

Woodside

u3a
learn, laugh, live

Newsletter

September 2025

MEETING AT THE STANBOROUGH CENTRE WATFORD

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

Charity Registration Number.: 1182140



Sapphire

Stone Of The Month

Hi everyone

Welcome to **September`s meeting**. I hope you all enjoyed your Summer break. Firstly, I would like to thank all group leaders for keeping their groups going during our Summer break. When writing this the weather has been very kind to us although some days might have been too warm for some of you. **The menus are on each table for this years Xmas Lunch!** This will be held again at the Aldenham Golf and Country Club, December 3rd. The price for this year's lunch is £33. This will include a three course lunch and mince pie and coffee. We will be taking BACS payments from today. Please make sure when paying that you let us know it's for the Xmas Lunch. Anyone paying by cash or cheque have until the October meeting to pay, as we have to pay for meal the in advance. We will also be accepting your meal order in October, so please let us know if you have any allergies. Also we will be doing the seating plan.

That's all from me. Stay safe! *Dave*

Today's Speaker:- Rob Brewer. Roles Of A TV/Film Extra
To help the environment please remember to bring your own drinking vessel.

Speakers Report

Our speaker on the 15th of July was Frances Watkins, who is a practising medical herbalist, giving her talk "Medicinal Plants In Wartime. Her first picture was of One Night Cough Syrup which was available over-the-counter in the 1900's and contained alcohol, cannabis, chloroform, morphia and allegedly carefully combined other ingredients. Cocaine was readily available over-the-counter from the beginning of the 1900s and Coca-Cola at the time allegedly contained 2% cocaine. Cola nuts were often used instead of alcohol in temperance times. During the 1st World War syringes and cocaine were sold to soldiers' relatives to send to them as Christmas gifts. Pervatin and amphetamines were routinely given to troops to make them more effective, which meant that many came home addicted. Morphine, cocaine, cigarettes and alcohol all became part



Frances Watkins

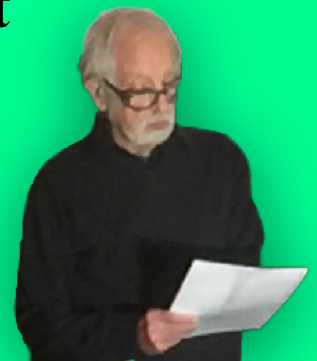
of the wartime experience. Chemical warfare saw the production and use of horrendous gases. Not only soldiers but the public were affected, causing terrible injuries from burns to the skin, eyes and lungs. It wasn't all bad; henbane became useful to treat shell shock and sea sickness in troops. The introduction of triage meant troops were assessed on the field, and the invention of the Thomas Splint saw 80% with leg injuries survive. Mustard gas was researched and used to develop chemotherapy. Spagnum moss has been found to be four times more absorbent than cotton wool and has antiseptic qualities. Frances is a very interesting and knowledgeable speaker and we may have her again when she completes her paper about plants mentioned in Shakespearean works.

Louise

A Tribute To Ian Woolcott

On 22nd July, the Drama Group and the Creative Writing Group heard the very sad news that their great friend and fellow group member had passed away after being unwell for several months. Ian was such a talented actor, a brilliant writer and singer and a true gentleman. We will all miss him so much and feel honoured to have known him.

Sue Brown - on behalf of both groups.



A HUGE THANK YOU!

A **nne Mitchel** has been helping out in the kitchen since our **Woodside U3A** first started but during the last five years has taken on the role of both buying and supplying everything needed for serving refreshments to members at the monthly meetings - as well as providing help and support to group member volunteers. Anne is moving house so is now standing down but will still be a **Woodside u3a** member and attend monthly meetings. *Sue Brown*

See Anne's 'My Favourites' Below!

MY FAVOURITES

Name: Anne Mitchel: **Refreshment
Organiser (Now Standing Down)**

Place Of Birth: **Watford**

Favourite Food: **Pasta**

Favourite Film: **Dirty Dancing**

Favourite Kind Of Music: **I Love All Music But Not Jazz**

Favourite TV Program: **Location, Location**

My Hobbies: **Crochet, Sewing, DIY & Eating**

My Bucket List: **More Holidays & Explore More Countries.**

Who Would you Most Like To Meet (Living Or Passed Away):
Robin Williams.

Favourite Holiday: **Norwegian Cruise.**

Where Would You Like To Visit: **Cyprus.**

Who Would You Not Want To Be In A Lift With: **Holly Willaby**

My 1st Car: **Triumph Herald.**



Did You Know!

It takes around 2,000 tiny leaves to make
just one pound of finished tea!

Weekenders



Pam and myself joined the 'Weekenders' for the first time in July at Greenwood Park, Chiswell Green. It was a lovely warm, relaxing afternoon and everyone was very friendly. The ice cream van saw his opportunity and drove towards us of which most of us indulged. A big thank you to Dave & Frances for inviting us and also to group leader Teresa for making us feel so welcome! Teresa can be contacted on 07712 710811 for future meetings. *Ken*



Worthing Trip

We were so lucky with the weather. It only rained on the way home. A big Thank you to Martin for organising this trip. Good company, nice lunch and a happy day by the sea! *Linda Murphy*



Joke Of The Month

I only know 25 letters of the alphabet....I don't know wh'Y'

Ladies 2025 Euro Winners

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

HEMP
HAMPTON
JAMES
CARTER
WILLIAMSON
STANWAY
WIEGMAN
GREENWOOD
TOONE
WALSH
BRONZE
RUSSO

Can You Find These Lionesses & Manager?

Coach Trips

S seats still available for Anglesey. Tuesday 7th October
Leave Stanborough at 08.45. Cost of coach £29.00
National trust members free entry, non members £17.00
N.B. Royal Opera House Coach is now full.





Mini Quiz

1. What is the UK's 5th largest city?
2. In what year was 'chip and pin' introduced in the UK?
3. In what year was the 1st mobile phone sold in the UK?

Answers

1. 1883 3. 2005 5. London

Interest Groups Contact Details: N.B. Indicates Group Full With Waiting List

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 a Wednesday at Woodside Leisure Centre 2-3pm (This is a joint group with SWH) 
Board Games	Contact: Sue Brown 07812 840047 or email susanmaybrown@hotmail.com Starting on 4th February 10.30-12.00 pm at members houses
Books	Contact: Libby Crawford on 01923 247847. Group meet every 3rd Wednesday @ 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)
Canasta	Contact: Reg Breese on 07796 446148. or email: reg2@sky.com Group meets 3rd Tuesday of the month at Asda Community Suite at 2.00pm
Cinema Group	Contact Pam Clark 07941 661603 (Members To Suggest Films)
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: Joyce Holton 07795 193405 This group meets on a Tuesday at Asda Community Suite, 10.00am until 11.30am
Family History	Contact: Bea Luffrum on 07711 709039. 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 07712 710811. Watch out for news of visits at the General Meeting.
History Group	Starting 8th September 10.30am-12pm. Initially meet at Costa, Asda. First meeting VE Day Memories. Contact Cheryl Lamford 07546 588079
Line Dancing	Contact: Judy Lovell on 01923 893368. Group meets 1st and 3rd Mondays. First session 10.15am. (Second sessions 11.15am - Currently Full) This is a joint group with SWH 
Listening To Music	Group meets 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
Murder/ Mystery	Contact: John Simpson on tel.no 07531 542605 - Group meets on an ad hoc basis in group members homes.
Pathfinders	Contact: Patrick Turner on 0923 263511 or 07954 640263. Meets on the 1st Tuesday morning of the month. (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)

Interest Groups Continued

Photography	Contact: Ken Jones on 01923 264855. Group meets most months at a venue to be decided, to take a photograph 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 meets at the Unicorn Pub, Abbots Langley. Meets On 1st Tuesday Of The Month at 12.30pm ★
Quiz Evening	Group meets on the 3rd Thursday of the month. 7pm Lawrence Pearlman on 07752 367664 or email pearlyman58@gmail.com
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 Brown on 07812 840047. Group meets 1st & 3rd Friday of the month. 2.00-3.30pm. Contact Sue for venue. Joint Group with Chiswell Green u3a
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.
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 on the 4th Wednesday of the month (This is a joint group with SWH)
Yoga Group	Meeting Thursday Mornings At The Stanborough Centre. 2 Sessions 9.45am and 11am. Cost £8 (£2 if you join but can't attend) Just turn up! Joint with SW Herts

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



General Meeting Talk Next Month:
Global Maritime Distress Safety Systems
by Our Very Own Ken Jones

Refreshment Rota:-
Today:

Sewing & Sign Language

Next Month:

**Singing For Pleasure &
Social Group**

WANTED FOR OUR NEWSLETTER

News & Photos

Maximum 150-160 Words Please

Copy Date Is 1st Of The Month

Send to Ken Cotton, 01923 269720

or

email:- woodsdeu3a22@gmail.com

ALSO: NEWS & PHOTOGRAPHS

suitable for publication please send to

The Webmaster, Andrew Cummings

at:

webmaster@woodsdeu3a.org.uk or

andrew.cummingsu3a@btinternet.com

The newsletter is available online at

https://u3asites.org.uk/woodsde

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:

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Heather Lace 07951 937064



**Next General Meeting
21st October 2025**