

WOODSIDE U3A NEWSLETTER
NOVEMBER 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>

By the time members read this November editorial, we will have survived the fun of Halloween and for some the joy or pain of fireworks season. Then, once again we were enjoined to remember those who died in service to our Nation, both in the military and civilians, of two world wars. It is a time of both personal and national remembrance. We all have our own personal stories, memories and memorabilia. I have photos of both my parents in military uniform, their demob papers that included character references and of course their personal stories passed onto me and my brother when we were children, at a time when there was for most families only the radio for mass information and entertainment. My partner who was a boy at the time living under Colonial British rule in Mauritius recalls joining his father in collecting metal items from local people, for shipment to Britain, as part of the war effort, and hearing stories from his Uncle who was in the British military during the desert campaign and Palestine. A time of true remembrance.
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Laila, Chair

AGENDA FOR 19 NOVEMBER
9.30 MEMBERSHIP MATTERS
STUDY GROUPS & BOOK VISITS
10.00 BUSINESS MEETING
10.15 REFRESHMENTS
10.45 OUR SPEAKER IS GEOFF
HALES WITH A TALK ENTITLED
'THE CHRISTMAS READINGS'.
11.45 ROUND-UP AND CLOSE

OUR NEXT MEETING IS ON 17
DECEMBER. SEE PAGE 6
FOR DETAILS.

YOUR COMMITTEE



Linda Williams Vice Chair



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Heather Lace Committee member



Sheila Ramsamy
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Alison Theobald Committee member

Continued from front page

How times have changed with our access to multi-media, smart phones and TVs, my own personal favourites being my smart phone and Netflix. With my daughter and my two growing granddaughters living abroad, such technology keeps me in touch with them daily, in a way I could only dream about, even ten years ago. Remembrance should bring us all closer together as human beings and long may it be so. I am aware that two members have sadly died this year, Anne Davison and Barbara Lewis, we shall remember them. To all those amongst us who have experienced periods of ill health this year, I wish you all a speedy recovery and look forward to seeing you amongst us again.

As we move to the close of another year, there is, as always, much to look forward to in our Woodside U3A, due to our great variety of Interest Groups, that have been steadily growing over the past year. By way of a reminder we will be holding our annual 'Interest Groups Contact Persons' meeting directly after the January 2020 (I know scary 2020 already) General Meeting on Tuesday 21st January from 12pm. We have scheduled this meeting on the same day as the General Meeting in the hopes that more Interest Group contact people

will attend. The meetings are really important because they enable both experienced and new contact people to be updated on policy, review their own group practices with the need for accurate recording of group participants, health and safety issues and financial matters. It also gives everyone an opportunity to raise issues and feel supported by our U3A Committee members and our Interest Group organiser Bernice, who does such a sterling job on behalf of the membership. Can I ask all Group Contact People to ensure the time and date of this meeting is on your diaries and please let Bernice know, for catering purposes, whether or not you will be in attendance.

As I said earlier, much to look forward to, along with the interest groups we have social events and trips planned. November brings a welcome trip to Bury St Edmunds Christmas market, Lunch and 10 pin Bowling. December, Woodside U3A annual Christmas lunch at Blue Check, the monthly General Meeting will be a Social Event (no Speaker), still all very Hush! Hush! Prepare to be dazed or amazed.....I am personally engaged in all these events, with the

exception of the 10 Pin Bowling, too many unhappy memories of bowling balls galloping headfirst down the gully. I am looking forward to joining you all in the Seasonal fun and feasting.

Which brings me to January; this will be our Woodside U3A Third Annual Birthday. I have heard rumours of 'celebration cakes'. I would like as many members as possible to write for the Jan/Feb 2020 Newsletter, what belonging to the U3A movement and Woodside in particular has meant to you. Please don't be shy; it is an occasion to celebrate the success of our 'Woodside toddler' and your memories and thoughts of the past three years would be part of that celebration and a mark of our overall success....while still working to improve ourselves as a movement. Wishing you all much enjoyment over the next few weeks....
Laila Chair

Committee Meeting invite

I was invited to attend the monthly Committee meeting held on 9th October, along with Val (May). I can honestly say it was really interesting and would encourage other members to take up the opportunity to attend if invited . Not only was it very enlightening to see what the role of each

committee member involved, it was also a platform to put forward any ideas and suggestions on behalf of members . Everyone was very welcoming and friendly, and I was very pleased I went.

Sue Brown

October General Meeting

Our speaker was Saffron Summerfield, a professional musician and singer, and sound recordist. She gave an interesting talk on 'When birds sing'. She explained that modern technology has given us a deeper understanding of how and when birds sing.



Goldcrest has a very high pitch and lives in conifer trees

Using sonograms (a graph representing a sound, showing the distribution of energy at different frequencies or a picture of sound), she showed the difference between a Bittern (sings one note per second, has only 3 notes but can be heard three miles away), and a wren (25 notes per second). Vocal sounds are made by a special organ only birds possess: the syrinx. The syrinx is located at the very top of the birds' windpipe. The air that comes in through the

windpipe causes thin membranes to vibrate and produce sound.



Great Bittern, a wading bird part of the heron family

Birds use songs for a variety of purposes, depending on the season and each individual bird's needs.

The most common reasons for birds to sing include: Claiming and defending territory: A loud, complex song advertises to nearby birds that the territory is already inhabited by a healthy, active male.

When working for the National Trust as artist in residence, Saffron built a sound bench by Rye Harbour. It played the local bird songs each month of the year.

Birds not only have their own songs which they learn from their parents, but some are able to mimic other sounds such as a 2-stroke engine. One researcher tried to teach starlings to sing pop tunes by playing a tape recorder. Instead they learnt the mechanical sound of the recorder clicks being turned on/off and tapes rewinding.

The Victorians liked to keep caged birds and teach them popular songs; there were even song contests for

birds. Today birds in towns are singing louder to get above road noise and some varieties are getting overweight (compared to their European cousins) as we feed them fat/suet balls - we spend £240 million each year on bird seed!

To hear Saffron's music visit: www.motherearthmusic.co.uk

U3A Network Quiz event

Val, Louise, Linda, Sue, Janette and myself took up the opportunity to represent Woodside U3A by entering a team in the Herts Network Quiz held at Woolmer Green on Friday 25th October. There were 26 tables and we were table No 26. It was a very challenging quiz in many ways but teamwork shone through and we certainly didn't come last.



Also - just a reminder to the rest of the quiz group members - the November quiz is being held on Thursday 28th November at Asda. Sue Brown - Quiz Group contact

Entertainment in December

Good morning everyone, update for the entertainment at December's monthly meeting.

Timetable -

9.15 Doors open

9.30. Laila presents the business meeting

9.45-10.15 Quiz

10.15- 10.45 Refreshments

10.45 onwards - Entertainment - A Work in Progress!

12.30 - Doors closed

To confirm the doors will open at 9.15 for everyone to come in and register, and to be seated by 9.30. Seating will be in the main hall - there will be twelve tables, each seating ten people. Some seats will be reserved and I would ask that you choose any unreserved seat - it doesn't matter which table you choose.

Once your table is full please complete the list provided regarding the number of teas and coffees required. The lists will be collected and drinks brought to your table by our 'willing' volunteers during the refreshments time, together with a selection of snacks.

Laila will do the business part from 9.30-9.45.

Sue Brown will be presenting the much anticipated fun quiz from 9.45-10.15. This has been produced - and tested - by the quiz group, they hope you all enjoy it.

10.15-10.45 Refreshments brought to your table.

During this time the raffle will be presented and prizes distributed.

10.45 - The entertainment will begin. This should last between forty five minutes and an hour and quarter. We hope you all join in as required and have a good time.

I want to take this opportunity to say a huge huge huge thank you to the many many individuals and groups who have supported this event for the last six months by helping to produce quiz questions, supplying raffle prizes, agreeing to prepare and serve refreshments, writing scripts and developing ideas, contributing to the planning and development of costumes and props, then making them!!! And to all the individuals who have trusted me enough to agree to being a 'human' character in this 'production' and have kept their identities secret until the event itself. None of this would have been possible without the many many contributions of materials, tools and most of all time, from the most amazing generous and supportive people I've had the privilege to know. Not once did I hear 'can't' or 'no'. A 'work in

progress' became the bye word! I've never laughed so much on so many occasions - and the discovery of the wonderful range of skills and talents within Woodside U3A has been a journey I'll never forget. And everyone has been so good at keeping their own or their group involvement under wraps. So thank you thank you thank you. I do hope everyone joins in and enjoys whatever the morning brings. Love to you all, Val

Macmillan Coffee morning

Woodside U3A raised a fantastic amount at the October meeting for the Macmillan Coffee morning. The total money collected was £237.87, which is amazing. Thank you so much to all the bakers for donating such great cakes, and a big thank you to all the U3A members for being so generous in giving to this very worthy cause. Anne

Sloppy slippers!

Well fitting shoes and slippers are important to prevent trips and falls, which can lead to hospital stays and broken bones. Two years ago around 27,000 people ended up in hospital due to wearing sloppy slippers which cost the NHS over £2bn (source ITV news). So

Herts County Council has organized a Slipper Swap Social

You can pick up FREE slippers to help prevent slips and trips

Join them for a cuppa, a chat and learn how to stay steady on your feet. No booking needed, just come along. Further details See www.hertfordshire.gov.uk Free event but donations for refreshments welcomed
When 20 November 2019 at 13:00 - 15:00 at Bushey Library, Sparrows Herne, Bushey, WD23 1FA

Study Group News

Our **Belly Dancing** Group has been suspended until 13th January 2020. This is due to holidays and other commitments.

Also, we are looking for a few more members to join us, so if you feel like giving Belly Dancing a try, come and join us in January 2020

Well done to Ady (Singing for Pleasure) who has reached the top ten finals in a folk song competition having written the song himself. He is performing on the 29th November at the Pump House Theatre at 7.00pm. Price £5.00 at the door.

Please remember to keep your study groups details up to date.

Finally a note for **Study Group Leaders**; after our 21st January General Meeting we will be holding a Study Group Leading meeting between 12.15pm and 2.00pm.

The member attending the Committee Meeting on the 12th November was Joan Gillett.

Bernice

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WOODSIDE STUDY GROUPS

November 2019

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 3rd Wednesday at 10.30am

Bowls (outside and indoor): 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

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.

Creative Writing: Contact Mary Miller on 07887 991892. Meeting 3rd Tues of the month at 2.30pm until 4.00pm

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 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, At the moment meeting every 3rd 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

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. 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. Venues member's home.

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

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

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

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 - held at Asda Community Suite.

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

Study Group News cont.

Waddesdon Manor Aylesbury

The 'History For All' group recently made a trip to the National Trust property of Waddesdon in Aylesbury, built for Baron Ferdinand de Rothchild in the 19th century to display his art collections and entertain influential guests. Built of Bath stone, and designed in the style of a French chateau, it is the jewel in the Rothchilds' crown

In addition to Waddesdon, the Rothchild family owned many other properties such as Mentmore Towers, Tring, which was given to the eccentric Walter, who formed a museum which has subsequently become part of the Natural History Museum; Halton House, this was used by the R.F.C. during WW1 and is still used by the RAF as an Officers Mess. Ascott House at Wing, Aston Clinton House, Champneys, in fact so many that The Chilterns became known as 'Rothchildshire'.

Although Waddesdon was gifted to the National Trust it is still maintained by the family and houses priceless works of arts and object d'art together with a newly formed 'Treasury' displaying just some of the family jewels.



This is truly a 'Rags to Riches' family. The name Rothchild originated in the late 1700's. Nathan, one of five brothers living in the poor Jewish quarter of Frankfurt set up as a cloth dealer, selling to local tailors and dressmakers from a property known as the House with the Red Shield, hence this became known as 'Rothchild'.

From his profits he started making loans to local business and charging fees and commission. He had a reputation for honesty and fairness and from that small beginning became an adviser to the Prince of Hesse-Kessel the then ruler of a small state which later became part of Unified Germany. Other Royal families made use of his financial skills and his reputation spread to other parts of Europe. Eventually Rothchilds' became a private Merchant Bank, which by the late 1800's had relocated to London,

with offices throughout the world, making it the largest bank Private Bank in the World. Today it employs over 3000 across 40 countries.

Janet Perry

U3A badminton group

A request for more players. We have 11 but could do with a couple more if possible.

Sue Coultrup

Listening to Music

Our last month's theme was Fruit!! Tricky to choose a classical piece, but choices included The Stranglers, KT Tunstall, Marvin Gaye and a Japanese Folk Song. This month's theme is Famous People.

The group's chosen live events this year have been The Carole King Songbook at the Alban Arena, a Proms concert and the U3A Christmas Concert at St Lawrence Jewry, next to the Guildhall in London.

Meeting monthly in Kings Langley on Tuesday afternoons to suit, new members would be welcome.

Contact Diane Reilly by email: diane455@btinternet.com or mobile: 077 68016808.

The Antiques Group made a visit in October to an Antique Shop in Wendover. The Shop, which used to be the old Post Office, is situated in Wendover village. The building itself is a Grade II listed Tudor house, and it has even featured in the Celebrity Antiques Road Trip TV programme. It was a very quirky place.

We enjoyed a wander around and there were lots to look at - vintage glassware, vases, retro lampshades and many collectable items to name a few.

Afterwards, we enjoyed refreshments in a quaint café adjacent to the shop.

We are a fairly new group, and we arrange trips ad hoc. So far we have been to the Tring preview auction and another Antique Shop. We hope to go to an auction early next year.

If anybody has any subject knowledge of antiques, we would love to know and so we can learn more.

Lesley Barrett

Social Group outing

On 13th October 10 social group members visited St. Albans Signal Box. We had a lovely afternoon which included a guided tour round the garden including a miniature railway.



A member of the group was able to work the signals without any mishaps.

Then we continued the tour into the signal box and museum.

After our tour we had tea/coffee and biscuits.

St. Albans South Signal Box was built by the Midland Railway in 1892, closed by British Rail in 1979 and rescued by enthusiasts in 2003. It has been faithfully restored inside and out and since 2008 is regularly maintained all by volunteers.

It is open to the on certain days. Well worth a visit.

Joan

SOCIAL GROUP ACTIVITIES

December 2nd Monday

Tour Christmas lights/Supper (waiting list)

December 10th Tuesday

Christmas lunch

Blue Check restaurant

Bushey High Street

See Ken Emmons for tickets

Details on page 2

In the New Year all trips will have to be paid for at time of booking to secure your place.

WANTED:

NEWS&PHOTOGRAPHS

suitable for publication please send to The Webmaster, Andrew Cummings at

andrew.cummingsu3a@btinternet.com

The newsletter is available in full online

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

AND FOR THE NEWSLETTER

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

Send to Jo Bromwich, 01923 443758 or email

jo.bromwich@ntlworld.com

IMPORTANT CONTACT DETAILS

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