

Mid-Bucks (Aylesbury) U3A

www.u3a.co

Information Sheet for Thursday 21st March 2019

Meeting at the Community Centre

Prebendal Avenue at 1.30 for 2.00 p.m.

Editor: Dave Rogers Email editor@u3a.co

Speakers

Today, Leah Lewis is a “Wheelpower Ambassador”

Next month, 18th April, Bill George will talk on “Memorable Meals”

Groups Co-Ordinator Jan Paver (01296 422296)

Book Club

Carolynne McKee (01296 435096)

Just for this month the day of the week has changed and we will meet on Friday 22nd March at 14 Waxwing Close, Watermead. The book for discussion is ‘Entwined’ by Lynda la Plante. **New members welcome.**

Bridge

Val Doherty (01296 481331)

The next meeting is Tuesday 26th March 2019. Place of Play will be notified to members. **New members urgently required. We will teach you.**

Discussion Group

Elaine Turner (01296 582754)

The next Discussion Group will be held at 39 Madeley Road, Aylesbury, HP21 8BP, on Wednesday 27th March, starting at 10.30 am.

Facebook Group

April Smart (07816 295223)

We now have our own Facebook group where we can make announcements, discuss recent or planned events and generally socialise. Membership is only open to members of our U3A and is completely voluntary. It will not supersede the newsletter or website which will continue as normal. To see the group, just search for Mid-Bucks (Aylesbury) U3A in Facebook. You will need to answer 3 simple questions to join.

Family History Group

April Smart (07816295223)

We meet on the first and third Wednesdays of the month from 2.00-4.00 at 65 Thrasher Road,

Aylesbury HP21 8DU. Bring your notes, old family photos and certificates if you have any, laptops, tablets (free wifi available) etc. We currently have membership of Ancestry that we can consult during meetings. Our next meeting will be on 3rd April.

Food & Drink

Ceinwyne Jones (01296 613172)

No arrangements have, yet, been made for March 2019. Ceinwyne will contact members if circumstances change.

French Conversation

David Mummery (01296 580714)

Group meetings are planned to re-start in June. Members’ interest list will open at the April general meeting.

Gadget Group

Simon Reeks (01296 482735)

A self-help group to exchange experiences and give / receive help and advice about PCs, laptops, mobiles, broadband, SatNavs, TVs etc, held at 76 Rowland Way, Aylesbury, HP19 7SW. Normally 10am for a couple of hours on the 1st Tuesday in the month. Next meetings are 2nd April and 7th May or simply contact me for help and advice.

Gardening Group

Pat Pickering (01296 336161)

Our April garden visit will be on **Tuesday 9th April** at 2pm the garden we will be visiting will be “Montana” owned by Diana Garner the cost will be £6.00 and this will include refreshments. The address is Montana, Shire Lane, Cholesbury, HP23 6NA. Please sign up and **pay** at the **March U3A meeting**. The May garden visit will be on

Tuesday 14th May at 2pm when we will be visiting David Hilliards garden at Glebe Farm, Lillingstone Lovell, Buckingham MK18 5BB. The list will be on the board also at the March U3A meeting. Sign up and **pay** at the **April U3A meeting** please.

Geography Group

Wendy & Malcolm Russell (01844 208767)
Our last meeting before the summer break will be held on Wednesday 10th April 2019 at 2.30pm at The Aylesbury Tennis Club, Wendover Road. Wendy will be showing pictures of Eastern Canada, and after the refreshment break we will all be judging entries to the photo competition "In the pink." Please bring your photos along and any ideas you may have for a title for next year's photo competition. **All are welcome.**

Local History 1

New Leader required!!!

Local History 2

Pauline Noble (01296 484940)

Thurs. March 28th – visit to Arla, meet by main door at 10.20 for 10.30 a.m. start. Waiting list in operation! Any problems phone Julia on 07716 115783. **Tuesday April 23rd** – Visit to Frogmore Paper Mill – Form on board, **payment today.**

Musical Appreciation

Jim Wilding (01296 623628)

We next meet on 26th March, 2.30, at 32 Halton Lane Wendover.

Pétanque

David Mummery (01296 580714)

Games planned to start in June. Members interest list will open at the March general meeting (see article).

Photography

Jane Elliston (01296 426892)

Photography group will meet next on April 11 at 10.30 at Jane's House. We will review our photos from our last outing and be looking at menu options and Pets Mode. If you are interested in joining us, please contact Jane.

Pub Walks

Jan Paver (01296 422296)

The next walk is at 11.00 on Thursday 4th April. We will meet in the car park of The Greyhound at Wigginton HP23 6EH. The walk is a gentle 2.5 miles taking in part of the Ridgeway. Everyone welcome, just turn up on the day, but please let Jan know if you are staying for lunch so she can confirm numbers with the pub.

Quiz Group

Ann Burman (01296 422084)

The date for the April Quiz is Tuesday, 16th at Aylesbury Tennis Club, Wendover Road, at 2.00 pm. You don't need to be brainy, just come along for a few laughs and a cup of tea!

Singing for Fun (with Aston Clinton U3A)

Margaret Barker (01494 864812)

This group meets 2nd Wednesday in the month 10.30 a.m. in Halton Village Hall.

Ten Pin Bowling (Aylesbury Vale U3A)

Michael Walden (01844 291617)

This group meets every Monday 10a.m. at "The Rogue Bowling Centre" in Gatehouse Way. Cost is £3.50 per game (normally £5).

Transport History

Jim Wilding (01296 623628)

Next meeting is on 26th March at 10.30 at 32 Halton Lane Wendover, when we will have a talk and video on New Zealand Railways.

Yarn Crafters

Jasmine Reeks (01296 482735)

A time to sew, crochet and knit. 2nd Monday in the month 10.30-12.30 *or* 14.00-16.00. Next meetings:- 8th April & 13th May.

Next Contribution Date

Friday 12th April

Please be aware that there may be numerous opportunities to join activities and groups in neighbouring U3As, subject to availability. If you are interested in a particular interest group, contact the U3A via their website.

Proposed destination for coach trips during 2019

Thursday 04 April

THE NATIONAL STUD, NEWMARKET AND ELY

COST: £30 pp

PICK UP: 8.00 a.m. Exchange St.; 8.10 am Tennis Club; 8.15 am Bedgrove.

On arrival at the National Stud there will be time for tea/coffee and biscuits (included in the price) before we embark on a tour of the Stud. We are visiting at the best time of year to see the foals. We should leave the Stud around 12.30 to arrive in Ely by lunchtime. There will be time in Ely to visit the Cathedral or Oliver Cromwell's House or maybe just stroll by the waterfront.

Friday 03 May

WIMPOLE HALL AND FARM

COST: £4.00 PP (Free entry for National Trust Members. Non-members need to pay £16.00 cash on the day). PAYMENT at March Meeting.

PICK UP: 9.00 a.m. Exchange St.; 9.10 a.m. Tennis Club; 9.15 a.m. Bedgrove

Wimpole Hall is a National Trust Estate in Cambridgeshire. You can explore the Hall, discover the wonderful gardens or visit the Home Farm and discover the Shire horses, rare breed sheep cattle and pigs.

Monday 24 Jun

EASTBOURNE

COST: £6.00 pp PAYMENT by May Meeting

PICK UP: 9.00 a.m. Exchange St.; 9.10 a.m. Tennis Club; 9.15 a.m. Bedgrove

This is our annual trip to the coast! Let's hope the sun shines again this year! If you don't want to dip your toes in the sea you could always visit the Towner Art Gallery, the Redoubt Fortress or even Beachy Head.

Monday 22 July

BLACK COUNTRY LIVING MUSEUM

COST: £16.00 pp (including entry fee). PAYMENT by June Meeting

PICK UP: 9.00 a.m. Exchange St.; 9.10 a.m. Tennis Club; 9.15 a.m. Bedgrove

The Black Country Living Museum is an open-air museum of rebuilt historic buildings. Most buildings were relocated from their original sites to form the base from where demonstrators portray life spanning 300 years of history (with a focus on 1850-1950).

August

WATCH THIS SPACE.

We are hoping to book a trip on the Chinnor to Princes Risborough Steam Railway with cream tea

Monday 09 Sept

LONDON TRIP with Sally

COST: £10 pp. PAYMENT by August Meeting

PICK UP: 9.00 a.m. Exchange St.; 9.10 a.m. Tennis Club; 9.15 a.m. Bedgrove

Back by popular demand another walking trip around London with our Blue Badge Guide. This year we are hoping Sally will take us on a guided tour of the newly regenerated areas of Kings Cross and St Pancras

Tuesday 01 Oct

STRATFORD-UPON-AVON

COST: £4.00 pp. PAYMENT by the September Meeting

PICK UP: 9.00 a.m. Exchange St.; 9.10 a.m. Tennis Club; 9.15 a.m. Bedgrove

What can one say about Stratford; birthplace of possibly the most famous writer in the English language. Why not take a tour of the Royal Shakespeare Theatre or maybe visit the Butterfly Farm.

U.3.A. Holiday NORTHUMBERLAND

Just to remind you that your final payments are due by April 28th. Send to Motts not to me.

Julie Leach

Sale Board

This is to be displayed at the monthly meetings for members wanting to sell surplus items or skills such as gardening, help with computers, sorting out paperwork or similar. Commercial Sales are not welcomed. Members wishing to use the board should bring a postcard sized notice to display or email April - apriltruscottsmart@gmail.com.

Get Inspired: How to get into pétanque



Pétanque - pronounced "pay-tank", sometimes called boules, is a game that can be enjoyed by all the family and socially with friends for fun or more competitively up to European and World Championship levels. French in origin, it is now played right across the world and is one of the most inclusive activities available where people of all ages, gender, ability and fitness can play equally together.

Did you know?

The most highly regarded of throws in pétanque is the "carreau". This is when a player shoots their opponent's boule in such a manner that their boule stops in exactly the same position as the original boule. It's not as easy as it sounds so why not give it a try?

Played with hand-sized hollow metal boules on various types of dirt or gravel surfaces (terrains) the object of the sport is to get as many of your team's boules closer to a small wooden ball (jack) than that of your opponents.

All boules of one team nearer to the jack than any boule of the opponent's counts for one point each. Usually all games are up to 13 points.

Pétanque is perfect as a low impact exercise involving throwing, bending and walking. However it also requires team play, concentration, tactics and strategy. Being a relatively inexpensive activity the social side of the sport is another of its great benefits.

As long as you can hold and throw a boule you can play pétanque. The rules have also been adapted to include players who use wheelchairs or walking sticks for mobility.

David Mummery (01296 580714)

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