



WOODSIDE U3A NEWSLETTER JANUARY 2023  
MEETING AT THE STANBOROUGH CENTRE WATFORD

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

Charity Reg.: 1182140



Hi Everyone and A Happy and Healthy New Year to you all.

We hope you had a good Christmas and you were able to enjoy the festive season. We certainly had freezing weather - time to wear the warmest winter clothes.

Our December General Meeting was such fun, with entertainment provided by the Drama Group and the Singing For Pleasure Group (who also sang the following day at Lancaster House Residential Home in Leavesden). Covid is still prevalent, and we are still hearing of friends and family succumbing to it. These days, after most of us have had our vaccinations and boosters, it feels like a week of flu. Let's hope it will be old news before too long.

A New Year brings us new opportunities and perhaps it's time to try another interest group. Or, if you are happy with the groups you belong to, maybe consider new projects within it.

We hope 2023 is a great year for you all and that we see Woodside u3a continue to grow.

Barbara Elman  
Chair

**General Meeting talks this season**

21 February - Britain's Traditional Feasts And Seasons given by Joanna Bogel

21 March - A Career As A Choreographer, In Musicals and As A Model by George Rutland

18 April - Modern Drugs Derived From Plants by Frances Watkins.

**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  
Speakers Secretary**

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

## Interest Group News

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	Group to meet monthly on a Wednesday or Thursday. Next trip will be 14 February.
Canasta	Contact: Denise Branton on 07786 391534. Group meets 3rd Tuesday of the month at Asda Community Suite at 2.00pm
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 meets on the 4th Wednesday of the month at Abbots Langley Cricket Club at 10 until 12 noon
Drama	Contact: Carol Stanton at <a href="mailto:carolstanton225@gmail.com">carolstanton225@gmail.com</a> . This group meets on a Tuesday at Asda Community Suite, 10.00am until 11.30am. Next meeting 22nd November 2022
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).
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 <a href="mailto:rejoyce.gray@gmail.com">rejoyce.gray@gmail.com</a> . Monthly. Days and Venue vary
Mexican Train	Contact: Bernice Caffrey on 01923 672359. Group meets every 4 weeks on a Thursday at 2.00pm.
Pathfinders	Contact: Patrick Turner on 0923 263511 or 7954640263 for details of next meeting (this is a joint group with SWH)
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
Sewing	Contact: Tina Photi on 07427866825. Group meets Wednesday at 10.00-12.00am at Tina's home

Sequence Dancing	Contact: Janet Moles on 07835 260967 Next meeting Friday 9th December at All Saints Church Hall from 2.00pm until 4.00pm
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 <a href="mailto:jgillett43@gmail.com">jgillett43@gmail.com</a> .
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, 3rd 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.
Woodside Walk Five	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 Groups News

Happy New Year. I hope you enjoyed the general meeting in December.

Many of you have put your names on the list for Local Theatre Trips and we hope to get this group running shortly. As always, we need members to run this and it should possibly be spread among at least two or three members, I will email those on the list to arrange a meeting to take this group further.

Don't forget we have a new Craft group which meets once a month and would welcome more members. Our Bus Travel Group is also due to begin again shortly.

We are always looking for new ideas for groups or hobbies you would like to learn more about, so if you have any ideas please let me know.

Bernice, Interest Group Coordinator

### Craft Group

The craft group had their first meeting to discuss what type of crafts they wanted to try. The first two sessions will be card making.



### Woodside U3A Bus Pass Group

Our first trip of the New Year will be to St. Albans on Tuesday 14<sup>th</sup> February 2023 . We will be able to travel on a 321 bus from outside the Stanborough Centre where we can park our vehicles before travelling to our destination . Whilst we may be familiar with St. Albans there are always different aspects of the city to see and learn about , such as the cathedral, the park and lake which are near to the Roman Walls of Verulamium, the clocktower in the High Street and the museum and cafe at the end of the High Street together with the shopping centre which is both in the High Street and off the High Street area. Further details will be available at the January meeting for those who wish to join us on that occasion.



John Simpson Bus Pass Group

### Photo Club

In December our u3a Photo Club held a competition for the best Christmas Lights photograph. Our joint winners this month were :

*Derryck Crocker - Festive Tree*



*David Daniels - Happy Snowman*



This was a difficult subject but David and Derryck certainly captured the theme of this competition so congratulations to them both.

In 2022 our photo club has held competitions in a number of different locations including : Cheslyn Gardens, Hare Krishna HQ, Bentley Priory etc. We have also held subject targeted competitions ie Fireworks, Christmas lights etc. We have a great bunch of members and we look forward to building on the success of our group in 2023 so why not come and join us.

Ken Jones

### Happy Faces at the Blue Check

We enjoyed our Annual Christmas Lunch at the Blue Check Restaurant in Bushey Village. As usual we were well looked after by David and his team. Over 60 members were there.





.... and at the Christmas market at Stratford-on-Avon



.... and Christmas entertainment at the December General Meeting

The morning was filled with good Christmas spirit. Entertainment was a showcase performance by the Drama Group featuring poetry, prose and a pantomime. The Singing For Pleasure Group sang festive songs accompanied by Ady on his guitar. Everyone thoroughly enjoyed it. The mince pies and satsumas went down a treat too.





### **Garden Visits Group**

Some of the Garden Group met for a post-Christmas and New Year lunch. The venue was The Royal Oak, Abbots Langley and as you can see we had two merry tables of fifteen people in all.

It was lovely to see everyone and we had a really tasty meal. We all thought we should repeat it again soon. Louise



### **A LETTER TO ALL CHAIRS FOR CIRCULATION TO YOUR COMMITTEES AND MEMBERS**

Happy New Year to all u3a members in our region - let's look forward to a busy and fun 2023!

I attach details of our latest regional team for your information. We are all ready to support, advise and assist you and your members, should you need us.

2022 has been an interesting, if somewhat difficult, year. The majority of our region's u3as have successfully recovered their membership numbers following covid and many have indeed run very successful recruitment events resulting in increased membership numbers. Well done to all! If, however, you need any help with recruitment issues please do not hesitate to contact us - we are here to help. Most groups are back up and running and providing learning and social activities to everyone.

The regional presentations have proved very popular, we often have more attendees from the East of England than others with a national audience. We have joined together as a region to support each other and now welcome the opportunity to meet up with other regular attendees. Your support is greatly appreciated.

Our Walking Group Project for the 40<sup>th</sup> Anniversary has proved outstandingly popular. We have now produced an 85 page booklet illustrating walks across our region during September 2022. The response received has been exceptional. Copies of the booklet have already been emailed to all group leaders who participated and they have been offered hard copies if they wish to receive them. Within the next week all chairs will receive an online copy to make available to everyone and we shall be happy to provide hard copies at no cost to you if requested. A truly outstanding result and something we hopefully shall repeat for other groups.

In 2023 the team will be working on setting up informal networks for each of our counties. Herts Network is about to reconvene, the first steps for Essex will take place in January and events will be arranged for Cambridgeshire, Bedfordshire, Norfolk and Suffolk in the early part of the year. The plan is to set up these informal gatherings with no elected officers and no membership fees, a grouping of u3as interested in sharing their experiences with others. We have been asked to arrange the occasional face to face meeting with a request to break these down into smaller areas to avoid long journeys. This we are more than happy to encourage but will need u3as to step forward and help with locating venues, etc. It does seem a good idea, bearing in mind environmental and other issues we are all facing now.

Following the agm, the Trust have decided to increase communications and consultations with the membership to ensure that all members are fully represented in future plans. You will be invited to join members of the board and staff online to voice your opinions on proposals put forward. May I encourage you to take part to ensure that the views of your members are represented. The u3a movement belongs to each and every one of you and your input is important. My main objective as a trustee is to support you and your members.

Keep up the good work and enthusiasm you offer and thank you for your friendship over the last year. I shall continue visiting as many of you as I can over the next few months and look forward to receiving invitations to attend a general meeting with members or a Q&A session with committees. I have made many new friends in this way and look forward to making many more.

Take great care.

Barbara

**Barbara Cordina** Trustee - East of England

### Third Age Matters Magazine

On 10<sup>th</sup> January I attended a zoom meeting organised by the Eastern Region about the Third Age Matters Magazine. It included a 45 minute presentation by Joanne Smith, the magazine's editor.

She gave us a little information into her background as a journalist and a potted history of the magazine. She was put in post in 2019, charged with giving the magazine a new look with an emphasis on highlighting u3as and member achievements and successes. You may have noticed that the magazine now has a star feature, bigger photos and new regular features like recipes, technology, walking and travel etc.

The magazine has 84 pages and 45% of it is advertising because the advertising has to cover the production costs. It cannot make a loss. There are currently 5 issues which are delivered in February, April, June, September, and November. The cost is currently £3.35 for 5 issues but this will increase to £3.60 in April, a rise of approximately 7% or 5p a copy. This is to cover the increase in distribution costs, although someone did query why it had been increased by 7% when postage costs had only gone up by 3%!! The cost of the magazine is included in your membership subscription. It was suggested that the magazine went down to 4 copies per year to reduce costs which may be considered in the future.

Joanne welcomes articles from u3a members and says that they usually have more than they need so if you are thinking of submitting an article Joanne needs to know about big, unusual inspiring events before they happen (so that she can organise a professional photographer if necessary). If you include photos they must be in a large or actual size and send more than is needed so she has a choice. Be concise. A full page article is only 500 words and a half page is 250. You can send your articles to [joanne.smith@u3a.org.uk](mailto:joanne.smith@u3a.org.uk).

Don't forget that we need articles for our own newsletter too!

Lesley Cummings

### WANTED: NEWS & PHOTOGRAPHS

suitable for publication please send to  
The Webmaster, Andrew Cummings at  
[andrew.cummingsu3a@btinternet.com](mailto:andrew.cummingsu3a@btinternet.com)  
The newsletter is available online at  
<https://u3asites.org.uk/woodside>

### AND FOR THE NEWSLETTER

Copy date for the FEBRUARY Issue is  
1<sup>ST</sup> FEBRUARY 2023

Send to Jo Bromwich, 01923 443758 or  
email [jo.bromwich@ntlworld.com](mailto:jo.bromwich@ntlworld.com)

### IMPORTANT CONTACT DETAILS

[webmaster@woodsdeu3a.org.uk](mailto:webmaster@woodsdeu3a.org.uk)  
[newsletter@uk](mailto:newsletter@woodsdeu3a.org.uk)

ANY ARTICLES RECEIVED AFTER THE  
COPYDATE MAY NOT BE INCLUDED

So our u3a can be as environmentally friendly as possible, you are invited to bring your own mug to our monthly general meetings. These are easier to drink from and will save using paper cups.

### The committee contact details:

Barbara Elman, Chair - [chair@woodsdeu3a.org.uk](mailto:chair@woodsdeu3a.org.uk)

Bernice Caffrey, Vice Chair & Interest Group  
Coordinator - 01923 672359 [caffreyba@gmail.com](mailto:caffreyba@gmail.com)

Linda Williams, - no contact details

Alison Theobald, Treasurer - [a.theobald@sky.com](mailto:a.theobald@sky.com)

Lesley Cummings, Membership Secretary - 01923  
681478 - [membership@woodsdeu3a.org.uk](mailto:membership@woodsdeu3a.org.uk)

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