

The Third Way e-Newsletter

February 2023

News from the Chair

It's been a busy month for the management committee with end of year accounts being sent to auditor, budget agreed for this year, new members to meet and greet, new groups opening and of course the day to day support given to existing MKu3a members. Sometimes you do wonder about how successful we have been but this month we have had a number of our long standing MKu3a members leave the area and it has been so uplifting to read their comments about how MKu3a has been important to them and how they wish us the very best in the future. Comments like these are inspiring.

Which leads me on to the plea for new volunteers for the committee. At this year's AGM the chair and secretary are standing down and there is an existing vacancy for a vice chair. Without these officer positions being filled then MKu3a cannot continue to operate. We need you. Are you interested? If so then why don't you come to our volunteer open day on Friday, 10th of February starting at 10.00am at our offices in the Kingston Centre. Being a trustee is a really worthwhile experience so come along and see if it is for you.

Our AGM is on Wednesday 22nd March, starting at 2.30 pm at the Oak Tree Centre, Shenley Brook End. We would encourage as many members to attend as possible. Some information is already on our website, <https://mku3a.org/agm2023> (you will need to log in and access Members area).

As always any questions or queries then please contact me (chair@mku3a.org).

Lynne Button (Chair)

Monthly Meetings and Talks

Our next monthly Open meeting and talk is on Wednesday, 22 February at our usual meeting place, Oak Tree Centre, Shenley Brook End. Doors open at 2.00pm for a 2.30pm talk. After his very successful talk about Nancy Wake, Paul Barwick returns with his talk on *The Life and Crimes of Double-Agent Eddie Chapman*. Please sign up to this talk from the **Diary** tab on the website.

New Members Induction Meeting – 6 February 2023

We are holding an Induction Meeting for new members who have joined MKu3a recently. The meeting will be held on Monday, 6 February 2023, 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. It's also an opportunity to meet other new members.

If you joined MKu3a in the last few months you will have received an email invitation. Please email me (membersec@mku3a.org) if you want to come. You will receive further information nearer the time.

Yvonne Ashmore (Membership Secretary)

A Tale of Bees and Honey – Open Meeting

Caroline Luxford, a local bee keeper, delivered a very interesting and informative talk at our January Open Meeting . She described different bee species, their habitats and their roles in the environment. At the end of the talk she treated members to a taste of her home-brew, 12% mead!

She looks after many bee hives locally and has honey for sale. If you are interested to learn about bee-keeping she is happy for members to contact her. Her mobile phone number is 07729 624336.

Exploring World Faiths Group

WILLEN HOSPICE visit Wednesday 1st February, 2pm. We will see the new cafe and hear more about the hospice.

250th anniversary of AMAZING GRACE There was a ‘Songs of Praise’ programme in January on this subject. We meet on Wednesday 1st March, 2pm at Olney Parish Church to find out more about the hymn and about John Newton himself.

Both visits offer refreshments. More information can be found on our group page on the website.

If you would like to join our group for either visit, or both, please contact me on ewf@mku3a.org.

Linda Morris

Pilates – A New Group



A new Pilates group is starting on Tuesdays, from 7th February from 2.30pm to 3.30pm at Medbourne (west Milton Keynes) and we still have spaces.

Heather, who will be known to those in Pilates 1 and Pilates 3, is an experienced and patient tutor.

If you're interested, all of the details about this group can be found on the MKu3a website listed as **Pilates 4**. Please sign up via the website (you'll need to logon first) and we will contact you.

Linda Fry (Group Coordinator)

Sewing

Do you enjoy sewing projects? If so our group **Patchwork, Quilting and Other Sewing Projects** would love to hear from you. We have some spare places and would like to increase our numbers. Meetings take place on the 1st and 3rd Monday each month at Kingston from 10 am till 12 noon. Do have a look at our group page on the website for further information or call me on 01234 712325 to have a chat.

Elsa (Group Coordinator)

OUTINGS GROUP

After two meetings a committee has been formed to progress the re-invigorated Outings Group.

A number of Outings have been suggested and people are now progressing these to produce the flyers for said outings. The first of these being 27 April, probably to Doddington Hall, a family owned Elizabethan Hall with gorgeous gardens, a cafe and Farm Shop – recently seen on Channel 5's Britain's Best Farm Shops.

It has also been decided to continue the monthly meetings on the 2nd Thursday of each month. The first meeting will be on **9th March, 2.15pm–3.45pm**. The venue for the meetings has been changed to: **Herons Lodge**, Bradwell Road, Great Holm, Milton Keynes, MK8 9AA.

All members of MKU3A are welcome on any of the outings and the monthly meeting and will be able to 'sign up' for the outings either by postal application, at the monthly meetings or by paying by bacs, further information to follow. Flyers for each outing will be circulated to all members through the website, with details in the monthly newsletter and hard copies available for those without e-mail access at the monthly meetings.

We look forward to meeting with members established and new to this re-invigorated Outings group and beginning once again to share memories of places visited.

Chris Behrendt (Group Coordinator), email: outingsgroup@mku3a.org

The How What Why? Group

Since this group emerged as "Scientific Enquiry", it has been slowly evolving through "Biology" to "Biology and Related Sciences" as we realised just how many other specialisms (often including science) were involved in Biology. It has now adapted to its 2023 environment again to take on its new form as the **How What Why?** Group.

Why the adaptations and changes? Members felt that though we are a group of non-career scientists, professionals and those with no scientific backgrounds apart from some of the ladies who had to study "Domestic Science"(!), what we all have in common is a CURIOSITY about the world around us.

We guess that you sometimes have it as well!

Over the years, as a group of curious people, some of our exploration and learning has covered:

- Teeth, Truffles and Thunderstorms! What? How?
- Bread, Yeasts and Winemaking. How? Why? Where?
- Migrating Hummingbirds and Swifts. Why? How?
- Blue Whales and How? they vary their buoyancy between the sea surface and the depths Why so big?
- Contraception, Epidemic Diseases, Why? How? And a new hospital built to incorporate modern infection control. How?
- Human Behaviour, Memory and the Biology of Laughter. What? How?
- Exoskeletons, past, present and future. What? Why?
- And most recently finding out Why bees have 5 eyes.

Did any of these topics arouse your curiosity? If so, we welcome people who are curious.

We meet once a month at a member's home to hear and discuss information on a chosen subject, along with a welcoming cup of coffee. We always leave with further questions we would like answered, though sometimes there are no answers or solutions yet!

Over the next few months we plan to investigate:

Animals and their role in Human Health, Hibernation and Extremophiles.

Come along and join us in a taster session.

Suzanne Miles at howwhatwhy@mku3a.org

Knitting – Proposed new group

Are you interested in Knitting whether as a novice or have some experience. Would you be interested in meeting up with like-minded people?

If so you may be interested in a new Knitting group that will meet on the 2nd and 4th Mondays in the month from 10:00 am until 12:00 noon. The location has not yet been confirmed, but maybe Neath Hill or Pennylands.



The idea of the group is for people to get together to complete individual knitting projects or projects as a group. It is hoped that the experienced knitters will help those who would like to learn or improve their technique. There will be plenty of chatting while we knit so that we can share tips and ideas and encourage each other to learn new techniques.

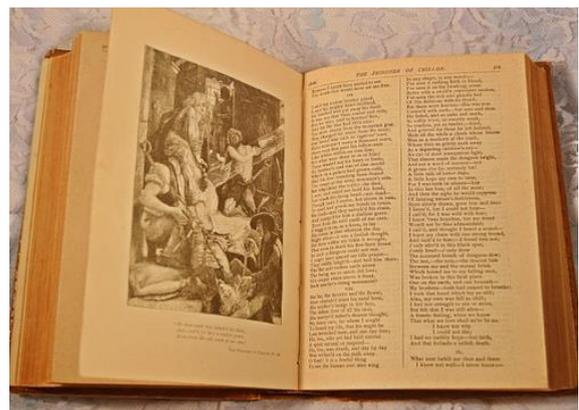
If you are interested in joining the group please send your enquiry to Hazel Spencer, New Groups Facilitator at groups@mku3a.org.

Poetry Lovers Group – Proposed new group

Are you a lover of poetry? Do you write Poetry? If the answer to either of these is yes you may be interested in the new Group we are aiming to set up.

The aim of this group is for all of the group to bring to the meeting a poem linked to either a topic or a poet that has been chosen as that month's topic.

During each meeting everybody will be given the chance to read aloud the poem that they have chosen and following the reading everybody else present will be given the opportunity to contribute their opinion of the poem.



We hope to meet on the second Friday of each month at Dexter House, Oldbrook, starting in February, the topic for that meeting will be 'Love'.

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

Nicky Hunter demonstrated painting a watercolour of a kingfisher

These are some of the key points Nicky Hunter from Westbury Arts Centre gave us during her demonstration to our **Painters Progress** Group.

Water colour dances with fluidity whereas oil and acrylic paints are plastic. Preparation is essential to allow you to work with speed.

Materials

Paper Nicky used Saunders Waterford 300gm, also recommended Langton or Bockingford, good paper is essential, buy the best your budget allows, you can use both sides.

Paint Transparent water colour, tubes rather than blocks to enable you to mix plenty of paint in your palette.

Brushes Use synthetic to mix, they are cheaper and don't suck up the paint so much otherwise squirrel or sable.

Source materials Have a variety of images and construct your own composition with curves, s or c shape or diagonals but not a centrally situated v or inverted v so that the eye is led around the painting.

Preparation Lightly draw the outline with lead or watercolour pencil. Set aside an area to try out colour and tone on paper before applying to painting, this could be on the side of your painting as in Nicky's or on a separate piece of paper. Put plenty of your restricted palette paint onto the palette and mix lakes of paint. Have everything ready so you can get on and keep the flow.

Order of work Nicky painted the background first although this is not obligatory. She painted a very light watery wash leaving some paper visible. She used depth of colour to guide the eye through, paler for less dominant features, using orange in background to link with the breast colour, so the kingfisher "belongs", connecting without clutter. You can use your fingernail to get edges back. Use a brush size larger than you're comfortable with and big strokes leaving white highlights for the body, melt edges, add darker tones.

Sit back and reassess frequently, make some background more dominant to help eye follow diagonal lines of this composition. Use plain water or yellow to flick to add to texture and composition.

It's finished when you start to fuff.



With Nicky's inspiration and advice we have been inspired to create our own creations which may in due course be displayed on our web page.

Sandra Oxley

Residents will need photo ID to vote at elections in May

For the first time, Milton Keynes residents will need to show photographic ID to vote at this year's local elections. The requirement for Voter ID was introduced in the UK's Government Elections Act last year and Milton Keynes City Council is now urging residents to make sure they are ready to vote in May by checking they have an accepted form of ID.

Accepted forms of photo ID include:

- A passport (UK, European Economic Area, or Commonwealth)
- A drivers' licence (UK, European Economic Area, or Commonwealth)
- A concessionary travel pass, such as an older person's bus pass
- Milton Keynes All in One Card

Voters will be able to use expired ID if they are still recognisable from the photo. For a full list of accepted ID along with more information about the change go to electoralcommission.org.uk/voterID.

Residents who do not have one of the accepted forms of ID can apply online for free ID called the 'Voter Authority Certificate' on a new website: voter-authority-certificate.service.gov.uk/. Applicants will need to provide a photo and their full name, date of birth, National Insurance number, and the address at which they are registered to vote.

Registering to vote only takes five minutes at www.gov.uk/register-to-vote.

Anyone unable to use the online form can request a paper version by calling the City Council on 01908 254706 or by emailing elections@milton-keynes.gov.uk (you will still need to be registered to vote beforehand but the City Council can help to register people unable to do this online themselves).

Lesley Sparks

LOVE IS ALL AROUND Concert



St Thomas's Church, Simpson
Saturday 11 February at 7.00 pm

All welcome
Bring and share buffet
Collection taken for Church Funds

Pat Hodges

Seed Swap

Bletchley Garden Club is hosting the 15th BLETCHLEY SEED SWAP. It will be held on Saturday 18th February at the Freeman Church Hall (Buckingham Road, Bletchley, MK3 5HH), from 10 am–2 pm. Entrance £1 (Cash Please!)

- Heritage and locally grown seeds
- Delicious home-made refreshments
- Gardening advice
- Gardening Bring and Buy Stall
- Plant Stall
- Master Composter
- No seeds to swap? Packets can be taken away for a suggested donation of 50p per packet.

For details phone Jan 01908 372138, or Theresa 01908 375142

Janette Taylor



Danesborough Chorus will be presenting their Spring concert at 7.30pm on Saturday 18th March. They will be performing *Stabat Mater* by Dvořák. It is a moving and beautiful choral masterpiece.

The Chorus, under their conductor Ian Smith will be accompanied by the Alina Orchestra and four outstanding soloists.

Don't miss the chance to hear this rarely performed work, in the beautiful setting of the St Mary's Parish Church at Woburn.

Tickets (£10, £15, £20) are available to order by phone (01908 583460), or download a booking form from our website. They can also be purchased online from www.wegottickets.com.

Further information about the Danesborough Chorus and our Spring concert are found on our website: www.danesborough.org.uk.

If you enjoy choral singing and would like to join us, contact our Membership Secretary by email: dcmembershipsec@gmail.com.

Helen Richards

Milton Keynes National Trust Association

Are you a member of the National Trust? Even if you aren't, you can join our local association in Milton Keynes that arranges visits to National Trust properties and places of special interest, lectures, holidays, and social events. You can apply for membership to our Membership Secretary Sue Dee (01908 374881) or by subscribing at one of our meetings. The membership form can also be found at: [milton-keynes-annual-subscription-form-2022-23.pdf \(nt.global.ssl.fastly.net\)](#). Annual membership fees are £16.00, or £28.00 for two at the same address. Money raised through our activities are used to support National Trust projects. We meet once a month on the first Thursday of each month from 2.00 pm to 4.00 pm, and scheduled lectures include:

Feb 2 – The Natural History of Transylvania (Andy Harding)

Mar 2 – A Social History of Cutlery (Mark Lewis)

Apr 6 – In the Wake of the Mayflower (Cathy Shelborne)

May 4 – Gems (Jason Middleton)

The meetings of the Milton Keynes National Trust Association are at the Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes MK5 7GZ. £3 for members of the MKNTA and £4 for non-members. Questions can be referred to Sue Dee via phone or e-mail sue-davedee@talktalk.net.

Scheduled trips include:

25 March 2023 Windsor Castle

12 April 2023 Baddesley Clinton and Packwood House

10 May 2023 Coughton Court House

15–20 May 2023 Holiday to Swansea and the Gower

(If you are not a member of the National Trust, you have to pay entrance fees for National Trust properties in addition to travel fees.)

In addition, the association members have informal "Coffee and Natter" morning meetings held at different locations each month with details provided via e-mail.

Hoping to hear from you soon.

David Romine

Stony Nightingales WI

Do you want to meet new people and make new friends? Do you want to have fun, listen to inspirational speakers, learn new skills and make a difference through our campaigning? If YES, then the Stony Nightingales WI (SNWI) is here for you.

SNWI meets on the second Thursday of each month at 7.30pm at Swinfen Harris Church Hall, London Road, Stony Stratford, MK11 1JA. Visitors always receive a warm welcome.

Check out www.stonynightingaleswi.co.uk to see our exciting programme of speakers and trips for 2023. Interested, then come along to our members afternoon on Saturday 11th March, 1.30pm to 3.30 pm, at Swinfen Harris Church Hall, where you can chat to our friendly committee to find out more about SNWI, have a cuppa and cake and browse our craft and book stalls. Alternatively, feel free to call 07729 911061 for a chat.

Sue Fisher

Part-time Position at Centrecom

An opportunity has arisen for a part-time position at Centrecom in the city centre to assist the manager. It would require about 3 hours per week and remuneration is available. Administration experience, with some computer knowledge, would be an advantage. This position would be very suitable for a retired person with some free time.

If interested, full details are available from Boz Cranfield on 07793 754811, or email centrecom2019@outlook.com.

Barbara Baker

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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