

The Buntingford Banner

Learn, Laugh & Live!



www.u3asites.org.uk/buntingford/home

Chairman's Remarks

I hope you are all well and not going stir crazy from being stuck at home for so long with limited social contact. It is not ideal but it is essential that we all do what we can to avoid catching or spreading the virus.

It is very clear that life is not going to return to normal for some time and that, as a minimum, social distancing will have to continue for the foreseeable future. Most groups have stopped completely although a small number of groups are using email, WhatsApp, or Zoom video conferencing to maintain contact and offer some level of activity. Unfortunately for most groups electronic technology is of no benefit e.g. email or video conferencing is not very practical for groups such as Walking or Badminton!

We have also had to cancel our Monthly Meetings in the Community Centre and it will be impossible to reinstate these in their current format while social distancing continues. Because of this we have started to look at alternatives. We have had 2 committee meetings using Zoom video conferencing which worked very well and we have agreed to try running a Monthly Meeting using the same technology. We would like to hold the first meeting on Monday 8th June at 14:00 (the original date and time for the June meeting) but we haven't booked a speaker yet so the date will be confirmed nearer the time.

I will also host a Zoom Test Meeting on Monday 1st June at 14:00 for anyone who wants to try Zoom before the Monthly Meeting, Note that the meeting on 1st June will be pretty content-free and is only there to allow people to try the technology if they are not familiar with it.

Please don't let the technology put you off. It really is very easy to use and is available for almost any device that is capable of handling email. See later in the Newsletter for further details about these meetings and about using Zoom.

Kate and I have been keeping busy during lockdown. As we live in the country we don't see many people anyway so social distancing is not an issue except for things like shopping. For that we have been using "Click & Collect" which has worked well. We have been able to spend a lot of time in the garden and so far we have put up a fruit cage to keep the birds off the fruit bushes and made 2 raised beds. We are also planning to get bees so we bought a flat-packed bee hive and have assembled that. It wasn't quite as simple as an Ikea wardrobe but not too bad. Now all we have to do is get some bees (and a good supply of anti-histamine!).

I have been going for a bike ride every other day and Kate has been coming out with me on the tandem every weekend. So if you see a bright yellow tandem wobbling it's way down the street make sure you give us a wave! I notice that the government has now told us we can go out for more exercise, unlimited in fact. Unfortunately nobody has told my legs so I think I will be sticking to my current routine!

Take care & stay safe, *Jim Farquhar*

Articles, Jokes, Quizzes, News, Photos etc for members?

Any that may be of interest to our members to keep us occupied in lockdown? We'll be publishing every month at the moment. The closing date for the next issue is 1st June 2020. Please send your articles to the editor, Kate Farquhar, at BuntingfordU3Anews@gmail.com

Want a Chat?

Like someone to chat to when we are all in self isolation?

Contact Val Reedman via BuntingfordU3A@gmail.com or 01763 272135



Members Meeting Monday 8th June 2pm and Zoom Test Meeting Monday 1st June 2pm (for those who haven't used it before)

As mentioned earlier, we intend to run a Monthly Meeting using Zoom on Monday 8th June at 14:00. We have not yet booked a speaker so the meeting will be confirmed nearer the time and joining instructions will be sent out then. Note that we will only send the meeting details to those who we have email addresses for. We assume that anyone who doesn't have email will not have the technology available to join a Zoom meeting. If this is incorrect (i.e. you get paper copies of the newsletter but do have a device that would enable you to join the Monthly Meeting) then please let us know by speaking to one of the committee members.

Using Zoom Video Conferencing

Many of you may have used Zoom or similar facilities over the past few weeks to keep in touch with family or friends. If you have, you will already know how easy it is but if not, read on.

Zoom video conferencing is very simple and is available for most devices. Almost any device that can be used for email can also be used for Zoom, such as a Windows computer, Apple Computer, iPad, Android tablet, Smartphone and others. Note that you will not need a microphone or camera on your device to join the Monthly Meeting or test meeting as these would be turned off during the meeting anyway, to avoid overloading the internet bandwidth and to avoid background noise.

Loading the Software App

If you haven't used Zoom before it is best to download and install the Zoom app on your device before the meeting. For Apple and Android devices simply go to the Apple iStore or the Google Play Store and install the app from one of those. For a Windows device you need to go to the Zoom website (www.zoom.us). From there, click on "Resources" (towards the top right of the screen) and select the first option which is to "Download Zoom Client", then click on the Download button for "Zoom Client for Meetings". You will need to run the file which is downloaded to install the software app. **You do NOT need to register with Zoom** to use the software if you just want to join a meeting that someone else has set up - you only need to register if you want to set up and host your own meetings.

If you don't install the software ahead of the meeting all that will happen is that when you try to join the meeting, you will be prompted at that point to install the software

Joining a Zoom Meeting

When you are invited to a Zoom Meeting, the email will include a link to the meeting (see the details for the Test Meeting on 1st June). Clicking on this link at the appropriate time should be all that you need to do to automatically launch Zoom and be taken directly into the meeting.

If for some reason the link does not work (it sometimes depends on the set-up of your machine), then copy the link into your internet browser and press enter.

If that still doesn't work (very unlikely but possible), then you will need to launch the Zoom app, click the button labelled "Join Meeting", then when prompted enter the meeting id (usually 10 or 11 digits) and password (usually 6 digits).

When you join a meeting, if you get asked if you want to "Join with Computer Audio" just click on that option (whether you get the message seems to depend on what type of device you are using).

If anyone would like assistance with installing the software and/or checking that Zoom is working correctly, just send an email to BuntingfordU3AChair@gmail.com, including your phone number. I will then give you a call and at a suitable time will talk you through the process as you do it, and at the end we can try a short one-to-one Zoom meeting to prove it is working.

Zoom Test Meeting

I will host a meeting on Monday 1st June from 14:00 to 14:30 for anyone who wants to try Zoom if they have not used it before. The meeting is only to give you a chance to check that Zoom is working. You can join (and leave!) at any time during those 30 minutes. I will not be giving a presentation or formal talk during this period, just saying enough so that you can check that you can see and hear me okay. Once you have checked that everything is working you will probably want to just leave the meeting again! One of the reasons for not doing any formal talk or presentation during this test meeting is that people may be joining at random periods during the session, particularly if they have any teething problems in getting it to work!

NOTE that when you join the meeting, any camera on your computer will automatically be turned OFF and should be left off. This is to avoid overloading the network bandwidth. Similarly, your microphone may be muted - please don't take it personally, this is to avoid background noise so that everyone can hear the speaker clearly.

Here is the link to join the Test Meeting on 1st June and also the meeting id and password in case you need to enter these details.

Join Zoom Meeting via the link below

<https://us02web.zoom.us/j/87261463741?pwd=ZXhUeno1c2RncStneUVUVIRxY0s0UT09>

Meeting ID: 872 6146 3741

Password: 373287

Jim Farquhar

Photo Spot

What's your pet doing in lockdown?

No one told Merlin he shouldn't sun bathe!

With thanks to Ron Brighten



Groups News:

The 'They Matter' Group:

The newsletter editor apologies to the group as their entry was missed from the last newsletter. This article was written before the lockdown.

Recently the group was invited to visit Melbourn Springs Care Home, which, at that time, should have been opening officially in April. Carole Bethell, Sandra Evans, Ann Smith and myself took this opportunity to have a look round and show them the mats. We were greeted by Dan Amis,



the Home Services Advisor, who showed us around the marketing suite, which was very homely and welcoming. Then Karen Allen, the manager, joined us and we then were wined with Prosecco and dined on tasty sandwiches and cake with coffee and tea. We then talked about the mats, as well as the overall package they would be offering at Melbourn Springs. We all enjoyed our visit and were very

impressed with what we saw and the empathy they were showing towards the residents who would be living there. Once it is up and running the group has been invited back for a 'working session'. A lovely thought.

Subsequently, Dan Amis phoned say Melbourn Springs was opening on 21st April. (Obviously there were stringent tests beforehand and everyone involved (both staff and patients) were all proved negative). Unfortunately, because of the lockdown they have had to put the official opening on hold.

Hilary Curtis

Reflections of Staying at Home

1. Half of us will end this quarantine as amazing cooks. The other half with a drinking problem!
2. I have to decide where to go for my holiday – the living room or the bathroom?
3. I need to practice social distancing with the refrigerator!
4. I saw my *stupid* neighbour talking to her cat again. I told my dog and we both laughed.
5. I'm sooo excited! Its time to take out the rubbish to the dustbins. What should I wear?

With thanks to Wanstead U3A

Genuine Answers from 16 year olds!

Q. Name the four seasons.

A. Salt, pepper, mustard and vinegar

Q. How is dew formed?

A. The sun shines down on the leaves and makes them perspire.

Q. What guarantees may a mortgage company insist on?

A. If you are buying a house they will want you to be well endowed.

Q. What are steroids?

A. Things for keeping carpets still on the stairs.

Q. What happens to your body as you age?

A. When you get old, so do your bowels and you get intercontinental

Q. What happens to a boy when he reaches puberty?

A. He says goodbye to his boyhood and looks forward to his adultery.

Q. Name a major disease associated with cigarettes.

A. Premature death.

Q. What is artificial insemination?

A. When the farmer does it to the bull instead of the cow.

Q. How can you delay milk turning sour?

A. Keep it in the cow.

Q. What is the fibula?

A. A small lie.

Q. What does 'varicose' mean?

A. Nearby.

Q. What is the most common form of birth control?

A. Most people prevent contraception by wearing a condom.

Q. Give the meaning of the term 'Caesarean section'.

A. The caesarean section is a district in Rome.

Q. What is a seizure?

A. A Roman Emperor. (Julius Seizure – I came, I saw, I had a fit)

Q. What is a terminal illness?

A. When you are sick at the airport

Q. What does the word 'benign' mean?

A. Benign is what you will be after you be eight.

Q. What is a turbine?

A. Something an Arab or Shreik wears on his head.

With thanks to Wanstead and Woodford U3A

QUIZ

(answers in next newsletter edition)

Geography

1. Mount McKinley was renamed in 2015. What is its new official name?
2. The name of which group of Greek islands translates into English as Twelve Islands?
3. Which US State is named after the largest of the Channel Islands?
4. Which two countries form the Iberian Peninsula?
5. On which river does Rome stand?
6. How many Baltic States are there?

History

1. Which famous Frenchman was born on Corsica in 1759.
2. Which former peanut farmer became a US President in the 20th Century?
3. Which former President of the Screen Actors Guild went on to become President?
4. How many people have set foot on the moon?
5. Which two men were the first to conquer Mount Everest, in 1953?
6. The invasion of which country, in 1939, led to Britain and France declaring war?

Science and nature

1. Where on a fish would you find its dorsal fin?
2. Where on a fish would you find its caudal fin?
3. What is the largest living ape?
4. Which African animal is the largest member of the pig family?
5. The Red species which animal is the largest mammal found in Britain?
6. The adjective renal refers to which part of the human body?

Literature

1. Whose books include The Road to Wigan Pier and Homage to Catalonia?
2. Who went to sea in a beautiful pea-green boat?
3. The Pequod was a hunting ship in which novel?
4. Whose ship was called the Black Pig?
5. Author Mary Ann Evans is better known by which pen name?
6. Which English playwright, born in 1934, wrote The History Boys and The Madness of George III?

TV and film

1. American criminals Robert LeRoy Parker and Harry Alonzo Longabaugh found fame under which names, in fact and film? Butch Cassidy. The Sundance Kid.
2. For what is Lenny an abbreviation in Lenny Henry?
3. For what is Will an abbreviation in Will Smith

4. Who didn't like dogs in the film 101 Dalmatians?
5. What was the name of Bill Sykes's dog in Oliver!?
6. Who was the doctor in Star Trek?
7. Jack Nicholson played Jack Torrance in the film of which Stephen King book?

General knowledge

1. What two letters indicate the infectious disease once known as consumption?
2. What two letters indicate the annual motorcycle events run on the Isle of Man?
3. What two letters make up the postal abbreviation of the second largest US State?
4. What animal appears on a packet of Fox's Glacier mints?
5. For what does VHS stand In the home entertainment world?
6. How many stations are there in Monopoly?
7. In tug of war, what is the name given to the man at the back of the rope in each team?
8. Kleptomania is an uncontrollable urge to do what
9. Which famous London landmark is named after Sir Benjamin Clark?

With thanks to John Murphy & Rickmansworth U3A

To Make You Smile?!

A neighbour of mine had this sad tale to relate. 'This has not been a good morning. After spending the last four weeks quarantined inside the house, I decided to go horse riding, something I haven't done in many years. It turned out to be a horribly big mistake! I got on the horse and started out slowly but then we went a little faster, before I knew it we were going as fast as the horse could go. I couldn't take the pace and fell off and caught my foot in the stirrups and got dragged along....The horse just would not stop. Thankfully the manager at the shop came out and unplugged the machine. He actually had the nerve to take the rest of my coins off me so I wouldn't try to ride the Elephant.'

with thanks to Tesco and Wanstead & Woodford U3A

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