

NEWSLETTER



**PICTURES
 TELL IT
 BETTER THAN
 WORDS**



**Study Group Fair
 August 2006 photos
 J Grainger & MCT**

WHAT WE HAVE TO OFFER



by Margaret Thompson EDITOR

FOR the complete set of John's lovely photographs go to our website www.watfordu3a.org.uk

This month we welcome Audrey Bembridge as a full member and Pauline Watson, Alan Rose, Rashupat Singh, Janet Westwood, Judy Machin, Sue Gotts, and Elisabeth Pearce who join us as Associate Members.

Obituary

Adrienne Batte

We are sad to announce, the death on Tuesday August 8th of Adrienne Batte who has been ill for some time. Adrienne was very active in the Brownie movement and since joining WU3A has been a regular attendee at our monthly meetings from which she will be greatly missed.

She leaves a husband and two daughters to whom we extend our deepest sympathy.

Thank you, to all those who contribute to the NL. If you have anything to send, done on your computer, please send it by email, rather than posting it. This saves me having to retype it all out. You may not want to include names, venues and telephone numbers in your copy as these will appear in the Newsletter and also on the website.

Study Group Topics

By Dennis Fitton
 Study Group Coordinator

ANOTHER STUDY GROUP FAIR has come and gone. We were very pleased to welcome Councillor Rabi Martins, Chairman of Watford Borough Council and our friends from the other local U3As.

It was very successful. One or two people said that they wondered if it was worth doing. Look at it from the point of view of our new members. What a wonderful opportunity

for them to see what we have to offer. A number of new members have signed up in the groups that interest them. I also spoke to a member of very long standing who signed up for two more groups.

I would particularly like to thank John Grainger who did his usual very efficient job in organising the layout, Colin Richards and Robin Hurley for the technical bit and also Colonel Bob and his fellow musicians who provided a very pleasant background to the proceedings. Thanks also to the others who gave up their Tuesday morning lie in to help set up and of course to the Study Group Leaders who put on their usual fascinating, informative, imaginative, pick your adjective display.

Within minutes of the last newsletter hitting the newsstands I had a polite email pointing out an omission from the diary. I really do try very hard to get it right and can only apologise for any errors or omissions.

I know that it is a long way ahead Study Group Leaders, but if you wish to change any details in the synopsis to be published in December, please let me know as soon as you like. Bear in mind that the entry on the website will be the same as the one in the synopsis.

A final reminder that the SGL meeting will be held on Friday 22nd September from 10.00 to 12.00 at Hollytree House. Please let me have any items for the Agenda.

I have not previously attempted to facilitate any new groups as I seem to have been preoccupied with other things. I was approached by one lady, who wishes to remain anonymous, to see if there is any interest in starting a line dancing group. There will be a notice on the board for you to indicate the type of dancing that interests you and then you can fight it out to see who is going to be group leader and set it up. I am also offering to start a 'Return to Cycling group'.

The Explorers' Picnic By John Grainger

THE EXPLORERS met at Chalfont Sports Ground and walked to the railway station to take the train to Chesham. Here I led them round the Oldie World part of the town, with some houses dating back to the 14th Century, to follow the 'Chess Valley Walk'.

The day was fine and warm. The first part of the walk was alongside the Chess, then we crossed the road and walked on



higher ground parallel with the Chess. The views were magnificent. We picnicked at the highest point of the walk just before we reached Latimer House. The area was tranquil with just the sound of birds in the woods. Once past Latimer house we took the lane down to the River Chess and the weir with the recumbent statue on it, then across the road, up through the trees and back to the cars. All in all an interesting and very pleasant walk.

Live Performance: Improvisation and Revue Geriatric 'footlights' by Barbara Woolner

IN DISCUSSION with members of U3A at the recent Study Group Fair there was a reasonable objection to my employment of the term 'geriatric'. The truth is that few, if any of us relish that term, but it is the case that if any of us are admitted to hospital, that is the way in which we are categorised! It creates the idea that we are a class of people to whom things are done, rather than people, like all others, who get up and do things for ourselves. At the recent Watford Pensioners' Spring Fair this attitude was amply demonstrated in the: quality of some of the entertainment which was provided. Though I understand that kind hearts are often considered to be in short supply, nevertheless to be thought of as relics of the Second World War, or even the First World War, participating in and enjoying a wartime sing-along, shows a real misunderstanding of who we are - a lively and energetic section of the population who just happen to be retired, or semi-retired from gainful occupation: in short geriatrics. But of course 'being geriatric' is really a state of mind rather than the date on a calendar.

Following through with this thought I considered the wealth of talent and experience each of us have and wish to contribute. We are more than grand-parents with a bus pass or blue badge, we are people with the time, energy and inclination to pursue long-held dreams, cherished projects, and if we wish to be recognised as such by the larger public, well then, it is for us to make ourselves visible, showing ourselves as 'people who do' rather than 'people to whom things are done'!

What I propose is to get together with people who wish to communicate who we are, through live performance and improvisation, creating programmes of music, humour and sketches which we can then take to small, probably informal venues. Our jazz study group is already doing this as significantly demonstrated at the Study Group Fair. This is in no way intended to conflict with the Performance Art Study Group, led by Brian, but is intended to be complementary to it; the pantomime is keenly anticipated.

For the above to happen at least one brain storming session is required by a group of enthusiasts; people who can contribute the skills of acting, music, writing, organising and relish becoming a close-knit group of 'people who do'. Material needs to be explored and assessed, possible venues considered, rehearsal time agreed. At this moment this is only a proposal, but if the interest is generated, then we may well be an alternate 'footlights revue' group, with no

Would You Like To Return To Cycling? By Dennis Fitton

A NUMBER of people have said that they would like to return to cycling but are worried by the traffic or think that they can only cycle a few miles. I know most of the local traffic free paths and I am prepared to set up a number of short rides to introduce you to these paths which you can use for shopping, visiting or sheer pleasure which is my view of cycling. We can start at say 5 miles and work our way up if we feel like it. (my 6 year old grandson can do 5 miles without any problem). My objective is to reintroduce you to the practicality and joys of cycling over a period of a few months. Then it's up to you: - give it up as a bad job, continue on your own, form a short riding group, join my cycling group or join a local cycling group.

Maybe an afternoon starting at 2.00pm would be suitable: 1st Thursday and/or 2nd Friday.

If you are interested please phone or email me or sign up at the Monthly meeting. (My details are in the Diary under Cycling).

trace of the geriatric tag.

If there is interest, and the proposal is realised, then meetings, both formal and informal are likely to occur on more than a monthly basis, and I would like us to discover whether or not it is possible to 'tie in' with the Pump House; but that is but an idea and requires further investigation. For those that are interested I can be contacted at 02083869428 both during the day and most evenings, or by e-mail at wolffriend@ntlworld.com. Just ask for Barbara.

Stroller's Lunch at Peggy's

AFTER a very successful planning meeting, members of the strollers walking group enjoyed lunch in brilliant sunshine at the home of Peggy Element.

Strollers, who meet on the 2nd and 4th Tuesday of the month, wend their way for about 3 miles of easy walking, on fairly level paths, culminating in a delicious and well earned pub lunch. [See Calendar or Study Group Synopsis for details]

MCT



Photo Gerry Adams

**The Peace Hospice Gardens
need YOU 2 to 3
hours to spare? contact
Maggie on 335348**

I am still trying to move to a two or three bedroom character house/cottage in Oxhey Village/ Bushey, Bushey Heath. If you can help I would be grateful.
V Webster.

A wonderful outing with weather to match!

By Dorothy Steele Photos Bernard Steele

SIXTEEN members of the Art Appreciation group spent a very pleasant afternoon at the Henry Moore Foundation at Perry Green.



3 piece sculpture 'Vertebrae' 1968 photo BS

Our guided tour took us across fields where a wide variety of his monumental sculptures stood high-lighted against the sky- or amongst the sheep!

We also visited the workshops where hundreds of "objets trouvés" which inspired his works, are stored and saw the tiny maquettes through which he first explored the possible forms that his massive bronze statues might take. We saw the plaster models become larger and more precise and learned a little of how the casting was done and of the chemical treatments which provide the surface:

colour and texture. A small gallery showed how he worked with architects, not an undertaking he enjoyed, with many of his pieces occupying prime sites alongside prestigious buildings, particularly in the U S A. Finally we visited a totally unexpected display of tapestries, produced from



'Knife Edge' 1962-5 photo MCT

small paintings, mostly done in the 1960s, then photographically enlarged and woven at the School of Tapestry in West Dean Sussex in the 1980s, near the end of his life.



Draped reclining mother & baby photo BS

News from the study groups

Please keep Study Grp. Diary pp5/6 of this Newsletter for Grp Leaders contact numbers, times and venues, (published quarterly).

Antiques

In August we had a trip to the lovely mansion at Moor Park. An excellent guide told us the history of the building (what a memory for dates and names!) and what all the different residents had done to the fabric of the house during their occupancies. The inside was fascinating, with every wall and ceiling closely decorated in various ways. Some of the paintings, and their mythological meanings were explained to us and it was so interesting to see how these stories were 'explained' by these wonderful paintings. An unusual morning, which will no doubt give us many things to discuss at our next meeting.

Art Appreciation

Last month we enjoyed a further presentation on David Hockney by Joyce Hoffbrand. Some of us also spent a very pleasant afternoon at the Henry Moore Foundation at Perry Green.

11 Sep 10.00am Margaret Thompson will explore with us some works by Georges Braque.

Better Photos

25 Sep 09.30 14 Long Lane, Mill End, A Trip to Marlow. Lets hope the weather will be fine.

Reg Cooke collects:

empty ink cartridges and discarded mobile phones for the Gray Cancer Institute.

Book Discussion Group

This is a small friendly group and new members would be very welcome.

Computers

1st Thurs & 3rd Tues 10.00am.

7 Sep email attachments - reducing size

19 Sep sorting lists.

There is a charge of £1 per person to cover the hire costs of the facilities.

Cryptic Crosswords

1 Sep (which occurs before the Sept monthly meeting).

15 Sep Following the August Fair, there is now a waiting list for this group

Current Affairs

Inevitably much of the discussion at our August meeting centred round the situation in the Middle east and the fear that the Israel / Hezbollah cease-fire wouldn't hold. There was concern over the alleged terrorist plot in the UK and the police arrest of suspects. There was general support for increased airport security, though concern over the chaos it has caused. With A-level results due out, standards of education and levels of illiteracy and innumeracy found in recruits for industry and the professions are of serious concern. The startling report that more people in the world are overweight or

obese than are starving was greeted with some scepticism, but we couldn't agree on whether genetic factors, people's metabolism or diet was mainly to blame. The most cheerful topic found to talk about was the care shown by a herd of elephants for their dying matriarch! **19 Sep** It seems certain that there will be plenty of unhappy or depressing current affairs to discuss. Can someone please find some more cheerful topics!

Cycling

4 Sep 10.00am Watford Met.

Hockeridge Bottom

20 Sep 10.00am Watford Met.

Bridle paths around Sarratt.

Food & Nutrition

Valerie Webster 020 8940 8155 or 07913 071979. Please note my new contact numbers if you have any queries.

26 Sep visit to Crestyl Watercress Farm, Moor Lane. Sarratt. We will be sharing cars to arrive at **11.30am** To get there you will go through the green at Sarratt and when you reach the end of the green Moor Lane is the turning on the left. There is a postbox embedded in the flint wall which is on your blind side, as is the Moor Lane sign ! Go to the end of the lane and there is a concrete drive on the left where you can park on the drive or at the bottom. There will be

watercress to buy at £1 a large bag. The visit will be followed by lunch at the Cart and Horses in Commonwood at 1.00pm.

Gardening

21 Sep Outing to Coton Manor Garden, near Guilsborough, Northants. £13.25; a 10-acre garden including a bog garden, herb parterre and a wildflower garden. Lunches and Teas available.

19 Oct Our annual 'Autumn Colour outing' this time to Marks Hall, near Coggeshall in Essex. A reasonably new lakeside garden and arboretum according to their information "This 21st century garden compliments the replanted traditional long borders of the garden. Mediterranean species thrive in the microclimate created by the warm brick walls of the 17th century walled garden". £11.25. Tickets for both outings on sale during the coffee break.

Greetings Cards

8 Sept 12.15pm - 3.15pm St Oswald's Church Hall, Malvern Way, Croxley Green. (Change of venue as previously published.) Joint meeting of both groups for planning etc. Please bring a lunch item.

15 Sept Extra meeting, normal times and place.

12 Oct Please note change of day to Thursday.

There is a charge of £1 each per

for more information about our u3a and the activities visit our website www.watfordu3a.org.ok

session to cover drinks/biscuits and consumable materials.

Jazz Appreciation

We met as usual and there were fifteen of us to hear the Music of Billy Strayhorn. I offered a variety of styles, groups and interpretations of his music which promoted an excellent amount of comment and opinions. This is what Jazz Appreciation is all about. Not just sitting and listening, it is learning, taking in new aspects of Jazz and discussing it all. I hope all who came found it as interesting as I did. The next subject is still to be decided but come along anyway.

MoneyMatters

7 Sep Usual format See you all there.

5 Oct same venue In the recent past, we collectively have decided that unless something special came up, we would not have speakers but would generate our own discussions. This has proved extremely successful judging by the comments that have come my way. However, I have arranged for a superb talk, demonstration and instruction on Microsoft's Money program's advantages and disadvantages and advice on some alternative ways of managing your bank accounts and investments. Whilst I haven't heard the disposition myself, I have had the most glowing reports. This is apparently something NOT to be missed. So make a note not to miss it. The presenter is our own Colin Richards.

NB: The *first Thursday* of the month may be *before* the U3A monthly meeting!

Needlecraft

4 Sep We return and will plan our programme until Christmas. With our coffee morning with the residents of Coombewood and everyone busy with thoughts of Bazaars and Christmas, which always come with a great rush and there is always still so much to do! We do hope you enjoy our display at the Study Group Fair.

Opera

In August the group very much enjoyed seeing the second act of Tosca with Callas & Gobbi recorded in 1964 at Covent Garden.

11 Sep at Christine's. This month we will be seeing 'Cosi Fan Tutte' on DVD in preparation for our visit to see the Glyndebourne Touring Company at Milton Keynes performing that opera in November. New members welcome.

Pathfinders Group

All Walks meet at **9.25am** at the Essex Arms.

26 Sep Hurley and Marlow.

24 Oct Aldbury.

I regret this group is full.

Performing Arts

11 Sep 7.30pm at the group leaders address- We will be watching a DVD on work at the Globe Theatre. This is not the one previously shown.

Personal Development

18 Sep Sharing, then 'How you can create a good first impression on other people'.

16 Oct How to make the other person feel friendly instantly!!

Science Interest

NB Permanent new venue:

Watford Central Library

18 Sep Visit to Brickworks at Stewarby, Bedford, £15 /coach.

16 Oct Einstein & Relativity Theory, Graham Marrett.

20 Nov Body Scanners Ian Jones. New members very welcome.

Shakespeare

Last Wed 2.00pm

27 Sept We will still be reading and discussing what is, perhaps, the Bard's most famous play: 'Hamlet'. Newcomers welcome, but please phone first.

Sporting Forum

19 Sep 2.00pm Our guest will be Caroline Roche, Sports Development Officer with Watford Borough Council. There has been a good response to our proposed Golf Day, which is open to all WU3A members (not just the Sporting Forum group). If you would like to take part, please enter your name on the list.

17 Oct We visit Twickenham, the headquarters of the English RFU, and their Rugby Museum – a few places are available, see Mike or Dave for details. New members will be most welcome.

The Explorers

All walks start at **10.00am** except when car sharing.

Sept NO WALK

6 Oct Golden Valley, **9.30am** Essex Arms or the Entrance to Ashridge Monument at **10.00am**

The Thirsty Walkers

All our walks start at the Essex Arms, Cassiobury **10.00am**, to organise cars and then to our location. Lunch is optional.

28 Sep Walk at Aldbury, 4miles, from the Valiant Trooper. Led by Jill Jenkins and Alan Betts.

26 Oct Walk at Aldenham /Colne valley, 4 mls. From the Round Bush pub, led by Paul Telford

Tuesday Trekkers

12 Sept 9.45am Coach and Horses, Croxley Green Dennis.

U3A Singers

18 Sep meetings as scheduled.

Walking

Most walks start at JS A4.

Eight miles:

13 Sept 9.30am Lea Valley.

11 Oct 9.00am London.

Meet at Watford Met station.

8 Nov 9.30am Flamstead.

Six miles:

27 Sept 10.00am Kings Langley, Led by David.

25 Oct 10.00am Latimer.

22 Nov 10.00am Boxmoor.

WitKnits

10.00am 1st Monday in the month. Our knitting group will meet at 1 Broom Grove until further notice.

Writers Workshop

Come along and develop your skills. New members welcome.

MEMBERS free ADVERTISEMENTS

Pianola (player piano), mahogany, beautiful tone, also 120 rolls: mainly classical. £400 ono
Yamaha Clavinova CVP-3 Electric Piano, Black and Rosewood 76 Key Keyboard, Stereo Symphonic, 16 Voice Selectors, Auto-Rhythm, Damper and Soft Pedals, Headphone and Aux Out Jacks
£230

Advertisements may be edited or omitted depending on space available.

TALKS PROGRAMME

5 Sept Colin Richards Aerial Spills & Thrills at Northolt Airport.

3 Oct Ian Brazier Northwood HQ

7 Nov Bob Johnson (A U3A members) Rye Meads RSPB & How to help birds 'overwinter'.

3 Dec The Pantomime Group 'Cinderella'

Speaker Secretary

David Helliwell

See June Synopsis or website for contact details.

Material for the
October

Newsletter

MUST be received by:

20 September

For Written contributions see Study Group Diary :

E-mail copy to:

editor@watfordu3a.org.uk

Driving Tip No. 1 from Arthur Driscoll

'Medicines & Motoring Might Not Mix'

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020 8996 9600 enquiries@iam.org.uk

FEW DRIVERS who take over-the-counter medicines appreciate the effect they can have.

While we all normally pay attention to major health problems that can affect our driving skills, we pay less attention to the host of mundane illnesses that affect many drivers and can increase the risk of having a crash.

A cold, a headache, tiredness, stress, indigestion, a stiff neck, a bad back, stiff joints - the list is endless.

Hay fever sufferers at the wheel - for example - may pose a risk to themselves and other road users at this time of year. A sudden burst of sneezing can often cause a driver to lose concentration and vision for a considerable distance. This means that if a hay fever sufferer has a bout of eight or nine sneezes when travelling at 70 mph on a motorway, vision could be lost for up to half a mile.

If you don't suffer from hay fever, remember that the driver in front or behind you may be one of the UK's estimated ten million hay fever sufferers about to have a bout of sneezing and be affected for some considerable distance.

There are some simple things that a driver can do if he or she is having a bad hay fever day.

Obviously, if it's really bad, you shouldn't drive at all. If your journey is really necessary, try to get someone else to do the driving.

Keep all the windows closed all the time to reduce the pollen in the car and keep the mats, carpets and upholstery vacuumed to the dust level down.

Most modern cars can now have pollen filters fitted. Also very important is checking that any medication you take for hay fever is suitable to use if you're going to drive - many hay fever remedies cause drowsiness so, as with any medication, check the label, or ask when buying it.

Members may obtain this Newsletter by: 1. e-mail 2. Collecting it at the monthly meeting. 3. Asking your SGL or a friend to collect it for you. 4. Sending a sae to the editor.