



milton keynes

university of the third age



March
2017



Message from the Chairman

Domestic Life No. 1

A relaxing Sunday. Sitting on the sofa with the elder grand-daughter (at that point 'I'M NEARLY FOUR!'). She is calmly combing her doll's hair, followed next by the toy sheep dog (which will go bald if she combs it much more).

'Grandpa, it's your turn next, but I'll just go and get my dark glasses so I can see you with your white hair'. Giggle collapse all around!

Domestic Life No. 2

I note a new body wash gel has been placed for my use in the shower. 'Shea Butter with Bamboo'. I now need to risk assess every morning to check that a 'grill' button hasn't also been introduced.

Extra Open Meeting - Spies, Lies and Double Cross Agents – with Michael Kushner

I'll get this onto the front page to ensure that you all get this information!

Michael will return for an extra presentation on the fifth Wednesday in March – the 29th.

Oak Tree Centre, Shenley Brook End. 2.00pm for 2.30pm.

For this meeting **ONLY a booking system will be in place**. I would ask that, on application, you indicate if you were one of those who failed to gain entry in January. Please indicate the name of any partner with you. We do not currently expect to fill our space on that date, but if I do get to an overflow situation, then I will try to ensure priority to members and to those unfortunate few previously disappointed. If you hear nothing further, you are in!

Application should be made by e-mail to: chair@mku3a.org during the week 6th - 12th March only.

Postal application can be made to the chairman at the Kingston office address.

Unfortunately, I had to stay outside the door in January and I will be elsewhere in the world for this second try! If anyone finds out where Michael is giving this talk in the future, please let me know!

Outing

I use MK U3A outings as a complete change from the challenges of other U3A life. The visit to Rugby School and Coventry Cathedral was an opportunity to take in little bits of intriguing information, previously not perceived. And here are two bits of serendipity that made my day worthwhile.

At Rugby – well now – many moons ago, Mrs. W. and I were married in a small village church in North Yorkshire, designed by the Gothic Revival architect, William Butterfield. The chapel at Rugby School has now been added to our growing collection of visited Butterfield buildings that also includes the Anglican cathedrals of Adelaide and Melbourne, plus assorted Oxford buildings that Prof. Bill Prescott has introduced us to in his

U3A presentations.

And at Coventry Cathedral, lovely to be shown some 15th century glass saved from the 'old' cathedral (the ruins are still a consecrated church) celebrating the Coventry Trinity Guild. The pane was reconstructed by glaziers from the York Glaziers Trust (i.e. my home city) and it adds just a little nugget to my anorak collection of trivia about mediaeval guild life. (*Talks available in aid of charity*).



Third Age Matters

I would just bring to your notice the article on p39 of the February edition of Third Age Matters. National Chairman Pam has put forward strong opinion on the need for help throughout the organisation. Note also the strong aversion within U3A to paid officers.

And on p33, a short article about our own members, Steve and Judy Martin, on their charity, Wabia (*Swahili* – partners) Network, that aims to help relieve poverty in Tanzania by funding projects and giving advice. Please see www.wabia.net Should we be planning an exchange visit?

Annual General Meeting

I'm looking forward to the AGM in March – notice of this is well advertised in this esteemed journal and elsewhere. We had about 120 in attendance last year – I would very much like to see a few more to come and keep a beady eye on your administration team. Actions have been taken to accommodate any overflow at the Oak Tree Centre.

There will be a lot of new faces on the administration team next year. We are very grateful to those stepping aside as they have built a solid base, with reduced costs, for MK U3A to progress into the future. We do need some fresh faces with new ideas for MK U3A study and projects, but any newcomers will benefit from the very hard work put in over the last two years to bring forth a simple, effective administrative system and a strong financial position.

Our auditor has examined our 2016 accounts and, after some in-depth analysis, has issued our certificate. He has added a note in his report which I copy in here for your interest and without further comment from me.

I was pleased to learn about the new management system and in particular the accounting package with the ability of allowing GL's to enter their groups information both financial and administrative. This means that all GL's will or should provide their information in a uniform manner, which will no doubt make the treasurers role less stressful. It is understood some will be able to adopt the online format easily but others will need varying degrees of support but the end result will be a positive one for all concerned. Another aspect which is recommended is that GL's should be reminded of the policy to cover all operating costs again some do but there are some that have either no knowledge of the policy or having issues with its interpretation and again support to encourage good practice should be given.

Those attending the AGM can look forward to another excellent local keynote speaker. In the year of MK50 it is right that we celebrate with one of our city fathers, Peter Waterman of the Milton Keynes Development Corporation. He moved to Milton Keynes in 1968 when he was appointed as a planning officer for the Church of England, and also secretary of the Bishop of Oxford's Ecumenical Committee. He went on to serve as Director of Social Development, a unique role in civic administration. How does he see the future planning of Milton Keynes?

The Role of Groups Coordinator (or even Coordinators!)

Within the changes in the trustees, we still have a glaring vacancy for 2017. If any one person, or two or more

people in a job-sharing role, would be interested, please contact Chris Behrendt on 07766026357.

The role ensures the smooth running of all Groups within MK U3A on behalf of the Committee and Members. It also works closely with any proposer of a New Group to enable its successful establishment. Broadly, the task entails:

- being an MK U3A Trustee reporting to the monthly management meeting. *(MK U3A is a charity, so Trustee is just the formal title of a committee member);*
- ensuring all groups work within guidelines of the Third Age Trust and of MK U3A;
- arranging periodic meetings (as needed, but maybe bi-annually) with all Group Leaders (or representatives) and the Committee;
- working with the Datum Manager, ensuring web site and hard copy information on groups is up-to-date and informative;
- ensuring that contractual arrangements are in place for external paid tutors;
- working with all groups on administrative needs such as venue hire, membership lists for groups, finance returns and group waiting list. *(all this is normally managed by Group Leaders, but support is needed at times of change):*
- providing support to anyone who offers to lead a new group, exploring how the group could work, arranging first meetings and supporting any group through its inception period;
- encouraging groups and members to take advantage of Third Age Trust services.

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 20 March** 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 Phil on 07802 426337.

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 – February 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

News from the Groups

News from the Playpals

The church of St Mary and St Giles in Stony Stratford welcomed us back to play at their Third Thursday at Twelve Thirty session on 16th February.

We played a wide variety of music to an enthusiastic audience, with numbers demonstrating the sound of the whole band and smaller groups of instruments, such as tenor saxophone accompanied by piano or guitars, clarinet duets and flute trios.



The styles of music included jazz standards – As Time Goes By; classical – Chopin mazurkas and Faure's Pavane; popular songs – House of the Rising Sun, King of the Road; and tunes from films such as The Jungle Book and Toy Story, which were very much appreciated by the children in the audience.

We were pleased to help the church in raising over £75 for the organ fund and we look forward to playing there again in November. Our next performance is in Steppingley on 6th May. Further details will be published in the diary in due course.

The Summer Redway Walks Group will be starting again on 21st March from the Ship Ashore, Willen.



The walks leave at 10.00am

Please join us after the walk, if you wish, for a drink or a meal, in celebration that the group is well and truly open again for the year. Please contact the group leaders for more information - Linda Morris 01908 617050 and Alan Perry, tel: 07873 161586, e-mail: redways@mku3a.org



Pilates. This long-awaited group is about to be launched at the beginning of March. It will be held at Kents Hill on Wednesday mornings. At time of writing there are still some places available. Please contact group leader, Helen Richards e-mail: pilates3@mku3a.org and refer to the website for further details.

Biology and more - the only Science Group in MK U3A

From a core interest in cell biology; the forms, functions and evolution of all living things; and the latest advances in medicine and more, this Group spreads its coverage into many related sciences.

Our first meeting of 2017 saw us welcome back a lapsed member as well as welcoming newcomers, though we still have room for a few more.

A very informative introduction from Liz, the group Leader, on the role of mitochondria in heredity and inheritance, stimulated a wide-ranging discussion with relevant contributions and experience from all those present. The Group went on to draw up a Programme for the next few months and was surprised to note how absorbing the morning had been.

On February 5th, the meeting heard an introduction from Peter on the administration of anti-cancer drugs. Despite the high public profile, treatments for cancer's many forms fall into few categories. Chemotherapy consists of courses of poisons, with a respite for healthy cells to recover while cancer cells rebound more slowly. Radiation is deadly but depends on an ability to target clusters of rogue cells very precisely, which is not always possible. In recent years some monoclonal antibodies have been designed to home in on receptors on the rogue cells and destroy them. But cancer cells have mechanisms to adapt and resist whatever strategies are used to attack them. A promising approach is to use nanoparticles with poisons piggybacked on them to gain entry to rogue cells.

The March meeting will be on Thursday 2nd March at Graham's home in Furzton. April 6th will be at Peter's in Woburn Sands. If you are unfamiliar with either venue, please e-mail or ring the Leader as above. We would be delighted to receive visitors. Questions are welcomed and no speciality needed, just an interest in any science. What we do not know, we research.

TAP in Celebrations at MK Drama Festival

As Milton Keynes celebrates its 50th anniversary, the Third-Age Players are celebrating their twentieth. To mark both events, TAP chose to present a gentle reflection of the New City by Pip Parry, its founder. Published in

2003 in Pip's collection *Hidden Treasures*, a slightly updated version was abridged by the Publishers to meet the time slot for the Festival Senior Group Drama category.

Written with a gentle nod towards Dylan Thomas's *Under Milk Wood*, the sketch depicts a multitude of facets of, and characters in a typical new town, with the title *Under Brickhill Wood*. The Players were in contention with two other Groups, in their case older teenagers, while the session also included a solo entry from a slightly younger group.

The cup was won by a Group from Stagecoach, scoring a single mark more than the Third-Age Players. The Adjudicator praised TAP's stylish opening which played to the entire room, observing that the team, especially Jean Thomas in the major rôle of the Narrator, had given a master class in how to act up and project out to an audience, however sparse. She praised individual actors in all four of the conversation pieces. More use, she said, could have been made of the forestage, while she would have liked Heather Harris's exposure as the flirtatious housewife to be even more bold than it was – a stricture some might consider ill-advised in the case of elderly amateur actors!

The Stagecoach Group was complimented on their teamwork and sense of character, while all the youth teams needed to work on greater volume. There seemed to be a pervasive theme this year of using drama among teenagers to awaken consciousness of social problems among the actors. While this is educationally laudable, our members in the audience found this limited the communication between actors and audience that has traditionally been expected in theatregoing.

Third-Age Players wish to thank those who came along to support, whether from retired or associate members of TAP or from the wider MK U3A. Among them were Pip Parry's widow Phyllis, and his daughter Gill. The Company now returns with vigour to working on its casting for an Autumn production, so watch this space!

Witten on behalf of Judy Martin, publicity manager for TAP.

Groups looking to increase their membership

Short Mat Bowls Group 2 is now coming into its' 4th year and members enjoy a social afternoon improving their bowling skills without criticism. People come and go to suit their time and requirements from such a group. We now have a couple of vacancies and would invite new members to try us out. Please call Chris or Dee on 07951334743 for more details



Line Dancing Improvers



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

Do you enjoy playing Bridge?

The Rubber Bridge Group meet in Great Linford on Monday afternoons and would be happy for you to join in. You do not need a partner. Please contact the Group Leader, Lesley Sparks on 07850113449 for more details or visit the Group Page on the MKU3A.org website for further contact details



Choir

The MKU3A Choir are looking for new members with voices in the lower registers of tenor and bass. If you would like to join this group, please contact the Group Leader, Vivienne Shaw, tel: 01908 277241

choir@mku3a.org



Personal Recommendations by Members

Builder

Dave Sharman. Telephone 01525 270303. E-mail: dave.sharman@hotmail.co.uk. Following a previous recommendation by another member in *The Third Way*. I have used Dave's services twice for medium/small jobs involving brickwork and paving slabs. He is pleasant, efficient and his charges are reasonable. I have been very happy with the quality of his work. Recommended by John Greenall.

Vietnamese Nail Bar

Last year Lavinia Culshaw broke her wrist and found it was impossible to cut her finger and toe nails. She visited the Vietnamese nail bar in Queensway, Bletchley where they charge £3 to cut her toe nails and £3.00 to cut her finger nails. No booking required and speedy service, in and out in 5 minutes.

Painters and Decorators

J Norris and Son, 07751 039 407. The best painters and decorators we have ever had – hall, cloakroom, staircase and landing. Recommended by John Greenall and previously recommended by another member.

Stair Lift

Acorn Stairlifts. 0800 422 0660. Website www.acornstairlifts.co.uk. They fitted a curved stair lift neatly and satisfactorily within three hours. It is a great boon. Stair lifts are expensive but many companies, like this one, will offer a refurbished installation, as new, for about two-thirds of the price. Recommended by John Greenall.

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Upcoming Theatre Trips

Date	Show	Pay by
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
Thu 20 th April '17	Northern Ballet Casanova	18 th March
Fri 28th April '17	Dirty Dancing	10th Oct
Thu 1 st June	Billy Elliot	18 th March
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

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
Wed 1 st March	Visit the Sanger Institute	FULLY BOOKED
Thurs 23d March	Shri Swaminayan Temple and Wembly Stadium	FULLY BOOKED
Thurs 6 th April	Brooklands Musuem	PLACES AVAILABLE
Thurs 20 th April	Jordans Flour Mill & Knebworth	6 th March
Thurs 4 th May	Chatsworth House	FULLY BOOKED

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

Advance Notice - MKU3A 2017 AGM

Please note the change of venue and time.

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

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 about the social experience of new towns and what was done in the first 20 years of MK to meet newcomers needs.

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 be given by Dr. Kathy Haslam
3.30 – 3.45	Q&A after which we return to Kelmscott Manor for departure

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](#)

Beds Plus Network – Inter U3A Quiz



The first network event in 2017 is an Inter U3A quiz meet to be held on Thursday 23rd March at 2.00pm. The main hall has been booked at the The Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes, MK5 7GZ.

There are 8 U3As in the local network and it is hoped that they will all have at least one table. Bedford have already booked two, the MKU3A Quiz group will have one (I hope) and that leaves scope for the MKU3A Trustees to have a table as part of momentum to get this network moving again.

The plan is to have 10 tables with six people in each team. The cost per table will be £10.

All bookings to Brian Baldwin, Network C-ordinator

email: bmb28mk@gmail.com Telephone 01908 670579

Items of Interest

Bow Brickhill Women's Institute meet on 23rd March at 7.30 pm in the Pavilion at Rushmere Close Bow Brickhill. We are an outgoing group and welcome people from all backgrounds who wish to meet at a friendly supportive meeting. We have an annual programme that includes speakers, visits to local places of interest, crafts, supporting local events, monthly competition and topics of Women's National issues.

Our subject will be Crochet Crafts. You are very welcome as a visitor. If you are an Improver you may like to share your expertise with items you have made or illustrations of them. Please bring wool and crochet needles if you have them or we will provide them for beginners.

After our topic/ activity we have refreshments and mingle to get to know each other. Visitors pay £4 to cover the hire of the hall, refreshments and a speaker if applicable.

Please call Stephanie Warren tel 01908 671394 for more information.

WEA – Workers’ Educational Association

The WEA are running a course on the ‘Architecture of Spain and Portugal’ presented by Keith Hasted. He will look at the fascinating path from the pilgrimage churches of the Romanesque period, via the arrival of the High Gothic in Toledo and Burgos, through to Frank Gehry’s celebrated Guggenheim Museum in Bilbao. Rectory Cottages, Bletchley, MK3 6BJ. Tuesdays between 18 April and 23 May, from 2.30pm to 4.30pm (5.00pm in first and last weeks). Cost £53.30

You can enrol online at: <https://enrolonline.wea.org.uk/Online/2016/CourseInfo.aspx?r=C3740195>

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

My Brother. June Sinclair

The smell of wood smoke takes me instantly to Cornwall, sunshine, wild flowers growing by the side of a country lane, three years old and running through the greenery up a small hill and down the other side by myself, I am the last person left who saw and will remember Brian.

Brian Michael Atkin born the 23rd August 1940 in Dagenham, died 27th December 1940 in the Miners Hospital, Redruth cause of death Broncho Pneumonia, evacuated to escape the bombing only to succumb to the cold and damp of a Cornish winter, no photographs, buried in an unmarked grave never visited, the only other record of his brief life possibly an entry in an old church register.

My mother and I returned to Dagenham with my grandparents. If the sirens sounded we sheltered under the kitchen table, all I had left of my baby brother was the image of the ambulance doors closing as he was taken to the hospital, a yellow hair brush and a celluloid teddy bear. Rita Ivy arrived on 30th June 1942, Carol Patricia 3rd September 1945. The noise of the siren, bombs exploding, the sight of a pile of rubble and a large smouldering space where the day before had been a family home became normal.

One year we moved home and school four times and ended up at Barkingside, the Banardo’s children had been evacuated and their homes became temporary housing, a lot more space than we were used to and the grounds provided a safe green play area which reminded me of the countryside and we survived.

At school I discovered the joy of reading, books were a refuge, the library a treasure house. Enid Blyton has had a lot of criticism but during troubled times many children have been grateful for the escape she provided. My daughters in turn all went through their Enid Blyton stage.

For many years, I envied friends with younger brothers, how could they not appreciate how blessed they were? They of course thought me completely mad, at best a brother of any age was a mild irritation to be ignored.

Well before I became interested in the opposite sex I had decided that I would marry and have children, boys, no girls, and for some reason that four would be a good number to complete a family.

Eventually I had four children, three were daughters, the family now includes grandchildren and great grandchildren who will remember me with a mixture of affection and irritation as I become increasingly deaf, forgetful and cantankerous.

But I remember Brian, the gap his death left in my life and the influence it had on my decisions, he lived, was loved, remembered and missed, **my brother**.

News of Members

Gerald Stratton is a well-known local figure – he was the editor of the Bucks Standard and has recently resigned his membership with the MK U3A because encroaching Parkinsons is making it impossible to continue in the Choir and other groups of which he was a member. He has been a member of our U3A for 7 years.

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

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

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

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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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