

Milford & District u3a Monthly Newsletter



July 2023

Contents: Thank you to John Oakey, Message from new Chair, AGM, Resignation of Jacky Tickner, Godalming Staycation, Review of Friday Talk – MEDECINS SANS FRONTIERES, New Group Canasta, Notices.

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

Change of Chair. Thank you to John Oakey.



John Oakey has led our u3a Branch as Chairman through many years of service. He guided us too through the very difficult years of Lockdown and through our recent year of recovery he has encouraged us to return to the very active branch that we were before Covid. He has consulted with other Branches in our Southern Region and with the Central u3a so that we have been kept up to date with all the available news and recommendations.

On a local level he has hosted our Monthly Meetings and has taken on every sort of problem or opportunity that would help our Branch to continue. Happily, he will not resign from the committee and all the knowledge that he has and can use to advise us in the future will not be lost. His presence has been a constant contact between the members and the committee, and our u3a is growing in activity due to his encouragement.

Thank you John for your past, present and future service to Milford and District u3a.

Message from our new Chair – Lisa Seeley



Thank you for giving me the opportunity to host Milford and District U3A. I'm looking forward to meeting as many of you as possible when I visit the groups in the Autumn. Although we've lost some longstanding groups I'm pleased that we have some new and exciting ventures including gardening, canasta and embroidery.

About me - I've lived with my family in Witley and Milford for nearly fifty years. Alongside the U3A I'm also involved with the Wharf Nursery in Godalming.

Although at different ends of the learning spectrum it will surprise no one that the three key words which capture activities at the Wharf, at the start of the little ones learning journey, are almost identical to the u3a's. Both emphasise the importance of learning new skills whilst laughing/smiling, basically having a lot of fun, whilst meeting new people and forging new friendships.

With the support of our valued group leaders I'm hoping that everyone will learn, laugh and live during 2023/24 and beyond

Lisa

lisbeth-seeley@milford-u3a.org.uk

AGM 9th June 9th 2023

We held our AGM before the Monthly Talk on 9th June. There was a good attendance.

The members present voted on the election of Lisa Seeley to take the Chair. Two members were voted onto the committee: Sue Allen and Liz Simmons. John Oakey was re-elected to the committee. Ray Seeley has volunteered to be our Secretary, following Jacky's retirement. He will be elected officially in September.

There was a long discussion on the need to balance the books of our Milford u3a. Our Branch along with most u3a Branches has lost members and their subscriptions due to Covid. This loss of revenue and the rising costs of hiring the venues we need, means that some increased costs are necessary. These were discussed and the following motions were accepted:

1. Motion passed to increase annual subscription to £25.00.
2. Motion passed to charge an additional membership subscription of £10 to members of groups that meet more frequently than monthly (NB. One payment regardless of the number of such groups a member attends.)

If you would like to register an interest in joining our committee, please contact any committee member at any time. This will be followed up by contact from the Chair who will explain what's needed.

Resignation of our Secretary Jacky Tickner



Our Branch Secretary, Jacky Tickner has had to resign from her position. Jacky has been in hospital for several weeks with very persistent back pain. She is in Onslow Ward RSCH, Guildford.

Jacky, Here seen displaying the 40 years Celebration cake in October 2022 has been the Secretary of Milford & District u3a for three years. Thank you from us all Jacky.

We wish her relief from pain and hope to see her at home again very soon.

SAVE THE DATE – we need you for the GODALMING STAYCATION

WEDNESDAY 9TH AUGUST 9.00 – 12.30

At the WILFRID NOYCE CENTRE–

The 2023 Godalming Staycation Programme is up and running. The Staycation will run from 5th to 13th August. You can reserve places on the many experiences offered. These have an amazing range including: Tastes of Ukulele, Free Football Training, Family Swimming, Tennis Coaching, Canoeing/Kayaking, Lawn Bowles, Zumba Fun Dancing, Angling, Hand Bell Ringing, Skate Boarding, Puppet making and many more.

Our own contribution will soon be among them. Our slot in the activities is on Wednesday, 9th August from 9.00 – 12.30pm at the Wilfred Noyce Centre, just off the High Street, Godalming.

We need your presence on the day to show off some of our enthusiastic members, and the variety of Group activities in which new members could participate. We need your ideas for displaying your Group Activities so that we can happily represent our Milford & District u3a to visitors to the Staycation.

Suggestions to Lisa Seeley email: lizabeth-seeley@milford-u3a.org.uk

Review. Monthly Talk on 9th June 2023 Medecins Sans Frontieres/Doctors Without Borders



Medecins Sans Frontieres – Doctors without Borders 9th June Friday talk – by Mr James Kliffe

As many will know, Medecins Sans Frontieres is an international medical humanitarian organisation. The founders of MSF (for short!) used to be members of the French Red Cross. James Kliffe, our speaker, who has worked for MSF for 27 years since they opened their office in the UK, was very keen to emphasise the importance of them being independent; although they are a world leading and world present organisation, they are not affiliated to any government or agency. The doctors who founded the MSF wanted to establish an organisation that had the right to speak out on behalf of the communities they served if they witnessed terrible atrocities taking place. Another aspect and a small part of their work is not to wait for permission to enter places where sometimes what they do is clandestine.

Their Logo is called the 'Running Man of Neutrality', a tee-shirt bearing the logo must be worn by all MSF workers while they are working. It is a symbol that means they are here to help, not taking any sides, they are not part of the conflict, but more importantly it protects the hospitals, clinics and ambulances that they have. This has provided them the capacity to enter areas of conflict and provide much needed medical help where no other aid agency has been able to gain access. MSF provide medical assistance, worldwide to people affected by conflict, epidemics and disasters or even to areas of the world where there is no healthcare provision. The organisation has many thousand health professionals who make up hundreds of teams. They also have a strong administrative and logistic staff – most of whom are employed locally to the area they are serving. They have a very well-oiled system to enable them to provide the right kind of need-specific help very quickly to stricken areas. Their work is guided by medical ethics and the principles of impartiality, independence and neutrality.

Their work relies entirely on the donations and generosity of individuals from all over the world. If you would like to donate to MSF or to find out more about how donations are spent look up msf.org.uk. Your gift ensures that when an emergency happens, their teams are there to relieve suffering and save lives; 80% of donations is spent on Social Missions, 15% on fundraising and 5% on management and general administration. *Sue Allen.*



GROUPS

CANASTA

Message from Sue Allen:

Interest in the proposed Canasta Group is growing. Initially, I am offering two groups per month, on different days and different times:

4th Wednesday of the month, in the afternoon from 2.pm – 4pm – from on 22nd November at Milford Village Hall.

2nd Thursday of the month in the evening from 6.30 – 8.30pm – from 9th November at St John's Church Hall, Milford.

The Groups will run until the end of March.

In order to have some idea for each group, and whether or not it will be feasible to run both groups, please could you let me know, which of the two sessions you would like to join, or if you would like to attend both – you are very welcome to do that.

I hope the session days suit you. I look forward to seeing your choice and to meeting you later in the year.

If you have any questions, please feel free to ask. *Sue Allen*
sue-allen@milford-u3a.org.uk.



Potential Group????

Walking Cricket

Surrey U3A Network has been approached by Surrey County Cricket Club to publicise the availability of Walking Cricket in the county. Walking Cricket is a less physically demanding form of the game and is suitable for U3A members, both men and women. You may have seen that it is already popular with U3As in the Yorkshire area.

The games take place on a smaller pitch with the boundary around 30-40m rather than the usual 55-60m. Players will need no equipment as this is provided so just trainers and sportswear will be fine. The game uses a softer ball and composite bats which are lighter than a standard cricket bat. The other rules are fairly similar to the usual game, but people don't need to know this straight away as the coaches/activators at the sessions will explain the rules as people play.

Full playing conditions are available here for anyone who is interested - https://surreywalkingcricket.play-cricket.com/doc_details?doc_id=42064&keywords=&page=1

At present Walking Cricket is available at 7 local clubs. If anyone in your U3A is interested in playing they should get in touch with the local contacts as listed. Please refer to our website <https://wp.milford-u3a.org.uk/2023/05/19/walking-cricket-anyone/>

Would it be possible here? Would anyone like to take on the challenge? pam-brown@milford-u3a.org.uk



MANY THANKS TO ALL THE GROUP LEADERS WHO HAVE RESPONDED TO THE NEWSLETTER WITH WONDERFUL NEWS AND PHOTOS OF THEIR GROUP ACTIVITIES THIS YEAR.

YOUR PARTICIPATION IN THE NEWSLETTER HELPS SO MUCH TO KEEP ACTIVE THE COMMUNICATION BETWEEN THE GROUPS IN OUR MILFORD u3a.

I WILL LOOK FORWARD TO HEARING FROM ALL OF YOU AT SOME TIME IN OUR NEXT U3A YEAR 2023-2024. . Pamela Brown Editor.

The Closing Date for all entries into the August Newsletter is Friday 27th July 2023 but please send as soon as possible.. I have a deadline to send this to the Webmaster so that he is able to post It to you for the **first day of the month.**

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