



That's the last time I buy a U3A raffle ticket!

See page 9

[This Month's Meeting
at the Mill Hall Centre](#)

Thursday, 3rd February, 2011
2.00 pm. - 4.00 pm.

Ian Currie

"Weather Law - Fact or Fiction?"

Rayleigh U3A Website - www.rayleighu3a.org.uk

Registered Charity No. 1134068

February 2011

Newsletter No. 32

Rayleigh U3A

GROUP ACTIVITY CALENDAR - Normal day each Group meets each month

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Mondays	1 st Monday Art 1 (Watercolours); Ceramics; Family History 1; Visiting Essex Churches 4 2 nd Monday Crib Club (evenings); Lap Top Computing; Visiting Essex Churches 1 3 rd Monday Visiting Essex Churches 2 & 3
Tuesdays	1 st Tuesday Birdwatching; Digital Photography; Singing for Health & Pleasure; Tai Chi; 2 nd Tuesday Midweek Dining 2; Tai Chi; Tenpin Bowling; Wine Appreciation (evenings) 3 rd Tuesday Birdwatching; Dining Group 2; Singing for Health & Pleasure Tai Chi; 4 th Tuesday Dining Group 1; Tai Chi;
Wednesdays	1 st Wednesday Golf (April, July & September); Walking 1; 2 nd Wednesday Archaeology; Golf (May, June, August); Scrabble 3 rd Wednesday Crib Club; Drama; Real Ale; Visiting Churches 5 4 th Wednesday Calligraphy; Family History 2; Music Appreciation; Serendipity 3;
Thursdays	1 st Thursday Serendipity 2; Tai Chi; U3A Monthly Meeting 2 nd Thursday Acoustic Guitar; Tai Chi; Theatre 1; 3 rd Thursday Social History; Scrapbooking; Tai Chi 4 th Thursday Art Appreciation; Book Reading; Dining Group 1; Essex Social History; Family History 3; Tai Chi
Fridays	1 st Friday Latin; Local History; Yoga; 2 nd Friday Yoga; 3 rd Friday Latin; Yoga 4 th Friday Walking 2; Yoga
Saturdays	Currently no Groups
Sundays	2 nd Sunday Sunday Lunch 1 3 rd Sunday Sunday Lunch 2

Please note dates may vary more with some groups than others, particularly with trips or outdoor activities.

Check with Group Leader for Gardening, Golf, Serendipity, Visiting Historic Places & Theatre (usually Fridays).

PLEASE ALWAYS CHECK THE DATE OF YOUR NEXT MEETING WITH YOUR GROUP LEADER

FROM THE CHAIR

Dear Members,

2011 began with us enjoying the wonderful facilities at Mill Hall for our first meeting of the year. Over two hundred members came to the meeting and as we are expecting numbers to increase in the coming months we will be using the stage as a platform for our speakers in future.

I would like to take this opportunity to welcome new members who will enjoy a New Members Meeting to be held in the Underspire Café area of Holy Trinity Church on Tuesday 12th April from 10am until 12.30pm. This will be an opportunity to meet the Committee and Group Leaders plus a chance to find out about groups that might interest you or to put yourself forward to share your skills and knowledge as a Group Leader.

In preparation for the AGM, which is on Thursday, 7th April, you will find enclosed a copy of the Nomination Form with the Committee Vacancy list which I hope you will use to put forward names of those members interested in becoming more involved in the running of the Rayleigh U3A. Remember you must get the person whom you have nominated to sign that they are agreeable to stand for that vacancy. The future of our U3A is in your hands.

If you have not sent in your membership renewal and still wish to remain a member then you must respond by the end of February. Our subscription fee is still £20. This includes our affiliation fee to the Third Age Trust of £3.50. Your membership subscription covers the hire of halls for our meetings, cost of the speakers, newsletter, National U3A Magazine and Sources Magazine, postage and administration costs and entitles you to participate in the interest groups as places become available.

Tickets will be on sale at this month's meeting for the Speakers Lunch at Saxon Hall to be held on Friday, 25th February at £15.50 featuring Paul Clarke 'Actor to Hypnotherapist in One Life'. Tickets will also be on sale for our members' "Variety Night" at Rayleigh Grange on Saturday, 9th April. Tickets cost £6 and include a ploughman's supper and dessert. Places are still available for the coach trip to Hatfield House Country Fair on Friday, 19th August at £20.

Our speaker this month is Ian Currie (have a look at his website www.frostedearth.com) speaking about 'Weather Lore – Fact or Fiction?'

Best wishes to you all

*Maureen,
Chair - Rayleigh U3A*

GROUP LEADERS

Chairman	Maureen Huntly	01268 777398	History - Local	Heather Flemings/ David Fryar-Kalsey	01702 204943 01702 203455
Vice Chair	Brian Kersey	01268 743959	History - Social	David Carlton	01268 452791
Secretary	Marian Allen	01268 743339	Holiday	Brian Kersey	01268 743959
Treasurer I	Fred Carter	01268 766149	Industrial Awareness	Janet Carlton	01268 452791
Treasurer II	Peter Walker	01702 202225	Keep Fit	Janet Carlton	01268 452791
Membership	Irene Carter	01268 766149	Lap Top Computing	Frank Bodey	01268 733616
Group Coordinator	Sue Taylor	01268 786405	Latin	Dave Filby	01268 770023
Newsletter Editors	David & Janet Carlton	01268 452791	Music Appreciation	Les Geales	01702 206966
Social Secretary	Laurie Denney	01702 615370	Real Ale Group	Dave Filby	01268 770023
Speaker Secretary	Janet Carlton	01268 452791	Scrabble	Margaret Bristow	01268 747639
Other Committee:	June Morris	01255 470884	Scrapbooking	Janet Carlton	01268 452791
	Frank & Doreen Bodey	01268 733616	Serendipity I	Linda & David Clarke	01702 204559
	Pete Huntly	01268 777398	Serendipity II	Pam & Keith Dunt	01702 201747
	Terry Gouldsmith	01268 562803	Serendipity III	Pat & John Pomfrett	01702 230253
	Barbara Hodge	01268 771820	Singing for Health & Pleasure	Marjorie Sale	01702 346175
	Ian Haynes	01268 779749	Sunday Lunch Club I	Maureen Goss	01268 777681
Groups/Group Leaders:			Sunday Lunch Club II	Sue Barrows	01268 776775
Acoustic Guitar	Vera Ward	01268 775040	Tai Chi (J)	Sue Taylor	01268 786405
Archaeology	Ian Haynes	01268 779749	Tempin Bowling	Alan Hudson Bob Wran	01702 202158 01702 525311
Art Appreciation	Barbara Curry	01268 775460	Theatre	Jean Mackenzie Helena Maxwell	01268 510570 01268 772061
Art I - Water Col	Sylvia Lester	01268 774201	Theatre II	Sandra Wilson	01268 775184
Bird Watching	Laurie Denney	01702 615370	Visiting Essex Churches:		
Book Reading	Doreen Blake	01268 774871	Group I	Marian Allen	01268 743339
Book Reading II	Marian Allen	01268 743339	Group II	Audrey Morris	01268 771644
Calligraphy	Irene Tyson	01268 742942	Group III	Brenda Perrott	01268 779590
Ceramics	Brenda Perrott	01268 779590	Group IV	Liz Denney	01702 615370
Crib Club	David Sheffield	01268 743586	Group V (J)	Maureen Turner	01268 750967
Digital Photography	Brian Kersey	01268 743959	Visiting Historic Places	To be confirmed	
Dining Group I	June Long	01268 730603	Walking I	Roger Baker	01702 331166 07867 588879
Dining Group II	Marion & Laurie Wransham	01702 555783	Walking II	Les Poole	01268 773174
Drama	Joanne Baker	01268 742252	Wine Appreciation	Harry Brickwood	01268 743838
Family History:			Yoga	Suzanne Middleton	01702 557389
Family History I	Sue Taylor	01268 786405			
Family History II	Pete Huntly	01268 777398			
Family History III	Barbara Dale	01268 772018			
Gardening	Heather Brickwood Linda Clarke	01268 743838 01702 204559			
Golf	Kay Nevin	01268 780855			

(J = Joint with Rayleigh Grange)

DATES FOR YOUR DIARY

Friday, 25th February	Speaker Lunch, Saxon Hall – Tickets now on sale - £15.50
Saturday, 9th April	Variety Show and Supper, Rayleigh Grange Community Hall Tickets now on sale - £6
Tuesday, 12th April	New Members' Morning – 10am–12.30pm
Thursday, 14th April	Royal Marines Mountbatten Festival of Music, Albert Hall Tickets all sold
Wed. 20th April and Wed. 11th May	Olympic London II – Tickets all sold Olympic London II – Tickets all sold
Friday, 19th August	Hatfield House Country Show – Tickets now on sale - £20

Please send items for inclusion in the March newsletter to:-

janetcarlton@blueyonder.co.uk
Janet Carlton,
35 Curlew Crescent,
Basildon, SS16 5HR
Tel: 01268 452791

To arrive no later than
Tuesday, 15th February, 2011

NATIONAL OFFICE

19 East Street, Bromley, Kent
BR1 1QH
Tel: 02084666139
e-mail: national.office@u3a.org
Web site: www.u3a.org.uk
Resource Centre: e-mail:
resource.centre@u3a.org.uk

Next Meeting at Mill Hall Centre

Thursday, 3rd March
2.00 pm. - 4.00 pm.
Barry Kaufmann-Wright
"The work of Gerald Durrell
At Jersey Zoo"

COMMITTEE CONTACTS

Chairman: Maureen Huntly - 01268 777398

E-mail: Maureen@phuntly.freemove.co.uk

Membership Secretary: Irene Carter - 01268 766149

E-mail: efandicart@btinternet.com

Group Co-ordinator: Sue Taylor 01268 786405

E-mail: susan.taylor106@tesco.net

Newsletter editors: Janet & David Carlton 01268 452791

E-mail: janetcarlton@blueyonder.co.uk

GROUP CO-ORDINATOR'S NEWS

VISITING HISTORIC PLACES

We are looking for two leaders to take over this group. As you are aware Doris and Brian Lambert are no longer able to run the group. If you would like to come forward to keep this group going I am sure our other Group Leaders who run similar outings etc. would be only too pleased to advise and offer their expertise and guidance for running such a group. Please contact me on 01268 786405 if you think you are able to do this.

LAP TOP COMPUTING

Frank Bodey has a few spaces available and anyone wishing to join either as a beginner or as someone who can share their knowledge/expertise to the rest of the group you would be more than welcome. Please contact Frank on 01268 733616

TAI CHI

There are just a few places left on this very popular group, now meeting every Tuesday and Thursday at 2.00pm at Castle Hall in Rayleigh. You are welcome to come along and join in one or both sessions. Please contact me on 01268 786405 if you are interested. It is very good for our posture, stress and well being and is a very gentle form of exercise and is certainly geared up for U3A Members.

If you are interested in starting up any other groups please do not hesitate to contact me either at our monthly meetings or by telephone.

Sue Taylor - Group Co-ordinator

Tel: 01268 786405; e-mail: susan.taylor106@tesco.net

NEWS FROM OUR GROUP LEADERS

THEATRE GROUP 1

On December 18th a trip had been arranged to see "Carols by Candlelight" at the Royal Albert Hall. Unfortunately, that was the day the snow fell and fell!! All of us booked on the coach had stories to tell and unfortunately 24 people couldn't get to the coach at all. A great disappointment. Nevertheless, although we didn't make it to Harrods and in spite of the A13 being closed and the weather dire, our coach driver got us to The Albert Hall in time for a quick coffee, sandwich and a magical performance. All 24 of us enjoyed it immensely but felt sad for the 24 who didn't get to see it.

A group of members will be going to see "Chess" at the Cliffs Pavilion on 16th February at 2.30pm meeting at 2.00pm in the auditorium. Please collect your theatre tickets on the 4th February at the monthly U3A meeting.

Theatre Group I members who are interested in going to see Les Miserables in May please see the Notice Board and come to see Jean or Helena at our table to discuss date and price.

As a reminder, our next meeting will be on the 18th February at the W.I. Hall at 10.30 a.m.

JEAN AND HELENA WOULD LIKE TO WISH EVERYONE A VERY HAPPY AND HEALTHY NEW YEAR.

Jean Mackenzie-01268 510570

Mobile: 07719800733

Helena Maxwell-01268 772061

Mobile: 07952574907

LOCAL HISTORY GROUP

Get all the latest details of the group on our blog <http://lhgu3arayleigh.blogspot.com>

Our next meeting will be on Wednesday, 16th February at 10.00am to noon in The Cloisters at Trinity Church Hall. It will include a slide show of Old Benfleet given by John Downer, Secretary of the Benfleet and District Historical Society. £4 per head to include tea/coffee/biscuits. Open to all U3A members.

Then on Wednesday, 16th March we explore the old sailing town of Burnham-on-Crouch. Meet at the Church at 10.00am to include tea and coffee. Short drive from the Church to the Clock Tower. Then a guided walk from the Clock Tower in the main street, starting at 11.15am and taking about one and a half hours. A break for lunch in any of the cafes and pubs and then the option of visiting the Museum (in an old boat house) near the waterfront. £4 per head.

Thursday, 21st April sees us touring Old Leigh under the guidance of members of the Leigh Heritage Society. Meet 10.00am at the Heritage Centre. £2 per head.

Could those members who have booked to go on any of these trips in 2011 please come to our desk at the February meeting to confirm and pay.

Book visits with Heather Flemmings at monthly U3A meetings, e-mail heatherfl@lineone.net or phone 01702 204943
Pay David Fryer-Kelsey at monthly U3A meetings or post to 113 Greensward Lane, Hockley, Essex, SS5 5HS. Cheques made payable to U3A Rayleigh please.

black sacks near the table where cold refreshments are being served at the back of the Hall.

Thank you to Doreen and Frank Bodey and their team of volunteers for providing refreshments each month.

The Committee will shortly be discussing the provision of refreshments and would be pleased to hear any comments you would like to make.

SOME VISITS AND EVENTS TO LOOK FORWARD TO

Hatfield House Country Show

Friday, 19th August, 2011

A trip has been arranged to Visit the Country Show at Hatfield House which is held annually. The cost of the visit will be £20 and will include transport, entry to the Country Show and driver's gratuity. You will be dropped off at the entrance to the Country Show. The Show gives a taste of the Countryside and includes a Food Marquee, Celebrity Chef Demonstrations, Steam Traction Engines, Traditional Breed Animals, Shooting, Fishing, Archery, Arena Events and lots of stalls to tempt you to spend your money. Throughout the day transport will be running to the House where there is a restaurant and some very nice small shops.

Also, to celebrate the 400th anniversary of Hatfield House there is a major exhibition of Henry Moore's larger sculptures in the garden. This is the largest collection ever exhibited in the grounds of an historic house.

The cost to view Henry Moore's exhibition and entry to Hatfield House is not included in the £20 cost of your ticket.

Entry to the Henry Moore Exhibition is £11.50 and the separate charge for entry to Hatfield House is £6. Both must be purchased by you personally and separately on the day.

There are still nine tickets available which will be on sale on a first come, first served basis at the February meeting. Cheques should be made payable to Rayleigh U3A.

Pickup points will be:-	Kirby's Depot	8.45 a.m.
	Webster's Way	8.50 a.m.
	Rayleigh Station	8.55 a.m.

Liz and Laurie Denney - 01702 615370

Other visits and events are being considered for the future and you will be notified as soon as more details are known.

Please leave approximately 1cm of envelope around the outside of each stamp.

Many thanks for your support - **Doreen Little**

PLEASE NOTE

If you have access to the Internet and receive your newsletter via e-mail please be sure to open your e-mails regularly as we intend to start sending any appropriate information which has missed appearing in a Newsletter out via e-mail. If you have friends in our U3A who receive their newsletters in the post would you please pass the information contained in the e-mails on to them. Thank you.

MONTHLY MEETINGS – TICKET QUEUES

To help speed up the ticket queues it would be helpful if your cheques are made out in advance to save time at the desks. Cheques are always made payable to Rayleigh U3A and it would also be helpful if you would write the name of the event or trip on the back of the cheque. Thank you.

JAN CHURCHILL – OUR INTREPID WINGWALKER!! (see front cover)

The photo on the front cover this month features Jan Churchill. Jan says she had always had an ambition to experience Wingwalking and the experience was arranged for her last Summer as a surprise and gift from her family. We would like to feature other experiences, events and awards which Rayleigh U3A members take part in or win so don't be shy, contact the Newsletter editing team and we shall be thrilled to feature your experience in the Newsletter.

BOOKSTALL

As you know June and Don Cooper have volunteered to run the Book Stall at our monthly meetings. They were off to a flying start in January with members showing a great deal of interest in buying the books on sale. There is more room to browse at the Book Stall in our new venue at Mill Hall and comments from members to this effect were extremely favourable.

Any books which you would like to bring along for the Book Stall will be gratefully received. The money taken on the Stall goes towards paying for events, speakers etc. which are for the benefit of all Rayleigh U3A members.

Thank you to June and Don for your help in running the Book Stall.

REFRESHMENTS

Those of you who came to the January meeting at Mill Hall will know that cold drinks and biscuits were served at the back of the hall. For various reasons it is difficult to provide hot drinks at the present time.

Most of you will know that Squires Café is part of the Mill Hall Centre where you may buy takeaway hot drinks. If you would prefer a hot drink from Squires you may bring it into the Hall. Please dispose of your empty cups in the

DIGITAL PHOTOGRAPHY

The group re-convened in February to discuss projects for the year. New members are welcome but please call me first for a chat—we meet at 69 Victoria Road, Rayleigh 10-12 a.m. on the 1st Tuesday each month.

Brian Kersey - 01268 743959

HOLIDAY GROUP

As you probably know I had to cancel my leadership of the Group's visit to the Cotswolds due to my wife Sylvia's bad health. Unfortunately, she has not staged a full recovery from her operation so I am suspending any further plans for the present but I am hoping to resume from the Summer onwards. Please watch the newsletter and notices on the Notice Board for further news.

If anyone is willing to organise something in the short term please 'phone me and I will be pleased to assist with any ideas and arrangements.

Brian Kersey - 01268 743959

SERENDIPITY II

Our Group has been on several enjoyable outings since the Summer of 2010.

In September 27 of us visited the Household Cavalry Museum where we had a guided tour and the opportunity to have a "behind-the-scenes" look at the work that goes into the Ceremonial and Operational role of the Household Cavalry Regiment. It was a wonderful Summer day and we had lunch in St. James's Park followed by a leisurely stroll round the lake.

In October we hired a coach and 31 of us went to The Royal Hospital, Chelsea.

Everyone thoroughly enjoyed the visit and the tour, given by Tom Mullaney, a Chelsea Pensioner Tour Guide, was extremely interesting

and amusing. Keith managed the tour on his own with some help from the group as Pam was unwell and unable to go.

In November we had a guided tour of the Wallace Collection in London displaying the wonderful works of art collected in the 18th and 19th centuries. In 1897 these were bequeathed to the British Museum by Sir Richard Wallace's widow, Lady Wallace. Before our tour we had tea/coffee and delicious banana cake in the café located in the stunning Courtyard. After our visit we made our way to the Lamb & Flag Pub where we had an excellent meal.

In January we visited St. Martins-in-the-Fields and The National Gallery. Due to staff sickness our guided tour of St. Martins had to be cancelled but the use of the audio equipment was excellent. As it was a particularly wet day we all had lunch in the Crypt and later made our way to The National Gallery where we had a very informative tour. Only 10 of us were able to take part on this visit but it was a very enjoyable day.

On the 13th January, 23 of us met for a delayed Christmas lunch at the Cliffs Pavilion. This was postponed in December due to the bad weather conditions. We had a lovely meal enjoying one another's company.

Our next trip is in February with Serendipity I to Goldsmiths.

Pam and Keith Dunt - 01702 201747

THEATRE GROUP II

The next meeting for Theatre Group II will be held at the Mill Hall (first door on your left as you walk in) at 2pm on Wednesday, 23rd February.

For those who are booked to go to see "The Mousetrap", I shall be collecting the coach fare on 23rd February, or you can make your payment at the monthly meeting on February 3rd.

I am pleased to say that Kathy Kay has kindly offered to help me run the group and we look forward to seeing you on the 23rd.

Sandra Wilson – 01268 775184
e-mail: sandra.alanwilson@yahoo.com

YOGA

Yoga is an excellent way of toning the body. It improves flexibility, keeps the joints mobile and even more importantly it helps to keep the mind focused, thereby creating a more relaxed state of mind which releases tension from an overworked nervous system.

The Yoga class meets regularly on a weekly basis at The Cedars. The class is from 10.00am - 11:30am and beginners are welcome. For more information contact Suzanne.

Suzanne Middleton – 01702 557389

SECRETARY'S NOTES

NEWS FROM THE THIRD AGE TRUST

Two Summer Schools available to all U3A members are being held in 2011. The first at Harper Adams University College, Newport, Shropshire from Monday, 18th July to Thursday, 21st July. The second will be held at The Royal Agricultural College, Cirencester from Monday, 22nd August to Thursday, 25th August. The cost for full board and en-suite accommodation is £315 per person.

Summer schools give U3A members a chance to meet others from all over the Country to take part in courses that range from Cinema History, Geology, Literature, Dancing and many more. Having attended one in the past I can vouch for it being a very enjoyable and pleasant experience.

Details of the Courses available and application forms can be obtained from Marian Allen - 01268 743339.

U3A EXPLORES SCIENCE AT THE ROYAL INSTITUTION - Tuesday, 29th March at 1.30 p.m. Speakers are Dr. Maggie Aderin-Pocock, Professor Chris Bishop and Professor Roger Pertwee. Admission is £18 by ticket only, which includes refreshments. Apply in writing to The Third Age Trust, 19 East Street, Bromley, Kent, BR1 1QE enclosing a 2nd class stamp for up to 4 tickets. Further details can be obtained from Marian Allen as above.

VANNES JAZZ FESTIVAL 25th/30th July by train from London to Vannes, France. Estimated price £650 includes B&B, train fares, accommodation, 3 excursions and luncheon cruise. For further details apply to Bob Jones, 48 Mowbray Drive, Reading, RG30 4XY Tel: 0118-9413889 or e-mail jazzzer@mypostoffice.co.uk

NEWS FROM ESSEX UNIVERSITY - SOUTHEND

Life drawing sessions with a live model. An experienced artist and tutor will be on hand to teach and assist at the sessions. Sessions are open to members of the public from 11.00a.m - 3.30 p.m and will be held on the 2nd Sunday of January, February, March and April. Tickets £12, or £10 per session when three or more sessions booked - contact Clare Cook on 01702 328729 / ccook@essex.

BA Acting & Stage Combat present "Dracula" Thursday, 17th to Saturday 19th February at 7.30p.m. Matinees on Friday and Saturday at 2.30 p.m. For further information and to book tickets contact 01702 328335.

Marian Allan - Secretary Tel: 01268 743339

ROYAL NATIONAL INSTITUTE FOR THE BLIND

Every day another 100 people will start to lose their sight. If you would like to help raise money for the RNIB and would like to donate your used stamps, both British and Foreign, please leave them in the tin which will be left on the Notice Board table.

HEADLINES AND ACTIVITIES

Membership 2011

Many thanks to those of you who have renewed their membership for 2011. For those of you who haven't yet done so I would like to remind you that this must be done before 28th February if you wish to remain a member.

This year your Membership Cards have been laminated and we have dispensed with the membership number. In future the colour of the card will be changed annually. Please make sure that you have your card with you when attending meetings/groups.

Happy New Year to you all.

Irene Carter - Membership Secretary