

2025 June



The Buntingford Banner

Registered Charity No. 1185575

www.u3asites.org.uk/buntingford/home

CHAIRMAN'S REPORT

This month has been one of those madly busy ones, with everything happening at once. One conversation I had has stuck in my mind.

During a social event someone told me that studies show that in older age, those who have wider social circles and meet a number of friends on a regular and frequent basis are happier and can live up to twenty years longer.

Whether or not any of this is true or whether it was just exaggerated bar talk, it made me remember how much I value the groups in the u3a. The interaction with many friends that I have made at the various group meetings and the support I have received from some of them recently is important. It is why we value our organisation and why we all try to keep our friendships and support going.

I know I'm not the only one feeling this way. Long may it continue.



Martin Gray

VE80 – 80th Anniversary of VE Day – Buntingford 8th May 2025



Buntingford u3a Members, Cllr Duncan Wallace, Town Mayor and Dave Austin, former u3a Chairman at the Street Party. Dave interviews u3a Member and former Mayor, 91yr old John Noades. Mayor Duncan welcomes everyone and gives an address.

Buntingford celebrated VE80 with a street party on Market Hill, followed by a service and the lighting of a beacon at the War Memorial. Congratulations and well done to Buntingford Town Council, Buntingford Royal British Legion and Buntingford Civic Society for organising the event.

DAD'S ARMY Post Script

Following on from our March monthly meeting talk, in case you missed it, there was a "Dad's Army at the BBC" programme on BBC2 on Tuesday 6th May at 7.30pm. It lasts 1hr 3mins and includes an episode not seen before which was recorded in Buckingham Palace.

HELPERS AT THE MONTHLY MEETING

At the May meeting Mike Murfitt, our Treasurer, was the only man available to help set up the hall – get the tables and chairs out of the cupboard, unload them and place them in situ. He was helped by half a dozen ladies but their help was limited as the tables and chairs are very heavy. So we very much need some more men please to help setting up the hall and clearing away at the end. If you can offer your services to help it would be greatly appreciated. The more volunteers we get the less frequently you will be asked to help. Please contact Mike Murfitt on buntingfordtreasureru3a@gmail.com 07803 708 181.

EMERGENCY CONTACT NUMBERS

Last year we were asked to put an In Case of Emergency (ICE) contact name & number on our Membership Cards and to carry our cards with us when attending u3a events. The intention is that when a new batch of cards is printed it will include a line for you to add these details. But at the moment we have many cards to use up first so please can you just add your emergency details anywhere on your card. Of course we hope it will never have to be used but....



A message from Hilary Curtis, Group Leader 'They Matter' – the craft group that makes Activity Mats for people with Dementia.

An event for DEMENTIA SUFFERERS AND THEIR CARERS is being held at Wodson Park on Friday 6th June. There will be a number of taster sessions during the day including WALKING SPORTS, SINGING, CHAIR YOGA, SITTING CRICKET, INDOOR BOWLS plus a variety of other activities. There will also be an opportunity to meet local community groups with advice on support services.

It is a drop-in format any time between 10am-3pm. The event is free and includes a free lunch.

If you know of anyone with dementia living at home and being cared for by family and/or friends please contact the organisers either by email or phone for information and to register: t.woods2@herts.ac.uk or call 01707 284 229.

The venue address is: Wodson Park Leisure Centre, Wadesmill Road, Ware. SG12 0UQ.



Spotted on Facebook

Sylvia Hamilton with Paddington in
Edinburgh last Bank Holiday

Sylvia is a member of our Mah Jong Group

(does anyone else have a photo of
themselves with Paddington?)

UP

The subject of our May talk was part two of the history of the English language and at the end the speaker mentioned the much-used two letter word 'Up' – so I thought you might like to see this:

UP...

...is a an English word which has more meanings than any other two-letter word,

It is listed in the dictionary as an [adv.], [prep], [adj], [n] or [v].

It's easy to understand UP, meaning toward the sky
or at the top of the list,
but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP?
Why do we speak UP?
Why are the officers UP for election?
Why is it UP to the secretary to write UP a report?

We call UP our friends
Brighten UP a room
Polish UP the silver
Warm UP the leftovers
Clean UP the kitchen.

We even lock UP the house and fix UP the old car.
At other times, this little word has real special meaning.
People stir UP trouble
Line UP for tickets
Work UP an appetite
Think UP excuses.

To be dressed is one thing but to be dressed UP is special.

And this UP is confusing:
A drain must be opened UP because it is stopped UP.
We open UP a shop in the morning but we close it UP at night.
We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP,
look UP the word UP in the dictionary.
In a desk-sized dictionary, it takes UP almost 1/4 of the page
and can add UP to about thirty definitions.

If you are UP to it,
you might try building UP a list of the many ways UP is used.
It will take UP a lot of your time, but if you don't give UP,
you may wind UP with a hundred or more.

When it threatens to rain, we say it is clouding UP.
When the sun comes out, we say it is clearing UP.
When it rains, it soaks UP the earth.
When it does not rain for a while, things dry UP.
One could go on and on, but I'll wrap it UP,
for now . . . my time is UP!

Oh . . . one more thing:

What is the first thing you do in the morning and the last thing you do at night?

U

P!

Did that one crack you UP?

Don't screw UP.

Send this on to everyone you look UP in your address book . . .
or not . . .

it's UP to you.

Now I'll shut UP!

Plus: When it's cold we keep well wrapped UP
I shall be thinking UP more as the day moves on.
Enjoy your lunch and make sure you eat it all UP

I clicked in to your email and UP came all the messages.

*On reading through the Newsletter I have just spotted
"...but at the moment we have many cards to use **up** first"*

FORTHCOMING MONTHLY MEETINGS

Monday 9th June - Mike Barbakoff: "**Bletchley Park WW2 History**" – Mike, a volunteer guide will tell us about the Code Breakers.

Monday 14th July - Lee Baddock: "**Buntingford Dramatic Society**" - History of the society past and present and future productions. Lee is a long-time member of BDS and has acted in and directed many of its recent productions including its widely acclaimed "Calendar Girls."

We meet at the Seth Ward Community Centre on the Second Monday of the month - doors open 1.30pm.

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 (opposite the Post Office)			
If you wish to join a group please contact the Group Leader			
Group Co-ordinator Fran Feek fran.feek@hotmail.com			
<u>GROUP</u>	<u>VENUE</u>	<u>DAY & TIME</u>	<u>GROUP LEADER</u>
Badminton FULL	*SWCC	Fridays 11-12 noon	Gill Alderton 07984 039 016 gillalderton@yahoo.com
Bookworms	Fairfield	Last Wed	Anne Austin 01763 272 066

FULL		2.30 – 4.30	anne.austin555@btinternet.com
Bridge	The Bury	Tuesdays 10-12	Phil Anderson 07484 122 847 philpoppy@btinternet.com
Canasta	The Golden Fleece Braughing	Tuesdays 2-4pm	Shelagh Mavin shelagh.disney@gmail.com
Carpet Bowls FULL	**BBC (Late Sep-Mar)	Thursdays 10-12	Gill & Martin Gray 07717 220 431 gill.gray@mail.uk .
Church Crawlers	Various Churches	1 st Tuesday 10am	Keith Bradfield 01763 448 914 - 07704 945 209 u3abuntchurchcrawlers@gmail.com
Clay Pigeon Shooting	Nuthampstead Herts League Grnd	Wed 25 th June at 2pm	Bill Hooper 01763 273 123 bunthoop@hotmail.com
Computer Group	On-line	Email	Martin Gray buntingfordu3a@proton.me
Crafty Chat	Various	1 st Monday 2-4pm	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
Guitar for Beginners	Crown Pub	Alternate Mons 2-4	Bill Hooper 01763 273 123 bunthoop@hotmail.com
Keep Fit	*SWCC	Mondays 9.30-10.30 10.30-11.30	c/o Ron Brighten 01763 273 175 ron.bofcw@tiscali.co.uk
Keep Fit Seated Exercise	~URCH Opp Post Office	Thursdays 1pm	c/o Ron Brighten 01763 273 175 ron.bofcw@tiscali.co.uk
Leisure Afternoons No need to be on your own these winter months - come along for company, chat and learn some new board games.	*SWCC Bunter Suite	3 rd Monday 2pm-4pm with some adjustments for bank holidays!	Maggie Bell 01763 274 259 07485 360 012
LETs (London, Elsewhere & Theatres)	Various	Various	Jean Cook Jean.M.Cook@btinternet.com
Line Dancing	*SWCC	Tuesdays 4.30	Gill Alderton 07984 039 016 gillalderton@yahoo.com
Mah Jong	The Bury	Tuesdays 2-4pm	Liz Cooper 01763 271 027 lizandmikecooper1@gmail.com
Musicians United The A Train Jazz Band	Cheshunt u3a	Mondays 10-12	Cheshunt u3a Colin Meehan 07768 278 064 Steve Deeks 07392 298 788
Pétanque	The Crown	Fridays 1pm-3pm Summer	Dave Austin 01763 272 066 daustin2020@btinternet.com
Photography	Tann Bar	3 rd Tuesday 10am	David Dixon interestingplace@hotmail.com
Pickleball FULL	Cottered Village Hall	Mondays 11-1pm	Gill Alderton 07984 039 016 gillalderton@yahoo.com
Pickleball 2 FULL	Cottered Village Hall	Fridays 10-12	Ditto
Pilates FULL	*SWCC	Fridays 12.30-1.30	Jacqui Plummer plummerkj11@aol.com
Pottery FULL	#OGPS	Thursdays 10-12	Gill Alderton 07984 039 016 gillalderton@yahoo.com
Quizzes	Various	Occasional	Tim Marks timbo2256@yahoo.co.uk
Scrabble	Vicarage Road	Thursday afternoons 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

Sunday Lunches for Solos 1 FULL	Various	2 nd Sunday	Lyn Kendal-Archer 01763 271 972 lkendalarcher@outlook.com
Sunday Lunches for Solos 2	Various	4 th Sunday	Fran Feek 07775 857 335 fran.feek@hotmail.com
Table Tennis	*SWCC	Wednesdays 1.30-3.30	Dave Austin 01763 272 066 daustin2020@btinternet.com
The Thursday Group Go along and try your hand at darts, crib, dominoes, snooker, pool or just for a chat.	Social Club	Thursdays from 2.15	Ian Round 01763 272 276 ianround@yahoo.com
They Matter FULL	*SWCC Bunters Suite	Last Monday 2-4	Hilary Curtis 01763 661 508 hilarycurtis38@icloud.com
Walks – 3 Mile Walk	Various	Last Wednesday 11am	Norman Jones 07766 367 983 normanbjones1@gmail.com
Walks	Various	Wednesdays am	Carol McKimmie 01763 271 054 carolmckimmie@yahoo.com
Walks	Various	Thursdays am	Barbara & Roger Henderson 01763 272 035 barbarahenderson87@outlook.com
Walks in London	London	Monthly Wed or Thurs	Mike Murfitt 07803 708 181 mikemurfitt@sky.com
Wine Appreciation FULL	*SWCC Bunters Suite	Last Thursday 8pm	Ron & Maureen Brighten 01763 273 175 ron.bofcw@tiscali.co.uk

Committee Contact Details

Chairman	Martin Gray	07588 708 257	buntingfordu3a@proton.me
Vice Chairman	Tim Marks	07754 583 599	timbo2256@yahoo.co.uk
Treasurer	Michael Murfitt	07803 708 181	buntingfordtreasureru3a@gmail.com
Secretary	Julia Bush	07905 117 675	buntingfordu3asec@gmail.com
Membership Secretary	Lesley Stevens	07767 152 259	buntingfordu3a@gmail.com
Groups Co-ordinator	Fran Feek	07775 857 335	fran.feek@hotmail.com
Asst Groups Co-ordinator	Sue Batchelor	01763 271 884	sue.clark2007@googlemail.com
Speaker Secretary	Susan Peters	07723 343 282	speakersecu3abunt@gmail.com
Welfare Officer	Janet Murrells	01763 274 341	j.murrells@icloud.com
Webmaster	Martin Gray	07588 708 257	martingray@mail.uk
Monthly Meeting Chairs Rota	Mike Murfitt	07803 708 181	mikemurfitt@sky.com
Non-committee: Greeters	Val Reedman	01763 272 135	valbuntu3a@gmail.com
Non-committee: Tea Rota	Hilary Curtis	01763 661 508	hilarycurtis38@icloud.com
Non-committee: Raffle	Evelyn Smith		
Non-committee: Library	Maureen & Dennis Robertson		
Non-committee	Newsletter Editor & Buntingford Journal	Jean Cook	Jean.M.Cook@btinternet.com
Our Website	https://buntingford.u3asite.uk/		
Our Facebook page	https://www.facebook.com/groups/143301880900601/?locale=en_GB		