



milton keynes

university of the third age



Feb
2017



Message from the Chairman



May be a bit late, but for the first 'Third Way' of the year – **A Happy and Prosperous Year To You All!**

The Festive Season has come and gone. New Year was a wash out with Mrs. W. twice down with very heavy coughs and colds and I succumbed in between. Many of us seemed to have had a hacking cough – this outbreak even made 'The Times' with an article about the 'Three Week Cough'. I trust we are all recovered now.

Christmas had been so much better – we spent it walking in Northumberland. On Christmas Eve, I was up taking a group across Simonside, a fell above Rothbury, in a howling gale. The photo is of an easily found feature in the middle of the moor – a rock inscribed with Neolithic 'Cup and Ring' marks – I have long wanted to come across such carvings.

The name 'Simonside' itself filled in a bit of a gap in my knowledge. I have a Yorkshire anorak interest in the word suffix – *sett* that forms part of village names, particularly in the Yorkshire Dales, as in Marsett or Burtersett. It's a reminder of the Norse influx over a thousand years ago, when the settler invaders, coming around Scotland and through Lancashire, named these beautiful areas after their summer village pastures – *saetre*. Simonside is a corruption – Simonsaetre – Simonsett – Simonside = Simon's settlement. Well, now you know! Keeps me happy!

Over the season, I have had to purchase a new laptop (and printer and scanner). Now friends and colleagues know that I use my computer a lot, but I am not computer friendly. It's a huge benefit in keeping in touch, in writing, in research, in producing presentation, but, to me, every system change seems a mountain to climb and every e-mail a challenge to my personal security. But I work through this and take all appropriate precautions. I will learn to use some of the newer tools now available to me. In the meantime, I'm having to search for and transfer stuff across from old to new and trying to eliminate old rubbish (plenty). Please be patient if I've lost anything!

Open Meetings

By the time of your reading this twaddle, we will have held our first meeting in our new venue of the Shenley Christian Centre, The Oak Tree Centre in Shenley Brook End. If you missed us by going to the Christian Centre in Oldbrook, you must have failed to notice all the reminders in the December edition. The new venue looks a useful place and benefits from, we trust, much better parking facilities. Today, as I write this, I'm looking forward to our first talk there on 25th January on 'Spies, Lies and Double Cross Agents' – all about German spies

in Britain during WW2. Should be great.

We just wonder how much use we can make of our new space during Open Meetings, before and after our speaker. Please get back to us with imaginative ideas for your Groups or other interests.

[Notwithstanding, the apology printed in this newsletter, and also e-mailed out immediately after the meeting, I remain upbeat about the Oak Tree Centre as a venue, at least for the foreseeable future. Thank you for the 90% understanding comments that I subsequently received. I will look to see what we can do to make amends for those disappointed in missing this presentation, although I can't promise anything immediately].

New Groups

Interesting that we have recently started two therapeutic experiences – 'Coping with Stress' and 'FaceGym'. Is life in MK U3A so stressful? Anyway, I understand that FaceGym was a great success and is to be recommended to all of us. I await a report on 'Coping with Stress' – maybe I should pop along.

In the meantime, the new 'Current Affairs' group got off to a storming start, but, of course, it had plenty to talk about with Brexit, Trumptown and other worldwide disasters.

Management System

A huge thank you to those in our IT team (both in MK U3A and from our partners, 'Web Integrate') who spent much of the festive season getting 'Datum' ready for the big switch on in the first half of January. The good thing is that most of us won't have noticed a thing – one beauty of Datum is that it has been designed totally to fit in with all our previous systems and web site.

What has been added, (keep it quiet – we believe almost totally successfully after much burning of midnight oil) was the Finance Package. This (together with Member and Group Management elements previously installed) completes the big three divisions of the system. Working together, these simplify and control our administration and makes life much easier for your management team, including Group Leaders. All these volunteers deserve as much help as we can give them in conducting our administration. Datum will make all these tasks much less onerous (and worth volunteering for!)

The system, of course, depends on inputted information being correct. Again, thank you to all those who have made the effort to check personal and group membership information and group leaders who got their 2016 financial returns in on time. All this has made life just that bit easier for the development team. If you still have any of this to do, there is plenty of help at hand in our team – please contact Dave Barrett. It is incumbent on all members to check their personal information, either individually or with help that is freely available.

Annual General Meeting in March

I look forward to a good turnout at the AGM – please see forthcoming notices about this. We have an excellent speaker to follow – this will be a good opportunity to get together.

The appeals for volunteers to join the management team appear to have been (almost) successful, although we still need, in particular, help for Groups Management, and (we have just heard) a Minutes Secretary – please, pretty please! We may move team members around so please think about joining the team.

There will be appropriate introduction of candidates for Trustee positions at the AGM – we would, of course, welcome more candidates for any position. It looks as if there will be a set of new faces for 2017 – 2018. I have tried to introduce a more sustainable means of team work during my period of tenure. Without any additional input from me, I can now discern small groups of volunteers in finance and in the office / membership role. Similarly, Groups are now run by two or three people with different skills, sharing the role and easing pressure. This process should continue – the more names the merrier. Please don't be backward in coming forward.

STOP PRESS - APOLOGY

The best laid schemes o' mice an' men, Gang aft a-gley (*often go awry*)

I'm writing this approaching the deadline for articles, immediately following the Open Meeting held at our new venue, the Oak Tree Centre in Shenley Brook End.

A huge apology to those who made the effort to come to the meeting and then were unable to get in. We were over the Fire Regulation limit inside the room and had to turn away about forty members and guests, much to our embarrassment. We had catered for an uplift in attendance and would have been fine with forty per cent increase above our normal numbers of eighty attendees and struggling with a fifty per cent lift. We got double and had to take the unfortunate step of closing the doors.

Unusually, we had people arriving constantly during the hour before the meeting (this is actually very nice as it allows us the opportunity for member fellowship) but it meant that the final rush after 2.15pm caught us rather unawares.

Next month our talk is on the Three Choirs Festival and we will carefully monitor the situation.

Many apologies for any inconvenience caused.

Beds Plus Network – Inter U3A Quiz Afternoon

Thursday March 23rd 2pm The Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes MK5 7GZ. Teams of 6. £10 per team. The Quiz group are planning to enter a team but if you are interested in joining in please contact Brian Baldwin - treasurer@mku3a.org

A Message from Chris Behrendt, Current Groups Coordinator

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.

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

Suggested New Groups – January 2017

Knitting Group

Time: 2-4pm on the 2nd and 4th Monday of the month starting in April.

Place: Newport Pagnell

All welcome. Those who like to knit, but do not need to knit may like to use up their 'stash' of yarn to make things for charities to sell. Drinks and biscuits will be provided.

Contact: Sandra Adkins 01908 618504 or **e-mail:** newgroups@mku3a.org

Fantasy Investment Group

The purpose of the group is for members to learn about the UK stock market. It is intended that shares are sieved via a criterion set up by each individual gleaned information and help from fellow members. The procedure is relatively disciplined and we will use a selection of websites to assist. As the group members become more confident we will set up a fantasy share competition where the individual portfolios are monitored. Shares will be monitored and exchanged at agreed intervals. In addition, members will be asked to look at shares of interest that come out of discussions and sieves.

No actual money will be invested as the purpose of the group is to learn about the stock market.

I have been dealing in shares via 2 share clubs and a personal portfolio for many years. Fantasy investments are

in integral part of learning without a financial risk.

We will be using spreadsheets and the major websites will be London stock exchange, digital look and sharescope.

However, the idea is that the group develops the way the participants want and can accommodate simple ideas right the way up to technical analysis, interactive graphs as the members require.

Contact: Tom Henrick 07970 479007 or **e-mail:** newgroups@mku3a.org

Android Tablet Workshops

Are you mystified with the workings of your android tablet? We are considering running one morning workshops to cover the basics. The first workshop is planned for Thursday 16th February between 10 - 12 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.

Suggested New Groups – December 2016

Pilates 3

We have been given an opportunity to start a third Pilates group at Kents Hill Community Centre on a Wednesday morning with the tutor from the group that already meets there.

The group can have maximum of 14 members with costs around £5 a session paid in advance, usually on a monthly basis.

Interested: contact newgroups@mku3a.org or Chris Behrendt 07766 026 3567

Proposed New Course

A ONE DAY WORKSHOP

“COPING WITH STRESS IN YOUR CHANGING WORLD”

MKU3A are running a one day workshop called “Coping with Stress in your Changing World”.

DATE: Saturday 25th February 2017

TIME: 10am – 4pm

VENUE: The Quaker Centre, Downhead Park, Milton Keynes MK15 9BH

COST: £6 per person

The workshop aims to provide a basic understanding of the causes of stress. It provides participants with the opportunity to identify the source of their own personal stressors. As a group, you can learn how to recognise, manage and prevent stress. Participants then learn practical techniques to relax and reduce stress and will have the opportunity to try out some of these techniques for relaxation: *music; breathing; self hypnosis; meditation; laughter; yoga; aromatherapy; colour therapy; hand reflexology; visualisation etc.*

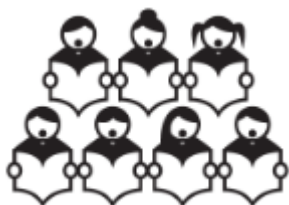
The main emphasis is on having fun and enjoying the day whilst learning about stress and relaxation.

The plan is to initially hold a one day workshop, and if enough people are interested in continuing then Denise is willing to start a relaxation group that would meet monthly to explore and experience many more of the relaxation techniques that are available for coping with stress.

If you think this could be of interest to you & would like to join us for an interesting and fun day contact Denise by email - cwsiycworld@mku3a.org or phone - 01234 585215 (leave a message & I will get back to you asap)

News from the Groups

U3A Choir at Christmas



The U3A choir performed their annual Christmas concert for the first time in their new surroundings of Lovat Hall, Newport Pagnell on Friday 16th December. The programme was varied thanks to our great director, Pat Mountford and pianist Jennifer Mazzone who was returning from illness but was determined not to miss the occasion. The audience enjoyed singing along to some of the carols which were on an overhead screen and two young ladies provided extra impromptu entertainment by singing a verse of Away in a Manger. Reflections, the smaller subset of the choir, also performed two carols. The readings were particularly thoughtful and were modern twists on the well-known Christmas stories taken from quite a different perspective. One was written by Alan Titchmarsh who pondered on what it would have been like if the child had been born in this era.

The new venue proved a challenge in certain ways but we were delighted to be able to seat a much bigger audience and have a venue with a cafeteria area, ideal for serving the mulled wine and mince pies at the end of the concert!

The evening was a great success and after expenses, we raised the magnificent sum of £1000 which was split equally between our two chosen charities of Thomas Edward Mitton House and Eclipse, a counselling service in Newport Pagnell. They were delighted to receive such large donations.

Members of the choir also sang carols at Thomas Edward Mitton House on Tuesday 20th December where the residents seemed to enjoy joining in with their requested carols, and they also helped the MK Sea Scouts by singing carols at Sainsbury's in Bletchley on the previous Saturday.

The U3A choir will be performing their Summer concert on Friday 26th May again at Lovat Hall and we hope you will put this date in your diary and come along and support us. Better still if you can sing either tenor or bass come and join us as we need to recruit more singers in those ranges. There is no audition to go through and we are a very welcoming group.

Exploring World Faiths

This new group began to explore World Faiths in MK by visiting the synagogue in January, with U3A member Harry Friedman as our host.

We were told about the population of Jews both in this country and worldwide. Then we learned about the key points of the Jewish faith before finding out about the community in MK. We then went to see the Ark and the scrolls. We were also shown some other artefacts, and books.

Refreshments were then served. We had a good chat while asking more questions over hot drinks and biscuits. Everyone agreed it was a good start for this new group. Our thanks go to our friends at the synagogue for their hospitality.

Linda Morris, Group Leader Tel 01908 617050. Email EWf@MKU3A.org



Photography for Fun



At the January Group Meeting members were conducted through a hand-on session using Photoshop Elements. The theme for the day was to create a montage using pictures of several family members. After selecting a suitable background, members learnt how to transfer the individuals they had chosen from existing pictures onto the background. This required some delicate hand operation skill before ensuring things were positioned correctly, and at the right proportion in order to enhance the overall picture.

Considering members were utilising different versions of the Photoshop software, and both Microsoft and Apple laptops, the afternoon proved absorbing, entertaining, and at times quite frustrating. But by the end members were pleased with their individual results and were enthusiastic to try the techniques at home to become more proficient and to develop even more rewarding results. Feedback on the session was most positive. Unfortunately, there are no vacancies at present

Celebrations for MK and TAP in 2017

Let's party! 2017 marks 50 years since the official birth of Milton Keynes and provides a great opportunity to celebrate. MK Council's Cultural Services department will be pulling out all the stops to promote the city and is encouraging local groups to participate. Visit <http://www.milton-keynes.gov.uk/leisure-tourism-and-culture/arts-and-heritage/mk50> if you think your part of the U3A could contribute to festivities.

TAP, the Third Age Players, also has a birthday this year, 20 years since we were founded. We are presenting a home-grown hymn of praise to life in Milton Keynes, Under Brickhill Wood. Inspired by the famous radio play, the short piece examines a day in the life of MK with gentle good humour. It was written to celebrate MK's 30th anniversary by TAP's founder, Pip Parry. So, what could be better for our entry in the MK Arts Festival this year. To find out what's happening in the amateur festival visit <http://www.miltonkeynesfestival.org/>

The drama section takes place over the weekend of Saturday/Sunday 18/19 February at Walton High School. TAP will be performing at 14:00 on Sunday 18th. Come and support us, £2 for a morning or afternoon, £3 for a whole day. We hope that a/some member(s) will also be entering as individuals.

We are also busy planning our autumn play. Contact Frank Tynan pronip@aol.com or any member of TAP if you would like to get involved in any way, it's great fun.

FaceGym

We started our new FaceGym group on 11th of January, with an Introduction, about myself and why I personally believe FaceGym should definitely be part of our Self-Care routine, regardless of age and gender, and how can it be practised at anytime and anywhere... just a bit away from curious looks! We discussed how a general Basic and Advanced FaceGym self-massage and exercise routine, is about building up the underlying muscles of the face and neck, and how this can work equally well for everybody. Our aim is for each of us to be able to select a personal FaceGym routine, according to individual preferences, choices and needs for a fresh and glowing skin and a facial youthful appearance!

On 18th January, we held the first of the 6 sessions of Basic FaceGym routine, and we had a great time! At the end of March and the very beginning of April, we will have a few mini 'catch up' sessions for updating the ladies within our group, with whatever they missed, by not being able to attend one or more scheduled sessions. This will be a good opportunity for welcoming guests, to have a 'taste' of what FaceGym is all about.

After a break, for the spring holidays, and for another welcoming, this time, the arrival of my new grandchild into this world, we will continue in May, with another 6 sessions of Advanced FaceGym and if required, start a new FaceGym group.

Each and every FaceGym session is complemented with beautifying and rejuvenating secrets and Instant Look-Good and Feel-Good ideas and practices. We will learn about the ingredients and skills we need, for easy preparation of homemade creams and lotions, about how to relax and eat as healthily as possible and how to manage a Balanced Life, thinking positively and creatively.

FaceGym is in fact, part of my program called Rejuvenatural Self-Help methods and techniques and Body-Mind connection, which is about enjoying a Good Life and a Happy, Healthy and Long 3rd Age! It contains a collection of Self-Help 'Know-How' information and practices, dedicated for building our self-confidence and ability to prevent and to correct many bothering and worrying aspects of our personal ageing process and for maintaining our body and mind, in a state of good health and wellbeing. The Rejuvenatural FaceGym, offers us the gift of feeling good by looking good! Truly enjoyable!

For any more information and details about our FaceGym group, please contact: Mirah tel 07587708806 Email facegym@mku3a.org

News from Musicians the Playpals

We had our first performance of Christmas music amongst the decorations in Middleton Hall, Central Milton Keynes, in December. The music was much enjoyed by members of the public, especially those aged under 10. We were surrounded by Santa's grotto and many of his helpers on one side, and the Christmas train ride and carousel on the other. The train driver particularly appreciated us and blew his whistle to fit in with our playing. We were pleased to raise £50 for a charitable donation to the Redway School, an 'extra special' school in Milton Keynes.

We are getting ready for our next performance, which will take place on Thursday 16th February at the church of St. Mary and St. Giles in Stony Stratford High Street, starting at 12.30. This is part of their series of regular lunchtime concerts in aid of the organ fund. All are welcome, and you can bring your lunch to eat while you listen to the music. Further details are available on the website at <http://www.musicforallsmg.org/>.

Anybody who is interested in joining the group is welcome to come to our weekly practice sessions on a Tuesday morning. Email or call me (Marilyn Ridsdale) first to find out more about the group. 01908 316240 musicians@mku3a.org

Groups looking to increase their membership

Transport Topics Group

The regular monthly meetings at Carpenter Court, Neath Hill will recommence on Wednesday February 22 at 2pm when Julian Hunt will give a talk on 'The History of the Austin Motor Company'. This is followed on April 26 when Paul Blackwell will give a presentation on the London Victoria Coach Station. In the interim the Group are visiting the Vauxhall Van Factory and Heritage Centre on Wednesday, March 29. For further details of our 2017 programme including our summer visits - please check our web-site. New members are always welcome

Lena Woldemariam, the Group Leaders for **Current Affairs – Discussion Group 2** has sent in the following notice

This group has now started meeting on the 2nd and 4th Tuesdays in the afternoon at my house in West Bletchley. New members are welcome, as we are still a small group. Please contact me for further details. Tel 01908 990053 email currentaffairs3@mku3a.org

Exploring World Faiths

Our March visit will be to the Sikh Gurdwara on Grafton Street.

Anyone wishing to join the group should contact the group leader, Linda Morris. Tel 01908 617050. Email EWF@MKU3A.org



The Bridge Intermediate 1 Group are looking for new members to join them in Wolverton on Friday afternoons. Scoring using the Chicago system. You do not need a partner to join in. Please contact the Group Leader, Wiebke Maclennan on bridgeint1@mku3a.org for more details or visit the Group Page on the MKU3A.org website for further contact details.

Personal Recommendations by Members

Lavinia Culshaw would like to recommend Mike Haig who boarded up her property after a burglary and fixed her windows. He was very quick and efficient. She was so impressed she asked him to do some jobs for her. The work was completed beautifully. Mike is prompt, reasonable and does a very good job.

He undertakes general building work, carpentry, tiling, flooring, decorating, landscaping, kitchens and decking. His contact details are 07724516552

John Greenall has sent in this recommendation. Carpets and other types of cleaning. RCS Cleaning Ltd. Tel: 01908 760 840 or 0800 083 9097; e-mail: sales@rcscleaning.co.uk; website: www.rcscleaning.co.uk. This small local firm did a good job of cleaning four carpets – landing, staircase and two living rooms at a reasonable price.

I also used this company when our conservatory roof needed cleaning and agree with John's recommendation. Lesley Sparks

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Upcoming Theatre Trips

Date	Show	Pay by
Thurs 16th Feb '17	The Red Shoes	Sold Out*
Wed 1st March '17	Funny Girl	Passed
Sat 11 th March '17	Ice Hockey	7 th March
Sun 9th April '17	Lord of the Dance	Passed
Fri 28th April '17	Dirty Dancing	10th Oct
Wed 10th May '17	Mamma Mia	13th March
Wed 9th July '17	Wonderland	30th Jan
Wed 6th Sept '17	The Curious Incident of The Dog in the Night	3rd April
Wed 3 rd Oct '18	War Horse	15 th May '17

* If you would like to see this show please contact Hilary to be added to a waiting list. Tickets sometimes become available and she will need to know who to contact to offer the returned tickets.

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 16 th Feb	Rugby School and Coventry Cathedral	Passed
Thurs 2 nd March	Visit the Sanger Institute	Passed
Thurs 23d March	Shri Swaminayan Temple and Wembly Stadium	FULLY BOOKED
Thurs 6 th April	Brooklands Museum	9 th Feb

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

Open Meetings

Please note the change of venue and time.

Wednesdays at 230pm. The Oak Tree Centre, Walinge Drive, Shenley Brook End

22nd February History of the Three Choirs Festival by Stephen Williams

The Three Choirs Festival of Worcester, Gloucester and Hereford is one of the oldest continuous music festivals in the world. Publicity for it goes back as far as 1719.

The onsite café is unfortunately closed for renovations until the Spring.

Dates for Your Diary

Advance Notice - MKU3A 2017 AGM

All members are invited to attend
2.30 p.m. Wednesday 22 March 2017

The afternoon will finish by 4.15 p.m.

If you would like to put a motion to the meeting or you have a question to ask about the business of the meeting, please send it to the Secretary by email [secretary@mku3a.org] or by post to the Office to arrive no later than 25 February 2017. Motions received after 25 February will be deemed invalid. Meeting papers will be available on the website by 6 March 2017.

After the formal business, there will be a talk from Peter Waterman who came to Milton Keynes as the Bishop of Oxford's Planning Officer in 1968 and will talk to us about '**Building a new town in an old country**'.

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

Items of Interest

MK Central and Bletchley Libraries can offer help with any Family History problems.

Milton Keynes Central Library

Family history help with John Hanson

Thursday February 16 and March 16

4.18-7.30pm

Book your session by calling 01908 254051 or email central.library@milton-keynes.gov.uk

I include a link with more info:

<https://www.milton-keynes.gov.uk/libraries/library-news-and-events/what-s-on#Family>

Bletchley Library

Drop in session – family history and IT help

Every Tuesday

10-12pm

'All Change' for Bletchley Evening Women's Institute!

One of our members, Carol Jeffery, has sent in the following reminder with an invitation to join.

After 58 years at Freeman Memorial Hall, the 40 plus members of Bletchley Evening Women's Institute are moving to larger premises at St Andrews Baptist Church, Buckingham Road, Bletchley. Our past successes have included 'yarn bombing' in Queensway for the WI Centenary in 2015 and raising over £10,000 for Willen Hospice with our 'Bletchley Belles' choir. We meet on the 1st Thursday every month at 7.30 pm. Newcomers are welcome. For further details contact the Secretary, Carol jeffrey on 01908 379675.

WEA – Workers' Educational Association

The WEA will be running a botany day school on Saturday, 18 March, when Andrew Sankey will talk about "Plant Hunters and their Finds". He will look at the impact Joseph Banks, David Douglas, William Lobb and Ernest 'Chinese' Wilson had on plants within the gardens in Britain. The day school will be held at York House

Centre in London Road, Stony Stratford, MK11 1JQ 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=C3740194>

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

Lift Required

Shirley Beech who lives in Olney, and is registered as sight impaired would love to attend the Open Meetings but is unable to drive. If anyone could give her a lift she would be very grateful. Her phone number is 01234 240876

Sandra Adkins has sent the following invitation to members.

'The Friends of Willen Hospice' are organising a barn dance (music by the Ouze Valley Ranters) on Saturday 11th February 2017 at Stantonbury Working Men's Club, 22 St James Street, New Bradwell, MK13 0BJ at 7.30 pm. The ticket prices are £12.50 for adults and £10.00 for children up to the age of 14. These prices include a fish and chip supper.

If you are interested in attending tickets are available from Liz our chairperson; on 07891 280904 or by email liz_sparham@outlook.com.

Lavinia Culshaw's house was burgled just before Christmas and has sent in the following tip. When this happens, it is difficult to recall missing items because one is swept up in the shock of it all. Luckily, I had taken photos of every room in my house. It was amazing what a memory jogger they were. I recalled things I had forgotten about and could report them as missing to the insurance company. It is important to phone your insurance company as soon as possible and they will arrange to send someone to make your home safe. On a happier note, the burglars fell in the pond as they made off with my treasures! See her recommendation above.

Return of the Age UK Milton Keynes Quiz Night - Wednesday 8th February 2017, from 7:00pm

Valentine's theme,

Quiz, raffle, bar, hot food!!

Teams of six - just £10 per person

The Peartree Centre, 1 Chadds Lane, Peartree Bridge, Milton Keynes, MK6 3EB

For more information contact Michelle Turnbull: 01908 557891 michelle.turnbull@ageukmiltonkeynes.org.uk

News of Members

It is with sadness that we have to report the death of two of our Group Leaders.

Trevor Meadows had been a member for 25 years and was the group leader for the successful Bridge Intermediate 4 group.

Irene Maxwell had been a member for 10 years and was the group leader for the small but very successful Patchwork and Quilting Group.

We would like to extend our condolences to their family and friends.

Key Contact Details—more on the web site

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

Secretary: Janice Miles email: secretary@mku3a.org Tel: 01908 397944

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

Acting Treasurer: Brian Baldwin email: treasurer@mku3a.org Tel: 01908 670579

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

Membership Secretary: Denise Messenger email: membersec@mku3a.org

Communications Co-ordinator: Lesley Sparks email: comms@mku3a.org

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

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

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