



WOODSIDE U3A NEWSLETTER FEBRUARY 2023  
MEETING AT THE STANBOROUGH CENTRE WATFORD

<https://u3asites.org.uk/woodside>

Charity Reg.: 1182140



Hi Everyone

It's February and I hope you're staying warm . February is the shortest month of the year and during this month we celebrate Valentine's Day. It's not just for lovers of course, but a time to show how much we care about one another. In the u3a our ethos is to Learn, Laugh and Live but I think we should add Love - not the amorous description but as in love to take part, love to go out and mix with friends and love to participate in groups, outings and events. So, if you love playing table tennis, love playing chess, love line dancing, love learning a language, these are just a few of our groups you can join.

Our speaker in January was very interesting- Stuart Nagler was a magistrate for 30 years and spoke of policing in Hertfordshire. He gave us a good insight into how the police deal with crime in our county.

In February Joanne Fogel will talk about British traditional Feasts and Seasons.

We'd love to see you at our *General Meetings*.

Barbara Elman  
Chair

**Agenda** for our February general meeting: Doors open 9.30am, notices 10.00am, refreshments/huddles 10.15am, speaker Joanna Bogel and depart 12 noon.

**YOUR COMMITTEE**



**BERNICE CAFFREY  
VICE CHAIR & INTEREST  
GROUP COORDINATOR**



**LINDA WILLIAMS  
COMMITTEE MEMBER**



**JOYCE GRAY  
PUBLICITY**



**ALISON THEOBALD  
TREASURER**



**HEATHER LACE  
SAFEGUARDING &  
EQUALITY**



**KEN COTTON  
COMMITTEE MEMBER**



**LESLEY CUMMINGS  
MEMBERSHIP SECRETARY**



**KEN EMMONS  
SOCIAL SECRETARY**



**LOUISE SMITH  
Speakers Secretary**

Please see back page for contact details of the committee, webmaster and newsletter editor

## Interest Group News

Art.	Contact: Sue Walters on 07989 250483, Group meets fortnightly 10-12am at Tanners Wood Hall
Badminton	Contact: Susan Coultrup on 01923 334387. Group meets weekly on Wednesday at Watford Leisure Centre (this is a joint group with SWH)
Books	Contact: Libby Crawford on 01923 247847. Group meet every 3rd Wednesday at 10.30am
Bridge Improvers	Contact: Judith Evans on 01923 260354 or 07960 642651. Group meets 1st and 3rd Mondays at 1.30 - 4.30 at Asda Room 3 (this is a joint group with SWH)
Bus Pass Travel	Group to meet monthly on a Wednesday or Thursday. Group leader required.
Canasta	Contact: Denise Branton on 07786 391534. Group meets 3rd Tuesday of the month at Asda Community Suite at 2.00pm
Chess	Contact: Barbara Elman on 07833996358. This group meets monthly at members' homes.
Craft:	Contact: Jo Bromwich on 01923 443758. This group meets on the 4th Wednesday of the month at Abbots Langley Cricket Club at 10 until 12 noon. Next meeting 22 February.
Drama	Contact: Carol Stanton at <a href="mailto:carolstanton225@gmail.com">carolstanton225@gmail.com</a> . This group meets on a Tuesday at Asda Community Suite, 10.00am until 11.30am.
Family History	Contact: Bea Luffrum on 07711709039. Group meets monthly on the 1st Wednesday morning at members houses (this is a joint group with SWH).
French.	Contact: Heather Lace on 07951937064. Group meets fortnightly on a Monday at 2.30p at members houses
Garden Visits	Contact: Teresa Brunswick on 07712710811. Watch out for news of visits at the General Meeting. We currently have three visits on offer.
Line Dancing	Contact: Judy Lovell on 01923 893368. Group meets 1st and 3rd Mondays. First session 10.15am. Second sessions 11.15am (this is a joint group with SWH)
Listening to Music.	Contact: Diane Reilly on 01923 261840. Group meets monthly 1st Tuesday afternoons at members homes
Lunch Group	Contact: Joyce Gray on 01923 263213 or <a href="mailto:rejoyce.gray@gmail.com">rejoyce.gray@gmail.com</a> . Monthly. Days and Venue vary
Mexican Train	Contact: Bernice Caffrey on 01923 672359. Group meets every 4 weeks on a Thursday at 2.00pm.
Pathfinders	Contact: Patrick Turner on 0923 263511 or 7954640263 for details of next meeting (this is a joint group with SWH)
Philosophy	Contact: Jeanne Johnson on 01923 263598. Group meets monthly on 1st Monday 2.00-4.00pm. (this is a joint group with SWH)
Photography	Contact: Ken Jones on 01923 264855. Group meets 2nd Monday at 2.00pm at members homes
Play Reading for Fun	Contact: Derek Giles on 01923 270971. Group meets 1st Monday 10.00-12.00am at Asda (this is a joint group with SWH)
Spanish 1	Contact: Sue Brown on 01923 661516. Group meets fortnightly on Friday at 11.00 - 12.00am at the Royal Oak, Abbots Langley
Sewing	Contact: Tina Photi on 07427866825. Group meets Wednesday at 10.00-12.00am at Tina's home
Sequence Dancing	Contact: Janet Moles on 07835 260967 All Saints Church Hall from 2.00pm until 4.00pm

Sign Language	Contact: Sue Hickson on 07958669311. Group meets the 2nd and 4th Friday of the month at Asda Community Suite between 2.00pm and 3.30pm.
Singing for Pleasure	Contact: Ady Shaw on 01923 518021. Group meets fortnightly on Thursday at 10.00am -11.30am at Asda
Social Group	Contact: Joan Gillett <a href="mailto:jgillett43@gmail.com">jgillett43@gmail.com</a> .
Table Tennis	Contact: John Simpson on 07531 542605. Group meets fortnightly at 10.00-12.00am at the YMCA Haines Way
Trips	Contact: Martin Rodel on 01923 442417. Available trips advertised at General Meetings
Ukulele	Contact: Trevor Boardman on 01923 244016. Group meets 1st, 3rd and 5th Thursday and 2nd, 4th and 5th Wednesday at 2.00pm at Tesco Extra Community Room (this is a joint group with SWH)
Weekenders	Contact: Teresa Brunswick on 07712710811. Watch out for news of visits at the General Meeting.
Woodside Walk Five	Contact: Derryck Croker on 01923 673719 for details of next meeting. Group meets monthly on the 2nd Wednesday.
Quiz	Contact: Glen Price on 07787155461 meeting at YMCA Haines Way at 7.00pm on the third Thursday of the month.

## Interest Groups News

On the 18th January an Interest Group Leaders meeting was held at Asda Community Suite. Twenty plus groups were represented and we talked about how the groups were progressing and how we could encourage more members to join. Several groups would like more members to join them and these are Chess, Craft, Photograph, Mexican Train and Table Tennis. Singing would also welcome more singers in particular bass, baritone and tenor.

We are also endeavouring to have a Local Theatre Group as many of you have shown interest in this. I sent an email to those of you who provided an email address, however, some members only left telephone number and I will try to contact these. The aim of the email was to ascertain a day of the week we could all meet to discuss. I will keep you posted.

As always if you have any ideas for new groups please let me know.

Bernice Caffrey

Interest Group Coordinator

## Singing for Pleasure

Singing for Pleasure has gone from strength to strength, venue to venue and covered a wide range of songs!! We are always open to increasing our membership, especially men to help us balance the vocal range. You may have noticed Steve and Ady, sometimes duetting, sometimes solo, but always part of the group. We are a democratically run group and endeavour to select songs that fit our various styles and voices, and enjoy mixing it up.

There's a lot of laughter as we practice, we know the notes just not necessarily in the right order sometimes as the saying goes, but we give each other great encouragement and always leave feeling much lighter in spirit and mood. Singing is really good for that feel good factor. We meet fortnightly on a Thursday morning 10-11.30 at Asda, no fees and free parking!!! If you would be interested in becoming part of our group please contact Ady on 01923 518021 who is more than happy to encourage you further!!!

If you want to join us and give it a go our next session is this Thursday 23rd February.

Val

### **Craft Group**

Ten members of the group met for the first time for a workshop and made stitched cards using a template and embroidery threads. The picture was then mounted onto black card and then onto a white greetings card.



*A very relaxing morning spent stitching Pushpa with her almost finished card... and a finished card. Next craft meeting 22 February.*

### **Sign Language Group**



I'd like to introduce you to our Sign Language group, we've been meeting since September every 2nd and 4th Friday of the month at the Asda Community Suite between 2 and 3.30pm. Liz our tutor, very kindly gives up her time to teach us British Sign Language (BSL) in a really fun and informative way. We've learnt

the alphabet, numbers, how to spell our names, buy items in a supermarket and order food at a restaurant. Before Christmas we even learnt how to sign 'We Wish You A Merry Christmas' - we were all really pleased with ourselves. It really is fun and if you feel you'd like to join us then contact Sue Hickson who can give you the dates of our next meeting ( see Sue's contact details above).

We're also hoping that you'll soon meet Liz along with her hearing dog Rufus, as Louise is in touch with her to come along to one of our general meetings as a speaker.

Alison

### **Bus Pass Group**

The Bus Pass Group met last Tuesday for their second outing. After parking behind the Stanborough Centre, it was only a walk of a few yards to the bus stop and the 321 bus. Our journey took us through Garston, Chiswell Green and on to St Albans city centre through thick fog.

We first visited the Clock Tower completed by 1405. It is the only surviving medieval town belfry in England and on some days of the year is open to the public to climb the 93 steps to the top.



*John, our tour leader for the day outside the Clock tower*

The fog was lifting as we made our way to the Abbey and the place where Britain's first saint was buried over 1700 years ago. This is the 'Watching Loft' (right) where medieval monks watched over his shrine and treasures. Built in 1406 it is the only surviving wooden loft used to spy on pilgrims to ensure nothing was stolen.



In 2020 the shrine of St Amphibalus (left) was restored after Henry VIII had it destroyed. The Royal School of Needlework embroidered the canopy. One of the stone masons restoring the shrine during lockdown included a gargoyle wearing a mask!



In 2020 the shrine of St Amphibalus (left) was restored after Henry VIII had it destroyed. The Royal School of Needlework embroidered the canopy. One of the stone masons restoring the shrine during lockdown included a gargoyle wearing a mask!

## January General Meeting

Our speaker for January was Stuart Nagler and his topic was Policing, Crime and Justice.

Stuart's working life, apart from accountancy, included Special Constable, Chair of the Police Authority, working in the Police Commission and as a Magistrate for thirty years, for which he was unpaid.

He said we don't have as many police stations as formerly, but we have a station in each district manned by neighbourhood policing teams and we are soon to have a new police station.



*Stuart with Barbara*

He said there is a perception that we have fewer officers, but in fact we have more than we've ever had, with three hundred and fifty new officers, due to the recent government recruitment scheme. We see them less because the nature of crime is changing due to cyber-crime, scamming, hate crime etc. Herts is a low crime county with eighty thousand crimes per year.

Stuart told us that there are far more mobile criminals and that crime is often fuelled by wanting more material things and addiction.

He said that burglary is down, but theft of catalytic converters from cars, missing persons (a priority if the person is vulnerable), domestic abuse, sexting and stalking are increasing; the nature of crime is changing. He also reassured us that murders are rare, as is terrorism.

He felt, from his experience as a magistrate, that many leave court feeling they haven't received justice and that the system needs overhauling. Due to covid and other pressures a case can take three years to come to the Crown Court.

Magistrates Courts deal with ninety-five per cent of crime, and punishments include fines, community service and time in prison.

Stuart is a very charismatic speaker, interesting and is still serving his community, much of it for free, except for his time.

Louise

### **General Meeting talks this season**

21 February - Britain's Traditional Feasts And Seasons given by Joanna Bogel

21 March - A Career As A Choreographer, In Musicals and As A Model by George Rutland

18 April - Modern Drugs Derived From Plants by Frances Watkins

### **Refreshment Rota**

February- Family History and French.

March - Garden Visits and Listening to Music

April - Lunch Group and Mexican Train

### **WANTED: NEWS & PHOTOGRAPHS**

suitable for publication please send to

The Webmaster, Andrew Cummings at

[andrew.cummingsu3a@btinternet.com](mailto:andrew.cummingsu3a@btinternet.com)

The newsletter is available online at

<https://u3asites.org.uk/woodside>

### **AND FOR THE NEWSLETTER**

**Copy date for the JANUARY Issue is**

**2<sup>ND</sup> JANUARY 2023**

Send to Jo Bromwich, 01923 443758 or

email [jo.bromwich@ntlworld.com](mailto:jo.bromwich@ntlworld.com)

### **IMPORTANT CONTACT DETAILS**

[webmaster@woodsideu3a.org.uk](mailto:webmaster@woodsideu3a.org.uk)

[newsletter@woodsideu3a.org.uk](mailto:newsletter@woodsideu3a.org.uk)

ANY ARTICLES RECEIVED AFTER THE

COPYDATE MAY NOT BE INCLUDED

So our u3a can be as environmentally friendly as possible, you are invited to bring your own mug to our monthly general meetings. These are easier to drink from and will save using paper cups.

#### **The committee contact details:**

Barbara Elman, Chair - [chair@woodsideu3a.org.uk](mailto:chair@woodsideu3a.org.uk)

Bernice Caffrey, Vice Chair & Interest Group  
Coordinator - 01923 672359 [caffreyba@gmail.com](mailto:caffreyba@gmail.com)

Linda Williams, - no contact details

Alison Theobald, Treasurer - [a.theobald@sky.com](mailto:a.theobald@sky.com)

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