



milton keynes

university of the third age



November
2018



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.

Critical Information

28 November - Mike Flood

Life in the information age: What threat do social media and fake news pose? Mike Flood explores the evidence, facts and opinions.

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Year End



Please remember that our year end is now 30th (not 31st as previously published) November 2018. All group leaders should ensure their returns are done by that date and that any funds have been paid into the bank by that date.

New Members Induction Session – 19 November 2018

The next session will be on Monday 19 November, starting at 2pm, and 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.

Redway Walkers

Milton Keynes is not just concrete cows and roundabouts. Join us to see the beauty of the parks, the green spaces and the wildlife.

We walk every Tuesday from various locations for two hours and aim to cover around 5 miles.

All are welcome. Contact redways@mku3a.org. Come and surprise yourself about the place where you live.

Intermediate Bridge Players Wanted

Wanted! intermediate bridge players who are free on Tuesday afternoons from 1.30 to 4 to play duplicate/chicago bridge.

We meet at Flintergill Court, Heelands, MK13 7PW, and would welcome you to our group.

Please email Judith Exter judith_exter@hotmail.co.uk beforehand.



For All Music Lovers

MUSIC 100% GUARANTEED OR YOUR MONEY BACK so try us free for a couple of weeks

..... join us, and make room in your day for some varied music styles for a couple of hours. There's a bit of music in all of us.

We all meet twice a month (2nd and 4th Thursday morning) in Two Mile Ash.



Some of us will take it in turns to create a playlist, some of us just want to come along, chill out and listen to other's choice of music – or maybe just meet new people!

[Sample of Recent Playlists](#) on mku3a page

So whether you are a jazz lover, an opera or classical buff or whether you just enjoy relaxing to different styles of music, we'd love to know you.

New folks are joining us each month, but we still have enough room for more.

Give us a call or email us and we can tell you all about our group.

Contact: Sally Saunders on musicapprec@mku3a.org

MKU3A Choir gave great performance

The U3A choir were asked to sing in the Mayor's Choral Evening at Ousedale School on 4th October last.

It was a great evening with quite a varied programme from an acapella group to youngsters from the school of performing arts and we were one of only six "acts" on the programme each with a 15 minute window.

We were only about 20 strong but we gave a great performance and had many good comments afterwards.

A date for your diary is the Christmas concert as below. Tickets can be obtained from members of the committee or ordered by phone to Jennifer on 01908 613088. We hope to see you there for a rousing start to the Christmas festivities.

MKU3A CHOIR

Newport Pagnell United Reformed Church

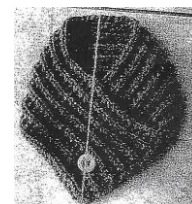
Friday 14th December at 7.30pm

Tickets £8 (inc seasonal refreshments)

Sheila Staincliffe, Joint group leader

Calling all knitters

If anyone has any knitting for premature babies can they please call Shona Hall on 01908 616465 so she can collect it. Same goes for any scarves in the future (see pic). Please also call Shona if you have any queries about the scarf pattern.

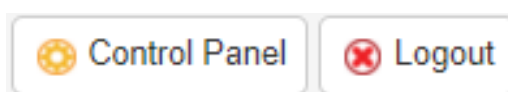


MK U3A - Making Changes to your Personal Details

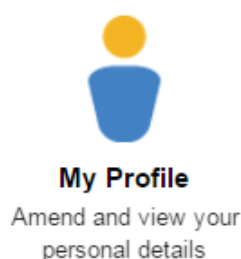
Open the MK U3A website (mku3a.org)

Login to the site. (If you haven't set your login password yet please see the instructions on the LOGIN page.)

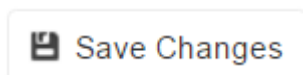
Once you are logged in 'click' on the Control Panel icon top right of screen



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



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.



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

Open Meeting - IT Help Desk

There will be opportunities 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.

Help will be available before the meeting from 2pm and after the meeting until 4.15pm

Free Wi-Fi is available at the venue.

Support is available for:

- Windows PCs
- Apple/Android tablets and phones.

NOTE: Please ensure your device is fully charged or bring your charger with you.



100 million characters in Great Linford!

No that's not an MK population boom. It's the speed at which The Little "bookshop" at Great Linford local centre will offer digital users access to the greater world.

The traditional "bookshop" is being rebuilt and refurbished, mostly but not only, by "third-agers" with huge help from a local building firm.

The venue will be a community coffee shop and meeting place with a room for low-budget groups to meet.

The plan is to offer "hard copy" books, to encourage particularly young children to read or be read to. The Little Free Library outside the shop is already a very popular feature and heavily used.

A Community Fridge is planned in co-operation with the store next door to provide "sell-by" food to support household budgets and to avoid huge waste.

BUT - it will also become the first Gigabit Café in the United Kingdom.

In a new twist, whilst encouraging conventional reading and social interaction, the "bookshop" will cater for the huge popularity and power of global digital access by providing One Gigabit, that's around 100 million characters per second, in both directions, via the new service from Vodafone who are rolling out in a few selected areas in the UK, Great Linford being one of them. To give you an idea of what that speed means; you could download a full length film in HD in under 10 seconds!

So whilst young ones are being encouraged to enjoy books, there will be learning groups for the less digitally informed. Put bluntly, there are a lot of people, many in the third-age group, as U3A well knows, still nervous



about using their tablet, Kindle, smart phone or lap-top and so much might just be passing them by.

Plans are afoot at the “bookshop” for regular free user classes, for individual and joint Skyping with friends, families and maybe other cafes across the world. Also there could be streaming or downloading of films and special events.

Traditional printing and copying as well as mobile recharging and ultra-high-speed Wi-Fi connection will be available for all customers. The possibilities seem futuristic and limitless but The Little “bookshop” aims to be ahead of the game.

Located opposite Peartree Pond dating back to 1641 and in the historic community of Great Linford the Little “bookshop” aims to provide a bridge between the past and the future and to encourage social interaction between generations.

There are three residential homes for around 200 older people within a short walk or scooter ride from the café and accessible facilities have been built into the refurbished venue. Adults helping children to enjoy reading and maybe children helping adults to Skype and, email and venture on to Facebook?

Mothers and toddlers, carers, gamers, music and craft groups and many more have already put their names on the list of probable users.

A giant leap for Great Linford.

Alan Senior, Chairman, Peartree Pond Association and the Little “bookshop”.

MK Theatre Shows - Group 102 Booking Form

Try something different bring the family and friends

An invitation to see Ice Hockey at MK Planet Ice

Good family entertainment support your local team.

MK LIGHTENING vs Dundee Stars

Saturday 15th December 2018 @ 7 p.m.

Adults £13.00 Child £5.00

**Theatre Contact: Hilary Beckett, 107 Lakes Lane, Newport Pagnell, Bucks MK16 8HT
Mobile 07867 978585**

Email: theatre107@gmail.com Cheques to be made payable to MKU3A.

Your co-operation in the following would be very much appreciated: Seats behind nets and goal.

- Payment for tickets with booking before 3rd March 2018

MK lightening 10th March 2018

Adult..Ticket(s).....@ £13.....

Child....Ticket(s).....@.£5.....

Payment.....

Name(s):

Phone Number:Email

Address:.....

.....

Emergency contact details.

This information is only for use by the Theatre group in case of emergency and will not be shared.

Name.....Phone No.....

MK Theatre Group – 102 - Booking Form

Theatre Contact: Hilary Beckett, 107 Lakes Lane, Newport Pagnell, Bucks MK16 8HT

Mobile 07867 978585 Email: theatre107@gmail.com or theatre@mku3a.org

Les Miserables, Thurs 6 June 2019, 14.30 £55 per ticket

_____ Seats required Total Cost _____

Post dated cheque before 20 November 2018 please

*** Plus £1 booking per show

Doctor Dolittle, Wed 16 October 2019, 14.30 £37.50 per ticket

_____ Seats required Total Cost _____

Post dated cheque before 14 August 2019 please

*** Plus £1 booking per show

Kinky Boots Wed 30 October 2019, 14.30 £30 per ticket

_____ Seats required Total Cost _____

Post dated cheque before 8 February 2019 please

*** Plus £1 booking per show

Total Cost for shows is cost per tickets plus SAE and admin costs of £1 per show

Total Cost _____

Cheques payable to MKU3A

*** £1.00 booking **per show** –can be for several people posted to one address. I will email and post out **all** tickets no SAE required.

Name(s):

Phone Number:

Email

Address:.....

.....

Emergency contact details. This information is only for use by the Theatre group in case of emergency and will not be shared.

Name.....

Phone No.....

The Parks Trust Launches Adult Explorers Group

The Parks Trust, the self-financing charity that looks after over 6,000 acres of green space across Milton Keynes, has launched a regular outdoor learning session for adults who are available during weekdays, such as retirees— Adult Explorers.

Held every other Tuesday, Adult Explorers provides an opportunity to learn new skills and experience the local environment, while meeting like-minded people.

Sessions are held at Elfield Nature Park, a site which is rich in flora and fauna and not normally open to the public. This provides the perfect location for Adult Explorers to try hands-on outdoor skills, whether that is learning how to light a fire using seven different methods, whittling a spoon out of wood, or building a compostable toilet.

Lynn Maddocks, Outdoor Learning Practitioner for The Parks Trust, said: “Adult Explorers is an excellent opportunity for those who are not working full-time to make new friends and learn new skills in a stimulating,



interesting outdoor environment.

“We have been trialling Adult Explorers for a few months and it has been very successful, so we would like to encourage more people to come along. You don’t need to have any previous experience with bushcraft and we offer a range of activities every time so you can choose what you would like to do.

“Spending time outdoors is proven to have a positive effect on wellbeing and mental health, so we hope many more people are able to join us.”

Tickets for Adult Explorers cost £5 per person per session and can be booked through The Parks Trust’s website, or over the phone. Attendees are very welcome to come alone, or with a friend or partner if they prefer.

For more information please visit <https://www.theparkstrust.com/get-involved/outdoor-learning/adult-explorers-outdoor-learning-group/> or call 01908 233600.

Science, Technology, Engineering and Maths at Denbigh

The new programme of STEM lectures has just been finalised. As usual we welcome MKU3A to attend these lectures. We ask that all attendees book their places through the Eventbrite booking system using the link below:

<https://www.denbigh.net/2014%20Pages/StemLectures/>

You are invited to attend a series of lectures based on Science, Technology, Engineering and Maths “Hot Topics”.



These will be delivered by top academics from The Open University and STEM Ambassadors from Mini Map-Makers, D2H Aero and McAfee.

They will explain how STEM subjects affect all our lives and what the current trends in research are.

The lecture topics have been chosen carefully so that they build on and extend elements of the GCSE and A Level programmes of study.

Don't miss out on this fabulous opportunity to hear about STEM developments at the cutting edge.

Lectures take place in the Meeting Hall on Wednesdays at 3:15pm. They will last approximately 45 minutes with some time for questions at the end.

Students attending will receive a certificate at the end of the course.

Northern Lights

Saturday 17th November at 7.30pm
St James Church, New Bradwell, MK13 0DA

Ola Gjeilo - *Sunrise Mass* and *Northern Lights*

Pēteris Vasks - *Pater Noster*

Grieg - *Holberg Suite*

Milton Keynes Chorale invites you to ***Northern Lights*** featuring the music of Ola Gjeilo. The main work is Gjeilo's *Sunrise Mass*, a Symphonic Mass for Chorus and string orchestra. The music is cinematic and has been described as "lyrical, lush, evocative, and stirring".

Using the Latin mass text, he gives English titles for the component movements: The Spheres, Sunrise, The City, and Identity and The Ground. The composer notes: "I wanted the musical development of the Mass to evolve from transparent and spacey, through increasing emotion and movement, to something solid and grounded - as a metaphor for human development from child to adult, for a spiritual journey, or for the creative process itself". It is certainly a piece not to be missed, and is loved by audiences.



As companion pieces, we will also be performing his shorter work *Northern Lights* and a setting of the *Pater Noster* by Latvian composer Pēteris Vasks.

The concert is completed with the Chorale String Orchestra playing Grieg's *Holberg Suite*; a piece of strength, gentility, playfulness, and meditation.

Tickets £15, £10 restricted view, 18's and under £5 available from Clare on 01525 210030, via the website <http://www.mkchorale.org.uk/ticketsource.aspx> or on the door.

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Charity Party at Willen
Friends of Willen Hospice
Grand New Year's Eve Charity Party

31 December 2018, 7.30 – 1pm at
Windmill Hill Golf Club, Tattenhoe Lane, MK3 7RB

Entry by Ticket only Tickets (£30 per person) available from John Kembery, Tel: 07941 693173

Dress to impress in Black Tie and Sparkles.

Live entertainment, buffet supper and amazing raffle prizes.

Book early to avoid disappointment. All proceeds will be donated to the Friends of Willen Hospice (charity no. 282883)

Annual Meeting at Bow Brickhill

Bow Brickhill Womens' Institute meet on 22nd November for their Annual Meeting at The Pavilion, Rushmere Close, Bow Brickhill at 7.30 pm.

We are having a Book Exchange and refreshments after the Annual Meeting. Guests are asked to donate £4 to help with various expenses.

Further details from Stephanie Warren 01908 671394.

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Key Contact details – more on the website

Chair:	Lesley Sparks	chair@mku3a.org
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
Datum Project:	Dave Barratt	datum@mku3a.org
Thames Valley Network	Fred Bass	tvn@mku3a.org
Members Liaison	Dennis Revell	membersliaison@mku3a.org
Assistant Webmaster:	Len Barrows	assntwebmaster@mku3a.org
Groups Finance Admin:	Geraldine Cannell	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**

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

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