

# HELLO SUMMER



## Message from the Chair



The weather so far this summer has been very dry - apart from the occasional thunderstorm and downpour - and very hot at times. As a nation we look forward to sunny summers but they are now becoming too hot at times. I hope you are all taking care and doing your best to stay cool and hydrated in our heatwaves.

Those of you who came to our July meeting will have seen that we used the Rufus Centre's projector for our rolling display and the speaker's presentation. This filled the screen and was so much better than the relatively small display from our projector. We will continue to use the main projector although that comes at a cost. As the charge for using the Rufus Centre will be going up it is likely that next year will see the meeting entrance fee go back to £2.

I spent a few days in Cornwall in June – I have been a frequent visitor to Cornwall since I was small and have been past or through Bude on numerous occasions. This time I stayed in Bude for the first time and found there was a whole lot more than just the beaches and the supermarket. There is, for instance, the canal with some really nice walks, the castle (more a Victorian house) that is a café, art gallery and exhibition about its original owner who was a noted inventor.

This was a good example of finding there was more than you expected when you look beneath the obvious, which is true of many things in life.

I hope you all enjoy the rest of the summer. Don't forget to look at our website, to keep you up-to date with what's happening!

## Your Committee Members

Chairman	Nicholas Rose	01462 713897
Vice Chair	Ann O'Brien	
Secretary	Lyn Fairweather	07927364286
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Membership Secretary	Nicholas Rose	01462 713897
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## FROM THE EDITOR

Welcome to my second edition of the newsletter. I have tried to make it interesting as well as informative.

I have put in another Picture Quiz and ,again, it is themed. I have a few more themes in mind for future editions but if you have any ideas please let me know either by email or catch me at one of the meetings.

Indeed, if you have any suggestions for what you would like to see included in the future, do not hesitate to let me know.



## 2025 General Monthly Meetings and Speakers.

**August 14th Jim Stebbings** presenting "Luisitania—a tale of loss, deception, and conspiracy".

**September 11th Howard Slater** presenting "Fred Astaire—his story with singing and dancing".

**October 9th Roy Smart** presenting "Percy Pilcher—Aviation Pioneer and the Art of Flight".

**November 13th Margaret Butt** presenting "My Ancestral Convict to Australia".

**December 11th To Be Arranged**

*Richard Bowsher*

There have been some excellent speakers so far this year. Please have a read of "What You Have Missed" on the pages 3 and 6 and you will be able to see synopses of two of the last four speakers in order to allow you to catch up with what you have missed. (There will be more synopses in future editions.)

Better still, make the effort to come to as many monthly meetings as possible in the future so that you do not miss out on

## U3A Notices

If you have moved or changed your address, please let us know, so we can keep in touch with you. Equally, if you know any other member whose details have changed do prompt them to get in touch with us

Nick Rose (membership secretary)

Contact Details: phone: 01462 713897  
or email: [memsecu3afd@outlook.com](mailto:memsecu3afd@outlook.com)  
or write to;

2 Wilson Close,  
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To join any of our groups you need to be a full member of Flitwick and District U3A.

- Please send all your editorials to **our new email address:**
- Phil Nichols  
[fdnewsletter@outlook.com](mailto:fdnewsletter@outlook.com)
- Our U3A Website address:  
<http://u3asites.org/flitwick>
- Facebook.com
- Let us know of future local events and activities
- If you have any comments on the newsletter or other matters do let us know.

# WHAT YOU HAVE MISSED

## **Dad's Army by Steve Dimmer. April 10th**

Dad's Army was a TV sitcom that aired from 1968 - 1977, created by Jimmy Perry and David Croft, who originally wrote the script & sent it to Michael Mills, the BBC's head of comedy who then commissioned the series. It was about the UK's Home Guard during WW2 and ran for 9 series between 1968 - 1977 and comprised 80 episodes.

The Home Guard consisted of local volunteers otherwise ineligible for military service because of age ( hence the title) and other reasons, therefore most of the actors taking part were over military age. It was set in the fictional town of Walmington on Sea, supposedly located on the south coast of England but in fact filmed mostly around Thetford in Norfolk.

As a comedy, in many ways it relied upon the Platoon's lack of action in WW2. The main actors taking part were Arthur Lowe as Captain Mainwaring, Clive Dunn as Lance Corporal Jones, John Le Mesurier as Sargeant Wilson and Ian Lavender as Private Pike. As well as the main characters Warden Hodges and Rev. Farthing were the platoon's major rivals and antagonists.

The humour ranges from the subtle to the slapstick, the antics of the elderly Jones being a prime example. Several catchphrases were used including 'Don't Panic', 'They don't like it up em', 'You stupid boy'. Probably the most famous line was 'Don't tell him your name Pike'.

The first two series were filmed in black and white and the remainder in colour. There were also three Xmas specials, an hour long special as well as a film in 1971 and a re-make in 2016.

***Richard Bowsher***

## ***Awaydays 2025 Team***

**We now have a list of Awaydays up on our branch website. Please have a look.**

**There will also be information given out in our monthly meetings**

# WHAT YOU HAVE MISSED

## Tales of a Concorde Pilot by Capt. John Hutchinson May 8th.

John became a fully fledged Concorde pilot in 1977 after undergoing an intensive training programme to fly the aircraft. Concorde was conceived in the late 1950's and was a combined effort between GB and France, and they signed a treaty in 1962 to share costs and risks.

Concorde was 205ft long, wingspan 84 ft and seated 100 people but with limited headroom but lots of legroom to cope for all sizes. The first successful flight was in March 1969 and the first scheduled flight was in 1976 and the first flights to the USA was in 1976 and to New York in Nov. 1977.

John then went into great detail explaining how most of the systems were computer controlled and how the intake flaps to the engines moved to control shock waves. Reheat was used on take-off for 20 secs. and to reach supersonic speed once high in the air and only over the sea not over land.

Flights to NY were twice a day 10.30am and 7.00pm in the evening. Passengers were fed wonderful meals; steak, shrimps, caviar, etc. and fine wines which had to be served in 2-3 hours with coffee after. Sometimes people were invited into the cockpit during the flight. On one occasion, on a flight to New York in 1979, a lady aged about 85 explained that she saw her first aeroplane in 1908 being flown by the Wright bros. and had her first flight with Louis Bleriot in 1911, so in a lifetime we have gone from the Wright bros. to flying at twice the speed of sound. The airframe was designed for 45,000 flying hours and the highest temperature it could sustain was 127 degrees C. which limited speed to Mach 2.02. The fuselage expanded by as much as 12" at supersonic speed, most obvious was the gap between the console and bulkhead where you could put your hand in before the gap shrunk again.



On landing the windshield was dropped 12 degrees to aid vision (the windshield had a heat shield for protection). Concorde could not be stacked for landing so always had priority landing.

The last flight for Concorde was in Nov. 2003 and was to Bristol Filton

*Richard Bowsher*

# MEET YOUR COMMITTEE

## PART ONE



**NICK ROSE**

*I joined U3A soon after we moved here in 2014, joined the Committee in 2016. Now I divide my time between U3A, golf (more enthusiasm than ability!) and enjoying seeing my grandchildren.*

*Born in Lincoln, I worked in Education for most of my career which took me from the streets of Tottenham in North London to the foothills of the Andes, then onto Buenos Aires and finally home to London. I enjoy reading, hence am a member of two Literature groups in our u3a, also sewing, knitting and crochet, so am a member of the Craft group. I am married with one son and am enjoying my retirement. I would encourage people to become more involved with our excellent u3a.*



**LYN FAIRWEATHER**



**MAUREEN GATES**

*I have lived in Greenfield since 2013, when I moved here from St Albans, and joined Flitwick u3a in 2015 following my retirement in 2014. Mark and I have been married for almost 32 years. I enjoy attending a number of groups, including Whist, Pétanque, Quiz, Rummikub and some Lunch groups. I also enjoy travel, especially cruising, and watching bands - even more when I can combine both.*

*I've been a member of u3a Flitwick and District for over 10 years. Until recently I only took part in the Spanish group. I was a complete beginner initially and the group supported me to be a little better than that. I was persuaded to join the committee at the AGM in 2024 and am currently the Groups Coordinator and the Speaker finder (so you know who to talk to if you know anyone who others would enjoy hearing from). I have lived in Flitwick for nearly 40 years. Before retirement I was a teacher for over 35 years.*



**LYNDA LEES**

# WHAT'S IN A NAME

## “A rose by any other name would smell as sweet”

In the last issue I misspelled one of the contributor's names ( For which I profoundly apologise Anne Slack!). This led me to start musing about names. Not so much surnames which have usually evolved from occupations or places where people have lived, but about what used to be called “Christian names” but now are more commonly referred to as “given names” or “first” names.

These are names that have actually been chosen, usually by parents.

One of the first things I was told in my teacher training was that names are important. If you know and use a pupil's name you have some power over him or her. Think also about how sales people will always try to use your first name as much as possible to try and build a dynamic with you. As a teacher for nearly 40 years, I have come across thousands of pupils sporting hundreds of different given names between them. What made it increasingly difficult for me was the number of different ways that each name could be spelled. For example: Ann or Anne, Lyn or Lynn, Lesley or Leslie, Francis or Frances. I could go on and on!

Then there were the names that might have begun life as diminutive or pet names, but over the years became given names in their own right. For example: Peggy for Margaret, Jack for John, Bill for William or Jenny for Jennifer. In the days before computerized class lists, each start of the school year was a minefield regarding asking the pupils for their names, working out whether the name given was the actual name and then finding out how to spell it to the pupils' and their parents' satisfaction.

Then there were the “fashionable” names: Chardonnay, Dakota, India and the like. Chosen, or even made up, by the parents for reasons known only o themselves. In the U.K. there are very few restrictions as to what parents can name their children unlike France, where from 1803 to 1966, name could only be from the Bible or from Ancient Greece or Rome. So it was perfectly acceptable to name your child Caesar or Hercules or Athena or any of a host of names from the Bible such as Jeremiah or Rebecca, Job or Ruth.

Names go in and out of fashion. I cannot remember many Henrys or Berts or Ernests in recent years; yet some “old fashioned” names have come back into fashion; George, Matilda and many others. Added to all this is the rise of names of foreign origin as we become more of a multicultural society.

For most people their given name is precious and they care how it is used and how it is spelled. I understand this and I will endeavour to be accurate with naming and spelling. However, for the reasons above, I hope you will be forgiving if I get your name wrong!

# PETANQUE

## PETANQUE

The game of Petanque evolved from an ancient game of bowls in 1907 in Southern France and the first competition was held there in 1910. Petanque became popular throughout France and quickly spread until today there are 112 Petanque Associations throughout the world. Surprisingly it has never been an Olympic Sport although I understand there is an application for it to be included in the 2028 Games.

The idea of forming a U3a pétanque Group was first discussed by a small group of us in 2012 and Joan Greenwood became the leader. I was already a pétanque club player and knew the basic rules. 12 U3a members were willing to give the game a try and by 2014 we had 18 members and we played on the first and third Tuesday of each month (April to October).

In 2018 Joan decided she must give up the organising of the group and I took over towards the end of that season. We then had 22 members.

Due to COVID Petanque could not be played during 2020 but we were able to start again in June 2021 and members decided to play weekly on Tuesdays.

We now have 25 members who all seem to have a thoroughly enjoyable morning playing from 10.30am until 12 noon with the opportunity to get together when the session finishes.

We play at the Musgrave Arms near Shillington which is a very pleasant pub with friendly staff serving hot and cold drinks and food.

## Alan Davies



# ASTRONOMY

## Heather Valentine

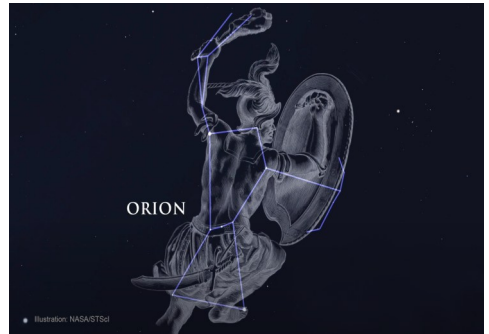
You probably don't get to stare at the night sky very often – and when you do try to look at it, it's too cloudy to see much. However our ancestors wondered about the night sky and observed a lot more. Greek travellers staring into the night sky created stories about what the stars meant and represented. They used stars for navigation where we might use Google Maps. They particularly used constellations or groups of stars of which Orion is one of the most famous and is easily visible in the autumn sky in the Northern Hemisphere. It's a collection of stars that together look like a hunter with a club and a shield. Orion, in Greek mythology was a hunter who was killed by a



giant scorpion and placed among the stars. What gets this constellation its fame is the three stars in the middle of the constellation which appear to be in a completely straight line – they look like the hunter's belt, hence the name 'Orion's Belt'. (They are not actually in a straight line in space, because they are situated at different distances from planet Earth). The Orion Nebula is in 'Orion's Sword' - the three stars below Orion's Belt. The middle one of these stars appears 'fuzzy' with the naked eye, but a more obvious shape through binoculars – this is the Orion Nebula. A nebula is a giant cloud of dust and gas in space which is a stellar 'nursery' where new stars are forged. Observations of it have been made

by the Hubble Space Telescope since 1993 and the James Webb Space Telescope since 2023. The images sent back to planet Earth by these huge 'cameras in the sky' are helping astronomers to further their understanding of the formation of stars. Every time you look up in the sky and find Orion's Belt, you are looking back in time at distant stars that are more than a thousand light years away. A light year is the distance light travels in one Earth year – about six trillion miles! To help you understand this, our Sun is the closest star to us, and is about 93 million miles away. Hence the Sun's light takes about 8.3 minutes to reach us. This means that we always see the Sun as it was about 8.3 minutes ago. Therefore, this means that the further stars are away from us, we are presently seeing what they looked like further back in time. The four main stars in the constellation of Orion starting in the top left- hand corner

Therefore, this means that the further stars are away from us, we are presently seeing what they looked like further back in time. The four main stars in the constellation of Orion starting in the top left-hand corner and continuing clockwise are called Betelgeuse, Bellatrix, Rigel and Saiph. One way of determining how much light pollution is affecting your view of the night sky is to count how many stars you can see with the naked eye within the shape bounded by these four stars – the fewer stars you can see, the more light pollution there is – or maybe your eyesight isn't as good as it was!



## RUMMIKUB

The Rummikub (2) group meets twice a month on Wednesday afternoon at the Rufus Centre.

As the name suggests it is a game similar to the card game rummy, using numbered tiles. The aim is to build groups of the same number (different colours) or runs of consecutive numbers (same colour). Players can add or move tiles on the table and the winner is the first person to use all their tiles.

Strategy, luck and quick thinking all play their part and it is a very popular game for all ages. Some of our members play with their grandchildren.

The group is full at the moment but I will let members know when there are vacancies.

Jan Denyer.

# Where on Earth...?

(Or at least in Flitwick and District)

How well do you know the local area?

Can you identify the following pictures?

Hint—there is a common theme to them all (Which will, no doubt, be obvious to the members of u3a!).



1



2



3



4



5



6



7



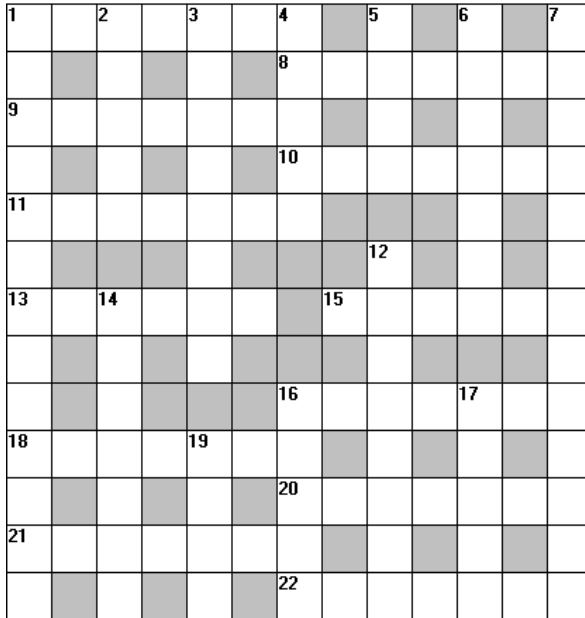
8

## Answers

1. Carpenter's Arms, Harlington 2. The Chequers, Westoning 3. The Crown, Flitwick 4. Flying Horse, Clophill 5. The Bull, Barton 6. Star and Garter, Silsoe 7. Prince of Wales, Ampthill 8. The White Hart, Ampthill

# GENERAL KNOWLEDGE CROSSWORD by ASHLEY CARTER

GK21

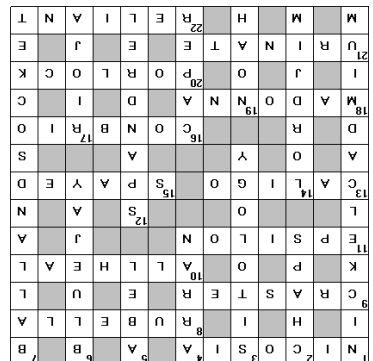


### Across

- 1 Capital of Cyprus (7)
- 8 German measles (7)
- 9 Northumbrian fishing village noted for its kippers (7)
- 10 Perennial herb whose Latin name is *prunella vulgaris* (3-4)
- 11 Fifth letter of the Greek alphabet (7)
- 13 Dimness of sight (6)
- 15 Descriptive of a female animal that has had its ovaries removed (6)
- 16 Musical term meaning 'forcefully' (3,4)
- 18 American singer and actress (7)
- 20 North Somerset town (7)
- 21 Pass water (7)
- 22 Old Staffordshire car manufacturer famous for its -wheeled economy car (7)

### Down

- 1 Type of battery (6-7)
- 2 Leggings worn by cowboys (5)
- 3 Dietetics (8)
- 4 Largest island in the Firth of Clyde (5)
- 5 Brother of Cain (4)
- 6 Colourful North American member of the crow family (4,3)
- 7 Type of joint in the human body (4,3,6)
- 12 In architecture, the space between two arches (8)
- 14 Novel by Joseph Conrad, first published in 1899 (4,3)



GK21

# Study into the health and wellbeing of adults who grew up in foster or residential care



## Why is the research being conducted?

Research has shown that care-experienced adults face a greater risk of negative health outcomes compared to the general population, including higher rates of physical and mental health issues. These issues have been linked to experiences before and during care, as well as insufficient support during and after their care experience.

While research is underway to explore how to improve the health and wellbeing of younger care leavers, the health and wellbeing priorities of older care leavers in England are very poorly understood. Research conducted in Australia, however, suggests that older care experienced adults have unique health needs, many of which relate to issues arising from their care experience. This study aims to understand the health and wellbeing concerns of older care experienced adults and explore the types of support they would like to receive from health and social care services.

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## How to take part:

Researchers, at the University of Oxford, are holding focus groups to understand the health and wellbeing concerns of older care experienced adults and explore the types of support they would like to receive from health and social care services.

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## Who can take part?

Focus group attendees should:

- Have experienced being in care, in England, while under the age of 18
- Be Over 50 years old
- Currently living in England

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## Who is running the project?

The project is being conducted by researchers in the Nuffield Department of Population Health at the University of Oxford. Led by Dr. Jonathan Taylor, with Dr. Michele Peters, Dr. Anna Scott and Dr. Rosie Canning, an independent researcher with experience of growing up in care.

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## If you, or someone you know, would like to learn more, please contact:

Jon on [Jonathan.Taylor@ndph.ox.ac.uk](mailto:Jonathan.Taylor@ndph.ox.ac.uk) or telephone 01865 617912.

Cards made by members of the Papercraft Group are on sale at the monthly u3a meetings. On alternative months there will also be Jewellery available for sale. A percentage of the sales are donated to the Air Ambulance.

Personalised cards can be made to order.

Jewellery orders can also be taken.

Contact Colleen at the Monthly meeting or

Email: [uk.whitehouse@ntlworld.com](mailto:uk.whitehouse@ntlworld.com)

Phone: 01525 752040

**HANDMADE CARDS AND JEWELLERY**

**BY COLLEEN**



## Some facts about the Summer Months

The names of the Summer months date back to the Romans. Originally, the Roman calendar only had 10 months and ran from March to December. March was named for Mars, the God of War. April comes from a Latin word meaning “opening”, denoting Spring. May was named after the Roman goddess of fertility—Maia. June was named after the Queen of the Gods—Juno. The rest of the months were merely numbered, hence, September = seventh, October = eight and so on.

Then the Romans introduced January named after Janus who looked both ways. This coincided with the start of the Roman political year. Then February after Februa, an ancient festival.

Then in 46 BCE Julius Caesar decided to rename the fifth month after himself—July. Not to be outdone, his successor Augustus named the sixth month after himself as well so August. This is why December—the 10th month is actually the Twelfth month!

**NEXT NEWSLETTER ISSUE—DECEMBER 2025**