

Milford & District u3a Monthly Newsletter



April 2023

Contents: Chairman's Message, Friday Talk – The Heritage of Gilbert & Sullivan, Outing, Singing For Fun - Easter Celebrations, u3a summer schools, Drawing, Group, Patchwork Group, Online Coffee Mornings, NEW Group – Boules. Roving Photographer reviews of Talks, Tower of London and Osteoporosis. Notices.

Chairman's Message:



"For some of our Groups April and May represents the final two months of the 22/23 season as Group Leaders have a well-deserved rest during the summer.

For the revived Boules Group however this is the start of their activities, and I would also like to remind people that the Bowls Group run a series of meetings in May for those new to the sport.

There are other Groups such as Tennis, and some of the Cycling, Rambling, and Painting groups that continue well into July and August. If you haven't looked at the Programme for some time you may be surprised that an event is on that you are now able to make, so please look at the website for details.

The Programme is on revision number 11 as I write this. More generally, if there is an activity that a Group of you would like to do, please contact a member of the committee, and we will endeavour to incorporate that into the summer Programme."

John Oakey

Guildford u3a Annual Lecture at the Millmead Centre, Millmead, GU2 4BE 2pm on Tuesday, 11th April 2023

Professor Emeritus Jeremy Myerson of the Royal College of Art will be talking about design, with older people in mind. He spoke on this subject online on 30th November and those of us who heard it were so impressed that we decided he was exactly the person we needed to give our Annual Lecture. Absolutely everything we use every day of our lives - taps, door handles, buttons - is designed by somebody; some more successfully than others! Do come and hear this fascinating talk. He is an excellent speaker.

This year I am sending invitations to all the other u3as in the network. Attendance is free and there will be refreshments afterwards. Please apply directly to Julie Beattie Chairman Guildford u3a. paddyu3a@gmail.com>

There is Blue Badge parking on site, but other parking is very limited. Millmead Centre is about a 10-15 minutes' walk from train and bus stations. The Park and Ride bus at Artington is another easy solution to parking.

Our website: www.milford-u3a.org.uk

FRIDAY AFTERNOON TALK on 10th March 2023
Milford Village Hall at 2.00pm

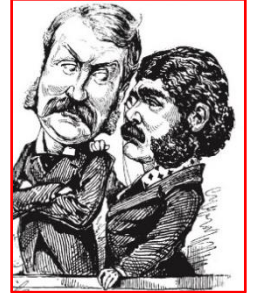
The Heritage of Gilbert and Sullivan

By
Bernard Lockett

Gilbert and Sullivan was a Victorian-era theatrical partnership of the dramatist W S Gilbert (1836-1911) and the composer Arthur Sullivan (1842-1900), who jointly created fourteen comic operas of which *HMS Pinafore*, *The Pirates of Penzance* and *The Mikado* are among the best known.

Gilbert, who wrote the libretti for these operas, created fanciful, absurd, 'topsy-turvy' worlds. Their operas have enjoyed broad and enduring international success and are still performed frequently throughout the English-speaking world.

Talk, tea, cake and conversation for £1.00



OUTING

The next trip is planned for Wednesday 17th May to St Mary's 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. Sue Losson. Please email your interest to: outings@milford-u3a.org.uk

Drawing for Fun Group led by Doug Smit



'There is a refreshing quietness and concentration amongst the group, only broken by a break for coffee with some warm conversation amongst the participants.'

Photo and quote: Sue Allen





Singing for Fun – and that's just what we do every Tuesday morning in the wonderful Chichester Hall. This group started back in 2015 under the 'baton' of Wayne Richardson, with the help of his wife Kay (his right-hand 'man') and Matthew Smith (with his magic fingers on the ivories).

We are a very happy group who just love singing (and we have a great deal of fun and laughter on the way). Everyone can sing; it doesn't matter if you can't read music - we learn by doing it and you'll be dragged along with the others.

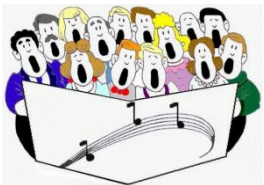
So, what do we sing? Well, pretty much a bit of everything – songs from stage musicals and films; a bit of 'pop' (well, our 'pop' anyway); folk songs; rock 'n' roll; country; gospel; quirky; sacred; classical – just about anything you can think of. Some of our favourites: "Oklahoma!" but you have to yelp loudly; we might catch the "Chattanooga Choo Choo"; how about Barry Manilow's "One Voice"; even a nursery rhyme "Sing a song of sixpence"; and loads more.



Tuesdays start with a joke or two as a warm-up – laughter is the best way. Then we start singing for 45 minutes; have a coffee & chat break; finishing with another 40 minutes in song.

Each term, we have a set of music to go through which may be used to entertain – like this Easter, we are singing "Hallelujah, What a Savior" (an American up-to-date compilation of the Easter story).

Next term, we are singing at The Clockhouse during their fundraising Afternoon Tea; then in May, we've been invited to join the Godalming Choral Society when they say goodbye to their Musical Director; and at Christmas, we are singing alongside the Hart Male Voice Choir at Holy Trinity, Guildford.



We've got people from all walks of life who get together to have fun and sing their hearts out. We all get along and make a wonderful sound. Singing really is fun. *Kay Richardson.*

HALLELUJAH!

What a Savior!

The Crucified and Risen Christ

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

In September this year, we will be celebrating Milford & District u3a's 25th Anniversary.

One of the original Group Leaders is Maria Ammann who was a founder Leader. Maria is still inspiring and advising her Patchwork Group.



The patchwork group is led by the very experienced Maria Ammann who is probably the longest serving group leader in the Milford and District U3A as she started leading a group when our branch was first founded. Maria began leading a group to teach German and then she taught 'Tatting' (an old thread weaving and knotting technique that can be used to create lace effect work) and eventually, in 2002 began the Patchwork group after learning it herself through undertaking a City and Guilds course – the group clearly comes of age this year!

The ladies attending are all very dedicated and clearly gained a lot of enjoyment and satisfaction from their beautiful handicraft. When I visited them, they were each working on their own imaginative projects ably supported and helped by Maria. A couple of ladies were creating some Christmas wreaths in patchwork to sell at the Farncombe Church Spring fair to raise funds for the church.

The items I saw were stunning and served many functions and certainly exceeded my imagination, they included a child's play mat, a patchwork covered box, tote bags, needlecraft bag, wall hangings, bedspreads, a Christmas tree, an Advent calendar, a 'stained glass window' and a Father Christmas – to name but a few (here are a couple of photos of just a little bit of the work). If you would like to try your hand at this beautiful craft, Maria does have some availability as they sadly lost some members due to Covid. Please contact her by email on: maria-ammann@milford-u3a.org.uk. Sue Allen.



**Patchwork Group 2nd and 4th Mondays 9.30 – 11.30am St Marks Community Centre
Led by Maria Ammann 07823325138.**

New Group!!!

Boules

1st Thursday in the month 2.00-4.00pm at the Car Park, Burton Pavilion, Milford.
(On the A 286) Dates: **April 6th**, May 4th, June 1st, July 7th, August 3rd, September 7th, October 5th



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 player or team. All standards welcome including those new to the game. *Liz Simmons*

Contact: 07876 015768 liz-simmons@milford-u3a.org.uk

Coffee Morning Group

Via Zoom

Fortnightly - Tuesday 11.00am -12 noon One hour

A fortnightly meeting for anyone who wants to bring a cup of coffee to a lively online meeting to exchange news. Of course, other beverages are allowed too.

Purpose – Communication, sharing. Listening and responding, using the voice and the smile, which we can lose if we don't use.

Learning – within sharing news and ideas or experiences: of visits or a happening – recommending a good book etc.

Using Zoom to be able to see and talk to friends. Help with zoom connecting, will be explained.

Contact: pam-brown@milford-u3a.org.uk



Review of the Friday Afternoon TALK on 10th February The History of the Tower of London – by Alan Kingshot

Aproximately 70 people attended the talk in February on The History of the Tower of London. These photographs show you the audience in rapt attention as they watched the screen shots and listened to the Speaker, Alan Kingshot. Alan is a retired Chief Warden from the Tower of London. He gave us an excellent talk. He was well prepared with slides as in the photo below, where you can see on the screen, the Tower and one of the ravens who live there and must not leave because, as the story goes, if they do, England will fall.

Alan did not go deeply into the history of the Tower, but we certainly learnt a lot about being a Warden there. Alan was clear, sensitive to the attention of the audience and funny, an excellent speaker.



Sue Allen

Review of 'Friday Afternoon Talk on 10th March Osteoporosis by Professor Susan Lanham-New

Those of us who attended the talk this month, will know we were indeed privileged to another insightful and interesting talk by the very knowledgeable Professor Susan Lanham-New who is Head of the Department of Nutritional Sciences at the University of Surrey (some may remember she gave us a wonderful talk last year on the place and importance of Vitamin D.)

The essence of the talk this year was managing Osteoporosis and maintaining our bone health. Professor Lanham-New gave sensible and simple nutritional and lifestyle advice, based on scientific evidence. She stressed the importance of ensuring that we consume sufficient calcium every day, preferably through a good quality, well-balanced, nutritious diet, taking a calcium supplement if required. She also highlighted the importance of exercise. Apart from the fact that exercise helps to strengthen our bones she also told us how a sedentary lifestyle is the main cause of us losing that important nutrient, calcium. She recommended that we all explore the website for the Royal Osteoporosis Society which can be accessed for free and offers a wealth of information about osteoporosis including exercises for bones. The website address is: www.theros.org.uk



Sue Allen

Summer Schools are fun and perfect for anyone who wants to holiday as a single traveller.

Our nearest u3a Summer School is at Chichester, West Sussex

Summer School is from 4th – 7th September 2023. A link to the Booking Form is now available in the u3a magazine – 'Third Age Matters' or: <https://u3asites.org.uk/southeastu3aforum/events>

If you do not have internet access, contact Jill Haistead on 07939 332542 and the relevant information will be posted to you.

Participants register on the Monday afternoon and they are with their tutors by 5.00pm for a short introductory session. On Tuesday, Wednesday and Thursday mornings there is a full programme with their chosen tutor. Summer School closes after lunch on Thursday.

There is a programme of events each evening: Quiz Night, Film Night on campus, or possibly a Theatre Visit.

Accommodation at Chichester University, with all meals and refreshments: All single rooms, is.

En-suite - £375.00. Standard £345.00.

Non-residential with lunch and refreshments and evening meal £187.50. With no evening meal £135.00.

A deposit of £50.00 is required to confirm your place. The balance must be paid by Friday 7th July 2023. Details for making a Bank transfer are on the booking form.

Courses;

Archaeology & Egyptology

Cycling

Fun with French – intermediate

Illuminate Manuscripts – Irish and Anglo Saxon

Poetry

Walking – a Coastal Delight

Creative Writing

Fizzics is Phun

Mah-jong – beginners

Mathematics demystified

Ukulele Intermediate

Yoga (seated or standing) & Mindfulness

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

*If you know of someone who doesn't get this Newsletter, for example, because their Internet connection, laptop, tablet or iPad are not working – Contact: Membership Secretary Lavinia Martins for a temporary postal arrangement to receive a copy by post. **Lavinia Martins 07743 129886 or email: membership@milford-u3a.org.uk***



Digital problems?

*If you need to learn more about your digital device –Contact: **Webmaster, Bob Fearnley 01483 4244751 or email: webmaster@milford-u3a.org.uk***



Roving Photographer.

Sue Allen, leader of our Photography for Pleasure Group has volunteered to take photographs for our various Groups and to become our Roving Photographer. She may visit some of our groups to take some new photos, if you invite her.

We are delighted by her visits this month and to the reviews of our Monthly Meeting Talks.

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

Newsletter



Newsletter

As I write, March is on its way out. I think it has been a lion throughout most of the month. Hopefully, it will go out like a lamb, as the old wives tale tells us it should, and this April Issue of the newsletter will see us in longer days of warmer, gentler weather.

I am beginning to plan the Newsletter for May. Would you like it to feature your Group? If you would, the closing date for an entry from you will be as soon as possible please, but **25th April at the latest**. If you have any photos of your group in action, I would love to be able to use them, but a paragraph or so about your Group, by a Group member or Leader without a photo, would be very welcome.

Our Chairman asks you: **If there is an activity that you would like**, which is or is not in our present programme, contact a member of the committee, and we will endeavour to bring it into existence. Does anyone want a **Gardening Group, or Walking Cricket or a Bus Pass Journey Group?**

Covid is still with us. The number of cases in England has stayed roughly the same in recent weeks, with the ONS reporting that still around 1 in 40 of us currently have the virus. The government's Coronavirus dashboard as at March 24th shows that cases are up by 6.5%, hospitalisations down 12.2% and, sadly, deaths slightly up by 1.8%. As always, vaccines are key to keeping these numbers low, so when called next month, all eligible individuals should schedule their **2023 Spring Booster**. Information provided by Jeremy Hunt MP

The Closing Date for all entries in the May Newsletter is Friday 25th April 2023. pam-brown@milford-u3a.org.uk