



The Third Way eNewsletter November 2023

News from the Chair – Lesley Sparks

Dear Members,

The weather as I write is autumnal, and a variety of colours can be seen as I drive through Milton Keynes. I think we are extremely lucky to live in a city with so many trees lining our roads and a wealth of places to walk either in woods, parklands or around lakes. I do not envy the park keepers who have to sweep up the leaves, but they do a sterling job, keeping everywhere neat and tidy.

This year seems to have flown by and as an organisation we are nearing the end of our financial year, which is 30th November, and all group coordinators who deal with group money will be asked to ensure they submit their final monthly return for 2022-2023 by the end of the month.

On 3rd November members of the trustees went along to the Over 55's Fair run by our local MPs to showcase the activities we offer. It was a well-attended Fair, and we are confident we will soon have several new members who we spoke to on the day. There were many other exhibitors, too many to mention, and we all thought that it was a success and should be an annual event.

We have several new groups in the pipeline, the details of which have been sent to all members by email or are noted later in this issue. Have a look to see if there is something which takes your fancy. If you like crafts the new Beading Group may be something to consider, and there is a new evening Reading Group proposed to be held in Woburn Sands.

As we do not hold a general meeting in December and our next Newsletter will be in January, I would like to take this opportunity to wish you all a very happy and healthy Christmas and New Year.

Best wishes as always

Lesley

NEWS FROM THE GROUPS

Outings Group – Chris Behrendt

Meetings are held the **SECOND** Thursday of the month. Meeting dates: 11 January 2024, 8th February, 14 March, 11 April, 9 May, 13 June, 11 July, 8 August, 12 September, 10 October, 14 November 2024.

The next meeting will be on **11 January 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 Group 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 for those without e-mail access at the monthly meetings.

The Committee members who organise and lead the outing on the day are Anne Davis, Ray Cockram, Prudence Davies, Jennie Savage, and Chris Behrendt who is also the Group Coordinator – e-mail outings@mku3a.org.

Diana Sears manages the booking for Outings and any finance queries outingsmku3a@gmail.com

One of the committee, due to alternative commitments, has stepped back and we would welcome another person to join us. The commitment is two committee meetings a year to plan the Outings,

take the lead for at least two Outings in the year, producing the flyer giving details of the event, being the named contact on the day of the outing and liaising with the driver over the schedule. Also attending the Outings meeting on the 2nd Thursday of each month. Templates are available for use, admin and computer skills are useful. All coach hire and finance are dealt with by either or myself Diana. Please telephone me on 07766 0256357 if interested and to discuss further.

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.

26 October. De Havilland Aircraft Museum Salisbury Hall London Colney

See separate article and photos taken by the Lead for the day Jennie Savage.

24 November. Thursford Christmas Spectacular with Festive Lunch

A festive lunch at the Black Lion Hotel followed by the Christmas Spectacular. A three-hour stunning show, with a 25 minute interval, being one of the largest Christmas shows in the country and considered one of the largest in Europe, that has been entertaining audiences in Norfolk since the 1970's.

BOOKING CLOSED – 8 tickets for Thursford, coach and drivers tip only still available at a cost of £60.

The First Anniversary Lunch – Thursday 25 January 2024 Ref:OGO9

Time: 12.00 noon for 12.30pm Lunch – The Barn, Secklow Gate Milton Keynes MK9 3 BZ

Cost: £21.50 for a three-course lunch

Closing Date for Bookings: 12.11.23 – **however, as there are still bookings available this can be extended to 1/12/23.**

With no meeting or Outing in December we wanted to invite MKu3a members who have supported the Outings Group since it re-invigorated at the first meeting of the new Committee on 26 January 2023, to a lunch to celebrate a successful year of interesting Outings from St Albans Cathedral to Sir Paul McCartney's Eyes of the Storm and the last one to Thursford Christmas Spectacular in November.

**Imperial War Museum – Spies Lies and Deceptions Ref: OG10
Thursday 22 February 2024**

Depart: MK Coachway 9.00am **Arrive:** Imperial War Museum 11.00am

Depart: Imperial War Museum 4.00 **Arrive:** MK Coachway 5.55pm
Cost: £19 includes donation as entry is f.o.c., drivers tip and coach hire
All food and drink on the day at own cost (the café takes card payment only).

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, how 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.

Closing Date for Payment: 30 January 2024

Outings Group – Jennie Savage

On Thursday 26th October 2023, 47 of us visited the De Havilland Museum at Salisbury Hall, Shenley, London Conley. Included in the visit was tea/coffee and biscuits on arrival, followed by a guided tour and a two-course lunch and tea and coffee.

The day started off very wet but that was soon forgotten about when boarding the coach to make our way to the museum., which is mainly managed by a team of very dedicated volunteers, who, when we arrived early sprang into action and tea/coffee and biscuits were provided. The guides divided us into three groups, and we were given a very knowledgeable tour of The Geoffrey de Havilland and Walter Goldsmith Hangers, which included a prototype of the Mosquito and an unarmed photo reconnaissance aircraft known as the 'Wooden Wonder'.

Various other aircraft of great interest were available to view together with the iconic engines that enabled them to fly.

The guided tour lasted for two hours, and we also were told about the de Havilland contribution to British Aviation and the history of Salisbury Hall.

Following the tour, lunch was served and then we had free time to revisit the hangers and explore the shop.

Unfortunately, the Amy Johnson Hanger where the restoration team work their magic was unavailable on the occasion.

An enjoyable time was had by everyone at the museum.



“We had a lovely day out at the de Havilland aircraft museum. The tour was brilliant. To see all those terrific aircraft and learn about their histories was very interesting. The lunch was excellent and well organised. Well done the outings team for arranging it all.”
Camilla Keyes

MKU3A CHOIR – Vivienne Shaw

Baby's Born in Bethlehem



Sunday December 17th at 2.30pm

United Reformed Church, Newport Pagnell

Tickets £10 incl. seasonal refreshments

07762178379 or 01908 613088

All proceeds to – Children's Air Ambulance

Music Appreciation Group – Tina Griffiths

The Music Appreciation Group meet on the second Thursday of each month when one member of the group provides the theme and song list for the meeting. This year (2023) has seen some interesting and varied presentations, representing the eclectic musical tastes of the group.

We started the new year listening to a collection of original 78's (scratches and all) on a record player! Yes, there are a few still around! Included in the many tracks we listened to were "At the Hop" by Danny & the Juniors, released in 1957, a couple by Tommy Steele, and "All Shook Up" by Elvis Presley. In February we celebrated 60 years of the Beatles since they first burst into the charts in February 1963, followed

by tracks from other singer songwriters from the 1960's and 1970's. In March our theme was "Strings & Things" and included string quartets and Mozart's "Clarinet Quintet"

In April our presentation was "A Musical Tour of England" when we listened to some less well known and unusual tracks including "Have You Got A Light, Boy?" by The Singing Postman, "Jarrow Song" by Alan Price, and "If It Wasn't For The 'Ouses In Between" and in May our theme was Soul music.

In June we moved to the large and small screen with a trip down memory lane and a presentation of music tracks from TV and the movies and in July we listened to some pieces of music by Russian Composers Mussorgsky and Tchaikovsky followed by a musical quiz where we had to guess the artists on the duets being played. None of us guessed the answer to this 1993 track "When I Fall In love" which was sung by Celine Dion and Clive Griffin!

Our August meeting was a tribute to Burt Bacharach, who died earlier this year aged 94, and we heard "What's New Pussy Cat" and "Walk on By" followed by a few tracks from Composers/Arrangers Johnny Mandel, Nelson Riddle and Neal Hefti. September took a change of direction with a presentation of music from both British and American jazz singers and composers including tracks from Louis Armstrong, Duke Ellington, Cole Porter, Ella Fitzgerald, and Fats Waller

In October the theme was the history of the guitar from its origins in the 16th century to the present day and we welcomed two guests, Mike on classical guitar, and Matt on bass guitar, (pictured below) who together played a range of guitar pieces from over that period including a well-known piece from the 16th Century called "Greensleeves", "Canon in D" by Johann Pachelbel from the 17th Century, "Jesu, Joy of Man's Desiring" by Bach, and a more recent piece, "Classical Gas" by Mason Williams.

At our most recent meeting in November, we had an emotional musical presentation titled 'The Stories Behind The Music of WW1', to coincide with Armistice Day. The tracks we listened to included "Keep the Home Fires Burning" "Pack up your Troubles" and "Take me back to dear old

Blighty”.

If you enjoy different styles of music and would like to join the group, please contact me via email musicappreciation@mku3a.org



NEW GROUPS – Hazel Spencer

Beading

Are you looking for a challenge or new hobby for 2024? If so, why not come and join us and try your hand at beading. If you think beading is all about jewellery, then let us show you how versatile beads are.

Just like crochet, knitting and sewing, beading has several different stitches that produce beautiful pieces of work. For example, boxes, decorations, and 3D objects.

The group is open to all, so if you are a complete beginner or have some experience of beading come and join us. For the beginner there will be a project to introduce you to techniques but anyone with experience can bring their own projects to work on.

It is planned to hold the meetings on the 1st and 3rd Tuesday morning of every month in Newport Pagnell.

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

New Book Group

Do you have an interest in reading all types of general fiction and would like to join a group of like-minded people for an evening discussing books that all the group have chosen to read? If so, you might be interested in joining a new book club. It is planned to hold the meetings of the group in the evenings of the 3rd Thursday of the month at a location in Woburn Sands.

Members of the group will be asked to bring a recommendation of a book that they have enjoyed reading to the first meeting so that a reading list can be agreed going forward.

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

OTHER ITEMS OF INTEREST



Do you or anyone you know have a macular condition such as Age-Related Macular Degeneration, **AMD**? Our friendly support group meets in Central Milton Keynes and offers a warm welcome to new members, just come along to meet others who understand about living with this visual impairment.

Nearly 1.5 million people in the UK have macular disease which affects people of all ages, but AMD is the most common condition, generally affecting people over the age of 55. This hidden disability affects more than 700,000 people in the UK and is now the biggest cause of sight loss here and in the rest of the developed world. It leads to progressive

loss of central vision, so faces become hard to recognise as well as reading, driving, and getting about, often leading to increasing dependency on others. Even though productive research is always ongoing, there is as yet no cure for these diseases and treatment for only a few.

Our group offers practical and emotional support to anyone with central vision loss from any macular condition, as well as to their family and friends. We have a programme with a variety of speakers and social meetings at which there is always time to share experiences, problems, and tips on living with sight loss with others who have found that in spite of the ups and downs of the challenges, life can still be positive, interesting and enjoyable. No need to book, you can just turn up at: **Monthly meeting:**

Second Tuesday of each month from 2.00 to 4.00pm at
Centrecom Meeting Place, 602 North Row (Behind MK Library),
Secklow Gate West, Central Milton Keynes, MK9 3BJ.
There are blue badge spaces outside and a free car park nearby.

Drop in Coffee morning:

First Tuesday of each month from 10.00am to 12.00pm in the John Lewis restaurant as well as lunches out and other events during the year.

For information please phone Maggie on: **01908 319 292** or
E-mail: mkmacsoc@gmail.com

Macular Society Website: <https://www.macularsociety.org>

Maggie Weston



Coram Beanstalk believes that when a child becomes a reader, they get the very best chance in life, and every child deserves that.

The role of a reading helper places you in the heart of primary school life. You'll be leading reading sessions that bring a positive reading experience to children outside the classroom.

Children will benefit from someone giving them one-to-one attention, showing them how much fun reading can be and the purpose reading has in their lives. You will build a positive learning relationship with individual children aged 4-11, maintaining a regular weekly commitment. This consistency will build confidence, improve their engagement with reading and allow their reading skills to rocket!

We ask our volunteers to participate in our online training sessions, delivered via Zoom, commit to attending school weekly during the afternoon where you will see the same few children each week and complete an enhanced level DBS check.

For more information visit [Coram Beanstalk \(beanstalkcharity.org.uk\)](http://beanstalkcharity.org.uk) or call 020 7729 4087.

Tips and Recommendations – Lavinia Culshaw

1. Top tip in the garden. If you run out of cane toppers, snip the fingertips off old rubber gloves and put them over the end of the canes. No more eye injuries!

2. Recommendation – For any domestic appliance Paul Scott of **Fenny Appliances** is your man. He is superb and nothing is too old. I have taken a 1978 Kenwood Mixer with me all round the world (perhaps a story one day) and it has given valiant service. In spite of parts and so on being obsolete, Paul has given this well-loved machine a new lease of life. I can't recommend him enough.

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 Team – 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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