

The Third Way e-newsletter

May 2022

News from the Chair

Firstly I hope you are all as well as can be and enjoying the first glimpses of Spring emerging. I am sure I am not alone in feeling much more upbeat and positive when the sun is shining and the sky is blue.

Can you all remember how once upon a time we used to “just” help out in our community? It could have been running errands or gardening for a neighbour, organising the local youth club or social event, rattling a tin to raise money for a good cause, being the treasurer for the social or Christmas club, running the line for a football match and so on. We saw it as helping and perhaps didn’t equate it to volunteering which always seems so much more formal somehow. But all of these activities from long ago were volunteering our time, expertise and energy to help and support others. Since the London Olympics it seems to me there is more focus on the word volunteer and of course all u3as are volunteer-led organisations. So this is, what is becoming a rather regular event, a plea for people to help out also known as volunteering. So what do we need?

1. **Secretary** At this year’s AGM Brian Baldwin kindly stepped forward for the role of Secretary on the Board of Trustees. Brian’s initial commitment was for one year. *So we need someone to shadow Brian with the view of potentially taking over if and when Brian stands down.*
2. **Open meetings** As I am now Chair we need someone to take over the booking and hosting of these meetings, support will be given and you do not need to be a Trustee to take on this role.
3. **40th Anniversary** I hope you are starting to be excited about our u3a 40th Anniversary celebrations. We need a project lead to co-ordinate the plans and make sure we deliver some quality events.
4. **Social media lead** These days the use of social media is increasingly an important tool for engaging with people. We have a Facebook page (for members only) and a Twitter account (not yet in use) to publicise what we do to a wider audience and draw in new members, but we need an enthusiast to take this forward and, who knows, perhaps posting videos on TikTok!
5. **Diversity and inclusion champion** Do we reach out to all areas of potential membership in Milton Keynes? Are we welcoming and inclusive to all potential members to MKu3a? I am not sure but am sure we could do better – would you like to be our champion?

I mentioned above the 40th Anniversary celebrations and thank you to all the groups who have shown an interest so far. As you know we are hoping the Mayor of Milton Keynes will attend one of our events and I am really delighted to let you all know that the Stables has been booked. A great venue with good parking facilities and plenty of room in the foyer and auditorium for us to showcase what we do.

If you have any ideas about how to improve and enhance what we do within MKu3a then please let myself or any other member of the committee know – we love to receive new ideas! You will find their email addresses at the end of this Newsletter, and on our website.

Lynne Button
Chair

Members Meeting and talks

This month's talk was initially heart-in-the-mouth time as speaker, audience were all there but the hall was not open! But as the saying goes it was all right on the night though the start was a little delayed. Those of us attending were entertained and amused by Bobby Darbyshire and her insight into the how novels are both inspired and written. She shared with us extracts from two of her books and it is an indication of how interested we were the readings by the number of signed copies that flew off the table at the end of the talk. I am certainly looking forward to reading the novel I purchased.

Our talk on Wednesday 25th May is at the Oak Tree Centre starting at 2.30 pm with doors opening at 2.00 pm. Paul Barwick will share with us the story of "The Legend of the White Mouse", the inspirational WW2 spy Nancy Wake. A remarkable woman who lived with the daily threat of torture and death at the hands of the Gestapo.

As always talks can be booked directly by members by logging onto our website and going to the Diary page, or by emailing me at chair@mku3a.org.

Please also remember this is an opportunity to speak with Trustees of the MKu3a, meet up with friends and have a cup of tea or coffee and a chat!

With me taking over the Chair position at MKu3a we are now in need of a volunteer to take over the booking and organising of these meetings. Please let me know if you are interested in this role.

Lynne Button (Chair)

New Members Induction Meeting – 9 May 2022

We are holding an Induction meeting for our new members on Monday, 9 May, 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)

Choir



Just a reminder that our Summer Concert, Hopes and Dreams, will take place on Sunday 12th June at 2.30 pm in the United Reformed Church in Newport Pagnell. The tickets, which include a scone cream tea, are priced at £10. Tickets can be reserved by phoning either Janice on 07762178379 or Jennifer on 07517439790. Please let us know if you are gluten free or allergic to scone ingredients and we will attempt to find an alternative.

All profits will go to the DEC Ukraine Appeal. Looking forward to seeing you there at our first live concert since the start of covid back in 2020.

Sheila Staincliffe (Group Coordinator)

Exploring World Faiths

There will be a visit to the Greek Orthodox Church in Stony Stratford - 2pm on Wednesday, May 4th. Please contact me via ewf@mku3a.org if you would like to join this Exploring World Faiths group visit.



Linda Morris

Reading – Zooming Book!

In April 2020, when ZOOM was just a four letter word, I wondered whether or not an on-line Reading Group might work, while we were all confined to quarters.

Fast forward two years, I can confirm it did.

Apart from sharing a love of books, and engaging with those who were not always free to get out and about to pursue their interests, one of the best aspects of this group has been that we really have used our meetings to talk about Books and Reading.

It's an hour or so, with no politics, no Covid statistics, no ailments, arrive late, leave early and resign quietly with no explanation. And we have really been able to read and talk about some excellent novels in a wholly relaxed way. Everyone has a choice.

Small pleasures indeed.

Christine Low

Food for Thought!

On Wednesday 13th April, In place of their monthly meeting at Carpenter Court, eight members of the Food4Thought Group spent a very pleasant and relaxing two hours aboard Electra – Milton Keynes Electric Community Boat, enjoying their Coffee & Cake Cruise along the Grand Union canal.



Tina Two

Marston Vale Community Rail Partnership News

It's the Marston Vale Line 175th Anniversary. MKu3a Transport Topics group would like to share details of some of their events and news.



Marston Vale Line Services

A full Marston Vale Line timetable is due to be resume on Monday 16th May.

Please see <https://www.marstonvalecommunityrail.org.uk/#times>

Alternatively, please contact Stephen Sleight for a postal copy.

Rail tickets can be purchased from the conductor on the train. Bedfordshire Bus Pass Holders travel for half price after 10:00 on weekdays and all day on Saturday & Bank Holidays. Groups of 3–9 adults travel for a third off with GroupSave.



230 Crossing Grand Union Canal at Fenny Stratford – December 2019

Bank Holiday Services

Services will be running on Early May Bank Holiday Monday and on the Queen's Platinum Jubilee Bank Holidays on 3rd and 4th June. This will be a Saturday timetable.

Station Friends Groups

New Station Friends Groups have recently been formed at Aspley Guise and Bow Brickhill joining the established groups at Woburn Sands & Fenny Stratford.

As well as engaging thousands of people in volunteering, bringing people together and creating pride in station and community, Station Friends Groups play a critical role in making their stations welcoming, pleasant and attractive places.

Their work extends beyond basic upkeep, incorporating community gardening and food growing and local arts & history projects. They are also the 'eyes and ears' of their local station reporting any faults and issues.

All groups would welcome some new members. Would you like to join them? A safety briefing is arranged and a high-vis jacket, identity card and duty pass are provided. A visit to Woburn Sands or Fenny Stratford will show what can be achieved! Please contact Stephen for details.

Watch our film to hear about the important role our Station Friends play at

<https://www.marstonvalecommunityrail.org.uk/get-involved/station-adoption>

Friends of Bletchley Station

A new Friends group has been formed at Bletchley. With help from a team of Network Rail volunteers the planters have been restocked and a large quantity of rubbish removed from the disused platform. A Bee Friendly Planter has recently been installed near the bottom of the steps to the overbridge. The Friends would also welcome new members. Visit <https://www.friendsofbletchleystation.org>

Ridgmont Station Heritage Centre

The Heritage Centre is open Wednesday to Sunday 10:00–16:00. The Tea Room is open at the same times. Please call 01525 287120 to book. Cyclists and walkers are welcome!

For further information please contact Stephen Sleight on 01234 832645, stephens@bedsrcc.org.uk.

Visit our website www.marstonvalecommunityrail.org.uk

Find us on Facebook! www.facebook.com/marstonvalecrp

Follow us on Twitter! @marstonvalecrp

Crowning Glory

Bring your Platinum Jubilee weekend celebrations to an exhilarating close with a glorious feast of music drawn from coronations through the ages.

MK Chorale is delighted that the Alina Orchestra and members of Polymnia, Musica Charity Choir and Oxford Pro Musica Singers are joining us to perform this unforgettable evening of music. Enjoy the splendour of Handel's coronation anthem *Zadok the Priest*, the emotion of Elgar's *Nimrod*, and the rousing spirit of *Pomp and Circumstance No 1*. Experience some of the magnificent music heard by the Queen as she was crowned: William Walton's *Coronation Te Deum*, and his Coronation marches *Crown Imperial* and *Orb & Sceptre*, together with Parry's iconic anthem *I was Glad*. Music by Bach, Butterworth, Dyson, Mozart and Stanford adds to the programme and the concert culminates with Parry's *Jerusalem* and a new arrangement of the National Anthem.

At the end of the concert, there will be a retiring collection for Willen Hospice, the celebrated centre for the provision of end-of-life palliative care in Milton Keynes. Any profit from the concert will also go to Willen Hospice.

Tickets £15–£30 (u18/students reductions) available from MK Theatre

<https://www.atgtickets.com/shows/mk-chorale-crowning-glory/milton-keynes-theatre/>



The poster for the 'Crowning Glory' concert features a large, ornate crown on the left side. The text is primarily in white and gold on a dark purple background. At the top, 'MK Chorale' is written in a large, stylized font, with the website 'www.mkchorale.org.uk' to its right. Below the crown, the title 'Crowning Glory' is prominently displayed in a large, bold, white font. Underneath the title, it says 'A concert to celebrate the Platinum Jubilee of HM Queen Elizabeth II'. The date and time 'Sunday 5 June 2022 | 7.30 pm' and the venue 'Milton Keynes Theatre' are listed in a bold, white font. The performers are listed as 'MK Chorale with Alina Orchestra and guests Oxford Pro Musica Singers, Musica Charity Choir, Polymnia' and the conductor 'Mark Jordan | conductor'. A sponsor logo for 'Geoffrey Leaver Solicitors' is visible on the left. At the bottom, it says 'Tickets from £15 from Milton Keynes Theatre Box Office' and provides the website 'www.atgtickets.com/MiltonKeynes'. There is also a small circular logo for 'The Queen's Platinum Jubilee 2022' and a logo for 'Willen Hospice' at the bottom right.

MK Chorale www.mkchorale.org.uk

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HM Queen Elizabeth II

Sunday 5 June 2022 | 7.30 pm
Milton Keynes Theatre

MK Chorale with Alina Orchestra and guests
Oxford Pro Musica Singers, Musica Charity Choir, Polymnia
Mark Jordan | conductor

sponsored by **Geoffrey Leaver Solicitors**

Tickets from £15 from Milton Keynes Theatre Box Office
www.atgtickets.com/MiltonKeynes

THE QUEEN'S PLATINUM JUBILEE 2022

Willen Hospice

Felicity Head

Ageing Well

MKu3a have been contacted by Home Instead to publicise a series of Ageing Well talks by Jitka Vsetecjova, PhD, from the Open University.

These talks all start at 11.00 am and are about an hour long and are held at Home Instead's offices in Crownhill. The topics and dates are as follows:

- 24th May: Are we prepared to live longer
- 28th June: The Ageing Brain
- 19th July: Nutritional needs while ageing
- 6th September: Pharmacotherapy while ageing
- 25th October: Move it and breathe
- 22nd November: Standing tall

If you are interested please contact Charlene.kay@miltonkeynes.homeinstead.co.uk to book a place.

Help Needed!!

We have received this request from an outside body and are sharing the information. if you are interested please contact Wynsdale Environmental directly.

We are Wynsdale Environmental (www.wynsdale.co.uk) and this summer we are looking after two events at Campbell Park, the first is on 22nd July (and possibly 23rd) and the second is on 29th to 31st July inc.

As we are based in Kent, we need to supplement our core team with reliable local people and I'd like to thank the committee for allowing us the opportunity to approach the members of MK-U3A.

What needs to be done? We are carrying out litter picking and a few other services for the events.

When do we need you? We provide services in the run up to the event, on the day of the performance, and then afterwards when the venue is cleared.

How many people do we need? We need varying numbers for different shifts, so at this stage we are looking to see who is interested and we can then tailor the hours to suit your availability. It's all about being flexible on both sides.

What kind of person do we need? We welcome everyone. You might be a MK-U3A member and/or you might put us in touch with your friends or family, but we do have a few basic criteria:

- You must be reliable – as you can imagine, if we have planned for a team of 8 and only 4 turn up, it gives us a very big problem.
- You must wear a smile – we value our reputation above all else, so we insist our team are professional, presentable and happy!
- You must be at least a little bit fit – we will never ask you to do more than you say you can, but whilst it's fun, you will still be on your feet for a few hours.

Finally, should your family be interested, we can only have people over 18 years old due to insurance restrictions.

What's in it for you? Apart from enjoying time in the fresh air, having some exercise, getting to see live music for free plus being fed & watered, you will also get paid. For every shift, we will pay an hourly rate that is above minimum wage. This may vary according to the times/day, and there are various ways we can do it:

- We can pay you directly with real money
- We can pay into another account on your behalf eg a Junior ISA held by a grandchild etc

- We can make a donation to a charity or good cause of your choice
- We can make a donation to a MK-U3A group of your choice
- We can use the accumulated amount earned by you alone or perhaps a number of you to buy something of your choice, for example an instrument for a musical group, or a piece of equipment for a practical group, or perhaps we can fund a day out or visit for a special interest group

The choice is entirely yours; we would just like to make our request for help as attractive as possible and we'd be very happy to discuss any other ideas you may have.

If you feel you'd like to help or have any questions, please contact my Event Manager using the details below and we'll be happy to have a chat.

Rebecca Stanley rebecca.stanley@wynsdale.co.uk 07980576131

Peter Lewis, MD, Wynsdale Environmental

Key Contact Details—more on the web site

Chair Lynne Button; email: chair@mku3a.org

Vice Chair Martin Sears; 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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