

WOODSIDE U3A NEWSLETTER  
OCTOBER 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>

September gave us an extension to the dry mostly hot summer we have enjoyed this year. As a gardener I yearned for rain, only the soft rain can bring the dry parched soil and plants back to life in all their variety. Well I got my wish, and as the saying goes, 'be careful what you wish for, we got torrents! 23rd September marked the Autumn Equinox, and with it came quite a drastic change in the weather patterns. The power of the Equinox is an instant in time when The Earths Northern hemisphere swaps with the Southern Hemisphere to become the one furthest from the sun. This is when the Sun passes through the celestial equator also known as the Southward Equinox. Amazingly at the Equinox the Sun rises directly in the East and sets directly in the West. Across the globe the Southward equinox is celebrated. Stonehenge sees one of the most ancient of ceremonies, harvest festivals use to be  
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*Laila, Chair*

AGENDA FOR 15 OCTOBER  
9.30 MEMBERSHIP RENEWALS,  
STUDY GROUPS & BOOK VISITS  
10.00 BUSINESS MEETING  
10.15 REFRESHMENTS  
10.45 OUR SPEAKER IS SAFFRON  
SUMERFIELD WITH A TALK  
ENTITLED 'WHEN BIRDS SING'  
11.45 ROUND-UP AND CLOSE

OUR SPEAKER FOR OUR NEXT  
MEETING ON 19 NOVEMBER IS  
GEOFF HALES WITH A TALK  
ENTITLED 'THE CHRISTMAS  
READINGS'.

## YOUR COMMITTEE



Linda Williams Vice Chair



Ken Appel Treasurer 01923672620  
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Lesley Cummings  
Membership Secretary 01923 681478  
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Ken Emmons Social Secretary  
01923 672139



Heather Lace Committee member



Sheila Ramsamy  
Speaker Secretary 01923 510207  
[ramsamysheila@gmail.com](mailto:ramsamysheila@gmail.com)



Alison Theobald Committee member

## **Continued from front page**

celebrated on the Sunday of the full moon closet to the Equinox.

Neo-pagans observe the seasonal shift as a pivotal point on the 'Wheel of the Year'. Locally over the past 5 years in Abbots Langley an Autumn Fest has been held to celebrate the Equinox, a public festival organised by local groups. This year was the best ever; heart-warming to know it is going from strength to strength. It seems since time immemorial we as humans have a need come together and celebrate various community uniting events.

When I think about the U3A movement and all the activities, interest groups, monthly meetings, speakers and coffee socialising, it feels like one enormous community celebration all year through, both locally and nationally. Maybe it's timely for me as your Chair to remind ourselves of the guiding principles of our movement. Our Founders in 1981 wanted U3A's to be member lead and learning to be self-directed. It was stressed Interest groups should be places where members come together, share ideas and learn new skills or rekindle old interests and develop learning at their own pace, with an emphasis on mutual cooperation. This self help models enables us to create our own opportunities and deliver life-enhancing experiences,

lead for and by ourselves. So many members tell me that joining U3A has been a positive addition to enjoying their lives in partial or full retirement; enabling them to make new friends and feel a sense of belonging at a time of life when isolation and losing touch with ones community can creep in. In order to fully welcome new members, we must all work to ensure there is full inclusion and participation with no one feeling left out, our U3A has a reputation for friendliness that we must guard and nurture. Woodside in two short years now has over 40 interest groups, with new additions added throughout the year. Our Interest Group co-ordinator, Bernice is always keen to promote new groups, so don't be shy, all suggestions for new groups are Very welcome. Recently added groups are Drama and Current Affairs (lots to debate there in the current climate) we live in 'interesting times and no mistake. On 30th September I and three other Woodside members attended Barbara Lewis's funeral. Newer members might like to know that Barbara was Woodside's founder, setting up the first steering group and leading us through the process of becoming a new U3A.

Once the steering group became a bonafide committee, Barb as she

liked to be known, stepped down as Chair, she became a regular attendee at our monthly meetings. She was also the contact person for the American History group, which became a joint group between Woodside and SW Herts, it which I was an avid member. Everything Barb engages with was filled with enthusiasm, joy, combined with an abundance of great ideas. When the news broke of her terminal illness, it was deeply distressing, but Barb turned what for some might have been a tragedy into a positive experience, one she shared with many of us.



*Barbara Lewis, founder of Woodside U3A*

Her innovative idea of an online interest group entitled 'Tea with Barbara', was an instant success, together many of us shared our favourite things, which included music of all genres, with Barb we discovered many new things on YouTube.

In August many of us attended a memorial event with SW Herts, for Barb, with her. Together we shared

great morning of music, singing, fun, much warmth and huge doses of laughter. Then there was her long and successful association with U3A at all levels and her Legacy fund set up by Barb at National U3A that will assist the birth of new U3As across the Country. A truly remarkable woman, blessed with a loving husband Stewart and her family from across the pond, along with her U3A family, we shall miss you Barb, but those of us who gathered on the 30th to say a final fond farewell, felt the outpouring of love for you in the chapel, we are all so proud to have been a part of your vibrant life and are benefiting from your great idea to start a new U3A that was called Woodside, for which we thank you.  
Laila, Chair

### ***DECEMBER MEETING!***

Hi everyone, at the December monthly meeting there will be some differences to the usual format. As some of you may be aware there will be activities that are for everyone to join in and enjoy. At this stage all remains under wraps but further details will be shared in the November newsletter. Firstly to help maximise everyone's enjoyment we would ask that you arrive early and be seated by 9.30. We will have the doors open from 9.15 to ensure we have everyone

settled! Hope this won't cause any issues for you. Secondly, all seating will be in the main hall area and not in the church itself.

Many thanks for your support with this - see you soon xxx. Val xxx

### ***U3A National Conference 2019***

We attended the National Conference of the U3A at the East Midlands Centre in Nottingham. 433 members attended and 256 U3As were represented.



The opening address focused on The Trust Development Plan. A common theme running through the conference has been the fact that the U3A has half a million members, but it seems to be almost a secret society. Only 3.65% of the population aged 60 - 89 are members of the U3A. We need to celebrate the benefits of aging and the U3A movement.

All U3As are being mobilised to actively promote the U3A in their locality. As a result of this there is to be an annual U3A day, the first of which will take place on June 3<sup>rd</sup>, 2020. All U3As will be invited to

take part and supplied with a toolkit to help them.

It was stressed that U3As need to continue to grow and develop. They need to broaden their base by appealing to all members of society and increasing the diversity of their members. The U3A needs to promote learning 'the U3A way' and the Third Age Trust needs to give more support for the wider learning community, providing a range of tools to help them and platforms to share learning resources and ideas.

It was emphasised however that the U3A should always put people first. The address ended with the assurance that the National Office are investing in systems and processes to carry out this development plan.

The second day of the conference gave us the opportunity to participate in a number of workshops. 21 different workshops were on offer and delegates chose three. We tried to choose workshops which would

a) be of use to our roles in the U3A

b) be of interest to us.

For the workshops we separated to meet a wider range of people from other parts of the British Isles with different roles and responsibilities.

These workshops include  
The Beacon system - a management system which all U3As are being encouraged to adopt as it makes communication easier and DATA protection safer.

'Learning Languages in Later Life'  
"The quickest Way to learn a language is to take a lover who does not speak yours" (Heather Westrup, Chipperfield). We can't all learn by that means and so she gave us a number of valuable tips to help to develop language learning.

'Building a learning Community in your U3A'. These workshops focused on peoples' interests and enthusiasms being recognised and channelled for the benefit of the U3A and the wider community. For example, a group of walkers stop off at the pub for lunch. The group investigate the history of the pub, the botany group investigated the local flora and fauna; the crafters used that as inspiration for a wide variety of artefacts; the music group performed local folk songs; the drama group enacted them and the geology group investigated the local beaches. An exhibition of everything was then placed online.

'Using story telling in Communications' involved the use of social media to motivate and organise groups and activities. Dementia Friendly was organised by The Alzheimer's Society. This

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workshop was aimed at helping local U3As make life easier for those members whose memories are starting to fade." There's more to a person than dementia"

Day 3 -A talk was given to delegates entitled 'The Medici, Florence and The Golden Age of Art' By Ernie Rea, a Historian who loves Art. This was an interesting and mesmerising talk on the Medici Dynasty given by an eloquent member of the BBC.

The talk was followed by the AGM at which Stewart Lewis accepted a role of honour award on Barbara's behalf for her outstanding contribution to the U3A movement.



*Stewart  
Lewis*

### ***Fun Things***

The conference wasn't all about business. We had the opportunity to go for a walk (in pouring rain), do chair yoga or even join in a ukulele jam session with your instrument or your voice. There was lots of time for chatting and networking. We had a quiz one evening which was both fun but

informative as it showed us the best examples of running a quiz. The food was good and university (or college) days were fondly revisited in the student accommodation blocks, if not the bar!!



The conference centre is set in beautiful grounds and the tram rides to and from the station were great fun. A personal highlight for Lesley was bumping into an old friend whom she hadn't seen for many years which goes to show how the U3A can bring people together. Overall a very worthwhile and valuable experience with fascinating people and a delightful location. We would definitely recommend it.



Lesley Cummings (Membership Secretary) & Linda Williams (Vice Chair)

## **Study Group News**

We have one new study group this month, which is Scrabble, so if you are interested in taking part, please contact Christine. Details on Study Group Page.

The Current Affairs Study Group hasn't yet begun, although several members put their names down, so we will be having a further "Huddle" today. Please come over the study group table if you are interested.

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

The members who attended our committee meeting on the 9<sup>th</sup> October were Val May and Sue Brown  
Bernice

## ***The Environmental Group***

Our group met in August at our new location the HIVE, an educational study centre, situated in Leavesden Park. We are fortunate to be offered this venue as we meet the Lottery criteria as an 'Environmental Group' concerned with local issues. I am pleased to report that our group is growing and as such thriving.

Our focus of late has been local intelligence gathering on the following topics:-

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# WOODSIDE

## STUDY GROUPS

### October 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 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 3<sup>rd</sup> 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 1<sup>st</sup> and 3<sup>rd</sup> 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 4<sup>th</sup> Tues of the month at 11am until 12.30pm

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 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 3<sup>rd</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 10am to 11am starting from the 20<sup>th</sup> June.



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.

*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

Lunch Group: Contact Joyce Gray on 01923 263213 or [rejoyce.gray@gmail.com](mailto:rejoyce.gray@gmail.com).

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 01923264855. 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. 1st Monday 10-12 at Asda

*Joint Group with SWH*

Scrabble. Contact Christine Hunt on 01923 573236. Meeting the 1<sup>st</sup> Thursday of the month between 2pm and 4pm.

Venus member's home.

Sewing: Contact Tina Photi on 07427866825. Meeting 1<sup>st</sup> 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](mailto:kjemmons23@gmail.com) or Joan Gillett [jgillett43@gmail.com](mailto:jgillett43@gmail.com) 3<sup>rd</sup> 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 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Thursday and 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> 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 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 07708 020583. 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 Marta Hall. Meet at the Harebreaks Community Hub at 10.00 – 11.00am. Weekly Fridays

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1. List Shops that encourage customers to bring their own containers for certain food, to reduce packaging waste.
2. Follow-up how local supermarkets are working to reduce the 'pesky' 'one use plastic' that engulfs so much of the packaged and fresh food that we buy.
3. We are trialling how well 'long alleged bio degradable' alternatives to plastic decompose in family compost bins; like those compost bin liners.
4. Still attempting to visit local recycling centres (not an easy task).
5. Find out more how 'one use' plastic bottles can be turned into eco-bricks, and locate where local projects exist.
6. Gather further intel on how local food banks operate (possible visit being planned).

**News You Can Use**

1. Reminder, please bring any used batteries to our general meetings; we have a depository by the reception.
2. B & Q we are told, are happy to recycle flower pots that you no longer need. In addition many garden centres are selling/using bio degradable flower pots.
3. 'Returned to Glory' - Pre-loved furniture centre run by the Hospice of St Francis, Northbridge Road, Berkhamsted HP4 1EH. 01442-

874356 open Mon-Sat 10am-5pm.  
[returntoglory@stfrancis.org.uk](mailto:returntoglory@stfrancis.org.uk).

Worth a visit or take unwanted furniture, they may take it.

Laila N Group Contact

07500008851/ 01923 269388 or  
via the Woodside U3A Website

***September General Meeting***

At the September General Meeting our speaker was Bob Redman who told us the story of Elstree- Britain's Hollywood.



Bob  
Redman

Bob is a member of a volunteer group called Elstree Screen Heritage and in 2014 the group made a film marking the centenary of film studies at Elstree, which was narrated by Barbara Windsor. Elstree was a village in 1914 and members of the village trades were employed by the studio and this continues to this day. The studio changed hands many times especially during the early years. In 1929 the first British film with sound was made at Elstree and this was called "Blackmail". It was produce by Alfred Hitchcock. By

this time Elstree had grown and there were now four studios.

During WW2 few films were made and the Studios almost closed.

However, in 1944 the American company MGM invested in Elstree and many epic films were made including, Ice Cold in Alex, The Dam Busters and in recent years Stars Wars, Clockwork Orange, Dirty Dozen, plus 116 Muppet shows.



Since the 1980's ATV and BBC have become involved making shows such as Strictly Come Dancing, The Crown, Eastenders, Pointless and many more.

Over the years the Elstree public have grown so use to seeing celebrities in the local shops, pub or post office that they don't take any notice.

Bernice

### ***Tea Rota***

19 November - Quiz and Antiques

### ***Follow up visit to the Guide Dogs***

We left a little late due to a few people being held up due to a major accident on the By-pass, however we decided to avoid the infamous M25 and instead went out

via Wendover and Thame, a nice ride through the Chilterns and arrived at the training school at Edmonscote Manor just before 1.30 where the the staff welcomed us, including some of the dogs!

We were then shown a video on the aspects of training a guide dog and the work that they do. they then showed us the various harnesses that the dogs wear. We then went to the training area and were shown how guide dogs learnt how to take owners round obstacles etc, and also some of the group were given eye pads and to hold a harness with a trainer guiding you along giving you an insight into getting around with a guide dog. In another room people where given glasses that gave you impression of restricted eyesight, eg tunnel vision.

We then went outside to see the dogs letting off steam in a large field and then carried on to the souvenir shop.

After that we made our way back for tea/coffee and biscuits and a short talk about the guide dogs. We left about ten past four and made our way back to the M40 and home arriving just after 6.15 It was certainly very interesting and I hope everybody enjoyed it.  
Martin Rodel

## ***Hot trip to Whitstable***

After an uneventful journey we arrived in Whitstable about 11.45. The group then dispersed and did their own 'thing'.



As the weather was very warm one or two even had a 'dip' in the sea. Whitstable is famous for its oysters and there are seafront restaurants where you can try this delicacy. Whitstable is also unspoilt (at the moment)! Old fishermen's huts along the seashore have been converted into luxury beach huts and there is even a 'pub' actually on the beach! In the town there are various little independent shops as well as antique shops too.



*Bernice, our study group coordinator in Whitstable*

The coach picked us up at 4.30 and we made our way home arriving around 7.15.

I think a good day was had by all!  
Martin Rodel

## **SOCIAL GROUP ACTIVITIES**

October 29th Tuesday  
Postal Museum Mail Rail  
Fully booked  
Nov 6th Wednesday  
Lunch/Ten Pin bowling  
December 2nd Monday  
Tour Christmas lights/Supper  
December 10th Tuesday  
Christmas lunch  
Blue Check restaurant  
Bushey High Street

## **WANTED:**

### **NEWS&PHOTOGRAPHS**

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

[andrew.cummingsu3a@btinternet.com](mailto:andrew.cummingsu3a@btinternet.com)  
newsletter is available in full online  
<https://u3asites.org.uk/woodside>

## **AND FOR THE NEWSLETTER**

**Copy date** for the November Issue of the Newsletter is 1<sup>st</sup> November. Send to Jo Bromwich, 01923 443758 or email

[jo.bromwich@ntlworld.com](mailto:jo.bromwich@ntlworld.com)

### **IMPORTANT CONTACT DETAILS**

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