



The Third Way eNewsletter July 2023

News from the Chair

Dear Members,

I am pleased to report that we have a new Vice Chair following my request for a volunteer. Diana Sears, our former Treasurer has returned to the Committee in this role. We are all delighted to welcome her back.

Thanks to all of you who responded to my plea for other volunteers, I think we now have enough help on the day for our Celebration Tea Party. For the Open Meetings, 'many hands make light work' as the chairs need to be set out and returned to storage and refreshments prepared so please let Wendy Barrett know if you would like to help openmtgs@mku3a.org The Open Meeting are the 4th Wednesday afternoon on the month.

We will hopefully replace the volunteer for the Membership Admin team shortly and I will keep you updated as soon as we have news.

Just to remind you, all those who work for our great organisation are volunteers and give their time freely to benefit everyone – could you help in any way? If you would like to find out how we work, you are welcome to join us as an observer at a Committee Meeting. Please ask to join us if you are interested chair@mku3a.org

As promised here is an update about our Celebration Mad Hatters Tea Party on 23rd August. On this occasion this will be a 'free to members only get together' and will include exhibits by several of our groups.

To enable the organisers ample time to order the afternoon tea we ask that you book a place as soon as possible from the Diary area of the

website. Places are limited due to the number allowed in the venue so BOOK NOW. You will need to log in to do so and this would be our preferred method of booking as it is instantaneous and ensures your place is secure. We can also accept booking by email to vicechair@mku3a.org or by phone 07880 832917 but your place will be dependent on how soon your message is picked up. You will receive confirmation.

The organisers have discussed the possibility of a further get together nearer Christmas, but this depends on the success of this event.

We are still considering whether to organise a walk/cycle pre tea, but the weather may be a factor, so once again watch this space for further details.

Lesley Sparks Chair MKu3a

MKu3a Celebration 2023 – Members Only

Free Mad Hatters Tea Party

Please wear a hat, the madder the better!!

Date: Wednesday 23rd August 2023

Time: 1.45 for 2.00

Venue: The Oak Tree Centre, Wallinger Drive, Shenley Brook End, MK5 7GZ

Please Book by Monday 7th August

Limited Numbers so Book NOW!!

The event is listed on the diary area, but if you need help booking, please contact vicechair@mku3a.org or call Diana on 07880 832917

If you have any food intolerances, please let us know

Open Meetings – Wendy Barratt

“Dr Livingstone I presume” – Open Meeting 26th July



Fran Sandham returns as our speaker on the 26th July. Inspired by the great explorers, he left the daily grind of London to undertake an extraordinary adventure, documented it in his book 'Traversa'. He will share with us more of the stories of his epic 3,000-mile walk across an entire continent; from Namibia's Skeleton Coast to the Indian Ocean near Zanzibar ...

Some reviews for his book.....

'Sandham's talent for summoning up the sights, sounds and sensations of the continent is enviable, whether he's nervously crossing a game reserve or following Livingstone's footsteps to the Upper Zambezi and Victoria Falls'.

THE HERALD

'Sandham describes his trials and tribulations, hilarious mishaps and encounters with memorably bizarre characters, while at the same time giving fascinating insight into the history of the Victorian explorers. Sandham's love for Africa is contagious as he makes you feel like you are right there with him, experiencing every step of this brave journey.'

SOUTH AFRICA MAGAZINE

Come along and meet Fran at the Oak Tree Centre in Shenley Brook End. Doors open at 2.00 pm, the talk starts at 2.30, and tea or coffee is available after. Please sign up to this talk in the Diary tab on the website. openmtgs@mku3a.org.

News from the Groups

Outings Group

Programme for 2023

Meetings are held the SECOND Thursday of the month. Meeting dates, 11/5,8/6,13/7,10/8,14/9,12/10, 9/11/23.

The next meeting will be on 10 August from 2.15pm for a 2.30pm start for the people attending. The venue for the meetings is:

Herons 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. You will be able to 'sign up' for the outings at the monthly meeting, at the 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 will be available for those without e-mail access at the monthly meetings.

The committee comprises of Anne Davis, Ray Cockram, Prudence Davies, Erica Thibouville, Deb Hodges, Jennie Savage, Diana Sears who will deal with the bookings and finance, e-mail outingsmku3a@gmail.com. Chris Behrendt as the Group Coordinator, e-mail outings@mku3a.org. All are working on the details of the outings agreed for 2023 and starting to think about 2024. Ideas for future excursions are always welcome.

A brief description of the outings is listed below, please ensure that you see full details given in the information flyer including the booking form, so you are fully aware of any mobility, access, or safety issues.

Once we have paid for the coach and venue (just after the booking closing date) we are sorry we are unable to offer a refund unless a replacement booking is made for the excursion in question.

27 July Arundel Castle Ref:OG04

Pick up Point: The Coachway, Coachway Road, MK16 OAA at 8.00am. Coach company Bills Coaches. **Cost** £41 includes entry to the Castle; the State Rooms open at 12 noon with last entry at 4.00pm. The Castle Keep, grounds and gardens and café open at 10.00am. During the week of our visit an International Jousting Tournament is being held, eight international jousts will fight to be champion of champions. The knights' horses will thunder down the tilt rail and lances will shatter on opponents shields. The arena will also host falconry, a fire eater and the infamous 'Kids Battle.' Bring a blanket or folding camping chair for seating to enjoy the events in the arena. Try your hand at 'have a go' activity, including archery, warrior training and axe throwing.

There will also be demonstrations in the Medieval encampments such as forging, cooking, leather work and period crafts.

For details on disabled access please contact Chris Behrendt. Wheelchairs are available for loan on a first come first served basis for use inside the castle.

All refreshments on the day at own cost.

Lead: Chris Behrendt 07766 026357 for contact on the day.

Closing Date for Booking: 19 June 2023 – bookings closed although waiting list available.

24 August Hampton Court Palace Ref: OG05

Pick up Point: MK Coachway, Coachway Road, MK16 OAA at 8.00am

Company: Bills Coaches

Cost: £40 includes entrance to Palace, gardens, and a 1½ hr guided tour to introduce the main features of this wonderful palace.

Lead: Erica Thibouville 07749 704001 on the day of the outing only.

Hampton Court – managed by Historic Palaces, an independent charity, has over 500 years of history to discover. The home of Henry VIII, his wives and children, the palace is the greatest and most authentic Tudor experience in the world.

There are various options offering refreshments. The Tiltyard café provides a selection of hot and cold food offerings. The Magic Garden Kiosk serves drinks and ice cream.

Accessibility: While they make Hampton Court Palace accessible to all visitors, this historic building has many uneven surfaces and difficult staircases. They recommend that wheelchair users bring their own wheelchairs for comfort and ease.

Closing Date for Booking: 20 July 2023 – fully booked, waiting list available.

28 September Paul McCartney Photographs: 'Eye of the Storms' National Portrait Gallery (NPG)

Pick Up Point: MK Coachway Coachway Road MK16 OAA at 9.00am

Company Bill's Coaches

Cost: £33 Entry into the exhibition at 2.00pm, plus free time to explore the up to £43million pound refurbishment of the NPG with the revised hanging from over 2million photos and paintings. Includes coach cost and driver's tip. There have been many articles in the papers regarding this re-opening made by the Princess of Wales, the refurbishment looks fascinating with much more to see as well as the Eyes of the Storm exhibition.

These photographs have not been seen since 1964, They are photos the singer took of his friends and bandmates and give a Beatle's-eye view of the mania around the band in 1964. These extraordinary behind the scenes moments capture four young men on the brink of immortality.

40 tickets have been booked for the exhibition on a first come first served basis.

As this booking leaves 12 spaces available on the coach, we are also offering the chance for those who want to visit the refurbished NPG, which is free of charge to enter at a cost of £14 including coach costs and driver's tip.

All meals and refreshments for both options are at own cost.

Accessibility: The new entrance and renovated gallery spaces are fully accessible for wheelchair and mobility scooters. If you are bringing either of the above or a rollator, please note on the booking form as we need to make Bill's Coaches aware.

Lead for the Day: Chris Behrendt 07766 026357

26 October de Havilland Aircraft Museum Salisbury Hall London Colney

Depart: MK Coachway 9.00am **Arrive:** de Havilland Aircraft Museum 10.30am(approx.)

Depart: de Havilland Aircraft Museum 4.00pm **Arrive:** MK Coachway 5.30pm(approx.)

Cost: £44 includes entry, refreshments on arrival, 2 hour conducted tour, lunch and driver's tip

Upon arrival at de Havilland refreshments will be served before we take a 2-hour guided tour of the museum over three hangers, including one where ongoing restoration of planes can be seen and learn the history of de Havilland aircraft. Following a lunch, included in the cost, there will be free time to revisit some of the hangers and perhaps explore the outdoor grass aircraft park with eight other aircraft.

Accessibility:

Lead for the Day: Jennie Savage 07885 857270

Reviews of the Outings

23 June Blenheim Palace and Flower Show

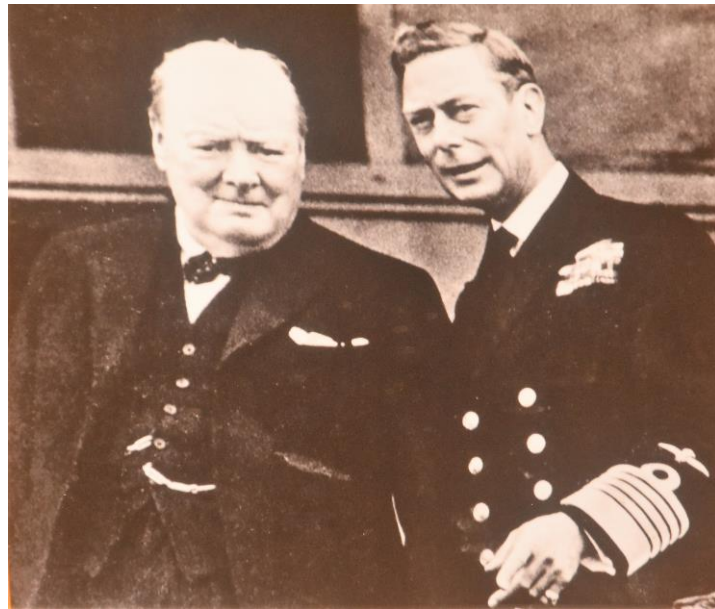
"A lovely day out, enjoyed by everyone on the trip, visits inside the Palace where we saw the beautiful dresses of Royal Weddings (albeit replicas made for the Crown Series) the state rooms with the collections of portraits, tapestries and furniture followed by a stroll in the formal gardens. Then onto the Flower Show grounds where we saw the Gold medal display winners and many a plant was purchased to take home."

Outing To Blenheim Palace, 23 June 2023 – Brian Graves

A masterpiece of Baroque architecture, Blenheim Palace provides an awe-inspiring experience for visitors. Home to the

12th Duke of Marlborough and his family and the birthplace of Sir Winston Churchill.

The formal gardens surround the Palace, and they include the majestic Water Terraces, the tranquil secret garden and all its hidden treasures, the Churchill Memorial Gardens, and the beautiful delicate Rose Garden as well as a meander through some 2,000 acres of parkland.



George VI and Winston Churchill painting at the Palace



The Water Terrace



The Rose Garden



The Palace

Exploring World Faiths – Linda Morris



Would you like to know more about the Salvation Army? If so, please make contact in order to join the Exploring World Faiths group visit to Conniburrow on Wednesday afternoon, 6th September. Please see our group page for more information.

[Knitting Group – Janet McLean](#)



Our knitting group, which meets on the 2nd and 4th Mondays at 10:00 am until 12:00 noon has been going for a few months now. We meet in Neath Hill and are currently working on making a blanket from 9 inch squares in DK using knit/purl patterns. We were given 2 large bags of yarn that we are putting to good use. This group is open to all abilities;

whether you are a total beginner or whether you want to improve your knitting skills. It is an opportunity to get together with your knitting projects or to start group projects. There is plenty of chatting whilst we knit so that we can share tips and ideas and maybe learn new techniques. The group is not yet full, so if this is the sort of thing that you would be interested in please contact us on knitting@mku3a.org.

[Short Mat Bowls Group – Mo Briggs](#)

We have vacancies within our group.

We play on Tuesday afternoons from 1.45pm until 4pm at Sudgrove House in Downshead Park. We provide most of the equipment, all you have to bring is a pair of flat shoes.

Unfortunately we can only accept able bodied persons as we have to move furniture around (tables, chairs etc) and also move a heavy mat out of the store room.

If you are interested please email me at brggsjm@aol.com quoting your name, membership number and telephone number. We will add you to our waiting list and offer you a session for one week.

Videography Group – Alan Carter

We are looking for more members. We meet on the 2nd and 4th Wednesday of the month at 2pm at the U3A Kingston Centre. If you are interested in making videos or films and would like to join or require further information please let me know. I can be contacted on 07837 721773 preferably by text or leave a message, and by email videography@mku3a.org.

Third Age Players – Greta Langsdale

As you can see, TAP is in full swing rehearsing for... something... So why not enjoy an afternoon or evening of tittering at our performance of 36 Titty-Ho Lane on Friday 15th at 7pm, Saturday 16th at 3pm and Sunday 17th September at 2.30pm at Wavenden Community Centre MK17 8LH?



Question: What is about?

Answer: Two disfunctional families... and who doesn't know one of those?

Tickets are selling out fast! (Well, we've sold some already.)

To book your tickets for this unmissable comedy go to <https://thelittleboxoffice.com/mktap> (make sure you put the full address in the top search bar) or ring Greta on 07905 24 78 70 (she's a real person, not artificial intelligence.)

Put it in your diary! Tell your friends about it! We look forward to seeing you all!

New Groups – Hazel Spencer

Card Games



Do you like playing traditional card games such as Whist? If you do, you may be interested in joining a new group for experienced players to enjoy a few hours a month playing the game.

It is proposed that the group meets once a month on the first Tuesday of the month at a venue in Newport Pagnell.

If you are interested in joining the group, please contact Hazel Spencer at groups@mku3a.org.

Happy Drawers and Painters

Do you enjoy drawing, sketching, or painting, whether by pencil, pen, paint or watercolour? If so, you may be interested in joining a new art group which it is planned will meet every 2nd and 4th Monday in the month in Great Holm.



Everybody is welcome to come and work on their own projects, regardless of their experience, but you will need to bring your own materials. The aim is for it to be a fun, relaxing group with everybody working alongside each other and offering each other tips and encouragement.

If you are interested in joining this new group please contact Hazel Spencer at groups@mku3a.org.

Creative Crochet

Do you have an interest in crochet? Would you like to learn how or to improve your crochet?



If that sounds like you, why not consider joining a new fortnightly group that we are proposing to set up for crochet lovers of all levels: beginners and experts alike.

We'll be sharing experiences, knowledge and skills from each other and websites.

The group will meet on the second and fourth Thursday mornings from 10 am–12 noon. The venue and start date are to be confirmed.

So, if you yearn to learn more about the group, please contact Hazel Spencer at groups@mku3a.org - we'd love you to hook up with us!

Keep Fit

Do you need to do more exercise, if so, you might like to consider trying



this new Keep Fit group. We will have one of the best trainers in Milton Keynes who will lead us through gentle exercise which stretches the whole body. All the exercises are done to upbeat 60s music whilst having fun in a relaxed atmosphere. The location is still under consideration.

However, in order for the group to start we need somebody who is prepared to be the Group Coordinator. There will be help and support to undertake these duties, which will be given by another Group Coordinator.

If you are interested or would like more information please contact Hazel Spencer at groups@mku3a.org

Other News

A Literature Class in Milton Keynes – September to December 2023 – Joe Clinch

This class should appeal to those who are keen on discussing good literature with a highly experienced tutor and a more structured format than is usually possible in book groups. The tutor, **Karen Hewitt**, taught regularly for Oxford University Department for Continuing Education in Milton Keynes, but a change of policy by OUDCE and the WEA has meant that she is now running these classes in Milton Keynes independently with a continuing group of about a dozen class members.

The class theme for the Autumn Term is ‘Aspects of Love’ when the following works will be studied:

- First Love and Other Stories by Turgenev, Oxford University Press
- Villette by Charlotte Bronte
- Complete Novellas of D.H. Lawrence, Blackthorn Press
- Death in Venice and Other Stories by Thomas Mann translated by David Luke, Vintage
- Either The Chatto Book of Love Poetry edited by John Fuller or the New Penguin Book of Love Poetry edited by John Stallworthy (to be decided)

An essay chosen from a wide list of topics is an essential part of the class.

Time and Place The class will be held on Mondays from 10.00 to 12 noon **starting on 25th September 2023**. It will last for 11 weeks with a half term booked provisionally for 24th October. The class will be held in the comfortable **Methodist Church Hall in Stony Stratford**.

Fee The fee for the 11-week class will be £160 to cover paying the tutor, travel expenses, hire of hall and insurance. Potential new members are

very welcome to come along to the first meeting to sample the class before they commit themselves to paying the fee.

Contact If you have any further questions, you are welcome to contact karen.hewitt@conted.ox.ac.uk. Otherwise, write to Jean Cooke, our class secretary, at jcookiejean@aol.com to record your interest.

Posted by Joe Clinch (joeclinch@btinternet.com) mku3a member and long-standing Karen Hewitt Literature Class member

Quiz Nights – Pat Hodges

I run charity quiz nights on a regular basis usually in St Thomas's Church Simpson or Simpson Village Hall. These evenings also include an optional dinner. If you would be interested in coming to any of these please contact missquiz@sky.com for more details.

Recommendation – Libby Culshaw

I needed the aid of a locksmith and this family enterprise was recommended to me. They were efficient and professional so I recommend them to anyone in need of a locksmith who can deal with intruder alarms, safes, security grills, UPVC locks, digital locks and auto locks, keys, and immobiliser faults.

Brinnick Locksmiths and Security Ltd.,
Licensed Master Locksmiths
58 High Street
Newport Pagnell
MK18 8AQ

Tel: 01908 617575

Chair Lesley Sparks. email chair@mku3a.org

Vice Chair Diana Sears. email: vicechair@mku3a.org

Secretary Deb Hodges. 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 Tim Hadden. email: membersec@mku3a.org

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

Thames Valley Network Coordinator Frank Parisi. 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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