



The Third Way eNewsletter

November 2022

News from the Chair

Membership and Groups

As with most organisations, not least u3as, we saw a drop in membership numbers during lockdown. I am really reassured to see our numbers increasing again not least since our celebratory event where a number of the visitors have felt inspired to join us. New members, often bringing with them fresh energy and ideas, are always most welcome and must be supported.

To continue to be attractive to new members we do need to make sure there are sufficient groups with vacancies for people to join. A timely reminder that MKu3a thrives due to the willingness of our members to share their expertise and interests with others. If you feel motivated to start a new Group then please contact Hazel on our management committee who will be able to support your endeavours.

U3A Third Age Trust AGM – TAT

This AGM was held at the Kents Hill Conference Centre Milton Keynes, with members of our management committee providing volunteer support on the day. The feedback valuing these volunteers was both very positive and encouraging. Good publicity for MKu3a. As indicated in the last newsletter MKu3a cast their votes against the Board resolutions and subsequent amendments advocating an increase in fees we pay per member to TAT, none of these options were passed. Consequently the Board now need to re-evaluate their budget and strategic plans.

Thames Valley Network

Milton Keynes is part of the Thames Valley Network (TVN), certainly a very positive and engaging part of the wider u3a network. I know many of our members have enjoyed participating in their many talks and/or outings (see poster later in this newsletter and separate emails) and I hope active participation within TVN will lead to more engagement with the wider scope of the u3a umbrella organisation.

Monthly Meetings and Talks:

Unfortunately, due to family commitments within the half term week, I missed this month's meeting and talk. Feedback has been very good relating to the talk by one of our members, Peter Roake, on the subject of the Electric Car. Many thanks Peter.

Our next meeting and talk is on Wednesday, 23rd November at the Oaktree Centre, Shenley Brook End. The subject of the talk, by Bernard Lockett, is the "Heritage of Gilbert and Sullivan". I am sure this talk will both informative and lively – with many smiles along the way.

Our meetings and talks are always on the fourth Wednesday of each month (excepting December) and it is a good opportunity to meet with and exchange information with fellow members. I hope in 2023 we see numbers continue to increase back to pre-pandemic levels

Lynne Button

Chair

Exploring World Faiths Group

Woodhill Prison Chaplain talk will be held at Lovat Hall, Newport Pagnell on Wednesday 2nd November at 2pm.

See Exploring World Faiths group page for more information.

Anyone not already in our group who wishes to attend should contact Linda Morris, Group Coordinator ewf@mku3a.org.

Linda Morris

New Members Induction Meeting – 7 November 2022

Our next Induction Meeting for new members is on Monday, 7 November, starting at 2.00 pm. It will be held in the Great Linford Parish Office meeting room, in the Great Linford local centre.

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 send me an email if you want to join. You will receive further information nearer the time.

Yvonne Ashmore (Membership Secretary)

Email membersec@mku3a.org.

MKU3A CHOIR

A Starry Night

A programme of carols and readings

presented by MKU3A Choir



Sunday December 18th at 2.30pm

Newport Pagnell United Reformed Church

Tickets £10 inc seasonal refreshments

07762178379 or 07517439790

All proceeds shared between Riding High and Blood Bikers

Sheila Staincliffe

Joint group coordinator

Craft and Create – Inaugural Meeting

The Craft and Create group held its first meeting this month. The new members got to know each other over cake and a cuppa and enjoyed sharing examples of craft projects they had brought along. They were soon happily chatting, exchanging patterns and ideas. Some had ongoing projects to work on, while others chose to try their hand at the activity provided, making a simple handsewn felt brooch/ornament.

The group meets on the 2nd and 4th Thursday of each month, 10am - 12 noon at the u3a rooms in Kingston. The group is currently full, but anyone interested can be added to a waiting list.

Julie Hadden Group leader

Current Affairs 2

Are you interested in Current Affairs and would like to join a group of like-minded people to discuss current affairs whether local, national or foreign? If so you might like to join this new Current Affairs group who will meet to discuss noteworthy news items. The Group Leader will have selected news items that are likely to be of interest to most members from the previous week's news. All members are encouraged to introduce items, which they consider important and interesting, especially where they have some first-hand knowledge.

We plan to meet on alternate Monday mornings at Springfield Court, Springfield.

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

Hazel Spencer

Bridge for Beginners Course

Are you interested in learning the wonderful game of Bridge? Want to know your majors from your minors? If so then please join up for this new introduction to Bridge.

Lynne is not a qualified teacher of Bridge but is an experienced player. The beginners' course will take you through the basics of play, debunk some myths, shine light on terminology and at the end of the course, which is scheduled to run to Easter 2023, you will be in a position to start playing Bridge in a social setting,

It is planned to hold the course at Fulwell Court in Great Linford twice a month on the 2nd and 4th Thursday. The initial charge will be £3 per session.

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

Hazel Spencer

Slow Gentle Hatha Flow (In person and Zoom)

Yoga Mondays 9.30am -10.30am Downs Barn Cross and Stables and Zoom.
We are now back in person and have a lovely new venue for Monday mornings 9.30-10.30am at The Cross and Stables Church and Community Centre, Downs Barn.

Yoga Fridays 9.30-10.30am Giffard Park Synagogue and Zoom

We are starting our new venue this Monday and it would be lovely to have a few more new faces over the coming terms to Christmas.

Some people prefer to stay on Zoom so we do both.

2 classes a week on Zoom for £6 pre pay term.

In person £7 per week per class (pre-pay term) or £8 drop in.

(terms are usually 5 or 6 weeks).

<https://karennoonyoga.com/yoga-classes/>

Karen Noon

Videography Group

Do you have an interest in videography and would like to join a group of like-minded people making videos?

We plan to meet twice a month on the 2nd and 4th Wednesday pm in the month in a room at the Kingston Centre, where the MKu3a have their offices.

All are welcome, whether you are beginners or have some experience. All that is required is enthusiasm, willingness to learn and a camera capable of taking videos. It doesn't matter what type of camera, even a mobile phone camera will do. It would also be useful to have computer or similar device with software able to view and edit videos.

The idea of the group is to get together, exchange ideas and suggestions of suitable subjects for a video project whilst learning from each other along the way.

If you are interested, please send your enquiry to Hazel Spencer, New Groups Facilitator at groups@mku3a.org. When making your enquiry please share any experience you may already have.



Hazel Spencer

Parlez-vous français? Would you like the chance to practise?

The MKU3A French group has space for new members. We are a friendly group of Francophiles with varied levels of skill in speaking, reading and writing French. The group is not suitable for complete beginners. We meet weekly on a Thursday afternoon from 1.45 to 3.45, currently in Kingston. The format of the sessions varies but often includes talking in French about a prepared topic or reading articles of interest from French media outlets. There is also tea, cake and more general conversation.

If you are interested and would like to learn more, please contact Frank Parisi: french@mku3a.org.

Sheila Taylor

All Our Yesterdays: Your Memories of the 50s and 60s

The Learning team are working with Trust Volunteer Carole Chapman to plan an initiative to collect members' memories about the 1950s and 1960s.

This was an eventful time in history with far reaching events such as the building of the Berlin Wall, the Cuban Missile Crisis, the assassination of President Kennedy and the birth of pop culture. These are the well-known events we have all heard of, but you may have more personal recollections that didn't make the headlines.

If you're interested in taking part, please get in touch by emailing any initial thoughts to Janine Aldridge, Learning Officer on janine.aldridge@u3a.org.uk

Martin Woodman



The Danesborough Chorus will give a concert on Saturday 12 November at St Mary's Parish Church, Woburn.

We shall be performing the beautiful Fauré *Requiem*, together with another equally lovely but lesser-known setting of the *Requiem* by Cherubini.

Tickets (all unreserved): £20, £15, £10, £5 (under 18s). Order your tickets by phone 01908 583460 or by post from Danesborough Chorus, 58 Church Road, Woburn Sands, MK17 8TA (please send a stamped SAE and a cheque to 'Danesborough Chorus'). Also available online from www.wegotickets.com.

Danesborough Chorus – www.danesborough.org.uk

Yvonne Ashmore

The Arts Society are holding a talk at Lovat Hall, Silver Street, Newport Pagnell on Thursday 10 November. Guests welcome for a fee of £7. Coffee from 10.15.

The Topic will be War Artists, Spies and the art of Deception by Nicholas Reed.

Yve Morris

St Mary Magdalene Church Willen

T.T.T.T (Third Tuesday Twelve Thirty)

'BACKSTOPS'

ALL THE WAY FROM MILTON KEYNES VILLAGE playing 50s and 60s music. Remember those days? Come and join us!!

TUESDAY 15 NOVEMBER 2022

@12.30pm

Passing by! Walking the dog! On your lunch break! Avid fan!

Pop in, stay for a while or the whole 45 minutes.

WE'D LOVE TO SEE YOU

*No entrance fee but donations always welcome
for this magnificent old church*

Pip Coyne

ALL MEN AGED 40 AND OVER

PSA BLOOD TESTING EVENT

In conjunction with Graham Fulford Charitable Trust. A team of clinicians will carry out the tests. Results are shared within 7-10 days and are completely confidential

For detecting early signs of Prostate Cancer

SUNDAY 20TH NOVEMBER 2022
WINDMILL HILL GOLF CLUB, TATTENHOE LANE,
MK3 7RB

PLEASE REGISTER AND BOOK YOUR TIME SLOT ONLINE
AT <https://mkpcs.mypsatests.org.uk>

Click on **Find a Testing Event** and follow the registration instructions for 20th November event, book your time slot and **PRINT** out the form



SCAN ME

You must **BRING** the form with you

MKPCS pay 50% of the cost of the test – you pay £10

You **MUST** have a time slot booked – No walk in appointments

Scan QR code to register
Charity No: 1199745
Info@prostatemk.org

 **PLUMBING & GAS**
SOLUTIONS LIMITED

David Tomlinson

Still Green – a good place to be

- The promise of good neighbours.
- A home designed with later life in mind and with its own balcony or terrace.
- Rooms for socialising, sharing meals and other activities.
- A development where every aspect of sustainability has been considered, including energy supplied from a community micro-grid.
- Nearby shops, buses and trains, restaurants and community groups.
- A development that is self-managed by its residents.

As part of the Love Wolverton regeneration programme, Still Green will be a complex of 29 apartments for over 50's. Most are for sale, including one designed to suit the needs of someone using a wheelchair. A number of one- and two-bed apartments of different sizes are still available to reserve now. There will also be four for social rent.

Enjoy the privacy of your own apartment and the opportunity to join other residents to socialise. As well as a courtyard garden and large meeting rooms and kitchen, there will be a guest suite, a laundry, and storage areas, including one for bicycles and other mobility vehicles.

Our group brings a wide range of life experiences to our venture. Many of us come from Wolverton and Milton Keynes but others are from further afield. All of us look forward to being in the heart of Wolverton and to playing an active role in the town.

You can find out more through our website and the other links below. The next meeting for those wanting to come and meet us will be on 19 November at 1.30pm. Email us at stillgreenweb@gmail.com for details.

<https://stillgreenweb.org/>

Facebook: @StillGreenMK

Twitter: [@StillGreen5](https://twitter.com/StillGreen5)



<https://lovewolverton.co.uk/recent-awards/>

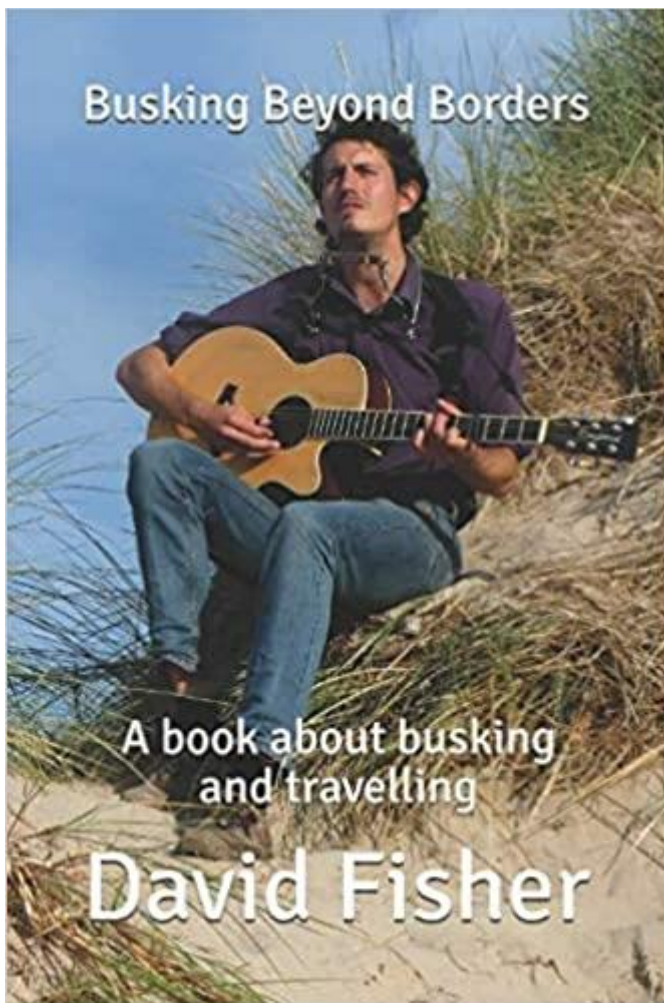
Margaret Newens

Earlier this year, MKU3A members were treated to an afternoon of readings and songs by David Fisher, based on his busking exploits around the world. If you missed this, or would like to hear him again and catch up with stories from his latest travels around Europe, he will be coming to give a talk at the beginning of December for the Ouse Valley branch of the English Speaking Union.

The talk and performance will be at 12.00 on **Tuesday December 6th** at **King's House, 245 Ampthill Road, Bedford MK42 9AZ** and is followed by a two-course lunch. The cost is £28 (or £25 if you are an ESU member, or less if you just want to come to the talk).

David will also have copies of his book and the accompanying CD available if you are looking for an original Christmas present for lovers of travel, music and good writing!

If you are interested, please reserve your places with Ellen Punter. (ellenpunter@btinternet.com).



Steve Gray

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**.

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