



milton keynes

university of the third age



Dec  
2017



**With Christmas just around the corner the Trustees and Team of Volunteers would like to send Season's Greetings to all our members and we look forward to seeing you all in the New Year.**

**Please remember we do not hold an Open Meeting in December and there will not be a newsletter in January.**

**The list of Open Meetings for 2018 can be found at the end of this newsletter. Please keep this as your reference.**

### **Message from the Ex-Chairman**

Just a short missive to thank all those messages of support that I have received in the last three months from all sorts of members (both known and unknown to me) since I had to step aside at the beginning of September, mainly with a few kind words passed on to me by Pauline as she wandered around her varied groups. The form of blood cancer that I contracted is, fortunately, relatively easy to treat and I had minimal side effects. The two U3A groups that I personally enjoy (Art Appreciation 1 and Desert Island Discs) have also been great in providing a warm U3A surround, fortunately with no members with coughs and colds that would have kept me away during a period of low immunity. Recovery and prognosis are both good, although I remain under surveillance for a few months yet.

Little snippets of information have still come my way regarding MK U3A management. It's still tight at the top, but I understand that some aspects of team building and working (my main target during my two years in office) are beginning to pay some dividends. Please, as the AGM approaches, consider supporting the trustees in some way or joining the management team. As JFK would have said if he had been a member "ask not what your U3A can do for you, ask what you can do for your U3A!".

Merry Christmas One and All

Nigel

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### **Advance Notice – MK U3A 2018 AGM**

All members are invited to attend  
2.30 p.m. Wednesday 28 March 2018  
*The afternoon will finish by 4.30 p.m.*

If you would like to put a motion to the meeting or you have a question to ask about the business of the meeting, please send it to the Secretary by email [secretary@mku3a.org] or by post to the Office to arrive no later than 3 March 2018. Motions received after 3 March will be deemed invalid. Meeting papers will be available on the website by 12 March 2018.

After the formal business there will be a showcase from some of our groups. More information to follow.

The AGM will be held at The Open University

Further details will follow in the New Year

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### **Request to all Group Leaders from the Finance Team**

Year ending 31 December 2017

The MK U3A's year end is fast approaching and in order that the accounts can be prepared accurately and in a timely manner your help is requested as follows:

- Please ensure that all the quarterly and year end Returns have been submitted to Geraldine, Groups Finance Admin. as early as possible before the end of the year.
- we know that some meetings will fall in the last couple of weeks of December so please submit these Returns as soon as possible after the last meeting.
- Please check your Returns as shown in Datum and, if there are any missing, please submit these to Geraldine, Groups Finance Admin. as soon as possible and before the end of December.

Returns are required for all active Groups, even those without any monies involved i.e. 'Statistics only Returns', and are due to be submitted at least every three months and including the year end.

If the monies and/or balances in Datum are incorrect after submission and validation of all the Returns for the year to date please contact Maureen, the Treasurer, who will investigate the matter.

Geraldine, Groups Financial Admin. email: groupsadmin@mku3a.org

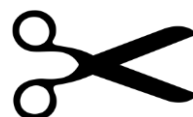
Maureen, Treasurer, email: treasurer@mku3a.org

### **News from the Groups Coordinator**

#### ***Suggested New Groups***

*We now have an agreed policy with regard the setting up of suggested new groups. A copy of the policy is available on the website*

#### **New Group—GET ON AND SEW**



**What:** We are a new friendly and informal sewing bee for people who want to rekindle their sewing skills or fancy giving sewing a go. We share our various skills in dressmaking techniques, hand and machine sewing, quilting, bag making and home accessories. We meet weekly to swap ideas and tips, to admire and encourage each other's work, and to experiment with new things. We also have been known to eat quite a lot of cake!!

**When:** Every Friday from 2.00 – 4.00pm      **Where:** U3a Kingston Office MK10 0BA

**For further details contact:** [getonandsew@mku3a.org](mailto:getonandsew@mku3a.org)

**These are some of the workshops we will be offering:**

**Introduction to sewing equipment, to give both new and returning sewers information about new accessories and tools that can improve the sewing experience**

- Sewing machine techniques such as free motion sewing
- Home accessories sewing i.e.: cushions and curtain making
- Basic quilting techniques such as cutting and binding quilts
- Quilt making
- Appliqué
- Bag making
- Image transfer
- Fabric crafts

### **New Course – iPad Short Course**

Good news for iPad owners.

We have set up a new iPad users short course to help you get the best use out of your iPad.

The course will be for 6 weeks on the following dates: -

The 6-session course will be on Tuesdays from 10am to Midday (2 hrs.)

Dates are:

23 <sup>rd</sup> January	20 <sup>th</sup> February
6 <sup>th</sup> February	27 <sup>th</sup> February
13 <sup>th</sup> February	6 <sup>th</sup> March

The course will be held at Peartree Bridge where there is plenty of free parking. Venue details will be given on application.

Course agenda will include:

- iPad setup (Internet, Bluetooth, emails, messaging, printing, Airdrop etc.)
- Keyboard functions, backup, iCloud, and iTunes, iPad Applications and additional app.
- Camera, Video, Photos, iPad Music, iPad attachments

This will be an interactive course so may be adjusted to include your areas of interest or concern using the iPad. Coffee and biscuits will be included.

The fee for the course to cover room hire, will be £15

Please let me know if you wish to join the course as soon as possible together with any areas of interest you would like us to cover. Please contact Alan Lashbrook on 01908 503371 or text on 07737 233118 for further details. The course will be run by Alan Lashbrook and Roy Cowley

## Two Different Kinds of Group

### 1. Short Breaks and Holidays

The Outings Group 101 Committee has been asked by various members whether we would consider short breaks and holidays as well as day trips.

After a lot of thought and discussion we have decided to 'dip a toe in the water' and have been working with **Just for Groups** to provide a 4-day 3-night short break to Liverpool for the Terracotta Warriors plus other attractions from 29 April 2018. This company has been used by Leighton and Linslade U3A for over 20 years.

These types of holidays are facilitated by MKU3A for all members and their guests.

Whilst these holidays are advertised to our members through various MKU3A publications they are not run or promoted by MKU3A.

For this holiday Chris Behrendt will coordinate the reservations, however all payments and bookings are made to and through the holiday company.

These are not U3A events nor covered by U3A insurance. Members and any guests taking part must ensure they have adequate personal insurance or take out the insurance offered by the holiday company.

The flyer promoting the holiday is attached. If you are interested, please contact Chris Behrendt [chris.groups3a@btinternet.com](mailto:chris.groups3a@btinternet.com) or telephone on 07766 026 357 to enable a booking form to be sent (s.a.e required for hard copy of the form). Booking will open on 4 December on a first come, first served basis.

## Liverpool & Terracotta Warriors Tour, Spring 2018

Including a guided city tour, Southport, Speke Hall (NT) and Port Sunlight

Departing Sunday 29<sup>th</sup> April 2018

**4 Days**  
by coach from  
**£319\*** per person  
**Half board**



In 2018 Liverpool will celebrate 10 years since it was named European Capital of Culture – an event that made it one of the UK's most popular cities for visitors and music fans. To add to its already vast number of attractions, not only has the Music Experience recently opened at the Cunard Building, but next year sees the arrival of the Terracotta Army – the first time in 10 years that this spectacular exhibition has been brought to the UK. An event not to be missed!

**Guideline Itinerary:**  
Sunday 29<sup>th</sup> April: Early departure from pick up points in Milton Keynes. Travel to Liverpool with suitable stop en-route. We pay a visit to Speke Hall on the city's outskirts before arriving at our hotel in the late afternoon. Dinner at 7pm and remainder of evening at leisure.  
Monday 30<sup>th</sup> April: Depart hotel in time for our 10am group visit slot for the Terracotta Warriors exhibition. Free flow tour. In the afternoon we take a guided tour of the city by coach with a local guide. The rest of the day is at leisure in the city. Most museums are free of charge in Liverpool, so make the most of them. Other key attractions include the new Music Experience in the Cunard Building (entry fee applies), the Albert Dock and Waterfront, and the famous Cavern Club.  
Tuesday 1<sup>st</sup> May: Start the day with a ferry across the Mersey (not included in cost), followed by time at leisure. In the afternoon we visit the resort of Southport, stopping at the Anthony Gormley statues, 'Another Place' on Crosby Beach en-route. Return to Liverpool for our final evening.  
Wednesday 2<sup>nd</sup> May: Depart hotel after breakfast and travel the short distance to Port Sunlight where we have entry to the museum included. From here we travel home with suitable stops en-route. Arrive back in Milton Keynes from 6pm onwards.

Departing from the Milton Keynes area (pick ups tba)  
For further details contact:  
Chris Behrendt ([chris.groups3a@btinternet.com](mailto:chris.groups3a@btinternet.com))

**The Hallmark Inn**  
Liverpool (3\*)  
[www.hallmark-inn-liverpool.hotel.ru.com](http://www.hallmark-inn-liverpool.hotel.ru.com)  
Located in Liverpool City Centre, approximately 10 minutes' walk from the Everyman Theatre and the University of Liverpool, St George's Hall and the World Museum. The Albert Dock is about 15 minutes' walk away.

- 81 en-suite bedrooms with TVs, hospitality tray and hairdryer
- Downstairs restaurant where dinner and breakfast are served
- 3-course, 3-choice dinner followed by tea/coffee, and full English breakfast
- Star rating ★★★
- Single room supplement £50.

**PLEASE NOTE NO LIFT**

\*Price based strictly on minimum 35 members

**What's included:**

- ✓ 3 nights' dinner & breakfast
- ✓ Return executive coach travel
- ✓ Entrance fees to Speke Hall, the Terracotta Army exhibition and Port Sunlight
- ✓ Guided city tour
- ✓ Optional insurance £12pp

Booking conditions apply



## **2. New Keep-Fit Group – Taster Session!**

MKU3A are trying something different! Below you will find details of a taster session for a new Keep-fit group which we hope to add to our list of groups! The Group will be run by Hertsmere Leisure, with the instructor, Julie Tucker, being provided by them. Julie is an experienced keep-fit instructor and has worked with U3As in Hertfordshire and is aware of the constraints of the older body!!! She will be running a taster session on Friday 12 January – this will be to gauge the interest shown and to have feedback from the participants and will also include a free cup of coffee!! Julie is very keen for the group to be led by the participants and it is open to all the membership – male and female alike! Should the Group continue each session will be approximately £3 each – depending on numbers. Places are limited so if you would like to try the taster session please contact [groups@mku3a.org](mailto:groups@mku3a.org) to book your place!



### ***MKU3A Community Fitness***

**In partnership with Oakgrove Leisure Centre**

**Friday 12 January, 2018**

**Free Fitness Taster Session with Julie Tucker  
10am—11am**

Registration and medical form completion from 9.30am

Coffee/Tea and Feedback from 11am-12noon

**Members must reserve a space in advance**

Please contact groups co-ordinator, Shirley Dewar, via [groups@MKU3A.org](mailto:groups@MKU3A.org)

**For further information about the Taster Session**

Please contact Sport Development manager, Chris Bryden on 07818 513744  
or email [chris.bryden@miltonkeynesleisure.co.uk](mailto:chris.bryden@miltonkeynesleisure.co.uk)



[www.hertsmereleisure.co.uk](http://www.hertsmereleisure.co.uk)

Milton Keynes Leisure and Youth Centre is a registered charity in partnership with Hertsmere Leisure and Milton Keynes Council. Hertsmere Leisure is a registered Charity. Charity No: 1385652.



## **Monday 22 January 2018 - New Members Induction Sessions**

We run monthly meetings for new members aimed at outlining the background to the U3A movement, explaining how to get the best out of your membership with MKU3A, and showing you how to use the website and join groups. The next meeting will be at 2.30pm on 22 January 2018 in the Great Linford Parish Office meeting room, next to the Co-op in the Great Linford local centre at 1 St Leger Court, MK14 5HA. If you are a new member just come along – any queries to Claire Naismith on [membersec@mku3a.org](mailto:membersec@mku3a.org)

## **Membership Renewals from January 2018**

MKU3A has a new bank account. If you pay your renewal subscription by BACS / Electronic Transfer you will need to delete your existing payment request and create a new one with the following details:

Account Name: MKU3A  
Account Number: 24979482  
Sort Code: 23-05-80

These details are included on the usual membership renewal notification letters issued from 1 December 2017.

## **Would you be Interested in Volunteering with MKU3A?**

Are you interested in volunteering to help keep our U3A running? Want to know more about what's involved? Did you know that not all Volunteers are Trustees – you can help in other ways.

The Trustees are holding a Coffee Morning on Friday 9<sup>th</sup> February 2018, from 10 – 12 noon, the venue will be confirmed nearer the time where you will have the opportunity to chat to some of our Trustees, and find out exactly what's involved in volunteering with MKU3A. Here you will find answers to questions such as:

Who are the Trustees?  
What's it like to be a Trustee?  
How much time will I need to give?  
What will I have to do?  
What skills or knowledge do I need?

If your interest is sparked, please let us know that you would like to come along on the morning, have a coffee (or tea) and a chat and find out more about volunteering.

Contacts details. Lesley Sparks [comms@mku3a.com](mailto:comms@mku3a.com) 07850113449

## News from the Groups

### Walking A to B

The next walk will be a Christmas Walk on the last Friday in December (29th) we will walk from Milton Keynes Hospital following paths along the River Ouzel to the Peace Pagoda in Willen Park, and on through Campbell Park into Central Milton Keynes. It might be nice if you could bring friends and family, children and grandchildren even well-behaved dogs.

**Meeting point:** Bus Stop B at the hospital which is on the south side of Standing Way which is served by many bus routes

**Start Time:** 10:30am Friday 29th December

**Walk:** The walk of five and a half miles will follow paths to Woughton on the Green, via the Ouzel Valley Park, to Willen Lake and the Peace Pagoda where we will pause for a sandwich and a drink, maybe visit the Memory Tree nearby. We will then proceed via Campbell Park to Central Milton Keynes at about 12:30.

**Facilities:** There are toilets and cafes at Willen Lake and at the walk end.

**Difficulty:** The walk follows tarmac paths, which are occasionally uneven. There are no stiles or steps. In the event of heavy snow, skis may be worn, huskies are optional.

**Options:** A circular route is possible by returning to the Hospital by the path along the canal, this is an additional two and a half miles, 50 minutes, the walk leader will lead this option. For those walkers addicted to their cars, I would suggest parking by the Woughton Marina rather than using the expensive Hospital car parks.

**Joining:** Please email me to indicate your intention to join this walk and please give me your mobile number so I can contact you on the day if there any last-minute changes of plan.

email [walkinga2b@mku3a.org](mailto:walkinga2b@mku3a.org)

### "A Different Kind of Urban" – 23<sup>rd</sup> November – Brian Graves

A mix of urban walking in MK and the world premiere of a musical piece commissioned for the Open University Choir for MK50 entitled "A different kind of urban". I met up with the U3A Countryside Ramblers at Caldecotte Lake. The leaders were Sue Lloyd and Pearl Taylor who had planned an 8.5mile route entitled "an Ousel Valley Walk" using mainly the MK Redway system. This was perfect for me as I needed to be at the Open University around 12.30pm. On a bright sunny morning at 10.00am the 14 of us initially walked around the southern lake before heading towards Tilbrook and then through Brownswood, Old Farm Park, Wavendon Gate, Walnut Tree and Kents Hill. Then into the Open University (about 6 miles). I bade them farewell as they headed towards Simpson for lunch stop.

I had time for a quick coffee before joining the queue outside the Hub Theatre. A full house, all tickets (free) had been allocated in advance. "A different kind of urban" was conducted by Bill Strang and had music by Liz Lane and lyrics by Judi Moore for the Open University Choir, brass ensemble, timpani and percussion. I found it a very emotional experience and if I could quote the final section entitled.

#### An ending, but not the end

In this new *place* to live  
we look for a new *way* to live  
and cherish our diversity.

The deep past of our town

and its continuing modernity  
inform our lives from day to day.

What will our town's next great story be?

There were a couple of U3A members in the choir, including Jan Taylor who had given the monthly talk (Up the Mountain – But Not Over the Hill) the day previous at Shenley Brook End. Another enjoyable experience.

**The U3A Music Group** would like to wish everyone a very Merry Christmas and to invite music lovers of all kinds to pop along and see us in the New Year.

Our first meeting of 2018 is on January 11<sup>th</sup>.

We all meet twice a month (2<sup>nd</sup> and 4<sup>th</sup> Thursday morning) in Two Mile Ash.

Some of us will take it in turns to create a playlist, some of us just want to come along, chill out and listen to other's choice of music – or maybe just meet new people!

So, whether you are a jazz lover, an opera or classical buff or whether you just enjoy relaxing to different styles of music, we'd love to know you.

Give us a call or email us and we can tell you all about our group.

Contact: Sally Saunders 07948366778

Or email us at: [musicapprec@mku3a.org](mailto:musicapprec@mku3a.org)

**An evening of carols and readings**

**Presented by  
MKU3A Choir**

**Friday December 15<sup>th</sup> at 7.30pm**

**Lovat Hall**

**Newport Pagnell**

**Tickets £7 incl. refreshments**

**07762178379 or 01908 613088**

**All proceeds to:-**

**St Francis' Children's Society and  
Building Together in Cambodia**



### **News from PlayPals – November 2017 - Marilyn Ridsdale**

The musicians have been very busy in November:

- playing for a private 60<sup>th</sup> birthday party
- giving a concert at the church of St Mary and St Giles in Stony Stratford in their TT@TT (third Thursday at twelve-thirty) series



- entertaining the community of Water Eaton at St Frideswide's church at their Christmas fair.

All these took place within one week, so we had a thorough musical workout, and helped raise over £1800 for St Frideswide's.

PlayPals at St Mary and St Giles, Stony Stratford

2017 has been our busiest ever year and we look forward to 2018 with new music and further performances. We welcome enquiries and we have places for new members. Look out for future performance dates in the Diary.



## **Exploring World Faiths – Linda Morris**

### **Exploring World Faiths**

Have you ever visited the tiny church of St Giles, Tattenhoe?

Maybe you've walked past it on a walk in the ancient woodland of Howe Park Wood.

If you would like to join members of the Exploring World Faiths group on our visit there on Wednesday 3rd January at 2pm, please contact Linda Morris, group leader, via contact details which can be found on the webpage.

Linda Morris email: [ewf@mku3a.org](mailto:ewf@mku3a.org)



### **St Giles Church Tattenhoe**

#### **A letter in support for the Exploring World Faiths Group**

Dear Linda,

I have been meaning to write to you to thank you for initiating and leading our Exploring World Faiths group.

You have put together such an interesting programme for the year and I realise the care and time you have put into researching and organising each visit so that everything runs smoothly for members. It has been a pleasure to be met with such enthusiasm and openness from those who have welcomed us into their places of worship. It has been a very positive experience of MK in its diversity and I have learned a lot along the way.

I look forward to the remaining visit of the year - and thank you.

Margaret

#### **Current Affairs Discussion**

Formed some eight years ago, we were initially hosted by the residents of Pegasus sheltered housing at the north end of Olney town. Although an ideal location, we outgrew their hospitality and moved to the Olney Centre in the High Street.

From the beginning we decided no subject was off limits. As Group Leader I was a little concerned that open discussion might occasionally offend some members. My fears proved to be unfounded - not to say we never have heated debate – we often do but following the U3A principle of learning from one another we gain enormously from hearing the variety of points of view. Topics to be discussed are posed by the members at the beginning of each meeting. Some members have lots of input others mostly listen.

Although discussion officially stops at mid-day, several of us lunch together in the town and the chat goes on.

If you are interested, we have a few vacancies. We meet at 10.30am on the fourth Friday of the month. Our next meeting is in January 2018. For more details please contact me via the website or on 01234 712752, email davidharding200@gmail.com.

## **Upcoming Theatre Trips—Aide Memoire**

<b>Date</b>	<b>Show</b>	<b>Pay by</b>
Tues 9 <sup>th</sup> Jan '18	Cinderella	Passed
Wed 30 <sup>th</sup> May '18	Legally Blond	2 <sup>nd</sup> Feb
Wed 18 <sup>th</sup> July '18	Flashdance	2 <sup>nd</sup> Feb
Wed 3rd Oct '18	War Horse	Passed



## **Upcoming Outings**

<b>Date</b>	<b>Venue</b>	<b>Last B'king Date</b>
Thurs 18th Jan	The Barn Lunch	Passed
Thurs 1st March	Ely Cathedral	19th Jan
Thurs 15th March	Royal Chelsea Hospital & National Army Museum	1st Feb

Please refer to the website for further details or contact the organisers on [theatre@mku3a.org](mailto:theatre@mku3a.org) 07867978585 or [outings@mku3a.org](mailto:outings@mku3a.org) 01908 506706 as appropriate

**Booking Forms for both these groups can be found on the relevant pages of the website or on the individual postings in the Diary**

## **Other Items of Interest**

### **Events at St. Thomas's Church in Simpson**

**Christmas Carol Concert** at St Thomas's Church, Simpson on Friday 15th December at 7.00 p.m. when we welcome the Salvation Army for the 10th year. Bring & Share Buffet – please put some food on the table. Collection taken for Salvation Army & the Church's Restricted Building Fund

**Nine Lessons & Carols.** Sunday 17th December in St Thomas's Church, Simpson at 4.00pm Tea & Mince Pies

### **3 Quiz Nights with Supper in January**

Simpson Village Hall. If you are interested and would like more details, please contact Pat Hodges [missquiz@sky.com](mailto:missquiz@sky.com) or tel: 01908 644785

### **MK Central Library — Family History Consultations:**

Expert John Hanson is offering free 30-minute consultations to help you with research into your Family History. Sessions need to be booked in advance by phoning 01908 254051 or [emailing the Family History department](#) at Central Library.

Thursday, 18 January 2018 ~ 4.15-7.30pm

Thursday, 15 February 2018 ~ 4.15-7.30pm

Thursday, 15 March 2018 ~ 4.15-7.30pm

Thursday, 17 May 2018 ~ 4.15-7.30pm

Thursday, 28 June 2018 ~ 4.15-7.30pm

Thursday, 19 July 2018 ~ 4.15-7.30pm

These sessions prove very popular and we would recommend booking early!



### **Calling All Knitters**



This month I have received two requests from hospitals for simple items of knitting, the first from MK University Hospital who need cannula mitts for babies. These are used to cover a cannula so that the baby is not able to remove it and the second is from St. Thomas' Hospital in London who are running low on 'Bonding Squares'. These are used in their neonatal unit, one is placed with the baby and the other is given to the parent to keep close to their skin. Daily these squares are swapped around.

If you have any spare moments and scraps of wool I have included the pattern for the cannula mitt, the bonding squares are a pair of 5 x 5-inch squares, any colour and yarn. If you let me know when you have any to collect I will arrange collection and delivery to the correct hospital.

Many thanks in anticipation. Lesley Sparks [comms@mku3a.org](mailto:comms@mku3a.org)

### **Cannula Mitts**

Use 4mm (No 8) knitting needles, Double knit wool (not too thick)

Cast on 30 stitches

Rib for 2 inches

Increase one stitch at each end and start stocking stitch.

Work until it measures 4 and half inches.

Decrease one at each end and start to rib again.

Rib until work measures 6 inches.

Cast off.

Sew up side. Both ends remain open.

### **Remembrance Reminiscence.**

On a recent memorable holiday to Canada, in celebration of Audrey my wife's 80th birthday, I took a RBL Remembrance-cross to leave at a war memorial in tribute to a Canadian, Don Metcalfe, a Chief Petty Officer, who served in the RCNVR and was billeted in our home in 1943 and over the Christmas, when I was 9-years old.

This lovely man was like an uncle to me, the only man to look up to with my own father away in the Royal Navy, his ship on Malta relief and Russian convoys I later learnt. Don made me a 3-foot scale model of his ship as a special gift. Sadly, he perished with half his ship's company when HMCS Athabaskan was sunk in the English Channel, April 29th, 1944. Every Remembrance Sunday I place a cross at our village war memorial in thankful recollection of him.

In October I was in Halifax, Nova Scotia, from whence they had originally sailed to UK. Being short on time, frustratingly the locals I asked couldn't direct me to a suitable site, until fortunately finding their Maritime Museum, a lovely volunteer there took the cross and said she would take it to their special Naval Memorial looking out to sea. Eventually she sent me photographs having found his name engraved on the memorial. You can imagine how pleased I am, and grateful. Meanwhile, I am now in touch with two active Canadian internet archivists, who have welcomed my recollections into their blogs.

Kerrigan Pring (ex-RN National Service)

### **Workers' Education Association**

The WEA are running a course called '*Brushstrokes of History*', in which David Price will show how paintings, from the Arnolfini Portrait to Guernica, can be used to study historical events or reveal aspects of contemporary society. Stony Stratford Library, Mondays between 29 January and 12 March, from 2.30pm to 4.30pm. Cost £60.20 for seven weeks.

To enrol, call 0300 303 3464, quoting C3741221 or go to [enrolonline.wea.org.uk](http://enrolonline.wea.org.uk)

For further information, please contact Jeannine Golding on: 01908 567869 or email: [jeannine.golding@btinternet.com](mailto:jeannine.golding@btinternet.com)

### **MK Bonsai Society – Mr. Vendrice Garvin**

Milton Keynes Bonsai Society was formed in 1986. The aim of the society/club is to promote of the art of bonsai cultivation through meetings involving workshops, speakers, visit to other clubs and participation in bonsai or horticultural shows. Our members are friendly, enthusiastic and active; this year MK Bonsai Society made an appearance at the Heathrow Bonsai Show, a national event held annually in October. The event showcases bonsai trees and related work done by members of clubs across the UK. At the Milton Keynes Bonsai Society meetings, we try to share our experiences with bonsai so that we all gain in knowledge and confidence. We try to ensure that each meeting is devoted to various practical and horticultural aspects of bonsai. These include root pruning, air layering, repotting, carving, feeding, watering or various other techniques. On occasions we host a summer barbecue or picnic and a Christmas social.

Meetings are held at 7.30pm for 7.40pm on the second Monday of each month (except January and August) at Milton Keynes Reform Synagogue Hall, 1 Hainault Drive, Giffard Park, MK14 5PQ. We have a tea break and sometimes a raffle.

Anyone who has an interest in bonsai is welcome to come along. We would love to meet you and hear about your experience or interest in bonsai.





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### **Why not come along to one of our meetings**

Meetings are held at 7.30pm for 7.40pm on the second Monday of each month (except January & August) at Milton Keynes Reform Synagogue Hall, 1 Hainault Drive, Giffard Park, MK14 5PQ.

**FACEBOOK:** mkbonsai

**WEB:** <http://mkbonsaisociety.co.uk>

### **The X-factor! - Kerrigan Pring**

“X” features quite a bit in our society. In a positive way it is often required as an assent mark in the boxes of a survey form. It is the mark for casting our vote for the candidate we want to see in office. On the other hand, most of us can well remember the dreaded “X” on our maths’ tests denoting failure.

When I was a parish priest (in the last Millennium!), one of my duties was visiting the local schools. One December, in the Church Primary School, children were busy making their own Christmas cards. In those days it drove me nuts to see the Festival-name written “Xmas”. Pausing at the desk of one little girl, I saw she had written the dreaded word! I gently chided her for crossing Jesus out of his Birthday. Without looking up she put this pompous parson in his place: “Oh no, Mr. Pring, that’s not a cross, it’s a kiss.” Wow! Kiss-mas! That’s what it’s all about! The God of Love reaching down in the Babe of Bethlehem to kiss humanity in love, longing to change us into peace-seeking people who care about

each other! A chastened parson gratefully used this child’s wonderful insight on many occasions since.

### **Have Pass Will Travel (Very cheaply) - Maureen Windridge**



I have both a National Express Coach Senior Coach card and a Senior Railcard. With these, I can obtain discounts of up to 30% on Rail and Coach Travel. I have done a day trip to London for £7.00 return on the train although I find the average cost is around £10.00, still very good value. I am planning a trip to Lincoln and with my coach card, the return fare is £19.50 from Milton Keynes Coachway.

Why not treat yourself or a friend to the gift of discounted travel for a year and get out and about and see some of our beautiful towns and countryside while relaxing and letting someone else do the driving.

The National Express Senior Coach card is Normally £20.00, and The Senior Railcard is normally £30.00 p.a. I didn't pay those prices for either of mine. I got the Coachcard for £10.00 and the Railcard for £15.00 paying with Tesco vouchers. You must go to the Tesco rewards website and obtain a promotion code. You then get an email sent from National Express or Railcard with a link to a form where you fill in your details or the details of the person you are buying it for. The card is posted next day by 1st class post and whey-hey you're off on your adventures.

I may bump into you on a train or a coach to somewhere one sunny day in 2018. I look forward to it.

### **Can you help?**

One of our new members, Padma Cheriyan is asking for a recommendation for a builder. If you can recommend one, please contact her on either 01908 377058 or pscheriyan@gmail.com

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## **OPEN MEETINGS PROGRAMME FOR JANUARY - JULY 2018**

Meetings start at 2.30pm and are held at the Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes, MK5 7GZ. (Except for the AGM in March. This venue will be advised shortly.) There is car parking on site, and bus routes 8, 24 & 25 stop on adjacent grid roads.

### **24 JANUARY - Why I became a Scout - Ann Limb**

Why she became a Scout, by the first female Chair of the Scout Association UK.

### **28 FEBRUARY – Medical Detection Dogs - Rowland Butt**

Training dogs to detect disease – cancer, malaria, epilepsy or Parkinson’s disease. Each dog is trained to alert its owner by sitting down if a potential problem is imminent or it is time for medication.

### **28 MARCH – ANNUAL GENERAL MEETING – VENUE TO BE CONFIRMED**

Showcase of MK U3A Talents

### **25 APRIL – Medieval to Mississippi Music Talk - Saffron Summerfield**

The Musical Talk ‘Medieval to Mississippi’ is music and guitar without the use of digital images.

### **23 MAY – Change your Thoughts Change your World - Alan Wise**

Health Psychologist Alan may make you rethink your life, as a Health Psychologist and motivational speaker for many years he has some fascinating stories to share, from travel in Europe and US. and will show techniques of how to cope with stress in our time.

### **27 JUNE – Modern Scams and How to Avoid them - Brad Ashton**

Based on a BBC Radio series he wrote during which he exposed 180 different scams.

### **26 JULY – When Birds Sing - Saffron Summerfield**

Just why does a small bird (Marsh Warbler) ‘collect’ up to 250 other bird songs and calls on its migratory path from Africa to Northern Europe thereby creating as astonishing ‘Song line’ of its journey each year. Come and find out.