

Rayleigh



Learn, laugh, live

Newsletter Edition No. 95 - February 2020

Dear Members

Welcome to the first newsletter of 2020. I won't say welcome to the new decade because that will not be until 1st January 2021.

We have bought a new projector to improve the quality of the slide shows from our guest speakers. When showing photos of exotic foreign places or beautiful shots of nature, it is essential to retain the colour, brightness and sharpness of the original. Fortunately, due to the efforts of Jim Whitehouse, it arrived in time to show off the great nature photos from Tom Way at the January meeting. And what an interesting talk it was. Congratulations to Val and Elaine for finding another fine speaker for us.

There was an interesting article in the Third Age Matters for Winter 2019 concerning volunteering. Eric Midwinter had declared that all U3A members are technically "volunteers". A member retorted that "I'm a member, not a volunteer." He associated running things with being employed, and as a retired person he had left such responsibilities behind. This I feel is a common misunderstanding. The U3A is not some kind of body dedicated to supplying entertainment to members. I quote from the article. "The U3A exists to provide a framework in which older people can get involved in helping to CREATE, JOIN AND RUN lots of different learning-based activities which improve their knowledge and skills, enhance their physical and mental wellbeing and keep them socially connected." When thinking about the U3A, don't just ask "What can our U3A do for me?" Ask yourself "What can I do for our U3A?"

The forms to renew your membership for 2020 were emailed to you in January, where email addresses were known. Paper copies of the renewal forms are enclosed with this newsletter where appropriate. We now have three methods of payment, but we would encourage you to consider paying your subscription by standing order. If you have any questions about this, please contact our Membership Secretary, Amanda Lowe on **01268 784792** or amandalowe@rayleighu3a.co.uk.

If you have not already done so, please remember to fill in a Gift Aid Declaration when submitting your Renewal Form.

Our next meeting will be on Thursday 6th February 2020 when one of our members, David Clarke, will give an illustrated talk about the Ancient Wonders of Jordan. I hope to see many of you there. We always need help to arrange these events. If you can spare a couple of hours now and then it would be a great help. Please remember to bring and show your membership card when attending this and other events.

I would like to thank the Committee, Group Leaders and volunteers for all their support in 2019. Without them we could not function.

The Committee of Rayleigh U3A would like to wish all our members a Happy and Prosperous New Year in 2020. May you long continue to enjoy the events and meetings.

Best Wishes

David Fryer-Kelsey Chairman

MEET YOUR COMMITTEE (part 5)

ROSALINDA KING

After early retirement I spent seven years in Spain which is where I first heard of the U3A. When I moved to this area, I joined the Rayleigh U3A in 2018 and have since joined the Book Club, two Walking Groups and Tai Chi. I became a member of the Committee in April 2019 and am happy to contribute in any way I can. I have been shadowing the Group Coordinators with a view to taking over this role after the next AGM when the position becomes vacant.



VAL FOLEY

I joined Rayleigh U3A in 2017 and joined the Committee in 2019 I have learnt that if you want to get anything out of membership you need to give something. I am a member of Music & Jazz Appreciation groups and am Group Leader of the Creative Writing & Poetry groups. I also walk and play table tennis when I can. Outside of the U3A I volunteer at the Rayleigh Town Museum, play the piano and practice yoga.



GROUP CO-ORDINATORS' REPORT

We will be leaving the Committee and our role as Group Co-ordinators will be coming to an end. We now have 63 Groups, this equates to hundreds of members enjoying activities, hobbies and making new friendships. It would be nice to finish on a high and establish some more new groups. New Year Resolutions spring to mind.

A newly formed group for **BADMINTON** is looking for more players - no recent experience needed. A new **WALKING GROUP 5** is also looking for members.

SERENDIPITY GROUP 2 now has 3 members willing to run this new Group. They will organise the first three outings. Afterwards members will be asked individually or to share an activity for each month. If there are enough members the load is spread considerably. To help you there are at least 3 foolscap pages of trips available that other Serendipity Groups have done. The new Group Leaders are looking forward to having a meeting, would you please come to our table to acknowledge your interest to get this group up and running.

There is a full list of vacancies on the next page.

GROUPS with VACANCIES (JANUARY 2020)



BADMINTON (every Tues 5pm at Fusion)	PATCHWORK & TEA 3 (4 th Thurs)
BIRDWATCHING (2 nd & 4 th Tues)	PLAY READING (1 st & 3 rd Mon)
BOOK READING 4 (4 th Mon)	POETRY (2 nd Wed)
BRIDGE (2 nd 3 rd & 4 th Fri)	PSYCHOLOGY (4 th Thurs)
CERAMICS (1 st Mon)	REAL ALE (3 rd Wed)
FAMILY HISTORY 2 (4 th Wed)	SCRABBLE (2 nd Wed)
FRENCH CONVERSATION 2 (1 st & 3 rd Thurs)	TABLE TENNIS GROUPS 1 & 2 (1 st & 3 rd Wed)
KNIT & NATTER (2 nd Tues & 2 nd Thurs)	VISITING ESSEX CHURCHES 1 (2 nd Mon)
PAPERCRAFTS (3 rd Thurs)	WALKING GROUPS 3 & 5 (2 nd Tues & 2 nd Thurs)

If you wish to join any of these groups, please contact the group co-ordinators at the monthly meeting.



We are having our Coffee morning on 26th March at 10.30am at the W I Hall. Kate Sawyer will be providing the home baked cakes. As this is the first one this year, it would be nice to see you there, giving you an opportunity to catch up with each other or chat with us with any thoughts you may have relating to your U3A.

Heather and David Fryer-Kelsey -Group Co-ordinators

NEW START TO A NEW YEAR

Even the briefest time spent on a creative pastime such as painting, writing or playing an instrument can have a positive impact on our wellbeing and emotions. With the new year a blank canvas, now is the perfect time to unleash our own creativity.

Perhaps we could renew an old hobby or think about some of the activities that we enjoyed as a child. Or maybe we'd like to challenge ourselves and try something new. There are lots of things we can do to take us out of our comfort zone and discover what we're capable of.

Taking up a creative hobby can be a wonderful way to recharge our batteries and reignite our imagination. It's an opportunity to try out new ideas, new ways of thinking and problem-solving. Creative activities can also help us acknowledge and celebrate our own uniqueness and improve our self-confidence. When we create something that we value, even if it's not published or displayed to the public, it gives us a sense of accomplishment and pride. The more we do, the better we get, and the greater our creative confidence becomes. This confidence can carry over into other areas of our lives, increasing our overall sense of ability.

Taking the time to use our hands, mind and energy doing something creative can reduce our stress levels and improve our quality of life. It can take our minds off whatever is worrying us as it's difficult to keep ruminating on problems when we're absorbed in a creative activity. There are lots of ways we can express ourselves, but creativity provides a great outlet for exploring ourselves. It connects us with self, and the more we know ourselves, the better equipped we are to take on life's challenges. The more we create and the more we learn, the more we grow.

Have a look at the vacancies in our groups or start a new group – be creative.

Val Whitehouse Vice Chairman

NEWS FROM THE SECRETARY

Do check out the events below that have been arranged by U3A National Office. There are some interesting topics and all taking place in London. If you attend one, perhaps you could write a quick piece for the next newsletter too!

National Office Educational Events

Close Encounters of the Animal Kind, National Gallery, London. 11am – 3.45pm

Thursday 12th March 2020 Tickets: £25

Join National Gallery experts to hear about the rich history of animal symbolism in Western art from the Renaissance to the present day, in works by artists such as Uccello, di Cosimo, Titian, Hogarth, Stubbs and Rousseau

U3A Explores Science at the Ri, London. 1pm – 5pm

Monday 16th March 2020 Tickets: £21.50

Join U3A members and explore science through a variety of fascinating talks.

Discovering Children's Literature at The British Library, London. 10.30am – 4pm

Monday 30th March 2020 Tickets: £24

Hear five experts speak about the history of children's literature. You'll learn about early printed children's books from the 18th and 19th centuries, such as Lewis Carroll's 'Alice's Adventures Underground', and how they have been collected and cared for at the British Library. You will hear about the very first children's books and who was reading them, the development of animal characters in children's stories, and how gender has been represented and explored across the genre of children's literature.

Full details on the U3A website: <https://www.u3a.org.uk/events/educational-events>

Rayleigh U3A are part of the **Essex Association of U3A's** network and so our members can attend their events and study days too. Do check out the events below that have been arranged and if you attend one, perhaps you could write a quick piece for the next newsletter too!

Geology – Sunday 1st March 2020 – to be held in Broomfield

Advanced Genealogy – Thursday 2nd April 2020 – to be held in Chelmsford

The Study of Trees at the Arboretum is to be held on **Monday 11th May 2020** at **Marks Hall, Coggeshall, Essex, CO6 1TG.**

Please note the Marks Hall will be closed to the public on this day. The Arboretum forms an enviable collection of trees originating from every temperate area of the world and miles of leafy woodland walks to explore and enjoy. The day will begin at 10.30 am with the Senior Arborist taking you through the differing areas of the world's trees. Following the lecture, you will be free to explore and enjoy a **picnic (please bring your own lunch)**. The cost of the Day is £10.00 (there will not be food available to purchase on this day)

Please note that this day will be on uneven ground, it will also involve steps and grassed areas which may not be suitable for those with reduced mobility or wheelchair users.

For more details and to book, visit the Essex Association Website at <https://u3asites.org.uk/essexassociationu3as/home> and click on Events.

If you require any assistance, please do not hesitate to contact me at: debbiebamber@rayleighu3a.co.uk or call me on **07947 064799** if you have any questions.

NEWS FROM AROUND YOUR U3A

CHRISTMAS GREETINGS MEETING

In place of a Christmas Dinner this year, we had a **Talks for All Festive Event**, with Keith Baldwin talking about Christmas Greetings, followed by afternoon tea at the British Legion Hall, London Hill, Rayleigh.

It was well attended with 100 tickets sold. Keith gave one of his amusing talks with readings, anecdotes, poems and stories, and then we sat down to tea with sandwiches, homemade scones, cakes etc, tea and coffee. An excellent selection of cakes was made by the lady volunteers at the British Legion.

A very enjoyable occasion and a welcome change from the usual round of Christmas dinners at this time of year. Photos are on the next page.

CHRISTMAS GREETINGS & AFTERNOON TEA



MEMBERS of the RAYLEIGH U3A COMMITTEE enjoying lunch together



COOKERY GROUP led by Ray Lowe

made Sausage/Egg pie together with sausages wrapped in bacon and a Lemon & Apple Jelly
Recipes on request



NEWS FROM AROUND YOUR U3A (continued)



WALKING GROUP - led by Maureen Hayes, on their visit to/in Stock

THE SHOTGUN AFFAIR - U3A members having fun and laughter on New Year's evening

Ray Lowe was retired **Major Windbag**
Amanda Lowe was **Lady Shippe**
(whose husband had been murdered)
Linda Osborne (the host) was **Frau Pumpernickel**
(she was so funny as she kept up a broken German accent the whole time)
Ray, Linda's husband, was **the Game Keeper**
(who was having an affair with Lady Shippe)
Andy was **the Parson Snow**
(we kept referring to him as the parson's nose)
Ann was **Claire Voyant**



(Lady Shippe and the Gamekeeper committed the murder).

NEWS FROM AROUND YOUR U3A (continued)

CHURCH GROUP 1 visit to Wesleyan Methodist Chapel at Leigh



Wesleyan Methodist Chapel, also known as The Fishermen's Chapel, is in New Road, Leigh-on-Sea.

Preacher John Wesley travelled to Leigh in 1748 on his horse to find where the fishing fleet were based. He preached in the street and visited many times in the following years and preached in houses.

Eventually the first Wesleyan Chapel was built.

Many Fishermen families have attended the Chapel - names are repeated on memorials of those that lost their lives in WW1 and WW2. There is a stained-glass window depicting the fishermen of Leigh.

The Chapel is used by the Community in many ways and is well worth a visit. We were given an interesting and illustrated talk by a Church Member.



The views, from the Chapel, of the Leigh Boats are so photogenic.

Maureen Huntly – Church Group 1

VISIT to the PALACE of WESTMINSTER & the JEWEL TOWER



SERENDIPITY GROUP 6 and friends visited the Palace of Westminster and the Jewel Tower in London.

The Jewel Tower is one of only two 14th century surviving elements of the original Palace of Westminster and houses the history of the building. In 1987 it was declared a World Heritage site. We had a fascinating talk from an English Heritage representative then wandered around the building to see and learn more about its history.

We then went to the Palace of Westminster and had an extremely interesting tour around the House of Commons and House of Lords by an official tour guide and then visited the shop and café.

A most informative day out which we all thoroughly enjoyed.

Val & Jim Whitehouse Group Leaders Serendipity 6

FUTURE EVENTS

CATHEDRAL VISIT

Fred Carter is organizing a visit to St Albans Cathedral on the 8th June 2020.

There are places available on the coach and if you are interested and would like to join us please let us know. We will be at the FEBRUARY monthly Meeting to take names and a £5 deposit to secure your place or you can reply by email to susan.taylor106@outlook.com or Fred Carter to efandicart@btinternet.com.

The cost will be approximately £25 (tbc), which includes a guided tour around the Cathedral and free time in the city of St Albans. A fuller itinerary, with things to see etc., will be available at the meeting.

Our Church Group has been going since Rayleigh U3A was formed. During that time, we have visited over 120 different churches in Essex alone, and several in London as well as a few outside of Essex. Our visits have included a Jewish Synagogue, Hindu Temple, the Patriarchal Stavropecjic Monastery of St John the Baptist and many more.

Sue and Terry Taylor Group Leaders Visiting Essex Church Group 1

TALKS FOR ALL

The Amazing World of Magic with John Field

Monday 6th April 2020 2.15pm—3.45pm

British Legion Hall, 2 London Hill, Rayleigh SS6 7HP



John will tell tales of the earliest known magician, the world's oldest trick, the first book on magic and why it was written and the ancient art of magic. You will be whisked back to your childhood to see children's magic, experience a small part of John's sensational mindreading act and witness a demonstration of close-up magic under test conditions. The talk will conclude with a vibrant question & answer session—but no secrets are revealed!

Laugh, learn & see a demonstration of different styles of magic!

John is a member of The Magic Circle and has been elevated to Associate Member of the Inner Magic Circle.

You are guaranteed to have a fun & educational time!



FUTURE EVENTS (continued)

SPRING QUIZ NIGHT

Saturday 4th April 2020

7.30pm start at the Main Hall, Holy Trinity Church, Rayleigh

Come and join us for a light-hearted quiz Night with a prize for the winning team. Join a team and make new friends. Bring your own drinks and nibbles. A paper and pen can be useful too....

FREE RAFFLE

TICKETS £4.00 on sale at monthly meetings

Contact: Val Whitehouse email: val_whitehouse@yahoo.co.uk or phone **01702 512717**

COACH TRIP TO AUDLEY END HOUSE AND GARDENS

Tuesday 16th June 2020 11.00am to 4.00pm



Admire the interiors of what was once one of the largest and most opulent houses in Jacobean England. Wander around the spacious grounds and admire the glorious gardens designed by Capability Brown, including the beautifully restored parterre and organic kitchen gardens. Take a stroll over to the stable yard and meet the friendly horses before topping up your energy with a delicious treat in the cafe.

TICKETS £15.00 (includes coach and entry to the house) on sale at monthly meetings

Contact: David Fryer-Kelsey email davefk@lineone.net or phone **01702 203455**

Depart from:

Webster's Way at 9.20am,

Rayleigh Station at 9.30,

Grange Community Centre at 9.40.

Remember to write your choice on your ticket as a reminder.

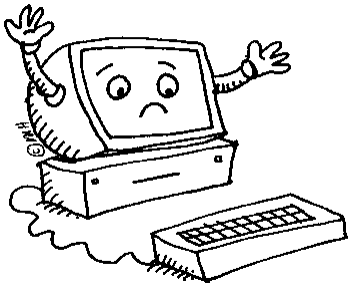
Depart Audley End at 4.00pm.

RAYEIGH ROCHFORD AND DISTRICT ASSOCIATION for VOLUNTARY SERVICE

RRAVS

01268 772796

www.rravs.org



Do you need help with your tablet, phone, laptop or computer?

Do you want help with:-

- Using the internet safely
- Using the internet to find out things that interest you
- Live chatting to friends and family in other countries
- How to listen to music or the radio on your device
- Where to view and store photographs
- How to send and receive emails
- How to write a letter on your device

Starting the 11th October, our drop-in sessions will be Fridays 10am – 12noon at the Parish Centre, Holy Trinity Church, Rayleigh SS6 8BA.

A suggested donation of £2 is appreciated.

We also offer tailored one-to-one support in your own home and a suggested donation of £15 is appreciated for the two hour session.

Contact **RRAVS** on **01268 772796** for more information or to book a home visit.

GIFT AID - Rayleigh U3A is a Registered Charity and we can therefore claim back tax on your subscription. If you have already completed a Gift Aid Declaration you do not need to submit another one.

You can download the form from the Welcome page on our website or contact Pete Huntly, Gift Aid Coordinator at pa.huntly@btinternet.com or phone **01268 777398** to request a form.

PUZZLE Print the words **POLE POSITION** without the space between the words.

Then follow the remaining instructions in order.

Move the last letter to the second position.

Add a copy of the first letter to the rightmost end.

Exchange the positions of the seventh and ninth letters.

Look for three consecutive letters that spell a cheer you might hear at a bullfight.

Remove these letters and replace them with a T.

Remove the first vowel from the left.

Change the fifth letter to an R.

Change all the P's to A's and all the O's to C's.

What is the result? Answer is at the bottom of the next page.

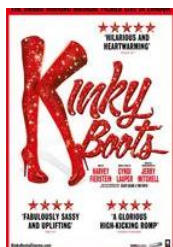
SPEAKERS AT MONTHLY MEETINGS

Thurs 6 th February 2020	DAVID CLARKE	ANCIENT WONDERS OF JORDAN
Thurs 5 th March 2020	CHARLIE HAYLOCK	ECCENTRIC LOOK at the COUNTRYSIDE
Thurs 2 nd April 2020	CHRIS TRURAN	DABS and DNA DETECTS CRIMINALS
Thurs 7 th May 2020	MELANIE GIBSON BARTON	BRUGES, IT'S MORE THAN JUST CHOCOLATE
Thurs 4 th JUNE 2020	JANET BREWER	TUTANKHAMUN'S EGYPT

DATES FOR YOUR DIARY

Mon 10 th Feb 2020	FISH & CHIPS & LUNCH TIME ENTERTAINMENT	11.30am – 2.00pm BRITISH LEGION HALL, 2 LONDON HILL, RAYLEIGH SS6 7HP SOLD OUT
MON 9 th March 2020	TALKS FOR ALL "THE CROWN JEWELS & ROYAL REGALIA" Brian D'ARCY	2pm to 4pm ROYAL BRITISH LEGION HALL, LONDON HILL, RAYLEIGH SOLD OUT
Thurs 26 th March 2020	COFFEE MORNING	10.30am -12noon WI HALL, RAYLEIGH
Sat 4 th April 2020	SPRING QUIZ NIGHT	7.30pm to 10.30pm HOLY TRINITY CHURCH HALL, RAYLEIGH TICKETS £4 AVAILABLE at MONTHLY MEETINGS
Mon 6 th April 2020	TALKS FOR ALL "THE HISTORY OF MAGIC" John FIELD	2.15 pm to 4pm ROYAL BRITISH LEGION HALL, LONDON HILL, RAYLEIGH. TICKETS £3 (including tea/coffee) AVAILABLE at MONTHLY MEETINGS
Mon 18 th May 2020 (AWAITING APPROVAL and CONFIRMATION)	"WING COMMANDER" GROUP PACKAGE	10.am to 3pm STOW MARIES GREAT WAR AERODROME, PURLEIGH TICKETS £25 (includes tea/coffee on arrival, 2 course lunch and guided tour of the site) AWAITING APPROVAL/CONFIRMATION
Tues 16 th June 2020	COACH TRIP to AUDLEY END	Coach departs 9.20 am (Rayleigh – Websters Way) Coach leaves Audley End 4pm TICKETS £15 (including coach and entrance to house) AVAILABLE at MONTHLY MEETINGS
Thurs 20 th Aug 2020	COACH TRIP to MUSEUM OF POWER, MALDON	FURTHER DETAILS TO FOLLOW

LIVE SCREENINGS AT THE ODEON CINEMA, SOUTHEND



Kinky Boots - The Musical

Kinky Boots the Musical, filmed live at the Adelphi Theatre in the heart of London's West End, is strutting onto the big screen!

Date(s): **04/02/20, 09/02/20, 10/02/20, 11/02/20, 12/02/20, 13/02/20**



NT Live: Cyrano De Bergerac

James McAvoy returns to the stage in an inventive new adaptation of Cyrano de Bergerac.

Date(s): **20/02/20, 01/03/20, 05/03/20, 05/05/20**



Bolshoi Ballet Live: Swan Lake (2020)

Prince Siegfried is summoned by his parents to choose a bride. However, he encounters a mysterious swan-woman by the lake, Odette, and is captivated by her.

Date(s): **23/02/20**



Royal Ballet - The Cellist / Dances at a Gathering

The inspiration for her first work for The Royal Ballet Main Stage is the momentous life and career of the cellist Jacqueline du Pré.

Date(s): **25/02/20, 01/03/20**



Met Opera - Agrippina (live) 2020

Mezzo-soprano Joyce DiDonato leads as the imperious title empress in the Met's first-ever performance of this tale of deception and deceit.

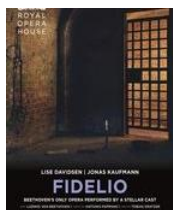
Date(s): **29/02/20**



Met Opera - Der Fliegende Holländer (live) 2020

Sir Bryn Terfel CBE returns to the Met for the first time since 2012, as the mysterious seafarer searching for salvation.

Date(s): **14/03/20**



ROH - Fidelio

Beethoven's only opera is a masterpiece, an uplifting story of risk and triumph.

Date(s): **17/03/20, 22/03/20**

If you wish to join other members at any of the above screenings, or require more information, please contact Sheila on email sh.fa.40@gmail.com or phone **07724095299**

LIVE SCREENINGS AT THE ODEON CINEMA, SOUTHEND (continued)



Jonas Kaufmann: My Vienna is a deeply personal tribute by the star tenor to the world - famous melodies from the birthplace of waltz and operetta.

Date(s): **20/03/20, 24/03/20**



Bolshoi Ballet: Romeo And Juliet (2020)

In spite of each of their families being merciless enemies, Romeo and Juliet are deeply in love.

Date(s): **29/03/20**



Royal Ballet - Swan Lake (2020)

Liam Scarlett's glorious production of Swan Lake, new in 2018, returns for its first revival.

Date(s): **01/04/20, 05/04/20**



Met Opera - Tosca (Live) 2020

Superstar soprano Anna Netrebko returns in the title role as the explosive diva in Puccini's best-loved operatic thriller.

Date(s): **11/04/20**



David Attenborough: A Life On Our Planet With Live Q&A From The Royal Albert Hall

One man has seen more of the natural world than any other. This unique feature documentary is his witness statement.

Date(s): **16/04/20**



Bolshoi Ballet Live: Jewels (2020)

This opulent triptych was inspired by Balanchine's visit to the famous jeweler Van Cleef & Arpels on New York's Fifth Avenue.

Date(s): **19/04/2020**



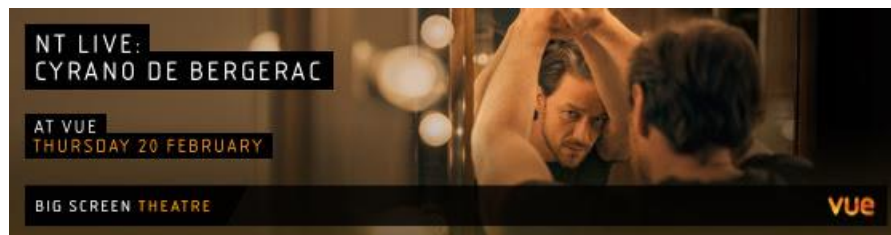
ROH - Cavalleria Rusticana/Pagliacci

Two opera classics are drawn together in this wonderfully observed re-creation of life in a south Italian village as a travelling theatre visits and emotions erupt.

Date(s): **21/04/20, 26/04/20**

If you wish to join other members at any of the above screenings, or require more information, please contact Sheila on email sh.fa.40@gmail.com or phone **07724095299**

LIVE SCREENINGS, VUE CINEMA BASILDON



If you wish to join other members at any of the above screenings, or require more information, please contact Sheila email sh.fa.40@gmail.com or phone 07724095299

Rayleigh



Learn, laugh, live

ADVANCE NOTICE

The Thirteenth Annual General Meeting of the Rayleigh U3A
will take place on Thursday 7th May 2020.

At Mill Hall, Rayleigh

commencing at 2.00 pm followed by our speaker

Melanie Gibson Barton

“Bruges, It’s more than just Chocolate!”

A copy of the Draft Minutes of the AGM 2019 will be displayed on the noticeboard at the March and April Meetings, and will also be available to view on the Rayleigh U3A website.

We have vacancies for

Committee Members

For more information, please contact the Secretary,

Debbie Bamber – details below.

Nomination Forms (found on the website) must be returned to the Secretary, by Wednesday 15th April 2020.

Any motions which you would like to raise at the AGM, will need a Proposer and Secunder, and should also be submitted to the Secretary by 15th April 2020.

Debbie can be contacted on 07947 064799 or debbiebamber@rayleighu3a.co.uk

