

WOODSIDE U3A NEWSLETTER FOR SEPTEMBER 2021
MEETING FOR THE FIRST TIME AT THE STANBOROUGH CENTRE

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

Charity Reg.: 1182140



Hi Everyone

Welcome to our September newsletter.

It was so good to see so many of you at our Cream Tea. We once again thank Ken and Beulah Appel for hosting in their wonderful garden.

The Committee has decided to postpone the Woodside u3a AGM until October. This allows Lesley, our Membership Secretary, to circulate the last Minutes of the AGM and reports in this newsletter. Voting for Committee positions will also be detailed. We would like volunteers to put themselves forward for 2 posts on the Committee - Minute Secretary and Publicity Officer. If you prefer you can come onto the Committee in a non-post role.



Graham, Judith and June enjoying the afternoon tea in Ken and Beulah's garden

This month, our group project is on Japan. Next month our visit is to Argentina; please send a paragraph about the country to Val May who is co-ordinating this group project.

We look forward to seeing you in person for the General Meeting on Tuesday 21 September. We have a new venue - The Stanborough Centre in Garston. Our speaker is our very own Treasurer, Ken Appel, who will give us a talk on the Watford Health Service.

Take care and I hope you have enjoyed your summer.

Barbara Elman
Chair

General meeting on 21 September at our new venue:

The Stanborough Centre, 609 St Albans Rd, Watford WD25 9JL

We will be upstairs but there is a lift. The room will be well ventilated, seating will be socially distanced and masks are optional.

COPYDATE FOR THE OCTOBER NEWSLETTER IS 1ST OCTOBER

AGM Agenda

The 5th Annual General meeting of Woodside U3A will take place on Tuesday 19 October 2021 at 10.am. You will be notified nearer the time if this will be face to face or take place via zoom.

AGENDA

1. Welcome
2. Minutes of 2020 AGM
3. Chair/Trustees report
4. Treasurer's report
5. Election of Committee
6. Appointment of the Auditor
7. AOB

WOODSIDE U3A (Registered Charity No. 1182140)

Executive Committee Nomination Form for AGM

I, Jo Bromwich..... (Membership No 10.....) Propose the persons named below, with their consent, for the Office/Role against which their name is given for year 2020/2021

And I, Andrew Cummings..... (Membership No.....30.....) Second the nominations

<u>Office/Role</u>	<u>Name and Membership No. of person nominated</u>	
*Chair	Barbara Elman	239
*Vice- Chair (2 posts)	Linda Williams	131
	Bernice Caffrey	18
*Treasurer	Ken Appel	141
Membership Secretary	Lesley Cummings	31
Business *Secretary		
Committee Member	Bernice Caffrey	18
Committee member	Ken Emmons	151
Committee Member	Heather Lace	43
Committee Member	Alison Theobald	74
Committee Member		

Signature of ProposerJ Bromwich.....Date: 1 September 2021.

Signature of Secunder.....AT Cummings.....Date 1 September 2021.....

Notes: The maximum number of Committee members to be appointed at an AGM under the Constitution is 12 which is therefore the limit of nominations permitted from each individual proposer or seconder. This form can be used to nominate for any of the posts listed, up to that maximum.

Proposers or Seconders may not be existing members of the Committee and those nominated cannot be members of the Executive Committee of another U3A.

Those posts marked* are specified in the Constitution; all other appointments are referred to as Committee members but some have roles agreed when Woodside U3A was first established. Persons appointed to the Committee become Charity Trustees and will have to sign a declaration form confirming they are not disqualified from being Trustees.

Nominations must be received by the (Membership) Secretary before the AGM and in the event of more valid nominations being received than vacancies an election will take place at the AGM. The Committee are able to fill any vacancies between AGM's and also have the discretion to co-opt up to two further members in addition to the 12 appointed at an AGM.

WOODSIDE Interest Groups
September 2021

PLEASE NOTE THAT NOT ALL GROUPS ARE MEETING YET OR MAY BE MEETING AT A DIFFERENT TIME/DAY/VENUE - PHONE GROUP LEADERS TO CHECK!

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

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

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

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

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

Drama: Contact Barbara Elman barbaraelman@hotmail.com. meeting twice a month on
Tuesday between 11am and 12 at Asda Community Suite.

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.

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 07712 710811. Venue, days and time vary

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

Jewellery: Contact Gloria Barber on 01923 462462 or 077082058
This group is suspended for the time being

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

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

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

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

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

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

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

Social Group: Contact Ken Emmons on 01923 672139 or email kjemmons23@gmail.com
or Joan Gillett jgillett43@gmail.com 3rd Wednesday at 1.30pm at Room 2 Asda Community Suite

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

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

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 07708 020583.
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 -

Yoga. Contact Marta Hall. Meet at the Harebreaks Community Hub at 10.00 - 11.00am. Weekly Fridays

Woodside U3A Table Tennis

When we started the Table Tennis activity group we began with four members on the first day. Since then, the group has grown to having nineteen members, many of whom meet at the YMCA Orbital Community Centre in Haines Way, Leavesden on each alternate Thursday morning between 10.00am and noon. The group has now reached it's capacity for the number of Table Tennis tables that are available for us to use so we have decided that we will put in place a Waiting List in the expectation of forming a second group of Table Tennis players.

To make this second group viable we would need six players who wish to attend on a regular basis, at the same venue, on the Thursday morning on which the first group do not meet. The hire cost of the venue is shared between the folk who attend each session.

If you would like to have further details of the activity then please contact John Simpson, contact details can be found elsewhere in the newsletter.

Our trip to Japan

Well here we are at the penultimate stop of our virtual tour of the world-in the glorious landscape of the Far East. During our time there we watched and celebrated the joy of the Olympics and Paralympics, whilst we participated in their culture and customs. Thank you once again to everyone who took the time to contribute to our travels.

History

Japan's unique culture rapidly developed during the Heian era (794-1185 AD.) producing enduring art, poetry and prose. The Sumurai class also increased it's power and influence; Sumurai warriors were the servants of Sumurai Lords, or "Shogun", and backed up the Shogun and gave him authority and power over the Micado (Emperor). The Shogun took over the government in 1185 AD. The Sumurai ruled Japan, dominated government and society, until the Meiji restoration of 1868, which led to the abolition of the feudal system.

The Sumurai warrior code emphasised loyalty to their masters over family loyalty. History shows that most loyal Sumurai were usually family members or financial dependents of their Lords. They were considered extremely virtuous and privileged in Japanese society. Even after the feudal hereditary class, stories of their gallantry prevailed and the Sumurai's strong reputation continues to influence Japanese culture. The Sumurai warriors were guarding nobility and trained in martial arts, military strategy and battle tactics. They used a range of weapons (bows and arrows, spears and guns) but their main weapon and symbol was the famous Samurai sword. They were influenced by Buddhism and Zen and used Zen meditation to calm before battle. Sumurai is a masculine term, but female warriors existed in Japan since 200 AD. These women or " Onna-Bugeisha " meaning woman warrior, were also trained in martial arts. They fought alongside the Sumurai to defend their homes, families and honour.

The history of Onna-Bugeisha can be traced to 169-269AD and Empress Jingu. Following the death of her husband Emperor Chuai, she took the throne and led an invasion of Silla, (today Korea.) Jingu was a fearsome warrior, defying social norms of her time. She is said to have been pregnant when she bound her body, dressed as a man and rode into battle. Legend says that she led the successful expedition without shedding a drop of blood. She continued to rule over Japan for the next 70 years until the age of 100. In 1881 she became the first woman to appear on a Japanese banknote.

Have a go at this fun quiz about Japan - answers at the end - good luck

1. What is the traditional dress of Japan ?

- a) Hanbok
- b) Kimono
- c) Aodai

2. Which of the following forms of martial arts does **not** originate from Japan ?

- a) Taekwondo
- b) Aikido
- c) Karate

3. The Chrysanthemum is the symbol of the Japanese Imperial family and Emperor - True or False ?

4. Which of the following statements best describes Sumo ?

- a) Wrestling derived from Shinto religion
- b) A full contact form of martial combat
- c) Mud wrestling

5. Which typical wine is made from fermented rice ?
6. Lexus IS the luxury vehicle division of which Japanese automaker ?
 - a) Honda
 - b) Nissan
 - c) Toyota
7. The year 2021 was the 2nd time that Japan hosted the Summer Olympic Games - True or False ?
8. What are the colours on the Japanese flag ?
9. What does a Geisha do ?
 - a) To perform traditional Japanese songs and dance
 - b) To serve diners in traditional Japanese restaurants
 - c) To write traditional Japanese poems
10. Tempura is a typical Japanese dish that consists of veggies, meat and seafood that are battered and deep fried . However the country it actually originated from was Portugal - True or False ?
11. What two Japanese cities did the US drop two atomic bombs during World War 11 ?
12. Based on geographical location , which area does Japan belong to ?
 - a) South Asia
 - b) North Asia
 - c) East Asia
13. Suzuki is not only the name of a Japanese multinational corporation , it is also the second most common last name in Japan - True or False ?
14. What do waiters and waitresses say to welcome guests in Japanese restaurants ?
 - a) Sayonara
 - b) Arigato
 - c) Irasshaimase
15. The word Sushi in Japanese means Raw Fish - True or False ?

Hope you did well - from Sue for Quiz Group

Garden Group - Teresa

Japan has been in the News lately having hosted the 2021 Olympics so how fitting this should be the Country of choice for us this month. Their National Flower is Sakura or Cherry Blossom and they celebrate by having Picnics throughout Japan. It can take three weeks from the first Blossoms opening until the last trees Blossom and always difficult to predict. Cherry Blossom is depicted in their Songs, Poetry, Art and Ceremonies especially Weddings. The Blossom is short lived but lives on in people's memories.

HOW DO THE JAPANESE LIVE SO LONG AND STAY SO HEALTHY?

Life expectancy in Japan is amongst the highest in the world and continues to improve, despite high levels of smoking, but why?

DIET- The Japanese have very low obesity levels - less than 5%. Their diet is fish, vegetables and rice. They eat a limited amount of meat and dairy, and low levels of sugar. They also drink a lot of unsweetened green tea. Traditionally they have eaten a lot of salt, but health drive has reduced this. Portion sizes are small, and their philosophy of 'hara hachi bu' (eating until 80% full) aligns with ancient wisdom. **HEALTH SERVICE** - This is fairly well-funded, and regular medical check-ups are the norm **CULTURE**-Social cohesion is important - Japanese belong to informal mutual support associations 'moai' with regular meetings and support, including financial, for individuals facing difficulties. **KEEPING ACTIVE** - One in four people over 65 still work. Retirees often continue by choice in a voluntary/part time capacity. Senior citizens will often direct in car parks, help

schoolchildren cross roads or sightseeing guides. Also, after formal retirement, many older people will take on a family farm and continue working there. EXERCISE - Many older Japanese take formal exercise, eg walking groups, but have a less sedentary lifestyle than most Western societies and move more in their day-to-day life. KEIRO NO HI - This is Respect for the Aged Day, a Japanese public holiday held annually to honour elderly citizens - and some towns have festivals that celebrate, for example, women over 80!

Quiz answers - Hope you did well everyone - Sue x

Q1 - B - Kimono

Q2 - A - Taekwondo

Q3 - True

Q4 - C - Mud Wrestling

Q5 - Sake

Q6 - C - Toyota

Q7 - True

Q8 - Red & White

Q9 - A - Perform Song and Dance

Q10 - True

Q11 - Hiroshima & Nagasaki

Q12 - C - East Asia

Q13 - True

Q14 - C - Irasshaimase

Q15 - False - It means Sour Rice

The Japanese Language - a few titbits from the Spanish Group 1

To be classed as fluent in Japanese, you'll need to know a minimum of 3000- 5000 Japanese words using Japanese characters; studying everyday it will probably take between 2-3 years to become fluent. It is classed as a category IV language - right next to Chinese, Korean & Arabic - languages that are exceptionally difficult for native English speakers to understand.

The Spanish group will be sticking to Spanish - that's hard enough !!! Sue

From Marie Welsh.

Japan is an island nation, a group of islands that form an archipelago. The Japanese archipelago consists of 6,852 islands stretching about 1,869 miles. Only 430 are inhabited (Honshu is considered the main island) most of the islands are considered "ghosts."

Tokyo is the most populated city in the world with 38,140,000 people.

People are hired to push people inside of trains during rush hour as 57% of people living in Tokyo, use public transport and most railways operate at a 199% overcapacity.

There are more pets than children; in 2013 there were 21.3million pets registered and 16.5 million children below 15. There are 5.52 million vending machines that sell anything from food, sex toys, magazines, flowers, drinks, and full meals; almost every street has at least one vending machine.

Crime is relatively non-existent; murder rate is 15 times less than the US and the safest country in Asia and second-lowest murder rate in the world. Tokyo is one of the safest countries with almost no street crimes.

There is very little immigration and diversity; almost everyone living in Japan was born there (98% of the population are actually Japanese and the other 2% are foreigners).

Baseball is the most popular sport with the older generation with football coming second the younger Japanese. Bondage or BDSM may have started in Japan. Back in 1400, police would use shibari (art of rope bondage) to hold prisoners captive. The Samurais used this tactic to treat their prisoners well. Later, a new shibari started, bringing the art of bondage into the bedroom. The positioning of knots on certain pleasure points on the body can stimulate sensuality and strength.

End of our trip to Japan

Our last destination, showcased in our October newsletter, is going to be Argentina in South America; best known for many things including it's beef cattle, empanadas, wine and the tango. Spanish is their lingo so I'm not even going to attempt a sentence - I'll leave it to our own very able Spanish speaking Group. Así que adiós y buen viaje!!!!

As we are now able to return to face to face meetings - relocated at Stanborough Centre - we will finalise our last journey by reminiscing about our lockdown time in the UK. All aspects of whatever you achieved, experienced, discovered, or created would be most welcome for us all to share in our November newsletter. Photos and a couple of lines, whatever you think others may enjoy learning about.

Have a great meeting in September, it's going to be fantastic to get together again!!!

Val

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 OCTOBER Issue is
1ST OCTOBER**

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

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