



WOODSIDE U3A NEWSLETTER MARCH 2023
MEETING AT THE STANBOROUGH CENTRE WATFORD

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

Charity Reg.: 1182140



Hi Everyone,

Welcome to our March newsletter.

As a complete change from my normal editorial, I'd like to share with you - The Life of a Chair - to give you an insight into the role the Chair plays day to day.

A typical month would be chairing the committee meeting and the general meeting. It doesn't stop there though. There is the daily correspondence of emails, texts and What'sapp messages, plus phone calls. People who want to advise the committee of information or who want clarification on u3a business. There are the notifications from National Office, East of England Region, Herts Network and the local network of groups known as the Cluster Group. Zoom calls from the training arm of u3a concentrating on finance, risk assessments, policies, insurance issues, Beacon issues (the computer programme most u3a's use).

Additionally the Chair writes the monthly editorial for the Newsletter, and responds to queries received from neighbouring u3a groups. I also book the meeting rooms for the different meetings; Committee, General, Group Leaders Meeting, Cluster Group Meeting - which I shall be hosting in April.

Saying all this - it's certainly been a busy three years for me. I regularly meet interesting people at Woodside and our members are part of a very friendly group. We're big enough to offer lots of interest and study groups, numerous outings and enjoy invited speakers every month. But small enough that we can all get to know each other. I wouldn't want it any other way.

Barbara Elman, chair

Agenda for our March general meeting: Doors open 9.30am, notices 10.00am, refreshments/huddles 10.15am, speaker George Rutland and depart 12 noon.

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 Manor House Pavilion
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 leader required – no trips planned until someone comes forward to make arrangements.
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.
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. Next meeting 22 March making a spring wreath.
Drama	Contact: Carol Stanton at carolstanton225@gmail.com . This group meets on a Tuesday at Asda Community Suite, 10.00am until 11.30am.
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 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.
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. 4th Wednesday at Asda at 10.00am -12.30pm and again 1st Monday at Asda at 2.00pm - 4.30pm (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 All Saints Church Hall from 2.00pm until 4.00pm

Sign Language	Contact: Sue Hickson on 07958669311. Group meets 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 518021. Group meets fortnightly on Thursday at 10.00am -11.30am at Asda
Social Group	Contact: Joan Gillett jgillett43@gmail.com .
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.
Wednesday Walkers	Contact: Derryck Croker on 07941 401 421 for details. Group meets month on the 4 th Wednesday at 09.45 (joint group with SWH)
Woodside Walk Five	Contact: Derryck Croker on 07941 401 421 for details of next meeting. Group meets monthly on the 2nd Wednesday at 09.45 (joint group with SWH)
Quiz	Contact: Glen Price on 07787155461 meeting at YMCA Haines Way at 7.00pm on the third Thursday of the month.

Interest Groups News

There are changes in the List of Groups this month regarding the Walking groups and also Playing Reading for Fun. Both groups are offering additional sessions, so this gives members more opportunity to join them.



The Local Theatre Group is still in the process of being set up.

I have some forms for additional proposed groups and these are Creative Writing, Ten Pin Bowling, Scrabble and Architecture, so please come and put your name down if you are interested.

Bernice
Study Group Co-ordinator

Wednesday Walkers

A new kid on the block has arrived in our u3a. Wednesday Walkers (a joint group with SW Herts u3a) is a 5-mile walk group. It meets on the 4th Wednesday of the month, and as my other group Woodside Walk 5, also now joint with SW Herts, walks are at a medium pace. So now there's a chance to walk twice a month, or if you couldn't manage the 2nd Wednesday, there's now another chance. Details are in the Interest Group News section above.

Derryck Croker

Photography Group Visit

To Capel Manor

On Tuesday 28 February our Photography Group made a visit to Capel Manor Gardens in Enfield. This site contains a Horticulture College, a mini zoo and large gardens and displays.

Besides having a nice day out the primary object of our visit was to take photographs of the wide



range of exhibits that were

present on this site. We will then submit our photos to our website and all members will then anonymously vote for the winning photo which will be announced on Sunday 12 March.



Our attached photos show our members (plus our Hearing Dog Dennis) who made the visit to Capel Manor together with a photo of the entrance to the college and a view of the gardens.

During the visit it was decided to return again to Capel Manor in the Summer to see the difference to the gardens with the changing seasons.

Ken Jones
Photographic Group.

Lunch Group

The Lunch Group met for lunch at West Herts College where the students provided an excellent three course meal for just £10.



February General Meeting

Our speaker for February was Joanna Bogel and her topic was Britain's Traditional Feasts And Seasons. Joanna chose to speak about Spring but she has other talks for Summer, Autumn and Winter.

Joanna explained that we are in danger of losing sight of this heritage as time progresses and our way of living changes. Feast days are a community thing, many marked by Christian and Jewish traditions, and it is natural to mark the changing seasons. It is about life and death.

She said the word shrove, is derived from being shriven of sins; the confession and forgiveness of them. Pancakes are tossed three times representing the Father, Son and Holy Ghost. There is a significance to the number forty - Lent is forty days and the money saved should be given to the poor. It was traditionally a time of reflection.

Joanna said that ashes distributed on Ash Wednesday were traditionally made using burnt palms from Palm Sunday of the year before. No Sundays are counted in the forty days of Lent and neither is Mother's Day, making a sort of mid Lent break and lengthening it to forty-six days.

Maundy Thursday was a time when the monarch (often with a posy of flowers under the nose) washed the feet of twelve men, as Jesus did the apostles. Maundy Money was given as alms to the poor, although it's more symbolic now.

I was surprised to hear that the treat of Easter Eggs are given on Easter Sunday because hens lay fewer eggs in Winter and the few there were preserved in water glass. The eggs represent new life.

Popular simnel cake served at Easter, decorated with marzipan balls, represents the twelve apostles and simnel means similar, identical grains of something. Lamb often eaten on Easter Sunday represents the Lamb of God.

Louise



Social Group

Our next Social Group outing will be to Windsor on 11th July. Day trip will cost £14 for the coach (Watford to Windsor return). Make the day your own.

French brothers run boat trips up river which you can book on arrival.

Visit the castle or just have a wonder round the shops.

Booking from March General Meeting. Please pay when booking cash or cheque (cheques payable to Woodside u3a)



Joan

Coach Trips for 2023

Monday 22nd May

Mystery trip



Depart Stanborough 8.45am &
Greenwood Drive Bus Stop North Orbital Road 8.50am approx
Arrive back 6pm approx.
Cost £16

Wednesday 12th July

Eastbourne

Depart Stanborough 8.45am &
Greenwood Drive Bus Stop North Orbital Road
8.50 approx

Arrive back approx 7pm Approx.

Cost £17.50



The Christmas Market



I will know later on in the year where this will be and the date.

Please be aware that as a condition of travel I must have passengers Mobile Phone Numbers in case of people falling ill, accidents or getting lost! My Mobile No is printed on the Ticket so don't forget the ticket!

Cheques made payable to Woodside u3a please

Martin

General Meeting talks this season

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

Refreshment Rota

March - Garden Visits and Listening to Music

April - Photography and Mexican Train

May - Spanish 1 and Sewing

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 APRIL Issue is

1ST APRIL 2023

Send to Jo Bromwich, 01923 443758 or

email jo.bromwich@ntlworld.com

IMPORTANT CONTACT DETAILS

webmaster@woodsideu3a.org.uk

newsletter@woodsideu3a.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@woodsideu3a.org.uk

Bernice Caffrey, Vice Chair & Interest Group
Coordinator - 01923 672359 caffreyba@gmail.com

Linda Williams, - no contact details

Alison Theobald, Treasurer - a.theobald@sky.com

Lesley Cummings, Membership Secretary - 01923
681478 - membership@woodsideu3a.org.uk

Ken Emmons, Social Secretary - 01923 672139
kejoem23@gmail.com

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