

WOODSIDE U3A NEWSLETTER
MARCH 2020

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>

Charity Reg.: 1182140

On Sunday February the 9th we arrived at Heathrow airport in the midst of the foretold storm Denis. Wondering if our 4pm flight from terminal 4 to Mauritius would take off. Travelling down the M25 towards the airport it was quite eerie, the road was quiet, few cars to hinder our journey, I gathered drivers had heeded the met office warnings not to make journeys that were unnecessary. We always leave early to avoid traffic problems, always worried that might miss our flight by not arriving at the airport in time for check-in and departure. I had taken the precaution of contacting Air Mauritius before heading off, and were pleased to be advised that the flight was proceeding. Though throughout the journey the rain lashed down as the wind drifted water across the lanes of the motorway like miniature incoming tides, beautiful to look at but the buffering underneath the car was a bit scary.

Continued on page 3

SEE BACK PAGE FOR CHANGES TO
TRIPS THIS SPRING



Laila, Chair

AGENDA FOR 17 MARCH

9.30 MEMBERSHIP MATTERS
INTEREST GROUPS & BOOK
VISITS

10.00 BUSINESS MEETING

10.15 REFRESHMENTS

10.45 OUR SPEAKER IS STEVE
LESTER TALKING ABOUT 'THE
TITANIC'

11.45 ROUND-UP AND CLOSE

OUR NEXT MEETING IS ON 21
APRIL 2020 OUR SPEAKER WILL
BE JAMES TAYLOR WITH A
TALK ENTITLED 'PICTURES
POSTCARDS 1840-1950'

*Sadly chocolate makes your
clothes shrink!*

YOUR COMMITTEE



Linda Williams Vice Chair



Ken Appel
Treasurer 01923672620
kenneth.appel@gmail.com



Lesley Cummings
Membership Secretary 01923 681478
lesley.scoble@btinternet.com



Anita Gullis
anitagullis@hotmail.com



Bernice Caffrey
Study Group Coordinator
01923 672359 caffreyba@gmail.co



Barbara Elman business secretary
barbaraelman@hotmail.co.uk



Ken Emmons Social Secretary
01923 672139



Heather Lace Committee member



Sheila Ramsamy
Speaker Secretary 01923 510207
ramsamysheila@gmail.com



Alison Theobald Committee member
a.theobald@sky.com

Continued from front page

Our arrival Terminal 4 was calm, plenty of parking, quiet, with few people about made for a relaxed processing and finally coffee and cake. As it turned out the flight was delayed by one our- not down to Denis, but some undisclosed technical fault. The long flight was uneventful and passed rapidly. The Captain announced that actually storm Denis was pushing us along at great knots and we arrived on time at Sir Seewoosagur Ramgoolam Airport, which was named after the first Prime Minister following Independence from Britain 1968. Also affectionately referred to as the Father of the Nation. Rigorous health checks made processing slower, but given the current Coronavirus pandemic, it's understandable for a small Island with just over a million inhabitants to prioritise the safety of its people. I have been impressed by how rapidly Mauritius has taken steps to protect its people, business and Island when faced with such health scare challenges from without Mauritius. All shops have clear advice on how to protect from catching and spreading the virus as have schools, public services and businesses. I am sure most of you have already seen the measure to be taken to avoid contracting or passing on this

new virulent virus, but I have asked Jo our Newsletter whizz to reprint the advice from the National U3A in March's newsletter; on how to stay safe in the belief it is better to be safe than sorry. I have also advised we provide (if the church has none available) hand sanitizer for members use at the March meeting in various places to be, their location to be announced by the Vice Chair.

Let us return to Mauritius. Where I hope you will be interested to know that this visit coincided with the Hindu festival and pilgrimage of Maha-Shivarati, meaning, Great Night of Shiva, celebrated annually in honour of Lord Shiva. In Mauritius the pilgrims set out from the four corners of the Island, most on foot on the days leading up to the main event. Making their way to Grand Bassin, where the sacred lake Ganga Talao is located, 1,800 feet above sea level. This massive volcanic crater lake is one of the most significant sacred sites of Hindus outside of India and the River Ganges it's self. According to Mauritian facts during this period over 400, 000 Hindus make their way to Grand Bassin, bringing gifts and make sacrifices to the 33 metre high bronze statue of Lord Shiva.

During the journey pilgrims will carry their own statues of various Hindu Gods and themselves receives gifts of food and drink as they journey along the highways and by-ways in the blistering heat, from well wishers. One looks on in awe at the women, men and children that are so ready to not only demonstrate their stamina but the faith that keeps them going, till they reach their sacred destination.

How did the Grand Bassin location receive its sacred status? According to Hindu legend it is said that the volcanic crater lake is geographically connected to the sacred Ganges in India. The God Shiva, known as the transformer and destroyer, with his wife Parvati were flying around the world in a ship, Lord Shiva determined to show Parvati a most beautiful place, that place being the Island of Mauritius. The legends continue by stating that the Lord Shiva during this journey, carried the river Ganges on his head to prevent the world from flooding. While landing in Mauritius some of the sacred water spilled into Grand Bassin crater, and the origins and legend of Ganga Talao was born.

On the final day of the pilgrimage Lord Shiva is bless with holy Ganga Talao water the final act,
Page 4

demonstrating the highest respect for the Lord Shiva. The festival is solemn and marks for all Hindus the overcoming of darkness and ignorance, in life and the world. Where I was staying the returning pilgrims formed a remarkable and bold procession through the village, that was celebratory in mood, heralding the end of another successful Maha Shivarati, which I was privileged to witness.

Turning to UK , by the time we go to print Lent will, for those who are observant, has already begun on February 26th, leading up to Easter Sunday on April 12th. A testing time of reflection and endurance with the giving up of material comforts. I wish all participating well.

This months General Meeting is an important one for the Woodside U3A Calendar. A time for membership renewals, your committee have been busy organising this event so that it runs as smoothly and efficiently as possible, to ensure everyone who wants to renew on the day has the opportunity. Just a polite reminder to all members, renewals run through to April and May, but all members who wish to renew must do so by the June 2020 Annual General meeting, otherwise it will be

assumed your membership has lapsed. This would mean you would not be able to attend the AGM, unless you notify our membership Secretary Lesley, to the contrary.

On that note I wish all members a successful March meeting and hope the Spring brings warmer weather with perhaps less rain. Stay safe everyone.

Laila Chair

***National U3A day - Henderson
Hub Abbots Langley
Wednesday 3rd June 2020***

Hopefully this date is in all your diaries as we need your help to make it a success!

We have decided to change the location of this event to the Henderson Hub in Abbots Langley where we felt we would be more visible to people passing. The event will be open from 10am to 12pm on Wednesday 3rd June and this is where we need your help. We want to show off the variety of groups we currently have and there are many ways we can do this. It could be a display of art work, creative writing, flower arranging, board games, sewing, it maybe photos of the places you've visited and one of our newest groups; Drama will be performing.

So many options and once you've had a chat with your group and decided what you can do please email me at a.theobald@sky.com so I can co-ordinate the arrangements for the morning of 3rd June.

If you're not involved please come along, bring a friend so they can see the variety of activities they could be involved in if they join the Woodside U3A in Learning, Laughing and Living!
Alison Theobald

Latest Advice on Coronavirus

From Chief Executive Sam Mauger U

Dear Members

This is the latest coronavirus update from U3A National Office.

At all times members should follow the most up to date government advice about coronavirus. We hope that coronavirus will not affect any of our members.

The advice currently is as follows:

**If a member has returned from one of the areas identified by the government and has any of the symptoms identified on the [government website](#) they should not hold interest groups in their own homes, or attend interest groups or attend monthly meetings until they have followed the NHS advice provided after calling 111

If a U3A finds that a member has contracted coronavirus, please let the Trust know immediately

**The members of interest groups that any member with coronavirus has attended should all call 111 to ask for advice

**The monthly meeting should be cancelled for that month (and possibly longer) until the spread of the virus has been assessed.

In general a U3A may consider other precautions such as using hand sanitiser gel in interest groups and monthly meetings and reducing physical contact such as shaking hands until further information becomes available

Before our February general meeting started, Brenda sang a rendition of the well known ditty
*'Coughs and sneezes
spread diseases
catch them in your hankerchief'*

February General Meeting

Our speaker in February was Philippa Bernard, who gave a talk entitled 'English Gardens'.



She said the earliest gardens were built by the Romans in England, creating leisure areas with ponds, fragrant flowers and walkways. An example of this is at Fishbourne, Chichester. Pollen samples from other Roman garden sites show that they imported plants from overseas especially from hotter areas in mainland Europe; for example grapes and olives.

After the Roman period of rule not much is known about English gardens until the 11th century. Monasteries grew plants for 'the glory of God', especially herbs near their hospitals. The monks set aside money for gardeners and tools. They also made wine which was sold for money.

In the 12th and 13th centuries castles needed gardens to relax in; they were formal with fountains, ponds and topiary.

Later gardens became important at colleges (Oxford and Cambridge) and as large houses became established in London. By Tudor times when life was more peaceful, professional garden designers worked at places such as Hampton Court where Italian design was the main influence. Building high mounds where the perspective was different was popular. By the time of Elizabeth 1 plants were being brought back from the Americas. Our local Tudor Hatfield House had a popular knot garden which though not original still has that design.

By the 17th century market gardens were developed to feed the growing population. The rich had not eaten vegetables before as it was the food of the poor, but now it was becoming popular. On country estates glass houses were becoming popular to ensure a

longer growing season for fruit and vegetables.

The Dutch designs became popular as William & Mary took the throne - gardens became more formal with lawns, topiary and pleached lime avenues and all symmetrical.

By the 18th century and the influence of Launcelot Brown, gardens became more romantic and blended into the surrounding countryside around country estates. Rivers were diverted, follies and temples. Humphrey Repton used watercolour paintings to show 'before and after' illustrations to new clients.



Deep borders with a mix of plants Favoured by Gertrude Jekyll

In Victorian times and the industrial revolution gave more income to working people so houses were built with small backyards or gardens. On large estates the invention of the lawnmower meant sheep were no longer required to keep the grass short.



The Chelsea Physic garden started in the 18th century for medicinal plants.

Many designers over the years have influenced what we grow and how. The annual RHS Chelsea Flower Show shows us upcoming trends. Formed in 1804 at Chiswick, the RHS encouraged plant collectors to bring back to the UK newly discovered plants. These made huge changes to what gardeners could plant that suited our climate such as dahlias, fuchsias, winter jasmine etc. The trends continue from William Robinson, Gertrude Jekyll and the arts & craft movement to Japanese, cottage, city and organic gardens. Once wildlife was banned from gardens but now gardeners are encouraging wildlife in to enhance our gardening experience.

Refreshment rota 2020

March - Books and Bowls

April - curry group

May - crafters and cycling

June - drama and family history

July - environmental and flower arranging

WOODSIDE

Interest Groups

March 2020

Creative Writing: Contact Mary Miller on 07887 991892. Suspended at the moment, if members would like a new group please do.

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

Swimming. Central baths- Monday Wednesday and Fridays between 8.30 and 10.00am. Tea and coffee in the Library afterwards.

American History. Contact Stewart Lewis on 01923 260410. Next meeting 25th February starting at 10.00am at Stewart's house.

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

Line Dancing: Contact Judy Lovell 01923 893368 1 st and 3 rd Mondays. 10.15am and 11.15am If possible please attend the second class as the first class is full.
Joint Group with SWH

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

Antiques. Contact Lesley Barrett on 01923 676427. This group will meet at varying days and times. Please contact Lesley for details

Drama: Contact Barbara Elman barbaraelman@hotmail.com. Twice monthly Tuesday 11am and 12 Asda Community Suite.

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

Trips by Coach
Contact Martin Rodel on 01923 442417

Art: Contact Sue Walters on 07989 250483. Thursday, Fortnightly 10-12am, at Tanners Wood Hall.

Eastern Exercise: Contact Bernice Caffrey 01923 672359. Meeting 2 nd and 4 th Monday at 11.30 – 12.30 at All Saints Church Hall.

Lunch Group: Contact Joyce Gray on 01923 263213 or rejoyce.gray@gmail.com. Monthly

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

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

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

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

Weekenders are a group of people who will participate in organising events and visits for the weekend. Contact Teresa 07712 710811

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

Flower Arrangement: Contact Jill Macey on 01923 221634. Meet monthly on a Friday at Asda

Photography: Contact Ken Jones on 01923264855. Meet monthly on the 2nd Monday at 2.0pm at members homes

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

Books: Contact Libby Crawford on
01923 247847. Meet 3rd Wednesday at
10.30am

Folk Dancing at All Saints Church
Hall on the 2 nd Friday of the month
at 2.00 – 3.30pm.
This is a joint group with SWH

Play Reading for Fun: Contact
Derek Giles on 01923 270971. 1st
Monday 10-12 at Asda
Joint Group with SWH

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

Bowls (outside and indoor): Contact:
Anne Howarth on 01923 673110

Garden Visits and Outings: Contact
Teresa Brunswick on 07712 710811.
Venue, days and time vary

Scrabble. Contact Christine Hunt
on 01923 573236. Meeting the 1st
Thursday of the month between
2pm and 4pm. Venues member's
home.

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

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

History for All : Contact Joyce
Crawford on 07970271243.
Meeting monthly on the 1st
Thursday at 2.00-4.00 Venues vary

Sewing: Contact Tina Photi on
07427866825. Meeting 1st
Wednesday of the month
10-00 and 12.00 at Tina's house

Woodside Strollers Contact
Gloria Barber on 01923 462462 or
mobile 07708 020583. Meeting
monthly 2 nd Tues at 1pm

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

Language (French): Contact
Heather Lace on 07951937064
Fortnightly on Monday at 2.30pm at
Members Houses.

Sing for Pleasure. Contact Ady
Shaw 01923 518021 meeting
fortnightly on a Thursday at 9.30am
until 11.30.

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

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

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

Social Group: Contact Ken
Emmons on 07775578091 or email
kjemmons23@gmail.com contact or
Joan Gillett jgillett43@gmail.com
tel:07881768793 3rd Wednesday at
1.30pm at Room 2 Asda
Community Suite

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

Yoga. Marta Hall. Meet at the
Harebreaks Community Hub at
10.00 – 11.00am. Weekly Fridays
This group is a commercial
group which we list for
members.

Interest Group News

Following the Interest Group Leaders meeting in January, and feedback forms completed, there is an overwhelming request for more participation from other members of the groups concerned. It was also suggested that the interest group leaders may like to talk briefly about their group at general meetings, perhaps a couple each month. I will be approaching Interest Group Leaders with this in mind.

The Current Affairs Group arranged to meet on 4th March to see how this group can proceed and I will advise if this is a viable interest group and when/where they meet in next month's news.

The Eastern Exercise has two new members following change of name from Belly Dancing. We hope to cover a broader range of eastern dance. The aim of this group is exercise not performance, so come and join us.

I have sent emails to the members interested in the computer/tablet group with a view to finding a venue, as yet I have only had a couple of replies. To those concerned please let me know your thoughts. The member attending the committee

meeting on 11 March was Martin Rodel.

Bernice Caffrey - IGC

Photography Group

Our photography group recently visited the Wildeye Gallery in Amersham. The owner, Drew Burnett gave us a talk on how he sets out taking his wildlife photographs worldwide. This included his camera types, settings and techniques. It also included advice on photographing wild lions, tigers etc although at present this is not on our horizon but who knows !



I can very much recommend a visit to Wildeye for anyone interested in wildlife photography. All of the photographs on sale in his gallery have been taken by him personally.
Ken Jones

Quiz News and Dates

The next quiz will be held at on Thursday 26th March at Asda Community Rooms 6.30 - 8.00pm
The April quiz will be at the same venue and time on Thursday 16th April.

Any further information please contact Sue Brown by email susanmaybrown@hotmail.com

Woodside U3A strollers



We enjoyed a lovely walk at Rickmansworth Aquadrome in February.

Jan

Garden visits Group

On a bitterly cold but sunny day the garden visits group led by Teresa visited a garden in Little Missenden to see the snowdrops and other early spring flowers. After a welcomed hot drink we made our way around a large and interesting garden.



The garden owner had lived in the house for many decades and had developed the garden according to the needs of her growing family. Now that her children had moved on, she has developed a lower maintenance garden planting over 1000 trees and thousands of spring bulbs and plants.

The river Misbourne runs through the far side of the garden (the river rises in a field near Great Missenden and flows under the M25 before joining the river Colne).



A small group of daffodils growing against a backdrop of fallen trees.



The church of St John the Baptist which we visited after lunch

Here we saw the amazing wall paintings; some of these were only discovered 18 months ago, and the photo shows an enhancement overlaid on one of the paintings by digital guide to show what they may have looked like originally, nearly 1000 years ago.



Well worth a visit.

Jan

Coach trips by Martin Rodel

Please remember to bring payment with you when you book (cheques payable to Woodside U3A)

THURSDAY APRIL 23rd

'THE CHOCOLATE LADY'

THIS TRIP IS CANCELLED FOR THE TIME BEING - MAY RUN LATER IN THE YEAR CHEQUES/MONEY PAID WILL BE RETURNED AT THE NEXT GENERAL MEETING.

THURSDAY JUNE 4th

Bressingham Gardens & Museum.
Cost is £16pp plus £10pp entry to Bressingham (Group rate) to be paid on the day
Depart The Brow(opp shops) 8.45
Return approx. 6.30pm (traffic dependent)

THURSDAY JULY 2nd

Seaside Trip. Margate or Broadstairs (The choice is yours)
Cost £15pp
Depart The Brow (opp shops 8.45am) Return approx. 6.30pm (traffic dependent)

SEPTEMBER ??

Moreton in Marsh Market & Bourton on the Water (TUESDAYS ONLY) Broadway & Bourton on the Water (Any Day, preferably NOT Tuesday) Cost £/time TBC

DECEMBER 10 or 11th (Just before Christmas) THIS YEARS CHRISTMAS MARKET IS.....

Stratford-upon-Avon Victorian Christmas Market

Cost £16pp

Depart The Brow (opp the shops)8.45 Return approx. 6.30pm(traffic dependent)

SOCIAL GROUP ACTIVITIES

All trips have to be paid for at time of booking to secure your place. Remember to bring a cheque book or cash if you wish to join the trip.

THE TRIP ON 29TH APRIL TO THE BLACK COUNTRY IS CANCELLED UNTIL FURTHER NOTICE

WANTED:NEWS&PHOTOGRAPS

suitable for publication please send to The Webmaster, Andrew Cummings at andrew.cummingsu3a@btinternet.com
The newsletter available online <https://u3asites.org.uk/woodside>

AND FOR THE NEWSLETTER

Copy date for the April Issue of the Newsletter is 1st April.

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