



Newsletter Edition No. 68 - July 2015
This month's monthly meeting is on Thursday 2nd July 2015

FROM THE CHAIR

Dear Members,

Welcome to the July Newsletter.

I would like to thank our Groups' Coordinator, Bob Wren, for organising the recent Group Leaders' Day held at Saxon Hall which was a great success and I would particularly like to thank all those who contributed. It was an opportunity for both Group Leaders and Volunteers to ask questions and share ideas. Further details about this event can be found in this Newsletter and on our website. You too can form your own Group and pursue a particular interest with like-minded people. Talk to Bob about the support available to you to make this possible.

I would also like to take this opportunity to thank all the Committee Members for their hard work without which our U3A would not function. We are all volunteers and if you are interested in being involved as a Committee Member in the future then please do not hesitate to talk to myself or any other Committee Member.

Tickets for the 'Significant Anniversaries' Educational Study Day on 13th October are selling very fast so to avoid disappointment I recommend you buy your ticket now. A special entertaining Study Day with Afternoon Tea and Cakes is planned towards the end of November as well as a new programme of Afternoon Speakers. This autumn on the social front we can look forward to a 'Sixties Disco' in October, our ever popular Quiz Night in November, and the Christmas Lunch in December. Some of the above events are already listed on the Events page of our website and others will follow as details are finalised.

Just a reminder that July is our last meeting before we meet again on 3rd September when we can look forward to Andrew Babicz talking about 'Royal Botanic Gardens, Edinburgh'.

I wish you all a happy and enjoyable Summer Break.

Sincerely,

Pete Huntly

Chairman, Rayleigh U3A

Congratulations to David

David Carlton ran in the London Marathon in April for the Charity 'Kith and Kids'. For David's wife, Janet, and their daughter, Deborah, it was a wonderful experience and she has put 'pen to paper' to record her memories:

THE LONDON MARATHON 2015 FROM MY PERSPECTIVE

David and I stayed the night before the Marathon at our daughter and son-in-law's house in Bexley, Kent. David had to be at Blackheath (the start area) by 09.00 on the day of the Marathon and our daughter (Deborah) and he left at 08.00 for Deborah to drop him off at Bexleyheath Station for him to continue his journey to Blackheath.



Deborah and I travelled to London together to watch the Marathon. Deborah had looked at the route the runners were taking and had estimated that we could watch David go by at three places along the way.

It was an amazing journey - travelling by train to start with from Bexley Station and then transferring to the Docklands Light Railway. The DLR took us to the underground but the signage and the directions we were given by well meaning platform staff left a lot to be desired. However, we eventually found our way to where we expected David to go by even though we found ourselves travelling in the wrong direction twice and had to get off our train to go back to where we had started!!

All the runners had been given a tracking device to attach to their shoes and we were able to track David's progress from Deborah's I-phone and so were able to estimate roughly when we could expect him to go by. We saw him go by twice and luckily, when Deborah and I called out to him, he saw us and came over for a quick hug. The second time we saw him he had about eight miles to go and was enjoying the experience and not feeling too tired. At this point Neil, our son, and his family had joined Deborah and me. Neil, his wife and two of his four daughters had travelled up from Dorset where they live.

David told us later that the crowds of spectators were amazing and were cheering the runners on all the way which helped him a lot. Children were offering the runners jellybabies all the way round. David said afterwards that the jellybabies kept him going, giving a welcome energy burst.

The Marathon was very well organised and family and friends were asked to wait at the end of The Mall to meet up with their runners. At last we spotted David coming towards us with his well deserved medal. He was so Happy – so was I!! He was my Marathon Man and my Hero and I was so proud of him. It was a Happy, Happy Day.

David started training in April last year and kept to a very strict training regime. He raised almost £2,000 for his Charity - Kith and Kids - which is for autistic children. The money David raised added to the money raised by 20 other runners for the charity totalled over £45k. This money will pay for a number of autistic children to have a holiday for a week this Summer.

David's charity money was raised following a Charity Night being held and from very generous sponsoring from U3A members, friends and family. Thank you to you all.

Janet Carlton

GARDENERS' CORNER

This month I am looking at some more 'GOOD DO'ERS' that have performed well in my garden for several years. Roses are well-known of course, but a couple of varieties not so well known but deserve a mention are:



Banksian Lutea in May put on their spectacular display of 1000's of small double yellow clusters lighting up the blue sky. This thornless rose which originated in China and discovered by that great plant hunter that bears his name responds well to hard pruning after flowering to encourage density of new growth. It grows well against a south facing wall or fence so as to get maximum light in the Spring.

The other rose I wish to highlight is another rambler, **Chevy Chase**, bred in the USA. This rose has small double deep crimson flowers in abundance. Sadly, not thornless. It has vigorous growth which can be trained along a fence or trellis. Prune hard after flowering or tie-in laterally, as I have done with mine, to cover a 15 foot spread.

This is not a repeat flowering rose but 'earns its keep'. These roses are hard to find in Garden Centres.



SHRUBS



Lavatera Maritima can be grown in a large pot or planted in full-sun. It will flower continuously for 10 months of the year. Keep well watered and fed and take cuttings of mature growth in summer. Spectacular on a patio. A very cold winter will defoliate or kill it. A fleece will help during cold spells but it is important not to let the soil freeze. Again, not easy to find. Hockley Plant Market in Lower Road sometimes have it or try on-line.

PERENNIALS

Alstroemeria 'Indian Summer', which I have featured before, has proved to be an outstanding plant providing cut flowers with dark foliage for many months of the year, if kept well-fed and watered. There are other colour combinations available and also bedding varieties of smaller stature in a variety of colours. These are not so hardy so beware, or overwinter in a greenhouse. Potash Nursery in Hawkwell will help you and they do stock Indian Summer at £5 per pot.

Good gardening.

Brian Kersey (Tel: 01268 743959 for help or a chat)

Did you read this article in a recent edition of the Daily Mail?



THE FIRST DAY of university is always a scary prospect, and it certainly was no exception for Sue Jeavons. Despite the fine spring morning and the fact that other students were milling around nearby, she felt quite alone and nervous as she waited for the first lesson to begin. But Sue is no shy teenager – she is a 63 year-old former manager, mother of two and grandmother of six. ‘I was filled with apprehension’ says Sue. ‘It was such a large place. I had no idea what the people I was meeting would look like.’

Happily for Sue, a 45ft. canoe is a hard thing to miss. For along with the 11 others gathered on the banks of Lake Trentham, near Stone in Staffordshire, she was about to embark on her first canoeing class, having joined one of the most unorthodox universities in the world. No other educational establishment would arrange a field trip where the combined age totalled more than 800 years. But then there is nothing ordinary about the University of the Third Age (U3A), which aims to promote late-life learning for those who are retired, semi-retired or have finished raising families. There’s no campus, for a start – just a small head office in Bromley, Kent. Nor are there any curricula, term-times or entrance exams. Rather than run into thousands, the annual tuition fees are between £10 and £20, depending on where you live (it’s not run for profit), and each local U3A group – there are almost 1,000 – decides what they study, where and when. As for the 36,000 subjects on offer, well, they are as wide-ranging as the students and cover everything from the serious to the sublime. Arabic, history, maths and chemistry are timetabled

next to Druidism, Scrabble, botanical illustration, how to dress, unsolved murder cases and bus restoration.

Sue Jeavons, a former occupational therapy manager, joined Stone U3A four years ago, after she found retirement an unexpected shock to the system. ‘I had worked for 30 years and always had people around me. Suddenly, it was just my husband Phil (66 and a retired teacher) and me at home. There were too many hours in the day. We didn’t have family who lived nearby and I didn’t settle into it at all well.’ After a couple of months of feeling isolated and lonely, she heard about U3A through a friend and went online to see what was on offer in her area. ‘I was looking for something that would be active to get me out of the house,’ she says. ‘I saw canoeing and thought it looked superb.’ Her instructor, Ivor Warrilow, is 82 and had been teaching the group for nine years. ‘There was so much laughter and chatter in the boat that I quickly forgot my fears,’ says Sue. The hour and a half flew by and Sue has gone every week since, making new friends along the way. ‘My arms ached for the first week, but it soon went. Canoeing keeps me active all the year round and my fitness has definitely improved. If it’s torrential rain, very windy or there’s ice on the lake, we don’t go out – though if it’s drizzling, we brave it.’

For Jean Morgan, 75, joining the U3A has also proved to be a lifeline. Before retirement, she ran a care home for elderly people with her partner, John, 75, and was on call 24 hours a day. It was a happy and busy life. ‘We were exhausted when it finished, but suddenly everything stopped. No one came to the door any more, no one popped around to see if I could help with anything. We had just moved so I didn’t know anyone. We fell into a quiet, inactive life,’ she says. Then, through her sister-in-law, Jean heard about a local group that was forming. They went along together to find out more – and were hooked. That was 18 years ago and Jean now attends classes in jazz, the card game canasta and film at Weald U3A. She also runs a discussion group intriguingly entitled ‘Explore the Unexplained’, which has covered everything from crop circles to guardian angels. ‘I’m at U3A meetings more often than I am at home’ says Jean. ‘There’s always something going on to look forward to. It’s sociable and stimulating. This is brilliant. Learning is life-affirming. My family applaud the fact that I am always so interested in things. It keeps me alive, alert and cheerful.’ Jean notches up more than 30 hours a month going

to classes or studying. For that she pays a £16 annual fee, plus a little extra now and then for refreshments or to rent a room, though most meetings take place at a member's house. The only downside came when Jean bit off more than she could chew, signing up to organising trips abroad for aged members. 'I arranged a two-week tour of Ireland and spent most of it worrying that someone might suddenly die' she says.

Teacher and student, Jean Tweddle, 65, from Harrogate holds her classes in her sitting room. She runs a dolls' house group – having become 'totally addicted' to making miniature furniture eight years ago. 'The idea is to make as much yourself as possible and put your mark on the house' she says. 'It incorporates all sorts of crafts, knitting, sewing, designing soft furnishings and woodwork. We went on a lace-making course recently, and I was much better at it than I expected.' Jean's husband, John, meanwhile opted for a crash course in French before the couple travelled to France for the wedding of two friends last year. 'Of course, when we got to the wedding, everyone wanted to practise their English on John instead, but he really enjoyed learning a new language.' Jean also attends a weekly tai-chi class, which is full to bursting with 18 over-50s taking part. It's good for the brain, as you have to remember different routines. Since I started, I don't get so many aches and pains. The instructor shouts such things as "Anyone with a replacement hip, don't cross your leg over!"

With no cap on the age limit, there are students aged from 50 to 90, says Barbara Lewis, chairman of the Third Age Trust, the umbrella group that oversees all U3A activities. And anyone can volunteer to start a class in almost anything.

It's this hotchpotch arrangement, drawing on thousands of life skills, interests and hobbies, that is proving so successful. 'The U3A is not bricks and mortar. It's here for the sheer enjoyment of learning new things and to allow people to explore new topics together,' she says. 'We have people from all walks of life starting groups; from academics and teachers to women who have raised families and never had a job. It gives people a new lease of life. I see lots of members who have just lost a partner and don't know what to do. A GP told me the best prescription for loneliness is U3A.' Joining a group is a sociable way of learning skills that otherwise might seem daunting. Barbara has noticed a surge in IT and computer literacy groups as grandparents seek to teach themselves how to use Skype and Facebook in order to keep in touch with their families.

Medical experts also agree that an active life, with the right amount of stimulation, is the key to longevity. A study from Madrid showed lifelong learning wards off depression, promotes emotional balance and improves memory. Andrew Williams, an NHS consultant at Guys and St. Thomas' Foundation Trust says: 'There is good evidence that physical activity, mental activity and active socialisation all reduce the likelihood of developing cognitive impairment and dementia'.

In a steadily ageing society, the U3A is also a reminder of the pool of talent and expertise that exists beyond the age of retirement. 'A lot of the narrative around age and ageing is negative and focuses on the social consequences of the increased burden of ill-health, which is wrong' says Andrew. 'U3A is an inspiring example of the positive experience that many older people have after they leave work.'

So what of the future? Barbara has plans for a University of the Fourth Age for those who are house-bound, but still want to learn, which will be available online or by E-Mail. 'We haven't established it yet, but it's something we have talked a lot about' she says.

In the meantime, you know where to go for quilling, calligraphy or simply for a wonderful opportunity to make friends.

POEM FROM OUR DRAMA GROUP

**On Wednesday we're at Drama with funny hats and wigs,
We're just a great big bunch of hams who never get a gig,
Oscars don't bother us and we don't care a bit,
We're in it for the laughs and fun
And couldn't care a fig!!**

*Written by Diane
Submitted by Janet
(Both members of the Drama Group)*

NEWS FROM THE GROUPS

SERENDIPITY 4

Our Group has been running for about 3 years now. It was set up with the invaluable help and advice of the earlier Serendipity groups and is organised by our group leaders, Mike Cairns and Peter Britton (with the help of Mike's wife Sue). Toni is our official photographer. We have been to so many places in and around London that we didn't know existed – and learned so much about our capital. A group of strangers are now a group of friends and we all enjoy each others company very much.

In May, 24 of us paid a visit to the Poppy Factory, which is in Richmond, a lovely part of London. We



travelled up by train and arrived in time for a coffee/stroll through the park or a spot of shopping. We had a very enjoyable pub lunch before walking back to the factory. Our guide welcomed us with a cuppa (plus biscuits) and showed some short films. He explained about the background work of the Poppy Factory, now and why it came into existence and the help it gives to others. It is staffed mainly by

disabled war veterans and ex-servicemen and women and all the fabric poppies are produced on site.

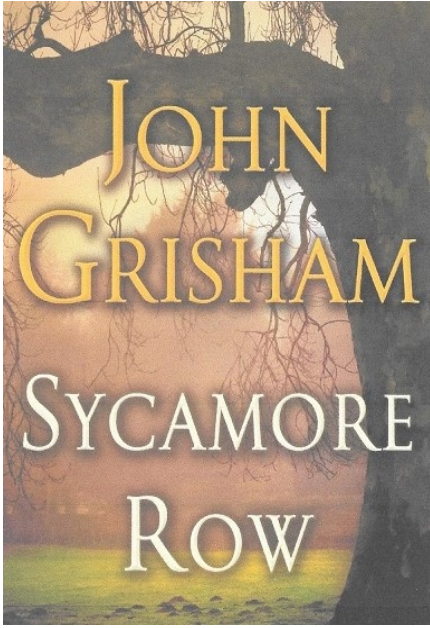
We were taken on a tour of the workroom and saw some of the beautiful wreaths which are being created for some of our royal family to present. This year, due to the many extra celebrations, more wreaths than ever are being prepared. Each one takes days to produce (plus a lot of patience). The petals and leaves are cut out by machine, thousands at a time and are made of polyester. The days of silk being used have long gone. We all tried our hand (just one!) at making a poppy and were very impressed by the skills required.

The Poppy Factory also finds work elsewhere for people with disabilities and gives a lot of support to them and their families – giving them back their dignity and the means to help to support themselves. After buying up the gift shop we strolled along the river bank in the sunshine – had a leisurely cup of tea and boarded our boat for a 2 hour cruise along the River Thames, back to Westminster.

Another great day out was had by all, and we will remember this trip when we see the poppies on sale later in the year

Sue Cairns

BOOK GROUP 2



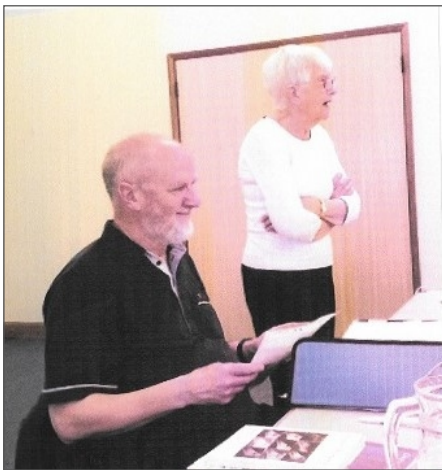
The latest book we have reviewed should we think appeal to anyone who enjoys a tense, well written, courtroom drama.

Jack Brigance has never met Seth Hubbard, or even heard of him, until the old man's suicide note names him attorney for the estate. The will is dynamite. Seth has left ninety per cent of his vast, secret fortune to his housemaid. The vultures are circling even before the body is cold: the only subject more incendiary than money in Ford County is race, and this case has both. As the relatives contest the will, and unscrupulous lawyers hasten to benefit, Jake searches for answers to the many questions left by Seth Hubbard's death: What made him write that last-minute will leaving everything to a poor black woman named Lettie Lang? Why did he choose to kill himself on the desolate piece of land known as Sycamore Row? And what was it that Seth and his brother witnessed as children that, in his words, 'no human should ever see'? In the long awaited

successor to the novel that launched his phenomenal career, John Grisham brings us the powerful sequel to *A Time to Kill* with page-turning twists as it is with legal mastery. *Sycamore Row* proves beyond doubt that John Grisham is in a league of his own.

Kath Hands

POETRY GROUP



Poetry Group members attended an afternoon Poetry Workshop on Tuesday 14th April, which was held at The Cloisters, HolyTrinity Church, Rayleigh.

The event was funded from the proceeds of the sale of poetry books which members had printed and sold to friends, family and U3A members in 2014. The Workshop was led by Adrian Green, a member of Southend Poetry Group and of the Essex Poetry Association. It was attended by the eight members of our Rayleigh Group plus eight of our U3A members.

The Workshop was a new activity for us, as it involved, as well as listening to poetry, general discussion on the nature of poetry, and completing two writing exercises which were ably led by Adrian and which everyone enjoyed. It was generally agreed that this was a very interesting and enjoyable event.

Marian Allen
Coordinator, Rayleigh Poetry Group

VISITING ESSEX CHURCHES – Group 1

Terry and I recently became Leaders for this group. We had our annual Planning Meeting in February and our first visit was in March where we visited two of the Layer Churches.

We started with St. John the Baptist at Layer de la Haye, a delightful church in beautiful surroundings, where we were greeted by Rosemary Giessler, the church warden, who provided us with welcome refreshments. The first written record of the church's existence is found in a charter of 1128. The walls are of mixed rubble and septaria with some Roman brick and dressings of limestone. There are, so far, no records of Roman buildings in the area though it is conceivable that important people from the Roman Colonia (Colchester) may have built villas in this area or there may have been watch towers guarding the entrance to the rivers. It does appear that there was regular Roman traffic going from Colchester to Mersea and passing through Layer de la Haye. There is plenty more history of local families etc. and a very interesting talk was given by Rosemary with lots more information.

The second church we visited was St. Mary the Virgin at Layer Marney. This ancient and beautiful church is next door to the famous Layer Marney Tower. The church was rebuilt by Henry 1st Lord Marney and John 2nd Lord Marney at the beginning of the 16th century and left unfinished on the death of the 2nd and last Lord Marney. Their wills made provision for the church to be finished. Restorations were carried out in 1870 and 1911. The church is made of Tudor brick (reputed to have been made locally). On the North wall of the Nave there is a mural of St. Christopher dating from c.1520 which was uncovered in 1870. Our host was Judy Bancroft who again supplied us with lots of interesting information.

ST. MARY THE VIRGIN LAYER MARNEY



There is another church at Layer Breton, St.Mary's, which is the smallest and newest of the three churches. We managed to get a glimpse and photograph of the church before heading off to the Donkey and Buskin for our usual pub lunch.

All the churches are well worth a visit and if any of the other Visiting Essex Church Group Leaders would like to make contact, please call us on 01268 786405 or email susan.taylor106@tesco.net.

Please contact us if you would like to join our Group as we do have limited spaces available.

Sue and Terry Taylor

SERENDIPITY 1

Our Group enjoyed a visit organised by Joyce and Les Lockwood to 'Warley Place' near Brentwood. Leased by Essex Wildlife Trust, it consists of 32 acres, once the garden of Frederick Willmott and his daughter Ellen from 1875 to 1934 when she died, now a nature reserve.

We saw the meadows filled with tens of thousands of daffodils and the bluebells will follow on.. An idyll only three miles from the A127. Over 67 varieties of birds have been recorded.

Entry is free but donations accepted to further the conservation work of the volunteers.

More details can be found at <http://www.essexwt.org.uk/reserves/warley-place>.

If you are a walker, artist, photographer, gardener or lover of nature then Warley Place is worth a visit and the Thatchers Arms is next door!

Maureen Huntly



Notes from the Secretary

I would like to bring to your attention the following events and information notified to me by the U3A Trust.

The full information/booking forms on these items can be found on the U3A Trust website at www.u3a.org.uk or feel free to telephone me on 01702 552426 or email at jsoilleux88@gmail.com. Information will also appear in the Third Age Matters magazine, in addition to being displayed on the Secretary's Notice Board at the Members Meeting in July.

RHS U3A Group discount offers on gardening and days out.

U3A Trust AGM to be held in Nottingham on 27th August.

2016 Diaries. These have been ordered and will be available for purchase from September onwards. Price £3

U3A Photography Competition – Britain's Wildlife. Entries are still welcome up to 31st August. Please see website for more details.

ITV Documentary – Stories and Memories of the 1966 World Cup – Blakeway North, a television production company is making this documentary for ITV and would like to hear from U3A members who have a funny or interesting story connected to the day. If that is you, and you would like to share it, please contact Jasmine MacNabb, Assistant Producer on 0161 817 6650 or email her at jasmine.macnabb@blakeway.tv by end of July.

ATG Theatre Card Offer - U3A Members can purchase an ATG theatre card for £25, a saving of £10 off the standard price. This gives you a series of benefits, including priority booking and savings off tickets in their 38 theatres across the UK. If you are interested, go to 'Offers for U3A Members' in the members' area of the website.

GROUP LEADERS' DAY

We held our annual Group Leaders' Day at Saxon Hall, Aviation Way on Tuesday 5th May and, this year, included all our volunteers and proactive others, who have contributed to the successful running of our U3A.

Eighty-six people were invited and sixty-two were able to attend. The theme of the day was to enhance everyone's awareness of our past year – and current year – activities and discuss the way forward in the short term along with the association links with other U3A's in the Rochford district.

Our main speaker of the day was Keith Baker, former Chairman of Rayleigh Grange and current Chairman of Ashingdon & Rochford U3A. A positive and lively debate followed, looking at ways of using "Best Practice" and experience between the cluster of six U3A's in our local area without impacting upon the authority, identity and individuality of each U3A. This fuelled the appetite for a good lunch and Keith Baker and his Ashingdon Groups' Coordinator, Janet Arrowsmith, took away many positive ideas in the further development of their (newer) U3A and further "Cluster" discussions will be forthcoming.



After lunch, a small presentation was made to our Accounts Examiner, Stella Lutterloch, who is standing down from this position this year. We will need a volunteer to come forward, by the end of the year, to audit the 2015/16 accounts prior to the 2016 AGM.

I would like to thank everybody involved for participating in this educational and sociable event.

Bob Wren (Groups' Coordinator)

Accounts Examiner

After 4 years our Accounts Examiner, Stella Lutterloch, has stepped down. An appeal at the AGM did not produce a replacement so we still need a volunteer to undertake this vital roll.

Our Accounts Examiner could be any member with some background in dealing with figures and who has a basic understanding of bookkeeping, simple balance sheets and profit/loss accounts.

The job involves spending a couple of days (maybe less) in January or February to look through the accounting records of each of our Treasurers to make sure that everything balances and is correctly reported in our Year End balance Sheet and Receipts/Payments statement.

This is a most satisfying opportunity for somebody to give something back in return for the pleasure that they get from our U3A.

If you would like to discuss this position please contact me or any Committee Member

David Clarke, Vice Chairman

01702 204559

clarked46@talktalk.net.

RAYLEIGH U3A STUDY DAY

Tuesday 13th October 2015

9.30am to 4pm

‘SIGNIFICANT ANNIVERSARIES IN 2015’

**Expert Speakers on Magna Carta, The Battle of Waterloo,
The Battle of Britain and Rayleigh**

*Morning Coffee and Biscuits – Hot Buffet Lunch – Afternoon Tea & Pastries
Book Signings, Exhibition and Raffle*

**SAXON HALL CONFERENCE ROOM, AVIATION WAY
SOUTHEND-ON-SEA, ESSEX SS2 6UN
No. 9 Bus Route – Large Car Park**

***Tickets at £15 each
available at monthly meetings***

SOCIAL EVENTS

Summer is just around the corner and we are all looking forward to some lovely weather. Meanwhile, the Social Committee is busy organising events for later in the year. We will be selling three lots of tickets at the September meeting so make sure you bring your cheque books!!

Dates for your diary are: Friday 16th October, 60`s Video Disco. This DJ comes highly recommended by some members, who tell me they had a great night at the disco. I know a lot of members enjoy dancing to 60`s music, so come along for a trip down memory lane. The event will be held at the Hullbridge Sports and Social Club and to keep the ticket price down there will no supper provided. You can bring your own snacks but not drink as it is a pay bar. TICKETS will be £7.50.

Saturday 21st November is our ever popular Quiz Night with our excellent Quizmaster, David Lutterloch. Last year the quiz was a sell out, max. capacity is 12 teams of 8 so make sure you don`t miss out. How about getting a team together? Tickets again £4 and will be at Holy Trinity Church Hall.

The final event of the year is the Christmas Lunch on Thursday 3rd December, which this time will be held at The Westcliff Hotel. There will be 2 coaches to take guests to and from the hotel. This is included in the ticket price of £25 which has been the same for the last 3 years. The coaches will pick up at Websters Way, Trinity Road and the Oakwood Pub. There are 98 seats available so if you want to come to the lunch and make use of the coaches, make sure that you book early. This venue offers silver service and round tables. They will also provide piped music AFTER the meal for those who like to dance and, for those that prefer to sit somewhere quieter with their coffee and have a chat, there will be other lounge or bar areas for them. I have listened to comments made after last year`s Christmas Lunch and I am hoping that these arrangements will suit everyone.

I don`t like thinking about Christmas at this time of year but things have to be booked so far in advance. The team are already working on events for 2016.

Please feel free to approach me to suggest any event that you think would interest our members as we`re always looking for new ideas.

Jane Godfrey

Our Speaker in July

The speaker at our monthly meeting in July will be Bruce Bellringer with a talk entitled ‘Impressions of Japan’. His love of travel was encouraged by his first career in the Royal Navy, during which he met and married his Japanese wife, Kuniko. Since then, their family has spread over the world and Bruce is a regular visitor to the United States, New Zealand and, of course, Japan which he has known intimately for over 50 years.

Bruce is also a published author of short stories, writing under the pen-name of Jack Windsor. He donates the profits from his books, which can be found on Amazon, to local ‘Talking Newspapers’ in Wickford and Wellingborough which he was instrumental in founding as a member of the Lions.