

Woodside

u3a
learn, laugh, live

Newsletter

March 2024

MEETING AT THE STANBOROUGH CENTRE WATFORD

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

Charity Registration Number.: 1182140



Hello everyone

I am not sure where the time goes, but the shops are heaving with chocolate eggs whilst I am still vacuuming up Christmas tree needles from my carpet!

I will probably not be present at the March meeting as I have an operation planned for a few days before then. This nudged me into starting the process of arranging a Power of Attorney - Martin Lewis would approve! I was very grateful that my parents did this in good time as it made sorting out their affairs so much easier. My father also, for about ten years, kept a briefcase full of his most important documents, so that they were simple to access when needed - although passwords were a bit of an issue, as who can remember which one was used for setting up a Sky account 20 years previously? On the other hand, buying a new 'sporty' car on finance when he was over 90, which he struggled to get in and out of, and which had limited visibility was probably (as he grudgingly admitted) not one of his more prudent decisions.

Thank you for trips feedback last month which we are considering.
See you in April. *Heather*

Today's Speaker:-**Simon Smith** "The History of Almshouses"

To help the environment please remember to bring your own drinking vessel.

Speakers Report

Our speaker at the February meeting was Colin Smith "Coffee From Tree To Cup".

Colin has worked in the coffee industry all his working life having taken over the business in the 1980's that was started by his father in the 1930's. The business has supplied the likes of Whittard, Warners and TK Max. Colin has taken people on thirty three trips to nineteen countries where coffee grows on evergreen trees at altitude. It also requires a tropical climate to grow the Arabica (Better taste), and Robusta (used for blending) types. Coffee trees grow in damp, sheltered places, from seeds which stay on top of the shoots, while their roots go down into the ground. Sometimes pepper and vanilla is grown on trees to shade the crop. The coffee cherries start green and then go yellow and red. Sri Lanka lost all its coffee to rust disease and switched to tea as a result. Climate change has



meant that blossom and cherries now grow in the same season and that unseasonal rain is causing problems. Young people no longer want to pick the cherries or be tied to farm work, meaning that the average age of pickers is currently fifty six. Colin is a Fairtrade supporter and a lot is being done to educate young people about the trade in their countries. Colin talked us through the growing, picking and processing of coffee. He explained the reason for the different flavours and blends of coffee and the reason for the differences in price. We also saw the vessels used around the world to prepare coffee for drinking. Different coffees were generously brought along by Colin for us to try. He donated his fee and coffee sales money from us to the Hospice of Saint Francis. We had a very interesting and entertaining talk.

Louise



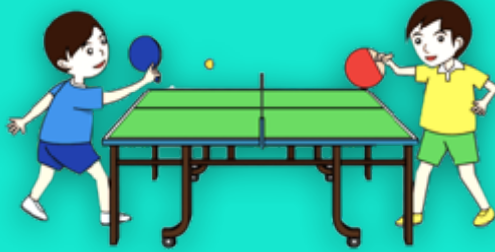
Glen's Quiz (Answers On Next Page)

- 1 What became illegal on the London Underground in 1984?
- 2 Who played 'Ria Parkinson' in TV's comedy 'Butterflies'?
- 3 Who had a 1980's No 1 hit with 'Stand & Deliver'?
- 4 In which 20th century decade was Marlon Brando born?



Table Tennis

The Table Tennis group continues to flourish. We have currently twenty active members who form two groups which meet on alternate Thursday mornings at the YMCA Centre in Haynes Way, Leavesden. Each group has approximately ten members both women and men all of varying skills. We have recently welcomed two new members to the group who are establishing themselves into the art of Table Tennis.



Recently one of our members met a member of the Table Tennis group run by Tring u3a and we are looking into the possibility of a joint, but friendly, contest between the two groups. Venue, time and date to be agreed. In addition, we may arrange for an inter-group tournament with a trophy for the most successful members of the competition. If anyone wishes to join the Table Tennis group, then please contact me. Watch this space!

John Simpson

Glen's Quiz Answers

1, Smoking 2, Wendy Craig 3, Adam & The Ants 4, 20's 1924

Badminton

Seven years ago at the first U3A meeting I put my name down for the badminton group, together with a few other people.

After a few weeks, no one offered to be the group leader, so I offered to do it. One of those first players is still in the group.

In the first few weeks our numbers grew to eight or nine so we were able to hire two courts at the Woodside Leisure Centre every Wednesday afternoon from 2 to 3pm.



Over the years, members have dropped out or become injured (mainly knees) or left the area. Currently we have a very good sociable team of fourteen, our maximum number.

We have lots of laughs and after playing, one of the highlights of the day is coffee, tea or hot chocolate in the café where we put the world to rights. Good friends, exercise and fun!

Sue Coultrup

Craft Group

'Deep In Concentration'



Barbara and Joan led the workshop for the craft group in January. Using folded papers of different colours, we placed these behind a shaped aperture to create 3D images. The technique is called 'Iris folded' cards. These were then mounted onto blank greetings cards.

We enjoyed it so much we are repeating the workshop next month. A BIG thank you to Barbara and Joan.

Jo



Butterfly



Kite



Papers and Aperture Cut

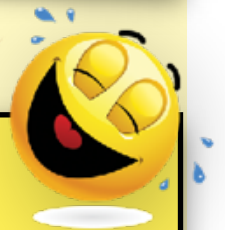
Heather's Jerusalem Artichoke



When Heather gave her chat about Jerusalem artichokes and brought some in for us to see in January I took a couple home and chopped them up. I made soup for us with some, and the last two pieces I put just in the top of a pot on my window sill where some supermarket sage had died. Heather mentioned about them being 'windy' and she wasn't wrong but here is the result of the pieces I put in the top of the pot. I am hopeful that I can grow them on in a large container in the garden, as they can be quite invasive, and enjoy more in the following years. *Pam Cotton*

Alexa Joke

Why Is 6 Afraid Of 7?..... Because 789



Photography Group *by Ken Jones*

On the 23rd January our Photography group visited Old Hemel Hempstead Town for a photo competition. What a day to choose as it rained all day. Not to be put off we went ahead and were very pleased at the standard of photos achieved in the rain. After taking our photos we all quickly took refuge in the Cochin Indian Restaurant where we sampled a Kerelan Afternoon tea. This was a new experience for us but most enjoyable and we all had a good time there as we swapped photo notes. Old Hemel has a lot of character and is used as a venue by a lot TV productions including the BBC series Pie in the Sky etc. Following our competition we all submitted photos and this time we had three joint winners. A good time was had by all and we look forward to the next event. **Our joint winners were :-**



Frances Lehane



Ken Cotton



Lawrence Pearlman

Garden Visits Group

On a sunny February morning, our garden visits group set off for

Walkern Hall to see the carpet of snowdrops, hellebores and cyclamen set in woodland gardens. After

coffee and cake, and a short talk by the owner we were free to wander around the 8-acre garden. This garden is beautiful, especially in the bright



winter sun. It is open as part of the NGS (National Garden Scheme) during the year, raising funds for beneficiaries, including critical support to nursing and health charities. After the garden visit, we headed off to the village tearoom for a delicious

homemade lunch. A good day out and good company. Thanks Linda for arranging. *Jo Bromwich*

Interest Groups Contact Details

| | |
|----------------------------|--|
| 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 i 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 | No trips planned at present. John Simpson is currently looking into places to visit. |
| Canasta | Contact: Denise Branton on 07786 391534. Group meets 3rd Tuesday of the month at Asda Community Suite at 2.00pm |
| 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 am |
| Creative Writing | Contact: Ian Woolcott on 07505 769911 (Details to be advised) |
| Doodle Art | Contact: Pam Cotton 07876 384026. Group meets 1st Tuesday of the month at the Royal Oak, Abbots Langley 11am. Stay for lunch and a chat. |
| 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 07712 710811. Watch out for news of visits at the General Meeting. |
| 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 | Group metes on the 2nd Monday of the month at 2pm. Contact: Lawrence Pearlman on 07752 367664 or email pearlyman58@gmail.com |
| Local Theatre Group | Contact: Pam Young on 07811 219936. Trips to be advised. Payments to be made at the time of putting your name down for a trip. Travel will be shared vehicles. |
| 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 1 meets every 4 weeks on a Thursday at 2.00-4.00pm. Group 2 meets every 4th Monday 2.00-4.00pm |
| 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 monthly at a venue to be decided, to take a photograph and have a social time at a local cafe. |

Interest Groups Continued

| | |
|-----------------------------|--|
| 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) |
| Pub Lunch And Darts | Contact: Ken Cotton 01923 269720. Group meets at the Unicorn, Abbots Langley. Meets On 1st Tuesday Of The Month |
| Quiz | Contact: Glen Price on 07787155461 meeting at YMCA Haines Way at 7.00pm on the third Thursday of the month. |
| 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 01923 518021. Group meets fortnightly on Thursday at 10.00am -11.30am at Asda. |
| Social Outing Group | Contact: Joan jgillett43@gmail.com Mobile: 07881 768793 |
| Table Tennis | Contact: John Simpson on 07531 542605. Group meets fortnightly at 10.00-12.00am at the YMCA Haines Way. |
| Ten Pin Bowling | Contact (initially) Bernice Caffrey on 01923 672359. Group meets on the 2nd Monday of the month at Hollywood Bowl at 2.00pm starting on the 11th September |
| 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 07941 401421 for details of next meeting. Group meets monthly on the 2nd Wednesday. (This is a joint group with SWH) |
| Wednesday Walkers | Contact: Derryck Croker on 07941 401421 Group meets monthly on the 4th Wednesday. (This is a joint group with SWH) |



**We are always looking for new interest groups
If you have any ideas then please speak to Bernice at the
general meeting**



General Meeting Talks This Season

16.4.24 Peter Marcham "The People and Places of Bletchley Park"
21.5.24 Provisionally Herts Air Ambulance Volunteers - to be confirmed

Refreshment Rota:-
**Listening to Music and Local
Theatre Group**

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
Send to Ken Cotton, 01923 269720 or
email:- woodsideu3a22@gmail.com
Copy Date Is 1st Of The Month
**N.B. Due To Limited Space, Articles
May Need To Be Edited!**

IMPORTANT CONTACT DETAILS
webmaster@woodsideu3a.org.uk
newsletter:- woodsideu3a22@gmail.com

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 plastic
cups.

The Committee Contact Details:

Heather Lace - Chair
07951 937064 chair@woodsideu3a.org.uk



Ken Cotton - Vice Chair
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Alison Theobald - Treasurer -
a.theobald@sky.com



Lesley Cummings, Membership
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Dave Daniels lehdansom@aol.com



**Next General Meeting
16th April 2024**