



The Third Way eNewsletter

January 2023

News from the Chair

I hope all our members had as enjoyable a Festive Season as possible, a time both of enjoyment and relaxation. On behalf of the management committee I would like to wish us all as positive and enjoyable a 2023 as possible.

As we take pause to reflect on the year just passed and look forward to the future, perhaps some of us are making some New Year resolutions. I definitely have promised myself to finish at least one of the many craft projects I have started. But could I ask all of you to consider volunteering to support MKu3a; we need your help. There are vacancies within the management committee which must be filled by our next AGM if we are to continue to meet both our constitution and our ability to effectively function. But there are also other opportunities. We need support marketing – for example wouldn't it be lovely if each parish newsletter contained some information about MKu3a. We need a social media lead, help putting out the chairs at our open meetings and so much more. Please contact me if you need more information and look out for more information about a potential volunteers' morning.

Monthly Meetings and Talks:

A reminder that our first talk in 2023 is on Wednesday 25th January with a local beekeeper, Caroline Luxford, sharing with us her tales of Bees and Honey. Be sure to ask Caroline about what happens when her bees are naughty!

A reminder that our talks are always held at the Oaktree Centre, Wallinger Drive, Shenley Brook End, doors open at 2.00 pm with talks starting at 2.30 pm. The talks and associated meetings are always on the fourth Wednesday of each month. I look forward to seeing you there.

Lynne Button

Chair

New Members Induction Meeting – 16 January 2023

We welcome many new members from the Olney area joining MKu3a. As an one-off, we are holding an Induction Meeting for these new members on Monday 16 January 2023, starting at 10.00. It will be held in the Olney Centre, High Street, Olney.

The session will briefly outline the background to the u3a movement, explain how to get the best out of your membership with MKu3a, and show you how to navigate around the website and join interest groups. It's also an opportunity to meet other new members.

If you joined MKu3a recently you will have received an email invitation. Please email me (membersec@mku3a.org) if you want to come. You will receive further information nearer the time.

Yvonne Ashmore (Membership Secretary)

Exploring World Faiths Group

World Vision is based in our city. We are visiting this charity on Wednesday, 11th January at 2pm. If you would like to join our group members on that day, please make contact via Ewf@mku3a.org.

In February we will visit **Willen Hospice** to learn about their recent building alterations. Please look at our group page for information.

Linda Morris

[MKU3A CHOIR](#)



A VERY BIG THANK YOU

A very big thank to everyone who attended our choir concert on Sunday 18th December at the United Reformed Church in Newport Pagnell. Special thanks go to those who set up the church for us; Geoff who did all the computer generated overheads; those who helped with the refreshments and the raffle and to our guest violinist, Jenny.

We could not have done this without the excellent leadership and expertise of our choirmaster Pat, who had organised a wide variety of carols and some thought provoking readings and Jennifer on the piano who had some tricky accompaniments to some of the more unusual carols.

Thanks to your generosity, all of the money from the sale of tickets and the raffle, amounting to a fantastic £1200, will be divided equally between our two charities, Blood Bikers and Riding High.

Choir resumes on Tuesday 3rd January so if you would like to come and join us next year please get in touch via the website. We are always on the look-out for new members in all vocal ranges.

All that's left for me to do on behalf of the choir is to wish you all a very happy 2023.

Sheila Staincliffe

Recorder Group – new members very welcome!

1st and 3rd Thursday of each month in the mornings.

Do you fancy reviving the recorder playing skills you had forgotten you ever had? Are you an accomplished player looking for others who share your enthusiasm? Or are you somewhere between the two and interested to find out more?

We are a very small (and relaxed) ensemble of players at the moment, but between us we cover all sizes of recorder: descant to bass.

There are no auditions but members should be able to read music (never mind if you're a little rusty, it'll all come flooding back!) and have a range of at least an octave on whichever recorder(s) they play.

We play a variety of music, with all those who wish to contributing ideas and suggestions for future repertoire.

Please do drop us a line if you may be interested in coming along or if you have any questions for us.



Rachel Gray

Up to 10 Miles Cycling Group - Was the Glastonbury Bush in Flower?

The short distance cycle group ventured out in the glorious December sunshine once the snow and ice had melted.

We visited Tattenhoe Valley Park with the brook in full flow and then to see if the Glastonbury Thorn Bush was in flower. Yet again there were no flowers this year. Folklore says it only flowers on Christmas Eve, so it may be true as I have never been there on Christmas Eve, only in December.

Information from the Internet:

The bush is said to have grown from a staff planted by the Pilgrim Fathers before they sailed on the Mayflower. Everywhere they stopped on their way from Glastonbury they are said to have planted one of these thorns. In 1607, the Separatists – later 'Pilgrim Fathers' – tried to escape to Holland from Boston on the north-east Lincolnshire coast. Their ships' captain betrayed them, however, and they were arrested, put on trial and imprisoned.

At the end of the ride, the much appreciated refreshments including coffee, hot chocolate and cakes were kindly provided by Maureen and Joe.

I would like to thank all the ride leaders we have had during 2022 and I am looking forward to many more sunny rides in 2023.

Pictures from our ride are below.

Martin Woodman



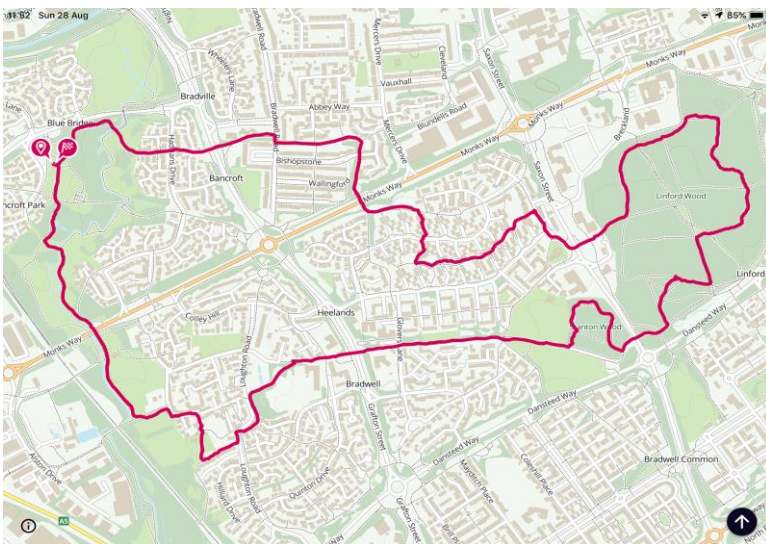
The 4,000 mile Redway Walkers

As it says in the group title, we walk on the Redways, which are a wonderful feature of this beautiful city of Milton Keynes. With over 200 miles of red tarmac pathways there is plenty of choice of traffic free routes. We aim to complete circular routes of 5 miles which takes about two hours every Tuesday morning. We can often complete a five mile walk without crossing a main road, a feat possibly unique to Milton Keynes.

There are over 50 members in the group and the average weekly attendance is 16. We are open to new members. So far in 2022 we have completed 49 walks. We cancelled one week due to the heat in July and one walk to frost last week. On 20th December the members in this walking group had walked a total of 4,075 miles in 2022 and we still have one walk to go.

There are other walking groups in the U3A that do shorter walks, or longer walks further afield so there is plenty of choice. Walking on the Redways means there are no styles to clamber over and usually no muddy sections, so no special equipment is required and we try not to lose people.

We have a number of members who take it in turns to lead the walks, and they will go over the walk a few days in advance to check that it is all clear. Each Sunday morning one of the joint group leaders sends an email to all members giving the start point of the upcoming Tuesdays walk, so if you need an idea for a New Year's resolution, why don't you join us?



© OpenStreetMap contributors

Richard Barrett

Book Club - Evenings

Are you a keen reader who would like to join a group of like-minded enthusiastic readers to read and discuss books that you may not have chosen for yourself but are too busy or unable to join a group that meets in the daytime?

Then this new group maybe the one for you. We aim to meet one Thursday evening each month from 7pm to 9pm at a venue to be confirmed. The idea will be that everyone in the group will take turns to choose the next book for the group to read.

If you are interested in joining this group please send your enquiry to Hazel Spencer, New Groups Facilitator at groups@mku3a.org.



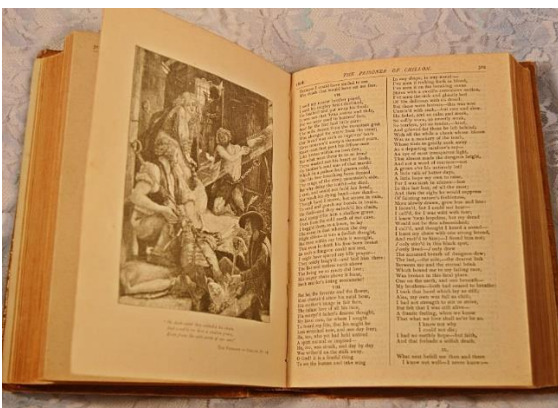
Hazel spencer

Poetry Lovers Group

Are you a lover of poetry? Do you write poetry? If the answer to either of these is yes you may be interested in the new Group we are aiming to set up. The aim of this group is for all of the group to bring to the meeting a poem linked to either a topic or a poet that has been chosen as that month's topic. During each meeting everybody will be given the chance to read aloud the poem that they have chosen and following the reading, everybody else present will be given the opportunity to contribute their opinion of the poem.

We hope to meet on the 2nd Friday of each month at Dexter House, Oldbrook starting in February; the topic for that meeting will be 'Love'.

If you are interested in joining the group please send your enquiry to Hazel Spencer, New Groups Facilitator at groups@mku3a.org.



Hazel Spencer

Are you interested in Knitting whether as a novice or have some experience? Would you be interested in meeting up with like-minded people? If so, you may be interested in a new Knitting Group that will meet on the 2nd and 4th Mondays in the month from 10:00 am until 12:00 noon. The location has not yet been confirmed, but maybe Neath Hill or Pennylands.

The idea of the group is for people to get together to complete individual knitting projects or projects as a group. It is hoped that the experienced knitters will help those who would like to learn or improve their technique. There will be plenty of chatting while we knit so that we can share tips and ideas and encourage each other to learn new techniques.

If you are interested in joining the group please send your enquiry to Hazel Spencer, New Groups Facilitator at groups@mku3a.org.



Hazel Spencer

A Literature Class in Milton Keynes – January to March 2023

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, 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.

Literature and Science in the twentieth century

The class will study a number of significant works that bring together science and literature during this period: Berthold Brecht's play *Life of Galileo*; William Golding's novel *The Inheritors*; Michael Frayne's play *Copenhagen*; and Alison MacLeod's short story *The Heart of Denis Noble*. (NB A science background is not necessary for this class.)

Time and Place The class will be held on Mondays from 10.00 to 12 noon **starting on 9th January 2023**. It will last for 11 weeks with a half term booked provisionally for 13th February. 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 welcome to come along to the first meeting as a free 'taster', before deciding if they would like to continue.

Contact If this looks attractive, please email the class secretary, Jean Cooke for more details including details of possible financial help: jcookiejean@aol.com

Joe Clinch (joeclinch@btinternet.com) mku3a member

Karen Hewitt long-standing Literature Class member

RETURN OF THE MUSIC LECTURES TO MKU3A

After Covid19 so rudely interrupted our very enjoyable music lectures, we are now thinking of resurrecting them again as part of our MKu3a programme of activities in 2023.

If there is sufficient interest, we would commence the programme this spring and the anticipated dates would be:

8 March

12 April

10 May

14 June

Led by Adrian Boynton, Director of Music at Milton Keynes City Church, the spring series is anticipated to consist of four lectures, each lecture lasting for two hours, (so eight hours of music in total).

The lectures would commence at 1.45 and end at just after 3.45 (depending on how leisurely our coffee break becomes).

The venue would be the Oak Tree Centre on Shenley Brook End (easy, free and plentiful parking).

In order to cover our fixed costs, the price that members pay would depend on the numbers that are interested in attending. The more people attend, the cheaper the series becomes.

We had built up a good number of attendees before COVID19 stopped us all in our tracks so the prices had become reasonable. I'm hoping that if we go ahead, and if there are enough of us, we can keep the price of each lecture at £4 or less.

Likely topics might include:

- Concerto From Beethoven To The Present Day
- Dance Music Through The Ages
- English Musical Revival In The Late 19th And Early 20th Centuries (Parry, Stanford, Elgar, Vaughan Williams, Holst)
- French Masterworks, Baroque To The Present Day (Couperin, Rameau, Lully, Berlioz, Franck, Faure, Debussy, Ravel).

Details of previous music lectures can be found on the Music Lectures group page at <https://mku3a.org/groups>

Please email me at t2laughs@gmail.com **by 10 January 2023** if you are interested in signing up for this next series of lectures.

They will only run within the u3a programme if there is sufficient demand.

Here's to a happy 2023!

Tina Gerard-Two

STILL GREEN COHOUSING

FOR SALE, RESERVE NOW: Apartment designed for a wheelchair-user

Still Green's 29 apartments for over-50s at the Love Wolverton development will include one fully accessible apartment designed to be suitable for a wheelchair-user. A leaflet providing detailed information about this apartment has been produced to advertise this opportunity to enjoy living in a cohousing community. You can find the

link to the leaflet on the Still Green website at <https://stillgreenweb.org/> under the **WANT TO JOIN US** heading.

The apartment can be easily personalised by making simple adaptations. Depending on the time of reservation, the person reserving the flat will be able to make arrangements to customise the kitchen through our developer, TOWN, as part of the building contract, or make their own arrangements for adaptations to suit their needs once construction has been completed.

Six other apartments are also still available for purchase and four will become available for social rent in due course.

Still Green holds regular open meetings when we welcome anyone who wants to know more about us. In January we have our AGM for members so our next Open Meeting is on **Saturday 18 March 2023**. Please email us at stillgreenweb@gmail.com if you are interested in coming along or if you wish to discuss any of the apartments with us now.

Living in Still Green offers the privacy of your own apartment but also the benefits of good neighbours, being able to join with others in activities, and helping to run the community.

<https://stillgreenweb.org> Email: stillgreenweb@gmail.com Facebook: @StillGreenMK
Twitter: @StillGreen5

Still Green Cohousing – coming to Love Wolverton.

Margaret Newens

BLETCHLEY EVENING WI

We are a friendly group who currently meet at St Andrews Baptist Church MK3 5DR, on the first Thursday of each month at 7.30 pm. We have a speaker most months. If you are a 'knitter', enjoy sewing or anything 'crafty' we have a knit and natter, also a walking group, a lunch group and a family history group . We have a monthly coffee morning or afternoon which you are invited to join to get to know us first if this would suit you. Feel free to phone for a chat on 01908 379675 or 01908 370468.

Christine Norton

u3a All Our Yesterdays Initiative

Do you remember where you were when Buzz Aldrin landed on the moon? Or the other big moments from the 1950s and 1960s?

Get involved with our All Our Yesterdays Initiative on [the learning pages](#).

u3a members have been sharing their memories of the '50s and '60s as part of our All Our Yesterdays initiative. Read a [recent learning news article](#) about what other memories we've collected previously, and how you can get involved.

If you would like to help collect memories from another period of History, get in touch via the web page.

U3a Film Network on Youtube

Peter of North Downs and Ards u3a recently set up a national u3a Film Unit– if you're interested in film or have a film group at your u3a, [read more on the u3a Film Unit page](#).

Peter in his working life, worked for the BBC in London.

The u3a Film Network was suggested to him to see whether we could do something else to get other u3a film units involved.

Peter has set up a YouTube channel (<https://www.youtube.com/@u3afilmunit/featured>) which other u3a members can join and add their own films to.

We'll see how it develops.

Martin Woodman

Key Contact Details—more on the web site

Chair Lynne Button; email: chair@mku3a.org

Vice Chair email: vicechair@mku3a.org

Secretary Brian Baldwin; 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 Yvonne Ashmore; email: membersec@mku3a.org

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

Thames Valley Network Coordinator Brian Baldwin; 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 0BA. **Telephone:** 01908 281717;
email: info@mku3a.org

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