



milton keynes

university of the third age



April 2017



Message from the Chairman

Mid-March

I'm writing this much earlier than usual due to personal commitments over the next couple of months. Straight after the AGM, I shall have escaped the UK (early Brexit?) for the antipodes and you will be all pleased to note that you won't be seeing me again until May. I hear a huge sigh of relief across Milton Keynes. But you might, just might, get a report from Melbourne! (Australia, that is, not Derbyshire).

Open Meetings

2016 saw the development of a team approach to Open Meetings, resulting in a most interesting set of speakers throughout the year. We now would like help in developing this team – more team members would be appreciated, but we find that:

HELP IS NEEDED FOR OPEN MEETINGS

Team building to help manage the monthly Open Meetings continues.

We need a CO-ORDINATOR to run the OPEN MEETINGS TEAM, which:

- Controls entry and collection of fees
- Ensures the room is ready
- Helps the invited speaker
- Provides refreshments

Please contact any trustee if you would like to help

PLEASE ALSO NOTE

POSITION OPEN FOR GROUPS CO-ORDINATOR – POSSIBLY AS A JOB SHARE

Please contact any trustee if you can help

Extra Open Meeting - Spies, Lies and Double Cross Agents

Well, all those notices worked – booking closed with just about another full house for Michael Kushner's repeat performance on 29th March – and I shall have missed both! All those going along are in for a great presentation.

Annual General Meeting

I'm still looking forward to the AGM on 22nd March and to your comments. And to our keynote speaker, Peter Waterman, who played a prominent role in the development of Milton Keynes. Thanks to the Janice and the Speaker Team for finding someone highly appropriate in the year of MK50. They are doing a magnificent job at the moment and we have been well entertained over the last year at Open Meetings.

There will be still places on the team available for any of you queuing up to help – even from the floor at the AGM, but prior enquiry of the secretary would be helpful.

New Faces in the Office

I am acutely aware that the administration team at Kingston has a completely new set of volunteers. The work schedule there means that team members, rarely, if ever, get the chance to meet each other (or even meet me) so I arranged a lunch earlier this week with new team members, plus our web master and others with office responsibilities. These valued people get little reward for their amazing efforts to keep MK U3A functioning and I think that this event proved most valuable in introducing the team to the peculiarities of our organisation and to its possibilities.

Trustees

It is also a time of major change in the trustee team. I shall pay formal appreciation to those retiring on my return from distant shores, for two reasons:

- The formal handover is at the AGM when your vote will formally change the positions and it would be inappropriate for me to pre-judge your decisions;
- In my absence, I am most grateful that the team has all kindly agreed to cover posts until the May Trustees' meeting. Flexibility of approach will be needed and new faces in the team will be bedding themselves into post with the help of the retirees.

Group Leaders' Meeting in May

Shortly after my return in May, we shall hold a Group Leaders' Meeting. Please can all GLs ensure that they (or other group representative) attend at either the morning or afternoon sessions.

U3A South East Region Research Conference

Mrs. W. and I have just booked places at this most intriguing looking get together (5th July). More information and the ability to book places for this event can be found in the Diary area of the website once you have logged in. The venue is Royal Holloway, University of London, Egham.

At the time of writing, there are still 66 places left. Anyone care to join us?

Membership Secretary

At the AGM Denise Messenger stood down as Membership Secretary and was replaced by Claire Naismith. Phil Mountford, who worked closely with Denise during the period of Datum introduction, sends his sincere thanks to her for the efforts she made over a very stressful period. Denise is a good example of someone who took on a role when Maggie Dormer became seriously ill (now thankfully more or less back to normal) and worked unstintingly to get things done in circumstances that were far from easy. So, thank you Denise, and all the best to Claire who succeeds her.

Motion Picture Licence

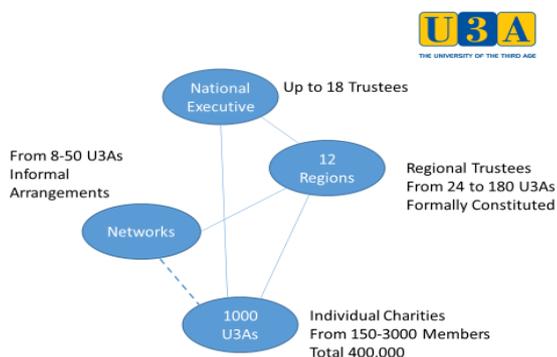
We now have an umbrella licence which ensures copyright compliance for the legal use of pre-recorded DVD, Bluera media or downloads within all U3A Groups.

This licence can be viewed from the Members Area - Admin on our website.

The U3A Movement- beyond the MK Boundary

There are now 1000 U3As in the UK with 400,000 members. Thus, the average is 400 members and by comparison Milton Keynes is getting close to 1500 members – one of the top 50 in terms of size. The demographics of the “Third Age” indicate that, realistically, the target population for potential U3A membership nationally is more than 6,000,000, so we have just 6% penetration. As one of the best kept secrets and with very little organised marketing the movement continues to grow at about 7% p.a. The basic

organisation of the U3A is 11 Regions and a number of local Networks where clusters of U3As join together to share knowledge and skills and to support each other in achieving the social and educational objectives of the movement. Milton Keynes U3A participates in the Beds Plus and Thames Valley networks and Brian Baldwin, a past Trustee of MKU3A, is now the Co-ordinator of the Beds Plus network of 8 U3As in Bedfordshire and North Bucks. The most recent event of that Network was the annual inter U3A Quiz and there is a report on this elsewhere in this newsletter.



Whilst each U3A is an independent locally managed charity they are all part of the Third Age Trust which is the national co-ordinating body who set out the guidelines of the ethos and operation of all U3As. The governance structure of the U3A is the subject of national debate and consultation right now and the 2017 AGM will be considering the outcome of this review. Well informed guesses are that the larger regions (Eastern and South Eastern) will be split into more manageable units with the roles of Networks and Regional Volunteers being developed to assist the Regional Trustees. Brian is keeping in touch with these matters on behalf of MKU3A and the local network.

The basic ethos of the movement is continuing education and personal development on a self-help basis. Willing volunteers sustain the organisation sharing their skill and experience. In the MKU3A during 2016 members met on 2000 occasions covering nearly 100 activities with an average of 12 attending each meeting = 24,000 attendances. If you like statistics have a go at the national totals.

There are considerable resources available to support the interest groups and to provide individuals with opportunities beyond the routines of your selected local interest group. Here are some ideas and contact points:-

BedsPlus Network: <https://u3asites.org.uk/beds-plus>

Thames Valley Network: www.u3atvnetwork.org.uk

Third Age Trust www.u3a.org.uk

International U3A - www.worldu3a.org

There are National Advisors for just about any topic you can think of. The Third Age Trust web site is a mine of information including information about the Summer Schools. There is an increasing emphasis on Shared Learning and Research with a national workshop planned for later this year. We must not forget the basics of our national and local U3A web sites and newsletters.

Brian Baldwin – coordinator.bedsplus@gmail.com

BedsPlus Quiz

On Thursday 23rd March at the Oak Tree Centre Brian Baldwin the BedsPlus U3A Network Co-ordinator organised an inter U3A quiz with 10 teams taking part. There were teams from Bedford (2) Buckingham Flitwick Leighton/Linslade Luton Milton Keynes (2) and Toddington (2). The quiz master was Pat Hodges from Milton Keynes with questions from a wide variety of subjects. The quiz was extremely close and three teams shared the lead at the halfway stage and the result was a draw between Milton Keynes and Flitwick. Milton Keynes being adjudged winners on a tie break question and were duly presented with the new BedsPlus Quiz trophy. The Milton Keynes team was represented by Richard Burton, Ann Canty, Paula Letch, Jill Odeku, Shirley

Sanderson, and Stewart Pye.



Concentration!!!



Stuart Pye collecting the trophy from Brian Baldwin



Are you sure??

Use of External Tutors within MKU3A

After much discussion and taking advice from National U3A as to the requirements of using external tutors with regard HMRC, Insurance including Public Liability and Professional Qualifications we have concluded that the only groups that should be required to have external tutors are the 'fitness groups' on the understanding that the external tutor meets the guidance laid down. A policy regarding this will be on the website shortly. For all other groups, such as languages alternative methods of providing such groups are being considered.

New Group News

Fantasy Investment Group

This group is now active and will hold an initial meeting to discuss how the group will work, day, time, venue and similar on Monday 3rd April from 2.00pm at the Kingston Meeting Room. If you are interested in the group and have not already provided your details, please contact Chris Behrendt 07766 026 357 newgroups@mku3a.org

Knitting Group



An active group as of April. If you have not already expressed an interest in the group, please either e-mail knitting@mku3a.org or contact Sandra Adkins 01908 618 504.

Pilates Group 3



An active group as of March. For further information contact either Helen Richards on 01908 222 639 or e-mail pilates3@mku3a.org.

Suggested New Groups – April 2017

Relaxation and Wellbeing

Following the recent workshop – Coping with Stress in Your Changing World to which 15 people signed up and gained an insight into what causes stress and the techniques to alleviate it those attending expressed an interest to explore relaxation and wellbeing further. Denise Messenger is willing to provide such through a monthly meeting to explore and experience more of the many relaxation techniques to help us cope more

easily with the general stresses and strains of life. And of course, have fun at the same time. The first meeting will be Friday 21.4.17, venue to be confirmed, when those wanting to learn to **relax** can talk through the programme with Denise and decide how often and where/when the group should meet.

For further details contact Denise Messenger by phone 01234 585 215 or e-mail cwsiyworld@mku3a.org

Idea for a new Walking Group

The idea is to use public transport to get to and from the walk, an ideal which should appeal to environmentally aware walkers.

The idea is not just to ramble the moral high ground but to also include those without access to a car.

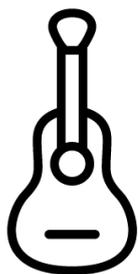
Using public transport also enables us to tackle different walks from the typical circular tour based on a car park, we can tackle linear walks from A - B and get to areas where parking is a problem.

I would propose initially a monthly walk on the last Friday of the month, starting on 28th April

I am thinking of walks of 8 to 10 miles along footpaths. The timing will be suitable for people using a bus pass and will include a lunch break at a pub, cafe or picnic depending on the walk.

For further information contact either Richard Barrett 01908 607333 or e-mail newgroups@mku3a.org

Ukulele Group



In early 2016 it was suggested that we have a ukulele group. This idea was put on hold until the person agreeing to help people learn the instrument was available. **THAT TIME HAS ARRIVED.**

I will contact those who expressed an interest last year, however if anyone else would be interested please contact Chris Behrendt 07766 026 357 or newgroups@mku3a.org

The intention is to hold an initial meeting in mid/late April to chat through how the group would work, venue and similar.

RussianS

А	Б	В	Г	Д	Е
Ё	Ж	З	И	Й	К
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С	Т	У	Ф	Х	Ц
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Э	Ю	Я			

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 newgroups@mku3a.org

Play Reading

This is a plea from the heart!

Some time ago MKU3A talked about the possibility of setting up a third Play Reading group to try to incorporate the waiting lists for our two existing groups. Both Play Reading 1 (run by me) and Play Reading 2 (run by Anna Farmer) are full and our combined waiting lists currently contain enough names to form the nucleus of a third group.

Some of these names go back quite a long way and, of course, not all of these prospective participants are necessarily still interested in joining a play reading group. Nevertheless, this demonstrates a continuing interest in the idea of play reading as a group activity within the MKU3A..

The only thing we lack, in order to take the idea forward, is someone who would be interested in taking on the role of group leader for a third group. Anna and I run our groups in very different ways and there is no template for how a third group could be organised. Anna and I would be only too glad to pass on our combined experience and support, but we do need initially that special someone to come forward!

So, if you feel you might be interested in talking about the setting up of a third play reading group, do please make contact with me. You can reach me on 01908 237 537 or you can email me on gloriahorsefair@yahoo.co.uk

Making contact doesn't commit you to anything, other than a cup of coffee and a chat, so ... here's hoping!

Gloria Isaacs

Group Leader Play Reading Group 1

News from the Groups

U3A Shakespeare group – Alex Smart

The February meeting of the MK U3A Shakespeare group welcomed a special guest speaker in Professor Bill Prescott. Bill is well known to U3A through his annual talks on historical subjects and on this occasion, he gave a presentation on Shakespeare's *The Merchant of Venice*. The title of the talk was 'No laughing matter' referring to the fact that the play was originally listed as a 'comedy' in the First Folio of Shakespeare's work published in 1623.

The talk considered whether the play could genuinely be called a comedy given the controversial elements of the plot: Shylock, a Jewish money lender offers to make a loan to the merchant Antonio with a penalty clause that if he fails to re-pay, he must forfeit 'a pound of flesh'. When Antonio is later unable to meet the debt, the case goes to court where Shylock demands his pound of flesh, but a clever lawyer argues he must take his payment without spilling a drop of blood, which was not part of the bargain. Hence Shylock loses the case and his own possessions as a punishment for threatening the life of Antonio.



Bill's presentation explored several themes: the origins of the play and the sources Shakespeare drew upon; the features which might identify it as a Comedy; the role of Shylock and how he has been portrayed over the centuries; performances of *The Merchant of Venice* and how they have changed across generations, with particular discussion of the Nazi era and more recent interpretations. Today, some audiences may be concerned about the perceived anti-Semitism of the work, which needs to be handled sensitively for the modern playgoer.

Our study group were treated to an exceptional presentation which opened everyone's perspective on the issues and complexities in the play. Bill provided insight into how our interpretation of *The Merchant* has evolved over the intervening centuries, whilst it remains a powerful and challenging work.

Advanced Notice - MKU3A Choir - Anniversary Concert



MKU3A Choir are celebrating MK's 50th anniversary and our U3A's 30th at their Spring Concert on May 26th.

Venue – Lovat Hall Newport Pagnell; time – 7.30pm; tickets - £7 will be on sale from early April from any choir member or 07762 178379

More details later!

The Collaborators - Beryl Gregg, Advanced Photography Group, MKU3A



Way back in November 2015 Nigel Wright paid a visit to an MKU3A Advanced Photography meeting and mentioned how he would like to see more interaction between the MK Groups. Suitably inspired one of the members suggested the Poetry Group could be asked to propose a poem for a photographic response. The Poetry Group inspirationally offered a selection of poems written by members of their group and one of these poems moved two photographers to make a video. This was the poem: Details to view the video can be found at the end of this item.

November 1998 (On admiring an oak tree in Linford Wood during the onset of winter)

*Her ageing corrugated skin feels rough to my touch,
Her broad girth denies me the pleasure of encompassing her completely,
My touch is meant to reassure her, to help her feel protected.
And yet I am aware that it is I who is benefitting
Benefiting from a sense of belonging, of a timeless continuity,
She passes strength naturally into my comparatively weak body,
She tries to reach down to me but her stiffened elbows won't allow it,
She knows her cycle, and her time has come,
She is discoloured and about to fall asleep, secure in the knowledge of her resurrection.
Her family stand around, reaching out to her and to each other,
Most of her countless acquaintances have fled before the curtain falls,
Some remain, the seed of others that developed in the moist hollows of
her body; others cling to her torso, unwilling, unable to let go.
I think of her offspring, those sadly no longer with us,
Offspring who provided the means of discovery, trade and victory,
I think of how her name now symbolizes courage and steadfastness
She is of a long, spiritual line; her ancestors played a major role in religious ritual,-
Possibly spirituality is being imparted to me as I touch her,
She can't reply to my words of comfort, but I know that she's heard me.
I thank her for all that she has given us,
Aware that others may see my display of emotion I lower my hands and sheepishly walk away,
After a few paces I stop and turn, and quietly say "goodnight!,
I shall pass her resting place each day hoping that she's safe
And then, thankfully, joyfully, witness her resurrection in the spring,
An event that offers hope to us all that we too will return to life after that long dark night.*

©Eddie Thompson

The photographers (Michael Brace and Beryl Gregg) wrote separate storyboards but their shooting plans were so similar they joined forces - Beryl learning from Michael's videoing experience along the way. They approached the Third Age Players looking for someone to do the narration and found their volunteer in Alan Thomson. Voice recording completed, filming then took place over a 12-month period in order to reflect the changing seasons. Eddie Thompson, the poet, agreed to star as himself contemplating the very tree in Linford Wood about which he had written.

Michael and Beryl edited their work separately to produce two 5-minute videos which have since been premiered at the Advanced Photography and Poetry Group (which Alan attended) and where the films were well received. Each participant in the project was given a DVD recording of both videos. Eddie was even moved to write another poem about the whole experience:

Eddie and the Oak Tree (December 2016)

*Upon my acting talent, a light, at last, has shone,
And yesterday I starred (in a cast of one),
Well no, that's not quite true, an oak tree was the star,
I was but an extra, but never mind, there we are,
Michael sat in the director's chair, megaphone in hand,
And Beryl "manned" the camera, looking rather grand,
Hopefully the "takes" brought them satisfaction,
Take three, with feeling "Lights, Camera, Action".
I hammed up my shaman role, talking to the oak,
Although I didn't hug it, I gave it a gentle stroke,
The poem came first, then the film, the musical will follow,
Enid finds my new found fame, difficult to swallow.
Wide angle shots, shots that pan
To stay with the jargon, it's now in the can.
"Eddie and the Oak Tree?" Sounds a bit Enid Blyton
New title on a post-card please, my public to enlighten
©Eddie Thompson*

Thanks to Nigel for the inspiration – a great collaboration and learning experience all round.

To see the video which accompany this project please click here <https://vimeo.com/210803365> Please wait while the video loads to the screen. Once it is loaded please begin the video by selecting the  at the bottom left, under the initial screen showing tree branches. A wonderful collaboration. This link can also be found at the bottom of the Advanced Photography group

Transport Topics Group

Our next meeting will be at Carpenter Court, Neath Hill on Wednesday April 26th at 2pm when Paul Blackwell will give a presentation on the London Victoria Coach Station. Our summer visits are to JCB on 24th May (waiting list only), Rail/River cruise to Bedford on 27th June, Gloucestershire & Warwick Railway on July 19th and Bentley Priory in August (date to be advised). For further details of our 2017 programme please check our web-site.

New members are always welcome.

FACEGYM is SELF-HELP

There is a misconception that Facegym is nothing more than just a little posh preoccupation for ladies who wish to improve and maintain a youthful appearance. This means, that we can 'take' it and enjoy it or just dis-miss it, as not something too important for our life and 'leave it'... But if we consider FaceGym as one of the numerous Self-Help methods we nowadays find on the market, and accept that they are all designed to be useful and beneficial for our health and wellbeing, that surely FaceGym should be considered a Self-Help method, as important as all the others.

Self Help means that we can help ourselves to be healthier and happier, in many ways, instead or along external help of others. We were all born with the gift of being able to use our intuition, experience and information from books and media, about how, when, and how much we need, to do, mentally and practically achieve, to feel good, and look good!

Our FaceGym group motto is exactly that:
Feel Good Look Good. Look Good Feel Good.

FaceGym is a Self-Help method because the power of looking good and feeling good is literally in our own hands! FaceGym is also considered a Self-Help method because by practising the massages and exercises on our face and neck, we are in the same time, touching, pressing and massaging, specific energy points and lines, which nowadays are recognised as key points and areas for improving and maintain good health. By practicing FaceGym with this consideration, we will not only achieve a glowing, youthful, appearance, but also self-confidence in our ability to help ourselves become and remain healthier and happier.

The Facegym group is now at the 5th session and on 29th of March we will meet for the last of 6 Basic FaceGym. Along the new Forehead Basic massages and exercises, we will review everything we learned and practiced so far. We will continue in May, with another 6 Sessions of Advanced FaceGym.

Anybody interested, you will be welcome to come along on the 29th of March to get a taste of what FaceGym is all about. Please call Mirah on 07587708806 for further details

Summer Redway Walks have already begun this year, even though we are still waiting for summer!

If you would like to walk 5 miles with us, on a 2 hour walk, please send an email.

Our schedule can be seen on our [webpage](#).

Please wear sensible shoes/trainers or walking boots.

You are welcome to bring a bottle of water for our break, which is roughly half way through each walk.

Come along for some exercise and to meet new friends. Along the way, you will learn a bit more about MK too!

Linda Morris redways@mku3a.org

TAP, The Third Age Players, who celebrate their 20th year of presenting plays particularly suited to older actors, are at present casting their next production – “When the lights go on again” – and need persons who not only want to act but are particularly interested in helping with the production in anyway especially back stage.

Casting the male parts has been difficult so if you are an experienced actor we would love to hear from you.

“When the lights go on again” has been written and being directed by Vera Roper, a long-standing member of U3A, and is set in the late 1940's in a rather shabby but very respectable hotel in a seaside resort. When a

guest suddenly dies, the other residents are forced into revealing their pasts with startling results.

We meet at Bellfounder's House in Bradwell every Tuesday morning between 10-12 and you would be very welcome.

If interested, please contact Frank Tynan on 01908 368436 email pronip@aol.com.

John Beazley's workshop for Painters Progress

Fellow MKU3A member John Beazley joined us this afternoon (March 10th) and enabled us to live up to our name by sharing his expertise in watercolour.

He began painting in monochrome using Paynes Grey to illustrate the importance of tonal value. He used 3 types of brush:

the versatile goats' hair hake utilising all angles of the brush, used mainly for nature; skies, hills, pathways to build up the structure of the composition,



a rigger with downward shaking movements was used for the "carrot" people and the woody structure of trees



the flat brush with its regular shape was perfect for manmade objects such as buildings

After we had practised these techniques, he painted a coloured landscape beginning with his hake and ultramarine for the sky, slightly deeper at the top with the background hills below. Working down the paper, lemon, ultramarine and Paynes Grey produced the leaf colour, applied with the hake. Using the rigger John used raw sienna and Paynes Grey for the trunks and branches, again with the brush tip pointing downwards. Most of the trees lean into the composition whereas the right hand one marks its place in a more upright position.



Picking up greens and browns on opposite sides of his hake John was able to create an interesting foreground leaving the centre light to draw the viewer's eye in.

John returned to monochrome to further apply the techniques he'd shown us. Again, using Paynes Grey and a hake he began with a watery sky applying some more concentrated colour to add oomph, allowing it to run down and blend in. The background hills were painted ensuring some white paper was left to help

define the topography.

Having first decided upon the overall shape of the tree the foliage was painted in mushroom shapes, the flexible hair splaying out. Trees are darker in the centre.

When painting the trunk, John first painted in clear water which then allowed the paint to drift into it. He used the rigger for the branches ensuring he lifted the brush when he came to the leaves.

He then used the hake to place the path curving in 3 strokes from the hills. John used his nail to flick in the impression of grass growing from the verges.

A rustic fence completed the composition.



Current Affairs Discussion 2

Please note; There will be no meeting in April. The next meeting will be on Tuesday 9th May

Groups looking to increase their membership

Android Tablet Workshops



Are you mystified with the workings of your android tablet? We are running one morning workshops to cover the basics. The next workshop is planned for Thursday 13th April between 2 - 4 in the meeting room in Kingston. The cost will be £1 to cover the room hire and refreshments. If you are interested in joining this group, please contact, Lesley Sparks 07850113449 comms@mku3a.org giving the make and model of your device. Once we have this information the dates for further workshops will be planned. This workshop is not suitable for iPad users.

iPad User Group 3



We are a very recently formed group who would like to know more about using the iPad. We meet from 10am to noon on the first Monday of every month (Bank Holidays excepted). We do not have a tutor and are mainly novices, but we have found that we can help each other during our discussions in the many and varied aspects that iPads cover. If you feel you would like to know more, please contact the Group Leader, Pam Stone Mobile: 07788 705915. Email ipad3@mku3a.org

The Golf Group which meet on the 1st and 3rd Monday of each month at Abbey Hill would welcome new

members to their small and friendly group. Please contact Tim Lee on 07802402836 or golf@mku3a.org

IF MUSIC BE THE FOOD OF LOVE

Now Spring is in the air, let's hear your music tastes!

We all meet twice a month (2nd and 4th 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.

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

Line Dancing Improvers - Beginners Welcome

Do you enjoy line dancing? The Improvers Line Dancing Group have vacancies for new members. This friendly group meet on Thursday morning from 10 – 12 am at West Bletchley Community Centre, 3 Porchester Close, just off Whaddon Way. Coffee/tea and biscuits served at 11 am



If you would like further information please contact Brenda Line, the group leader on tel: 01908 460448,

e-mail: linedancing@mku3a.org

Pilates 3

The new PILATES 3 group is now up and running, (or rather bending and stretching.) There are still a few places available for new members: no previous experience necessary.

We meet on Wednesday mornings at Kents Hill, 11.15 - 12.15. Contact Helen on pilates3@mku3a.org for further details.

Monday Afternoon Intermediate Bridge Group



Do you enjoy a game of bridge but don't have regular partner? We play on Monday afternoons in Great Linford so please come along and join in. Although we play using the rubber bridge scoring system we do adopt the Chicago scoring system and movement if necessary. Please contact Lesley Sparks on 07850113449 if you would like further details

Upcoming Theatre Trips

Date	Show	Pay by
Wed 20th April	Northern Ballet	Passed

Wed 10th May	Mamma Mia	Passed
Wed 1st June	Billy Elliott	Passed
Wed 6th Sept	The Curious Incident of The Dog in the Night	3rd April
Wed 3 rd Oct '18	War Horse	15 th May

Tickets sometimes become available and she will need to know who to contact to offer the returned tickets. Please contact Hilary to add your name to a waiting list.

Please refer to the website for further details or contact the organiser on theatre@mku3a.org

Upcoming Outings

Date	Venue	Last B'king Date
Thurs 6 th April	Brooklands Musuem	Passed
Thurs 20 th April	Jordans Flour Mill & Knebworth	Passed
Thurs 4 th May	Chatsworth House	2 Places available
Thurs 18 th May	Dad's Army Museum	13 th April
Fri 2 nd June	Suffolk Punch Trust	13 th April

Please refer to the website for further details or contact the organiser on outings@mku3a.org 01908 506706

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

Open meeting - 26 APRIL – MK Arts Gateway

John Best

Arts Gateway MK is an arts charity here to support, nurture and promote the arts and creative artists in Milton Keynes and the surrounding area. Established over 20 years ago, as the Milton Keynes Arts Association, we offer collaborative workspace for creative artists (Arts Central), mentoring, event promotion, networking for creative artists and those interested in the creative arts, volunteering opportunities and resource and equipment hire for events

Monday 24th April - New Members Induction Sessions – we now 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 24th April 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

Mini Music Series

We are hoping to re-establish this series which was held a few years ago. Adrian Boynton, Director of Music at

Christ the Cornerstone, has agreed to give us three sessions to assess whether this might be a popular regular feature on our events list.

The dates are:

Wednesday 3 May

Wednesday 7 June

Wednesday 5 July

All from 2 - 4pm with a refreshment break mid-way.

The venue is the Oak Tree Centre, Wallinger Drive, Shenley Brook End, MK5 7GZ and the cost will be £2 for members and £3 for guests.

Further details will be circulated by email in mid-April.

I am also looking for a couple of members to help me run the sessions, and if you have some time to do this I would be pleased to hear from you.

Janice Miles - secretary@mku3a.org

Advanced Notice – National U3A AGM and Conference

29th – 31st August 2017 at the East Midlands Conference Centre, Nottingham. If you are interested in attending please contact Janice Mills secretary@mku3a.org

Thames Valley Network. Events Day – Thursday 10th August 2017

KELMSCOTT, Summer home of William Morris

Kelmscott Manor is a limestone manor house in the Cotswold village of Kelmscott, near Lechlade. It dates from around 1570, with a late 17th-century wing, and is a Grade I listed building. The house - perhaps the most evocative of all the houses associated with Morris - contains an outstanding collection of the possessions and works of Morris, his family and his Arts & Crafts associates, including furniture, original textiles, pictures, carpets, ceramics and metalwork.

The study day will take the form of lectures and a guided tour of house, garden and the village.

The speaker will be Dr. Kathy Haslam, curator and specialist in Morris and the Arts & Crafts Movement. She's held curatorial posts at the V&A, Tullie House Museum in Cardiff as well as the Geffrye Museum in London. These were followed by 5 years as curator at Blackwell Arts & Crafts House in Cumbria after which she took up her post at Kelmscott.

£10 Members of Historic Houses Association. £30 Non-members of Historic Houses Association.

Further details on the booking form which can be found in Latest News on the website or by selecting the link below.

Programme for the day is as follows:

10.00	Arrival, Registration, Coffee
10.30	Introductory talk
11.00 - 12.15	Party 1 - Guided tour. Party 2 – Visit to gardens, shop, village incl. church
12.15 - 1.30	Party 1 - Visit to gardens, shop, village incl. church. Party 2 - Guided tour
1.30 – 2.30	Buffet lunch
2.40 – 3.30	Reconvene and lecture in the Morris Memorial Hall, keynote address to

3.30 – 3.45	be given by Dr. Kathy Haslam Q&A after which we return to Kelmscott Manor for departure
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PLEASE NOTE: There is parking for the disabled in the manor grounds but only the ground floor is reachable for disabled delegates although there is recorded information for those who cannot go upstairs. (Please inform us if any assistance is required).

[Please click here for a Booking Form](#)

Items of Interest

Workers Educational Association

The WEA will be running a day school on Saturday, 20 May, when Liz Carter will talk about ‘Adventurous Women Travellers’. She will look at different categories of adventurous women taken from history between 1640 and 2000: the travel writer; the painter; the manipulator; the dare-devil – with a total of seven women discussed during the day. The event will be held at the Summerlin Centre, 138 Station Road, Woburn Sands, MK17 8SG from 10.30am - 4.30pm. The cost is £27.50. Please bring a packed lunch.

You can enrol online at: <https://enrolonline.wea.org.uk/Online/2016/CourseInfo.aspx?r=C3740196>

For further information, please contact Jeannine Golding on: 01908 567869 or

email: jeannine.golding@btinternet.com

Volunteers wanted

The Spinal Injuries Association, a national charity based on Oldbrook are looking for volunteers to help on the reception desk. Individuals would be expected to volunteer for about 4 hours per week but full training is given alongside the support of a warm and helpful team. The venue is fully accessible for wheelchair users and free tea and coffee is provided.

If you can help and need further information, please don't hesitate to contact Peter Turner.

Governance and Facilities Manager | Spinal Injuries Association

Tel: 01908 604191 Ext: 210 | p.turner@spinal.co.uk

Website: www.spinal.co.uk

Bow Brickhill Women's Institute usually meet on the fourth Thursday of every month. However, in April



we have 2 meetings. On Sunday 23rd April, we celebrate Shakespeare and St George by going on a woodland walk and then enjoying a picnic at Andy's Woods. This meeting is open to friends and family. On Thursday 27th April, we meet at the Pavilion at 7.30 pm in Rushmere Close to continue our celebrations of Shakespeare and St George with supper and entertainment.

In June, we are supporting the Hedgehog Charity with a talk given by the local Charity at 7.30 pm in the Pavilion in Rushmere Close. For each meeting, Visitors are asked to contribute £4 towards expenses incurred. We also have a raffle and monthly competition.

If you would like to join us, please contact Stephanie Warren 01908 671394 for further details.

Ann Price has written about her volunteer work with the Citizens Advice Bureau.

As a volunteer, an ordinary volunteer and NOT as a part of the management you need to be computer literate and to be linguistically reasonable. In return you learn among other things about the advantages and disadvantages of the various benefit systems. I help clients who are experiencing debt problems and all this involves which requires patience and empathy. Volunteering at this level using personal knowledge and working life experience can be useful in assisting the clients.

My comments have not been authorised by MK CAB but if you need to ask someone if it is worth volunteering in this capacity, I am happy to chat. 01908543233

RIBA Lecture at MK Gallery

On the evening of Thursday 20 April, the local Branch of the Royal Institute of British Architects (RIBA) will launch what is planned to be an annual lecture by architects with a connection to the area, at MK Gallery. Please spread the word and come along yourself!

The RIBA Lecture will be by Alan Stanton and Paul Williams of Stanton Williams Architects – the practice behind the pavilion in Campbell Park.

Attendance is free but pre-booking is essential via this link http://www.mkgallery.org/events/2017_04_20/scratch_night/

Afternoon Tea is available every Wednesday afternoon between 1:15pm - 2:45pm at the Cross & Stable Community Centre in Downs Barn. It is open to members of the Great Linford Parish and particularly Downs Barn, Conniburrow, Downhead Park, Neath Hill and surrounding areas. However, we welcome anybody who shows up and has an interest in taking part. The session is free with tea and coffee available, along with the all-important biscuits. The opportunity to give a donation towards the costs is available. It is a real opportunity for members of the local community to get together, get out of the house, chat about shared concerns, raise awareness of each other and generally just spend time in the community.

Or more information please contact Jess Eyre 01908 661623 / 07738 405 391

Usual office hours: 8:30 - 4:30 - Tuesday / Wednesday / Thursday.



The next MK Older Persons' Forum Public meeting, on Thursday 20th April from 2:00pm – 4:00pm.

This time we will be discussing the proposals that have just been published for consultation regarding Plan:MK. When it is adopted, it will be the new Local Plan for Milton Keynes, setting out how and where development

will occur up to 2031. It will also include new development management policies that all planning applications will be determined in accordance with.

Milton Keynes Council, represented at the meeting by Senior Planning Officer Andrew Turner, is still interested to hear the views of older people on all aspects of the future development of Milton Keynes. Meeting the housing needs of older people is a key issue and one the Council is trying to grapple with, in terms of understanding what those needs are and how they may best be met. And there are other Plan:MK issues, such as transport, that you might like to highlight.

But, in developing Milton Keynes we don't want to throw the baby out with the bathwater. Many of the ideas put forward by the early pioneers still have relevance today and Tim Skelton, Chair of Milton Keynes Forum will be attending to highlight how these visionary principles can be taken forward and not lost to the next generation.

The parks and open spaces of Milton Keynes are one of its key attractions. Looking after this asset is Milton Keynes Parks Trust and Chief Executive David Foster will be attending and is also keen to hear the views of older people especially as they are thinking of preparing a 'manifesto' for green spaces in Milton Keynes as their contribution towards the longer term planning and he sees this meeting as a good opportunity to see how some of the Parks Trust ideas will be received.

So, potentially a very interesting and lively meeting in prospect – ably chaired by our Older Persons' Champion, Jan Lloyd

We hope that you will be able to attend.

To find out more about Plan:MK go to: <http://www.milton-keynes.gov.uk/planning-and-building/planning-policy/plan-mk>

OLDER PERSONS' FORUM

Plan:MK

How should Milton Keynes develop?

Come and discuss how you would like to see MK develop and grow in the coming years

Speakers

Andrew Turner - MK Council

Tim Skelton - MK Forum

David Foster - MK Parks Trust

in the Chair

Jan Lloyd - MK Older Persons' Champion

-Thursday 20th April, 2017

2:00pm – 4:00pm

-Spinal Injuries Association

SIA House, 2 Trueman Place, Oldbrook, MK6 2HH

Free parking, disabled parking, accessible building, hearing loop.

Bus stop at SIA House: Arriva Route 1 and Red Rose Travel Route 28

Any questions call: Kim Burchell, OPF Administrator on 01908 231344

The Community Learning MK Adult Education, which is part of Milton Keynes Council are presently advertising their summer term language courses which begin week commencing 24th April.

We offer courses in all curriculum areas including twelve languages at different levels. The courses run either in the day or in the evening. Have a look at what is on offer either by phoning Philip Allsop on 01908 556705 or look at the website <http://www.milton-keynes.gov.uk/schools-and-lifelong-learning/community-learning-mk/adult-learning-community-learning>

Election of Officers and Members of the National Executive Committee of the Third Age Trust 2017

Officers

Nominations are requested from all U3As for the posts of Officers of the NEC.

They comprise: -

Chairman

Vice-Chairmen (2)

Treasurer

The **Chairman, Pam Jones** will have completed two years in office and is therefore eligible for nomination.

Vice Chairman, Marion Clements will have completed three years in office and is therefore **not** eligible for nomination.

Vice Chairman, Michaela Moody will have completed two years in office and is therefore eligible for nomination.

Treasurer, John Ellison will have completed five years in office and is therefore eligible for nomination.

A nomination form for Officers and all other information including the need for a submission of a statement for each candidate can be found on the MKU3A website, under the Admin tab of the Members Area, which can be used to propose and/or second candidates. If you are the proposer, there is no requirement to get a candidate to sign but please ensure that the candidate is happy to be nominated and that you pass on the enclosed information concerning the supporting statement.

If you are the proposer, please make sure that the candidate is willing to be nominated and provides a statement no longer than 500 words, to be attached to your form and also emailed to conference@u3a.org.uk Prospective candidates may wish to talk to the current Regional Trustee.

The following trustees will continue to serve on the NEC for the time stated: -

Jane Pavier	East Midlands	One year
Rose Marie Bradley	Northern Ireland	One year
Hilary Jones	Wales	One year
Jeff Carter	East of England	Two years
Elizabeth Porter	North East	Two years
Gillian Russell	North West	Two years
Ed Link	Scotland	Two years

Key Contact Details—more on the web site

Chair: Nigel Wright email: chair@mku3a.org Tel: 01908 667007

Secretary : Jo Beckett email: secretary@mku3a.org

Acting Groups Co-ordinator: Christine Behrendt email: currentgroups@mku3a.org

Datum Project : Dave Barratt email : datum@mku3a.org

Web Master : Dave Barratt email : webmaster@mku3a.org

Assistant Webmaster: Len Barrows email: assntwebmaster@mku3a.org

Treasurer: Maureen Windridge email: treasurer@mku3a.org

Membership Secretary: Claire Naismith email: membersec@mku3a.org

Communications Coordinator: Lesley Sparks email: comms@mku3a.org

Groups Finance Admin: Geraldine Cannell email: groupsadmin@mku3a.org

Halls Administration: Sue Giordano email: Hallsadmin@mku3a.org

Office Manager: Patricia Telford email: officemgr@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: 11 Winchester Circle, Kingston, Milton Keynes MK10 0BA.

Telephone: 01908 281717.

E-mail: info@mku3a.org

Registered charity number **298693**