

Woodside

u3a
learn, laugh, live

Newsletter

September 2023

MEETING AT THE STANBOROUGH CENTRE WATFORD

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

Charity Registration Number.: 1182140



Hello everyone,

Welcome back after our Summer break! I know that many study groups have continued to meet, and we have enjoyed our Picnic in the Park and participated in Abbots Langley Autumn Fest.

U3a week is 16th-24th September and the suggestion is that we go 'Alfresco in Autumn', taking activities outside this month, where that is feasible.

We are currently considering how we can extend our range of study groups, with some possibly on a short term basis rather than on-going, any suggestions would be welcomed. If anyone has any special skills/knowledge they would be prepared to share, that would be great, even if they do not want to take on the role of study group co-ordinator.

I know many of you very much enjoyed the speaker (and dog!) from the Hearing Dogs for the Deaf in July. Apart from our donation to the speaker, which is matched by an anonymous supporter, the total in the collection tin was an impressive £132.46!

I would finally like to thank those members who make the effort to organise trips and events for us - it is time-consuming and can be stressful, but I know their work is very much appreciated.

Heather

Today's Speaker:- Miles of Isles Trevor Baker - History of Sainsbury's.
To help the environment please remember to bring your own drinking vessel.

Speakers Report

Our speaker for July was Liz Arendt talking about Hearing Dogs for Deaf People, assisted by Suz Hickson and Rufus the dog.

Liz explained how much we take for granted that other people can hear us and that being deaf is not the same as needing hearing aids.

It costs £45,000 to train a dog and unsuccessful dogs go as companions, to mountain rescue or for police work. Money for training is raised by volunteers at events such as Summer Fayres.

Rufus demonstrated to us how he alerts Liz by nudging her with his nose and leading her to the sound.

This could be the doorbell, alarm clock or 'phone ringing and he lays down in

front of her to signal danger. Rufus was well rewarded for his efforts with treats!.

Very few hearing dogs are currently available for many people who require them. They provide companionship as well as working until they are retired at around eleven years old.

We had a very informative and entertaining morning with Liz, Suz and Rufus with many of our members staying behind afterwards to pat and stroke Rufus.

Also her collection tin for personal donation as our members left raised a further £132.46. Our u3a donation was also matched by an anonymous donor! Absolutely great!

Louise



Congratulations!

Barbara Elman married Michael Leanse on Sunday 6th August at Aldwickbury Park Golf Club, Harpenden. We wish them a happy future.





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:- jjillett43@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)



Starters

Spiced parsnip soup
Parsnips crackers (V) (VE) (GF)

Burrata
Orange & micro herb salad,
Black olive dressing (V) (VE) (GF)

Smoked salmon
Young baby onion, beetroot, vodka
creme fraiche, dark rye

Chicken parfait
Red onion jam, watercress, broche toast

Mains

Dress of turkey
Sage and cranberry stuffing, pigs in
blankets, garlic roast potatoes, sautéed
sprouts with chestnuts, roasted carrots
& parsnips, pan gravy

Pan fried sea bass fillet
Olive oil mash, green kale, brown butter
pine nuts, caper & citrus ponzu sauce

Roasted bell pepper & truffle
Vegan butter tof, edamame
beans, hummus, roasted carrots &
sourdough (V)

Confit duck leg
Fondant potato, braised red cabbage,
quince puree, red wine jus & dressed
moussie

Desserts

Classic Christmas pudding
Served with brandy custard (GF)

Chocolate brownie
Served with vegan ice cream (V) (GF)

Lemon & lime tart
Red fruit sauce, honeycomb

**Selection of British
& European cheese**
Served with spiced apple
chutney & crackers

Mince Pies & Tea/Coffee Station

£27.95
set price



Photography Group



On Tuesday 27th June members of our Photography Group had a visit to the little known Reveley Lodge and Gardens in Bushey. We all had an enjoyable afternoon and took photos of a wide range of diverse subjects.

Reveley Lodge has : Formal Rose Gardens, Kitchen Garden, Human Sun-dial and Bee Keeping Displays etc.

Refreshments are available in the Stables Art Gallery and afternoon teas are available at weekends in the Victorian House.

Our photographers all entered their best photo and our winner this month was Frances with her lovely mauve flower. Our runners up were Marcus with his happy scarecrow and my bee from the beekeeper's hives.

Well done to Frances and to all of our competitors. *Ken Jones*



Frances Lehane (Winner)



Ken Jones



Marcus Coultrup

Social Outings Group 'Windsor'

Nine members enjoyed the day either walking up to view the castle or enjoying a boat trip. Others chose to walk round the town or just sitting by the river.

All members enjoyed a nice lunch followed by ice cream later in the afternoon before returning back to the coach. Returned home around 16.15pm, a lovely day. *Joan*



Weekenders



On 1st July the Weekenders Group met to enjoy a London tour called 'Eyes on the Spies'. Our group met at Watford Junction Station to begin what was to be an eventful day. We made our way to Green Park station along with hundreds of people who were going to either take part or view the annual Pride Parade in London.

We met our tour guide Paul at Green Park/Hyde Park who provided each of us with a commentary receiver and earpiece. This ensured crystal clear commentary which we needed as it was Pride parade day in London as well so very noisy. We visited locations where infamous acts of espionage have occurred. The tour was filled with stories of heroic deeds and dastardly actions as we were told about the Cambridge Five etc. Paul explained where secret agents worked, and how they exchanged classified information. We covered the St James district and Mayfair and included the locations that became the focus of a state sponsored assassination attempt by Russian spies. He informed us about Alexander Litvinenko and how his death occurred through poisoning. We went to visit the Itsu sushi restaurant where he had lunch but managed to evade being poisoned at the lunch!

We called to many buildings, restaurants, pubs and café in the area as well as covering a tribute to PC Yvonne



Fletcher who had fallen at the site of one of British Policing's greatest tragedies as a result of the tyrant Colonel Gaddafi, outside the Libyan Embassy. We finished our tour with a lovely coffee in one of the many cafes in Mayfair. Unfortunately, we could not mingle outside Headquarters of the British Secret Intelligence Service MI6 due to thousands of people attending the Pride parade, and we could not even cross the streets. Still it was an extra event that we saw. All of us agreed we had a great day and managed lots of steps.

Frances Lehane

Alexa Joke:

Q. Why Are Bacteria No Good At Maths
A. Because They Multiply By Dividing

Martin's Coach Trips

Eastbourne

What a good day out . We started with a pub lunch (I had fish and chips). We then moved on for some retail therapy . Later we found the Victorian tea shop on the Pier. What a delight it was with cake and afternoon tea in abundance . Thank you Martin for a well organised trip.



Linda Murphy



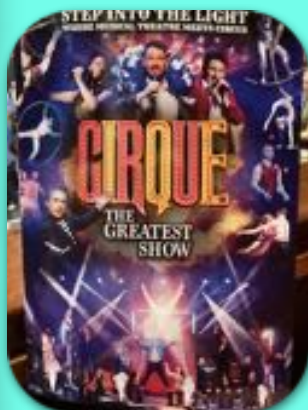
The Christmas Market I will know later on in the year where this will be and the date.

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*

Theatre Group

The Theatre group had a really great outing to the performance of Cirque - the Greatest Show at St Albans Arena on 21st July . We are all looking forward to our next outing - probably at the Abbey Theatre in September . Please contact Pam Young for further details of the Theatre Group
Sue Brown



Interest Group News Update

So far this year we have had several new groups start i.e Drama, Craft, Local Theatre, Bus Pass Travel, Pub Lunch & Darts and Ten Pin Bowling which is fantastic. Several other groups are looking for more members, Chess being one of them. We also hope we can get Creative Writing up and running too. As always if you have any ideas for groups you would like to have please let me know. *Bernice*

Picnic In The Park



Even though the weather wasn't as good as last year and the parking was difficult due to the 'Art In The Park' exhibition, a good number of us turned up and enjoyed a lovely social afternoon together.

Ken C.



Glen's Quiz

- 1 What colour is the live wire in an electrical plug?
- 2 What colour are Micky Mouse's shoes?
- 3 What colour is an aeroplane's 'black box'?
- 4 What colour is the circle line on an underground map?
- 5 What colour is a giraffe's tongue?
- 6 What colour are Dorothy's slippers in Wizard of Oz?

Answers On Next Page

Did You Know?

The first emoji was launched in 1997 on Japanese Mobile Phones!





Bus Pass Group

On Friday August 11th 2023 three of us set off on the 724 Bus Route from the former Garston Garage Bus Stop to Hatfield House. Although the weather forecast had been for rain that day the sun shone with the day becoming very warm with no rain.

The 724-bus route is a 'limited stop' service which enabled us to pass through Chiswell Green, St. Albans, Hatfield Town Centre before arriving at Hatfield Railway Station after a forty-minute journey. The entrance to the grounds of Hatfield House, and subsequently the actual House, is directly opposite the railway station. We proceeded up the long drive to the House, and thankfully on our right was a very pleasant restaurant where we stopped and rested whilst having some refreshments/lunch. We then completed the walk up to the Hatfield House which is the home of the Marquis and Marchioness of Salisbury.



As you can imagine the House is full of artifacts and painted pictures of numerous members of the Cecil family which have been collected over the centuries the significance of which were explained to us by various very knowledgeable Guides who were on hand to explain the relevance of each item. One of the highlights was a portrait of Queen Elizabeth 1 which showed the Queen dressed in a garment which had illustrations of 'ears' and 'eyes' all over the gown. This signified that the Queen had spies all over her realm 'listening and seeing' what was going on in her realm 'presumably finding out who was plotting against her' and those spies would report back to the Queen who would take the appropriate action. We were also able to visit the Chapel, which is within the House, with its stained-glass windows, font and very old wooden pews.

Hatfield House is set in many acres of beautiful grounds and gardens which, sadly, we did not have time to explore.

As we left the House, we were able to have a lift back to the entrance by a Golf Buggy which was very welcome.

The Bus Pass Group will be arranging another bus trip, probably during the autumn school half term holidays so watch out for further news in the Woodside U3A magazine.

John Simpson



6 Red
5 Blue
4 Yellow

Glen's Quiz Answers

3 Orange
2 Yellow
1 Brown

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)

YOUR COMMITTEE



HEATHER LACE
CHAIR +
Safe Guarding &
Equality



KEN COTTON
VICE CHAIR



LESLEY CUMMINGS
MEMBERSHIP
SECRETARY



ALISON THEOBALD
TREASURER



BERNICE CAFFREY
INTEREST GROUP
COORDINATOR



LOUISE SMITH
SPEAKERS SECRETARY



JOYCE GRAY
MINUTE SECRETARY
& PUBLICITY



LINDA WILLIAMS
COMMITTEE MEMBER



DAVID DANIELS
COMMITTEE MEMBER

General Meeting Talks This Season

October 17th:- Nick Dobson - An Illustrated Timeline Of The 1960's

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

IMPORTANT CONTACT DETAILS

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

ANY ARTICLES RECEIVED AFTER THE COPY DATE 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 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
membership@woodsideu3a.org.uk

Joyce Gray, Minute Secretary & Publicity
01923 263213
rejoyce.gray@gmail.com

Bernice Caffrey -
Interest Group Coordinator
01923 672359
caffreyba@gmail.com

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 17th October 2023