

WOODSIDE U3A NEWSLETTER SEPTEMBER 2022
MEETING AT THE STANBOROUGH CENTRE WATFORD

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

Charity Reg.: 1182140

It was with the utmost sadness that we heard of the passing of Queen Elizabeth II. Our Queen served the United Kingdom and the Commonwealth with grace, dignity and distinction. History will remember her as our longest serving monarch who, in her lifetime saw 15 Prime Ministers serve under her reign.

May she rest in peace.

Long live King Charles III and Queen Consort Camilla.

Barbara Elman
Chair Woodside u3a



Hi Everyone,

Welcome to our September 2022 newsletter.

We hope you've enjoyed your summer break. It was good to see so many of you at our Picnic in the Park on Sunday 14 August. Leavesden Country Park is a great setting and we were very fortunate to have good weather.

This month we celebrate the 40th Anniversary of u3a. At our September General Meeting there will be extra refreshments to enjoy. Our speaker will give a talk on The Sky At Night With A Laugh - we hope you enjoy it.

Now that we have so many interest groups up and running, we ask that you support them - they are there for you to enjoy and in some cases, they'll give you the opportunity to embark on new adventures. There are several outings planned over the next few months, but they can only go ahead if we fill the coaches. So, if you're thinking of trying a new group, such as the Bus Pass Group, Crafters, Sign Language, Drama Group or the Chess Group, now's the time to sign up.

Barbara Elman

Chair

Agenda for our September general meeting: Doors open 9.30am, notices 10.00am, refreshments/huddles 10.15am, Our speaker for September is Gordon Rogers with a talk entitled "The Sky At Night With A Laugh" 10.30am, depart 12 noon.

The October speaker is Mervyn Edwards "Walking The Beat To Nirvana".

Refreshments

So our u3a can be as environmentally friendly as possible, please bring your own mug to our monthly general meetings. As from our October meeting we will not be supplying paper cups. Clearing up the kitchen and hall after serving refreshments in paper cups means those members on duty miss the first 15 minutes of the talk.

YOUR COMMITTEE



BERNICE CAFFREY
VICE CHAIR & INTEREST
GROUP COORDINATOR



LINDA WILLIAMS
COMMITTEE MEMBER



JOYCE GRAY
PUBLICITY



ALISON THEOBALD
TREASURER



HEATHER LACE
SAFEGUARDING &
EQUALITY



KEN COTTON
COMMITTEE MEMBER



LESLEY CUMMINGS
MEMBERSHIP SECRETARY



KEN EMMONS
SOCIAL SECRETARY



LOUISE SMITH
COMMITTEE MEMBER

Please see back page for
contact details of the
committee, webmaster and
newsletter editor

Interest Groups - September 2022

Art.	Contact: Sue Walters on 07989 250483, Group meets fortnightly 10-12am at Tanners Wood Hall
Badminton	Contact: Susan Coultrup on 01923 334387. Group meets weekly on Wednesday at Watford Leisure Centre (this is a joint group with SWH)
Books	Contact: Libby Crawford on 01923 247847. Group meet every 3rd Wednesday at 10.30am
Bridge Improvers	Contact: Judith Evans on 01923 260354 or 07960 642651. Group meets 1st and 3rd Mondays at 1.30 - 4.30 at Asda Room 3 (this is a joint group with SWH)
Bus Pass Travel	Contact: Bea Luffrum on 07711709039. Group to meet monthly on a Wednesday or Thursday. First trip is on the 5th October to Rickmansworth Museum.
Chess	Contact: Barbara Elman on 07833996358. This group meets monthly at members' homes. Next meeting 22nd September.
Craft:	Contact: Jo Bromwich on 01923 443758. This group should be up and running very shortly.
Drama	Contact: Carol Stanton at carolstanton225@gmail.com . This group meets on a Tuesday at Asda Community Suite, 10.00am until 11.30am. Next meeting 13th September.
Family History	Contact: Bea Luffrum on 07711709039. Group meets monthly on the 1st Wednesday morning at members houses (this is a joint group with SWH).
Flower Arrangement	Contact: Jill Macey on 07736680501. Group meets quarterly on a Tuesday 2.00 - 4.00pm at Asda Community Suite. (this is a joint group with SWH)
French.	Contact: Heather Lace on 07951937064. Group meets fortnightly on a Monday at 2.30p at members houses
Garden Visits	Contact: Teresa Brunswick on 07712710811. Watch out for news of visits at the General Meeting. We currently have three visits on offer.
Line Dancing	Contact: Judy Lovell on 01923 893368. Group meets 1st and 3rd Mondays. First session 10.15am. Second sessions 11.15am (this is a joint group with SWH)
Listening to Music.	Contact: Diane Reilly on 01923 261840. Group meets monthly 1st Tuesday afternoons at members homes
Lunch Group	Contact: Joyce Gray on 01923 263213 or rejoyce.gray@gmail.com . Monthly. Days and Venue vary
Mexican Train	Contact: Bernice Caffrey on 01923 672359. Group meets every 4 weeks on a Thursday at 2.00pm.
Philosophy	Contact: Jeanne Johnson on 01923 263598. Group meets monthly on 1st Monday 2.00-4.00pm. (this is a joint group with SWH)

Photography	Contact: Ken Jones on 01923 264855. Group meets 2nd Monday at 2.00pm at members homes
Play Reading for Fun	Contact: Derek Giles on 01923 270971. Group meets 1st Monday 10.00-12.00am at Asda (this is a joint group with SWH)
Spanish 1	Contact: Sue Brown on 01923 661516. Group meets fortnightly on Friday at 11.00 - 12.00am at the Royal Oak, Abbots Langley
Spanish 2	Contact: Alison Theobald o 01923463573. Group meets fortnightly on Wednesday at 10.00 - 11.00am. Venue TBA
Sewing	Contact:Tina Photi on 07427866825. Group meets Wednesday at 10.00-12.00am at Tina's home
Sign Language	Contact: Sue Hickson on 07958669311. Group will start on the 26th August and meet the 2nd and 4th Friday of the month at Asda Community Suite between 2.00pm and 3.30pm.
Singing for Pleasure	Contact: Ady Shaw on 01923 51802. Group meets fortnightly on Thursday at 10.00am -11.30am at Asda
Social Group	Contact: Joan Gillett jgillett43@gmail.com. Group meets 3rd Wednesday at 1.30pm in Room 2 at Asda.
Table Tennis	Contact: John Simpson on 07531 542605. Group meets fortnightly at 10.00-12.00am at the YMCA Haines Way
Trips	Contact: Martin Rodel on 01923 442417. Available trips advertised at General Meetings
Ukulele	Contact: Trevor Boardman on 01923 244016. Group meets 1st, 3dr and 5th Thursday and 2nd, 4th and 5th Wednesday at 2.00pm at Tesco Extra Community Room (this is a joint group with SWH)
Weekenders	Contact: Teresa Brunswick on 07712710811. Watch out for news of visits at the General Meeting.
Pathfinders	Contact: Patrick Turner on 0923 263511 or 7954640263 for details of next meeting (this is a joint group with SWH)
Woodside Walk 5	Contact: Derryck Croker on 01923 673719 for details of next meeting. Group meets monthly on the 2nd Wednesday.
Quiz	Contact: Glen Price on 07787155461 meeting at YMCA Haines Way at 7.00pm on the third Thursday of the month.

Interest Group News

Hello Everyone.

As you will see from the newsletter there are several new groups included this month. Please contact any of the groups you are interested in joining,

We also have a list of groups which we are looking to start. These are: Architecture, Golf, Members on their Own, and Local Theatre Shows.

As always, if you have any ideas for new groups, please let me know.

Bernice Caffrey

SGC

New History Group

There will be the first meeting of the History Group on Wednesday 28 September at 2pm at 95 High Street, Abbots Langley WD5 0AJ. (Middle cottage - 1842 date in bottles!) Everyone is welcome. If you can't make the date but would like to be part of the group, please see me at the September meeting or email at huezit@hotmail.com

Heather Lace

Bus Pass Group

The planned trip to Rickmansworth in September was cancelled due to the proposed bus strike. We will visit the Three Rivers Museum on the 5th October. Bus times will be sent out nearer the time just in case the timetable changes. Jo



Spanish 1 group - summer lunch

Hampton Court Flower Show

On a beautiful sunny morning on the 8th July at 8.30 we set off for Hampton Court Flower Show from The Brow at Woodside. The coach was very comfortable and driven by the very competent and kind Brian.

As planned, we avoided the traffic and could walk down to the show entrance while it was still quite cool. There were lots of welcome water bottle refill points around the show ground and as the day progressed it became really hot.

The show gardens gave us plenty of ideas for our gardens at home, with beautiful and sometimes unusual features and planting schemes. Many gardens supplied lists and plans in case we wanted to replicate the gardens at home. The marquees provided a chance to buy plants and bulbs we might not see very often, as well as the old faithfuls. Non gardeners were also very well looked after with a whole marquee and many stalls where we could buy anything from a hat to a painting.

Shade, although plentiful, was still at a premium, and grabbing a picnic table for lunch was a bit of a "dead man's shoes" exercise. Every global food seemed to be represented and there was even a Venezuelan food van where we could eat on the roof if we could brave the heat and the height!

As well as sales of water features, potting sheds and greenhouses and everything garden associated known to man we had a chance to see some amazing architectural pieces for large and small gardens, encompassing art and the environment. These cost anything from thousands of pounds to a tenner. At last, weary and hot, we made our way back to the air-conditioned coach through the lovely setting of Hampton Court Palace gardens. It was a lovely day in brilliant company. Thank you all so much for coming.

Louise

Our July General Meeting

Our speaker was Suzi Clarke who gave an amusing talk of her life. She was of Anglo-India heritage living for many years in the Middle East before moving to the UK. She currently lives in Park Street in a cottage dating back to 1677. She told us of her work in universities, theatres and the London Museum. In more recent years she cared for her father who had dementia; while he slept, she took up online dating and painting.



Suzi with one of her paintings



The Book Club went to see the film 'Where The Crawdads Sing' followed by a much enjoyed lunch at Frankie and Benny's

A Life Changing Event by Ken Cotton

In 2013 after 37 years of running my own business as a Dental Technician specialising in crown and bridgework, our lives came crashing down with the news from my consultant that I had cancer. Six months after treatment I was well enough to return to work so, considering that my job was the most likely cause of my illness, Pam and I sat down and looked at our finances and decided it was time for me to retire. I then had the difficult task of telling my supportive clients that I would not be returning to work for them. They totally understood and wished us well.

So, with plenty of time on our hands we kept ourselves busy, Pam with her numerous crafting interests and me with my music, we soon realised that with concentrating on our business we really had not had much time to socialise except for the occasional weekend visiting distant friends. We hardly knew our neighbours let alone people in the village. Pam is a member of the Abbots Langley Gardening Society and we occasionally went to the quiz night. One evening in 2018 I was talking to Jo Bromwich about the u3a. I had heard of it but thought it was for intellectuals but she reassured me that it was for anyone. Soon after Jo gave me a copy of the u3a newsletter and when I looked at the groups that were running, I saw that Sue Coultrup was running a badminton group. Pam and I have always wanted to play badminton but all the local groups that we could attend only wanted experienced players. Sue was lovely and suggested I came to next monthly meeting to discuss it which was in a few days time. Pam couldn't come as she was helping to care for her Mum who was passing away so I went on my own to join us both up. I met Sue and she told me when they were playing next and said we must come and join them. I then looked around and saw all the other groups that were available and the trips that Martin Rodel was arranging and I signed us both up for the Bluebell Railway trip and an outing to an observatory in Hertfordshire. It was a very friendly atmosphere. When I left the meeting and was walking back to my car I heard my name called and it

was Louise (now our speaker secretary) who is a cousin of my ex-wife. I hadn't seen Louise for many years so that was the cherry on the cake of a lovely morning.

The following Wednesday Pam and I went to the badminton session and we were made to feel very welcome. We all went for coffee after playing and Peter Howarth (who has now moved away and joined another u3a) suggested that we join the Table Tennis group so the following Thursday we joined John Simpsons group. A couple of months later at the meeting I was approached by Ken Jones who asked if we would be interested in joining a photographic group that he was forming. Soon after we had our first meeting at Ken and Carol's house and I took on the position of treasurer. All three groups now have about 12 members. We have also recently joined Glen Price's quiz night.

Then in 2020 we were hit by the pandemic and the country ground to a halt but by now we had made so many friends we continued to see each other, socially distancing, in parks and video calling through WhatsApp. The interest groups we have joined and the friends we have made has been truly life changing for me and Pam and it's all through that chance conversation I had with Jo that evening. I have recently joined the committee as I want to help ensure that our u3a continues to be successful for very many more years to come.

Picnic in the Park

We had a lovely picnic at Leavesden Country Park on Sunday 14 August. Twenty-three of us enjoyed the sunshine in a shaded area under a large tree. It was a chance for members old and new to have a good catch up whilst enjoying our picnics.



Roland Bedford - A Memory and Thank You

Roland joined our fledgling Woodside U3A, sometime in early 2017, when I was just a year into being the first Chairperson. He introduced himself to me, after leading our first AGM that Summer. He drew my attention to our newly agreed constitution to point out in a very kind and diplomatic manner how we might improve the presentation and members inclusion at future AGMs. Over the next few years Roland, though not a confirmed member of the committee, guided us through various legal and policy developments that would ensure that we as a newly constituted committee were able to deliver good governance as Trustees. Upon my request he took the responsibility of registering our Woodside u3a as a Charity with the Charity Commission. This involved us meeting on several occasions to ensure the application would not flounder. He took on the task of collating all the information required from the committee, in order to satisfy the application that would be scrutinised by the Charity commission. Needless to say Woodside u3a enjoys Charitable Status today, thanks to Roland's quiet and diligent tenacity and giving so generously of his time.

Roland was a busy man, enjoying his retirement to the fullest, but still found time to enjoy his membership and commitment to Woodside u3a.

I personally benefitted from his supportive patient and sound legal advice in the early days of being the first official chair leading our emerging u3a. I thank him for being a good friend during those daunting early years, that I believe established us as a strong thriving organisation that would despite challengers be sustainable.

It was an honour, along with our current Chair and members, to attend his funeral, where family, friends and colleagues in their hundreds gathered to honour Roland's life and times. He will be greatly missed by all who knew him and we offer his family our deepest sympathies.

Laila Namdarkhan Woodside u3a

Past Chair 2016-2020

WANTED: NEWS & PHOTOGRAPHS

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

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

AND FOR THE NEWSLETTER

**Copy date for the OCTOBER Issue is
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Send to Jo Bromwich, 01923 443758 or
email jo.bromwich@ntlworld.com

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