



## Newsletter Number 72 June 2023

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

Deadline for the next newsletter will be 29 September 2023

Copy should be sent to:

[newsletter.editor@buckinghamu3a.org.uk](mailto:newsletter.editor@buckinghamu3a.org.uk)

### Chair person's report, June 2023

Having just returned from Florida and the Caribbean, where the weather was great, I am hoping that the weather here will improve so that we can have a sunny and warm summer. There is no doubt that a sunny and warm climate brings out the best in one's desire to socialise and have fun!

I must extend a warm welcome to all our new members. As our membership continues to increase, we now have 781 members. I do hope you have taken the opportunity to join some new groups, and for existing members, I encourage you to join and participate in the wide range of groups that we offer.



There are so many exciting things being done in our U3A. There are new groups forming and lots of social events, so we have much to shout about. Please do encourage others to join us in sharing their knowledge and skills and so that we may learn together.

In the spring issue of *Third Age Matters* magazine, Professor Sir Muir Gray describes how the U3A's focus on shared informal education can help to tackle aging issues and can be vital in enabling people to live longer and better. On that note, make this summer the time you refocus your retirement, sharing with others a sense of purpose and interaction and challenges which are vitally important in maintaining a healthy life balance.

Our next big event is the summer social on 26<sup>th</sup> July, and I'm really looking forward to seeing you all. Plans are now in progress, and I'm sure you're going to have a wonderful afternoon.

Don't forget to book your place!

Have a great summer,  
Best wishes Lilia



### **Membership News**

Do we have your up-to-date details in our records?

We send out notices by email from group leaders and others regularly. If you have not been receiving these then it is likely we haven't got your current email address. Please check your details on the Simple Management system (SMS). It is also important to review your gift aid selection particularly when your personal income tax situation changes. Any changes to your postal details should be notified as soon as possible.

Third Age Matters Magazines

If you would like to stop receiving these magazines, there is an option to stop it in your profile on SMS.

Janti Mistry [memsec@buckinghamu3a.org.uk](mailto:memsec@buckinghamu3a.org.uk)

Membership Secretary

### **Line Dancing**

Have you ever thought about having a go at line dancing?

In the Buckingham Youth Centre (next door to Swan Pool) we meet the first and third Monday and Wednesday afternoons, of each month, to enjoy learning and dancing together. No partners required!

We do a variety of both country and modern line dances in our groups. The dances are choreographed dances to music, starting from the very beginner level up to improver (on Mondays). Line dancing provides both a physical activity and a mental stimulus in learning the dance steps and routines. Everyone learns at their own pace and ability and the idea is to enjoy dancing and the benefits it provides.

We have two beginner classes, and an improvers group. If you would like to try line dancing, please get in contact with us. You are very welcome to come for a taster session to see if line dancing is for you.

Contact

Email: [line.dancing@buckinghamu3a.org.uk](mailto:line.dancing@buckinghamu3a.org.uk)

Pip Large & Joanne Thompson



## **Folk Dancing**

The Folk Dancing Group is now meeting on the last Friday of each month at the Buckingham Athletic football club from 2pm till 4pm.

Here is a message from our leader, Fraser Winterbottom:

A short note firstly to welcome the new members that joined us last week - we had an excellent session with 6 dances including an English "Gay Gordon's"; progressive dances including a Snowball; an elegant Playford dance a la Mr Darcy (17th century costumes not yet required); and my very own dance "The Shuttle" with 'ladies' chains', 'right and left throughs' and courtesy turns!

Thanks also to our live music duo (Ken & Cameron) and to Jennie Smith for the excellent cake.

Our next session is on Friday 28<sup>th</sup> July, and I'll bring along a list of dates to see if we can perhaps muster future volunteers for cake; perhaps we also ought to take it in turns to be on tea pot duty - both essential parts of a good dance. See you on the 26th and don't forget your mug and £2.

Folk Dancing is a lot of fun. Occasionally, a little bit energetic but nothing we can't handle. The dances are a fantastic variety of styles so it never gets boring. If you think that this may be for you then why not pop down to the ATH on the last Friday of the month and have a go. Contact:

[folk.dancing@buckinghamu3a.org.uk](mailto:folk.dancing@buckinghamu3a.org.uk)

## **Strollers walking group - Spring 2023**

Strollers walking group continues to walk every Wednesday, come rain or shine, but we have been extremely challenged by the weather this spring!

Unfortunately, we have had to cancel more walks than normal, but the walks we have done have been very rewarding as you can see from the pictures below. Coffee is always welcome at the end of our walks, plus lots of chatting, but we are always made welcome wherever we go.

We have taken on five new members and look forward to meeting more.



If you would like to join our merry band of walkers, please contact me, Barbara Willis for more information on [strollers@buckinghamu3a.org.uk](mailto:strollers@buckinghamu3a.org.uk)



Local walk around Maids Moreton in January



A freezing cold, misty morning at Stowe in February



Beautiful view around Botolph Claydon in March



A sunny day in April at Stony Stratford



April - not so sunny, but a lovely walk around Furzton Lake, renamed Swan Lake!

### **Painting Group**

We welcomed Patrick Laws, the newly-appointed Town Crier, to our April meeting. Dressed in his splendid ceremonial robes, he made a great model for our life drawing/painting session!

In May, we celebrated the Coronation of King Charles III with our own personal memories of the occasion - be it street party, garden barbecue or family get together around the television.

Meetings are held on the third Monday each month, except for August, in the Cote, next door to the Woolpack Pub in Well Street from 2.00pm to 4.00pm.

Pamela Tonge  
Painting Group Co-ordinator



### **Local History Group**

Our year started with a brilliant talk on going to school in Winslow – not that any members remembered the illustrations, as the speaker, David Noy, was talking about the 18<sup>th</sup> and early 19<sup>th</sup> centuries. Of particular note was the fact that, unlike public houses and taverns. Schools did not have to be registered or inspected and anyone could set up one!

Many private schools were set up across the area.

February was the reintroduction (after COVID) of our annual lunch – history was discussed, but in the main it was current memories.



Our March speaker was Debbie Brock, the High Sheriff for Buckinghamshire.

Her very entertaining and informative talk covered the history of the office and the work she had carried out during her year in office. We were surprised to hear that she had to design and pay for her “uniform” and all other expenses, yet had to attend events all over the County.

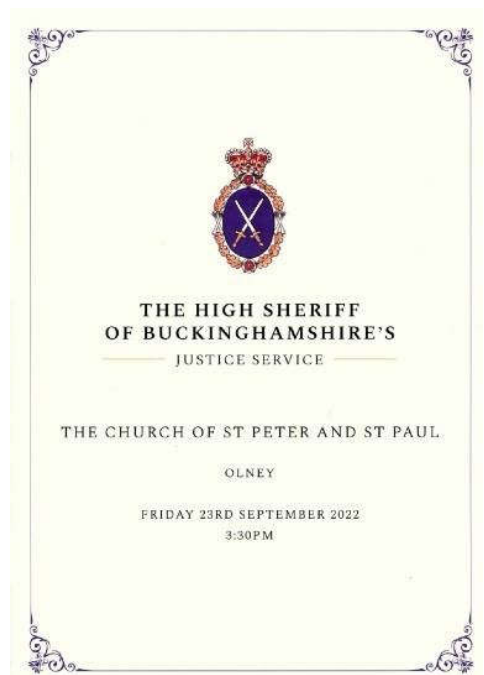
The passing of Queen Elizabeth resulted in all High Sheriffs across England and Wales being called upon to discharge their most humble of duties, to cause the Proclamation of our new Sovereign, His Majesty King Charles III, to be read out in the areas of their jurisdiction.

The sheriffs are also heavily involved in various civic duties, and Debbie explained the ancient tradition of the Justice Service, held to mark the start of the judicial year. She explained that from the earliest times the proceedings of the Assizes began with a church service

Our April speakers were Tony Mayston and Gerry Loftus from our U3A railway group, who gave an informative talk on the Railways of North Buckinghamshire.

Some of our members remembered the minor stations with names beginning with “Road”. Padbury featured with the story of the train driver who got off at the station to pick some flowers but the train started moving without him. The guard ran over the tops of the various wagons applying the handbrake on each one and eventually the train stopped. The guard won an award for bravery – the driver won the sack!

There were details of landowners who did not want tracks running through their land but had “stations” installed within reach so they could use the train system! Brill tramway was an interesting concept as was Verney Junction. This was a local interchange point for a century from which excursions as far as Ramsgate could be booked. Although it never carried heavy traffic, the Aylesbury line was important in the expansion of the Metropolitan Railway into what became Metroland. An intriguing document was an Aylesbury & Buckingham Railway Company Share Certificate, from 1867, issued to Sir Harry Verney Bart.







Susie and Simon Kelly: [square.dancing@buckinghamu3a.org.uk](mailto:square.dancing@buckinghamu3a.org.uk)  
01280 816940

## **Creative Writers**

Creative writers meet on the first and/or third Mondays of the month from 10.30 am until 1pm. At present, we are six members and I am trying to make sure as nearly as I can that each meeting has all 6 of us there. In fact, we are meeting at Home in Thornton, so there are no costs incurred for the Treasurer.

We have a big kitchen table, and have often had meetings of up about 16 people on occasions with different groups we are involved with, often with a 3 course meal being served too.

The group follows its own needs and sometimes we spend the meeting time actually writing from our imaginations, but more often reading the latest story we have each written at home on a subject suggested previously.

We try to limit the number of words to about 1500, so that we have time for all of us to read our stories and have some discussion too.

How we each write is very revealing of ourselves so we as a group do grow close and respect each other's different skills.

It does help (but not essential) if your computer literacy allows you to send emails so we can share our words easily amongst ourselves. Contact me as the coordinator through the website, by telephone 01280 816940, or via email: [creative.writing@buckinghamu3a.org.uk](mailto:creative.writing@buckinghamu3a.org.uk)

## **Interested in Bowls?**

Slade Indoor Bowls Club has recently acquired some items which are of assistance to bowlers/potential bowlers who may be physically disadvantaged. The club provide free coaching and a small group are enjoying taking up the game.

The club is also open to bowlers of all ages and abilities who will be made most welcome. If a sufficient number of U3A members wished to play then it might be possible to form a group. Again, free coaching is available

If anyone requires more information then please contact me, Tony Mayston, on 01280 816843. **NOTE: This is not an official Buckingham U3A group and fees may be involved to join and attend – please contact Tony for more details.**

## Music Ensemble

In May the ensemble enjoyed a wonderful day with a guest conductor, Norman Levy. We gathered together at 10.00 in the morning at Padbury Village Hall to rehearse both familiar pieces and some that were new to us. After a scrumptious bring and share lunch, we continued practising in the afternoon and wound up the day with a short concert for friends and family. We all enjoyed it tremendously and felt that we had learned a lot and experienced some new ways of approaching music. We are all keen to have another session sometime soon!



We are always happy to welcome new members who play any orchestral instrument. Perhaps there is a percussionist out there? If you feel like you would like to join us, come along on the 1<sup>st</sup> or 3<sup>rd</sup> Wednesday of the month. It would be a good idea to contact us beforehand, to

make sure there are no changes in the arrangements.  
[music.ensemble@buckinghamu3a.org.uk](mailto:music.ensemble@buckinghamu3a.org.uk)

Sandra Truscott 01280 469533  
Tina Mitchell 01280 814544



## **Astronomy for Beginners**

This group held its first meeting on the 9th May at 2.30pm in the Library in Buckingham with 10 members participating. I had prepared a PowerPoint presentation, starting with the basics of starting to look up at the sky – no equipment needed, wrap up warm and if balance is an issue when looking up, then use a chair. We also looked at letting your eyes adjust to the dark, (can take 20-30 minutes) and to use a red-light torch—a white torch will ruin your night vision and you would have to let your eyes adjust again.

We then looked at handy sky measurement in our sky and then how the vast distances of the universe are measured. The speed of light is constant in space – 186,000 miles per second or 6 trillion miles in a year, hence lightyears. We then found out where the Earth fits in our solar system, in the Milky Way and the Universe.





Source: Skyscrapers Inc.

We then looked at the 2 constellations that are in the night sky all year – Ursa Major (incorporating the asterism The Plough) and Cassiopeia. We ended up finding out about Noctilucent clouds, white clouds that shine in the dark night sky about 90-120 minutes after sunset, formed by the sun's rays hitting ice crystals very high up in the atmosphere.



Source: NASA

We plan to meet on the second Tuesday in the month – if you are interested please contact me – details are on the Buckingham U3A website. -

Mark Orchard

## **Tuesday Garden Group**

For our June meeting we were delighted to be able to go and see a beautiful private garden in Silverstone .

Our host was Jimmy Adams' garden in Silverstone.

Jimmy was a professional gardener and, amongst other large houses, worked at Foscote Manor for about 8 years.

His garden is a hidden gem behind an ordinary looking house, long and thin; the garden stretches down to a small stream at the end of the veg patch. It was as lovely garden full of colour and a real treat to see. We were also treated to see his 'work in progress garden'

Afterwards, we all enjoyed a cuppa and cake at Silverstone Golf Club.

Our next outing in July is to a garden in Lillingstone Lovell.

[gardening@buckinghamu3a.org.uk](mailto:gardening@buckinghamu3a.org.uk)



## Open Meeting Schedule

**26th July**

Summer Social

**August**

No meeting in August

**27<sup>th</sup> September**

Janine Kilroe

An Introduction to the Pre-Raphaelite Sisterhood

**25<sup>th</sup> October**

Tony Harris

Henry VIII – England's Favourite King

**Summer Social: Please RSVP!**

Summer Social will be held on **26<sup>th</sup> July at the Community Centre**: if you haven't notified your attendance please do so as soon as possible, as numbers are limited due to the size of the hall.

You can email [events@buckinghamu3a.org.uk](mailto:events@buckinghamu3a.org.uk), telephone the enquiries line on 0845 8600368, or ask any Group leader or Committee member to add you to the list. Please make sure we know your name and membership number.