



May
2020



Learn Laugh Live

Hello fellow U3A members,

I hope you are keeping well in these unprecedented times and are not finding staying at home to onerous.

Lynne has been monitoring our newly formed Facebook page (search for MKU3A) and adding ideas in a news item in the Latest News area of the website, if you haven't already looked through the list it might help you find something new to do. You can also send in ideas and links which are not there to share with others.

The Trustees have been asked when our normal programme will recommence but we cannot give an answer to this question as the future of the virus and how to combat it is still unknown by the experts but we will be ready when the time is right.

Our postponed AGM is due to be held at the end of June, but this may be inappropriate so we will send out information about this nearer the date.

Our finance and membership teams together with the committee are still working remotely and we are continuing our duties as best we can. We have a new member in the post of Newsletter Editor, Eve Tigano, and we are very grateful to her for taking over this role. Welcome Eve. At present we are only able to produce an online version due to the restrictions and this will be a reduced publication, but I hope you will find something of interest in the items.

Best wishes

Lesley

A Message from Shirley, the Groups Coordinator

I hope you continue to keep fit and well and have been able to fill your days at this difficult time. I have joined the Facebook page and it has been lovely to see so many wonderful photographs taken by some of members and the comments made.

On checking our database, there are still quite a few members who have no emergency contact details. This is something that I have been working on with Group Leaders for quite some time and they have been asking for this information from their members. As you are now fully aware most of our membership is in the vulnerable category so it is most important that Group Leaders have someone to contact should there be an incident at one of their meetings. Can you imagine what it would feel like to see one of their group members disappearing in an ambulance and not being able to let a loved one or friend know?

Members can alter their details personally on Datum and below are the step by step instructions to take to make changes. On behalf of the Group Leaders (and now that everyone has the time), I would be very grateful if you would complete this information. If this is a problem and you would rather the details were entered for you, please send them to me and I am happy to complete this for you.

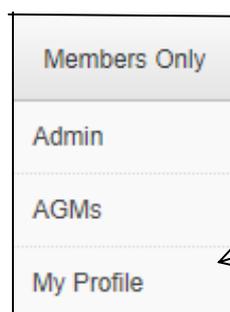
Stay safe everyone! groups@mku3a.org

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

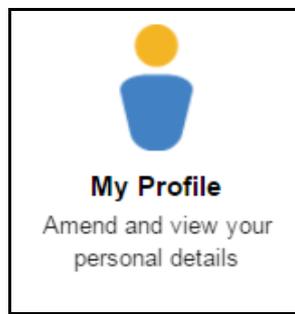


Or select My Profile from the dropdown list under Members Only under the heading picture



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

Some hints and tips to pass the time in lock-down: -

Monita Poon

If you log on DW Fitness First Facebook page at 11:00 weekdays, there is an online workout to follow to keep you fit during the lockdown.

Kate Colgrave

I saw this and thought it amusing. President Trump said 'I don't want to brag, but I have just finished this jigsaw in a week. It said on the box ' for two to four'.

Robert Low suggests the following:

You may remember that there was previously a “Maths for Fun” group under the leadership of Hilary Bowman but the group folded in mid-2019 when Hilary moved away from Milton Keynes and no one was able to take over as leader.

Dr David Martin who is the U3A National Subject Advisor for Mathematics and Statistics highlights that a weekly Maths Challenge will appear each Thursday on the national U3A website with solutions appearing the following week. The direct link is:

<https://www.u3a.org.uk/component/content/article/197-covid-19/581-maths-challenge?Itemid=490>

Week One questions are already posted. The questions vary from easy to difficult so something for everyone.

Ann Price

I would suggest an exploration of Future Learn, courses on a wide range of subjects from Austen to Calculus.

A note to Bridge Players

Did you know there are various versions of the game which can be played by two people, it is known by various names, 2 handed or honeymoon bridge.

A You Tube video of how to set up this game can be found by clicking on this link. Enjoy!!

https://www.google.com/search?q=2+handed+bridge+you+tube&rlz=1C1CHBF_en-GBGB798GB798&oq=2+handed+bridge+you+tube&aqs=chrome..69i57.5390j0j7&sourceid=chrome&ie=UTF-8

Some news from the Groups: -

Our Computer and iPad Groups by Alexander Henry

While the current Covid-19 lockdown, proximity of others, and isolation conditions apply, our six 'computer' groups (iPad Short Course, iPad Users, iPad 2, iPad 3, MacOS, and Computer {Windows}), who have been regularly gathering at the Age UK facilities, at Peartree Bridge, have had to rethink of alternative arrangements, as we wish to continue contact with each other within our groups, and maintain interest in our fields of activity.

So, for the moment, our Leaders got their heads together and looked at various alternative arrangements. In this Digital Age, and possibly caused by the pressures being imposed as a result of the pandemic, a few alternative systems are available. On experimenting with these, we have opted for a system which allows a group to have video and audio interaction with members. The programme used is provided by a company called Webex, and its use is entirely free. Already we have had several group meetings using this service and included visual displays and verbal discussion on the matters being presented, and these have been very successful. We shall continue using Webex during this emergency period (and maybe longer), but we shall also be returning to the facilities at Age UK, as there is nothing better than being face-to-face (and not 6 feet apart).

Our success may not be suitable for other groups, but if any leader is interested in finding out more, we shall be happy to discuss their situation with them.

Jerry Green, Family History 2

At the February meeting of the Family History 2 Group we had a new member, Peter Gallagher. When lock down started he suggested that we should continue to meet using Skype. It took a couple of practice sessions for everyone to understand how to use Skype but after that it became a fairly smooth operation. We can all see each other and we can display items on screen for everyone to see. For family history we can demonstrate searches on-line, display records we have found, newspaper articles or other documents. Looking at the MK U3A Facebook page it appears other groups might want to share their holiday snaps but really the use you make of Skype depends on your imagination.

We have one problem; we haven't yet found a method of serving tea and biscuits on line. If anyone has a solution to this problem it would be very welcome.

Rather than having monthly sessions we have decided to have them fortnightly during lockdown and at present we have some vacancies.

From Steve House, Intermediate Italian

Probably like many groups the Intermediate Italian group, which meets twice a month on Tuesday mornings, has embraced the latest video-conferencing technology in the shape of

Zoom in order to continue having something like our regular meetings. Almost all of the group came on board with using the software and, after a trial get-together, we now have had two very useful, if short, sessions in each other's company courtesy of it. Being a language group, the technology is evidently going to lend itself to our activities but we are also going to try to employ the visual side of it to try and play some of the games we used to play when in the same physical space – still early days. The facility itself is free to use but there is a limit of 40 minutes per session which flies by and so we've decided to subscribe to the service for around £14/month in order to have longer meetings, and perhaps use some of its more enhanced facilities too. It's going to be quite an adventure! If your group hasn't already explored Zoom (or any other similar software) then maybe by reading this you might be tempted to give it a try. Either way, best of luck and keep safe.

On - line Quizzes by Pat Hodges, Quiz Group Leader

If you would like to receive a 20 question quiz on-line to do by yourself or with friends and family please contact missquiz@sky.com for more information. These are sent out every 2 days.

Marlene Harrison-Jones (Folk Dancing) reports the following: -

We celebrated the 90th birthday of Christine in January. We intended to celebrate Joy's 90th birthday in April but that is now postponed until we meet again. (Joy is 3rd from left on front row)



In the meantime, we can still enjoy our dancing and practise our skills by going to the website

<http://dancevideos.childgrove.org/ecd/corona-inspired-dances>
<http://dancevideos.childgrove.org/ecd/corona-inspired-dances>

where we can see Sharon Green walking through SOLO dances for us and then calling them to

music. Perhaps other U3A members may like to try them out too.

THE TUESDAY ZOOM LINEDANCERS by Margaret Atherton

The Line Dancers who normally meet at the old Bath House, Wolverton, have decided to keep in touch to support one another and to bring some much-needed fun into their lives.

First of all Pip Coyne organised a Group on What's App – 'Margaret's Line Dancers'. We can contact each other and chat. Sometimes Members post videos of themselves doing the dances we enjoy or showing their prowess at learning new routines from You Tube. I also posted a video of me dancing 'Senorita La La', a dance some of the more innovative wanted to learn. I went through slowly to teach it then I danced it. We also have virtual afternoon teas and send photos of tables with cakes and China. In fact, we post a plethora of varied activities,

Now we have embarked on a new venture, On Tuesday afternoons at 2pm, when we normally meet, we have organised an afternoon of Line Dancing using the Zoom platform. We had our first session on Tuesday 14th. This session did have a few technical hitches, but we were soon waving to each other on a shared screen. As the host I tried to impose some discipline with very little success. I demoed a dance, then used my Bluetooth Speaker at high volume so that we could all dance. This did not work, only I could hear it! This platform is really for conferences and probably excludes background noise!! I did manage to get some music through by placing an iPad close to my computer's mike. Then we had more hilarity, everyone heard the music with different time lags. We all did the right steps but not necessarily at the right time! Let us call it a work in progress. Hopefully I can fix the music problem but if not, well we will have a fun session on Tuesday afternoons until we can meet again in our very attractive venue, when we can have a real afternoon tea – virtual biscuits don't really taste good.

Shirley Dewar

KEEPFIT WITH A DIFFERENCE!

Julie Tucker is the Keep fit Instructor for the U3A Group – Keep fit Community Fitness. At the moment the Group is continuing its "energetic" session on a Friday morning via Zoom!

Julie is concerned that many of our members are having to isolate themselves and may not be exercising at all. She has therefore very kindly offered to start another keep fit group free of charge but aimed at less active members. The session would also be via Zoom so members will need a device to download the program to which also has a camera so that she can see you and you can see her! The session will take place weekly on Mondays between 10am & 11am with the possibility of another session on a Wednesday if it proves popular. Any members who would like to take part in the exercise do so at their own risk and must ensure that if they have been advised not to exercise by a medical professional then they must have permission from the medical professional to take part.

As taking part in this Group involves a Zoom session, if you would like to join this Group you are giving permission for your email address to be shared with the proposer and other group members.

If you are interested, please contact Shirley Dewar, Groups Co-ordinator on 07879007513 or groups@mku3a.org

From Barbara Baker, TAP (Third Age Players)

During this strange time, Third Age Players (TAP) are stilling staying lively by sharing crosswords, poems and limericks written by our talented group. This week some of the more tec savvy members held a Zoom session and read a scene from Macbeth.

Whether we will be able to present our latest creation 'Murder Unlimited' scheduled for early September could be in doubt as even when restrictions are lifted, it might be that our age group will be amongst those who will be last on the list and there will not be time to bring the play up to the professional standard we always aim to achieve. But there are other plans in the pot so watch this space.

If any of you out there are toying with the idea of joining us and can Zoom - perhaps you would like to join one of our Zoom sessions to meet us etc. Let me know, Barbara Baker on tap@mku3a.org

Plus a limerick....

Said Barbara our leader, 'Oh dear
It's becoming ever more clear
With no practice at all
And closed down 'till the fall
Our show looks like being next year'

by Heather Harris, one of our happy flock

And finally, a poem

Where do all the Amblers go
When they are in strict lock-down
Their garden may be the only close location
And it is not very much when in Isolation
But fear not, when CoronaVirus is over
They can get back to being a distance Rover

Experts speaking many languages are usually academic

But they have learned new words during this pandemic
'Two Meters' means 'Six Feet', more or less
And 'Wash Your Hands' means 'to excess'
It is not so difficult for them to Live and Learn
But for others it is still Greek to them

Where do Computer Geeks go
While Covid19 germs are all around
They cannot meet up as is their norm
Which is of course is designed to confound
So to the air-ways they have flown
And now communicate digitally while still at home.

Touring on your bike is currently disallowed
Nor is gathering together in a crowd
So park it in the shed for now
And keep it maintained, as you know how
But when back on the road, if you fall in a mess
You will be OK, as we have been saving the NHS

~Anon~

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