

WOODSIDE U3A NEWSLETTER
FEBRUARY 2019

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>

We enter February at Candlemas; these Pagan, Gaelic and Christian festivals begin on the first and second day of this month. The Pagan and Gaelic Candlemas events known as Imbolg, commemorate the Goddess Brigid or St Brigid as it later became known once Christianity took over from Paganism. Brigid's day is on the 1st February, symbolising the half-way point between Winter and the coming of Spring, a joyous thought, when snow is deep and the nights are still drawing in early. The old weatherlore saying, is not without validation and goes as follows:-

*If Candlemas be fair and bright,
Come winter have another fight.
If Candlemas brings clouds and rain,
Go winter, and come not again.*

I think it was fair and bright, so it seems winter has not done with us yet. Time will tell. Second of February is also associated with

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Laila, Chair

AGENDA FOR 19 FEBRUARY

9.30 MEMBERSHIP RENEWALS,
STUDY GROUPS & VISITS SIGN
UPS

10.00 BUSINESS MEETING

10.15 REFRESHMENTS

10.45 OUR SPEAKER WILL BE
BARRY GOODMAN WITH A TALK
ENTITLED 'LORDS AND LADIES'

11.45 ROUND-UP AND CLOSE

OUR SPEAKER FOR 19 MARCH
WILL BE ANDREW WAITE WITH
A TALK ENTITLED
'INTRODUCTION TO
GEMSTONES'

YOUR COMMITTEE



Linda Williams Vice Chair



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'groundhog' day and seems to dovetail with Candlemas predictions, if the groundhog rodent emerges from the burrow on the 2nd of February and sees their shadow, it is predicted winter last another six weeks. This is an American tradition dating back some 132 years, but obviously the forecast comes from a different groundhog ;O)!

2nd February is the Christian version of Candlemas, which highlights the purification of Mary, forty days following the birth of Jesus, it also represents the ritual presentation of baby Jesus into a Jerusalem temple. In addition to the religious meaning of Candlemas, it was the day when church candles were blessed for the coming year.

Within days of Candlemas, Chinese New Year is celebrated with much joyous merriment, where the Chinese community globally wish each other good fortune in the coming year. This is the year of the pig. Years of the pig include, 1923,1935,1947,1959, 1971,1983, 1995,2007 and 2019. The pig is the twelfth in the 12 year cycle of the Chinese zodiac. Personality traits of those born in the designated years

of the pig are said to be careful spenders but like to enjoy life within limits. Slightly materialistic which incentivises them to work harder. They are energetic, enthusiastic and make friends easily, making them good company. For those born in the year of the pig you may wish to checkout some of the more in-depth analysis of traits, that space here does not permit. Enjoy!

Our February General Meeting will be a reminder that in March U3A membership renewals are due. Your committee are busy preparing for this annual March event and are confident all will go to plan as usual. Yearly fees remain at £24.00, which I hope you will agree is very good value. Along with the renewal forms the committee have also, as with last year, provided a feedback form in the hopes that members will let us know how your U3A is doing . We are keen hear thoughts on constructive improvements that can be made and what you think has been successful over the past year. Only by letting your committee know your ideas and views can we continue to make our U3A exciting and progressive.

Laila. Chair

Refreshment Rota

February - Garden Group

March - History and Family History

Membership Renewal

Your current membership expires in March so we will be carrying out the renewal process at our March General Meeting on Tuesday 19th March 2019.

If you have submitted an email address then you will be notified by email at the end of February. A renewal form will be attached to the email. Please print it off (if you have the means to do so), fill it in and bring it along to the March meeting along with a cheque for £24.00 made payable to Woodside U3A. You will need to bring your membership card so that it can be updated.

Those of you who do not do email can collect a copy of the form at the March meeting and fill it in on the day. Please remember to bring a cheque or cash for £24.00.

Finally, if for some reason you cannot attend the March meeting then we will be continuing the process in April. All members must have renewed before the AGM in May.

Attached to your membership renewal form will be the feedback form. We do appreciate your comments and several ideas from last year's form have been implemented since the AGM.

Lesley

University of the Third Age in Mauritius

After making initial contact with the Chair, Mr Armoogum Parsuramen, of the Islands U3A movement, whose headquarters were just a walk away from my daughter's home, my partner and I took up the kind offer to attend their weekly meeting held on Tuesday afternoons. The Chair, affectionately known as Pars, outlined the Mauritian version of U3A with a very slick power point presentation that outlined the international nature of the movement, key objectives and roll within Mauritian life and how inclusion in everyday life of those who are retired is a key objective, along with the reduction of isolation, raise awareness of education, health, leisure and social activity needs, and implement programmes that meet these self identified needs.

A wide range of courses are organised and agreed by the members ranging from languages, yoga, ballroom dancing, gardening, information technology, choir, swimming and much more. Many courses lead to opportunities to receive certificates of study presented at a formal, yearly graduation ceremony. Although self directed learning is a key goal, most study/activity groups are organised by the U3A staff rather than members themselves.

Currently there are 10 such groups across the island, each receive government and local authority support as part of the governments overall policy to ensure retired Mauritians, experience opportunities that enable them to access education, leisure and social inclusion.

The session we attended introduced us to 'Laughter Yoga', it was a unique experience that left us energised and relaxed. Certainly I would recommend we consider such a group for our own U3A. I was pleased to receive a CD that sets out the basic benefits of unbridled laughter, and takes one through the various stages that are quite simple but effective. Looking for volunteers to consider to taking up the challenged to lead such a group would be very welcome, armed with

the self learning CD, will definitely enable participants to enjoy laughing.

Before leaving I was presented with the first edition of their national newsletter entitled 'Go-60, written both in French and English. Articles focussed on such issues as 'Elder Abuse ', with listings how such abuse is defined, information on health issues specific to retired citizens, how to improve cognitive function, and finally an article entitled '35 ways to respect your parents', which made interesting reading, with suggestions such as " put your phone away in their presence, respect their age, choose your words carefully when speaking to them, avoid raising your voice," and many more.

We left the meetings carrying the Petite Raffrey U3As Good Wishes, that I extend to your good selves.

Laila

WOODSIDE STUDY GROUPS FEBRUARY 2019

American History. Contact Barbara Lewis on 01923 260410. Suspended at the moment.
Next meeting to be advised
Joint with SWH

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

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

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

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

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 1st and 3rd Mondays at 1.30-4.30pm Asda Room 3
Joint Group with SWH

Cookery (Spanish) Contact Carmen Copley on 01923 671003. Meeting every 3rd 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 4th 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 on the 2nd Friday of the month at 2.00 – 3.30pm.
This is a joint group with SWH

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

History: Contact Heather Lace on 07951937064. Meeting monthly on the 1st Thursday at 2.00-4.00 at Asda Community Suite.

Jewellery: Contact Gloria Barber on 01923 42462 or 077082058, At the moment meeting every 4th Thursday. Venues vary

Language (French): Contact Heather Lace on 07951937064 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

Language (Spanish 2) Contact Alison Theobald on 01923 463573. Meeting every other Wednesday at 10am to 11am

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

Sing for Pleasure. Contact Ady Shaw 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 3rd 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 1st, 3rd and 5th Thursday and 2nd, 4th and 5th Wednesday at 2.00pm at Tesco Extra Watford Community Room.
Joint Group with SW

Whist: Contact Gwen Barker on 01923 510699 1st and 3rd 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 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 quizzes - dates and times vary - held at Asda Community Suite.

Yoga. Contact Uma Patil on 07459 731597. Sessions 2nd, 3rd and 4th Fridays on the month, 9.30 – 10.30am at the Orbital Centre

Study Group News

I am pleased to confirm that our **Jewellery Group** has had its first meeting and should you need any further information regarding this details are on the study groups page.

Teresa Brunswick will be having a "huddle" today in response to the **Weekenders Group**.

On the **Notice Board** we now have a section where members can post items of interest, forthcoming events and requests.

If anyone has ideas for new groups, please come and see me

Note for Leaders - There will be a Study Group Leaders meeting held at the church on the 27th March 2019 between 2.00pm and 4.00pm. Would you please let me know whether or not you are able to attend.

Committee meeting attendee for 13th February - Alison Theobald

Bernice

Our **January speaker** at our General Meeting was Alan Wise BSc Hons Psych with a talk entitled 'Finding health and happiness'. Alan has written many psychological articles for the national papers and appeared on BBC TV & Radio, discussing health issues. He said most of us experience stress, worry, fears, phobias, anxiety and some form of depressions at some time in our lives. This can be caused by bereavement, redundancy, money worries, relationship breakdown and many other problems. He said it is how we deal with these problems or how we think about them that is the key to better mental health.

He said that what we should remember is that we are not alone, and some things, no matter how scary they seem at the time, will get better with time and a little belief in oneself. He believes that some physical illnesses may be triggered by what is happening in our minds.

For anyone wishing to get help or advice from Alan, he can be contacted on 07966 225 919 or by email on alanwise26@aol.com or support@journeyintothemind.co.uk He also has a website www.journeyintothemind.co.uk

Quiz Group Reminder . Our next meeting and quiz will take place on Thursday 21st Feb at Asda Watford Community room No 3 from 6.30 until 8pm . Hope to see you there - Sue (Brown) - Quiz Group contact

Environmental study group

At our recent study group meeting we received updates from group members on the various local mini research projects we are engaged with, as follows. What we have learnt :

- Renewable Energy Systems (RES)

No longer provide opportunities for the public to gain insight into the implementation and development of alternative energy sources. After general discussion and pooling other research gathered it was felt that locally and nationally there was a sense there had been 'pull-back' on promoting alternative energy sources.

- Nationally UK keeps records of exported waste products , plastics and pollutants. It was felt we needed to understand how this is 'exported'

- Sainsbury's locally dispose of food, flowers and waste paper/cardboard as follows:

Food: on sale at greatly reduced prices, what is not sold is removed from packaging and believe to be composted.

Flowers: sold to staff not public, always good take up little waste, money raised goes to charity.

Paper/Cardboard : By law has to be packed and recycled.

Study Group to do further research to discover how supermarkets are reducing packaging of fresh food, dry and other perishable short shelf life foods stuffs.

- Group still trying to arrange visit to AMEY, the company that deals with local council waste management . Not easy to pin-down.

- Group research in 'how' charity shops operate and what % of sales benefit the given charities. Also groups compile a list of outlets that 'Up-cycle' unwanted household items across the range.

- The Hive and environmental learning centre has now opened at Leavesden Park, situated next to the Cafe. Group researching if such a space would be available to this U3A study group and others within Woodside U3A.

Group are still looking for new members please join us.... lots of ideas in the pipeline that often end in a venue with coffee and cake.

Laila.

Study group leader

New Study Group

Come and join us for **Short Mat Carpet Bowls** every Monday 2pm at the Bowls Club, First Avenue (off St Albans Road) Garston.

No experience or equipment needed and everyone is welcome.

Contact Anne Howath 01923 673110

Visit to Wardown House, Museum and Gallery

This event is on Thursday 21st February

We will meet at Woodside Leisure Park for 09.30 (Vue Cinema), Orbital Road outside the cinema. (allowing for traffic).

The venue is open from 10am-5pm.

All abilities welcome. Free parking. Entrance free. There is a small tea room which will accommodate around 28 people and gift shop.

On the day there is a school party using one of the rooms which we will not be able to visit. All other rooms available.

Donation to the House very welcome.

Wardown House, Museum and Gallery, Old Bedford Road, Luton LU2 7HA (A5228 Stockingstone Road) tel: 01582-546722

Joan

For the **Royal Albert Hall Music Classic Spectacular** on 24 March, there are still 4 tickets available if any members are interested.

Entry tickets for this concert will be available at the meeting on 20th March. For all members who have paid for this outing please see Ken Emmons & Joan Gilett.

The **book club** is meeting on 27th February at 10.30am by the Rickmansworth Aquadrome 'Cafe in the Park'. The book we have been reading is 'Our House' by Louise Candlish. Though we have welcomed new members, the current book club has reached capacity. I would like to suggest a spin off group could be the solution and though I am happy to get it started, I hope someone else may like to come forward as the leader.

Libby

The **Art study group** joined forces with SW Herts to watch professional artist Nikki Bell demonstrate painting using three different mediums. She worked very quickly; first with pen and wash sketch of mistletoe (see next column)



then a pencil sketch and watercolour of a reindeer,



(sketch before watercolour added)



(with watercolour paints added)

and finally a robin using a palette knife and acrylics



All her work is loose and spontaneous.

She advised on which paper or board works best, how to mix colours to give different tints and tones of the colour, and where natural fibre brushes or synthetic give the best results with each type of medium.



(finished robin picture in acrylics)

Her recommended mixing palette was an old white ceramic plate - local charity shops may sell out of such plates very soon.

SOCIAL GROUP MEETINGS

February:

February: 21st. Thurs. Wardown House/Museum. See page 10 for details
Numbers needed for this event

March:

12th. Tuesday Tring museum/Lakes
March: TBA Postal/Mail Rail.(London).
Coach. Booking

April:

14th. Sunday Roman Baths. (Welwyn)
29th Monday. (Afternoon)Adventure
Golf/Crazy Golf

May

3rd Friday: Hellfire Caves
20th Monday: Dover Castle
See social Table at monthly meetings
payable at the monthly meetings Coach

June

4th Tuesday: Bletchley Park
20th Thursday: Windsor Day.
River trip/Castle opt. Full. Waiting list
Coach.

July

8th Monday: Briton Trip.
see social table at monthly meetings
payable at meetings Coach
25th Thursday. Wrest Park

August:

Date to be arranged. Croxley Great Barn
August. Date to be arranged U3A Annual
Event

September

Hughendon
Manor. 1940's day.
Date to be arranged. Coach
27th Friday: Mosquito Museum

October

13th Sunday. St.Albans Signal
Box
29th Tuesday. Postal mail Rail
Museum.
see social Table at monthly meetings
payable at meetings
Coach

November

6th Wednesday. Hollywood
bowl/lunch
22nd Friday. London
Underground Railway.
see social table at monthly meetings
payable at meetings) Coach

December

9th Monday. Christmas Lunch
Blue Check.
see social table for details)

Note=. Events other than by
coach will be sent an email well in
advance of the event as booking is
required, Ken/Joan

WANTED:

NEWS & 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

Copy date for the March Issue of the
Newsletter is 3rd March.

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

Our monthly newsletter is available in
full online

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

IMPORTANT CONTACT DETAILS

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