

**MAIDENHEAD**

**August 2023**

(Registered Charity No. 1074907)

### **CHAIRMAN'S THOUGHTS**

Hello All,

I want to focus this month on members getting value for money from their u3a membership. For my £16 a year I get 11 main meetings, 12 science meetings, 11 or so Lunch club meetings, 12 aviation meetings, 12 photography meetings, 12 art appreciation meetings, 10 or so London Explorers meetings, 30 walks and about 18 film club meetings.

This works out at about 12.5 pence a meeting which I think is excellent value for money. In addition to the great value for money, I get learning on a whole variety of topics, mental stimulus, social interaction and exercise! Now I grant you that I am a bit more involved than many, some might even think I am a bit nuts, but if you have read any of my "THOUGHTS" before you will have gathered that I strongly believe you get out what you put in.

So I want to set those that are perhaps only involved in one or two u3a activities a challenge and that is to try one new u3a activity this year and get even better value for money from your membership. If your topic of choice is not currently available then speak to our group's coordinator Kathy Bell. 2 years ago our London Explorers group did not exist and now we have 2 large, very active, groups and a third almost ready to go.

Are you up for the challenge?

Best Wishes

John Twydale, Chairman

### **WELCOME TO NEW MEMBERS**

Sandra Middleton, Malcolm Munroe, Wendy Watson, Sharon Hester, Barb Fidler,  
Sue Robb-King, Linda Boss and Carol Rust

## Notes on Membership

We have 3 types of Membership

- **Individual Members** – which is probably self-explanatory.
- **Associate Members** – these are members who already belong to another u3a group and pay a reduced fee to be able to attend our meetings and interest groups.
- **Joint Members** – these are members who share an address; the only difference is that these households only receive one copy of the National Magazine, Third Age Matters (TAM).

Each of the above categories can also receive our local newsletter by post if requested.

As you may be aware each level of membership has a slightly different fee, these fees are discussed by the committee and voted on by the membership at the AGM.

Any queries, comments, questions or suggestions please do get in touch  
[membership@maidenheadu3a.org.uk](mailto:membership@maidenheadu3a.org.uk)



## LOOKING AHEAD

### Save the Date!

Our Christmas Party this year will be held on the afternoon of **Wednesday the 6<sup>th</sup> December**. More information to come, but put it in your dairies now!

### 2024 U3A Pocket/Handbag Diaries

The new 2024 u3a diaries are now available to order. Please can you let me know if you would like one. The cost will be £4.50 (which includes postage). Please email [treasurer@maidenheadu3a.org.uk](mailto:treasurer@maidenheadu3a.org.uk) or call me (Linda Main) on 07962 255743 to secure yours.

### Day Out Stratford-upon-Avon

The Maidenhead National Trust Association is organising a day trip by coach to Stratford-upon-Avon on **Sunday 17 September** leaving Maidenhead at 9.30am. The cost is £25.

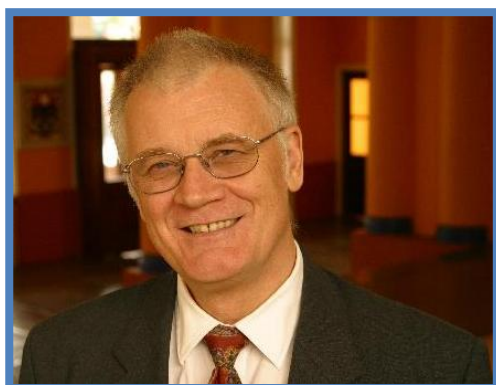
For more information, please contact Maggie Kearney 01628 637160.

**AUGUST 2023 MONTHLY MEETING**  
**Tuesday, 8 August 2023 at 2.30pm**

**BLACK HOLES AND OTHER WONDERS IN SPACE**

We are lucky that distinguished Professor Malcolm MacCallum has agreed to give the talk in August when he will address 'Black Holes and Other Wonders in Space'.

Back in May, we had Roland Pease fascinating us with the story of the James Webb Space Telescope. Professor MacCallum will follow up this astronomical theme by telling us all about the phenomenon of black holes deep in space and at the centre of our galaxy, and similar items known as 'compact objects'. Stars eventually collapse under their own weight, leaving large masses in small volumes (compact objects). The most extreme of the residues of these collapses are black holes, from which nothing, even light, can escape. New scientific techniques have dramatically improved our knowledge of black holes, winning Nobel prizes in 2017 and 2020 as Professor MacCallum will explain to us.



The professor has an MA and PhD from Cambridge, where he was a Fellow of King's College in 1970-76. From 1976-2009 he taught at Queen Mary University of London, eventually becoming Vice-Principal for Science and Engineering. He has held visiting positions in Berkeley, Catania, Paris, New York, Melbourne and Jena. From 2009 to 2012 he was Director of the Heilbronn Institute for Mathematical Research in the University of Bristol.

His academic interests are mainly in gravitation theory, particularly general relativity theory and its applications in cosmology, black holes and gravitational waves; and in computer algebra. He was President of the International Society on General Relativity and Gravitation in 2010-2013.

The talk will be held at the Desborough Bowling Club at 10 Green Lane, Maidenhead SL6 1XZ. Please aim to arrive between 2.00 and 2.15pm. To avoid problems with parking, **please share rides if possible**. You may park in the spaces for buses. **If the bowling club car park is full, you can park in front of Lidl or Homebase which are a short walk away for up to two hours, ideally having made a purchase.**

Prospective or non-members who would like to attend the talk as a u3a 'sample' should please first contact the Membership Secretary, Maggie Kearney, on 01628 637 160 or [membership@maidenheadu3a.org.uk](mailto:membership@maidenheadu3a.org.uk).

**PLEASE ENSURE YOUR PHONE IS SWITCHED OFF OR SET TO SILENT.**

If you have any comments before or after the meeting, or suggestions for talks, please contact Speaker Organiser, Philip Ratcliffe, on [speakers@maidenheadu3a.org.uk](mailto:speakers@maidenheadu3a.org.uk)

## **GROUP NEWS**

For information about any of the groups below where a convener is not named, please contact Groups Coordinator, Kathy Bell, by email to [groups@maidenheadu3a.org.uk](mailto:groups@maidenheadu3a.org.uk) or by phone on 07752 660537. The complete information about each group, including the name and contact number of the Convener, is on the **u3a website**.

### **Whist**

We now have some interest in forming a **Whist Group** but need a few more members before setting up an initial planning meeting, so if you are interested in becoming a member, or convener or joint convener of this group please contact Kathy Bell

### **Philosophy**

We now have enough members to be able to form this group but still need a few more to enable livelier philosophical discussion! If you would like to join, or become convener or joint convener of this group, please contact Kathy Bell and we will arrange an initial planning meeting in September.

### **London Explorers 3**

There are still vacancies for this group. We need at least 15 people to get it started and so far we have 12 people signed up. Please contact Linda Main ([threeAmain@gmail.com](mailto:threeAmain@gmail.com) or 07962 255743) to register your interest.



### **London Explorers I** **at the Thames Barrier**

## **Solos Group**

The Solos group is for those who live alone. For some of them, their bereavement or separation is relatively recent.

Several members have expressed the need to ensure their driving standard is up to the necessary level, especially in terms of parking! Are there any U3A members who are retired driving instructors, advanced drivers or very experienced and patient drivers, who could give us some practice sessions and tips on parking? If so, please ring me on: 07701 354490 and I will put you in touch with those who need help. Thank you Pauline Noden

Solos group meets on the 3rd Tuesday of every month from 2 - 4p.m. at 91 Pinkneys Rd, Maidenhead SL6 5DT. Please call the convener, Pauline Noden in advance on 07701 354490.



## **Creative Cards I**

**at the Newbury  
Stamperama "Make and  
Take" in July**

## **French Advanced**

There are now seven members of the group, who meet at 3.00 the third Thursday of each month in group member's houses. Five members of the group are completely bilingual, having lived in France / been married to French speakers for long periods. Our meetings are unstructured and discussions take off and change at rapid pace in true French style.





## Group Meetings in July

### **Canasta and Rummikub**

The venue for the meetings for both these groups will change just for the month of August. We will be meeting at The Barley Mow public house on Cox Green Lane. This applies to the following Fridays - **Canasta** - July 28th, August 11th & 25<sup>th</sup> and **Rummikub** August 4th & 18<sup>th</sup>.

We will be back at The Shire Horse as usual from 1st September.

### **Photography**

Meet at the studio, The Courtyard, Berry Hill, Taplow, SL6 0DA at 11.15. The topic for August is Graffiti.

### **Science**

Mike Bellman will lead a discussion on the history of Telephony "from Telegrams to What's App"

Meet at Jacqueline Turners House Larkspur, Mill Lane Taplow at 2.15 for a 2.30 start.

John Twydle is the convener.

### **Short Walk on Thursday 10<sup>th</sup> of August**

Meet at Cookham Moor National Trust Car Park SL6 9SG at 10:30 for a 10:45 start. A circular walk of about 2 miles flat walking around Strand Water and passing Moor Hall.

Lunch available afterwards for those who want to stay at the Kings Arms in Cookham High Street SL6 9SJ. The leader Anne Clark 07879 847375.

### **Longer Walk on Wednesday 16<sup>th</sup> of August**

Meet at Boulters Lock Car Park SL6 8JN at 10.15 for a 10.30 departure. Parking £1.90 for 2 hours so share cars where practicable. 3.6 mile flat walk along the Thames to Battlemead common then across to Summerleaze lake and back to car park. Lunch afterwards at Jenners Café if required. The leader John Twydle 07786854920

### **Social Walk on Tuesday 22<sup>nd</sup> of August**

Meet at The Thames Hospice SL6 2DN at 11.00 for an 11.15 departure. 1.5 mile flat walk round Bray lake followed by refreshments for those who want it Coffee / Cake/ Lunch at the hospice café. Support you Local Hospice.

Walk Leader John Twydle 07786 854920

### **Garden Visits on Wednesday 23rd August 2pm.**

The venue is Handpost, Basingstoke Road, Swallowfield. Reading RG7 1PU. For more information contact Maura McGinley, [Mauramcginley17@gmail.com](mailto:Mauramcginley17@gmail.com) or 07767 446349.

### **Aviation**

Mike Whitehouse will answer the question "617 Squadron. What happened after the Raid?" and examines the fate of the Dam Busters. Usual venue and time.

### **Beer Appreciation**

After a break for the summer, **the** group is planning to reconvene in September on Thursday 28th. This meeting will be held in the conveners' house, when we will discuss what people want from the group and how it will operate. All welcome. More details in the September newsletter.

Please contact Bob and Ann Beauchamp on 07739 400092 to express interest.

### **Film Group**

There will be no meeting in August. We will resume in September.

Thursday 7<sup>th</sup> of September at 14.00 "The Monument Men"

Thursday 28<sup>th</sup> of September at 14.00 "Moulin Rouge"

At the Studio, The Courtyard, Berry Hill, Taplow, SL6 0DA

John Twydale and Jenny Webb

### **Nature Amble**

Our July amble was very successful, finding many different meadow plants and butterflies. Our next amble is on Friday 18th August when we will walk around Braywick Park and Nature Reserve, all are welcome. For details, please contact Jill Waites

### **Carpet Bowls**

The convener of this group has changed. From now please contact George Bourne tel 07792570353.

Please note that the **Wednesday Lunch Group** is full.

## **Copyright Licence**

Each year we purchase a Copyright Licence. This allows members of our u3a to copy certain publications and take extracts from some published works. However please be aware it does not allow u3as to freely use any images found online. Most images found by an internet search will be subject to copyright and cannot be used without permission from the photographer or payment to the copyright holder. We are advised by the Third Age Trust that u3as are routinely contacted by companies who trawl the web looking for the misuse of these images and they will invariably issue fines. If in doubt please play safe or seek further clarification.

See the guidance on copyright and licences [on the advice section](#) of the u3a website or contact [learning@u3a.org.uk](mailto:learning@u3a.org.uk) if you have any questions on copyright.

1. What were the first names of the artists (a) Manet ( b) Monet?
  2. Who rode Red Rum in his first Grand National and in what year?
  3. What were the Three Unities of 17th century theatre?
  4. Which English king spent less time in his country than any other?
  5. How is Frederick Austerlitz better known?
  6. Which city has more canals, Berlin or Venice?
  7. Where could one have seen the Skylon?
  8. Why is Charing Cross so called?
  9. The Swallows and Amazons consumed “lashings of....” what?
  10. Which is the deepest lake in England?
  11. Who played Slowbottom in “Carry on Screaming”?
  12. Why were Steiff toys made without the ear-buttons between 1940 and 1946?
  13. Which brewery produced beer advertised with a red barrel?
  14. (a) How many yards are there in a furlong and (b) where are furlongs still in use?
  15. Why should one eat parsley with garlic?
  16. Which UK prime minister was born in Canada?
  17. Which birds have a gape and why?
  18. Which is the only lake in the Lake District?
  19. Which group of law-enforcers used to give a little jump before setting off in pursuit?
  20. How would sporting enthusiasts have known “Dickie Bird”?
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### **July Monthly Talk The Hospice Movement and Thames Hospice**

The talk in July was given by Michael Gaffney, a retired British Airways cabin crew member, now an ‘ambassador’ for Thames Hospice. He began by noting that hospices are joyful places with remarkable people working there. He ran over the origins of hospices in the 11<sup>th</sup> century, with a forerunner being the St John’s hospital founded in Jerusalem in 1064, and its links with Malta.

By the early 20<sup>th</sup> century, the movement started by Jeanne Garnier in the early 1800s in France had spread to several English-speaking countries. In England, an important pioneer was Cecily Saunders. Born in 1918, she was required to qualify as a doctor – at the age of 39 - in order to open a hospice, having previously practised as a nurse. She set up St Christopher’s, the first hospice in London, in 1967 which was the inspiration for hundreds of other hospices. It took ten years to raise the money for the hospice which was designed with large windows to create a welcoming environment and had no restrictions on visiting hours. Saunders sought to create a peaceful atmosphere, giving people emotional closure at the end of their lives. She believed it was important to control pain using her ‘Total Pain’ concept, recognising the psychological and spiritual elements of pain. Saunders was an evangelical Christian and social worker with original attitudes towards the dying. Her founding principles included the ‘friendship of the heart’. She helped people come to terms with the end of their lives. Doctors were trained to listen, and were able to promise that pain management would be an integral part of treatment. Dame Cecily Saunders died in 2005. Her legacy includes over 200 hospices in the UK.



The referral process to be admitted to a hospice is via GPs and hospitals; self-referral is not permitted. Hospices look after the carers and families as well as the patient. Thames Hospice costs £19 million a year to run, about a quarter of which is funded by the NHS, the balance coming from fundraising including legacies. Thames Hospice opened in Windsor in 1987 and combined with Paul Bevan House in 2005. The new facility by Bray Lake was officially opened by HM Queen Elizabeth II on 5 July 2022, her third visit to the hospice and her very last public engagement. The eight acre site was donated and the building cost was £22m. It includes facilities for arts and crafts and other activities, complementary therapies, pain relief and symptom management, palliative care, and physiotherapy, together with a counselling team. The hospice has 28 beds in three wards and a 'virtual ward'. Some patients stay to give their carers respite; there are no formal limits to the length of stay. Unlike hospitals, fresh flowers and pet visits are allowed. As well as inpatient care, the hospice offers help at home, a Wellbeing centre and counselling and bereavement support. Some figures:

- In 2022, 18,500 phone calls asking for support were answered
- 360 inpatients were treated in 2022
- The cost per night of an inpatient is £1,054.
- Care at home costs over £2,000 per night

The Clinical Quality Care Commission (CQC) on inspecting the Thames Hospice graded it 'Outstanding', one of only seven places in the country given this grading.

Michael Gaffney was warmly applauded at the end of his talk. Audience members donated nearly £400 in a spontaneous gesture of support.

Philip Ratcliffe

### Thames Valley Network

Our regional network of u3a groups also has a regular programme of events, some on Zoom and some in person. To see what is coming up visit <http://u3atvnetwork.org.uk>. For example

**Sept 12- Rock n Roll A presentation**

**Sept 15 – Autumn Quiz**

**Nov 2 - Frida Kahlo & Georgia O'Keefe**

### u3a Talks on Zoom

The u3a national website hosts a number of talks on Zoom each month. They are free to all u2a members. To find the go to [www.u3a.org.uk/events/educational events](http://www.u3a.org.uk/events/educational-events). They cover a huge variety of topics.

### Programme of Group Meetings

Below is a list of the groups currently active in Maidenhead u3a, listed in day order of the week - morning / afternoon. If you need any more information about what any group does, you can find it at <https://www.maidenheadu3a.org.uk/groups/> WITHOUT having to log in.

Convener contact details are available at [www.maidenheadu3a.org.uk/groups/](http://www.maidenheadu3a.org.uk/groups/). You will first need to Log In or if you don't have a Log In you should register for an ID. If you are unable to access the internet, ask

another u3a member to help you or contact Kathy Bell. You can find her contact details at the end of this newsletter.

**Sunday Groups:** Sunday Bridge every week and MOTO (Members on Their Own) once a month.

**Variable Days:** London Explorers, Walks, Film, Solos and Bucket List.

	Morning	Afternoon
Monday	Dog Walking, 2 <sup>nd</sup> & 4 <sup>th</sup> Latin, 2 <sup>nd</sup> & 4 <sup>th</sup>  Spanish Improvers 2, 1 <sup>st</sup> & 3 <sup>rd</sup>	Bridge E, every week Carpet Bowls, every week Classical Music, 2 <sup>nd</sup> French Conversation, 2 <sup>nd</sup> Jazz Appreciation, 2 <sup>nd</sup> Quiz, 1 <sup>st</sup> (evening) Scrabble, Last Mon
Tuesday	Creative Writing, 1 <sup>st</sup> Photography, 2 <sup>nd</sup> Spanish for Holidaymakers 1, 1 <sup>st</sup> & 3 <sup>rd</sup> Spanish for Holidaymakers 2, 2 <sup>nd</sup> & 4 <sup>th</sup> Spanish Improvers 1, every 2 weeks	Art Untutored, 1 <sup>st</sup> & 3 <sup>rd</sup> Current Affairs 1, 4 <sup>th</sup> Family History, 3 <sup>rd</sup> Food and Nutrition, 3 <sup>rd</sup> Guitar, fortnightly Poetry Reading, 1 <sup>st</sup>
Wednesday	Bridge F (beginners) every week French, 2 <sup>nd</sup> & 4 <sup>th</sup> French Improvers, 1 <sup>st</sup> & 3 <sup>rd</sup> Garden visits, 4 <sup>th</sup> (time depends on destination) Maideleles (Ukulele) every week	Book Reading 1, 3 <sup>rd</sup> Book Reading 2, 2 <sup>nd</sup> Lunch on Wednesdays, 1 <sup>st</sup> Mahjong, 1 <sup>st</sup> & 3 <sup>rd</sup> Meditation, 3 <sup>rd</sup>
Thursday	Threads and Needles, 3 <sup>rd</sup>	Ancient Literature, 3 <sup>rd</sup> Aviation, 2 <sup>nd</sup> Beer Appreciation, 4 <sup>th</sup> Bridge C, every week Cribbage, 2 <sup>nd</sup> & 4 <sup>th</sup> Current Affairs 2, 2 <sup>nd</sup> Exploring World Faiths, 1 <sup>st</sup>  French Advanced, 3 <sup>rd</sup> German Conversation, alternate weeks Play Reading 1, 1 <sup>st</sup> Popular Music, 3 <sup>rd</sup> Practical Gardening, 1 <sup>st</sup> Science, 3 <sup>rd</sup>
Friday	Art Appreciation, 1 <sup>st</sup> Canasta, 2 <sup>nd</sup> & 4 <sup>th</sup> Creative Cards 1, 2 <sup>nd</sup> & 4 <sup>th</sup> Nature Amble, 3 <sup>rd</sup> Rummikub, 1 <sup>st</sup> & 3 <sup>rd</sup>	Spanish Improvers 3, 1 <sup>st</sup> & 3 <sup>rd</sup> Creative Cards 2, 1 <sup>st</sup> & 3 <sup>rd</sup> German Advanced, 2 <sup>nd</sup> & 4 <sup>th</sup>  Fun with Flowers, 3 <sup>rd</sup> History, 2 <sup>nd</sup> Play Reading 2, 2 <sup>nd</sup> Puzzles, 3 <sup>rd</sup>

## **Answers to August's Quiz**

Any queries, email Ann at [annghay@icloud.com](mailto:annghay@icloud.com)

1. (a) Edouard (b) Claude
2. John Francome, in 1973
3. (a) Time - play must take place within 24 hours (b)Space - play must take place in a single place (c) Number- no more than three speaking characters on stage at any one time.
4. Richard I the Lionheart
5. Fred Astaire
6. Berlin
7. The Festival of Britain in 1951
8. Chère Reine, for Eleanor, the beloved queen of Edward I He built crosses to mark the places where her coffin had rested on the way to London for burial.
9. Ginger Beer (which they called grog)
10. Wastwater
11. Peter Butterworth
12. Metal was in short supply because of the war effort.
13. Watneys
14. (a)/220 yards (b)on a racecourse, measuring the distance of a race.
15. To avoid bad breath
16. Andrew Bonar Law
17. All baby birds have bright yellow rims on their beaks to ensure that the parents put food in their beaks.
18. Bassenthwaite Lake (all the others are either 'mere' or 'water')
19. The Keystone Kops.
20. Famous cricket umpire

## **Sbmissions to Newsletter - especially Pictures**

We would be delighted to receive articles and photos from members. If you decide to send us photos, please ensure that they are no more than 750kb each. Also, please do not email .pdf files for the newsletter as the open-source software that we use to insert these files requires considerable additional effort. Acceptable formats are: .docx, .doc, .jpeg (.jpg) and .xls or .xlsx. It would help the editors if you would crop them and reduce the image size before sending. Email attachments are much easier for us than embedded pictures Please email us anything that you would like us to consider for the next newsletter NO LATER than the 22<sup>nd</sup> of the month.

Thank you Nuala Smith & Jack Kerbel

[newsletter@maidenheadu3a.org.uk](mailto:newsletter@maidenheadu3a.org.uk) or [newsletter.maidenheadu3a@gmail.com](mailto:newsletter.maidenheadu3a@gmail.com)

## Committee Members & other u3a links

Chairman	John Twydle	<a href="mailto:chairman@maidenheadu3a.org.uk">chairman@maidenheadu3a.org.uk</a>	01628 621644
Treasurer	Linda Main	<a href="mailto:treasurer@maidenheadu3a.org.uk">treasurer@maidenheadu3a.org.uk</a>	07962 255743
Secretary	Janet Rose	<a href="mailto:secretary@maidenheadu3a.org.uk">secretary@maidenheadu3a.org.uk</a>	01628 624709
Membership Secretary	Maggie Kearney	<a href="mailto:membership@maidenheadu3a.org.uk">membership@maidenheadu3a.org.uk</a>	01628 637160
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### **Summer Holidays**

Western Algarve coast (to be exact, Arrifana - a few kilometres up from Cape St Vincent). This coastline is wild and beautiful, reminiscent of Cornwall perhaps, but much, much warmer.

Derek Searle