



Dear Members,

I hope you are coping with the restrictions we find ourselves under currently and that you are finding ways to occupy your time. My garden and home are benefiting from the time I can now devote to their upkeep.

Some of our groups are meeting using the latest technology and there have been interesting posts on our Facebook page. If you are not 'on Facebook' have a look on the Facebook page in your browser or App for MKU3A. Ask to join and wait to be accepted. There are some lovely photos taken while members have been out exercising.

We also have an ideas page on our website in the Latest News area and Lynne Button can add anything you think useful, in addition we have our Newsletter. Eve, the new editor will be asking for items from you to publish shortly – please send in anything you have found useful or any information which might help others and finally don't forget to look at the National U3A website u3a.org.uk where there are Quizzes, Maths Challenges and advice on Covid 19

It has been impossible for the normal activities of the committee to continue while we are in lockdown, but technology came to our rescue and on Monday we met via Zoom. This allowed us to 'meet', discuss and make decisions for our U3A.

As you are aware we had to postpone our AGM in March and had made a tentative booking for 24th June, however it now looks unlikely that gatherings will be allowed in the near future and so we made the inevitable decision to cancel this date too.

Before the last AGM we posted our Annual Accounts and the Annual Report on the website and asked for comments, none were received and so we have submitted both to the Charity Commission.

At the proposed AGM two of our Trustees were stepping down, Claire Naismith, our Membership Secretary and Tina Two, the Vice Chair. We thank them for their hard work and wish them well for the future. Two other Trustees were seeking a further period of office as laid down in our constitution. Myself as Chair and Dave Barratt as Webmaster. We were also planning to present two further nominees to replace Claire and Tina, Yvonne Ashmore as Membership Secretary and Lynne Button as Vice Chair. We have

nomination forms for all four nominees duly proposed and seconded by other members of MKU3A. Lynne and Yvonne have been working with us since March in these roles and yesterday the remaining Trustees agreed that in these unprecedented times they should be full members of the Committee and become Trustees and be able to vote on any issues which may present themselves.

With this in mind we need to look forward to March 2021 when there will be vacancies on the committee. Trustees can serve a total of three years in the first instance and then a further two one-year terms. We had planned to hold a Volunteers Coffee Morning in April to encourage members to join us on the committee, but this of course was cancelled. We are obliged by our Constitution to have various posts filled so we need volunteers to ensure the smooth running of our U3A ongoing. If you think this might be for you please let me know, chair@mku3a.org I know that it will be impossible at this time to meet but there are ways and means as we have all discovered.

Our finance and membership teams are working from home as directed by the Government and to our knowledge no one has used our office in Kingston recently so we have decided that the Kingston Office will be closed until further notice except for our answerphone which can be accessed remotely. We have asked that any renewals are made other than by cheque but if this is the only method you have please email the Membership Secretary membersec@mku3a.org, or contact us by telephone on 01908 281717 and leave a message on the answerphone when the cheque is in the post so that we can ensure you do not fall into lapsed. We do have some cheques, but these have not yet been presented to the bank.

We will continue to pay any invoices for Tutors and Venues from the MKU3A Bank Accounts until the end of June. Unfortunately, these payments will have to cease after this date as we cannot continue indefinitely, and the Group Leaders have been informed of this decision so they can contact their venues and tutors.

Under the current circumstances we remain unable to reach out to members without an email address on our system. Therefore, if you could pass this message to any member you know without an email address it would be appreciated.

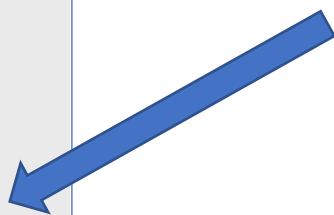
The U3A motto of Learn, Laugh, Live is so appropriate as we learn to live with the new 'normal' and hopefully it won't be too long before we meet up with family and friends for a good laugh!

National Newsletter

The national U3A produce a monthly newsletter which is sent by email. To receive this email, you will need to register on their website u3a.uk.org The information you need for this is your name, email address and region.

Milton Keynes U3A is part of the East Midlands region. Once registered you will receive the monthly newsletter and there are also back numbers available on their website.

Covid Links	Quick Links
Covid advice links	Sitebuilder
Keep in Touch links	Member Login
How to guidance	Third Age Trust
U3A Support Forum	Privacy Policy
Keep Learning and Doing	Third Age Trust
Technology Help	Trading Limited
	Privacy Policy
	Newsletter Signup
	Committee Update
	Form
	Download Logo/Brand
	Guidelines



Knitting for the Homeless and Refugees

I know that many of you have been knitting hats and scarfs for charity and have them stacking up at your homes until we can collect them and forward to the appropriate charities. Thank you.

With time on our hands you might like to embark on a different project. The website [Gathered.How](#) have various sewing, crocheting, and knitting projects to embark on while we remain at home. The downloads are free so look to your stash cupboards and make a start.

Making Facemasks

We are still not sure whether we will be advised to wear facemasks as a matter of course when we eventually are allowed to go out and about as the lock-down restrictions are relaxed. The medical facemasks will be prioritised for health and care workers so we will have to buy or make our own. The BBC have produced instructions for three designs of facemasks. To access these patterns, type BBC making facemasks and you should be taken to the following browser item. Once open the patterns and instructions will be available

Stay safe

Lesley Sparks

This isn't really an article but I just wanted to say how much I am enjoying getting to know people through the MKU3A Facebook page. So many different interests and ideas and plenty of photographs. We probably wouldn't have all met like this without the lockdown. Hopefully we can all get together when life returns to something nearer to normal.

Jo Francis

MKU3A CHOIR



Just to let you know that sadly, but not unsurprisingly, choir activities have ceased for the foreseeable future and with no idea as to when we can restart rehearsals, we are having to postpone our Summer concert which was to be held in June. Some choir members are joining groups on line and learning new pieces via zoom and other meeting sites so maybe this might be a way to keep the vocal chords warmed up. In the meantime, please all stay safe and well and we will let you know when we restart and maybe then you can come and join us.

Sheila Staincliffe Joint group leader



KEEP-FIT SESSIONS

I am sure that everyone is aware of the advice given by the Government about how important exercise is during these difficult times and I am sure that many of our members are in the Group that is having to isolate to the end of June. I am, therefore, very pleased to say that MKU3A has 2 keep-fit sessions running to help members and which can be accessed in the comfort of your own home! Both Groups start at 9.30am for an hour, using a platform called Zoom.

Monday – is for our less mobile members – although I think since the Group started they are more mobile!

Friday – is a more enthusiastic hour of exercise!

Julie, the instructor has designed the classes, so you just need a space of about 1m square – so not a lot of room is needed.

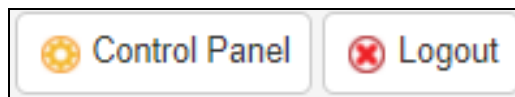
If you feel you would like to join one of the groups or would like more information, please contact Shirley Dewar, Group Leader for both Groups on 07879007513 or groups@mku3a.org. I look forward to hearing from you.

Stay safe everyone!

Shirley Dewar

MK U3A - Making Changes to your Personal Details

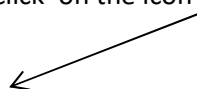
1. Open the MK U3A website (mku3a.org)
2. Login to the site. (If you haven't set your login password yet please see the instructions on the LOGIN page.)
3. Once you are logged in **either** 'click' on the Control Panel icon top right of screen

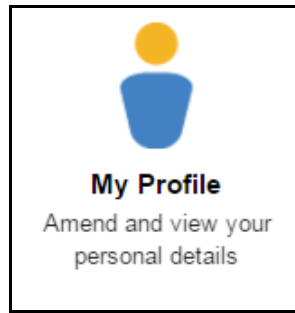


Or select My Profile from the dropdown list under Members Only under the heading picture



4. This will open a page showing the following icon. 'Click' on the icon





5. You will now open a page showing your personal profile. This is where you can change your contact details and add an emergency contact. **This is extremely important in cases of accident or emergency.** Make any changes necessary and 'click' **Save Changes** top or bottom right of profile screen.



6. You now have two options – Returning to the Website or to Logout. Top right of screen. Select the appropriate icon.



Membership Renewal

Due to the restrictions placed upon us all during these troubling times our office in Kingston closed and we are unable to process membership renewals that are made by cheques.

If possible when renewing your membership please could you pay either by bank transfer or by credit/debit card through the PayPal system from the link in your renewal letter. You do not need a PayPal account as there is a facility through PayPal to use your card. Our bank details are given on the reminder.

Our incoming post will not be collected so if you send or have sent a cheque, please let us know by email (membersec@mku3a.org) so that we can credit your details even though we have not banked the cheque? Otherwise your membership will fall into lapsed and you will no longer be able to communicate with your group or access the website for the Ideas area which we have created to help while we remain at home.

We hope you understand the reasons for this decision and please keep safe in this difficult period.

Yvonne Ashmore
Membership Admin Team

For those of your members who like opera, the Metropolitan Opera in New York is streaming one of the films of their operas every night. Most of these have been fabulous so far. The link to watch them is <https://www.metopera.org/>

Remember there is a time lapse between us and New York, so the opera posted today will be available here from about 5pm and then at any time in the next 12 hours.

Your members can see the program so far and what is coming in the next few months by going to <https://www.metopera.org/user-information/nightly-met-opera-streams/>

This should at least make a wonderful evening entertainment for your opera lovers, and those who may be new to opera and want to give it a try.

Peter Summerell

MY DREAM FOR OUR ANIMAL FRIENDS

We are on lockdown, but should you look up
You will see birds flying from tree to tree-top.
They seem to be enjoying their freedom, so much more
Cause there is stillness in the world, as never before.

There are no toxins from exhaust fumes rising into the air
No noise from the cars or machines, which is better for our hares
No irritants ruining the birds and animals' noses
Just fragrance and smells wafting up from the roses.

Cause every human is confined to their homes
To save them from a virus which is lethal and unknown
So no cars on our roads and no people working
Everything is silent while the birds and animals are roaming.

Butterflies are flitting over hedges and flowers
They seem to be dancing and prancing for hours.
These are such peaceful and toxic free days
That all creatures are sensing an amazing new phase.

The hedgehogs, frogs, rabbits and toads
All trying to cross the mad car crazed roads
They see all their families killed by our traffic
Slaughtered on the roads while we watch, which is tragic.

Bees are dropping while in full flight, trying to find their way

While men in gowns and masks are spraying each and every day
Some lovely humans have looked after the animals, that we do agree
They have helped the creatures out of cages
During their desperate days - and are set free.

The larger animals have lost their safety zones
While machines bulldoze their fields and homes
David Attenborough has said that they are on the brink
And this is so sad, as one day they'll be extinct.

There's no smoke or exhaust fumes rising into the sky
And at night we see beautiful stars and clouds passing by
We can now see a bright silver majestic moon, each night
No planes or noises, just peace for our animals' delight.

By Susan Darby

A couple of recipes from Pauline Wright

No 1. Chocolate Krispies

Makes 12 Cakes

Ingredients

2 Tablespoons Margarine
2 Tablespoons Sugar
2 Tablespoons Golden Syrup
2 Tablespoons Cocoa Powder
3 Cups Rice Krispies **

Method

1. Melt Margarine, Sugar and Golden Syrup - in microwave or on the hob.
2. Mix together till all three ingredients well blended
3. Add Cocoa Powder
4. Add Rice Krispies ** and coat well
5. Drop a spoonful of the mixture into paper cases in a bun tin
6. Leave to cool in the fridge

** Very useful for using up any type of cereal, Cornflakes, Hoops, Cocoa Pops, Shreddies etc, left at the back of the cupboard because the grandchildren don't like them or they can't visit to eat them!

No 2. Lock-down Malt Loaf

Ingredients for Step 1

1 Cup of All Bran - or supermarket own-brand substitute

1 Cup of Sugar - can be any type

1 Cup of Dried Fruit - any combination of sultanas, dried dates, fig, cherries etc. (*Can add mixed nuts or seeds as well if you like*)

1 Cup Milk - any type

1 Cup S R Flour for **Step 2**

Method

Step 1

In a large mixing bowl add the Bran, Sugar, Fruit and Milk

Cover and leave to go soft - overnight or a few hours

Step 2

Set Oven to 180°C or Gas Mark 4

Grease and Line a Loaf Tin

Once mixture is soggy, mix in the S R Flour and add to the Loaf Tin

Sprinkle some Brown Sugar on top if you wish

Bake in the oven until the skewer comes out clean

When cooked turn out onto a cake rack to cool

Best served the next day as a slice with butter or spread.

Will freeze - useful to divide into smaller portions.

Thyroidmk

Our 6th June information event at the Open University is cancelled.

For further information see our website - www.thyroidmk.co.uk.

Wilma Beckett

Local Coordinator

Thyroidmk

01908 563289

Affiliated with the British Thyroid Foundation

www.btf-thyroid.org.

New MKU3A Lock-down Construction Course:



All the World's in Lockdown

All the world's in lockdown,
And all the men and women merely waiting,
They have their front doors and their back doors
And one man at a time may venture forth,
His allowance being seven minutes. At first, the drunk,
Mewling and puking instead of being in the Nurse's arms;
And then the whining mother with her four kids,
Scowling like Frankenstein unwillingly
To school them, tearing her hair out

At the kitchen table. And then the lovers,
Apart and left wanting for their clandestine fire-kiss,
Now stuck, frustrated, in the marital room,
While spouse sets mundane tasks around the home,
And shouts and spits and barks and drinks the beer;
Then the delivery man - of colourless van and speedsome wheels -
Of strange boxes and vegetable packs, and glovéd hands,
Seeking the hermit and shouting through the letter-box,
Leaving pricey antiseptics in an unsigned doorstep drop.
Then the Police Force: constables and sergeants,
Racing with their sirens to quell the parties,
And separate the million joggers in the park;
They stand, each shoulder to broad-strong shoulder,
Their own propinquity a risk. And critical workers o'er the land,
Risking life and limb to bring supplies and keep us safe,
While we languish, bored, behind our castle walls;
And lastly, A & E is ready, to receive the paramedics
Who charge with blue lights flashing, masked and PPE'd,
To give us oxygen and ventilate, to sit beside our beds,
To save our lives, to soothe our fear and trembling,
To pull us through this crisis, one by one.
And we emerge, much scarred and rightly humbled,
To rent a planet now bruised and unborn quiet,
Muted by death and snubbed in its greenish striving,
Yet which bids us take a second, fleeting chance:
As the fragile, ancient world begs for rebooting.
Last scene of all: to shun our adult selfishness
And save our offspring's heritage and dodge oblivion -
Sans cars, sans pollution, sans Gucci, sans Trump,
Sans anything but love.

Tashika Cecchetti (TAP) 25 4 20

Just a comment: The other day my watch battery expired & during lockdown I could not get it replaced. It struck me that my younger friends would just look at the devices in their pockets. My father would have wound his watch to restart it. I sent away for a cheap watch through the internet.

Margaret Young

Still Green – good neighbours for life

How wonderful it has been to see all the small acts of kindness that have blossomed around us during lock-down. How we wish that this, often new-found, neighbourliness will become part of the 'new normal' life that will emerge. Being part of a cohousing community is an option that some people choose in order to know they will be with good neighbours for the long term.

Still Green is planning an exciting scheme in Milton Keynes of 25-30 homes for people in their fifties and over. Residents will have their own self-contained homes but also share some indoor and outdoor spaces and facilities – and seek to be good neighbours to one another.

We have been in discussion with TOWN for some time about the possibility of our cohousing development being part of the Love Wolverton regeneration project. Members of Still Green will be doing some more work with architects on a layout for our cohousing community and individual homes in the next few months and are optimistic that we might be able to go ahead with a scheme that could start construction next year. Our new homes could be ready late 2022/23!

If you would like to join in a virtual meeting to learn more about cohousing and what we are planning, please email stillgreenweb@gmail.com and we will let you know as sessions are arranged this summer. Getting involved in a co-housing project early gives you the opportunity to be involved in the design of your future home and community!

Please have a look at our website too: <https://stillgreenweb.org/>

[Margaret Newens](#)

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Web Master: Dave Barratt email: webmaster@mku3a.org

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Please refer to the website: www.mku3a.org for statements concerning **MKU3A Policies and Guidance** on all aspects of our administration including **Data Privacy, Disclaimers and Copyright**

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