



The Third Way e-Newsletter

June 2022

News from the Chair

Some of our members I am sure can remember the Queen's Coronation and others like myself will remember Silver Jubilee celebrations – at the time I lived in a back to back terrace house in Middlesbrough, the street was closed and we had a wonderful day and evening of partying and celebrating. It's a bit amazing to think we are now about to celebrate her Platinum anniversary and for those of you who have planned a celebration I hope everything progressed both smoothly and with enjoyment.

Of course as well as this month seeing this anniversary it is also the 40th anniversary of u3a, with official celebrations being delayed until September. I really hope all of our groups as well as MKu3a as a whole can come together to celebrate our anniversary, reflecting our achievements over what for us is 35 years of activity and also look forward to the future and what MKu3a should look like in years to come. As previously advised I am delighted to say we have booked the Stables in Wavendon on Wednesday 21 September for our special day, and even have the Mayor joining us – so please get involved and participate. Plans are still being pulled together but we are hoping some of our groups can perform on this iconic stage with others presenting what they do in exhibitions in the foyer area. We are also looking at photographs old and new to put on display.

As always we need more volunteers to support this event, so if you would like to get involved then let me know.

Since our AGM, trustees and other committee members have been busy making sure we have updated various records to reflect changes in personnel, some easier to do than others, without going into too much detail I can only say changing signatories for Metro Bank was not the easiest! Thank goodness Lesley was able to help and support and has remained as a valued member of the team. We've also been looking forward to what needs to be done for the rest of the year and networking with other u3as – it's always good to see what others are doing. If you have any suggestions as to what we can do better then please share your ideas with myself or another committee member.

Lynne Button
Chair

Members Meeting and talks

It really is good to see increasing numbers of members returning to our Open meetings and listening in to some of the really good conversations both before and after the talk.

This month we were again spoiled with an excellent speaker, Paul Barwick, who shared with us his insight into the "Legend of the White Mouse – Nancy Wake". My goodness what an extraordinary life, clearly a very brave lady and also a forceful and charismatic personality. As soon as the talk finished people were asking me to re-book Paul and I am pleased to say he is already in the diary for February 2023. For those of you who are interested Paul has a business Facebook page "Eyes on the Spies", and perhaps we can be inspired to book one of his tours in London.

Our next meeting is on 22nd June, again at the Oaktree Centre, Shenley Brook End. The talk will be given by one of our members, Dr Vasco Fernandes, who will share with us some practical tips on how to “Add Life to your years and years to your life”. This talk is sure to be popular so please book a place. You will also find more details about his work with the MK Therapy Centre later in this Newsletter.

As previously mentioned, as I am now Chair, **a replacement is needed to lead on the booking and managing of open meetings**. You do not need to be on the committee and plenty of support will be provided, let me know if you can help.

Lynne Button

Chair

MKu3a IT HelpDesk

Prior to the interruption created by Covid, the IT team held HelpDesk surgeries at the monthly Open Meetings. We now intend to resume these, starting with the May 2022 meeting.

The management and running of a u3a such as ours increasingly depends upon technology. The pandemic highlighted this fact to the extent that, without Zoom and email, we would not have been able to operate at all. We therefore have a duty to our members to help with IT problems that they may have. The resumption of the HelpDesk sessions is the first step back along that road. It is hoped to offer home visits shortly.

If you have a particular issue, or require further information, please contact me by email wemaster@mku3a.org, or 07919 3657990.

Dave Barratt

Webmaster

New Members Induction Meeting – 27 June 2022

We are holding an Induction meeting for our new members on Monday, 27 June, starting at 2.00 pm. It will be held in the Great Linford Parish Office meeting room, in the Great Linford local centre.

The session will briefly outline the background to the u3a movement, explain how to get the best out of your membership with MKu3a, and show you how to navigate around the website and join interest groups. You will also meet other members.

If you joined MKu3a recently you will receive an invitation by email. if you want to come along please send me an email (membersec@mku3a.org). You will receive further information nearer the time.

Yvonne Ashmore

Membership Secretary

Art Appreciation Group 1

Are you passionate about Picasso? Do you rave about Raphael? Are you dotty about Dürer? Did the recent MK Gallery exhibition about Dame Laura Knight excite your interest?

If so, then why not join the u3a Art Appreciation Group 1 on Tuesday afternoons, once a month, at Kingston Meeting Room and share your enthusiasms with a group of like-minded enthusiasts?

Using PowerPoint presentations and ‘Show and Tell’ sessions, members look at different artists and art movements in a relaxed and informative way to learn more their place in the history of art.

Recent topics have included Cornish Art, The Ceramics of Grayson Perry and William de Morgan, Food and Drink and Louis Wain’s Cats – an eclectic mix!

The sessions last about 2 hours with a break midway for refreshments and a chat. No experience is necessary, nobody is an art expert and everyone's comments and contributions are welcomed.

For more information and to register your interest, see the MKu3a webpage or email Pauline Wright artapp@mku3a.org. You will be most welcome to join us!

Choir – Summer Concert



Hopes and Dreams



**A summer concert presented
by
MKU3A Choir**

**Followed by a cream tea
at United Reformed Church,
Newport Pagnell**

Sunday 12th June at 2:30pm

**Admission tickets only £10 incl.
refreshments**

07762178379/01908613088

All proceeds to DEC Ukraine

 

Due to the limited space in the United Reformed Church there may be few tickets, if any, left on the door so we request that you call ahead for tickets on 07762 178379 or 01908 613088.

Sheila Staincliffe

Quiz – Come and Join Us



If you are interested in quizzes then please join us on the third Tuesday of the month at 2 pm on Zoom for a quiz. We are a small group and looking for new members. Instruction on joining are sent out to members the day before. If you follow any of the quizzes on the TV this maybe for you.

Stewart Pye (email: quiz@mku3a.org)

The Third Age Players (TAP) deliver in spades!

The actors energetically delivered their lines, changed costumes and took their final bow – for now – after what the audience said was a very entertaining TAP 25th Anniversary production. Our reviews and feedback have been incredibly positive.

How to Darn Socks and Save the World, by TAP member Greta Langdale, writing under the name of Margot Lista, is described as ‘A play for our time’ and set over a few million years in the universe. It provides an amusing but thought-provoking message of what can happen if we lose sight of what is important in life. Critics said: “Amazing story, lights, costumes, and graphics.”



Scenes from *How to Darn Socks and Save the World*

The second play in the programme, *Rambles on Radio* by Robert Scott, was also well received: “Excellent play – I have never laughed so much.” “I do not know how the actors kept a straight face.”



This second offering provided a vastly different take on a traditional gothic horror story. The play is set in a radio studio. The actors try to continue reading from the radio script despite all the activity and intrigue that is going on behind the scenes. Relationships between the actors become strained and reach boiling point during the second half of the play.

And to close the reviews, some general comments:-

“Bloomin’ brilliant... A right good night out.” “Thank you so much TAP, I really enjoyed the production.” “When is your next offering?”

Message from the TAP members

We all thoroughly enjoyed being involved in the TAP 25th Anniversary production and are currently selecting our next programme, so it's a good time to join us. For those thespians amongst you, we would encourage you to get in touch. We would also be keen to hear from anyone who would like to be involved in costumes, stage craft and set management etc. It's great fun to be involved in live theatre! We meet on Tuesday mornings at Marsh Drive Community Hall, Great Linford.

Interested? Ring Greta on 01908 501563.

Greta Langdale

Exploring World Faiths group visit to the Greek Orthodox Church in Stony Stratford

At the beginning of May the group visited the Church of St. Ambrosios and St. Stylianos. We were warmly welcomed by Niki Beales who is vice-president of the Church. Niki gave an interesting talk on the Orthodox Church beliefs, customs and practices including the ceremonies surrounding birth, baptism and marriage. The Orthodox Church is Victorian (built in 1860) and used to belong to the Church Of England (St. Mary the Virgin). It is a grade 2 listed building. It became unused as a Church and later became a community centre. The Greek community acquired the building in 2010 and carried out renovations.



The Greek Orthodox Church is a religion rooted in tradition and in preserving Greek identity. They have their own Greek language school which provides tuition for children. The Church is decorated throughout with beautiful icons which is holy and sacred art, rich in symbolism and is used in prayer.

A most enjoyable visit where group members increased their knowledge of Greek Orthodox religion, faith and culture.

John Walsh

Quiz Night

Saturday 11th June at 7.00 p.m. Charity Quiz Night and Supper in Simpson Village Hall.
Proceeds to the Motor Neurone Disease Association.

Friday 24th June at 7.00 p.m. Quiz Night and Supper in St Thomas's Church, Simpson.
Proceeds to Church funds.

Saturday 2nd July at 7.00 pm. Concert in St Thomas's Church, Simpson.
Concert – Summer Celebrations

For more details or to book any of these please contact Pat Hodges missquiz@sky.com.

Pat Hodges

York Mystery Plays

It has been a privilege for me to give a presentation, in the pre-covid past, to MKu3a, on the subject of the *York Mystery Plays* and how seven (or is it now eight?) Guilds of York stage the plays in mediaeval form, played on waggons on the streets of the City.



Jesus on the Cross (2010 production)

If I managed to raise any interest, then this summer gives you the opportunity to see the real thing. The guilds are producing eight of these bible stories in a two hour(ish) production in two formats:

- Sundays 19th and 26th June. The pageant waggons will roll around York to four 'stations', three of these being free street sites (you can pick one site, or follow the plays from one to another) plus a fourth site with covered raked seating requiring paid tickets;
- Wednesdays 22nd and 23rd June there are evening production, with limited ticketing, in York Market, adjacent to the Shambles.

The chosen plays are:

- Creation to the Fifth Day, for the Guild of Building. The Builders' waggon is a masterpiece of mediaeval technology.
- The Fall of Man, for the Guild of Freeman. Come and boo Satan!
- The Building of the Ark and the Flood, for the Guild of Cordwainers. Mrs. Noah can't understand her husband.
- The Three Kings and Herod; for St. Luke's Church. Very dark.
- The Last Supper, for the Company of Merchant Taylors, played by the Lords of Misrule (the players of the [Centre for Medieval Studies](http://www.yorkmysteryplays.co.uk) (link), University of York) whose interpretations are always fascinating.
- The Crucifixion and the Death of Christ; for the Gild* of Butchers; two mediaeval plays brought together and played on a waggon build by the Gild.
* My own guild, and therefore by convention of the York Guilds, I use the alternative spelling of 'Gild'.
- The Appearance of Jesus to Mary Magdalene, for the Guild of Scriveners, in conjunction with the recently formed, modern, Guild of Media Arts; New Hope in the World!
- The Last Judgement; for the Company of Merchant Adventurers; Will you go to heaven or hell?

For further information, and to buy tickets for the seated and market productions, please go to:
<https://www.yorkmysteryplays.co.uk>.

Allan Wright

Willen Hospice – Volunteer with us



Join our dynamic eBay team, currently based at Grafton Gate in central Milton Keynes, for just a few hours a week, to pack and despatch the huge variety of interesting and sometimes quirky items that we sell online.

- Meet new people
- Give something back to your community
- Gain experience
- Add skills to your CV

If you are interested call 07714 703 568 or email: www.willen-hospice.org.uk/ebay-volunteers.

Lynn Usher

DANESBOROUGH CHORUS ~~ SUMMER CONCERT

Saturday 2 July – 7.30 pm – Woburn Parish Church, Woburn

Michael Haydn *Requiem in C minor*

Joseph Haydn *Maria Theresa Mass*

Join us for our summer concert with our wonderful soloists: Bethany Seymour, Nancy Cole, Simon Berridge and Philip Tebb, accompanied by the Alina Orchestra all under the baton of our Musical Director, Ian Smith.

Both the *Requiem in C minor* and *Maria Theresa Mass* are rarely performed so this is a marvelous opportunity to hear these two unjustly neglected masterworks.

And, for a truly sparkling (Glyndebourne-style) summer evening at Woburn, remember to bring strawberries and wine for the longer-than-usual concert interval on the lawns surrounding the lovely church.

Tickets, £20, £15, £10 (under-18s £5), are on sale either by phone on 01908 583460 or online at www.wegottickets.com.

We're always keen to recruit new singers. If you, family members or friends love singing and are eager to learn, or if you're already experienced in choral singing and musicianship, why not give us a try?

Singing great music together gives me much satisfaction and a sense of well-being; it's both a physical and a mental workout.

My weekly rehearsal with the choir is the de-stressing tonic I need!

For more information, please call our membership secretary, Carol Yirrell on 01296 680328 or contact us by email, daneshoroughchorus@gmail.com.



Danesborough Chorus is a registered charity no. 1188026
website: www.danesborough.org.uk

Beverley Thompson

Dr Vasco Fernandes (Member of MKu3a and retired Consultant Physician, MK NHS) is a Patron of the Milton Keynes Therapy Centre. He asked for this 'advert' to be added to the e-Newsletter.



Milton Keynes Therapy Centre

The base of the MK Multiple Sclerosis Therapy Group Ltd

Address: 4 Hollin Lane, Stacey Bushes, Milton Keynes MK12 6HT

Tel: 01908 225907 **email:** info@mkmstherapygroup.co.uk

Website: www.mkmstherapygroup.co.uk

WE HAVE NEW SERVICES FOR MENTAL HEALTH ISSUES & LONG COVID

EMOTIONAL FREEDOM TECHNIQUE (EFT)

Effective for:

EMOTIONAL ISSUES, ANGER, ANXIETY, DEPRESSION, SADNESS, STRESS

BEREAVEMENT, POST TRAUMATIC STRESS DISORDER,

PROMOTING GENERAL RELAXATION and SELF ESTEEM

SLEEPING DIFFICULTIES

ALSO, VERY HELPFUL FOR PHYSICAL PAIN

***This therapy will be provided at very low cost, and with free assessment for all,
with further help for those with financial difficulty to access the Service.***

LONG COVID

Our oxygen chamber is advised as a helpful treatment for people with long COVID.

Please contact us for further information.

We also provide remedial massage, ultrasound for pain relief,
reflexology, reiki, all from our fully trained therapists,
and drop-in support with our friendly volunteers.

Helping you feel better

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**.

Office: MKu3a, 11 Winchester Circle, Kingston, Milton Keynes MK10 0BA.

Telephone: 01908 281717; **email:** info@mku3a.org

Registered charity number: **298693**