

WOODSIDE U3A NEWSLETTER
SEPTEMBER 2018

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>

Here we are already in September after one of the most glorious summers on record. I am pleased to welcome you all back after our August break. Despite not holding our usual monthly meeting many of us did gather on various trips, outings and group activities. Personally I was away for most of August in Europe enjoying some special time with my two active and wonderful Granddaughters. We shared many memorable moments but like all good things they came to an end. Amazingly there were many more events to look forward to and I was pleased that I returned home from my wanderings to be able to attend with my husband the first, I hope of many, Summer garden parties. Our magnanimous hosts were Ken, our Treasurer and his wife Beulah. They are such a splendid couple, just days after arriving home from their own holidays they welcomed more than forty of us into their beautiful well established garden on a glorious sunny afternoon.

Continued page 3



BEULAH AND KEN IN THEIR
LOVELY GARDEN

AGENDA FOR 18 SEPTEMBER
9.30 MEMBERSHIP RENEWALS,
STUDY GROUPS & VISITS SIGN UPS
10.00 BUSINESS MEETING
10.15 REFRESHMENTS
10.45 OUR SPEAKER: SANDRA BARKER
WITH A TALK ENTITLED 'THE
WONDERFUL WORLD OF WILLOWS'
11.45 ROUND-UP AND CLOSE

OUR SPEAKER FOR 16 OCTOBER WILL
BE IAN CURRIE WITH A TALK
ENTITLED 'WEATHERLORE - FACT OR
FICTION'

Dates for 2018: 20 November & 18
December

YOUR COMMITTEE



Linda Williams Vice Chair

There are 2 Vacancies for help on the committee. Please see Laila or Linda if you are interested in joining the committee.



Lesley Cummings

Membership Secretary 01923 681478

lesley.scoble@btinternet.com



Bernice Caffrey Study

Group Coordinator 01923 672359

caffreyba@gmail.co



Ken Emmons

Social Secretary 01923 672139

Page 2



Sheila Ramsamy

Speaker Secretary 01923 510207

ramsamysheila@gmail.com



Ken Appel

Treasurer 01923 672620

kenneth.appel@gmail.com

Macmillan Coffee morning

As you walked in today you will have noticed lots of cakes, these are here today to raise money for the Macmillan coffee morning.

Cake will be available all morning and you will notice collection pots have been left on the table for your kind donations. I would like to say a big thank you to all members of Woodside U3A who have contributed by baking cakes for this worthy case.

This coffee morning will make a huge difference to people facing cancer. All donations raised help to fund Macmillan professional such as nurses, occupational therapists and dieticians. Macmillan is here to help people live life no matter what.

If you require any further details please let me know.

Anne Mitchell

annemitchell1798@aol.com

Continued from front page

I took the opportunity to snap a picture of them for our September newsletter cover by way of a heartfelt thank you from all of us for such a splendid Woodside U3A gathering, with a promise from them (as we were all so well behaved) that we could repeat the same event again next year.

Weather permitting.

Laila

Learning not Lonely: Living Life- Extending Horizons-Challenging Conventions

I am pleased to report that the findings of last years National U3A research, to which many of us at Woodside made a contribution, has recently been published and launched at a special reception in Parliament by our National Chair, Pam Jones. This vital report promotes the U3A model of meeting the needs of both retired and semi-retired people in UK today. A proven model spanning 25 years that promotes sustainable and positive approach to ageing built on group learning, new experiences, shared skills, and volunteering. U3A members, who responded to the questionnaire that was freely available in last year's edition of Third Age Matters and reported by me at our General meetings, highlighted the following benefits. Improved confidence,

learning new skills or reviving old ones, feeling valued, enjoying life, making new friends and most importantly combating loneliness. This positive report is available on the National U3A website www.U3A.org.uk and is well worth reading. As a Woodside member you only have to signup to gain loads of great information on all matters ranging from study group support and ideas, to National U3A updates, well worth signing up.

Laila

Farewell Message from a Founder Member

On 6th October 2016, a cold but sunny autumn afternoon, we gathered in the Church Hall of All Saints Leavesden for a meeting set up by South West Herts U3A. The idea was to start a new U3A group for the many people waiting to join a U3A in this area.

Lesley Cummings and I, and others unknown to me at the time, volunteered to form a Steering Committee, under the capable guidance of Barbara Lewis of S W Herts U3A.

We had our initial meeting in her house on Wed 12th October 2016. ("Very Interesting" I wrote in my diary)! Lesley became Membership Secretary and I volunteered to be in charge of Catering.

Continued page 4

Continued from Page 3

We had the Inaugural Meeting on 17th November in All Saints and then moved to our permanent home in The Church Of The Nazarene at The Brow in January 2017.

I have had great fun doing the catering with the help of a lot of lovely people and I thank them all for their support and hard work. Woodside U3A has gone from strength as far as membership is concerned, but please think about joining the committee and having your say on how things are run. It's not for ever and a Study Group in itself (I've learnt a lot!), and it's good fun.

Peter and I are moving out of the area in October so I have handed over my Catering duties to Val May and friends, which I thank them for, but there is now a gap on the committee which maybe YOU could fill.

I have really enjoyed my time with Woodside and am sorry to leave but life moves on and we are looking forward to finding a new U3A when we get settled in.

Peter and I are still members till March 2019 so you MAY see us again.

Diane Howarth

Charity Commission

At our recent AGM I was asked whether our U3A needs to register with the Charity Commission, my response at the time was that it was not necessary. However since then it has been brought to my attention that our U3A is required to register and I am thankful to the member who pointed this out to me. I also felt pleased that members feel able to approach and challenge me, a sign of a healthy U3A. We are all learning.

The Executive committee will be taking steps in the next few weeks to complete the required paperwork for the registration to be completed.

Laila

Refreshment Rota

September - Badminton and Ballroom dancing.

October - Belly dancing and Board games.

November - Books and Bowls

December - Bridge and Cookery (Spanish)

Our **July speaker** was Stephen Barnard who gave a talk called 'When Rogers met Hammerstein'. Many of their productions such as The King and I, The Sound of Music and South Pacific are still popular today. Even Liverpool FC's anthem, You'll never walk alone, was written by them. Sadly the music which was to be played along with the talk was missing due to equipment failure.

National U3A Annual Conference and AGM

Report in Brief of the National U3A Annual Conference and AGM August 28-30th: 2018 Taken from the Live Streaming platform made available to all members who are not able to attend the conference in person, great tekki facility.

The theme for this years conference was 'Shaping our Tomorrow' with workshops that focussed on, 'Life Long Learning', Finance and Banking, Growth and Development of U3As. Taster sessions were offered on a variety of activities that improve health and quality of life such as 'chair yoga', variety of walks and other interests.

Key Note Speaker this year was Professor Janice L Thompson who is a leading expert in public health who spoke to conference about health issues and the importance of diet and exercise and their role in disease prevention particularly healthy weight, heart disease and type two diabetes.

Pam Jones gave her last report to conference in her capacity as National Chair , it was recognised that Pam had steered our movement through complex times for charities during her tenure and worked hard to raise the positive profile of the

U3A Movement Nationally and locally. She thanked delegates and members for the support and encouragement experienced during her time as Chair. She handed over the reigns to our new Chair, formally the Vice Chair, Ian Mc Cannah. The report highlighted a busy year of change for U3A movement, most notably in terms of policy and procedures generated by new demands from the Charity Commission and staff restructuring. Pam emphasised that the Research undertaken by National U3A entitled 'Learning Not Lonely' has been well received by the Government and those concerned with well being in later years. The U3A model demonstrates that learning has endless possibilities and has no age limits. The Finance report was delivered and approved by conference from our National Treasurer, John Ellison, who was pleased to announce there had been no increase in membership fees and that accounts were in a healthy position. He pointed out however that the true wealth of U3A was not its monetary worth but its real worth lies with its thousands of volunteers at all levels of the movement, to the applause of the delegates.

Laila

WOODSIDE STUDY GROUPS

American History. Contact Barbara Lewis on 01923 260410. Next meeting 22nd May at 10.00am at Barbara's house
Joint with SWH

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

Ballroom Dancing: Contact Vera Pickering on 01923 269733. 2nd and 4th Mondays, 2-4pm
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 every 6 weeks

Bowls (Outside): Contact: Anne Howarth on 01923 673110. Started again 30th April 2018

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

Cookery (Spanish) Carmen Copley on 01923 671003. Meeting every 3rd 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 4th 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 1st Wednesday mornings at members homes.

Flower Arrangement: Contact Jill Macey on 01923 221634. Meet monthly on a Friday at Asda Community Suite. Joint Group with SWH

Garden Visits and Outings: Contact Teresa Brunswick on 07712710811. Venue, days and time vary.

History: Contact Heather Lace on 07951 937064. Meeting monthly 1st Thursday at 2.00-4.00 at Asda Community Suite.

Language (French): Contact Heather Lace on 07951 937064. 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 starting from the 20th June.

Line Dancing: Vera Pickering on 01923 269733. 1st and 3rd Mondays. 10.15 for line dancers and 11.15 for beginners. Joint Group with SWH

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

Local History: Contact Heather Lace on 07951 937064 Monthly 4th Monday

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

Play Reading for Fun: Contact Derek Giles on 01923 270971. 4th Wednesday 10-12 at Asda Joint Group with SWH

Science and Technology:
This group is taking a break. Restart date to be confirmed

Sing for Pleasure. Contact Ady Shaw 01923 518021 meeting fortnightly on a Thursday at 9.30am until 11.00

Singles Lunch Group. Contact John Lane on 01923 672479

Social Group: Contact Ken Emmons on 01923 672139 or email kjemmons23@gmail.com 3rd 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 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 SWH

Whist: Contact Gwen Barker on 01923 510699 1st and 3rd Thursday 2pm-4pm Joint Group with SWH

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 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.

Message to study group leaders - please let me know if there are changes to the information shown in the newsletter regarding your group. I am not sure if all groups shown are still running. Also please check with study group leaders to ensure there is space in their group for you to join.

Bernice

Page 7

Study Group News

For those of you who put your names down for Armchair Yoga and Gentle Mat Yoga - group will be led by Uma Patil on 07459 731597.

Sessions start on the 2nd, 3rd and 4th Friday of the month at 9.30 to 10.30am at the Orbital Centre.

A reminder about the swimming group at Watford Central Baths every Monday, Wednesday and Friday mornings between 8.30 and 10.00am - available to all U3As.

I have received suggestions for new groups (forms in the study group table) including:

Model Making and Jewellery Repair.

Attendee at the Committee meeting - Ady Shaw.

Bernice

U3A national resource centre

I would urge members who have not registered themselves onto the National U3A website

www.U3a.org.uk to do so. Here you will find updated information about U3A and resources that assist with study groups and other information.

Currently the resource centre is being updated and expanded to include a wider range of learning materials including TED talks. For those who have not heard of TED, the acronym stands for Technology, Entertainment and Design, consists of short online talks featuring a multitude of topic, in 100 different

Page 8

languages. MOOCs which stands for Massive Online Open Courses are free, will also form part of the additions to the resource centre. I have, like many others, undertaken MOOCs and can thoroughly recommend them and my favourite provider is Future Learn. To be able to study subject matter of your own choice over a relatively short period of time is both challenging and informative. Also a good way to discuss and debate with students following the same line of study.

Further information, for those who are online you can checkout TED at www.ted.com. For MOOCs here is the contact for a list of providers www.class-central.com who offer free of charge a huge variety of online courses. In addition there will be U3A generated materials, courses, research and shared learning programmes. Over the next three months local U3As will be asked about specific resources that they feel need to be included in this new Education and Resource Centre.

Happy Learning. Laila

Xmas lunch 3rd December @ 12.30 see back page for details



The Woodside banner took pride of place at Ken's garden party. This was a lovely party and very well attended. The photograph includes all Crafters presents at the occasion.

What a lovely afternoon we had in the garden of Ken and Beulah Appel at their home in Sheepcote Lane in August. Many of our members had been able to accept the invitation and we all brought chairs and food. The weather was glorious. It was sunny and Ken and Beulah have some wonderful trees in their garden that gave us all dappled shade to sit in whilst we ate our lunch and chatted with old friends and new friends that we made on the day and then shared biscuits together afterwards. Ken provided us with a lovely glass of fruit punch which included some of the wine that he had made from the grapes from his own garden, this year's crop already looks impressive, and Beulah had baked generous amounts of lovely lemon drizzle cake. We could not have been made more welcome. Many of us took a walk around the garden after lunch which gave us another opportunity to chat to others as well. Considering the hot weather we have had this year it was looking very pretty.

A very social and enjoyable afternoon.

Thank you to everyone and especially to Ken and Beulah.

Pam

Environmental Group has started

The Group held its second meeting on July 31st. The Group is still looking for interested new members to join.

Discussion took place regarding the following issues and ideas that the group could investigate and propose over the next few months as follows with names group members to carry this agenda forward. 1. Recommend to Exec committee that Woodside U3A could encourage recycling such as batteries, print cartridges, old CDs, video cases minus the tapes and electric toothbrushes. Group would, if agreed, manage the collection at the monthly general meeting.

2. The Great British Spring Clean takes place 2nd-4th March 2019. Group can obtain kits to join this initiative. More info at a later date. 3. V& A Museum are currently inviting visitors to think about the textiles used for fashion to highlight how our clothes are sourced. This exhibition runs till 27th January 2019.

4. Composting Group to educate itself further on methods and how to get best results.

5. Follow-up organising a visit to a Chesham charity WorkAid, who collect and renovate tools.

6. Suggested that a speaker from Friends of the Earth be invited to address a Woodside U3A General Meetings in 2019/2020.



*At present the **Crafters** are working on a double bed size patchwork quilt which we are attempting to finish in time to display at the November meeting. We intend selling raffle tickets at that meeting and the Christmas dinner (where the draw will take place). See picture above of the 'work in progress 90% of this quilt has been handstitched'. Janet (PS this is the back of the quilt)*

Two single quilts donated by The Crafters will be auctioned at the Macmillan morning at today's meeting.

Quiz Group update

The Quiz Group usually meets every month on a Thursday evening - 6.30 pm to 8.00pm at the community rooms in Asda Watford.

We take it in turns, in pairs, to select questions and act as quizmasters to the rest of the

Page 10

group . We usually have between 3 and 4 small teams and there is a small prize for the winning team . So far it has proved to be very enjoyable .If you think you might like to join the group you may like to come along for a "taster evening" - you would be very welcome. Our next quiz is on Thursday 25th October. If you think you might be interested please contact me - Sue Brown susanmaybrown@hotmail.com or text message on 07812840047. We also go to other local quiz venues to make up a team - as and when we hear about them.



The **Photography Group** had an interesting walk around Rickmansworth Aquadrome last month. The weather was hazy so it gave us a challenge to take a good photo. However there was some drama as you can see in the photo. Whilst two of our members were discussing what best angle to take their photo a little scotty dog did a flying leap to try to catch the swans. High drama indeed.

Pam



The **Social Group** visited the Bunkers in Uxbridge; the guided tour down 76 steps to the Bunkers lasted about an hour. Afterwards we visited the Museum which we went round at our leisure which was interesting. There was a cafe with 1940s style cake and scones, with a small stall selling homemade jams, marmalade and pickles. 1940s songs and dances were played; every one was welcome to join in with the dancing. All enjoyed the visit. Joan



The group outside the Albert Hall
The **Listening to music group** would welcome new members who are interested in a wide range of music. For more details, contact Diane Reilly on 07768016808 or email diane455@btinternet.com.

Hughenden Manor

Twenty two members of **The Social Group** visited Hughenden Manor and Gardens on 8th September. We all had a very enjoyable day at Hughenden, helped by the fact that the weather was kind to us. We visited the Manor house which proved very interesting. We learned a lot about the home of Benjamin Disraeli and his family, and his relationship with Queen Victoria. The walks round the gardens were stunning, with many beautiful paths to follow. Some members walked down to the very beautiful church at the bottom of the hill (see photo below). The walk down was ok but walk back was very challenging.

Joan



STUDY GROUP NEWS CONT.

Day trip to Swanage

This year's summer day trip was to the Victorian seaside town of Swanage on the Purbeck peninsular. After leaving the Brow just after 9am we sped westwards through Surrey & Hampshire. After a tea, coffee and 'Loo' stop just after Southampton we then made our way through the New Forest, skirting Ringwood, Bournemouth & Poole. We then passed the ancient market town of Wareham and Corfe Castle village with its nearly 1000 year old ruins and on into Swanage a little later than anticipated at 12.50 due to slow moving traffic.

After arriving, everyone did their own 'thing'. At least the weather was warm & dry and the sun did break through the clouds from time to time. Myself, my wife and a couple of friends spent the afternoon having a 'wander round'.

Enjoyed an excellent Dorset cream tea sitting outside on the quay.

I decided to leave Swanage at 6pm so to miss all the commuter traffic around Poole, Bournemouth and Ringwood and this proved to be the case so we pulled into Winchester services just after 7.30 for the usual 'comfort' stop, etc and then had a great run back to the Brow (even the M25 behaved itself!) arriving just after 9.20pm.

I hope everybody enjoyed it. I know it was a long day but I think it was worth it.

Martin, Day Trips Leader

For the Final Trip of 2018 will be to Winchester Christmas Market on Thursday Nov 22nd. There are seats still available

Cost is £12.50

Xmas lunch 3rd December @ 12.30

If you would like to attend this private function, please put your name down on Ken Emmons list, if you wish to pay at the same time it is £20, cheque or cash. See Ken at the General meeting next to the Study Group table.

WANTED:

NEWS & PHOTOGRAPHS

If Study Group Leaders or Woodside U3A members have any information about events or photographs suitable for publication please send to The Webmaster, Andrew Cummings at andrew.cummingsu3a@btinternet.com for

inclusion on the website

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

AND FOR THE NEWSLETTER

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

Or the 1st Tuesday of any month (two weeks before the General Meeting)

We are looking forward to receiving your news.

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

IMPORTANT CONTACT DETAILS

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Our monthly newsletter is available in full online

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