



Dear Members,

Another month has passed, and we are still in the midst of the health crisis. Some restrictions have been eased but we are nowhere near to being back to normal either in our personal lives or as members of MKU3A.

The committee is still functioning remotely and partaking in virtual meetings. The finance and membership teams are working from home and the Kingston office remains closed.

Some groups are meeting using Zoom or other platforms both to keep in physical shape or keep 'learning'. Many thanks to the Group Leaders who have organised these meetings. It does put a date in the diary which we can focus on instead of looking at a blank page. I know that Shirley has contacted the group leaders asking that even if no money is collected for these meetings a 'stats only' return is submitted as this will ensure you are covered by U3A insurance.

As with all activities at this time each person must make their own decisions as to any personal risk involved and this includes any MKU3A activity you join when the meetings resume. Please always consider the following: -

1. You should review your own personal health and circumstances and refer to current Government guidance for different risk categories in Covid19 and what measures are recommended for people over 70 and/or with various medical conditions.
2. Consider the health risk category of anyone else you are isolating with in your household.

With the easing of the social distancing to 1 metre+ if 2 metres is impossible, new guidelines have been published which come into force on July 4th, these state we are still only permitted to meet outside in groups of no more than 6 from different households. A different rule applies of more than 6 if all members are from the permitted 2 households.

The restriction of 6 members from different households would apply to any outdoor activity group meeting which is part of the MKU3A programme.

The www.gov.uk website sets out all the things we can and can't do in great detail and you can subscribe to receive a daily update if you so wish. Be warned though it covers all areas of guidance for businesses too!!

Lynne has been busy organising Virtual Open Meetings via Zoom, the first is on the 8th July, followed but a second on the 22nd. We do not get to have a catch up and chat with others, but we will be able to escape the monotony for an hour with what we hope will be excellent speakers. We do have a few members who do not have an email address lodged in our system but may now have created one to communicate with friends and family. If you know anyone in this situation, please can you ask them to either add it to their profile once they are logged into the website or contact us for help. In this way they will receive notifications for future events. Many thanks to Lynne for her efforts and fingers crossed we all manage to get onto Zoom without too many hitches.

Keep smiling and stay safe

Best wishes

Lesley

Virtual Speakers

Preston Park U3A has recommended the following:

1. The Chalke Valley History Festival (sadly cancelled, of course) has provided a daily talk by one of its top speakers. Look at <https://cvhf.org.uk>.

2. Cambridge University is running a Virtual Summer Festival, with a huge range of free talks on-line, including history, science, politics, literature etc.

<https://www.ice.cam.ac.uk/university-cambridge-virtual-summer-festival-learning/virtual-summer-festival-learning-open-talks>

Lesley Sparks

These easy to make delicious flapjacks are ideal for picnics, should we get some summer weather again!

8oz/225g porridge oats

3oz/85g butter

2oz/60g soft brown sugar

2 tbsp honey

1 large banana, mashed

Half a cup of raisins or sultanas

Preheat the oven to 180°C, gas mark 4

Heat the butter, honey and sugar until the sugar dissolves. Remove from the heat and stir in the oats, banana and dried fruit.

Press into a lightly greased tray (approx. 4cm deep) and bake for 35-40 mins until golden brown.

Eve Tigano

From Lynne Button

Firstly, thank you to all members who have responded so positively to the first booked virtual talk by Andy Smith. Those who have booked will have received an email early this morning confirming details. If you think you have booked but didn't receive that email then please let me know asap. We still have a small number of places available

I am really pleased to confirm our second virtual talk has been scheduled.

This is on Wednesday, 22nd July at 2.30 pm. It's a welcome return from Ian Keable and the talk is "the History of Cartoons". Ian has previously delivered a live talk to us on James Gillray which received universally positive feedback from all attendees. More info can be found on his website <https://iankeable.co.uk/talks>

If you wish to book a place for this talk then please book via response to this email.

A bit of admin information: if you book for this talk I will confirm to say you are booked, if you don't receive this confirmation within 24 hrs then please contact me again.

Facebook: our MKU3A facebook page is now approaching nearly 200 members. This site is secure and can only be accessed by MKU3A members, it's providing a good option for members to connect with one another and share photos, interests and so on

Virtual Open Meetings: I am really pleased to confirm that there are now 5 virtual open meeting talks booked. Emails will be sent out to members who will be asked to confirm in advance if they want to participate. We will be using the Zoom facility so participants will be limited to 100 per session. Before the event an email will be sent out to all booked participants providing people with meeting and log in information. As there is still no idea when large meetings will again be possible we are hoping to continue with these virtual talks for the foreseeable future.

Best wishes
Lynne

Hi, I am Jean Thomas a member of The Third Age Players (TAP). During the lockdown our group has been meeting via Zoom. We are having play readings and some of us are writing poetry, limericks, etc.

Unfortunately, due to the current circumstances we have had to cancel our annual performance at the Chrysalis Theatre in MK in September, but are looking forward to 2021.

Here is a poem that I have written with much help from Will Shakespeare.

The Zoom Soliloquy

By Jean Thomas

To zoom, or not to zoom, that is the question:
Whether 'tis easier to suffer
The stress and strain of non-communication
Or to take on the mind bending internet
And by joining up start Zoom. To live - to talk,
Much more; and by a talk to say we end
The heart-ache of not greeting and meeting all
Our dearest friends: 'tis a conversation
Devoutly to be wished. To live, to talk
To weep, perchance to smile – ay, there's the truth:
For in that talk with friends what smiles may come.
When we have signed off this meet and greet,
Then let us pause – and lend our thanks
That no calamity broke our bonds.
And that we will meet once more next week.

Information from the Regional Trustee.

The following message was sent via the South East U3A Region U3A Web Site. It was addressed to: Hilvary Robinson.

Please reply to Ella Clayton. I know that we have recently contacted you before about the Army Flying Museum's Lockdown Lecture programme and wanted to let you know about our next upcoming lecture. We've had a great response from some U3A groups and I'd be very grateful if you are able to circulate to your members. Our upcoming lecture next Monday 22 June at 7pm will feature Brigadier (Ret'd) Colin Sibun, who will tell the incredible story of a squadron, at the top of its game, serving on Operation CORPORATE. The short, brutal and unexpected fight to recapture the Falkland Islands, which led to a Battle Honour, the first one to be awarded to the Corps since WW2. Watch the Trailer <https://vimeo.com/428714150>. Join the lecture <https://www.armyflying.com/lockdown-lectures/the-falklands-conflict-with656-squadron-army-air-corps/>. Now in its second Season, these lectures have been viewed by over 7,000 people across the globe. The lectures have been available to watch via our website each Monday and via the latest webstream technology, the audience is able to attend a live Q&A. We are proud to be one of the only military Museums offering this technology to a growing audience. Viewing is very easy with no apps to download, viewing direct from our website. I very much hope your members will join us to ease the lockdown burden and thank you for your help.

Kind regards Ella Clayton Fundraising Officer

Sent by Neill Dewar

From the Pilates Group:

Thanks to the magic of Zoom, we have been able to continue with our very beneficial classes on a weekly basis. At first it was just half an hour but now we are enjoying a full hour which is great and we all find it a highlight in an otherwise rather mundane week!

Apart from those weekly meetings when we don't really have the opportunity to chat, some of the group meet for afternoon tea on Mondays when we exchange any news and excitement we may have had!!

Gill Ostler

I note in the magazine that Margaret Young is having problems finding a replacement watch battery. The same thing happened to me and I was advised to go to Timpsons who have a shop at Morrisons. They had no problems in fitting one.

This may be helpful to other readers as well.

Michael Mison

Lesley reminds us:-

Don't forget you can receive a monthly newsletter from the National U3A by subscribing at the bottom of u3a.org.uk

We are in the East Midlands region.

This is the link for the latest newsletter

<https://mailchi.mp/u3a/u3a-newsletter-express-4-06-29-20?e=bd0798bc0d>

One of the items in the most recent newsletters is shown below

A new season of online events with U3A

We are delighted to offer a brand-new series of online events starting with two one-off free taster event sessions.

U3A members are invited (3 July) to join online with the National Gallery to explore [Rubens's Samson and Delilah](#) (1609-1610), a story of impossible love and tragic betrayal.

Courtesy of The British Library (23 July) is the [Discovering Children's Literature](#)

These events will be held on Zoom and can be booked into on the [Events Page](#).

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John Conneely was the winner of the MS Society art competition – see his amazing artwork below. Congratulations John.

OTIS AND THE TIGER'S DEN



GRANDAD JOHN CONNEELY

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

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