



milton keynes

university of the third age



March
2020



Open Meeting

Meetings start at 2.30pm and are held at the Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes, MK5 7GZ. There is car parking on site, and bus routes 8, 24 & 25 stop on adjacent grid roads.

25 MARCH – ANNUAL GENERAL MEETING

Showcase of MK U3A Talents

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New Members Induction Meeting

16 March 2020

The next meeting will be on Monday 16 March, starting at 2 pm. It will be held 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.

The session will outline the background to the U3A movement, explain how to get the best out of your membership with MKU3A, and show you how to use the website and join groups.

If you are a new member – just come along. Any queries to Claire Naismith on membersec@mku3a.org or 07425 620167.

Art Appreciation 3

Introduction to Art Appreciation

Would you be interested in forming a new Group offering an Introduction to Art Appreciation?

It is hoped that the new Group will start in September. The session will be informal and open to all. There will be no “teacher” – the idea is that members learn from each other. It may be possible for members from the other Art Appreciation Groups to offer assistance.

An initial meeting has been arranged for Thursday 14 May at 2pm to



discuss the Group. If you are interested, please contact Shirley Dewar, Groups Co-ordinator on groups@mku3a.org.

Architecture Study Day

There has been such a response to the first planned study day that the organiser has very kindly arranged to repeat the day.

The new date is 25th September but she has asked me to send out this message and attach the original flyer and application form as well.

If you would like to book for the new date, please use the form and just cross out the date, write in the 25th September, and send it off to Margaret.



Understanding Architecture Study Day

**Thursday, 23rd April 2020 at Benson Parish Hall, Sunnyside, Benson,
OX10 6LZ**

The aim of this day is to inform members how to "read" buildings, how to understand what they are seeing and what it symbolises; and to also provide a brief history of architectural progress from 18th century to modern times. It is hoped that this will enrich their future travels at home and abroad.

We are very fortunate to have Dr Geoffrey Tyack, FSA, FRHistS as our speaker for the entire day. He is a Fellow emeritus of Kellogg College, and President of the Oxfordshire Architectural and Historical Society. He has many publications to his credit and copious experience teaching groups of all ages. Today's lectures will be 45 minutes in length, copiously illustrated with photographs, and allowing 15 minutes for questions after each presentation.

Provisional programme for the day - (Please bring this with you on the day)

10.00-10.30am	Registration and refreshments
10.30-11.30am	The Classical tradition
11.30-11.45am	SHORT BREAK
11.45-12.45pm	Gothic Revival
12.45-1.45pm	LUNCH
1.45-2.45pm	Early 20 th Century (Art Nouveau, Arts and Crafts)
2.45-3.45pm	The Modern Movement

The study day fee is £14 (£16 to non-members) to include refreshments upon arrival and a buffet lunch. Please specify any food allergies.

To attend please submit a completed application form and cheque to:

Mrs M Sherrington, 53 Cumnor Hill, Oxford, OX2 9EY, or email: msherrington1@aol.com with any query.

Confirmation will be by email unless a stamped self-addressed envelope is enclosed with the application.



Understanding Architecture Study Day

Thursday, 23rd April 2020 at Benson Parish Hall, Sunnyside, Benson
OX10 6LX

PLEASE COMPLETE IN BLOCK CAPITALS – ONE FORM PER PERSON

I would like to attend this event:

Full name:

Telephone number:

Email:

Fee is £14 to TVN members, £16 to non-members. This includes the full programme for the day, refreshments upon arrival and a buffet lunch.

Please state any dietary needs (gluten-free, lactose free, vegan, vegetarian)

.....

I enclose a cheque for £.....made payable to: U3A Thames Valley Network

I certify that I belong to.....U3A

I would like to receive details of future TVN events by email YES / NO

Signed:Date:...../...../ 2020

Application and cheque should be sent to:

Mrs M Sherrington, 53 Cumnor Hill, Oxford, OX2 9EY

Acknowledgement will be by email unless a stamped addressed envelope is provided.

Meet the Willen Hospice Chaplain

You are invited to attend the Exploring World Faiths group meeting on Wednesday 1st April at 2 pm at St Mary Magdalen Church, Willen.

Our speaker is the hospice chaplain who recently retired after working at Willen Hospice for 19 years.

Please park in the car park at the former The Well/St Michael's Priory, MK15 9AA or in the road nearby but please do not park at the hospice itself.

If you are hoping to attend, please contact the group leader via the webpage, email ewf@mku3a.org . Thank you.

Here is a photo of our group's recent visit to the Wolverton Mosque where we were made very welcome by the Imam. We were given a guided tour, followed by refreshments during a 'question time'.



MKU3A – Volunteers' Coffee Morning 23rd April 2020

As you may well be aware, MKU3A is run by members for the benefit of members, on a "not for profit" basis. This has only been possible due to the efforts of individual members who volunteer their services and skills to manage and maintain MKU3A as a viable and thriving community.

Just as our members share their expertise when addressing a group meeting, other members provide their time and knowledge leading interest groups, take on committee roles and organise social events cultural visits and study days.

We are holding a Volunteers' Coffee Morning on 23rd April 2020 from 09.30 to 12.30 at our Kingston office. If you are interested in playing a more active and influential role within MKU3A, why not come and have a discussion with our Trustees/Management Committee and find out what you can do to help, on a no obligations basis.

For further details, please email chair@mku3a.org or telephone us on 01908 281717. If you are unable to attend but remain interested in volunteering, please let us know anyway. We will be pleased to hear from you.

Parp Parp!

Are you interested in cars? Are you a keen driver? Would you be interested in joining a new motoring group? The group would aim to cover a broad spectrum of topics from classic and super cars to electric and autonomous vehicles and everything in between. Car design and why certain cars succeeded and others failed

and more.

Driving, including safety, the Highway Code, driving licences and categories, advanced driving, mature drivers will be covered.

Motorsports and famous people inc racing drivers, designers and others. Insurance. Breakdown services. Road trip accounts. Driving abroad after Brexit.

Advice and tips (and no doubt group members experiences!) on buying, selling and looking after your vehicle.



There is also the possibility of group outings to places of interest such as motor museums and race days.

This is only a small sample of the topics that motoring can cover and I'm sure group members would come up with many more. Topics would be covered by way of talks, discussions, demonstrations and videos.

The group would initially meet monthly but if it proves successful this could increase to twice monthly.

Please contact Shirley Dewar, Groups Coordinator if you are interested in joining a new motoring group. Email groups@mku3a.org

Anyone For Croquet?

Have you always wanted to try Croquet – maybe this could be the Group for you!

- Wednesday mornings for beginners of 2 hours duration (10am - 12 noon)
- Stony Stratford Croquet Club (where there is a clubhouse and all the equipment provided) .
- The group would have the use of 3 lawns with all the tuition necessary to enjoy the game with refreshments included in the cost of £4 per session.
- The usual season lasts from April to October.



If you are interested, please contact Shirley Dewar. Groups Co-ordinator at groups@mku3a.org

CARTOON APPRECIATION COURSE



A short 6-week course of cartoon comedy, wit and satire.

Thursdays: 10:30 –12:30 a.m.

😊 May 7th, 14th, 21st and 28th. June: 4th and 11th.

During each 2-hour class we shall explore the methods and tools used by certain artists to ridicule, mock and lampoon groups, organisations or celebrities via the medium of cartoons and caricatures, and we shall also question: “why do they do it?”

The committed cartoonist may simply have the desire to make people laugh, to make a specific point, to attack individuals from the historical past, the present, or anticipate a future event or merely want to throw general cartoons into the daily swirl of publication. Oh, yes, without doubt cartooning is very exciting, covers a broad church, is sometimes dangerous and can be very well-paid.

This appreciation course is no talking shop; this is a hands-on, think-for-yourself series of lessons in which you will get to understand what is entailed in creating that ‘Knock ‘em dead’ result. Also, where appropriate, we shall observe and discuss famous past and present cartoonists’ cartoons and explore their methodology.

Places are limited to five and early booking is recommended.

Please contact Shirley Dewar: groups@MKU3A.org

The Third Age Players Are Murderously Minded!

Choking, tripping, fighting, committing, drinking, doping, executing... these are just some of the methods we have employed to dispatch almost a dozen people over the past two years.

As we are now well into the New Year, we are rehearsing our next production, Murder Unlimited, a triple bill of deadly plays. It's a long way off yet, (3-5th September) but at our age, we like to take things at a leisurely pace and savour the disposal of each body!

If you would like to see some of what twenty or so U3A members do on a Tuesday morning, come along to Bellfounders House in Bradwell at 10am or come to the U3A AGM on 25th March, when we will be presenting a short comedy sketch (this was one of many pieces with which we amused ourselves at our last meeting before Christmas.)

Meanwhile, we are looking for someone who might be happy to video one of our performances – if you or anyone you know might help us out, please contact our group leader, Barbara Baker email her: tap@mku3a.org



MKU3A Choir

It now seems a long time since our Christmas Concert and we are well into rehearsals for our Summer Concert, which will be held at the United Reformed Church in Newport Pagnell 2.30pm on Sunday 14 June.

Our Concert will be followed by a Cream Tea and tickets, to be priced at £10, will include refreshments. More details will follow later. We do have a few vacancies at present and if you are interested in joining us send an email choir@mku3a.org.

We meet weekly on a Tuesday between 2pm and 4pm at The Cross & Stable Church in Downs Barn.

Vivienne Shaw, Joint group leader



Pilates is Good for Your Health!



Have you been doing Pilates and are you looking to join a class?

Our friendly Pilates group (Pilates 1) currently has a vacancy and is looking for a new member.

We have a very experienced instructor and the sessions are held at Kents Hill on Wednesday mornings.

Please contact our Group Leader, Yvonne Ashmore, for the details at pilates@mku3a.org. You will also find more information on our group, **Pilates 1**, on the website, under the Interest Groups tab.

Sew Happy Crew!

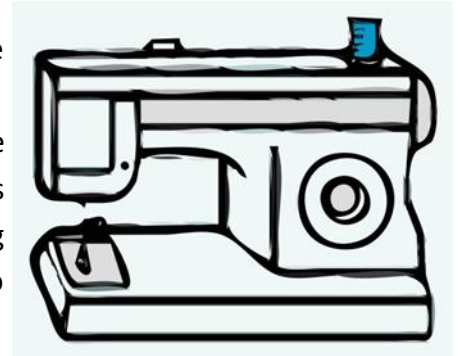
Would you be interested in joining a new, weekly sewing group in Bletchley to bring together sewing and stitching enthusiasts?

It is planned to meet on Thursdays from 10.30 to 12.30 and hopefully the Group will start very soon.

The sessions will be informal and open to all regardless of skill level. There will be no teacher as this will be an extremely informal group - the idea is that members learn from each other. However if a member has something with which they require help there may be someone within the group who can help.

It is hoped that those with special expertise will be happy to lead workshops sometimes and the Group Leaders hope to bring in the occasional specialist who can guide the Group in their special craft.

If you are interested, please contact Shirley Dewar, Groups Co-ordinator on groups@mku3a.org



Round & About Magazine - Feature About The U3A And TVN

Round and About is a free magazine delivered to over 500,000 households in the Thames Valley, Hampshire and Surrey. You can check to see if your area is covered by looking at their website: <https://www.roundandabout.co.uk/>

Late last year some of our TVN U3As were asked by the magazine to contribute to a feature about the U3A. Despite the fairly tight deadline over Christmas, many of you did so, and the results can be seen at <https://www.roundandabout.co.uk/featured/u3a/> - with the headline "You're Never Too Old".

There is a link on that page to the Thames Valley feature, and also one for Surrey/Hants. The general introduction is the same for both.

When I heard about this, I contacted the magazine and asked if I could contribute something about our network, and they agreed, so you will also see that piece in the Thames Valley feature.

In each of the printed editions, the format is a bit different – what you will see will be local to your area and will only feature local U3As, not all the U3As who responded. The TVN piece appears in some printed editions, depending on space available. The front cover of all the editions says "*Love and Learn – Having a Laugh with the U3A*". (The print versions can also be viewed on their website.)

The Production Editor of Round & About, Karen Neville, has expressed an interest in receiving more information about U3A activities, especially about U3A Day in June. This is a good way of raising the profile of the U3A, with minimal effort and – even better! – at no cost.

Karen can be contacted at kneville@roundandabout.co.uk

Avis Furness

Chairman

U3A Thames Valley Network

Being Good To A Group

Dear Members

During the year I, obviously, have lots of contact with Group Leaders – emails, telephone calls, meetings etc, and this year the same concerns have been raised by many Group Leaders and I feel that I should share their concerns with you:

- Offering a place in a Group – no reply is received
- When a member has accepted a place – information is given about where to go etc and the person does not turn up and no explanation is received.
- Members leaving the Group – the Group Leader is not informed
- Infrequent attendance without good reason which prevents prospective members on a waiting list from joining
- Member participation in Groups or lack of it!



The ethos of the U3A is “for the members by the members” and

Groups should be run with this in mind. It is important that all

members are involved in the Group – it could be setting up tables, clearing away, making the tea/coffee etc. I am sure there are many Groups within MKU3A where this is not and has not been a problem.

The Groups are run by very dedicated volunteers which I am sure is very much appreciated – without them there would be no MKU3A!!

Shirley Dewar

Groups Co-ordinator

All Aboard For Somerset

Just a timely reminder to say that there are still a number of places available on this short break to Somerset on 11 June 2020. There are only double/twin rooms available. All double for sole use rooms allocated and no more available

Somerset with cider, probably some cheese, elegant Bath, a trip to Wales for the Royal Mint to see how they make money, and St Fagans museum.

Ride a heritage railway, visit Tyntesfield (National Trust) as seen on Countryfile over Christmas, also Wells for its beautiful cathedral, perhaps the most beautiful of the great English cathedrals, and the Bishop’s Palace in its 800th anniversary year since the beginning of the buildings construction. Might even be time for a paddle, if the tide’s in at Weston.

Once again we are using **Just for Groups** as tour operator, staying at a 4* hotel on the outskirts of Bristol.

For a booking and insurance form, please contact Chris Behrendt at h.and.sb@mku3a.org or ring 07766 026357.

The closing date for deposit booking is 17 February 2020, but late entries might be successful for a deposit and insurance fee if required.

MK U3A - Open Meetings 2020

22 APRIL – The Plague Doctor – David Bell



With a reputation of being side splittingly funny, David Bell makes no apology for his tongue-in-cheek recounting of the Eyam plague story. In a fascinating talk you will be seduced in a uniquely amusing fashion into a world where both medical diagnosis and treatment were equally outrageous. A world you would want to avoid . . . like the plague.

27 MAY—Funny Fellas—Tricia Thompson

The lives and work of Ronnie Barker and Ronnie Corbett

24 JUNE – Bowel cancer awareness talk – Kathryn Vizor

During the talk you will learn important facts about bowel cancer. The talk will also cover:

- Signs and symptoms – learn about the five most common symptoms
- Risk factors – discover what increases your risk
- Prevention – get information on how to reduce your risk
- Bowel cancer screening – learn about the NHS bowel screening programme and the importance of taking part

22 JULY – Photography as Art - Karen Thurmanovich

Karen will explore how movements in the photographic world mirrored movements in the art world in general, especially starting in the 1920s. This will be followed by a discussion about photography as art and the role that photographic art plays in social change

23 SEPTEMBER –Dogs for good – one year on

After last year's highly successful talk an opportunity to find out what has happened to Yasmin and Suki

28 OCTOBER—Keep Warm MK—Emma Brooks

Keep Warm MK has joined forces with the National Energy Foundation, a charity committed to improving energy use in buildings. Our speakers today will discuss a range of the latest energy and money saving measures including extra support for those who need it most during a power cut or loss of gas supply.

25 NOVEMBER—The Voice of the Century—The life and music of Frank Sinatra—Karen Thompson

A biographical talk about the life and music of Frank Sinatra which follows his career from its earliest days to his death. Illustrated with lots of songs.

Open Meeting - IT Help Desk

There is normally an opportunity both before and after the Open Meetings to seek assistance with IT problems and using the MK U3A website, including setting up your login and password and updating your personal profile.

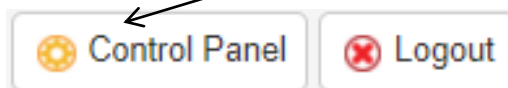
When available it's offered before the meeting from 2:00pm and after the meeting until 4.15pm but please check the Open Meeting confirmation email to confirm it will be available on the day.

Free Wi-Fi is available at the venue.

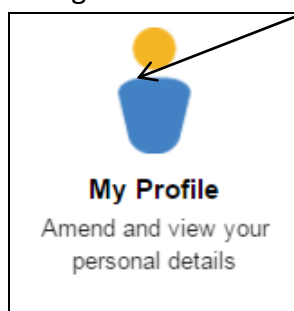


MK U3A - Making Changes to your Personal Details

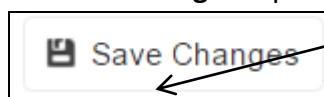
1. Open the MK U3A website (mku3a.org)
2. Login to the site. (If you haven't set your login password yet please see the instructions on the LOGIN page.)
3. Once you are logged in 'click' on the Control Panel icon top right of screen



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.



Welcome to Charity Recycling MK

Our aim is to reduce the volume of domestic plastics sent to landfill or incineration and use it instead, thanks to sponsorship, to raise money for charity.

My name is George Thomson, a TerraCycle UK approved drop-off point administrator. I function on a totally voluntary basis and receive no payment of any kind, so 100% of all funds raised are shared between Willen Hospice and MK Cat Rescue. I'm retired these days so doing this gives me the chance to 'put something back'.

Our original focus was on Tassimo discs and wrappers. They remain the mainstay of the operation, but these days we also handle Nespresso L'Or pods, Kenco wrappers and instant jar lids, biscuit wrappers of all kinds, trigger spray guns, surface wipe packaging as well as dental care and air freshener products.

Even more recently we have been able to include crisp bags and similar materials, pet food pouches and bags and Ella's Kitchen baby food pouches, all which have generated a flood of interest.

You will easily spot our **drop-off crate at 25 Cantle Avenue, Downs Barn MK14 7RJ** where it's available 24/7. Free carrier bags are also provided as are information leaflets.

Most Willen Hospice Charity Shops now have collection boxes, something I am extremely grateful for. Unfortunately Willen shops are unable to accept wet pet food pouches, but everything else is welcome.

Recycling and charity cash distribution are managed by TerraCycle UK and the scheme is sponsored by the various product manufacturers.

I hope I can count on your support.

George



Talk on the First World War

The next talk from the Open University's history department is on 18th March, 4.30pm, on the OU's campus.

That will be Dr Vincent Trott talking about 'Commemoration and Memory of the First World War', so I think it will have a wide appeal.

The talk is, obviously, free and anyone may attend. More can be seen at

<http://fass.open.ac.uk/events/opentalks>



National Trust 'goes' to Malta

Are you a member of the National Trust? Even if you aren't, you can join a local association in Milton Keynes that arranges visits to National Trust properties and places of special interest, lectures, holidays, and social events.

Money raised through these activities are used to support National Trust projects.

For more details, visit

www.nationaltrust.org.uk/features/milton-keynes-association or contact our membership secretary via phone at 01908 314151 or via e-mail at annette@mstyler.plus.com.



On March 11th we have a talk on the island of Malta by Major David Squibb of the Salvation Army, followed by an evening of films with relevance to the National Trust on April 8th.



Dear Concert-Goer

Vivaldi, McDowall and Telemann - Saturday 28 March 2020, St Mary's, Woburn, 7.30 pm

At our March concert, the Danesborough Chorus looks forward to taking you on an adventure in musical contrasts, with Baroque masterpieces by Vivaldi and Telemann, and a contemporary classic by Cecilia McDowall.

Vivaldi's music was forgotten after his death in 1741. Fortunately, his *Gloria* — a joyful, warm hymn of praise and worship — was rescued from obscurity in 1939 to become a much-loved work in the choral repertoire. His less well-known *Magnificat* offers dramatic, highly infectious music to delight all fans of the Baroque.

Telemann's *Suite in D* is taken from his collection of *Tafelmusik*, German for the custom of entertaining guests at meals with background instrumental music. Telemann wrote: “I do hope this work will one day contribute to my fame”. Its dazzling duets for oboe and trumpets, its lightness of spirit, and tuneful melodies that suit perfectly each instrument ensure Telemann would not feel disappointed.

In 2014, Cecilia McDowall won the British Composer Award for Choral Music. Her hauntingly beautiful *Ave Maris Stella* is an anthem to peace and was first performed in Portsmouth Cathedral on Armistice Day 2001. You can look forward to tranquil purity, with occasional dissonant harmonies, from a composer whose ‘communicative gift is very rare in modern music’ (*International Record Review*).

For this Spring concert we’re joined by the Alina Orchestra and soloists Susan Gilmore Bailey (soprano) and Anna Huntley (mezzo).

I enclose a flyer with full details and a booking form (see over) so that you can order tickets: £20 and £15 (centre, reserved); £10 (aisles, unreserved); under-18s £5 (all areas). We look forward to welcoming you on Saturday 28 March, the eve of British Summer Time.

Yours sincerely

Jenny Harris

Danesborough publicity

www.danesborough.org.uk

Next concert

Sunday 28 June, Milton Keynes Theatre – Elgar’s *Dream of Gerontius*



Vivaldi, Telemann and McDowell

Saturday 28 March 2020, St Mary's Parish Church, Woburn, at 29.30

Name	<input type="text"/>
Address	<input type="text"/>
Postcode	<input type="text"/>
Telephone	<input type="text"/>
Email	<input type="text"/>

Please forward the following tickets:

£20 (reserved, central nave)

£15 (reserved, central nave)

£10 (unreserved in the side aisles)

<input type="text"/>
<input type="text"/>
<input type="text"/>

(£1 tickets for under-18s, reserved or unreserved)

I enclose a cheque for £ _____, made payable to 'Danesborough Chorus'.

Please send your cheque, booking form, and a stamped self-addressed envelope to:

Until 29 February 2020

Danesborough Chorus Tickets
58 Church Road
Woburn Sands
Milton Keynes
MK17 8TA

From 1 March 2020

Danesborough Chorus Tickets
8 Rock Lane
Leighton Buzzard
LU7 3QD

We will use the information on this form to contact you if the concert is rescheduled or cancelled.

Bow Brickhill WI meets the Bard of Woburn

Bow Brickhill WI meet on the fourth Thursday of each month at 7.30pm in the Pavilion at Rushmere Close, Bow Brickhill, MK17 9JB, except for December.

In March our speaker will be the author Paul Cox talking about the book The Bard of Woburn . He talks extensively about this book written by Paul Castleden .

Visitors, including men and well behaved children, are invited and are requested to donate £4 towards the speaker fee, hall hire and refreshments.

Stephanie Warren 01908 671394

Variety Concert theme "Favourites" at Woolstone Church

on Saturday 4th April at 7.00 pm

All welcome. Please bring some food to share with others

A collection will be taken for Church funds.

Pat Hodges 01908 644785



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Vice Chair: Tina Two vicechair@mku3a.org

Secretary: Neill Dewar secretary@mku3a.org

Treasurer: Diana Sears treasurer@mku3a.org

Groups Coordinator: Shirley Dewar groups@mku3a.org

Webmaster: Dave Barratt webmaster@mku3a.org

Membership Secretary: Claire Naismith membersec@mku3a.org

Communications Coordinator: Simon Wong comms@mku3a.org

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Members Liaison: Dennis Revell membersliaison@mku3a.org

Assistant Webmaster: Len Barrows assntwebmaster@mku3a.org

Groups Finance Admin: Janet Thompson groupsadmin@mku3a.org

Halls Admin: Sue Giordano hallsadmin@mku3a.org

Open Meetings/Volunteers: Currently vacant volunteers@mku3a.org

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

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