



### 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.

### A Job of a Lifetime

26 September 2018 - 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.

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### New Members Induction Session

The next session will be on **Monday 13<sup>th</sup> August**, 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).

### Transport Topics Group

The last of this year's summer visits is to the British Motor Museum at Gaydon on Wednesday August 22nd.

We will then continue with our Autumn/Winter programme of monthly talks at Carpenter Court, Neath Hill commencing on Wednesday September 26th.

Full details are on our website or at [transport@mk3ua.org](mailto:transport@mk3ua.org), and new members are always welcome to join us at our Neath Hill meetings.

The Group visited the National Space Museum (pictured below) in June together with the adjacent Museum of Technology.



### **U3A Art Appreciation Group**

#### **Visit 10<sup>th</sup> July 2018**

The Art Appreciation group enjoyed a varied and colourful visit to the Birmingham Museum and Art Gallery in July.

On the way from New Street station, two of the group correctly identified the Croatian flag and were then interviewed on the spot about the forthcoming semi-final, giving a whole new perspective to The Art of the Beautiful Game of Football!

After a reviving coffee in the Edwardian tearooms, we went our separate ways to explore the delights of the Staffordshire Hoard of jewellery, the Pre-Raphaelite collection of 19<sup>th</sup> century paintings, displays by students from the Birmingham School of Art, which was the first school to admit women on an equal basis, and some wonderful William de Morgan pottery.

As a contrast to the impressive art collections, the visit also included the chance to see Dippy the Dinosaur's replica skeleton on tour from the Natural History Museum in London, definitely a must for families!

Fortified by a generous cream tea, we left the Art Gallery to return home by train, which, booked in advance, was a modest £6.60 with a Senior Railcard.

I would heartily recommend a visit as there are so many sections of the Museum and Art gallery to explore including fantastic enamelled Vesta cases, elaborate silver and metal ware throughout the ages, stained glass panels by Burne-Jones and William Morris, and a very imaginative tour round the industries of Birmingham in its heyday with the most amazing selection of buttons!

Entrance is free and the building is close to other attractions such as the stunning Library with roof top garden and retail therapy in the eye-catching Selfridges building. A very worthwhile day out!

Pauline Wright, [artapp@mku3a.org](mailto:artapp@mku3a.org).



### **Shooting Outdoors**

On the 21<sup>st</sup> June 2018 The Photography for Fun group members visited the Hitchin Lavender Farm for an outdoor photo shoot.

The weather was perfect for the shoot, warm, a cloudy and blue sky and not too much breeze.

After a delicious lunch including home baked cakes with the flavour of lavender, in the Lavender Farm Café, we set off to shoot photographs of the lavender fields.

We set a project to take photographs with deep and shallow depth of field that were reviewed at the Photography for Fun meeting on the 19<sup>th</sup> July.

All agreed it was a very enjoyable day out and we are now looking forward to our next outdoor photo shoots at the Milton Keynes Museum in August and Olney in September.

Hitchin Lavender Farm, Cadwell Farm, Arlesey Rd, Ickleford, Hitchin SG5 3UA

<https://www.hitchinlavender.com/>

Marilyn Hearn [photography1@mku3a.org](mailto:photography1@mku3a.org) (group photo below)







### **Painters' Progress**

On Friday 13th July 10 members of Painter's Progress attended the long awaited workshop we had planned with local artist Robin Souter at Westbury Arts Centre.

The beast from the East had detained Robin in Glasgow back in March.

Our workshop was in Robin's medium of oils in which we had minimal experience. We were able to select one of his seascape photographs or provide our own subject matter.

Robin gave a brief introduction as to how to begin. Instead of using water to make the paint more fluid as we would in our usual media of water colour or acrylics, we were to use thinners.

We painted onto a selection of canvases or canvas board rather than paper. Rather than planning our composition around the white areas blocking in lighter colours first, Robin explained that it's best to begin with the darkest areas but in a dilute form gradually building up colour. Areas of the canvas can be left unpainted white and light colours can be applied on top of dark colours.



As we worked Robin offered advice and answered questions. He drew us together to illustrate some finishing techniques such as using Liquin to make the paint pliable for fine detail with a rigger brush, for instance the water splashing up the side of a rock .

We all enjoyed our afternoon at this historic venue and were pleased with our efforts in an unfamiliar medium, here are our efforts at various stages.

**Sandra Oxley** [sandraoxley@aol.com](mailto:sandraoxley@aol.com)

### **Book Group - Murder and Mystery - Vacancies**

Have you been on holiday and taken a lot of books to read or just escaped the heat of the sun by staying indoors and reading?

Do you enjoy murder and mystery books? Then you could be just the person/s we are looking for to join our Book Group.

We meet once a month on the 4th Tuesday of the month from 10am - 12pm at the Synagogue in Gifford Park. We pick two books to read in the month (not massive tomes) which we discuss generally. There are always suggestions of 'good reads' and authors some of us may not have read before.

We have a refreshment break about midway and the cost for the session is £1.

We try to suggest books that can be found in a library, charity book shops, internet or borrowing the books from one of our members.

Please contact **Chris Costello** on 01908 317223 if you are interested or just come along to a meeting for a taster session.



### **Save date for inspirational speaker**

Inspirational speaker. Not to be missed! Save the date!

We have a wonderful speaker coming to MK on Wednesday 3rd October. She is the fascinating Wendi Momen of the National Assembly of the Baha'i faith.

Wendi was born into a Baha'i family in Los Angeles, and as her father ran the Buddy Worth trio (her mother was the drummer), her brother Steve is a pioneer for the Baha'i faith in South Africa and her uncle was the actor Robert Mitchum, it was unlikely she was ever going to live a quiet life!

Wendi is a lifelong fighter for social justice. In 2014 she was awarded an MBE in honour of her work on gender equality for the UN and empowerment of women.

She is also a JP, a fellow of the Royal Society of Arts, works in publishing and has somehow found time to marry and raise two children... and that is just scratching the surface!

Please join us if you can at the Civic Offices, 1 Saxon Gate MK9 3EJ across the boulevard from Marks & Spencer. We will meet on the first floor at 2pm.

Please let me know through the webpage or at the number below if you are hoping to attend.



### Looking for new members

The Gardening and Environment Group are looking for some new members, we have some vacancies through retirement of some of our older long-standing members.

Meetings start at 2pm in Hungerford House Lounge (park in Emerson Valley Local Centre Opposite) the 2nd Wednesday of each month.

Educational not 'Hands On' through knowledgeable speakers, occasional DVDs and 2 outside summer garden visits.

Topics mainly on gardening and its broader environment, with added topics from other environments.

#### **Programme**

August 8<sup>th</sup>, Cowper & Newton, Local Cultural and Historic Environment.

September 12<sup>th</sup>, Enchanting Flowers of S. Africa, Geographical and Garden Environment

October 10<sup>th</sup>, Autumn/Winter, Container Gardening

CONTACT: Mike Jenner on [gardening2@mku3a.org](mailto:gardening2@mku3a.org)

*Photo from our June NGS (National Garden Scheme) visit to 'Greywalls' Farndish, Bedfordshire.*



### Why Durnit?

The Third Age Players are delighted to be able to announce their return to the beautiful Chrysalis Theatre (Japonica Lane Willlen Park, MK 15 9JY) for their next production: TEN LITTLE THESPIANS, a Why-Durnit Black Comedy written and directed by local writer Tashika Cecchetti. This is a WORLD PREMIERE and not to be missed! So, what is it about?

*The production is over and the actors are celebrating at the after-show party. But all is not what it seems: bickering, back-biting and intrigue (not to mention bunions and sciatica) are causing havoc. The Little Thespians Drama Group is left with a challenge when it comes to staging their next production, not least because of a rapidly diminishing cast. What is going on? Why is this happening? Will the group – or any of them – survive, and how?*

Please come and support your U3A community and join in the fun and fury that is TEN LITTLE THESPIANS.

Performances are on Thursday 13th September at 7.30pm , Friday 14<sup>th</sup> @ 7.30pm and Saturday 15th @ 2pm

Tickets are £10 and on sale now from Barbara Baker on 01908 562738 or on line from this link <https://www.ticketsource.co.uk/TAP> – please note that if you simply type in Ticketsource/TAP into Google, it won't come up. (A booking fee applies for on line bookings.)

BOOK NOW to avoid disappointment!

### **Line Dancing went down a storm**

The line dance improvers group, who meet on Thursday mornings, went on 5th July to Ashby Care home, Eaglestone, to entertain the residents.

We did an hour's display, dancing some of our favourites old and new. We were thanked by the manager and invited back again.

We finished off with tea and cakes and a good morning was enjoyed by everyone.

#### **Brenda Line**



## **Mini Music in Grand Style**

This summer, our fabulous Mini Music Series, led by Adrian Boynton, took us on an exploration of the early and middle romantic composers, with their increasing freedom of musical form and design, their song-like melodies and their experimentation with brass instruments in the orchestra after the invention of the valve.

From Mozart and Schumann we moved to Chopin who remained true to his Polish heritage by including mazourkas from the Tatra mountains and the polonaise in his compositions.

Chopin also became fascinated by the flexibility of the operatic human voice and so created a technique for the piano where the left hand provided the foundation whilst the right hand created voice-like music.



Expertly guided by Adrian, we moved on to the mature romantics and heard some exquisite music from Brahms, who spoke the popular language of his day, composing scherzos, minuets and concertos.

He became one of the first to compose just for the pleasure of listening.

Then on to Paris with Cesar Franck, Bizet, and finally to Verdi.

We are proposing to look at The Great Russian School, Elgar, Sangford and others in our autumn series.

More details will follow in due course, and if you love music...

**Tina Two, Vice Chair**

## **NEW FOOD FOR THOUGHT Group**

The new “Food for Thought” group held their second meeting on Wednesday 18<sup>th</sup> July, at Carpenter Court, Neath Hill, which began with members discussing a Quick & Easy recipe for Creamy Salmon & Prawn Tagliatelle, using Salmon Philadelphia, which they had been given to try.

Variations included the addition of mussels, and a vegetarian option, substituting the prawns for sugar snap peas and using Garlic & Herb Philadelphia.

Other Quick & Easy recipes provided by members, which can all be prepared and cooked within half an hour, were Foil Packed Cajun Chicken & Veggies, Harissa Spiced Quorn, and Stir Fry Noodles with Broccoli and Ham.

A short presentation on “The History of the Potato” was given by one of the group, and we were told about two possible origins for the potato’s more popular name – the spud!

The first was a 19<sup>th</sup> century activist group called The Society for the Prevention of an Unwholesome Diet (SPUD) which was formed to keep potatoes out of Britain, and the second, suggested it was named after the sharp, narrow spade, known as a spud, which was used to dig up potatoes.

After a coffee break, the group took part in a “Supermarket Quiz” where the answers were ‘mostly’ food items, but, it was *just a little thing! (Trifle)*.



The group then discussed the strangest, or most unusual things, they had ever eaten. These included camel, ostrich egg, chitterlings (the small intestines of a pig), BBQ sparrows, elder (cow's udder), and some more unusual fruit & vegetables such as jack fruit, bread fruit, and ackee.

At the next meeting, on Wednesday 15<sup>th</sup> August, we will be discussing and comparing recipes for Salads and BBQs (as most of us seem to be eating a lot of them in this current hot weather).

A recipe for Prawn & Rice Salad, and Pasta & Avocado Salad, were handed out to the group, so they have the opportunity to try them, if they wish, before the next meeting.

Members were encouraged to bring along their own favourite Salad and BBQ recipes to the August meeting, where we will also be having another short presentation, on the history of sugar!

We already have 11 members, but have room for more, so if you are interested in joining us, please email [foodforthought@mk3a.org](mailto:foodforthought@mk3a.org)

**Tina Griffiths – Group Leader**

## **OUTINGS GROUP**

### **2018 PROGRAMME SUMMARY**

Meetings are held on the SECOND Thursday of the month at 2pm

**2018** – 9 August, 13 September, 11 October, 8 November, 13 December

Venue: Age UK Milton Keynes, Peartree Centre, 1 Chadds Lane, Milton Keynes MK6 3EB.

A committee comprising of Christine Behrendt, Hilary Beckett, Jackie Berry, Ray Cockram, Czesia Eales-Johnson, Shona Hall, Brian Munday, has been formed to run the Group. Ideas for future excursions from our members are always welcome.

A short description of outings is listed below, please ensure you see the full details given in the

Information flyer included with the booking form so you are fully aware of any mobility or safety issues.

Once we have paid for the coach and venue (just after the booking date) we are sorry that we cannot refund you unless a replacement booking is made for the excursion in question.

### **VISIT TO EAST RUSTON, OLD VICARAGE GARDEN**

**Thursday 19<sup>th</sup> July 2018**

**Bookings By 14 June 2018**

**Pick up Points:** Bletchley Bus Station **08.00** Silbury Blvd CMK Pick up Point **08.15**

**Cost £29:** Includes coach travel to East Ruston Old Vicarage Garden, coach driver tip and Entrance fee to the Garden

**Itinerary** - Stop at Wroxham where you will have some free time.

11.45 am The coach will depart Wroxham for East Ruston

4.00 pm The coach will depart East Ruston for Milton Keynes

**Contact on the day Brian Munday 07743 374645**

### **COUNTRYFILE LIVE – BLENHEIM**

**Thursday 2 August 2018**

**Bookings by 12 July 2018**

**Pick up Points** Bletchley Bus Station **08.15** CMK Silbury Blvd **08.30**

**Cost £35** Includes entry ticket, coach travel & driver's tip

**Itinerary - 10.00 am** approx. Arrive Countryfile Live show at Blenheim

**17.00 pm** Depart Blenheim, arrive MK around 18.45 pm

**Contact on Day Czesia Eales-Johnson Mobile 07377 628040**

### **WORLD OF WEDGWOOD & BIDDULPH GRANGE GARDENS**

**Thursday 16 August 2018**

**COST £36 Cost £28 to National Trust members**

(please bring your membership card for entry to Biddulph, otherwise cost will be £36 in total).

Cost includes refreshments on arrival, self guided tour of museum and factory, entry to Biddulph, coach and driver's tip.

**Bookings by 12 July 2018**

Pickup: Bletchley Bus Station **8.00am** or Silbury Blvd CMK **8.15am**

**Contact on day: Shona Hall 07796 448485**

### **HARDWICK HALL & STAINSBY MILL**

**Thursday 6 September 2018**

**Arrive** Hardwick approx. 10.30am. **Depart** 16.00 hours **Arrive** Milton Keynes 18.00 hrs approx.

**Cost: £31** for non National Trust members/ **£18** for National Trust members. (Includes House, Garden & Mill entry & driver's tip.) All food on the day at own cost.

**Bookings by 23 July 2018**

**Pick Up Point: MK Coachway, Coachway Road MK16 0AA**

**Contact on Day Jackie Berry Mobile 07954 588238**

### **RAF MUSEUM HENDON & HARROW SCHOOL**

**Thursday 20<sup>th</sup> September 2018**

**Pick up Point: The Coachway, Coachway Road MK16 0AA - 09.00 am**

**Cost £30** Includes coach travel to The RAF Museum Hendon, guided tour at the Museum, travel between the Museum and Harrow School and a guided tour of Harrow School. The cost also includes refreshments on arrival at the RAF Museum and the coach driver's tip

**Itinerary** Arrive at RAF Museum at approx 10.00am for tea or coffee and Danish Pastries (included in visit cost). We will be split into groups for a guided tour lasting for about 2 hours then free time to explore the museum or have a meal in the museum restaurant (at own cost).

1.30pm Depart for the short journey to Harrow School for a guided tour. This will last approximately 1.5 hours. Depart Harrow School for Milton Keynes at 4.00pm.

**Booking By 9<sup>th</sup> August 2018**

**Contact on the day Brian Munday 07743 374645**

### **POSTAL MUSEUM LONDON**

**Thursday 18 October 2018**

**Pick up Point The Coachway, Coachway Road, MK16 0AA 9.00 am**

**Cost £40** includes entry ticket, 2 course lunch with tea and coffee, coach travel & driver's tip

**Itinerary- 10.30** approx. Postal Museum and The Mail Rail. London

**13.45** 2 Course Lunch Crown Park Plaza Hotel in the Belgo Restaurant,  
Kings Cross WC1X 9HX which is a 2 minute walk from the Museum.

**16.00** approx. Depart London

**Bookings By 9 August 2018**

**Contact on the day Czesia Eales-Johnson 07377 628040**

There is no wheelchair access for the train and no walking frames can be accommodated. Walking sticks are permitted. Personal items will have to be left in a personal locker before boarding the train as space is limited.

**ALL Outings Bookings Contact:**

**Czesia Eales-Johnson, 2 Selby Grove, Shenley Church End, Milton Keynes MK5 6BW**

**Tel 01908 506706 Email: [outings@mku3a.org](mailto:outings@mku3a.org)**

**Cheques for Outings to be made payable to: MKU3A**

**Dates for Outing in 2018:** These may be subject to change until arrangements are confirmed  
22 November 2018 Broadway Theme Christmas Do

**Have a go**

The group is for beginners and improvers and there are a few spaces available for next term which starts on September 12th and runs for 8 weeks.

We meet at Kents Hill on Wednesday mornings from 11am to 12 noon.

Group Leader Jane Gibbs email [pilates3@mku3a.org](mailto:pilates3@mku3a.org)

**Spaces for a loyal band**

Our Pilates group was founded almost ten years ago, and the same tutor has been helping to keep us fit ever since.

We are a loyal band and space limits us to a membership of fourteen so there is only a slow turnover of members.

We meet on Wednesday mornings at Kents Hill, throughout the year, except for the month of August.

In September we shall have two spaces available for new members who have some experience of Pilates: this group is not suitable for complete beginners.

Please contact Helen Richards, via the website group page, for further details or contact [pilates@mk3ua.org](mailto:pilates@mk3ua.org)



**Choir Update**



Thank you for your continued support of the choir over the year.

We return from our Summer break on Tuesday 4<sup>th</sup> September meeting at 2pm at the Cross and Stable Church in Downs Barn.

At the moment we have vacancies in all vocal ranges so if you want to give us a try please come and join us in September. You can contact us via the U3A website, or via [choir@mku3a.org](mailto:choir@mku3a.org)

A note for your diaries: the Christmas Concert which will be held at the United Reformed Church on the evening of Friday 14<sup>th</sup> December.

**Sheila Staincliffe, Joint Group Leader**



### **Knitting tasks**

Thanks to all for the babies knitting. That's at an end for now, so if people could finish off and send to Shona that would be great.

We've got a new project called Operation Child shoeboxes where you can knit a 'scarf' for refugees. It doesn't seem quite right in this heat but believe me it will be right for winter!

You will need 65 grammes of double knitting yarn and one matching or contrasting button.

If using thicker yarn or two strands together, use 8mm needles with 25 stitches or 10mm needles with 21 stitches.

For double knitting using 6mm needles, cast on 29 stitches

Rows 1 and 2: knit 1 purl 2, (knit 1, purl 3) to last 2 stitches, knit 2

Repeat these 2 rows until work measures:

23" to fit 2-4 year old

24" to fit 5-9 year old

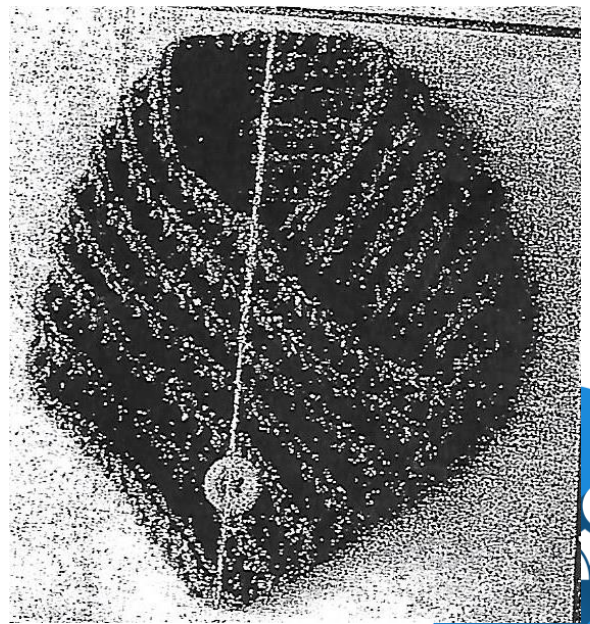
25" to fit adult/10-14 year old

Cast off in pattern, leaving about 24 inches of wool for sewing up.

Overlap ends and oversew upper cast-off edge to side edge, and underside cast-on edge to the other side edge.

Sew on button (through both layers) for decoration.

Finished items can be sent to Shona Hall by calling 01908 616465.



### **Group Visits**

I have had the pleasure of visiting the following groups so far, in my position as a Group Co-ordinator, working with Shirley Dewar and Sandra Atkins. Thanks to all these groups that made me very welcome.

#### **Computer Group**

This group meets twice a month in a very nice room in the Age UK Building at Peartree Bridge, which has plenty of parking available.

Group Leader is Marlis Rodio and assisting her is Sandy Henry who sees to all the admin.

Marlis gave a very interesting presentation on using mobile phones to pay for everything you would want to buy highlighting the various apps that are available.

She also advised hiding the apps used for payments within the mobile and boosting your security recommending the apps to do this. Marlis was also willing to help any of the Group members with any computer problems.

This is a large group but they have room to take more persons, on [computers@mku3a.org](mailto:computers@mku3a.org)

I found it all extremely interesting and the information is very easy to understand.

### **Mah-Jong**

The Group Leader is Janice Miles and the group meet at Fulwell Court, Great Linford on the 1st and 3rd Tuesday of the month, from 9.30am - 12pm.

I was able to play (for the first time) as there were enough players for the tables, you need either 3 or 4 persons per table. The players on my table were very patient and I now feel I have a basic understanding of how to play the game.

Really enjoyed myself and the time flew by. Refreshments are not provided but you are welcome to take your own as there is a small kitchen attached to the room.

This group has vacancies and would welcome beginners or seasoned players. The fee is £3 per month which covers the two group meetings. Please contact Janice if you would like to 'have a go' [mah-jong@mku3a.org](mailto:mah-jong@mku3a.org)



### **Food For Thought**

This is a new group run by Tina Griffiths at the Sheltered Housing on Neath Hill, on every 3rd Wednesday of the month from 10.am - 12pm.

Tina had prepared handouts and a foodie quiz and wordsearch for us to do during the break. She outlined the way she saw the group going and included everyone in the discussion.

Various topics for future months were agreed on, with one member suggesting a 'different' christmas lunch for the December meeting.

There were 10 people at the first meeting, everyone joined in and the range of what people ate varied greatly. Recommendations on where to eat out was helpful. For the next meeting everyone was to source a quick meal and one of the members was going to give a short talk on the humble potato.

It was a very enjoyable meeting and afterwards Tina sent us all a recipe to try - no pressure!

If you are interested in food please look at the group page on the website or use [foodforthought@mku3a.org](mailto:foodforthought@mku3a.org)  
There are vacancies available and the cost is 50p for refreshments.

### **Philosophy is Phun**

Very large group that meets at the Sheltered Housing on Neath Hill on the 1st Wednesday of the month.

The Group Leader is Peter Allen who gave a short presentation on ideas that have come out of modern scientific research concerning complex systems, and which concern 'identity' and how we form and update our understanding.

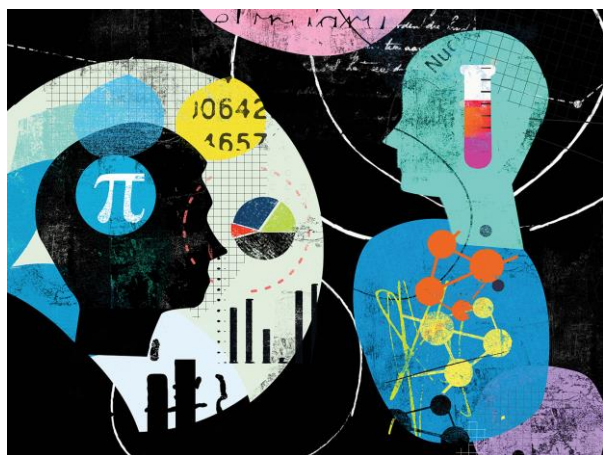
This links to the question of 'identity' and to the idea of Personal Constructs formulated by George Kelly, that Nicholas introduced at the last meeting.

Nicholas then made an interesting and thought-provoking presentation on 'identity' following on from his previous talk which provided the basis for a lively discussion.

I found this meeting very interesting and, although I did not understand everything that was discussed, would happily recommend it to anyone interested in philosophy. Peter felt that there were enough members but was thinking of starting a waiting list. Contact him at [philosophy@mku3a.org](mailto:philosophy@mku3a.org)

### Maths for Fun

This group meets in CMK at Hilarie Bowman's home (Group Leader).



The group is quite small and very friendly and I enjoyed my visit.

Hilarie had organised some mental exercises which the group got to grips with, I have to own up and say I failed miserably but in my defence it was extremely hot that day and my brain was having an away day!

Dimitri gave a short talk on Johannes Kepler, who was a German mathematician astronomer who lived in the 17th century. He used mathematics to calculate the path of the planets, he defended the idea that planets orbit the sun and their paths were not perfect circles. Kepler's Law is still in use today to

determine orbits of satellites and space stations.

The group has refreshments at the end of the session. Hilarie very kindly gave us numerous glasses of water during the meeting.

An ideal group for anyone who enjoys maths. The group does not have any vacancies at present but if you are interested Hilarie has a waiting list for prospective members. Contact [maths@mku3a.org](mailto:maths@mku3a.org)

### Heroes, what heroes?

**HEROES?** Is it just me, or do others share my absolute horror at the diminution of the value of special words in our language?

What triggered this rant? In a sports section today (25/7) one headline was "Hockey *Heroines* seek first win in World Cup"!

For years now sports commentators and pundits have been using this term to highlight sporting achievement, which is beyond belief.

Heroes/heroines should only be a description of those who hazard their lives unselfishly for the sake of others.

Though we can applaud their dedication and commitment, and admire many for their support of charitable objectives, sporting achievers are among the most selfish people on the planet in pursuit of their goals to gain self-satisfaction, the plaudits of the public, and very often obscene amounts of prize-money.

To call them "heroes" is rubbish. They cannot compare, in any stretch of the imagination, to the real heroes, the self-effacing brave ones like the divers who recently rescued those young Tai footballers and their coach,



one giving his life in the attempt; or like those in the emergency services who entered the inferno of Grenfell Tower; or those who have served in the war zones of the world to bring peace and justice to the oppressed.

The only *sporting* heroes are those who triumph over their adversities in the Invictus Games, having suffered their injuries surviving front-line action in the service of others!

But no doubt it will be wishful thinking to expect sports writers and commentators ever to use realistic descriptive language in their columns. Hey ho!

**Kerrigan Pring**

### **Group Closure**

I am sorry to inform you that the Walking Group – Walking A2B has now closed.

This Group was started by Richard Barrett when he moved to Milton Keynes 3 years ago. Richard didn't feel that the walking groups available at the time were very environmentally friendly – driving to and from them and many running along busy roads or going through industrial estates.

He was encouraged to set up his own group to walk from A-B but to get to and from the walk using public transport.

I am sure that the members have thoroughly enjoyed walks in and around MK but have been hampered by the public transport. Most of the U3A walkers have recognised the shortcomings of the local buses - it just takes so long to get anywhere compared to getting in your car and the numbers attending have fallen to the point where the Group is not viable any longer.

On behalf of your members and the rest of the U3A, thank you for your commitment to this walking group.

**Shirley Dewar, Groups Co-ordinator**

### **Members' Death**

It is with sadness that we report the death of Mirabelle Walker, leader of the Italian Improvers Group. Mirabelle had been a member of the U3A since 2013.

We have also been notified of the death of Rick Conway and David Beard, who both joined us recently.

Our condolences and best wishes go out to their family and friends.

### **U3A AUTUMN SERIES OF EVENTS**

**'We the Curious' – Bristol Science Centre**

Thursday 20<sup>th</sup> September

On a journey through the biology, chemistry and psychology of our amazing brains.

Workshops, a show and welcome refreshments with admission to the two floors of exhibits.

10.30 am 5.15 pm £20.00 (Bookings open in June)

**Unravelling the Whitworth- Whitworth Art Gallery, Manchester**

Thursday 4<sup>th</sup> October

A day of hands on discovery to unravel the secrets of the gallery's textile and wallpaper collection.  
Talks from curators, a tour and a hands-on session facilitated by an artist with welcome refreshments.  
10.00 am to 4.00 pm £27.50 (Bookings open in July)

[Music & Art Afternoon – National Museum, Cardiff](#)

Tuesday 9<sup>th</sup> October

Talks on the Davies' Sisters art collection and a talk on Margaret Haig Thomas. A special performance by Welsh National Opera singers. 1.30 pm to 4.30 pm. £15.00 (Bookings open in July)

[The Royal Institution – London](#)

Monday 15<sup>th</sup> October

Explore an afternoon of science talks at the Royal Institution London  
1.45 pm – 4.45 pm. £21.50 (Bookings open in July)

['Makers not Muses' The National Gallery – London](#)

Thursday 1<sup>st</sup> November

A day of talks by the National Gallery experts exploring the status of female artists their paintings and obstacles to success.

11.00 am to 3.45 pm. £25.00 (Bookings open in August)

[From Page to Stage – Ambassador Theatre – Lyceum Theatre, London](#)

Monday 12<sup>th</sup> November

Under the watchful eyes of three directors, Harry Burton, Lisa Spirling and Jane Moriarty your chance to direct a scene putting into practice valuable lessons learnt through the day. Welcome refreshments.

10.30 am to 4.30 pm. £37.50 (Bookings open in August)

[Guildhall Art Gallery – London](#)

Wednesday 28<sup>th</sup> November or Thursday 29<sup>th</sup> November  
(two separate dates)

Delve into the Roman archaeological world buried beneath the City of London. A day of workshops and talks with welcome refreshments.

11.00 am to 4.00 pm. £22.00 (Bookings open in August)

[Christmas Concerts – The Queen's Chapel of the Savoy, London](#) Monday 3<sup>rd</sup> December – Performances at 2.00 pm or 5.30 pm & Tuesday 18<sup>th</sup> December at 2.00 pm only

The Brandenburg Singers will perform a balanced programme of familiar repertoire alongside traditional carols.  
£19.50 (Bookings open late September)

Online Booking is available [www.u3a.org.uk/events](http://www.u3a.org.uk/events) or call the National Office 0208 466 6139

Thames Valley Network



THE UNIVERSITY OF THE THIRD AGE

## Study Day: The Interactions of Medicine, Science and Art

Benson Parish Hall, Sunnyside, Benson, Wallingford OX10 6LZ

**Thursday 1<sup>st</sup> November 2018**

TVN is very fortunate to have as or speaker for the day Professor Peter Abrahams.

Peter is a world renowned anatomist, examiner for over 35 years for FRCS and MRCS and many awards too numerous to list here in the fields of anatomy and education.

He has set up a national training centre for international health professionals and been the consultant to the Buckingham Palace exhibition on Leonardo the anatomist, co-curator for the Mechanics of Man at Edinburgh festival and, since 2014, consultant to the Fitzwilliam Museum on the Rothschild bronzes as well as Director of the Uffizi on the anatomy of the renaissance statues in Florence.

The day will include talks on Leonardo da Vinci, The Michael Angelo Discovery, and The Hand of God covering art history, culture, anatomy, and comparative anthropology with some actual case studies.

Study day application form herewith. Any queries contact Gill Le Du at [gill.ledu@btinternet.com](mailto:gill.ledu@btinternet.com) or tel 0118 972 3664.

Thames Valley Network



**Study Day – application form.**

**The Interactions of Medicine, Science and Art**

**Thursday, 1<sup>st</sup> November 2018 at Benson**

Please Complete in Block Capitals- One Form per Applicant

Full Name .....

E mail.....

Telephone Number.....

I certify that I belong to.....U3A

Fee £15.00 for TVN members and £17.00 for non-TVN members and covers the full programme, tea or coffee and biscuit on arrival and a buffet lunch.

I enclose a cheque for £..... Made payable to U3A Thames Valley Network.

If you have any special dietary requirements for lunch, please specify here:

.....

I would like to receive details of future TVN events by email **YES/NO**

**Signed .....****Date.....2018**



**Applications with cheques to: Mrs Gill Le Du, 71 Shiplake Bottom, Peppard Common, Henley on Thames RG9 5HJ**

**Acknowledgement by e mail, unless a stamped sae is provided**

### **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 2018**

**24 OCTOBER - James Gillray: The First Ever Political Cartoonist–**

Ian Keable

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.

**28 NOVEMBER – Critical Information** – Mike Flood

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

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

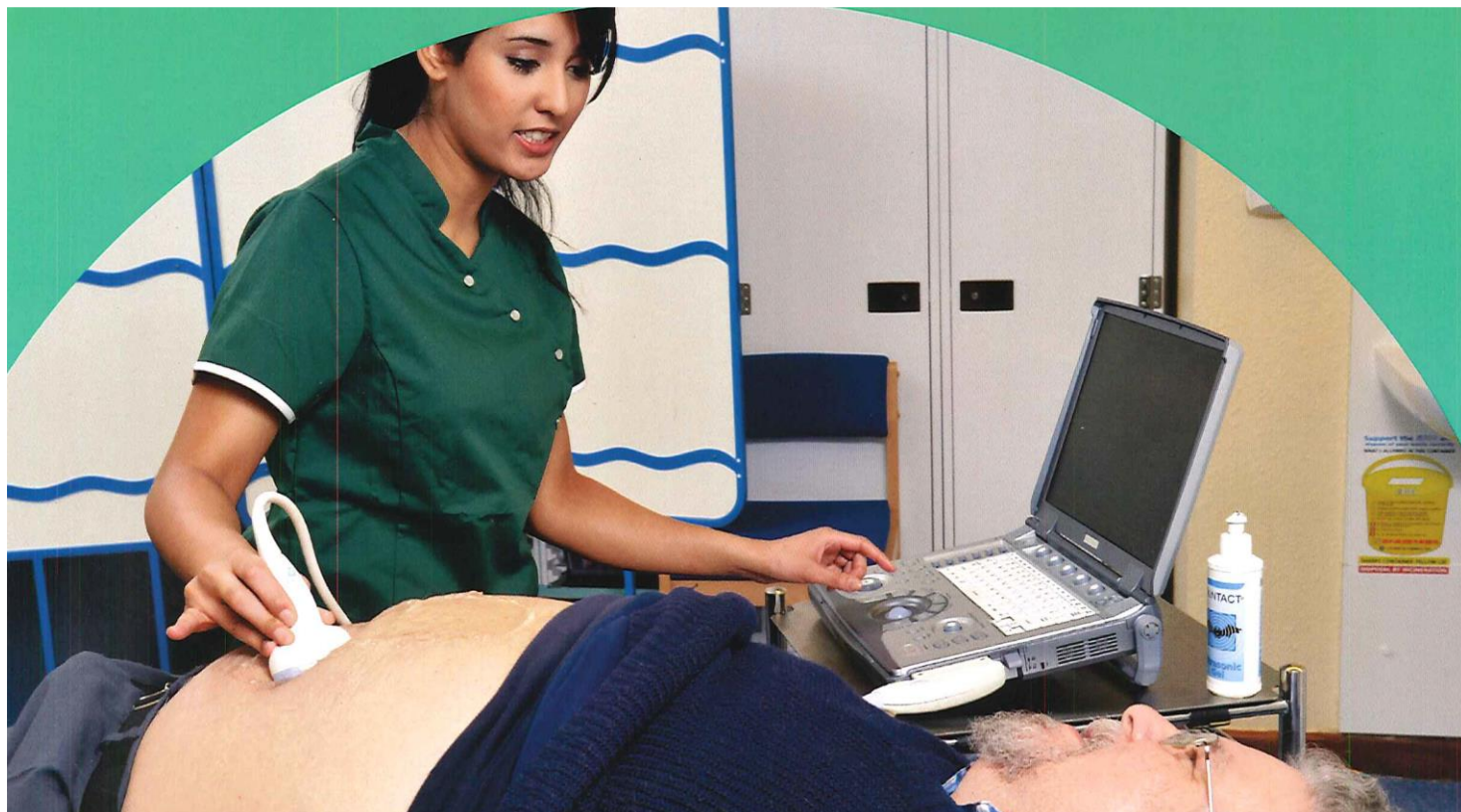
### **Walk Round Wolverton**

This is the second of the guided tours around Wolverton using the MK Trails: Wolverton phone app. The event begins at 14:00 and should last around an hour.

Please ensure that you arrive outside the Town Hall before 14:00 to ensure that the tour will start promptly. You will need a ticket to be able to participate in the guided tour.



### **AAA Screening**



Abdominal aortic aneurysm (AAA) screening is a way of checking if there's a bulge or swelling in the aorta, the main blood vessel that runs from your heart down through your tummy.

This bulge or swelling is called an abdominal aortic aneurysm, or AAA. It can be serious if it's not spotted early on because it could get bigger and eventually burst (rupture).

In England, screening for AAA is offered to men during the year they turn 65. Men aged 65 or over are most at risk of AAAs. Screening can help spot a swelling in the aorta early on when it can be treated.

Further information can be found here: <https://www.nhs.uk/conditions/abdominal-aortic-aneurysm-screening/>  
[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/606601/AAA01\\_050417\\_web\\_version.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/606601/AAA01_050417_web_version.pdf)

The NHS abdominal aortic aneurysm (AAA) screening programme is available for all men aged 65 and over in England.

Every man in the year he turns 65 *should* receive an invitation for a scan, however men aged over 65 who have not been screened before can contact their local service to arrange a test.

### **Listen to the band**

Terry Steel's Astor Big Band and singers present 'Miller Plays the Musicals' at the Grove Theatre, Dunstable on 30 September 2018 at 7:30pm. As well as a feast of Glenn Miller, the Astor Big Band and Singers bring you big band hits from the likes of Duke Ellington, Frank Sinatra, Count Basie, Ella Fitzgerald and the Ted Heath Band.

Also, there are tunes from West End Musicals such as Les Miserables, West Side Story, Chess, Oliver and more.

For more information and tickets, please contact the theatre (Grove Park, Court Drive, Dunstable, LU5 4GP) Box Office 01582 60 20 80 (Option 7), or from the 'What's On' pages on their website <http://www.grovetheatre.co.uk>.

The current Astor Big Band has been touring since 2014 and has been appointed as official touring show by the Royal British Legion. All our profits, and a collection at this performance, go to the RBL to support their work with PTSD sufferers.

Formed by Terry in 1971 the Astor Big Band played in London's Astor Club until 1980. During this time many jazz stars such as Count Basie sat in with the band after their London shows.

Terry has also played with many of the British Big Bands, as well as for visiting artists such as Frank Sinatra, Neil Diamond and Barry Manilow. To find out more about the Astor Big Band, visit our Facebook page and website [www.astorbigband.co.uk](http://www.astorbigband.co.uk)

### **Cream Teas in Simpson Village Hall**

**2.00 – 4.30 p.m Saturday 11th August**

Raffle and background live music. Do come along and support the afternoon. Offers of scones/cakes/raffle prizes gratefully accepted. Proceeds to Freedom from Torture.

More details at [missquiz@sky.com](mailto:missquiz@sky.com) or tel: 01908 644785

### **Quiz and Curry**

Quiz Night & Curry Supper in Simpson Village Hall on Saturday 18th August at 7pm £12.00 per person.

Proceeds to Water Bore Hole Project in Kenya. To book or for contact [missquiz@sky.com](mailto:missquiz@sky.com) or tel: 01908 644785

Milton Keynes Libraries



### **Lunchtime Lectures 2018**

#### **23rd August – MK and Developing International New Town Networks**

Where does Milton Keynes fit in with other New Towns around the world? Find out how relationships are being built and networks formed.

#### **September & October**

Look out for talks on Albert French - a First World War soldier from New Bradwell - and some of the important women involved in developing Milton Keynes.

All 1.15-1.45pm



Milton Keynes Central Library  
555 Silbury Boulevard  
Milton Keynes, MK9 3HL  
Tickets £3 from Milton Keynes Central Library

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

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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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