

**Mid-Bucks (Aylesbury) U3A www.u3a.co
Information Sheet for Thursday 21st November 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, Adam Smith will tell us about “Nelson – Hero of Trafalgar!”
Next month, 19th December, Vic Botterill answers the question
“What are the 12 days of Christmas Really About?”

News from the Groups

Book Club

Carolynne McKee (01296 435096)

The next meeting will be 10.30 am Wednesday 18th December at 14 Waxwing Close, Watermead. The book for discussion is “A Prisoner of Birth” by Jeffrey Archer.

Bridge Club

Val Doherty (01296 481331)

The next meeting is Tuesday 3rd December 2019. Place of Play will be notified to members. New members urgently required.

We will teach you.

Discussion Group

Elaine Turner (01296 582754)

No meeting for the foreseeable future due to serious illness in the family.

Facebook Group

April Smart (07816295223)

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 Mid Bucks (Aylesbury) 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)

Our meetings are held alternate weeks, but the days vary according to our availability. We meet from 2.00-4.00 at 22 Neyland Drive, Meadowcroft, Aylesbury HP19 9SA. Bring your notes, old family photos and certificates if you have any, laptops, tablets (free wifi available) etc. Between us we currently have membership of Ancestry and Find My Past which we can consult during meetings. Our next meeting will take place in the week commencing 2nd December.

Food & Drink

Ceinwyne Jones (01296 613172)

Next meeting is for our Christmas Lunch at “The Oak”, Aston Clinton. All booked!

French Conversation

David Mummery (01296 580714)

Group meets alternate Wednesdays.

Gadget Group

Simon Reeks (01296 482735)

Have a word with me if you have any issues / questions about modern electronics - PCs, laptops, printers, mobile phones, TVs, SatNavs etc. - essentially anything except Apple products. I can either arrange a group meeting where there is demand or simply arrange to get together on a one to one basis.

Gardening Group

Pat Pickering (01296 336161)

The Gardening Group is now taking its normal break for December and January. Our next meeting will be on Tuesday February 11th 2pm Aylesbury Tennis Club when Chris Ward will be giving us a talk on Wildlife Gardening

Geography Group

Wendy & Malcolm Russell(01844 208767)

Our December Meeting will be on Wednesday 11th December 2019 at 2.30 pm at The Aylesbury Tennis Club, Wendover Road. Photos will be shown of the trip by 9 U3A members to Paris in 2013, followed after refreshments by the judging of our photo competition entitled "Birds".**ALL WELCOME.**

Local History

Pauline Noble (01296 484940)

Thurs. Nov 28th– 10.30 a.m. at Aylesbury Methodist Church, Buckingham Street (Rooms 4/5) for our 'Photograph Memories' morning with Rupert. Lunch afterwards at Mendoza's in the High Street for those who would like. Please remember to bring the money for your lunch to pay to Ken and Sue at the start of the meeting. **No meeting in December.****Thurs. Jan. 23rd**- Cake, Natter and Programme Planning – 10.30 a.m.– Aylesbury Methodist Church. Charge £2.

Thurs. February 26th- Talk by Steve Baskerville on "The London Parks" 2.00 p.m. at Aylesbury Methodist Church, Buckingham Street (Rooms 4/5) Open to all at U3A. No charge to Local History members/visitors £2.

Mid Bucks Bakers

Jane Elliston (01296 426892)

Mid Bucks Bakers is currently not running but if you are interested please contact Jane.

Musical Appreciation

Jim Wilding (01296 623628)

Our next meeting will be on Tuesday 26th November, 2.30, at 9 Millmead, Wendover.

Pétanque

David Mummery (01296 580714)

It is now end of season for pétanque and we won't be playing again until May next year.

Photography

Jane Elliston (01296 426892)

Photography next meet at Jane's house on 12th December. We will review still life and Olney photos. Please also return your questionnaire AND bring photos for the slide show.

Pub Walks

Jan Paver (01296 422296)

This group is taking a break for the winter months and will start up again on Thursday April 2nd 2020.

Quiz Group

Ann Burman (01296 422084)

Just a quick reminder that there is no meeting of the Quiz Group in December. Our next meeting is 21st January 2020.

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)

Apologies for recent lack of communication as currently laid up with virus, hopefully cleared by our next meeting on 26th November, 10.30 at 9 Millmead, Wendover. Subject TBA, but there are several in the pipeline!

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 are December 9th & January 13th 2020

Next Contribution Date

Friday December 13th

Group leaders are reminded that they should send their contribution to the webmaster April Smart in addition to



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the editor, so that the
information can be

updated on the
website



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CHRISTMAS CAROL SERVICE

This will be taking place on Tuesday 17th December at the Church of the Holy Spirit, Bedgrove (71 Camborne Ave, Aylesbury HP21 7UE) starting at 2.30 pm. **EVERYBODY IS WELCOME** so please do bring your friends! If you are keen to read at the service or help in any other way (particularly with the provision and / or serving of tea, coffee and mince pies) then please speak to Hilary Haines (01296 580999) or Yvonne Dick (01296 485530).

The Secretary's Newsletter: November 2019

I am often overlooked as secretary as people think I am just a scribe for meetings or answering the phone. Here is my first attempt to connect with you, the members of this U3A. I hope you like my scribbling and would welcome anybody who cares to have a natter about the points I make.

"Retirement can be a blessing and a curse. While it's wonderful to have so much leisure time to do all the things you've been dreaming, it can also be a lonely and isolating period in life if you don't have a strong social circle."

Sometimes we forget the difference a simple conversation can make. Many of us take having a natter for granted but some lonely people rarely have a conversation. The effect of loneliness on our health is comparable to risk factors like obesity or cigarette smoking. In an age when our lives are so full of time saving devices, we can sometimes forget the difference a simple conversation can make.

It's about trying to alleviate loneliness and raise awareness of the importance of talking to each other.

For example, you may think that petanque is only about throwing boules. Not so. It is meeting people without getting engrossed or having to talk about things we would rather not talk about. It is about gradually being with new friends. Laughing and talking. It could be life changing. With the relatively large number of participants you get a chance to choose who you wish to relate to without any embarrassment. If you don't think petanque is your cup of tea (we don't start again until May), try the Geography Club or come on a coach trip: the result would be similar.

BBC TV licence

The BBC has announced details of the TV Licence fee concession for those over 75 which will be implemented from June next year. As a result, from June 2020, any household with someone aged over 75 who receives Pension Credit, will be eligible for a free TV licence funded by the BBC. We would really encourage members who are eligible to apply for pension credit to apply.

You can see details of how to apply here: <https://www.gov.uk/pension-credit/how-to-claim>

For advice and eligibility you can go to Age UK <https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/pension-credit/>

David Mummery