



milton keynes

university of the third age



March
2018



MK U3A 2018 AGM

All members are invited to attend
2.30 p.m. Wednesday 28 March 2018
The afternoon will finish by 4.30 p.m.

Meeting papers will be available on the website by 12 March 2018.

After the formal business there will be a showcase from some of our groups.

The AGM will be held at The Oak Tree Centre, Shenley Brook End

Agenda

2.30 p.m. Wednesday 28 March 2018

1. Apologies for absence
2. Minutes of the AGM held on Wednesday 22 March 2017
3. Annual Report and Accounts
4. Independent Examiner's Report
5. Election of Independent Examiner
6. Appointment of Trustees

Date of next AGM – Wednesday 27 March 2019

Proxy Voting and Nomination forms can be found in the AGM area of the Members Area once you are logged into the website.

The meeting will be followed by afternoon tea. Playpals the Musicians will entertain us.

Committee News

There have been some changes to the Trustees recently.

Steve Royle, Trustee without Portfolio and Maureen Windridge, Treasurer have left the Committee.

Current Trustees have taken on additional areas of responsibility to ensure the smooth running of MK U3A until the AGM.

These acting roles may be formalised at the AGM which will be held on March 28th but nominations are open until 14th March.

Monday 19 March 2018 - New Members Induction Sessions

We run monthly meetings for new members aimed at outlining the background to the U3A movement, explaining how to get the best out of your membership with MKU3A, and showing you how to use the website and join groups. The next meeting will be at 2.30pm on 19 March 2018 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

Open Meeting - IT Help Desk

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

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



Free Wi-Fi is available at the venue.

Support is available for:

- Windows PCs
- Apple/Android tablets and phones.

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

Member Profiles / Personal Details

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.

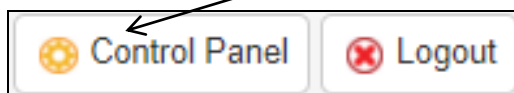
Initially, you will need to have established your login from the 'Login' tab on the MK U3A website. Once you have logged in you will then be able to see the Control Panel button, top right which takes you to your personal profile and you can then update or amend as required.

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

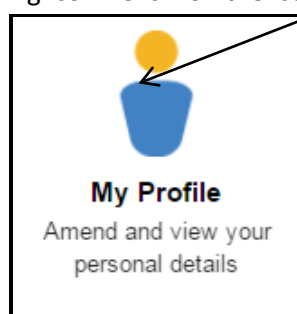
Any queries to Claire Naismith on membersec@mku3a.org

MK U3A - Making Changes to your Personal Details

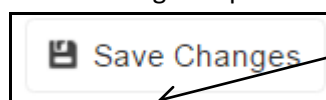
1. Open the MK U3A website (mku3a.org)
2. Login to the site. (If you haven't set your login password yet please see the instructions on the LOGIN page.)
3. Once you are logged in 'click' on the Control Panel icon top right of screen



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



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



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



Volunteers Coffee Morning



Over 20 members attended the Volunteers Coffee Morning on 9th February and partook of delicious homemade cakes and tea / coffee. We now have a number of members who will become part of our various teams (Membership, Finance, Open Meetings and Office Support) and plenty of volunteers for our newly formed STAR team (Special Tasks as Required), as well as several members who have expressed their interest in becoming Committee Members.

Lesley, Shirley, Diana and Claire will now take work on integrating the new volunteers into the teams. If you were unable to attend but would like to volunteer, please contact Claire Naismith membersec@mku3a.org for further information.

Open Meeting – Medical Detection Dogs.

A very informative presentation was given at the February Open Meeting on the training of medical detection dogs. Rowland, an MKU3A member and speaker volunteer, together with Sarah, a socialising volunteer and Toby, a black labrador told us all about this charity.



The amazing power of the dogs' nose is harnessed to detect human disease.

The Medical Detection Dogs Charity is local to Milton Keynes with the headquarters in Great Horwood and has been running for 10 years. It is completely reliant on donations and an army of volunteers.

Rowland had brought information leaflets and several fund-raising items, pens, notelets and badges together with a collection box.

Members were very generous. £39 was raised from sales of merchandise, £137.17 was placed in the collection box and with a larger audience than usual, despite the weather conditions, a donation from MK U3A of £100 was made, a total of £276.17 was raised for the charity.

News from the Groups

Exploring World Faiths

Have you ever wondered what the inside of the Temple looks like at Willen Lake? The Exploring World Faith Group have a visit organised on **Saturday March 10th at 10am**.and will be your chance to see inside and ask questions about Buddhism

We hope to visit the peace pagoda too, weather permitting,

If you are interested in joining us, please contact the Exploring World Faiths Group Leader, Linda Morris, by email linda.morris15@btinternet.com or telephone MK 617050.

The Third Age Players are well into rehearsals for their autumn production: "Ten Little Thespians", a black comedy about the challenges of a local drama group putting on a play. With a mix of rather dramatic disappearances, back-biting, intrigue, and a few Shakespearean witches thrown in to boot, it promises to be fun for cast and audience alike. The Third Age Players meet every Tuesday morning in Bradwell, and we are keen to welcome anyone who would like to be involved and willing to help with understudying, stage management, costumes, props or front of house. If you would like to join us, please contact the group leader, Barbara Baker, on 01908 562738.

Upcoming Theatre Trips—Aide Memoire

Date	Show	Pay by
Wed 30 th May '18	Legally Blond	Passed
Wed 18 th July '18	Flashdance	Passed
Wed 3rd Oct '18	War Horse	Passed

Upcoming Outings

Date	Venue	Last B'king Date
Thurs 15th March	Royal Chelsea Hospital & National Army Museum	Passed
Thurs 22nd March	Postponed Ely Cathedral Trip	
Thurs 19th April	RAF Air Defence Radar Museum	8th March
Thurs 17th may	Bure Valley Railway and Norfolk Broads Cruise	6th April

Please refer to the website for further details or contact the organisers on theatre@mku3a.org 07867978585 or outings@mku3a.org 01908 506706 as appropriate

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

Other Items of Interest

Milton Keynes Natural History Society 50th Anniversary Meeting – Tuesday 27th March 2018

We are hosting a special talk to mark the 50th Anniversary of the founding of our Society in 1968. This event is open to all and we would be very grateful if you would publicise this event to your members and circulate details to any who are interested. They are very welcome to join us.

Patrick Barkham, natural history author and writer for The Guardian, will speak on 'Islanders'. You may be familiar with his books – including "The Butterfly Isles" and "Badgerlands". Recently he has published "Islander: a journey around our archipelago", which is an exploration of eleven of the smaller islands of Britain, and this will be the focus for his talk.

When: Tuesday 27th March at 7.30pm.

Where: The Chrysalis Theatre, Japonica Lane, Willen Park South, Milton Keynes. MK15 9JY. There is limited parking at the theatre itself, but plenty more across the road (V10 Brickhill Street) in the Peace Pagoda car park (this extra parking will be free on the night). Walk across to the theatre via a footbridge from the car park.

Visitor Tickets £5 (under 18 free). These are available:

· by using the booking form on the Society website www.mknhs.org.uk and then sending the form, cheque (made out to Milton Keynes Natural History Society), and stamped addressed envelope to the address provided

or

· via a member of the Society you may be in touch with who can purchase on your behalf at one of our evening meetings. Payments by cheque (made out to MKNHS) or cash;

Thank you.

Linda Murphy and Julie Lane Joint Chairmen Milton Keynes Natural History Society

Bow Brickhill Women's Institute meet on the fourth Thursday of each month at the Pavilion, Rushmere Close, Bow Brickhill. Our meeting on 22nd March is Keep Fit with Paula. The exercises can be gauged for all people as you do what you feel able to.

Light refreshments are served, and this is a time to get to know other members and have a chat.

On 26th April we have Paul Griffiths to speak to us about Homelessness. On 24th May we have our Resolutions accompanied by Cheese and Wine.

Visitors are asked to contribute £4 towards the expenses of the Speaker, hire of the hall and refreshments. New members are always welcome.

Please call Stephanie Warren on 01908 671394 for further details.



Quiz Nights with Supper in Simpson Village Hall, MK6 3AD. Must be booked with Pat Hodges – missquiz@sky.com or tel: 01908 644785
7.00 p.m. start. Bring your own drink – teas served - £12.00 p.p.

Sat 10th March – Curry Supper – Proceeds to Healing Hands Network – in the hall

Sat 24th March – Fish & Chips – Proceeds to Prostate UK (Men United) – in the hall

Sat 7th Apr – Supper TBA – Proceeds to Water Eaton Community Voices – in the hall

Sat 21st Apr – Supper TBA – Proceeds to The Deanery Charities – in St Thomas's Church, Simpson



The Odeon cinema near the stadium MK has an offer for people over 55. At certain times and for certain showings, standard seat tickets are £3 and included tea and biscuits. You can book online with no booking fee. Check out the timings and films here <http://www.odeon.co.uk/silvercinema/?ast=CkVDb6#showtimes-anchor>

Films for March include amongst others 'Murder on the Orient Express' and 'All the Money in the world'

WEA – Workers' Educational Association

On Saturday, 24 March 2018 the WEA presents a day school on 'Vienna, City of Music'. The tutor, Peter Gieler, will describe the political and economic structure of Vienna, the development of the fine and decorative arts, and the economic and industrial development of the Empire.

York House Centre, London Road, Stony Stratford, Milton Keynes MK11 1JQ. 10.30am to 4.30pm. Bring your own lunch. Cost £27.50.

To enrol, call 0300 303 3464, quoting C37411552 or go to enrolonline.wea.org.uk

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

Margaret Newens - Still Green - Open Meeting on Cohousing

Want friendly and supportive neighbours? Want to stay independent in your own home for as long as possible? Join members of Still Green to listen to short presentations about the basics of cohousing. Ask questions. Find out about plans for cohousing developments in Milton Keynes and Bicester.

Saturday 17 March, 11.00 - 13.00 and stay on if you wish for our bring-and-share lunch.

If you can't join us on March 17, you will be welcome at our next general meeting, which will be on Saturday 19 May.

Email stillgreenweb@gmail.com for further details.

<https://stillgreenweb.org/>

Disability Advisory Group

Public Meeting CMK Shopping Centre Accessibility

Come and learn more about the MK Disability Advisory Group and discuss how disabled access can be made even better in the centre:mk. Members of the public are cordially invited to attend and raise questions.

Guest Speaker

in the Chair

Ros Bloor – DAG Chair

Thursday 22 March 2018

12 noon to 2.30pm

Civic Offices, Room 1.02

1 Saxon Gate East, Milton Keynes MK9 3EJ

Any questions call: Kim Burchell on 01908 231344 or kim.burchell@mkcil.org.uk

Refreshments available. RSVP by 14 March



Photography Workshops at the OU

Are you aged 60+ who lives in Buckinghamshire and is involved in digital photography?

9th March 2018, workshop at Open University, Milton Keynes: If you share your photos online such as by email or on social media (e.g. Facebook, WhatsApp, Instagram), please participate in this workshop to share your experiences.

23rd March 2018, workshop at Open University, Milton Keynes: If you are involved in digital photography but don't post/share photos online, then please come to this workshop to share your experiences.

Timings: Both these workshops will run from 10 am to 12:30 at Open University's campus in Milton Keynes MK7 6AA: registration, coffee/tea and pastries at 9:30 am; workshop start at 10 am; a tea break at 11:15; and a buffet lunch at 12:30.

About the project: The Open University, in collaboration with Age UK Milton Keynes, is involved in a Sir Halley Stewart Trust-funded research project (<http://bit.ly/2hcSO2v>) which is addressing the interlinked issues of ageing, wellbeing, loneliness and social isolation, and taking photographs and sharing photos via email and social media. Your valuable insights/contributions to this research will help inform the ongoing discussion on loneliness amongst older people and their health and wellbeing.

Survey participation: If you already share your photos online such as by email or on social media, we would be grateful if you could kindly consider filling up this survey for us: <https://www.surveymonkey.co.uk/r/online-photo-sharing-by-people-over-60-years-living-in-Buckinghamshire> or <http://bit.ly/2DPXYv0> (short link). It will take about 8-10 minutes to complete it.

Contact details: Please contact Professor Shailey Minocha by email shailey.minocha@open.ac.uk or on phone 01908-652056 to confirm your participation in either of the two workshops. If you are unable to come to the workshops but are interested in contributing to the research project via a conversation over phone/Skype, face-to-face meeting, etc. please contact Shailey. Many thanks and kind regards.

'Kings and Crowns': a concert from Milton Keynes Chorale

Saturday 17 March 2018, 7.30pm

Handel's Coronation Anthems:

Zadok the Priest, Let Thy Hand be Strengthened and The King Shall Rejoice

Emanuele d'Astorga: Stabat Mater

at St James Church, New Bradwell, MK13 5LG



Our new Musical Director, Mark Jordan, conducts this mix of well-known and unfamiliar 18th Century music, with the talented Alex Aitken on organ and the Chorale Chamber Orchestra.

Handel wrote the majestic and dramatic **Zadok the Priest** for the coronation of King George II in 1727 and since

then it has been performed at every coronation of a British monarch. **Let Thy Hand be Strengthened** contains both lyrical and rousing movements. **The King Shall Rejoice** is the grandest and most extensive of the anthems, with an exhilarating 'Alleluia' as its conclusion.

Composed in the early 1700's, Emanuele d'Astorga's moving **Stabat Mater** became one of the most frequently performed choral works of the eighteenth century, and this concert offers a great opportunity to experience it alongside music of the same period.

Tickets £15, u18's £5, available from the website www.mkchorale.org/uk or from Clare on 01525 210030. There will also be tickets available on the door.

The Parks Trust

Outdoor Learning Taster

Session for active over 55's

Date: 20th March 2018

Time: 1pm to 3 pm

Location: Hazeley Wood

Join our Outdoor Learning Team at Hazeley Wood to rediscover old skills, learn new ones and make new friends.

The whole session will take place outdoors so please dress appropriately for the weather.

If you'd prefer more 'sitting comfort' than our camp furniture, you might want to consider bringing a folding chair.

Refreshments will be provided.

Please be aware there are no toilet facilities at this site.

For more information please e-mail
L.maddocks@theparkstrust.com

Price: 5.00

Age Range: 55 plus

Booking Required: Yes

Key Contact Details

Acting Chair: Lesley Sparks: chair@mku3a.org

Acting Vice Chair: Dave Barratt: vicechair@mku3a.org

Acting Secretary: secretary@mku3a.org

Groups Co-ordinator: Shirley Dewar email: groups@mku3a.org

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

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

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

Acting Treasurer: Diana Sears: 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 Support: Currently Vacant

Open Meetings Coordinator: Diana Sears email openmngts@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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OPEN MEETINGS PROGRAMME FOR 2018

Meetings start at 2.30pm and are held at the Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes, MK5 7GZ. (Except for the AGM in March. This venue will be advised shortly.) There is car parking on site, and bus routes 8, 24 & 25 stop on adjacent grid roads.

28 MARCH – ANNUAL GENERAL MEETING

followed by Afternoon Tea with displays of work and entertainment by Playpals— the Musicians

25 APRIL – Medieval to Mississippi Music Talk - Saffron Summerfield

The Musical Talk 'Medieval to Mississippi' is music and guitar without the use of digital images.

23 MAY – Change your Thoughts Change your World - Alan Wise

Health Psychologist Alan may make you rethink your life, as a Health Psychologist and motivational speaker for many years he has some fascinating stories to share, from travel in Europe and US. and will show techniques of how to cope with stress in our time.

27 JUNE – Modern Scams and How to Avoid them - Brad Ashton

Based on a BBC Radio series he wrote during which he exposed 180 different scams.

25 JULY – When Birds Sing - Saffron Summerfield

Just why does a small bird (Marsh Warbler) 'collect' up to 250 other bird songs and calls on its migratory path from Africa to Northern Europe thereby creating as astonishing 'Song line' of its journey each year. Come and find out.

26 SEPTEMBER – A Job of a Lifetime - Brad Ashton

Brad tells lots of humorous backstage stories about the many star comedians he has written scripts for.

24 OCTOBER – Biography the Talk – Alan Wise

28 NOVEMBER – Critical Information – Mike Flood