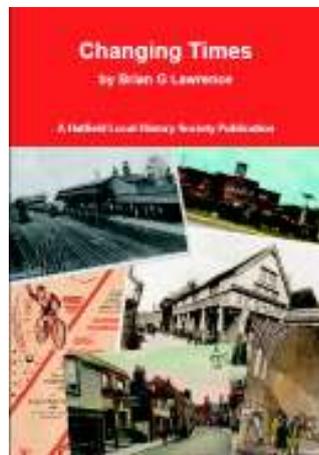
Why is it that we are so fascinated with our past – with the way things were? Whatever the reason, this little book gives us a goodly helping of Hatfield's time past – the one we can still almost touch – to the recently present-time we can see all around us.

Brian Lawrence takes us along with him on his walk to school in 1942, from his home in what is now Birchwood, along the Great North Road, past the Wrestler's Inn and on past the old water trough, along to the Great Northern and up to Countess Anne school at the top of Back street (Church Road). Sounds familiar? Ah, but you've missed out Charlie Taylor's sweet shop, Dewhurst's Butchers and the International Stores where Nobby Clarke manned the bacon slicer. But the book goes deeper than schoolboy reminiscence. Hatfield House, with the Salisbury family and the Park, obviously plays a central role and is the focus for Royal Visits and town celebrations; but the growth and demise of Hatfield Brewery, the dramatic calls on the Fire Brigade and the slow development of the New Town (before the 'well intentioned' post war 'New Town') also make fascinating reading.

I welcome this small book. It should be required reading for 'well intentioned' town planners and developers. The heart has been taken out of Hatfield as a community. Does the answer really lie in a shopping precinct?

Would make a lovely Christmas gift for Hatfield residents past and present!

Jo Roscoe



Welwyn Garden City Film Society 2017-18

The purpose of this Society, now in its 72nd year, is to show the best of contemporary and classic world cinema, in a comfortable and sociable setting. The films are selected partly by the committee and partly by the votes of members.

All the Film Society's shows can be seen at the Garden City Cinema Screen 3 at Campus West for a membership fee of £40 for 12 films. There is nothing else to pay. Non-members may attend any show, as guests, for £6. All shows are on Sundays and start at 7.30pm. Please download further information at www.wgcf.org.uk

Spring Term 2018 - Wednesday Meetings

JANUARY

10, Breaks Manor, Hatfield

Bill Block: 'Antarctica –The Last Great Wilderness'

Dr Bill Block has always been interested in the way animals, especially insects and other invertebrates, respond and adapt to extreme environmental conditions. After thirteen years of teaching and research at various Universities he became a full-time researcher with the British Antarctic Survey in the Life Sciences Division.

17, Ludwick Family Centre, Welwyn Garden City

Rory Scales: 'Spotlight on Africa'

This is a Harpenden charity, run entirely by volunteers, which for ten years has been providing schools, clean water, health advice and assistance with economic development to 33,000 displaced people in a peri-urban area of Mbale in eastern Uganda. Rory serves on the Fund Raising and the Events and Schools Committees.

24, Hatfield

Tom Way: 'Fine Art Wildlife Photography'

Tom is a professional, award-winning fine art wildlife photographer. He won European Wildlife Photographer of the Year 2016 Competition and contributes to the BBC Wildlife Magazine. He exhibits his images at art exhibitions, guides photographic tours in the UK and leads photographic wildlife safaris in Africa.

31, WGC

Jean Fullerton: 'District Nursing Before the NHS'

Most of us have never known life without the NHS, but before the introduction of the Welfare State in 1948 life, health and nursing were very different.

FEBRUARY

7, Hatfield

John Pearson: 'Blessed are the Cheesemakers'

John, technical consultant to the dairy industry, cheese enthusiast and international cheese judge, will share his passion for cheese and cheesemakers.

14, WGC

Stephen Bish: 'The Importance of Having an Up-to-date Will'

Stephen is a certified paralegal specialising in Estate Planning which includes how to protect property and assets.

21, Hatfield

Helen Fry: 'The London Cage, The Secret History of Britain's World War 2 Interrogation Centre'

We welcome back Dr Helen Fry who is a historian and will speak about some of the secret history of World War 2.

28, WGC

Ted Childs: 'The Production of Inspector Morse'

Ted, a producer and writer, was a founder of Euston Films established by Thames Television in the early 1970s. He became executive producer on an extensive range of films and series for ITV.

MARCH

7, Hatfield

Howard T'Loosty: 'My Life in Show Business'

Having spent over thirty years in many areas of the Entertainment Industry, as a musician, promotor and artistes' manager, Howard now spends time at events and functions relating the many tales of his experiences. A light-hearted look at funny, unusual, interesting, even outrageous stories – all true. He also includes artistes known and loved by all who are no longer with us.

14, WGC

31st ANNUAL GENERAL MEETING

Followed by readings by the Creative Writing group.

21, Hatfield

Brad Ashton: 'The Job of a Laughtime'

Brad is a retired TV comedy writer who now lectures on cruise ships and has had three books published on comedy writing. He will explain how comedy is created, talk about the stars he has worked with and let us into backstage secrets on popular TV shows.

28, WGC

MEET THE GROUPS

This meeting is well worth a visit to see many of our varied groups demonstrate their skills and display the results of their efforts.

Next term begins 18 April

