

# NEWSLETTER

## Just Keep Fit for the Next Ten Years



Photos [www.watfordhealthcampus.org](http://www.watfordhealthcampus.org)

informative, clear and concise answering most of the questions in our minds. Work has already started but if it keeps to time it will still be the late teens of the century before completion.

The nights begin to draw in and I have found my knitting but there is still lots to do in the garden. However I am not going to be tempted to 'tidy it all up!' thus denying our feathered friends their winter 'seed-head' food. Leaving the browning foliage also affords protection for the plants during frost and for wee 'critters' in the bitter cold weather.

Guess what! I have newts in my tiny little pond. Where have they come from? I have never seen adults newts in my garden. I kept wondering why the tadpoles never lost their tails! I guess this may be another benefit from an untidy garden. My story and .....

As always it is with pleasure that I welcome David Astley, Judy Cummings, Jill Putman, Rose Hume and Chris Phillips to our fellowship and wish them many hours of fun and learning.

### COMMITTEE NOTES From The Chairman John Carleton

EARLIER this month, Chiltern U3A, with a membership of almost 1000 and a waiting list in excess of 300, held a meeting in Amersham to launch a new U3A. The hall was absolutely packed with would-be members who were addressed by the enthusiastic chairman followed by a very supportive local councillor and then two knowledgeable members of the TAT headquarters staff. I represented our own U3A, which was described as having "four direct offspring and one grandchild" – well we are in the third age! After an hour a steering committee was in place and the infectious sense of enthusiasm throughout the gathering indicated that the launch would be a great success. Our very best wishes go to Chiltern U3A for their first born.

Twenty three new members have joined us this year bringing our total to four hundred and thirty seven.

The arrangements for the August Monthly Meeting were discussed, including some comments, gratefully received, from a few members. The style of the August 2009 meeting will be raised at the next study group leaders meeting on 24th October.

Uptake of places on computer courses at Watford Boys' Grammar School has been in decline, future courses will be run in conjunction with Watford Park U3A, if demand exists.

The Third Age Trust has announced an increase in the affiliation fee effective from 2010, the first for seven years.

The much recommended book "Computer Basics for Seniors", published by TAT, is now out of stock after a run of 3000 copies. There are no plans for a re-print.

Margaret Thompson Editor.

AND then we can have a wonderful time in the spanking new, state of the art, Watford General Hospital (L) Projected view from south east, looking north west. It is to be built on the present site in conjunction with 'The Hornets', Watford football club, as part of a multi-function 'Watford Health Park'.

The presentation at the September Monthly Meeting, by Kyle McClelland, the Project manager for this venture was superb; very



### Study Group Half-Year Accounts

Just a short reminder to SGL's to let the Treasurer have the half-year accounts as of 30th September. A summary of monthly receipts and expenditures on the study group accounts form 'iss2', including the opening and closing cash balance is required. Detailed invoices and receipts are not needed; the Auditor will request these if he so wishes.

Those study groups holding nil or small on-going petty cash can make the usual Nil return, either on the accounts form, by letter or by email.

Alan is on holiday until 8th October. He will attend the SGL meeting on the 24th October, but would like your returns please by 14th October.

Alan Wray, Treasurer,

Study Group Topics  
By Dennis Fitton

Study Group Coordinator  
[Studygroups@watfordu3a.org.uk](mailto:Studygroups@watfordu3a.org.uk)

THERE will be a SGL meeting at Hollytree House on Friday 24th October at 2.30 pm.

The SG Synopsis is to be found as an appendix to this newsletter. This is probably the most useful document you will encounter this year, so **please detach it and keep it!**

You have no doubt heard glowing reports of the 'London Architecture' course that is being run at the moment. The same lecturer, David Burnell, will present four two hour talks on consecutive weeks about the London Underground, starting on Monday 10th November at 2.00pm in the meeting room at the Garston fire station. Lectures will include creation; e.g. cut and cover and tunnelling; social implications etc. but will not be a discourse on engineering and technical developments. There will be a small charge. We are planning to run the 'London Architecture' course again in the New Year. I am not able to give dates and times as yet.

There are a few places available on the 'Computer courses for Beginners' starting on November 12th for 5 weeks. We are planning to run an 'Introduction to Excel' (use of Spreadsheets etc) for 4 weeks starting on 7th Jan. Computer courses are run at 'The Watford Boys School' on Wednesdays from 4.00pm-5.30 pm. If you are interested in any of these courses please put your name on the appropriate sheet on the notice board or let me know. (My email address is at the head of this column.)

## Fair-Trade or is it Fair? By Terry Godfrey

With reference to last months editorial; people should not be intimidated or made to feel guilty about their choices. To put things in perspective, you may appreciate some first hand knowledge how things are in some 'impoverished parts' of the world'.

WE are all subjected to clever advertising and even more so by propaganda of one form or another. Whoever came up with the idea of Fair-Trade have spent millions on their advertising campaigns that continue to be ongoing. Is the propaganda coming from the same huge companies that were previously, paying a pittance to the small farmers in impoverished and war torn areas? For it is the same huge companies that are buying the products, one can see this by visiting the supermarkets, where, you may pay a little more for your goods, but as it is Fair-Trade you are happy to pay more.

In impoverished areas of the world if a poor farmer sells his goods, he is happy for the "pittance", of course he wants more, we all do, but I suggest to you that it does not alter the balance of a community for it is the same process, the poor get poorer. The farmer may receive more for his goods, but his workers continue as before.

We may knock the conglomerates, but in Africa, South & Central America, The Caribbean Islands, where the multi nationals own vast tracts of land, for example, Dunlop, Tate & Lyle, Unilever, United Africa Co, The United Fruit Company of America and many others that farm, coffee, peanuts, palm oil, tea, bananas, rubber, sugar, pineapples etc. etc; these companies look after their workforces, they have to, they all provide full time employment, schools, housing, hospitals, health & safety, recreational facilities and more.

The choice is ours to purchase whatever products we want, no one should feel obligated to buy Fair-Trade, it maybe a good cause, but think about it, who pays for the advertising and how much does it cost. Is it conglomerate's money in order that they may cut their own employment costs?

### A Reminder

#### From our Membership Secretary

IF your address, phone number or email address has changed in the last 6 months would you let me know.

Although I do ask for this on the annual renewal form it seems that not everyone notices this and updates their details.

### Peace Hospice Raffle

Thank you everyone for your support with the raffle, i.e. buying tickets and donating so many lovely prizes

**JUNE AND JOHN BAUGHEN**

Bring to the Meeting or Can Collect

### Obituary

#### Doug Batte

It is with great sadness that we announce the death, on Friday the 29th of August, of Doug Batte. Doug attended our monthly meetings and was a member of the computer group in the early days. He appreciated the newsletter which enabled him to keep in touch. A keen golfer Doug was a member of the 'Wednesday Afternoon Golfing Society' the 'WAGS' at Sandy lodge Golf Club. Our thoughts are with his family at this time.

### Current Affairs by John Crowder Plenty to Get Our Teeth Into!

THE collapse of Lehman Brothers was the main headline. We decided to ignore it as 'the elephant in the corner' and talk about more mundane problems:- the dominating influence computers are having on our lives and the growth of the sort of controls we read of in '1984'; the policy and leadership crisis faced by the Labour government; the American Presidential election; how far our new 'pensioners' bus passes will take us; problems in finding a dentist.

Last month's U3A talk about the new Watford super-hospital raised some doubts and we also wondered about proposals for polyclinics. Post Office closures are a cause for concern, though of more immediate impact has been the disruption of postal deliveries by the re-organisation at Watford Sorting Office.

Power-sharing in Zimbabwe offers some hope for that beleaguered country, if outside governments are prepared to give the help needed. Without freedom of the press, little may be achieved.

The CERN experiment was a source of some pleasure, especially as focus for such widespread international scientific collaboration.

### 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.

**Irene Lowe Peggy Element Janet Carleton Kathleen McMahon**

## Molly's Memories

### A Gagle of Scientists

by Molly Fützpatrick

IN the early 1920s, physicists would gather at the Kaiser Wilhelm Institute in Berlin, to hear lectures by those already famous. At one of these gatherings where Einstein was the lecturer, suddenly the voice of a young, unknown man was heard. "Dr. Einstein, you have made a mistake!" A breath of disbelief spread through the audience. Einstein walked up the central aisle, looked at all his mathematical calculations on the board. "Yes you are right" he said after a long pause. That was his character to be able to accept criticism.



Lisa Meitner ca. 1928

One physicist present was Lisa Meitner who told me this story. I met her in a retirement home in Cambridge where she had been forced to live as she had lost so many housekeepers

who could not cope with such a brilliant strong minded woman.

Her story is a thriller. As a Jewess she had to leave Berlin surreptitiously and so fled to Copenhagen, where she worked with Neils Bohr for a time. As life became more dangerous Bohr arranged for a boat one night to take her to Sweden where she lived all through the war. She then came to Cambridge where her favourite nephew, Professor Otto Frisch was a physicist. He came to talk to my 6th form and gave a most interesting lecture, not always understood by us so I asked him to 'come down a little'. He was a delightful man always wanting to explain physics to the young.



Otto Robert Frisch

1943 Los Alamos USA courtesy Wikipedia  
Where more fascinating detail of their work and lives is available. Ed.

## AUSTRIA 2008 – A ‘SOOPER’\* TRIP. by Jan Palmer



Delicious lunch before our boat trip on the Achensee. JP

AT 4.30a.m. on Sunday 7<sup>th</sup> September forty nine members emerged from the gloom and rain at the Essex Arms to load luggage on to the coach for Heathrow Terminal Five. After an uneventful journey we arrived at Munich airport to be greeted by Ingrid, our cheerful, loquacious and knowledgeable guide, who took us to Kirchberg for our week in the Austrian Tyrol\*\*.

Although we ate together, we were scattered in rooms, annexes and apartments of one hotel and in another hotel up the hill. Our first excursion was to Kitzbuhel, where downhill skiing first started in 1893, when the local mayor experimented by tying makeshift skis to his feet. The craze soon took off and the English



Renée ‘milking’ a Wooden Cow JP

royal family were some of the most enthusiastic to take up the sport. The resort is still very prestigious; many rich and famous people have homes and ski there. The ‘upnosey’\* people from Munich and Salzburg, in their fur coats, who are just there to be seen, are not very popular however. The most important weekend is that of the Hahnenkamm (means cockscomb because of the shape of the mountain) men’s down hill race, when everywhere will be packed. We saw the place where it starts when we went up the mountain, by gondola, for lunch and a walk after our town tour.

We were very lucky with weather. The first few days were well nigh perfect, which showed off the mountains and the beautiful flower bedecked houses to great advantage. We did have torrential rain on three evenings, one a humdinger of a thunder storm. Towards the end of our stay it was cooler but still comfortable. Snow was forecast for a couple of days after our departure.



In the Alpine Garden on the Kitzbuhelhorn Photo John Morgan

concert in Kirchberg, given by the town band, where it was discovered that one of the ladies, who worked in the tourist office, had done an English course in Queen’s Road, Watford in the 1960s.

Our last day could have been a long drawn out affair, but after a look round the very picturesque St Johann in Tyrol, Ingrid organised for us to go quite high up into the mountains to an inn with delicious food and beautiful zither music. A lovely place to have our last meal together.

We owe a lot to Ingrid for making our holiday extra special. I don’t think I have met a guide who wanted ‘her dear English people’ to enjoy her country so much. We were her last group before her retirement to Hungary with her husband, so she would want good memories too. Very many thanks to Jackie for all her hard work before and during the trip. We all had a great time.

\*One of our guide’s favourite words! \*\* The Austrians spell it Tirol.

A Magical view of Kitzbuhelhorn

photo J Palmer



## Tales from the History Group, The Stories of Three Exiles. by E & B Long



The History Group

Photo Gerry Adams

OUR September meeting produced talks about three exiles to England; Mary, Queen of Scots, Napoleon III, and Princess Olga Romanoff, to put them in historical order.

Betty continued the saga of Mary, which we left, with Mary and her husband Francis being crowned King & Queen of France in 1559. Francis died two years later from an ear infection, and the 17 year old Mary returned to Scotland, after 12 years in France. She was met by the Earl of Moray, her illegitimate half brother, who, with the support of other Scottish lords, had governed Scotland since the death of Mary's, mother, Mary of Guise. Scotland had become largely Protestant but Mary continued to follow her Catholic faith in private. By the age of 20, Mary felt a need for the support of a loving husband, choosing the Earl of Darnley, heir to the Lennox family, which traced an English relationship through his grandmother Margaret, a sister of Henry VIII. Unfortunately she soon became disillusioned when he demanded to be given the rights of the Crown Matrimonial which would give him the full rights and privileges of kingship. Mary utterly refused to do so.

Matters came to a head, when Mary, six months pregnant, was having supper with a few courtiers and her Italian secretary, David Riccio, with whom her relationship was entirely innocent. The door burst open and Darnley, with about 20 followers, held her at pistol point while dragging Riccio outside and stabbing him to death. Mary's other companions were ordered to leave Holyrood Palace, and Mary spent the night in a highly emotional state, alone except for a female servant.

In the morning, Darnley, fearful of the consequences, begged for forgiveness, but urged her to leave Edinburgh, for fear of further actions by the assassins, of which he had not actually been one. They left the following night, through the servant's stairs, going to Dunbar Castle, the home of the Earl of Bothwell, who raised a force of 3000 men to reinstate Mary. The conspirators fled while the Queen's half-brother quietly made his

way into England. Mary was generally welcomed back. She gave birth to a son who would become King James VI of Scotland, and James I of England.

Next, Gerry Adams recounted the history of the Bonaparte family, leading up to the time of Napoleon III. After the defeat of Napoleon I at Waterloo in 1815, France became a monarchy under Louis XVIII until 1848. Napoleon had named his son, the Duke of Reichstadt sometimes called Napoleon II, as his successor and then his eldest brother Joseph. The Duke died young in 1832, never coming to power, and Joseph died childless in 1844, leaving his nephew, Charles Louis, as head of the Bonapartes. Trying to restore a Bonaparte to the throne, Louis was arrested in 1840 and confined to Ham fortress from which he escaped to England in 1846, where he witnessed the development of the industrial revolution. In 1848, another revolution in France deposed the monarchy and Louis returned, being elected President of the newly established republic. However in 1852, Louis re-established the monarchy with himself as Emperor Napoleon III.

He brought about changes which he had seen in England including a banking system to invest in industry, a rail network to facilitate transport from factories and mines, had the Suez canal constructed (1859-1869), and negotiated the Entente Cordiale. In 1870 he lost a battle at Sedan in a war with Prussia and was deposed by another revolution which again re-established a Republic. Again taking refuge in England he set up home at Camden Place in Chislehurst, Kent, dying there in 1873. He had married Eugenie, Countess of Teba, who gave birth to a son in 1856, who joined the British army and was killed in the Zulu war in 1879. Eugenie moved to Farnborough where she built St Michaels Abbey where she had her husband and son buried. She died in 1920, at the age of 94.

Finally Mo Reed told us about Princess Olga Romanoff, a great niece of the last Tsar of Russia, murdered by the Bolsheviks in 1918. She now lives in a mansion on a country estate in Kent. Olga was born in 1950, the only daughter of Prince Andrew Romanoff, the Tzar's eldest nephew, who was rescued, with other relatives, by a battleship sent to Sebastopol by King George V, a cousin of Olga's grandmother. Olga met Prince Charles at a party in 1967, and at one time was considered as potential bride. Aged 25, she married Thomas Mathew, a London master printer. She recently found her great-grandmother's diaries which she is having published. In 1998 she visited Russia and saw the room in the Winter Palace in which her father was born. Apparently she was made welcome.

## Underground A Potpourri by David Burnell Photos Courtesy :-

[www.Wikipedia](http://www.Wikipedia) & [Hywell Williams](http://Hywell Williams)  
[www.underground-history.co.uk](http://www.underground-history.co.uk)

FOR many, London's Underground is the stuff of nightmares and to be endured rather than enjoyed. However, the largest unified Underground system in the world has a fascinating history going back over 140 years.

This fully illustrated short course of 4 sessions takes a sideways look at different aspects of this colourful history, dominated by larger than life visionaries, swindlers and idealists. The great financial and personal risks taken by the early pioneers are considered as developments that were often at the cutting face, (pun intended), of Victorian technological achievement.

The course traces the development of the early smoke filled lines and the how and why of their creation, and what it was like to travel on them. It also explores how the idea of a copy writer gave birth to the cultural phenomenon of 'Metroland', and how, improbably, the Underground became the greatest example of good industrial and commercial design this country has ever produced. Not just for train enthusiasts, but be warned, occasionally there will be pictures of trains.



London Underground station being used as an air-raid shelter and The 'Cross Over, Old Holborn' [R].



Red tiled Kilburn Park underground station designed by Stanley Heaps.

**Exploring London September Visit to Frogmore House by Pat Harding photos Pam Grant**

WE were so lucky again with the weather for our visit to Frogmore House near Windsor. Heavy showers were forecast, but we



managed sun with some clouds and wind. The traffic was good to us, and as we could not enter the estate until the time stated, our driver suggested we stopped at Runnymede where there was the opportunity to have a coffee, look at the memorials or the river.

Right on time we turned into the entrance of Frogmore where we were met by policemen, complete with guns (would U3A members cause them trouble?) and were directed to the house where we were met by 4 wardens. They were very particular as to how the coach was parked next to, not on the verge. Then we, and the driver were given our instructions. On no account were we to venture on the road, and we had to leave by the other gate. We were then counted off into groups, the first two starting in the house and the third went round the gardens.

Frogmore House was originally built as a farmhouse, and was acquired by Queen Charlotte, wife of George 111 in 1792. After her

death it passed to her daughter Princess Augusta. The estate was bought by the crown in 1841 and annexed to Windsor. When Queen Victoria ascended to the throne, her widowed mother, the Duchess of Kent used Frogmore as her country estate. She is buried in the small mausoleum in the grounds. Queen Victoria visited there regularly after the death of Prince Albert. Queen Mary also lived there and although not now a royal residence it is used regularly by members of the Royal Family and charitable organisations.

The house was extensively extended by Queen Charlotte, and again by the Duchess of Kent. Queen Mary was instrumental in arranging Frogmore as a "family souvenir museum", In the 1980's extensive restoration was undertaken and the rooms were decorated following illustrations and photographs that had been found in the house.

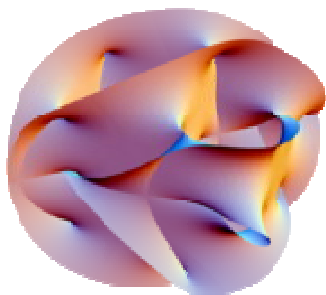
Our guide took us through the entrance hall and upstairs to view the wall pictures found under panelling. The artist was Louis Laguerre (1663-1721). The murals had been covered about 1760 and parts were damaged. These had been covered in terracotta paint as no-one could match the original colours. We visited Queen Mary's Flower Room, filled with a collection of 19th century wax and silk flowers under glass domes. We went through sitting rooms, a pavillion, collanade, drawing rooms all filled and decorated superbly as in the pictures and photos. The last room was the Britannia Room. There the Duke of Edinburgh arranged a selection of items, including the dining table from the decommissioned Royal Britannia. We were then able to walk in the gardens where we could see Queen Victoria's Tea House, built for her children, the lake and the Royal Mausoleum. Alas we could not visit as extensive repairs are needed to the dome.

When the coach came back for us, we travelled on to Savill Gardens. Luckily there was still food available as most of us were hungry. We then had time to walk round the extensive gardens and view the perennial borders. On leaving the gates wouldn't open, and after one of the lads from the restaurant came out, he and the driver walked round, pondered, pushed and pulled eventually bit by bit they forced it open and we were off. Whether it shut again we didn't wait to find out.

Although the staff at Frogmore were very particular, they were very helpful and knowledgeable and certainly made our visit very enjoyable. We certainly saw how the other half used to live.



**String Theory Science Interest September 2008 by Brain Mee**



Superstring Theory courtesy Wikipedia Website.

GRAHAM MARRETT gave an extremely clear exposition of theories of modern physics from Isaac Newton up to the latest, and most bizarre, String Theory. The four main concepts of matter, natural forces, quantum mechanics and relativity have never been reconciled with each other in order to explain the nature and origin of the universe. Newton, Maxwell, Faraday and Einstein each contributed great leaps forward in understanding but although they explained gravity, electricity & magnetism, the electromagnetic nature of light and quantum theory, even Einstein could not combine quantum theory with electromagnetic theory.

A Great Unified Theory of everything still defies us 100 years on. Perturbations in Mercury's orbit, the warping of space-time and introduction of many dimensions, the very high densities of

matter such as in black holes, the electron's properties of occupying zero space and having zero mass yet moving rapidly in spaces only defined by probability, together with the extremely small Planck's Length of 10-33cms. all made us think very hard about what we are made of!

Schwarz about 30 years ago proposed a 'Theory of Strings' which are so small they only have movement and energy, but which quarks and leptons are made of. These strings operate in up to 11 dimensions – Graham explained how this could be so with his very clear diagrams. Symmetry may play its part at Planck length, too, but this concept together with String Theory itself is only really understood by very complex mathematics.

Three Generations of Matter (fermions)			
	I	II	III
charge	2/3	2/3	2/3
spin	1/2	1/2	1/2
name	u	c	t
	up	charm	top
	0	0	0
	1	1	1
	γ		
charge	2/3	1/3	1/3
spin	1/2	1/2	1/2
name	d	s	b
	down	strange	bottom
	0	0	0
	1	1	1
	g		
charge	0	0	0
spin	1/2	1/2	1/2
name	ν <sub>e</sub>	ν <sub>μ</sub>	ν <sub>τ</sub>
	electron neutrino	muon neutrino	tau neutrino
	0	0	0
	1	1	1
	Z		
charge	0	0	0
spin	1	1	1
name	W <sup>+</sup>	W <sup>0</sup>	W <sup>-</sup>
	weak force	weak force	weak force

Standard Model of Elementary Particles courtesy Wikipedia.

## The Gardening Group; Wisley, Flagship Gardens of the Royal Horticultural Society.

Story and photos by Pam Grant



Last seen - heading west!?! (Ed.)

planting inside has developed superbly and was about to have its annual 'service'. Surrey Sculpture Society members were displaying a large number of varied items around the grounds which added to the interest as we walked and there were plenty of opportunities just to sit and enjoy the sunshine. For most people the visit was rounded off by a tour of either the extensive plant centre or the shop before a very easy ride home.

WISLEY in North Surrey is the premier place for gardeners and has something for everyone at any time of year. Our planned visit was always going to be enjoyable but we benefited also from a gloriously warm and sunny day of the kind rarely seen this summer. Everywhere was colourful with beautiful dahlias and asters in particular providing strong contrast to grasses, shrubs and well-kept lawns. Those who visited the glasshouse now thoroughly established in its surroundings declared it magnificent. The new



The fantastic New Tropical Conservatory at Wisley.

### Art Appreciation

2<sup>nd</sup> Mon 10.00 for 10.30am at Hollytree House.

In September Phil McMahon gave us an extensive review of Jacob Epstein's works, many of which provoked much hostility amongst the "great and the good" of his time. We noted the welcome changes in public attitudes to race and sexuality since then. Phil also outlined the work of Barbara Hepworth and introduced the sculptures of Reg Butler and Lyn Chadwick; new to most of us, more controversial in style than the previous generation whose work has become more familiar to us. There is a surprising amount of public sculpture about, keep your eyes on the facades of buildings when you walk around the streets of London and see what you can spot!  
**13 Oct** Heather Pound will give an expanded presentation on Barbara Hepworth and Carol Henry will talk about the works of Ben Nicholson who was Barbara's husband. In January, after six years at the helm as Study group leaders Dorothy and Margaret are passing the leadership of the group to Margaret Thompson and Colin Richards, together with John and Cynthia Morgan and Margaret Bolton.

# STUDY GROUP NEWS

Please keep 'The Study Group Diary' for Group Leaders contact numbers and times and venues of Study Group Meetings.

### Antiques

2<sup>nd</sup> Tues of the month  
**2.30pm-4.30pm my home.**  
 As our subject of the month was jewellery, some members bought some items from their collections, and what lovely and interesting pieces they were. After we had ooh'd and ah'd over them and discussed how the designs had changed over the years, we went on to watch the video of the great designer, William Morris. That was so interesting, as was the discussion afterwards.

**14 Oct** Clocks  
**12 Nov** Maps, etc.  
**10 Dec** Xmas Decorations.

### Book Discussion Grp

4<sup>th</sup> Mon 2.00pm-4.00pm  
**9 Parkside Drive, Watford**  
 We have learned something of Chinese history by reading "Empress Orchid", and of more recent history within our memory of the horror of the Biafran conflict in Nigeria through 'Half a Yellow Sun'. This month we are back in the UK with a more comfortable Joanna Trollope's 'Second Honeymoon'. Variety is what we seek for good discussions. New members very welcome.

### Beginners Bridge

Alternate Tuesdays 10.00am  
 Apologies for the sudden end to our group last spring. I hope to be fully recovered from my illness by the end of September, and to start lessons again. If you are interested, either to take up where we left off, or to start completely from scratch, call Sue Winterbotham.

### Computers

3<sup>rd</sup> Thurs 4.00pm Beechfield School, Gammons Lane.  
**16 Oct** Colin Richards will guide us through wider uses of Power Point. Study Group Leaders particularly welcome, (non regulars please contact JRC first).  
**20 Nov** Speeding up your computer or Spring cleaning  
**Dec** No meeting.  
 There is a charge of £2 per person to cover costs.

### Cryptic Crosswords

1<sup>st</sup> & 3<sup>rd</sup> Fri of the month.  
 Some Forward Planning will form part of the meeting on 7  
**3 & 17 Oct** next meetings.

### Current Affairs

3<sup>rd</sup> Tues 10.00am Hollytree House.

There are sure to be plenty of topics to get our teeth into at our next meetings:-  
**21 Oct & 18 Nov.**

### Cycling

10.00am 1st Mon & 3rd Wed from Watford Met Station. The Monday ride is run jointly with WPU3A. NB that the Monday rides are similar to those on Weds. They are no further or faster.  
**6 Oct** Mon Ley Hill, Whelpley Hill.  
**15 Oct** Wed St. Albans via Bricket Wood.  
**3 Nov** Mon Denham.  
**19 Nov** Wed Apsley via Felden. Each month I get splinters in my fingers, scratching my head trying to think of new rides to go on. As you can see I usually fail. Any ideas, bright or otherwise would be gratefully received.

### European Studies

**22 Oct** European Music 1850.  
**26 Nov** Cook the Explorer.  
**Dec** No meeting.

### Exploring London

**1 Oct** Wimbledon Lawn Tennis Club, Waiting List.  
**5 Nov** St.Pauls Cathedral and Bank of England W. List.

### Film Group

**2. 00 pm 3rd Mon**  
 DVDs/videos of classic and

other films will be brought by members of the group. After the film there will be tea and discussion of the film. Please let Barbara know if you cannot come on 248945.

**20 Oct** 'The Philadelphia Story' Cary Grant. Katherine Hepburn. James Stewart. Director George Cukor. 1940. Comedy Romance.

**Nov** Film title to be decided.

### **Food & Nutrition**

**28 Oct 2.00pm.** Combewood. To be confirmed - talk by Environmental Health Officer Health & Safety in the Food Workplace.

### **Gardening**

**16 Oct** Our last trip of the year to Sheffield Park in Sussex owned by the National Trust. All tickets have been sold and we have a waiting list. NT and RHS members should remember their membership cards.

**20 Nov 10.00am** at Hollytree House. Planning meeting followed by a talk by Colin Oakes about John Evelyn's Diary. John Evelyn was a contemporary of Samuel Pepys. He recorded both his love of gardening and his involvement in garden design. Mr. Oakes is an historian and a leader of London walks so his talk will link up lots of bits of history with his knowledge of John Evelyn's enthusiasm for gardens in and around our capital. It should be a fascinating insight.

**18 Dec 10.00am** at Hollytree House. Christmas social.

### **Greetings Cards**

#### **Hollytree House**

**9 Oct and 13 Nov** Christmas designs.

**11 Dec** using acetate and our usual joint lunch.

### **History**

**2<sup>nd</sup> Mon 2.00pm** Westfield School.

Members should note that the gates at Westfield School are now kept closed, requiring visitors to identify themselves by answer-phone at the entrance, on which the gates will open by remote control.

### **Italian**

**10.00am alternate Thurs**  
A self help group, using

audio/visual material, written exercises and original Italian texts. We are guided by a fluent Italian speaker.

### **Jazz**

**3<sup>rd</sup> Wed 2.00pm**

### **London Theatre Group**

**11 Nov (Tues)** We will be going to see the matinee performance of **'Jersey Boys'**. Tickets £40 to include the coach. If you can't make the meeting but wish to go, please let Eileen Cox or Marie McMorris know. Coach times:-

Bushey Synagogue **12.00pm**

Bushey Med. Centre **12.05pm**

The Essex Pub **12.30pm.**

### **MoneyMatters**

**1<sup>st</sup> Thurs Hollytree**

**House.10.00am - Noon.**

In spite of my preference not to have speakers come in from outside the U3A, today I was proved wrong. Catherine Bromley was the most informative speaker we have had for a long time. Her subject was the protection of our property from the liability to pay councils for care charges both at home or in a care home. Her remit is that she is a fully registered and authorized will writer. In the course of the many questions she answered we elicited a personal experience she had had with her own mother some time ago when she lost her house to the council. Definitely a dedicated person trying to help people not to lose their home or their wealth to the tax man or the council. Those not able to be at this meeting can learn some of what she said by talking to those who were there. Or come to our next meeting; we're bound to talk about it.

**Music Appreciation**  
**3<sup>rd</sup> Wed: 10.00am** Coffee and chat. **10.30am** meeting.

### **Needlecraft**

**2<sup>nd</sup> & 4<sup>th</sup> Mon** Combewood House. Group full. Could you start another group?

### **Opera**

**2<sup>nd</sup> & 4<sup>th</sup> Mon** Combewood House. Group full. Could you start another group?

### **Opera**

In September we enjoyed 'Der Rosenkavalier' the 3rd act, followed by 'Il Tabarro', one of three short operas composed by Puccini, so this

month we are looking forward to seeing the other two operas 'Suor Angelica' and 'Gianni Schicchi'. All the seats for our visit to see 'The Magic Flute' in November have now been sold and we look forward to what should be a wonderful evening performed by the Glyndbourne Touring Company.

**13 Oct 2.00pm** at Christine's.

### **Pathfinders Group**

The Essex Arms **9.25am**

**28 Oct** Burnham Beeches.

**25 Nov** Aldenham and Christmas Lunch. Please let Jan know if you will be at the Christmas Lunch.

I regret this group is full.

### **Performing Arts**

**Johanna's Mon 7.30pm**

A select gathering read the first act of 'The crucible' by Arthur Miller; a powerful play which gave food for thought.

### **Poetry Read & Study**

Monday evening, monthly by arrangement. New members welcome.

### **Return to Cycling**

**2.00pm 1st Thursday** This group is run jointly with Watford Park U3A based on the Watford B C map of local cycle routes.

**2 Oct, 6 Nov** The Pump House, Local Board Rd.

### **Science Interest**

**3<sup>rd</sup> Monday 10.00am**

**Hollytree House.**

**20 Oct** Seismic Exploration for Oil and Gas: Michael Golding

**17 Nov** The element Chlorine: Brian Mee.

**15 Dec** The Large Hadron Collider at CERN: Colin Richards. New members always welcome!

### **Shakespeare**

**Last Wed 2.00pm**

**29 Oct** Having finished with 'The Comedy of Errors', we are now studying Shakespeare's historical plays. We are starting with 'Henry the Fourth Part One'.

**26 Nov.** continuing with Henry VI, part one.

**Dec** NO MEETING.

### **Snooker**

**Every Monday** ( except Bank Holidays) **11.00am- 1.00pm.** Joint Group with WPU3A.

### **Sporting Forum**

In September the 'pins' at the Hollywood Bowl took a pounding as members enjoyed an afternoon bowling and bouncing the balls down the 'lanes' at Woodside Leisure Park. In a change from the previously announced programme, our guest at the October meeting will be Terry Davies, Watford Swimming Club Coach, who incidentally is the father of former Olympic Gold medallist Sharon Davies.

**21 Oct** Terry Davies.

**18 Nov** Morley Myers; International Sports journalist.

**16 Dec** Christmas Social & Quiz.

### **Strollers**

**Meeting time 11.00am** New members will be welcome

Distances are not shown but are usually 2.5 to 3 miles.

**14 Oct** Valerie -Leverstock Green CP behind the Library; eat at The Leather Bottle

**28 Oct** Myra and Jane -Merry Hill Park in Kemp Place; eat at Bushey Golf Club

**11 Nov** Peggy -Valley Walk at Boxmoor TBA.

**25 Nov** Cindy -Chorleywood Common Park and eat at The Black Horse.

### **Dec -NO WALKS**

**13 Jan** Planning meeting at Peggy's home followed by New Year's Lunch at the Southern Cross.

### **The Explorers**

The weather forecast for Friday was for heavy rain, and on the day before (Thursday) it had rained quite hard, and it also rained overnight. Friday started dry early on but soon turned to rain. Many people phoned in and called off the walk. However the leader Yvonne Fitton is made of sterner stuff and went to the Coach & Horses on Croxley Green to be greeted by 4 stalwarts dressed for the weather and raring to go. The 5 made their way by various footpaths to Rickmansworth, through a steady light rain, and did consider taking a break in a café for a coffee, but thought better of it, as if they had stopped they would not want to continue the walk.

From Ricky town the walk went along the canal and back up to the Green at Croxley, to a well deserved pub lunch.

**3 Oct 09.30am** Essex Arms to car share. Ley Hill (Nr Bovington) Eat at the Crown P.H, Brian Ashford.

**7 Nov 09.30am** Essex Arms to car share or 10.00am the White Hart Bedmond. Bedmond walk led by Jean Groves & Allan Rose.

**5 Dec** Planning meeting TBA.

### **The Rock 'n' Roll Yrs**

**4<sup>th</sup> Thursday each month**

**2.30 pm Hollytree House.**

**23 Oct & 27 Nov** Contact:

Andrew Cannon

**Dec: no meeting.**

### **Thirsty Walkers**

**9.30am The Essex Arms!**

Thanks to Celia and John Morgan for helping with the September walk. Hopefully all went well by the time you read this!

**23 Oct** Coleman Green, The John Bunyon (PH) led by Paul Telford.

**27 Nov** Bentley Priory from The Case Is Altered (PH) led by Mike Thomas.

### **Tuesday Trekkers**

**9.45am** start at **10.00am.**

New members welcome. Walks of about 5mls ending at a very worthwhile pub.

**14 Oct** John Morgan gives a welcome in the hills, or probably Kings Langley. Meet Saracen's Head Pub, High St, Kings Langley. Bring your own Leeks!

**11 Nov** The Groves leading but no magical mystery tour this time. Walk starts Boot Pub Sarratt. Jean offers everyone a lift in her car from Essex Arms **09.30am.** Start slimming now!

### **U3A Singers**

**1st & 3rd Monday 2.30pm**

### **Walking**

**Most walks start at JS A41 9.30am** except London ones. **Eight miles**

**8 Oct 9.00am** Watford Met Station London walk.

**12 Nov** Ashley Green.

**Dec** NO WALK.

**Six miles All 10.00am** start

**22 Oct** Tring.

**26 Nov** Chorleywood.

**Dec** no walk

### **Wine Appreciation**

**Last Friday in the month.**

At our August meeting we learned a little more about the wines of South America. Viniculture was introduced by the Spanish colonialists, who found that their own wines "didn't travel well" across the Atlantic in wooden casks and slow ships. Today Argentina is the world's fifth largest wine producer, and the trade is in the reverse direction. We tasted wines from three countries and from eight different grapes, some of which are now scarcely grown in Europe. With one exception, the wines were received very well and we thought that some of the younger ones would improve even more after two or three years. Chile has recently had a reputation for producing higher quality wines, but our tastings confirmed that

Argentina is rapidly catching up. And the exception? A raw Cabernet/Shiraz from northern Brazil, which drew the comment "They should stick to football".

**28 Nov** This meeting will be a special one to taste higher quality wines. Cost £10 each, numbers will be limited so payment in advance to secure your place is required.

### **Writers Workshop**

Come along and develop your skills.

New members welcome.

### **Watford U3A's Projector & Laptop**

To check availability and make a booking for the digital projector & laptop computer:

**Colin Richards**

Email

digitalequipment@watfordu3a.org.uk

### **Dear Letters to The Editor Editor**

I would like to thank you for your lovely words about Watford being a Fair-Trade town as well as Mike Barns' Zaytoun Olive oil. It is very much appreciated. I well remember a man from the West Bank, whose name I have forgotten, talking about Zaytoun olive oil and saying "all we want is trade not aid". It was hard to keep the tears back. Again many thanks, Jackie Connal

### **Christmas Variety Show**

Planning and preparations are well under way. Participants are asked to note that the **Full Run Through Rehearsal** is at **Hollytree House** Gammons Lane **2.30-4.30pm** on Friday **October 17th.** Any problems please contact Dick Chapman

### **U3A Study Day**

**16 Oct 10am to 3pm, Hatfield**

An opportunity to exchange ideas and learn about running Groups and Committees. Free to any U3A member. Regional Contact Geoff Preshner Booking required; or phone Francis Goode, for more information. If possible see website for contact details.

**Any News from your Study Group?**

### **COULD YOU HELP?**

by writing an article about your group or one that you attend? If you have a computer send it to editor @watfordu3a.org.uk but if not type it out and post it. Thanks to you who have answered the call! Ed.

### **MICROSOFT OFFICE PROFESSIONAL WORD, EXCEL, ACCESS, OUTLOOK, POWER-POINT, PUBLISHER.**

MRP Cost: **£400+** special offer to bona fide members of the U3A **≈ £97** Contact: **THE THIRD AGE TRUST** 19 East Street Bromley Kent **BRI IQH** TEL 02084666139 national.office@u3a.org.uk

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### **The Peace Hospice Gardens need YOU**

**2 to 3 hours to spare?**  
contact Maggie on **335348**

### **TALKS PROGRAMME 2008**

**Oct Pat Purcell**

'Tales of the Opera'

**Nov TBA**

**Dec WU3A**

'Christmas Show'.

For More detail contact **Speaker Secretary:-**

**David Helliwell**

speakers@watfordu3a.org.uk

Material for the

### **November Newsletter**

***MUST* be received by: 20 October**

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

**E-mail copy to:**

editor@watfordu3a.org.uk