



WOODSIDE U3A NEWSLETTER MAY 2023
MEETING AT THE STANBOROUGH CENTRE WATFORD

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

Charity Reg.: 1182140



Hello everyone,

This May is a very special month - we celebrated the Coronation of King Charles III. We wish King Charles and Queen Camilla a wonderful reign for many years to come.

According to Wikipedia, **May** is the fifth month of the year in the [Julian](#) and [Gregorian calendars](#) and is the third of seven months to have a length of 31 days.

May is a month of [spring](#) in the Northern Hemisphere, and [autumn](#) in the Southern Hemisphere. May (in [Latin](#), [Maius](#)) was named for the [Greek goddess Maia](#), who was identified with the [Roman eragoddess](#) of fertility, [Bona Dea](#), whose [festival](#) was held in May. May's birthstone is the [emerald](#) which is emblematic of love and success. Perhaps we should relate this to our group - to enjoy happy times within the group and continue to enjoy the growth and success of Woodside u3a.

At our May General Meeting the Shedettes are singing for us - we hope you enjoy their concert.

Next month is our AGM . In order to vote you will need to have paid your annual subscription (£22 this year).

May you have a good month.

Barbara Elman
Chair

Agenda for our May general meeting: Doors open 9.30am, notices 10.00am, refreshments/huddles 10.15am, The Shedettes entertain, 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 Information

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	Contact: John Simpson on 07531 542605. Next trip to be advised
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. Postponed until autumn
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
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
Local Theatre Group	Contact: Pam Young on 07811 219936. Trips to be advised. Payment to be made at the time of putting your name down for a theatre trip. Travel will be by shared vehicles.
Lunch Group	Contact: Joyce Gray on 01923 263213 or rejoice.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 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 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.
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)
Quiz	Contact: Glen Price on 07787155461 meeting at YMCA Haines Way at 7.00pm on the third Thursday of the month.

Interest Group News

Risk Assessment

The National Office has asked that each interest group leader complete a risk assessment form for their group. This need only be done every three years for those groups that meet in a venue, or members home, provided everything stays the same. For Walking Groups or Day Trips different rules apply. These forms are available on the Website under Support/Advice and Guidance.

Groups

Our Local Theatre Group has had their first visit to the Palace theatre, so look out for further trips being offered (provided you have signed up for this group). If you haven't joined this group yet, put your name down with Pam Young.

We have another group which will probably be starting soon "Darts and a Pub Lunch". The form for this group is on the Interest Group table if you would like to add your name to this list. Also there has been quite a bit of interest in Ten Pin Bowling so I will be contacting those members shortly.

As before if you have any ideas for groups, please let me know.

Bernice Caffrey

Interest Group Coordinator

Woodside Walk 5

The first walk of the joint with SW Herts u3a group Woodside Walk 5 set off from the Ruislip Woods car park in the midst of Mad Bess Wood (look it up online). Joyce led us expertly through the ancient woodland west and east of the Lido, and downhill to the lakeside cafe - a welcome stop here for coffee, cake and a comfort break. This is a lovely walk that's usually 4.5 miles, but detours around muddy sections of paths probably added around half a mile... The weather stayed fine for us, but light and then heavy rain started as we left the car park. Fortune favours the brave!

Derryk



Craft Group

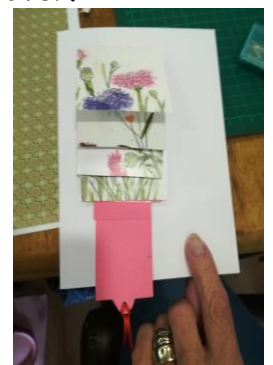
In April Barbara taught us how to make waterfall cards. We brought old greetings cards to cut and mount onto a tab; when the tab was pulled the small cards tumbled over.



Barbara shows how to make the card.



Liz's card



Joan's card



After the card making we made a rose buttonhold, using a single rose, ivy leaf and leather leaf fern.



April General Meeting



Our speaker at the April meeting was Frances Watkins, a medical herbalist, who gave her talk entitled "Modern Drugs Derived From Plants".

Frances trained at Middlesex and then East London University, studying especially tenth century healing plants. She said she aims to teach about plants, especially to children, and explained that herbal medicine depends on getting the dosage right without causing damage or killing you.

With the aid of slides we were shown many plants and herbs and Frances explained their uses and preparation, including maceration and laying down herbs on butter. As little as half a deadly nightshade berry can be enough to kill a child.

Frances said that some plants were grown for use in war zones and are still in use today where modern drugs derived from them are not available. Poppies, so prolific in France after World War One, grew because the ground was churned up and nitrogen rich from the unfound bodies of horses and the fallen.

It was interesting to hear the origins of so many drugs I recognised.

Foxgloves for cardiac problems, aspirin from white willow (known for healing for four thousand years), marigolds for poultices and antiseptic, poppies for diamorphine and daffodil leaves for use in cancer treatments. Liquorice for anti-inflammatory properties but can reduce the efficacy of other treatments.

Also don't be hoodwinked into buying from the internet.

Frances was hugely knowledgeable and interesting and many members were interested in seeing her books and documents after the meeting.

Louise

Social Group

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

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



Coach Trips for 2023

Monday 22 May

Mystery trip

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



Wednesday 12 July

Eastbourne

Depart Stanborough 8.45am &
Greenwood Drive Bus Stop North Orbital Road
8.50am 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 Number is printed on the Ticket so don't forget the ticket!

Cheques made payable to Woodside u3a please
Martin

To Gardeners: Please remember when gardening this spring that caterpillars are baby butterflies (or moths). Spraying them with insecticide will wipe out a generation of beautiful butterflies that would have enhanced your garden.

General Meeting talks this season

20.6.23 AGM. The Drama Group performing. No speaker.

18.7.23 Hearing Dogs For Deaf People by Liz Arendt and Rufus the dog.

Refreshment Rota

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 JUNE Issue is
1ST JUNE 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

Heather Lace, Safe Guarding & Equality -
- 07951 937064 - heuzit@hotmail.com

Joyce Gray, Publicity - 01923 263213 -
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