

NEWS @

The newsletter of Crouch End and District u3a September 2021



With every issue of our newsletter (this is now our 5th) we get more and more interesting facts and information. It's great to see so many members contributing. In this issue I'd like to highlight the item on Stella Dadzie's talk in October, telling you more about Stella's background and work. Do sign up for it and our other planned talks. We're continuing online talks in September and October, with hopefully the last in November. After that we're planning to go back to in person talks for December, combined with a light seasonal celebration – fingers crossed! We also have a fascinating piece by John Hinshelwood on our lost local theatres and cinemas, and some background on new groups starting, for example the Irish interest group.

And of course, we have our regular items which include member and trustee profiles, current groups, a quiz, gardening, beer, wine and a recipe. Perfect reading as we go into autumn.

As always, a big thank you to Graham Bennett and Lindley Smith for their editing and designing.

Happy reading! **Sally Whitaker, Chair, CEDu3a**

Introducing Stella Dadzie, our October speaker

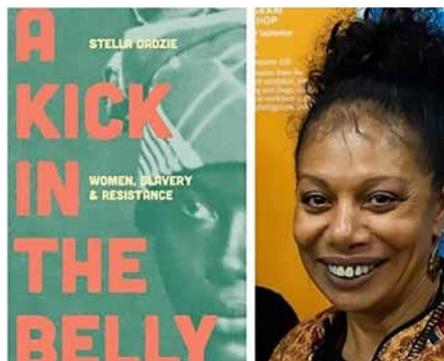
Stella Dadzie is a published writer and feminist historian, best known for *The Heart of the Race: Black Women's lives in Britain* which was re-published by Verso in 2018 as a Feminist Classic. She is a founder member of OWAAD (Organisation of Women of African and Asian Descent), a national umbrella group for Black women that emerged in the late 1970s as part of the British Civil Rights movement, and was recently described as one of the "grandmothers" of Black Feminism in the UK.

She is well known in Haringey, having lived and taught in the borough for over forty years. Local residents may remember her as a one of Haringey's first black teachers in the early 1970s. She worked at Tottenham Tech and Haringey Colleges in the 1980s, and with a different hat on, she also taught fitness classes across the borough, including at our very own YMCA in Crouch End.

Her latest book *A Kick in the Belly: Women, Slavery & Resistance* was

published by Verso in October 2020. The book explores the hidden 'herstory' of enslaved women and the central role they played in their own emancipation – everything from small, surreptitious acts to overt rebellion. Described in a recent review as 'meticulously researched and beautifully written', it is both a highly accessible read and a fascinating insight into women's lived realities in the British West Indies.

In her forthcoming talk, Stella will explore why her book is so important to our understanding of this dark chapter in Britain's history, and its relevance to some of the key issues facing us today.



Crouch End Festival

Vicci Midwinter and David Lane were two of the many volunteers who gave out our brand new CEDu3a leaflets and bookmarks and spoke with visitors at our stall at the Crouch End Festival.

The stall attracted a lot of interest and one visitor joined the very next day!

We have plenty of leaflets and bookmarks left to give out, so if you can help by distributing them to friends or a venue, church or hall, then do let us know at vicechair@cedu3a.org.uk





Table Tennis – or ping-pong or whiff whaff!

Our CEDu3a table tennis group has just started up again in Crouch End, meeting at the Hornsey Vale Community Centre, but what is the history of table tennis and who invented it?

Not surprising that the latter early names for the sport have dropped out of fashion as both seem to link the sport with rather unpleasant odours. In fact they were both attempts to name the sound effects of the sport!

Rather surprisingly, due to its current popularity in East Asian countries, table tennis originated in England in late Victorian times, although some have suggested that makeshift versions of the game were developed by British military officers in India around the 1860's and 70's.

The name ping-pong was trademarked in 1901 by a British manufacturer leaving other manufactures having to call the sport table tennis. The lightweight balls and stippled rubber surfaced bats were introduced around this time as well, and later technological changes made the sport so fast that measures had to be introduced to slow it down again. Hopefully our players are rather more sedate!

Language, literature and poetry from Ireland – Kate Mason

A fascinating new group is starting up in September – Irish Interest, which will meet, most appropriately, in an Irish pub in Crouch End. Among the many topics that the group will discuss is Irish culture, which ranges from music and dance (who can ever forget the virtuosity and excitement of Riverdance) to plays, poetry and novels. Many giants of world literature have come from Ireland and these poets, playwrights and authors have influenced literature worldwide.

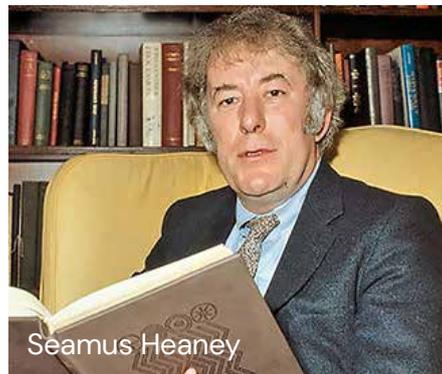
In the 19th Century, Irish writing was often Gothic literature, with its menacing visions of crumbling houses and discontented peasants primarily written for an English audience and much of it sought to describe Ireland's history and landscape and its people as peculiar and alarmingly dramatic.

It took the genius of James Joyce to alter the course of Irish fiction, inventing a formal structure and a tone in language. Not only reflected the Irish heritage – “the mixture of poor realities and grand dreams” but ultimately in the language itself.

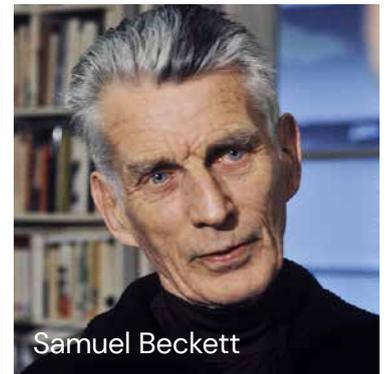
The Irish language is the third oldest language in Europe after Latin and Greek and has a strong oral tradition of legends and poems. Poetry in the Irish language represents the oldest in the vernacular in Europe, with early examples dating from the 6th century.

In the 20th Century, Ireland had no fewer than 4 Nobel prize winners in Literature: George Bernard Shaw, W. B. Yeats, Samuel Beckett and Seamus Heaney. Surprisingly Joyce was never awarded this prize, despite being considered one of the most significant writers of the last century.

The Group welcomes not only members of Irish heritage but also any member interested in our fascinating island neighbour. Do visit our website for more information.



Seamus Heaney



Samuel Beckett

Coming soon...

'Reflections and Echoes, Book 2' – the writing groups' second publication of new short stories on a variety of topics written in a wide range of styles. The book will again be sold in aid of CARIS Haringey for Homeless Families, and should be published in time for Christmas shopping – more details coming soon.

MEMBER PROFILE



Liz London

Hi, I'm member number 248 (so almost a founder member!) and heard about the newly formed u3a group in Crouch End from a neighbour. Since joining, I've signed up for several different groups, (history, family history, walking, films, and architecture),

but am currently with Textiles and Felting. I also enjoy helping with the catering for our Open Days and Summer Parties.

Before I retired, I worked for a number of charities, including Shelter and NSPCC, and also as a resettlement worker for survivors of domestic violence. When I retired, I was able to spend a lot more time doing up my old Victorian house, organising builders, and doing all the painting and decorating myself. Satisfying, but quite exhausting, and I'm not too sad that phase of my life is over.

I've always had an interest in delicious, healthy food, but because obesity has become such a problem, it's become a passion, and I love encouraging people to choose healthier ways to eat, by sharing my ideas and recipes. My favourite types of food are probably French and Middle Eastern, and I've been greatly influenced by the

wonderful Yottam Ottolenghi (who hasn't!)

My other great passion is music, and although I no longer play (it used to be piano) I'm an avid Radio 3 listener – mostly classical and jazz – and enjoy concert-going and listening to amateur groups of friends. I also love supporting local theatres, the Gate in Highgate and the Park theatre, just down the road.

A couple of years ago, I moved to the new development at Woodberry Down, overlooking the wildlife reservoir, and although I've downsized, the space I've got now is perfect for entertaining, so I look forward to seeing some of you here.

Next month Liz will be launching a new group, Healthy Eating lunches. Liz will be preparing healthy lunches for members, talking about the ingredients and nutrition so watch out for more news on the website.

WORLD LITERATURE GROUP

Round the world in.....80 books (or thereabout)

Drawing from the rich cultural heritage of the world's literature and co-ordinated by David Hunter, himself a published author, this group has gone from strength to strength since the CEDu3a was formed.

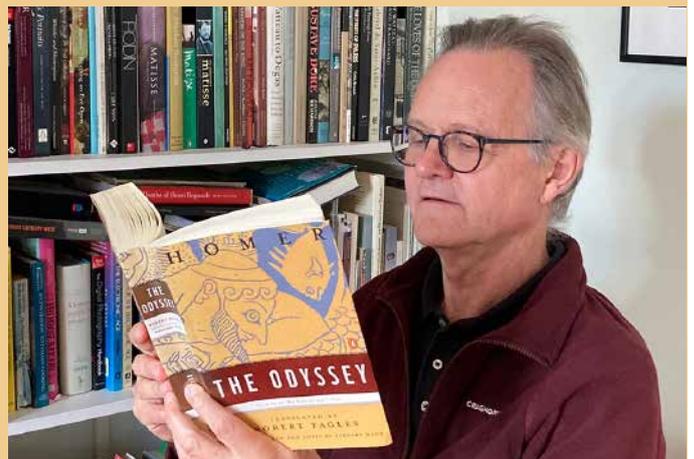
So far, they have held 11 sessions, in a mixture of in person and online events (each session lasts 2-3 months to fully explore the often complex and extensive works being read) and by Christmas 2021 they will have covered 47 books from 20 different literary traditions.

From Homer's *Odyssey* to Stendhal's *The Red and the Black* and Lampedusa's *The Leopard*, from Tolstoy's *Anna Karenina* to Tanizaki's *The Makioka Sisters* and Mahfouz's *Palace Walk*, the group has read the works of both some of the best and lesser known authors from around the world. Think of China, Nigeria, Colombia, Egypt, Russia, America, Portugal and France to mention a few of the countries literally explored. Without forgetting the great English classics such as Milton's

Paradise Lost and a current book on offer, Collins' *The Moonstone*.

'Our 35 or so members could not have thrived, however, without their own commitment and enthusiasm and the invaluable help of both the co-convenors who take a book each and members who have hosted meetings in their own homes' says David. For many, the group has been an important and occasionally transformational experience, opening up new vistas on our own culture, and that of other countries.

Time to dust off that classic sitting at the back of your bookshelf and submit it to David!



TRUSTEE AND TREASURER PROFILE

Andrew Sich

I have lived in the same house in Crouch End for 38 years, where my wife, Liz, and I guided our four sons through to independence and families of their own. My early career was in editorial work for various book publishers, but I ended up working for City & Guilds where I had marketing and corporate affairs roles. Though I enjoyed working I also looked forward to retirement (in 2011) so I could indulge in a number of interests including travel, watching cricket, theatre, walking, and cooking. I was delighted when I spotted that a u3a was being set up locally and quickly signed up for several interest groups. I am now a convenor for one of the book groups and am an active participant in history, in-depth current affairs and travel. For the past three years I have been the CEDu3a Treasurer.

I spend as much time as I can in Italy where Liz and I bought a small house in 2008. I am also kept pretty busy with seven grandchildren.



MEMBER PROFILE



Julie de Senneville

Julie tells us about her journey to becoming an Iyengar Yoga teacher.

I was first introduced to yoga in the late 1960's by my grandparents when I was still in single digits. As a pre-teen and teenager, (inspired by my mum, who in her younger days had been a ballet dancer), I loved ballet and contemporary dance. Naturally then, I embraced the aerobics craze that swept the UK in the late 1970's, (leg warmers mandatory) and became an aerobics teacher prior to uni, which served me well, teaching throughout uni and beyond.

I had always maintained my interest in yoga and dipped in and out of it, eventually retraining as a yoga teacher in my 30's and swapped my aerobic classes for

yoga, which didn't seem to faze my students at all!

In my 40's, following a break in teaching, I developed a very bad back and this is what led me to Iyengar yoga.

Iyengar Yoga is very meticulous and precise in the way it is practiced and taught, holding yoga positions for a few seconds at first, while focusing on the work of the muscles and bones, being led by verbal cues to adjust the posture in ways that bring a unique understanding of the physical body, bringing ease of movement, strengthening muscles, stabilizing joints and bringing more space and extension into stiffer areas. Props are used (chairs, bolsters, bricks and belts), to make poses more accessible.

Iyengar yoga completely changed my poor postural habits which up until that time were unbeknown to me. My back no longer hurt.

After four years of training, (it was harder work than my science degree!!!) I became a certified Iyengar yoga teacher in 2016, teaching after work until retirement in 2018, since then I've been fortunate enough to continue teaching at my leisure.

Julie's Iyengar Yoga courses are just about to start up at a Yoga Centre in Crouch End.



So who was BKS Iyengar?

Iyengar yoga is named after BKS Iyengar, (1918–2014). He suffered extreme ill health as a child and as his family had no money for medicine, he was sent to study yoga with his brother-in-law, Krishnamacharya, (known as the father of modern yoga), to improve his health.

Thereafter BKS Iyengar devoted his whole life to the study of yoga, and, after working with violinist Yehudi Menuhin, became internationally renowned and is credited as bringing yoga to the West.



A song a day for fun – now heading for 600!

Here we in September 2021. It's over 530 days since 17th March 2020. I know this because my operation was cancelled that day and I started sending out, to U3A singers, emails containing the words of a song and a link to someone singing it.

In spring 2020 songs were received gratefully by many; so many activities were curtailed and many members appreciated the daily positive injunction: sing along to this, or just listen. We were aware, each day, of others singing the same song as you and occasionally met (at an appropriate distance) others out walking and singing. In the

depths of Covid some members forwarded the song to friends and family or emailed me with suggestions for songs.

My operation was re-scheduled to July 2020 and a few weeks after that a few members started meeting to sing in the garden and, as the autumn weather worsened, zoom sing started. Then with the spring alternate weeks zoom and garden singing. Zoom singing has to be led by one person at a time while others mute. No one has to lead but all have become more confident.

We have 'books' of songs, with a new page each session.

For the last year the new songs have been chosen by the zoom singers from the song a day list. On zoom I 'share' the words of songs but we have print outs of the books for garden singing. Oh, it is so enjoyable to sing along with others again!

The very first song I sent out was **Mamma Mia**, quickly followed by **Marie's Wedding** and **Fly me to the moon**. Now after more than 500, the songs are sometimes less well known but there are still favourites like **Robin Hood** and **Can't help loving that man**, which just happens to be number 530!

Anne Heagney – Singing for fun

WINE RECOMMENDATION

From Luisa Welch

AUTUMN WINES



The Pinot Noir grape makes the finest, world-famous Burgundy wines (think of Chambolle-Musigny or Pommard and quickly close your wallet) but it also grows successfully in other parts of France, as in many other countries.

In the Languedoc-Roussillon area, south of France you will find excellent wines simply labelled Pinot Noir with their own elegance and style. Like this Mme Claude Parmentier Pinot Noir, intense on the nose but with a supple texture and juicy finish. It has a fresh cherry character, it's soft and smooth, almost refreshing for a red wine, from the Parmentier's family vineyards.

You might be forgiven for overlooking the bottle, as the label is so subtle on the shelf, but take another look and you will soon be taking a sip. It's the perfect 'transitional wine' for this time of year, when you want something with a little more body but not too heavy like the wines you might enjoy on a very cold winter night. It's delicious with chicken or roast pork, and cheese of course. And at only £8.69 a bottle – from Waitrose – it's a steal.

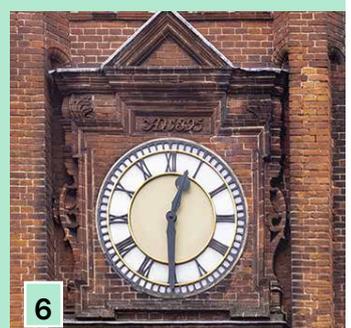
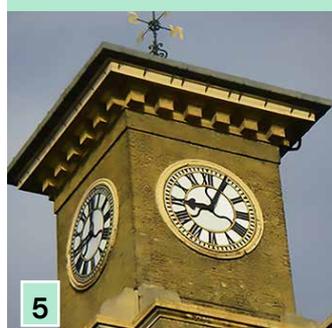


Clocks of London Quiz

Here are six Clocks in London.

Can you identify where they are?

Clue: Two clocks are local *Answers on last page.*



Local History

Alexandra Palace Theatre, restored thanks to a lottery grant, was opened in 1875 but lay derelict and unloved for many years. It could well have met the same fate as other local theatres and cinemas now lost, including the Athanaeum in Muswell Hill and the splendidly named Crouch End Opera House. Yes, Crouch End did once have an Opera House!

Some early local theatres and cinemas – By John Hinshelwood, convener of the Local History Group

The postcard of Topsfield Parade, Crouch End, published by Stengel & Co., shows the Crouch End Opera House in the early 1900s. This building is the sole survivor (apart from APT) of four early theatres and cinemas that operated in Highgate, Crouch End and Muswell Hill.



Marlene McAndrew's book *Lost Theatres of Haringey* (Hornsey Historical Society, 2007, £7.50) identifies the earliest theatre behind the Castle Tavern in Southwood Lane, Highgate which opened in 1720 and closed in 1820. The Crouch End Opera House, later the Hippodrome was opened in 1897 by Henry H Morell and Frederick Mouillot who "ran at least twenty first class theatres all over Britain." It had originally been planned as a public hall or Athenaeum but before completion it was altered to become a theatre with a smaller hall and other rooms which could be hired for other functions. The Opera House had a relatively short life before it burnt down in 1904. The building was restored, and the Crouch End Hippodrome opened in 1907, managed by Mr W Burney and Mr H de Groot.

The fortunes of this new enterprise were less than forthcoming and in 1910 a Cinematograph room was added. In his book *Cinemas of Haringey* (Hornsey Historical Society, 2010, £9.99) Jeremy Buck explains that "Films were shown, between the plays and variety until the theatre closed in 1913 to be converted into a full time picture palace by The Crouch End Playhouse Ltd. In 1928 the cinema, operated by General Theatre Corporation, was taken over by Gaumont British Picture Corporation but retained the name Hippodrome until another

fire in 1942 closed it down, although the meeting rooms and dance hall were unaffected. The cinema never reopened but following restoration the building became a dance studio in 1948 and a storage depot by 1950.

The mail order company Gratta redeveloped the site as its warehouse, concealing the original frontage under dark brown glass cladding. The cladding was removed after Grattan moved out and the building became a leisure centre now occupied by Virgin Health.

At slightly later time than the Crouch End Opera House was being built, another Athenaeum was developed in Muswell Hill. The elegant classical building, with two domed towers shown in the postcard was constructed in 1900 to serve as a focal point for the social activities of Muswell Hill. It contained a large hall with a balcony, a smaller hall and several other smaller function rooms to accommodate concerts, lectures and meetings, including a debating society known as the Muswell Hill Parliament. In 1918 the larger hall was leased out and became a fulltime cinema, operated by a company called Essandelle Ltd.



The cinema was successful and in 1923 it was acquired by Arthur Ferriss, who two years later acquired Muswell Hill's first purpose-built cinema built by the Muswell Hill Electric Theatre Company in 1912, on the site of the demolished Summerlands mansion. The Athenaeum was adapted for sound in June 1930 but in 1935 the Odeon cinema chain announced that they would be building a "super cinema" in Muswell Hill and their final choice of site was directly across the road from the Athenaeum. Shortly after the Athenaeum closed as a cinema and reopened as a Palais de Dance. It continued to host dances and various functions in the other rooms, including jumble sales and the religious services of different faiths, until 1966 when the building was acquired by J Sainsbury and demolished for its new supermarket.

The Summerlands cinema and pleasure grounds closed in 1938 and were left derelict until the 1950s before it became the carpark for the flats in Summerland Grange in 1959.

BEER RECOMMENDATION – Seán Boyle, Convener of the Beer appreciation Group

Lager has had a bad press in Britain, much of it deserved. Technology in the 1960s made it possible to mass-produce a pasteurised brew and serve it in pubs so cold and gassy that taste didn't matter, and market it heavily to a newly affluent youth sector. But this euro fizz bore little resemblance to real lager. Even today, most big brand draught lagers, despite their continental names, are brewed 'under licence' in the UK and will taste distinctly different on their home turf.

But things are improving. Most supermarkets carry a range of bottled lagers imported from their origin. Germany in particular has resisted the inroads of the global drinks mega corps, and still has many regional distinctive lager styles. At home, the 'craft beer' revolution hasn't all been about over hopped American style IPAs – many small local breweries produce refreshing lagers in a range of Germanic and Czech styles. Here's a few to whet your appetite.

Krombacher is one of the biggest selling beers in Germany, though still a minnow in global terms. Standard but drinkable Pils, balanced malt and hops. It's available in larger Tesco stores.

Available in Bottle Apostle, Park Rd, N8 are:

West End Pils (from By the Horns Brewery, Wandsworth) A clean, crisp low 4% ABV take on a

Czech Pilsner but with enough malt and soft hop notes to keep it interesting. Winner of Champion Independent London Lager in 2019 and 2020.

Keller Lager from Braybrooke, a British brewery that adheres strictly to traditional German principles, is brewed using imported ingredients and is cold matured for five weeks to create a distinctive, authentic lager taste and mouthfeel.

Helles Munich Lager from Orbit Brewing in Bermondsey is malty and bready but still retains the crispness of lager without the spicy hops found in a pilsner.



MEMBER PROFILE



Ekim Hatter

Some of you will have seen Ekim Hatter performing at the recent CEDu3a summer parties (or perhaps just heard, if you were enjoying sitting outdoors in, what now seems to be, the last

vestiges of summer!). Originally from New Zealand, his interest in things musical was sparked when, at age 9, he was given a ukulele. Later, he moved on to the guitar but after moving to England in the early sixties, the various twists and turns of life seemed to leave little room for any serious attempt to take things further, musically.

It was only in 2007, having seen James Taylor's 'One Man Band' performance on TV, that he was inspired to revisit the guitar, having time to invest some serious effort into developing his skills beyond mere strumming accompaniment to pop songs. It was more or less "do or die" – acquire the requisite skill or give up. After prodigious efforts and some success in technical improvement, he found himself inspired, not only to play music

once again but to try his hand at composition, something which had hitherto seemed a bridge too far.

After moving to Hornsey, in 2011, he started to perform publicly at live music venues and joined a group of like minded others who met weekly at Hornsey Library for a co-operative song writing workshop, where encouragement and constructive criticism helped hone song writing techniques. Some time later, he wandered into a u3a Open Day out of curiosity and wound up joining the Jazz group and, subsequently, the Ukulele Group – both of which performed at the 2019 summer party. When, due to the current Covid situation, neither group could perform at this year's celebration, he stepped in as a 'One Man Band' (thanks, James Taylor!).

Nicci's delicious Bougouri

Serves 2 – 3 as a main, 4 – 5 as a side
A traditional Cypriot dish, but I hasten to add, not cooked in the traditional way, making it a "Gringlish" dish.



Ingredients:

One tablespoon cooking oil
One medium onion, finely chopped
About 125g chestnut mushrooms, chopped
One small mug (about 300ml) of medium coarse bulgur wheat
One nest fine noodles/vermicelli
2 1/2 mugs (750ml) of cold water
Half teaspoon sweet paprika
1 tablespoon tomato purée
1 vegetable or chicken stock cube
Splash of white wine
Salt and freshly milled black pepper

Method:

1. Heat the oil in a heavy bottomed saucepan, on medium heat. Add the onion. Cook for 3–4 minutes or until soft.
 2. Add the mushrooms. Cook for about 3 minutes. You may need to turn down the heat.
 3. Mix the last five ingredients in a cup with some boiling water. Make the mixture up to 750ml with cold water. Put aside.
 4. Crush the vermicelli with your hand and drop into the saucepan. Mix.
 5. Add the bulgur wheat, mix well, ensuring all the wheat is coated with oil.
 6. Add the stock mixture. Turn up the heat; mix well.
 7. When boiling, give it a good stir, cover with a tight-fitting lid; turn off the heat.
 8. Leave to stand for about 30 minutes.
 9. Serve with a good dollop of Greek natural yoghurt* and a mixed salad.
- * Can also be served with tsatsiki or dairy free dip e.g. baba ganoush (aubergine dip) or houmous.



Gardening tips for Autumn

From Rebecca Harrington
Co-Convener of the Gardening Group

Autumn is on the way but it's not all about sweeping up dead leaves – as well as harvesting veggies it's time to harvest seeds from your summer favourite flowers. Dry them in labelled envelopes and keep in a cool place for next spring. Some even like a spell in the freezer to mimic the winter. Harvest herbs too: woody ones like rosemary, thyme and sage can be tied in bundles and hung in paper bags upside down in a dry place. Softer herbs like mint and basil can be frozen, a good way is to half fill deep ice cube trays with clean leaves, cover with water so they don't get freezer burn, then pop out straight into winter sauces and stews.

Cuttings from woody shrubs like lavender and rosemary can be taken now: tear a non-flowering shoot gently, keeping a 'heel' from the main stem. Remove the lower leaves and the tip, plant around the edge of a pot and keep in a cold frame or on a light windowsill with a clear bag over it. Keep moist but not wet, don't let condensation build up, and you might get new plants in spring.

It's a good time to browse seed catalogues. Look back at photos of your garden at its best to help you decide how to make it even better next year. And do plan a visit to the glories of autumn colour, Ally Pally, Highgate Woods, or the 500 year old oak in Lordship Park!

CLOCKS IN LONDON QUIZ ANSWERS

1. Selfridges
2. St Pancras Station
3. Fortnum and Mason
4. Langton clock, Muswell Hill
5. Kings Cross Station
6. Crouch End Clock Tower

We welcome your contributions to future newsletters.

You can send ideas for articles, a catchy name for the newsletter, photo and story of your pet, short stories or poems, photographs, local history stories or recollections of the area in the past. Please send to news@cedu3a.org.uk