



Issue No. 110

WINTER 2023

CHAIRMAN'S LETTER

I hope you are all well and have had a good 2023. It seems to have gone very quickly or is it because I am getting older? Your u3a has had a very good year and our groups have flourished as has this newsletter. The members who have contributed to it are thanked for the enjoyment and information that has been shared. I would like to say a big thank you to the team who put it all together and hope you find it a good read; if you are stimulated by it why not write a contribution. It can be about anything you are interested in as it is bound to be of interest to other people. I would also encourage group leaders to share what they do – it doesn't have to be too long – a caption with a photograph is often all that is necessary.

We have enjoyed some excellent days especially the Summer BBQ. It was a very warm, sunny afternoon of fun at Roman Park entertained by some of our own members performing indoors and by a very good rock group outdoors. As this was so successful we will do it all again in August next year.

I would also like to thank Jill Davies and Roger Fox for organising the holiday to the Isle of Wight which was very much enjoyed by all. In 2024 we are looking forward to the holiday in Norfolk in October. In addition, we have the SOTS weekend in May organised by John Wilford, and a week in Berlin in October being organised by Sam Black.

Also Dan, with the help of Gay and Ian Hancock, has organised some very good day trips. The latest to the British Museum was a great success; the next day trip will be in March.

At the last meeting of our Military History Group one of the members talked about growing up in the last war. We all felt we had a similar time. It made me recall my mother saying I was born running as she had to run to a shelter every time a V1 missile came near! It is great that our members feel able to share their experiences and they are usually very enjoyable and, like this one, evoke memories of our own.

All this shows how good U3A is and that it is a member motivated group; we are lucky that ours is very happy and motivated bunch of folks who are great to be with.

Finally, do come along to our monthly meetings at Roman Park Hall. It's always a good morning. We are looking forward to our meeting on 13th December when Sheila Satterthwaite will be presenting "Christmas Crackers". On that note I wish you all a very happy Christmas and a healthy and prosperous New Year.

Chris Lowe Chairman Aylesbury Vale U3A

avu3a COMMITTEE MEMBERS 2023-2024

Chairman Chris Lowe

Vice Chairman Jane Trow

Treasurer Phil Toler

Secretary Jill Perks

Groups Co-ordinator Jane Trow

Hall Manager John Wilford

Membership Secretary Dot Toler

Outings Co-ordinator Dan McGregor

Speaker Secretary Chris Lowe

Non Committee Post Holders:

Quarterly Newsletter Team Richard Clark, Sheena Hudson, Mary Singleton

Sound Engineer John Wilford

Trusted Traders June Thomson

Webmaster Derek Ayshford

CHRISTMAS CRACKERS





There will be no speaker at our avu3a meeting in December. Instead Sheila Satterthwaite will be producing a show which will consist of Christmas songs, funny stories, sketches, some poems and Cinderella with a new cast.

The finale will be a video produced by John Wilford which will include audience participation ie joining in with the singing.

Christmas Crackers will be performed on the new staging and, of course, there is no charge.

Christmas jumpers, hats and/or other relevant accessories encouraged

Mince pies will be served during the interval.

Can't wait!!!!





Festive Menu for Aylesbury Vale U3A
The Watermead Inn
The Piazza, Watermead HP19 OFX

Monday 4th December at 12.30 pm

£22 per person for 3 courses

Starters

Roast Tomato and Pepper Soup (ve) (gf available)

Served with bread roll and butter Feta Skewers (v) (gf)

Feta cubes wrapped in zucchini slices topped with honey drizzle and chilli flakes

Chicken, apricot and pancetta terrine

Served with ciabatta bread

King Prawns

Pan fried garlic and herb king prawns served with spicy mango salsa

Main courses Traditional Christmas Turkey

Served with roast potatoes, , pigs in blankets, sge dand onion stuffing Yorkshire pudding, gravy and cranberry sauce)

Sarmale (gf)

Traditional Romanian cabbage rolls filled with beef and pork mince Served with polenta, sour cream and chilli pepper

Teriyaki Salmon

Served with stir fry carrot, fennel, cabbage, red bell pepper, noodles topped with sesame seeds Smoky Vegan Ribs (ve)

Served with mashed potatoes, gravy and crispy onion

Desserts

Crème Brulee (gf)

Christmas Pudding with brandy custard (ve) (gf)

Papanasi

Soft Romanian doughnuts served with crème fraiche and blueberry preserve Crepes

Belgian chocolate and banana filled crepes topped with white chocolate sauce

To book contact Mary Singleton at: marysingleton07@gmail.com or 'phone 07986 582903

Payment in advance ideally online to U3A Aylesbury Vale, Sort code 30-90-38, Account No 03115723 Please quote reference as your initial + surname followed by XmasLunch.

MEMBERSHIP

Since the Autumn Newsletter, we welcome 16 new members:

Malcolm Wilkinson, Lynda Phipps, David and Susan Watkins, Kathyrn Woodward, Jacqueline King, Alan Baillie, Ann Hatton, Monee Leeman-Hau, Kevin Lye, Suzanne Livingstone, Joanne Simmonds, Teri Davis, Rosalind Smith, Pat Chiverton and John Alexander.

Dot Toler

Membership Secretary

TRUSTED TRADERS

This service is aimed at sharing good traders used by our members. Please contact me via the website if you know of a good builder/carpenter/handyman/ gardener/electrician or any other trade. I would much appreciate it.

Please do contact me if you need one of these people - I may be able to recommend someone who has carried out work successfully for one of our members. These are not U3A recommendations but from our members who have dealt with them personally.

June Thomson

NB Avu3a will not take any responsibility for any work carried out as a result of member recommendations.

COFFEE MORNINGS

The Watermead Inn was beautifully decorated for Halloween on Monday 30th October when 38 people attended our Coffee Morning. It was a bright sunny morning and we all enjoyed one or two cups each of either coffee or tea, not forgetting biscuits provided by Dot.

The next Coffee Morning will be on Monday 27th November at 10.30 am at the Watermead Inn 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.

Jigsaw Swap Shop—bring a jigsaw (500-1000 pcs) and take one away. Great for winter evenings!



Photo taken by Dot Toler

Coach trip to Leonardslee, Horsham, W Sussex

A group of sixteen of us set off from Aylesbury at a chilly 8.00 am on 3rd October in one of Motts' small coaches, an interesting change from the usual lumbering giants that carry us far and wide. Having navigated the dreaded M25 and M23, we cruised the pleasant Surrey and Sussex countryside on our way to our destination, arriving at around 10.30 am.

With the season drawing to a close and the weather being so fine, we couldn't have been more lucky in having almost the whole wonderful estate and facilities to ourselves. The only small downside was that we were too early for the autumn colours and way too late for the spring flowers and rhododendrons! Nonetheless the Leonardslee grounds are beautiful, and the paths easy to navigate.

First of all we visited the dolls house exhibition, an absolutely stunning example of miniature reproduction. I took a lot of photos. Next we did the short (circa one hour) walk in the morning around the central lakes area, then after lunch embarked on the intrepid long walk through the outer grounds and the deer park, taking about two hours which, with the obligatory afternoon tea and a rest, worked out perfectly for our return departure at 3.30pm.

Our thanks to Dan for organising another fantastic trip.

Phil Toler



Afternoon tea anyone?



Leonardslee is a 240 acre Grade 1 listed garden



Laundry in a Dolls House



The apothecary



Wallabies at Leonardslee

COACH TRIP TO THE BRITISH MUSEUM

Dot and Phil Toler led a group of 28 members on a coach trip to the British Museum on Monday 1st November 2023. Whilst it took a while to exit Aylesbury, our driver, Darren, found our way to Montague Place where he was able to park. There were a lot of people already there and we had to join a long queue to get in but once inside we soon found refreshments and the toilets!

There were a few exhibits that my fellow traveller, Susan, and I really wanted to see. First of all, we looked for the Anglo-Saxon ship burial at Sutton Hoo which represents the most impressive medieval grave to be discovered in Europe. Inside the burial mound was the imprint of a decayed ship and a central chamber filled with treasures.

We came across an exhibit called 'Tring Tiles' which are a group of tiles associated with Tring Church in Hertfordshire. They illustrate scenes from the stories told in the Apocryphal Gospels of the childhood of Christ which were very popular in the 14th century. None of the tiles had been walked on in a pavement but were probably used as a frieze.

Next we sought out the Waddesdon Bequest - a superb collection of nearly 300 objects left to the Museum in 1891 by Baron Ferdinand Rothschild. The Waddesdon Bequest consists of exceptionally important and beautiful medieval and Renaissance pieces, as well as a number of 19th century fakes. Together they paint a fascinating picture of the development the art market in the late 19th century.

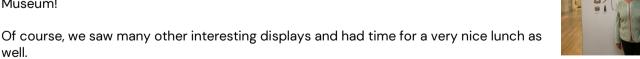
Finally, we found the Parthenon Marbles (previously known as the Elgin Marbles) which are a collection of Ancient Greek sculptures from the Parthenon and other structures from the Acropolis of Athens, removed from Ottoman Greece to Britain by agents of Thomas Bruce, 7th Earl of Elgin, and now held in the British Museum. The majority of the sculptures were created in the 5th century BC under the direction of sculptor and architect Phidias.



One of the sculptures was this horse's head that drew the chariot of the moon goddess Selene. She balanced the group of Helios in the other corner of the pediment. The horse is weary from its night-long labour: the eye bulges, the nostrils flare, the mouth gapes, the veins stand out and the skin is stretched tight over the great cheekbone.

Those of you who were at my presentation at SOTS at the end of October may remember seeing a photo of me with a falcon on my arm which was taken when I was seconded from Gulf Air to fly on Sheikh Zayed's VC10 in the mid 70's. Well, there is

The Sheikh Zayed bin Sultan Al Nahyan Gallery of Europe and the Middle East in the British Museum!



Mary Singleton

well.

CHRISTMAS IS COMING

'Twas the night before Christmas
The sky was dark and black
A little boy was watching
From his window around the back

Suddenly, the sky was filled with moonlight
A flash of red flew by
"It's Father Christmas" he called out
Come quick, come quick, I'll try

To see that Rudolph flying With his nose all shiny red Oh, I'm really so excited I can't go back to bed!

Carole Hogg

A small boy's day!

Early in the morning, the sky is turning red I stretch my tiny body and rumble from my bed My toys sit quietly, sleeping, as I creep along the floor 'Boo' they shout in unison, as mum opens up the door!

Dad is eating muesli (ugh), my sisters eating toast I'd like a chicken sandwich from last night's family roast But all I get is a banana, crushed up on my bread I wave 'goodbye' to Dad and go back to my bed!

Today I'll be a spaceman (well, an astronaut at least)
I'll eat some gooey space food and some chewy minibeats

Then, in the park I'll swing with Teddy on my lap Oh, playing is so tiring, home now for a nap!

Carole Hogg

WE NEED YOUR VIEWS AND SUGGESTIONS

As announced at the last monthly meeting, the committee has decided to set up a sub-committee to look at the way forward for our u3a. The first thing they would like to do is seek members' views and suggestions on the ways that improvements could be made. It was realised that members have never been asked for their opinion before and we feel we could benefit from everyone's input. Dot Toler and Jane Trow have been asked to lead the project and as a start they have put together a simple questionnaire for members to express their views on various matters.

The questionnaire will be found on our website and is designed so that there will be no trace or identity of the person sending it. We felt that this would encourage members to complete it and say what they really think with confidence. Please help us and your u3a by spending a few minutes completing it.

For members not online, there will be paper copies available at our December and January meetings. Please visit our web site and complete the questionnaire with your views and opinions. To ensure that the survey is restricted to only our membership you will be asked for a pin number when opening the survey, please use pin number 1983.

Jane Trow and Dot Toler

ONE OF THEM PLACES V3 WRITTEN FOR MY AUNTY BETTY

My Aunt is In one of them places, where they try to find traces, of how she used to be back when.

She looks at me like she should know me, puts on her smiley face for me, flickers of remembering light up her eye.

We make conversation with her, shed a hidden tear for her, she's trying to make sense with a broken tool.

Back then I'm drinking her tea, listening to her stories about our family, her far-away days shrinking like the morning mist.

I have my memories of her, Christmas's and shopping trips with her, fixing her telly and other broken stuff.

But I can't fix her

Copyright © Drew K Swindells

Food waste - Don't bin it - Recycle it!

Buckinghamshire Council is asking residents to think twice before throwing food waste in the bin and to recycle it instead. Currently around a third of the waste thrown in the regular rubbish bin in Buckinghamshire is food waste. This equates to around 28,000 tonnes of food every year, an average of 2kg per household per week. It is enough to fill Big Ben more than one and a half times each year. Not only does this cost local taxpayers more than £600,000 a year in disposal costs, disposing of food waste in this way also damages the environment as it produces double the amount of carbon emissions compared to recycling food waste.

As part of a renewed drive to encourage more people to recycle their food waste, over the next few weeks the Council will be delivering leaflets, putting stickers on rubbish bins, and letting people know about the many benefits of food recycling. Attention is particularly being focused on areas where there is more scope to increase food recycling rates.

Even residents who are keen recyclers might not know they can recycle some food waste. Many people don't realise they can recycle mouldy bread or out of date food – once the packaging has been removed of course. Even tea bags and coffee grounds, which you might not think of as food waste, can be recycled.

Home composting is another way of recycling some food waste which can be transformed into soil improver for gardens. Cooked food waste is not suitable for composting however and should instead be put into the kerbside food recycling bin for collection.

Gareth Williams, Cabinet Member for Climate Change and Environment, said: "By recycling any food that can't be eaten instead of throwing it in the bin, you will be helping to save money which could be spent on other essential Council services. The food that is collected for recycling across Buckinghamshire is delivered to facilities near Aylesbury and turned into energy to power our homes. It also produces a high-quality fertiliser for use on agricultural land. Did you know recycling just six tea bags will generate enough energy to boil a kettle to make another cuppa?"

The recycling process for food is called anaerobic digestion. It uses micro-organisms to break down food waste in the absence of oxygen, inside an enclosed system. As it breaks down it gives off methane, which is collected and converted into biogas and used to generate electricity. It also creates a nutrient-rich digestate that can be used as a fertiliser for agriculture and in land regeneration. 16,000 tonnes of food is recycled from Buckinghamshire homes each year. You can find more information on recycling food at home and also tips on how to reduce your food waste on: www.recycleforbuckinghamshire.co.uk



Motor Vessel TARKWA built by Caledon Shipbuilding & Engineering Co. Ltd. in 1944 for Elder Dempster Lines Ltd., Liverpool, Cargo

Visit >

MV. TARKWA-MY FIRST SHIP

MV.Tarkwa was my first ship to sea. We were both 17, you know what I mean. She was tired and I was keen as we left Liverpool with the wind on the beam.

Loaded to the gunwales with fridges, cars, sugar, salt and all we headed south to the Tropics but Milford Haven was our first port of call!

Here we loaded explosives for the oil industry; Nigeria was where they were bound. It was too dangerous to go alongside so we were anchored off in the Sound.

After ten days at sea, gently rolling under the sun and the stars, we woke up in Ghana but it could have been Mars!

The sights and sounds were something to behold as we sailed along the coast made of gold.

By Lagos we were light and ready to load. Coffee, cocoa, timber and rubber all delivered on board and safely stowed.

> When we left the Coast we were down to our marks. But as we set off for home "check stowaway embarks!"

We survived the Bay of Biscay, rolling like a pig and we entered the Channel all dancing a jig.

We picked up the pilot who guides us into the 'Pool'. We say our fond farewells; my first ship was a jewel.

NEWS FROM THE GROUPS



SOUNDS OF THE SIXTIES

We are a friendly group of around 50-60 members who meet on the 4th Tuesday of each month to listen to and watch video presentations from the sixties presented by our members. Open to any U3A member.

Each month is a different theme or genre. Previous subjects have included rock, pop, soul, Motown, blues, folk, member's memories from their youth, as well as specific artistes and novelty themes. Despite the name, we also include music from the 50s and 70s to broaden our musical interest. Tea, coffee and biscuits are served in the interval.

Aylesbury Tennis Club. Wendover Road. Open 1.30 pm for a 2.00 pm start. Entrance is £1.50 to cover the hall hire and refreshments.

For more information about the group please contact John Wilford

12th December 2023	Ann Dwyer Richard Clark	Rock's Greatest Practitioner Friars Club Part 2
23rd January 2024	John Wilford John Wilford	Artistes we lost in 2023 Artistes we lost in 2023
27th February	Paul Finken Paul Finken	Open Mic Session Open Mic Session
26th March	John Harwood Terry Bloxham	Songs of Goffin and King Protest Songs
23rd April	Jean and Peter Ashton Andy Carter	Saints and Georges To be announced

U3A'Rock'n'Roll Christmas Party

Featuring 50s, 60s, 70s Disco.
Aylesbury Tennis Club. Wendover Road.
Licenced Bar, Mince Pies & Raffle
Proceeds to Medical Detection Dogs at Great Horwood, Bucks
Thursday 14th December 2023 7.00 – 10.00 pm. Tickets £5.00

For more information and how to buy tickets please contact John Wilford







"I have recently been digitilising some of the slides I took in 1969. Some of the photos are of general scenes of London and some are of the Lord Mayor's Show taken from the region around London Wall in the City of London in November of that year.

I just wonder if the seeds for being the Leader of Exploring London Walks were set over 50 years ago?"

Peter Harding















LOCAL WALKS

Monday 18th September

The U3A local walks group set off from The Lions of Bledlow on a 4-mile walk led by Jerry Davies.

It was flat with no stiles so an easy walk for all concerned. We did get caught in a shower towards the end of the walk. The pub provided a tasty and reasonably priced lunch. When we stopped for our coffee break, one of our walkers told us that he had lived in this beautiful thatched cottage in the '60's. It has since had an extension added on the left hand side. The pretty pond with its Monet type bridge can be found in Saunderton





Photos courtesy of Phil Toler



Stripes all round – Photo taken by Heather Edwards

Monday 16th October

We started our 4½ mile walk at the Half Moon Pub, Wilstone on Monday 16th October. Jennifer Mann and Diana Lewis led this circular walk from the pub, taking in parts of the Aylesbury Arm and the Main Arm of the Grand Union Canal, Startops End Reservoir, Marsworth Reservoir, the Wendover Arm of the Grand Union Canal and Wilstone Reservoir. It was a very picturesque walk and Eric Rose provided us with some interesting details about the refurbishment of the Wendover Arm of the Grand Union Canal.

After the walk we enjoyed a very good lunch at the Half Moon Pub. Heather Edwards



Eric Rose explaining to the group the reconstruction of the bridge over the Wendover Arm

Photos taken by Roger Fox



Eric Rose explaining the purpose of bentonite and coir linings

LOCAL WALKS cont

Sheila Page kindly organised the **November** walk starting from the Seven Stars at Dinton. We started off and finished in sunshine with a cheeky bit of rain towards the end. Sheila had interesting info on Dinton Hall and had arranged for us to see inside the church which was a bonus.

We had an unusual adventure getting everyone across a flooded foot bridge. The bridge had safety rails and some wellington boots were handed back across the bridge, to those without high hiking boots, and nobody ended up with really soggy socks. Winter walking is always more of a challenge but fortunately it does not seem to put anyone off.

Heather Edwards



Photo taken by Heather Edwards

Military History Group

- Their Finest Hour is a University of Oxford project that aims to collect and digitally archive the everyday stories and objects of the Second World War that have been passed down from generation to generation.
- As 'Their Finest Hour' has featured in Third Age Matters, and other u3a news, you may be interested in the University of Oxford's 'Save Our Stories' campaign to preserve items and memories held by families across the UK and Commonwealth related to the Second World War. If you have a story and/or objects related to the War, please send it into the online
- archive. You can find out more by visiting www.theirfinesthour.org and clicking 'Share YourStory.'

Submissions will be allowed up until early April 2024.

Ken Satterthwaite

CRAFT GROUP

Rosemary Frost, a member of the Group has made this delightful Campervan blanket for her daughter





Patchwork Christmas stars made by members at a workshop run by Margaret George

Exploring London Walks

The group ventured out on Friday 13th October to explore North Belgravia. On arrival at Marylebone we took a bus to Hyde Park Corner and walked in the area centred mainly around Belgrave Square where many of the grand houses are now embassies.

The private communal garden contains mature plane, chestnut and lime trees, and various shrubs. Its gravel walks were laid in 1854, with privet hedges planted around its perimeter. Wooden pergolas and shelters stand within, and it features a tennis court. The garden is listed Grade II on the Register of Historic Parks and Gardens.

We stopped to look at sculptures in the gardens of Christopher Columbus, Simón Bolívar and Prince Henry the Navigator. We also learned about Thomas Cubitt who was a property contractor and saw a bust of George Basevi who designed the terraces. We were told that Queen Victoria bought a house for her mother in Belgrave Square.

The plan included a visit to the world war memorials around the Wellington Arch but we ran out of time so they will be the subject of a future walk. We did have time to see the stunning Bomber Command memorial.

We took a bus then to Piccadilly where we had lunch at Brasserie Zedel which is situated in a large art deco styled building and specialises in French cuisine.

Mary Singleton



Bomber Command Memorial



Christopher Columbus



Brasserie Zedel

Photos courtesy Peter Harding

ART & CULTURE GROUP - OCTOBER 2023

After finishing our 'Free for All' topic we were finally able to hear Geraldine present on the artist Otto Dix which was meant to be for our 'War Art' session.

Otto Dix (1891–1969), from east Germany, volunteered in the German army in WWI. The horrors he experienced formed his art. Geraldine made it clear that Otto Dix's work was a result of his great need to 'exorcise' the demons in him because of the war. We are talking no holds barred and what Dix produced after the war, during the Weimar Republic, were subsequently banned as 'degenerate' by the Nazis from 1933 onwards. Two examples shown were 'Gas-masked soldiers' and 'Those who 'survived' the war'. Otto Dix was an important artist who wanted to tell the truth about the horrors of war.

Richard then presented on 'Fake and Forgery'. He introduced us to three people, two British and one Dutch, who made their living forging great masters. Richard gave us the background to both the forgers and the artists that they forged and who tried, very successfully, to pass off their works as the real thing.

But that is not the whole story; Richard also introduced us to the world of expert opinion on the authenticity of artworks. We have all read in newspapers or have seen on TV stories related to the artworks that may, or may not be, by a famous artist. One example that Richard gave us is the work by the forger Han van Meegeren and his painting of The Supper at Emmaus, which for a long time was thought to be by Vermeer. There is a very interesting story about that: http://www.essentialvermeer.com/misc/van_meegeren.html

Richard then tasked us with a 'what is real and what is not' exercise which got us all commenting on things like 'the lighting', 'the colour', 'the way the body' is portrayed. That was one of the best games I have played!

Malcolm then kicked in with the artist George Frederick Watts and his wife Mary Watts. Malcom and Isobel discovered the Watts artists when they visited Compton in Surrey: https://www.wattsgallery.org.uk/art-artists. GF Watts had been part of the Holland Park Art Circle in London in the mid to late 19th century. In Frederick Leighton's house there is the last memorial of that artistic group. GF Watts was an important artist in the British Gothic Revival Movement. His works can be seen in major collections around England. Malcolm talked about the intricacies of The Holland Park Art Circle and the various artists who were part of it.

Rather late in life, Watts met a young woman, Mary Fraser Tytler, whom he married and the two of them settled in Compton and set up what is now the Watts Gallery. Mary was the moving force behind the creation of the 'Watts Chapel', near the gallery in Compton. It is a most stunning work of art. You must see Watts Gallery, workshop and the chapel!

We will next meet at the Kings Head in Aylesbury on 26th November at 12 noon. Our topic will be 'Women Artists'.

Terry Bloxham

Speakers at forthcoming Monthly Meetings

13th December avu3a presents: Christmas No Speaker

Crackers

10th January Grace Darling and the fine Dr James Taylor

art of saving lives at sea

14th February Newbury by-pass: I was in Mervyn Edwards

charge

13th March Magic and Hoaxes Simon Keble-Elliot

These monthly meetings are held at the Roman Park Hall at Berryfields (next to Aylesbury Parkway Railway Station) from 10.30 am to 12.30 pm. Doors open at 10.00 am. There is plenty of parking available in the railway station car park which is free of charge on the day of our meetings. Please use the spaces reserved for Berryfields Parish Council in the first place. Finally, you are requested to ensure you park between the lines!

Answers to Autumn Quiz

Which Politician (not all current MPs) wrote the following

- 1. Snakes and Ladders—Andrea Leadsom
- 2. Rebel with a Cause- Matt Hancock
- 3. A Wicked Woman- Nadine Dorres
- 4. Rebel with a Cause- Ann Clywd
- 5. Kane and Abel-Jeffrey Archer
- 6. Tennis Maestros-John Bercow

Winter Quiz

These are book initials are in the Top 100 best books of this century. What are the books?

- 1. TGG
- 2. TKAM
- 3. ACO
- 4. APTI
- 5. TTL
- 6. TSWCIFTC

Last date for copy for the Spring 2024 Newsletter will be 1st February 2024 so please send any items you may like to share with us to newsletter@avu3a.org.uk.

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 OWB.