



February
2022



Dear Members

I hope you are all keeping well and are returning to your groups after the latest easing of restrictions.

As an organisation we will be holding our AGM on March 23rd before the planned Open Meeting in our usual venue at the Oak Tree Centre in Shenley Brook End and we hope you will be able to attend. Please see notice below.

Background of the u3a Movement of which Mku3a is a part

The u3a is a voluntary organisation run solely by volunteers from amongst the membership following the principle of **'by the members, for the members'**, and MKu3a is no different. This includes Group Coordinators who organise the groups you attend and our Management Committee who ensure all behind the scenes protocols are followed in line with our Constitution. As Mku3a is a registered charity we also must follow the guidance from the Charity Commission.

Our Constitution stipulates the terms that Trustees can serve, and several Trustees will be required to step down at the AGM in March. We have a policy in place where we ask members to shadow the committee posts with a view to taking over when Trustees are required to leave but the pandemic has seriously affected our ability to follow this policy. Throughout the pandemic the committee continued to hold their monthly meetings online to ensure those groups who chose to hold virtual meetings were supported, to offer speakers on Zoom to keep in touch with members and we were ready to welcome members back 'face to face' once it was felt safe to do so.

MKu3a now has a problem as following numerous pleas for volunteers to come forward to take up posts we are now worried that we will not be able to fill the vacancies at the upcoming AGM. If we cannot comply to our Constitution and form a committee, we will not be able to continue as we would be in breach of the Charity Commission guidelines.

The question is now

'Do you want MKu3a to cease, or can you step forward to ensure its continuance?'

Advance Notification of MKu3a AGM

MKU3A 2022 AGM

All members are invited to attend

2.00pm Wednesday 23rd March 2022

At The Oak Tree Centre

Shenley Brook End

We are pleased to announce that following the business of the day our speaker will be

Graham Twemlow 'Iconic Film Posters'

Refreshments will be served after the meeting.

40th Anniversary Tree Initiative. We are pleased to announce that we have contacted the organisers of this initiative and 'bought' 167 trees on your behalf, to be planted and maintained for a minimum of 12 years. Thank you for your support.



Lesley on behalf of the Trustees

Members Meeting and talks

I hope the two talks delivered in January started the year on a positive note for our attending members. The first talk, on ZOOM, was from Brad Ashton who gave us an unscripted talk about his memories of working as a script writer for so many of the comedy legends. It was both interesting and amusing, much enjoyed by members.

Our first “live” talk of the year was from David Fisher who I think it was fair to say charmed us with his tales of travelling (and busking) around Europe and then entertained us with his music. A delight. I am sure if we were not under time restraints then there would have been loud shouts of “encore”.

It was really pleasing to see how so many of our members also took the opportunity to socialise after the event, I am sure I am not the only one who has missed these opportunities.

Our programme for 2022 has almost been finalised and can be found on the diary section of our website. I hope there is sufficient variety to tempt people and I am particularly pleased to have been able to book the CEO of a local charity who was recently honoured for her work to deliver one of the talks.

The two talks in February are as follows:

Talk 4: Wednesday February 9th. “Japan Bowing to Tradition” a welcome return from renowned photographer Jim Holme who will explore the way Japan achieves being both a modern and traditional society and of course will support his talk by sharing some of his amazing photographs. This talk is via ZOOM.

Talk 5: Wednesday February 23rd another return speaker, Andy Smith a poet and entertainer will share with us his thoughts on Love and Laughter. Those of you who heard his talk “Prosthetic Perils” will know we are sure to both laugh and be entertained in a thought provoking manner. This talk is to be held at the Oaktree Centre, our usual venue.

As always talks can be booked directly by members by logging onto our website and going to the diary page or by emailing me at vicechair@mku3a.org. Please remember that if you book for a talk on ZOOM, I send out the codes on the Tuesday evening, if you book later then please let me know so I can send codes through to you.

Lynne Button
Vice Chair

u3a 40th Anniversary Celebrations

I hope you have all noted that this year u3a is 40 years old, a time to celebrate. The actual date coincides with the Queen's Platinum celebration so u3a have nominated the week of 18th to 26th June. We are hoping to have a small committee to help co-ordinate our events. Would you like to support a small sub-committee to lead on these events? If so, please contact vicechair@mku3a.org for further details and further information can be found on the u3a website

<https://www.u3a.org.uk/events/40th-anniversary?highlight=WyJhbm5pdmVyc2FyeSJd>.

Lynne Button

After our Christmas break, the choir is back meeting as usual in the Cross and Stable, although quite understandably, some members are waiting for Covid numbers to fall before returning. Several new members have joined us recently, and we are always very happy to welcome anyone who wants to sing (particularly if you are a tenor or bass!), so do get in touch.

Unfortunately, although Mike Ballance very kindly recorded our 'audience free' Christmas concert, timing prevented it being available via Zoom to members. However, he has produced DVDs and we're very grateful to him for all his hard work. And although cancelling the concert meant that we weren't able to raise the usual amount for charity, choir members very generously supported the MK Foodbank with Christmas appropriate gifts.

We're looking forward now, with fingers very tightly crossed, to being able to put on our usual summer concert, which this year will be on June 12th. Let's just hope that 2022 is a better year for all of us.

Pat Mountford

QUIZ & CURRY SUPPER

Saturday 29th January

In St Thomas's Church, Simpson, MK6 3AD at 7.00 p.m.

Proceeds to FREEDOM FROM TORTURE

£15.00 p.p. or £7.50 p.p. without food

Maximum 8 people on the table. Places MUST be booked with missquiz@sky.com

Individuals or couples can be put on a table with others

Bring your own drink. Teas available at half-time

If possible please park in the laybys on Simpson Road and walk across to the Church

FUTURE QUIZ DATES

Sat Feb 12th

Sat Feb 26th

Sat Mar 12th

Sat Mar 26th

Sat Apr 9th

Sat 28th May

Sat Jun 11th

Cycling – Up to 10 Miles

2022 started rather wet, meaning the first two rides of January were cancelled and one rescheduled to a frosty but dry day. The most recent rides have been dry but very cold with great care required to miss the frozen parts. Let's hope Spring comes soon.

A year of change for this group - Review of 2021

Initially Covid impacted on our activities like so many groups. However when restrictions were eased and then lifted Jessie our Group Co-ordinator restarted the rides.

Mid-year Jessie moved to Oxfordshire and Rowland took over the lead. However in July, Rowland decided to throw himself off his bike and break his femur, which meant we had no

leader. Rowland is recovering well and hopes to join our rides in the Spring.

I was keen to keep the group running, so took over the Group Co-ordinator role.

Since then, we have welcomed several new members and moved from fortnightly to weekly rides with various start points around Milton Keynes. Fresh air and exercise is proving popular.

Our last ride of 2021 led by Maureen, took us on a picturesque route to Loughton Teardrop lakes, the Glastonbury Thorn and Shenley Toot. Unfortunately, the Glastonbury Thorn was not in bloom, but the weather was good.

A picture is attached of our Group at the coffee stop.

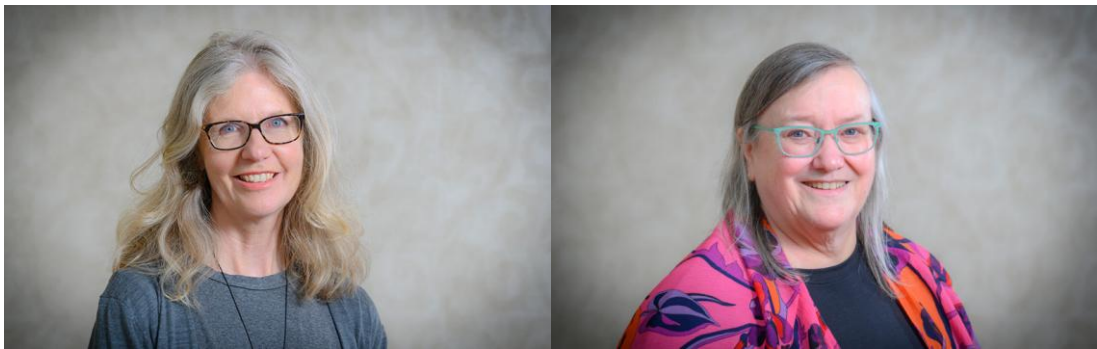
Martin Woodman



The first edition of u3a's **News for Networks** has been published this week – you can find it with the link below. We are aiming to be in touch three times a year - the month before our network meetings. That means you will receive your newsletter in **January, May and September 2022**.

<https://mailchi.mp/417826f9cec0/welcome-to-news-for-networks>

It contains messages from Sam Mauger, CEO Third Age Trust on the left, and from Liz Thackray, recently appointed Chair Third Age Trust and there is a profile of the Thames Valley network which the mku3a is part of.



A new newsletter! Over the last few years, and especially during the past months of pandemic, networks have grown in number and importance as they have enabled u3as to share ideas and experiences with each other.

The local u3a is at the heart of our movement but networks are the veins and arteries which widen our vision, bring new ideas and provide invaluable support.

It is our hope that this newsletter will provide another way of sharing ideas not only within regions but across the country alongside the Network Link and will encourage more members to become involved in the u3a at regional and national levels.

Extract prepared by Brian Baldwin – contact: tvn@mku3a.org

World Faiths

We have an invitation to visit the new **Hindu temple** on Neath Hill at 2pm on 2nd February. If you would like to join our group for this visit, please send an email to the Group Coordinator on ewf@mk3a.org. For more information, please look at our group page.

Linda Morris

Still Green Cohousing – getting ready to build!

Members of Still Green are busy with our developer TOWN and the professional team of architects, engineers and others, making the finishing touches to the design of our scheme. Construction is due to start later this year – 29 low energy/low carbon homes as part of the Love Wolverton regeneration scheme for the centre of Wolverton. Our block for people over 50 will sit in the middle of the wider all-age development of homes and new retail units.

Some of the benefits for all those moving into these new homes will be access to electricity from a community micro-grid, a car club and bike hire schemes, and closeness to bus services, Wolverton Railway Station and lovely walks in the Ouse Valley Park and along the Grand Union canal.

Still Green will have a mix of one-, two- and three-bed apartments, each with its own balcony or patio. Residents will also share a large room for social activities, including meals as and when they wish, a guest room, laundry, storage spaces, and a courtyard garden. We expect 25 of the homes to be for market sale and four for social rent. Only six of the market homes are still available to informally reserve!

If you are interested in finding out more about this development, about cohousing with its ethos of good neighbourliness and self-management and about why Still Green is excited by all the possibilities that moving into the heart of Wolverton offers –

have a look at our website: <https://stillgreenweb.org/> and get in touch about coming to one of our open meetings – next ones are on 12 February and 12 March 2022. stillgreenweb@gmail.com.

Margaret Newens



Watercolour Workshop

The Watercolour Workshop are looking for new members to join a small group of enthusiastic amateurs.

Most new members have little experience of watercolour painting before they join. The chief aim of the Workshop, therefore, is to help members learn how to paint. The format of the Workshop is flexible, half the session offering some instruction with demonstration and half being used for “own paintings”.

One of the members leads the Workshop sessions but is open to suggestions of themes and

ideas. We welcome offers by other members to demonstrate different techniques and would be happy for them to lead a session.

We meet on alternate Tuesdays and have recently changed our meeting time to between 11am and 1.30pm in order to avoid dark winter evenings.

Interested? Contact Cilla at wworkshop@mku3a.org

Cilla Pumfrey

The Food4Thought Group visited the MK Museum on Wednesday 19th January where 11 members enjoyed a talk about food and cookery in Victorian times accompanied by a demonstration of cooking Welsh cakes on the range by Diane, who has volunteered at the Museum for many years. We then had the opportunity to wander around the Museum at leisure and enjoy a cream tea lunch in The Granary Tearoom.



Tai Chi Beginners

When: Weekly on Wednesday afternoons from 1500-1600 hours

Where: Bletchley Youth Centre, Derwent Drive, Bletchley MK3 7BE

Cost: Small fee, currently £3 per week payable for all the time you are a group member, irrespective of whether you attend a session or not.

Interested U3A members should email the Tai Chi Beginners group for further details etc. blackwell.paulandrosie@gmail.com.

Paul Blackwell

MKu3a Life Membership

Do you know that Life membership is awarded to MKu3a members who have completed 25 years continuous membership? Currently we have 46 Life Members.

We are delighted that four members have reached this milestone at the beginning of 2022. We send our warmest congratulations to them.

David Hyde

June Patey

Violet Walters

Thelma Warner

They have received a Life Membership card, and there will also be a Certificate to be presented to them. The presentation of the Certificates takes place at our AGM in March if they are attending the meeting.

We hope they continue enjoying their u3a activities.

New Members Induction Meeting – 7 February 2022

We are holding an Induction meeting for our new members on Monday, 7 February, starting at 2.00 pm. It will be held in the Great Linford Parish Office meeting room, in the Great Linford local centre.

The session will briefly outline the background to the u3a movement, explain how to get the best out of your membership with MKu3a, and show you how to navigate around the website and join interest groups. You will also meet other members.

If you joined MKu3a recently you will receive an invitation by email. Please let me know if you want to come along (as we need to know the number of participants). You will receive further

information nearer the time.

Email: membersec@mku3a.org.

Yvonne Ashmore (Membership Secretary)

Do You Play Chess - Can you help?

I received the following email from Elaine Graham.

If you can assist, please contact Elaine directly.

I am currently working with a gentleman who has a diagnosis of dementia. He struggles to engage in group activities but responds well with 1-1 support.

He is very keen on chess and continues to play. Do you know of any voluntary person who would be happy to visit him in his home to have a game?

Elaine Graham
Social Work Assistant
Adult Social Care
MK Care and Response Review Team

T: 01908 253509 (or for internal use, contact me via Microsoft Teams)

M: 07795475889

Email elaine.graham@milton-keynes.gov.uk

Chris Costello

Key Contact Details—more on the web site

Chair: Lesley Sparks: email chair@mku3a.org

Vice Chair: Lynne Button: email openmtgs@mku3a.org

Secretary: Fred Bass: email secretary@mku3a.org

Treasurer: Diana Sears: email treasurer@mku3a.org

Groups Facilitators: Chris Costello/Hazel Spencer: email groups@mku3a.org

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

Membership Secretary: Yvonne Ashmore: email membersec@mku3a.org

Communications Co-ordinator: Simon Wong: email comms@mku3a.org

Thames Valley Network Coordinator: Brian Baldwin: email: tvn@mku3a.org

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**

Office: 11 Winchester Circle, Kingston, Milton Keynes MK10 0BA.

Telephone: 01908 281717. **E-mail:** info@mku3a.org

Registered charity number **298693**