



The Third Way Newsletter

March 2024

News from the Chair – Lesley Sparks

Dear Members,

Spring is coming, the daffodils are in full bloom all through Milton Keynes which can make spirits soar.

Our AGM is on Wednesday 27th March, Detail below. We are required to hold this every year but we try to keep it short and sweet and it is followed by an interesting speaker and refreshments – the documents for this meeting are posted in the Members area of the website and we will have several copies available on the day, but this will be the last year we will have them available on the day as we are striving to be as paper free as we can.

Diana Sears and Shirley Dewar have been busy holding question and answer sessions for Group Coordinators so they can run their groups following our processes and procedures. These processes have been developed to make everything easy for GCs, from recording attendances, changing vital information on the website, and submitting financial summaries, amongst others. Problems can occur if a group coordinator changes, and the procedures are not passed on to the new incumbent. The Trustees are always available to offer help and advice, just contact us. Many thanks to Diana and Shirley for their time and expertise.

Best wishes as always

Lesley

MKU3A 2024 AGM

All members are invited to attend on
Wednesday 27th March 2024

Doors Open 2.00pm for 2.15pm start,
at The Oak Tree Centre, Shenley Brook End MK5
7GZ

Proxy Voting and Committee Nomination Forms will
soon be available in the Members Area of the website.

2.30pm Lindsay McInnis DC,BS, Chiropractor
The Fundamentals of Health and Vitality in Later Life

Refreshments will be served after the meeting.

[Important Information from The Treasurer about Gift Aid.](#)

As you will be aware we are fortunate enough to be able to claim gift aid on your annual £15.00 subscription each year if you are a taxpayer. This means that for every £1.00 we can claim 25p from HM customs and Excise. This can be a substantial amount for mku3a anywhere around £3,500 per year, which helps our funds go that little bit further.

However, there are some rules that we must follow to claim this. The first is to hold a 'form' of declaration from you that you are a taxpayer. This usually comes from your original application form where you agreed to the gift aid statement. Your renewal reminder states your current declaration for gift aid and remains the same unless you advise the membership secretary that you wish to make a change.

We can only claim your gift aid if you pay your subscription yourself or if someone else pays it then it MUST come from a joint account. If you pay it for someone else or someone else pays it for you i.e. partner/friend/etc. from a single account, then the second payment is seen by HMRC as a gift and is no longer claimable by us.

Sometimes we can 'see' that it comes from a joint account such as cheques drawn on joint accounts. But when we are dealing with bank

transfers and PayPal it becomes more difficult. With bank transfers, each bank can show the name of the paying account differently, some show joint names, some do not. If you use PayPal to pay for someone else, we will not be able to claim their gift aid as a normal personal PayPal account can only be in one name.

So, to sum up, when you are paying your subscription, and you have agreed we can claim gift aid please can you pay for yourself only.

If you need to change your gift aid flag at all, please contact the membership team at membersec@mku3a.org

NEWS FROM THE GROUPS

[A note on the Introduction to Walking Group – Richard Barrett](#)

This group met twice weekly through January and February 2024 with a structured programme of walks.

It was the wettest period I have known. and all the planned walks had to be rerouted around the floods and the group became known as the Woolstone Puddle Jumpers.

35 people signed up for the programme, 7 never turned up, 12 managed only one or two walks and the remainder completed a maximum of 16 walks totalling over 50 miles and are now joining into one or other of the MK U3A's walking groups.

The details of the programme, the walk maps and the start points are all displayed on the Walking Introduction web page.

Members can use this information as a self-guided programme if required. There is a programme of walks from a half hour walk up to 2 hours.

Members who would like to be guided on these walks can be added to a waiting list and if there is sufficient interest I might be persuaded to run another programme, or if anyone else would like to lead the programme I would happily hand-over the leadership.
redwayswalkers@mku3a.org

The Choir – Pat Mountford

It's been lovely to welcome several new members since Christmas and rehearsals are well under way for our Summer Concert.

We can now confirm that that will be our usual concert with a cream tea, which this year will be at LOVAT HALL in Newport Pagnell on SATURDAY 22nd June at 2.30pm. Further details will be in the April Newsletter, but please reserve the date!

Patchwork, Quilting & other Sewing items – Lynne McDonough

This group meets every 1st and 3rd Tuesday afternoons of each month.



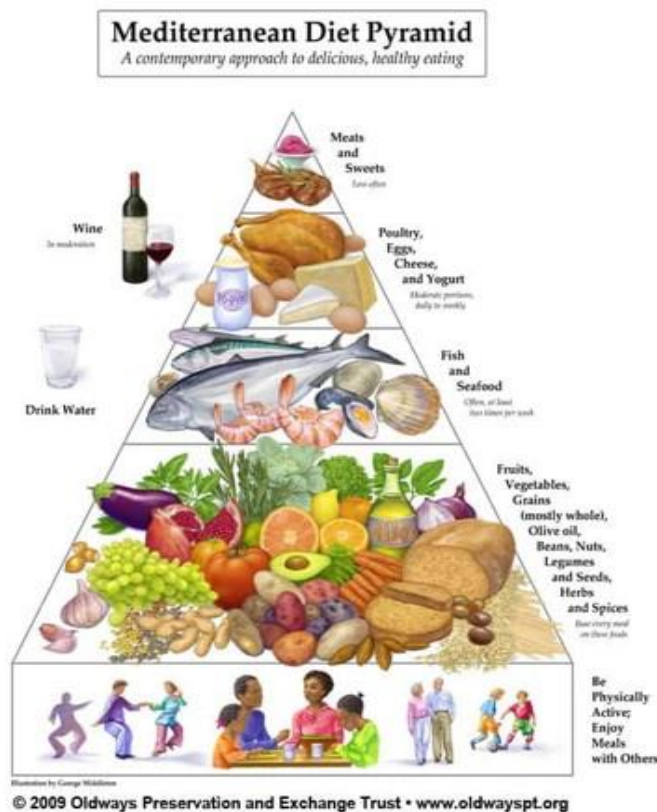
Music Appreciation Group – Tina Griffiths

The Music Appreciation Group has recently changed the venue for its monthly meetings to Dexter House on Oldbrook. The membership of the group is running close to its capacity but we still have a couple of vacancies. If you enjoy listening to all types of music and are free on the 2nd Thursday of the month, then why not come along and join us? Just email me at musicapprec@mku3a.org to find out more.

Food4Thought Group

The Food4Thought Group meet on the 3rd Wednesday each month at Neath Hill. At our January meeting, Giselle, one of our members, gave an interesting talk about the Mediterranean Diet, which is not so much a diet as a way of life. We were introduced to the beneficial components of the Mediterranean Diet and discussed what it is about this way of life that can give us the edge where health is concerned.

In February, Wendy, another member of the group, gave a talk about the different methods of preserving food, including smoking, pickling, etc as well as her own speciality, preserves.





Wendy makes her own jams, marmalades and chutneys which she sells at local markets. This was followed by some interesting facts and a Quiz about Jam. Do you know the difference between a jam and a jelly? Do you know where in the world

The World's Marmalade Awards and Festival is held?

Answers

A jelly is clear whilst a jam contains pieces of fruit

At Dalemain House in Cumbria

If you are interested in all things to do with food, why not join our group? We currently only have one vacancy so don't hesitate, contact me on foodforthought@mku3a.org to find out

Outings Group – Chris Behrendt

Meetings are held the **SECOND** Thursday of the month. Meeting dates, 8 February, 14 March, 11 April, 23 May, 13 June, 11 July, 8 August, 12 September, 10 October, 14 November

The next meeting will be on 11 April **from 2.15pm for a 2.30pm start** for the people attending. The venue for the meetings is:

Hérons Lodge Guide Centre, Bradwell Road, Loughton Lodge MK8 9AA

All members of MKU3A are welcome on any of the outings and the Outings monthly meeting and will be able to 'sign up' for the Outings also at the monthly Open meetings, postal application or by paying by bank transfer, and now by card reader further information on the flyers. Flyers for each outing will be circulated to all members through the website, with details in the monthly newsletter and hard copies available at the monthly meetings.

The Committee members who organise and Lead the Outing on the day are Anne Davis, Ray Cockram, Deb Hodges, Jennie Savage and Chris Behrendt who is also the Group Coordinator,

e-mail outings@mku3a.org.

Diana Sears, manages the booking for Outings and any finance queries, outingsmku3a@gmail.com

Insurance – new guidance on who would be insured at a u3a group has been received from National. Basically, non-members are no longer allowed on Outings as they would not be insured, we have to accept this guidance as should said person have an accident the Lead of the particular Outing could be held liable. Fully paid-up members of other u3a who occasionally accompany an MK member on an Outing are covered by the insurance.

Imperial War Museum London – Spies Lies and Deceptions 22 February

A fascinating exhibition that all found many points of interest to the artifacts on show.

Time in the rest of the IWM also gave people the opportunity to explore themes of interest.

As most of the group ran out of time to see everything it was suggested the IWM be considered again for future years, possibly when there is a specific exhibition to visit.

28 March MK Theatre Pretty Women – closed

Arrive in the foyer by 2.00pm Start Time 2.30pm Finish Time approx. 5.00pm. Tickets prices from £53.50 to £62.00 dependent on location

We have probably all seen the film why not come and enjoy the live performance of the musical as the Outings Group dips its toe in the water of theatre outings. After a successful London season the show is now touring. **Lead on the Day:** Deb Hodges

25 April French Brothers Windsor, River Cruise with lunch then a visit to Bekonscot Model Village with cream tea. – full with a waiting list

Cost: £50

Pick up Point: Milton Keynes Coachway, MK16 OAA **8.30am Coach Company:** Marshalls Coaches

Arrive: The Clewer Boat House Windsor approx. 10.30am. **Depart: Bekonscot 17.00 hours Arrive:** Milton Keynes 19.00 hrs. approx.

Drop off at Clewer Boat House for a 2-hour cruise with live commentary with Ploughman's Lunch. Then board the coach and travel 30 min to the Bekonscot Model Village with a voucher for a cream Tea.

For many years, groups have chosen to combine a river trip with French Brothers and visit the nearby Bekonscot Model Village. Both are half day attractions that complement each other. Start the day with relaxing 2-hour cruise from Windsor during which you will be served a delicious Ham & Cheese ploughman's lunch. On the cruise we will pass Windsor Castle, and Eton College. After passing Windsor Racecourse, the boat goes through Boveney Lock and past Sutherland Grange. The Willows and Bray Film Studios then to Monkey Island where the boat turns round for the journey back to Windsor. Re-join the coach and head off to spend the afternoon at the world's oldest model village. Become a giant in a miniature world and wonder at the buildings portraying rural England as it was in the 1930's. A cream tea will be provided.

Contact on the Day: Anne Davis 07703 190904

Living Craft Fair – Hatfield House 9 May

To enable us to visit this craft fair we have swapped the meeting and outing date for May.

Depart MK Coachway: 8.45am Arrive Hatfield House: 10.00am approx.

Depart: Hatfield House: 5.00pm Arrive Milton Keynes approx. 6.15pm

The 50th Anniversary of Living Crafts.

A festival of art, craft and design that has supported outstanding contemporary design makers and artisans across the UK since 1974. Immerse yourself in the creative world with live demonstrations, workshops, and activities.

Cost: £21 includes entry, coach cost and driver's tip. All food and drink at own expense.

Lead on the day: Deb Hodges Mobile: 07769 720233

Update on How to Pay: *The Outings Group now has access to a card reader for people to pay at the Outings meeting and Open Meeting. Page 2 of the flyer for an Outing will be updated to reflect this.*

Help Required

The Outings Committee would welcome an additional member to join and take the Lead on at least two Outings a year. However, the Committee members are always there for each other, working as a team to produce the Outings. If interested, please contact Chris Behrendt at outingsmku3a.org or by telephone on 07766 026357

HOLIDAYS AND SHORT BREAKS

A group that came out of the original Outings group and has taken 5 holidays to date. The next is to Potters resort, Hopton-on-Sea from 18 March to 22 March.

Update. While the group were on their trip to Potters Jan Cockram celebrated her birthday with others in the group.



Second Short Break of the Year

Chris B is currently working with [Just for Groups](#) for a second short break in October to Southeast of England. A visit to Canterbury Cathedral part of the itinerary, with so many places in the southeast to visit, we have given suggestions to [Just for Groups](#) and they are planning an itinerary – *watch this space*. Once the flyer has been produced it will be circulated to all members. Between 13-14 double room for single use will be available on a first come first served availability. Costs are yet to be confirmed.

[Camille Keyes](#) has sent her thanks and report.

We had a brilliant time at the imperial War Museum. We spent so much time in the spies, lies, and deceit exhibition that we only had 3/4 of an hour to eat and visit the rest of the museum. Thank you to the organisers for an excellent day out.

OTHER ITEMS OF INTEREST

Items for Quizzers

Saturday 6th April at 7.00 p.m. QUIZ and CURRY Supper – Proceeds to Let Net.

In Simpson Village Hall at 7.00 p.m.

£15.00p.p. or £7.50pp without the food. Places MUST be booked.

To book or for more information contact missquiz@sky.com

Saturday 4th May – Quiz & Supper – Proceeds to the Streetlight Trust

Contact missquiz@sky.com

Love the taste of honey?



Have some unused space in your garden?

Local Beekeepers are always looking for people willing to host a beehive in their garden. The bees are fully managed, just needing a weekly visit from your beekeeper to ensure they are thriving. The bees ignore polite pets so can easily live alongside cats and dogs if you have them.



Happy bees produce tasty honey and you'll be given some of the honey from your hosted hive as a thank you! Beekeepers are locally based, members of a Beekeeping Association and fully insured for your peace of mind.

Interested? Contact bazza300156@hotmail.com for further details.

Willen Village Heritage Association, St Mary's Church TTTT Concert

TTTT

THIRD TUESDAY TWELVE THIRTY

**Free lunch-time concerts at
St Mary Magdalene Church
Willen, MK15 9AB**



U3lele

TUESDAY 16th APRIL, 2024

12.30 – 1.15pm

*Sing along or just listen to this ukulele band
playing popular songs from the 50's, 60's and 70's.*

*Pop in during your lunch break. Walking the dog or just
passing by, stay for a while or the whole 45 minutes.*

Complimentary cake and coffee.

Donations to Church Restoration & Hooke Heritage Project

Chair – Lesley Sparks email: chair@mku3a.org

Vice Chair – Diana Sears email vicechair@mku3a.org

Secretary – Deb Hodges email: secretary@mku3a.org

Treasurer – David Hall email: treasurer@mku3a.org

Groups Team – Chris Costello/Hazel Spencer email
groups@mku3a.org

Webmaster – Dave Barratt; email webmaster@mku3a.org

Membership Secretary – Tim Hadden email membersec@mku3a.org

Communications Coordinator – Martin Woodman email
comms@mku3a.org

Thames Valley Network Coordinator – Frank Parisi 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.

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