

## WOODSIDE U3A NEWSLETTER

MARCH 2019

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

When looking at the March calendar there are many significant events, and by the time you are reading this March edition of your Woodside Newsletter, many will have already happened. However I believe it is worth looking at how our Months offer such an array of special dates and events for us to engage with or just refresh out of curiosity the origins of why such events are worth observing, celebrated and engage with by some of us. Those I have chosen to share with you all, are by no means an exhaustive list, there is always more that space does not permit.

We start with St David's day, patron Saint of the Welsh, move onto one of my favourite days when a child, Shrove Tuesday or Pancake Day. No matter how busy and overworked my Mother was, we always enjoyed pancakes at teatime, with sugar and lemon. We were not privileged to have fancy chocolate spread back, no maple syrup or many of the other resplendent toppings now available, but the lemon and sugar remain my  
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*Laila, Chair*

### AGENDA FOR 19 MARCH

9.30 MEMBERSHIP RENEWALS,  
STUDY GROUPS & VISITS SIGN  
UPS

10.00 BUSINESS MEETING

10.15 REFRESHMENTS

10.45 OUR SPEAKER WILL BE  
ANDREW WAITE WITH A TALK  
ENTITLED 'INTRODUCTION TO  
GEMSTONES'

11.45 ROUND-UP AND CLOSE

OUR SPEAKER FOR 16 APRIL  
WILL BE COLIN RICHARDS  
WITH A TALK ENTITLED  
'VISUAL PERCEPTION: ARTIST'S  
ILLUSIONS'

## YOUR COMMITTEE



Linda Williams Vice Chair



Lesley Cummings  
Membership Secretary 01923 681478  
[lesley.scoble@btinternet.com](mailto:lesley.scoble@btinternet.com)



Bernice Caffrey  
Study Group Coordinator 01923 672359  
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Ken Emmons  
Social Secretary 01923 672139



Sheila Ramsamy Speaker  
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[ramsamysheila@gmail.com](mailto:ramsamysheila@gmail.com)



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Anita Gullis  
[anitagullis@hotmail.com](mailto:anitagullis@hotmail.com)



Barbara Elman, our new business secretary  
[barbaraelman@hotmail.co.uk](mailto:barbaraelman@hotmail.co.uk)

## **Continued from front page**

favourite to this day. Shrove Tuesday, the day before the start of Lent, where traditionally food items were used up to make way for the following day known as Ash Wednesday which is the first day of Lent, with 40 days of fasting, which honours Jesus's exile into the desert, where he spent time in prayer and reflection, which Christians today commemorate globally; this is followed by Palm Sunday, Good Friday and then Easter Sunday, which this year will be celebrated on the 21st April. March the 8th is International women's day, which has been celebrated since the early 1900's by women workers. It was not until 1975 that the date was made official by the United Nations. On this day women and girls around the globe recognise women's on going struggle to secure human rights and in general celebrate and acknowledge the contribution women make to society and for the chaps who may be wondering the 19th November is International Men's day, but more of that in due time.

An interesting date is the 10th March which commemorates the death of that Great African American Harriet Tubman in 1913, who with her under ground railroad organised safe passage, at great risk to herself and helpers,

managed to bring over 300 enslaved people to freedom across states lines and mostly onto Canada and freedom.

Moving along we have self explanatory days of St Patrick's Day, followed by Mother's Day, the latter of which is celebrated on different dates globally. Moving to the end of March we have our own renewal day and it's hoped as many of our members with remain with us over the next year. Then there is, dare I mention it, BREXIT planned to happen on the 29th March, a significant date for us all and future generations. Whatever our own personal preferences and views of one thing I am certain despite all the negativity we all want to see our country prosper and take up the new challenges ahead as positively as possible. Finally, with the warmest February on records so far, the early Spring flowers have been a joy to the insects and bees wakening from their Winter slumbers... taking coffee and lunch in my garden during this period was itself a February record breaker of its own....that is felt so glorious to be alive.

Laila

# WOODSIDE STUDY GROUPS

## March 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. Next meeting 17<sup>th</sup> January 2019

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 2<sup>nd</sup> and 4<sup>th</sup> 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 1<sup>st</sup> and 3<sup>rd</sup> Mondays at 1.30-4.30pm Asda Room 3  
*Joint Group with SWH*

Cookery (Spanish) Contact Carmen Copley on 01923 671003. Meeting every 3<sup>rd</sup> 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 4<sup>th</sup> 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 2<sup>nd</sup> 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 462462 or 077082058 At the moment meeting every 4<sup>th</sup> 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. 1<sup>st</sup> and 3<sup>rd</sup> 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 10.00am at All Saints Church Hall from the 20<sup>th</sup> June. Contact Martin Ridd on 01923 442417

Language (Spanish 3). Contact Carmen Copley on 01923 670001. Meeting 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month at 12.00 until 1.00pm at Asda Community Suite.

Line Dancing: Contact Judy Lovell 01923 893368 1<sup>st</sup> and 3<sup>rd</sup> Mondays. 10.15am and 11.15am If possible please attend the second class as the first class is full. 3<sup>rd</sup> Thursday 2pm-4pm  
*Joint Group with SWH*

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

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

Lunch Group: Contact Joyce Gray on 01923 263213 or [rejoyce.gray@gmail.com](mailto:rejoyce.gray@gmail.com). Monthly 4<sup>th</sup> Wednesday. Venues vary

Philosophy – Contact Jeanne Johnson on 01923 263598  
Meeting monthly 1<sup>st</sup> Monday 2.00-4.00pm  
*Joint Group with SWH*

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

Play Reading for Fun: Contact Derek Giles on 01923 270971. 4<sup>th</sup> 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](mailto:kjemmons23@gmail.com) 3<sup>rd</sup> 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 Ridd on the 20<sup>th</sup> June. 01923 442417

01923 670001.

Ukelele: Contact Trevor Boardman on 01923 244016. M  
Community Room.  
*Joint Group with SW*

Whist: Contact Gwen Barker on 01923 510699  
1<sup>st</sup> and 3<sup>rd</sup> 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 2<sup>nd</sup> Tues at 1pm.

Woodside Walk 5: Contact Derryck Croker on 01923 673719. Monthly morning meetings 2<sup>nd</sup> 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 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Fridays on the month , 9.30 – 10.30am at the Orbital Centre



## Study Group News

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

**Reminder for Leaders** - There will be a Study Group Leaders meeting held at the church on the 27<sup>th</sup> March 2019 between 2.15pm and 4.00pm. Would those that I haven't yet spoken to please let me know whether or not they are able to attend

Having recently spoke to some of the study group leaders of the joint groups with SWH I would like to remind you that these groups are open to you. Several of these groups are looking for new participants so please take another look at what they offer.

Committee meeting attendee for 13<sup>th</sup> March - Alison Theobald

Bernice

## Refreshment Rota

March - History and Family History

April -

May -

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**Good Morning, Lords and Ladies** - a calendar of customs of Britain in song, story and pictures - was the title of our speakers' talk at our **February meeting.**



*Gill and Barry in harmony*

Having met in teacher training college in 1971, Gill and Barry Goodman ran the college folk club, joined the English Folk Dance and Song Society and also became Morris dancers. Having years of experience of our Folk traditions they put together a very interesting programme briefly covering a year of old and recently revived Festivals interspersed with songs and tunes by Barry.

Starting with May 1st, Gill told us that originally Maypoles didn't have ribbons, usually they were poles which were decorated with boughs of May blossom and were taken to the Village square where many did their courting beneath the branches. It wasn't until 1880 that John Ruskin introduced ribbons

which was an Easton European custom.

Many Festivals have a 'Jack in the Green' which is represented by a 7ft frame covered in greenery which some poor person is inside and has to carry it about with them throughout the Festival. One such festival, The Rochester Sweeps Festival, declined after an Act of Parliament was passed in 1875 which was to stop children being used to sweep chimneys. The festival was started again in 1981. The Hastings Jack in the Green Festival processes up to the Castle at the same time as one of the UK's biggest motorcycle gatherings arrives in the town! Many other places have since restarted a Jack in the Green Festival.

Barry sang a song, accompanying himself with his melodeon, which was about the Green Man called "Jack in the Green". The line I remember the most, and will take note of, as I can do without babies thank you very much, is - 'Don't touch him as your belly will swell'. Whitsun Ales was next.

In the 15th century the Church brewed ales to raise funds for the Church and this was made into a festival which then got called an Ale. In 1979 Kirtlington Morris revived the Lamb Ale where ladies

and girls would have to chase and catch a lamb with their mouths with their thumbs tied behind their back. Fortunately they don't have to have their thumbs tied together these days and the lamb is a stuffed lamb carried by one of the young ladies.

August is Rush Bearing time of year. Churches had their floors strewn with rushes, straw, hay and herbs so Saddleworth Morris revived their Rushcart Festival of dragging around the streets and up a hill, a cart laden with rushes with a person called a jockey perched on top all day who does have the 'luxury' of a huge copper "kettle" of ale to keep him company.

In November we move on to Ottery St Mary where to cleanse the streets of evil spirits they have a Tar Barrel Rolling Festival where flaming barrels are carried through the streets by men, then women and then children, all ending up with the largest barrel, the Hogshead, at midnight. They also have Rock cannons firing three times throughout the day.

December is when The Brafront Guizers from Bedfordshire do Mummers Plays around the pubs. In

a fight a Turkish knight, dressed in red, kills St George, dressed in green, who is then thankfully revived by a quack Doctor. All for charity and last year they raised over £700 for Kidney research.

January brings Plough Monday though Whittlesea have a Straw Bear parading the streets on a Tuesday. Ended in 1909 but revived again in 1980, the Bear, a man dressed with massive amounts of straw tied to him processes along the streets accompanied by over 250 dancers of all sorts. Molly, Morris and Clog dancers to name a few. It appears that this is also a tradition in Germany and now the German Walldurn Straw Bear joins the procession as well. At the end of the day the Straw Bear is burned, I assume without the man inside.

Onto February with a Jack Valentine Ale. In Norfolk, in Victorian times, Valentines Eve was as celebrated as Christmas Eve until the 1960s. Presents were given to all and a Snatch Valentine appeared where the gifts, left on the doorstep would be pulled away by a string attached when the children came to pick them up. The children did eventually receive their present though.

Back to May Day and the Ampthill Sunrise at 5.25am where between 50 and 100 people including Morris Dancers, process up to Katherines Cross and then come down again for a cooked breakfast and a beer are served the local pub.

Finishing off with another song it was all very enjoyable.

Pam

### **Listening to Music Group**

What do Debussy, Travis, Joan Baez, Seth Lakeman, Fleetwood Mac and Gabrielle have in common? They have either composed music or sung a song about the weather!!

If you enjoy different types of music, then the Listening to Music Group is the one to join.

Meeting monthly in Kings Langley on a Tuesday afternoon, each session has a theme and members choose a song / piece of music to suit. We like going to live events as well.

For more details, contact Diane Reilly on 01923 261840 or email [diane455@btinternet.com](mailto:diane455@btinternet.com)  
Diane

### **Environmental Study Group**

Our group visit to Sunnyside Rural Trust Centre took place over lunchtime on Tuesday 26th February, on a warm, stunningly



sunny day, quite unexpected for the time of year....the object of our visit was to check out alternative everyday products that can be used to reduce plastic and throwaway plastic bottles. We were able to view many alternatives to mainstream plastic products, these included bamboo handled toothbrushes, shampoo bars and hand soap, rather than the eternal plastic containers, throwaway containers. We also learnt that they have a range of laundry and cleaning products that can be re-filled, once again enabling the consumer to re-use rather than throwaway containers. Our study group are hoping to host a sample table of some of these alternative products at a general meeting, sometime in the near future.

We met with the CEO Keeley Charlick, a most inspiring woman, who gave us so much information about Sunnyside rural trust and the opportunities they offer people with learning difficulties were impressive. Based on the philosophy that each of us has skills and abilities and it's not about talking up what people can't do, but assess and build upon what they can do. Keeley was emphatic that those who benefit from the Trust are not seen as people with a problem, but fitting the right person with the right job.

We were intrigued to hear that Sunnyside produce organic free range eggs and when asked where they source their chicks, we discovered that each year Sunnyside rather than buying chicks, actually rescue 350 hens a year, who wander their Northchurch Orchards, enjoying life, laying eggs and manuring the orchards as the peck-around. Win! Win!

Sunnyside promotes localism, has a vast array of volunteering opportunities and much to see at their Apsley Centre including a Cafe that serves very tasty coffee; a great place for a lunchtime U3A Study Group Meeting and can be accessed along the Apsley section of the Canal towpath. A walkers and gardeners delight.

For further info please take a look at the leaflets on our Woodside information table, visit their webpage or just visit.

Woodside U3A thanks Keeley for hosting our visit.

Laila

Study contact 07500008851

## Walking Book Group

Our next meeting is on 3rd April at the Cafe Cha Cha in Cassiobury Park at 10.30. There is a car park in the park via Gade Avenue but you do need to collect a ticket for your car there is no charge they are just keeping time allowed to six hours to stop commuters using it. The cafe is around the middle near the Band Stand up the hill. Our book is 'You' by Caroline Kepnes, another recommendation is 'My Name is Anna' By Lizzy Barber.

Libby

On Tuesday 12<sup>th</sup> March the **Social Group** visited The Tring Museum which they found was very interesting. A wonderful display of all the animals including bugs, butterflies, beetles and much more (4000 different exhibits in fact). They also learned how to dissect mice and stuff them ready to be displayed.

The Tring Museum is part of The Natural History Museum and was built in 1889 to house the incredible zoological collections of Walter Rothschild.

Lionel Walter Rothschild was a rich, eccentric and determined character

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who dedicated his life to the study of animals. His private collection formed the foundation of the Museum at Tring.



*Wild animals were out in force*

The Social Group were unable to do the planned walk around the lakes due to the inclement weather.

Tring lakes are a Site of Special Scientific Interest, managed by Herts & Middlesex Wildlife Trust, and is famous for its wildlife. All the walks are on level ground so quite comfortable for walking.

Everyone enjoyed lunch in the Ugly Bug Cafe. Free entry to the museum for all.

Joan,  
Social group

Hi all, I had very little input from members this month so page 11 was going to be empty. Instead please find below a quiz which is appropriate to our age group.

## OLD MONEY QUIZ

All the answers are in pounds (£), shillings (s) and pence (d)  
The answers are either from rhyming slang or working out the clues.

I've done question one to get you started.

Questions:

1. A stone (is 14 lbs or £14)
2. A type of bicycle
3. A singer
4. Part of a monkey's leg
5. A man's name
6. A kind of pig
7. The sun, moon and Pluto
8. A leather worker
9. 50% of panties
10. Royal Headdress
11. Hit repeatedly
12. Unwell sea creature

Answers:

£	s	d
14	0	0

Total that all money adds up to is:

£	s	d
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## **SOCIAL GROUP MEETINGS**

### **March:**

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. Holywood  
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](mailto:andrew.cummingsu3a@btinternet.com)  
for

inclusion on the website

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

### **AND FOR THE NEWSLETTER**

**Copy date** for the April Issue of the  
Newsletter is 1<sup>st</sup> April.

Send to Jo Bromwich, 01923 443758 or  
email [jo.bromwich@ntlworld.com](mailto:jo.bromwich@ntlworld.com)

Our monthly newsletter is available in  
full online

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

## **IMPORTANT CONTACT DETAILS**

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