

June 2023



The Buntingford Banner

Registered Charity No. 1185575

www.u3asites.org.uk/buntingford/home

CHAIRMAN'S REPORT

I thought this month I would mention a couple of things about the Third Age Trust, the organisation that oversees all local u3as.

An election for the trustees of the TAT is coming up. Those wishing to stand for election please form an orderly queue.

The TAT is changing its system of governance.

There will be a new Council which will interact more closely with the individual u3as. This shouldn't affect the way we run ourselves in Buntingford.

I just hope it doesn't just create another layer of bureaucracy - or am I just getting (more) cynical in my old age?

Our u3a is registered to vote on these matters and I'll keep you updated as events unfold.



Martin Gray

Change of Details

Please note that the details for Mike Murfitt our u3a Treasurer, have now changed to:
No landline; Mobile tel.no. 07803 708 181; email address

buntingfordtreasureru3a@gmail.com

The BALA Bus (Buntingford Action for the Less Able)

Registered Charity Number 1094426

In the spring of 2002, Enid King and Liz McNamara took the decision to break away from the Herts Association for the Disabled and the BALA Constitution was officially adopted on 2nd April 2002 and the charity was registered with the Charity Commission on 31st October 2002. The first minibus was bought in September 2003. BALA is run by a small group of hardworking volunteers plus drivers.

They run 8-10 trips each month (advertised in the Buntingford Journal) including visits to the seaside, garden centres, markets, pub lunches and shopping centres all for a very reasonable fare and the trips start from the Benson Hall car park (opposite the Co-op). In addition to this they have monthly fundraising Coffee Mornings in the United Reformed Church Hall (opposite the Post Office) with sausage rolls, cakes and a raffle.

The requirement for the bus is that at least **one** person is over 75 or disabled so even if this isn't you, and even if you are still a driver, you can still use the bus. The number of passengers on these trips has dropped since Covid so they need our support.

The capacity of the bus is nine though this is less if there is a wheelchair user. Why not get a couple of friends and enjoy a hassle-free, no driving, no parking, day out? Alternatively, if you have a small group of up to nine people you could request a special trip but you would need to fit the criteria. For more info or to book, call 07870 638 480 and leave a message.

Trips for June are:

Wed 7 th	10am-3pm	Letchworth	£6
Thurs 8 th	10.30am-2pm	Willington Gdn Ctr	£7.50
Mon 12 th	10am-2.30pm	St Ives market	£8
Tues 13 th	9.30am-3pm	Southend	£13
Wed 14 th	11.30	Pub lunch	£5
Thurs 22 nd	9.30am-12-15pm	Harlow Gdn Ctr	£7
Mon 26 th	10am-1.30pm	Brookfield Centre	£6
Thurs 29 th	9.30-3pm	Bury St Edmunds	£12.50

ROYSTON'S NEW INDEPENDENT BOOKSHOP

Bow Books is Royston's new independent bookshop and opens at 10am on Thursday 15th June with a Celebrity Opening and signing session by Jeffrey Archer at noon. New and second hand books. Open 6 days a week Mon-Fri 10am-5pm, Sat 9am-5pm. Address: 6 Angel Pavement, Royston, SG8 9AS. enquiries@bow-books.co.uk
tel 01763 793 279 www.bow-books.co.uk

GROUP NEWS

NEW GROUP – LEISURE AFTERNOONS

The new Leisure Afternoon Group has its first meeting on Monday 19th June in the Bunters suite, upstairs at the Seth Ward Community Centre, from 2-4pm and members have been asked to take along their favourite game for the first session.

Tea and coffee will be available for you to make. For further details contact Group Leader Hilary Curtis on 01763 661 508 hilarycurtis38@gmail.com

SEATED EXERCISE

The Seated Exercise Group is now back at the United Reformed Church Hall opposite the Post Office and meets every Thursday at 1pm but the news is not good. Numbers have not returned to pre-covid levels and are now so low that the group could fold which would be a great shame.

The Seated Exercise Group is for those people who can no longer do the more usual keep fit exercises but who still want a work out for their abilities and it is amazing just what exercises can be done whilst sitting and instructors Jacqui, Dani & Carlye certainly know how to put you through your paces with a different routine - with music – each week.

Cardio, resistance and mobility for a better quality of life, all from sitting in a chair. Why not give it a try? Contact Ron Brighten 01763 273 175 ron.bofcw@tiscali.co.uk for more details



CLAY PIGEON SHOOTING



Ron Brighten organised another Clay Pigeon shoot at the Lea Valley Shooting Association, near Hertford North railway station in May and has sent this photo of "Hot Shot Elaine McGuinness at a recent u3a shoot, leaving the men in her wake"

(nb: the photo was enhanced by Ron)

CARPET BOWLS

The Carpet Bowls Group meets at Buntingford Bowls Club throughout the winter months (October to April) and enjoyed an end of term lunch at East Herts Golf Club.



Centre: Gill & Martin Gray - Group Leaders

LETs (London, Elsewhere & Theatres)



We all like to go out for lunch and it's even nicer to go somewhere new. Last month members of LETs visited the Clink Restaurant at HMP Brixton. The meal was prepared, cooked and served by prisoners who are taking advantage of the training scheme offered by the prison to inmates nearing the end of their sentence to prepare them for life on the outside with a qualification to help them get employment.

Of course this is no ordinary restaurant. We could only take into the prison with us a coat or jacket, a credit/debit card (to purchase non-alcoholic drinks) and a photo ID. Fortunately we had travelled by coach so we could leave everything else there but we did get a shock when we had to empty our coat pockets of the mandatory tissue and put it in the bin or locker.

But new tissues were available in the restaurant.

All group leaders who organise trips will know the worry of the morning coach journey and how much time to allow to meet the eta. We left Buntingford at 9am and encountered heavy traffic through Harlow and then the M11 with a warning of even bigger delays further on. So our driver consulted Google and this took us over the QE2 Bridge and then back into London! We arrived at Brixton at 11.20 then the group had to go through Airport Security but we did sit down on time. Relief!

No cameras or phones were allowed inside the prison so the bag is my only photo and these were taken by Jean Handley.



PÉTANQUE

The Pétanque group has reconvened on Friday afternoons from 12.00 onwards in the garden of the Crown Pub in Buntingford. Boules are available so why not go along and give it a try. Contact Dave Austin 01763 272 066 daustin2020@btinternet.com

Our Committee

Keith Bradfield vice Chairman



I was born in Edmonton and moved to Buntingford in 2015 via Cheshunt, Hertford and Ware. In 1979 I joined the Sainsbury Depot in Hoddesdon and two years later I transferred to the *Buntingford Depot (now Layston Grove, a housing estate and soon to be a new First School). I have two children, a boy and a girl and five grandchildren. In 2003 Sainsburys had decided to close the depot and a redundancy package was on offer, which I took. I retired on my fifty fifth birthday. I have just taken over as Group Leader for the Church Crawlers.

*The Sainsbury Depot is the subject of our July monthly meeting – see below.

FUTURE MEETINGS

Monday 12th June Andy Smith “Prosthetic Perils” Andy is a double-amputee who suggests that life with a disability - whilst often challenging - can have its lighter side! Since losing his lower right arm and leg in an accident three decades ago, he has had many adventures at home and abroad - though some adventures are best avoided! During this presentation of pithy, entertaining poetry and commentary Andy shares about childhood years when, in an extraordinary way, wartime recollections of a WW1 soldier and a WW2 fighter pilot helped to prepare him for personal trials to come.

Monday 10th July Alan Charles “The History of the Sainsbury’s Depot, Buntingford” - the history of the Sainsbury’s Depot, now ‘Layston Grove’ and a housing estate called “The Village,” from the 1950s until its closure. Some of you may remember Alan from when he worked at the depot and lived in Buntingford with his wife Anita and two sons.

Monday 14th August No Meeting

OUR GROUPS

Buntingford u3a Interest Groups
*SWCC – Seth Ward Community Centre ** BBC – Buntingford Bowls Club #OGPS – Old George Pottery Studio, Puckeridge ~ URCH United Reformed Church Hall
If you wish to join a group please contact the Group Leader

Group Co-ordinator Gill Alderton 07984 039 016 gillalderton@yahoo.com			
Badminton	*SWCC	Fridays 11-12	Gill Alderton 07984 039 016 gillalderton@yahoo.com
Bookworms	Fairfield	Last Wednesday 2.30 – 4.30	Anne Austin 01763 272 066 anne.austin555@btinternet.com
Book Group 2 (New)	Royal Gardens	First Monday (from April)	Vicky Chappell viccyfrank@hotmail.co.uk
Bridge	The Bury	Tuesdays 10-12	Phil Anderson 01763 274 201 philpoppy@btinternet.com
Canasta (New)	Rotating	Fortnightly tbc	Shelagh Mavin shelagh.disney@gmail.com
Carpet Bowls	**BBC	Thursdays 10-12 (Late Sept-March)	Gill & Martin Gray 07717 220 431 G 07588 708 257 M gill.gray@mail.uk
Church Crawlers	Various Churches	1 st Tuesday 10am	Keith Bradfield 01763 448 914 u3abuntchurchcrawlers@gmail.com
Clay Pigeon Shooting	Various	Occasional	Ron Brighten 01763 273 175 ron.bofcw@tiscali.co.uk
Clay Pigeon Shooting	Royston u3a	Monthly at Nuthampstead Herts League Ground	Frank Martin thefmartin@outlook.com
Crafty Chat	Various	1 st Monday 2-4	Kate Farquhar 01763 287 393 farquharkate@yahoo.co.uk
Current Affairs	Bridewell Close	1 st & 3 rd Thursday 7.30pm	Derek Cooper 01763 271 115
Cycling	Various	Occasional	Jim Farquhar 01763 287 393 farquhar_jim@yahoo.co.uk
Guitar for Beginners	Crown Pub	Alternate Mondays 2-4	Bill Hooper 01763 273 123
Keep Fit	*SWCC	Mons 9.30-10.30 & 10.30-11.30	c/o Ron Brighten 01763 273 175 ron.bofcw@tiscali.co.uk
Keep Fit (Seated)	*SWCC	Thursdays 1pm	c/o Ron Brighten 01763 273 175 ron.bofcw@tiscali.co.uk
Leisure Afternoons (New)	*SWCC Bunters Suite	3 rd Monday 2-4 Starting 19 th June	Hilary Curtis 01763 661 508 hilarycurtis38@gmail.com
LETs	Various	London, Elsewhere & Theatres	Jean Cook Jean.M.Cook@btinternet.com
Mah Jong	The Bury	Tuesdays 2-4	Liz Cooper 01763 271 027 lizandmikecooper1@gmail.com
Musicians United The A Train Jazz Band	Cheshunt u3a	Mondays 10-12	Colin Meehan 07768 278 064 Steve Deeks 07392 298 788
Pétanque	The Crown	Fridays - summer	Dave Austin 01763 272 066 daustin2020@btinternet.com
Photography	Tann Bar	2 nd Tuesday 10am tbc	David Dixon interestingplace@hotmail.com
Pickleball	Cottered Village Hall	Mondays 11-1	Gill Alderton 07984 039 016 gillalderton@yahoo.com
Pilates	*SWCC	Fridays 12.30-1.30	Jacqui Plummer plummerkj11@aol.com
Pottery	#OGPS	Thursdays 10-12	Gill Alderton 07984 039 016 gillalderton@yahoo.com
Quizzes	Various	Occasional	Tim Marks timbo2256@yahoo.co.uk
Scrabble	Vicarage Road	Thursdays Fortnightly	Sue Neal 07862 220 787 sueneal2957@yahoo.co.uk

Seated Exercise	~URCH Opp Post Office	Thursdays 1pm	c/o Ron Brighten 01763 273 175 ron.bofcw@tiscali.co.uk
Spanish (intermediate)	Sandon	Intermediate FULL	Jim Farquhar 01763 287 393 farquhar_jim@yahoo.co.uk
Sunday Lunches for Solos	Various	2 nd Sunday	Lyn Kendal-Archer 01763 271 972 lkendalarcher@outlook.com
Table Tennis	*SWCC	Wednesdays 1.30-3.30	Dave Austin 01763 272 066 daustin2020@btinternet.com
Tennis NB. This is not a u3a Gp	Standon & Puckeridge Tennis Club	New Members welcome	Chairman Diana Foster dianafoster@btinternet.com
Thank you for the Music	*SWCC Charlton Room	Last Monday 2-3.30	Mary Godfrey 07802 482 721 marygmusic@btinternet.com
They Matter	*SWCC Bunters Suite	Last Monday 2-4	Hilary Curtis 01763 661 508 hilarycurtis38@gmail.com
Walks – 3 Mile Walk	Various	Last Wednesday 11am	Liz Wright 07931 412 874 lizmoorsup@hotmail.com
Walks	Various	Wednesday am	Carol McKimmie 01763 271 054 carolmckimmie@yahoo.com
Walks	Various	Thursdays am	Barbara & Roger Henderson 01763 272 035 barbarahenderson87@outlook.com
Wine Appreciation	*SWCC Bunters Suite	Last Thursday 8pm	Ron & Maureen Brighten 01763 273 175 ron.bofcw@tiscali.co.uk

Quiz Corner:

1. Gnasher is the pet of which catapult wielding book character?
2. What colour is the harp on the Ryanair logo?
3. How many cards are there is a Tarot deck – 68 or 78?
4. Benny, Bjorn and Agnetha were all born in Sweden but where was Frida born?
5. What cocktail is made from White Rum, Pineapple Juice and Coconut Cream?

Answers at bottom of newsletter

Committee Contact Details

Chairman:	Martin Gray	07588 708257	buntingfordu3achair@gmail.com
Vice-Chairman:	Keith Bradfield	01763 448 914	krbradfield@googlemail.com
Treasurer:	Michael Murfitt	07803 708 181	buntingfordtreasureru3a@gmail.com
Secretary:	Lesley Lowers	01763 271 885	buntingfordu3asec@gmail.com
Membership Secretary:	Val Reedman	01763 272 135	valbuntu3a@gmail.com
Groups Co-ordinator:	Gill Alderton	01763 272 276	gillalderton@yahoo.com
Speaker Secretary:	Mary Godfrey	07802 482 721	marygmusic@btinternet.com
Welfare Officer:	Janet Murrells	01763 274 341	j.murrells@icloud.com
Webmaster:	Martin Gray	07588 708 257	martingray@mail.uk
Other committee members	Tony Phillips	07518 169 682	a.phillips500@btinternet.com

Quiz Corner Answers: 1. Dennis the Menace 2. Yellow 3. 78 4. Norway 5. Pina Colada