



Learn, Laugh, Live



## Bishop's Stortford U3A Summer 2020 Magazine

Registered Charity Number 1132055  
Website <http://u3asites.org.uk/bishops-stortford>

## Committee Members



		
<p><b>Chair</b></p> <p><b>Jim Paterson</b></p> <p><a href="mailto:jim.paterson@bsu3a.org.uk">jim.paterson@bsu3a.org.uk</a></p> <p>07504 104679</p>	<p><b>Treasurer</b></p> <p><b>Jack Treves</b></p> <p><a href="mailto:jack.treves@bsu3a.org.uk">jack.treves@bsu3a.org.uk</a></p> <p>01279 653012</p>	<p><b>Secretary</b></p> <p><b>Kim Shaw</b></p> <p><a href="mailto:kim.shaw@bsu3a.org.uk">kim.shaw@bsu3a.org.uk</a></p> <p>07446 139929</p>
		
<p><b>Membership Secretary</b></p> <p><b>Kath Hird</b></p> <p><a href="mailto:kath.hird@bsu3a.org.uk">kath.hird@bsu3a.org.uk</a></p> <p>01279 722399</p>	<p><b>Webmaster and Newsmail Editor</b></p> <p><b>Ken Wheatley</b></p> <p><a href="mailto:Ken.wheatley@bsu3a.org.uk">Ken.wheatley@bsu3a.org.uk</a></p>	<p><b>Speaker Secretary</b></p> <p><b>James Budd</b></p> <p><a href="mailto:James.budd@bsu3a.org.uk">James.budd@bsu3a.org.uk</a></p>

		
<p><b>Asst. Member. Secretary</b></p> <p><b>Stuart Jacobs</b></p> <p><a href="mailto:stuart.jacobs@bsu3a.org.uk">stuart.jacobs@bsu3a.org.uk</a></p> <p>01279 305315</p>	<p><b>Carole Scott Outings and Events Co-ordinator</b></p> <p><a href="mailto:Carole.scott@bsu3a.org.uk">Carole.scott@bsu3a.org.uk</a></p> <p>01279 505214</p>	<p><b>Roz Howlett Groups Manager</b></p> <p><a href="mailto:Roz.howlett@bsu3a.org.uk">Roz.howlett@bsu3a.org.uk</a></p> <p>01279 657433</p>
		
<p><b>Committee Member Rene Locke</b></p> <p><a href="mailto:Rene.locke@bsu3a.org.uk">Rene.locke@bsu3a.org.uk</a></p> <p>01279 651907</p>	<p><b>Chris Morris Beacon Manager</b></p> <p><a href="mailto:Chris.morris@bsu3a.org.uk">Chris.morris@bsu3a.org.uk</a></p>	

### **The view from the Chair.**

Hello everybody, how are you faring during these strange times? Who would have thought that 15 days after I was elected to the Chair of Bishop's Stortford U3A that the country would be placed in lockdown and all social activities brought to a standstill?



It is the biggest disruption to our daily lives that I can remember since the 3 day week and power cuts in the early 1970s. Even then the pubs and hairdressers stayed open. My hair is beginning to resemble the attached school photo from 1971.

Before I go on, I would like to formally thank Keith Hicks for all the hard work he did as Chair for the past 3 years. And also thanks to Alan Draper who stepped down from the Committee after serving for the full 6 year term.

A new face on the Committee this year is James Budd who is taking over from me as the Speaker Arranger. James' role so far has been cancelling the pre booked speakers rather than arranging them. Hopefully we will get the green light to hold our monthly meetings before too long.

Chris Morris is the other new face on the Committee with responsibility for Beacon.

The Committee is continuing to look for some fresh blood. The duties are not onerous and can

be good fun. So, if you are interested in coming along to one of our meetings (virtually, at the moment) please let me know.

One event we managed to hold before lockdown was a coffee morning for Group Leaders which took place on 11th March. At this event we gauged opinions on a host of topics including whether there is an appetite on holding a BS U3A Open Day to mark U3A Day. The U3A Day was originally scheduled for June but is now pencilled in for October 1st. As there is no Annual Show this year (nothing to do with Covid -19) it was thought that this would be an opportunity to launch a day open to members of the public where all Groups could show off their activities. Look out for more information when we return to a new kind of normality.

The lockdown has brought out the best in our members as many are making the occasional telephone call to the more vulnerable members to ensure that all is well. We have also risen to the challenge of overcoming the disadvantage of not being able to meet physically by getting a crash course in the new technology. A couple of months ago I thought that Zoom was an ice lolly. Now Groups are using it and other platforms to hold meetings or just chat with a fairly high percentage of success.

Keep up the good work, keep active and keep safe.

**Jim Paterson, Chair**

**CHRISTINE ROBINSON**  
**Executive Committee Secretary 2012-2018**



Sadly in January of this year we lost Christine who was a highly valued member of our U3A. She served on the Executive Committee for eight years and as a very responsible Secretary for six of those years. Christine and her husband Terry were the Annual Show co-coordinators for four years and both of them were members of the U3A Ten Pin Bowling group. Christine was such an active person who enjoyed running, swimming, hiking, climbing and yoga.

She will certainly be missed by all who knew her.

**Richard Cawse**

## Monthly Speakers

In these strange times my new role as speaker arranger has involved me in cancelling previously booked speakers for the Monthly meeting. The lockdown and subsequent cancellation of the Meeting has led to the postponement of the Speakers scheduled for April to July (at the time of going to press).



Before lockdown, in **January** we managed to hear from **Geoff Bowden** on the '**Life and Times of Agatha Christie**'. Feedback from the members who attended was very positive and many rated him as one of the best speakers we have heard at Bishops' Stortford U3A. We made sure we booked him again next year on a different topic.

In **February** we heard from **Joan Munden** (see photo) who gave a very dramatic performance portraying the life of one of her relations who joined the Special Operations



Executive during WW2. Dropped into France as a radio operator she had a few near misses before eventually being caught and eventually shot by the Nazis.

**March** was the **AGM** and we also had the Fire Brigade lined up to give a presentation on home safety, unfortunately this coincided with the outbreak of Coronavirus and as key workers they cancelled on the day. Luckily, Gill Hulme, the local minister of the Methodist Church stepped in at short notice and gave an update on plans to refurbish the church hall and a report on a jig saw festival held the weekend before. After the meeting members could enjoy tea, coffee and cake and also peruse the impressive jig saws which were still in place in the back room of church.

At this stage we cannot confirm when the Monthly meetings will restart, however we currently have speakers in place from **August** when an old favourite **Mike Beech** visits to give us a talk on 'Russia Past and Present'.

If inspirational speeches are your thing then in **September Alan Wise** will be giving a talk on the topic '**Change Your Thoughts and Change Your World**'.

We get a musical talk in **October** from **Saffron Summerfield** entitled '**Milton Keynes to**

**Mississippi'** and in **November Charlie Haylock** provides an insight on the **History of Surnames**.

**December's** meeting has the traditional Xmas theme when Tricia Thompson gives us a run through the **History of Christmas Music**. We hope to be joined again by the children's choir from St Michael's primary school who went down a treat last year. As usual the December meeting is followed by tea, coffee and mince pies.



**James Budd**

**Speaker Secretary**

## Making Miniatures

What sort of miniatures, people ask? Well, the answer is 1/12th scale dollhouse miniatures. I inherited the leadership of the club, complete with its title, some years back now, when building, fitting-out and decorating a dolls house was a much more popular hobby than perhaps it is now!



What I like about this hobby is the wide variety of crafts and skills that go along with it, so I never get bored. Equally, I have my favourite crafts and also those that I am not very good at, so that is part of the fun and challenge. Some of the different things we get involved with are woodwork, needlework, clay modelling, painting, beadwork, dressing small dolls, quilling and much cutting out, glueing and sticking, among many more.

We meet once a month on the 1st Tuesday, from 2.30pm at my home address, where we have access to materials, tools and many instruction sheets and diagrams for projects, and individual scale items. I have belonged to 3 different miniature groups for many years now, so I am happy to share my experience, and any helpful tips I have learned along the way.

Making 1/12th scale items is not as difficult and 'fiddley' as you might think, because we use tools,

like tweezers, to hold small items, and apply glue with a cocktail stick.

Occasionally, we have worked on a project together as a group, to display at a particular event for instance, but mostly we are making things for our own, or family members', dolls houses, or as a 'room box' on a certain theme or historical period, such as Tudor or Victorian.

Mostly we just have fun and enjoy our time together – able to laugh at our mistakes or be pleasantly surprised by the effective result of our efforts!

Below is a photo of some of the small pieces we have made recently.



**Wendy Shipperlee**

## **Bridge Group 1**

Bridge Group 1 has been going for many years, ably run by Annette Richardson, now by myself, Mike

McGregor. There are currently about 20 members, who meet in the members' houses every Wednesday, 2-5pm. It is getting more difficult to arrange games now as quite a few people don't drive and people live as far away as Maggotts End, Elsenham, Bishop's Stortford and Sawbridgeworth.

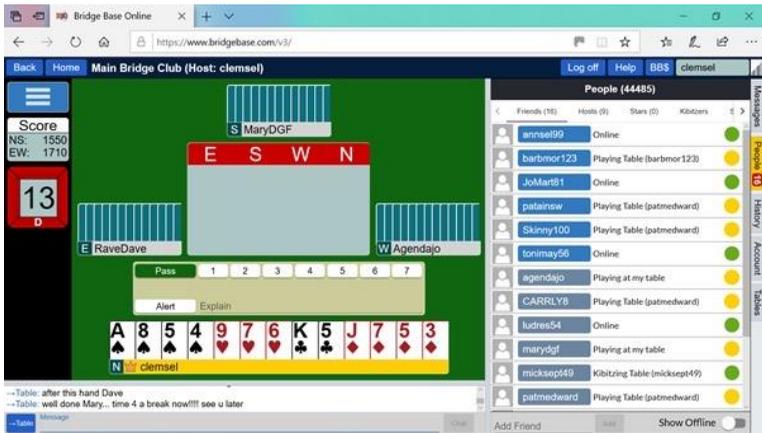


At the moment, obviously we aren't managing to play, due to the lockdown, but hopefully in a few months, we can get back to playing again.

We are always looking for new members. If you are interested, please phone me on 01279 507211

**Mike McGregor**

## Bridge Group 2



It is said that Bridge is the most popular and challenging card game in the world, and also that playing it regularly exercises the brain!

The second Bishop's Stortford U3A Bridge group has been going for a few years. We have been lucky in that we have been able to use the downstairs coffee / bar area of the Rhodes Centre for a relaxed not too serious afternoon of Bridge.

During this period of isolation, the group have been using a web based system called Bridge Base on Line, with one player setting up a table, then inviting three more players to join them. We set up a WhatsApp group call at the

same time, which makes the games more sociable, as we can chat to each other whilst we play.

We have been playing throughout April and plan to continue in this format for as long as necessary. We find it very successful and popular with the Bridge group members - often having five tables playing at the same time. We usually play twelve boards, then have 15 minutes break, and then change players round in the second half, so over time we get the chance to play with different people, and indeed talk to different people.

**Ann Selvon**

## **Canasta Group**

### **Learning as we go along**

We are a select few enjoying our twice monthly get together which always takes place at Gill's house.



It's a fun game to play once you have mastered the many rules.

I learned the game on a bridge (another card game) break with friends. Two of the others are playing to be able to join in with family members. The other two are teaching us.

We are now looking forward to being able to get back to the normality we took for granted

## **Gill Schaff**

## Scrabble Group

I have been running this group for about 5 years when originally I just stepped in provisionally to help out but have been running it ever since! We meet in my house on the 1st and 3rd Monday of the month for about 2 hours although it mostly goes on a bit.



The general comment I have received is that it is a really nice way to start the week, and I agree.

We normally have 8 - 10 people of all standards. Firstly we enjoy our coffee and a quick catch up. After this we have two tables and everyone concentrates on their game. There are no league tables or prizes but we all enjoy our own little competition.

As you can imagine we have very 'interesting' and funny discussions about the words used! We have some very good players who are quite happy to give hints to those not quite so good, and I have noticed a great improvement in our game as time has passed.

After the first game the two players with the highest scores on each table play together which gives the better players more competition and it is a nice way to chat to all the players.

Over the last 5 years we have kept most of our players and they have been very regular, unfortunately we have had two members die which was sad.

Some members are on their own and are glad we have our little chats at the beginning and end, we usually find something to laugh about. It is also a good way of finding out what is going on and very often we manage to join some of them for a quiz or theatre outing. We are a happy mixed group who I hope enjoy and benefit from our Scrabble Group.

**Wendy Bloodworth**

## City Trekkers

City Trekkers have been going since 2011, with a membership of between 28-30



people, most of whom do all the walks. We have 7 couples who lead walks, which is good, because we only have to do one once in almost 2 years. We walk in March, June, September and November.

We have done many varied walks, and luckily, not too many wet ones!

Last year, for instance, we did walks to Woolwich, Bloomsbury, Shoreditch and Hoxton and the Barbican and Kings Cross.

Obviously we had a full list for this year.

Whether we manage to do September and November is yet to be seen. Otherwise we are fully sorted for 2021!

There is so much in London that you never see, and having this and other walking groups, means you get to see so many things you didn't know were there. A real eye opener in a lot of cases.

Here is to all the walking groups. Long may they be successful.

**Jenny McGregor**

## Brisk Walks down south



Nineteen walkers of varying briskness took their annual break last October for four days of walking on the Sussex downs, staying again (for some) at the comfortable HF Holidays country house at Abingworth. Owing to ill health John Jaques, whose inspiration and leadership are central to the activities of the Friday Brisk Walks group, could not join us this year for the first time since he started the group.

## Ring road

A keynote walk took us to two important local landmarks. The first one that we came to, after passing the eponymous dewpond, was Chanctonbury Ring. This is an ancient hill fort with several tumuli nearby and a distinctive clump of mainly beech trees at the summit. The trees had to be largely replanted following the devastation of the great windstorm of October 1987. Our circuit also took in a climb to the top of a much larger hill fort, called Cissbury Ring, with fine views over Worthing and out to the English Channel. There are traces of flint mines at this site and the use of knapped flint is evidenced in the construction of many local houses, as well as the Grade II listed Wattle House at the village of Findon. The latter was built in 1803 to store wattle pens which were used for the annual sheep fair on the green. Our route back to the South Downs Way took us close to a place described on the OS map as adventure activities; it turns out that it's a gun club and although

shooting could be heard in the distance we didn't have to duck any hot lead.

### **He went thataway**

Over the course of the week our walks covered various ways and trails, principally sections of the South Downs Way, Monarch's Way and the Literary Trail. The Monarch's Way is so called as it roughly follows the route taken by King Charles II as he was making his way to the coast making his escape to France in 1651 after defeat in the battle of Worcester. Many paths bear this name but what was his actual route? For example, at a spot called No Man's Land there is a Y junction with two onward trails named Monarch's Way; one with a waymark in blue, the other yellow. It has to be said that this long distance footpath is but an approximation of the route taken by his majesty.

### **This time Arun**

As a change from high ground most of the time, one walk after starting with a climb to the South Downs Way took us gently downhill, passing a well maintained gallop, to the left bank of the River Arun. From here we had a fine view of Arundel Castle. Crossing the town centre by the remains of what is called Maison Dieu we climbed again, this time past the cathedral to make our way through the undulating grounds of Arundel Park before completing the circular walk with another stretch of river along the right bank.

We record here our thanks to Mick and Jan, David and Helen and to Michelle for all the hard work they put in to plan, reconnoitre and lead the walks; also to Penny for handling the bookings with her usual efficiency.



**Richard Owen**

## Outings and Events

While we haven't been able to undertake our planned outings this season, rest assured there are several that we hope to reschedule as soon as possible. In the meantime I hope you enjoy these photos from some recent trips. Look at the cover of the magazine for some more memories of recent outings.





**Carole Scott**  
**Outings and Events Coordinator**

## Weekly Walking Group

Our last Amble of 2019 organised by Peggy Griggs took place in December and set out from The Nag's Head where we were to return later for our Christmas lunch. It was a cold day but sunny and we had a pleasant walk around Birchanger Woods. Lunch was an enjoyable occasion at which, as has become the custom, we all racked our brains to come up with answers to the Quiz that Peggy provides. This year it had a musical theme.



Normally the first walk of the New Year would see us reunited after the Christmas break at Rosey Lea for brunch but due to refurbishment being undertaken we delayed our visit by a month. 'Storm Ciara' having made its presence felt over the previous couple of days, it was a relief to find that although it was very chilly, the day was bright and sunny. David Pearson led us on a short walk introducing us to a part of Bishop's Stortford most of us hadn't explored before – the new housing estate, Stortford Fields near

Tesco's. It was interesting to see the extent of the development and even though we did a short detour into the countryside we were glad not to have muddy boots, as is normally the case, when we reached Rosey Lea where 29 of us enjoyed some tasty fare before returning to Silver Leys.



Although parts of the country had been dealing with flooding issues the morning our March Amble took place dawned bright and sunny and a fresh wind had dried out the effects of recent rain. The walkers met at The Nags Head in Bishop's Stortford and led by Wendy Shipperlee headed off along residential roads to Beldams Lane where a footpath across farmland and over a brook eventually took them alongside the M11 to the highest point east of the River Stort where views of Bishop's Stortford nestling below them could be admired.

The walk then continued on to St Giles Church, Great Hallingbury where a stop was made to admire the carved heads beside the doorway and then we headed on towards Bedlar's Green passing a residential property with a carved verse over



the door declaring its origin as a primary school. Across the road were two well preserved old Tudor buildings, one proudly displaying the date it was built, and the other letting its striking timber-frame speak of its history. Upon reaching Bedlar's Green Cottages we took a path which led us across fields towards Harp's Farm and then on to the main farm road heading back towards the M11 which we crossed via a bridge. En route several larks took to the sky on either side and regaled us with the true sound of Spring! Once again we crossed over the brook which we then followed before turning off towards Bishop's Stortford Golf Course. We followed the path round until it brought us out right next to the Course itself where the public footpath crosses it. We gathered together here, as the path is in line with a 'green', and it is necessary to check if golfers are playing and wait for a signal that it is safe to cross – not a place to linger! The path then brought us out onto the end of Haymeads Lane and it wasn't long before we were

back at The Nag's Head to enjoy a meal together.  
(Thanks for this report of your amble, Wendy).



Sadly, a week later, the Group undertook its final walk in the countryside as the impact of Coronavirus was beginning to take effect and 'social distancing' had been introduced. At the time of writing this report it is not known when our walks will re-commence.

**Valerie Porter**  
**Group Co-ordinator**  
**Weekly Walking Group**

## Growing up in South London

I grew up in South London (or should I say Sarf London?) in the 50s and 60s.

We lived in Streatham pronounced Stretum, I recently corrected a Canadian friend who visited us via Tottenham Hale, it's pronounced Tottenum not TottenHAM.

Anyhow, us kids all played in the street and the road. It was a cul de sac and apart from the rag and bone man who caused a lot of excitement when my mum and the neighbours all rushed out to collect his horse's deposits for the garden, there was no traffic during the day until the few cars of the elite drove home in the evening.

My mum took me to school on my first day, about a ten minute walk away, and after that I was on my own. It was all perfectly normal.



My dad took me to Streatham ice rink, he had been stationed in Canada during the war and became an active ice hockey player. I loved it. I had my own second hand white figure skating boots. My parents did offer to fund figure skating lessons which were very expensive but I said that I just preferred to race round, as fast as I could. There was also the little matter of not wanting to have huge thighs which all the instructors did! Later on I saw 60s bands such as the Move and the Herd with Peter Frampton who became something of a rock superstar in America. At the time he was only sweet sixteen.

My grandma worked in accounts at the Civil Service Stores in the Strand. In those days all the London stores closed at lunchtime on a Saturday, that was the custom or rule.

So from about the age of nine onwards I would get on the 159 bus all by myself and travel to Trafalgar Square and meet her after work.

As it was just around the corner, very often she would use her lunch break to queue for tickets at the Royal Opera House in the 'Gods' seats so far up you were practically in heaven. These cost all of about ten bob. I saw among others Margot Fonteyn, just before Rudolf Nureyev defected in Paris and came to London.

Many years later I saw him at the London Colosseum and when he came onto the stage I swear you could hear a pin drop, he had sheer stage presence. I just regret I didn't see them dance together.

Before the ballet, grandma would take me for a meal in the Golden Egg which was definitely a cut above a Wimpy Bar.

Each branch had their own stained-glass designs which these days some art and design historians have written about admiringly, even though they are long gone.

To a greedy young kid, being told you can have anything you want on the menu was a big mistake. So I loved a sliced burger roll, one side with a frankfurter cut half through at every inch, so it became frilled like a daisy, and the other side with a burger. I thought this was marvellous and no doubt there was a pile of chips too.

When I reached twelve and a quarter I got a job at the Locarno Ballroom. I was allowed to work for four hours a week, it was actually legal. Though I must admit I may have been a little economical with the truth when I asked the nuns at my convent-type girls grammar school permission to work there. I explained that my job was to provide refreshments for a childrens' dance class. Well it was sort of true in that this was the under fourteens session but even at that tender age the boundaries between the Streatham Hill Gang and the Brixton Boys were well established and it was by no means unusual for tables and chairs to be thrown up into the air.

But I must have enjoyed it as I stayed until I was seventeen. I can still see Ray McVay and his orchestra on the revolving stage, as one act came on, the previous one disappeared backstage.

**Carole Scott**

## **Creative Writing Group**



### **Sonnet to a Woke World**

Throughout my life I have never been shy  
Of expressing thoughts in a forthright way.

I listen when others talk pie in the sky,  
Often disagreeing with things they say.

Now sadly, I find discussing the news,  
Fraught with the danger that offence is  
caused.

A wrong word or phrase, while expressing  
views,

And further discourse is suddenly paused.

I have never set out to cause offence,  
Now censured for use of banned phrase, I'm  
shocked.

Outrage and disgust are more than pretence.

No interest remains in what was discussed.

I was born into a straightforward world  
Not built for the woke new dictums unfurled.

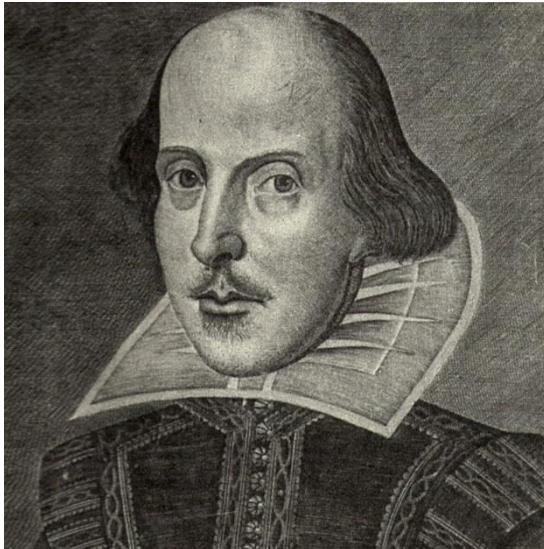
**Peter Latham**  
**9 February 2020**

## All's Well That Ends Well

Said Mr William Shakespeare to the  
characters he'd made  
"What fun we've had together, what tantrums  
we've displayed.  
I've sometimes got to wond'ring if it could  
have all gone wrong,  
And some of them would have had to sing a  
different song.  
If I'd called Juliet Maud, would she have had  
the same allure?  
Would Romeo still have loved her, I'm really  
none too sure.  
If witches three had not convened upon that  
fateful night,  
Would Macbeth have started up such a  
horrific fight?  
If cruel Shylock hadn't wanted his whole  
pound of flesh,  
Would there have been a drama to entangle  
from the mesh?  
The Ides of March that Caesar feared will be  
upon us soon,  
Perhaps it would be better if I'd started this in  
June.  
When asked if my success in life is largely  
down to luck,

I answer NO, It's characters like my own  
favourite, Puck  
And delicate Titania and Othello, tragic Moor,  
And all those kings and princes bringing  
drama to my door.  
After years of writing drama, joy might begin  
to pall  
But "All's Well That Ends Well" for I have  
loved you all."

**Kathy Sumpter**  
**19th February 2020**



## Poetry Corner



### Two Hungry Caterpillars

Two hungry caterpillars, Millie and Red  
Knew it was time for going to bed  
But Millie had a cunning plan  
Which involved them eating all they can

So they lay in the kitchen, eyes fully closed  
And looked asleep, so Dad supposed  
When Dad was gone - hip, hip, hurray  
That's when mice come out to play



They found the food  
- nibble, munch  
Juicy fruit and  
cookie crunch  
Peanut butter  
everywhere  
And even chocolate  
in their hair

What a mess, but oh what bliss  
Tummies full of happiness  
And in the morning, all was clean!  
That's when they knew, the house fairy had been

**Brian S Farley    Jan-2010**

## My Beard's Awa'

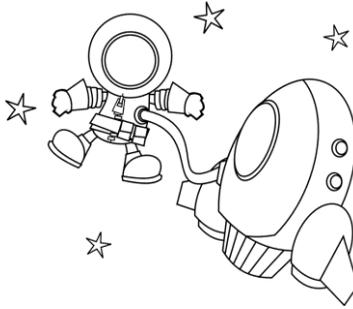
Once I had a bonnie beard  
It's fleece as white as snaw  
Fareweel fair friend, I knew  
you well  
But now you've gone awa'



Many times you've kept me  
warm  
And made me feel so braw  
But summer's here, and  
winter's gone  
And I don't miss you at a'

**lyrics: Brian S Farley, Feb 2020**  
**tune: Handsome Nell, Robert Burns**

## A Potty Tale



I'm sitting in my Jargo up in space,  
Steering like a madman in a race,  
Dodging asteroids and comets  
My ears plugged up with grommets  
While noisy vessels whistle past my face.

I'm a jargonaut who loves his astral work  
And the danger bit is just an extra perk.  
When those Frenemies surround me  
I will always look around me  
To check the Black Hole shadows where they  
lurk.

My Jargo pet sits huddled by my side.  
It's happy when I take it for a ride -  
With silky legs akimbo  
It stares into the limbo  
With eyes like two large ducks' eggs lightly  
fried.

I hear it squeak, “Meh, meh,” as round we  
zoom,  
While other Jargos lurk there in the gloom,  
When with noise like stellar thunder  
A galactic great Gesunder  
Approaches as its wide-mouthed cannons  
boom.

“A chamber pot is flying in the sky,”  
I tell my pet and look him in the eye.  
His wording somewhat alters -  
“Oui, oui,” his small voice falters  
And trembles as the tracer bullets fly.

But I let loose an anti-potty shell  
Which blows it up with a disgusting smell.  
The thunderbox disperses  
With meteoric curses  
And we fly off assured that all is well.

**Adrienne Tinn     24/11/08**

## Jack : Boxer

By

The Parkinality Poet



Shuffling and staggering into  
the ring,  
haven't touched a drop of gin.  
Bantam, feather, heavy or light,  
Are we talking chickens? No, having a fight.  
Standing, staring with a blank look,  
left foot forward, prepare a right hook.  
Jack's not here to try and win,  
holding his gloves close to his chin.  
Jab, punch, hit or blow,  
above the belt, never below.  
Jab, cross, left hook and repeat,  
Standing, feeling light on his feet  
Pads are the target, not the face,  
starting to quicken up the pace.  
Repeating, time and time again,  
not intending to cause any pain  
Turn around, make a lunge,  
grab hold of the magic sponge.  
Mop away those beads of sweat  
still going strong, not done yet.  
Movements really start to flow,  
as he punches, who would know?  
The power surprises him.  
Starting to feel that he could win.

Never, a knock out,  
Never, down and out,  
No, final countdown,  
Never, out for the count.  
Confidence really starts to grow,  
Jack will take you on, have a go.  
Ding Ding - flip - it was going so well,  
You were lucky, saved by the bell.

**Tina :**  
**Launderette**  
**By The**  
**Parkinality Poet**



Today is two  
years since  
Raymond went  
away,  
when he broke her heart on that Summers  
day.  
Why did he go? Tina still didn't know,  
the note simply said, 'Sorry, I have to go'.  
Every weekday, Tina would fold;  
it was quite a skill, she'd been told,  
to neatly press the clothes each day,  
at the Launderette, on Windowpane Way.  
She arrived at eight, left at seven,

Tina spent her day, in ironing heaven.  
Up to her ears, in creased attire,  
until the day when she would retire.  
Whilst she folded, she would ponder,  
Staring out of the window, she would wonder.  
Standing and thinking, about a time,  
when she was happy and life was divine.  
They met each day by the factory gate,  
strolling together, (he was usually late)  
Holding hands, spending the walk,  
exchanging news - goodness they could talk.  
They fell in love, over the Summer of '71,  
she was so happy; she knew he was the one.  
'Those were the days', she would sigh,  
'When we were 'us', you and I'.  
Tina gazed out of the window today,  
still wondering why he went away.  
As she wiped away her usual tears,  
a familiar soft voice whispered in her ear.  
'I should've never gone away  
I've thought about you every day'.  
As Raymond gathered her in his arms again,  
she knew their love would never wane.

**Both poems from The Parkinality Poetry Book  
by The Parkinality Poet aka Julie Walker.  
Available to buy from Julie for £8.99  
30% of the royalties earned going to The Cure  
Parkinson's Trust**

## Confusion



Yesterday I thought – I  
don't know  
What don't I know?

Does anyone know

Anything at all?

And what do we mean by 'knowing' things?  
Cause and effect?  
Short termism?  
Or long termism?

Yet the more we know, the less we know  
And we know best  
And we know why  
We know many things

We call ourselves 'Homo sapiens'  
The man who knows  
The kind who knows  
Or who think they know

And I am not sure I want to know  
Really not sure  
Of anything  
Confusion be gone

**Roz Howlett**

**Pat Branchflower** has written the following poem about how Coronavirus has affected our lives. She composed most of it while walking along this path in St. Michael's Mead.



## **Two Metres in Between**

No normal, boisterous, busy sounds  
Just my boots echoing my footsteps on the ground  
The soft, regular patter of Dudley's paws.  
Pigeons abound and their call is loud,  
A blackbird tussles to gain a juicy worm,  
All else is just a picture  
And the world sleeps.

But it is day time, the sun smiles on us,  
And the trees wear a new spring coat of green.  
A quicker pace, I move aside,  
A runner passes by  
Two metres always in between.  
Dudley sniffs his way along the verge  
A cat defies him and he pulls on his lead.

The playground sleeps  
The swings are still  
No children now.  
They are just voices  
Innocent at play  
But in their gardens, far away.

The field, my dog ran and played in  
Just weeks ago.  
Now few are here  
And if we pass (two metres away)  
His lead is on  
He must not stray.

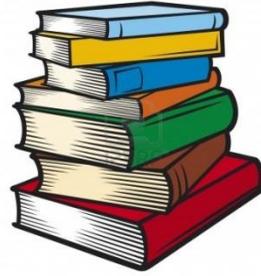
The beauty of the spring  
Ahead of us now.  
A footpath, peaceful, deserted, still.  
Just nature's sounds  
To reassure  
That one day this will end.

**Pat Branchflower**

## **Book Corner**

### **Reading Group 3**

#### **Contemporary Novels**



Since we first started meeting at the end of 1995 we have read 268 books by 168 authors. As a change from the usual practice of recommending individual books we thought a list of authors by theme might be of interest and would provide suggestions for reading or at least researching individual authors during this period of lockdown when most of us have ample spare time.

#### **Historical**

Sebastian Barry (Ireland and USA)

Amy Tan (China and USA)

Richard Flanagan (Australia)

Kate Grenville (Australia)

Peter Carey (Australia)

#### **Places and Backgrounds**

Valerie Martin (USA slavery)

Francis Spufford (early US settlement)

Andrea Levy (Caribbean)

Annie Proulx (Canada and USA)

Nadine Gordimer (South Africa)

## **Relationships**

Carol Shields

Anne Tyler

Elizabeth Strout

Marilynne Robinson

## **Every novel different**

Ann Patchett

Rose Tremain

Ian McEwan

Kazuo Ishiguro

## **Imagination and Dystopia**

Margaret Atwood

## **Other Favourites**

Helen Dunmore

Anne Michaels

Siri Hustvedt

**Irene Stephenson, Group Co-ordinator**

## Message from the Editor

It is always wonderful to receive your news and views that you want to share with the other members. I do reserve the right to edit articles and photographs so that they can fit within the overall layout of the magazine, especially as we have a limit of 48 pages. Please email articles to me, preferably in Word, with images sent separately for inclusion in the next magazine which will be sent to the printers in November.



**Lesley Mishan**  
[lesley.mishan@bsu3a.org.uk](mailto:lesley.mishan@bsu3a.org.uk)

 *Make your house a home with*  
**COOPERS OF STORTFORD**

**15% OFF\***  
in store when you show your  
LISA membership card

Garden & Horticulture  
Pet & Bird Care  
Cookshop  
DIY & Tools  
Hardware & Housewares  
Lighting & Furniture  
Homewares & Gifts  
Haberdashery  
Key Cutting  
Tea & Coffee

*plus*  
enjoy a **FREE\***  
tea or coffee  
when you shop with us

\*T&Cs: Cannot be used in conjunction with any other offers. Cannot be used to pay for Coopers of Stortford Ltd. products. Offer valid in store only. Please see store for proof of purchase.

**Coopers**  
OF STORTFORD

11 Bridge Street, Bishop's Stortford, CM23 2JU  
**01279 656551**  
OPEN 7 DAYS • FREE ON-SITE PARKING



THE UNIVERSITY OF THE THIRD AGE

## Our U3A Ethos



THE UNIVERSITY OF THE THIRD AGE

### Bishop's Stortford U3A

Is a self-help organisation run entirely by volunteers, relying on everyone making a contribution of some kind.

We look to members to give time and effort as well as to receive the informal learning, enjoyment and friendship that the various activities provide. Our U3A can only thrive if all members accept this principle.

A new group only comes about when a member expresses an interest in a particular area and others join to form the group and run it themselves with support from the committee.

Everyone can play some part in our U3A, whether it be leading or taking an active part in a group, serving on the committee or volunteering to help in some other capacity.

### Courtesy & Common Sense Reminders

#### For U3A Group Members

The U3A is run by volunteers who give their own time freely for the benefit of our groups so:

#### **Please**

Take note of the organiser's phone number and/or email address in order to let the leader know if you are unable to attend a meeting.

Let the leader know if you wish to leave the group, as there may be a waiting list.

If you miss three sessions in a row without contacting the leader, it will be assumed that you no longer wish to be a member of that group.

Arrive at the group meetings in good time.

Make a note of meeting dates and times.

Remember that individual groups are self-funding, so contributions may be requested when there are expenses to be covered.

Thank you



**Look through the magazine for a Magical Mystery  
Tour of some recent outings.  
Can you recognize the venues?**