

AYLESBURY VALE U.3.A.



Issue No. 86

March 2018

CHAIRMAN'S LETTER

Hope you all enjoyed the festive period and managed to miss the flu and various cold viruses that were going around. Lynne and I spent the first part visiting family in Scotland, including a trip to the Christmas markets in Loch Lomond, followed by time spent with the families nearer.

The feedback from the second Christmas Show has been very good with the blend of jokes, sketches and music again providing a lot of fun and entertainment. The fears of some people, that it would be difficult to follow the success of last year's performance proved to be unfounded. Maybe we should have thought of the old showbiz adage that "It is better to follow a success than try to recover from a flop". Some nice comments were also received about the improved performance from the U3A Strummers who are now managing to put "The right chords in the right order".

Following recommendations from national Third Age Trust, we are required to make changes to our constitution and financial controls. Furthermore we need to implement the new Data Protection Act, which asks for stricter controls of members private communication links and photographs. In the following weeks the committee will be communicating to the members the details of the changes and a plan for their implementation.

Good news on the outings front, in that a number of people have come forward with proposals to organise trips in the coming year. And, as if they just can't stay away, there is news of 2 more outings Gay and Ian have arranged ! Furthermore they have written guidance notes, for others detailing everything needed for a successful and safe day based on their many years experience

Over a number of years Geoff Young has been fulfilling one of the most important roles within our U3A, i.e. our integration with the Thames Valley U3A Network. By attending their meetings and their communications, he has kept us fully informed of their various initiatives and study days. Geoff is now stepping down from the role and, on behalf of the membership, I wish to thank him for all his hard work and the enthusiasm he brought to the role.

This is the 30th year since the formation of our U3A and we will be using the Monthly meeting in May to celebrate. The individual groups will be asked to show a sample of their activities with a table display, a slide presentation or physical activity. The more groups we have participating the better and the committee are also considering other activities to round the celebration off in style.

THE THIRD AGE TRUST:

Did you know that after 30 years of growth there are now over 1,000 U3A's across the U.K. with thousands of interest groups and more than 400,000 members. It must be one of the fastest growing organisations in the country and while most of us are proud to belong to it, how do we keep up to date with all that is going on?

The Third Age Trust is the national organisation that provides educational and administrative support to all of us, and is run through a National Executive Committee to which any individual U3A member can be elected. We can read about its activities through the Magazines which comes with it and access the extensive library of reading material, music, film and video.

It appoints volunteer members who act as advisers on particular subjects and is an invaluable resource, but how often do we look at its website which can show the human face of U3A activities. A quick read recently featured the following U3A members



- ◆ Members of Croydon U3A have taken part in a special tea dance at Buckingham Palace which included an audience with the Duchess of Cornwall. The six U3A members were taking part in a special film for the Christmas edition of B.B.C programme Strictly Come Dancing.

The afternoon involved some of the Strictly stars and past contestants to the show. The Duchess was attending in her role as president of the National Osteoporosis Society and wanted to talk about older people staying active.

- ◆ U3A member Frank Callaghan who has been a member of Lymington U3A near the New Forest has recently had his painting '5th Avenue, New York' accepted by the Royal Institute of Oil Painters for their exhibition at the Mall Gallery in Pall Mall, London. His painting was selected out of thousands of entries from around the country and was displayed in the exhibition for three weeks at the end of 2017. He told TAT that it was quite a rigorous process to enter paintings for a national exhibition. He had to submit a photo of the painting to a selection panel, and then if he got through that stage, submit the painting itself before it was finally chosen. He said "I was very pleased to be selected as it's always nice to see that other painters like your work and that thousands of members of the public were able to see it on the national stage."



- ◆ 90 year-old identical twins, Hilda and Daisy Bennison, have joined U3A for the very first time – saying they wanted to keep active. Hilda and Daisy have spent their retirement trying amateur operatics; swimming every day and even surfing in Cornwall until they were 75. But last month they joined Wellingborough & District U3A in Northamptonshire for the range of activities U3A offers. They told T.A.T. that staying active was important to them. They are quoted as saying 'It's no good sitting around! We've kept busy all our lives'

But of course there are also details of a variety of courses, workshops and summer schools. We know that several of our members have attended the 'U3A Explores Science' days at the Royal Institute in London and we are sure they will be there again this year. You are too late to enrol for the day on 'Spanish Treasures' a look at Spanish paintings at the National Gallery but not for the two Summer Schools at Chichester for the South East Forum; the July Summer School at Harper Adams University in Shropshire (familiar to listeners to 'The Archers') or the Royal Agricultural College in Cirencester in September. All these schools offer a wide variety of topics to choose from. You might be interested in a Science Network School in August at the University of Nottingham campus.

HEALTH AND SAFETY MATTERS IN THE U3A

When you hear the words ‘Health and Safety’ you probably think “here we go again ‘elf ‘n’ safety’, more bureaucracy for bureaucracy’s sake, I can look after myself”. If, like me, you have been involved in the management of a Health and Safety System in the workplace, and were regularly in communication with inspectors of the Health and Safety Executive (HSE), you will know that ordinary people (like us) cannot always be relied upon to look after themselves, and other persons who may be affected by their actions. We all need to be reminded.



Health
and
safety

On becoming Hall Manager in November 2017, I realised that we do not have a policy in place for the safe management of our Wednesday morning meetings at the Meadowcroft Community Centre.

The last thing that I want to do is join the bureaucratic brigade with a heavyweight tome which precludes us from doing anything but breathe in and out, but I do want to keep us safe. So, I have produced a simple policy covering our basic routines during the meeting.

“But we haven’t had an accident in all of our thirty years” I hear you say. The standard answer from the HSE to that one is “then you are thirty years nearer to your first one”: And, by the way, the HSE refer to incidents not accidents – think about it!

The policy is supported by the whole committee, and I promise you, does not change anything that we currently do. So now you are saying “why bother if nothing is changing?”. My answer is, that in my opinion we are doing things safely but I don’t want any of us to lose sight of that fact. So I am just giving us a gentle reminder. I am, of course, open to any comment you might have, or to discuss any aspect of the policy.

The full policy will be posted on our website, and a copy pinned to the notice board at our meeting. Should an incident manifest itself, a report will be made in the Incident (Accident) Book and considered at the following Committee Meeting (or sooner if severity dictates). A resolution and any changes that may need to be implemented will be announced at the following meeting.



SOME OF THE TASKS OF YOUR U3A COMMITTEE:

We probably all associate our U3A with meetings, outings, doing group activities and friendship all round. All this is true and behind the scenes as our U3A approaches its 30th year there is a committee looking after these interests and finances as well as implementing any legislation requirements.



Aylesbury Vale is one of about 1000 in the UK which are “supported” by the Third Age Trust (TAT) the National organisation which you can read about on the previous page and it also provide guidelines on how to run U3As. Such guidelines include financial matters with regard to group finances and also ensuring that recent Charity Commission requirements are implemented later this year.

In addition the Government has notified that General Data Protection Requirements (GDPR) is to be legal on May 25 2018. This in essence means that all members personal data will not be shared unless with members permission. This includes names, emails, addresses, telephone numbers. A simple example of how things will change is the use of the BCC feature when sending out group email addresses. Over the next three months the committee will ensure more information is given to ensure this GDPR is implemented successfully.

If anyone needs help with this implementation then please contact a committee member and if you are receiving lists of email addresses please notify the group leader concerned.

Richard Clark Treasurer

U3A ROCKS !



SOME EXCELLENT PHOTOS TAKEN B Y JANICE WILFORD OF OUR VERY FIRST SELL
OUT ROCK'N'ROLL CHRISTMAS PARTY

Dates for your



TUESDAY 20TH MARCH at 10.30 a.m. Coffee Morning for new, and established members to enjoy good company at the Broad Leys Pub on Wendover Road. £2 for tea or coffee and biscuits and lots of lively chat and discussion about potential opportunities for joining our wonderful group activities.

TUESDAY 17TH APRIL: A day out in Melton Mowbray to see the indoor antique and livestock market, visit the world famous pork pie shop, visit the cheese shop with a very wide variety of cheeses and walk the heritage trail. See further details on page 7. This visit is being arranged by Maxine and Keith Robinson.

THURSDAY 10TH MAY: The world of William Morris: Join other members of the Thames Valley Network at Kelmscott House for what we know will be a very informative day. Details on the TVN website u3atvnetwork.org.uk or from our representative Grieg who has a TVN notice board available at the back of the main hall.

WEDNESDAY 16TH MAY: Outing to Upton Park and Gardens and Broughton Castle for full details see Page 7

TUESDAY 22ND MAY: Another of our lively Coffee Mornings—same place and time as in March above. Please come and join us!

LATE MAY/EARLY JUNE: Date to be confirmed. Another of Thames Valley Network's Study Days on 'The History of the Thames' to take place in Crowmarsh Gifford. Further information when available as for 10th May.

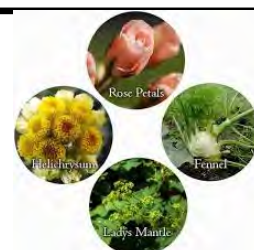
THURSDAY 14TH JUNE: Visit to Tunbridge Wells, Scotney Castle and the Spa Valley Railway
See full details on page 8.

THURSDAY 17TH JULY: Enjoy a whole day in Bristol with an optional visit to the S.S. Great Britain. You can take a ferry ride across to the harbour area, and from there explore the whole city. Full details on Page 8.

TUESDAY 4TH SEPTEMBER: We know that this is a long way ahead but the T.V.N. courses are very popular and get booked up very quickly. This one will deal with the topic of 'Polar Exploration' and be held in Benson. (Last year's day on Albert Einstein attracted 105 members from 33 U3A's, so you can see that early booking is essential.). Keep an eye on the website.

NEWS FROM THE GARDEN GROUP:

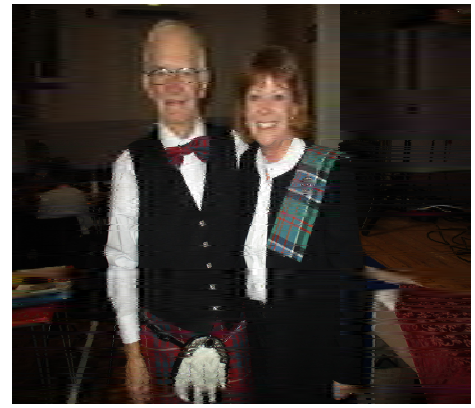
This Group is now meeting on the 4th Monday of the month. Please also note the following change of venue for our inside meetings on March 26th, April 23rd and November 26th. When we will be meeting at Meadowcroft Community Centre



MARCH 26TH: Talk by Edwin Rye 'Seasonal Plants'; **APRIL 23RD** Talk by Professor Sandy Primrose 'Roses, Romans and Renaissance'. Cost £5. 2.30pm for 3pm; **MAY 28TH** Visit to gardens in The Claydons. Cost £5 (teas in church extra); **JUNE 25TH** Coach trip to Polesden Lacey Nr Dorking Surrey **National Trust**. Cost to NT members £18 or £30 for non-members. This includes visit to house and an information talk before entry; **JULY 23RD** Visit to local garden, Peterly Corner Cottage, Prestwood. Cost £8; **SEPTEMBER 24TH** Visit to local garden or nursery. To be arranged; **OCTOBER 22ND** **Coach trip** to Batsford Arboretum (National Trust) Cost £16.50. Depart Jansel Square 9.30am
NOVEMBER 26TH Speaker to be arranged. Meeting at Meadowcroft Community Centre, 2.30pm for 3pm.

LYNNE AND GREIG'S BURNS SUPPER 2018

The tenth Annual Charity Burns Supper was a tremendous success with a record attendance and sum raised for charity. The evening began with the piping in and address to the haggis followed by a meal of stew, haggis, neeps and tatties and a choice of sweets. There followed a sing-song interspersed with the traditional Burns Supper speeches and some Scottish country dancing. The icing on the cake was the entertainer and singer Isla St Clair who sang a few traditional Scottish folk songs and joined in the fun with the crowd for the rest of evening. You will remember her as a star of stage and radio, and a T.V. presenter, (Remember her on 'Songs of Praise' or 'Highway'; with Morecambe and Wise, co hosting The Generation Game and in a Royal Variety Show ?) Isla was followed by the U3A Strummers Ukulele Band and a few guest players. The traditional raffle also offered many quality prizes and the evening was brought to a close by Isla leading the singing of Auld Lang Syne.



Our Chairman wearing his family 'Hunting Hamilton' tartan kilt introduces Isla St. Clair who had heard from a neighbour what a fun night would be on offer in Aylesbury and asked if she could come!



Our Members enjoy the food, the company and the opportunity to tread the light fantastic !

John Seaton has been cooking haggis for Greg for the past ten years



All these photographs were taken by Dan McGregor –who obviously wasn't dancing.

WEDNESDAY 16TH MAY : OUTING TO UPTON PARK & GARDENS and BROUGHTON CASTLE (BANBURY)

In 1927 Lord and Lady Bearsted created a made to measure family home, fit to showcase a world class art collection, including works by Bosch, Stubbs, El Greco; as well as fine porcelain.

Lady Bearsted's passion for plants ensured a spectacular garden with early spring colour, lavish herbaceous planting and a thriving kitchen garden, all reflected in the Mirror Pool

On arrival at about 10am we will be served coffee/tea and bacon sandwiches or pastries in the Pavilion restaurant. This will be followed by a private guided tour of the house. You can then explore the magnificent gardens and re-visit the house at your own pace. Lunch can be purchased at The Pavilion Restaurant or the Tea Room (if open).



Upton House N.T.

We leave Upton House for Broughton Castle at 2.30pm. Broughton Castle is a moated and fortified manor house set in parkland and built of the rich local Hornton ironstone.

The core of the house was built in 1306 and the gatehouse in the early fifteenth century, but most of what you will see dates from the 1550's. It was a centre of opposition to Charles I and was besieged and damaged after the Battle of Edgehill in 1642.

Broughton Castle is home to the 21st Lord and Lady Saye & Sele, whose family name is Fiennes and after an introductory talk in the Great Hall, we are free to stroll the grounds. You can visit The Tearoom for refreshments before heading back to Aylesbury.



£ 35 pp (includes refreshments and tour at Upton House. Upton House is £10 extra for non-NT members. For HHA members please see Dot/Phil Toler when paying Depart Jansel Square, Bedgrove 8.30am. return 6.15pm approx.

BROUGHTON CASTLE
(Historic Houses Association)

Dot & Phil Toler

TUESDAY 17TH APRIL: A day out in Melton Mowbray to see the indoor antique and livestock market, visit the world famous pork pie shop (talk and samples), visit the cheese shop with a very wide variety of cheeses (talk and samples) and walk the heritage trail. The coach will leave Jansel Square at 8 a.m. arriving home 6.30 p.m. approximately. Further information will have been available at the February meeting and again in March. (A timely reminder that if you want to get first choice of any activity it pays to look at the website)



Maxine and Keith Robinson.





YET MORE EXCITING OUTINGS FROM GAY AND IAN HANCOCK

THURSDAY 14TH JUNE - TUNBRIDGE WELLS, SCOTNEY CASTLE & THE SPA VALLEY RAILWAY

We spend some time in the morning in Tunbridge Wells to have a coffee or an early lunch and perhaps explore the famous colonnaded walkway – the Pantiles – with interesting shops and cafes. From here we drive to Scotney Castle (NT) with its celebrated gardens featuring displays of rhododendrons, azaleas and kalmias. At the top of the hill is an interesting Victorian house in Elizabethan style to visit, and down by the lake, a ruined medieval castle and moat. There is time to explore and have something to eat. To end the day we have a 30-minute steam train ride on the heritage Spa Valley railway back to Tunbridge Wells before boarding the coach for home.



Cost £30pp including train fare. (Scotney Castle £11.40 for non-NT members.) Depart Jansel Square, Bedgrove (by Sainsbury's) at 8.00, return 7.00 approx. Signing up in March, collecting in April.



TUESDAY 17TH JULY – DAY IN BRISTOL WITH OPTION TO VISIT THE S.S. GREAT BRITAIN

We have secured a group rate for those wishing to visit the ship and museum. For those who would prefer to spend time at leisure, there is plenty to see. There is the harbour area to explore with its museums and shops, bars and cafes. Or you can take the short ferry ride across to the city centre and explore there. Clifton village is also worth a visit. This is a charming suburb of the city only a short bus ride from the city centre with its Georgian architecture, its independent shops and cafes and its pleasant grassy areas. The Clifton suspension bridge with its visitor centre is just a few minutes' walk away.

Cost £23 pp (S.S. Great Britain £11 pp extra.) Depart Jansel Square, Bedgrove (by Sainsbury's) 7.45 (sorry!), return 7.30 approx. Signing up in April, collecting in May.



Please also see page 5 for two outings being arranged by the garden group: June 25th to Polesden Lacey and October 22nd to Batsford Arboretum

ANOTHER GREAT OPENING NIGHT !

The second Christmas Show was a resounding success with sketches and one liners being performed between a variety of songs that allowed the audience to stretch their vocal chords. See the photographic record on pages 10 and 11.

The U3A Strummers were dressed in their new polo shirts and their playing demonstrated how they had developed since last year's show. John Dix got a great ovation for his solo rendition of the song "Fifteen Tons" . The surprise appearance of the dance trio "Wilson, Kepple and Betty" added a bit of fun to the singing of "the Old Bazaar in Cairo".

The show organisers, Sheila Satterthwaite and Andy Carter, deserve praise for directing and producing the show and for the encouragement and help they gave to all who took part.



WEDNESDAY APRIL 11TH—'TAX, CARE AND TOY BOYS' - OLIVER HILL

A light hearted look at later life inheritance issues such as, long term care fees and how to protect your estate from them, inheritance tax, lasting powers of attorney, and the Toy Boy situation (re-marriage and sideways-disinheritance).

WEDNESDAY 9TH MAY— Our special 30th Anniversary celebration. We don't want you to get too excited so we will save the details until later!



WEDNESDAY JUNE 13TH - 'TALES OF A SCOTLAND YARD DETECTIVE' - STEVE ROBERTS



An informative and entertaining presentation covering different aspects of criminal investigations supported by personal anecdotes. Steve describes becoming a detective by investigating 'Jump Ups' in London's East End; gives an insight into the role of the Flying Squad and tells us about the Kidnap & Specialist Investigation Unit

Due to the success of The U3A Rock'n'Roll Christmas Party
I am pleased to announce there will be another

Rock'n'Roll Christmas Party

Thursday 13th December 2018 from 7.00 - 10.00 pm

At The Aylesbury Tennis Club.

A date to add to your diary. Tickets will be on sale at the U3A
October, November and December monthly meetings.

Also by popular request I am pleased to announce there will be a

Rock'n'Roll Mid-Summer Party

Thursday 28th June. 7.00 - 10.00 pm

At Aylesbury Tennis Club. Wendover Road. HP21.9NJ

Featuring Music from the 50's, 60's & 70's

Rock – Pop – Soul – Motown - R&B

There will be a Licensed Bar.

Tickets £3.00 available from U3A meetings in April, May and June

There will be a Raffle in aid of Friends of O.S.C.A.R

A local charity that supports children with brain and spinal tumours.

Enquiries about this event or requests for music tracks to be played

contact John Wilford. email: sound@u3a.org.uk

CHRISTMAS 2017 : U3A MEMBERS TALENT SHOW



The audience is ready; the Chairman's got his hat on; the tea cups are ready to go; we have a cast; music—vocal and instrumental; so on with the show !





We had a touch of eastern promise; group performances; soloists and two handers.



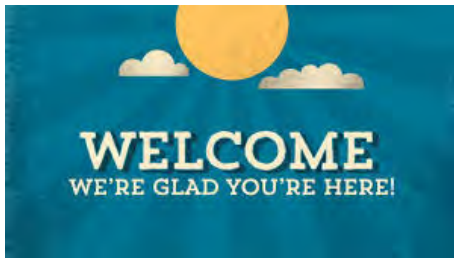
Then it was time for the audience sing song—enjoyed by all leaving a happy audience ready for that cup of tea.



All photos by our own paparazzo—

Dan McGregor





We are delighted to be able to say 'hello' to the following new members.

Brian Little; Steve Thompson; Henry Powell; Jennifer Turnbull; Geraldine Garfitt; Diane House; Valerie Walker; Stafford Sinclair; Don Valvona; Ann Kibble; Alan Newell; Janet Newell; Ros Croucher; Wendy Floro; Mike Walker; Jane Trow; Arthur Tobin; Willis Crookes; Freda Curran; Heather Slater, Cath O'Sullivan; Jim O'Sullivan; Sheila Acharya; Carole King; Justine Mukhopadia and Irena Wolska

NEWS FROM THE GROUP COORDINATOR:

We are so very fortunate in having such a wide variety of Groups to join and enjoy and I for one wish there were more days in the week to pursue some extra interests. Having said this, all our Group Leaders need your support in order to maintain such a diverse choice for us.



I am delighted with the probability of the new Theatre Workshop Group coming to fruition under the expert leadership of Sheila Satterthwaite and sincerely hope you will give her your support. There is also the possibility of a new Sing-

ing Group as well as a Barbers Shop choir being formed so please watch the Notice Board and the web site for more exciting news



I enjoyed attending the Royal Albert Hall Concert in December, an outing organised by Gay and Ian Hancock to end what has been a very busy year for them. We have been fortunate that they were willing to organise so many varied and interesting places for us to visit during their long tenure as Outings Coordinators and our U3A owes them a huge thank you in appreciation of their meticulous organisation and constant sense of humour. As you will have read earlier they still have one or two more visits in the pipeline!

Jackie Rickard

RON ADAMS DOES IT AGAIN!

Just arrived in the post—the latest edition of the Sources magazine from T.A.T. and on page 11 a photograph of All Hallows, Kent from Aylesbury Vale U3A's own expert photographer. Well done Ron.



Last date for copy for the June Newsletter will be May 9th so please send any items you may like to share with us to Shirley Stokes at newsletter@avu3a.org.uk or at the monthly meeting. I continue to grow grey hairs if I don't get enough material well before the closing date—and I have quite enough of those already!

Thanks as always to all of you who contribute to the finished product, and who forgive me for my errors! Please continue to send in news of your activities within the U3A and for any other items which you feel might interest our readers. I am sure that there are many of our members doing interesting and exciting things outside U3A and it would be good to share in them. Photographs are also very welcome.

Don't forget to look at our website where you will find details of all our events and activities.

Shirley Stokes