



## From our Chair, Lesley Sparks

Dear Members,

The committee had a virtual meeting on Monday 20<sup>th</sup> July to discuss U3A matters including the possibility of reopening indoor groups. We are sorry to inform you that following the government guidance and recommendations from the National U3A it would appear that this will not be possible for the time being. We will review this decision on a monthly basis and keep you informed.

Outdoor meetings are also restricted as the number is set at 6 people from different households but I know that our walking, cycling and gardening groups have begun to meet following the advice and on completion of a risk assessment checklist.

The Ukulele group have decided to meet outdoors, and other groups are meeting using various platforms such as Zoom to keep their groups going. Well done to all leaders and members who have continued to meet in such troubled times.

If you would like to start meeting again online, we can offer advice and support, please ask.

Our virtual Open Meetings have been a great success and there have been few hitches on the day. Dave and Lynne have organised a test Zoom meeting the day before each session for those unsure about accessing the system. We have to limit the numbers to 100 attendees and there has been a waiting list for those who have not been lucky enough to secure a 'seat'. If you book a place and subsequently find you are unable to attend, please let us know as we can always allocate your place to another member.

We have a 3rd Open Meeting on 5th August entitled 'Death in the Garden'. Michael Brown will introduce us to poisonous plants in our gardens and their uses. The 4<sup>th</sup> in the series, on 19<sup>th</sup> August, will be presented by Simon Gregor and is about the D-Day Landings. Both these talks

start promptly at 2.30 and access will be denied after this time, but you can sign in to the meeting from 2.00. An email with all the details will be sent prior to the meeting.

Volunteers – Some of the committee are nearing the end of their term as Trustees (March 2021) and we need to fill the places with others from our membership. I know it seems a while off, but the months are passing and to ensure a smooth transition we need to find willing volunteers to see how we operate. Please let me know if you think you would like to join us. [chair@mku3a.org](mailto:chair@mku3a.org)

No one knows how long we will have to socially distance but thankfully from next week even the most vulnerable amongst us will be able to enjoy more freedom. I have been out today and was pleased to see that face coverings have become an accepted part of shopping.

Stay safe and best wishes to you all.

Lesley.

**From Lynne Button**

### **Virtual Meetings**

At the start of this year some words I thought would never be part of my everyday speech are social distancing, shielding, isolation and virtual meetings via Zoom. But they now are, strange times.

Sadly we have not been able to deliver our usual program of open meetings and guest speakers held at the Oak Tree Centre but innovation called and we have “virtual meetings via Zoom”.

Two have been completed so far, with speakers now being booked to year end.

Our first talk was by Andy Smith, “Under the Influence”. Andy introduced us to his talk, which he had previously videoed, and we learned of his influences, his experiences and of course he sang a number of these referenced pieces. I am sure I was not the only person singing along in the safety of my own home. We received much positive feedback from participants, such as “Andy's funny and uplifting talk, the injection of the music and singing was great”, “excellent and professional”. If you were not able to see the talk and would like to know more, Andy's website is below.

<https://www.andysmithmusician.com/pay-to-view>

Our second talk was from Ian Keable “A History of Cartoons”. Ian was a recent speaker at the Oak Centre and is also booked for another live talk next year. The format of this talk was a little

different. A live talk with Ian talking through his presentation which we could all see on the main screen. Again, feedback was universally positive with people commenting “knowledgeable and entertaining”, “first class”, “so interesting”. More about Ian can be found on his website:

<http://iankeable.co.uk/> and Covid willing Ian is booked for a live talk in 2021.

So if you haven't used Zoom yet what is it like? It really is just like watching TV on your computer with the benefit of being interactive and seeing your fellow participating viewers. You will be muted during the talk so background noise is minimal but you will be able to ask questions at the end. If you are worried about using Zoom then our webmaster, Dave Barrett, has provided us with straightforward information which is on our website and Dave is around to help before our meetings.

Our next two talks are already opening for bookings:

Wednesday 5<sup>th</sup> August “Death in the Garden” by Michael Brown

Wednesday 19<sup>th</sup> August “D Day landings” by Simon Gregor

If you want to know more or wish to book a meeting contact Lynne on [vicechair@mku3a.org](mailto:vicechair@mku3a.org)

**Marie Stanley** sent the following obituary for her late husband.

Graham Stanley sadly passed away, after a short illness, on 26 June. He was diagnosed two and a half years ago with a progressive pulmonary disease. Graham was fit and active and played sport until that time.

Graham was an inaugural member of the Biology Group, which he hosted at his home for many years.

During 10 years with U3A he was also a member of many other groups, including Bridge, Economics, Current Affairs, Music Appreciation and Philosophy.

Graham's zest for knowledge and his contributions to everything he got involved in will be missed.

Our condolences go to Marie.

## MKU3A CHOIR



The summer seems to be passing far too quickly, with, sadly no likelihood of the choir being able to restart again in the foreseeable future. However the Reflections group have been experimenting with meeting via Zoom and, having managed to iron out a few wrinkles, successfully learned new pieces and enjoyed singing again. We are having our usual break through August, but are hoping, in September, to extend 'virtual' singing to the rest of the choir. So even though we won't be practising for our Christmas concert as usual, (unless a miracle happens!), we can at least keep singing.

**Pat Mountford (Musical Director)**

**From Joan Harris**

### THE MAGIC BANK ACCOUNT

This is a great email, I hope you enjoy it as much as I did .

The author is not known. It was found in the billfold of coach Paul Bear Bryant, Alabama, after he died in 1982.

#### The Magic Bank Account

Imagine that you had won the Following \*PRIZE\* in a contest:

Each morning your bank would deposit \$86,400 In your private account for your use...

However, this prize has Rules:

1. Everything that you didn't spend during each day would be taken away from you.
  2. You may not simply transfer money into some other account.
  3. You may only spend it.
  4. Each morning upon awakening, the bank opens your account with another \$86,400 for that day.
  5. The bank can end the game without warning; at any time, it can say, Game Over!"
- It can close the account and you will not receive a new one.

What would you personally do?

You would buy anything and everything you wanted right? Not only for yourself, but for all the people you love and care for. Even for people you don't know, because you couldn't possibly spend it all on yourself, right?

You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

Actually, This game is real... Shocked ??? YES!

Each of us is already a winner of this \*PRIZE\*. We just can't seem to see it.

The PRIZE is \*TIME\*

1. Each morning we awaken to Receive 86,400 seconds as a gift of Life.
2. And when we go to sleep at night, any remaining time is not credited to us.
3. What we haven't used up that day is forever lost.
4. Yesterday is forever gone.
5. Each morning the account is refilled, but the bank can dissolve your account at any time WITHOUT WARNING...

What will YOU do with your 86,400 seconds?

Those seconds are worth so much more than the same amount in dollars. Think about it and remember to enjoy every second of your life, because time races by so much quicker than you think.

So, take care of yourself, be happy, love deeply and enjoy life!

Here's wishing you a wonderful and beautiful day.

Start spending....

"DON'T COMPLAIN ABOUT GROWING OLD !"

SOME PEOPLE DON'T GET THE PRIVILEGE!

**Also from Joan...**

Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today I'm putting the cockroach in the bathroom.

## **From Joan via Phoenix, Arizona**

### **GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:**

No matter how hard you try, you can't baptize cats.  
When your Mom is mad at your Dad, don't let her brush your hair.  
If your sister hits you, don't hit her back. They always catch the second person.  
Never ask your 3-year old brother to hold a tomato.  
You can't trust dogs to watch your food.  
Don't sneeze when someone is cutting your hair.  
Never hold a Dust-Buster and a cat at the same time.  
You can't hide a piece of broccoli in a glass of milk.  
Don't wear polka-dot underwear under white shorts.  
The best place to be when you're sad is Grandma's lap.

### **GREAT TRUTHS THAT ADULTS HAVE LEARNED:**

Raising teenagers is like nailing jelly to a tree.  
Wrinkles don't hurt.  
Families are like fudge...mostly sweet, with a few nuts.  
Today's mighty oak is just yesterday's nut that held its ground.  
Laughing is good exercise. It's like jogging on the inside.  
Middle age is when you choose your cereal for the fibre, not the toy.

### **GREAT TRUTHS ABOUT GROWING OLD**

Growing old is mandatory; growing up is optional.  
Forget the health food.... I need all the preservatives I can get.  
When you fall down, you wonder what else you can do while you're down there.  
You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.  
It's frustrating when you know all the answers but nobody bothers to ask you the questions.  
Time may be a great healer, but it's a lousy beautician.  
Wisdom comes with age, but sometimes age comes alone.

### **THE FOUR STAGES OF LIFE:**

You believe in Santa Claus  
You don't believe in Santa Claus.

You are Santa Claus.

You look like Santa Claus.

#### SUCCESS:

At age 4 success is... Not piddling in your pants.

At age 12 success is... Having friends.

At age 17 success is... Having a driver's license.

At age 35 success is... Having money.

At age 50 success is... Having money.

At age 70 success is... Having a driver's license.

At age 80 success is... Not piddling in your pants.

#### **From Janette Taylor**

Penicillin - My Experiences 2020. Oh dear, I have been prescribed penicillin again! Taking these tablets always reminds me of the first time I needed penicillin. It was in the early '50s, when the only way to administer it was by injection. I must have been 6 or 7 at the time, and I still have a mental image of the bedroom I was in, with its closed curtains. I had "double mastoiditis", and was lying there, in pain, dreading the twice-daily arrival of the nurse, who did the deed. As you can imagine, I went through the rest of my childhood dreading needles. Five years later I had to have another course of penicillin injections during a lengthy stay in hospital, for reconstructive operations on a congenital deformity of my feet. The only consolation this time was the conversations had with other children on the ward, about which nurse gave the least painful injections. (We couldn't choose, though!) Still, there was an event, when I was 14, that cured me of my fear forever:- The day came at my girls' school when we were all to be vaccinated against tuberculosis, called BCG. The call for my class to line up outside the Medical Room came while we were on the sports field, playing lacrosse. Our PE teacher at the time was an older woman, very broad and stocky, who was rumoured to be an ex-army drill sergeant. She took one look at me, quaking in the queue, and said "Oh, you're scared, are you?" And when, it was my turn to have the injection, she clasped my head firmly to her ample bosom! This was a far worse ordeal than any injection could be, and my fear of needles immediately vanished.

P.S. I have been a medical research subject for at least 20 years, and a blood donor most of my adult life.

**From Ann Price**  
**Playreading Group**

It seems unlikely that our splendid group will be able to meet in person for some time, so I have tentatively tried the water of a Zoom meeting. I suggested we watch the Alan Bennett series on the BBC.

I organised the meeting for the appropriate time near to our usual monthly meeting time. Five of the 14 members joined and we also included Gloria Jacobs from whom I took over the post of group leader and who is now living in Wales. We had a good discussion on the merits of the series. We will have another go on August 12.

I am aware that some members are as yet unable to manage Zoom. I hope some will summon up the sinew to have a go by then.

**From Stephanie Warren**

We met on Zoom on Thursday 23rd July at 3pm. We discussed Story and Story Telling. Members were asked to have the title of a story, the author and why it is memorable. We talked about the make-up of a short fact or fiction story in prose, poetry and other forms with illustrations.

If you wish to join us in future, please call Stephanie on 01908 671394.

**From Margaret Atherton**

The Tuesday Line Dance Group, which in normal times meets at The Old Bath House, Wolverton, will be without a Group Leader after 22 September. Their present leader is retiring and the former Assistant leader is too ill to take over. This group has been meeting for 8 years and at present there are 23 Members on the register. This is a very 'laid back' Group, they spend the afternoon enjoying mainly Beginner/Improver Dances, socialising and enjoying tea, coffee and biscuits. The Bath House has a large, pleasant hall with a state of the art kitchen.

Unfortunately no one in the group has the confidence to take over! The Line Dancers are hoping that there is a Member out there who would be willing to become Group Leader. Ideally a qualified Line Dance Teacher, but an experienced Line Dancer would enjoy this position and be made very welcome. The present Teacher would be happy to join the group for as long as necessary to help the new Leader become established. Any volunteer would be made very welcome. For the time being some of us are meeting and dancing on Zoom.

At present, of course, our return to class could be some time away. Social distancing guidelines for dance teachers are very hard to apply and no U3A classes are open. If you are interested, please contact the Groups Organiser.

And finally, a quip from **Angela Evans**

Got up this morning and ran round the block five times. Then I got tired so I picked up the block and put it back in the toy box.

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