



Newsletter Number 71 February 2023

Views and opinions expressed in the newsletter are not necessarily those of the Editor or Committee

Deadline for the next newsletter will be 12 May 2023

Copy should be send to:
newsletter.editor@buckinghamu3a.org.uk

Happy New Year!

I do hope you all had a wonderful Christmas and are looking forward to a prosperous New Year.

Looking back at 2022, I have fond memories of members going the extra mile to make the organisation work and prosper.

We had some interesting and wonderful events that took place over the past year and I welcomed the excellent feed back we had from members as to how much they enjoyed them.

However, we need to get more support from our members to be able to continue our social events. Please [contact me](#) should you wish to help.

Despite the bad weather we had over 80 members attending the Christmas social and had a wonderful afternoon entertained by Milady Claires Musicke.

One of our major achievements this year was to introduce the new Simple Membership System which has improved our administration and has afforded us the opportunity now to be more accurate with our data.

We will continue to need the valued support of all members in raising our profile as the committee cannot do it all on their own. We need members to get involved in promoting and planning events and also helping with the day-to-day



running of the organisation and making it a success, so that we can continue to enjoy the benefits it offers.

I really enjoyed the New Members Coffee Mornings, where I met a number of new enthusiastic members as I welcomed them into the family. We are attracting 10 to 12 new members per month and this new injection is offering us an opportunity to review the planning and development of the organisation.

The future looks bright and exciting, the demographic changes that are taking place in our membership will open up opportunities for new initiatives and further developments to take place as we move forward.

We will be having workshops for Group Coordinators to promote the new Simple Membership System and we are always open to ideas of new and attractive ways of learning and socialising.

We want to make sure that your retirement works for you. Lack of structure in retirement may actually feel like a loss of freedom. If you can structure your retirement, you will have more freedom which will afford you a more fulfilled and balanced lifestyle. If you have not thought about structuring or refocusing your retirement plans let me help you. As a professional life coach I will be considering running Free Workshops this year to facilitate the process of becoming inspired when retired!



RETIREMENT REFOCUS

EVENT

Retirement may have challenged you in ways you haven't experienced or expected!

- Do you need more structure and fulfillment?
- Do you need to invigorate your thinking?
- Do you need to refocus/reinvent your retirement plans due to unexpected changes in your life?

As a professional life coach, I will be offering a FREE workshop/seminar in Spring to support you in making comfortable retirement decisions and embracing the future with security and confidence.

PLACES WILL BE LIMITED

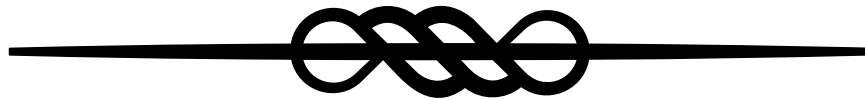
Please contact Lilia Bogle for more information

Email: lilia_bogle@yahoo.co.uk
Tel: 01280 423822

The committee is looking forward to 2023 with excitement and enthusiasm in planning and developing this year's program and events, as we all work together to continue to develop and make the Buckingham U3A the success it is.

I wish you all a peaceful and productive year and do hope I will see you all at the [next open meeting](#).

Best wishes, Lilia



Membership News

We have now gone through a full cycle of operation with the new Simple Membership (SM) system. There were few hiccups on the way but we have managed. Our current membership figures are:

Active members	720
Approved to join	4

Next task on the horizon is tax reclaim on subscriptions paid by members who signed up to donate it to us. If your tax circumstances have changed then you should review now. Your gift aid preference can be amended by yourself easily by logging in to your account on SM system. Alternatively, you can download the gift aid declaration form (click: [GAD form](#)), fill, sign and post it to the address given on the form.

We would like to add in our database contact details (name, relationship, phone number) in case of emergency. We would like your cooperation in adding these to your own profile in the account. For those without internet access, they can ask their groups leaders to forward the details to me.

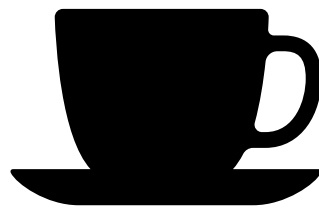
It is important that we have your up to date email address, home address and phone details. Please check your details and amend as necessary.

Janti Mistry, Membership Secretary

New Member Coffee

The next New Member Coffee Morning will be Wednesday, 15 March, at 10:00 AM in the small room of the Community Centre. If you plan to attend, please contact as new_joiners@buckinghamu3a.org.uk. We hope to see you there!

There are future New Member Coffee Mornings scheduled on 1 June and 18 September.



Annual General Meeting

We held a successful and well attended Annual General Meeting on the 23rd November in the Community Centre, when our Trustees were elected for another year.

As part of the event, several of our Group Co-ordinators took the opportunity to set up a stall for their group to publicise their activities.

Here are two photos with an example of what is on offer, one is for a new group called Folk Dancing, and another is for Square Dancing and Creative Writing. These are just two of the many groups available for our registered members to join, more details are available from our website at buckinghamu3a.org.uk/groups

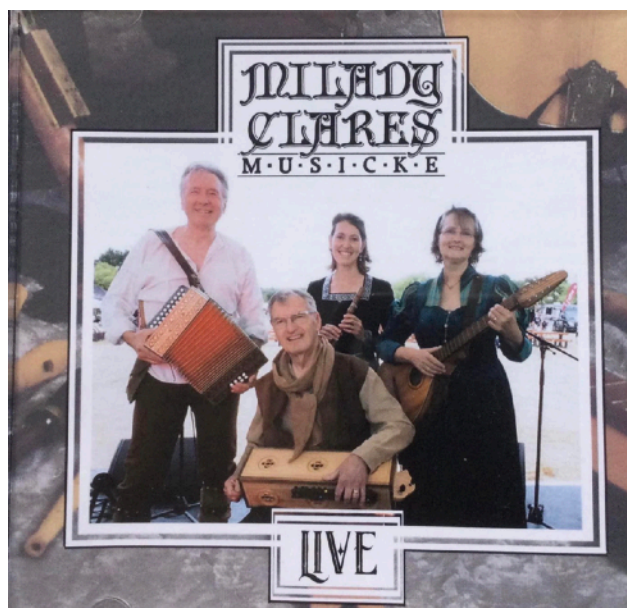




Christmas Social Performance

Our Christmas Social in December was well attended by around 80 people, and we had a great performance from Milady Clare's Musicke, a 4-piece group, which really got us into the Christmas spirit. They describe themselves as an early music group, specialising in the popular music of centuries past, including songs, madrigals, carols and dances from the 11th to the 18th centuries.

They use a variety of early musical instruments, and often perform in period costume, as they did on Thursday. They can be found on Facebook at facebook.com/miladyclaresmusicke.



Technical Support Announcement

A message from Derek Morgan: In my Technical Support role I look after the various items of equipment that our U3A has acquired. These are items such as projectors, screens, and accessories, which are available for groups to borrow for their meetings.

Contact Derek at technical_support@buckinghamu3a.org.uk for any equipment needs. There is a list of what is available on the website <https://buckinghamu3a.org.uk/contact-us/>

Many thanks to Steve Meakin who kindly sorted out some issues with a PA unit (which is a large portable speaker) and microphones. Thanks also to the other members and spouses who responded to my request for assistance.

The PA must be plugged into the mains - it used to have a battery but this was faulty and although it could be replaced it would require regular charging. There is a microphone that can be plugged in directly, and it also works with Bluetooth so a phone or tablet can be used to play music.

There is also a wireless microphone or a portable wireless headset. There is also a 4 channel mixer that allows both the direct microphone and one of the wireless microphones to be used at the same time.

New Group: Jazz Appreciation

A new jazz appreciation group will be starting, meeting day TBD. Please email Derek at jazz.appreciation@buckinghamu3a.org.uk to register your interest.

Group Leader Needed: Calligraphy

There are now enough people to start a second calligraphy group. If you have experience of calligraphy and are happy to help others learn and develop their calligraphy skills please contact the Group Liaison Officers at: group.liaison.officer@buckinghamu3a.org.uk



**Are you the kind of person that sings along to
the radio whilst doing the housework?**



You do!

**Then the Singing for Fun group would
love it if you would join them**

Where and when?

We will be starting up our 2023 sessions from February 9th.

**We meet up at the Buckingham Athletic Football Club (the ATH)
Every 2nd and 4th Thursday at 2pm.**

**So, if you fancy a bit of a singalong on
a dreary afternoon why not pop down
to the ATH and be cheered up.**



**We always have a good supply of tea, coffee
and biscuits. Even the occasional tea cake.**

Lots of great company for a bit of a chat.

Contact details:-

**The U3a Website is <https://buckinghamu3a.org.uk/> and
search for GROUPS or email to
singing.for.fun@buckinghamu3a.org.uk**

New Group: Current Affairs

These days there is just so much in the news, and so many different interpretations of what's behind the headlines. The Current Affairs Group provides an opportunity for members to review and discuss issues of current global, national and local importance through analysis of recent news reports and opinion pieces.

There is no expectation that members will reach a consensus, but it is hoped that they will appreciate how current issues can be considered using a wide range of different approaches.

The inaugural meeting of the Current Affairs group took place on 29/11/22.

A video of a recent presentation by locally based Ukrainian refugees was discussed. The need for more financial help to those hosting refugees amid the cost-of-living crisis was stressed in this video. From March last, refugees were matched with sponsors who agreed to house them for six months and were paid £350 a month. A combination of pressures, including energy bills, soaring inflation and climbing interest rates is eroding the viability of this scheme.

But there is also an urgent need to tackle the longer term challenges. Societies, both at a European and national level, must start preparing for long-term protection and social participation of Ukrainian refugees instead of temporary crisis reception.

It was agreed that the Current Affairs group would meet on the second Tuesday of each month. The next meeting will take place Tuesday 14 February at 10.00 a.m. in the Vinson Cafe in the University of Buckingham.

So, if you read a newspaper or a news magazine or follow the news programmes on the radio or television, this could be the group for you.

To ensure that each member has the opportunity to air his/her views, membership of the group is limited to 12.

Contact directly/text : Michael Synnott 07752867548



Folk Dance

Would you like to meet other U3A people once a month in Buckingham to dance to live music with a local dance caller? Catering for beginners and more experienced dancers our aim is to have fun, dancing for about 90 minutes or so once a month for enjoyment, starting very simply then seeing how we progress.

We hope for as many as possible to join us one afternoon each month for a very social occasion, with a tea and cake break! The ideal group would be 16 or more people to give at least 2 sets for dances which would include squares, circles and longways sets of four or more couples - who knows if there's enough of us who feel particularly energetic we might even "strip the willow"!

Fraser Winterbottom, a new Buckingham U3A member and regular caller at local events and clubs, will teach and call the dances and his wife Susanne will play the Accordion. A vibrant U3A folk dance group met regularly before lockdown and Vee Sampson and Fraser are collecting contacts interested in restarting.

Please email Fraser at fraserwin@icloud.com or call 07561804892 if you'd like to join. The group plans to meet on the 2nd and 4th Fridays of the month.

Art Appreciation

After 15 years as Group Co-ordinator, I decided to hand over the leadership in January 2023 to Tina Brown, who is a very experienced Art Historian. I shall continue to be a group member. The group started up in its present form in October 2007 with six members, meeting on a monthly basis in each other's homes. During the ensuing years, we covered the History of Art from Cave Paintings up to the mid-1950's twice over and, along the way, collected 68 members. Covid saw a fall in numbers and today the group has just over fifty members with a regular monthly attendance of 35. Initially, I was the only speaker but as at today, we have 7 group members who volunteer to give a talk. In February, Brian Hubbard will be giving an Illustrated talk on "Arts and Crafts - Outside/Inside". On December 2nd 2022 we had a beautiful Christmas Lunch at Buckingham Golf Club organised by one of our group members, Charles Tanner, and a good time was had by all!

Pamela Tonge



Painting

Following the sad demise of Pam Gower on 29 June, 2022, who had run the group for 17 years, I took over as Group Leader. We held our Christmas Party on 19 December at the Woolpack, when we enjoyed a lovely tea and took part in a couple of quizzes and discussed our programme for 2023. We currently have 17 members and meet once a month on the third Monday between 2.00pm and 4.00pm at the Cote next to the Woolpack in Well Street. Primarily working in watercolours, we also sometimes use acrylics and pastels. We're all amateurs and spend an enjoyable 2 hours 'doing our own thing'. The topic for February is "Still Life."

Pamela Tonge

Spanish Lunch Group

¡Hola!

The group met in November in the house of one of the members. Eleven of us chatted in Spanish and enjoyed the Spanish food, wine and beer that we had all contributed. It was quite a lively occasion, not just the laughter but also a case of an exploding casserole dish!

Our next reunion will be in March at the ' Ole' restaurant in Wolverton where we will be able to sample their excellent tapas.

Saludos cordiales,

Judy Austin



Recorder Group

The Recorder group has been very busy over the Christmas Period. Members of the group played a varied programme at the Bicester Tree Festival, Buckingham Community Lunch, Stowe Courtyard and Moreton Hall. We have 23 members and continue to meet on Wednesday mornings at Lace Hill.

Ray Mitchell



Beginners Spanish

We are now a group of eight and continue to meet every week in each other's houses. Three new members are having to work to catch up with the rest but that does not seem to impede progress. Everyone enjoys the jokes and banter at tea break and, very often, during the ' lesson' too! In November a Spanish doctor, whose daughter is studying medicine at Buckingham University, joined us to help with pronunciation and grammar. She is a lovely lady who hopes that, in return for helping us with our Spanish, she will pick up a lot of English from us! In the photograph of the group she is sitting on my right. You will see she is a lot younger than the rest of us! (That's me at the top of the table).

Judy Austin



Strollers Walking Group

Another year has passed, and Strollers are still going strong. We have gained a couple of new members and are looking forward to our walks this year.

Since the last newsletter, we have continued to meet on Wednesdays, although the weather hasn't proved to be as good as we expected, with more local walks than further afield. We had a very blustery walk in October around Tattenhoe Valley Park, as you can see below!

We rounded off the year with our annual Christmas Lunch at the Buckingham Golf Club and we are looking forward to 2023 with hopefully good weather to enjoy more walks along with even more chatting when we go for coffee! If you are a social person and looking for healthy walks, coffee and lots of chat, you will enjoy our group.

Any member can lead a walk if they wish, and if you are interested in joining us, please contact me, Barbara Willis on strollers@buckinghamu3a.org.uk

Barbara Willis – Group Coordinator - Gina Crouch – Deputy Administrator



A Tribute to Beryl Carr

We recently received the sad news that Beryl Carr, who used to run outings, passed away in December in Australia. Members expressed their fond memories of all that she had done to support the U3A. She led numerous ambitious and fun outings, including to the Houses of Parliament, Portsmouth Historic Dockyard, and Covent Garden Opera House. She will be remembered for her fantastic enthusiasm that rubbed off on others, and for her lively sense of humour. She will be missed!

Line Dancing

Over 2022 members started to return to Buckingham Youth Centre for line dancing.

The "new" Improvers Group (Monday) was started in 2021, and includes those who were previously line dancing, and new comers to the group that have line danced in the past. Anyone who has line danced before is welcome to come along and try us out. Beginners (Wednesday) kept getting new people that wanted to try - some persevered and are now quite familiar with the steps. December was a quiet month due to illness and the cold weather but the small number that came to the Christmas Party and the December meetings enjoyed bringing out their Christmas jumpers and dancing to Christmas music. January has also seen new people joining beginners, so we are currently full. Check the website later in the year to see if there are spaces or if you have some experience join Improvers on Monday.



Joanne Thompson
07989690022

Upcoming Open Meetings

Open Meetings take place in the Buckingham Community Centre at Cornwalls Meadow at 2:15PM.

February 22nd: Martin Lloyd on Passports, Assassins, Traitors and Spies

Thrill to a dramatic account of how the actions of a group of assassins brought about a change in the passport regulations; how the unmasking of a spy. Caused a modification in passport design and how, for one man, the passport itself turned into a killer.

March 22nd: U3A Member Roger Edwards, The ten Dukes of Buckingham – from the Wars of the Roses to Victorian times

An exciting new talk featuring a lot about beheadings, kidnappings and murders!

April 26th: Medical Detection Dogs