

WOODSIDE U3A NEWSLETTER FOR FEBRUARY 2021
MEETING ONLINE UNTIL FURTHER NOTICE

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

Charity Reg.: 1182140



Hi Everyone,

It was good to see so many of you at our January General Meeting via Zoom and I hope those members who attended enjoyed my comedy monologues. I'm pleased to say that our Facebook page has climbed to 39 members too. These are the virtual times we are in for the foreseeable future. When I became Chair I had no idea I would be steering our group via technology for such a long time. I so want to meet you all and chat face to face. Maybe when we've all had our vaccinations (part 1 and part 2) we can look at arranging live meetings again. Though that looks an unlikely prospect before the autumn at this point in time whilst we are in lockdown.

U3a news is thin on the ground. I do receive newsletters from National Office (their team are all working from home). The Herts Network send jokes and puzzles regularly and there are opportunities to join Zoom meetings. I understand there is a Zoom Cluster Meeting coming up (groups who meet in the local area) -2 members of the Committee will log in to represent Woodside.

Our February meeting will be on Tuesday 16 February via Zoom. There will be a 15 minute talk by Jan and Don Roberts on The History of Cassiobury House, followed by a short quiz organised by Sue Brown.

We continue into the New Year with days growing a little longer, and though the weather is still inclement we can look forward to spring with hope for a better life.

Stay safe and well
Barbara Elman
Chair

Our speaker for Tuesday 16 March is Dr Sue Stuart-Smith, a local psychiatrist and psychotherapist. The Well Gardened Mind - Combining contemporary neuroscience, psychoanalysis and compelling real-life stories, this illustrated talk investigates the remarkable effects of nature on our health and wellbeing and teaches us how vital gardening can be, both as an escape for the brain and to help our minds through movement as well as thought. Important ideas during lockdown.

Woodside u3a General Meeting February

Here we are again. Still in lockdown but at least the days are getting longer and, for the moment at least, the sun is shining. Many of you will at least have had your first vaccination by now and we can at last be able to hope that this pandemic will eventually end.

Until then our general meetings continue on Zoom, and as we have now subscribed to the professional version, we won't have the hassle of logging in again part way through the meeting.

So the next General Meeting is on Tuesday February 16th 2021 at 10.00am. Our guest speaker is Don Roberts who will be talking about Cassiobury House.

Sue Brown has also kindly set a short quiz so make sure you have a pen and paper handy.

You can access the meeting by clicking on the link in my email sent 11 February at 5pm (ish) OR as always if you have a problem with the link you can join the meeting by entering the ID number and Passcode below

Meeting ID 980 8691 7402

Passcode 271472

Looking forward to seeing you all.

Best wishes and stay safe and well

Lesley

Notice from u3a National Office 27/1/21 - reinforcing no meeting up even after vaccinations

On this matter, the policy guidance for the movement from the Trust will follow UK-wide government advice as well as the expert public health guidance of each of the nation's governments (England, Northern Ireland, Scotland and Wales and the Crown dependencies). Currently all nations are in lockdown so no face to face activity is permitted.

The following message was sent via the Woodside U3A Web Site. Please reply to Hannah Alexander <hannah@kinglearprizes.org>.

"Dear Woodside U3A,

I'm writing on behalf of King Lear Prizes, the national creative arts competition for older people during the COVID-19 pandemic. I wanted to inform you about the latest round of the competition, which has just opened to entries, and is running from January to 19th March 2021.

Your U3A members may be interested in hearing about the competition, which is specifically for amateurs and beginners who are over the age of 65. You will know better than me which of your groups might be interested!

The competition accepts entries in poetry, real stories (short stories from people's lives), art and musical performance, and there are over £2,000 of prizes on offer. The winners will be picked by our panel of expert judges including Gyles Brandreth, Kate Malone, Julian Lloyd Webber and Mary Jean Chan.

Our website gives more information about the competition and the organisation which runs it!
<https://www.kinglearprizes.org.uk>.

If you think some of your members would be interested in taking part, please feel free to share this information with them. It's a great creative project for people to get stuck into particularly during this lockdown, and it's an opportunity for your members to improve their creative skills.

Would you consider sharing news of the competition with some or all of your members please? If there is another person on your U3A Committee who is more appropriate, please feel free to send me in their direction also!

If you require any more information, please don't hesitate to ask. All our very best wishes,

Yours sincerely,
Hannah Alexander"

Virtual Tour of the World Woodside collaboration

Val says:

'Well hopefully a much better feeling amongst us all as the Covid vaccines are rolled out apace. I'm sure many of us have now been jabbed at least once, with many having received their second. Despite being advised social distancing may continue for most, if not all, of this year, at least we can start to feel there is a measure of protection being achieved and a hope that some socialising can begin. Thanks to social media, face masks and social distancing I've been able to maintain some kind of contact with many people, and meet face to face with a couple of friends.

Looking forward I've been wracking my brain to think of a way that Woodside u3a can continue the fantastic community spirit we have developed over the last four years and want to share an idea that I'm hoping everyone can participate in by contributing to a virtual Tour of the World.

We can travel around the globe, country by country, with each Interest Group contributing to the visit by virtue of presenting some information relating to the subject of their group. So get your virtual passport out, pack your virtual suitcase, and let's book our tickets.

For instance if we arrived in Iceland the language groups could explore the national language and its history, and perhaps share with us a phrase or two in that language to help us as a tourist - 'where is the best view of the glaciers?', 'where can I buy some thicker socks?'. More importantly how to order a drink - be that wine, beer, tea, coffee or a hot chocolate!!!

The curry group could explore the national dishes and tell us what they are, perhaps include some recipes. Also local or national drinks.

The singing group could investigate anything relating to the country's music - famous person(s), songs etc, national anthem.

The art group can talk about artists or famous paintings.

The Social group could tell us about tourist destinations, famous land marks etc. Perhaps the national flag.

Environmental and Garden groups tell us about something relating to them - geography of the land, products grown, climate. Plants, vegetables and fruit

History can talk about any significant event or tell us about the people or development of the country. Culture is so important.

Antiques group can look at what the country produces etc artefacts, gem stones, art work.

Photography can perhaps choose a couple of sourced photos depicting important aspects of the country.

Quiz group perhaps provide a quiz covering all aspects of the chosen country thus challenging all of our knowledge.

Sports groups can tell us about sport, national and international events and people.

Dance groups can explore national dance - whatever aspects that covers.

The crafters and sewing groups can look at costume, why do Icelandic folk wear specific items, fashion designers.

In addition anyone who has visited that country can contribute through sharing a memory or a photo - only needs to be a couple of sentences. It can be about a venue or yourselves, or something that caught your attention as it was unique to that place, an experience or about something you purchase as a memento of your trip.

The list is endless - population, dance, costume, style of houses and why, animals, authors, writers, actors, films, transport.

I would love that everyone sees this as an opportunity to say hello to each other via this - you can google a fact and contribute it- because I think it's so important that we find ways of maintaining contact and I'm hoping everyone is willing to join in during this prolonged lockdown period and finds it a fun distraction. It's something you can join in with from your lockdown staycation and enjoy each other's contributions. And if anyone has any suggestions about what else we can include that would be brilliant. This is about our u3a Woodside group

I suggest we take a country a month - I'm also going to suggest the committee nominate our destinations during their monthly meeting and these will be announced in the newsletter and at the monthly meeting, together with a map of the chosen country. However to start us off Spain has been nominated - I'm sure many of you have lots of ideas and knowledge so get together in your groups and let's go!!! Disfruta tu viaje!

Whilst we are doing this it's been agreed there won't be a separate monthly quiz section provided by Sue Brown in the newsletter.

All contributions from the Interest groups will be shared via the monthly newsletter.

I'm not suggesting we do huge spreads each month - or copious cut and paste jobs from Wikipedia- but it would be lovely if all the groups contributed, or individuals, if they aren't affiliated with any Interest group - it's meant to be a bit of fun. Interest group leaders can decide if it's a group contribution or a couple of people nominated to each country - the membership of each study group may be the deciding factor. I will arrange for any contributions to be forwarded to me in order that they can be collated and organised for submission to the newsletter. Contributions will need to be submitted to Jo Bromwich by the second Tuesday of each month so I would need them by the first Friday of each month please.

This is a work in progress and we will - no doubt - have teething problems. Nothing is set in stone - it's a collaboration between Woodside members as a means of keeping in touch with each other.

Hope everyone joins in and we have our very own travel memories to look back on - I'm more than happy to be the link for any queries or suggestions. Thank you all - have fun - happy travels - love to you all.'

Val xx

JANUARY PHOTOGRAPH COMPETITION (SOMETHING RED)

In January, the Photographic Group held a virtual competition which ended on 31st January. I was very pleased this month that we received 13 entries. The subject for the January competition was SOMETHING RED.

In the current climate we try to pick subjects that enable all members to be able to take their photos either in their homes or gardens so that everyone can compete. All members send their photos to Ken Cotton who uploads them to our WORDPRESS site so that members can then view all of our entry photographs. They then have to send in their votes to our arbiter Lesley Eldridge who scrutinises our competition and announces our winner. In this way all votes are anonymous.

I am pleased to say that following a very close competition our JANUARY winner was: MARCO ARIETTI
Our congratulations are to Marco for his superb photo of a red robin.



(more winning photos next month)

We are all now waiting for the day when we can resume our photographic days out. Hopeful that with the vaccine now this will not be too long.

Ken Jones
Photographic Group

The Art Group

Members of the Art Group have been busy.



Sue's winter scene was chosen as the Christmas card for the Society of All Artists. The organisation has printed four paintings by Sue in their magazine.



June's picture of an elephant really captures the texture of the animal's skin.

This was done using watercolour pencils.



Bernice created this lovely waterlily during the first lockdown.

Message from Ady



Hi everyone, hope you are all keeping well and safe. I've been doing all my usual things - writing new songs and practising with my musical partner Gill, who has been learning the base guitar during lockdown. I've also annexed a small piece of spare land next to my garden during the lockdown, and had a fabulous time growing British wildflowers from seed - this was so exciting to see develop and I'm hoping to do it again this summer but even better. I'm also hoping that some of my U3A friends will get to see it soon in all it's glory.

Stay safe everyone. Ady

Ady singing in his Sheddio in the pouring rain. (photo taken by Val as seen in the mirror behind) Visit our website to watch Ady sing in his Sheddio.

The Crafters

The crafters have been busy during the lockdown, making hats, scarves and blankets for a charity called 'Small Acts of Kindness'.

Also made hats and mitts for under privileged children, some of whom do not have proper clothing (and they are in Hertfordshire).



During the summer we were able to meet in the Leavesden Park, complete with picnic and our knitting.



As most of us live on our own this was wonderful. I must admit that these Winter months have been horrible, but we have kept in touch by WhatsApp and email.

Janet

Sue has produced another excellent quiz for our February newsletter.

Name the Vegetable - which vegetables have these varieties:

1. Swiss
2. Savoy
3. Salad Bowl
4. Enorma
5. Chantney
6. Ridge
7. Greenshaft
8. White Lisbon
9. Jack o'Lantern
10. Green Bush
11. Acorn
12. Bedfordshire Giant
13. Boltardy
14. Aquadulce
15. Purple Spouting
16. Golden Self-blanching
17. Charlotte
18. Elephant
19. Jalapeno
20. Victoria

With best wishes from
Sue at the Quiz Group.

WANTED: NEWS & PHOTOGRAPHS

suitable for publication please send to
The Webmaster, Andrew Cummings at
andrew.cummingsu3a@btinternet.com

AND FOR THE NEWSLETTER

The newsletter is available online at
<https://u3asites.org.uk/woodside>

Copy date for the March Issue is
1st March

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

IMPORTANT CONTACT DETAILS

chair@woodsideu3a.org.uk

membership@woodsideu3a.org.uk

webmaster@woodsideu3a.org.uk

newsletter@woodsideu3a.org.uk

The committee contact details:

Barbara Elman, Chair barbaraelman@hotmail.co.uk

Linda Williams, Vice Chair - no contact details

Lesley Cummings, Membership Secretary - 01923 681478

lesley.scoble@btinternet.com

Bernice Caffrey, Study Group Coordinator - 01923 672359

caffreyba@gmail.co

Ken Emmons, Social Secretary - 01923 672139

Sheila Ramsamy, Speaker Secretary - 01923 510207

ramsamysheila@gmail.com

Ken Appel Treasurer 01923 672620 kenneth.appel@gmail.com

Anita Gullis, Committee - anitaquillis@hotmail.com

Heather Lace, Committee - no contact details

Alison Theobald, Committee - a.theobald@sky.com