

The Buntingford Banner **u3a**

Learn, Laugh & Live!

www.u3asites.org.uk/buntingford/home

Chairman's Remarks

The year is certainly March'ing on. (Sorry, I couldn't help it!) It's great to see sunset gradually getting later and days getting longer although I would appreciate it getting a bit warmer. Some of my bike rides have been a bit nippy!

Hopefully most u3a members will have had their first vaccination by now and some have already had their second one (Kate and I get our second jabs in early May). We are still very constrained by the government restrictions, however there is a glimmer of hope on the horizon with the published roadmap to ease lockdown. Unfortunately many restrictions, such as indoor meetings of more than 6 people, only come at the end of the roadmap so it looks like it could be a slow return to normal operations. More on this later in the newsletter.

Further information on the current thinking on the return of group activities is covered later in the newsletter as well as information on monthly meetings, two initiatives from the Trust, jokes, the quiz, and even advice on growing your own apple tree from scratch!

Take care & stay safe, *Jim Farquhar* (buntingfordu3achair@gmail.com)

Who can join the u3a?

Many people believe that there is a minimum age limit for u3a membership and/or that you have to be retired i.e. in receipt of a pension. This is not the case and there is no specific minimum age. The criteria is as follows:

Membership of a u3a is open to all in their third age, which is defined not by a particular age but by that period in life where you are no longer working or raising a family.

Although many/most people in this category may be retired and no longer in the first flush of youth, the definition also allows for others to join e.g.

- People who are unable to work, possibly due to a disability
- People who may have given up full-time employment and have no plans to return to full-time work in the future even though they are a long way off from retirement.

The people in both of these categories would be eligible for u3a membership and I'm sure there are many other examples. I don't expect any major changes to the demographic of the u3a as a result of this clarification but I thought it worth mentioning in case there are others out there who would like to join the u3a but did not realise they were eligible.

Jim Farquhar (buntingfordu3achair@gmail.com)

Grow a Pip Challenge!

In April last year the LETs group should have visited Brogdale Hanami Festival - the Japanese Apple Blossom Festival - but it wasn't to be. Jean received a 'Grow a Pip' Challenge for Kids from them afterwards. It doesn't give any ages so she suggests we, whether you belong to LETs or not, have a Senior Kids Challenge! Sow your Pip as below and send her pictures of your progress.

To grow a tree from your pip, you will need:

- | | |
|--|---|
| <ul style="list-style-type: none">- An apple- Compost/soil- Loo roll inside or pot | <ul style="list-style-type: none">- Paper towel- Plastic bag |
|--|---|

Step 1 – usually February but you can still start now!

- First eat your apple but not the pips!
- Dry all the pips out on a paper towel in a warm place.
- Then make the paper towel damp, put it inside a sandwich bag at the back of the fridge, leaving it open just a little to let the air in and leave until you see the seeds crack and a root appear.
- Check on the towel every week or so to make sure it's moist. It will take about 6 weeks.

Step 2 – At the end of 6 weeks:

- Some of the seeds may have started to sprout already.
- After a minimum of 6 weeks in a moist paper towel in the fridge, you can plant the apple seeds just as you would any other seed. Fill a pot (best) or an empty toilet roll with compost or soil and plant the seed 5 cm under the top surface.
- Put it in a warm, sunny spot. Keep it watered and watch it grow.

Step 3 – Have fun and happy growing! Send your photos to Jean Cook at jean.m.cook@btinternet.com

(Editor – Sorry this didn't go in to month's newsletter!)



**Two things to make
your day better:**

- **Do not watch
the news.**
- **Stay off the
bathroom scales.**

Members Zoom Meeting: March 8th

Roger Browne - The Great American Songbook

Roger spoke about the musical output of the period between the two world wars which became known as "The Great American Songbook". A great range of distinctly American musical sounds such as jazz, minstrel music, blues, opera, operetta and musical theatre emerged. The radio introduced people to more types of music than they had ever heard before and to the popular song writers in these years. He talked about the tunes written by these composers and played live examples from them on his piano. Composers included people such as George Gershwin, Irving Berlin, Cole Porter, Hoagy Carmichael, and many more who between them wrote thousands of richly melodic masterpieces, with equally memorable lyrics.



If you didn't receive the link to the recording of the talk and want to hear it either for the first time or again then please contact Buntingfordu3asec@gmail.com.

Members Zoom Meeting: 2pm April 12th

Louise Prior, "Diamonds, Mine to Mistress"

Louise will take us on a journey through the 3 billion years from the creation of diamonds, to mining, cutting, grading, jewellery manufacturing, the workings of a fascinating industry, its ethics and sustainability and finishes with some fascinating stories about famous diamonds and diamond scandals.

Food for thought?

- ✿ Don't irritate old people. The older we get, the less "Life in prison" is a deterrent.
- ✿ I really don't mind getting older, but my body is taking it badly.
- ✿ It turns out that being an adult now is mostly just googling how to do stuff.
- ✿ I miss the 90's when bread was still good for you and no one knew what kale was.
- ✿ Do you ever get up in the morning, look in the mirror and think ..."That can't be accurate."
- ✿ I want to be 14 again and ruin my life differently. I have new ideas.
- ✿ As I watch this new generation try to rewrite our history, one thing I'm sure of, it will be misspelt and have no punctuation.
- ✿ I thought getting old would take longer.
- ✿ I told my wife I wanted to be cremated. She made me an appointment for Tuesday.
- ✿ Picked up a hitchhiker. He asked if I wasn't afraid, he might be a serial killer? I told him the odds of two serial killers being in the same car was extremely unlikely.

Group News!!!!

From the 29th March, when most schools start to break up for the Easter holidays, outdoor gatherings (including in private gardens) of 6 people or 2 households are expected to be allowed if the evidence shows it is safe. Outdoor sports facilities will be allowed to re-open and people will be able to take part in formally organized outdoor sports. In the light of this, once risk assessments are signed off and the community centre has given their go ahead....

- Jacqui Smith is planning to bring back "real world" **Keep Fit** u3a classes, starting with the Monday Class, outside initially as long as the weather is fair. The Wednesday Seated Class will follow as soon she is up and running with the Monday Classes. She will be in touch with all class members to organise.

Once indoor classes are allowed :

- **Pilates** will look to restart on Fridays at Seth Ward
- **Cardio Drumming!** - A new class is planned, if support is there, offering drumming and exercise which can be adapted to suit all needs, from super energetic to those who wish to remain seated. Drumming routines would not be unduly complicated and the music would be golden oldies we know and love. Please contact/message Gill Alderton (07984039016/gillalderton@yahoo.com) if you're interested.



Other Groups looking ahead to their future programmes:

- The **Ukulele group** have provisionally arranged a return visit to Barley Community Group on Thursday 29th July at 2.30pm. New members are always welcome, no prior musical knowledge is needed and full coaching is provided. Contact Colin Meehan for more details (denmarcjm@aol.com).
- **Church Crawlers** are hoping to organise visits to Thriplow, Thorley, Furneux Pelham and Little Munden.
- The **Digital Photography group** is collecting ideas to get them off to a fast start later this year.

Other groups will give further thought on when to restart once they see how the easing of lockdown progresses.

Other new groups::

- Jim Farquhar has 5 names for '**the Computer Group**' although he has still to 'meet' with them to discuss the group further. If there is anyone else out there who would like to join us then please get in touch with Jim (farquhar_jim@yahoo.co.uk). You don't have to be a geek or a guru to join!
- Kate Farquhar would like to start a '**Crafting for Charity**' group, creating items for charities at home (if you don't already), moving to meet once things improve and members want to do so. Please contact Kate (farquharkate@yahoo.co.uk) if you knit or crochet and are interested. Kate has lots of patterns she can send you for items required by charities and suitable for different abilities.

Member Link

Member Link is a new initiative by the Third Age Trust to support u3as and their members to keep talking and learning together. It attempts to collate in one place all the advice, tips and resources to help us stay connected.

A link to the Member Link flyer is included below. The first page of the flyer is aimed at u3a members and lists a range of things that are available to you and in many cases there is a link to get more detail or follow up further. This includes a range of Events and Talks which are being run online, Podcasts, and the Trust u3a (further detail below). The second page is aimed more at committees.

One caveat I will add is that this is available to all u3a members nationwide (approx. 450,000 members) and things tend to get booked up VERY quickly. To join an event or talk I suspect you have to monitor the pages to spot when new things are made available and book it straight away!

<https://www.u3a.org.uk/component/edocman/u3a-member-link-leaflet-pdf-colour/viewdocument/1127?Itemid=>

If you would like further information on anything in the flyer then contact the Trust directly. If the flyer contains anything you think we could be doing locally then let me know.

Trust u3a

One of the things in the Member Link flyer that I had never heard of before is Trust u3a. This is an "online u3a" where all the events and activities are run online – I think it was initially set up for people in remote areas or for any other reason had difficulty accessing their local u3a, but it then expanded greatly when the pandemic hit and people were not allowed to meet face-to-face. Like any other u3a, you have to join and pay a membership fee (only £5 if you are already a member of a u3a like Buntingford).

Trust u3a lists approx. 80 groups on their website but the same caveat applies as given for Member Link above – with relatively few places available in each group and potentially a huge number of members, getting a place on a group is likely to be challenging unless you manage to get in when the group starts. So if you consider joining Trust u3a, make sure that you will be able to get into any groups you are interested in before paying any membership fee.

The following link takes you to the Groups page for Trust u3a but the links at the top of this Groups page will take you to other areas of their website describing the u3a and how to join etc.

<https://u3asites.org.uk/trustu3a/groups>

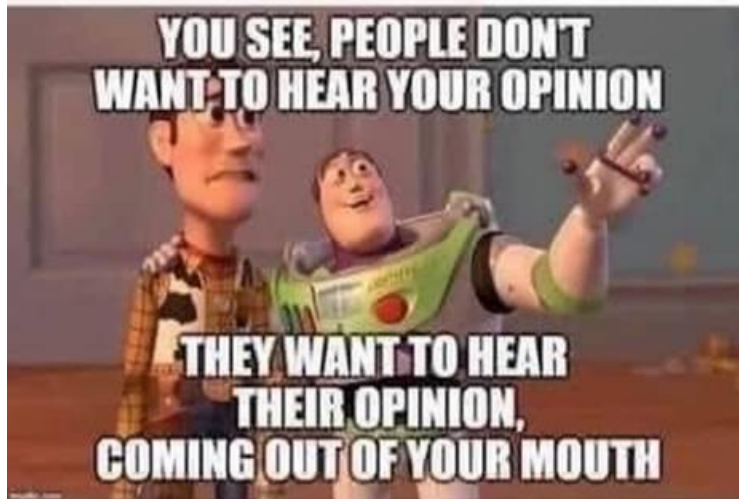
Jim Farquhar (contact info at the end of this newsletter)

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

Thanks for the newsletter content sent and included this month. If you have more of interest to members please send them to the editor, Kate Farquhar, at Buntingfordu3anews@gmail.com.

The closing date for the next issue is 1st April 2021!!

Apart from being exhausted,
financially unstable,
nearing a mental breakdown
and being fat,
everything is great.
Thanks.



What religion are bears?

A priest, a minister, and a rabbi want to see who's best at his job. So they each go into the woods, find a bear, and attempt to convert it. Later they get together. The priest begins: "When I found the bear, I read to him from the Catechism and sprinkled him with holy water. Next week is his First Communion."

"I found a bear by the stream," says the minister, "and preached God's holy word. The bear was so mesmerized that he let me baptize him."

They both look down at the rabbi, who is lying on a gurney in a body cast. "Looking back," he says, "maybe I shouldn't have started with the circumcision."

We think we're so much smarter these days, but
50 years ago the owners manual told you how
to adjust the valves.



Today it tells you not to drink the contents of the battery.

General Knowledge

- 1) Complete the name of this children's game...Rock, Paper, What.
- 2) On which river does the English town of Stockton stand?
- 3) Who was the oldest Von Trapp youngster in 1965 film The Sound of Music?
- 4) What is the main tributary of the Mississippi?
- 5) How many make up a tug-o-war team?
- 6) The Wailing Wall is the last remaining section of which building?
- 7) The Daewoo car company comes from which country?

Myths

- 1) What was the name of King Arthur's sword?
- 2) Which German folk tale has an alternative name of Little Brother and Little Sister?
- 3) Which Knight of the Round Table succeeded in his quest for the Holy Grail?
- 4) What name is given to the nine handmaidens of Odin?
- 5) Who killed Achilles by shooting him in the heel with an arrow?
- 6) What did Daedalus construct for King Minos so that he could keep the Minotaur on Crete?
- 7) Where did Odin feast with the souls of dead heroes?

TV

- 1) Who did Rodney Trotter marry in Only Fools and Horses?
- 2) How much, according to an American TV show of the Seventies, did it cost to reconstruct Col Steve Austin?
- 3) In what year did Coronation Street first air on ITV?
- 4) Which actor portrayed Inspector Morse?
- 5) Which well-known Welsh village was the primary setting for the Sixties TV show The Prisoner?
- 6) Which UK show started in 1953 and became the world's longest-running news and current affairs TV programme?
- 7) Police drama Life on Mars is named after a song by which late musician?

Political Figures

- 1) Anthony Eden married a niece of which other British Prime Minister?
- 2) Who are POTUS and FLOTUS?
- 3) What name is given to the people who make sure MPs attend important votes?
- 4) What animal is the symbol of the US Democratic Party?
- 5) Who is said to have been Britain's first Prime Minister?
- 6) What is the name of David Cameron's wife?
- 7) Which fairly recent American President had the FBI nickname Rawhide?

The Arts

- 1) Who painted the Mona Lisa?
- 2) What is the name of New York's theatre district?
- 3) What was the name of the Hunchback of Notre Dame

- 4) Name Buddy Holly's backing band.
- 5) Who painted The Scream in 1893?
- 6) Rene Magritte's The Son of Man depicts a man with which fruit covering his face?
- 7) Which British artist is known for an exhibit featuring a shark preserved in formaldehyde?

Geography

- 1) Which is the only New York borough wholly on the mainland?
- 2) Which country used to be known as Portuguese East Africa?
- 3) The Basque Region spreads over which two countries?
- 4) What is the capital city of The Ukraine?
- 5) In which ocean would you find The White Sea?
- 6) What is the capital city of Canada?
- 7) Dublin stands on which river?

If you like quizzes... ..

then you might like to take part in the weekly u3a Trust quiz. Find it at www.u3a.org.uk/learning/national-programmes/weekly-quiz



The father put his 3 year old daughter to bed, told her a story and listened to her prayers....

which ended "God bless Mummy, God bless Daddy, God bless Gran and good-bye Grandad". The father asked "why did you say good-bye Grandad?" The little girl said "I don't know Daddy, it just seemed the right thing to say". The next day Grandad died. The father thought it was a strange co-incidence.

A few months later the father put the girl to bed and listened to her prayers which went like this "God bless Mummy, God bless Daddy and good-bye Gran". The next day Gran died. "Wow" the father thought "my daughter is in contact with the other side"

Several weeks later when the girl was going to bed the father heard her say "God bless Mummy and good-bye Daddy". He practically went in to shock and couldn't sleep all night. He went in to the office and was as nervous as a cat all day, had lunch and watched the clock. He figured if he could get by until midnight he would be alright. He felt safe in the office so instead of going home stayed there, drinking coffee, looking at his watch and jumping at every sound. Finally, at midnight, he breathed a sigh of relief and went home.

When he got home his wife said "I've never seen you work so late. What's the matter?". He said "I don't want to talk about it. I've just had the worst day of my life". She said "You think you had a bad day. You'll never believe what happened to me - this morning my boss died in the middle of a meeting!"

Answers to Quiz published in February 2021 newsletter

Down Under

1. What two-word alliterative name did the Cook expedition give to the spot where they first landed in what was to become Australia? Botany Bay
2. Australia's Great Barrier Reef can be found off the coast of which State? Queensland
3. Is New Zealand's capital, Wellington, on the North or South Island? North
4. Jacob's Creek is an Aussie brand of...what? Wine
5. Harold Holt held which political position in Oz when he disappeared while swimming in 1967? Prime Minister
6. With which First World War action in Turkey in 1916 are Anzac troops particularly remembered? Gallipoli
7. Name the largest lake in Australia, which is also that country's deepest point? Lake Eyre

TV

1. Which comedian had a six-decade career with catch phrases such as Titter Ye Not? Frankie Howerd
2. Who wrote Bread and Butterflies? Carla Lane
3. Name the actors who played Steptoe and Son? Wilfred Brambell and Harry H Corbett
4. Which comedian's Half Hour started on radio in 1954 before switching to TV two years later? Tony Hancock
5. What was Ronnie Barker's three-word name in Porridge? Norman Stanley Fletcher
6. Alf Garnett often referred to his wife by what three-word (sometimes two) insult in Till Death Do Us Part? Silly (Old) Moo
7. Derek Trotter called Rodney what whenever the younger brother messed up in Only Fools and Horses? Plonker

General Knowledge

1. Which card game involves the movement of pegs? Cribbage
2. What is two-thirds of 21? 14
3. Wrigley's (the chewing gum company) is owned by which American company who are known chiefly for chocolate? Mars
4. How many limbs does a crab have? Ten
5. Who in films and comic books was The Friendly Ghost? Casper
6. Which Latin phrase did The Queen use for 1992 when describing her terrible year? Annus Horribilus
7. Which musical instrument was Sherlock Holmes fond of playing? Violin

Literary

1. How many stories did Chaucer tell in his Canterbury Tales? Twenty-four
2. The Fisher King features in the folklore of which legendary king of England? King Arthur
3. What is the only animal named in a Shakespeare title? Shrew
4. According to TS Eliot, in what became the play Cats, who was the Theatre Cat? Gus or Asparagus

5. What was the first name of Agatha Christie's Miss Marple? Jane
6. Which British Prime Minister was awarded the Nobel Prize for Literature? Churchill
7. Name the current Poet Laureate? Simon Armitage

Family relationships

1. Who is the father-in-law of Timothy Laurence? Prince Philip
2. What were the first names of the Brothers Grimm? Jacob and Wilhelm
3. How were Richard and Karen, of The Carpenters, related? Brother and sister
4. The Queen and Prince Philip are both what relation to Queen Victoria? Great, Great Grandchildren
5. Which American actress, who appeared in Ghost, became a grandma at 34? Whoopi Goldberg
6. George W Bush is descended from which famous Native American princess? Pocohontas
7. Actor George Clooney is related to which Abolitionist President of the USA? Lincoln

Food and drink

1. From which American State do we get Key Lime Pie? Florida
2. Snuff comes from the leaves of which plant? Tobacco
3. Scrumpy is made from which fruit? Apples
4. What would an angler keep in a k reel? His catch
5. Name the Cornish cheese that is wrapped in nettle leaves. Yarg
6. Pomegranates originated from which continent? Asia
7. Ono, an Hawaiian word meaning good to eat, is what sort of creature? Fish



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