

The Buntingford Banner

Registered Charity No. 1185575

www.u3asites.org.uk/buntingford/home

CHAIRMAN'S REPORT

It's hot again. When I was at school we were taught about the "Greenhouse Effect." The next "Ice Age" was expected to come first. Science is a wonderful thing.

We are always being told that "the elderly" are most susceptible to the effects of heat. I'm not entirely sure why, we are old enough to have the sense not to strip off and take a running jump into a reservoir at the first sight of the sun (if you do – photo to the newsletter please).

But it is important to adapt your lifestyle a little in order to keep well. I'm aware that some of our groups have been cancelling or rescheduling their activities due to the current temperatures. That is highly sensible.

Don't forget our monthly meetings take a summer break in August. So whatever you're doing this summer, stay cool and healthy and come back stronger in September.

Martin Gray



AN URGENT APPEAL

At last month's monthly meeting Maggie Bell made an urgent appeal for more drivers for BASH (Buntingford Action for Social Help) and two people came forward which is excellent.

But more are desperately needed.

BASH is the group of volunteers who take people, registered at the Buntingford medical centre, to doctors' and hospital appointments. Expenses are reimbursed.

Currently they are unable to fulfil all their requests due to driver shortage and holidays.

If you can possibly spare a few hours please, it would be a great help.

Please ring the BASH phone on 07787 183 288 to speak to Val Reedman or Maggie Bell.

NEW SECRETARY – Chris Candler

Last month in his Chairman's report, Martin welcomed Chris Candler who had been co-opted onto the committee as the new Secretary.

We hope Chris will soon become fully immersed in his new role on the committee and enjoy being involved with our u3a activities.



BUNTINGFORD ANNUAL CIVIC RECEPTION



Mayor Duncan Wallace, Val Reedman
the Deputy Lieutenant, Dr Deborah Taverner



The Award

Val Reedman was the recipient of a Community Service Recognition Award for all the work she has done – and is still doing – for the community of Buntingford.

The award was presented by Mayor Duncan Wallace who said:

"This next person demonstrates tenacity and inner strength in her commitment to supporting others.

Over the years she campaigned and raised funds with her husband Trevor for the Scout Association whilst both served on various committees.

Following Trevor's passing, she completed her tenure as Membership Secretary of our u3a, which boasts 500 members.

She is a trustee and an active member of the local Buntingford Memorial Charity.

And now, recently, following the retirement due to ill health of its coordinator, she has taken responsibility for the operational management of local charity BASH, ensuring those most in need are able to attend medical appointments, always delivering, even when faced with increasing demand."

Congratulations, Val, well deserved!

GROUP NEWS - LINE DANCING



Members of the Line Dancing Group used the Lynx mini bus service to take them to the Woodman pub where they enjoyed a great evening and are now looking forward to the next one.

Photo:

(seated) Claire Hammod, Carol Noble, Carol Hunt, Chris Newman, Mary Deeks, Jenny Gibbs, Shirley Tokely

(standing) Shirley Thomsett and Helen Nichols (instructor).

Photo: Gill Alderton

BRIDGE GROUP



Caroline James, Dave Ingle, Group Leader Phil Anderson, Dot Gabriel.....other members

Our weekly Tuesday Bridge Group moved from Benson Hall to the Bury (formerly the Sports Pavilion of Sainsbury's Depot) on the 25th June 2019.

On 23rd June this year they arrived at the hall to find that Manager Barry Tokely had decorated it for them with flags and Bunting to mark their Seventh Anniversary!

What a lovely surprise!

But someone told us that there was a footie game later that evening – not too sure.....



Barry Tokely

FORTHCOMING MONTHLY MEETINGS

Monday 13th July: Andrew Baker – 'The Profumo Affair'. Over 60 years on, a fascinating British Political Scandal and the consequences that followed.

AUGUST – NO MEETING

Monday 14th September: Jon Mein – 'Room at the Inn'. Traveling through Georgian Hertfordshire.

**We meet at the Seth Ward Community Centre on the
Second Monday of the month - doors open 1.30pm.
Speaker 2pm prompt.**

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	*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
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	Black Bull Pub	1 st Thursday 7.30-.30pm	Susan Peters 07723 343 282 suemary1958@hotmail.com
Guitar for Beginners	Crown Pub	Alternate Mons 2-4	Bill Hooper 01763 273 123 bunthoop12@outlook.com (w.e.f.2026)
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 1 FULL – no casual drop-ins	~URCH Opp Post Office	Thursdays 1pm	c/o Ron Brighten 01763 273 175 ron.bofcw@tiscali.co.uk
Keep Fit Seated Exercise 2	~URCH Opp Post Office	Thursdays 2pm	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
LETs (London, Elsewhere & Theatres)	Various	Various	Cindy Greaves cindykgreaves@me.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	Cottered Village Hall	Fridays 10-12	Ditto
Pickleball 3	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
Quiz Nights	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 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 – 07920 688 190 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	Christopher (Chris) Candler		chriscandler@hotmail.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	Caroline Nash	07746 068 275	carolandynash@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		