

WOODSIDE U3A NEWSLETTER
FEBRUARY 2018

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

Here we are, already in February, with spring beginning to emerge with bobbing snowdrops and busy birds nesting. Though I was unable to attend the celebration of Woodside U3As First Birthday I hear a good time was had by all and Linda our vice chair with support from our committee did a sterling job in my absence for which I thank her and the committee.

On the topic of Celebrations and Commemorations 2018 is proving to be a bumper year. Firstly on February the 6th, nationally we honoured all those women, who tirelessly over 50yrs campaigned for a women's right to vote. On this date with the passing of the new Representation of the People's Act a hundred years ago. ALL men over 21 gained the vote, however only some women gained the franchise, as bold a step as that was deemed to be, the vast majority of British women had to wait a further 10 years in 1928 to achieve equality with men on the matter of the vote; other significant inequalities remained.

The end of WW1 in 1918 is also set to engage our attention. Many local history groups have been investigating and researching how the War that was meant to End all Wars impacted upon local people.

Searching archives and local records enabling stories to emerge that have hitherto been hidden. In Abbots Langley Parish a project entitled 'Back to the Front' has been running since 2014, it's work will culminate in year long events leading up to and incorporating Remembrance week-end.

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Laila, Chair

AGENDA FOR 20 FEBRUARY

9.30 MEMBERSHIP RENEWALS
STUDY GROUPS SIGN UPS & BOOK
SALES

10.00 BUSINESS MEETING

10.30 REFRESHMENTS

11.00 GUEST SPEAKER MERVYN

EDWARDS WITH A TALK ENTITLED
'POLICING ENVIRONMENT - THE
NEWBURY BYPASS'.

11.45 ROUND-UP AND CLOSE

AT OUR MEETING ON 20 MARCH OUR
SPEAKER WILL BE BRENDA
SOUTHORN WITH A TALK ON
GILBERT & SULLIVAN

YOUR COMMITTEE

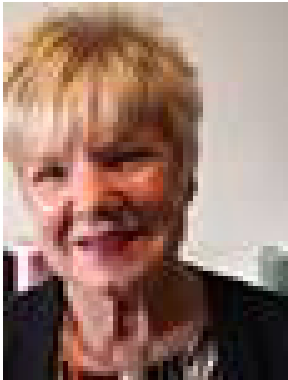


Linda Williams Vice Chair



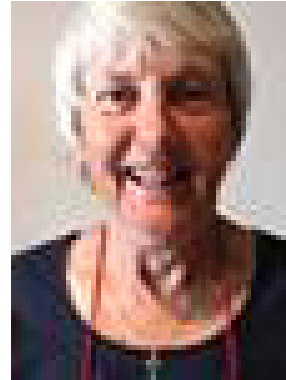
Ken Emmons

Social Secretary
01923 672139



Heather Newey Business

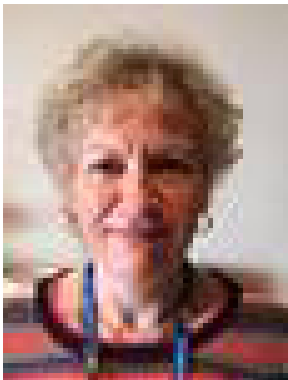
Secretary



Diane Howarth

Refreshments Organiser
01923 264474

dianehowarth47@gmail.com



Lesley Cummings

Membership Secretary
01923 681478

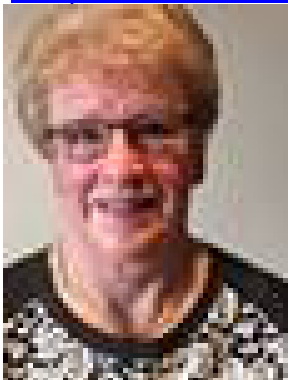
lesley.scoble@btinternet.com



Sheila Ramsamy Speaker

Secretary
01923 510207

ramsamysheila@gmail.com



Bernice Caffrey Study

Group Coordinator
01923 672359

caffreyba@gmail.co



Ken Appel

Treasurer
01923 672620

kenneth.appel@gmail.com

Continued from front page

I am wondering if there are any other such projects in and around Watford that will add to our knowledge of this tragic, brutal war. If you know any let me know. Gingerbread, known at that time as the National Council for the Unmarried Mother and Child, are also celebrating their hundredth anniversary. Formed in 1918 by Lettice Fisher, a former social worker and economist, in response to the fact that thousands of women were destitute with fatherless children to raise, with little or no support from the government. Her aims were quite stark, reform the Bastard Acts, get fathers to pay maintenance and address the high death rate amongst illegitimate children. Years of campaigning saw the end of the workhouses. In 1956, Lettice died; though her work was continued by others. In 1970 a new charity emerged named Gingerbread, lead by Tessa Fothergill that continues to challenge negative stereotypes today and gained further gravitas recently when it merged with the Council for Single Parent Families, with JK Rawlings as their President. Finally throughout the coming year we to will have various celebrations and commemoration of our own to share with family and friends, some public and others private. They are memorable and important moments and often bring new challenges and changes to our lives. Here within our Woodside U3A, there will be many more memorable moments shared by us all, in our study groups, trips and social events.

Much to remember and more to enjoy....so in keeping with our U3A motto 'Live, Learn, and Laugh. Here in February, in the words of Shakespeare "if it be winter, can spring be far behind'.

Laila Chair

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Refreshment Rota

20 Feb - LANGUAGE (SPANISH) and TABLE TENNIS

20 March - LUNCH GROUP and PHOTOGRAPHY

17 April - LISTENING TO MUSIC and LOCAL HISTORY

15 May - SCIENCE & TECHNOLOGY and SINGLES LUNCH GROUP

Committee meeting news

At the **committee meeting** on the 14th February, the committee were joined by Woodside member June Shailer. to observe how meetings were run and how decisions were made.

1. New Woodside U3A committee email contacts: that comply with data protection;- Chair@Woodsideu3a.org.uk
Membership@Woodsideu3a.org.uk
Studycoord@Woodsideu3a.org.uk

2. After committee consideration it was agreed not to have the August meeting for the following reasons :- The venue is not open in August and seeking another location was not an option. Secondly less members attend in August due to holiday and family commitment. We hope you agree with our decision.

3. Our first First Aid course that was agreed by the membership and committee will be held on 26th February 10-12pm run by St Johns Ambulance. There will be huddle of the 10n identified volunteers during the coffee break at this months general meeting.

4. Membership stands at 211

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5. Woodside U3A February committee meeting news.

This month's Woodside U3A committee meeting was our busiest yet. Decisions and plans were agreed on the following important issues:-

A. Membership RENEWALS will begin at the March meeting, all renewals must be completed by the our June AGM. The committee have agreed the use of the new Renewal and Membership formats that now comply with the new Data Protection Act being enforced in May 2018. We request all renewals be made by cheque as best financial practice, where possible. '

B. Third Age Trust : Holding and Extra Ordinary AGM on the 20th March to adopt the new objective clause as notified to members in the January Newsletter. This process will then move onto each U3A to adopt and ratify the new single clause. Two members of our committee Linda Williams and Lesley Cummings will attend to vote on our behalf.

C. A small committee as be set up to prepare for and organise our own AGM to ensure we are ready for the June meeting. All committee members and Chairs are willing to continue their 3 year tenure as per the constitution but we are aware that Succession must be planned for to ensure that our new U3A continues to develop and thrive. If any members are interested in shadowing current post please make Laila aware of your interest.
Laila

**JANUARY GENERAL MEETING
OUR FIRST ANNIVERSARY** - was celebrated with balloons and cake.



The meeting was run by our Vice Chair, Linda who, though it was her first time in the chair, ran the meeting smoothly.



Linda cutting the cake with some of the committee.

Our speakers, not one but three (plus one outside!) were firefighters from Green Watch, Garston Fire Station.



Chris, Watch Commander, Barry (centre) and Duncan arrived in their Fire Engine and said at the start that if they had an emergency call that they would leave us and return to duties.

Barry explained there were fewer property fires due to fire safety, in particular smoke detectors. Most

household fires were started by cooking, smoking, faulty electrical goods and candles. T-lights are especially dangerous as the metal holder gets very hot and can cause fire by melting the the surface they are sitting on. It is important to keep flames away from windows, curtains and children & don't leave the room if flames are still alight. If an oil/chip pan fire occurs don't use water. Close the door and call the fire brigade. Doors into a kitchen are a good way to prevent the spread of fire. Also in the kitchen, a build up of fat and grease within the hob and oven can also catch fire.



They recommended that each household has an escape plan, which is important at night. Everyone including visitors should be told what to do. Keep a phone or mobile in the bedroom so the fire brigade can be called if you can't leave the room. Modern doors give 30 minutes delay to the spread of fire. If trapped in a room and you can't get out of the windows, keep windows open to ensure fresh air. They also recommended **never** to leave the house or go to bed with the dishwasher, washing machine, tumble dryer on. Electrical appliance fires are common - only use of you are going to be around. Window and door locks are good for security but make sure the key is handy (and out of sight of burglars) in case you need a quick escape. Keep doors closed as this helps isolate fires. Remember that smoke can create damage parts of your home beyond the actual fire requiring new carpets, curtains, furniture etc.

Testing alarms monthly and electrical fuse boards regularly is important - modern alarms can tell the difference between burnt toast and a real fire. A carbon monoxide detector is especially import if you have old gas appliances and they only cost £10- £20. Modern detectors combine fire and carbon monoxide in one unit. Technology has moved on and those with visual or hearing problems can have vibrating alarms or flashing light alarms.



After their talk, Chris, Barry and Duncan chatted to our members answering many questions.

After the meeting, members were invited to donate money for the Firefighters' Charity and I'm pleased to say we raised nearly £85 - well done all.

If you would like a FREE Safe & Well Visit by our local fire and rescue service please call 0300 123 4046 or visit www.hertfordshire.gov.uk/fire.



The final member of the Green Watch team, Don with Sheila, our speaker secretary in front of their fire engine.

WOODSIDE STUDY GROUPS

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.

Ballroom Dancing: Contact Vera Pickering on 01923 269733. 2nd and 4th Mondays, 2-4pm
Joint Group with SWH

Board Games: Contact June Dyer on 01923 265229. Meet 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. This group starts again in May.

Bridge: Contact Anita Gullis on 07983 606049. Monthly on the 1st Wednesday at 2.00 to 4.30p at Asda Community Hall, The Dome, Watford

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

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 4th Tuesday at 11.00am

Cycling: Contact Derryck Croker on 01923 673719

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*

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

History: Contact Alison Williams on 01923 679819. Meeting monthly on the 4th Thursday at 2.30-4.30 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. 1st and 3rd Monday at St Hilda's Room, All Saints Church Hall at 1.30 to 2.30pm

Line Dancing: Vera Pickering on 01923 269733.
1st and 3rd 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 1st
Tuesday afternoon at members homes

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

Lunch Group: Contact Joyce Gray on 01923
263213 or rejoyce.gray@gmail.com. Monthly
4th Wednesday. Venues vary

Philosophy - Contact Jeanne Johnson on 01923
263598
Meeting monthly 1st Monday 2.00-4.00pm
Joint Group with SWH

Photography: Contact Ken Jones on 01923
264855. Meeting monthly on the 2nd Monday at
2.0pm at members homes

Play Reading for Fun: Contact Derek Giles on
01923 270971. 4th Wednesday 10-12 at Asda
Joint Group with SWH

Science and Technology: Contact Elizabeth
Gradkowska on 01923 239829. Meeting 2nd
Tuesday at 10.30am.

Singles Lunch Group: Contact John Lane on
01923 672479.
Meet 1st Tuesday of the month.

Social Group: Contact Ken Emmons on 01923
672139 or email kjemmons23@gmail.com 3rd
Wednesday at 1.30pm at Watford Leisure
Centre Cafe.

Table Tennis: Contact John Simpson on 07531
542605. Fortnightly. YMCA Haines Way

Coach Trips: Contact Martin Rodel on 01923
442417

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

Whist: Contact Gwen Barker on 01923
510699 1st and 3rd Wednesday 2pm-4pm
Joint Group with SWH

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

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

Quiz Group. Contact Sue Brown on 01923
661516 or 07812840047. Monthly meetings at
a local hostelry to join in quiz as a team(s).

STUDY GROUP NEWS

On Wednesday 24th January, twenty of our Study Group Leaders attended a **Group Leaders** meeting. Those groups not represented were on the whole joint groups with South West Herts.

Among the items discussed were best practice ie keeping a record of attendees to and any money collected. We also brought to their attention the need to take "reasonable" care with regard to health and safety.

We heard how the groups were getting on and their plans for the future.

We also spoke about joint groups. Should any member wish to join a group run by South West Herts they should approach our Study Group Co-ordinator who will in turn contact the Study Group Co-ordinator for South West Herts to ascertain that they have places and are agreeable to making the group joint. Only then can our members join.

Bernice

-£1 issue

-Woodside U3A take priority on trips
-Spare places offered to other U3As must be endorsed between Chairs of both U3As then advertised.

-Only members booked and listed by the organiser may take the trip. Those who turn up without booking cannot expect to participate and the trip organiser must ensure this is made clear in their advertising.

-Non U3A members may not participate on trips even where there are spare places. They are not covered by U3A Insurance. This applies to 'guests' who may only attend one general meeting, thereafter need to sign up as per Woodside policy.

-As far as possible all payments to Woodside U3A must be made by cheque to reduce the need for group leaders and

the treasurer from holding cash until it can be banked.

-Limit of £100 is set for group leaders to hold in cash which must be accounted for and becomes at all times remains the funds of Woodside U3A as per TAT Financial Policy.

Laila

The **Curry Group** provided some of the refreshments at our December meeting which included delicious pakoras.



Tina cooking the tasty treats.

Tina's Pakora recipe,

1 cup Chickpea flour (Gram flour)

1 teaspoon Salt

1/4 teaspoon Baking Soda

1 teaspoon Cumin seeds

1 teaspoon Garam Masala

1 Onion chopped

Any vegetables you have available for example: Courgette, Peppers, Mushrooms, Cauliflower etc.

You can use practically any veg in this dish.

Spinach - this must be dry not wet and chopped finely

Oil for frying

Chilled water

Make a batter using flour, salt & baking powder; add chilled water to form a batter (thick enough to coat the vegetables). Leave to one side. Heat oil in a large saucepan or wok. Chop all the vegetables; add Cumin seeds, Garam Masala & chopped spinach. Mix together. Take a spoonful of the vegetable mixture and press together, then dip into the batter mix. Drop each Pakora into hot oil and fry until golden brown.

These are best eaten when warm but can be used cold as well.

**A Poem by Sylvia
From the Creative Writing Group**

If the Mirror Could Talk

Oh no, who is that old woman looking at me?
I'm sure I know that elderly face
Why is she peering as if she can't see?
Move back, why don't you? Give me some space!

Oh no, she's spreading cream on her wrinkles just so
And now she is combing that old-person's hair
I don't want to see any more, please go
Move back you fool. Why do you stare?

Oh no, she's puckering her lips up tight
Does she think she suits lipstick of ruby red?
Heavens, she's leaning in closer to see in the light
Move back, old lady. Did you hear what I said?

Oh no, she's dabbing blusher on thread-veined cheeks
And next mascara on pale, rheumy eyes
Is it to recapture her youth she seeks?
Move back. Don't you know that I never tell lies?

Oh no, she's put a gold chain around that crinkly neck
Then she smiles at me while I gaze back at her
Now that she's finished, on go her specs
Move back. Keep your illusions while it's all still a blur
Sylvia



U3A OAP Groupies with 'The King' at Elvis Concert

The **Walking Book Group's** next walk is on March 28th at 10am starting from the car park beside the church in Chipperfield. The book chosen by Pam is 'Anatomy of a Scandal' by Sarah Vaughan.

A second book suggested is 'A Far Cry from Kensington' by Muriel Spark. Hope you can all make it on 28th, if you need to contact me for any reason my mobile number is 07719 582545 and my home number is 01923 247847.
Libby



The Crafters Study Group with their amazing collection of tea cosies - remember they are selling tombola tickets at £2 each for a chance to win - all proceeds will be donated to the Dementia society

STUDY GROUP NEWS continued

Science & Technology Group

Just a short announcement to let you know, that our Science and Technology group will suspend it's activities for a few months and that we are hoping to resume our meetings sometime later in the year.

Elizabeth

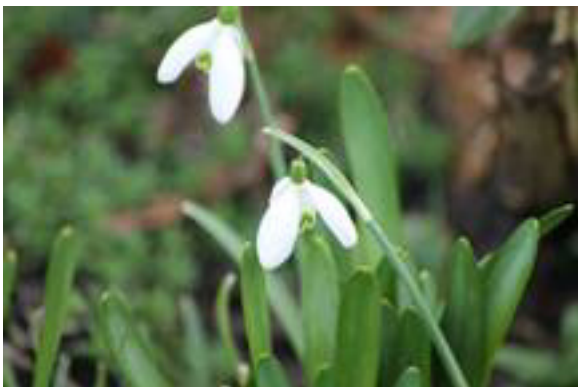
PHOTOGRAPHY STUDY GROUP

Are you interested in photography? If so, why not join our group which meets on the second Monday of each month at members homes. The next meeting will be on Monday 12th March. The activities for the group include :

- Trips out to local places of interest to take photographs and then to discuss the merits of these at the next meeting
- Trips out to local photography exhibitions
- Talks by photographic experts

We invite new members to join us so, if interested please add your name to the list at the next monthly meeting or contact me at :

Ken Jones



Photograph of Snowdrops by our Study Group



One part of the USA way of working is by learning from each other. Here Barbara shows one of her decorated eggs. The ostrich egg is hinged revealing a highly decorated interior. The eggs she uses are huge - see the table. Barbara will be running a workshop to show other members how these 'works of art' are made.

Listening to Music Study Group

Meeting monthly on the 1st Tuesday in the afternoon, we are looking for more like-minded members, who enjoy a wide range of music from pop, folk, jazz to classical.

Each session has a theme and members bring along a chosen track to suit the theme. These have included guitar music, Spanish music and the February session will be duets.

We like to go to concerts and in August, we went to a Prom Concert at the Cadogan Hall. For details contact Diane

STUDY GROUP NEWS continued

If your New Year's resolution was to get fit then why not join our **Badminton Group**. Run by Susan Coultrup, the group meet weekly at Woodside Leisure Centre on Wednesday's at 2pm. The mixed doubles match that I watched was fast and furious.



Sorry for the blurred photo as everyone was moving too fast for my camera. Seen on the left, Pam and Ken joined our U3A group the day before this match took place! Jo



Time to chill out between matches.



Contact Susan, playing in white t-shirt, if you are interested in joining. Details on page 6.



Above The social group meeting to discuss their summer programme - all were so busy with U3A and other social activities it was difficult to find dates to suit all.

Spread the word that the U3A can help prevent isolation and encourage new friendships later in life.

Cat on a Hot Tin Roof 20th Feb 7pm

Vue cinema Garston Live link

6 tickets @ £18.80 left

anyone would like to join us.

Gloria Keaveny

[gloria.keaveny@outlook.com]

Evening trip

To the Bayfordbury Astronomical Observatory near Hatfield on Thursday 22 March. There are several very large telescopes to view the galaxy, and is a guided tour of about two hours.

Car sharing, we leave Vue cinema car park at 6.15pm. Cost £9 per person.

See Ken Emmons for information.



U3A bowling team resting after an afternoon of fun!

**Woodside U3A
OUT & ABOUT**

Wednesday 9th May

Take a trip back in time to

The bluebell railway and

**See the carpets of Bluebells as you
travel the line**

Travel and rail trip (1hour 45 mins) costs
tba as awaiting coach costs.

Martin, trip organiser, says ' we will have
ample time to purchase refreshments at
Sheffield Park or on the train or at the
Bessemer Arms (for something a little
stronger!) We will also have time to visit
the Museum on platform 2 telling the
story of the Bluebell Railway with many
artifacts.

Depart The Brow Bus stop 9.00am

Return approx. 6.30pm

Please make cheques payable to:
Woodside U3A

Contact Martin on 01923 442417 or
07855 666 900

For more details.

DATES FOR YOUR DIARY

Please make contact with Woodside or
other U3A groups before turning up to
ensure that they have spare places. Some
group visits may have a limit on numbers
so contact group leaders on the STUDY
GROUP Page before the event.

FEBRUARY

20th - Tuesday - GENERAL MEETING

22nd February - A reminder to Garden

Group members to meet at Woodside
Leisure Centre at 10am for the Benington
Lordship trip.

27TH - Tuesday - SOCIAL GROUP VISIT
TO SCREEN HERITAGE TRAIL.

MARCH 2018

20TH Tuesday - GENERAL MEETING

Monday 5th March: Garden Group planning
meeting at The Garston Spiritualist
Church, First Avenue, starting at 2pm.

WANTED:

NEWS & PHOTOGRAPHS

If Study Group Leaders or Woodside U3A
members have any information about
events or photographs suitable for
publication please send to The
Webmaster, Andrew Cummings at
andrew.cummingsu3a@btinternet.com for
inclusion on the website
<https://u3asites.org.uk/woodside>

AND FOR THE NEWSLETTER

Send to Jo Bromwich, 01923 443758 or
email jo.bromwich@ntlworld.com

Copy date for the March Issue of the
Newsletter is 6th March.

Or the 1st Tuesday of any month (two
weeks before the General Meeting)

We are looking forward to receiving your
news.

IMPORTANT CONTACT DETAILS

chair@woodsideu3a.org.uk

membership@woodsideu3a.org.uk

webmaster@woodsideu3a.org.uk

newsletter@woodsideu3a.org.uk

If you are unable to attend our Tuesday
General Meetings, our monthly
newsletter is now available in full on line
- see newsletter address above.