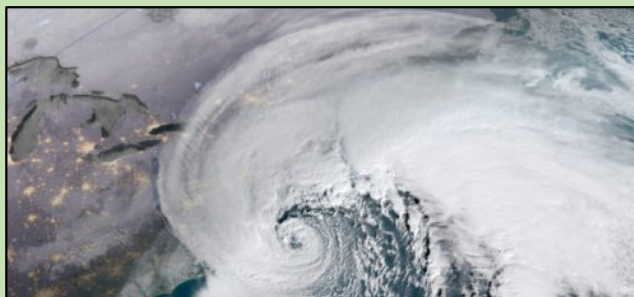


## Milford & District u3a Monthly Newsletter - March 2023



***Will March come in like lion or like a lamb?***

**Content:** Chairman's Message, u3a Summer Schools, Friday Talk – Osteoporosis, History of Architecture, Outings to Poppy Factory and snowdrops at Welford Park, Virtual u3a, Singing For Fun Easter Celebrations, Brandenburg Orchestra, Open Gardens, Roving Photographer Visits to Drawing and Exploring the Local Countryside Groups, NEW Group – Boules.

**Our website:** [www.milford-u3a.org.uk](http://www.milford-u3a.org.uk)

### Chairman's Note



March is the time of year, that Milford u3a starts formulating what our programme will be for 2023/2024 starting in September. Group Leaders will be approached to know if they wish to continue leading their Groups as they exist, or whether there will be a change of some sort.

Those of you in existing Groups may already know of a retirement and succession plan, or of a proposed change in format.

There is an open invitation to all members throughout the year to come forward with ideas about new Groups, but this month represents a particular opportunity for members to put forward new ideas as we can then advertise them in the April Newsletter, and see if there is enough support to create an extra Group, if a Group leader can be identified.

Each u3a reflects its membership, and therefore we would support any Group where there seemed to be a demand. We would therefore happily support additional parallel Groups to join those which already exist, as an example we have expanded currently to have four Book Groups, where rather than replicate an existing Group the Focus changes from a leader giving a series of presentations to a more collegiate approach. Equally we would be happy to support new Groups which follow popular interests, be that around a game, fitness, hobby, or a learning activity.

*John Oakey*

## South East u3a Forum Summer School

The 2023 Summer School will take place at the University of Chichester

All courses are tutored by experienced u3a members who kindly give their time for free, in return for board and lodging during the Summer School. There will be a range of subjects: academic, through to practical and active: something to suit everyone. There will be some familiar faces along with new tutors and new subjects.

Details of the courses available this year will be posted on 3rd March. Information on 'How to Book' and access to a 'Booking Form', available to download or to fill in online, will be available from 17th March.

Look out for these announcements in the Third Age Trust's monthly newsletter, in the spring edition of the 'Third Age Matters' magazine. [More Info: Click Here](#)

**FRIDAY AFTERNOON TALK on 10<sup>th</sup> March 2023**  
**Milford Village Hall at 2.00pm**

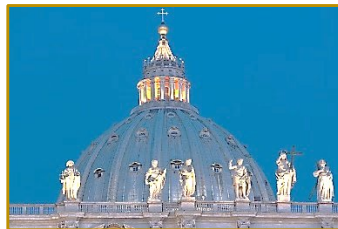
**Osteoporosis**  
**by**  
**Dr Susan Lanham-New**

**Osteoporosis** is a systemic skeletal disorder leading to bone fragility and consequent increase in the risk of fractures, particularly with age.



**Talk, tea, cake and conversation for £1.00**

**History of European Architecture: Renaissance to Modern Times**



**Tuesdays 10.00 – 12 Noon**

**Dates: March 28<sup>th</sup>; April 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>; May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>.**

Following a very successful series on European Gothic architecture last year, Alan Bott will be following this with a new series – this time on:

**Architecture: Renaissance to Modern Times.**

After outlining the political, religious and economic background of each period, the course considers chronologically, the developing styles of architecture across each country of Europe. The course is lavishly illustrated with slides.

**This is a weekly group, meeting at Rake Court, Station Lane. Milford, GU8 5AD**

## OUTINGS

Our new 2023 Outings Group is doing well. **Sue Losson has now organised three outings.** The first was in November, appropriately to the **Poppy Factory at Richmond.** On this page you can see some of the members making their own poppies. They did their best to make them with one arm behind their backs in salute to the amputee soldiers who made the first remembrance poppies after World War One. Some of the original styles of poppies are shown in the frame.



**The second Outing was in February to see the stunning snowdrops at Welford Park near Lambourn.** Just imagine strolling through beech woods carpeted in snowdrops! Sue said, 'A good day was enjoyed by all at Welford Park snowdrop display, it is rare to see so many of these delicate and beautiful flowers in one place. The aroma is also gorgeous, eau de snowdrop! The woodland setting with a river alongside made for a spectacular setting.'



The outing adventurers on this trip had a wonderful experience as you can see by the photos that Sue took while they were there.



Sitting down are David & Marion Baille (red jacket) enjoying the view whilst picnicking.  
Sitting in blue are Belinda & Peter, it was his birthday on the actual day.  
Maureen Jones is the lady standing with a friend in purple.



The next Outing is planned for Wednesday 17th May to St Mary' Church & Gardens + English Martyrs Church.



St. Mary's Church & Gardens is an historic Pilgrim Inn c1450. The gardens cover 5 acres and include a rose garden, Terracotta garden, English Poetry Garden & Landscape Water Garden. We will have a private tour of the house which I can highly recommend. They also provide tea and cake from £3.00- £5.00.

After lunch at Haskins Garden Centre Roundhouse, we visit the English Martyrs Church to see a 2/3 scale copy of the Sistine Chapel Ceiling, the only known copy in the world.

The price depends on the number of people, but I expect to be able to keep it to £30.00.

Please email your interest to me at: [outings@milford-u3a.org.uk](mailto:outings@milford-u3a.org.uk)

Sue Losson

# HALLELUJAH!

*What a Savior!*

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The Crucified and Risen Christ

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## St John the Evangelist Church

Church Road, Milford

Sunday 2 April 2023 at 2.00 p.m.

Entry is free. Retiring collection towards the upkeep of this beautiful church

### The Brandenburg Choral Festival of London

There are free or discounted tickets to these wonderful concerts offered due to the generous financial support of a very special lady who loves Brandenburg and u3a equally. While she wishes to remain anonymous, she was so pleased with the exercise she promoted for the Christmas Brandenburg Concerts that she wants to continue to support the partnership and offer tickets to a range of Spring Concerts.

Bob Fearnley, our webmaster has explained the programme and the procedure to apply for tickets very clearly with digital instructions. Please log in to our Website: [www.milford-u3a.org.uk](http://www.milford-u3a.org.uk) for all the details.

## Exploring the Local Countryside – First Friday morning of each month led by Sara Shepley.

*Currently fully subscribed.*



We were lucky with the weather for our first walk of 2023 and had a beautiful morning, so it wasn't entirely surprising that one of the highlights was hearing a woodlark singing high above us. Sadly, unusual birds were notable by their absence and apart from the woodlark, we saw only a few crows, a couple of nuthatches, a few blue and great tits and several robins, though some people saw a flock of goldfinches. We also heard a green woodpecker and a jay in the distance.

Surprisingly, there were still a few fungi around, mainly brackets, the best of

which was a magnificent display of Hairy Curtain Crust: this fungus grows on the **dead** wood of deciduous trees.

January and February are good months to look out for mosses and lichens and we saw several including one of the swan-neck mosses, probably (Dwarf Swan-neck moss) and the common Greenshield Lichen. Following a conversation about Stag Beetles, Sara found a wealth of information online including that they live between three and seven years, most of which is spent underground in the larval stage. They feed on decayed wood and particularly enjoy wood infested with white rot which helps decompose the wood. They also digest fungi and any other organisms in the wood. The size of the adult stag beetles depends on the amount and quality of the food the larva has access to. It is thought that one of the reasons they are an endangered species is the current tendency for people to clear up dead wood.

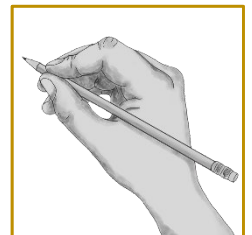
*Photos by Sue Allen*



## Drawing For Fun – St John's Church Hall – First Wednesday in the month – Led by Doug Smit

*Currently full*

This is a friendly group of keen and often talented ladies and gentlemen who love to draw. The sessions usually commence with a short period of 'quick draw' pictures in which Doug will instruct the group to, draw a handbag, or 3 boxes overlapping for a few minutes to get the pencils and the artistic streaks flowing. The 'quick draw' exercise usually reflects the topic of the month (eg containers, harvest, and jewellery, to name a few). Each session will see a fresh topic to draw, and the group are invited to bring in relevant items to sketch, but Doug will also supply, in advance by email, a variety of topic related pictures which can be copied. Although there is no 'formal' teaching taking place, it seems possible to 'learn on the job' as it were, and Doug is always happy to give advice and pointers if required!! A variety of pencils are the main medium used but some of the more adventurous artists may use watercolours to embellish their work. There is a refreshing quietness and concentration amongst the group, only broken by a break





for coffee with some warm conversation amongst the participants. At the close of each session, Doug will invite the group to suggest 'topic' ideas for the following month. *Sue Allen.*

## Group visiting by Sue Allen our Roving Photographer



**Sue Allen**, leader of our Photography for Pleasure Group has volunteered to take photographs for our various Groups, to be our Roving Photographer. She may visit some of our groups to take some new photos if you invite her. Her first visits to Groups can be seen in this newsletter.

If you have any photos of your own of your Group's Activities, please continue to send them to me, editor [pam-brown@milford-u3a.org.uk](mailto:pam-brown@milford-u3a.org.uk) or to webmaster Bob Fearnley [webmaster@milford-u3a.org.uk](mailto:webmaster@milford-u3a.org.uk)

If you would like to invite SUE ALLEN to take photos of your group in action, her contact is: [sue-allen@milford-u3a.org.uk](mailto:sue-allen@milford-u3a.org.uk)

## New Group

### BOULES

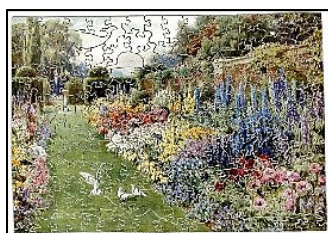
Led by Liz Simmons. This new group will meet on the 1<sup>st</sup> Thursday of the Month from 2.00 to 4.00pm

At the Car Park at the Burton Pavilion, Milford.

Dates: April 6<sup>th</sup>, May 4<sup>th</sup> June 1<sup>st</sup>, July 7<sup>th</sup>, August 3<sup>rd</sup>, September 7<sup>th</sup>, October 5<sup>th</sup>

A game played in teams to be organised on the day. A relaxing game with the aim of placing your boules closer to the jack than the other players or team. All standards welcome including those new to the game.

Contact: Liz Simmons 07876 015768 [liz-simmons@milford-u3a.org.uk](mailto:liz-simmons@milford-u3a.org.uk)



### Phyllis Tuckwell Open Gardens is back for 2023

Now, in the middle of winter, it's the time that we think longingly of our garden and plan what we could do to grow it to its best for the spring and summer. Is your garden one that you would like others to visit when you have created it?

Why not show it off at this year's OPEN GARDENS EVENT and open your garden gate sometime this summer sometime between May and September, to friends, family and the local community. Your garden will be interesting whatever the size or design, whether it is a creation of terracotta pots, or a large piece of land with woodlands and a

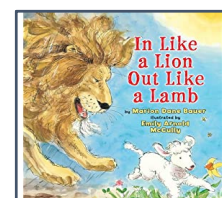
lake. If you could share it with visitors who would pay an appropriate amount to raise funds for the Phyllis Tuckwell Hospice Charity, please contact their fundraising team on 01252 729446 or email [fundraising@pth.org.uk](mailto:fundraising@pth.org.uk) to find out all the details and sign up.

## Virtual U3A

In 2009 the **Virtual University of the Third Age** (vU3A) was launched with the intention of offering the same friendship, support and learning enjoyed by off-line groups. vU3A is affiliated to the Third Age Trust in the UK. vU3A is open to anyone, in particular those who, by circumstances of isolation, health problems or other restrictions, cannot get to a U3A group. Email [info@u3a.org.uk](mailto:info@u3a.org.uk). Telephone:

**020 8466 6139**

*Will March come in like a lion and go out like a lamb, or the reverse?*



March is full of special days: It begins with St. David's Day. Welsh folk wear a daffodil to proclaim their nationality on this day; we have Commonwealth Day on the 13<sup>th</sup>; St Patrick's Day is on the 17<sup>th</sup> when the Irish will be wearing the shamrock for luck. They need the luck of the Irish to settle the Irish Protocol. Mothering Sunday is on the 19<sup>th</sup>. The Spring Equinox follows the next day, the 20<sup>th</sup>, and best of all, British Summer Time begins on the 26<sup>th</sup>.

**Message from Lavinia Martins, Membership Secretary .....Change of Contact Details....Please note that the number you should use to contact me with immediate effect is 07743 129886**

### Newsletter Competition

The idea for this competition is that as well as encouraging our talents, the entries could be seen by members who attend the Friday Talks during breaks in the programme. This would add to the communication between Groups. **No-one came forward for the February appeal!** Can I ask again for the March Issue of the Newsletter?

A Newsletter Competition Prize £10.00 (But mostly for the glory!) for photos or a written description of the villages and spaces around the lovely area that is covered by the Milford and District u3a. Written entries can be in any form, a poem, short story, a memory, a description - a photograph in words. With an idea of sharing them by Display and Readings at our future Monthly Meetings.

For publication in the next, APRIL Newsletter the competition closing date is **26<sup>th</sup> March 2023**.

### Newsletter

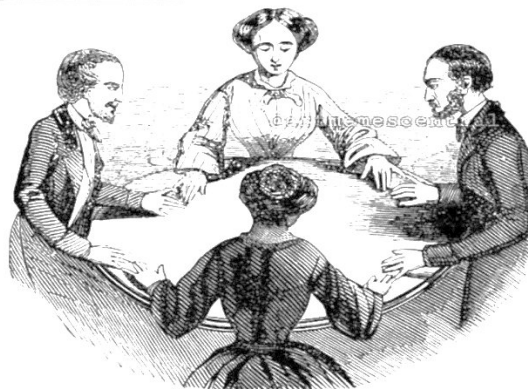


Do you know of anyone who doesn't get the Newsletter? If so, contact: our Membership Secretary Lavinia Martins for a temporary postal arrangement to receive a copy by post. Lavinia Martins' email: [membership@milford-u3a.org.uk](mailto:membership@milford-u3a.org.uk)

Please continue to send your Group News, or in fact anything that you would like to share with other members of our u3a to me, Pam Brown editor.

The Closing Date for all entries in the April Newsletter is **Friday 28<sup>th</sup> March 2023**.  
[pam-brown@milford-u3a.org.uk](mailto:pam-brown@milford-u3a.org.uk)

### Zoom meetings are just modern seances



"There's someone who wants to join us."  
"Elizabeth, are you there?"  
"We can't hear you."  
"Can you hear us?"