



Summer 2021 Magazine

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

Committee Members



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

		
<p>Asst. Member. Secretary</p> <p>Stuart Jacobs</p> <p>stuart.jacobs@bsu3a.org.uk</p> <p>01279 305315</p>	<p>Outings and Events Co-ordinator</p> <p>Carole Scott</p> <p>carole.scott@bsu3a.org.uk</p> <p>01279 505214</p>	<p>Groups Manager</p> <p>Roz Howlett</p> <p>roz.howlett@bsu3a.org.uk</p> <p>01279 657433</p>
		
<p>Committee Member Rene Locke</p> <p>Rene.locke@bsu3a.org.uk</p> <p>01279 651907</p>	<p>Chris Morris Beacon Manager</p> <p>Chris.morris@bsu3a.org.uk</p> <p>01279 216444</p>	

The View from the Chair –

Hello all. Well things are progressing and as I write this in early May, it looks as though the light at the end of the tunnel is turning into a fierce large glow.



By the time the newsletter comes out all members should have been offered two doses of the Corona vaccine which will be a huge help with the restarting of our group activities.

I for one cannot wait to resume old fashioned face to face meetings. I am impressed by the way many members have adopted Zoom which has been a life saver however it is still second best to human interaction.

The AGM this year went well with a good virtual attendance which passed the amendments to the constitution required for us to move the meeting online.

James Budd, our current speaker secretary was elected your vice chairman. James will be continuing to arrange the speaker programme for the monthly meetings in addition to being my deputy.

There is still however a vacancy for a Committee Secretary. Kim Shaw has done an excellent job over the past 3 years and now wishes to step down. As nobody came forward at the AGM to be nominated for the role Kim has kindly agreed to continue in the role on a co-opted basis. However, this can be only a

short-term solution as the Secretary is an Officer of BS u3a a mandatory role in our Constitution. As such if we do not get a permanent replacement soon then it puts the whole future of Bishop's Stortford U3A in doubt.

With regard to membership generally I regret to report it is down on the year by around 100 to 827 which is a normal rate of attrition. However, these members are normally replaced by around 100 new members which has not happened this year due to lockdown and restrictions. Once restrictions lift then the focus of your Committee will be on growing the membership by targeting and hopefully recruiting the recently retired who are more likely to become active members. The profile of u3as nationally is that the proportion of members 65 or under has halved in the last 5 years from 15% to around 6%. Bishop's Stortford mirrors this national trend.

You may have read in the TAT Magazine that a u3a Day is planned for 2nd June. Bishop's Stortford u3a are not participating this year as we feel it is too soon as there will still be social restrictions in place. When all has settled down, we want to mark the next u3a day by holding a special event coupled with a recruitment drive around the town.

That's all from me. Hope to see you all soon.

Jim Paterson
Chairman
Bishop's Stortford u3a

Monthly Speakers

Hello everyone, hope you are well and have not had too many problems during the covid-19 lockdown periods which we have experienced during the last 12 months.



Just a few words from me on the speakers that we have arranged during the strange times we have had. Due to the Methodist church hall being closed during the lockdowns I have been arranging for speakers to carry on with the monthly talks, which we have arranged via Zoom. Zoom is a digital format which allows the speakers to carry out their talk to all of the membership who are connected to the internet by computer, tablet or mobile telephone. This has been successful and we have had an average of 80 to 100 members connect on a monthly bases to listen and take part in the talks, very similar to what we carry out in the hall.

We are hoping for the government to confirm when it will be safe for us all to meet up again in person, this will allow us to carry on with the meetings being carried out in the church hall.

I have speakers booked on Zoom until the July meeting this year and hope as mentioned above, we can all meet up together in August/September this year.

James Budd
Speaker Secretary BSu3a.

Weekly Walking Group

The last year has been completely overshadowed by the Covid 19 National & International pandemic which of course affected all groups in the u3a not least the Weekly Walking Group.



Firstly the Group comprises about 50 members most of whom have now returned to the weekly walks after the latest easing of Covid restrictions during April 2021. We also of course had a short reprieve in the Autumn of 2020 when a few walks took place. However I am sorry to report the Group lost two stalwart walkers who died during the last year from other causes and they will be greatly missed.

Taking the year as a whole the Group had to cancel 42 Walks inclusive of 10 of the ever popular pub/meal out walks at various destinations. However I am pleased that we have now resumed the Groups weekly walks as per our schedule and it is hoped that our pub walks will resume once more as Covid restrictions are eased this summer.

One issue that must be recorded is the Groups appreciation of the long term leadership of Valerie Porter who stepped down from this position late last year. Valerie led the Group for many years(I'm not sure how many) and her efforts certainly promoted the popularity of the group.

David B Pearson
Leader

Outings and holidays have been an important part of BSU3A and well supported over the years.



These have had to be suspended during the pandemic, but will be resumed when it is safe and practical to do so.

The Third Age Trust produces guidelines for trips and insures members for day trips and Study Days requiring an overnight stay. They advise that we must follow guidance as laid down by the coach companies we use. This includes at the time of writing, mask wearing, hand sanitisers, and social distancing eg. using only three seats across the coach instead of the usual four. Importantly those joining an outing should be fully vaccinated, as coach drivers are. Proof of this is the small record card we are advised to carry, and this will be required at time of booking. It is possible that coach company measures will be stricter than Government rules or guidance, but this will be for reasons of enhanced safety.

At present, there is uncertainty around the end of lockdown measures announced for 21st June, due to the new Indian variant. With this in mind, we will only run outings when the outlook is more certain. But I think we are all looking forward to trips happening again.

Carole Scott
Outings and Events Coordinator

STOP PRESS!

**Originally planned for Spring 2020 and updated
for 2022**

Holiday in Falkirk Scotland

Sunday 5th to Friday 10th June 2022

5 Nights Bed Breakfast & Evening Meal
Executive Coach Travel
£575 Per Person
£125 Single Supplement
£50 Deposit Non-refundable
4* Doubletree Hilton Westerwood Hotel

Planned Itinerary

*Falkirk Wheel & the Kelpies
Loch Katrine steam Cruise
Three Forth Bridges Cruise
Holyrood Palace and Royal Yacht Britannia*

Cheques Payable to
Bishop's Stortford u3a
Contact Chris Morris
01279 216444 - chrismorris.home@gmail.com

Insurance Available if Required.

Tai Chi Classes



Have you ever considered the great benefits to be had from TAI CHI?

- Relieves physical effects of stress.
- Promotes deep breathing.
- Reduces bone loss in menopausal women.
- Improves lower body and leg strength.
- Helps with arthritis pain.
- Reduces blood pressure.
- Requires mind and body integration through mental imagery.
- PLUS WE HAVE AN ENJOYABLE TIME

We hold classes on Fridays, but not on the first Friday of each month with a qualified instructor.
VENUE : Bishops Park Community Centre
TIME: 12.30 – 1.45pm.

Taster sessions are available for £3 to help you find out more.

For more information please contact
Yvonne Mitchell
yvonne1610@icloud.com

U3A Bishop's Stortford CREATIVE WRITING GROUP

Our creative writing group have continued regular meetings during the pandemic using Zoom. We are particularly pleased to have recruited three new members who quickly integrated with our group which draws on a varied range of backgrounds.

We are currently following a user-friendly course of exercises recommended to us by Marcia Humphries, Creative Writing U3A National Coordinator. Each month we cover an exercise from the course which helps us hone our writing skills in a fun and practical way. The course has been particularly useful in helping us all explore aspects of writing we have not tried before.

We are relieved that the restrictions of lockdown should soon be eased and are looking forward to returning to face-to-face meetings. Anyone interested in trying their hand at writing poetry or prose, ranging from factual reporting to fiction and storytelling should contact Kathy Sumpter by email: gerry.sumpter@yahoo.co.uk .

Peter Latham
BSU3A Creative Writing
Group



Things I have learnt in Lockdown(s)

Having done Open University, a number of Future Learn courses which were generally enjoyable, a French refresher course which I gave up when I was made to do an exam (quelle horreur) an Italian course (very average) and attempts at learning two different musical instruments, both of which I failed at miserably, I decided to spend lockdown in less academic pursuits.



I have appreciated that a garden or just a little patio area where a few pots can be kept is more important than ever. When no garden centres or nurseries were allowed to open last year, a large delivery from Langthorns kept me going for ages.

More than ever I have been aware of how fortunate we are to live in what is still a semi-rural area, and we have lots more open space than in London which is where I grew up.



Soon after first lockdown we discovered Bat Willow Hurst which is a new park formed from the spoil from St Michael's Hurst, Bishop's

Stortford North. When it 'grows up' it will be wonderful. In the meantime it's a popular haunt of buzzards and red kites, there are plenty of benches and even a small car park.

Some days I just stop and look at something, whether it's admiring a tree or a wildflower, and Birchchanger Wood has these in abundance, wood anenomes or dayflowers, wild primroses, celandine, sweet violets, dog violets, and of course native bluebells. I have inherited Spanish ones in my garden which I feel bad about as they could in theory oust the natives.



I have finally admitted to self and spouse that ironing is such a waste of time that I am not doing it anymore. This means that we have embraced the crumpled look more than we had already. We walk the dog daily so we are usually sartorially challenged and pretty muddy too.

I have learnt that as we weren't able to go much anywhere, that there was time to tackle the myriad numbers of jobs that were piling up, as despite being retired, we had no time to do. Of course whether the jobs were actually done or not was another matter, and being retired, this was something that could always be done tomorrow!

'We take tea at 4 o'clock in the afternoon' announced Maggie Smith playing a Grande Dame in one of my favourite films Tea with Mussolini. I never did this before but it has become something of a ritual, or at least a marker in the day. And yes I do like banana bread also lots of what used to be called plain cakes, and no you don't have to knead bread for 20-25 minutes as I did in the 1970s when I first made bread. A good 5 minutes will do. Paul Hollywood is rightly the guru of bread making and he helps to make the task enjoyable, not onerous.

I have realised that overseas travel isn't essential and we might anyway recoil at the idea of sitting in a metal tube which is the modern aircraft. I am however grateful for the adventures we have enjoyed over the years. I think that plenty of new opportunities will present themselves closer to home, and any change of scene can be welcome. And there is no substitute for face to face meet ups, although in many circumstances Zoom can do a great job. Thanks are due to those groups who have continued in meeting this way with some high quality, enjoyable and engaging talks.

And I have come to realise how dependant and grateful we are to the many who have helped to keep us safe, including the brilliant scientists in developing the successful vaccines, and all those helping to administer them.

Carole Scott



Lock Down Learning By Adrian Birt



During the pandemic I have been going on courses with Future Learn who provide MOOCs. Massive Online Open Courses are free courses delivered on line. However “free” has some limitations which I don’t find a problem. In particular access to any course is limited to 8 weeks, so you need to crack on with it, and if you want a certificate of completion there is a charge, but I am done with “continuing professional development” and no one is going to want proof of my study . The limitation on time does mean you can’t go back and run through it much later, but most of the content is downloadable so you can keep a lot of revision material. The courses are not onerous, a few hours a week at times you can choose makes it very relaxed learning.

I find I have now done 7 courses:

1. Anatomy: Know your abdomen
2. Strategies for successful ageing
3. Covid-19: Psychological Impact, Wellbeing and Mental Health
4. Mindfulness for Wellbeing and Peak Performance
5. Youth Mental Health
6. Understanding Anxiety, Depression and CBT, and
7. Genealogy: Researching Your Family Tree.

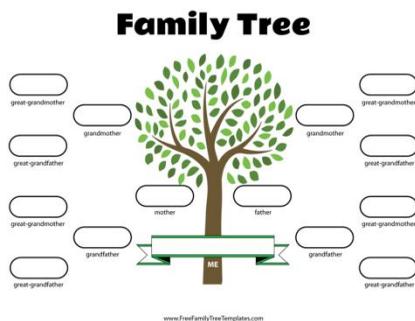
All these courses are delivered by Universities, but they are very much on the low brow side of academic study, so most people can handle them easily. However those are just the ones I chose, the range of courses is massive and a big list can be seen at www.MOOC.org. Here there are lists of courses in Languages, Humanities, Business Management, and Engineering, amongst others. So if you want an introduction to Aerospace Structures and Materials, or you want to study 18th Century Opera there are 4 to 8 week courses there. But I find the short courses by Future Learn, which can be seen at www.Futurelearn.com are about my level.

Adrian Birt

Other MOOC providers include Coursera, Open University, Canvas Network and edX.



Review of Future Learn's Researching Your Family Tree course By Adrian Birt



The Genealogy: Researching Your Family Tree course is one of the larger courses run by Future Learn in that it is a 6 week course as opposed to the majority of courses I've been on which are 4 weeks. Run by the University of Strathclyde it runs twice a year in the Spring and late Summer, i.e. when the undergraduates aren't there. Although you may be able to do the course at other times you will not have the advantage of knowing that the course tutors are watching and responding to comments made.

The course is primarily an introduction to Family Tree Research but I found it useful even though I had been working on Ancestry for some time.

The course programme by week is:

1. Analysing Documents
2. Effective Search Techniques
3. Major Source Types
4. Genealogical Proof and DNA Testing
5. Putting Research into Context
6. Documenting and Communicating Research Results

So the course started by making sure research is based on documentary evidence rather than hearsay, distinguishing between records made at the time and those written or transcribed later. The importance of the source of documents, who wrote them and why was explained and the processes of transcriptions, abstracts and indexes were covered.

Week 2 then looked at defining what you are looking for and making a plan in order to be effective in the research, along with different techniques that can be used. An important issue covered was about handling changes to names caused by spelling, transcription and deliberate name changing. We all know that the family name of Battenburg was changed to Mountbatten but changes like that were quite common, my own late wife's family changed from Schindler to Shindler to deflect suspicions of German affiliation during the wars. However there are many misspellings due to a variety of causes, for example, when illiterate people are married a clerk writes down his understanding of a name which may differ from a previous record. But you also get straightforward transcription errors, so I could expect some of my Stephens family come up as Stevens, but I didn't expect Richard Earl to be listed as Richard Carl. The "E" that was misread was done in such beautiful script as well!

We then went on to learn about all the main source types used by genealogists, such as civil, church, census and military records, to see what information can be gleaned.

An important issue in Family History research is being sure that the information gleaned is about the right person and guidance on “genealogical proof” was given. I know that when I’ve looked at other peoples’ trees it has been clear that the wrong person’s data has gone in, probably because of the way Ancestry gives “hints” which are very easy to follow. So having techniques to assure the right connections are made is valuable.

At the end of the fourth week DNA testing was considered as this can help prove some connections, but this is not as exact as many might think.

Into week 5 we then started looking at the context of our ancestors, such as what were their living conditions and so forth. I found some useful sources in the newspaper archives showing, for example, why my ancestor Richard Earl had been charged and acquitted of manslaughter for refereeing a prize fight. And another newspaper had a photograph of a cousin, who, as a senior board member of a major radio corporation in the States, was giving his view that there would have to be big improvements in broadcasting before television would ever become really popular. But that was in 1933 and we now know some improvements were made.

Finally we considered how best to display our research and make it available to others, including our own families. This included paper based and digital records along with the need to preserve the research links and protect the records from degradation or loss.

Overall this was a most interesting courses and it has really helped me with my research into my families' history. But I am still left with one big question: My first cousin once removed, Brigadier Robin "Tin-eye" Stephens, who was commandant of Camp 020 which successfully interrogated and turned German spies during World War II, appears to have died sometime in the 1970s, possibly in Italy. If anyone can tell me where and when I would be really grateful.

Adrian Birt



**Brigadier Robin "Tin-eye" Stephens
Latchmere House – Camp 020**

Hello Everybody

By Roz and David Howlett

What an experience we have had over the last year. Sitting at home, cogitating, in February 2020, who would have thought we would be having 'The Coronavirus Experience'. Do you think this time will go down in history?

Yet it has given us time to investigate other things. Myself, I had never heard of 'Zoom', but now some of us have become more proficient with Zooming. Many groups have continued to meet in this way – the language and history groups, plus the discussion, creative writing and science group to name but a few. Others have made use of the Internet in varied ways, such as the exercise and card playing groups.

My husband and I became re-acquainted with our garden. We had just had our fencing replaced and the chap had to remove all our tiresome ivy and weeds in the process! David re-laid the paths, mended the pump in the pond, thinned out the water plants, and mended the patio. We bought new garden furniture, new bird feeder, 2 sets of garden lights and a light-up reindeer for Christmas. And now we can enjoy sitting in the garden with our glass of red wine reaping the benefits of all the work.

I watched some little videos [podcasts?] on YouTube on book binding and then set about repairing some of our old, tatty and much-loved books. Most satisfying of all was my old cook book. David ferreted around in the loft and located our families' 1st World War

medals. After buying some green baize and deep frames from Amazon, he made them into 3 'pictures' which are now hanging in the hall.

Well, now we reach a time when we perhaps might be able to meet face-to-face. Your Group co-ordinators will be getting in contact with you to start thinking about meeting together again, if they have not already done so. Most of us will have had our 2nd jab by now, and although we must still take care, hopefully we will be approaching a degree of normality.

Best Wishes to you all
Roz Howlett
Groups Co-ordinator/Manager



Photo by Carole Scott

A message from North of the Border

Some members have noticed a slight Scottish lilt to my voice despite this year marking 20 years since I relocated down from Edinburgh.



During the current vaccination programme, I was reminded how some words mean different things in English English to Scottish English. I had no idea that people in England called a vaccination jag a jab. So when I say I have had my second jag people mistake me for John Prescott.

In order to help communication during my remaining time as your Chairman here is some other examples where Standard English to Scottish English diverge.

Jim Paterson

Standard English	Scottish English
Mind Person's ability to think and reason	Remember <i>Mind</i> and no forget to buy eggs.
Greeting Saying hello to someone	Crying They were <i>greetin'</i> last night.
Poke To prod	A portion A <i>poke</i> o'chips please.
Fair Light; or an exhibition	Very She was <i>fair</i> tired.
Tan Darker skin tone after sunbathing	Drink fast We just <i>tanned</i> that beer.
Mince Finely chopped meat	Terrible The food was pure <i>mince</i> yesterday.
Coupon Voucher promising a discount	Face What happened to yer <i>coupon</i> ?
Wee Urinate	Small He's a cute <i>wee</i> guy.
Paw An animal's foot	Dad He's my <i>paw</i> .

Lockdown with the National Gallery By Ruth Mutimer

In the latest gloomy Winter lockdown I decided to delve deeper into a recently acquired interest in the History of Art, which was inspired by a small module in an OU course. Art



galleries were of course closed, but the National Gallery, of which I am a member, runs courses on Zoom, entitled "Stories of Art: a Modular Introduction to Art History", each six week module covering a century. I decided to enrol in Module 4 which ran from the end of February, on 1600-1700, then followed that up with Module 5, 1700-1800. Each lecture is two hours of fast moving information, which my brain tries to assimilate, with follow-up options. It has included Art styles such as Baroque, Rococo and Neo-Classicism, and many of the well-known and not so well-known artists of these periods. The experience has been challenging and stimulating, changing the way I look at things, not just in works of Art, but also around me.

So if you see someone staring for rather longer than is normal at a tree trunk or an old piece of wall, it could just be me! Just enrolled in Module 6.

Ruth Mutimer

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 by 24th November which will be sent to the printers as soon as possible after that date.



Lesley Mishan
lesley.mishan@bsu3a.org.uk



Poetry Corner



Lockdown

Home alone
Home we must stay
Rules to follow
Stay safe they say
In this shut down life
The virus is rife.
That's just the start
Two metres apart.
Wear a mask
That's what they ask
We have no choice
We have no voice
Do as we're told
Because we're old.
Life seems strange
But things will change.
And so we cope
Don't give up hope.



Merril Lilley

Autumn Thoughts 2020

The Winter's calling, calling
The leaves are falling, falling
Another year ending
Another year starting
Thoughts of parting.
Thoughts of years

Of years gone by.
Memories of long ago
Make you laugh
And make you cry.
Captured now in photo frames
What we did and what we said
Things we never will forget.



Now in the Autumn of our years
Coping with locked down life
We read of misery and strife
The unknown future calling. Calling
And the leaves keep falling, falling,

Merril Lilley

She Was a Different Girl

She was a different girl,
our bonnie lassie
She was a different girl,
we knew that from the start
A girl that never spoke a word,
but with music in her heart

The sky, it was her playground,
the clouds her passing friends
She'd play for hours lying down,
following clouds and trends
Whilst other children just ran by,
and left her looking at the sky

We knew that we should sing to her,
to help her mind develop
A love of music we all shared
A love that would envelop
A love that showed for all to see,
we lived in perfect harmony

... She was a different girl

It was strange the way she moved her arms,
not legs that just lay still
Was she really waving perfect time,
or could it be another's will?
That held her bound to nature's rhythm,
without a fault or minor schism

And so it was, she went along,

everywhere seeking the perfect song
Whoever sang, whoever played,
she conducted well, they were amazed
Choirs, musicians, and dancers too,
fell under her spell, well wouldn't you?

As her stature grew and grew,
of the future no-one knew
That she'd fly high beyond the sky,
and look upon a different view
With her baton in her hand,
conducting clouds throughout the land

... She was a different girl

Brian S Farley © 2011

Love and Truth

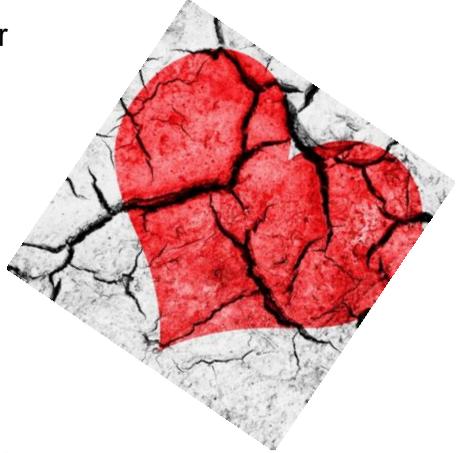
Truth's an enigma
It can make love stronger
And make it last longer
.. but

It can break love apart
Like a clap of thunder
Splitting families
asunder
.. yet

Like truth, love's a duality
But to be complete, it must be reciprocal
Or else it's a tragical
.. waste of time

Brian S. Farley 2019

With thanks to granddaughter Keisha who gave me
the idea



Standing on the Water

What is life, if full of care
We have no time to stand and stare
At nature all around us there
Standing on the water

No time to watch the dragonfly
Ospreys darting from the sky
To snatch a fish swimming by
Standing on the water

No time to hear the sounds around
Wildlife there that just abound
Enjoy the peace that you've just found
Standing on the water

No time to stare at waters edge
Ducklings coming through a hedge
A heron still, on a ledge
Standing on the water

No time to put the paddle down
Chill out, and relax that frown
Forget about that night in town
Standing on the water

A poor life this, if full of care
We have no time to stand and stare
At nature all around us there
Standing on the water

**Brian S Farley 2021, adapted from
the William Davies Poem "Leisure"**



FINCH & SON

Plumbing - Tiling - Electrical - Carpentry - Decorating

Small family business established in 1997.

Experienced and qualified in bathrooms, kitchens, conversions, refurbishments and small building works, ranging in size from small jobs to complete projects.

I specialise in the adaption of people's homes to meet their ongoing needs and have undertaken work for many members of the U3A.

Please contact Paul Finch B.Eng. (hons).

07981 907 624 or 01279 87 01 01



Make your house a home with
COOPERS OF STORTFORD

15% OFF*
valid when you show your U3A membership card

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

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

*% & Co. Coopers do not compensate with any other offers. Coopers do not accept the Credit of National Day Foundation. Offer valid in store only. Free tea & coffee with proof of purchase.

Coopers
OF STORTFORD

11 Bridge Street, Bishop's Stortford, CM23 2JU
01279 65551

OPEN 7 DAYS • FREE ON-SITE PARKING

Computer Repairs

Telephone: 651925 8am – 9pm

- Repairs and upgrades / Problem solving
- Supply of new PCs, laptops and printers
- Broadband, Network and E-mail setup
- Data recovery and Anti-virus installation

~ Open 7 days a week ~

Est. 1999



Friendly help and advice
Support 365 days a year

No fix no fee / No call out fee

Telephone: 651925 **MBCS CTP**
Mobile: 07905 817 176
Web: www.databoxuk.co.uk
E-mail: enquiries@databoxuk.co.uk

15 Grosvenor Close, Thorley B/Stortford



PC/Mac Repairs



Computer Servicing	Screen Replacements
Virus Removal	Computer Tuition
Data Recovery	Email Setup
New PC Setup	Custom PC Builds

Contact Mark at All Things PC
Phone: 07585 449057
Email: allthingspc77@yahoo.com



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