



milton keynes

university of the third age



February  
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 adjacently.

### Marx Brothers – Warren Ashton

Wednesday, 27 February

February needs some fun and merriment! So Warren is back to provide just that. This time he will give us an illustrated biography of The Marx Brothers during which he uses very rarely seen video clips of them in performance.

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### New Members Induction Session

18th March 2019

The next session will be on Monday 18<sup>th</sup> March, 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](mailto:membersec@mku3a.org) or 07425 620167.

### Knitting for Charity

In my capacity as leader of the MKU3A Knitting Group, I have been contacted for help with a campaign to inform the public about the need for foster carers in Milton Keynes and promote Foster Care as a career. What has that got to do with Knitting you may well ask?

My contact (Natasha Jones: [natasha@gd-pr.co.uk](mailto:natasha@gd-pr.co.uk)) is working with a fostering agency in Milton Keynes (The foster agency is called PICS - <https://www.picscare.co.uk/>), who intend to be leaving dolls around the shopping centre with tags on containing information about the need for foster homes in 2019.

They specifically want knitted dolls, **between 200-400**. Originally they were looking to carry out this campaign at the end of January, but after an exchange of emails, this has been pushed back to coincide with Foster Care Fortnight in May.

I am told that the dolls would need to be big enough to sit up (as they will be left in a sitting position around the shopping centre), but “ideally be all different colours, genders etc... to reiterate that every foster child that comes into care will be different”, so at moment there is no specific pattern to work from. Natasha says that they are willing to pay for materials.

There is no way that the knitting group could supply the number of dolls required, but I know many other MKU3A members also like to knit for good causes. If you are interested, or if you can suggest any groups who may be able to help, please contact Natasha directly at the email address above.



**Sandra Adkins**

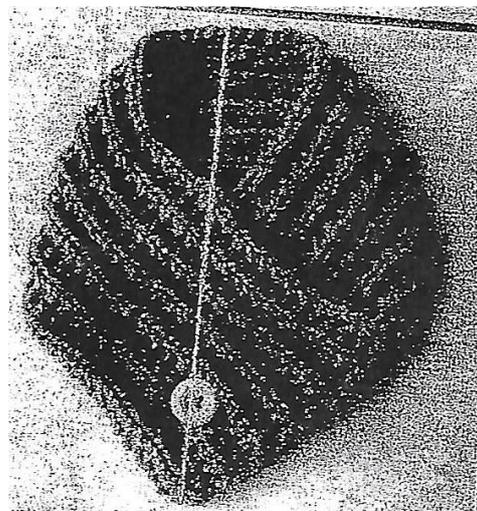
### **A Great Big Thank You to All Our Knitters**

I have received thanks for the knitting you have been beavering away to produce for the hospitals and for the refugee/homeless charities. They are so grateful for your endeavours. The hospitals now have enough stocks but will come back to us when these stocks reduce.

The refugee/homeless charities are still looking for knitted donations and so in addition to the neck cowl which many of you have been knitting I have a very easy knitting pattern for a hat which you will find below. Please keep knitting for this very worthy cause and use up your scraps of wool. These people are not bothered about fashion, they just need to keep warm!!

The only suggestion that I have is that pale colours do get dirty easily so darker colours would be preferable.

All knitted items can be brought to the monthly open meeting or you can contact Shona Hall ([shonahall4@gmail.com](mailto:shonahall4@gmail.com)) to arrange collection or call me on 07780 113449 and I will pass on your message



**Best wishes and my thanks**

**Lesley Sparks**

### **Knitted Hat for Charity in Double Knitting Yarn**

To fit the average size hat – Length 23cm with brim turned back

#### **Tension**

17 sts and 36 rows = 10cm over garter stitch

## **Notions**

4mm/size 8 needles

50 gms of double knit

## **Pattern**

Cast on 78 sts

Work in garter stitch for 25cm

## **Shape Top**

**Dec Row 1** K1, \*k2tog, k5 rep from \* to end 67 sts

**Next and every following alternate row.** K to end

**Dec Row 2** K1, \*k2tog, k4 rep from\* to end 56 sts

**Dec Row 3** K1, \*k2tog, k3 rep from \* to end 45 sts

**Dec Row 4** K1, \*k2tog, k2 rep from \* to end 34 sts

**Dec Row 5** K1, \* k2 tog, k1 rep from \* to end 23 sts

**Dec Row 6** K1,\* k2tog repeat from \* to end 12 sts

Cut yarn, leaving a ling edge. Thread cut end through rem. sts, draw up tightly and secure end.

## **Finishing**

Use yarn end to join back seam, reversing seam for 5cm for brim

## **Groups**

### **Visit To Desert Island Discs**

I was invited to join the 'Christmas' Desert Island Disc Group on 29 November. This Group uses the BBC's archive of Desert Island Discs as a basis for the Group. A member chooses someone from the archive and researches them before the next meeting.

At the meeting the Group then listens to the Desert Island Disc programme which features this person and compares what they say to what the Group member has found out about them from the written word – it is not always the same!!



On my visit the celebrity was Sir Tony Robinson – actor (Baldrick in Blackadder), comedian, author, presenter and political activist – a very interesting character. Valerie had researched him very thoroughly and, with also listening to the programme, we had a very clear picture 'of the man'. This was followed by a very interesting discussion.

The formal meeting was followed by a lovely lunch (not a normal activity) – we all brought something to share – and a chat with Nigel, the Group Leader, and the Group members.

The Group has been in existence for 2 years and they have researched many celebrities over this time.

I thoroughly enjoyed my visit to this Group and it is looking for new members. If you enjoy carrying out some really interesting research on some really interesting people then maybe this is the Group for you! Nigel will be very pleased to hear from you via 01908 667007 or [di-archive@mku3a.org](mailto:di-archive@mku3a.org).

**Shirley Dewar, Groups Co-ordinator**

## Visit To The Play Reading Group

I joined the Play Reading Group's Christmas meeting in December. I was welcomed by Gloria, the Group Leader and introduced to the members many of whom have been in the Group since its inception - Gloria explained that the Group will be celebrating its 10<sup>th</sup> anniversary next year!!

They now meet in Great Linford after a fairly recent move from Stony Stratford. She also explained that Play Reading has a sister Group (Play Reading 2) which meets in Woburn Sands. This second Group was formed from the waiting list and is run by Anna Farmer, who continues as a member of the Great Linford Group.

Gloria explained that she obtains the playsets from Central Milton Keynes Library and tries to ensure that there are at least enough parts for the members whilst ensuring that there are not too many!

Gloria gave a very brief resume of each character and members volunteered to read a particular part. Over the years the Group has read a great variety of plays – from the serious to the light-hearted.



On this occasion, the play “A Toe in the Water” by Derek Benfield took me back to the days of Brian Rix farces! The plot being set in a Spa and involved characters being in the wrong place at the wrong time and with the wrong person – I am sure you remember them well!!

When Act 1 was finished we had a quick coffee break with delicious

mince pies and then carried on with Act 2 all being revealed at the end! There were quite a few chuckles during the “performance” and everyone had a smile on their face when they had finished.

Play Reading is a lovely way to experience plays without having to “take to the boards”! I was made very welcome and thoroughly enjoyed my morning with this Group. I wish them well for the future!

**Shirley Dewar, Groups Co-ordinator**

## Visit To Transport Topics Group

I joined the Transport Topics Group for their November meeting. The Group has been in existence for 27 years and David has been the Group Leader for the past 5 years, who I had a quick chat with during the coffee break.

During the year this Group visit transport related venues near and far – Duxford, Triumph Motorcycles to name but a few, but on this occasion they were “at home” in Carpenter Court, Neath Hill and the topic was “British Cars in the Twentieth Century”.

One of the Group members, Brian, went through a slideshow of twentieth century vehicles – ranging from the Model T Ford to the iconic Mini (yes the original one!) to modern-day high performance vehicles and ending with what we may all be driving one day – electric cars.

It was a trip down memory lane with facts and photographs about so many well-remembered makes and models – British Leyland, Triumph, Riley, Wolseley, Morris Minor, Marina, Hillman Imp, Austin A30 to name a very small number! An extremely pleasant afternoon with members chipping in with their vast knowledge and memories.

It brought back memories of some wonderful and some truly awful cars we have owned during our married life (my husband is a member of this Group).

For myself, prior to meeting Neill, a bit of a car nut, I owned an Austin-Healy Frog-eyed Sprite (now a Classic Car) in my youth. My father bought me the car for £150 and I sold it for £180 – I was so pleased - a profit!! But if only I'd known then what I know now .....!!!!

**Shirley Dewar, Groups Coordinator**

### **Flying start for Food4Thought group**

December saw the group meeting for a Christmas themed afternoon tea at Lakers Garden Centre in Winslow.

The first meeting in January 2019 we welcomed 4 new members to the group.

We then ran through some of the topics we have covered since the group started in June 2018, which included quick & easy recipes, salads, soups, fresh ways with fish, cooking for Christmas, and cakes and biscuits.

We have had short presentations on the history of the potato, sugar, rice and chocolate. We have talked about the most unusual things we'd eaten which included sparrows, chitterlings, camel, and ostrich eggs, and we have discussed the difference between use by and best before dates on food packaging.



January's topic was ice cream and desserts, and we began

with an ice cream quiz, (who would have guessed that JP Licks and Salt & Straw were real ice cream manufacturers?), and discovered some interesting facts about the history of ice cream, including how the waffle cone was invented by accident, some possible reasons why a "99" is called a "99", that the major ingredient in soft ice cream is air, and that the Americans eat more ice cream than any other country in the world! We were then treated to some delicious nutmeg ice cream that Robin had made and brought for everyone to try.

Members brought along lots of recipes for ice cream and favourite desserts this month, including Cinnamon ice cream, Coffee ice cream, Pina Colada ice cream, Blackstrap Harry Tart with Rum-Sozzled Raisins, White Chocolate and Red Fruit Trifle and Apricot and Cranberry Butterscotch Pudding.

We finished the meeting talking about what we would each cook for a romantic meal and found the most popular starters were scallops and smoked salmon!

Our topic for February's meeting is cheese and we will be looking at recipes including cheese, as well as recipes for chutney and pickles.

**Tina Griffiths, Group Leader**

### **Christmas Choir was a great success**

A big thank you to everyone who supported our Christmas concert on December 14th which was a great success and brought us many compliments about the performance.

We raised over £1,000 so were able to send £500 to both of our nominated charities, Little lives at MK Hospital and the Friends of Hiekweni.

The raffle was a great success too and the hamper was much appreciated by the lucky prizewinner.

Thanks go particularly to Pat our musical director and Jennifer our pianist, as well as to those who helped behind the scenes, setting up the hall in the afternoon and those who helped in the kitchen on the night. Without their help things would not have gone as smoothly.

Look out for the future date of our Summer concert hopefully in early June which will be confirmed soon.

**Sheila Staincliffe, Joint Group leader**

### **Visit to Christ the Cornerstone**

What do you know about the church in the centre of MK?

You are welcome to join the Exploring World Faiths group for a tour of Christ the Cornerstone Church on Wednesday 3rd April, starting at 2pm.

There is a lift to the first floor and there are stairs to the final floor.

The Organiser for this visit will be Deputy Group Leader Jennifer Foskett. If interested, please get in touch via [ewf@mk3ua.org](mailto:ewf@mk3ua.org).

### **Hola! You Want To Learn Spanish?**

Then this could be the course for you!

Interested in learning Spanish? Here is your chance. Perhaps you are planning a holiday to a country where they speak Spanish? Or, you might want to retire to Spain, leaving behind the cold winters? Perhaps you just want a challenge, and decided to learn another language.

Some of the topics we will cover:

- Travel
- Restaurant
- Family
- Shopping
- People
- Greetings



We will be using an on-line course: [www.duolingo.com](http://www.duolingo.com). It is a course for beginners, free to use, but you will have to register.

Before we start the course, have a look on-line, and perhaps you might even start the on-line course on your own.

The group meetings would just be, like revision then, to reinforce what you already covered, and add the social aspect of learning and speaking Spanish together.

You can choose how much you want to do every day, 5 minutes, 10 minutes, 15 minutes a day. Some students choose to do more, but it is probably better to start slowly, as you are allowed to do more than the target you set yourself.

The group would meet every week, probably Mondays, either am or pm. Hope we will be able to use the Kingston former library.

**Proposer: Maria Bourne**

If you are interested in joining this group, please initially contact [groups@mku3a.org](mailto:groups@mku3a.org).

### **Spanish Intermediate**

The Intermediate Spanish Group, which meets on a Wednesday morning from 10.00 to 11.30 at Kingston, has room for new members.

If you are interested please contact Penny Milner on [pmgmilner@gmail.com](mailto:pmgmilner@gmail.com). We are sorry but we cannot accommodate beginners.

We are also seeking a facilitator who is prepared to assist us with our learning.

### **Group Closures**

I have been contacted by the Group Leaders of the following Groups and I am sorry to start 2019 with news of their closures:

- Strolling
- Clarinets
- Sequence Dancing (Thursday)

The Group Leaders were no longer able/did not want to carry on and no-one had come forward to take on the Group. I would like to take this opportunity to thank Group Leaders of these Groups for their commitment to their members and also to MKU3A.

As you know the U3A is a self-help organisation and reliant on members taking up the position of Group Leader and are willing to start new groups. If you feel this is something you would be interested in please do get in touch for a chat.

**Shirley Dewar, Groups Coordinator** [groups@mku3a.org](mailto:groups@mku3a.org).

### **Cross Words**

AS a rule my wife and I seek out the 'simple' crossword in our daily newspaper; the cryptic one we save for later when mentally warmed up, so to speak.

We unite tackling crosswords with experts' advice that in solving (?) them regularly is one way of warding off dementia. So, now in or approaching our eighth decade my wife and I are keen to employ such methods to ward off daily forgetfulness, roaming the house in dressing gowns at noon and greeting our mid-age offspring at the front door with deeply furrowed brows.

But crossworders beware, in having adopted this anti-dementia measure all may not be what it's cracked up to be. Gone are the days when one would sit down at a picnic or lounge on the patio with one's beloved and jot down a newspapers' crossword answers boasting, "well darlin', aren't we just the best?"

Watch out! Modern day compositors have rumbled we quick-solvers. So now they lure us in with a simple question in the top segment: one across: '007, or glue!' (4 letters). Top marks if you answered 'BOND'.



Now Mr Compositor sets out to outwit we know-it-alls. Halfway down we encounter another 'simple' question. Simple? Hah! Within moments we are seeking out our antiquated 'Raj' atlas of the world (pre 1935); a Collins dictionary (circa 2011); and having to work out how to operate that Christmas digital thesaurus.

Wakey, wakey? The so-called simple question might well be: "Ancient being, hairy, fishy tail. Loves the sea. Uses a three-way weapon." (8 letters.)" But Mr C can't fool us, can he?

Any responses or questions should be sent to me at [derek.g.mynard@outlook.com](mailto:derek.g.mynard@outlook.com) NOT to the editor of the newsletter. Have fun.

**Derek Mynard**

## Holidays and Short Breaks 2019

Real Christmas Tree recycled/planted in the garden, artificial tree packed away, cards taken down – Christmas and New Year over.

### ***Time to think about a Holiday or Short Break***

Places are available on the short break commencing 12 July for 5 days and 4 nights to Northumbria organised through 'Just for Groups'.

Be spellbound watching the history of England explored by a volunteer cast of thousands in an hour and a half – the main reason for the short break.

However, we have included some of the most well-known towns and islands in Northumbria and some maybe not so well known.

Alnwick with its 'Hogwarts Castle' and beautiful gardens and the most fantastic second hand book shop across the road from the castle, Durham for its

cathedral, Holy Island and Lindisfarne for the adventure of making it across the causeway before the tide comes in, Barnard Castle with a castle and the Bowes Museum for the mechanical swan that has to be seen to be believed – blink and you might miss that experience.

We stay at a 4\* hotel on a Dinner, Bed and Breakfast basis from £499 per person.

On the journey north a stop is taken in York with the possibility of lunch (at own expense) in one of the Guildhalls whilst being given a talk by one of the members of the three Guilds that use the hall...some of you may recognise the speaker ???



Interested? The closing date for deposit booking of £60 is 31 January.

Please contact Chris Behrendt [h.and.sb@mku3a.org](mailto:h.and.sb@mku3a.org) 07766 026357 for booking forms and insurance details.

### **Redworth Hall Hotel**

#### **Bishop Auckland (4\*)**

This stunning 17th century Jacobean manor house sits in 26 acres of landscaped grounds and is well situated for the Kynren event, on the outskirts of Newton Aycliffe.

- 143 en-suite bedrooms with tea/coffee making facilities, flat screen TV and wi-fi.
- Tea/coffee on arrival
- Porterage
- Restaurant and bar
- Health Club with swimming pool and beauty facilities.
- Star rating \*\*\*\*

What's included:

- 4 nights' stay with 4 choice, 3 course dinner and full English breakfast
- Return executive coach travel
- Gold tickets to Kynren event
- Entrance fee to Alnwick Gardens & Bowes Museum
- Sole occupancy supplement £100

Optional insurance £15

Deposit £60 per person due 31/1/19

Balance 8 weeks prior to departure

Price based strictly on minimum 35 paying passengers and 2 persons sharing a twin/double room.

Booking conditions apply

MKU3A – Holidays & Short Breaks

Kynren 2019

Including Durham, Alnwick Garden & Bowes Museum

For further details contact: Ms Chris Behrendt Tel. 07766 026357. E mail: [h.and.sb@mku3a.org](mailto:h.and.sb@mku3a.org)

### **Spring Music Lectures**

A series of three two hour lectures have been confirmed for 6 March, 3 April and 1 May 2019. Genres and final price of tickets yet to be confirmed but if they are anything like our previous lectures, we're in for a treat.

## **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.

## **MK U3A - Open Meetings 2019**

### **27 MARCH – ANNUAL GENERAL MEETING**

Showcase of MK U3A Talents

### **24 APRIL – Thames Valley Air Ambulance saved my life – Ross Dilnot**

Talk summary TBC

### **22 MAY – Anonymous Heroes – John Timmins**

John Timmins' enquiring mind wanted to know what his father did during WWII – from the time that he enlisted in March 1941 until the time he was de-mobbed in July 1945 and arrived back to his native Canada. During his research John was to discover that his father had surreptitiously become one of the original members of a special band of brothers who were paramount to the success of Operation Overlord.

The author will be available to sign copies of his book after his talk.

### **26 JUNE – Dogs for Good – name of speaker to be confirmed**

This month we will gain an insight into the fascinating work of the charity *Dogs for Good*.

These dogs are trained to help people with disabilities to make their life easier, including:

- Opening and closing doors
- Helping with dressing and undressing
- Retrieving items such as mobile telephones or dropped articles like keys or a bag
- Loading and emptying the washing machine
- Pressing a pedestrian crossing button
- Reaching up to shop-counters with items such as a wallet

The exact structure of the talk will be confirmed once we know if there are dogs available to visit us.

## **24 JULY – Photography as Art** - Karen Thurmanovich

Karen will explore how movements in the photographic world mirrored movements in the art world in general, especially starting in the 1920s. This will be followed by a discussion about photography as art and the role that photographic art plays in social change.

## **25 SEPTEMBER – The Amber Room** – Mike Bartlett

Dubbed the “Eighth Wonder of the World,” the Amber Room was one of the great treasures of Russian culture, Russian history and Russian heritage – until Hitler decided he wanted it for himself – and stole it, stone by stone.

When, in late 1943, it was decided to dismantle the Amber Room and crate it away, it vanished, never to be found again... or did it?

## **23 OCTOBER – James Gillray: First Ever Political Cartoonist** - Ian Keable

Who doesn't love a spot of political satire? But did you know that James Gillray succeeded William Hogarth as the primary satirist of the 18th century, not only taking caricaturing to new heights but also refining the format of the cartoon to one that we are now familiar with? He is now generally accepted as the first, and the greatest, political cartoonist, still revered today by modern cartoonists.

## **27 NOVEMBER – Moments, Memories and Magic** - Vic Bottrill

Do you forget other people's names? Find yourself in one part of the house and wonder why you are there. Put it down to age. Forget it. It happens to young and old alike – but not to everyone. Some mysteries of the brain are revealed. It's truly magic.

**January Open Meeting:** For those of you that attended Dr Suzie Imber's wonderful speech on Wednesday, I have attached a link which also features in our Open Meetings page that gives more details about her mountaineering exploits. Enjoy. <https://www.suzieimber.co.uk/alto-and-negro>

## **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 'click' on the Control Panel icon top right of screen



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



### My Profile

Amend and view your personal details

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.

7. Top right of screen. Select the appropriate icon.

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## Opening Doors London Charity – LGBTQ

Maggie Jones, a member of Wandsworth U3A in South West London, has been contacted by one of our members and been asked to circulate the following information which was published in the U3A National Magazine, The Third Age Matters, in their Winter 2017 edition.

Maggie belongs to a lesbian and gay forum for over 50's where, she says, 'I have tried to get members to visit a U3A event with me hoping that would encourage them to join'.

But Maggie discovered that there is still fear among older lesbian and gay people that they might meet with hostility from their own age group in the U3A.

As an ambassador for Opening Doors London (ODL) – a charity that provides information and support for lesbian, gay, bisexual and transgender over 50's – Maggie is keen to make sure their fears are unjustified. ODL aims to reassure older gay, lesbian, bisexual and transgender people that they are not alone.

It has a programme of events and activities which members can learn about from its website and a newsletter. They include a befriending service, social gatherings like lunch, bridge and scrabble clubs, coffee mornings, films and creative writing groups – even a will writing workshop.

ODL's website also offers support for people who care for and support older lesbian and gay people – who are as diverse in their clinical and social needs as any other group.

The charity distributes a booklet – Safe To Be Me – produced by Age UK (of which ODL used to be a part, and with which it still works closely) which is also available from its website.



ODL is hoping to expand beyond London and anyone interested can contact Maggie [maggielondon@gmail.com](mailto:maggielondon@gmail.com) or visit their website [openingdoorslondon.org.uk](http://openingdoorslondon.org.uk)

### **Why Hold Seed Swaps?**

By saving and swapping seeds, gardeners can help to keep alive the genetic diversity of flowers, herbs and vegetables. This is important in case varieties are wiped out by diseases

Many gardeners also enjoy the adventure of growing something unusual. Seed Swaps can also offer varieties that do well in the local environment.

Commercial seed companies must pay a fee to register each seed variety that they sell on the European or National Seed Lists. This is an expensive Outlay. Understandably, they choose to sell only the seeds that will be most profitable. It is illegal to sell seeds that are not registered. We cannot rely on commercial seed suppliers to nurture a wide genetic diversity. It is also illegal for Seed Swaps to sell seeds, as these are not registered, which is why we can only ask for small donations for packets of seeds.



Organised Seed Swaps began in Canada in the 1980s, but gardeners have been swapping seeds informally for centuries.

The first seed swap organised in England was in Brighton, in 2001, and, known as Seedy Sunday it has grown and flourished (rather like the seeds themselves, one hopes!).

### **Bletchley Seed Swaps — How they Work**

No seeds to swap? Packets can be taken away for a suggested donation of 50p per packet.

Collect seeds from your vegetables, herbs, fruit and flowers, and bring them in labelled paper envelopes or packets.

Pay £1 entrance.

Hand in your seeds. You are entitled to one packet for each packet you bring. You may take away extra packets of seeds for a suggested donation of 50p per packet.

Choose the seeds that you would like to take away.

If you have seeds to swap, but no time to packet them, bring them along to be packeted on the day. Alternatively, phone us as soon as possible, and we can do it before the Swap.

Stay for our delicious home made refreshments and a chat! Bletchley Garden Club members are always happy to talk Gardening!

For enquiries, phone Jan on 01908 372138 or Theresa on 01908 375142.

### **Family History at Library**

We have a couple more family history help sessions with John Hanson, organised at branch libraries rather than the MK Central Library.

The next one is as follows: **Stony Stratford library Tuesday the 12th of February 10.30-1.30**

20 minute free sessions Call the library direct to book – 01908 562562. <https://www.milton-keynes.gov.uk/libraries/reference-business-research/family-history>

### **Bow Brickhill WI**

The next meeting is on 28th February at Rushmere Close, Bow Brickhill, at 7.30 pm with Councillor David Hopkins as our speaker. He will be talking about his year as Mayor of Milton Keynes.

### **Yoga**

5 Week Introduction/Return to Yoga

The View, Gt Linford MK14 5AH

Mondays 9.30-10.30am

Starts February 25<sup>th</sup> 2019

*'If you don't take care of this, the most magnificent machine that you will ever be given.... where are you going to live' K. Calabrese*

Improve Flexibility & Balance, Build Muscle Strength, Maintain your nervous system, Boost immunity, Release tension, Regulate your adrenal glands & RELAX with mindful yoga.

Yoga sessions are accessible to all, variations are offered for all poses but healthily challenging too. Small supportive group limited up to 12. (you'll just need to be able to sit down and get up from the floor). Equipment provided.

Investment £35. [karennoon@hotmail.com](mailto:karennoon@hotmail.com) or 07989 024390  
[www.karennoonyoga.wordpress.com](http://www.karennoonyoga.wordpress.com)



### **Thyroid MK**

Our next Information Event is on Saturday 2nd March @10.30.

The venue is The Pavilion, Open University, Milton Keynes, MK7 6AA.

Our information events are held regularly with professional and informative speakers. This is an opportunity to meet and learn with others who have a thyroid condition.

For further information contact Wilma 01908 563289.

### **Community Cars**

Do you want to help the community?

Do you need help from the community?

Why not get involved with community cars. They offer an alternative to buses and taxis for healthcare and other essential appointments.

All drivers are DBS checked and have received appropriate training.

Alternatively you might want to volunteer to become a driver, offering a friendly caring volunteer to drive people to those appointments.

You will require a DBS check and need a full UK driving licence for the role but will be given full training.

To book a car contact [sarah.thurstans@volunteeringmatters.org.uk](mailto:sarah.thurstans@volunteeringmatters.org.uk) or phone 01908 670309

To volunteer as a driver contact [heather.oddy@volunteeringmatters.org.uk](mailto:heather.oddy@volunteeringmatters.org.uk) or phone 01908 870764 or 07823 413241.

### **Key Contact details – more on the website**

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

Vice Chair: Tina Two [vicechair@mku3a.org](mailto:vicechair@mku3a.org)

Secretary: Neill Dewar [secretary@mku3a.org](mailto:secretary@mku3a.org)

Treasurer: Diana Sears [treasurer@mku3a.org](mailto:treasurer@mku3a.org)

Groups Coordinator: Shirley Dewar [groups@mku3a.org](mailto:groups@mku3a.org)

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

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

Communications Coordinator: Simon Wong [comms@mku3a.org](mailto:comms@mku3a.org)

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

Thames Valley Network: Fred Bass [tvn@mku3a.org](mailto:tvn@mku3a.org)

Members Liaison: Dennis Revell [membersliaison@mku3a.org](mailto:membersliaison@mku3a.org)

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

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

Halls Admin: Sue Giordano [hallsadmin@mku3a.org](mailto:hallsadmin@mku3a.org)

Open Meetings/Volunteers: Currently vacant [volunteers@mku3a.org](mailto:volunteers@mku3a.org)

Please refer to the website [www.mku3a.org](http://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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## 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](mailto:theatre107@gmail.com) or [theatre@mku3a.org](mailto:theatre@mku3a.org)

Date	Time	Cost	Full Price	Post dated cheque before this please	Seats required	Total cost
	2019					
Wed 3 July 2019	14.30	38.50	44.50	19 February 2019		
Wed 30 Oct 2019	14.30	30.00	45.00	8 February 2019		
Fee per booking				Per show charge if none	1.00	none
				Cheques payable MKUSA	Total payment	

The full price is one I have taken from the web site for seats in our area and is for reference only  
 none £1.00 booking per show - can be for several people posted to one address. I will e mail 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. ....