

Woodside

u3a
learn, laugh, live



Newsletter

October 2023

Happy Halloween

MEETING AT THE STANBOROUGH CENTRE WATFORD

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

Charity Registration Number.: 1182140



Hello everyone

It was fabulous to see so many people at September's meeting - a record! As I mentioned, these Newsletters are quite expensive to produce, so it would be great if people could share, where possible.

Some people like to take a copy home for those unable to attend - perhaps they could pass theirs on, or members could leave any no longer needed at the end of the session, so they could then be collected and passed on. Some u3as only have their Newsletter online, but feedback from Woodside has been that the paper copy is much appreciated. Now that we are well into October, it is definitely Autumn, with Halloween, Bonfire Night and seasonal leaf colour. It is also the time when some people start suffering from SAD (Seasonal Affective Disorder). Like much else, this seems to be improved by exposure to bright daylight, particularly early in the morning, and exercise, but continuing with activities and social contact is also beneficial, so we can all help by being aware and supporting if someone appears to be struggling.

I hope everyone has a great month - and see you all in November!

Heather

Today's Speaker:-Charles Rea- 'Swinging London'

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

Speakers Report

The speaker for September was Trevor Baker giving his talk "Miles of Aisles" about the life and business of the Sainsbury family from 1869 to when the business floated on the stock exchange in 1973. Trevor worked for the Sainsburys business and was responsible for the development of the stores and buildings.

John and Mary Sainsbury started out as a dairy business in Drury Lane and sold milk, butter, cheese and eggs. Their foods were wholesome and clean where others could contain additives like lead. Customers could be short weighted and eggs could be up to a month old.

They expanded rapidly over the years and in a time of no refrigeration the Cricklewood shop sold 2000 birds on Christmas Eve. The range of goods on offer expanded and the shops were easily identifiable by their distinctive countertops and tiles.

Inevitably the march of progress meant big changes to the shops decor and livery, although some screens, tiles and panels could be saved. In 1950 the Croydon store became the first self service store in Europe. The family always embraced change.

Trevor presented a huge number of photographs and these, together with his knowledge, held our members spellbound for the duration of his interesting presentation.

Louise



Autumn Fest

Our debut Autumn Fest was a success! It was a beautiful day until half an hour after we packed up and the heavens opened! Many thanks to Ken Jones, Dave Daniels, Alison, Sue Coultrup, Denise Branton, Reg Breese, Barbara and Pam Cotton for their help. *Ken C.*



Craft Group



Judith led the workshop in June where we made greetings cards using decoupage paper. Very few words were spoken as everyone concentrated on cutting the patterns accurately.



Chrissie led the July workshop. We used wire wreath rings covered in ribbon on to which we stitched flowers made from felt.

Lynn finished her wreath with a pretty Christmas bow

Jo

Table Tennis Meal

On Friday September 1st 2023 we had our Late Summer Lunch at the King's Lodge in Hunton Bridge when members of the Table Tennis group, and friends, were able to meet in very convivial surroundings to spend some time together and catch up on recent news regarding summer holidays and other outings which we had enjoyed over the summer months. The food was very good as usual with ample portions which were enjoyed by all present. There was plenty of chatter amongst those present with the sharing of stories and experiences which made the occasion most enjoyable. *John Simpson*



Weekenders

On the 23rd July The Weekenders visited Cassiobury farm and fishery. This can be located in the old watercress beds between the Grand Union Canal and River Gade. The Farm is open to the public about 4 times a year. There are many different kinds of animals including meercats, buffalo, giant tortoise, exotic birds and many more.

The animals are mainly kept in pen enclosures and are exercised daily. There is a small lake within the farm which had pedalos for adults and children, these were supervised by the staff.

Some food and craft stalls were dotted around the farm. We ended this successful day with coffee and cake in their café and gift shop.



Dave D.

Photography Group

On Friday 15th September Members from our Photography Group visited **Stockwood Discovery Centre** in Luton. The centre has a large Classic Car Museum, Sculpture Garden and Period Gardens etc. and is well worth a visit. We will now each send in our best photo to Ken Cotton who will upload them to our website. All members will then anonymously vote for their best photo and a winner will then be declared.

This Months Joint Winners



Dave Daniels



Marcus Coultrup



Pam Cotton

Our photo group has outings with competitions on a regular basis of every 4 to 6 weeks. We are not a highly technical photography group and anyone who can point and shoot a camera is welcome to join us.

Ken J.

Glen's Quiz

- 1 What Island was Dawn French born on?
- 2 Which instrument did Larry Adler play?
- 3 A Jenny is a female what?
- 4 Which police station blues was led by Captain Furillo?
- 5 What colour is Euston Road on a monopoly board?
- 6 Which TV series about a woman detective was written by Linda La Plante?

Answers On Next Page



Christmas Lunch



Thursday November 23rd, Hunton Park Hotel, Hunton Park

12.00pm for 12.30 Sit Down Cost of meal £27.95 (Tip Discretionary)
Pay when booking Order your choice of meal by 31st October To:-

Joan on either:- jgillett43@gmail.com or Mobile:07881 768793

Payment Via BACS (Preferred)

Woodside u3a:- Sort Code: 20-45-45 Account No: 13245691

Or By Cheque Payable to Woodside u3a

Menu On:- www.huntonparkhotel.co.uk

London Lights & Supper

13th December

Details To Follow

Booking Now Via Joan (Contact Above)

Can You Find These Beatles Songs?

Beatles Songs

T	D	O	H	I	W	I	L	L	D	I	I	C	A
W	R	E	A	A	R	N	Y	E	O	E	M	O	H
I	S	Y	R	L	E	O	E	L	N	Y	O	M	T
S	H	B	D	L	T	I	S	E	T	T	N	E	O
T	E	D	D	M	L	T	T	A	B	H	L	T	H
A	L	O	A	Y	E	U	E	N	O	G	Y	O	L
N	O	O	Y	L	K	L	R	O	T	I	S	G	O
D	V	G	S	O	S	O	D	R	H	T	L	E	V
S	E	O	N	V	R	V	A	R	E	E	E	T	E
H	S	L	I	I	E	E	Y	I	R	M	E	H	M
O	Y	L	G	N	T	R	H	G	M	D	P	E	E
U	O	E	H	G	L	H	O	B	E	L	I	R	D
T	U	H	T	G	E	I	O	Y	D	O	N	E	O
H	E	L	P	T	H	L	L	S	O	H	G	E	G

- HARD DAYS NIGHT
- IM ONLY SLEEPING
- ALL MY LOVING
- YESTERDAY
- DONT BOTHER ME
- ELEANOR RIGBY
- SHE LOVES YOU
- HOLD ME TIGHT
- HELTER SKELTER
- LOVE ME DO
- TWIST AND SHOUT
- HELLO GOODBYE
- REVOLUTION
- HELP
- COME TOGETHER
- I WILL

Quiz

Answers

- 5 Blue
- 4 Hill Street
- 3 Donkey
- 2 Harmonica
- 1 Anglesey



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. Contact 07531 542605
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 07833 996358. 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 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 07951 937064. 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. 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 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 7954 640263 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 once a month at a venue to be decided, to take photographs and have a social time at a local cafe.
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 usually meets at the Unicorn Pub, Abbots Langley On 1st Tuesday of the month. (Please contact Ken to check)
Quiz	Contact: Glen Price on 07787 155461 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 07427 866825. 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 07958 669311. 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: (Temporarily)Barbara Elman on 07833 996358. 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
Theatre Group	Contact Pam Young on 07811 219936 or email:- py262196@aol.com
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 07712 710811. 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)

General Meeting Talks This Season

November 21st :- Charles Rea- 'My Time As A Royal Correspondent'

December:- No Speaker The 'Shedettes' And Drama Group Performing Plus A Quiz

Refreshment Rota

September - Weekenders & Walking

October - Art & Badminton

November - Canasta & Chess

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 October Issue is
1ST October 2023**

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.co.uk



Ken Cotton - Vice Chair

01923 269720

woodsideu3a22@gmail.com



Alison Theobald - Treasurer -

a.theobald@sky.com



Lesley Cummings, Membership Secretary -

01923 681478

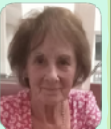
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Bernice Caffrey -

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Louise Smith - Speaker Organiser

07483214815

louise.c.smith@hotmail.co.uk



Linda Williams 01923 445598

linda57williams@hotmail.co.uk



Dave Daniels lehdansom@aol.com



Next General Meeting

Tuesday 21st November 2023