

Mid-Bucks (Aylesbury) u3a

www.u3a.co

Newsletter – July 2026

Editor: Solo Awadzi - Email: [solokawadzi23@gmail.com](mailto:solakawadzi23@gmail.com)

Meet at Community Centre, Prebendal Avenue

1.30 p.m. for start at 2.00 p.m.

Free Refreshments available.



SPEAKER - 16th July 2026 - Sara Shelby - 1976 - *the year of equality in the Police*

Sara Shelby is an ex Metropolitan Police Officer. She joined the Police Force in 1976. This was described as the 'year of equality'. When Sara joined the Police only 3% of the employees were women. She was born in Islington and was posted locally to Bethnal Green in the East End. Since leaving the Police Force Sara has been a teacher, been in the prison service and has run her own business and much more. She also does gardens! We shall look forward to her particular insights.

SPEAKER - 20th August 2026 - Richard Paver - *Apollo Moon missions - the risks, the successes and the personalities that made it happen*

SPEAKER - 17th September 2026 - Dr Stephen Goss - *Opulence, Innovation and Intrigue - the history of the Orient Express*

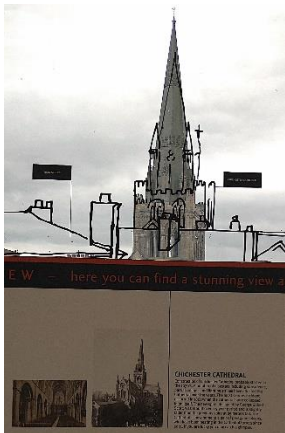
SPEAKER - 15th October 2026 - Nigel Crompton - *History of the British Fire Service*

CHAIRMAN'S REPORT - Colin White

Welcome to our Newsletter for July 2026. I do hope that you were all able to get comfortable during the recent very hot weather. I found one of the coolest places to be, apart from in the car with the air conditioning on, was sitting in the shade of a tree watching cricket in the countryside. We are likely to face similar weather conditions once again very soon. Our household has a number of fans, but these do not seem to



provide any real comfort when the temperatures get over about 30°C. We might have to invest in some domestic air conditioning. I'd be interested in the experiences of others, particularly if there are any recommendations for decent bits of kit!



Although the sun wasn't particularly strong on the Branch Trip to Chichester, I am sure those of us who went all had an enjoyable visit, despite the fact that the bus didn't get anyone directly to the beach. We managed to avoid the showers whilst having our lunch in the Bishop's Palace Gardens, got an excellent view of the Cathedral from inside the top of the Museum and appreciated the setting of the cricket ground (another one!) in Priory Park. There is a lot to see and do in Chichester, and we only scratched the surface. I also enjoyed the following trip to Kelmscott and Lechlade.

Despite the extremes of weather that we are all experiencing, our Groups have still been operating and Members have been enjoying getting together regularly. Pub walks and bowls have been well attended and a small number of us are now enjoying walking cricket outdoors at Aylesbury Town Cricket Club (see



above), which is behind the Bowls Club on Wendover Road. We continue to meet on a Tuesday morning, starting at 10:30 for those that might wish to join us.

I detect a recurrent theme this month! Enjoy the newsletter and stay cool if you can!

LOCAL HISTORY GROUP Jasmine & Simon Reeks

July Meeting Thursday 23rd, 10,30 Modern Architecture in Aylesbury – Guided walk by Roger King. £3.00 donation to Aylesbury Society. Meet at the top of Market Square near the old Burtons' shop, which is now Starbucks. **Wear**

suitable clothing for the weather. If too hot or too far, you can shorten your participation to match to circumstances. This walk is weather dependent.



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August Meeting Thursday 13th, 10.00 for 10.30. Short Walk around Berton & Burcott – the easy one! Guided by Jasmine Reeks. Cost n/a. Meet at the Berton Coffee House, The Old Chapel, 185B Aylesbury Road, Berton, Aylesbury, HP22 5DW . 10.00 if you are paying for refreshments, 10.30 if you are not. The car park is also for the businesses in the courtyard so we cannot park there for the walk. Park sensibly in Burcott Lane in keeping with existing vehicles and yellow lines or in William Hill Drive. Car share if possible. **This walk is weather dependent.**



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Change of date from normal due to The Bucks Show, to which some of us like to attend.

September Meeting Thursday 24th September 11.00 Third guided walk around Quainton price £4.00. It is not necessary to have walked 1 & 2. Meet at top of the green by the entrance to the windmill for 11.00. If you would like a coffee before you start, we will be meeting at the George & Dragon coffee shop at about 10.30. If you want lunch at the pub, please book yourself at <https://georgeanddragonquainton.co.uk> or you can lunch at the Coffee shop. Please, park around the green with consideration. Wear appropriate clothing. Organiser is Rupert Anson.



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JIGSAW TABLE - Julie Leach

The suggested contribution for a jigsaw is 50p. Our supply of puzzles is good at the moment. However, we are always grateful for any donations that are made, and if we don't sell them they will still go to a good home. If you have finished a jigsaw that you previously obtained from the table, why not donate it to another worthy cause such as a charity shop?



QUIZ GROUP - Ann Burman (07709 226884 / 01296 422084) and Chris Blaik (01296 425964)

The next Quiz will take place on **Tuesday 21st July 2026 at Foxhill Indoor Bowls Club, starting at 2.00pm. Cost £2 per person** (including tea/coffee and biscuits). All members are welcome. It would be nice to see some new faces, why not give it a go?



Quiz is normally on the third Tuesday in the month, apart from December when we do not meet.

HISTORY OF TRANSPORT – Simon & Jasmine Reeks



Our June meeting was an excellent presentation by Cyril Parsons about the Great Western Region and the Travelling Post Office.

There will be no July meeting due to a number of members not being available nor an August meeting which is our normal summer break. Our next meeting will be on the **16th September**, subject yet to be decided. Any queries, please contact us by phone/email on 01296 482735 / reeks@fangio.co.uk

MUSICAL APPRECIATION - Jim Wilding (01296 623628)



Our next meeting is scheduled to take place on **Tuesday 28th July** at 9 Mill Mead, Wendover. *However, at the time of writing this has not been confirmed, so Group Members will be contacted with an update closer to the time.*

GADGET GROUP - Simon Reeks

A busy month including setting up 2 new Windows 11 laptops and speaking sternly to a non functioning printer. I also converted 2 subscription Office 365 packages to single (minor)



payments and recommended a change in broadband package for better performance whilst also saving a substantial amount.

I "play" with many gadgets, for example PCs, laptops, Android phones (including connection to get SatNav onto car screens via Android Auto), televisions, printers etc. As long as Apple is not involved, I'll happily try to help - please contact me by phone/email on 01296 482735 / reeks@fangio.co.uk and I'll see what I can do.

COACH TRIPS 2026

Pickup points: Exchange Street 9.00 am / Tennis Club 9.05 am / Jansel Square 9.15 am

The last trip of the year is to **Stamford and Rutland Water.**

Tuesday 8th September **Cost: £30**

The coach will take us to Stamford, a charming town in Lincolnshire with a rich heritage and plenty to see and do.

After lunch we are booked on the Rutland Belle for a 45 minute cruise of Rutland Water.

Payment is due for this trip at the August monthly meeting but you can sign up this month to register your interest.



Lead : Jan Paver (07768 205950)

You can pay by cash, by cheque (payable to Mid-Bucks (Aylesbury) u3a), or by bank transfer (to Mid-Bucks (Aylesbury) u3a Metro Account, number 47992982, sort code 23-05-80). **Please remember to include 'Rutland' and your surname in the payment details.**

Previous Trip Reports – Pauline Noble

Chichester and The Witterings - Wednesday 10th June



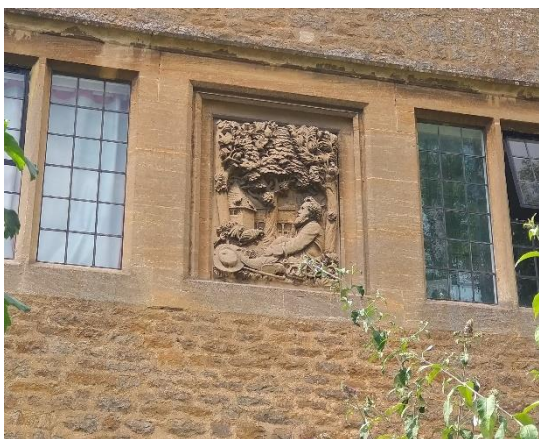
Everything began well with all boarding the coach at the usual venues. The idea was to drop those off at Chichester who wanted to view the Cathedral and city and then continue the last couple of miles to the sea at East Wittering to enjoy the beach or walk over the sand dunes to West Wittering. Unfortunately, it was not to be, we stopped at Chichester and the Driver noticed that one of the coach tyres was flat which needed repair before returning home.

A few of our party continued by the local bus to the sea but many remained in Chichester to explore the city, some to shop and others to view the Cathedral or discover its' excellent Museums and learn the fascinating history of the city. By 4.00 p.m. the coach tyre was replaced and we met for the return journey, all having enjoyed the day whatever we had each decided to do.



Kelmscott Manor and Lechlade - Wednesday 1st July

Our first visit was to Kelmscott Manor and Gardens in Oxfordshire, the country residence of William Morris and his family. The setting inspired Morris' writings and designs and the gardens became one of the inspirations of the Arts and Crafts gardening style. It was a beautiful day and we were able to enjoy the gardens to their full extent, enjoy refreshment and then were given an excellent guided tour of this amazing house. On leaving Kelmscott our coach continued to Lechlade by the River Thames. Here we had time to enjoy more refreshment, walk along the river or sit and admire the scenery before it was time to board our coach for home. A really excellent day out.



Pub Walks – Colin White (07941 652918)

The next pub walk will take place on **Thursday 6th August 2026**, meeting for an **11:00** start at **The Red Lion, Little Missenden, HP7 0RB**. **Please meet at the pub by 10:45 so that we can pre-order our lunches.**

Little Missenden is located in the countryside to the south of the A413 and west of Amersham. **As the pub has very limited parking, please park considerately on street. There are likely to be spaces opposite the Church which is a short walk from the pub.**



The walk is nearly 3½ miles long. **Please note that there is a total of 215ft of ascent, which all occurs in one lump over about ½ a mile.** There are no stiles and two pieces of on-road walking of about ¼ mile along quiet lanes.

Please sign up at the **July** monthly meeting or call Colin (07941 652918) if you would like to join us.

The Pub Walks Group has now had five outings. We have had walks from: The Cock and Rabbit at the Lee in March; the Harrow at Bishopstone in April, The Squirrel at Penn Street in May and The Golden Eagle at Ashley Green in June.



Our fifth walk of the year took place on 2nd July from The Dinton Hermit at Ford.

BOWLS GROUP – Colin White (07941 652918)

The Bowls Group meets and plays at the Foxhill Indoor Bowls Club.

The next sessions are due to take place from **2:30 to 4:30 on Sundays: 26th July, 9th and 23rd August and 6th and 20th September 2026** (meet at 2:15pm). The sessions will cost **£5 per person** (which includes refreshments).

We will have booking sheets available at the monthly meetings for those interested in coming along to play.



Please remember that you will need to play in clean, non-marking shoes. Either bring your own or wear a pair provided by the Bowls Club.

The primary contact for this Group is Colin White (email colinwhite100@virginmedia.com) and the secondary contact is Sandra Chaudhry (07881 768449).

BRIDGE GROUP – Martin Lock (01296 433838)

This group meets regularly, on days to be confirmed, at various members houses.

For more information see the branch website or contact Martin Lock.

SINGING FOR FUN – Sheila Bulpett (01296 622540)

This Group is run in conjunction with Wendover u3a and takes place from 11:15am to 12:45pm on the second Wednesday of the month at Halton Village Hall. The Group is looking for more singers, particularly men.

For more information see the branch website or contact Sheila Bulpett using the number above or sebulpett@yahoo.co.uk – and remember to say you're from the Mid-Bucks (Aylesbury) branch of the u3a.

YARN CRAFTERS – Sheila Haldane (01296 488267)

This Group meets from 2.00pm to 4.00pm on the second Monday of the month.

For more information see the branch website or contact Sheila using the number above.

WEBSITE – Solo Awadzi – (07748 750547) & Colin White – (07941 652918)

The website is the door to our u3a and in need of contributors to submit items to the website manager who would gratefully publish them. Please contact Solo or Colin using the numbers above or solokawadzi@hotmail.com or colinwhite100@virginmedia.com

Poem Column

Do as much as you can in the time that you've got

One of the things I hated at school
was PE and games. It really was cruel.
The most popular girls would be picking their side
while I stood there, knowing, it'd be worse if I cried.

Finally, they'd get to the very last two
and then one would say "I suppose I'll have you"
It was always said with a sigh and a huff
Are you really making me work with this stuff?!

What doesn't kill you, does make you stronger.
I am certainly not the fat kid any longer.
In fact, quite the opposite. Who would have thought?
As an adult I decided, I rather liked sport.

In my twenties it was running. I clocked up some miles.
Slipping on mud, along footpaths, and stiles.
I did aerobics in the eighties...yes, you are right....
Jane Fonda style leg warmers. Oh, what a sight!

From a real shaky start, it is kind of funny
that I should end up as a regular gym bunny.
There's Pilates and Zumba, combat and pump.
If I saw those school captains, I'd give them a thump.

So keep up the effort. It doesn't matter what kind.
Exercise is good for the body and mind.
My mother-in-law. Bless her. She knew what was what.
"Do as much as you can in the time that you've got."

Jan Paver

Sudoku Puzzle July 2026 (Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9)

5	4	8	2	1			3	
1		2					8	
				8		1		
4				2		3	7	1
		1	4	3		6	9	
3	2		7		1		5	
			1		2	7	6	
7	1			5	3		4	
	8	4	6				1	3

Sudoku Puzzle June 2026 solution

9	7	6	8	3	5	2	1	4
5	2	1	4	7	6	9	8	3
4	8	3	2	9	1	7	6	5
2	9	5	6	4	3	1	7	8
8	3	7	9	1	2	4	5	6
1	6	4	7	5	8	3	2	9
6	4	8	1	2	9	5	3	7
3	1	9	5	8	7	6	4	2
7	5	2	3	6	4	8	9	1

Next Newsletter latest contribution date – Saturday 1st August 2026