

The Buntingford Banner

Registered Charity No. 1185575

www.u3asites.org.uk/buntingford/home

CHAIRMAN'S REPORT

Those of you who came to the December meeting, the Welwyn Singers, will remember that it was a packed house. We had over 100 members sign in. The hall at the Seth Ward Community Centre was crowded and the numbers present raised concerns about safety in the event of a fire evacuation.

By coincidence the committee had, during the 2025 Summer, checked that every venue used by the u3a had current risk assessment and safety plans in place. But we decided to review the SWCC assessment in detail.

After consulting with and taking advice from relevant authorities, the current plan is retained. However, this plan addresses rows of chairs with an aisle in the centre – the December meeting had tables with chairs around them which meant that latecomers were pressed against the sides of the hall, restricting free movements along those paths. It is this congestion that created concerns regarding ease of evacuation.

We will retain the current plan for future meetings at which a speaker addresses the meeting with chairs in a row. If we have meetings with tables in the future, such as another Christmas event, we expect that we may have to restrict the number of attendees. How this is done in a fair manner will be decided when it becomes necessary – social gatherings like the Macmillan afternoon tea in September, have tables laid out but have significantly fewer attendees and would not cause this problem.

Please be assured that everyone's safety is our top priority.

Martin Gray



BASH (Buntingford Action for Social Help) Volunteer Drivers Needed 🚗

Within minutes of our last Newsletter going out a u3a member had volunteered to be a driver! Karen and their committee are delighted! Well done Trevor Hounslow.

CHRISTMAS CHOCOLATE SWEET TUBS

"65 Tubs Collected. Well done and thank you!"

Madela Baddock



A WHATSAPP TEXT PLUS PHOTO SENT TO ME FROM ANNE AUSTIN



**I ended up sitting between
Two Daves this afternoon
at the u3a meeting!!!**

09.02.2026 (22.34)

RENEWAL 2026 BUNTINGFORD u3a MEMBERSHIP

March sees the month when our u3a memberships are due for renewal.

Membership forms are being sent out in an email to all members.

The completed form may be emailed, with Bank Transfer payment, to buntingfordu3a@gmail.com

or by post with cheque to:

Lesley Stevens
Membership Secretary
93 Station Road
Puckeridge

Herts SG11 1TF - **enclosing a stamped addressed envelope to receive your membership card.**

Bank Transfers (BACs) can be made to:

Buntingford u3a
Sort Code 20 05 73
Account Number 73067459
Reference: Your Name

Cheques payable to "Buntingford U3A"

Bank Transfers are the preferred option.

You may, if you wish, pay your subs (cash or cheque) at the March monthly meeting. As last year, once you have been checked in, we will be in the main hall to take your money and issue you with a new Membership Card.

Please bring your current Membership Card with you.

Lesley Stevens
Membership Secretary

WHAT YOU SHOULDN'T SAY TO SOMEONE WITH HEARING AIDS

This was given to me by a fellow Buntingford u3a member. It was at the end of an article in 'The Times' written by James Brown:

- If someone asks you to repeat something, don't say, "Oh don't worry about it." It's incredibly frustrating.
- Don't talk to them from another room.
- Look at them while you are talking to them. Looking away or down, or turning the other way makes it harder to hear.
- Don't just reply louder. Sometime it's the tone of your speech that makes it hard to understand. Most people lose high-frequency sounds, but I lost low-frequency.
- Try to be patient if they want the tv volume about four numbers louder than you do.
- If you are teaching or addressing a group of some sort and there are hearing-impaired people with hearing aids there, do ask if they can hear you ok. Some may not be confident enough to say otherwise.
- Don't shout in someone's hearing aids. Unless you want to be punched.
- Don't creep up behind them and shout "Boo!" It's incredibly painful.
- If they've misheard your question with a somewhat surreal reply, make sure you know and love them well enough, and they share your sense of humour, before doubling up with laughter.

GROUP NEWS

THURSDAY WALKING GROUP



Peter Remnant, Malcolm McKimmie, Alan & Kathy Bradbury, Carol McKimmie, Steve & Sue Hisgrove, Christine Newman, Steve Deeks, Cynthia Kattau, Barbara Henderson (Joint Group Leader)

Once again, the weather wasn't kind to us. The walks in December, January and now again in February were undertaken in very poor conditions. Each walk has been very wet, very cold and very muddy. Nevertheless, we've had a good turnout each time from our hardy and seasoned members.

The photo was taken at the ford over the river Quin at Gravelly Lane, Braughing. The walk was organised and led by Steve Deeks who used his local knowledge to adapt his planned route to avoid the worst of the mud. We did a 5.5 mile circular route from the Brown Bear via Upp Hall and Quinbury Farm and returned to the pub for a good lunch in the warm and dry.

Roger Henderson (Joint Group Leader - plus Photo)

WINE APPRECIATION



Sorting the wines



Wife Sheila keeps order



Giving the presentation

Last month's presentation was given by Phil Anderson, Group Leader of the Bridge Group.

The theme was Wines and Spices and Phil gave each table a dish of spicy nibbles. As always members had six wines to taste – three white and three red – and these came from Germany, Austria, Chile, France and South Africa.

SOLOS SUNDAY LUNCHES 1 – Part 2



Standing: Sue Timbers, Marie Upton, Marion Maher, Lesley Stevens, Phyllis Clark, Janet Murrells, Maggie Bell
Seated: Rita Hedley, Maureen Lanser, Lyn Kendal-Archer (Group Leader), Marion Ling, Hilary Curtis, Val Reedman

I was having lunch with Lyn and two other friends in Ware before going to see the last 'Downton Abbey' film, five days before Lyn's February lunch, when she announced that she was having difficulty finding a venue. So I reminded her about Whitehill Golf Club. As one of their followers on Facebook, I had received a photo of some Sunday lunches with a note that they were now serving them every week, booking necessary; which I had immediately sent to Lyn. I now passed her their details and she contacted them as soon as she got home. Result!

I am not a member of the group but Lyn and I regularly go out on a Sunday to check out a new venue and Whitehill GC was to be the next one. Not now. Sadly, I was going to miss out on a Sunday lunch. But then I realised how I could kill two birds with one stone – so I sneakily contacted Amanda at WGC and asked her to secretly add another place at the table, for me. That way, I got to have my Sunday lunch and, following the January fiasco with a group photo, take one myself at the end of the meal! Result 2!

Amanda and her staff did a brilliant job. Not only did she have us but there was also a party celebrating a 70th birthday who were discretely shielded from us by a concertina screen. And the meal was superb as always.

THEY MATTER



Each Mat has its
Own Label

Last month we had a talk about Alzheimer's so it was only fitting that the ladies of the "They Matter" group should have a display to remind us of the excellent work they do making comfort mats for people suffering from dementia to show that "They Matter."

In 2017 Hilary Curtis met up with an old friend who told her that she had just answered an advert for volunteers to make activity mats for people with dementia and told her all about it. Hilary was so moved by the idea that she suggested to the committee that she should start a group with the Buntingford u3a. They agreed. Hilary put out an appeal for volunteers and then materials, and the rest, as they say, is history.

To date, their statistics are:

Mats made 455 (including 3 given to U3A members on 23rd February).

Counties that have received their mats: Bedfordshire, Cambridgeshire, Cardiff, Cheltenham, Essex, Gloucestershire, Hertfordshire, Kent and London. Later this year they hope to be delivering mats to Buckinghamshire and a town in France called Vernuill Sur Le Havre.

"So proud Jean of all the girls who spend hours making them." June Fairbrother, Group Leader.

Donations of any unwanted buttons, ribbons, fabric, zips, etc. are always much appreciated.

FORTHCOMING MONTHLY MEETINGS

Monday 9th March: Malcolm Wells MBE - 'So far so Good'. Covering topics from his time in the Army (Gulf War) receiving his MBE and training assisted dogs.

Monday 13th April: Neil Hanson - 'Inn and out at the Top.' Running a pub on the highest hill in Britain.

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 FULL	Fairfield	Last Wed 2.30 – 4.30	Anne Austin 01763 272 066 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	Monthly – contact GL	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 1 New Group Leader Needed	New Venue Black Bull Pub	1 st Thursday 7.30-9.30pm	New Group Leader Needed
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 FULL – no casual drop-ins	~URCH Opp Post Office	Thursdays 1pm	c/o Ron Brighten 01763 273 175 ron.bofcw@tiscali.co.uk
Leisure Afternoons 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 a.bell100@btinternet.com
Line Dancing	*SWCC	Tuesdays 4.15-5.15	Gill Alderton 07984 039 016 gillalderton@yahoo.com
London Walks See Walks			
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
Pickleball 3 FULL	Cottered Village Hall	Wednesdays 10-12	David Baxter 07745 501 965 coverupholstery@aol.com
Pilates FULL New day and time w.e.f. Thurs 15 Jan 2026	*SWCC	Thursdays 3.30-4.30	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 FULL	Vicarage Road	Thursday afternoons Fortnightly	Sue Neal 07862 220 787 sueneal2957@yahoo.co.uk
Seated Exercise - See Keep Fit	-	-	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 FULL – reserve list	Various	4 th Sunday	Fran Feek 07775 857 335 fran.feek@hotmail.com
Table Tennis	*SWCC	Wednesdays	Dave Austin 01763 272 066

		1.30-3.30	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 Making activity mats for people with dementia. Donations of buttons, ribbons, fabric, zips, etc., always appreciated	*SWCC Bunters Suite	Last Monday 2-4	June Fairbrother 01763 271 600 fairjune1181@gmail.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 7.30pm	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	Vacant		
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	Caroline Nash	07746 068 275	carolinandynash@aol.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	Sue Batchelor	01763 271 884	sue.clark2007@googlemail.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		