

## CHAIRMAN'S LETTER

Hello everyone,

Our weather this summer seems to have gone from one extreme to another. I am sure I'm not alone in preferring it to be 'in between'. But the last couple weeks I have felt autumn in the air!

Now lockdown is over perhaps we can get some more groups going even though we will not be able to use Stoke Mandeville for general meetings possibly until next year. At the time of writing we are investigating the use of a hall in central Aylesbury and I will keep you up to date about that via an email from Beacon and on our website.

I am pleased to report that the Craft Group is meeting in Heather's garden, weather permitting. It is good to see some bodies attached to the faces we have looked at on Zoom for what seems an age – it's not the same but better than nothing. I bet whoever came up with the idea of Zoom is rubbing his/her hands together now. Hope I haven't upset the "woke" brigade!!!

Now to get down to business. You will all be pleased to know that we have at last got a Treasurer in Phil Toler to take over from Mike at the AGM in October. We also have had volunteers to take over as Membership Secretary (Dot Toler), Speakers Secretary (Viju Kale) and Groups Co-ordinator (Jackie Rickard).

We would like someone to take over Mary's position of Social Activities Co-ordinator arranging the coffee morning and other social events. Mary is a very busy lady and is now also assisting with gathering articles for our quarterly newsletter and proofreading it. She is willing to assist with organising events if required.

I also must tell you that our Secretary has advised me that she is moving away from the area in the near future – their house sold more quickly than expected. So her position now needs to be filled. The Secretary post is an extremely important one and, as for the Chairman and Treasurers' roles, is required for our u3a to continue functioning.

I have enjoyed being Chairman with a great committee and Derek Ayshford behind me – it has been a pleasure. I shall be handing over the reins to Chris Lowe at the AGM in October. People seem to shy away from getting involved and being on a committee, well, I have thoroughly enjoyed it and I think I can say that we have a very happy committee. I do sweeten them up with tea/coffee and homemade biscuits and we have a good laugh as well.

So let's be having you!! Tarrah for now.

*Sheila Satterthwaite*

## SECRETARY TO COMMITTEE OF AVu3a

The role is straight forward and the Committee are all very friendly, welcoming and supportive. Please see below required duties for the role:

- Prepare and circulate Agenda for the monthly Committee meeting;
- Take Minutes at the monthly meeting and circulate accordingly;
- Keep copies of Minutes in line with Third Age Trust and/or legal regulations;
- Be Nominated recipient of communications from Third Age Trust which should be circulated to the Committee and Webmaster in a timely fashion;
- Be Nominated recipient of communications from the Charity Commission and circulate as necessary;
- Complete and submit Third Age Trust annual returns;
- Complete and return Charity Commission annual returns;
- Ensure the Noticeboard is kept up to date at monthly Members' Meetings;
- Be the keeper of official documents such as Annual Insurance Certificates, Guide Book on roles and responsibilities of Trustees and Committee Members, updating as required.
- Circulate details of nominations for Trustee/Committee positions prior to the AGM.

## SOCIAL ACTIVITIES CO-ORDINATOR

We are seeking a replacement for our **Social Activities Co-ordinator** as the current occupant has now served 4 years in the role. It is customary for Committee members to be replaced after 3 years.

The main duties of this role include attending the monthly Committee meeting and organizing a bi-monthly coffee morning at a suitable venue. Social events can be organized as you wish and the current incumbent is happy to continue helping with this. The Chinese lunch, Quiz with Fish and Chip supper and Christmas lunch have proved to be very popular.

This post is ideal for anyone who is new to our U3A as you will soon get to know lots of people.

For further information you can contact Mary Singleton at [social@avu3a.org.uk](mailto:social@avu3a.org.uk)

## MEMBERSHIP RENEWAL

I am pleased to announce that at the time of going to press well over 400 of our current members have renewed their membership for the forthcoming financial year. Many of you renewed using bank transfer for the first time and discovered how easy it can be and many chose to complete the form and return it online.

If you have not yet renewed your membership you can find all you need to know on our website [www.avu3a.org.uk](http://www.avu3a.org.uk). If you are unable to access the internet please give either me or my successor, Dot Toler, a call to arrange for a form to be sent out to you.

Keep safe and I look forward to the resumption of all our groups and, of course, the monthly meeting.

Ken Roberson



## MEMBERSHIP

We currently have 449 members of which 421 are on email.  
We welcome two new members: Viju Kale and Malcolm Webber

## AVU3A GROUP DETAILS AUGUST

<u>GROUP</u>	<u>LATEST NEWS FROM OUR GROUPS</u>
Bridge for Improvers	On hold at the moment until members feel safe to meet up.
Camping & Caravanning	Are arranging trips for the future as normal.
Canasta	No update received yet.
Craft	Meetings being held at The Tennis Club 1st and 3rd Tuesdays 10-12 noon.
Creative Writing 1	No update received yet.
Creative Writing 2	Meeting in September, 1st Monday of the month 10.30 am.
Cribbage & Dominoes	From 12th August, members homes, Thursdays weekly, 10.00 am
Gentle Walks	Meeting 1st Tuesday from September
German Conversation	Via Zoom Alternate Thursdays 2-4 pm from 2nd September.
History	No update received yet.
Ladies Cards Group	No update received yet.
Lets Talk French	14th August start Wednesdays pm at Group Leaders Home.
Mah Jong	Starting end of August—Fridays 2-5 pm in members homes
Military History	Meetings beginning again September – 1st Wednesday 10.00 am at Scouts Premises Oakfield Rd
Music I like	No update received yet.
Opera Appreciation	No update received yet.
Out and About	Suspended at the moment.
Painting	Held at the Grange School—term time only Fridays 3.30-5.30 pm, hope to Start September
Photography for Pleasure	Starting 20th August, 3rd Wednesday of the month 10-12 noon
Play Reading	Starting 10th August in members homes
Poetry 1	Fortnightly at "Bucks Yeoman" 1.30pm lunch and meeting from 2.30pm
Poetry 2	Using emails at the moment to communicate Mondays every two weeks
Psychology	Starting 28th September –Tuesdays monthly 10-12 noon at The Tennis Club
Quiz Group	Will begin meetings on 25th August 2.15pm at The Bull, Stoke Mandeville
Readers Circle 1	Meeting Monthly Fridays after U3A meeting.
Readers Circle 2	Wednesdays monthly at end of month 10.30-12.00 noon at members homes.
Readers Circle 3	1st Friday of the month 10.30-12.00 noon.
Scottish Dancing	Suspended at the moment until members feel safe to do so and venue is available

## GROUP DETAILS cont

Scrabble	No update received yet.
Sounds of the 50's, 60's, 70's	Hoping to meet up again on 28th September—continuing on Zoom at the moment
Spanish	Tuesdays 5pm via Zoom. Hoping to meet up soon.
Summer Bowls	Held at the Bowls Club during the summer April to mid September.
Tai Chi	No update received yet.
Transport	Suspended at the moment.
Ukulele	Group divided into 2 groups on 1st Wednesday of the month and one on 3rd Wednesday
Walks exploring London	Meetings delayed until the New Year
Local Walks	Meeting up 1st Monday after U3A meetings.
Wine Appreciation 1	Suspended at the moment but hoping to resume later this year.

More information on each Group will be sent to all members by e-mail or post soon. Any enquiries about about a group you are interested in please contact the group leader, or refer to the web site list of groups. This will be a changing situation as we all recover from the pandemic.

Some groups do have a waiting list, so do contact the Group Leader if interested. We are always keen to have some new groups—do contact the Groups Co-Ordinator if you are interested in starting your own group.

## FLORENCE NIGHTINGALE HOSPICE CHARITY SEEKS NEW VOLUNTEERS

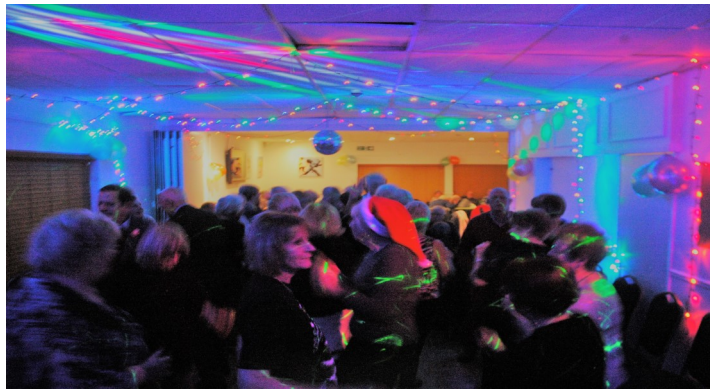
Florence Nightingale Hospice Charity needs to raise over £1,000,000 a year to provide specialist palliative care services which are accessible and free of charge to those with a life-limiting illness and their families in Buckinghamshire.

FNH Charity has over 400 volunteers working in their shops, their offices, at the hospice, drivers, gardeners and bereavement listeners, plus those out supporting their events in the community. But they urgently need more volunteers to join the team as many have stepped back from their roles following the Covid-19 pandemic on both a regular and ad hoc basis.

“Our volunteers are absolutely invaluable to us and we couldn’t do what we do without their incredible support,” says Penny Bradshaw, Head of Volunteering at the Charity. “We offer full support and training for new volunteers wherever and however they volunteer.” There are lots of opportunities available to suit all interests including Hospice Drivers, Hospice Volunteers, Bereavement Listeners, Complementary Therapists, Online Retail, Fundraising Support, Events, Shop Volunteers, Showroom Van Drivers, Office Admin and Marketing and Communications support.

So, if you are friendly and motivated and up for a challenge to support local hospice care, please get in touch at:  
[volunteering@fnhospice.org.uk](mailto:volunteering@fnhospice.org.uk) or visit their website [www.fnhospice.org.uk/volunteer](http://www.fnhospice.org.uk/volunteer).

## AYLESBURY VALE U3A ROCK'n'ROLL CHRISTMAS PARTY 2021



I am pleased to announce that this year's Rock'n'Roll Christmas Party will go ahead as planned. Thursday 9th December at Aylesbury Tennis Club. Wendover Road. From 7pm to 10 pm.

Those who haven't been before, it's a good excuse to have a knees-up to the hits of the 50s, 60s and 70s. Let's face it, after 2 years of lockdown we don't need an excuse to get out and let our hair down. You don't have to dance, just come along and enjoy your favourite tunes from your childhood decades.

Entrance is by ticket only at £5 and all profits will go to a local charity. There is a licenced bar and a raffle will be held with prizes and free mince pies. Christmas dress is optional.

Tickets will be on sale from September and I will be accepting cash at the u3a and Sounds of the Sixties monthly meetings.

In this day of contactless payments and card transactions I have introduced buy-on-line tickets for those who cannot make it to the monthly u3a meetings or those who (like me) don't carry cash very often. The bank details are Sort: 20-45-77 Account: John Wilford: 0045 7698 giving your name as the reference.

Please notify me by email and you will receive your ticket number and confirmation by email. Those wishing to pay by cheque please email me for details. I will need to know in advance how many are coming so I can arrange the seating in the venue.

Those of you who have tickets for the 2020 summer party and would like a refund please let me have your bank details and I will refund the money by bank transfer.

In previous years we have supported a local charity 'Friends of OSCAR,' supporting children with brain and spinal tumours. Unfortunately due to the lockdown the charity has had to close. This year we shall be supporting another local charity 'Young Carers Bucks', supporting young carers. For tickets and more information about this event please email

*John Wilford:* [sound@avu3a.org.uk](mailto:sound@avu3a.org.uk)





## Duke of Edinburgh Award

I was very sorry to hear of the death of HRH The Duke of Edinburgh a number of weeks ago. I met him when I was seventeen years old and a member of the 13th Hamilton Boys Brigade. The company consisted of boys from a large new council housing scheme called Hillhouse situated on the outskirts of Hamilton about eleven miles from Glasgow.

It was a great organisation to belong to and our Captain, and inspiration, was a man called John McDermot who built up the company to about 100 boys. I found out just recently that he fought at the WW2 battle for Arnhem Bridge, i.e. the Bridge Too Far, and was captured by the Germans.

He enrolled a number of us in the recently designed Duke of Edinburgh Award Scheme which had three grades Bronze, Silver and Gold. The work we carried out for our Boys Brigade Badges fitted neatly into the requirements for each of the grades.

Each grade included a hike and a few nights camping. For the **Bronze** award three of us had a twenty mile hike with one night camping. For some reason, as we lay down to sleep in the tent, we had been talking about weasels and how they killed their prey by going for the throat. As I woke in the early morning I noticed something moving about at the bottom of the tent. Thinking it could be a weasel, I lifted my heavy hiking boot and threw it at the movement. I suddenly heard a scream and, unfortunately, the movement had been my mate wiggling his toes in his sleeping bag. Luckily he managed to complete the remainder of the hike.

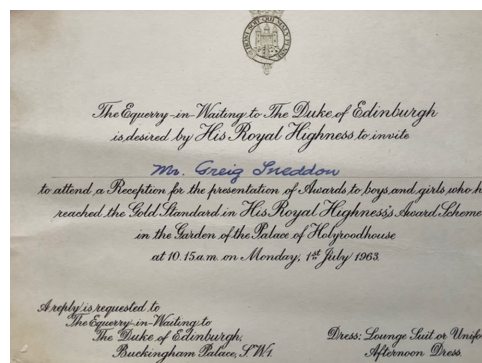
For the **Gold** award we had a four-day hike and three nights camping. Four of us set out to walk across Rannoch Moor, which is the most desolate place in the UK. Our last night was to be spent just outside Kinlochleven before the hike to Rannoch Railway Station the next day to catch the train home.

As we were early getting to Kinlochleven and were due to climb a steep hill first thing in the morning it was decided we would climb the hill that day so that we could have a shorter hike the next morning. Unfortunately the climb was very tough and it was dark by the time we reached the top of the hill to pitch the tent. We were so tired that only biscuits were eaten for dinner and crawled into our sleeping bags. In the morning we got the fright of our lives as it was apparent that we had pitched the tent about ten feet from a sheer drop.

We survived and were awarded the **Gold Award** a few months later at our annual display. We were also invited to a ceremony at Holyrood Palace in Edinburgh for all the award winners from that year. The Duke of Edinburgh was in attendance and he made a speech and then walked along the parade of winners talking to every fifth or sixth person. I was one of the lucky ones he spoke to; he asked where I came from and if I had enjoyed all the activities.

The photograph is from the local newspaper as we were the first five boys to achieve the award in the whole of the Hamilton District of the Boys Brigade. I am the boy with the big ears – top row on the right.

Greig Sneddon



### **The future of the United Nations. The present thoughts of Ed Schoon.**

The title suggests that my thoughts may change. This is correct as this is the most difficult subject that I have encountered. I was born in 1934 which meant that I was 5 when WW2 broke out in 1939. My parents, elder brother and I lived in Coventry. I have many memories from that time, but those which stand out are:

My mother protecting me by laying on me when the bombs with whistles came down.

My mother sending me to a piano lesson when I had to climb over the bricks, glass and other rubble of a house that had taken a direct hit.

My brother joining the RAF and being sent to S Africa for training and becoming a pathfinder/navigator, and being awarded the DFC.

My mother comforting another mother whose son was also a navigator in a bomber and had been killed.

I later married Joan (who was also a member of AVu3a) whose father was a builder by day and an Auxiliary Fireman by night. In WW2 he was on duty when the Cathedral was destroyed. The ruins were kept and forms a centre for international understanding and reconciliation. The new Cathedral now stands alongside and is a tourist attraction. In 2018 I learned that the German General, who would have commanded Britain if the invasion had succeeded, had instructions to deport to the continent all men between the ages of 17 and 45. I could have lost my father and my brother if this had been carried out. I did not know this at the time. Little wonder that I dislike wars. They make 'bad persons or countries' do things they would not normally do. They make rational decisions difficult. It is legalised murder.

The United Nations was created after WW2 to prevent another war. 'Good', I thought. Since Joan died I have read much about the issue and given three talks on her experiences and mine. The talks were to the local History Society and to our u3a's Military History and Psychology groups. Joan was evacuated and made many new friends, but I wasn't, so our experiences were quite different. They exist on our website.

Although we have heard a lot recently about the World Health Organisation, set up by the UN, we have heard little about the UN itself. When I read the UN Charter it started well in giving the purpose of the UN, but when I read the rest I could understand why the UN did not prevent the Korean or the Cold Wars. The UN has had mixed results for its efforts in peacekeeping and peace making. It delegated these to the Security Council with the right of veto given to the winners of WW2. The winners themselves fell out. Any improvements could, or could not, be vetoed. The USSR vetoed many times initially but the latest time was when Russia recently used the veto in relation to the Ukraine. America has recently used the veto.

The reasons in favour of wars are less obvious. (It is up to u3a members to make up their own minds in case these experiences made me biased!). The population could be reduced. Individual initiative and heroism could be enhanced. Men's nature is to fight-off intruders originally because of men's superior strength. There could be full employment, but there could be more nuclear waste. There may be other reasons for looking favourably at war. The failings of the UN are Military whereas the successes are mainly in the humanitarian sector.

In 1961 Dwight D Eisenhower said: "With all its defects, with all the failures we can check up against it, the UN still represents man's best-organised hope to substitute the conference table for the battlefield."

I have read two books, one published in the USA in 2006 by Paul Kennedy entitled 'The Parliament of Man'; the other was published by the Oxford University Press in 2015 called 'The United Nations, a very short introduction' by a Professor of international history and politics in Geneva, and concludes with these words: "But it remains an indispensable organisation even as its behaviour and effectiveness – much like that of individual countries – is in constant need of improvement."

*Ed Schoon*

## COFFEE MORNINGS



Coffee mornings will resume on Monday 20th September at 11.00 am at the Watermead Inn in the Piazza, Watermead, Aylesbury HP19 0FX. There is plenty of free parking available. If the weather is suitable it will take place in the covered area outside overlooking the Piazza and lake; if not we will be indoors in the restaurant area. The cost will be £3 per person for as many cups of coffee or tea as you wish and biscuits.

The next coffee morning will be on Monday 1st November 2021 at 11.00 am at the same venue

## SAVE THE DATE

### *AVu3a CHRISTMAS LUNCH*

**Monday 6 December 2021 at 12:30 pm at the Watermead Inn, Watermead HP19 0FX**



### Teazel (or Teasel)

There are quite a few of these plants growing around the lakes. In the past when dry they were used in the woollen cloth industry to brush up the nap. This is still the case with traditional Scottish Tartan but sadly the teasels now have to be imported. The seeds are much liked by birds especially Goldfinches.

Eric Rose

Photo courtesy of Paul Brown



I have everything that I wanted as a teenager, only 50 years later.

I don't have to go to school or work.

I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's licence and my own car.

The people I hang around with are not scared of getting pregnant and I don't have acne.

Life is great. I changed my car horn to gunshot sounds. People get out of the way much faster now.

Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.

I didn't make it to the gym today. That makes five years in a row. I decided to stop calling the bathroom the "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

When I was a child, I thought "Nap Time" was a punishment. Now it feels like a small vacation.

The biggest lie I tell myself is: "I don't need to write that down, I'll remember it."

I don't have grey hair; I have "wisdom highlights"! I'm just very wise.

If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Why do I have to press 1 for English when you're just going to transfer me to someone I can't understand anyway?

Of course, I talk to myself. Sometimes I need expert advice.

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

I have more friends I should send this to, but right now I can't remember their names.

Now, I'm wondering: did I send this to you, or did you send it to me?

Sent in by Jim Chignell

## NHS

If you were asked, would you confess  
The UK has a fantastic NHS?

Though frustrated when trying to see a doctor quick  
There is always someone to help, when you are really sick  
Aneurin Bevan was a good lad,  
Whose idea in the 1940s still makes us feel glad.

Now a pandemic in 2020 has made the system weak,  
What's probably needed is a bit of a tweak.  
There are many adjustments that can put it right,  
But is it time to refocus on Aneurin's "equal health for all" sight?  
Top-heavy admin, there are probably too many?  
But caring, triage nurses? No back-up, not any.

Let's support the frontline team and recognise their worth,  
They'll wipe your brow, touch your hand – salt of the Earth.

Please do what you can – exercise, maybe eat less?  
It isn't a dream – it's the UK's fantastic NHS

Phill Rance—13th July 2021



## AYLESBURY IN VERSE

I have just acquired a small pocket book edition of 'Highways & Byways of Buckinghamshire', by Clement Shorter, published in 1928 based on the first edition of 1910. What has caught my attention is the history of Aylesbury Market Square and associated poetry.

The following describes Aylesbury Market Square some hundred years ago:-

"Standing in the centre of the large market square we face the "George" Inn, while our back is to the Corn Exchange. A hundred years ago we should have faced the "King's Head" Inn, now buried in a side street, ...."

The George Inn is not in existence any more but in its day was an inn favoured by Lord Beaconsfield, leader of the Opposition in 1874. Apparently he found the Government of the day at fault over a treaty securing the freedom of the Malacca Straits for trade with China and addressed the men of Buckinghamshire from one of the Inn windows. Gladstone was credited with replying to Lord Beaconsfield with a rhyme, attributed to a Horace Lloyd:-

*The farmers of Aylesbury gathered to dine,  
And they ate their prime beef, and drank their old wine,  
With the wine there was beer, with the beer there was bacca,  
The liquors went round and the banquet was crowned  
With some thundering news from the Straits of Malacca!*

Another interesting old Inn of Aylesbury was the "White Hart", which stood until 1864, when it was demolished to make way for the Corn Exchange and Market Hall. This Inn is associated with the romance of a Grace Gilvey, who was the landlord's daughter in Cromwell's time, around 1651. She had two suitors, one a cavalier and the other a Puritan, but married the royalist after the Restoration of the Monarchy. A description of the Inn after the battle of Worcester follows :-

*A band of soldiers, with their merry din,  
Filled the rude kitchen of the White Hart Inn.  
Some round the spacious chimney, smoking, sat,  
And whiled their time with battle-talk and chat;  
Some at the snow-white table gamed and swore,  
While pikes and matchlocks strewed the sanded floor.  
Gilbert, the landlord, 'mid the group was seen,  
With full red face, bright eye, and honest mien;  
He smoked in silence in old arm chair,  
Nor joke nor jest disturbed his saddened air.*



10b. The Market Square, c. 1910, looking towards the County Hall and Town-Hall arches. The clock-tower was built in 1876-77. Cattle were sold in the Market Square until 1927.



11b. The Market Square, in the mid-1920s showing the 'Ball's Head' Hotel in Hale-Leps Square, with Hale-Leps Passage which still exists visible on the right of the hotel.

In chapter VI a description is made of the journey along Akeman Street and in particular of Quarrendon and Quainton. A description of the surrounding land is made:-

"We find ourselves in the rich pasture lands that doubtless inspired the lines in Drayton's Polyolbion":-

*Aylesbury vale that wallowed in her wealth  
And (by her wholesome air continually in health)  
Is lusty, firm and far; and holds her youthful strength!*

"From Aylesbury a mile or more of walking takes us to the ruined chapel of Quarrendon. It stands in a field and can be approached from the Bicester or from the Buckingham Road. The former being the better route, although there is only a cart track. By the Buckingham Road you are fully two miles from Aylesbury before you turn down a grassy track on your left, and passing through some gates across a field come to a meadow where you can see the ruin in front of you. You walk with much discomfort across this meadow, where there is no footpath, and then you come across the cart-track from the Bicester Road, and the ruin is here on your left.

Peter Harding

After the gradual easing of restrictions from late summer last year it was a sharp reminder that COVID was still with us when more stringent rules were imposed just before Christmas. Plans for a family get together were cancelled, the turkey went in the freezer, a smaller joint bought and Zoom came into its own. Gifts bought for the family were put away until we could meet again, not always seasonal when they eventually reached their recipients!

However there were some perks as vaccinations became available and slowly we were allowed more contact, groups of six could meet outdoors and instead of large family parties we had several events of just six. Next, restaurants could open their doors albeit confined to tables of no more than six and we could have up to thirty people at an outdoor event. Both my daughter and I benefited having significant birthdays with lots of small celebrations each.

Staycations became the new word and we could at last make plans with the opportunity to discover what a beautiful island we live in with the added bonus that everyone speaks the same language and has the same cuisine that our palates are used to!

Personally I have had breaks in Surrey spending two weeks at my son's that included a mini stay in Canterbury, a coach holiday to Wales that surprisingly had very few people either on the coach or the hotel. As I write, a cruise round the UK is ahead in August and I might yet get my holiday in Sicily that was originally booked for May 2020.

In conclusion the Pandemic has been a wake up call for the world and in spite of the suffering caused by so many deaths and long term effects I hope that we will come out of it a better place with more compassion for others and our environment.

Eileen Fenemore and me with her niece in  
the Mumbles Swansea



Mary Rogers





## GROUP ACTIVITIES

See group information at [www.avu3a.org.uk](http://www.avu3a.org.uk)  
Jane Trow can be contacted on [groups@avu3a.org.uk](mailto:groups@avu3a.org.uk)

As more group activities are able to start again, your committee has issued guidelines for the safety of you all. They are based on the government guidelines and those issued by the u3a. We will endeavour to keep you all up to date with any changes to government guidelines. Should any group leaders have any questions or need advice, do not hesitate to contact your Groups Co-ordinator on [groups@avu3a.org.uk](mailto:groups@avu3a.org.uk).

### Groups meeting in your own home:

We advise you to consider the following to ensure the safety of yourself and your members:

Is the venue of sufficient size to allow for the government recommended number of people and provide social distancing?

Can you provide sufficient ventilation in the building?

The group leader does need to complete a Risk Assessment form and list all those attending at each meeting. The appropriate form has been issued. Should any member test positive for Covid, and they have attended a meeting recently, we would ask that they contact their group leader straight away and then contacts can be traced. Group leaders need to inform their members of the measures they have taken prior to the meeting.

**Outside activities** are not restricted in the same way as indoor activities.

Members can order their own testing kits online via the government website or from Boots Chemists. The website for testing kits is [www.nhs.uk/covid19-test](http://www.nhs.uk/covid19-test). These are the lateral flow tests with easy-to-follow instructions and they are free of charge. Using them may give members more confidence to attend.

Stay safe and remember **HANDS FACE SPACE**.



Greig Sneddon with his 10.5 ft high sunflower. He said he thinks that it beats last year's record!

A poster with a black background and white text. The title 'IT'S A SCAM' is in large, bold, white letters. Below it, in orange, is 'Fraudsters want your PIN and bank card'. There are three numbered steps: 1. 'A fraudster telephones you claiming to be from your bank or the police. They tell you that your bank card details have been used fraudulently.' 2. 'They suggest that you hang up and ring the bank/police back to ensure the call is genuine. Don't be fooled - they stay on the line. They then tell you to read out or key in your PIN.' 3. 'They send a taxi/courier to you to collect your bank card. With this and your PIN, they spend your money.' There are three Polaroid-style photos: one of an elderly man's face, one of a black taxi, and one of a bank card showing the number 4300 1234 5678 9010. A yellow box at the bottom right says 'JUST REMEMBER: Your bank or the police will never ask for your PIN or bank card - don't give them to anybody!'. At the bottom, it says 'If you've been a victim of this crime call the police on 101.' and the Thames Valley Police logo.

If you've been a victim of this crime call the police on 101.



## NEWS FROM THE GROUPS



For all new members Sounds of the Sixties is a friendly group that meet once a month at Aylesbury Tennis Club on Wendover Road from 2pm to 4pm to listen to music from the 1960s from different artistes, themes and genres, but can also include the 50s and 70s. Previous subjects have included rock, pop, soul, Motown, blues, folk and member's personal memories from their youth as well as specific artistes.

Tea, coffee and biscuits are served in the interval. Entrance is £1.50 to cover the hall hire and refreshments. Open 1.45 for a 2.00 pm start. We have space for new members if you would like to come along.

Current members will know that after a lengthy election campaign and democratic vote (of one), I will be taking over (by default) from Brian Little, who has been caretaking the group through the lockdown and zoom presentations. My thanks to Brian for that and thanks to Phil Davis and Phill Rance for the excellent jobs in running the groups over the last few years, and to Peter and Jean Ashton for starting up the group many years ago. Phil has merged the two groups into one and I will continue to run just the one session on the 4th Tuesday of each month, but if anyone wishes to run the Sounds of the Fifties/70s as a separate group I'd love to hear from them.

As we move into a new era for the group I am pleased to announce we shall be resuming live tennis club meetings on

**28th September** at 2.00 pm with a double presentation from me.

'American Hits - British Cover's and 'Rockin' 60s.

**26th October** will be Val Sheppard's 'Musical Memories' and Brian Little will present Country Blues.

**23rd November** Peter Ashton will present 'Gone but not forgotten' and Jean Ashton 'Blues but NOT Blues'.

**22nd December** Brian Little has a double session with 'The Collaborators Part 2'.

The Tennis Club has advised us that the only rules in place is that everyone has to sign in on entering the building and sanitise their hands. Masks will be optional. A sanitiser will be in the foyer on the wall as you come in and also on the table with the signing in book. I look forward to seeing you all.

For more information about the group please email:

*John Wilford:* [sixties@avu3a.org.uk](mailto:sixties@avu3a.org.uk)



## GERMAN CONVERSATION GROUP

*This interesting article was found by Gay Hancock leader of the German Conversation Group*

Until the great wave of Jewish immigrants, the largest group of foreigners in London during the 19th century were Germans. It was estimated that at a certain point they accounted for six-sevenths of foreigners in the metropolis. They ranged from the very wealthy to the destitute, with many of them carrying out the toughest of manual labour. The German community grew over many decades, reaching a peak in the early 20th century.

When the Elector of Hanover arrived as King George I of Great Britain and Ireland in 1714 he brought with him German bureaucrats, bankers, merchants, scholars, artists and doctors. The majority who followed during the 19th century were economic migrants, with many from an agricultural background, leaving their homeland due to poverty. At the other end of the scale there were businessmen, such as Karl Wilhelm Siemens who established a London branch of the Berlin firm, and those who founded the Schröders and Kleinwort banks. Britain was then a more liberal country than Germany, with greater freedom of speech, so there were amongst them some political refugees, such as Karl Marx.

At the end of the 19th century the major occupation of Germans was as restaurant waiters, being about ten percent of all waiters and waitresses in London, as well as many hotel and restaurant managers. They would have arrived in England fully-trained due to the apprenticeship system in their homeland. Germans also made up a large percentage of butchers, bakers, confectioners, business clerks and tailors. Bread-making was then virtually monopolised in the East End by Germans



The **Mah Jong Group** will be recommencing at the beginning of August and I am looking to restart the **Photo Group** once a venue has been chosen

More news to follow

Anyone wishing to join either group should contact me direct on  
01296 582054 or  
Email: [mahjong@avu3a.org.net](mailto:mahjong@avu3a.org.net) [photo@avu3a.org.uk](mailto:photo@avu3a.org.uk)

Dan McGregor

## LOCAL WALKS GROUP

### June Local Walk

On 14th June the Aylesbury Vale U3A local walks group met at The Six Bells Pub in Thame. Linda Heggie, a Thame U3A member and volunteer at the Thame Museum, kindly agreed to collate some details about the history of the old town area of Thame.

The walk began with a short visit to the old town area around St Mary's Church taking in some buildings from the 14th to the 18th century. We then progressed through the Cuttlebrook green space and along the Phoenix trail and then diverted off through the countryside to the pretty village of Moreton.

Following a break for refreshments the walk continued on a round route back to the Phoenix trail and through Cuttlebrook culminating with lunch at the Six Bells.

Although 14 June was the first date we could meet and eat inside the pub, it was such a lovely sunny day we all decided to forgo the privilege and enjoyed lunch al fresco.

Ken Roberson



St Mary's Church, Thame.  
Photo courtesy of John Wilford



Roger Fox  
standing next  
to Robin Gibb's  
final resting  
place.

Photo courtesy  
of Jerry Fagan

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During lockdown the group was unable to meet. However Roger Fox kept us together by suggesting we do a walk individually on the appointed day each month and send in a photo of where we had been. Afterwards he then sent out the photos to everyone in the group. I must say I looked forward to seeing where the others had walked, it also made you look around more diligently to find a different or interesting view!

On 12th July we went further afield to the Chalfont St Giles area. In 1665 John Milton, the poet who wrote 'Paradise Lost', came here to escape the plague in London. What's new?!!

We did a lovely walk with coffee at Merlin's Cave and lunch at the White Hart. It was raining first thing but luckily we had warm and fine weather for the walk with the inevitable mud!!

We all enjoy meeting once a month, exploring new areas and old favourites, catching up with all the chat and trying out new pubs for lunch. Despite inclement weather at times we always have a good time and the exercise is good for us. We generally meet on the 3rd Monday of the month.

Jill Davis

**THE LOCAL WALKS GROUP** did a very scenic walk on Monday 16th August around Turville, Fingest and Skirmett area. Turville has been used for many films. The cottage was used in Goodbye Mr Tom, the church and a nearby cottage in the Vicar of Dibley and the Cobstone Windmill in Chitty Chitty Bang Bang. A pub lunch was enjoyed afterwards just to replace the lost calories



Heather Edwards

#### PUZZLES (answers in next issue)

ON AN OLYMPIC THEME what sports had the following

1. Two somersault with pike
2. Dorny
3. Gravity defying 360 degree backflip

What is the link between these events?

Answers to last time

- 1) Goldfinch
- 2) Jay
- 3) Song Sparrow

Last date for copy for the Autumn 2021 Newsletter will be **1st November 2021** so please send any items you may like to share with us to [newsletter@avu3a.org.uk](mailto:newsletter@avu3a.org.uk). Thanks as always to all of you who contribute to our newsletter. Please continue to send in news of your activities within the U3A and for any other items which you feel might interest our readers. Our very productive photographers are reminded that under the new Privacy Laws, members featuring in the very welcome photographs submitted for publication should have given permission for their image to be so used. If you do not want your photo reproduced please make that clear! Our thanks go to Derek Ayshford for his ongoing support! Don't forget to look at our website [avu3a.org.uk](http://avu3a.org.uk) where you will find up-to-date news and details of all our activities.