



milton keynes

university of the third age



April
2019



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.

My Musical Life in Russia or

How I Nearly Became James Bond

Wednesday, 24th April - Professor Gerald Seaman

Our speaker in April is an international authority on Russian music. Professor of Musicology, author and lecturer, he has spent considerable periods of time in Russia during the cold war period and beyond.

Whilst in Leningrad he was afforded the rare honour of meeting many outstanding musicians such as Shostakovich, Khachaturian, Khrennikov and Kabalevsky.

Gerald will talk about his Russian adventures and his private conversations with some of those eminent musicians and composers, including Shostakovich.

£2 for Members £3 for Guests

The Open Meeting IT Help Desk will be open on the day.

New Members Induction Session

8 April 2019

The next session will be on Monday 8 April, starting at 2pm, and will be held in the Great Linford Parish Office meeting room, next to the Co-op in the Great Linford local centre at 1 St Leger Court, MK14 5HA.

The session will outline the background to the U3A movement, explain, how to get the best out of your membership with MKU3A, and show you how to use the website and join groups.

If you are a new member - just come along – any queries to Claire Naismith on membersec@mku3a.org or 07425 620167.

Portrait workshop

The Painters Progress group welcomed Vicky Sargent from Art for Wellbeing to their group for a session on portrait drawing.

Vicky began by revising the proportions of faces with us, which is interesting in itself. Check out your face in a mirror to see that your eyes are half way down your face!

We were then given 10 minutes to put this into practice copying a face.

The next exercise was to turn the picture upside down and then copy it. This was a challenge!

The purpose was to make us carefully observe each line and its relationship with all of the others, ignoring what our brain knows about the face.

Some of us found these drawings bore a closer resemblance than the ones drawn the right way up; others didn't. This illustrates the need to use our eyes very carefully alongside the facts we have learned.



Our final task was to use a grid. We drew a grid of 5 cm squares on the portrait we were going to copy to enable use to enlarge it accurately onto a grid of 7cm squares. Again we were to employ careful observation skills to draw each shape accurately in the same position on the grid square but also remembering the facial proportions.



We then put this workshop into practice to copy a portrait of our own.

We currently have a couple of vacancies so contact Sandra, Lesley or Julia via the website if you would like to join us.

We usually just come along each week and paint following our programme of suggested topics but do have occasional workshops or demonstrations to inspire and further develop our skills.

Creative Writing – Short Course

Thursday Morning 10.00 – 12.00 May 9th – June 27th inclusive

Writing Yourself – adventure into creative writing

by Kathy Mansfield

Places are limited so please book early by contacting Shirley Dewar groups@MKU3A.org phone 01908 368813 or 07879 007513.

The programme will consist of eight sessions during May and June 2019. The plan is that each session will be approximately 2 hours long and that each will be stimulating and fun!

The Aim of the Programme is to provide a safe space for those new, or not so new, to creative writing, to generate pieces of writing in the sessions. I will use different methods of inspiration to encourage the creative juices and we will use a gentle technique to critique and help each other to consider the work produced.

We will use a workshop approach to encourage writing and sharing - always asking the essential questions: what is my piece of writing trying to do and how does it do it?

Some of the technical areas we will cover include:

- The essentials of a good story – what are these?
- Inspirations – what can you use? – what do you use?
- 1st person/3rd person – whose voice?
- Dialogue – how do your characters speak? How does speech move the story along? Do they sound authentic?
- The plot – what keeps a reader turning the page?

What do you need to bring? It is an entirely personal choice. Some people (me included) can only write using a pen and notebook. Others use a laptop. Bring whatever makes you feel the most comfortable.

Food4Thought Group - Cheese

The topic for February's Food4Thought meeting was cheese, and we began with a cheese related quiz.

This was followed by some facts and information about cheese, where we learnt that there are more than 2000 varieties available worldwide and that cheese can be produced using a variety of milk including cow, buffalo, goat, horse, sheep and even camel.

The largest consumers of cheese worldwide are France and Greece and there is a cheese beginning with every letter of the alphabet including

Ulloa, **V**acherin, **X**ynotyro and **Z**anetti Parmigiano Reggiano!

14 UK cheeses have protected name status eg Blue Stilton Cheese can only be made in Derbyshire, Nottinghamshire and Leicestershire, and both Cheshire and Wensleydale cheese are mentioned in the Domesday Book.

Until recently it was the much prized Pule cheese produced in Serbia

made from the milk of Zaslavican donkeys that held the title as the most expensive cheese, but a farmer from The Netherlands, Erik Stegink, has gone one step further, and decided to milk his farm's pigs.

It took him around 40 hours of milking his free range pigs to produce just a few pounds of the cheese that, apparently, might not even taste good. Most cheese experts believe a pig's diet of slops, and meat if given the chance, mean that milk wouldn't hold good enough flavour for cheese.

This, however, hasn't stopped Stegink, who now plans to charge over \$1,600 for a pound of his *Piggy Palace* cheese. The cheese will be auctioned on the company's Facebook page and money raised donated to charity.

Apparently Stegink says his creation has a chalky texture and tastes a little salty, but due to the huge number of man hours involved in production he probably won't be making anymore!

Having discovered many interesting facts about cheese, we then sampled a variety of different cheeses including the following:

Camembert one of the most famous cheese names in the world. Similar to Brie, this cheese's origins lie in Northern France. The cheese is named after the town of Camembert, situated in the Normandy region of France



Feta a famous Greek kind of cheese made from either sheep, or sheep and goat's milk. Unlike many other kinds of cheese, it is not named after the place where it first originated, and 'Feta' actually means 'slice' in English

Roquefort comes from sheep's milk and it is ripened in the caves of Roquefort-sur-Soulzon, Southern France. Reportedly, these caves contain a particular type of bacteria in their soil, which gives Roquefort (and other blue cheeses) some unique characteristics. This bacteria is known as *Penicillium roqueforti*

Wensleydale a famous British cheese that is originally from the village of Wensleydale in North Yorkshire, England

Fromage de Normandy full fat soft French cheese made with cow's milk

Dolcelatte Italian soft blue veined cheese

Ossau-Iraty made with pure sheep milk from the Basque region of France

These were accompanied by crackers and a selection of home-made chutneys including Autumn chutney, Apple & Ginger Beer chutney, Christmas chutney, Courgette chutney, and 2 different kinds of Tomato chutney.

U3A Choir - A Date For Your Diary

Our summer concert this year will be held on Saturday, June 15th at 2.30pm in the URC Church in Newport Pagnell.

As we did last year, this will be a concert, followed by a cream tea. Tickets, priced at £10, will be available after Easter, so please book early this year as numbers are restricted by room in the church being at a premium due to the demolition of the hall facility.

Tickets can be obtained from members of the committee: Jennifer on 01908 613088 or Janice on 07762 178379

Sheila Staincliffe, Joint Group Leader



Pilates Class

Do come and join us!

Kents' Hill Community Centre

Wednesday mornings 11.00am-12 noon

A series of beneficial exercises that notably improve balance, flexibility, tone and strength.



Benefits include: reduction in stiff, achy muscles; increased muscular strength; better night's sleep; helps to relieve stress.

Suitable for beginners and those with more experience.

For further information and to book, please contact: Jane Gibbs, Group Leader - pilates3@mku3a.org

Want to learn about family?

Are you researching your family tree? Would you like to share your experience and learn from other Family Historians?

Family History 2 Group has vacancies. Meetings are held in a homely and casual atmosphere. The group finds out what problems members have in extending their tree or enlarging on their family story and then discuss these problems and provide pointers to overcoming them. Also members tell us about their successes which might be an inspiration to others.

Group members have various experience and knowledge levels, and some subscribe or utilise the online facilities provided by Ancestry, Findmypast, British Library Newspapers and similar websites.

We have vacancies for new members so if you're interested contact the Group Leader, Jerry Green, email famhistory2@mku3a.org, and come along for a taster session.

Appeal from The Third Age Players

The Third Age Players (TAP) are well into rehearsals for their end of August production: The Raven Conspiracy – a light-hearted play centred around the Tower of London about 350 years ago, (but with many of the same problems that seem to be facing Britain today...)

Anyone interested in acting or helping front of house or backstage would be welcome to join us, but we are particularly looking for someone who might have a bit of skill in downloading music and/or who might be prepared to act as our sound operator (not a complicated job) for the 3 performances.

If you are interested, or know anyone who might be, please contact our Group Leader Barbara Baker at tap@u3a.org.

Confidence to Speak Publically

The second biggest fear that many people have is the fear of public speaking.

Fear is a learned behaviour. We are all capable of speaking in and to groups. All we need are a few pointers and some confidence.

In our group we aim to learn those pointers and foster confidence. We do this by looking at some techniques of preparing for a speech and we practise speaking.

We use our own words and voices and practise getting the best out of both, in subjects that we are interested in. So far we have listened to speeches about:

- Growing up in Kenya
- The search for extra-terrestrial life
- Stoicism
- Celtic queens

At Christmas we read some poetry, prose and a comedy monologue (not our own words).

If you enjoy speaking about subjects you love, then we would love to have you along, we can learn from how



you present your subject and from your feedback.

If you would like to enjoy speaking about subjects, we would love to have you along and give you a safe place where you can practise and get support and encouragement.

We are seriously enjoying ourselves and welcome everyone who wants to do likewise. We are very flexible and will tailor what we do to whatever members want.

Ring Colin and have a chat to see if this is something you might like to do. Tel 07923 033411.

Calling All Knitters or anyone who has spare wool

As you will notice in the March newsletter there is a piece from Lesley about the knitting that is being done and the good response of the people who received the first batch.

The hats are ongoing at the moment but a few knitters have said that they are running out of wool, having used up what they had. If you have any spare wool that you won't be using or you know someone else who has then please may we have some?

We need double knitting in particular but can probably adapt thicker or thinner wool. Please can we have dark colours if possible as the wearers may not have access to washing facilities.

I will be at the AGM next Wednesday afternoon so If you are going I will be happy to take any wool or knitting you want to pass over.

I will also have printed copies of the hat pattern if you need one.

Please telephone me on 01908 616465 if you need to arrange a drop off or pick up. Lesley should be there also.



Best Wishes

Shona Hall

Sewing Machine Servicing, by Sandpiper Sewing

With the demise of Threads and Patches I know that fellow sewers are having difficulty finding somewhere to get their sewing machines serviced or repaired. Sandpiper Sewing was recommended to me by a fellow MKU3A member.

It is run by a very nice young lady, Emma, who services all makes and models of sewing machine.

She offers free collection and return of your machine if you are local to Milton Keynes (she actually came to me on a Sunday morning) and carries out minor repairs and adjustments to your machine within your service charge at no extra charge, other than for parts if they are needed.

Emma can be contacted on 01908 330020 or email hello@sandpipersewing.co.uk to arrange **collection / dropping off machine OR check out the website: <http://sandpipersewing.co.uk/sewing-machine-servicing.html>**

Sandra Adkins

Creating Cartoons

A short course: comedy, wit and satire in pictures.

Thursdays: 10:30 – 12:30 a.m.

May 2nd, 16th and 30th. June: 6th, 13th, 20th and 27th

July: 4th, 11th, 18th and 25th

By Derek Mynard.

Member Cartoonists' Club of Great Britain.

Places are limited and early booking is recommended.

Please contact Shirley Dewar: groups@MKU3A.org



Each 2-hour session will build on the ways, means and methods adopted by most cartoonists and illustrators in order to lampoon or make fun of groups, organisations or individuals, using humour, wit and/or satire – with a peppering of cynicism where appropriate. The committed cartoonist may simply desire to make people laugh, make specific points, attack established viewpoints or individuals; be it in the past, current or anticipated. Without doubt cartooning is very exciting – from the spark of an idea, research, applying one's chosen creative medium ... to lead to that final explosion, bang on target. Be assured that this is not a programme of lectures; this is a hands-on, do-it-yourself series of lessons during which we will create a 'cartoon' picture of what is entailed to achieve that final punch-line.

We shall be working in my established studio in South Furzton. You will be asked to bring along a pencil and an A4 drawing pad. It is unlikely a laptop will be useful except for note-taking. No photography will be allowed during lessons. At the first introductory session, 2nd May, I will issue each class member a whole course plan.



A THOUGHT – or two

By Derek G. Mynard – 28 February 2019

Pain

Close to home this poem is aimed,
In writing it, no, I'm not ashamed,
Senility abounds, arthritis creaks,
And aaah, getting up takes weeks,
Sciatica's spikes, they rib me too,
I grumble: who the devil are you?
Sticks & pain-killers help, oh yes,
Medics & surgeons too I confess,
But, in an old head memories glow,
Of loved ones here & not do flow,

Dance

Those halcyon days, oh, great fun,
Ambling an esplanade in bright sun,
Her a beauty, me an elegant blade,
Got to smooching in a shady glade,
Off to the hop tonight, oh cripes,
Can-can petticoat; me drain-pipes,
Elvis the King, gets us all a-jiving,
Oh yeah, our joints are a-thriving,
Can't think what to say next; umm,
Maybe at a personal level a crumb,

Journey

On a Sunday long ago we did soar,
In a helmet and leathers to adore,
Me and my beauty seated astride,
A Matchless 500, to ride that A5,
Bletchley to Llandudno and return,
In one day? Some anxious to learn,
Oh yes, t'was '55 that it happened,
This they now say is old-fashioned,
We so young, reached for the sky,
Long afore we thought how to die,

Duty

Awe ... kids arrive, cradled in arms,
Now bouncing, plying their charms,
Then off they go, paying their way,
Some don't make it, it's sad to say,
Duty calls? I sign in as Sapper RE,
In Father's footsteps o'er the sea,
Tain't the same in foreigners' land,
Jungles, mossies and piles of sand,
Demob comes, to my wife's delight,
No more combat our lives to blight,

Battle

Looks laid back, this life told here,
But do be vigilant, foes lurk I fear,
For my wife and kin I bear a lance,
Protection from today's turbulence,
Succour for the needy to embrace,
With my close pals, we shall chase,
Our enemy? cowed, evil, malevolent,
As vermin we smell out their scent,
Their punishment? Hah! Rot in hell,
Apply due diligence, all will be well,

Love

Still, I wonder what it is all about?
Hey Lord come on give me a shout,
Otherwise, I'll create a ding-dong,
Making you my Lord, hear my song,
It's terribly hard bearing the cost,
Of heartbreak, of souls we've lost,
Off' we visit where they are slept,
No consolation as we alive do wept,
Yeah our memories will never fade,
Ever with us through life we wade,

**SUDBURY HALL AND THE NATIONAL TRUST MUSEUM OF CHILDHOOD
ASHBOURNE, DERBYSHIRE
THURSDAY 16 MAY 2019**



Pick Up Point:	8.30am The Coachway M.K. Coachway Road MK16 0AA Close to Bus Stop point 5 (near the entrance to the waiting room, café)
Coach Company:	Marshalls Coaches of Leighton Buzzard
Arrive: 10.30am	Sudbury Hall - dependent on traffic
Depart: 4.00pm	Sudbury Hall
Arrive: 6.00pm	Coachway M.K. dependent on traffic
Cost:	N.T. Members: £18.00 <i>please remember to bring your N.T. members card</i> All others: £34.50

(Includes entry of both the Hall and N.T. Museum of Childhood, Gardens and drivers tip. All food and drink on the day at own cost)

Cheques for Outings to be payable to MKU3A

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

Telephone: 01908 506706 E-mail: outings@mku3a.org

PAY BY: 26 April 2019

Contact on day of Outing: [Chris Behrendt 07766 026357](tel:07766026357)

Two unique experiences on one location. The hall has one of the most surprising, light and beautiful long galleries in England and is the result of George Vernon's aspirations to create a perfect new home. Enjoy the way the magnificent interiors, including exuberant plasterwork and Grinling Gibbons wood carving, breathe the spirit of the Restoration through their fineness, delicacy and touches of humour.

The museum is a place of fun and fascination for all ages. Discover childhood from the Victorian period to the present day.....including many toys you probably had yourself. Play with the hands-on toys and games and experience the Victorian Schoolroom.

Eat, shop, stay: Tea room serving light lunches and homemade cakes. Gift shop, plant sales and a second-hand book shop all situated in the stable yard area. Picnics welcome in the grounds.

Gardens: Best between May and August.

Accessibility: Designated spaces are available for coaches in the main car park. Passengers with disabilities may be dropped off at the side of the hall, where there are benches, whilst the driver parks the coach. Wheelchair access to Sudbury Hall is limited with stepped entrance on all sides. The Museum of Childhood is accessible by wheelchairs. There is a small lift available between all floors. Some outdoor surfaces are loose gravel and there is sloped access to the garden terraces. Accessible toilets are located in the stableyard and in the Museum of Childhood.

For any additional information go: sudburyhall@nationaltrust.org.uk Facilities and Access

**SUDBURY HALL AND THE NATIONAL TRUST MUSEUM OF CHILDHOOD
ASHBOURNE, DERBYSHIRE
THURSDAY 16 MAY 2019**

Thursday 16 May 2019

Cost: N.T. Members **£18** please remember your N.T. card All others: **£34.50**

Booking form and payment should be sent by **26 April 2019** to secure your reservation subject to availability.

Name(s):
.....(please include all names)

Phone Number:

Mobile Number:(for contact on the day only)

Address:
.....

E-mail address:
.....

Contact name and telephone number in case of emergency for all persons listed on the form:

.....
.....

No of seats required @ N.T. Member **All Others:**

Total due: £ **Payable on booking**

Pick Up: The Coachway 08.30 am

Cheques should be made payable to; MKU3A

The address for booking is: Czesia Eales-Johnson, 2 Selby Grove, Shenley Church End, Milton Keynes MK5 6BW E-mail: outings@mku3a.org

Telephone bookings to 01908 506706 will be held for 72 hours pending receipt of booking form and payment.

Cycling- up to 10 miles

Are you a near beginner who can already cycle a few miles?

Are you someone who would like to return to cycling after a break and wants to build up mileage again?

Would you like the security of cycling with a friendly group on the Redways?

If you have answered 'Yes' to one of these questions, then this new group might be what you have been looking for! Why not join us to find out.

- Week 1 and Week 3 of the month on Tuesdays, weather permitting.
- Set off time 10am
- Cafe stop during the ride.

Your bike should be in good working order and a helmet is strongly recommended.

(We will always have someone riding with us who can help repair the odd puncture!)

We will build up mileage gradually to 10 miles maximum and initially we expect to cover only about 5 or 6 miles.

To book a place or find out more – please contact Shirley Dewar on 07879 007513 or email groups@mku3a.org

Anyone for Croquet?!!

Have you always wanted to try Croquet – maybe this could be the Group for you!

- Wednesday mornings for beginners of 2 hours duration (10am to 12noon)
- Stony Stratford Croquet Club (where there is a clubhouse and all the equipment provided).
- The group would have the use of 3 lawns with all the tuition necessary to enjoy the game with refreshments included in the cost of £4 per session.
- The usual season lasts from April to October.

If you are interested, please contact Shirley Dewar. Groups Co-ordinator, on 07879 007513 or groups@mku3a.org

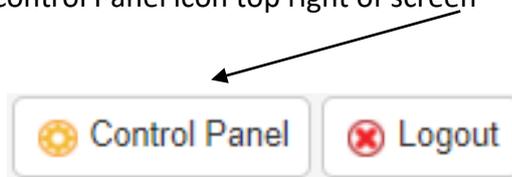
[MK U3A - Making Changes to your Personal Details](#)

Open the MK U3A website (mku3a.org)

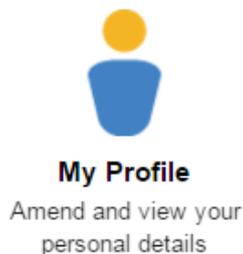
Login to the site. (If you haven't set your login password yet please see the instructions on the LOGIN page.)



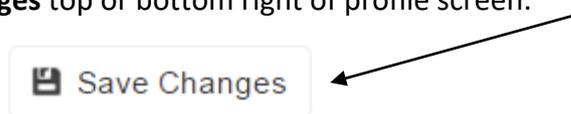
Once you are logged in 'click' on the Control Panel icon top right of screen



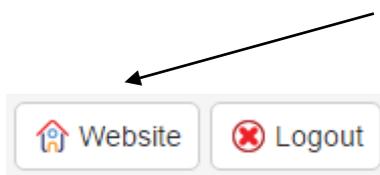
This will open a page showing the following icon. 'Click' on the icon



You will now open a page showing your personal profile. This is where you can change your contact details and add an emergency contact. **This is extremely important in cases of accident or emergency.** Make any changes necessary and 'click' **Save Changes** top or bottom right of profile screen.



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



Open Meeting - IT Help Desk

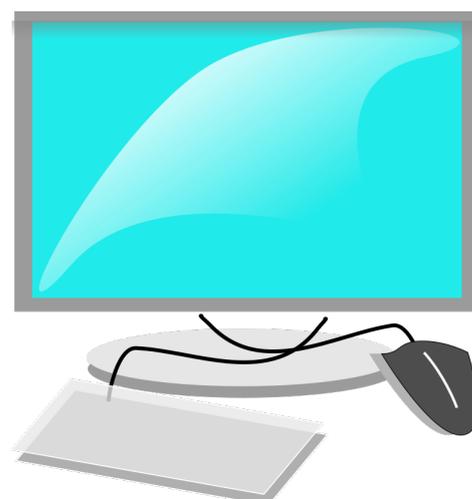
There will be opportunities both before and after the Open Meetings to seek assistance with IT problems and using the MK U3A website, including setting up your login and password and updating your personal profile.

Help will be available before the meeting from 2pm and after the meeting until 4.15pm Free Wi-Fi is available at the venue.

Support is available for:

- Windows PCs
- Apple/Android tablets and phones.

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



MK U3A - OPEN MEETINGS 2019

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.

(01908) 556705

Email: Philip.Allsop@milton-keynes.gov.uk

Rivers Centre, Trent Road, Bletchley, MK3 7BB

The car park is on Humber Way, MK3 7PH

To enrol on the courses listed

please contact our Enrolments team on (01908) 556727

Course Title	Course Code	Venue	Start Date	Day	Fee (Concession)
French - First Steps	M8A600WA	MK Academy	29/04/2019	Mo	£92 (£74)
French - Improvers Term 4	M8B601XA	Rivers Centre	30/04/2019	Tu	£92 (£74)
French - Intermediate Term 2	M8B602WA	MK Academy	30/04/2019	Tu	£122 (£98)
French - Advanced	M8C603XA	Rivers Centre	01/05/2019	We	£122 (£98)
French - One-day (Part One)	M8F604XA	Rivers Centre	18/05/2019	Sat	£46 (£41)
French - One-day (Part Two)	M8F605XA	Rivers Centre	15/06/2019	Sat	£46 (£41)
French - One-day (Part Three)	M8A606XA	Rivers Centre	22/06/2019	Sat	£46 (£41)
French - One-day (Part Four)	M8F607XA	Rivers Centre	29/06/2019	Sat	£46 (£41)
German - Improvers Term 3	M8A608WA	MK Academy	29/04/2019	Mo	£92 (£74)
German - Intermediate Term 3	M8B609WA	MK Academy	30/04/2019	Tu	£122 (£98)
German - Advanced	M8C610ZA	Church of Christ the Cornerstone	01/05/2019	We	£122 (£98)
Spanish - First Steps	M8B611WA	MK Academy	30/04/2019	Tu	£92 (£74)
Spanish - Next Steps	M8A612WA	MK Academy	29/04/2019	Mo	£92 (£74)
Spanish - Next Steps	M8C613XA	Rivers Centre	01/05/2019	We	£92 (£74)
Spanish - Moving on to Improvers	M8A614WA	MK Academy	29/04/2019	Mo	£92 (£74)
Spanish - Improvers Term 1	M8B615WA	MK Academy	30/04/2019	Tu	£92 (£74)
Spanish - Improvers Term 3	M8B616WA	MK Academy	30/04/2019	Tu	£92 (£74)
Spanish - Intermediate Term 2	M8A617ZA	Church of Christ the Cornerstone	29/04/2019	Mo	£122 (£98)
Spanish - One-day (Part One)	M8F618XA	Rivers Centre	11/05/2019	Sat	£46 (£41)
Spanish - One-day (Part Two)	M8F619XA	Rivers Centre	08/06/2019	Sat	£46 (£41)
Spanish - One-day (Part Three)	M8F620XA	Rivers Centre	22/06/2019	Sat	£46 (£41)
Spanish - One-day (Part Four)	M8F621XA	Rivers Centre	29/06/2019	Sat	£46 (£41)
Italian - First Steps	M8D622ZA	Church of Christ the Cornerstone	02/05/2019	Th	£92 (£74)
Italian - Next Steps	M8B623XA	Rivers Centre	30/04/2019	Tu	£92 (£74)
Italian - Moving on to Improvers	M8A624WA	MK Academy	29/04/2019	Mo	£92 (£74)
Italian - Improvers Term 3	M8A625WA	MK Academy	29/04/2019	Mo	£92 (£74)
Italian - Intermediate Term 3	M8B625WA	MK Academy	30/04/2019	Tu	£92 (£74)
Italian - Advanced	M8C626XA	Rivers Centre	01/05/2019	We	£122 (£98)
Greek - First Steps	M8D627ZA	Church of Christ the Cornerstone	02/05/2019	Th	£92 (£74)
Greek - Intermediate Term 3	M8B628ZA	Church of Christ the Cornerstone	30/04/2019	Tu	£122 (£98)
Russian - First Steps	M8C627XA	Rivers Centre	01/05/2019	We	£92 (£74)

Chinese - First Steps	M8D630XA	Rivers Centre	02/05/2019	Th	£92 (£74)
Chinese - Moving on to Improvers	M8B631XA	Rivers Centre	30/04/2019	Tu	£92 (£74)
Japanese - Next Steps	M8A632WA	MK Academy	29/04/2019	Mo	£92 (£74)
Japanese - Moving on to Improvers	M8B633WA	MK Academy	30/04/2019	Tu	£92 (£74)
Japanese - Advanced Intermediate	M8B634WA	MK Academy	30/04/2019	Tu	£122 (£98)
British Sign Language - First Steps	M8A635XA	Rivers Centre	29/04/2019	Mo	£92 (£74)
Lip-reading (Mixed level)	M8C636XA	Rivers Centre	01/05/2019	We	£74 (£59)

Accounting, Business, Personal Development and Preparing for Work Courses

Starting up and developing a small business (1 day) - Rivers Centre

These courses are designed to give you guidance and support in relation to your own potential new business idea. They will also help and guide small business owners who would like to learn more about the different aspects of setting up and developing their business.

Using social networks safely for fun and profit (1 day) - Rivers Centre

This class is suitable for any beginners or intermediate users of the Internet wanting to use social networking, blogs and networking websites to promote business or services, or for personal use. You will understand how social networking websites accounts can help create networking opportunities, develop contacts and promote businesses and services. You will have an opportunity to use Windows based laptops with access to the Internet to research and gain confidence in using popular social networking websites as a free digital marketing tool.

Leadership skills (1 day) - Rivers Centre

If you're new to leadership, or wish to develop or refresh existing leadership skills, this course is for you. You will learn more about how leadership skills can benefit you in your work and relationships with people individually and collectively.

Computerised Accounts with SAGE – Level 1 (10 weeks) - Rivers Centre

The Computerised Accounts with SAGE (Level 1) provides a general introduction to using a computerised accounts package, Sage Line 50 (Version 20 software), and is suitable for those seeking a first qualification in the practical use of accounts software.

NVQ Award in Business and Administration – Level 1 (8 weeks) -- Rivers Centre

This qualification is suitable for those who wish to develop the knowledge, skills and understanding of routine business administrative practice.

Preparing for Work (1 day) - Rivers Centre

These day courses are designed to equip you with essential skills for preparing to enter or return to the workplace. If you need help updating your CV and / or developing your interview skills, these courses are for you.

Emergency First Aid at work (1 day) - Rivers Centre

This one-day course will provide you with essential first aid training for work.

For full course details please visit our website:

www.milton-keynes.gov.uk/clmk

For more information or guidance on which course would suit you best, please contact: Philip Allsop on (01908) 556705 Email: Philip.Allsop@milton-keynes.gov.uk Rivers Centre, Trent Road. Bletchley, MK3 7BB

The car park is on Humber Way, MK3 7PH To enrol on the courses listed

Please contact our Enrolments team on (01908) 556727

Starting up and Developing a Small Business

Course Title	Course Code	Start Date	Weekday	Tuition Fee
Starting up a Small Business	Q8F637XA	11/05/2019	Saturday	£46 (£41)
Develop your own Small Business	Q8F638XA	08/06/2019	Saturday	£46 (£41)
Using social networks safely for fun and profit	Q8F642XA	11/05/2019	Saturday	£46 (£41)

Leadership Skills

Course Title	Course Code	Start Date	Weekday	Fee (Concession)
Leadership Skills	P8F643XA	08/06/2019	Saturday	£46 (£41)
Speak with confidence	P8F644XA	18/05/2019	Saturday	£46 (£41)

Accounting

Course Title	Course Code	Start Date	Weekday	Fee (Concession)
Computerised Accounts with SAGE (Level 1)	Q8C641XQ	01/05/2019	Wednesday	£195 (£25)

Business Administration

Course Title	Course Code	Start Date	Weekday	Fee (Concession)
NVQ Award in Business and Administration (Level 1)	Q8B642XQ	30/04/2019	Tuesday	£200 (£25)

Preparing for Work

Course Title	Course Code	Start Date	Weekday	Fee (Concession)
CV and cover letter writing	P8F639XA	18/05/2019	Saturday	£46 (£41)
Interview skills	P8F640XA	22/06/2019	Saturday	£46 (£41)

Emergency First Aid

Course Title	Course Code	Start Date	Weekday	Fee
Emergency First Aid at Work	A8E642XA	28/06/2019	Friday	£52

'Emergency' at Bletchley WI!

Our friendly WI meets at 7.30 pm on the first Thursday of the month at St Andrew's Church, St Andrew's Road, Bletchley.

April's speaker is a volunteer from the 'Emergency Riders', and May brings us two speakers to talk about Bonsai - this meeting will be held on **9th May** as our hall will become a polling station on 2nd.

For any queries or information phone 01908 379675.

Tied up in Knots?

Bow Brickhill Women's Institute meet on the 25th April 2019 at the Pavilion, Rushmere Close, at 7.30 pm in Bow Brickhill.

We have a speaker to tell us about the many different methods to tie a scarf. Please bring a scarf to practice on.

Visitors are welcome and are requested to contribute £4 to cover various expenses for the evening. Refreshments are served and a raffle is organised.

We are a friendly group and we are happy to have new lady members. We have an interesting annual programme that covers many topics.

Further details can be had from Stephanie Warren Tel 01908 671394.

British Superbike Championship

The Parents and Supporters Association of MK Sea Cadets have received a donation of tickets for 4 people (2 adults and 2 children under 16) to attend the British Superbike Championship weekend over Easter.

We are holding a silent auction for these tickets to help raise funds towards our much-needed additional minibus. For those wishing to take part we are looking for sealed bids in an envelope marked 'British Superbike Championship - FAO Mrs Perris' to:

MKSCC

Unit 12 Burners Lane

Kiln Farm

MK11 3 HB.

These will need to contain your name, address and contact details as well as the amount of



your bid. Alternatively, you may email Mrs Perris at gillian.perris@hotmail.co.uk with your details for the silent auction, using Superbikes TS Whaddon as the email subject.

The prize is worth £80 and the lucky winner can attend for all 3 days and have a great Easter weekend.

The highest bid received by 6pm on Friday 12 April 2019 will win the tickets that night to arrange payment and collection of the tickets.

Please do not include any money with bids in sealed envelopes. You can bid as often as you want but only your highest bid will be considered.

For more details of the weekend programme please visit <https://www.silverstone.co.uk/events/2019-british-superbike-championship/>

Happy Bidding!!

Calling members of our Walking Groups

We have been asked by Pace, a local Aylesbury charity for children with motor disorders in Aylesbury (<https://thepacecentre.org/>) to advertise their Annual Big Walk on 27th April. They are looking for volunteers on the day and participants to walk. Registration £10

The details are as follows

The Pace Big Walk - Saturday 27th April

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

(Please note that these are the times you are scheduled to start the walk. You will need to allow time to register and for the shuttle service to your start point - you will receive more information after you register.)

There will be a team supplying drinks and snacks and plenty of motivation on route.

Refreshments, snacks and a warm, celebratory welcome will greet you at the end of the walk.

For more information or to sign up contact Kelly Houghton, Events and Corporate Fundraising Manager, on 01296 616973 or kelly.houghton@thepacecentre.org or visits <https://bit.ly/2VBSYUh>



[The Lie of the Land](#)

16 March – 26 May 2019

This exhibition traces a line from neighbouring Stowe to provide an intriguing and playful context for Milton Keynes, looking at design, architecture, etc

Illuminating the Wilderness

16 March – 26 May 2019

Illuminating the Wilderness is a new work made by Project Art Works' artists Kate Adams and Tim Corrigan in collaboration with artists Ben Rivers



Community, Land, Trust

16 March – 21 April 2019

This new commission by Ed Webb-Ingall reimagines a 1970s community television network and explores the status of residential land ownership in Milton Keynes.

For more information phone 01908 676900, info@mkgallery.org or www.mkgallery.org

Welcome to The Arts Society North Bucks Special Interest Day

Tuesday, April 30, 2019 - 10:00 to 15:30, Carlton House Club, 38 High Street Olney MK46 4BB – free car park at back of Carlton House Club accessed via East Street.

Cost is £38/40, which includes 3 lectures, tea and coffee and 2 course lunch with wine/juice.

This Study Day examines some of the illusions of lighting created by artists such as Leonardo, Caravaggio & Constable.

The modern fashion for colour has left us all rather 'tone blind'. But from antiquity through to the nineteenth century tone was often the most important property of a painting. Leonardo invented Sfumato. Caravaggio embraced Chiaroscuro. The Tenebrists depicted a world of shadows. A favourite device used by Constable and Corot was a small black convex mirror! Twilight often was referred to as 'the painter's hour'.

Shading, together with perspective, can offer a convincing illusion of solidity and space. But how can



the artist create this illusion? And why was the invention of oil paint so vital for the creation of realistic light effects? In this Study Day, the lectures explore a wide range of paintings from across the history of art to discover some tricks of the light.

The Arts Society Accredited Lecturer Mrs Lynne Gibson

Now working as a freelance lecturer in the History of Art, Critical and Contextual Studies, as well as in practical Drawing, Painting and Printmaking.

For many years lectured for the universities of Sussex and Bristol where she introduced 'Understanding Art' to the Lifelong Learning programme and residential summer schools.

Gives talks, lectures and guided tours to a wide range of organisations and institutions including ARCA colleges, the National Trust, National Gallery, art museums and art societies.

Also, when time permits, works as a professional artist specializing in oil painting and etching. Solo and group shows have included the RWA, British Museum and the Barbican.

For more information and to book a place, contact **Nadyne Coles** Email ncoles499@gmail.com

The Arts Society website has more details <https://theartsociety.org/north-bucks>

Volunteer Roles Available at Oxfam's Online Shop, Wymbush, Milton Keynes

Calling all would-be fashion writers, photography buffs, treasure spotters and customer fulfilment wizards! Oxfam have several volunteer opportunities for you at our online warehouse in Wymbush, Milton Keynes, where we prepare items of quality donated clothing for sale on our online shop at www.oxfam.org.uk/shop. Available volunteer roles include

- **Selection Specialists:** Our selection specialists help identify the more valuable – and therefore most sellable – items from all the donations we receive. An eye for detail and for current fashion trends is useful, and knowledge of vintage items a real bonus. Full training for the role will be given.
- **Product Listers:** Listers write short, appealing and accurate descriptions for each product we sell. This includes detailing the type, material, style and features of each item, before uploading the relevant photos so that the item is ready for sale online. Confident writing ability and good computer skills are helpful; full training for the role will be given.
- **Photographers:** This role involves attractively arranging each item to be sold, then taking the required photos before editing the resulting images on-screen. All equipment is located on-site, and full training for the role will be given.
- **Dispatch Staff:** Dispatch staff locate and package sold items for delivery to customers; full training for the role will be given.



OXFAM

By working as one of Oxfam's online volunteers, you not only get the satisfaction of helping a renowned international charity, you learn valuable job skills and get experience of working in a real commercial set-up. What's more, we offer a supportive, friendly and inclusive working environment, as well as use of a large staff room with comfortable seating, a kitchen area with fridge and microwave, and free tea and coffee.

We offer flexible working hours, Monday–Friday, 8.30–3.30, but ask a minimum of 4 hours per week, per shift. Our site is near the routes for buses 6, 14, 30, 31, 80, 89, 301 and 606. Contact us (details below) for further

info. There's also plentiful on-site parking.

**** Please note that our department is located on the mezzanine level, which can be reached only by means of a staircase; please contact us (details below) if you have mobility problems. ****

For further info, please ring 01908 305411, or email us on oxfamshopf8090@oxfam.org.uk.

Soroptomist International

Milton Keynes

Sponsored Sewathon

In aid of YMCA Milton Keynes

Saturday 27 April 2019

From 11am to 3pm

At Simpson Village Hall

Craft Sale, Raffle, Children's Craft Table, Refreshments, Sweet Treats

www.sigbi.org/milton Keynes

FREE ENTRY



Key Contact details – more on the website

Chair:	Lesley Sparks	chair@mku3a.org
Vice Chair:	Tina Two	vicechair@mku3a.org
Secretary:	Neill Dewar	secretary@mku3a.org
Treasurer:	Diana Sears	treasurer@mku3a.org
Groups Coordinator:	Shirley Dewar	groups@mku3a.org
Webmaster:	Dave Barratt	webmaster@mku3a.org
Membership Secretary:	Claire Naismith	membersec@mku3a.org
Communications Coordinator:	Simon Wong	comms@mku3a.org
Datum Project:	Dave Barratt	datum@mku3a.org
Thames Valley Network	Fred Bass	tvn@mku3a.org
Members Liaison	Dennis Revell	membersliaison@mku3a.org
Assistant Webmaster:	Len Barrows	assntwebmaster@mku3a.org
Groups Finance Admin:	Currently Vacant	groupsadmin@mku3a.org
Halls Admin	Sue Giordano	hallsadmin@mku3a.org
Open Meetings/Volunteers	Currently vacant	volunteers@mku3a.org

Please refer to the website www.mku3a.org for statements concerning **MKU3A Policies and Guidance** on all aspects of our **admission including Data Privacy, Disclaimers and Copyright**

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

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