



milton keynes

university of the third age



Sept  
2017



### **Open Meeting – Wednesday 27th September**

#### **Scribbles, Scrawls and Algai Balls**

Dr Cooke is a plant ecologist at the Open University, particularly interested in plant ecological strategies and plant silicon but she is going to tell us why she can't help being a Scientist.

The meetings are held in the Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes, MK57GZ

Starting at 2.30pm

£2 for members and £3 for guests

#### **Message from the Chairman**

I'm glancing down my article last month's edition of this journal, noting how exciting U3A can be if you can grasp the opportunities that the organisation offers both locally and across the nation. MK U3A is notorious for not looking beyond immediate study group limits but I hope that some of the programmes that have started recently will bear fruit and we can report on research projects, shared programmes with other universities and visits and trips beyond a day in a coach. Watch this space!

In one of my other lives, as a walking leader for a holiday company, it has been a delight to host walking groups from U3As across the UK. Generally, these groups have been at the forefront of the communal life of these holiday breaks, with dancing, games and other social activities (except for one U3A group who insisted on a private room and conducted its evenings under a high degree of secrecy. Just what on earth were they all up to – best not to ask, perhaps!). Another unusual U3A group brought along a blind person. Whilst we were able to accommodate most of her needs and she accompanied us on walks every day, appropriately guided, health and safety hazard analysis provided the evidence that we had considered her situation carefully and that, perhaps, a Dartmoor walk over three sets of uneven, slippery stepping stones was beyond an acceptable risk level!

So why the reminiscing?

With regret, I have tendered my resignation to the Board of Trustees, with immediate effect (or as soon as the board can make arrangements for another to be able to sign documents as chairman).

Since the New Year I have become progressively more tired and a walking break in Sussex (leading a charming group from Cleveland, USA) in early June gave me the final indicators that it was not just old age catching up on me. Hospital testing has shown two conditions, one of which needs immediate treatment.

The good news is that Hairy Cell Leukaemia (trust me to find a rarity!) is relatively easily treated by a single drug, with a survival rate about as good as normal life for a 67-year-old – but one has to have the treatment

and I will go through the next six months with a reduced level of immunity. I need to reduce risk levels by not joining in with large groups, by flying in crowded aircraft, by going on coach trips or by meeting anyone with known infection. I'm thankful that this has been found now and also that we have just had a great week's holiday with the grandchildren on the beach at Southwold, because, no doubt, their school life will produce coughs and colds throughout the autumn. With luck and a fair wind, all should be back to normal by next spring for our next Australian visit.

Please do not avoid conversation about this, I'm completely open to chat about it – I will be up and about, attending at my own study groups if deemed OK on the day, but just trying to be careful.

I thank the other trustees and administrative team for their immediate support and acceptance of the situation. MK U3A now has no chair, nor secretary, but the remaining team is considering options that would be much simplified if more people were to help out. We have had some success in team building and load sharing in the last couple of months, but more new faces would be much appreciated.

Sithee Nigel

**Would you be interested in volunteering in any capacity and helping in the organisation of your U3A? If you would like further information please contact Lesley Sparks on 07850113449 in the first instance. Currently I am looking for someone to collect and send out the October newsletter as I will be away until 19th October.**

### **Open Meeting IT Help Desk**



We are all (well, nearly all) making more and more use of technology. We have the website and membership database. We communicate by email. When face-to-face communication is not possible, we keep in touch with friends and family using Skype or Face Time. Love it or loathe it, social media (Facebook, Twitter etc) is now a large part of our lives.

However, this explosion of reliance on technology comes with its own issues and problems. What happens when it doesn't work the way you expect it to? Why can't I print or send/receive emails? I've been bought a tablet computer but don't know how to use it.

We have a number of permanent and short-course groups within MKU3A that seek to help keep us up-to-date with technology matters, but what if all you need is a quick answer to a problem? We've been looking to see if it is possible to run an IT Help Desk and have decided to dip a toe in the water at the October and November Open Meetings. At each of the meetings one or more of the IT team will be available to answer questions. We're not expecting to be able to solve everything on the day – the subject is too wide (and deep) for that. However, what we can't solve there and then can be investigated and pursued afterwards.

Will it work? We honestly have no idea, but we're hoping that it will be an additional service to members. Over to you. If you need help, you know where to come.

Dave Barratt MKU3A Webmaster/Datum [dave@tigdjb.co.uk](mailto:dave@tigdjb.co.uk)

**The National U3A AGM and Conference** has been held at the East Midlands Conference Centre which is situated on the campus of the University of Nottingham for several years. This is a chance to meet members from other U3A's from around the country and hear how they 'work' and exchange ideas as well as meeting the Trustees from the regions and those on the National Executive Committee.

Mk U3A decided they would send four delegates to the conference and the invitation was extended to all members of our U3A who might be interested in attending. Three members registered interest, all who were

members of the committee, Claire Naismith, Lesley Sparks and Maureen Windridge with responsibility for membership, communications and finance set off for Nottingham.

Arrival and registration was in the afternoon and then there was time to mingle and chat to others delegates before the welcome address by Pam Jones, the National Chairman and Sam Mauger, the Chief Executive was held in the Auditorium. At this meeting certificates were handed out to U3A's who had attained 10, 20, 25, and 30 years since inception. We had attained the ripe old age of 30 and now have a certificate to prove it.

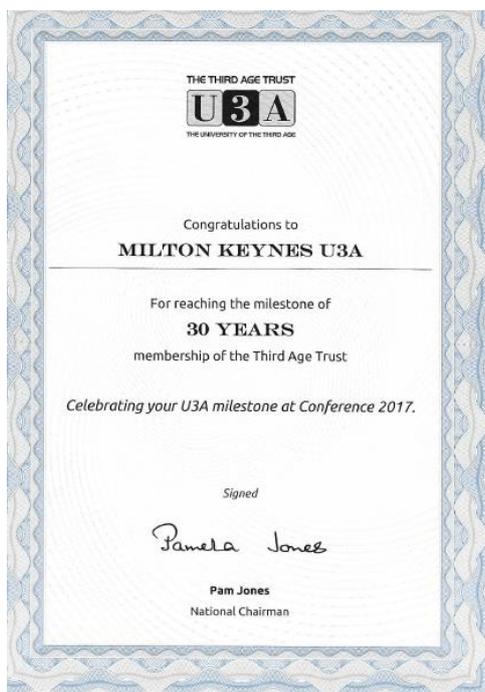
Our U3A is part of the South-East region and we now have a new regional Trustee, Bob Duckmanton and we had a chance to meet him after the welcome address. He is a member of Warsash U3A in Hampshire and as our area is large he asked for volunteers to help him in the setting up and opening of new U3A's in the region, which is one of his responsibilities.

Day two was organised as three 'workshops' on a variety of subjects, all of which covered a different area for example, Financial Matters, Encouraging Volunteering within your U3A and Learning Online, Do you do it? Do you want it? and an interesting presentation by Christopher French, from the University of London, called 'Weird Science: An Introduction to Anomalistic Psychology' This was interesting and entertaining. Check out '[http://www.theinvisiblegorilla.com/gorilla\\_experiment.html](http://www.theinvisiblegorilla.com/gorilla_experiment.html)' online as this was one of the example he showed us! and caught many of us out!!

Day three was the AGM and a presentation by Jo Coleman, a specialist in Charity Law entitled 'Gruesome Governance'. The day was live-streamed online for the benefit of those members who were unable to attend in person.

The conference ended after the constitutional review and closing address.

We arrived back in Milton Keynes with new ideas and information for the committee, tired but declaring that the conference had been a success.



## News from the Groups Coordinator

### ***Suggested New Groups***

*We now have an agreed policy with regard the setting up of suggested new groups. A copy of the policy is available on the website*

Would you willing to be a Group Leader/Contact and set up a New Group for a pastime, interest or hobby that you have? MKU3A welcomes new groups and new ideas. Please contact the Groups Coordinator, Shirley Dewar by e-mail at [groups@mku3a.org](mailto:groups@mku3a.org) or telephone 07879 007513

### **RussianS**

Your life was hectic. It was busy with work and home commitments, and now you are likely to have time to devote yourselves to something that was on your bucket list or maybe not but it sounds interesting!!!

### **Why not Russian!**

The Russian language group for adults is aimed at you, complete beginners, and its main purpose is to develop colloquial Russian in basic conversation in order for you to feel comfortable without an interpreter. Therefore, grammar and reading just serve as a background for learning the language.

The lessons are built in a form of dialogue between you and teacher on the basis of the learnt material. The subjects of the conversations are situations close to what would be real environment, discussions of Russian culture and cuisine included.

Tatiana Birch, native Russian tutor with 30 years of teaching experience.

Think this might be you contact Tatiana on 01908 388 529 or e-mail [groups@mku3a.org](mailto:groups@mku3a.org)

Tatiana has also found a central venue for a group to meet.

Two people have already expressed an interest, however for the group to be viable it needs a few more members.

## **Guitar Playing Retired Rockers Retired Mods also welcome**

**Was it an enjoyable misspent youth playing guitar? Rekindle some of that by joining suggested new guitar group(s)?**

Perhaps you've been dabbling already and fancy getting together with other guitarist's to 'knock out' some of the tunes and songs you used to play?

Or maybe you're already 'into it' and would like to develop your skills/knowledge arranging tunes practicing and jamming with others?



**Interested in finding out more?**

Go dig out your guitar in the loft and get in touch...



Contact: **Shirley Dewar**

Email: [groups@mku3a.org](mailto:groups@mku3a.org)

Telephone: 07879 007513



## **News from the Groups**

### **Exploring World Faiths – Linda Morris**



**The Exploring World Faiths** group had a fascinating trip to the Granby mosque in August. Our host was very open with us and answered all questions put to him.

Our September visit was to Olney Parish church, St Peter and St Paul, where we were given a tour which explained the history of the church. We also heard news of what the congregation are doing now and that their rector, Claire, is moving on this month to become archdeacon of Loughborough.

Links with the town of Newton in Sierra Leone have been forged, chosen one would supposed due to the connection with John Newton who had been a captain on a slave trading ship who turned away from that life, became a Christian and opposed slavery. This would have been a very unpopular move in his day, and because of his opposition to the slave trade he had to wait quite a while to be ordained as a priest. No bishop would agree to ordain him, due to his past life. John Newton wrote the hymn, Amazing Grace.

We also heard a story about the foundation stones which miraculously moved from one place to the spot where the church is located now!

We were told about William Cowper, (pronounced Cooper) whose house is now the Olney museum. We heard about his hymn writing too and his friendship with John Newton. We ventured outside to see John Newton's tomb. Newton was buried twice as his graveyard in London was dug up to make way for the Northern Line.

Of course, we heard the story about the lady who unintentionally ran the first pancake race! She was late for the shoving service on Shrove Tuesday. People now come from over the world to see where the first pancake race took place.

Our visit to finished with the organist very kindly playing Amazing Grace for us while we had refreshments. He's a very accomplished musician so it was a quite an experience

**The Redway Walking Group** will be enjoying the redways in MK throughout the winter this year for the first time. We will not stop our Tuesday walks in the autumn, as we normally do, for a winter break. Instead, the walks will continue, rain or shine. Please see the attached photos for both weather conditions! (The soggy six shown in the photo are braving the *August* weather at Furzton Lake this year. You may not believe me but it's true!)

My thanks go to everyone who helped me set up this 'new' group which began in May 2015. In particular I'd like to thank Alan Perry who organised our walks until recently. This job has been taken over in recent weeks by Don Wenham who is now taking on the task of Group Leader from this autumn.

I'd like to thank all the walkers for some great chats, advice and encouragement during our many walks together. These lovely people made this group the success that it has become. I'll still be joining the walks when I can. Linda Morris.

Information about this group can be found on the website or by contacting Don by email on [redways@mku3a.org](mailto:redways@mku3a.org)



### **Groups Looking to Increase their Membership**

**Crafts and Conversation** which was formally Lace Making meet in Kingston on Friday mornings. This friendly small group would welcome new members. At the moment, we bring any project we are currently working on and chat as we work. Conversation can be diverse but is always interesting. If you would be interested in joining us please contact Lesley Sparks on 07850 113449 for further details.

### **Biography Group News**

Hang on a sec! What Biography Group? There's not one listed! What is this man on about?

Well, we call it something else (*see below*) but we meet monthly with a group member having prepared notes on a subject person of distinction. The only limit is that the celebrity must exist within the Desert Island Disc archive

(Ahh! Yes, that Group!).

Listening to the archive programme then gives an interesting comparison – biography versus personal memory of the subject. It all gives for a relaxing, but informative, insight into the lives of the famous.

With varied tastes, the group has been bowled over (Fred Trueman); been lit by the lime light (Dame Judi

Dench); and worked out a bit of astro-physics (prof. Brian Cox). Who would your choice be?

September – motor sport with Jackie Stewart. October – politics with Shirley Williams.

Fourth Thursday of the month, mornings. Free (except for refreshment)

Do give us a call. Details on the website. (or try 01908 667007)

### **Transport Topics Group**

Visits during the summer to various places of interest for the Transport Topics Group came to an end in August with a tour of Bentley Priory, home of Fighter Command HQ during World War 2. The photo below shows members of the group during their visit to the Gloucestershire & Warwickshire Railway in July.

Our regular monthly meetings recommence at Carpenter Court, Neath Hill on Wednesday September 27th at 2pm when one of our members will be giving a presentation on the access to the island of St. Helena including the difficulties experienced with the new airport. For further details of the remainder of our 2017 programme and plans for 2018 please check our web-site.

New members are always welcome.



**The Current Affairs Discussion Group 2** resumes its meetings again on 12 September and would welcome new people to join us. As news events are topical we do not have a set programme for discussion but the leader, Lena Woldemariam will happily incorporate any subject suggested. Please do join us and give us a try.

The group meet in Bletchley near Whaddon Way on the second Tuesday of each month in the afternoon. More information can be found by calling Lena on 01908 990053

### **COME AND SHARE YOUR FAVOURITE MUSIC .....**

..... join us, and make room in your day for some varied music styles for a couple of hours. There's a bit of music in all of us.

We all meet twice a month (2<sup>nd</sup> and 4<sup>th</sup> Thursday morning) in Two Mile Ash.

Some of us will take it in turns to create a playlist, some of us just want to come along, chill out and listen to other's choice of music – or maybe just meet new people!

So whether you are a jazz lover, an opera or classical buff or whether you just enjoy relaxing to different styles of music, we'd love to know you.

New folks are joining us each month, but we still have enough room for more.

Give us a call or email us and we can tell you all about our group.

Contact: Sally Saunders 07948366778

Or email us at: [musicapprec@mku3a.org](mailto:musicapprec@mku3a.org)

### **Exploring World Faiths – Linda Morris**

4th October Hindu Temple, MK Hindu Association, temporary premises. The centre is at the end of Ferry Meadows Close, Broughton, MK10 9QY. Adequate parking.

If you would like to join our group please contact the group leader, Linda Morris on [ewf@mku3a.org](mailto:ewf@mku3a.org) or check the website for further details

**The Biology Group - Group Leader:** Liz Padfield, tel: 01908 282375,

e-mail: [biology@mku3a.org](mailto:biology@mku3a.org)

*From a modest beginning, this Group continues to expand in coverage, interest and membership. **We are still keen to welcome new members to this, currently the only group studying sciences in MK U3A***

### **Next Meeting**

**5 October** will consider **Air pollution, its effects on breathing and the body.**

### **Future Topics**

The group would welcome suggestions, questions or requests for sessions on further topics of public interest.

**Dementia** had been proposed but is considered a wide topic, which might be covered by contributions from all those present, whether from experience or research. **Epigenetics** has been proposed. Let us have your ideas.

Newcomers are always welcome to join us or bring along any other U3A member who just wants to come and listen. Whatever your background, we are sure you will find our discussions informative and stimulating.

**Meetings:** The group meets at Furzton on the first Thursday of every month at 10.30 in the morning.

Please contact [cjlay@yahoo.co.uk](mailto:cjlay@yahoo.co.uk) if you would like to attend

Christina Lay on behalf of LizPadfield, Group Leader.



**Pilates Group 3**, a recent addition to the group listing still has spaces for new members. No previous experience necessary. The group meets in Kents Hill on Wednesday mornings. For further information please check the website or contact the Group Leader jane Gibbs on either [pilates3@mku3a](mailto:pilates3@mku3a) or 01908 378731

### **Tuesday Afternoon Intermediate 4 Bridge Group**

We have places available for this group. The standard is generally intermediate with a good range of skills among the current membership. We usually draw for partners and play either rubber or Chicago depending on numbers, the group also plays some duplicate. Playing skills



can be improved by joining in with this friendly group. Please contact Judith Exter, the group leader for further details

tel: 01908 976058, e-mail: [bridgeint4@mku3a.org](mailto:bridgeint4@mku3a.org)

### Upcoming Theatre Trips—Aide Memoire

<b>Date</b>	<b>Show</b>	<b>Pay by</b>
Thurs 19 <sup>th</sup> Oct	Ballet	Passed
Wed 25 <sup>th</sup> Oct	The Addams Family	Passed
Wed 1 <sup>st</sup> Nov	Cabaret	Passed
Thurs 23 <sup>rd</sup> Nov	Glynebourne	Passed
Thurs 30 <sup>th</sup> Nov	Sunset Boulevard	Passed
Tues 9 <sup>th</sup> Jan '18	Cinderella	22 <sup>nd</sup> Sept
Wed 30 <sup>th</sup> May '18	Legally Blond	22 <sup>nd</sup> Nov
Wed 18 <sup>th</sup> July '18	Flashdance	22 <sup>nd</sup> Nov
Wed 3 <sup>rd</sup> Oct '18	War Horse	Passed



### Upcoming Outings

<b>Date</b>	<b>Venue</b>	<b>Last B'king Date</b>
Wed 20 <sup>th</sup> Sept	Berkeley castle & Dr Jenner's House	10 <sup>th</sup> Aug
Thurs 5 <sup>th</sup> Oct	Houses of Parliament	passed
Thurs 19 <sup>th</sup> Oct	Brighton i360 Tower Pavilion	14 <sup>th</sup> Sept

Please refer to the website for further details or contact the organisers on [theatre@mku3a.org](mailto:theatre@mku3a.org) 07867978585 or [outings@mku3a.org](mailto:outings@mku3a.org) 01908 506706 as appropriate

**Booking Forms for both these groups can be found on the relevant pages of the website or on the individual postings in the Diary**

### Dates for Your Diary

#### Monday 18 September - New Members Induction Sessions

We run monthly meetings for new members aimed at outlining the background to the U3A movement, explaining how to get the best out of your membership with MKU3A, and showing you how to use the website and join groups. The next meeting will be at 2.30pm on 18 September in the Great Linford Parish Office meeting room, next to the Co-op in the Great Linford local centre at 1 St Leger Court, MK14 5HA. If you are a new member just come along – any queries to Claire Naismith on [membersec@mku3a.org](mailto:membersec@mku3a.org)

## **Personal Recommendations by Members None this Month**

### **But**

**Builder wanted.** Sylvia McMath is looking for a builder to relay some paving stones for her.

If you could recommend one, please contact her on 01908 320681. If there is no one at home please leave a message and she will call on her return

### **Other Items of Interest**

**Milton Keynes University Hospital NHS Foundation Trust's free annual event.** Please join us on Wednesday 27 September. This event is open to everyone and is being held at The Venue MK, Walton High, Milton Keynes MK7 7WH. Light refreshments will be available from 17:30 followed by an evening of various attractions. Come along and enjoy tea and biscuits with friends and family and visit the many departments information stands showcasing their area, hidden talents and skills before hearing about the annual review for 2016/17.

For more information please contact [Foundation.members@mkuh.nhs.uk](mailto:Foundation.members@mkuh.nhs.uk) or call 01908 996235

### **MK Lit Fest**

A festival of books, words, writers and ideas. Five days of everything literary, bookish or wordy.

Running from Friday 22nd to Tuesday 26th September, Milton Keynes' first ever Literature Festival brings a cornucopia of the finest contemporary writing to the city. Highlights include a performance by Linton Kwesi Johnson, two events with Michael Rosen, an interview with MK-based Sunday Times Bestselling Author Carole Matthews, the words (and music) of Terence Blacker and a special edition of Scribal Gathering.

Whether your love of books leads you to a fascination with the psychology of dangerous characters, how families influence authors' writing, literature in translation or overcoming second novel syndrome, the Festival has something for you. YA fiction and children's events, book illustration, poets, a Q&A session for emerging writers, nuggets of local history, gaming and fantasy.... It's all here.

Put your book down for a few days and join us!

All public events of MK Lit Fest take place at

**The Holiday Inn, 500 Saxon Gate West, Central Milton Keynes, MK9 2HQ.**

Selected authors will also be taking part in book-signings in Waterstones, Midsummer Place. Any such exceptions are shown in individual event details within the programme.

Please click here for further information

<https://www.mklitfest.org/>

### **Still Green co-housing – building our own community**

Did you read the article in Third Age Matters, Summer 2017 (page 11 under the topic heading Avoiding Isolation), about the co-housing community in North Barnet developed by a group of women over fifty? They recently moved into their new, purpose-built block of flats and almost all of them are now becoming members of their local U3A. The Older Women's Co-housing website [www.owch.org.uk](http://www.owch.org.uk) tells you more about this exciting project.

Still Green ([www.stillgreenweb.org](http://www.stillgreenweb.org)) is also planning co-housing communities, one here in Milton Keynes and another in Bicester. Our focus is on increasing the housing options available to women and men aged 50 plus, singles and couples. Members of Still Green wish to live as sustainably as possible, in lifetime homes, and in a mutually-supportive way.

Living in a co-housing scheme (<https://cohousing.org.uk/>) means having your own individual flat or house but sharing some facilities; typically, a common house where visitors can stay and meals can be shared, as well as communal gardens, equipment and storage spaces. Co-housing is designed 'with us not for us', and managed by us. It offers the autonomy and privacy of your own home with the mutual support offered through a degree of collaborative living.

Still Green hopes to include a mix of homes for purchase and rent, including a proportion of affordable homes. We would expect there to be between 15 and 30 units in each community.

Interested? Look at our website or contact us on [stillgreenweb@gmail.com](mailto:stillgreenweb@gmail.com) to find out more and then come along to one of our regular enquirers' meetings. The next one will be on Saturday 23<sup>rd</sup> September.

### **Barbara Shaw - Textile Artist** **My first Solo Exhibition: 'Art in Textiles'**

I am thrilled to announce that I will be having my first solo exhibition of '**Art in Textiles**' in the Stables, (adjacent to the Phoenix Tea Room), Claydon Courtyard, Claydon Estate MK 18 2EX from September 16<sup>th</sup>-24<sup>th</sup> 2017, 11-5, closed 21<sup>st</sup> and 22<sup>nd</sup>.

'**Art in Textiles**' is an exhibition of unique fabric interpretations of familiar subjects. I use textured, bright and subtle colours, hand-stitching scraps of material together in layers to produce a painterly, distinctive style of artwork. The exhibition will be split into five themes and will include pictures of Creatures where you will get to meet some of my popular sheep, have the opportunity to see some of the work I produced for my Artist-in-Residency at Claydon House and be inspired by Plants and Buckinghamshire Landscapes. I will be demonstrating how I produce my collages. Original work will be for sale together with limited edition prints and cards.

For an inspiring day out why not visit my exhibition in the Stables and combine it with investigating other art and craft businesses in the Courtyard of Claydon Estate, take an enjoyable stroll around the beautiful gardens and have refreshments in the recently refurbished Phoenix Tea Rooms. National Trust Claydon House is open too and well worth exploring.

For further information about me or to contact me please check [www.artintextiles.co.uk](http://www.artintextiles.co.uk) and you can find me on facebook.com/artintextiles; twitter.com/art\_in\_textiles; IG @art\_in\_textiles. For more on Claydon Estate see [www.claydonestate.co.uk](http://www.claydonestate.co.uk) and for the National Trust House please see [www.nationaltrust.org.uk/claydon](http://www.nationaltrust.org.uk/claydon)



**Bow Brickhill Women's Institute** meet on Thursday 28th September at 7.30 pm in the Pavilion at Rushmere Close. We are looking forward to listening to our speaker, Mr Bill Griffiths from Milton Keynes Museum. As this subject is interesting to all ages we welcome Family and Friends to attend. Non-members are asked to contribute £4 towards expenses of speaker and hire of the hall. Light refreshments are included. Further details are available from Stephanie Warren tel 01908 671394

### **VOLUNTEERS NEEDED TO LISTEN TO CHILDREN READ IN LOCAL PRIMARY SCHOOLS**

Can you spare an hour or two a week to listen to children read in a local primary school?

Schoolreaders is expanding in Buckinghamshire in September and is looking for volunteers to carry out this important role. No qualifications are necessary, just a good command of spoken and written English.

Reading time for many children at home and at school is often insufficient, and one in four children are now leaving primary school unable to read to the required standard. This can have a lifelong consequence.

Schoolreaders is flexible and will match your availability to an appropriate, local school. Our volunteers find the scheme incredibly rewarding, knowing that a few hours helping a child learn to read each week can have such a great impact on their life chances.

Please visit the website [www.schoolreaders.org](http://www.schoolreaders.org) to join or call 01234 924111 for further information.

**Pavarthy Harital** is a PhD student at the Open University. She would like to recruit participants for her project. She is doing a survey with people aged 60 and above, living in the UK, about their Digital Health Literacy - Investigating the Motivations, Challenges and Experiences.

The survey will be available both online and offline. The online survey link is: <https://openuniversity.onlinesurveys.ac.uk/digital-health-literacy>.

The **WEA (The Workers' Educational Association)** are running a course on The Short Story, in which Peter Leyland will discuss the history and development of the short story in English, with reference to earlier Russian and French exponents of the form. Rectory Cottages, Bletchley, MK3 6BJ. Wednesdays between 27 September and 1 November, from 10.30am to 12.30pm. Cost £51.60.

To enrol, call 0300 303 3464, quoting C3741140 or go to [enrolonline.wea.org.uk](http://enrolonline.wea.org.uk)

For further information, please contact Jeannine Golding on: 01908 567869 or email: [jeannine.golding@btinternet.com](mailto:jeannine.golding@btinternet.com)

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**Do you like Quizzing?** If so this event might be for you

**Saturday 7th October** – at 7.00 p.m. in Simpson Village Hall Quiz Night & Fish & Chip Supper, proceeds to T.L.C. – Children in Vietnam Charity, maximum 8 people on a table, £10.00 p.p. bring your own drinks, teas served at half-time, raffle prizes gratefully accepted, if possible please park down by the Church and walk up to the hall. All suppers MUST be booked with Pat Hodges [missquiz@sky.com](mailto:missquiz@sky.com) or tel: 01908 644785

**Spain part 2 - A continuation of the contribution by David Sutton published in the August Issue**

### **Social Customs in Spain**

#### **Traditions and habits**

**All countries have their own particular social customs and Spain is no exception. As a foreigner, you will probably be excused if you accidentally insult your host, but you may not be invited again.**

When you're formally introduced to a Spaniard you should say 'good day' (*buenos días señor/señora/señorita*) or 'good evening' (*buenas tardes*) and shake hands (a single pump is enough). Spanish men shake hands on meeting and again on departing, whether it's a casual meeting in the street or a formal occasion. If you're in doubt as to whether a woman is married or single, wedding rings are worn on the fourth finger of the right hand (not the left), although mature women should be addressed as *señora*. 'Good afternoon' (*buenas tardes*) is used instead of 'good day' (*buenos días*) after lunch, which can start as late as 3pm until 9 or 10pm. 'Good night' (*buenas noches*) is usually used when going to bed or leaving a house late at night. 'Goodbye' is *adiós* or less formally you can say see you later (*hasta luego*).

'Hi' or 'hello' (*¡hola!*) is used among close friends and young people, often accompanied by 'how are you?' (*¿qué tal?*) or 'what's new?' (*¿qué hay?*). In more formal language, 'how are you?' is *¿cómo está usted?*, to which the reply is usually 'fine, thank you, and you?' (*muy bien, gracias, ¿y usted?*). A common reply when being formally introduced is 'delighted' (*encantado/a*). Elderly friends are often addressed as 'male' (*don*) and 'female' (*doña*), followed by their Christian name (considerable courtesy and respect is shown to women and the elderly in Spain). When someone thanks you (*gracias*), it's polite to reply, 'it was nothing/you're welcome' (*de nada*). When talking to a stranger it's polite to use the formal form of address (*usted*) and not the familiar form (*tú*) or someone's Christian name until you're invited to do so. However, nowadays the *tú* form is much more widely used and *usted* is reserved mainly for business and when addressing older people.

## **Kissing in Spain**

Male and female acquaintances kiss each other, usually on both cheeks. If a lady expects you to kiss her she will offer her cheek. The 'kiss' is deposited high up on the cheek, never on the mouth (except between lovers), and isn't usually really a kiss, but a delicate brushing of the cheeks. Close family and male friends embrace.

Talking on the phone

You should introduce yourself before asking to speak to someone on the telephone. Although the traditional *siesta* is facing a battle for survival, it isn't advisable to telephone between the *siesta* hours (e.g. 2 to 5pm) when many people have a nap. If you call between these times, it's polite to apologise for disturbing the household.

Spanish surnames

Family surnames are often confusing to foreigners, as the Spanish often have two surnames (possibly linked by 'and', e.g. *y* or *i* in Catalan), the first being their father's and the second their mother's. When a woman marries she may drop her mother's name and add her husband's, although this isn't usual. Spanish children are usually named after a saint and a person's saint's day (*santo*) is as important a celebration as their birthday (*cumpleaños*), both of which are occasions on which it's traditional to entertain your family and friends.

## **Appointments in Spain**

If you have an appointment with a Spaniard don't expect him to arrive on time, although being more than 15 minutes late is considered bad manners. If you're going to be more than 15 minutes late for an appointment you should telephone and apologise.

The Spanish say 'good appetite' (*que aproveche/buen apetito*) before starting a meal. If you're offered a glass of wine, wait until your host has made a toast (*¡salud!*) before taking a drink. If you aren't offered a (another) drink it's time to go home.

## **Dressing style in Spain**

Spanish men and women are almost invariably well-groomed and style and fashion are important, although they often dress casually. It's advisable to dress conservatively when doing business or visiting government offices on official business. There are few occasions when formal clothes are necessary and there are very few dress rules in Spain (except in respect to places of worship). Spaniards consider that bathing costumes, skimpy tops and flip-flops or sandals with no socks are strictly for the beach or swimming pool, and not for example, the streets, restaurants or shops.

David Sutton-Rowe, Town Councilor, 03630 Sax, Alicante Spain.

David spoke little Spanish when he moved to Spain in 2002, he spent the first 9 months sorting out the legal in's and out's of how to live and very quickly learned to master basic Spanish, while reforming his old Finca, (Old Spanish Farmhouse), by the end of the first year he could speak enough to get by and after two years could hold understandable conversations with locals.

He was asked to help in organising a club for exchanging language and culture between the Spanish and Foreign communities in 2003/4, This was called "Amigos de Sax" (Friends of Sax) he was quickly promoted to Vice President and helped with most of the events to bring the communities together. It was during this time, (2005) that he made an impression on the local Spanish communities and was asked to join the local Political Party, "Partido Popular" (The Popular Party), and in the May of that year 2005, he was elected into the Town Hall as a councilor, the very first foreigner ever to hold that position.

Sadly, in 2012, David and his family had to return to the UK due to Family commitments, but still visits the town of Sax, on a regular basis, as he still owns a property and has many good friends in both Spanish, English, and German communities.

### Music Mini Series—A review

Following the series of three talks given by Adrian Boynton about Music, I would like to suggest that he be invited to come again and entertain us with his vast knowledge and selection of music. He puts together such an interesting mixture of well-known and lesser known music and delivers the information so well.

I and the friends I brought enjoyed the series very much and would urge people who have not come to attend if we have another series.

Please can we have more. Doreen Griffin

Please see the information below from the MK branch of the British Thyroid Foundation



**BRITISH THYROID FOUNDATION**  
**MILTON KEYNES BRANCH**

**Information Events**  
held regularly with professional speakers  
**at the Pavilion**  
**Open University, Milton Keynes**

If you are newly diagnosed or have  
a long standing thyroid condition  
come and join our local meetings.

**Registration and coffee 10:30 am**

**Our next meetings is on**  
**Saturday 7<sup>th</sup> October 2017**

Contact: [WILMA 01908 330290](tel:01908330290)

Our local website: [www.thyroidmk.co.uk](http://www.thyroidmk.co.uk)  
Find us on facebook: [thyroidmk](#)



**Key Contact Details—more on the web site**

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