Woodside u3a

learn, laugh, live

Newsletter *Editor: Ken Cotton* October 2026

MEETING AT THE STANBOROUGH CENTRE WATFORD

https://u3asites.org.uk/woodside

Charity Registration Number.: 1182140



Good morning, everyone.

Welcome to our October Meeting. When I wrote this in September all the shops were advertising Halloween, which seems to be getting spookier every year. Halloween originated in Ireland over 2000 years ago from the ancient Celtic pagan festival of Samhain. This means end of harvest celebrated on October 31st to mark the transition from harvest to the dark winter. This was known as All Hallows` eve, which later turned to Halloween. People lit bonfires and wore disguises or costumes so ghosts would not recognise them. They also carved faces into turnips and potatoes to frighten away evil entities. In the Eighth Century the church designated November 1st All Saints` Day as a day to honour saints. Well, That's all from me, **TRICK OR TREAT**. Stay safe and see you next time.

Dave Chair

Today's Speaker:-

Mark Lewis "Sentinels of the Sea" History of lighthouses and bravery of people involved through time.

Speakers Report

Our speaker on 15.9.26.was Lucy Lewis and her subject was "UK's First Female Bomb Disposal Expert" Lucy's presentation detailed her 40 years service in the armed forces, many as a bomb disposal expert. Lucy had a long list of the countries she has visited since her first day at Sandhurst on 2.1.89 in the Royal Engineers. We also had a hilarious description of her first regimental dinner. She has learned many skills such as scuba diving, skiing, abseiling, shooting and climbing and visited many countries. The downside has been that she has been blown up, bombed and burnt. The job has aids such as robots and video, but mostly the disposal experts have to wing it. We learned that bombs are never as simple as cutting three different coloured wires, with a timer countdown on the side, as depicted in many Hollywood films.



Lucy Lewis

Lucy is often sent scripts to read for TV shows and for her comments before they go on view. Lucy is now the Marshall at Cambridge University; she is a wonderful speaker and an inspirational and interesting person. It was a pleasure to listen to her speak to us. *Louise*

New Group!

Pickleball Group

A new Pickleball Group has now started at Woodside Leisure Centre. All members are welcome both for those who have some experience or even if you have never played a racquet sport before. A great way to exercise. Meets Thursday Afternoons. For more information contact:

Ken Cotton 01923 269720 or Reg Breese 07796446168

Photography Group

August is always a difficult time for clubs since so many people are on holidays or having days out. Therefore this month rather than choose a competition day out we chose a photography theme which members could photograph any day of the month and at any location. **The August theme was 'Night Sky'** This proved to be a difficult subject due to low light levels and also some overcast nights but despite these problems our members still produced a good crop of diverse and interesting photos. At the end of the month members sent their best photograph to Ken Cotton who then sorted and uploaded them to our private website Wordpress. Each photo was only identified by a number and then all members of the group voted anonymously for the photo they considered the best. Our adjudicator Lesley Eldridge then counted all votes and announced **the winner which this month was Vicki Maye.** So well done Vickyi for such a stunning photo.



by Ken Jones

What Year Were You Born?

Take the number 85…subtract your age and then add 41.

This is the year you were born!

This Months Joke

I Sacked My Tailor……

He Told Me To Suit Myself!

Aldenham Golf Club. December 9th

STARTERS

Classic Prawn Cocktail with Melba Toast ***(GF available)***

Salt Baked Heritage Carrots, Baked Feta, Chilli, Coriander & Watercress Dressing ***(VE, GF, VG option available)***

Ham Hock Terrine with Mustard Dressing & Beer Pickled Quail's Eggs

MAIN COURSE

Traditional Roast Turkey
Served with Yuletide Trimmings, Sage & Onion Stuffing, Pigs in Blankets, Honey Roast Parsnips, Roasted Potatoes, Carrots, Brussel Sprouts, and Gravy ***(GF)***

Cranberry & Pistachio Nut Roast with Panache of Seasonal Vegetables ***(VE, VG, GF)***

Pan Seared Sea Bass Fillet with New Potatoes, Kale, Roast Sprouts, and Cherry Tomatoes ***(GF)***

DESSERTS

Christmas Pudding & Brandy Sauce ***(GF available)***

Cream Filled Profiteroles, Warm Chocolate Sauce

Red Wine Poached Pear with Clotted Cream Ice Cream and Biscotti Crumb ***(VE, VG, GF available)***

Vanilla Panna Cotta with Mulled Wine Spiced Forest Fruits ***(GF available)***

Coffee & Mince Pies

(VE) *Vegetarian* ***(VG)*** *Vegan* ***(GF)*** *Gluten Free*
Please contact the club to make us aware of specific allergens.

Christmas Menu
3 Courses
£36

Weekenders Group

by Sue Brown



Oh we do like to be beside the seaside!

The Weekenders group and friends enjoyed a lovely sunny day out in Littlehampton at the end of July arranged by Marie and Sue . More trips hopefully in the pipeline!

'BACS' Payments

<u>This is our preferred method of payment!</u> Here are the details you'll need. Account name:- **Woodside U3A, Sort code 20-45-45, Account number 13245691**. **<u>Please fill in the REFERENCE</u>.** If it's a renewal then it's your membership number, if it's a trip then the reference is the name of the trip. **The reference is very important** as the treasurer will know what you're paying for".

My Favourites!



Name: Cheryl Lamford:
Place Of Birth: Kidderminster
Favourite Food: English Strawberries
Favourite Film: Doctor Zhivago
Favourite Kind Of Music: 50's, 60' & 70's
Favourite TV Program: Traitors & Emmerdale
My Hobbies: WW1, WW2 & History
Groups: Drama & Singing
Who Would you Most Like To Meet (Living Or Passed Away):
My Great Uncle: Bomber Pilot
Favourite Holiday: Caribbean & British Isles
Where Would You Like To Visit: Charles 111 Coastal Path Walk
Who Would You Not Want To Be In A Lift With:
Keir Starmer
My 1st Car: 1990 Classic Mini Cooper

WordSEARCH

Halloween!

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

BROOMSTICK
SPIDER
TRICKORTREAT
SPELL
GHOST
SPOOKY
TOMBSTONE
SKELETON
HORROR
BLACKCAT
WEB
CREEPY
HAUNT
LANTERN
SKULL
WITCH
PUMPKIN
CAULDRON
ALLSAINTS

https://thewordsearch.com/puzzle

Interest Groups Contact Details:

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 February 10.30-12.00 pm at members houses**
Books	**Contact: Libby Crawford on 07719 582545. 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**
Creative Writing	**Meets 2nd Wednesday Of The Month. Contact: Libby Crawford on 01923 247847**
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**
French 2	**Contact Libby Crawford on 01923 24784 Meet monthly on 1st Wednesday of each month at 10am until 11.30am starting from 1st July at Libby's House.**
Garden Visits	**Contact: Teresa Brunswick on 07712 710811. Watch out for news of visits at the General Meeting.**
History Group	**Group meets 2nd Monday of the month at Asda. Contact Anne Osborne 07746 481487**
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: Valerie 07813 733461 and Antoinette 07963 450985 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 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)**

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 A Local Pub 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**
Quilting Club	**Meets on the 3rd Thursday of the month Contact: Anne Price on 07304 118768**
Spanish	**Contact: Sue Brown on 01923 661516. Group meets fortnightly on Friday at 11.00 - 12.00am at the Royal Oak, Abbots Langley.**
Spanish 2	**Contact Julia Page on 07956 506417. Meets Alternate Mondays At The Royal Oak, Abbots Langley. email: Julia7page@gmail.com**
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.**
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: (initally) 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	**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.



Next Months General Meeting Talk:

Zoe Zasco "Oh Joyce, The Life of Joyce Grenfell".

Refreshment Rota Today:-

Local Theatre Group & Lunch Group

Next Month:

Photography Group & Play Reading For Fun

WANTED FOR OUR NEWSLETTER

News & Photos

Maximum 150-160 Words Please

Copy Date Is 1st Of The Month

Send to Ken Cotton, 01923 269720
email:- woodsideu3a22@gmail.com

ALSO: NEWS & PHOTOGRAPHS

suitable for publication please send to
The Webmaster: Andrew Cummings
webmaster@woodsideu3a.org.uk or andrew.cummingsu3a@btinternet.com
The newsletter is available online at https://u3asites.org.uk/woodside

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.





Next General Meeting
17th November

The Committee Contact Details:

Dave Daniels - Chair
daviddanielsu3a@aol.com
07956 218801



Ken Cotton - Vice Chair & Newsletter Editor
01923 269720
woodsideu3a22@gmail.com



Alison Theobald - Treasurer
a.theobald@sky.com



Lesley Cummings - Membership Secretary 01923 681478
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Joyce Gray - Minute Secretary & Publicity 01923 263213
rejoyce.gray@gmail.com



Bernice Caffrey - Interest Group Coordinator
01923 672359
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Louise Smith – Speaker Organiser
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