



milton keynes



September
2019



university of the third age

Open Meeting

Meetings start at 2.30pm and are held at the Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes, MK5 7GZ. There is car parking on site, and bus routes 8, 24 & 25 stop on adjacent grid roads.

The Amber Room

Mike Bartlett - 25 September

Dubbed the 'Eighth Wonder of the World', the Amber Room was one of the great treasures of Russian culture, Russian history and Russian heritage – until Hitler decided he wanted it for himself – and stole it, stone by stone.

When, in late 1943, it was decided to dismantle the Amber Room and crate it away, it vanished, never to be found again ... or did it?



New Members Induction Session

16 September 2019

The next session will be on Monday 16 September, starting at 2pm, and will be held 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.

The session will outline the background to the U3A movement, explain how to get the best out of your membership with MKU3A and show you how to use the website and join groups.

If you are a new member - just come along – any queries to Claire Naismith on membersec@mku3a.org or 07425 620167.

2020 U3A Diaries

This year MKU3A are offering the U3A 2020 diaries for sale.

They are 15 x 8 cm and have a week to view on one side and space for additional notes on the other.

There are planners for 2021, conversion charts and an area for your phone numbers and addresses.



Please send an email to info@MKU3A.org if you would like to place an order, stating the number you require.

Payment can be either by Bank Transfer or cheque.

The cost for each diary will be £2.75. You can either collect from the November Open Meeting or the diary can be sent by post to you for the additional cost of £0.65 per diary. Please include your address if you would like the diary posted.

Bank account details Sort Code 23-05-80 Account 24979482. Cheques made payable to MKU3A should be sent to the MKU3A office, 11 Winchester Circle, Kingston, MK10 0BA.

Food 4 Thought Goes Asian

The Food4Thought group meets on the third Wednesday of the month. Our membership continues to flourish and, at one of our recent meetings, we looked at Asian Cuisine and learnt how to use chop sticks.

Asia, being the largest continent, is home to many cultures, many of which have their own characteristic cuisine and the ingredients they use and the way they prepare their food varies from region to region.

In South West Asia, the major oil used in frying is ghee, or clarified butter, whereas in South East and North East Asia, the major oils used are vegetable oils.

While rice is common to all Asian cuisines, different varieties are popular in the various regions. Basmati rice is popular in the Indian subcontinent, Jasmine rice is often found across the south east, while long-grain rice is popular in China, and short-grain rice is popular in Japan and Korea.

India is probably thought of as home of the curry, but Curry powder and the contemporary English use of the word "curry" are Western inventions and do not reflect any specific food from the Indian subcontinent.

Curry powder was used as an ingredient in British recipe books and was commercially available from the late 18th century. Most curry powder recipes include coriander, turmeric, cumin, fenugreek, and chili peppers in their blends. Garam Masala is the original curry powder. The word "garam" in Hindi means hot and "masala" means blended spices. There is no single garam masala recipe. The ingredients differ according to the region as well as each chef's individual preferences

In the Northern Indian subcontinent, a tandoor clay oven is used in cooking. The heat for a tandoor was traditionally generated by a charcoal or wood fire, burning within the tandoor itself, thus exposing the food to live fire, radiant heat cooking, and hot-air, convection cooking, plus smoking in the fat and food juices that drip on to the charcoal. Temperatures in a tandoor can approach 480 °C or (900 °F).

The Japanese eat more fish and seafood than most of their Asian neighbours and Japanese cuisine is not renowned for its meat and poultry dishes. Indeed, eating meat was banned in Japan in the 17th Century due to



Buddhist beliefs, which forbid eating the flesh of any sentient being.

The Japanese eat a lot of seaweed, more than any other nation, including Konbu (kelp) and Wakame (sea mustard).

Perhaps the most well-known dish from Japan is Sushi, which is a generic term for a rice-based dish, which began its life as a way of preserving fish, which was salt cured, then packed in cooked rice in a wooden barrel and left to ferment for up to a year. As rice ferments, the starch produces lactic acid, which, combined with the salt, works as a natural preservative. It wasn't until the late 17th Century that vinegar was added to give it its characteristic acidic flavour.

Salt is the single most important seasoning ingredient in Japanese cooking, along with Miso, crushed soya beans, which are left to mature for anything between 6 months and 3 years. The Japanese are also very fond of pickles known collectively as tsukemono, which they eat alongside almost every meal.

Chinese food does not require the use of dairy ingredients such as cream, butter or cheese. Soy Sauce is extensively used in Chinese cuisine. Basically, there are two types of soy, light and dark. Light Soy comes from the first pressing (similar to virgin olive oil) so is lighter in colour with a more delicate flavour. Dark soy is fermented for longer and caramel is added to give it a darker richer colour. As a general rule, use light soy for seafood, chicken and vegetable dishes, and dark soy for red meat, or for marinating.

Like most other Asian cuisines, rice is the staple grain of Thai cuisine. The words for rice and food are the same: *khao*. Rice is such an integral part of the diet that a common Thai greeting is "*kin khao reu yang?*" which literally translates as "Have you eaten rice yet?" Non-glutinous rice which is indigenous to Thailand, is the highly prized, sweet-smelling jasmine rice.

Other varieties of rice eaten in Thailand include sticky rice, a unique variety of rice which contains an unusual balance of the starches present in all rice, causing it to cook up to a sticky texture. Sticky rice, not jasmine rice, is a staple food in the local cuisines of northern Thailand.

An ingredient found in many Thai dishes and used in every region of the country is *nam pla*, or fish sauce, which is a thin brown liquid made from fermented salted fish, usually anchovies. It has a strong fishy odour and a salty taste. Kapee or shrimp paste is a pungent preserve used extensively in Thai cooking. It is made by pounding shrimp with salt and leaving them to decompose.

Sambal oelek is a hot chilli-based paste used in Asian cooking typically made from a mixture of a variety of chili peppers with secondary ingredients



such as shrimp paste, garlic, ginger, shallot, scallion, palm sugar, and lime juice.

Belacan is one of the most important, and by far the most pungent ingredient in Malaysian cookery. Unlike the oily, garlicky shrimp paste used in Thai curries, belacan is a hardened block of shrimp paste, made from tiny shrimp mixed with salt and fermented. The fermented paste is then ground into a smoother paste, then sun dried, shaped into blocks, and allowed to ferment again. Powerful in both smell and taste, belacan is always toasted and used in small quantities, providing a savoury depth to curries and pastes.

A traditional Malaysian dish is Fish Head Curry. While Malaysia claim this dish to be their own, the fish head curry is said to originate in Singapore, and reflects both Indian and Chinese cultures as it came to existence when an Indian chef added fish head to his curry, in an attempt to please Chinese customers. This fiery hot fish head curry includes the head of a red snapper, lots of veg and a soupy, spicy south Indian style curry sauce.

From Whale to Gut Bacteria

The Biology and Associated Sciences Group has enjoyed fascinating presentations in 2019, many focusing round a single type of organism, big or small, from whales or penguins, to Gut Bacteria.

A departure in July was an outside visit to the Grant Museum of Zoology, near Euston. This is a small, compact museum that has expanded from a private collection, and displays a large variety of specimens, from micro to macro.

No matter how well illustrated our talks are, a visit to this museum conveys a better image of a species by allowing the visitor to see the actual size of the specimen.

The small Group who joined this visit agreed that this museum is easy to walk round, enjoyable, worth visiting.

One of our number made this observation: "I was amazed at the small size of the pelican's brain cavity compared with its beak! It also fascinated me how 3D printing was used to enable us to get a clearer understanding of the whole animal/skeleton."

After a break during August, the Group will re-assemble at 10.30 am on the first Thursday each month from September 5th. A varied list of topics is planned for the Autumn, including one on the science of wine-making.

We still have room to welcome a few new members. We meet in Furzton. Further details by e-mailing us on biology@mku3a.org

Christina Lay

Pam Harvey

U3A EWF Visit To Stanton Low

What a lovely day we had for our visit to Stanton Low church after lunch at the Black Horse.

I was specially blessed as the Exploring World Faiths group looked after me and gave me a lift to the site and a chair to hear the talk.

Although now only a ruin remains, there had been a village church there from Saxon times.

The Lepers squint was for me the highlight of the visit as we imagined lepers gathering outside the church and looking through the gap in the wall to see the priest offering the mass at the East end altar and perhaps



receiving the elements through the hole.

Some of us had seen bits of the ancient church which have been moved into St James Church at New Bradwell



on a visit there last September.

Our speakers had a collection of newspaper photos of some of the last service held at the church, including wedding photos, and made the visit come alive for us, for although Milton Keynes has wonderful new buildings there are some very old bits too.

I was reminded of an old friend Tom Gollins who felt we did not honour John Mason enough - he was a priest who wrote hymns (1645-1694) and served at Stanton Low and last year my granddaughter had "How shall I sing



the majesty which angels do admire?" at her wedding.

The Parks Trust look after the site now. Further research can be done via the internet.

Betty Course

*Additional info from our speaker, **Pauline Wright***

In the 1680s, Sir John Wittewronge, a Flemish Protestant merchant, built a manor house in Stanton Low and turned the church into his own private chapel.

He added ornate oak panelling to the walls, paid for a fine Jacobean carved pulpit and installed the hymn writer and Second Coming believer, John Mason, as vicar.

This is a link to the church website if people would like to download the self-guided walk leaflet

<http://www.savestpeterschurch.com>

Exploring World Faith has an internationally known woman speaker

Internationally known Wendi Momen will be speaking to the Exploring World Faiths group on Wednesday October 2nd at 2 pm at the Bowls Club, Haversham Road, Wolverton MK12 5TN.

Wendi was raised in Los Angeles. She came from a family of entertainers. Her father ran the Buddy Worth trio and her mother was the drummer. The actor Robert Mitchum was her uncle.

Wendi is a Justice of the Peace. She was awarded the MBE in honour of her work on gender equality and empowerment of women. A small display about her appears in a public museum in Bedford.

Dr Momen is a founder member of the EBBF, the Ethical Business Building the Future of which she is the chair. She has attended many UN conferences and summits. She has served for many years on the National Spiritual Assembly of the Baha'is of the UK.

Wendi has also somehow managed to find the time to write 12 books.

When her family gather, they live in so many different countries that they have no common language in which to communicate!

You are very welcome to join us for this talk. Please contact the group leader Linda Morris via ewf@mku3a.org if you hope to attend.



Transport Topics Group

We completed our summer visit programme in August with a visit to the Pendon Museum and the Oxford Bus Museum.

Other visits included the Mini Factory, Coventry Transport Museum and the St Albans Signal Box.

Our Autumn/Winter programme of monthly talks at Carpenter Court, Neath Hill, continues on Wednesday September 25th at 2pm when two of our members will be giving a presentation on the 'History of Public Transport in Milton Keynes and surrounding areas'.

This will be followed in October and November with



external speakers talking about 'Life at a senior level in the Railway Industry' and 'Travelling Java by Bus'. Full details are on our website and new members are always welcome to join us at our Neath Hill meetings. You can contact us at transport@mku3a.org (David Bowler or Paul Blackwell).

MKU3A Choir

We start back from our Summer break on Tuesday 3rd September meeting at the Cross and Stable Church in Downs Barn at 2pm.

At first we will be practising the music for our joint concert with the Newport Singers **"Voices for Hospices", to be held on Saturday 12th October at 7.30pm in the Parish Church in Newport Pagnell.**

After that we will be concentrating on Christmas music in readiness for our **Christmas Concert on Friday 13th December at the United Reformed Church, Newport Pagnell at 7.30pm.**

At present we have a few vacancies in all voice ranges so if you feel you would like to give us a try please come to one of our Tuesday practices.

There is no auditioning to worry about. You can come to two meetings before deciding and after that you need to be a U3A member and pay a weekly subscription of £1.50 which covers refreshments, church hall hire and all the sheet music.

We hope to see you there or at one of our concerts.

Sheila Staincliffe

Joint Group Leader



Beginners' Modern Sequence Dancing Thursday Group

(Includes Ballroom & Latin technique)

The Beginners' Modern Sequence Group was introduced in July this year. Unfortunately, from the start, several Members were unable to continue for health reasons, we also had Members on holiday (not unexpected!), and unprecedented hot weather.

We decided to take a break and resume classes in the Autumn.

Considering holiday commitments in September and early October we chose 24th October as our Restart date.

We do have a viable group, however it would be great to have a few more join us. Understandably not everyone is familiar with this branch of Ballroom Dancing and perhaps a short description is appropriate.

Modern Sequence Dancing has its roots in Old Time Dancing (Barn Dance, Veleta, Gay Gordons, Military Two step, for example.

All the dancers perform the same steps at the same time in 16 bar sequences.

As all things evolve, so did this dance form. The dance teachers introduced hybrid dances, these included movements from Old Time but also incorporated figures from Modern dances, Waltz, Foxtrot, Quickstep, Tango. Later Latin Dance figures were introduced.

The professional Dance Teachers' Associations decided that this dance form needed to be regulated and rules



must be either Old Time, Modern Ballroom or Latin American and must conform to all the rules of those rhythms. The dances taught must have won at an official Inventive Dance Competition and must comply with all the rules. Some old, well established hybrid dances are permitted.

This all sounds very technical, but really Sequence Dancing is great fun. It is sociable and more than that, dancing is the very best form of exercise for both the mind and the body.

We will revise the three dances done so far and then move on until we have an afternoon of dancing with new dances introduced as appropriate – not forgetting that it is a Tea Dance, tea and biscuits always included.

We still have vacancies and would love to welcome more Members. The group is taught by a professional dance teacher, an active member of two Societies approved by the BDC and qualified in Ballroom, Latin and Old Time Dancing.

If you are interested to joining this fun form of exercise for the body as well as the brain then please contact the Group Leader for more information via sequencedancing2@mku3a.org - she will be very pleased to hear from you!

Ukulele 'Gig'



I was invited recently to attend the Ukulele's first "gig" which was held at The Brooklands Centre in Newport Pagnell.

What a change since my Group visit last year! The Group was in its infancy and had a very small repertoire of tunes/songs. Just a few months later and they entertained the "audience" for an hour!

The audience thoroughly enjoyed themselves – most of whom sang along to the selection of songs. The Group looked very professional in their black t-shirts and at the end of the concert were rewarded with a restorative cup of tea and a piece of homemade cake.

I am sure that this Concert will be the first of many to come.

I have already "sown the seed" for our AGM next year when hopefully they can entertain you.

I wish the Group the very best for the future.

Shirley Dewar, Groups Co-ordinator

Viking Experience At Kynren

KYNREN 2019: Including Durham, Alnwick Gardens, Holy Island and Bowes Museum with Bamburgh as a bonus on 12 July 2019.

Kynren is the ancient Saxon word meaning 'generations'. Kynren is who your people were in the past, who you are in the present and who you choose to become in the future.

Certainly, an experience not to be missed, even if it was the only night of the short break when it rained.

Over 1500 volunteers known as 'archers' perform, plus 150 world-host trained volunteers directing traffic and front of house requirements, not forgetting the 37 sheep, two goats, two Durham oxen, two donkeys and a gaggle of 30 geese plus 33 horses that are in the Kynren and the back room teams, including divers who ensure the show runs smoothly.

Viking ships rise from the lake as they arrive to pillage Lindisfarne, Queen Elizabeth I glides in a gondola across the water as she listens to Shakespeare plays. The famous football match on Christmas day in WW1 is re-enacted, Queen Victoria's Diamond Jubilee, not forgetting the Durham miner's gala and so much more besides centred around the history of the north east. Kynren is to be experienced not narrated.



Back to the start of the adventure. The first stop being York, where through Nigel Wright's connections we were able to have lunch at Bedern Hall - a medieval refectory in the heart of York.

It was formerly the home of the Vicars Choral of York Minster and now a Guildhall for three of York's Ancient Guilds. Greeted by a glass of sherry or fruit juice the 40 travellers plus, Nigel and his cousin Anne enjoyed a roast beef and Yorkshire pudding lunch before being given a talk about the history of the Guild Hall.

As with all these old buildings work is always ongoing to secure its future – currently the roof. An on the spot collection raised £140 that will purchase roof tiles recognised as being donated by MKU3A.

The group then split, with some going with Nigel to walk the walls of York city and others accompanying Anne to walk the streets and alleyways where much of 'Gentleman Jack' was filmed. Unfortunately, due to a lack of volunteers, the church where Anne married was closed.

Waving goodbye to Nigel and Anne we continued the journey to our hotel.

Saturday saw a trip to Barnard Castle and Bowes Museum, certainly to see the animatronic silver swan that if

you blink the animation is missed. The exhibition this year is Treasures of Bowes Museum recreated in Lego by the renowned artist and 'Brick This Creator'.

Returning to the hotel for an early dinner we then travelled to Bishop Auckland, not sure what to expect of the Kynren.

What an experience and liable to grow in future years as the little known Middlesbrough-born millionaire investor Jonathan Miller intends to bring tourism and investment back to the north east and is also considering plans for a theme park based on the style of Puy du Fou in Western France.

What started out with him wanting to buy a collection of Spanish paintings

from the Church of England ended up with him buying Auckland Castle, that is now in the process of being renovated and will be open to the public next year and the rest is history in the making as the future years of Kynren is decided upon.



A very wet group returned to the hotel unable to stop talking about what had been experienced.

Sunday with a photo stop at the Angel of the North before arriving at Alnwick Gardens with the fantastic cascade waterfalls and the gardens at their best, especially the delphiniums. Some took a tour of the poison plant garden where the guide gave indication of the toxic properties of the plants you have been warned !!

Monday, Lindisfarne and Holy Island, that because of the tides meant we could only stay a couple of hours, otherwise we would have been stranded for over 6 hours as the causeway to access the island would have been covered by the tide.

This meant we would have longer in Bamburgh to enjoy the scenery, visit Grace Darling's grave and museum or chill with a view of the castle.

That night we were told we would be eating in the hotel's Grand Hall where they hold wedding receptions so the adventure started at a Guildhall and ended in a Grand Hall.

Not finished yet, Tuesday the final day, Durham beckoned, the cathedral for some, Crooks Hall and Garden, the famed indoor market or have coffee at one of the many cafés in the city centre for others.

All too soon the short break was over and some very weary travellers returned to Milton Keynes.

We must thank *Just for Groups* for putting together the itinerary of the places we requested visiting and Phil our Driver and Tour Guide who was so supportive of us all during the trip. And we still cannot stop talking about the Kynren, with people asking can we go again?

Chris Behrendt, Holidays and Short Breaks

What They Are Saying Down Under

Some thoughts from our Australian Friends as forwarded by Chris Lay.

Cognitive Fitness GEMs

- o [Healthy lifestyle may offset genetic risk of dementia](#)
- o [Older adults: Daunted by a new task? Learn 3 instead](#)

Exercise GEMs

- o [A short bout of exercise enhances brain function](#)
- o [How and why resistance training is imperative for older adults](#)
- o [Exercise offers protection against Alzheimer's](#)

Diet GEMs

- o [Even in svelte adults, cutting about 300 calories daily protects the heart](#)
- o [Vast majority of dietary supplements don't improve heart health or put off death, study finds](#)
- o [Meal timing strategies appear to lower appetite, improve fat burning](#)

General Health GEMs

- o ['Hunger hormone' enhances memory](#)
- o [Why sex becomes less satisfying with age](#)
- o [Wearing hearing aid may help protect brain in later life](#)
- o [Australian bee sting vaccine trial holds promise against allergic reactions](#)
- o [Apathy: The forgotten symptom of dementia](#)
- o [Testosterone replacement therapy \(TRT\) can increase men's risk of stroke and heart attack](#)
- o [Discovering how diabetes leads to vascular disease](#)
- o [Take a bath 90 minutes before bedtime to get better sleep](#)
- o [Stimulation of the ear can help manage Parkinson's symptoms](#)
- o [Extra weight in 60s may be linked to brain thinning years later](#)

General GEMs

- o [Why do mosquitoes choose humans?](#)
- o [Storing data in music](#)

Quality Of Life Gems

- o [Aging: It's Not What You Think | Thad Polk | TEDxUofM](#)
- o [Aging Well- Tips for Staying Healthy and Happy as You Age](#)

Information Gems

- o [Worries Mount Over Alzheimer's Cure Claims](#)
- o [How safe are fingerprint and facial recognition sign-ons?](#)

Fun Gems

- o [August trivia](#)
- o [Hilarious Song about Getting Old](#)

Technical Gems

- o *Thanks Ask Leo for the following GEMs*
 - [How To Back Up Windows 10](#)
 - [How To Reduce Your Frustration with Technology](#)
 - [Avoid These TEN Common Computing Mistakes](#)
- o *Thanks Bob Rankin for the following GEMs (scroll down Bob's articles for reader comments)*
 - [How To Tell If a Link or Website May Be Dangerous](#)

- [Your Online Privacy: What Does Google Know About You?](#)
- [You Can't Take it With You \(Digital Estate Planning\)](#)

MK U3A - Open Meetings 2019



23 October – James Gillray: First Ever Political Cartoonist - Ian Keable

Who doesn't love a spot of political satire? But did you know that James Gillray succeeded William Hogarth as the primary satirist of the 18th century, not only taking caricaturing to new heights but also refining the format of the cartoon to one that we are now familiar with? He is now generally accepted as the first, and the greatest, political cartoonist, still revered today by modern cartoonists.

27 November – Moments, Memories and Magic - Vic Bottrill

Do you forget other people's names? Find yourself in one part of the house and wonder why you are there. Put it down to age. Forget it. It happens to young and old alike – but not to everyone. Some mysteries of the brain are revealed. It's truly magic.

Open Meeting - IT Help Desk

There will be opportunities both before and after the Open Meetings to seek assistance with IT problems and using the MK U3A website, including setting up your login and password and updating your personal profile.

Help will be available before the meeting from 2pm and after the meeting until 4.15pm

Free Wi-Fi is available at the venue.



Support is available for:

- Windows PCs
- Apple/Android tablets and phones.

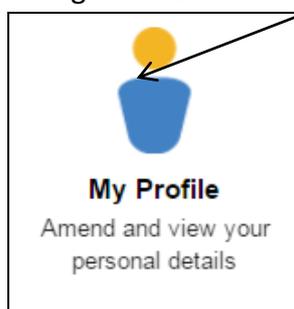
NOTE: Please ensure your device is fully charged or bring your charger with you.

MK U3A - Making Changes to your Personal Details

1. Open the MK U3A website (mku3a.org)
2. Login to the site. (If you haven't set your login password yet please see the instructions on the LOGIN page.)
3. Once you are logged in 'click' on the Control Panel icon top right of screen



4. This will open a page showing the following icon. 'Click' on the icon



5. You will now open a page showing your personal profile. This is where you can change your contact details and add an emergency contact. **This is extremely important in cases of accident or emergency.** Make any changes necessary and 'click' **Save Changes** top or bottom right of profile screen.



6. You now have two options – Returning to the Website or to Logout. Top right of screen. Select the appropriate icon.



Heritage Open Days returns this September – 150 arts and heritage events for FREE!

Milton Keynes is throwing open its doors with more events than ever before for this year's Heritage Open Days.

Taking place over ten days from Friday 13th to Sunday 22nd September, there is something for everyone as the city celebrates its fascinating and exciting heritage with 150 workshops, craft events, open days, exhibitions, performances and film screenings – all completely free to attend.

Key attractions opening their doors for free include Milton Keynes Museum, Stadium MK, Great Linford Manor

Park, Bletchley Park (limited tickets, booking essential), MK Arts Centre, Milton Keynes Theatre, Cowper and Newton Museum in Olney and in the wider area Stowe Gardens, Claydon House, and The Old Gaol in Buckingham.



Picture taken at Kiln Farm by Nicky Kenny

Also open for this year's programme will be a wide range of historic sites, community buildings and spaces, hosting activities and craft days, dance and family fun days, tours, film screenings, exhibitions, guided walks and much more.

Free events for Heritage Open Days this year include:

- Not normally open to the public: Tour MK Magistrates' Court with working magistrates
- Peer inside the intriguing world of the Freemasons at Freemason's Lodge in Wolverton
- ◆ Find out more about how black sack waste is sustainably dealt with at the new Milton Keynes Waste Recovery Park
- ◆ and take a backstage tour of The Stables Theatre in Wavendon.

Get crafty! MK Arts Centre is hosting a day of craft workshops in their studios and art room; you can get a Georgian makeover at MK Central Library and have fun making your own fan and mask; make your own space-themed creation at Festive Road in Kiln Farm, where amazing things are created with scrap metal.

Get out and about: take a walking tour of Wolverton’s magical Secret Garden; discover the flora and fauna of Shenley Wood and its connection to the beautiful ancient Westbury Arts Centre; explore the Gyosei and ROCLA art trails; tour some of the Heritage Open Day sites on a guided family bike ride.part.”

For full details of the many activities and events happening in and around Milton Keynes between Friday 13th and Sunday 22nd September, go to: <http://www.mkheritageopendays.com>

You can also follow Milton Keynes Heritage Open Days on Twitter using #MKHODs, and share your own pictures.

Open Rehearsal at Milton Keynes Chorale



Milton Keynes Chorale are holding an OPEN REHEARSAL on Tuesday 17th September from 19.30 – 21.45 at the Church of Christ the Cornerstone, Milton Keynes.

Are you thinking of joining a choir – or maybe an additional one! – but are not really sure whether it would be right for you?

Come along and try it out (or just come to watch) with our friendly and welcoming musical directors. You will be sure of a great evening exploring some wonderful music – and have some fun too!

Rehearsals for our next concert, Hidden Italy, start on September 3rd.

For more details please phone 07969 120793 to speak to our membership secretary Glenys, who will be happy to answer any questions you may have.

Events coming up at the Macular Society

Do you or anyone you know have a macular condition such as Age Related Macular Degeneration? If so are you aware that we have a very friendly support group which meets on second Tuesday of each month from 2.00 till

4.00 at Centrecom Meeting Place, 602 North Row, (Behind MK Library), Secklow Gate West, Central Milton Keynes MK9 3BJ.

For information please phone Maggie on: **01908 319 292**

We offer practical and emotional support to anyone with central vision loss from any macular condition, as well as to their family and friends, with a varied programme of speakers, social meetings, and lunches out. Come and share your experiences and problems with others who understand.

Forthcoming programme:

Tuesday 10 September:

Milton Keynes Museum: Outsiders might say we are just a new town but this talk will prove otherwise, with interesting information on our history; the very hands-on experience it offers in its displays; how it has developed and about the exciting new exhibition spaces.

Tuesday 8 October:

Tax, Care & Toy Boys: A humorous, interactive and thought-provoking talk from a representative of Collective Legal Solutions on the benefits of effective later life planning and the pitfalls that can happen

Tuesday 15 October:

Group Lunch at Barn Beefeater

Tuesday 12 November:

All things Macular: Tom McNulty, our Area Manager, and Guide Dog Toby, will join us for our open group discussion on macular conditions; how they affect you; how you manage; share tips & advice. If you would like information on a particular topic, please tell Maggie by October.

Tuesday 10 December:

Christmas social meeting: Seasonal toe-tapping entertainment from ukulele group MKlele, not forgetting refreshments and a raffle.

Equipment Open Day

You are invited to our Equipment Open Day on

Friday 20 September 2019

Drop in anytime between 10.00am – 3.00pm

We will have a representative from **HumanWare**; demonstrating specialist equipment for people who are blind or with low vision.

We will also have a representative from **Sarabec** demonstrating and giving advice on equipment to support people with hearing loss.

This will also be an opportunity for you to meet the team and to find out more about the services we offer at SARC.

The Resource Centre is based at:

Gloucester House
399 Silbury Boulevard
Milton Keynes MK9 2AH



Telephone: 01908 401135

SMS: 07803 452617

Email: sarcmk@bid.org.uk

Website: <http://www.sarc-bid.org.uk>

Yoga

Great Linford, The View MK14 5AH, Monday 9.30-10.30am

Starts 9th September, £8 Drop in / £6 per class term book

'If you don't take care of this, the most magnificent machine that you will ever be given.... where are you going to live' K. Calabrese

Improve your flexibility and balance, build muscle strength, maintain your nervous system, boost immunity, release tension, regulate your adrenal glands & RELAX with mindful yoga, connecting breath and movement.

Yoga accessible to all, variations are offered for all poses but healthily challenging too.

Small, supportive group.

Equipment provided.

Contact Karen to book a space at

karennoon@hotmail.com or 07989 024390 or online at

www.karennoonyoga.wordpress.com



British Thyroid Foundation Hears From HQ

Our next Information Event is on Saturday 12th October 2019 at the Pavilion, Open University, Milton Keynes.

Coffee and registration at 10.30 followed by the guest speaker at 11.00. We always aim to finish by 13.00.

For map and directions look at our website www.thyroidmk.co.uk or telephone Wilma 01908 563289.

Our guest speakers are from the British Thyroid Foundation Head Office (BTF) in Harrogate:

Cheryl Mc Mullan - Chief Executive Officer (Operations)

Julia Priestly - Chief Executive Officer (Development)

Both of whom will be giving you an update on the present and future objectives that are involved in the continued progression of BTF.

Bow Brickhill Hears From Cancer Unit Appeal

Bow Brickhill Womens' Institute meets on Thursday 26th September at 7.30 pm at the Pavilion in Rushmere Close, Bow Brickhill.

This month we have a speaker, who comes from the Milton Keynes Cancer Unit Appeal, and this is an OPEN meeting where friends and family are invited to attend.

We serve refreshments and have a raffle. Visitors are invited to donate £4 towards the evening's expenses.

Key Contact details – more on the website

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Please refer to the website www.mku3a.org for statements concerning **MKU3A Policies and Guidance** on all aspects of our **admission including Data Privacy, Disclaimers and Copyright**.

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