

NEWSLETTER

Last of the Summer Beans

by Margaret Thompson EDITOR

THE NIGHTS are drawing in and the London Philharmonic Orchestra Friday Concert Series, at the Queen Elizabeth Hall, is in full swing, so the Michaelmas Term must be upon us. Lots of my family have announced that they are coming for Christmas, apparently it is my turn and I could not be happier! Christmas is about bright, expectant little faces, sure and certain in the knowledge that Santa Claus will come. So it will be mince pies and Christmas cake baking before I set off adventuring in Mexico next week, having picked the last of the summer beans.

I have just returned from the exploratory meeting in Sarratt where the Rickmansworth U3A are starting a new U3A! Our 'grandchild', as you will recall, Watford U3A begat RU3A, having ourselves being born of Harrow U3A. It does not seem six years since I pounded the pavements of Rickmansworth, seeking a suitable venue and coming up with St Mary's Church Hall which was soon outgrown as the new RU3A quickly expanded. They now have 475 members and must close the books.

It was a very successful, well attended meeting in Sarratt's Village Hall. Well done Ricky! After the inevitable slow start when, after hearing all the evidence, everybody hurriedly looked to someone else to volunteer, ten people were encouraged, coerced, etc. into agreeing to serve on the steering committee. I know they will have a rewarding and, if fairly busy, fun time and we all wish them lots of luck and support, whenever it is needed, with this promising venture.

After six years organising our Charity Raffle (as you will see on page 6) John and Cynthia Morgan have decided to pass on the baton. I hope two or even four people will come forward to continue this worthwhile tradition, so needed and appreciated by our wonderful Peace Hospice. May I on behalf of us all say a big thank you to Cynthia and John for all their unstinting efforts.

Those who were fortunate enough to attend the last monthly meeting heard some of the inside story of the Northwood Military HQ, told by **Col. Ian Brazier** who currently commands a tri-service organisation, [soldiers sailors and airmen]. He served as an infantry officer for thirty two years in N Ireland, The Falklands, Bosnia and Kosovo. This was a fascinating insight into what they get up to 'in there' and a glimpse of their future plans!

Once again it is my pleasure to welcome, on your behalf, five new Associate Members: David Hall, Ena Home, John Loveridge, Susan Edwards and Madelyn Turffrey. It beats watching the 'telly! Expand your mind in good company with the Watford & District University of the Third Age..



COMMITTEE NOTES

By John Carleton

1. Our Equal Opportunities document has been revised and a copy will be displayed on the notice board at the monthly general meetings. Associate Members will each receive a copy by post.
2. Membership currently stands at 399. In addition there are 5 Honorary Members and 40 Associate Members (of whom only 3 have been associates for almost one year).

ASSOCIATE MEMBERS

A meeting will be held on **4 January 07 at 2 30pm -- 4.30 pm** for all **Associate Members and Study Group Leaders**. It will be at **Hollytree House** and will be similar to the meeting held last April. Associate Members will find further details on the leaflet enclosed with their Newsletter.

Dorelle Boardman
Associate Members Co-ordinator

Study Group Topics

By Dennis Fitton
Study Group Coordinator

THERE IS a protocol which exists between us and the U3As of Rickmansworth, SW Herts and Bushey. If we have insufficient numbers to start a study group then our members may go to one of the other groups for that subject if they have a vacancy. I very much dislike excessive formality and bureaucracy but I think that it is necessary to operate this system 'to the book'. If you wish to join a group in **another U3A**, because we do not have that subject at Watford, will you please contact me and I will set it up with my opposite number in the appropriate U3A. A number of people have set up the arrangements directly themselves and on occasions it has led to problems which I have had to sort out.

A few members at the monthly meeting indicated interest in French and Spanish. If anyone else is interested please let me know. No one has volunteered to be Study Group Leader. It is possible although difficult to run a language group collectively from CDs and books if you are keen enough.

Associate Members will have the opportunity to meet some of the Committee and Study Group Leaders on Thursday 4th January. [see col1 on this page]

By the time you read this I will have telephoned everyone involved about the Microsoft Word courses running in the Spring term. There will also be a list on the notice board.

Will Study Group Leaders please let me know of any changes I need to make in the synopsis? I will need these by **10th December** for publication in January 2007.

OUR U3A CHRISTMAS LUNCH

THURSDAY DECEMBER 7th

details and application forms will be available at the monthly meeting or from John Carleton.

Golden Valley walk Ashridge by John Grainger

ON A wet October day ten intrepid Explorers met at Ashridge for what was listed as; 'Golden Valley walk with a twist (Deer Walk?)' with Diana & Allen.

The weather men forecast a very wet and windy day. Suitably clad, the group made their way through the woods and were very lucky to see large groups of deer among the trees,

with an occasional glimpse of a stag. The stags like to be out in the open but the ladies prefer to keep in the shelter of the trees when it is wet. During the walk we had some showers and dry periods, but as we were going through woods at the time we didn't notice the weather very much.

On our way back, coming up Princes Riding, we encountered a large group



of deer sheltering in the woods and heard the sound of a stag: a magical moment.

A short while later we were back at the cars just pulling away to get our meal when the heavens opened with a prolonged torrential downpour. We thanked our lucky stars that we weren't ten minutes later getting to the cars.

When we came out from our lunch the sun was shining but the road was flooded in places.

A Magical Moment

photo JG



Return to CyclingFirst Rides By Dennis Fitton

I AM proposing to run this group on the first Thursday of the month from 2.00pm. The rides will be short so we shouldn't have problems with lack of daylight. The rides will be based on the Cycling map produced by Watford Borough Council. I have a supply of these. We will meet in different places, depending on where we are going. Sufficient people have responded to make the group viable but there is room for more. The first ride will start at the Car Park of the Pump House in Local Board Road On Thursday 7th December. I know that it clashes with the Christmas lunch. Sorry! If you miss the first ride, come on the second one on Thursday February 1st starting from Cassiobury Drive, adjacent to the hospice and park entrance. I can't make the first Thursday in January as it clashes with the meeting for Associate Members.



Cycling group crossing the River Colne near Munden House. Photo D F

To All Walkers :-

Don't Moan, Use the phone! By John Grainger, Explorers Walking Group

IF YOU come across a problem on a public footpath in the countryside, don't moan to yourselves. Pick up the phone and call the people who are responsible for the Rights of Way. In Hertfordshire there are at least 9 people responsible for footpaths in different parts of the county. If you call the Countryside Access Team Leader on 01992 556188 he will put you in touch with the right person to sort out the blocked path, damaged stile, or whatever. Tell them you are from a U3A walking group.

Examples from my own experience, was a stile in Bedmond that was dangerous, this was replaced within a few days. A metal gate across a footpath that was padlocked, the padlock was removed. Recently a narrow stile in the Ashridge area that was difficult to get over is being replaced with a 'kissing gate'.

Don't moan, Use the phone. If you are having difficulty, so are other people.

Science Interest Group Einstein: His Theory of Relativity by Brian Mee

GRAHAM MARRETT gave a wonderfully clear and informative talk about Einstein and his Theory of Relativity. He explained how Einstein's key papers on the Photoelectric Effect, and his Special Theory of Relativity, 2 of the 5 papers he published in 1905, saw the birth of the Quantum Theory which replaced or superseded Newton's and Maxwell's Mechanical Electromagnetic Theories.

These had reigned for nearly 3 centuries. Graham explained that Newtonian physics still holds true for large bodies and Quantum Theory holds good for objects on the sub-atomic scale. It is startling to realise that Einstein did all his research with 'thought experiments' while sitting at his desk in the patent office where he worked as his day job! Many of his postulates were not proven experimentally until years later. His first major success was seen about 4 years after his General Theory of Relativity was published in 1915; a total Solar Eclipse gave the opportunity for astronomers to see that light from a distant star was indeed 'bent' by gravity as it passed near to a massive body like the Sun on its way to Earth.

The nature of light was redefined by Einstein although many others were involved, developing and proving his theories. Everyone enjoyed Graham's talk and his explanations were so good that while it was going on we all thought we understood it!

THE WALKING GROUP IN LONDON - Jan Palmer

THIRTEEN members of the walking group (was this an inauspicious number?) met at Watford Met station at nine o'clock on the 11th of October. A London walk is an occasional, but very enjoyable change from our usual country walking.

We started from Embankment station and headed through the gardens, with their many memorial statues to famous people, just the beginning of many more statues during the day. Soon we were passing Somerset House and going through the Inner Temple. We visited St Bride's Church which is the one dedicated to journalists and printers, with its trompe l'oeil apse, which fools you into thinking it is circular. Onwards, via small alleys, through the Mansion House area, to skirt a now sparkling St Paul's, and soon, to the Guildhall.

A little way past here we found a tiny park with seats, which seemed ideal for our lunch. A bust of Shakespeare looked down on us; a memorial to two of his friends, buried nearby, who had collected together all his works. It had been dull all day, but as soon as we sat down there was first one spot of rain, a few more and then a downpour. We grabbed for zips, hoods and umbrellas, and sat it out stoically. Any one passing, seeing a group of senior citizens (albeit intrepid U3A walkers) having a picnic in the rain, would have thought us completely barmy. A short time later, literally in mid mouthful for me, we made a dash for cover, well several actually before reaching the Barbican, where we had to hang around for a considerable time until the thunder storm passed over. Peter usually unerringly orders good weather for our walks. What happened this time!

Eventually we set off, back via St Paul's, over the Millennium Bridge, past the Globe, the Clink and Hayes Galleria. Our drink in Southwark Cathedral's refectory had been very welcome, and we crossed Tower Bridge with the sun shining. We walked round St Katherine's Marina, thus reaching Aldgate station and our train.



St Katherine's Marina Docklands website

THE WATFORD PLUS CARD

Dave Holland

CAROLINE ROACH, Sports Development Officer at Watford Borough Council, was a recent visitor to our 'Sporting Forum' Study Group. In an informative presentation, one item that she mentioned may be of interest to a wider U3A membership. Are you aware of the WatfordPlus card? This a scheme run by WBC that offers Watford residents and non-residents special offers, discounts and access to sports and leisure activities in the Borough. The cost? Over 60 free, under 60 £5 per year.

Using the card, discounts are available for golf, badminton, gym and swimming. The participating venues are West Herts Golf Club, Bill Everett Centre, Westfield Community Centre and Woodside Stadium. Cardholders can also purchase One-day Outerzone bus passes for the Arriva network.

Application forms are available at the Town Hall, Bill Everett Centre and Westfield Community Centre.



Trevi Fountain

ROME 2006 WOW! by Pat Harding

Photographs by Jackie Connal

WE LEFT Watford at 5-30.am. for Heathrow and on to Rome. A guide met us at the airport and transferred us to our hotel, the Europa.

Over the next five days our visits included a guided tour round the Hadrian's Villa



Vatican and the Sistine Chapel, St. Peters Basilica, Santa Maria Maggiore, Navona Square, The Pantheon, Villa Borghese, Tivoli and the wonderful gardens and fountains. We also visited the Coliseum and the Roman Forum and several churches and basilicas which were all different and full of treasures.



Tivoli Fountain

The highlights for most of us were the Berninis statues of David and the Rape of Prosperine and Canova's Paolina Borghese all at the Borghese Gallery and the many Caravaggio paintings we saw at various places.

Every evening and most lunchtimes we visited different restaurants, had brilliant food, stimulating conversation and several carafes of red wine!

We would like to thank Jackie Connal for organising the trip. We all had a brilliant time and are looking forward to the next one.

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

From the Doctors Perspective:

WHY I BECAME (AND LOVE BEING) A GERIATRICIAN BY Dr. SALLY BRIGGS

Specialist Registrar, North Western Deanery

I DECIDED at the age of seven that I wanted to be a doctor. I'm not quite sure why as I didn't know any doctors, but presumably saw some glamorous depiction on TV! It was much later that I decided I wanted to work with older people. "Geriatric medicine" received little attention as a medical student despite our ageing population. During the first few years of work, in between sitting postgraduate exams, it became obvious that older people make up the majority of an acute hospital's work. I was lucky enough to work with an excellent Geriatrician who taught me the joys of managing frail older people with complex health problems.

The term Geriatrics has varied in its popularity! I currently work in a Department of Medicine for Older People, although consider myself a Geriatrician. This to me describes an interest in aging and the problems that may be associated with it. I would certainly never refer to a patient as a Geriatric any more than I would refer to an unwell child as a paediatric.

Hospitals may have age related services, where in-patients over a

certain age (at least 75, sometimes 80) are cared for by Geriatricians. This is often adapted to be a needs related service. For example a fit 84 year old with a heart attack may be well looked after by a cardiologist, but a 74 year old with a previous stroke, mild cognitive impairment, osteoarthritis and a heart attack will be better cared for by a Geriatrician. Geriatricians delight in the management of complex health problems and can provide a holistic service. We work well in teams with nurses and other health care professionals and are strong advocates for older people. We are not ageist and adopt a patient centred approach to management of all aspects of health. We do not make assumptions about older people's wishes, and are more aware than most about the diversity of this age group.

During the current push to move services into the primary care sector, Geriatricians are busy protecting the older people they care for. Services in the community can be a positive step but older people must have the right to acute investigation, admission and treatment as appropriate.

I love my job because of the variety and challenges I face everyday. It may be a myth that "all older people are nice" but they are all interesting and I consider it a privilege to work within this sector of the healthcare system. I look forward to meeting some of you in ten, twenty or thirty years time!

News from the study groups

Please keep Study Grp. Diary for Grp Leaders contact numbers, times and venues, published quarterly.

Anglo-German Walks

A new group is proposed for those of us who like a good day's walking (ten miles or so) and can also speak German. We have an experienced leader. The standard of German can range from 'get by in', to fluent, with the aim of improving it through use whilst enjoying the delights of (mainly) The Chilterns. Native German speakers who can put aside their excellent English for a day would be particularly welcome! It is appreciated that there will be a limited number of members interested in such a group in any particular U3A and therefore the idea is being circulated to all other U3As within driving distance of The Chilterns.

Antiques

2nd Tues of the month 2.30pm-

4.30pm It was 'silver' day at our last meeting, and members brought some interesting items to try and decipher some of the marks - not totally successful, but great fun nonetheless. A collection of teaspoons was easily dated and it was so interesting to feel the lovely heavy weight of the earlier pieces. Some of the other pieces remained incognito, so we just admired the design and workmanship of these small items. This was followed by a description of the various woods and veneers that were used for



Pathfinders: Along the Thames Path from Hurley to Marlow taken at Hurley Lock. Photo JP

furniture, with a history and geography lesson involved in remembering when the continents were discovered, mostly in the C17 and C18 and therefore being able to identify satinwood, coromandel woods, etc, and hopefully being able to recognise furniture veneered with these beautiful woods when next in a stately home or museum. This brought us on to furniture again, and so at our next meeting we will see the video on Chippendale to remind ourselves of his beautiful designs.

Art Appreciation

Last month Pat Woollard gave an interesting presentation on Roger Fry, setting his work in the context of late Victorian popular taste in Art. His ground-

breaking exhibitions in the early 20th century of the works of French painters shocked the critics, but were enthusiastically received by the public. He was highly influential in gaining acceptance in England of the Post Impressionists (a term he invented). A man of many parts, painter, sculptor, designer and writer; intimately involved with the Bloomsbury Group.

13 Nov Jean Sugden will talk on Lucien Freud 'the nude'.

Tues 9 Jan 2007 Velasquez Exhibition at the National Gallery. Sign up at the November Meeting if you want to join this 'group visit'

BetterPhotos

The last two outings planned by the photographic group have had to be cancelled due to the

weather. On Monday 25th September it looked as if our outing to Marlow would also have to be cancelled. The sky was overcast and there was some very light rain in the air. However five of us decided to risk it and made off to Marlow in two cars. When we arrived it was a little dull but quickly brightened up and became warm and sunny. We got some good photos. On our way back we were surprised to find that the M25 (to the east of Gerrards Cross) had had a lot of rain and in Rickmansworth there were floods across the roads in various places, with one car stranded in a giant lake trying to get into the Iceland Car park. If there is a moral to this story it surely is: "Go, it could be better

there”.

Classics

3rd Mon at 2.15pm,

We are reading, discussing and enjoying Cicero –On the Good Life - at present. In August we went to the Globe theatre to see The Comedy of Errors, being staged as part of the Globe’s ‘The Edges of Rome season’.

Computers

1st Thurs & 3rd Tues 10.00am.

2 Nov Consolidation session

21 Nov Upgrading programs/ multiple program conflicts

7 Dec NB. 09.30am-11.30am to allow time to get to Christmas Lunch. Joint session with Photographic Group There will be a charge of **£1.50** per person to cover the hire costs of the facilities.

Cryptic Crosswords

3 & 17 Nov & 1 Dec. First and last of these meetings occur before relevant monthly meeting. Following the August Fair, we now have a waiting list.

Current Affairs

10.00am at Hollytree House, Gammons Lane.

We follow the format of discussing a variety of topics raised by members during our 2-hour session. These may be dealt with quickly, or have a full hour devoted to them. Press reports help to widen opinions when brought along.

19 Nov We propose to include the question of foreign purchase of our utility companies and the closing of rural post offices.

Cycling

15 Nov 10.00am Watford Met. Moor Mill.

13 Dec 8.00pm American Supper chez Y & D.

20 Dec 10.30am Griffith Way, St Albans. Train or car assist to our old friend the Alban Way. I would like to change the day of cycling from the third Wednesday to the third Thursday.

Family History

9 Nov. 11.00am Kew National Archives we meet at Kew.

Sharing of cars is recommended; by so doing it would be environmentally friendly. Anyone able to offer a lift and those requiring a lift please contact me.

Food & Nutrition

28 Nov 1.00pm NB start time as we are going to have a Christmas lunch with members providing examples of their

special Christmas dishes for us all to try. Will all members bringing food please retain your receipts and cost your dishes in order to be reimbursed and so I can decide on the cost of the meal. I need two volunteers for the raffle please and if any members could contribute raffle prizes give me a call. Looking forward to our early Christmas celebrations.

Dec No meeting.

Gardening

16 Nov 10.00am Hollytree House. All Associate Members welcome; please telephone us to let us know you will be coming. Hazel Jones, one of our group’s founder members, will give us a slide presentation entitled: "Colour in the Garden". We also hope to plan some of the 2007 outings so if you have any ideas please bring some information.

21 Dec 10.00am Hollytree House. **NB date.** Our usual December social meeting with refreshments. Please see us at the break if you would like to come and help us by letting us know what you can bring in the refreshment line.

18Jan Back by popular request, we have managed to persuade the Blue Check Restaurant to repeat the lunch deal which we have had for the past two years. £11.00 for starter and main course or main course and dessert, plus coffee; gratuity included. The nice thing about the deal is that we can choose on the day and we don’t all have to have the same thing.

Greetings Cards

Nov No meeting

8 Dec Current groups at YF house to finish the year. ‘Beaches’ for a touch of Summer to come! Thank you for your responses to my question about the new sessions at Hollytree House. I feel it is definitely worth giving this a try for next year.

11 Jan 2007 Morning group **10.00am to 12.15pm** and afternoon **1.45pm to 4.00pm.**

I will notify each of you in **December** as to which session you are in; hopefully the one you have chosen. I think that it would be good to look at using tags and mounting pictures/ patterns to make more varied cards:- ‘men’, ‘children’, ‘moving house’ and ‘get well’. If you can please bring anything you think might be useful, but I

will supply plenty. There is a charge of £1 each per session to cover drinks/biscuits and materials.

TO ALL MEMBERS of WU3A

When you clean out those cupboards and drawers ready for Spring (!) please remember the Greetings Cards group would like any “interesting” bits of paper, ribbon, stickers, odd earrings, beads, **small** scraps of fabric etc. Many thanks. Please pass them to me or Marie (book table) or any group member.

History

9 Oct Home Town: Birmingham, and continuing the voyage through the history of ‘Government in Britain’, dealing with the consequences of the Civil War.

Jazz Appreciation

We had an interesting meeting today with the Presentation from by our regular Rickmansworth member, Dave Marston. He presented us with some very unusual guitar jazz and vocals played by mostly American players who are very well known over there, but have not reached the European scene. This meant a whole new range of listening pleasure, new to our ears. Thank you for that, Dave, it takes time to compile the words and music.

Nov I will be presenting the Jazz Flute, Frank Wess, Buddy Collette and such, hope to see you there.

London Theatre Group

15 Feb 2007. Our next proposed outing is to ‘Coram Boy’ adapted from a novel by Jamila Gavin, at the National Theatre. Tickets for the matinee performance next February will only be held by the Theatre until the first week of November so will only be on sale at the November monthly mtg. If you are an **Associate Member** please telephone Joy 020 8950 4535

Music Appreciation

18 Oct Back to composers: Gounod

15 Nov NO meeting

13 Dec 12 noon Second Wed.

NB late start. Suggestion for our Christmas lunch ? To be confirmed.

Jan 2007- Berlioz

Opera

Nov No Meeting as we shall be going to see ‘Cosi Fan Tutte’ on **18 Nov** at Milton Keynes

theatre. New members welcome.

Pantomime

Mon 2.00pm Cinderella

Pathfinders Group

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

28 Nov Christmas Lunch.

Would all members of the group please contact Jan Prest before 10th November to let her know if they will be attending.

26 Dec No Walk.

23 Jan Shorter Walk and Planning Meeting.

I regret this group is full.

Personal Development

20 Nov 2.15pm Forensic Forum with Catherine. Bring your questions and she will try to answer them.

18 Dec 2.15pm Share your Christmas stories or problems + mince pies?

Poetry Read & Study

New members welcome. Non-group members welcome if the subject interests them.

Nov: People and Place.

Dec: Edward Lear.

Jan: own choice.

Science Interest

Watford Central Library

20 Nov Body Scanners: Ian Jones.

18 Dec 10.00am 12.00noon Science Quiz at Bushey & Oxhey Methodist Church, corner of London Rd/King Edward Rd. Car sharing essential Park in surrounding streets. Questions to John Britton. Food contributions TBA with Jackie M at Nov Mtg.

15 Jan Roller Bearings; Peter Tindale.

19 Feb Commercialisation of Scientific Research; Mike Barnes.

New members very welcome!

Shakespeare

Last Wed 2.00pm

29 Nov The ending of Hamlet got delayed until 25 Oct. We will start the next play for study and amusement: ‘Much Ado About No-thing’. Why the hyphen, you may ask? The answer will emerge in the introduction at this meeting.

Dec No meeting

31 Jan In the New Year we shall meet to enjoy a viewing of ‘Much Ado’, starring Emma Thompson, Kenneth Branagh and Richard Briers. Newcomers welcome. If you are thinking of joining us, now is a good time, but please phone first.

PEACE HOSPICE RAFFLE

The next raffle in aid of the Peace Hospice will be held at the December monthly meeting. John and Cynthia have been running the Raffle since March 2000 and they feel it is now time to hand it over to 'new blood' with new ideas. The last raffle they will organise will be this Christmas one.

Raffles are held every quarter and require very little organising. The Watford U3A members are very generous and have always donated more than enough prizes.

Since starting the raffle, Watford U3A members, through their generosity, have raised over **£5,360 for the Peace Hospice** and this is before the Christmas raffle. If any one would be interested in taking over, please see John or Cynthia at the **November monthly meeting**.

Sporting Forum

Our October meeting took the form of a visit to Twickenham Rugby Union stadium and the Museum of Rugby. A fuller report will appear in next month's newsletter.

21 Nov Members meeting – 'Mementoes, Memories and Moans'

19 Dec Christmas Social and Quiz afternoon.

15 Jan Will Hayler, Racing reporter London Evening Standard.

Meetings commence 2.00pm at Yeatman House, Foxhill, North Watford. New members welcome.

Strollers

All walks start at 10.30am.

14 Nov The Fisheries, Aldenham Reservoir (2mils) Yvonne B.

28 Nov Pavilion, Shenley Park (3mils) Lunch Black Lion. Angela & Gerry.

12 Dec CP Stanmore Cricket Club, lunch Abercorn Arms, Bentley Priory walk, 2mils.

9 Jan NB 11.00am. Planning mtg at Peggy's followed by

New Year lunch: Essex Arms.

The Explorers

Nov 3 10.00am

Community Centre CP, Kings Langley/Chipperfield with Brian

The Thirsty Walkers

All walks start at the Essex Arms, Cassiobury **10.00am**, to organise cars and then to our location. Lunch optional. NB: at our next walk in November, menus will be available for our post Christmas Lunch in January. Details of our Planning Meeting will also be provided. So please come along!

23 Nov Walk at Ruislip Lido, 4.5mils. From the Six Bells PH, led by John & Cynthia
Dec No meeting

Tuesday Trekkers

14 Nov 9.15am Essex Arms for lift. **9.45am** Full Moon PH Cholesbury Common. Brian.

Walking

Most walks start at JS A41.

Eight miles

8 Nov 9.30am Flamstead.

13 Dec 9.30am Chenies.

Six miles

22 Nov 10.00am Boxmoor.

Wine Appreciation

Last Friday in the month.

20 enthusiastic tasters have now completed four meetings. Normally we sample seven different wines. This generates much discussion as to the merits of each wine as everyone's taste is very different. There are no bad wines! Worldwide there are 3/4,000 different grape varieties. In addition grapes are blended and the taste varies from country to country due to climate and soil conditions. To date, we have sampled only 20 different grape varieties in our meetings, so we have plenty more enjoyable tastings ahead of us to even cover the most popular wines.

WitKnits

10.00am 1st Monday in the month.

Writers Workshop

Come along and develop your skills. New members welcome.

.....
Is your group represented here? If not it does not mean that it has ceased to exist but merely that your SGL has not sent in any news this month. Could you help with this task by offering to write a short article about your activities and by sending in details of the planned programme. Ed.

Reg Cooke collects:

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

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

Answers to October Newsletter Crossword

ACROSS 1 Springtime, 8 Peri, 9 Mildewed, 10 Beaten, 11 Needle, 12 Gag, 13 Stark, 15 Strap, 17 Emu, 19 Nevada, 21 Sports, 23 Fastener, 24 Tick, 25 Redirected.

DOWN 2 Present, 3 Idiot, 4 Gaming, 5 Idling, 6 Everest, 7 Swell, 14 Roaster, 16 Article, 17 Earned, 18 Usurer, 20 Evade, 22 Optic.

Did you enjoy it? Did you get it correct? Let us know. We look forward to the next one guys. Ed

Science Interest

Rothamsted Conference Centre, Harpenden

The next Open Meeting is at **7.30pm on Tues 7 Nov 06**

The subject is

The next generation of GM crops?

Further details from Susannah Bolton 01582 763133

TALKS PROGRAMME

7 Nov Bob Johnson

(A U3A member): Rye Meads RSPB & "How to help birds 'overwinter'".

3 Dec The Pantomime Group:

'Cinderella'.

2 Jan 2007 Gerry Williams

'Jazz; we call it music'.

6 Feb Roger Martin:

'The Pump House'.

6 Mar Performing Arts Group

'Entertains'.

5 Apr Robert Lancaster:

'Pull Yourself Together Girls'.

4 May: A G M

Speaker Secretary

David Helliwell

Equal Opportunity Statement

As a local autonomous self-help organisation, the Watford & District U3A seeks to ensure that no one suffers discrimination at the hands of the organisation, whether in their position as a member of the executive committee, a study group leader or a member.

The Watford and District U3A grants equal opportunity in learning to all persons irrespective of gender, race, age, marital status, sexual orientation, socio-economic background, religion or disability.

A Message from Our Almoners

As almoners we like to be aware of anyone experiencing difficulties such as illness, bereavement or having problems getting to meetings. We can only be of help if we know. We would therefore be grateful if you could let one of us know of anyone in need. SGLs often know when there is a problem so would they also let us know. See Website for contact details or June Synopsis pages.

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.

Material for the December Newsletter

MUST be received by:

20 November

For Written contributions see Study Group Diary or the website contact details.

E-mail copy to:

editor@watfordu3a.org.uk