



The Third Way eNewsletter

December 2022

News from the Chair

As we come to the end of yet another year, time to wish all of our members the very best of good wishes for this festive season and for 2023. Let's hope 2023 is as good a year as possible for us as individuals and for society in general. A particular thank you to all of our Group Co-ordinators and volunteers who have made this year a success.

Thinking of the year ahead I hope MKu3a continues to thrive and grow, with our members continuing to support and enjoy their groups and friendships and that we are able to expand our offering to people.

One of the successes of recent months is the number of new groups which have started. Do you have an interest or a passion in a subject not currently covered in a group? Perhaps a New Year's resolution could be to start one of these groups yourself. Wouldn't it be great to be able to offer over 100 different groups in 2023. As Milton Keynes and surrounding areas continues to grow and thrive then so do our opportunities, with new venues and interests emerging.

Management Committee

Our Constitution limits a term of office for a Trustee to three years and at the 2023 AGM I will be coming to the end of my three year term as Trustee (two as vice chair). Although there can be exceptions to be nominated for two separate yearly terms, I feel very strongly that for an organisation to grow and thrive then new people must come forward to lead - in this case MKu3a - and that we shouldn't be relying on the same people however supportive they may be. We need fresh ideas and enthusiasm with energy to try new ideas and options, without being constrained by previous experiences. Look out for future information about how you can be nominated for a Trustee position on next year's committee.

Monthly Meetings and Talks

We were very fortunate with our last talk of the year. Bernard Lockett delivered a most entertaining and informative talk on the Heritage of Gilbert and Sullivan.

Our first talk in 2023 is on Wednesday, 25th January with a local beekeeper, Caroline Luxford sharing with us her tales of Bees and Honey.

Lynne Button

Chair

u3a Poetry Competition - Open Now

Our u3a movement-wide poetry competition is open now. The deadline is Friday 27 January 2023 and we're looking for poems of less than 16 lines on any topic. The three winning poems will be published in Third Age Matters and on the u3a website. Find the competition rules and submit your poem on [the Poetry Competition webpage](#).

Martin Woodman

40,000+ u3a members access our national on-line newsletter

Thank you all for your engagement with this u3a national on-line newsletter and for sharing it with members and friends.

We now have over 40,700 subscribers - an amazing milestone not just because we're now reaching 10% of the u3a movement, but because we've reached it in our 40th Anniversary year.

This newsletter allows us to connect with each other, share stories and keep you up to date with what's happening throughout the movement.

Sign up through [the u3a website](#).

Martin Woodman

Exploring World Faiths Group

World Vision headquarters visit - Wednesday 11th January at 2pm.

You are most welcome to join us when we find out about the work of World Vision. If you are not a group member, please book in by sending an email to Ewf@mku3a.org.

You are also most welcome to join us at the church of Jesus Christ of the Latter-day Saints in Two Mile Ash High Street on Wednesday 7th December at 2 pm. See Exploring World Faiths group page for more information.

Anyone not already in our group who wishes to attend should contact Linda Morris, Group Coordinator at the email address above.

Linda Morris

MKU3A Welsh Group

Our group is made up of people, some who have spoken Welsh all their lives, and those seeking to learn this beautiful language. There is no formal teaching, but we sometimes play a co-operative version of Scrabble (dictionaries are allowed - but this is a useful and fun way of building up vocabulary) and use some basic textbooks for members to extend their knowledge of the language. We will occasionally listen to a Welsh song and work through the lyrics. Conversations are encouraged in Welsh, and the long term Welsh speakers are very helpful to the novices. It's very relaxed and open to anyone wanting to talk about Wales and its culture, music, history, attractions or just chat.

Meetings are held from 10am to noon on the third Friday of every month (except August) in the ground floor lounge at Radcote Lodge, The High Street, Two Mile Ash, Milton Keynes, MK8 8BP.

For further information contact David Morgan on jdavidmorgan@googlemail.com or 07789 48562.

David Morgan

Outings Group

What can we say but WOW and double WOW to the response to the article about re-invigorating this group. Many people have offered to help on the committee and others

offered positive comments about getting the group up and running again but were unable to help.

It's heads down time for the current committee members as we consider the outings for the first few months of 2023 and meet with people who have expressed an interest in being part of the committee.

It won't happen overnight so please be patient with us.

An incredibly special thanks need to be said to Czesia and Jackie for the work they have put in, Czesia over 10 years, to make this a very viable group.

Chris Behrendt

Ukulele group

Moving on from our stage performance at the Stables, the ukulele group has continued to meet regularly and has started to look at our Christmas repertoire. Our numbers have grown a little with a few newcomers who we are getting up to speed in a beginners group, so at present we have a waiting list. Hopefully we can review in the New Year so please get in touch if you wish to give the ukulele a try.

We are heading back to a care home in December which we first visited before lockdown. We would like to extend these visits in the coming months; if you know of a place which would welcome a light hearted "musical" interlude please let us know. There are already a couple of dates in the diary in 2023.

Looking forward to Christmas and greater successes next year.

Ronald Spalding

U3A Concert on Sunday 18th December at 2.30

Tickets are selling fast and given the limited number of seats available (100) there may be few if any on the door on the day. Please therefore ring one of the numbers as on the poster to reserve your tickets in advance.

We look forward to seeing you there on 18th for a memorable start to the festive season.

A Starry Night

A programme of carols and readings presented by MKU3A Choir



Sunday December 18th at 2.30pm

Newport Pagnell United Reformed Church

Tickets £10 inc seasonal refreshments

07762178379 or 07517439790

All proceeds shared between Riding High and Blood Bikers

Sheila Staincliffe

Joint group coordinator

QUIZ & FISH & CHIP SUPPER

Sat Dec 10th in St Thomas's Church, Simpson MK6 3AD at 7.00 p.m. Be aware that part of Grove Way is blocked. £15pp or £7.50 without the food. Proceeds to Church funds. Drink allowed – teas served at half-time. Places must be booked with missquiz@sky.com. Raffle prizes gratefully accepted.

Friday 16th December at St Thomas's Church, Simpson, MK6 3AD at 7.00pm. Salvation Army carols. Bring & Share Buffet. All welcome – free entrance – collection taken and shared between the Salvation Army & Church Funds.

Pat Hodges

The Third Age Players acted their hearts out in October with a multiple murder, an (almost) Shakespearean playlet and an escape from a desert island.

Keen to keep up the momentum, we have welcomed quite a few new members to our newly structured meetings. We start with a social get together, then aim to enhance our acting skills with our more experienced members sharing their expertise. At present we are also reading a variety of scripts prior to casting for our next production. I noticed on the U3a website that there appeared to be one member who seemed to be intending to come to our welcome meeting, but did not appear. If this was you, do please get in touch with me, Greta (Co-ordinator) text or ring on 07905 247870, and I can give you further details.

Happy Christmas everyone.

Greta Langdale

Tai Chi

Tai Chi helps to improve posture, suppleness, balance, breathing, core strength and energy levels. There are many styles of Tai Chi and the MKu3a Group learns the modern beginners Yang style.

The lessons are very relaxed comprising a series of gentle warm up and stretching exercises followed by Tai Chi. The professional instructor aims to set the lesson to suit everyone's ability.

When: Weekly on Friday mornings from 08:45 to 09:45.

Where: Centrecom Meeting Place, 602 North Row, Central Milton Keynes, MK9 3BJ

Cost: Approximately £4.50 per week payable for all the time you are a group member, irrespective of whether you attend a session or not. Payments are made in advance in two month blocks.

If you would like to attend a trial session at the cost of the weekly rate (or free of charge if you decide not to join the group), please email the Tai Chi Group #73 Coordinator at taichi@mku3a.org.

Group Coordinators:

Sue Rippon/Robert Low

Current Affairs 2

Are you interested in Current Affairs and would like to join a group of like-minded people to discuss current affairs whether local, national or foreign? If so you might like to join this new Current Affairs group who will meet to discuss noteworthy news items. The Group Leader will have selected news items that are likely to be of interest to most members from the previous week's news. All members are encouraged to introduce items which they consider important and interesting, especially where they have some first-hand knowledge.

We plan to meet on alternate Monday mornings at Springfield Court, Springfield.

If you are interested in joining the group please send your enquiry to Hazel Spencer, New Groups Facilitator at groups@mku3a.org.



Hazel Spencer

Book Club - Evenings

Are you a keen reader who would like to join a group of like-minded enthusiastic readers to read and discuss books that you may not have chosen for yourself but are too busy or unable to join a group that meets in the daytime? Then this new group maybe the one for you. We aim to meet one Thursday evening each month from 7pm to 9pm at a venue to be confirmed. The idea will be that everyone in the group will take turns to choose the next book for the group to read.

If you are interested in joining this group please send your enquiry to Hazel Spencer, New Groups Facilitator at groups@mku3a.org.



Hazel Spencer

The Danesborough Chorus will be presenting their Christmas Concert this year at the Hockliffe Street Baptist Church, Leighton Buzzard on Saturday 10th December.

A selection of traditional and newer carols, and other seasonal music, to get your Christmas celebrations off to a cheerful start!

Tickets - unreserved - £10 (under 18s £5) - including mince pies - order by phone on 01525 376760 or online from www.wegotickets.com.



Helen Richards

Slow Gentle Hatha Flow Yoga – Mondays and Fridays 9.30 am

Monday 9.30-10.30am Zoom and in person **Cross & Stables Downs Barn**

Friday 9.30-10.30am Zoom and In person **Cross & Stables Downs Barn**

Late Autumn Term

Monday 7th November – Friday 16th December – 6 week Zoom term (Mon & Fri)

12 classes on Zoom for 6 week Term £30 or £6 drop in

£2 extra for in person class on Mondays Or Friday morning

The perfect start and end to your week. Using pranayama (breath) and asana (postures) we gradually allow our bodies to build strength and mobility ending with relaxation to unite the body and mind.

Live in person (*), **£8 drop in** or £2 supplement for one in person class a week for those on Zoom.

Oxfordshire 11th- 13th July 2023

3 Day/ 2 Night relaxation and restorative yoga retreat

“Keep close to Nature’s heart.....break clear away, once in a while....” John Muir

All rooms are single and en-suite which is a rarity for a yoga retreat venue. All meals included with 7/8 yoga sessions.

example of yoga timetable

Day 1

Arrive afternoon to enjoy the grounds

Option of lunch at 1pm for an extra £15

Early check-in will be requested from 1.30pm (will confirm nearer the time)

Afternoon tea and cake 3.45 pm

Slow gentle unwind Yoga 5-6pm

Dinner 6.30pm

Restorative yoga 8.15-9.15pm. Come in your pyjamas if you like

Day 2

7-8am yoga gentle vinyasa movement and breath

Breakfast 8.30am

Morning free time for walks, relaxation in grounds.

Tea/coffee mid-morning

yin yoga 11.45-12.45pm

Lunch 1pm

Afternoon free time
Evening Grounding restorative yoga with Yoga nidra 5-6pm
Dinner 6.30pm

Day 3

7.15- 8.10am yoga gentle flow movement and pranayama
Breakfast 8.30am
Freetime
Mid morning tea/coffee
Noon Pre-lunch meditation/ relaxation
1pm Lunch

All yoga sessions optional, do as little or as much as you want. Yoga will be suitable for all, beginners welcome.

<https://karennoonyoga.com/contact/>

Contact karenmnoon@gmail.com or phone Karen on 07989 024 390

Karen Noon

My name is **Carolynne Martin** and I was brought up in St. Albans in a musical family. My father Maurice was a cousin to a very famous pianist **Dave Kaye/Ivor Morton** in The Harry Roy Band. Our father was an amazing pianist and could play anything, apparently as a young man he used to play accompaniment in the silent movies era!

Our parents encouraged my twin and younger sisters to practice harmony singing in the mode of the Kaye/Beverly sisters (who we later met and had a few choruses of "Bye Bye Love" backstage!).

We entered various Butlins Talent Competitions and eventually my younger sister Marion and I sang at the London Palladium for the Finals in 1971. What an experience.

Our mother saw an advert in the Melody Maker/The Stage magazine for a harmony trio and so began our exciting foray into session singing travelling up to London and backing many artists including the Pioneers, Desmond Decker and Joe Cocker to name but a few!! So music took preference for now.

We also released a few tracks ourselves which have popped up recently on two compilation CD's THE GIRLS ARE AT IT AGAIN with Cherry Red Records.

In 1973 I went to Johannesburg where I submitted a B side Called “When will you be Mine” and the A side was “Substitute” by the first South African girl group called Clout. Sadly I received very few royalties as in those days we didn’t have the experience to query these things.

PAGEANTS

When I was younger I was always interested in fashion and worked at Derry & Toms in Kensington High Street. I therefore applied to the **Lucy Clacton Grooming school in Bond Street** and took the course. Sadly I wasn’t slim enough. Years later I was stopped in the street by a very glamorous lady called Lynne Bennett who encouraged and mentored me to model in pageants, wedding shows and fashion for stores like John Lewis so I got there in the end 50 years later!! It has given me a purpose.

Well do I feel older models are now accepted. Vivienne Radfer (who lives in MK) is a director of MISS EQUISITE WOMAN which was held in a Milton Keynes venue last September for the first time, and I was thrilled to win the title Miss Exquisite Woman Empress.

Next July I have applied to enter the MS CLASSIC UNIVERSE WOMEN ENGLAND in Las Vegas on July 19. There are contestants from all over the world so age is no problem.

My family and friends are very supportive and I hope to encourage other CLASSIC ladies to enter.

PS I am on the left of the black and white photo.





Carolynne Martin

Key Contact Details—more on the web site

Chair Lynne Button; email: chair@mku3a.org

Vice Chair email: vicechair@mku3a.org

Secretary Brian Baldwin; email: secretary@mku3a.org

Treasurer David Hall; email: treasurer@mku3a.org

Groups Facilitators Chris Costello/Hazel Spencer; email: groups@mku3a.org

Webmaster Dave Barratt; email: webmaster@mku3a.org

Membership Secretary Yvonne Ashmore; email: membersec@mku3a.org

Communications Coordinator Martin Woodman; email: comms@mku3a.org

Thames Valley Network Coordinator Brian Baldwin; email: tvn@mku3a.org

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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