



The Third Way eNewsletter

May 2023

News from the Chair

Those of you who read the newsletter regularly will have realised that we are migrating to a new publication date. This is to ensure that any event dates have not passed before you have a chance to read about them if you like to pick up a copy at the Open Meetings.

I would like to tell you that we plan to hold a u3a day again this year and the proposed details can be found in this edition. It is a work in progress so please bear with us. More information will be sent out as soon as we have formalised the itinerary etc. I hope you will be able to join us on the day.

The new committee held their first meeting at the end of April, and the newly appointed Trustees are getting familiar with the working of our u3a. We welcome Wendy Barrett, the Open Meeting coordinator as a co-opted member to the committee and I know that some of you will have had a chance to meet her at the last Open Meeting. I realise this meeting had its drawbacks with the lack of parking, but we were only informed of the problem at 8.30 on the morning of the meeting so many apologies if you didn't see our urgent message about the inconvenience and turned up. Unfortunately, I was on grandmother duties and unable to join you, but I am reliably informed that the speaker was excellent. Thank you, Michael. Please remember the second instalment of Winston Churchill, focusing on the latter part of his life, is scheduled for the September Open Meeting.

By the time you read this King Charles will have been crowned, and the celebrations will be over but there is a further Bank Holiday on Monday 29th May to look forward to – 3 in one month, I think that must be a record.

Best wishes to you all, Lesley.

Proposed u3a Day 2023

Following the extremely successful u3a day in 2022 which celebrated our 35th anniversary and the 40th anniversary of the beginning of the whole u3a movement, we hope to continue to hold an annual gathering as suggested by The Third Age Trust.

The week which The Third Age Trust have designated for these gatherings falls in September, but we can celebrate when we wish. Having heard from our Third Age Players group, who performed for us so admirably last year, with a plea not to coincide with their upcoming production in September, it has been decided to explore the possibility of using the Open Meeting date on August 23rd (the fourth Wednesday) for a smaller event. Last year many of the group contributors were from our indoor groups, so this year we would like to invite the cycling and walking groups to be 'centre stage'

At the moment, the idea is to have a stroll/walk around Furzton Lake and a cycle in the same vicinity which will end at the Oaktree Centre in Shenley Church End, our usual Open Meeting venue for an afternoon tea. There will be no compulsion to partake in the walk and cycle to join in the afternoon tea but on this occasion booking into the event will be necessary to enable the catering to be as easy as possible. More details about the day nearer the date once we have agreed the details. So, watch this space!

We hope that we will also have exhibitions of work from other groups in the centre, but this is still a work in progress with other ideas being thought through as I write! Groups will be contacted in due course.

Lesley Sparks

Volunteers Needed Willen Hospice – Linda Morris

The cafe at Willen Hospice, where the World Faiths Group met in March need people to help there to get it open to the public.

<https://www.willen-hospice.org.uk/counterassistant/>

News from Our Groups

MKU3A CHOIR



Tickets are now on sale for our summer concert, see poster for details – because room in the church is more limited in our cream tea layout, don't leave it too late!

We will also be repeating our summer concert on July 22nd in St James Church, Bradwell – more details next month.

Summer Celebration

A concert presented by
MKU3A Choir
with a cream tea

Newport Pagnell United Reformed Church

Sunday June 11th at 2.30pm



Tickets £10 (including refreshments)

07762 178379 / 01908 613088

All proceeds to Willen Hospice



Open Meetings – Wendy Barrett

Local prison chaplain Steve Karma will join us on 23rd May to give us an insight into what is meant by and needed from a Prison Chaplain. The talk promises to be very informative, including his personal journey to this unusual appointment.

Open meetings are held in Shenley Brook End. Doors open at 2.00 pm for a 2.30 pm start; with coffee, tea and biscuits available after the talk. There is a £1 charge for members and £2 for visitors. Please book directly via our website or by emailing openmtgs@mku3a.org.

Outings Group – Chris Behrendt

Arundel Castle and Medieval Jousting Tournament
Thursday 27 July 2023

The Outings Group have released their fourth day trip, attached are details of this very exciting and colourful outing and the booking form. Please read the booking form carefully as there are different options of paying for your trip.

If you have any queries regarding this outing, please email:

outings@mku3a.org

<https://mail.google.com/mail/u/0?ui=2&ik=fb3dfe64b3&attid=0.1&permmsgid=msg-f:1764314095654022898&th=187c1a527fac2ef2&view=att&disp=inline>

Exploring World Faiths Group – Linda Morris

800 years of history will be explored at the church of St. Lawrence, Bradwell Village at 2pm on Wednesday 7th June. All welcome. Please make contact if you wish to attend. Refreshments will be available. Further details are on our group page. ewf@mku3a.org

The Joy of dancing – Pat Allen

The English Country Dancing group celebrated Joy Burt's 93rd birthday in early April. Joy still dances every week and "calls" the dances for the group once each month.

Joy is a fine example of the benefits of dancing for maintaining healthy mind, body, and spirit. A model for us all.



Ukelele Group - Sue Lloyd

Thanks are due to the Ukelele Group for their marvellous performance at the recent AGM. They work very hard, practicing every fortnight and often at home. The opportunity for a singsong was also enjoyed by many, I'm sure!

If anyone has any photos or videos of the above performance, could they kindly contact Barbara Evelyn on barbaraevelynuk@gmail.com.

Playpals news – Marilyn Ridsdale



Fresh from our recent performance at St Mary and St Giles in Stony Stratford, we are now preparing for our next gig which is at the church of St Mary Magdalene in Willen on Tuesday 20 June at 12.30 as part of their regular T.T.T.T. (THIRD TUESDAY TWELVE THIRTY) events.

Entrance is free and refreshments are provided. Donations are requested towards church funds. Do come along to support the church and enjoy the surroundings of Willen Lake and the beautiful building designed by Robert Hooke.

We will play a mix of various styles for example, Beatles, Abba, and Simon & Garfunkel among others. We encourage audience participation, and our experience shows that people leave feeling happier than when they came in!

Meanwhile, we would love to hear from anyone who is interested in coming to play with the band. There is no minimum standard and no pressure to perform. Parts can be customised to suit individuals and experienced players will help as required. To find out more, come and visit one of our Tuesday morning sessions and/or see us play at our next gig.

If you are interested get in touch with me at musicians@mku3a.org

Newly formed and Proposed Groups – are you interested?

Crafting

Are you interested in Crafting of any genre? If so you may be interested in a new group which is based in Olney, where a group of people will get together to share craft ideas and skills in order to inspire and motivate each other.

The group will be meeting monthly on the First Thursday of the month. Each month one member of the group or guest will bring along something to demonstrate and if relevant everybody can join in with that craft. If you do not fancy that craft, you can bring along a project of your own to work on and join in with the chatter.

At each meeting a decision will be made as to who will put together a demonstration for the next meeting, hopefully all members of the group will take a turn.

Depending on the craft there may be a charge for materials. Tea and coffee will be offered and there will be a charge of £2 per session to cover the cost of providing the refreshments.

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

Chess



Do you have an interest in playing or learning to play Chess? If you do you might be interested in joining a new group that we are proposing to set up for interested people to get together every fortnight on a Wednesday morning at various locations to enjoy a game. Both experienced players and beginners alike are welcome to join the group.

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

Dining-in Group



We are considering setting up a new group which is intended to appeal to people who have a love of good food and enjoy cooking and entertaining. It is not a competition – rather a get together to enjoy delicious food and fun company.

At a frequency to be mutually agreed (possibly every 2 or 3 months), the coordinator will randomly allocate members into subsets of three couples. A “couple” can consist of two friends. One couple will be nominated to be the hosts. These 6 people

will then agree a date and time to meet at the host’s home.

The hosts will provide the main course enough for six. They will also provide a welcome drink, including non-alcoholic options, biscuits for cheese, tea, and coffee.

The other two couples will be nominated to bring either a starter or a pudding course, enough for six. Both couples will also provide a bottle of wine and cheese to share.

Food dislikes and intolerances will be catered for.

Does this whet your appetite? If you are interested in joining this new group, please contact Hazel Spencer at groups@mku3a.org

Seeing the Saints in a new Light

A Thank You – Brian Graves

Many thanks to Diana Sears and the Outings Committee for organising the day to St Albans. My highlight was viewing the recently digitally enhanced wall paintings in the Cathedral which date originally from Norman times. The images were created over an 18-month period.

We have (from the left) – St. Sitha of Lucca, St. Amphibalus and St. Alban and St. Thomas Becket.



Other Items of Interest

Danesborough Chorus Summer Concert – Maria Seaton

Don't miss the chance to hear three beautiful choral works in the wonderful setting of St Mary's Parish Church at Woburn. 7.30pm on Saturday 24th June.

The programme comprises three quite different works, [My Heart is Inditing](#) by Henry Purcell, [Messa di Gloria](#) by Giacomo Puccini, and [Dies Natalis](#) by Gerald Finzi a varied musical feast, which together with our summer concert tradition of a long interval (bring your own refreshments), will make for a most enjoyable evening you really will not want to miss.

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

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 <http://www.wegotickets.com>

Further information about Danesborough Chorus and our concerts is available on our website www.danesborough.org.uk

The Open University Orchestra Spring Concert Laurence Holden

OPEN UNIVERSITY ORCHESTRA
Paul Truman *Conductor* Katharine Reedy *Leader*

Spring Concert

Ralph Vaughan Williams
The Wasps, Aristophanic Suite

Ester Mägi
Bukoolika

Johannes Brahms
Academic Festival Overture

Friday 19 May 2023 1–2 pm
Hub Theatre, The Open University, MK7 6AA
Admission free

Tickets through: tinyurl.com/OUOConcert or on the door (subject to availability)

Voluntary retiring collection to support OU Orchestra's schools' outreach concerts

www.open.ac.uk/wikis/ouocmc/OU_Orchestra

The Open University Orchestra's next lunchtime concert is on Friday 19 May, 1:00–2:00 at the Hub Theatre on the OU campus at Walton Hall, MK7 6AA. It's free and all are welcome, though pre-booking via Eventbrite is recommended. <https://tinyurl.com/OUOConcert>

The programme is Vaughan Williams *Wasps*, an *Aristophanic Suite*, Ester Magi's *Bukoolika* and Brahms *Academic Festival Overture*.

Ester Magi was a leading composer in Estonia, sadly dying a couple of years ago just before her 100th birthday. Her piece is a delicate pastoral portrayal, using solo

instruments and sections of the orchestra as her musical palette. A performance of the complete *Wasps* suite by Vaughan Williams is quite rare, although the overture is frequently performed. Brahms *Academic Festival Overture* – written as a stand-alone piece – provides a rousing finale to the concert.

Bucks Art Weeks June 2023 – Laurie Keck

Eight Milton Keynes artists are exhibiting in two locations in Stony Stratford in June as part of Bucks Art Weeks, the annual showcase of locally produced art in the county. We are open from 10 – 18 June 2023. On show will be paintings, glass art, textile art, visual & sound art and ceramics.

Refreshments are available, in aid of Willen Hospice. There is a beautiful garden to enjoy and relax in and eight talented artists to meet and chat with. We are entries 2 to 8 in the Bucks Art Weeks directory and website www.bucksartweeks.org.

ART EXHIBITION

SATURDAY 10TH JUNE - SUNDAY 18TH JUNE

**14 CHESTNUT CLOSE
STONY STRATFORD
MK11 1JZ**

Open daily
11am - 4pm

Drawing, painting, printmaking,
sound art & installation - **Tobot & Garrad**



**4 CLAREMONT AVENUE
STONY STRATFORD
MK11 1HH**

Open daily 10:30am - 5pm

Landscape paintings in mixed media & oils - **Lesley Keck**
Abstract, sculptural & garden ceramics - **Laurie Keck**
Animal & wildlife paintings - **Helen Abbott**
Paintings of Stony Stratford - **Jennifer McAllister**
Textile art - **Anna Woodhead**
Kiln formed glass art & collagraphy - **Sam Burke**

We look forward to welcoming you.

ART EXHIBITION

8 LOCAL ARTISTS 2 VENUES IN STONY STRATFORD



SATURDAY 10TH JUNE - SUNDAY 18TH JUNE

Open daily
10:30am - 5pm

Open daily
11am - 4pm

4 Claremont Avenue,
Stony Stratford MK11 1HH

14 Chestnut Close,
Stony Stratford MK11 1JZ

*Come & chat to the artists about their inspiration & techniques,
buy a piece of artwork
or simply be inspired & enjoy some refreshments.*

Donations for refreshments to Willen Hospice

Facebook @StonyStratfordArtistsGroup



MILTON KEYNES COMMUNITY CARDIO-PULMONARY GROUP

Lynn Kirkbright

If you would like to improve your breathing and have fun, why don't you try our A Breath of Fresh Air singing group? We meet at 3pm – 4:15pm on Mondays at Hinton Hall, 296a Whaddon Way, Bletchley, MK3 7GB

Anyone who wants to improve their breathing can attend, you do not need to be able to sing!! The aim of the group is to help people improve their breathing by using various breathing exercises, vocalisations and mostly singing for enjoyment.

We ask for a donation of £1 per session. For further details please

Contact: MKCCG 01908 632999 enquires@mkccg.org or just turn up!

Key Contact Details—more on the web site www.mku3a.org

Chair Lesley Sparks chair@mku3a.org

Vice Chair Martin Woodman vicechair@mku3a.org

Secretary Deb Hodges secretary@mku3a.org

Treasurer David Hall treasurer@mku3a.org

Groups Team Chris Costello/Hazel Spencer groups@mku3a.org

Webmaster Dave Barratt webmaster@mku3a.org

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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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