



milton keynes

university of the third age



Feb  
2018



**Open Meeting – Wednesday 28th February**

**Medical Detection Dogs**

Rowland Butt will tell us all about the training of these special dogs and the fabulous way they alert their owners to a variety of different conditions

The meeting will be held in the Oak Tree Centre, Wallinger Drive,  
Shenley Brook End, Milton Keynes, MK57GZ

Starting at 2.30pm

£2 for members and £3 for guests

\*\*\*\*\*

**Advance Notice – MK U3A 2018 AGM**

All members are invited to attend  
2.30 p.m. Wednesday 28 March 2018  
The afternoon will finish by 4.30 p.m

If you would like to put a motion to the meeting or you have a question to ask about the business of the meeting, please send it to the Secretary by email [secretary@mku3a.org] or by post to the Office to arrive no later than 3 March 2018. Motions received after 3 March will be deemed invalid. Meeting papers will be available on the website by 12 March 2018.

After the formal business there will be a showcase from some of our groups. More information to follow.

The AGM will be held at The Oak Tree Centre, Shenley Brook End

**Monday 19 February 2018 - New Members Induction Sessions**

We run monthly meetings for new members aimed at outlining the background to the U3A movement, explaining how to get the best out of your membership with MKU3A, and showing you how to use the website and join groups. The next meeting will be at 2.30pm on 19 February 2018 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. If you are a new member just come along – any queries to Claire Naismith on [membersec@mku3a.org](mailto:membersec@mku3a.org)

## **Would you be Interested in Volunteering with MKU3A?**

Are you interested in volunteering to help keep our U3A running? Want to know more about what's involved? Did you know that not all Volunteers are Committee Members – you can help in other ways.



We will be holding a Coffee Morning on Friday 9<sup>th</sup> February 2018, from 10-30 – 1.00, in the meeting room at 11 Winchester Circle, Kingston (near the Tesco store) where you will have the opportunity to chat to some of our committee and find out exactly what's involved in volunteering with MKU3A.

You will find answers to questions such as:

Who are the committee members?

What's it like to be a committee member?

How much time will I need to give?

What will I have to do?

What skills or knowledge do I need?

If your interest is sparked, please let us know that you would like to come along on the morning, have a coffee (or tea) and a chat and find out more about volunteering.

Contacts details. Lesley Sparks [comms@mku3a.org](mailto:comms@mku3a.org) 07850113449

### **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.

### **NEW GROUP**

#### **Family History 5!**

As the Group Leader of Family History 2 had a waiting list, he has very kindly opened a new Group which meets on the third Tuesday afternoon of the month from 2-4pm. For further details please contact the Group Leader on [famhistory5@mku3a.org](mailto:famhistory5@mku3a.org)

## News from the Groups



### Ukulele Group

As from the 22<sup>nd</sup> January the Ukulele Group will be meeting in the Cannon Pub at 50 High Street, Newport Pagnell

## New Group Update



### **Community Fitness!**

The taster session of the new keep-fit group took place on 12 January and was very successful! Julie, the instructor, certainly “put us through our paces” and a restorative cup of coffee at the end of the session was very welcome! The members who attended were very keen for the Group to start and we held our first “meeting” on Friday 26 January with a slight change in time – 9.30-10.30am. Here is a flyer about the Group – we have a few places left so if you are interested in joining, please get in touch. Mats are provided but you will need lots of water!!

### **MKU3A Community Fitness**

Every Friday (from 26th January)

9.30am to 10.30am

£3 per session (pay as you go)

To join the group, please contact  
Shirley Dewar, Group Leader:

(01908) 368813/communitykeep-fit@mku3a.org



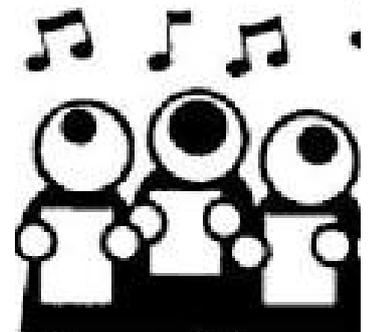
When MKU3A Leisure manages these facilities in partnership with Westwore Leisure and Milton Keynes Council, Westwore Leisure is a registered Charity. Charity No: 104863.



## Choir

It seems strange to still be talking about Christmas in late January/February, but this is just to update you on the U3As choir activities over the festive season.

On Friday 15<sup>th</sup> December we held our annual Christmas concert at Lovatt Hall Newport Pagnell entitled “there is no room”. It was again a varied programme of carols, some familiar others less well known, with some inspiring readings and, despite some absences due to illness, it turned out to be a most successful evening. Entrance ticket sales and the raffle helped us to raise a magnificent, record sum of £1000 on the night. This was shared between our two nominated charities: The Children’s society in Cambodia (a recent e mail from our contact, Scottie, says the children have now all got shoes and so have the teachers) and the St Francis children society who were very appreciative of the donation. A big thank you goes particularly to our fabulous music director Pat Mountford and our great pianist Jennifer Mazzone, those who helped in the kitchen with the refreshments,



Geoff who helped us with the overhead and the technical side, the caretaker at Lovatt Hall and of course those who supported us by attending the event.

On 16<sup>th</sup> December we sang carols in Sainsbury's in Bletchley to try and help swell the coffers for their charity, the Henry Allen Trust. The customers were very appreciative.

On 20<sup>th</sup> December some of us were able to sing at Simpson Village Hall during their social event to raise money for Water Aid (£100 raised)

We are also lucky to have had 7 new choir members, both men and women, join us over the last two months which has swelled our numbers to near capacity.

Our next concert will be at the United Reform Church in Newport Pagnell on Sunday 24<sup>th</sup> June. We are trying a new format, combining a concert and afternoon tea. We hope you will diary this event and look forward to seeing you there.

Sheila Staincliffe, joint group leader.

### **Wine Appreciation Group**



In January we had our usual DIY lunch where each member brings a dish. This year the theme was France and after the starters the mains were Coq au Vin, Porc Normande and Cassoulet. A variety of sweets and cheese with home baked bread followed. As usual the spread looked good and the quality better than most restaurants. The wines, of course, were all French.

One or two members have had to resign recently, so we now have a few vacancies.

-

### **Exploring World Faiths**

Have you ever wondered what the inside of the Temple looks like at Willen Lake? The Exploring World Faith Group have a visit organised on **Saturday March 10th at 10am** and will be your chance to see inside and ask questions about Buddhism

We hope to visit the peace pagoda too, weather permitting,

If you are interested in joining us, please contact the Exploring World Faiths Group Leader, Linda Morris, by email [linda.morris15@btinternet.com](mailto:linda.morris15@btinternet.com) or telephone MK 617050.

-

### **LIVERPOOL AND THE TERRACOTTA WARRIORS 29 APRIL TO 2 MAY 2018**

Twenty-eight people have booked for this short break, that as a *'dip the toe in the water'* experience for MKU3A is pleasing.

A number of people did contact me after the closing date, however short breaks and holidays managed by an external company are restricted to the hotel rooms and type of rooms allocated so unfortunately, we were unable to include them.

Short Breaks and Holidays facilitates holidays that are available to all MKU3A members and guests. Whilst these holidays are advertised to membership through various MKU3A publications they are not run or promoted by MKU3A. We coordinate the reservations, but all payments and bookings are made directly to the holiday

company. These are not U3A events and not covered by U3A insurance. Members taking part must ensure they have adequate personal insurance offered by the holiday company

-  
**Needlework and Quilting.**

A month or so ago I submitted an article about the joy of patchwork and quilting.

But, what else do members of group 30, the Needlework and Quilting group make? Well the short answer is – all sorts of things. However, we do not all do the same thing necessarily. Some have made bags; others Christmas decorations and one lady has finally put the last stitches into an embroidered tablecloth she started over 30 years ago.

Some examples are: a pair of table mats and some Christmas tree decorations



Two bags



The centre of the table cloth



A closer view of the detail.



A decorative wall hanging by Jenny.

So, if you would like to find out more do join us on Friday afternoons 2-4pm in Heelands. You will find an appreciative audience only too happy to offer assistance if asked.

If you live nearer the Kingston Centre, there is a similar group which also meets on Friday afternoon from 2-4pm.

Sarah Friedman - 01908 560714

**The Third Age Players** have a new group leader!

After many years working mainly behind the scenes, Frank Tynan has decided to hand over the role and Barbara Baker, a well-known local performer, has agreed to take over. To show our appreciation for all the work he has done over many years, Frank was presented with a restaurant voucher to share with his wife, Ann, who has been his very able assistant. Frank thanked everyone and agreed to become our honorary president. (I'm sure he will find an appropriate hat!)

We are now excited to be working on our next production and you will hear more about this in the coming months.

## Transport Topics Group - David Bowler Group Leader

February marks the beginning of the Transport Topics Group programme for 2018, when David Longman will be joining us to give a presentation on Chinese Railways.

This will be followed in March and April with talks arranged on the Caledonian Canal and '12 months before the mast - a gap year adventure in the 60's around the globe in the merchant marine'.

Visits are planned in the summer to Triumph Motorcycles, the Thames Barrier and IWM Duxford.

Full details are shown on the web-site.

New members are always welcome.

## Desert Island Discs

Is This the Most Exciting Group in MK U3A?

Meetings continue to surprise and delight the members as free and open discussions that come about from examining the Castaways (taken from fifty years of archive) range widely as memories, viewpoints and biographical details challenge each other.



The Desert Island Discs group is a very open assembly, open for anyone to come along and join in. We only ask that participants are willing to occasionally research a Castaway subject outside of the radio programme archive.

## MK U3A Rambling Group – Wednesday Walkers



32 members enjoyed an excellent Christmas lunch at the Prince George, Tattenhoe on December 13<sup>th</sup>. Prior to lunch, 16 intrepid (some may say, stupid!) walkers in festive hats braved the snow and ice and walked over 3.5 miles, with a stop for mince pies and mulled wine instead of our normal 'banana break'.

The group walks approx. 5 miles every Wednesday from 10am to 12 noon, usually meeting at a pub and stopping for a sociable pub lunch afterwards (this is optional). We walk in the countryside from the end of March to the end of October and then on Redways through the winter.

If you would like to join this friendly group of walkers, details of the walks programme can be found on the website. We look forward to seeing you.

## Short Mat Bowls 2

The Short Mat Bowls, group 2, has steadily increased in numbers over the past 4 years and is proving a very sociable afternoon out. If you wish to join us we can always have a waiting list, but it is better to come along beforehand to ascertain if you wish to be added to this and to decide if this is the type of bowls group for you (no rules). We had a very enjoyable Christmas Dinner with 26 of us (including some of the residents) tucking in to a scrummy chicken meal with creamy desserts & cheese etc. and plenty of non-alcoholic wines. As the room at Neath Hill is being refurbished, the space for this event was interfered with as equipment was being stored and the space available meant no bowls after the meal. To compensate for the lack of a game, the group leaders arranged for MK Lele to (local ukulele group) come along and entertain us with festive music and songs. 10 of them gave up their time from work etc for a donation towards the Dementia organisation they support. Everything was very well received and now we start a New Year in a temporary venue at Downhead Park until March when we hope to return to Carpenters Court, Neath Hill. Due to the popularity of the existing groups we are looking to start a third group but are looking for an additional Group Leader or a volunteer to step up to lead it. Could you be that person!?



**To all the Knitters** who took up their needles and have sent in many Canula Mitts and Bonding Squares for MK University Hospital and St Thomas' Hospital London. You have been very industrious, and I wish to thank you all for all your hard work. You are too many to mention individually but you know who you are.

Please keep knitting and I will continue to collect them when you let me know you have them ready and I will send them on, I might have a further project for you next month for a hospital in Southampton. I will keep you posted.

Many thanks Lesley



Angela Evans

## Pilate Classes – Spaces Available

If you are thinking of getting fitter and more flexible in 2018 there are currently a few spaces available in the Pilate classes at Kents Hill for both beginners and those with more experience.

If you would like more information and payment details, please contact the appropriate Group Leader.

**Group 1** meets at Kents Hill on Wednesday mornings 10.00 am – 11.00 am. (Improvers)

Linda Mason, tel: 01908 606953, email: [pilates@mku3a.org](mailto:pilates@mku3a.org)

**Group 3** meets at Kents Hill on Wednesday mornings 11.15 am – 12.15 pm. (Beginners and Improvers)

**Group Leader:** Jane Gibbs, tel: 01908 378731, email: [pilates3@mku3a.org](mailto:pilates3@mku3a.org)

## What is Pilates



Pilates systematically exercises all the major muscle groups within the body. This approach helps to address muscular imbalances through a range of exercises. There are many benefits to this method of exercise which many students begin to feel from the very first class they attend. Notably: feeling calmer, joints more mobile, breathing more easily, progressive muscular tone and strength. These exercises also stimulate the nervous system which in turn leads to better balance and co-ordination. Ultimately posture improves restoring physical and mental harmony.

The classes follow the holistic and controlled approach that sets Pilates apart from many other forms of exercise. Osteopaths, physiotherapists and general practitioners recommend Pilates as one of the most effective forms of exercise. The exercises are predominately mat based which mean that you will need to be able to get up and down off the floor and be comfortable lying on the mat for most of the hourly session.

## Current Affairs 2

I started this group a year ago, but it hasn't had enough members to really get off the ground. I believe I need to have eight regular members to be able to rely on having four or five at each meeting. Now we are a group of four plus myself, so I need a minimum of three more to keep this group going.

We meet at my house in Bletchley in the afternoon of the second Tuesday of the month. Normally I start the discussion going, but every member is free to introduce a subject of their choice. Even among the present membership we have there is a wide variety of views. Naturally some people tend to talk more than others, although I try to ensure that everyone has his/her say.

If you are interested in joining or re-joining to keep us going please contact me on 01908 990053 or through the U3A website.

## MK Theatre Group

Come along and join us for the last Ice Hockey game of the season

MK Lightening vs Guildford Flames

Saturday 10<sup>th</sup> March 2018 at 7pm at MK Planet Ice

Adults £13 Children £5

Booking Form at the end of this newsletter

### Upcoming Theatre Trips—Aide Memoire

<b>Date</b>	<b>Show</b>	<b>Pay by</b>
Wed 30 <sup>th</sup> May '18	Legally Blond	Passed
Wed 18 <sup>th</sup> July '18	Flashdance	Passed
Wed 3rd Oct '18	War Horse	Passed

-

-

### Upcoming Outings

<b>Date</b>	<b>Venue</b>	<b>Last B'king Date</b>
Thurs 1st March	Ely Cathedral	Passed
Thurs 15th March	Royal Chelsea Hospital & National Army Museum	Passed

Please refer to the website for further details or contact the organisers on [theatre@mku3a.org](mailto:theatre@mku3a.org) 07867978585 or [outings@mku3a.org](mailto:outings@mku3a.org) 01908 506706 as appropriate

**Booking Forms for both these groups can be found on the relevant pages of the website or on the individual postings in the Diary**

-

### Other Items of Interest

#### **ON-LINE COURSES**

The U3A vision is

“to make lifelong learning, through the experiences of U3A, a reality for all third agers”

If you feel you would like to continue your education and keep those “little grey cells” active through on-line learning, the National U3A offers several courses – details of which can find on their website [www.u3a.org.uk](http://www.u3a.org.uk).

Alternatively, The Open University also offers free on-line courses - details of which can be found on their website – [www.open.edu/openlearn/free-courses](http://www.open.edu/openlearn/free-courses)

If you decide to sign up to an on-line course, perhaps you can share your experiences!

## **Barking Mad - Sue Garrett**

Both my parents are members of the Leighton Buzzard U3A and over the years have spoken to me about the topics discussed and all the wonderful trips they take. Great opportunity to meet new people and socialise.

In October last year I purchased the Franchise for Barking Mad Milton Keynes. We provide loving home from home holiday care for dogs. For this, we need 'hosts'. My parents suggested I speak with you as you are the ideal people (retired or no longer working) that Barking Mad seek to care for our customers dogs whilst their owners go on holiday.

If any of you love dogs but can't commit to the full time financial and emotional responsibility of having a dog of your own, or if you have a very sociable dog who would benefit from visiting guests coming to stay, then this is the ideal opportunity.

We match dogs to suit their lifestyle.

If you would like any further information, then please do not hesitate to contact me. Tel. 01908 410908. You can also read more on the Barking Mad website where you will see that we are 5\* Trust Pilot rated. [www.barkingmad.uk.com](http://www.barkingmad.uk.com)



## **Surviving the Void of 'Doglessness'**

**Doglessness is defined as 'the state of being without a dog'.**



It's the little things that you miss the most: the soft weight of a head on your lap whilst watching TV, the wagging tail that only your presence can generate, a wet nose as your early morning alarm call, those big eyes, the colour of molten chocolate, that fixate on the passage of every morsel of food, from your plate to your mouth. Then there's the loss of the almost telepathic understanding, that only a canine companion is capable of and the complete, unconditional love that dogs bestow upon us.

Without a dog, a thick cloak of silence envelopes your home, a quiet that is inescapable and emotionally empty. Whether you have previously owned a dog or have always yearned to do so, doglessness can be a miserable state to exist in and has been proven to even have a negative effect on your health. Pet ownership has been shown to reduce stress and help a person become more physically and socially active. If your beloved dog has crossed the Rainbow Bridge, emotions or circumstances can prevent you from wanting the commitment of owning another dog. Perhaps you have never had your own dog and considerations such as your job and family commitments make dog



ownership an impossible dream. Is doglessness unavoidable in these circumstances?



There is a solution that you may not have even considered. Barking Mad, the UK's leading dog sitting company, organises dog holidays as an alternative to kennels. They offer the opportunity of becoming a 'host' by providing a loving home environment for somebody else's dog whilst they are away. Our hosts range from people who are retired and have plenty of free time, to families who love having a dog to stay just for the Summer holidays, as an exciting and educational experience for their school age children.

Everything is set up and organised by your local Barking Mad branch, Milton Keynes, who take this often-informal arrangement and make it fully safe, insured and easy to take part in, without costing a penny. You provide the regular exercise and companionship and the cost, administration and transport is dealt with by your local representative, Sue Garrett. It is up to you to tell us the type of dog you would like to look after and when you are available.

**Bow Brickhill Women's Institute** meet on the fourth Monday of each month at 7.30 pm in the Pavilion at Rushmere Close. On 22nd February we welcome Gordon Snape as our speaker. He will bring his bagpipes and tell us all about Bagpipes and Music. Visitors are asked to contribute £4 towards expenses of the hall, speaker and refreshments.

Please contact Stephanie Warren at [swarren3@sky.com](mailto:swarren3@sky.com). or call 01908 671394

**Sandra Oxley** has sent in the following information after reading the item about bus and train passes in the last newsletter.

You can use your Bus Pass on the Greenline Service (757 – 755) from Luton to London and travel for free after 9.30am

In addition, you can travel to Luton and Luton Airport for Free on Stagecoach route 99 from MK station, Stop Z6, The Point, Stop H4 or a stop near Kingston Centre (not inside the centre) but nearer the Brinklow East Roundabout. This service runs regularly often one an hour in both directions.

### **MK Central Library**

#### **Local Studies and Archives Two Talks and Exhibitions**

##### **Thursday 22<sup>nd</sup> February**

**Milton Keynes – A New City Comes to Life** 6 – 6.30 £1 in advance from the Central Library

Catherine McIntyre, Project Archivist for Heritage MK, explores the area's history through the records of Milton Keynes Development Corporation.

**Researching Buckinghamshire's WW1 through its Men and Women** 6.45 – 7.45 £1 in advance from the Central Library

Katherine Gwyn, Community Engagement and Projects Archivist at the Centre for Buckinghamshire Studies, describes the techniques and tribulations of researching service men from WW1 and shares some of the lives researched as part of the Great War Buckinghamshire project

### Pneumococcal Vaccine

Did you know that if you are over 65 you are eligible for a pneumonia vaccination?

For more information phone your GP to check they have the vaccine and make an appointment. The vaccination lasts for life.

-

### CHLOE HANSLIP and STEPHEN HOUGH to perform with Milton Keynes City Orchestra



On **Sunday 25<sup>th</sup> February**, the internationally renowned violinist **Chloe Hanslip** will play **Sibelius' Violin Concerto** at **Milton Keynes Theatre** (3.00 pm). Chloe performs internationally to great acclaim; she made her BBC Proms debut in 2002 and now her talent is recognised around the world. You can read more about Chloe and her work at [www.chloehanslip.com/](http://www.chloehanslip.com/)

This concert also showcases the young musicians of Milton Keynes Youth Orchestra playing Sibelius' *Finlandia* side-by-side with our professional musicians. This is an annual partnership which demonstrates MKCO's commitment to the development of musical talent in Milton Keynes. The concert concludes with Elgar's much-loved *Enigma Variations*. Both *Finlandia* and the *Enigma Variations* are part of the BBC Ten Pieces programme, aimed at encouraging young people to understand and enjoy classical music.

This is a fabulous concert for all the family to enjoy together on a Sunday afternoon. Special discounted tickets are available as follows:

- **Individual rate:** Adults from £13.25 (Band D) up to £37.25 (Band A) + booking fees. Children /students £5 per ticket (Bands B – D) + booking fee. \*
- **Family 3 people +:** £30 per ticket (Band A) maximum 2 adults per child (**a saving of nearly 20%**) To access this offer online and via telephone please quote **FAMILY**. \*
- **Group rates available for 10+:** Band A tickets for £30, Band B tickets for £22 (over 20% saving per ticket). Available by calling ATG's Groups hotline on 0333 009 5393 (calls charged at local rate and Group bookings are not subject to booking or transaction fees)

**Children/ Student Groups 10+:** £5 per ticket (Band B – D) PLUS one free leader's ticket per 10 booked. Available by calling ATG's Groups hotline on 0333 009 5393 (see above).

\* To book Call 0844 871 7652 (charges apply) or go online at [ATGTICKETS.COM/MiltonKeynes](http://ATGTICKETS.COM/MiltonKeynes) – Fees apply. Avoid booking and transaction fees by purchasing at Milton Keynes Theatre Box office.



On Sunday **11<sup>th</sup> March**, Milton Keynes City Orchestra has organised a marvellous Mother's Day treat, an afternoon concert with **Stephen Hough** playing **Beethoven's Piano Concerto No.1** at The Venue, Walton High, Milton Keynes (3.00 pm).

Over the course of his career Stephen has secured a reputation as a uniquely insightful concert pianist, writer and composer. He has earned a multitude of prestigious awards and a long-standing international following. You can read more about Stephen and his work at [www.stephenhough.com/](http://www.stephenhough.com/)

MKCO will open the concert with **Mozart's Marriage of Figaro overture** and follow Stephen's performance with **Beethoven's Symphony No.3**.

Book early at [www.mkco.org](http://www.mkco.org). Recent trends show that this concert is likely to sell out. Tickets £10 and £25, limited £5 seats available for under 18's and students.

If you have any queries, please visit our website at [www.mkco.org](http://www.mkco.org) or contact me via Claire Allott on 01908 684116 or by email to [claire.allott@mkco.org](mailto:claire.allott@mkco.org).

-

**Recommendations or Wanted**

-

**Tony Usher** would like to recommend **Maria's Electrical Services**.

I had an instant response for a quotation and the work was carried out within a couple of days. The friendliness, the professional way the work was carried out and the extra efforts to ensure our wiring was safe impressed me. Apparently, no job is too small, and I can only say I would highly recommend this young lady for all electrical jobs. Her mobile phone is: 07455550599, Home No: 01234-888889 and e-mail: [mariaselectricalservices@gmail.com](mailto:mariaselectricalservices@gmail.com)

A small (51 properties) private, Sheltered Housing complex in Willen is looking for a part-time **Handyman/woman** – might consider a job-share.

The job needs someone with DIY, painting and decorating, basic plumbing and electrical skills who will also help Owners with little jobs like changing light-bulbs, etc. Outside sweeping, tidying and helping occasionally with a small amount of gardening would also be part of the role.

**Common sense and a sense of humour would be useful qualities!**

The hours could be flexible, by arrangement and the hourly rate is negotiable.

If anyone is interested, please ring for a chat

**Gary Baxter,**  
**Manager, Oaktree Court**  
**Tel : 01908-608619**

## Disclaimers and Copyright

The material in this magazine does not reflect the views of the Trustees, unless specifically acknowledged to be so. All other material represents the view of the contributing member, for which no responsibility is accepted by the publisher. Publication of an advertisement does not imply recommendation by the U3A.

Reproduction in any form whatsoever without the written permission of the editor is not allowed.

© Copyright in The Third Way rests with MKU3A and the contributing members.

All rights reserved.

### Pace – Charity for Children with Motor Disorder based in Aylesbury

**The Pace Big Walk** Saturday 21st April £10 registration fee

Choice of three routes:

- Dunstable Downs to Wendover (approx. 18 miles)
- Ivinghoe Beacon to Wendover (approx. 12 miles)
- Wigginton to Wendover (approx. 6 miles)

Registration will take place in Wendover, where parking will be available, then walkers will be shuttled to their chosen starting point by coach.

The start times are as follows:

- Dunstable Downs - 8am
- Ivinghoe Beacon - 12 noon
- Wigginton - 3pm

For more information or to sign up contact Kelly on 01296 616973 or [kelly.houghton@thepacecentre.org](mailto:kelly.houghton@thepacecentre.org).



**Thyroid MK**  
support for people with thyroid disorders

AFFILIATED WITH THE  
BRITISH THYROID FOUNDATION

**Information Events**  
held regularly with professional speakers

If you are newly diagnosed or have a long-standing thyroid condition, come and join our local meetings

at  
**The Pavilion, Open University,  
Milton Keynes**

Our Meetings are on:  
Saturday 3<sup>rd</sup> March 2018  
Saturday 7<sup>th</sup> July 2018  
Saturday 6<sup>th</sup> October 2018

Registration and coffee at 10.30am

[www.thyroidmk.co.uk](http://www.thyroidmk.co.uk)





Saturday 3rd March 2018 at 7.30pm  
Woburn Parish Church

Rheinberger *Mass in E flat*  
Sullivan *Te Deum Laudamus*  
Tippett *Spirituals from A Child of our Time*  
Britten *Rejoice in the Lamb*

Danesborough Chorus John Witchell (organ)  
Conducted by Ian Smith

Tickets: £20 and £15 (reserved), £10 (unreserved), under 18s £5. Available by post from Danesborough Tickets, 58 Church Road, Aspley Heath, Woburn Sands, MK17 8TA (send a stamped SAE and a cheque payable to 'Danesborough Chorus') or phone 01908 583460.

Danesborough Chorus registered charity 279281 website: [www.danesborough.org.uk](http://www.danesborough.org.uk)

Neville Funeral Service are sponsoring us for the season. We are delighted with their support.



Spring Concert  
Saturday 3rd March 2018

#### Concert Programme

Our Spring Concert features four contrasting choral gems. Rheinberger, a much under-rated composer, wrote a large number of choral works but his *Mass in E flat* is generally considered to be his choral masterpiece. Written for unaccompanied double choir, it is full of rich textures when the two choirs sing antiphonally and glorious eight-part harmonies when they sing together. Arthur Sullivan (of Gilbert and Sullivan fame) wrote his *Te Deum* as a thanksgiving to mark the end of the Boer War in 1900, shortly before his death. Sadly, it was premature as the Boer War did not end until 1902 when the *Te Deum* received its first performance. This dramatic work was written for choir, strings, brass and organ but we shall perform it with just organ.

The most inspired feature of Michael Tippett's oratorio *A Child of our Time*, composed during the second world war, is his use of five American spirituals in a similar way to Bach's use of chorales in his *Passions*. In 1958 these were arranged by the composer for unaccompanied chorus and they have been a favourite with choirs and audiences ever since.

The final work in the programme, Britten's *Rejoice in the Lamb*, one of Britten's most popular choral compositions, was commissioned in 1943 to mark the 50th anniversary of the consecration of St Matthew's Church, Northampton. For its most imaginative and charming text Britten used part of a poem by Christopher Smart (1722-1771). The poem was composed while Smart was in a mental asylum having been committed by his father-in-law for supposed religious mania.

#### Mailing List

If you would like to join our email list to be kept informed of future concerts, go to our website at [www.danesborough.org.uk](http://www.danesborough.org.uk) and follow the instructions to sign up for our newsletters.

#### Friends Scheme

Friends of the Danesborough Chorus are entitled to certain benefits which include: advance notice of concerts; invitations to occasional pre-concert receptions; priority booking facilities; and inclusion of their names in concert programmes. Friends are asked to donate a minimum of £30 per annum. If you would like to support us in this way, please contact our Friends Secretary, Yvonne Ashmore, by phone on 01908 679060 or by email at [daneshborough@hotmail.com](mailto:daneshborough@hotmail.com). Your financial support will help to ensure the choir can continue to present high quality concerts.

#### Join the Danesborough Chorus

If you are a singer and like the sounds we make, why not join us? We rehearse from 7.45pm to 9.50pm on Wednesday evenings in Aspley Guise Village Hall. There is a refreshment break during the evening for members to get to know each other. If you would like to 'try before you buy', we have a no-obligation 'taster' offer to join us for a term at a cost of just £10. To find out more, please contact our Membership Secretary, Carol Yirell, either by email at [membersec@daneshborough.org.uk](mailto:membersec@daneshborough.org.uk) or by phone on 01296 680328.



### Key Contact Details—more on the web site

Acting Chair: Lesley Sparks: [chair@mku3a.org](mailto:chair@mku3a.org)

Acting Vice Chair: Dave Barratt: [vicechair@mku3a.org](mailto:vicechair@mku3a.org)

Acting Secretary: Diana Sears: [secretary@mku3a.org](mailto:secretary@mku3a.org)

Groups Co-ordinator: Shirley Dewar [groups@mku3a.org](mailto:groups@mku3a.org)

Datum Project : Dave Barratt: [datum@mku3a.org](mailto:datum@mku3a.org)

Web Master : Dave Barratt: [webmaster@mku3a.org](mailto:webmaster@mku3a.org)

Assistant Webmaster: Len Barrows: [assntwebmaster@mku3a.org](mailto:assntwebmaster@mku3a.org)

Treasurer: Maureen Windridge: [treasurer@mku3a.org](mailto:treasurer@mku3a.org)

Membership Secretary: Claire Naismith: [membersec@mku3a.org](mailto:membersec@mku3a.org)

Communications Coordinator: Lesley Sparks: [comms@mku3a.org](mailto:comms@mku3a.org)

Trustee: Steve Royle: [trustee@mku3a.org](mailto:trustee@mku3a.org)

Groups Finance Admin: Geraldine Cannell: [groupsadmin@mku3a.org](mailto:groupsadmin@mku3a.org)

Halls Administration: Sue Giordano: [Hallsadmin@mku3a.org](mailto:Hallsadmin@mku3a.org)

Open Meetings Coordinator: Diana Sears: [openmgt@mku3a.org](mailto:openmgt@mku3a.org)

Office Support: Currently Vacant

Please refer to the website: [www.mku3a.org](http://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.

## OPEN MEETINGS PROGRAMME FOR JANUARY - JULY 2018

Meetings start at 2.30pm and are held at the Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes, MK5 7GZ. (Except for the AGM in March. This venue will be advised shortly.) There is car parking on site, and bus routes 8, 24 & 25 stop on adjacent grid roads.

### **24 JANUARY - Why I became a Scout - Ann Limb**

Why she became a Scout, by the first female Chair of the Scout Association UK.

### **28 FEBRUARY – Medical Detection Dogs - Rowland Butt**

Training dogs to detect disease – cancer, malaria, epilepsy or Parkinson’s disease. Each dog is trained to alert its owner by sitting down if a potential problem is imminent or it is time for medication.

### **28 MARCH – ANNUAL GENERAL MEETING – VENUE TO BE CONFIRMED**

Showcase of MK U3A Talents

### **25 APRIL – Medieval to Mississippi Music Talk - Saffron Summerfield**

The Musical Talk ‘Medieval to Mississippi’ is music and guitar without the use of digital images.

### **23 MAY – Change your Thoughts Change your World - Alan Wise**

Health Psychologist Alan may make you rethink your life, as a Health Psychologist and motivational speaker for many years he has some fascinating stories to share, from travel in Europe and US. and will show techniques of how to cope with stress in our time.

### **27 JUNE – Modern Scams and How to Avoid them - Brad Ashton**

Based on a BBC Radio series he wrote during which he exposed 180 different scams.

### **25 JULY – When Birds Sing - Saffron Summerfield**

Just why does a small bird (Marsh Warbler) ‘collect’ up to 250 other bird songs and calls on its migratory path from Africa to Northern Europe thereby creating an astonishing ‘Song line’ of its journey each year. Come and find out.

### **26 SEPTEMBER – A Job of a Lifetime - Brad Ashton**

In which he tells lots of humorous backstage stories about the many star comedians he has written, either Radio or TV series for.

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 3<sup>rd</sup> March 2018**

MK lightening 10<sup>th</sup> March 2018

Adult..Tickets).....@£13.....

Child....Tickets).....@.£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.....