



MAY 2001

Issue No. 5.

**"MY JOB" by Brian Kent - Education and Development Officer.**

I have been asked to write a piece for the Newsletter explaining just what my job entails, in order that members will know what I do, apart from wandering around at meetings buttonholing unsuspecting victims and looking harassed. Mind you during my working life I discovered that if you wanted to get out of anything all you had to do was wander around with a clipboard and a worried look and everyone assumed that you were busy. Anyway, enough of that nonsense, lets get down to business!

The Education side of my job came into being when Central Office set up their Resource Centre, which is a lending library of books, videos and tapes on a variety of subjects. All these items are freely available to Groups. There is no charge for borrowing. The only stipulation is that Groups pay for the return postage. I keep a comprehensive list of all the items available for co-ordinators or tutors to look at, should they wish. The library is constantly growing as more items are added.

The Development side of the job has always been in existence and is purely designed to help Groups. For instance, if someone wishes to start a new Group I can help them find premises, etc. Also, if existing Groups run into difficulties with premises or anything else, I will try and help them out if I can, bearing in mind that there are financial constraints with regard to premises.

I hope that this has explained the worried look, but remember you only have to ask.....!!!

**AROUND THE GROUPS.**

**The Garden Group:**

If you enjoy a really friendly Group with a good team spirit, join the Gardening Group. We have just finished the winter season of talks, demonstrations and a post-Christmas lunch at Tewinbury Pie. Now we start our summer programme of visits to gardens sometimes opened especially for us, garden centres, which are different to the usual, and sometimes we have a guide to show us around. The trips are generally only open to members of the Group as otherwise the numbers could become unmanageable. A highlight of the year is a visit to a member's garden; it is completely untrue that we are only there for the cream cakes!

The Group is under the excellent stewardship of Peter Jenkins, whose gardening knowledge benefits us all. He is also responsible for getting us involved with the Hospice Day Centre garden, which we have set up and maintained over many years. During the summer months we have a rota of active members, who maintain the garden. This involves a two-hour session once every four weeks during the season - a total of six sessions. This provides an opportunity to learn more about gardening in a very attractive setting; tea and biscuits are always provided. You will see the results when you come to the U3A summer party, which is held in the garden. If you are interested in gardening and would like to participate in the Hospice Garden Project, contact one of the members. You will be very welcome.

**ANOTHER APPEAL!!!**

Do we have an Accountant amongst our Members? We need someone to audit our accounts in the future. if you can help, or know of anyone who may, **PLEASE** let me know.

**Martin Brennan**

### **U3A GARDEN GROUP - BY PETER JENKINS**

Contrary to some rumours circulating, the Garden Group is alive and well, with almost 20 members. It is true, though, that we have given up responsibility for the Isabel Hospice Garden. After eight years' work many of us are less able to continue with it, and we have not acquired enough younger members to take our place. We have, however, been able to ensure that the Garden will still be maintained by a new group comprising Hospice volunteers and some of our own fitter members. My thanks to all workers, past and present.

We meet monthly in the winter and usually have a discussion or talk by members or local speakers on any subject relevant to gardens, plants or gardening anywhere in the world. In the summer of course, we like to get out so we arrange a visit to Gardens or Nurseries within a reasonable travelling distance each month. We also try to have a "meeting" once or twice during the summer in members' gardens. These have been very enjoyable.

The venue for our meetings is at **Verulam House, Ludwick Way, Welwyn Garden City**. The area is large and so we have plenty of room for visitors. If you see a talk that interests you, come along and join us. The coffee is free but speakers are not, so we have to charge £1 towards their costs.

### **FIRST AID COURSE - COMMENTS BY ANNA BAILEY.**

At the end of September ten members attended a four hour first aid course run by the Hatfield Division of St. Johns Ambulance. After a brief introduction, the first subject tackled was unconsciousness, the causes and treatment. We all had to practise putting someone in the recovery position. This was followed by resuscitation. Again, we were shown what to do and we then practised mouth to mouth and cardiac resuscitation. This caused some amusement when Resusci Anne made weird noises because we blew too hard! The course covered heart attacks and angina, shock, strokes, burns, epilepsy, asthma, hypothermia and fractures. We also had a demonstration and practise on how to stop bleeding and the treatment of open wounds.

We all found the course to be very informative and enjoyable. The atmosphere was relaxed and we were free to ask any questions we wished. Tea was provided at our break and also at lunch time, so the time passed very quickly, and we all agreed that the course was well worth attending.

**U3A 2003 DIARIES** can be ordered in the Summer Term at our Wednesday meetings and will be ready for purchase from Merle Davey our Treasurer in the autumn.

**THANK YOU** - To everyone who supplied the lovely selection of goodies for the U3A Christmas Buffet and to all those who helped to set up/serve drinks and helped with the clearing up afterwards. Surplus food was taken for the patients' Christmas Party, at the QEII hospital, by Peter and Pat Lomer.

**THANK YOU** - to all our coffee rota helpers in 2001 who gave their time so generously each week.

**THANK YOU** - to the Mini Bus drivers who for many years provided this most essential service. Our appeal for additional drivers proved to be unsuccessful and, regretfully, this service has had to be terminated.

**NEXT ISSUE - APRIL 2002** - Deadlines for contributions - 12 April to Pat Pike (01707 262286) or Rosemary Mitchell (01707 324551).

**2004 DIARIES:** Orders for these Diaries will be taken during **THIS TERM** by Myrtle Pit-Keathly at the Wednesday morning meetings. Alternatively, telephone orders can be made to Myrtle on 01438 715954.

### **COFFEE ROTA**

Are you and a friend or partner willing to spare one hour approximately **ONE WEDNESDAY A YEAR** to make coffee for our members at the Focolare Centre in Welwyn Garden City? This is an **EQUAL OPPORTUNITIES POST - GENTLEMEN WELCOME!**  
To join the rota please contact Pat Pike on 01707 262286.

**COFFEE MORNING GET-TOGETHERS** during the Summer Recess. Anyone willing to host a Coffee Morning please add your name to the list on the Notice Board or contact Pat Pike on 01707 262286.

### **DIARY NOTES:**

**Isabel Hospice Garden Party Wednesday 23rd July 2.00 pm to 4.00 pm.** Please bring a contribution of a savoury or Sweet item for the Buffet Table. A Raffle will be held in aid of the Hospice.  
**PLEASE NOTE THE DATE SHOWN IN THE CURRENT PROGRAMME FOR THIS EVENT IS INCORRECT.**

### **DID YOU KNOW? by Adam Thomson.**

Substantial savings can be made by using a Water Meter.  
Water Meters are installed by the Water Board, free of charge  
For information and application form contact :-  
**UNMETERED BILL ENQUIRIES 0845 769 7982.**

**NEXT ISSUE: SEPTEMBER 2003.** Deadline for contributions : **29 August** to Pat Pike (01707 262286) or Rosemary Mitchell (01707 324551).

### **ACKNOWLEDGEMENT**

Our thanks are extended to The Document Company, Xerox Limited, Welwyn Garden City, for the printing of this Newsletter



arden party  
at the Isabel Hospice  
day centre on June 16  
from 2.00 to 4.00pm  
***THE U3A SUMMER EVENT***



**COFFEE**

*MORNINGS IN THE SUMMER*  
during the summer recess it is nice to  
meet up for coffee and a chat. Towards  
the end of term you will be able to put  
your name on the list of those providing  
coffee at their homes. **GIVE IT A GO!**

#### **ARE WE DOING WELL?**

It is interesting to compare our U3A with others round the country. How are we performing and what more could we be doing? Well, the Third Age Trust Standing Committee for Education has published the results of Stage 1 of its survey of a large sample of U3As. Some information is in the latest U3A news but more detail is in the 'Sources' bulletin.

So how do we compare? As of November 2003, there were 526 U3As in Britain with 131,000 members, an average of 250 per U3A. We have 350, which is therefore above average but not among the giants; several have more than 1000 members. Who would want to be in a U3As big as that? Although Welwyn Hatfield has above average membership in the UK, we rank only tenth out of sixteen in Hertfordshire. The giants are Hertford, 1150 members, Dacorum 950 and Bishop's Stortford 900. The average number of study groups per U3A is 28, so at 40 we can be well pleased, (but not complacent!)

Of the thirty odd most popular subjects offered in Study//Activity groups, we have all but six. We do not have **Walking, Needlecrafts, Luncheon Club, Literature, Local History or Singing/Choir**. Do we have a demand for any of these? If you would be interested in any of these activities, let Stuart Barker, the new Development Officer, know and we will see what can be done. Some obviously need a tutor. How about it?

**Membership Details** – Please notify the Membership Secretary of any changes in your personal data such as change of address and telephone number or if you are moving out of the district. These details are important in keeping U3A records up to date.

**Associate Members** – These are members who belong to another U3A but who wish to attend Welwyn Hatfield U3A groups. Please note that from January 2005, the cost is to be increased from the current £5.00 to £12.00 per annum. This takes into account the fact that the Affiliation Fee has been paid to your 'main' U3A. The £12 fee allows you to attend all Wednesday Meetings and your choice of Groups including all outings etc. Fees are to be paid in January of each year.

**Garden Party** – At the Isabel Hospice Day Centre in WGC at 2.00pm. Please bring along sandwiches, savoury item or sweet for the communal finger buffet table. There will be a Raffle, profits from which will be donated to the hospice. There will be a £1.00 entry charge.

**U3A Quiz** – Lee Valley U3A are hosting this years quiz at Wodson Park, Ware on 13<sup>th</sup> October starting at 2 pm. Each U3A can enter two teams of six. Entrance fee is £18 per team;(includes tea and biscuits). Anybody who would like to take part should contact Stuart Barker.

**Science Group** – The Royal Society's Summer Exhibition will be held at their Headquarters in Carleton House Terrace on July 6<sup>th</sup> to 8<sup>th</sup>. As well as being a fascinating display of many current research programmes, it gives a chance to see inside one of London's loveliest buildings. And it's free.

**The Arts Appreciation Group** – There are three outings coming up to which all members of U3A are invited. The details are posted on the board at the Wednesday meetings. If you do not come on Wednesdays, but are interested, please telephone Pat Pearce on 01707 263206. The outings are as follows:

Tuesday June 8 - Deal & Walmer Castle

Thursday July 15 – Audley End House

Tuesday October 12 – Dulwich Picture Gallery

**Garden Group** – The programme of garden visits have not yet been finalised and notices will be posted on the board at the Wednesday meetings for **members of the Garden Group only**.

**Stamps for Charity** – Julie Brennan writes; This year I have given the stamps to OXFAM. They were delighted. They have an expert who checks all the stamps. Any 'valuables' are sent to auction. Others are 'enveloped' for sale in their shops and the remainder sold to dealers. The money gained goes towards their numerous projects around the world, helping people to help themselves. Thank you to everyone who contributed stamps – **please keep them coming**.

**Editors Note:** Please send any comments and suggestions on the Newsletter to me, Peter Lomer (01707 336113)

## Isabel Hospice Garden

Any of us who have enjoyed the lovely garden at the Isabel Hospice day centre may not realize the great amount of time and loving care that went into creating it from an overgrown, .....waste ground.

This was the handiwork of a group of U3A volunteers. Work was begun in 1991 and gradually a carefully planned and designed garden was completed. In 2004 the team were feeling the effects of advancing years and passed on the care of the garden to Hospice volunteers.

There are still just a few but dwindling number of U3A members who give 2 hours once a month to help.

The work is not heavy mainly pruning, weeding and dead heading and there is a very welcome coffee and biscuit break.

The garden has now been put to bed for the Winter but there is still plenty to do in the Spring.

It would be a pity to totally lose our links with the garden so if you are fit enough and can spare some time please contact:

Brian Milburn 01707 326968  
Betty Guinary 01707 881670

### Wednesday meetings Spring 2009

**4 March Hatfield AGM**

Committee elections, constitutional change – whatever next for your U3A!

**11 March Ludwick Buttons for Persuasion  
Vic Botterill**

Vic is an ex-policeman and will share his psychological insight.

**18 March Hatfield Openwide  
Melanie Parker**

Melanie comes from the British Dental Association and will give us a short history of dentistry.

**25 March Ludwick Trees  
Mary Barton**

The magic, mystery and mythical aspects of trees, together with facts and fiction on their medical qualities

**1 April Hatfield The Isabel Hospice**

The Trust Chairman will discuss the past, present and future of our local Hospice

Next Term 6<sup>th</sup> May

## Walking Group

Well - we had our first walk on 2 December - seems a long time ago! It was wet! It was muddy! We nearly did not get our coffee! And we left a lady behind in the toilets... However, I think most people enjoyed what was a very short walk and was especially nice to see some socialising going on.



### Yet more on the Audio Equipment

We have been testing some new Audio Equipment recently. You might wonder why we are spending your money on buying new. There are two reasons; one is that the Radio Mic units are getting rather old but much more importantly we need lighter smaller equipment to encourage other members to share the responsibility with Les and Sheila Barker. When leaving or arriving, Les looks as if he is about to do a bit of mountaineering with his back pack and cases.

The equipment we are buying works at UHF instead of VHF and consists of fewer much smaller parts. It has indication of low battery status which should save Les the task of measuring the battery condition before each use.

We now have much more consistent sound levels during lectures which is due almost entirely to using the head mounted microphone. This form of mounting ensures that the microphone is kept at an optimum distance from the mouth, regardless of how the lecturer moves their heads and arms, resulting in a much more constant sound level. This type of microphone mount is used by performers on stage and TV these days for this very reason.

We will continue to use a head mounted microphone with the new equipment whenever the lecturer will accept wearing one. We have had occasions quite recently where a lecturer refused to wear one and left it dangling around her neck, which gave significantly worse sound clarity not only because of head movement problems but because of acoustic feedback from the speakers. The microphone needs to be slightly off to one side and about 2" from the mouth for optimum sound quality.

At the time of writing we have tried the new equipment once after a lecture and felt that the speech tests showed a rather too high level of sibilance – occasional hissing. This weekend, I have modified the circuit in the Mixer unit slightly to make the frequency response more like that of our existing equipment.

Whilst the operation of the existing equipment is much less onerous, it is still a burden on Les and Sheila who have to turn up for every meeting throughout the year. When the use of this new equipment becomes routine, we hope that one or two other members will be prepared to get involved apart from Barry Jackson and offer to be standby operators. What offers?

## WELWYN & HATFIELD U3A GARDEN CLUB

The Garden Group have started their Summer program of visits. We had a very enjoyable visit to Capel Manor this month. It was a very sunny day but windy enough to blow plastic cups of tea off the table. We had some interesting and knowledgeable guides and the plants were beautiful in the sunshine. A very successful day.

On 8th June we plan a coach trip to The Cotswold Wildlife Park and Gardens at Burford, Oxfordshire

13th July a coach trip to Hever Castle and gardens in Kent.

10th August to be arranged

14th September Gifford Gardens in Harlow.

Details will be on the notice boards on Wednesday mornings or you can phone Mary Middleton on 01438 715694 for more information.

Mary Middleton – Garden Group co-ordinator

### Wednesday Meetings Summer 2009

#### Something to ponder on

"Life is not a journey to the grave with the intention of arriving safely in a well preserved body.

But rather to skid in broadside thoroughly used up, totally worn out and loudly proclaiming

**WHOA—WHAT A RIDE!"**

#### Forthcoming Events

<b>Summer</b>	Garden Party 29 July (Isabel Hospice)
<b>Autumn</b>	Holiday (M Hakansson)
<b>December</b>	Christmas Lunch 16 December Christmas Party

#### Isabel Hospice

Following the talk by Michael Freeman, Chairman of Trustees, you will all be pleased to learn that as well as the £50 donated from U3A funds, a further £150.43 was collected and has been forwarded on to the Hospice. Many thanks for your support.

Sue King  
Treasurer

#### Newsletter

Articles/information to be included in the next Newsletter should be emailed before 7 October to philomenag@hotmail.co.uk

Thank you Phyl Grainge

Issue 32 May 2009

HAT May 27 The Panama Canal  
Stuart and Daphne Barker

*NB starts 10:40, prompt finish to allow those going to the theatre to catch their coach*

LUD June 3 Hearing Dogs for the Deaf  
Liz Arendt and Maple

HAT June 10 Georgian Food and Dining  
Adam Smith

*Its easy to assume that we have always eaten the same sort of food at the same time of day – not so!*

LUD June 17 "When policemen and doctors start to Look young"  
Keith Baldwin ("The Tall Fellow!!")

HAT June 24 Kenwood House – its History and Treasures  
Richard Cross

LUD July 1 First Men on the Moon  
Jerry Stone

*Jerry spoke to us a couple of years ago about Mars, this summer marks the 30<sup>th</sup> anniversary of a walk we all remember*

HAT July 8 My strategy to minimise climate change  
John Midwinter

*What can be done about it at the personal level? Can one save money and the planet?*

LUD July 15 Jersey Zoo and the work of Gerald Durrell  
Barry Kaufman Wright

HAT July 22 A Brief History of Timekeeping  
Geoffrey Hollis

July 29 GARDEN PARTY

## Architecture Study Group Trip

We enjoyed an excellent trip to Rochester on Monday 17 May, organised in his usual meticulous way by our tutor John Onslow.

The Cathedral, being England's second oldest, was particularly interesting for its Tudor nave and crypt, and also for the Romanesque façade, while the Castle was the first built in stone and at 125 feet, is the tallest keep in England, having been built in a corner of the Roman town wall, to control an important river crossing on the Medway and the ancient route of Watling Street.

The sun shone, and a morning coffee break together with a cream tea in the afternoon, completed a very interesting and relaxing day out.

Why not join us on the first and third Mondays in term time for fascinating talks and videos on all aspects of architecture, past and present?

*Elaine Evans*

### CHRISTMAS LUNCH 2010

**Wednesday 15 December**

Homestead Court Hotel  
Homestead Lane, WGC

**£22 for 3 course meal (inc: gratuities)**

**Tickets on Sale:** Wed 27 October  
Wed 03 Nov  
\*Wed 10 Nov

**(\*Sorry - No Refunds after this date)**

Bookings taken must be with payment and your menu choice

**Contact:** Pat Pike - 01707 262286

### New Opera Group

Meetings will be on the first Tuesday of each month at 2.15pm

The first meeting will be on Tuesday 5 October 2010

**Venue:** 4 Scholars Walk  
off Sherrardspark Road.

**Coordinator:** Connie Smith  
01707 328983

(NB: Please park in Sherrards Park Road)

### Coffee Rota

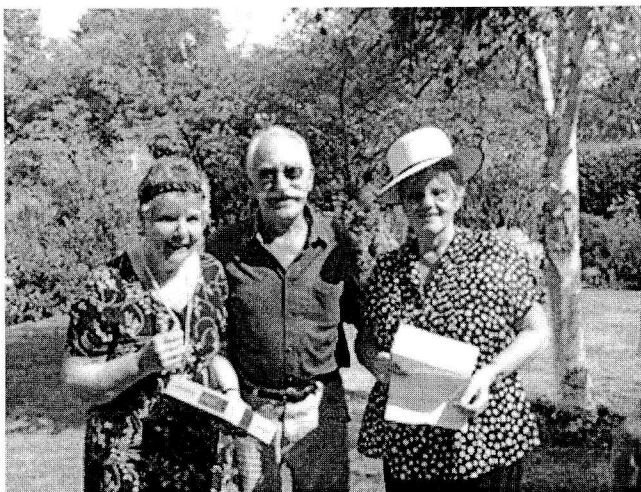
Chris Savage and Rosemary Settle have kindly taken over the coffee rota. Please don't be shy take your turn and sign up on the notice board.

Many thanks.

### GARDEN PARTY 21 JULY

The weather was good and everyone had an enjoyable afternoon and you will all be pleased to know that £186 The proceeds from the raffle together with a donation was given to Isabel Hospice. For the first time we had a 'Hat' competition which was won by Sandy Pizzey. Peter Reeves fearlessly chose our winner, thanks Peter. Sandy is photographed here with Peter and our Chairman, Sue.

Our thanks as always goes to our wonderful barmen and especially to Pat Pike without whom the garden party would not happen. Thanks again Pat for another wonderful event.



### U3A Newsletter from Headquarters

In future you will receive your copy of the U3A Newsletter directly from headquarters delivered to your home. This ensures that all members are fully informed of any national U3A developments

We must, on your behalf, thank Peter & Anne Bunn who for many years have taken delivery of hundreds of magazines and delivered them to both Ludwick and Hatfield meetings. This was no mean feat!

Thank you Peter & Anne.

Newsletter 35 September 2010