

Issue No. 103



SPRING 2022

## CHAIRMAN'S LETTER

Hello everyone

Welcome to the Spring 22 issue of your U3A Newsletter. I hope you enjoy reading it and please, if you have anything that you think will interest us, please contact the Newsletter team at [newsletter@avu3a.org.com](mailto:newsletter@avu3a.org.com).

Well, Covid seems to be settling to an illness that will always be with us so be careful what you do. Keep hand washing, keep your distance and wear a mask where required

Are any of you going on holiday this year? If you are why not tell us via the newsletter where you went and what you did. Or perhaps like me you have a story to tell about a holiday or business trip you did years ago. It will brighten up our day reading all about it.

Our groups are getting back to normal so, if you fancy doing something different, have a look at the list and have a go – you will be welcomed.

We are looking for someone to take over as Speaker Secretary as Sheila needs to hand the task over. A big thank you to her for selecting a range of great speakers. Sheila will give a good grounding as to what is entailed so please, if you think this is something you could do to help our u3a, let me know as soon as you can.

Also, Mary has been on our committee for four years now and would like to hand over the reins of the Social Activities Co-ordinator. She, also, will be happy to assist in a handover of this role.

Lastly I would like to welcome our new members. I hope you will enjoy joining us and please come along to the monthly meeting where you can learn what is going on and listen to a very interesting speaker. I also suggest you go to the coffee morning, if you can, where you can meet some of our group leaders and members in a social setting. And Dan has arranged some great day trips to places of interest within a two-hour drive – see details on the website [avu3a@org.uk](http://avu3a@org.uk).

*Chris Lowe*

## avu3a COMMITTEE MEMBERS 2021–2022

Chairman	Chris Lowe	chairman@avu3a.org.uk
Treasurer	Phil Toler	treasurer@avu3a.org.uk
Secretary	Moirra Bishop	secretary@avu3a.org.uk
Groups Co-ordinator	Jackie Rickard	groups@avu3a.org.uk
Hall Manager	John Wilford	sound@avu3a.org.uk
Membership Secretary	Dot Toler	membership@avu3a.org.uk
Outings Co-ordinator	Dan McGregor	outings@avu3a.org.uk
Speaker Secretary	Sheila Page	speakers@avu3a.org.uk
Social Activities Co-ordinator	Mary Singleton	social@avu3a.org.uk
<b>Non Committee Post Holders:</b>		
Quarterly Newsletter Team	Sheena Hudson, Mary Singleton, Richard Clark	newsletter@avu3a.org.uk
Sound Engineer	John Wilford	sound@avu3a.org.uk
Trusted Traders	June Thomson	trusted@avu3a.org.uk
Webmasters	Derek Ayshford and April Smart	webmaster@avu3a.org.uk

We are very sad to report that John Mason who was one of our founding members has died aged 101. He was secretary for many years and his wife Nancie started the swimming group.

The funeral of John Mason will be held at the Milton Chapel, Chilterns Crematorium, Whielden Lane, Amersham HP7 0ND, at 2.30 pm on Monday 28th February.

You are most welcome to attend in person but, if you are unable to do so, the ceremony can be viewed on the following website. To log in, please use the PIN 431-4120. This webcast will be available live during the funeral and for 7 days thereafter. <https://www.wesleymedia.co.uk/webcast-view>

In addition, I would like to invite you to visit my father's "tribute" website, where you can leave a memory of him. This could be some words, a photo, a piece of music ... anything that reminds you of your friendship with him. You can also donate to my father's favourite charities on the same site. The tribute site can be accessed (with no password or PIN needed) at <https://john-mason-1920-2022.muchloved.com>

*Adrian Mason*

## MEMBERSHIP

We currently have 418 members of which 391 (94%) are on email.

We welcome 7 new members:

Susan Blake, Clinton Fox, Steve Ash, Ian and Mary Miller, Richard and June Kendell

Dot Toler  
Membership Secretary



**We still have two vacancies on our Committee and we now send out a plea to 2 of our over 400 members to come forward to take over from Sheila and Mary in their respective roles. Any member can have a go at being on the Committee so why not volunteer now?**

## SPEAKERS SECRETARY

Apart from attending the monthly avu3a committee meeting, this role involves sourcing suitable speakers for our monthly meetings, making arrangements for them to present to our members, and assist with setting up any equipment in the hall if required. You will also introduce the speaker and at the end of the presentation, invite questions from the audience. The current incumbent will ensure a complete handover is carried out.

## SOCIAL ACTIVITIES CO-ORDINATOR

The duties of this role include attending the monthly Committee meeting and organising a bi-monthly coffee mornings at a suitable venue.

Other social events can be organized as decided throughout the year such as Chinese lunch, Quiz with Fish and Chip supper, Christmas Lunch. The current incumbent is happy to assist with making these arrangements.

This post is ideal for anyone who is new to our U3A as you will soon get to know lots of people especially our members who enjoy these social occasions.

For more information contact Mary Singleton at [social@avu3a.org.uk](mailto:social@avu3a.org.uk) or call on 07986 582903



**Coffee mornings** will resume on Monday 28th February at 11.00 am at the Watermead Inn in the Piazza, Watermead, Aylesbury HP19 OFX. There is plenty of free parking available. The cost will be £3 per person for as many cups of coffee or tea as you wish and biscuits.

### ***Chinese Banquet at the China Brasserie in March***

**Chinese Banquet** at The China Brasserie in Fairford Leys at 12:30 pm on Wednesday 23rd March 2022.

Cost will be £23.50 including tip.

Address is 2 Pine Street, Fairford Leys, HP19 7HS.  
There is a free car park nearby in the centre.

Please email your interest to [social@avu3a.org.uk](mailto:social@avu3a.org.uk).

You can pay Mary Singleton in cash or by cheque at the next avu3a meeting at 1.00 pm on 9th March at Walton Hall or send a cheque to her at 6 Redwing, Aylesbury HP19 OWB. Please leave the 'payee line' blank as we have a stamp.



### **CHRISTMAS LUNCH**

We had a very delicious Christmas menu at the Watermead Inn on 6th December 2021. 47 people attended many wearing their Christmas jumpers and/or other Christmassy adornments. A good time was had by all.



Photograph courtesy of Jim Chignell

## OUTINGS



Firstly, anyone who hasn't already paid for the Canterbury trip on 4th April 2022 please send a cheque for £36.00 to Dan McGregor. Please leave the payee details blank as he has a stamp with the correct payee name. Contact Dan on "outings@avu3a.org.uk" with your 'phone numbers please, and he will provide relevant details if you wish.



Signing up for the trip to Petworth (NT) and Guildford trip on Wednesday 4th May 2022 is now in progress. Contact Dan again as above. Payment for this trip is £19 per person which will be due at the March monthly meeting. Please remember to say if you're a National Trust member. Non-NT members will have to pay £12 extra on the day.

Future trips to Cambridge Botanic Garden and Ickworth NT on 2nd June 2022, Kentwell Hall and Long Melford on Wednesday 6th July 2022, Arundel Castle and town on Monday 1st August 2022 will be on our website shortly with details. Derek will be advertising them in his e-mails. Anyone not on-line can contact Dan at the monthly meetings.

There will be three more trips after those already mentioned in September, October and November which will be advertised in the next Newsletter and on-line at our AVU3A website.

Dan McGregor

### One-Day Drawing Course at Greatmoor Energy from Waste

We are running a "Drawing Greatmoor" course at Greatmoor Energy from Waste on Friday 25th March with Sarah Moncrieff, an artist who specialises in paintings of industrial architecture.

Details can be found on

<https://www.greatmoor.co.uk/drawing-greatmoor-art-course/>

Jez Elkin - Waste Awareness & Education Manager

FCC Environment | Greatmoor EfW | Greatmoor Road Woodham | Aylesbury |

Buckinghamshire | Postal: HP18 OAF Sat Nav: HP18 OQE | [http://](http://www.greatmoor.co.uk/)

[www.greatmoor.co.uk/](http://www.greatmoor.co.uk/)



## U3A's Rock'n'Roll Christmas Party



Thank you to all who attended the Christmas party last year. Despite COVID and a few cancellations there was a good turnout. We raised £193 for the Young Carers Bucks charity and everyone had a Rockin' good time.  
The breakdown is: tickets sold £320; raffle £82; hall hire, raffle and other expenses £209

We now look forward to our Mid-Summer Rock'n'Roll party on 16th June with a live band THE BLUE MOONS. This year we shall be supporting Alec's Angels, a local charity supporting children with cancer and their families

## U3A's Mid-Summer Rock'n'Roll Party

Featuring 'Live' 50s & 60s Rock'n'Roll Band

**THE BLUE MOONS**

Rivets Sports & Social Club  
Whitehead Way, Aylesbury HP21 8AD  
Tickets £6

**Thursday 16th June 2022. 7.00–11.00 pm**

Licensed Bar. Raffle in aid of 'Alec's Angels'  
A local charity supporting children with cancer and their families.

*alec's angels x*

Reg Charity No. 1146145. <http://www.alectsangels.co.uk>

For tickets and information please contact  
John Wilford – email: [sound@avu3a.org.uk](mailto:sound@avu3a.org.uk)

## Cycle Tour in France in 1962

"Let's go to Paris and see the Tour de France finish" I said at my cycling club one evening. To my surprise four of the lads said "good idea". I suggested that we could then ride from Paris, across France and the Pyrenees and then on to Avignon and return by train to Paris and then home.

So I set to, got the maps and ferry tickets and we were ready. We rode from Aylesbury to Newhaven for the ferry and then set sail for "La bonne France". On arrival in Paris we collected our bikes and went outside. We then stopped to watch the traffic which was fast, noisy and they drove on the wrong side of the road!!! So taking a deep breath we cycled to the Eiffel Tower and ascended to the first floor – we could not afford to go any higher. After taking in the view we then went to watch the Liberation Day celebration. We joined the crowd and saw tanks, bands and finally the General himself (Charles de Gaulle). The crowd around us were booing him and saying rude things in French.

Now we had to cycle to where we could watch the Tour De France but how to get there? So I asked the Colonel of the Guard du Republique Mounted Band in my best French, "pardon mon Colonel. Ou est le Parc des Princes? "Certainly young man" was the reply in perfect English. As we left them we got a roll on the drums and a 'vive Simpson', our cycling hero, Tom. Following the directions we neared the stadium when a moped rider came along side us and then escorted us there. Wow, what an atmosphere! The riders arrived and we shouted "vive Tom" and we saw our man finish sixth overall.

After all this excitement we made our way to a youth hostel on top of one of the hills in Paris in order to sleep before our next long journey. Next day we travelled to Pau which presented a different world – quiet roads, little traffic and another hostel and a meal of steak with a giant pile of chips. Cycling along narrow roads in beautiful sunshine was amazing and, stopping in a village to buy bread cheese and wine, we really felt French. When we stopped in a field to eat we were visited by the farmer who smiled and wished us well.

That night we stayed in Laruns, a commune in the Pyrénées-Atlantiques department in south-western France and met the town band who insisted on buying us drinks. The next day we rode up our first mountain, the Col D'Aubisque, 17 miles straight up through tunnels and along corniches with sheer drops beside them. The descent was amazing until, in a tunnel, we met a herd of cattle with bells clanking. Continuing on we rode up the Col du Tourmalet (6,939 ft) which is one of the highest paved mountain passes in the French Pyrenees.

The next day and another 18 miles upwards when cars passed us hands emerged from the sunroof and the driver tooted the horn at the summit. We had lunch and then continued up the Col de l'Aspin – from Arreau, the Col de l'Aspin ascent is 12 km long. Over this distance, you climb 779 heightmeters. The average percentage thus is 6.5 %. The maximum slope is 10%. We spent the night in a small hotel. Then we headed into the mountains and very tiny roads and over another col by an unmade road which in the 2020's became surfaced and ridden in "Le Tour". In pouring rain we reached the summit of a minor col and were surprised to be given cups of tea by a couple from Brittany. "You are Great Britain we are little Brittany" they said and wished us 'bonne chance'.

We then rode to Sète on the Med and slept the night on the beach alongside a couple of hundred other youngsters. We rode through a desert to Avignon and in the middle of nowhere a stall was selling fruit and they topped up our water bottles. On arrival at our destination we looked at the Pont d'Avignon, ate a decent meal and took the train to Paris. The train was packed with refugees from Algeria who were not friendly and we were glad to get off. Newhaven was horrible and wet but where were our bikes? The staff made enquiries and found that they were still in Paris! We had hardly any money left, so the inspector told us to tell the BR people that they had left our bikes in Paris and to give them our addresses and carry on. We even got through the underground free! We eventually arrived back in Aylesbury. We had had a great fortnight, saw many wonderful things and met some lovely people. Then we went back to work. Oh, and our bikes turned up four days after we got back!

Chris Lowe



## The Bate Collection of Musical Instruments St Aldate's, Oxford



As many of you may have already discovered, part of the joy of retirement is that you are free to explore new things (such as the AVU3A!). I chanced across The Bate Collection of Musical Instruments when I was googling something else online. My curiosity was piqued and I went along for a visit on a Friday afternoon – no booking online, no admission charge – just ‘come along (and wear your mask, please!)’. I was thrilled by the experience and wanted to share it with the AVU3A.

*The Bate has over 2000 instruments from the Western orchestral music traditions from the Renaissance, through the Baroque, Classical, Romantic and up to modern times. More than a thousand instruments are on display by the most important English, French and German makers and from pre-eminent collectors.*

I freely lifted the above from their little catalogue (only £5.99). The Museum is on two floors with wall cases stuffed with instruments and with free-standing pianos, harpsichords and clavichords. I began my visit by intensely examining the contents of the wall cases to the right of the entrance which contained, in this order, bassoons, horns, trumpets, trombones and cornets. Along with the visit, the ‘guy behind the desk’ gives you a device from which you can access sounds that the various instruments make. So, I spent my time taking notes and hitting buttons on the device to hear what things sounded like. Now, this is where I need to confess that my knowledge of musical instruments is limited. I am not totally musically ‘illiterate’ but I am by far not an expert on woodwind, brass and percussion instruments. You don’t need to be to get a great experience out of a visit here. There are labels which give you some information. Most importantly, there is that ‘guy behind the desk’. I made notes of the instruments I was looking at and listening to and then I went to him to ask what may very well have been basic questions. He was brilliant at explaining things and coming round to look at particular objects with me as well as discussing my thoughts about them. I used to be a museum curator (not of musical instruments) before I finally gained my freedom and I know how important interpretation is and that it really boils down to a real live human being sharing their knowledge with you. I had that magic experience at The Bate Collection.

Whilst I was there, another visitor was sniffing around and the curator told me he was from the BBC. They are planning on doing something on the collection this July. Look out for it.

Oh, one of the sounds I listened to was from Ronnie Barker’s show Open All Hours. Did you know that the producers of that show took it from Joseph Ascher’s composition ‘Alice, Where art Thou?’ for the cornopean instrument?

They are open Mon–Fri from 2–5 and it is only a shortish walk from where the 280 bus from Aylesbury drops you off in the High Street. See more at <https://www.bate.ox.ac.uk/>

Terry Bloxham



## THE UNITED NATIONS – the future

I was born in 1934. When young I lived in Coventry, a city that was bombed so have experienced both war and peace. Few people have experienced both, so I feel a responsibility to safeguard future generations. After my wife died in 2017. I read a large 'handbook' and several UN books, all with glaucoma in both eyes, speech and mobility defects!

The 'handbook', written by many leading academics suggested that humanitarian roles were successful, but military ones less so. I have always built on success rather than failure, but note that the UN responds to humanitarian needs, mainly food supplies, but this is only one essential part. Life is another, so I am in favour of peace.

In 1961 Dwight D Eisenhower said 'with all its defects, with all the failures that we can check up against it, the UN still represents man's best-organized hope to substitute the conference table for the battlefield.' He should know, being a wartime General and peacetime USA President!... Finnish Professor, Jussi Hahnimaki, ended his UN book 'but it remains an indispensable organization even as its behaviour and effectiveness, much like that of individual countries, is in constant need of improvement'.

Acclaimed writer and military expert Gwynne Dyer, ended his book, WAR, with a UN quote about the future being in the hands of a genuine international community', with the words about war: 'Good riddance'. These quotations strengthened my belief that peace should be demanded. Clearly what had failed between WW1 and WW2 by the 'League of Nations', the predecessor of the UN? This was a voluntary club, without Germany and Japan! So peace-loving nations demand permanent UN membership.

Eisenhower referred to the 'conference table'. The UN should attempt everything through talking, but some eg Hitler and Putin will not comply. Accordingly, war is inevitable, the aggressor versus the rest, so we must keep weapons. I am convinced that the best way to ensure peace is the deterrent combined with the setting up of working parties to jointly tackle the world's greatest problems today. This has begun with the international space station involving Russia and USA and polar exploration involving USA and China.

The UN is about Nations, not individuals. Clearing three hurdles are needed; firstly, convince our UK government that peace is achievable, then get major powers agreement and finally satisfy the UN itself. Acceptance to capitalist/democratic west and communist/democratic east, will need any report to the UN to be neutral to avoid the inevitable veto.

Will the UK government agree to a neutral report? They would agree a democratic one. So, the UN must convince the UK government, currently occupied with Covid19, Climate Change and skills shortages. The UN has a chance for peace as uniformed services and arms manufacturers could help fight global and National disasters. I am hopeful that peace will prevail. As an optimist I don't underestimate the problems ahead. The u3a motto is 'live, laugh and learn'. If we learn from the past and remain alive, then we can continue to laugh in our u3a.

*Ed Schoon*

## THE GREEN THING

Checking out at Walmart, the young cashier suggested to the older woman that she should bring her own bags because plastic bags weren't good for the environment. The grey-haired woman apologized and responded: "Sorry, young lady, but we didn't have this green thing back in my old days!" The assistant replied: "Well, madam, that's our very problem today. Your generation did not care enough to save the environment for future generations... which is us!"

Of course, the older woman was right – her generation didn't have 'The Green Thing' in its day. Back then we returned milk bottles, soft drink bottles and beer bottles to the shop. The shop sent them back to the plant to be washed, sterilised and refilled, so it could use the same bottles over and over. So they really were recycled.

We walked up stairs because we didn't have a lift or escalator in every store and office building. We walked to the grocery store and didn't climb into a 200-horsepower machine every time we had to go two blocks for a loaf of bread. Back then, we washed the baby's nappies because we didn't have the throw-away kind. We dried clothes on a line, not in an energy-gobbling machine burning up 2,000 watts. It was the wind and solar power that really dried our clothes back then. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new things to wear.

Back then, we had one TV in the house – not a set in every room. And the TV had a small screen the size of a handkerchief, not a screen the size of a shopwindow. In the kitchen, we blended and stirred by hand because we didn't have electric equipment to do everything for us. When we packaged a fragile item to send in the post, we used wadded up old newspapers to cushion it not Styrofoam or plastic bubble wrap.

Back then, we didn't fire up an engine and burn petrol just to cut the lawn. We used a push mower that ran on human power. We exercised by working, so we didn't need to go to a health club to run on treadmills that operate on electricity. When we were thirsty we drank from a tap instead of drinking from a plastic bottle of water shipped from the other side of the world. We refilled writing pens with ink instead of buying a new pen, and we replaced the blades in a razor instead of throwing away the whole razor when the blade got blunt.

But, of course, we didn't have the green thing back then. Back then, people took the bus and kids rode their bikes to school or walked instead of turning their mums into a 24-hour taxi service. We had one electrical socket in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest fish and chip shop.

But isn't it sad that the current generation laments how wasteful we older folks were just because we didn't have 'The Green Thing' back then?

Contributed by *Gay Hancock*



## NEWS FROM THE GROUPS



For all new members Sounds of the Sixties is a friendly group which meets once a month at Aylesbury Tennis Club on Wendover Road from 2.00 pm—4.00 pm to listen to music from the 1960's from different artistes, themes and genres but can also include the 50's and 70's.

Previous subjects have included rock, pop, soul, Motown, blues, novelty themes and member's personal memories from their youth as well as specific artistes

Tea, coffee and biscuits are served in the interval. Entrance is £1.00 to cover the hall hire and refreshments. Open 1.40 pm for a 2.00 pm start. We have space for new members if you would like to come along.

The following dates in this quarter are;-

- 22nd March— My Life from the Elephant to exotic Aylesbury in music from Ann Dwyer  
More Memories from my teenage years from Mary Singleton
- 26th April - A Beatles Black album that never was from John Wilford  
Hank-y Pank-y A live tribute to The Shadows from Andy 'Hank' Carter
- 24th May - Sam Cooke from Phil Davies  
Heroes and Villains from Brian Little

For more information email: **John Wilford:** [sixties@avu3a.org.uk](mailto:sixties@avu3a.org.uk)

The **History Group** has started again at the Church of the Holy Spirit, Bedgrove once a month on the third Tuesday at 2.00 pm.

The next meeting is on Tuesday 15th March.

The group welcomes new members so if you are interested please contact:

Paul Rosentall

## READERS' CIRCLE 2

We re-started our meetings in our own homes in September with, luckily, no repercussions!

We decided to have our 'Christmas' lunch in January for a change which didn't quite work out as planned. Four of us who managed to go went to Pendley Manor looking forward to lunch, but on arrival were told only sandwiches were available due to the lack of gas in the kitchen and they were awaiting the repair man. However, we managed to add cake to the sandwiches and Pendley supplied us with a full Afternoon Tea at half price so. together with lively discussion on all subjects, the day was enjoyed and all ended well.

We have a new Programme taking us up to and including May with a wide choice of books selected. Hopefully, all Groups will be able to meet properly again and we can look forward to better things in the future.



The Group taken  
on 26th January

The four of us at Pendley Manor. We had already demolished a lot of the food before we thought to have a picture taken by the waitress!



Brenda Daniel

## SCOTTISH DANCING GROUP

We meet on the 1st and 3rd Friday in the month at Meadowcroft Community Centre between 13.30 and 15.30 pm.

We have been regularly meeting since last October despite COVID with a reduced number of members. This has not held us back. Instead we have more fun than ever!

The venue is cleaned immediately prior to our class and we use sanitiser between each dance. The outside door is left open, providing plenty fresh air.

We would love to welcome more people. Do not worry if you have no previous experience of Scottish dancing as we view videos of each dance before slowly walking through with each person. Then we try it with the music. We are all there to have fun and exercise, not criticise or judge.

Please come and join us.

Sheena Swinburn



## CRAFT GROUP

We are pleased to let members know that our sale for Children in Need raised at grand total of £459.30.

Thank you for supporting our efforts at the meeting and also those of you who came along to our meeting the following week and spent £144.00.

The Craft Group members worked hard to produce items. They donated all the materials and a lot of work hours so it was pleasing to have a good result once again.

Heather Edwards



## Yoga Group

There is now evidence based research that yoga can help improve wellbeing and physical health, particularly for older adults and yoga is now part of the NHS social prescribing initiative. The avu3a classes are suitable for all, whatever age, level of fitness or previous experience and also for complete beginners. The classes teach gentle Hatha yoga and include breathing exercises, postures and relaxation. The group is small and friendly.

We meet every Wednesday at 11.45 am for one hour in Fairford Leys Community Centre, Hampden Square, Aylesbury HP19 7HT. There is also a zoom class held every Thursday at 9.45 am – venue is your home. Just bring a yoga mat or equivalent, a blanket, yourself and wear comfortable clothing, preferably layers.

### Group Leader

Jan Baker was previously an HR Director in the Health Service. She has been practising yoga for 30 years and trained as a yoga teacher with the British Wheel of Yoga (500 hour diploma course). She has additional qualifications in gentle years (Chair Yoga) and has completed the PCI accredited Yoga4Health Professional training to teach the 10-week Yoga4Health Protocol. For further information about classes contact Jan on 07969 779222 or email [janbakeryoga@gmail.com](mailto:janbakeryoga@gmail.com)



The **Photo Group** will have started their new programme in February, so anyone interested in joining contact me on "photo@avu3a.org.uk with 'phone numbers.

The **Mah Jong Group** carries on regardless on Friday afternoons and we'd be pleased to have more players. Teaching sessions will be available also. Contact Dan on "mahjong@avu3a.org.uk.

Dan McGregor



## LOCAL WALKS GROUP

January's walk was blessed with the most wonderful weather. It was one of those days when the sky was blue and the sun shone for the whole walk.

The walk was exactly 4 miles long starting at the car park for the Natural History Museum in Tring. 22 walkers took part, originally 28, but ill health and Covid took 6 members from the walk.

From the car park we climbed up into Tring Park woods and then walked around Hastoe village and Wigginton, and finally back into Tring Park woods. The last part of the walk incorporated the historic Obelisk and Summer House. It was muddy in places but it could have been much worse. Well done to everyone who managed the varied landscape and undulation as they occurred! It was indeed a joy to be out on such a beautiful day with friends all enjoying the fresh air.

After the walk twelve of us had lunch at the Akeman Restaurant in Tring. The food and service were excellent allowing us all to eat at the same time. They even managed to produce the meal at the same time with those who had not been able to pre-order. I will definitely go back!

Thank you to all who came and made my first organised walk such a pleasure.

Photo courtesy of Sheila Page

*Ann Waters*



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The local walks group convened at the Long Dog pub in Waddesdon at 9.45 am on **13th December 2021** and then proceeded on a walk through Waddesdon grounds and along the Greenway.

32 people turned out that morning. The weather was good to start with but after about an hour's walk a cold wind whipped up and it started to rain (just a little light drizzle) so we turned around. Nevertheless we stopped for a short break and the leader of this group walk, Joe Fontoura, offered everyone a 'pasteis de nata' (Portuguese custard tart) which were absolutely delicious.

Waddesdon Greenway is a shared cycling and walking route linking Aylesbury Vale Parkway Station with the village of Waddesdon and Waddesdon Manor. The trail runs for about 4km along a flat, surfaced path, which is suitable for walkers, cyclists, scooters and wheelchair users.

When we returned to the Long Dog restaurant 24 walkers enjoyed lunch together. (Unfortunately The Long Dog has now been permanently closed)

*Mary Singleton*



I was intrigued with Peter Gallagher's excellent article about being a toastmaster and to see him in his splendid red coat reminded me of my great grandfather William Knightsmith.

William Knightsmith introduced the red tail coat and I attach a picture of him together with the plaque on the frame and a short verse.

Richard Stevenson

#### William Knightsmith

My great grandfather was a toastmaster.  
He introduced the red tailcoat.  
Wearing black confused the guests, so  
wearing red made him a toastmaster of note.



**The Anne Robson Trust** is a pre-bereavement charity that passionately believes that “no one deserves to die alone”. Liz Pryor, our founder and Chief Executive has recently been awarded the Member of the British Empire Medal (MBE) in the Queens 2022 New Year’s Honour’s list, for services to end-of-life care.

We work alongside NHS hospitals to train volunteers who sit with patients in the last days and hours of their life to provide company and companionship, so they know they are not alone. However, due to COVID restrictions the volunteers were unable to visit hospitals, and in response to this, we set up a free, **National Helpline** so that we could continue to offer comfort and support where needed. As restrictions have lifted the volunteers are gradually starting to return to hospitals and in addition the introduction of the helpline is showing to be a valuable resource for anyone in the community to access support from the comfort of their own home.

The helpline is for anyone who is struggling to cope with a terminal diagnosis or the imminent death of someone they care about. Whether they are family members, friends, neighbours, work colleagues, or even a member of the care staff who may just need someone to talk to; we understand the pressures of working and caring for people who are end of life. We are fully committed to ensuring that people facing end of life and their families have access to as many layers of support as possible.

Suzanne Brown

**No One Deserves To Die Alone –  
We are here to support you.  
Call our Helpline: 0808 801 0688**

## PUZZLES

### Car Logos—What are they?



### Answers to last Quiz

Bamburgh Castle  
Cardiff Castle  
Norwich Castle

One of our u3a members went to renew their ATG theatre membership and found that there was nowhere on their website mentioning a U3A discount. She therefore e-mailed them and they replied to say that they were no longer offering u3a members a discount.

Last date for copy for the Summer 2022 Newsletter will be 1st May 2022 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.

If you do not use internet/email then please send your contribution, either typed or handwritten, by post to Mary Singleton, 6 Redwing, Aylesbury HP19 0WB.