

NEWSLETTER

The Panto Season Is Here 'Oh Yes It Is!'

By Margaret Thompson
Editor

AS YOU can see the wanderer returns, fresh from adventure and full of Mayan Myths. My brain hurts, I learned so much and in climbing enumerable pyramids I found muscles that haven't been exercised for decades. Maybe at some future date I will bore you all with some of the fantastic photographs I now have on my computer. Meanwhile it's all aboard for the Panto! Oh yes it is!! I am editing with one half of my brain and learning my 'lines' with the other half. If only I had a third half? Clearly Maths is not my subject. We have had such fun in rehearsal so I hope you have the next monthly meeting, **Tuesday December 5th**, firmly fixed in your diaries, when the intrepid members of the Pantomime Group will tread the boards.

Now the slogan is '**SHOW THE YELLOW CARD!**' Don't panic, if you have a **yellow** membership card you are a fully paid up 'Full Member' of Watford & District U3A. If it is **green** you are an 'Associate Member'. Yellow or green are 2006/7. Tom, 'how he manages to do the job' Callaghan, our hard working membership secretary, apologised for the printing error and said at a monthly meeting that we should amend our cards to show 'expires 2007' to save the time, cost and increased confusion of reprinting the cards.

The Watford U3A Area Management Forum (to give it its full title) met in October and I hope to post the minutes of this meeting on the website so you can all appreciate the committees efforts on your behalf. This group of representatives from our committee and our neighbouring U3As, meet twice a year to share ideas and plans and debate current issues. The 'way forward' continues to be on the agenda as U3As wrestle with the ever increasing demand for membership. Congratulation to Rickmansworth U3A for successfully initiating the New U3A in Sarratt.

Another issue which is of concern, are the changes proposed to the National Executive Committee of the Third Age Trust. This is the umbrella organisation which provides support and advice to all the U3As. Hopefully, this will not adversely effect our autonomy which enables us to take decisions which are best for our circumstances. I have always been an advocate of

keeping central government at bay and this seems a similar situation in respect of U3A.

Those who were able to attend the last monthly meeting enjoyed a very interesting talk from Bob Johnson (pictured left) about our native birds.

Again I am pleased to welcome Associate Members to our fold They are Jan and Peter O'Connor, Greta and Peter Arthur, Pat Davies and Phyllis Burley.

I hope your Christmas plans are progressing well. I have made some mince pies and doctored the Christmas cake with brandy so all I need now is to bash these keys and surf the net for presents. Its marvellous! They even get sent to the various addresses. Now if I can just get Messrs Tesco & Waitrose organised to send the buffet, I am in with a chance!! A chance that is of enjoying a relaxing glass of wine with my family and not turning into Mrs Demented-Fractus.

Whether you are looking forward to a quiet rest, or a hectic scramble with family and friends, I wish you all a very peaceful Christmas and all the things you wish yourself for 2007.



Study Group Topics By Dennis Fitton Study Group Coordinator

LAST MINUTE reminder! Will SGLs please let me know of any changes I need to make in 'the Study Group synopsis' by 10th December for publication in the January 2007 newsletter.

You may wish to look on the Third Age Trust, (T.A.T. the U3A HQ) website:- www.u3a.org.uk. To enter the members' area you will need a password. This is on the notice board at the monthly meeting, or contact a committee member.

Occasionally I hear that an Associate Member thinks they are second class citizens or that it is not fair that they are unable to attend the monthly meetings. This is not possible for safety reasons. All venues have a capacity limit, which to exceed would put members at risk. The committee regrets that we can't admit all of our members, to all of our functions. We have made strenuous efforts to ensure that Associate Members are made very welcome. Please try to attend the special meetings convened for you. [See page 5]

All membership fees are the same because it actually costs more effort and money to serve Associate Members as we have to post information to you.

When planning and organising this scheme the committee felt that it was preferable to spend 12 months or so having access to more than forty Study Groups, but being unable to attend monthly meetings, than to be left on the waiting list, taking part in nothing that we have to offer.

The Study Group Leaders meet twice a year to discuss topics affecting the Study Groups. The minutes of these meetings now appear on our website.

There are a limited number of vacancies for an 'MSWord' computer course from 21st Feb until 21st March at 4.00 p.m. at Watford Boys' School. This is at basic to intermediate level. Contact me if you wish to take one of the places remaining.

COMMITTEE NOTES

By Joyce Hoffbrand

1 THE FIRE safety leaflets offering a free fire check distributed at the last monthly meeting had proved very popular. There will be more copies available at the next monthly meeting.

2. There are 399 full members and 49 associates, 6 having joined this month.

3. The Treasurer reported that some members who could sign Gift Aid Certificates had not done so. This meant that we were missing out on valuable income and she hoped that those who were eligible would sign up.

The 'Dream' Team at Twickenham by Dave Holland

ASK ANY true Rugby supporter where the match-day begins, they'll answer "in the pub". Ask the Sporting Forum study group where their visit to Twickenham began, you'll get exactly the same answer, in the pub!

A most congenial hour in the local carvery provided the ideal aperitif for our visit in October to the home of English Rugby, Twickenham. If you have seen pictures of the stadium on TV it looks big, but just stand on the outer perimeter look up at the three tiered structure towering above, and ask

yourself what is this architectural giant doing in a leafy suburb of the metropolis? Within minutes of our tour starting the question was answered. 'Twickers' started its life in 1907 as 'Billy Williams cabbage patch' and it has evolved into the world's largest designated rugby stadium, with a seating capacity (when completed) of 83,000.

Our tour whisked us, by high-speed lift, to the upper (3rd) tier and the Hospitality Suites located 35 metres above the pitch, add another 15 metres to the roof level and aircraft lifting off from nearby Heathrow seemed almost at eye level. Alas no sponsor's samples were available before moving into the President's room and Council chamber. The décor and ambience in these areas was more akin to inside of 5* star hotel. The Royal Box was our next stop; who sat in the Queens seat? Then down in the lift to the players' entrance, and a visit to the England dressing room. It was now time to go pitch side for a close up view of the immaculate manicured playing surface, which incidentally was being mown by hand. The tour was scheduled to last one hour ten minutes. Thanks to our excellent guide, Lynn; we stretched it out to over one and a half hours. This did slightly curtail our time in the Museum of Rugby, but nobody was too concerned.

One of the 'watering holes' within the ground is the aptly name 'Scrum Bar'. On big match days it usually dispenses 30,000 pints of beer. However, on a rare occasion of an Irish win (over England) that figure rose to 60,000 pints. Cheers!! More photographs and text can be seen on the U3A website.



Members of the Sporting Forum on the Hallowed Turf. Photo D H

SUBJECT 'A.A.A.D.D.' from Alan Prest (sent to him by is son!!!)

RECENTLY I was diagnosed with AAADD: Age Activated Attention Deficit Disorder.

This is how it manifests. I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide my car needs washing. As I start toward the garage, I notice that the mail I picked up earlier is on the porch table. I decide to go through the mail before I wash the car. I lay my car keys down on the table, put the junk mail in the waste paper bin under the table and notice that the bin is full. So, I decide to put the bills back on the table and take out the rubbish first. But then I think, I may as well pay the bills first and I take my chequebook off the table and see that there is only one cheque left. My extra cheque book is in my desk in the study, so I go inside the house to my desk where I find the can of coke that I had been drinking.

I'm going to look for my cheque book, but first I need to move the Coke so that I don't accidentally knock it over. I see that the coke is getting warm and decide I should put it in the refrigerator to keep it cold. As I head toward the kitchen with the coke, a vase of flowers on the table catches my eye; they need to be watered. I set the coke down on the table, and I discover my reading glasses that I've been searching for all morning. I decide I'd better put them back on my desk, but first I'm going

to water the flowers. I set the glasses back down on the table, fill a container with water and suddenly I spot the TV remote. Someone left it on the kitchen worktop. I realise that tonight when we go to watch TV, I will be looking for the remote, but won't remember it's on the kitchen worktop, so I decide to put it back in the lounge where it belongs, but first I'll water the flowers. I pour some water in the flowers, but quite a bit of it spills on the floor. So, I set the remote back on the worktop, get some towels and wipe up the spill. Then, I head down the hall trying to remember what I was planning to do.

At the end of the day:- the car isn't washed; the bills aren't paid, there is a warm can of coke sitting on the table; the flowers don't have enough water; there is still only one cheque in my cheque book; I can't find the remote; I can't find my glasses and I don't remember what I did with the car keys. Then, when I try to work out why nothing has got done today, I'm really baffled because I know I was busy all day long, and I'm really tired.

I realise this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail. Do me a favour, will you? Forward this message to everyone you know, because I don't remember to whom it has been sent.

Don't laugh; if this isn't you yet, your day is coming!! Growing older is mandatory. Growing up is optional. Laughing at yourself is therapeutic.

Science Report

Body Scanning

IAN JONES gave us a most interesting insight into how X-ray scanning was developed by Godfrey Hounsfield, who went on to develop Computerised Axial Tomography (CAT) scanning and win a Nobel Prize for his innovative work.

X-rays were first discovered by Wilhelm Roentgen in 1895. Ian showed a picture of the bones in Frau Roentgen's hand wearing her ring and Wilhelm was also awarded a Nobel Prize for his discovery. Roentgen found that X-rays are affected differently as they pass through substances of different densities. Dense bones stop a lot of them, while muscle will only stop a few. Hence a picture of the inside of the body can be photographed by trapping the X-rays on sodium iodide detectors and ultimately on film, after they have passed through the body. Ian told us how, with an X-ray machine in a shoe shop, he saw the remains of a needle in his own foot when he was about eight buying shoes with his mother!

Hounsfield's main work was to develop scanners to view the brain inside the skull. His equipment used some of the earliest computer technology during the 1970's, which he had developed at EMI. His technology enabled doctors and surgeons to diagnose and treat bone and brain conditions with great accuracy.

Since then major advances have been made with scanning machines; gamma scanners followed X-ray machines and today Magnetic Resonance Imaging, (MRI) scanners provide incredibly clear pictures of slices of the human body in a matter of seconds. Ian showed us beautiful images of the heart, aorta, arteries with stents, lungs and other organs in a superb presentation.

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 Yvonne, or Marie (book table) or any group member.

Tales from the History Group Betty & Eric Long. Birmingham 'HOMETOWN'

AT OUR November meeting we enjoyed a talk in our "Home Town" series, by Suzi, who reported on Birmingham, where she had lived for fifty years. In Saxon times, the area was owned by Alwine, the Shire Reeve of Warwick. After the battle of Hastings, William the Conqueror redistributed estates to his Norman Knights, with "Bermingham" given to William Fitz-Ancule. In 1086 the Domesday Book recorded the estate as having a value of just £1, with only ten adult inhabitants, while-neighbouring manors of Aston and Houndsworth were each valued at £5. Small wonder that Fitz-Ancule passed the estate on to his steward Richard.

In 1250, Birmingham was granted a charter to hold an annual fair, leading to an expansion of local trades such as dyeing, weaving, and leather and metalworking. By 1500, Birmingham smiths were selling their goods throughout England. With the Industrial Revolution, Birmingham developed as the industrial, commercial and cultural capital of the Midlands, becoming the centre of England's canal system, with more local waterways than Venice. Today it can still claim to be at the centre of a transport system with its dizzy "Spaghetti" junction in the cross-country link between the M1 and M6 motorways. Many well-known

manufacturers grew up in the area, including Cadbury, Dunlop, Typhoo Tea and HP Sauce. Culturally, Birmingham can offer a Museum of Art, a Symphony Hall, and Botanic Gardens.

In the second presentation of the day, Betty continued her series on the history of Westminster Abbey, dealing with the Coronation of Richard III, after Prince Edward had been declared illegitimate, and the following reign of Henry VII, the first of the Tudor dynasty. He initiated the building of one of the Abbey's greatest treasures, the Chapel bearing his name. Its stone fan-vaulted roof is regarded as the finest of its kind in the world. Although not accessible to the ordinary visitor, it is possible to climb a narrow winding staircase, to stand on top of this ceiling which has a maximum thickness of only 4 inches, but is self-supporting. Remove the central keystone, and the whole ceiling would crash to the floor, 70 feet below.



The Bull Ring Birmingham c2006 photo courtesy of Birmingham City website

News from the study groups

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

Antiques

2nd Tues of the month
2.30pm -4.30pm

We renewed our acquaintance with a wonderful video on the life and works of Thomas Chippendale. Beautifully photographed and with wonderful detail of his life and works, it was a joy to the eye and ear. How dreadful that a man whose designs and furniture are still enjoyed today, over 200 years later should die penniless. We had a long discussion afterwards about how our future meetings should evolve, as our membership is getting smaller. We certainly need new members to swell the faithful regulars and hope that in joining us they will be able to bring fresh ideas and interests to the group. To this effect, we will not have a meeting in January or February and will hopefully return in March full of vim, vigour, new members and ideas. Don't forget:
Jan & Feb No Meeting.

Art Appreciation

Last month, Jean Sugden gave a detailed and beautifully illustrated presentation on Lucian Freud. In spite of the wonders of PowerPoint, we still cannot appreciate the texture of the paint on the canvas, but the

strength and the honesty of his portraits impressed us all.

11 Dec 10am for 10.30am

Our Christmas meeting. Colin Richards on Piero Della Francesca, followed by a buffet lunch. Offers of eats please, to Margaret Thomas.

8 Jan Dorothy Steele on Juan Miro.

Tues 9 Jan 2007 National Gallery. Dorothy has tickets for the Velasquez exhibition for all who requested them. Please see her to obtain them, £7 each, cash or cheque to D.A.Steele.

BetterPhotos

7 Dec 09.30am to 11.30am

Joint Computer & Photo Groups. Simple digital retouching for beginners & improvers There will be a charge of £1.50 per person to cover the hire cost of the facilities Please note the early start and finish because of the U3A Christmas Lunch.

22 Jan 10.30am Meet National History Museum, Cromwell Road, London Wildlife Photographic Exhibition.

26 Feb 10.00 am Gerry's house to discuss activities for 2007.

Chess

Chess is supported very well by a group of players who's strengths are improving all the time. If you are a little rusty but want to start up again, please

come along. Tuition is on hand at every meeting if needed and we play to ENJOY.

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
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. This will be the last meeting of the Computer group for 2006.

Cryptic

Crosswords

The group is to compile a new crossword for the New Year.

1 Dec & 15 Dec Next Meetings.

Cycling

Our meeting days will remain as the **3rd Wednesday** and from time to time the **1st Monday**
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.

17 Jan 10.00am Watford Met. Mystery tour ending up with homemade soup and bread chez Y & D.

25 Jan 10.00am Watford Met. I shall be celebrating my 70th birthday in my favourite lanes around Flaunden and I will be pleased to see any of my cycling friends who care to join me.

Food & Nutrition



Butchery At Coombewood photo Reg Cooke

Last month Dennis Webster, a retired Master Butcher, showed the conversion of a side of Pork into it's various cooking joints and advised on how best to cook them. Valerie had prepared some very tasty pork meat balls and two savoury dips.

Dec No meeting.

23 Jan 2.00pm Talk and demonstration from Karina Pickering on sausages; how to make them and suggestions for use. These will be for sale at the end of the meeting with proceeds to the Peace Hospice.

Gardening

Our November meeting started with a most beautiful presentation to 40 members by Hazel Jones. Hazel was one of the founder members of the group and she and husband Ian have a lovely garden in Hillcroft Crescent in Oxhey. With the aid of some absolutely beautiful colour pictures Hazel took us through the seasons as she talked about colour in the garden. Well done Hazel, we thoroughly enjoyed it, especially as it was such a grey wet day. Thanks also to Ian who helped set up the U3A computer and projector equipment. We made plans for next year's meetings and outings. Hopefully Cilla and Jean will be able to get together a good programme for 2007.

21 Dec NB date 10.00am at Hollytree House. 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.

18 Jan - 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. This also includes the gratuity. 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. We should also like to invite non-garden group members who have supported our trips on a regular basis to join us at the Blue Check, the more the merrier.

Christmas and New Year wishes to all our friends, thank you for supporting the group and making it so successful.

Greetings Cards

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 in 2007.

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.

Jazz Appreciation

We had our usual collection of Jazz enthusiasts who were presented with a programme of varied numbers, with the Flute as the main solo instrument. A sound that can be very constant but the offerings were, hopefully, different enough to keep the interest strong. It took a while sorting through my collection, but it certainly seemed to please from the appreciation at the end accompanied by an explanation of various flutes, by Col. Bob.

20 Dec Col. Bob Drums in Jazz.

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

MoneyMatters



Thanks Colin. The photos of interested members show just how successful and enjoyable was your presentation. I try not to be too

boring but again in October we had another super meeting. A superb talk and demonstration by Colin Richards on how to get a computer to do your accounts automatically! provided you input the details correctly!! It really was one of the most interesting demonstrations I personally have ever seen. Colin explained complex operations so clearly that they aren't complex any more. Questions abounded and Colin never failed to answer them clearly and concisely.

7 Dec Group members can be doubly blessed and continue the enjoyment by going to the U3A Watford Xmas dinner after the meeting.

Music Appreciation

13 Dec 12 noon 2nd Wed. NB late start. Suggestion for our Christmas lunch to be confirmed.

Jan 2007 - Berlioz

Opera

On November 28th, the group took a coach to Milton Keynes to see 'Cosi fan tutte' by Mozart, presented by the Glyndbourne Touring Company. All of the singers were excellent and the production was in traditional style and costume, which pleased us all.

11 Dec 2.00pm For our Christmas celebration we will be seeing Rossini's 'Cenerentola' presented by Ray Gynne and we can look forward to some party fare. Happy Christmas everyone. New members welcome.

Pathfinders Group

26 Dec No Walk.

23 Jan Shorter Walk and Planning Meeting.

I regret this group is full.

Performing Arts

18 Dec Just a reminder. The Performing Arts mulled wine - mince pie get-together will be held at 12 St. Mary's Ave. after the performance of 'Deck

the Halls but not the Garden'. The tickets for this will be handed out at the theatre on the night.

Personal Development

18 Dec 2.15 pm at Barbara's. Share your Christmas stories or problems + mince pies?

Poetry Read & Study

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

Dec: Edward Lear.

Jan: own choice.

Return to Cycling

Short rides in the Watford area.

7 Dec 2.00pm Pump House Car Park, Local Board Road.

1 Feb 2.00pm Cassiobury Drive adjacent to the hospice and park entrance.

Science Interest

18 Dec 10.00am to 12.00noon

Science Quiz at Bushey & Oxhey Methodist Church, corner of London Rd/King Edward Rd. Car sharing essential. Park in surrounding streets. No alcohol allowed on Methodist premises!! Food contributions TBA with Jackie Mee 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

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.

Sporting Forum

2.00pm at Yeatman House, Foxhill, North Watford. In November the meeting gave members the opportunity to share their 'Magic Moments, Memories, Mementoes, and Moans'. As anticipated, it provided a wonderful variety of anecdotes, a surprising array of memorabilia and of course an outrageous number of moans.

19 Dec 2.00pm Christmas Social & Sporting Quiz

16 Jan 2.00pm Will Hayler, Racing journalist, London Evening Standard.

20 Feb 2.00pm Guest to be confirmed.



Strollers

All walks start at 10.30am.
12 Dec CP Stanmore Cricket Club, lunch Abercorn Arms, Bentley Priory walk, 2mls.
9 Jan NB 11.00am. Planning mtg at Peggy's followed by New Year lunch: Essex Arms.

The Explorers

A great day for walking in November; from Kings Langley



Photo JG

to Chipperfield. The photo was taken in Chipperfield Woods near the Apostle's Pond.

Dec Our planning meeting.

Thirsty Walkers

Dec No meeting
25 Jan Planning Meeting at my house, at 10.30am. Followed by lunch at the Southern Cross. Please attend if you can! For new members please phone Watford 223883 for details.

Tuesday Trekkers

12 Dec 9 45am. 10.00am Chipperfield Common CP next to the church. This exciting walk is led by Peter & Jean. New members always very welcome.

U3A Singers

Carol Singers Wanted

14 Dec 7.00-8.00pm. WE will be singing popular Christmas carols and songs in the Harlequin Centre as part of Oxfam's seasonal fund raising event. As we would like to impress shoppers and bystanders by 'raising the roof,' we are looking for some extra voices to swell our numbers for the occasion. If you are interested in joining us for this most enjoyable event, please speak to Celia or any member of the Singers - or simply turn up on the night!

15 Jan New Year meeting .

6 Feb Celebration lunch at the Blue Check Restaurant after the monthly meeting.

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.

Walking

Most walks start at JS A41.

Eight miles

13 Dec 9.30am Chenies.
10 Jan 9.30am Berkhamsted
14 Feb 9.30am Harpenden

Six miles

24 Jan 10.00am St Albans
28 Feb 10.00am Bushey CP Chiltern Ave K. George Rec

Wine Appreciation

Last Friday in the month.

Our October meeting covered 7 very different wines from the Rhone region of France. In addition our resident wine expert Tony, brought along a bottle known to be "corked" for our education. Wine waiters beware, we now know it's nothing to do with bits of cork floating in the glass, but an unpleasant musky smell from the wine.

24 Nov Christmas Wines.

Dec No meeting.

26 Jan More wine tasting. New members very welcome.

WitKnits

10.00am 1st Monday in the month.

Writers Workshop

Come along and develop your skills. New members welcome.

Is your group represented here? 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.

A RECIPE FROM JEAN

A recipe for a healthy snack that is easy to make, light to carry, good to eat, especially when out walking or maybe visiting London.

Sunflower, Pumpkin & Almond Crunch

12 oz (350g) coarse oats
1 oz (25g) Sunflower seeds
1 oz (25g) Pumpkin seeds
2 oz (50g) flaked almonds
½ tsp almond essence
8 oz (225g) margarine
8 oz (225g) soft brown sugar
Swiss roll tin, well-greased 13 x 9 inches.
Oven temperature: 180c / 350 f / gas 4.

Method:

Mix together the oats, seeds, almonds, salt and essence. Melt together the margarine and sugar. Mix with the dry ingredients and spread evenly in the tin.

Bake for 40 – 50 minutes.

Makes 20 to 24 pieces.

Keeps for several weeks in a tin. (if the rest of the family will keep their fingers off it)
Jean Grainger

Have you a favourite recipe to share? Send it in & if space allows I will print it. Ed.

WU3A CHRISTMAS LUNCH

Metropolitan Police Club
THURSDAY DECEMBER 7th
12.30pm for 1.00pm

ASSOCIATE MEMBERS

A meeting has been arranged at **Hollytree House**, Gammons Lane, Watford for Associate Members on **Thurs January 4th at 2.30 pm.**

You will be able to meet Members of the Committee and Study Group Leaders who will be pleased to answer your questions and tell you more about our U3A.

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

WISHING YOU ON BEHALF OF THE
WU3A COMMITTEE
A VERY HAPPY CHRISTMAS AND A
CONTENTED NEW YEAR

JB Computer Services

01923 230607

jb.computerservices@yahoo.co.uk

MEMBERS free ADVERTISEMENTS

STECK UPRIGHT PIANO

Available for collection, free of charge approx. 1930's, iron frame, over-strung, concert pitch, very good condition; must go owing to house move and I'd like it to have a good home! Dorelle Boardman:

Single folding Z bed (2'6" x 6')

with 7" sprung mattress.

Flame resistant label.

Donation to Peace Hospice.

Hideaway PC workstation

(Argos) mahogany effect.

Donation to Peace Hospice.

Val Zlotnick

Advertisements may be edited or omitted depending on space available.

Reg Cooke collects:

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

TALKS PROGRAMME

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

Material for the

January Newsletter

MUST be received by:

20 December

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

E-mail copy to:

editor@watfordu3a.org.uk