



The Third Way eNewsletter September 2023

News from the Chair

Dear Members,

After the heatwave of a couple of weeks ago, the weather has changed, and we are heading into Autumn with the prospect of raking leaves and filling the green bins for collection or adding them to the compost heap. Let's hope we have dry weather rather than rain.

I had the pleasure of attending the latest production from the Third Age Player, entitled '36, Titty-Ho Lane'. a comedy written by the group on Friday 15th September. The actors had an enormous amount of script to commit to memory, but this proved no problem for the cast and there was very little prompting. The entire company deserve a massive round of applause for all their hard work in making the play a success. Congratulations to you all.

We are looking for a member to join the Membership Admin team and the details are described below. Please consider if you could take on this role and share the workload as it is essential for the smooth running of our organisation. All help and any training will be provided as necessary.

Best wishes

Lesley

MKu3a Membership Administrative Support

Have you ever wondered what the MKu3a Membership Team gets up to? Do you have a couple of hours a week to spare and would like to help with the running of MKu3a? If the answer to either or both is 'yes', read on.

Due to the previous incumbent moving to a larger commitment elsewhere, we are looking for an individual to support the Membership Secretary in processing applications and membership renewals and maintaining membership records.

The role needs someone who is confident in using a computer running Microsoft Windows and Office Suite, as well being able to input data within our Datum system, Dropbox filing system and Excel worksheets. But, if you are capable of logging into Datum and maintaining your own personal details, that just about covers what is needed!

Applications and renewals come both on-line and in paper form. The task with on-line data is mostly checking that it is correct, whilst paper forms and correspondence require data input. We track payments made by both direct bank transfer and cheque, with transactions listed on Excel spreadsheets. We also maintain member records when the change address or telephone number, move away or leave.

Nearly all of the work can be done from home using your own computer. Most of our processes are clearly documented, and we will provide training and guidance as needed. The detail of tasks carried out by the Membership Admin Support Assistant are flexible and open to negotiation, but we are looking for a commitment of at least 1-2 hours a week. If you are interested and think you can help, or just want to find out more, please contact me via membersec@mku3a.org or by leaving a message on the office answerphone, 01908 281717.

Tim Hadden

Membership Secretary

Open Meetings – Wendy Barrett

Winston Churchill Part 2 (covering his later life)

Our speaker for the Open Meeting on Wednesday 27th September is Michael Kushner. Michael is a guide at both Bletchley Park and the Imperial War Museum in London and a lecturer of World War II signals intelligence. His talk on Winston Churchill's early life in April was really well received, and now he's coming back to tell us all about Churchill's later life.

Join us at 2pm for a 2:30 start at the Oaktree Centre, Wallinger Drive, Shenley Brook End. Tea, coffee and biscuits are available after the talk to give members a chance to catch up or meet new friends.

Book directly via our website diary or by emailing openmtgs@mku3a.org. There is a £1 charge for members and £2 for visitors.

News from the Groups

MKu3a Photography – Dave Barratt

There are three photography groups in MKu3a:

- Photography for Fun (photography1@mku3a.org)
- Photography from Beginning to End (photography2@mku3a.org)
- Photography Advanced (photography3@mku3a.org)

Photography for Fun meets on the afternoon of the third Thursday of each month, alternating between online (via Zoom) and outdoor photo shoots, on a unique theme followed by refreshments at a location close to the outdoor photo shoot. This gives members the opportunity to socialise over a cup of tea or coffee.

During the online meetings we review our images to help members to learn and improve their photographic skills. Another part of our group's activities is learning to use editing software either on your computer, phone or tablet to manipulate images to create new styles of photographs.

Photography from Beginning to End meets monthly on the first Thursday afternoon. The group aims to show that, while anyone can produce a photographic image using a modern, digital device, the results can be

considerably improved by understanding how a camera works to convert light into a photographic image.

The group sessions include both theory and practical (indoor and outdoor) activities. Each session provides the opportunity for group members to share their images for collective discussion.

Advanced Photography was created for photographers who have already mastered basic photographic practices but who now wish to broaden their horizons, try new techniques, expand their range of subject matter, be introduced to new computer software and share their problems and expertise with others.

It is not for those who wish to learn how to use a camera and discover what all the knobs, dials and menus are for. They are much better served by the other photography groups that provide basic knowledge for beginners to enjoy the world of photography.

The group meets twice a month on the second and fourth Tuesday morning.

All three of the groups have vacancies for new members. Please make contact via the group email address above.

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. You don't require any experience of videoing and if you have a mobile phone, camera or camcorder capable of taking videos give it a go. 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

Backgammon Group – Jane Cowley I would like to put in a good word for the Backgammon Group in Olney. Trevor and Susan run a fantastic welcoming group in a superb location. Thanks to them for their hard work and time running this group.

OUTINGS GROUP 2023 PROGRAMME SUMMARY – Chris Behrendt

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

The next meeting will be on 12 October 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. You 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 comprising of Anne Davis, Ray Cockram, Prudence Davies Erica Thibouville, Deb Hodges,

Jennie Savage and Diana Sears will deal with the bookings and finance, e-mail outingsmku3a@gmail.com.

Chris Behrendt is the Group Coordinator, e-mail outings@mku3a.org. All Outings for 2023 are now arranged.

An Outings Committee meeting on 7 September considered the Outings for January, February and March 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.

24 August Hampton Court Palace Ref: OG05



Well, most of us certainly had our exercise today, an hour and a half-guided tour of the Palace most famously known for Henry VIII. It was interesting comparing the information provided by the two guides as they split us into two groups. One indicated that in today's money it would cost £18 million, the other noted £21 million. After being split into two groups we set off on a tour of the Palace.

None of us realised how large the Palace is as we walked the corridors and rooms with the guide(s) giving a potted history. Our group commenced in the courtyard with the symbols, plaques and chimneys being explained before continuing



through the rest of the Palace, The Great Hall with its magnificent tapestries, corridors with portraits, with explanation of a significant portrait of Henry VIII and his wives and children. We took in the kitchens and pantries and learnt that the King and his courtiers would eat around 2 kilos of meat at each meal in the Grand Hall, before the tables were removed for revelry before the courtiers bedded down for the night. The King had food prepared in his own kitchen as he had a fear of being poisoned. The grounds and gardens are a joy to walk through for another enjoyable day.

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

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 drivers 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.

Lead for the Day: Jennie Savage 07885 857270



24 November Thursford Christmas Spectacular with Festive Lunch Ref:OG08

Depart: MK Coachway 8.30am Arrive: Black Lion Hotel 11.15am

Depart :Black Lion Hotel 1.00pm Arrive:

Thursford Spectacular 1.15pm

Depart: Thursford: 6.00pm Arrive: MK Coachway 8.30pm

Cost: £80 includes two course Christmas Lunch plus vegetarian options, coach hire and drivers tip.

The day commences with a journey to the Black Lion Hotel where lunch will be taken. We arrive in time for drinks (at own cost) followed by a two-

course festive lunch, before departing for Thursford 3 to 4 miles away. The show commences at 2.00pm and all visitors should be seated 5 minutes before the performance.

A three-hour variety 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. It features a mesmerising non-stop blend of music, dance, and singing. It is a fast-moving celebration of the festive season featuring an eclectic mix of both seasonal and year-round favourites. Visitors can expect a dazzling display of lights, stunning costumes, and impressive choreography.

Lead on the Day: Ray Cockram 07899841553

Exploring World Faiths – Linda Morris



Have you heard of The Gideons? If you've ever found one of their Bibles in a hotel room, then I'm sure that you have! They have changed their name now to Good News. When they speak to us at our October meeting, we hope to find out the reason for their change of name. The meeting will be held in Christ Church, Stantonbury Campus, at 2pm. Please look at our group page on the website for more information and for our photos of previous group visits. If you would like to join the Exploring World Faiths group members for this talk, please contact me on ewf@mkcu3a.org Linda Morris, Group Coordinator.

Proposed New Groups

New Keep Fit Group – Anne Davis

We have a keep fit group on Friday morning at The Mead Centre in Newport Pagnell. The Group is oversubscribed, and we have people on the waiting list. If you are interested in a new group on Tuesday morning between 9.30–10.30 please contact Anne Davis on 07703 190904 or email me on anne.davis52@sky.com We will need your phone number and email address and membership number. We will use the same trainer we have on a Friday.

Beading Group – Hazel Spencer



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 a number of different stitches that produce beautiful pieces of work. For example boxes, decorations and 3 D 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 at groups@mku3a.org.

BOOK CLUB – Evenings Words – Hazel Spencer

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 at groups@mku3a.org.

Other Items of Interest

Milton Keynes National Trust Association – 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) 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:

7 September – Mrs Hurst Dancing – Don Hurst. Don Hurst is a local speaker from Newport Pagnell who will tell the story behind the book 'Mrs Hurst Dancing and Other Scenes of Regency Life' which is an album of paintings made by a young girl who was related to the Van Hagens who lived at Tickford Park in Newport Pagnell at that time.

5 October – Stowe House – Anna McEvoy. Anna McEvoy is custodian of Stowe House and will describe the restoration that she has been supervising there recently.

2 November – Pictures in the Parlour – Kevin Varty. Kevin Varty brings his magic lantern to illustrate how audiences were entertained back in the day.

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.

Scheduled trips include:

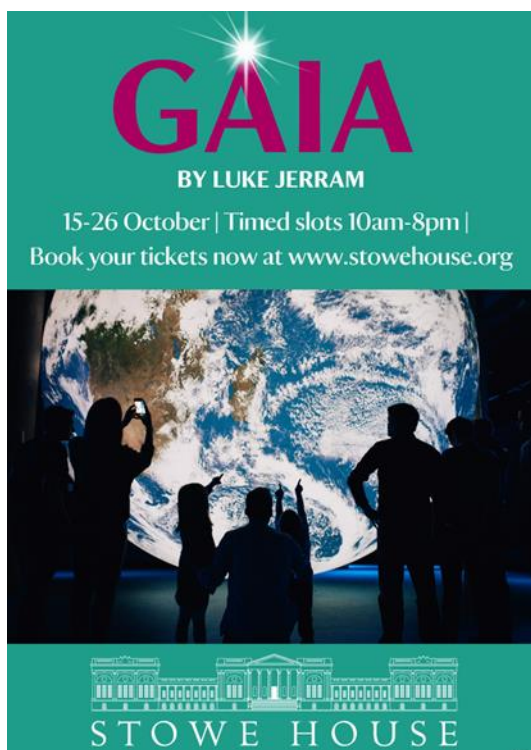
9 September 2023 – Belton House

17 October 2023 – Hughenden Manor

(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” mornings held at different locations each month with details provided via e-mail.

Gaia Earth Art Exhibition At Stowe House – Melanie Whitrow



Step into the magnificent Marble Saloon of Stowe House and take in the spectacle of the universe. Designed to imitate the Pantheon of Rome, statues adorn the room, and light pours in from the majestic domed oculus to highlight – a Roman triumphal procession carved into a frieze depicting 280 humans and 14 animals. It’s the perfect space to display the three-dimensional, six-metre floating sculpture of Gaia by internationally acclaimed artist, Luke Jerram.

Visitors will be able to enjoy timed entry to the eighteenth-century historic house, allowing plenty of space to explore this multi-sensory experience and soak up the atmosphere – even being encouraged to lay on the floor to encounter Earth’s surface as it would be viewed from space using detailed NASA imagery.

The installation creates a sense of the Overview Effect, which was first described by author Frank White in 1987. Common features of the experience for astronauts are a feeling of awe for the planet, a profound understanding of the interconnection of all life, and a renewed sense of responsibility for taking care of the environment.

The artwork is named after mother nature. In Greek mythology, Gaia is the personification of the earth and the ancestral mother of all life. This installation is the sister sculpture to Jerram's previous work, Museum of the Moon, which has now been seen by over 3 million people in more than 25 countries.

Summer School September 2023 – Susan Hassett

Back in the Spring of this year, an article in Third Age Matters caught my eye. The Southeast u3a Forum Summer School 2023 was to be held at the University of Chichester in early September. I looked on the web site to see that one of the courses offered was "Walking – a Coastal Delight". What could be more pleasant than late summer strolls around the estuary leading down to Chichester harbour? I signed up on the spot, not knowing that the four days would coincide with the hottest early September since records began.

During afternoon tea on arrival day, I was pleased to see a familiar face from MKu3a – Martin Woodman (I have since learned that Veronica Wright was also there). Both had signed up for the Cycling course and Martin has kindly provided a couple of photos taken on their days out. Other courses available included, amongst others, Fizzics for Fun, Archaeology, Poetry, Yoga and Mindfulness, and Intermediate Ukulele

Our accommodation was in the student halls of residence, modern low-rise blocks dotted around the campus (Chichester Uni is a compact site, so nowhere is very far from anywhere). Meals were taken in Otters Restaurant, the students' refectory. The food was good, homely, and substantial, served buffet-style with plenty of choices. Three meals a day were provided for those on site, while for the walkers, cyclists and

archaeologists, packed lunches were available. In the evenings, there were variously a quiz, interesting talks, and a film.



On the first full day, 15 walkers assembled to catch two buses to Fishbourne for the start of the 10 mile walk round to Bosham. The temperature was in the high 20s, with a “real feel” of low 30s, so it was a hot sweaty slog with little shade, but with beautiful views across the tidal inlets and pleasant company. The ferry

from Itchenor across to Bosham was fun, especially as the tide was turning so the skipper decided to abandon his planned landing spot and go round again to a different landing stage. Double the trip for the same price!

The second day, it was forecast to be even hotter, so I decided not to do the planned 7.5 mile walk along the Chichester Canal to the marina, opting instead to explore thoroughly the delightful city of Chichester. The cathedral was especially interesting (Gustav Holst is buried there) and delightfully cool.

On the final day our group had a short walk around the city walls, including a visit to the Bishop’s Palace Gardens, which is a haven of shady tranquillity. Lunch on return to the uni and then it was time to start heading home.

It was a lovely four days (extreme heat notwithstanding), everyone was so friendly, and I hope to go again next year. I would heartily recommend it to all members.

[A note from Lesley. I was a student at Bishop Otter College \(as it was known in the 1970\) It was then a Teacher Training College with a section for religious studies and I remember fondly the accommodation. They were built on two floors with 6 rooms on each floor, each room had a washbasin, but we shared the other facilities. My block was called Bishop Bell 11 and I know it is still there as I visited the area several years ago. I can recommend that part of West Sussex as the coast is well worth a visit.](#)



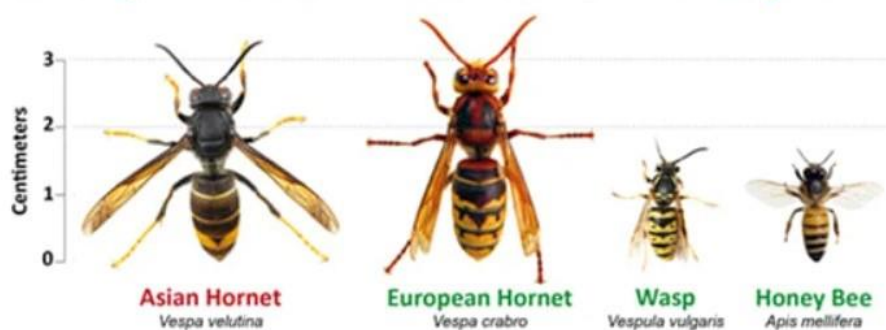
Asian Hornet Warning – Wendy Barrett

Some of you may have seen articles in the news about the threat to our native honeybees and other insect pollinators posed by the incursion of Asian Hornets into southern parts of England. Arriving in France in 2004, Asian Hornets have spread rapidly and destroyed over 25% of French honeybee hives.

Asian Hornet are not easily confused with any other species. They have a dark brown or black velvety body, a dark abdomen, and yellow tipped legs. Their nests are usually high in trees and man-made structures. They actively hunt honeybees and other insects, and feed on fruit and flowers.

Anyone who suspects they have found an Asian Hornet should report it with a photo using the details provided in the red box with this article.

Think you've seen an Asian Hornet? Report it!



Report through the Asian Hornet Watch app or www.bit.ly/asianhornetreport



 Animal & Plant Health Agency

Alert! Report sightings of this species:

- with the iPhone and Android recording app: **Asian Hornet Watch**
- online at: www.nonnativespecies.org/alerts/asianhornet
- by email: alertnonnative@ceh.ac.uk

Music From Adrian Boynton – Libby Culshaw

We had a superb talk with music recently from Adrian Boynton. He would like to let the members know that we go back to the second Wednesday of the month for these wonderful musical journeys.

The theme for this series is MUSIC THROUGH THE AGES. Adrian is following the alphabet and we are on D, so his subject is DANCE. Today we looked at early dance forms from 13th century onwards up to the time of Vivaldi. Next time we pick up with the Baroque Era. The doors at the Oak Tree Centre will open at 1.30 ready to start at 1.45. There will be a short interval for tea and biscuits followed by more musical examples. The session ends at 4:00. Cost to cover room hire is £5:00.

Wednesday 11th October
Wednesday 8th November
Wednesday 13th December

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.

Office: MKu3a, 11 Winchester Circle, Kingston, Milton Keynes MK10 OBA. Telephone: 01908 281717; email: info@mku3a.org

Registered charity number: 298693