

Tweet(s) of the Day

I was awake early this morning, listening to the dawn chorus. We are fortunate in Milton Keynes to live in a city where wild life is treasured, where the Parks Trust manages woodlands for us and where we can hear such sounds within a conurbation.

It was somewhat different three weeks ago, again at sunrise, listening to the early-bird life out in the New South Wales country side. Caws and cucks and parrot trills, together with a clear pan's pipe flute arrangement in some demented form of tune. And the occasional raucous sound of the kookaburra. In the cities, the traffic authorities clearly like the laugh of the kooki so much that they have copied it for the 'pedestrians may cross now' sound at controlled crossings, even if on a single note.



Just a memory. Pauline and I, with son and daughter-in-law, attended an Australian Football Match at the SCG (Sydney Cricket Ground). An evening of great fun and we clearly influenced the result with our English Cheering (come on you reds!!) as the Sydney Swans won for the first time this season, at the seventh attempt, beating the Brisbane Lions 20.15 (135) to 12.9 (81) – no, I don't understand it either. The game is a sort of lacrosse without sticks, but with elements of netball, handball and wrestling. But the great privilege was after the match, to find the SCG Members Pavilion open and I could wander around the hallowed hallways of Bradman, Benaud, O'Reilly, Miller and Lindwall. Wow! Wonderful!

In my absence, MK U3A life has continued, with a current diminished management team and I thank all of them for keeping events, meetings and our governance going. I appealed recently for a new group to look after the open meetings and it appears that this call has been successfully answered. I look forward to benefiting from the group's labours at this month's meeting. (i.e. tomorrow, as I write). This team effort, sharing tasks across U3A life, is the only way that we will be a sustainable organisation into the future.

We do have some interest in taking over some of the vacant management tasks but more names would be appreciated. My role has been covered over the last seven weeks by other team members, so commitment does not need to be 100% time wise, given good team spirit.

National Conference

Avid readers (?) of my monthly jottings will have previously noted my enjoyment of the last two national U3A conferences in Nottingham. Your web master joined me in 2016 and he has shared this enjoyment. I have convinced the trustees to allow four members to go this year at MK U3A's expense, sharing a car for transport. (Although not to include me – I've had my fair share). One space is still available, so if you would like to go, please let me know. Multiple applications will make it difficult for us to decide, so your application should indicate what you feel MK U3A and you would benefit from your attendance. Information on the conference is on the Third Age Trust web site.

Group Leaders Meeting

A quick thank you to those who attended last week – both morning and afternoons were lively and, I trust, of benefit to all who attended. These meetings are important in understanding the needs of both groups and of administration. Ideas for improvement of the day would be gratefully received. The best time is the lunch (in bring-your-own-picnic style) during which other issues can be discussed.

In the meantime, thanks to Chris Behrendt for all her hard work during her period in office as Groups Coordinator and particularly for organising the stimulating stream of GL meetings over the last couple of years.

Group Visits

I have resumed my visits around MK U3A groups, the sufferers this time being the Friendship Group. I have learnt a lesson about the benefits of MK U3A membership where such groups fit well into the 'social welfare' of our aims and objects.

I think I now need a bit more exercise – look out walking groups, you may have a visitor!

Fourth Week of the Month

This paragraph is included just to provide with an indication of how my U3A life is managed. The week of the monthly meeting is, broadly, my time spent on chairman's roles, so that I am (relatively) free for other activities for the rest of the month.

Monday is Trustees' Meeting day; Tuesday I am hounded by our communications manager to complete this missive (including critical information from Monday); Wednesday is Open Meeting Day – and then on Thursday I can relax back into attending one of my own U3A groups with the Desert Island Discs Archive (it's Kate Adie this week and then Freddy Trueman in June).

23rd May in Manchester

After the dawn chorus, I went back to sleep to be awoken later by Radio 4 on the radio alarm with the dreadful news from Manchester. I'm sure that you all join me in thoughts and prayers for victims, families, concert organisers, emergency services and for Ariana Grande, deeply shocked by this experience.

I cannot begin to understand the thought processes of those that are convinced that the killing of innocents advances the work of any god. In my world, the only god worth worshipping is one that motivates us to the benefit of all, whether believer or not.

Stay safe all.

Sithee, Nigel

Member Profiles / Personal Details – Reminder

Did you know that you can update your personal details online? New phone number or email address? Add emergency contact details? You can make these changes yourself - no need to write or email requesting an update to your personal details.

Initially, you will need to have established your login from the 'Login' tab on the MK U3A website. You will then be able to Login to your personal profile where you will see your details, and you can then update or amend as required.

If you haven't set up your log in details yet, you can find instructions for this on 'Login' tab of the MKU3A website.

Any queries to Claire Naismith on <u>membersec@mku3a.org</u>

MK is 50 years, MK U3A is 30 years old, the Church of Christ the Cornerstone is 25 Years old

On 22nd April 1991, <u>The New Church Arts Panel</u> was inaugurated to collect talent & requirements for the new Cornerstone Church.

In June 1991. MK U3A were invited to join "The Kneeler Project"

On 31st Oct 1994. The ten completed kneelers were presented & dedicated at a ceremony in the Chapel of the Church of Christ the Cornerstone

In May 2017. Following a meeting with the archivist to the Church of Christ the Cornerstone; a visit to the Chapel was made & photographs taken of the kneelers.



Still looking good after twenty-three years of use!

The future of Training and Support in the U3A Movement



The National Chairman needs YOU

You may be aware that the Third Age Trust ran a Training and Development pilot scheme during 2016 to assess the way forward and this was completed in March 2017. It was concluded that the appointment of paid trainers was not consistent with the ethos of the U3A movement. I recommend that you read the Chairman's column on page 37 of the Spring edition of Third Age Matters where Pam Jones asks the question 'Do you have the expertise that the U3A needs?' and sets out the areas of need in support of 1000+ U3As. Pam says "This is where YOU come in. We will be looking to draw upon the expertise of our members and are grateful to members who have already come forward." Discussions are now taking place with Regional Trustees and the present team of Regional Volunteers and Network leaders in a series of meetings across the country. I attended the meeting in London on 22nd May. Volunteers are required for the following roles and the Trust will offer training for anyone who agrees to volunteer.

- 1. Setting up New U3As providing guidance and support to those who wish to set up a new U3A.
- 2. Workshop Trainers the topics will be concerned with our legal obligations, insurance, safe guarding etc. and the best methods for managing and running a U3A. It is possible that topics such as Trustee Training and the role of Group Leaders will be added to the workshops available
- 3. **Trouble Shooting**. When a U3A asks for support to resolve a problem, either direct to the Trust or via a Regional Trustee, volunteers are needed who can objectively and with skill support the given U3A in the resolution of the matter.

The recently appointed CEO, Sam Mauger, is gathering details of the volunteers and will arrange for further discussions and specific training to create a support team to meet these objectives.

Your best points of contact for further information are: -

Brian Baldwin – <u>co-ordinator.bedsplus@gmail.com</u> (Network Co-ordinator)

Hilvary Robinson – <u>hilvary.robinson@u3a.org.uk</u> (Regional Trustee SE Region)

Sam Mauger – <u>sam.mauger@u3a.org.uk</u> (CEO)

Author – Brian Baldwin 23/05/2017

Please consider the item below

Vacant Posts

A look at the MK U3A web site will demonstrate the number of places that we currently need to fill.

In particular

VACANCY FOR SECRETARY

Duties

- To be the formal point for letters and other communications into and from MK U3A, particularly with the Third Age Trust and with other established bodies;
- To support the Chair in ensuring the smooth functioning of the Trustee Committee, including meeting organisation, with agendas, and recording of minutes. (This last responsibility, with the help of a minutes secretary, as appropriate);
- To maintain appropriate records;
- To oversee the management of the Open Meetings, supporting and building the Open Meetings management group;
- Other duties as deemed appropriate.

The secretary role is a Trustee Position. Trustees are covered by appropriate insurance.

Chairman's comments:

This is one of two roles (along with Groups Co-ordinator) that we need to fill with some urgency to take the strain of others who are currently doubling up their duties.

I see team building as a pressing need so that we can be flexible over the next few years to give more variety and interest of role.

Group News

There are no suggested new groups this month. Those from previous months are now active.

As yet only two people have responded with regard the Russian group. This will be advertised again in September.

No one has come forward offering to be the Group Leader or Contact for a third Playing Reading Group. This can be advertised again in September.

Group Leaders Meeting 17.5.17

Sixty-eight out of one hundred and four groups attended on the day. Trustees and those representing the groups learnt about the various roles of the Trustee and vice versa. The role of a Group Leader – What it Means to You was explored.

Nigel gave an overview of the comparisons and differences with Melbourne U3A, a similar size organisation to ours and asked all to consider the sustainability of MKU3A organisation without support from its members and identified the current vacancies for Trustee and Teams roles.

Brian Baldwin in his new role of Beds Plus Coordinator identified how we fit into the region, his thoughts on the future of Beds Plus and an overview of the draft findings from a working group looking at the structure of the national organisation.

Notes of the meeting will be circulated to those who attended on the day as well as all Group Leaders. These are for sharing with group members.

Chris Behrendt

News from the Groups

Line Dancing – Margaret Atherton Group Leader

A demonstration by the Line Dancing Group which meet at Willen is being planned for Saturday June 10th at the Willen Pavilion. The Management Team at Willen Park are organising a day of events to showcase those groups which use the Pavilion and Playing Fields with the theme 'The events of the 1960's' The Line Dancers have chosen a group of dances representing the present trend of dancing to popular music and will include Tango, Jive and Rumba as well as traditional Western Music

We will be dancing from 12.45pm in the Pavilion so come along and support our group and the day.

The Summer Redways Group - Sculptures Walk

All U3A Members Welcome

Please join the Summer Redway Walkers on Tuesday 6th June at 10am as we look at the sculptures in Campbell Park and the shopping centre. This will be a 2-hour city centre walk to celebrate MK 50 and MKU3A 30.

If you wish to join us, please contact Linda Morris by email on <u>Redways@u3a.org</u> or phone MK 617050. The starting point for the walk can be found on our webpage, but please remember to make contact if you wish to join us.

Exploring World Faiths Group - Stroll Around Stony Stratford

On Wednesday 7th June at 2pm we will meet in the Market Place, by the Wesley Tree. This is to be found in Silver Street by the entrance to the car park. We will pause outside each religious place of interest in the High Street and finish by going inside the Orthodox Church to see the fantastic art work. A member of the congregation will be there to give us more information and to answer questions. We have kindly been offered refreshments at the end of our walk.

If you are interested in joining us, please contact Linda Morris, Group Leader, Exploring World Faiths by email ewf@mku3a.org or by phone MK 617050.

TAP - Thank you U3A members

Your response to TAP's request for help in our next production is greatly appreciated. And yet, hard as it is to believe, a member recently said he hadn't heard of us. Shock! Horror! A potted history follows.

We were formed in 1978 by Pip Parry and performed our first revue of short comedy sketches, mainly written by Pip himself, in Church Halls and Community Centres throughout Milton Keynes. We have regularly entered the MK Drama Festival and, of course, are always ready with a small offering for MKU3A Christmas parties. Over the years, as we became more adventurous, we decided to tackle a full-length play.

In 2003, our first two act play written by Vera Roper, a member of the group, was performed in the small theatre at the Community Centre at Shenley Church End and was funded by agreeing to a 60/40 split of ticket sales, to our advantage. Having no royalties or scripts to pay for, we made our first profit which allowed us to aspire to performing in the Chrysalis Theatre.

In Autumn of 2005, TAP was sponsored by MK Trading Standards to alert elderly people, to the dangers of 'Doorstep Traders' by dramatizing a series of sketches of typical scams. This led to a Pride of Milton Keynes award from the Citizen newspaper and MKC for services to Milton Keynes plus a very welcome cash award of £500.

We were requested in 2007 to write and perform a short play to be filmed and used for training purposes for Carers of the frail and elderly. It was to be part of the programme for the Launch of Milton Keynes Area Adult Protection Committee and was also included in the AGM in London for World Adult Abuse Day. For this, we received two more awards in 2008.

By this time, we had succumbed to the lure of the professional stage and there was no going back. All our members willingly pay for their own scripts and provide most of their costumes and props at their own expense as we love what we do. However, we could not continue to put on our productions in the Chrysalis without the support of our loyal U3A audience so thank you once again from all of us at third Age Players

Tickets are available from <u>https://www.ticketsource.co.uk/tap</u> The full price is £12. Concessions £1 discount, Early bird: £1 discount until 24 August. There is no fee for booking on line.

Phone 01908 887387 for ticket enquiries

Tickets will also available late June from Frank Tynan (01908 368436), if you do not like to buy on line.

Groups looking to increase their membership

This is a selection from the list distributed by email to the membership of groups with vacancies

iPad3 Group meet on the first Monday of each month in Peartree Bridge and not as stated in the above mentioned email the first Thursday. The contact for this group is Pam Stone and her contact number is 07788 705915

The Climate Change Group meet on the second Thursday morning in Campbell Park. Please contact Hilaire Bowman on 01908 232557 if you would like to join in the discussion on all aspects of climate changes.

STROLLING GROUP NEEDS YOU OR THIS RESOURCE WILL BE GONE FOR THE FUTURE.

Strolling with Optional Lunch. If you cannot keep up in any of the walking groups then we are the last resource to keep you moving, do you use a stick, has old age slowed you down then help to keep yourself mobile by joining our regular monthly Strolls. They take place in a different Milton Keynes area (MK Official City Atlas) each month on hard paths and Redways (we walk about 1 mile over an hour with a rest). We are a small but very sociable group admiring the History, Flora & Fauna and the views as we chat along our way. Strolls are mainly circular/figure of 8 with minimum repetition. Our meeting place is centrally located which allows us to give lifts to the Venue for those without cars. We meet at Xscape in CMK at the entrance nearest Avebury Boulevard. You will see the awning for the hand car wash near this entrance. We meet at 10.20 am for a 10,30am prompt exit to drive to our starting point for our Stroll. Strolling is always the 3rd Wednesday of the Month, i.e. June 21st, July 19th, Aug.16th, Sept.20th.

Finding us from Secklow Gate, take the turn going by 'The Xscape on Avebury Boulevard' then taking the 3rd. Left entrance into the car parks by the side of the Xscape Building (near/ in sight of the awning of the Hand Car Wash).

Above is all the information I can tell you about Strolling, you would be very welcome and you do not need to check if there are vacancies. All I ask is to let me know the *weekend before Strolling that you are going to come* so I can give you my Mobile No. and look for you at The Xscape on the Wednesday.

START THE DAY WITH MUSIC

...... and forget all the stress and struggles of the normal day. You'll feel so much better.

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



e-mail: linedancing@mku3a.org

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 1st June	Billy Elliott	Passed
Wed 6th Sept	The Curious Incident of	Passed
	The Dog in the Night	
Thurs 19 th Oct	Ballet	22 nd June
Wed 25 th Oct	The Addams Family	22 nd June
Wed 1 st Nov	Cabaret	2 nd July
Thurs 23 rd Nov	Glynebourne	17 th July
Thurs 30 th Nov	Sunset Boulevard	3 rd July
Tues 9 th Jan '18	Cinderella	22 nd Sept
Wed 30 th May '18	Legally Blond	22 nd Nov
Wed 18 th July	Flashdance	22 nd Nov
Wed 3 rd Oct '18	War Horse	15 th May

Please refer to the website for further details or contact the organiser on theatre@mku3a.org 07867 978585

Upcoming Outings



Date	Venue	Last B'king Date
Fri 2 nd June	Suffolk Punch Trust	Passed
Thurs 15 th June	Historic Dockyard Portsmouth	Passed
Thurs 6 th July	The National Brewery Centre	8 th June
Thurs 20 th July	Severn Valley Railway	8 th June

Please refer to the website for further details or contact the organiser on <u>outings@mku3a.org</u> 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 – 28 JUNE – The Parks Trust

The Parks Trust is an independent charity that cares for many of Milton Keynes parks and green spaces. This adds up to 5,000 acres of river valleys, woodlands, lakesides, parks and landscaped areas alongside the main roads – about 25 percent of the new city area. The Trust was created in 1992 to care for most of the city's green space and was endowed with a substantial property and investment portfolio. The income from this portfolio pays for the vital work of nurturing and enhancing the landscape.

The meetings are held in the Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes, MK57GZ Starting at 2.30pm £2 for members and £3 for guests

Monday 19 June - 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 19th June 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 <u>membersec@mku3a.org</u>

Music Mini Series

Back by popular demand.

Adrian Boynton, Director of Music at the City Church of Christ the Cornerstone, has agreed to present a Music Mini Series entitled: - The second of the talks will be held on June 7th.

THREE GREAT AGES OF MUSIC

- 1. May 3rd The Splendour of Baroque
- 2. June 7th The Perfection of Classicism
- 3. July 5th The Richness of Romanticism

He will explore three of the great ages of music, in a special series of talks, liberally illustrated with fine recordings of both well - known and less familiar music. All welcome.

The meetings will be held at The Oak Tree Centre, Wallinger Drive, Shenley Brook End Milton Keynes, MK5 7GZ

2pm – 4pm

£2 for members £3 for guests

Adrian Boynton

Adrian received his advanced music training at the University of Reading where he gained his honours degree and won prizes in organ playing and piano accompaniment. Postgraduate research took him to Nottingham University where he was awarded the Archbishop of Canterbury's Diploma, the highest award in Church music.

Through the 1980's he was Director of Music at Dover Grammar School and at Roedean School. During this period, he conducted many choral, orchestral and operatic works.

Since 1992 he has been Director of Music at the City Church of Christ the Cornerstone where he has established a fine musical tradition.

Baroque Bonanza

In the first of Adrian Boynton's 3-part mini-series on musical periods he focused on Baroque music. Towards the end of the 16th Century as the Renaissance style gave way to Baroque the Gabrieli brothers were writing choral music to be performed in St Mark's Cathedral in Venice. Adrian traced the development of Baroque music over almost two hundred years showing how musical instruments like the viol, the sackbut and the recorder gave way to newer instruments as the music became more richly melodic. Early baroque music by Monteverdi and Purcell were featured in recordings of "Vespers" and Dido's Lament from "Dido and Aeneas". Pachelbel's "Canon" and Handel's "Water Music" and "Zadok the Priest" brought the first part of the afternoon to a close before an interval for tea and biscuits.

In the second part Adrian spoke about Handel's operas in English and the emergence of the oratorio form as we listened to "For unto us a child is born" from the "Messiah", a tune Handel had recycled from one of his earlier works. Telemann and Vivaldi were featured before we listened to some of the sublime music of Johann Sebastian Bach culminating in the final chorus from his Mass in B Minor, a work which was not performed in its entirety during the composer's life time.

The second presentation will be on Wednesday 7th June focusing on the Classical period beginning with Haydn and Mozart – an afternoon not to be missed.

John Reardon

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 Nigel Wright <u>chair@mku3a.org</u>

Personal Recommendations by Members

None this Month

Update. Following a recommendation in the U3A Newsletter I contacted Stephen Montague (Plumber on 01908 561696) about our kitchen taps. He gave us excellent advice which saved us money and I would thoroughly recommend him to others. Jill Allison.

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Other Items of Interest

Age Concern Snack and Chat Café – Drop in for a coffee, snack or just a chat

The café is open from 10.00 – 2.00 Monday to Friday

It is situated above Iceland in the Food Centre

Click on this link for the menu

http://www.ageuk.org.uk/brandpartnerglobal/miltonkeynesvpp/docs/cmkcafe/snackandchatinsidemenu2017. pdf

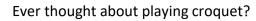
Bow Brickhill Women's Institute meet on the fourth Thursday of each month and have a varied programme. They meet at the Pavilion in Rushmere Close, Bow Brickhill at 7.30 p m.

In June the speaker will be Lesley Bruike from the Leighton Buzzard Hedgehog Rescue Charity who will talk about The Life and Times of a Hedgehog. Visitors are very welcome and a £4 contribution towards expenses is requested.

Light refreshments are served which gives members an opportunity to socialise with each other, look at the monthly competition entries, draw the raffle and discuss W.I. reading matters.

For further details please contact Stephanie Warren on 01908 671394

Croquet – A Game for Everyone





Why not come along to the Stony Stratford Croquet Club, the only croquet club in Milton Keynes, and have a go.

It's a game suitable for all ages and abilities and if you've played before you'll know what fun it is.

Even if you've never played before, you should find it easy to learn, especially as several of our members are experienced players and have coaching qualifications.

The Club can be found at the Ancell Trust Sports Ground, Ostlers Lane, Stony Stratford, MK11 1HA sharing the sports grounds with the tennis, bowls, football and cricket clubs.

We have three courts which are played on all year, so it's not just a fine weather game.

We provide all the equipment needed in terms of mallets, balls and hoops and all you need is a flat pair of shoes to protect the playing surface from undue wear.

We have a team in the East Anglian Croquet Federation League, but our main emphasis is on friendly matches with other clubs in the area from Northampton, Leighton Buzzard, Wrest Park, Dunstable, Wingrave and High Wycombe.

We also play a lot of social croquet within the club itself with regular monthly Fun Days, various competitions and regular club afternoons throughout the week.

Hopefully that's enough information to whet your appetite but if you would like to know more then do please contact either the Chairman Rex Gower on 01908 315068 or the Secretary Roy Healey on 01908 566345 or roy.healey@btinternet.com

It really is an easy game to play, so we look forward to seeing you soon and hope you will get the croquet bug once you've given it a go.

Do you need a hand with your Family History research? Then this could be for you!

Milton Keynes Central Library Family History consultations with John Hanson Thursday June 22nd 4.15-7.30 FREE but need to book on 01908 254051



Beanstalk, a children's literacy charity that recruits and trains reading helpers who support children across Milton Keynes is looking for volunteers. Each volunteer would support 3 children on a 1:1 basis, two afternoons a week in term time. Free training will be given. For more information, please contact Rebecca Carter on 01604 720969 wwww.beanstalkcharity.org.uk

Key Contact Details-more on the web site

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

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