

WOODSIDE U3A NEWSLETTER  
OCTOBER 2018

Meeting at The Church of the Nazarene, The  
Brow, Woodside, Watford, Herts WD25 7NW  
On the 3<sup>rd</sup> Tuesday of each month at 9.30am  
<https://u3asites.org.uk/woodside>

By the time you are reading our October News Letter we will be thinking about putting the clocks back one hour on 28th October, which heralds the end of day light saving. Incredible how the year seems to have flashed past as we move through the 3rd quarter of the year. Ahead we have Halloween, with the Trick-or-Treaters, a recent innovation over the past 25yrs, love or hate it, the children, under supervision from parents, get a real buzz out of dressing-up as ghoulish as possible, with the caveat of all those sweet treats that get stashed in the various spooky receptacles. Mostly innocent fun, but can be scary and I guess we all have our own way of dealing with this event. Much like Guy Fawkes, which is now mostly staged in local parks, with their extravagant pyrotechnics displays and health and safety barriers that reduce risk of burns from stray fireworks, rather than the family 'Bonfire Night' that I recall as a child.

Continued page 3



*Laila, Chair*

AGENDA FOR 16 OCTOBER  
9.30 MEMBERSHIP RENEWALS,  
STUDY GROUPS & VISITS SIGN UPS  
10.00 BUSINESS MEETING  
10.15 REFRESHMENTS  
10.45 OUR SPEAKER WILL BE  
IAN CURRIE WITH A TALK ENTITLED  
'WEATHERLORE - FACT OR FICTION'  
11.45 ROUND-UP AND CLOSE

OUR SPEAKER FOR 20 NOVEMBER  
WILL BE GLEN OWEN WITH A TALK  
ENTITLED 'CIVIL ENGINEERING -  
MEGA PROJECTS FROM AROUND THE  
WORLD.

Our monthly newsletter is available in  
full online  
<https://u3asites.org.uk/woodside>

## YOUR COMMITTEE



Linda Williams Vice Chair



Sheila Ramsamy

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Bernice Caffrey Study

Group Coordinator 01923 672359  
[caffreyba@gmail.co](mailto:caffreyba@gmail.co)



Anita Gullis  
(welcome back to Anita who has rejoined the committee)



Ken Emmons

Social Secretary 01923 672139

There are several **Vacancies** for help on the committee. Please see Laila or Linda if you are interested in joining the committee.

See Page 4 for more details

**Xmas lunch 3rd December @ 12.30**

please put your name down on Ken Emmons list, payment £20, cheque/ cash.

Continued from front page

Now it is rare to see a bonfire with a Guy hoisted into place. How many of you recall making your own Guy effigy, to try your luck with 'A Penny for the Guy'? Bonfires are now seen as atmospheric pollutants and Penny for the Guy now just a distant memory. However such mass events do raise money to cover the costs and often contribute to local charities, which is a bonus.

Looking ahead we have the Winchester Christmas market on the 22nd November and this will be our last trip for 2018. On the 3rd December our Christmas Lunch will take place again, at Blue Check. This year we shall have the restaurant all to ourselves; it is hoped to have musical entertainment along with the raffle. Last year's meal was excellent and I look forward to seeing as many of you there as possible. I thank both Martin, the Trip organiser and Ken & Joan the Social Group contacts, with their teams, for their sterling work in providing members with a wonderful range of opportunities to choose from throughout the past year. The December General Meeting is already in the process of being planned as a social event; more news in November.

I know some of you may have missed out on the Newsletter in September, and I apologise for

that, which was due to a higher than usual turnout of members, which was fantastic, (the turnout, not the last of sufficient newsletters).

The newsletter is available now in full on our Website; I hope you were able to access it. The address as follows  
<https://u3asites.org/woodside>.  
I would like to thank our member Andrew Cummings who is our Woodside Webmaster for his sterling work in setting up and maintaining the site for us and for recently setting up the availability of the online Newsletter, a great asset.

As the nights draw in and we leave the glorious summer behind members are fortunate in having opportunities to join the many study groups on offer, if you have not already done so. Our study group Co-ordinator Bernice is always keen to hear from members about ideas for new study groups. In this way we can keep our movement vibrant and exciting. It's a wonderful opportunity to try new subjects or rekindle interests that busy working lives prevented you from pursuing. Who knows there maybe other members who also have similar interests to you, just waiting for a new group to start?

I leave you with a poem, which was meant for the September edition, but did not quite make it, entitled, funny enough September, but its Autumnal theme catches the zeitgeist of October just as well. Enjoy.

September by Helen Hunt Jackson  
Oh Golden month!  
How high thy gold is heaped!  
The yellow birch-leaves shine like  
bright coins strung  
On wands; the chestnuts yellow  
pennons tongue  
To every wind it's harvest challenge  
Steeped  
In yellow, still lie fields where  
wheat was reaped;  
And yellow still the corn sheaves  
Stacked among  
The yellow gourds, which from the  
earth have wrung  
Her utmost gold. To highest boughs  
have leaped  
The purple grape,- last thing to  
ripen, late  
By very reason of its precious cost.  
O Heart, remember, vintages are  
lost  
If grapes do not freezing night-  
dews wait.  
Think, while thou sunnest thyself in  
Joys estate,  
Mayhap thou canst not ripen  
without frost.  
Helen Hunt Jackson 1830-1885

Helen was born in Massachusetts, USA. She published five collections of poetry and was inducted into the Colorado Women's Hall of Fame in 1985 one hundred years after her death.  
Laila

### **Woodside U3A Urgently Need New Committee members.**

The Woodside U3A executive committee are calling for members to step forward and join the committee. Currently there is an urgent need for a minute Secretary and general committee members.

During my address as Chair at our July AGM I made a point of requesting members who felt able to step forward and join the committee, so far only one person has answered the call.

We meet the second Wednesday of every month; meetings are from 10-12pm and take place at Committee members homes. The meetings are friendly, welcoming as well as business-like and are well managed within the time frame specified; as we are all 'busy people'.

Induction is provided and we support each other in our various roles as we are all on a learning curve, given how new our U3A is. Without new members succession planning is very difficult and could lead to insecurity of the future of

Woodside U3A.

Please consider offering your services and stepping forward, we know our members have great skills and learning capacity and this is a great opportunity to gain new skills or revive old ones.

Let me or any member of the committee know if you are interested and we can arrange to meet and discuss in greater detail any questions or concerns you may have about the role.

Don't forget,  
Woodside U3A Needs You  
Laila Chair



*Our Chair for the first few months of our newly formed U3A was Barbara. When she handed over responsibility to Laila after our first AGM, she was presented with a beautiful rose bush. One year on the rose is blooming (as is our U3A).*

## **Regional News: East of England Urgent: Call for U3A Volunteers**

Jeff Carter our East of England Regional Trustee has made a request for more volunteers to assist in delivering 'workshops' to local U3As. No experience necessary as training will be provided and travelling expenses will be paid. Do you have experience as a 'trainer'? Are you keen to learn some new skills? Have you been a treasurer in a previous occupation or group? Do you have experience of policy development?

Please think about participating , it's a great opportunity to meet more U3A members from across the region while at the same time helping National U3A deliver training to established U3As that will be part of an ongoing development to ensure the future of all our U3As is secure.

Interested? Contact me on 01923 269388 or 07500008851 for more information and support.

## **Refreshment Rota**

October - Belly dancing and Board games.

November - Books and Bowls

December - Bridge and Cookery (Spanish)

# WOODSIDE STUDY GROUPS

## October 2018

American History. Contact Barbara Lewis on 01923 260410. Next meeting 22<sup>nd</sup> May at 10.00am at Barbara's house  
*Joint with SWH*

Art: Contact Sue Walters on 01923 682317. Thursday, Fortnightly 10-12am, at Tanners Wood Hall.

Badminton: Contact Susan Coultrup on 01923 334387. Wednesday, weekly, at Watford Leisure Centre.  
*This is a joint group with SWH*

Board Games: Contact June Dyer on 01923 265229. Meeting Monday afternoons. Monthly at members homes

Books: Contact Libby Crawford on 01923 247847. Meet every 6 weeks

Bowls ( Outside): Contact: Anne Howarth on 01923 673110. Started again 30<sup>th</sup> April 2018

Bridge: Now closed as all moved to Bridge Improvers.  
Any members wishing to learn could start a new group.

Bridge Improvers: Contact Judith Evans on 01923 260354 1<sup>st</sup> and 3<sup>rd</sup> Mondays at 1.30-4.30pm Asda Room 3  
*Joint Group with SWH*

Cookery (Spanish) Contact Carmen Copley on 01923 671003. Meeting every 3<sup>rd</sup> Thursday at 1.00pm at Carmen's Home.

Curry Group: Contact Anne Mitchell on 01923 671662. Thursday – times and venue vary.

Crafters: Contact Janet Perry on 01923 679844 or 07778056026. Meetings fortnightly on Monday evenings at 7.30 – 9.30pm. Venues differ

Creative Writing: Contact Anne Davison on 01923 269548. Monthly meetings 4<sup>th</sup> Tuesday at 11.00am

Cycling; Contact Derryck Croker on 01923 673719 as times to be arranged

Environmental Group. Contact Laila Namdarkhan on 01923 269388. Times and venues to be confirmed

Family History: Contact Bea Luffrum on 0771 1709039. Meeting monthly on the 1st Wednesday in the morning at members homes.

Flower Arrangement: Contact Jill Macey on 01923 221634. Meet monthly on a Friday at Asda Community Suite. *Joint Group with SWH*

Folk Dancing at All Saints Church Hall

Garden Visits and Outings: Contact Teresa Brunswick on 07712710811. Venue, days and time vary.

History: Contact Heather Lace on 01923 270584. Meeting monthly on the 1st Thursday at 2.00-4.00 at Asda Community Suite.

Language (French): Contact Heather Lace on 01923 270584. Fortnightly on Monday at 2.30pm at Members Houses.

Language (Spanish): Contact Carol Stanton on 01923 676471. 1<sup>st</sup> and 3<sup>rd</sup> Monday at St Hilda's Room, All Saints Church Hall at 1.30 to 2.30pm

Language (Spanish 2) Contact Alison Theobald on 01923 463573. Meeting every other Wednesday at 10am to 11am starting from the 20<sup>th</sup> June.

Line Dancing: Vera Pickering on 01923 269733. 1<sup>st</sup> and 3<sup>rd</sup> Mondays. 10.15 for line dancers and 11.15 for beginners.

*Joint Group with SWH*

Listening to Music: Contact Diane Reilly on 01923 261840. Meeting monthly on the 1<sup>st</sup> Tuesday afternoon at members homes

Local History: Contact Jan Taylor on 01923 262565 or 07725940453. Monthly 4<sup>th</sup> Monday

Lunch Group: Contact Joyce Gray on 01923 263213 or [rejoyce.gray@gmail.com](mailto:rejoyce.gray@gmail.com). Monthly 4<sup>th</sup> Wednesday. Venues vary

Philosophy – Contact Jeanne Johnson on 01923 263598

Meeting monthly 1<sup>st</sup> Monday 2.00-4.00pm  
*Joint Group with SWH*

Photography: Contact Ken Jones on 01923264855. Meeting monthly on the 2<sup>nd</sup> Monday at 2.0pm at members homes

Play Reading for Fun: Contact Derek Giles on 01923 270971. 4<sup>th</sup> Wednesday 10-12 at Asda

*Joint Group with SWH*

Science and Technology:  
*This group is due to restart very shortly*

Sing for Pleasure. Contact Ady Shaw on 01923 518021 meeting fortnightly on a Thursday at 9.30am until 11.00

Social Group: Contact Ken Emmons on 01923 672139 or email [kjemmons23@gmail.com](mailto:kjemmons23@gmail.com) 3<sup>rd</sup> Wednesday at 1.30pm at Watford Leisure Centre Cafe.

Table Tennis: Contact John Simpson on 07531 542605. Fortnightly at 10,00am until Noon at YMCA Haines Way

Trips by Coach  
Contact Martin Rodel on 01923 442417

Ukelele: Contact Trevor Boardman on 01923 244016. Meet 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Thursday and 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Wednesday at 2.00pm at Tesco Extra Watford Community Room.  
*Joint Group with SWH*

Whist: Contact Gwen Barker on 01923 510699 1st and 3<sup>rd</sup> Thursday 2pm-4pm  
*Joint Group with SWH*

Woodside & SWH Pathfinders. Contact Patrick Turner on 01923 263511 or 07954640263 for details of next meeting

Woodside & SWH Striders.  
Contact Patrick Turner on 01923 263511 or 07954640263 for details of next meeting

Woodside Strollers Contact Gloria Barber on 01923 462462 or mobile 07708020583. Meeting monthly 2<sup>nd</sup> Tues at 1pm.

Woodside Walk 5: Contact Derryck Croker on 01923 673719. Monthly morning meetings 2<sup>nd</sup> Wednesday

Quiz Group. Contact Sue Brown on 01923 661516 or 07812840047. Monthly quizzes - dates and times vary - held at Asda Community Suite.

## **Study Group News**

Our **Environmental Group** is now up and running.

A reminder about the **swimming group** at Watford Central Baths every Monday, Wednesday and Friday mornings between 8.30 and 10.00am. This group is available to U3A's in the Watford area.

I have received a few suggestions for new groups (forms in the study group table). One of them is a **model making group** and there are pictures of what can be achieved i.e. dolls furniture and train stations So if you have grandchildren this might be the group for you.

Also there are details of the proposed trip to **Lisbon** next year, leaving on the 30<sup>th</sup> September and returning on the 6<sup>th</sup> October 2019. Note for Leaders - Should the details of your group be shown incorrectly in the newsletter please let me know.

Bernice

Attendee at the October Committee meeting - Anita Guilis

## **One small step .....thoughts from a new member**

As I stood outside the church hall waiting to go in to a U3A monthly meeting, I couldn't help but think, will it be interesting, friendly and

fun? Suddenly, a lady smiled at me and introduced herself and we got chatting which made me feel at ease. The hall was buzzing with people signing up for coach trips, Christmas lunch and interest groups. I saw a stand in the middle of the room advertising new interest groups like folk dancing and others. As I walked around the room people were very friendly and welcoming and I couldn't help but notice a table with an abundance of delicious looking cakes cooked by members for the Macmillan coffee morning.

I took my seat and waited with anticipation. We had the pleasure of listening to a very interesting talk on Willow making delivered by an equally interesting speaker whose obvious passion radiated from the platform. Before the talk began, we were privileged to witness the auction of two beautiful quilts created by the crafting group, the money of which was donated to the Macmillan nurses.

In conclusion, I must say I didn't know what to expect, but I really enjoyed my relatively new experience as a U3A member, and will be seriously consider signing up for some of the group activities in the future.



Our **Macmillan Coffee Morning** raised an amazing £423.30 for this worthy charity.

Anne, who organised the event said 'I would like to thank all U3A members for the great response to the coffee morning held at last months meeting. The cakes baked were fantastic - thank to all the bakers. Many thanks to Heather for organising the raffle. Lastly a big thank you to the Craft Group for generously donating the 2 beautiful quilts. See photo below.



The generosity from Woodside U3A is really appreciated for this very worthy cause.



*Yummy cakes for sale*

Our **September speaker** was Sandra Barker with a talk entitled 'The Wonderful World of Willows'. She studied basket weaving for three years before becoming a Yeoman of Basket Makers, part of The Worshipful Company of Basketmakers (constituted in 1569).

She explained that weaving has been around since hunter-gather days for making containers to carry food (though some birds and fish were weaving nests long before this). Early settlers wove structures for shelter and animal pens; boats were constructed from woven reed (remember tales of the Kon-Tiki expedition in 1947 that crossed the Pacific Ocean); in Egypt rush woven coffins were made.



*Sandra with some of her basketry - see samples beneath the quilts.* Willow for basket making grows at 10' per year and needs 8 hours of boiling before it can be woven into very many different shapes.

### **Study Group news continued**

Heather Lace has recently taken over co-ordination of the **History study group**. She says 'We are trying to attract new members and have a greater variety of activities. As part of our study of the Georgian period we have an outside speaker coming to present a lively and light hearted session on the Highwayman Dick Turpin. This will be in the Community Room at Asda at 2pm on **Thursday 1st November**, and everyone is welcome. There is no charge for this, and refreshments will be provided.'

### **The next Walking Book Group**

meets tomorrow Wednesday 17th October at the Cafe Cha Cha in Cassiobury Park Watford at 10am. The main book is *Clock Dance* by Anne Tyler, but we have had a number of suggestions for further reading:

*The Girl Before* by J P Delaney

Any book by Val McDermot

*The Silence of the Girls* by Pat Barker

*The Heart's Invisible Furies* by John Boyne

*Ladder to the Sky* also by John Boyne

*The Crossing Places* which is the first in a series by Ellie Griffiths Libby

**New Creative Craft study group** is ready to run by Don Roberts. He says 'I would like to see a U3A group devoted to model making and miniature crafts. I imagine that it would be the kind of items that could be easily made on the table top, with easy to source materials and with minimum expenditure. I am very well aware that some models can be hugely expensive, especially railway layouts, model boats or flying scale model aircraft. But most of the models that I build are made from cardboard, paper and balsawood. These are static models or display miniatures.



As a retired precision engineer and a model maker for nearly all my life, I have acquired a mass of skills which I am pleased to pass on. I envisage miniatures ranging from model furniture & fittings for doll's houses to scale model railway layouts buildings or display; small musical boxes, or even constructing & painting from a plastic kit. The possibilities are endless and limited only by your

imagination! Most people are intrigued and delighted to see everyday items magically shrunk to Lilliputian size, and it is a very rewarding hobby as well as being creative and therapeutic.

Please sign up to the Model making study sheet if you would like to learn more or seek me out to discuss the subject in more depth.

### **A Poem by Sylvia**

#### **Autumn Spider**

With gossamer threads the industrious artisan created his deadly lair

Expertly weaving fine, silver filaments with lethal flair

Gaze in wonder as the sorcerer supreme now stands vigil in the October dawn

That tyrant - king of his domain awaits the unwary; his pitiful pawn Sylvia, Creative Writing Group

The **Spanish Cookery study group** meets at Carmen's kitchen where she demonstrates a Spanish dish helped by the group. They then share in the tasting. Cost about £3 per session for the cost of the food. See page 6 for details.

**Social Group** visit to Jordans Mill is now full. Joan

The **Winchester Christmas market** trip is also full. Martin

**Social Group 2019 programme** will be published in November.

On Monday 8<sup>th</sup> October the **Photographic Group** invited local professional photographer, Andy Sands, to make a presentation to their group. The evening was well attended and included photographs with an Autumn theme, such as some amazing close up photos of insects, small mammals, birds and fungi. We were taught a number of techniques for capturing these images and we are all keen now to put these techniques into practise. We were also given some help understanding the finer points of our own cameras and which are the best settings to use to obtain the best photographs. Hopefully, now we will not just switch our camera to automatic, point and shoot!



*Photography study group with Andy Sands (centre on the floor)*

Our next campaign will be to produce a 2019 calendar which will include one photograph from each member of the group. We are also planning our next photographic walk where we will be inviting a photographic judge to provide us with a critique of our photographs taken at the walk.

Ken

Now that Autumn is with us (and storm Callum is battling its way through my garden as I write this) let us remember the glorious summer we have had and some of the adventures we have shared with our new found friends. Jo



*Head gardener at Reveley Lodge, Bushey, explains how the garden is maintained.*



*The Garden Visits Group visited The Grove with a guided tour of the garden and were given an insight into the history of the house and gardens. Picture shows the walled garden and vegetable beds.*



*The Curry Group visited Hindu Temple at Neasden. Then after lunch in an Indian restaurant, stocked up on ingredients for future meals.*



*Visited on one of the hottest days this summer Views of Sissinghurst above and Merriment gardens below*



#### **WANTED:**

#### **NEWS & PHOTOGRAPHS**

suitable for publication please send to The Webmaster, Andrew Cummings at [andrew.cummingsu3a@btinternet.com](mailto:andrew.cummingsu3a@btinternet.com) for inclusion on the website <https://u3asites.org.uk/woodside>

#### **AND FOR THE NEWSLETTER**

**Copy date** for the November Issue of the Newsletter is 1<sup>st</sup> November.  
Send to Jo Bromwich, 01923 443758 or email [jo.bromwich@ntlworld.com](mailto:jo.bromwich@ntlworld.com)

#### **IMPORTANT CONTACT DETAILS**

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