



## The Third Way eNewsletter

January 2024

### NEWS FROM THE CHAIR – Lesley Sparks

Dear Members,

The Trustees wish you a belated Happy New Year and hope you are looking forward to 2024.

We must extend thanks to all the Group Coordinators who have worked throughout 2023 to maintain the groups you attend – we now have almost 100 groups covering many topics, so there must be something for everyone to enjoy. If you have a passion for something and we do not run a group which covers your enthusiasm, have you thought of exploring the possibility of opening a group to share your expertise?

A date for your diary. Our annual AGM will be held on March 27th – details will follow by email shortly.

One important change which we have had to make this year is on the eligibility to attend Outings. In the past we have allowed non-members to book places on trips using our '2 visits before joining our association' policy. Now due to constraints of our insurance policy, we would not be covered for these non-members on any outing and so we will only take bookings from current members. Joining our organisation costs under 30p a week and as well as joining days out becoming a member opens other group opportunities.

I was delighted to hear that two of our members have been awarded medals for their voluntary work in Milton Keynes,

[Sue Graham](#), the chair of MK Age UK and a long-standing member of Mku3a has been recognised in the New Year Honours Listing with a British Empire Medal for Meritorious Service to older members in our community.

Sue's unwavering dedication, outstanding leadership, and tireless commitment to Age UK Milton Keynes have not gone unnoticed.

[Dave Barratt, \(Our webmaster\)](#) and his [Green Gym group](#) have been awarded the KAVS, Kings Award for Voluntary Services. (it is the equivalent to an MBE) They heard in November that they were amongst 262 groups in the UK to receive this honour and it will be presented by Countess Howe, the Lord Lieutenant of Buckinghamshire shortly and an invitation to a Royal Garden Party will follow in the summer.

Green Gym is a unique programme to help participants to improve their physical fitness and general wellbeing, while taking part in conservation activities that are fun and help to improve the environment in which we all live. They work with local landowners to help them to manage woodland, regenerate ponds, plant trees, improve and maintain gardens and much more. Green Gym gives them an opportunity to tackle physical jobs in the outdoors – developing their strength and stamina, whilst learning new practical skills and boosting self-confidence. It is a refreshing new way to combat stress, improve mental and emotional well-being and make new friends.

We applaud them.

Best wishes as always. Lesley

## **NEWS FROM THE GROUPS**

### **Outings Group – Chris Behrendt**

Meetings are held the **SECOND** Thursday of the month.

Meeting dates,

8 February, 14 March, 11 April, 23 May, 13 June, 11 July, 8 August, 12 September, 10 October, 14 November

The next meeting will be on 8 February 2024 **from 2.15pm for a 2.30pm start** for the people attending.

The venue for the meetings is:

**Hérons Lodge Guide Centre, Bradwell Road, Loughton Lodge MK8 9AA**

*All members of MKU3A are welcome on any of the outings* and the Outings monthly meeting and will be able to 'sign up' for the outings also at the monthly Open meetings, postal application or by paying by bank transfer, further information on the flyers. Flyers for each outing will be circulated to all members through the website, with details in the monthly newsletter and hard copies available at the monthly meetings.

The Committee members who organise and Lead the Outing on the day are Anne Davis, Ray Cockram, Jennie Savage and Chris Behrendt who is also the Group Coordinator, e-mail [outings@mku3a.org](mailto:outings@mku3a.org) Diana Sears, manages the booking for Outings and any finance queries, [outingsmku3a@gmail.com](mailto:outingsmku3a@gmail.com)

**Insurance** – new guidance on who would be insured at a u3a group has been received from National. Basically, non-members are no longer allowed on Outings as they would not be insured, we must accept this guidance as should said person have an accident the Lead of the Outing could be held liable.

**26 October de Havilland Aircraft Museum Salisbury Hall London  
Colney Ref: OG07**

Update on the Day. Everyone was so impressed with this Outing and after being told that the museum survives mainly by public footfall we drafted an article about the trip that was published in an issue of the Group Leisure and Travel Magazine that goes out nationally and by e-mail. <https://www.groupleisureandtravel.com/features/fascinating-group-day-out-at-de-havilland-aircraft-museum/10336.article>

**Lead for the Day:** Jennie Savage

**24 November Thursford Christmas Spectacular with Festive Lunch  
Ref:OG08**

Update on the Day Feedback from this day was positive, the meal at the Black Lion Hotel well received and the spectacular as amazing as ever.

**Lead on the Day:** Ray Cockram

## **The Barn Celebratory Lunch 25 January Booking closed.**

One year since the revived Committee first met to set out the timetable of Meetings and Outings for the group we decided to hold a celebratory lunch to say thank you to all who have attended the various and successful Outings we have held through the year.

**Lead on the Day:** Chris Behrendt

## **Imperial War Museum London – Spies Lies and Deceptions 22 February – Fully Booked**

**Depart:** Milton Keynes 9.00am (09.00hours)

**Arrive:** Imperial War Museum 11.00am (11.00hours)

**Depart:** Imperial war Museum 4.00pm (16.00hours)

**Arrive:** Milton Keynes: 5.55pm (17.55hours)

**Cost: £19.00** Including donation to Imperial War Museum as entry is f.o.c., drivers tip and coach hire. **Latest Date to be Paid by: 30 January 2024**

All food and drink on the day at own cost (the café takes card payment only) **Contact on the day:** Chris Behrendt 07766 026357

Spies, Lies and Deception is a free, must-see exhibition about deception and espionage from the First World War to the present day. Explore how audacious plots of deception have changed the course of conflict and the lives of those involved. The exhibition showcases over 250 objects, newly digitised film, and photography, as well as specially commissioned interviews.

The exhibition will cover the role of deception, the means by which it was uncovered and the costs of being both the deceiver and the deceived.

There are human stories that invite you to discover the human cost of deception plots. What happens when you are deceived and who pays the price? Explore some of the most ingenious, surprising, and daring plots from the two World Wars, through the height of Cold War espionage to the present day. The methods and technologies of uncovering deception have changed over time – find out how. There are also many other permanent exhibitions within the museum to explore.

## **28 March MK Theatre Pretty Women**

Start Time 2.30pm

Finish Time approx. 5.00pm

Tickets prices from £53.50 to £62.00 dependent on location

We have probably all seen the film why not come and enjoy the live performance of the musical as the Outings Group dips its toe in the water of theatre outings.

After a successful London season the show is now touring.

**Lead on the Day:** Deb Hodges

## **MKu3a Choir – Vivienne Shaw**

We had a very successful Christmas Concert at United Reformed Church in Newport Pagnell on the afternoon of Sunday 17 December, when seasonal refreshments were served following the Concert. This was enjoyed by all and feedback on the event was very good. All proceeds from ticket sales and the raffle have been donated to the Thames Valley Children's Air Ambulance. Many thanks to all who came along and participated in our afternoon.

Rehearsals started again on 9 January – we do have a few vacancies, particularly for tenors and basses, so if anyone would like to come along and join us, please do not hesitate to contact me.  
[choir@mku3a.org](mailto:choir@mku3a.org)

## **Exploring World Faiths – Linda Morris**

On 7th February at 2pm we will visit the Open University, where we will learn about their Religious Studies department and the courses that they offer.

In March we will be finding out about the Trubys Tea Garden, Interfaith Cafe in Milton Keynes from our speaker on the day, Kurshida Mirza BEM.

Please see our group page for more information. If you wish to join the group or join us for either of these visits please contact Linda, the group coordinator.

## Keep Fit Groups – Vacancies

Have you put on a pound or two over Christmas? Do you need to do more exercise and would like a fun environment in which to do it?

There are two Keep Fit groups that started late last year, both meeting weekly, and have one of the best trainers in Milton Keynes to lead the groups through gentle exercises which stretch the whole body. All of the exercises are completed to upbeat 60s music whilst having fun in a relaxed atmosphere.

**Keep Fit 2** – Every Wednesday (9.15 to 10.15am) at the Fitness First Gym near the MK Stadium. Please contact Helen Vernon on [keepfit2@mku3a.org](mailto:keepfit2@mku3a.org)

**Keep Fit 3** – Every Tuesday (9.30 – 10.30am) and at the Mead Centre, Newport Pagnell. Please contact Anne Davis on 07703 190904 for details.

**At present there are vacancies on both groups**

## Obituary – John Ayton

It was with great surprise and much sadness that the members of the Counted Cross Stitch Groups received the news of John's death. He



had been so well when we met last just before Christmas. He was a valuable member always challenging us with new ideas for taking cross stitch further, using his interests in grids, pattern making on fabric and maths. He loved cartoons which he converted into cross stitch. He celebrated

the late Queen's Platinum Jubilee by cross stitching a beautiful portrait of Her Majesty, not on flat fabric but over the curves of a sieve! We shall miss his company, skills, and humour not to mention his arrival at our meetings on an e-scooter!

## OTHER ITEMS OF INTEREST

### QUIZ NIGHTS

Do you like Quiz Nights? Below are the dates for quizzes in Simpson Village. The proceeds go to different charities and the evening starts with an optional meal. If you are interested in coming along, please contact Pat Hodges [missquiz@sky.com](mailto:missquiz@sky.com) Places MUST be booked. All start at 7.00 p.m.

Sat 27<sup>th</sup> Jan for the NSPCC

Sat 10<sup>th</sup> Feb for the Simpson Garden Group

Sat 24<sup>th</sup> Feb for the Devon Air Ambulance Trust

Sat 23<sup>rd</sup> Mar for the Firefighter's Charity

Sat 6<sup>th</sup> Apr for Net Let

### Bletchley Seed Swap

Bletchley Seed Swap Committee  
is hosting

THE 16th BLETCHLEY SEED SWAP

to be held on

Saturday 17th February 2024

at

Freeman Church Hall

Buckingham Road

MK3 5HH

From 10am – 2pm

Entrance £1- Cash Please!

Heritage and locally grown seeds

Gardening advice

Gardening Bring and Buy Stall

Plant Stall

Home-made Refreshments

No Seeds to Swap? We suggest a donation of 50p per packet.

For details phone Jan 01908 372138, or Theresa 01908 375142

## BLETCHLEY EVENING WI



## BLETCHLEY EVENING WOMEN'S INSTITUTE

Meetings at  
St Andrew's Church Hall, Buckingham Road,  
Bletchley, MK3 5DR  
7.30 pm to 9.30 pm

**EVERY 1st THURSDAY OF THE  
MONTH**

**Knit & Natter**  
**Outings**  
**Monthly Speakers**

**Coffee Mornings**  
**Lunch Group**  
**Gardening Group**

## NEW MEMBERS WELCOME

Contact 01908 370468 for a chat



## BADEN-POWELL GUILD UK

How do you fancy joining a group of former Scouts & Guides or like-minded people for a bit of socialising and some fundraising for local charities? Well, the Baden-Powell Guild UK could provide the vehicle to do just that. There is a local Branch in Milton Keynes, and we are always looking for new members. If you would like to find out more then please do not hesitate to contact me.

Adrian French. Tel: 07808 142151

Chairman Milton Keynes Branch of Baden-Powell Guild UK



## DANESBOROUGH CHORUS CHORAL WORKSHOP

Come & Sing – Carmina Burana  
Saturday 2 March 2024 10.00 – 16.00  
Mary Adams Hall, St Mary’s Catholic Church, Aspley Hill,  
Woburn Sands MK17 8NN

Danesborough Chorus invites singers of all ages and abilities to join them in exploring Carl Orff’s epic cantata, Carmina Burana. A perennial favourite, the famous ‘O Fortuna’ opening has featured in film battle scenes and TV advertisements and will be familiar to many from a well-known aftershave advert!

Directed by our long-standing and highly regarded conductor, Ian Smith, and with our expert accompanist, Tim Grant-Jones, we aim to cover as much of the work as we can. The workshop is open to all who love singing, whether you sing regularly or not. It helps if you can read music to some degree, but other singers present who know the piece will lead the way.

Tickets are £15 per person (£5 for under 25s) and are available online from <https://www.wegotickets.com/event/595116> This covers a loaned copy of the score plus refreshments in the breaks.

For more information email [daneshboroughchorus@gmail.com](mailto:daneshboroughchorus@gmail.com)

## MK NATIONAL TRUST INFORMATION – David Romine

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 [deefam5248@outlook.com](mailto:deefam5248@outlook.com)) or by subscribing at one of our meetings. 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 2.00pm to 4.00pm, and scheduled lectures include:

01 February – Tea Tasters, Two Spoons – Giles Oakley & Mark Lawson  
– The job advert read “Trainee tea taster wanted – must be prepared to travel the world”. Quiz, tea tasting, and special tea to buy.

04 April – Culture of the Philippines – Analiza Jones – A very entertaining illustrated talk about the culture of the Philippines, and the making of hand-woven bags, with beautiful bags available to buy.

06 June – The Commonwealth War Commission – Mike Chapman – Very appropriately for the anniversary of D-Day, an illustrated talk about the Commonwealth War Graves Commission, its principles, and sites.

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 address: [deefam5248@outlook.com](mailto:deefam5248@outlook.com).

Scheduled trips include:

30 March – Ely Cathedral and Oliver Cromwell’s house NT

26 April – Basildon Park NT

15 June – Audley End House

16 July – Charlecote NT

Scheduled holiday:

27 – 31 May – Isle of Wight

(If you are not a member of the National Trust, you will 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 various locations each month with details provided via e-mail.

## Aylesbury Charity Pace – The Winter Waggle. Friday 16<sup>th</sup> February,

Join us for our inaugural, fun-filled ‘Winter Waggle’ sponsored dog walk in the grounds of the stunning Waddesdon Manor Estate.

Cast off those February blues, breathe in some fresh air with your furry best friend, and clear your mind ready for spring.

With a choice of 3k and 5k routes around Waddesdon Manor, Waddesdon, Aylesbury HP18 0JH, registration takes place at the Welcome Pavilion, between 11.00 – 11.30 am and the walk starts at 11.30 am.

Free parking available.

### **Get your ticket now:**

Early bird tickets 22<sup>nd</sup> November – 8<sup>th</sup> February £10 adult / £5 child

Tickets one week before 8<sup>th</sup> – 15<sup>th</sup> February 12 adult / £7 child

Any tickets bought on the day – £15 adult / £10 child

Dogs go free.

[www.thepacecentre.org/event/winter-waggle/](http://www.thepacecentre.org/event/winter-waggle/)

For many of the children at Pace just achieving independent mobility is a huge achievement and takes years of practice. Whether it's taking one step, or learning to use a motorised wheelchair, the challenges they overcome to be independent are enormous. YOU can help them achieve their goals and transform the lives of children with a neurodisability like cerebral palsy by putting on your own walking shoes and joining us for the ‘Winter Waggle’. Taking part not only gives you the opportunity to explore this beautiful countryside estate, but you will also be helping us to provide life changing support to the babies, children and young people who access Pace services.

## Tips and Recommendations – Libby Culshaw

### Going on Holiday

Take a photo of your suitcases before you leave home so that if it does go astray, you can easily describe it, especially if it is black!

As soon as you book a holiday take out travel insurance. You will be able to get remuneration if you are not able to travel.

Have photos of your passport, insurance, credit cards etc., on your phone. I always travel with paper copies too. Belt and braces!

When you book flights through an agent they will say, "Non-refundable and non-changeable." If for any reason you can't fly, the agent will only return your airport taxes. If you book through the actual airline, they will either issue a chit for travel at another time or refund the money. This is what I have experienced, you may find an agent where this does not happen. In Fifty years of world travel I have never found this the case, so I always book direct with the airline. Package tours may be different. Please check.

You can buy an Air Tag, this gadget is put in your suitcase and it tracks its whereabouts. No more whittling at the luggage carousel when you are last!

**Chair** – Lesley Sparks email [chair@mku3a.org](mailto:chair@mku3a.org)

**Vice Chair** – Diana Sears email [vicechair@mku3a.org](mailto:vicechair@mku3a.org)

**Secretary** – Deb Hodges email: [secretary@mku3a.org](mailto:secretary@mku3a.org)

**Treasurer** – David Hall email: [treasurer@mku3a.org](mailto:treasurer@mku3a.org)

**Groups Team** – Chris Costello/Hazel Spencer email [groups@mku3a.org](mailto:groups@mku3a.org)

**Webmaster** – Dave Barratt email [webmaster@mku3a.org](mailto:webmaster@mku3a.org)

**Membership Secretary** – Tim Hadden email [membersec@mku3a.org](mailto:membersec@mku3a.org)

**Communications Coordinator** – Martin Woodman email [comms@mku3a.org](mailto:comms@mku3a.org)

**Thames Valley Network Coordinator** – Frank Parisi email [tvn@mku3a.org](mailto:tvn@mku3a.org)

Please refer to the website: [www.mku3a.org](http://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 OBA. Telephone: 01908 281717 email: [info@mku3a.org](mailto:info@mku3a.org) Registered charity number: 298693