



## Newsletter Edition No. 86 – JULY 2018

Dear Member

Welcome to the July newsletter. Summer is here at last. At the time of writing this, both Heather and I have rather nasty head colds – so much for the English Summer. None the less, I hope that you will find plenty of nice things to do with the family or with the many group activities your U3A provides.

We have just returned from a long weekend in Liverpool for the Tall Ships Regatta. That's probably where we caught the colds. It was great seeing the ships on the Mersea as in the old days. Liverpool seems a vibrant city, overcoming the calamities of the past decades and re-inventing itself.

As for Rayleigh U3A, the new members elected to the Committee at the AGM have taken their places and are beavering away in your interest. The Educational organisers have arranged three events and they are already sold out. We are looking for larger venues for future events.

A presentation on preventing cyber-crime will help you protect yourself from fraud in this digital age, which is full of promise but also has many dangers. A Christmas lunch is being arranged and 40 members have expressed interest before we even start selling tickets. And of course, we have a varied selection of speakers for our monthly general meetings.

At the AGM the Committee took the opportunity to thank Maureen Huntly for her long service to our U3A and I presented her with a certificate granting her lifetime free membership of Rayleigh U3A.

Our next monthly meeting will be on Thursday 5th July. Unfortunately, I won't be there, but I am sure you will enjoy it.

Best Wishes,

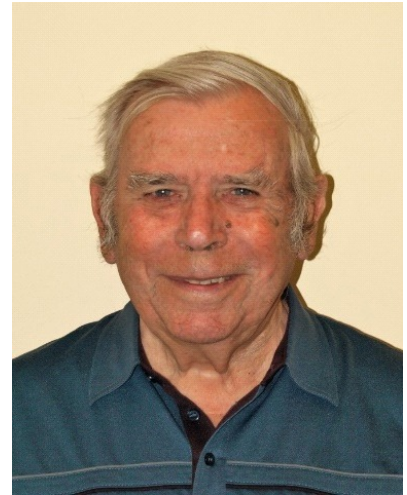
*David Fryer-Kelsey,*  
Chairman



# Meet Your Committee (Part One)

## **David Fryer-Kelsey – Chairman**

I am also Event Coordinator and Joint Group Coordinator. I have been a member of Rayleigh U3A for 10 years. I belong to Walking Group 2, Sunday Lunch and the U3A Facebook Groups and am Group Leader of Walking Group 1. I hope you are enjoying your membership of the Rayleigh U3A and taking advantage of the various group activities and events.



## **Jim Whitehouse - Joint Vice Chairman**

I joined the Rayleigh U3A in 2014 and became Joint Vice Chairman in 2017 as well as helping with the administration of the Rayleigh U3A. I am also Joint Group Leader of the Essex Church Visiting Group 2, a member of Serendipity 6 and Sunday Lunch Groups. I manage the Database and send out all the emails to the members, have overseen the change of bank that the Rayleigh U3A uses and introduced payment by standing order and bank transfer for our members and computerised our accounting system.



## **Val Whitehouse - Joint Vice Chairman**

I joined the Rayleigh U3A in 2014 and am Joint Group Leader of the Essex Church Visiting Group 2, a member of Serendipity 6 and the Sunday Lunch Group. I design and print tickets for our social and educational events and posters for the display boards at the Monthly Meetings. I often write articles and take photographs for the Newsletter. I have organised the Joint U3A & Essex Police Cybercrime Presentation this year and am always looking for new ideas to make the U3A more interesting and appealing to all our members.



## **GROUP CO ORDINATORS REPORT**

Our main event in May was our New Members' Meeting with 37 new members attending, a record number.

Your feedback shows that it was a friendly/informal meeting, and it was lovely to see so many of you.

Thanks to our committee, and all the other members who turned up, to give their support.

Already we have new members willing to start new groups.

As explained at the meeting, if you wish to join a group, please look at the poster for Group Vacancies, come and see me at our table at the U3A meetings. If you have a hobby or interest you wish to share, we can put a board down, and members can register their interest.

We also have Kevin Wilson, Tai Chi Instructor, who wants to start a Study Group, and is looking for a suitable venue. This is always difficult, has anyone any suggestions? Again, please put your names on the board.

Boards are on the table for **Canasta, Pool, Cribbage, Classic English Literature Book Group, Darts, Poetry, Bridge** and **Tai Chi Chuan Study Group**.

Joining these groups is an excellent way of meeting other members and often making long term friendships.

*David and Heather Fryer-Kelsey*

Group Co coordinators

## **NEWS FROM THE SECRETARY**

***Please see below information from the U3A Trust for your interest:***

- U3A Conference and AGM 2018: 28<sup>th</sup> – 30<sup>th</sup> August 2018 at East Midlands Conference Centre in Nottingham. There is a dedicated website for Conference news, updates and to book – find it at <https://conference.u3a.org.uk>. This will give you information about the programme, speakers and location.

***If you are out and about around the country in the coming months, the following may be of interest to you:***

- Bristol Science Centre on Thursday 20th September 2018, U3A members are invited to enjoy a day out with a difference – booking opens soon at [www.u3a.org.uk/events](http://www.u3a.org.uk/events)
- Art & Antiques for Everyone Summer Fair – NEC Birmingham: 19th – 22nd July 2018. For complimentary tickets, please email [Priya.khosla@clarionevents.com](mailto:Priya.khosla@clarionevents.com)

As your newly-elected Secretary, I look forward to meeting you at one of our meetings and in the meantime, please do not hesitate to contact me on: [debbiebamber@rayleighu3a.co.uk](mailto:debbiebamber@rayleighu3a.co.uk) or call me on 07947 064799 if you have any questions.

*Debbie Bamber*

## **IMPORTANT REMINDER**

**Please, will all members remember to bring their membership cards when attending meetings. Thank you for your help in this matter.**

## **RAYLEIGH U3A TAI CHI CHUAN STUDY GROUP**

Would you like an opportunity to study Yang Style Tai Chi Chuan and find out how it really works? (for those who like a challenge and want to learn something new).

Tai Chi Chuan comes from China and it is an Internal martial art, but having said that, a lot of people who practice Tai Chi today do not learn it as a martial art but only as a health promoting form of exercise, as it has been found that regular correct practice can gradually improve your level of fitness, health and strength.

There are many types of Tai Chi all over the world and they all have their own different practices and principles. There have been many studies on the beneficial effects of Tai Chi and there are lots of web sites where you can find much information about these benefits. I have listed some of the benefits below (there are many more). Regular practice of Tai Chi can help with:

1. Improving your posture and your balance.
2. Reducing stress and lowering blood pressure.
3. Gaining better flexibility and improved movement of the body.
4. Improving your co-ordination.
5. Your focus and concentration.

My name is Kevin and for 25 years I have been studying this ancient art and although when I first started, I intended to do it for health reasons, as time passed I found myself looking into the deeper aspects. It is truly fascinating how it works, and this is now my passion in life. I am still finding new things about Tai Chi after all these years. I am now a registered senior instructor and I enjoy teaching the internal methods that are used to make the Tai Chi form a powerful tool that can improve your life in many ways.

You may wonder what these internal methods are. Relaxing certain muscles and making small adjustments to your posture are just the beginning. Abdominal breathing and moving your body into naturally strong shapes are other parts of the process. Learning about creating spirals in your body and the correct weighting on your feet and the correct placing of the feet are all necessary. The use of the mind and intention and not using muscular strength are vital too.

Every move in Tai Chi has a purpose. Using the internal methods, the purpose can be achieved. If you are interested in coming to an interactive session (working with me and other participants) where I will be able to show you how Tai Chi really works, please put your name on the list.

When I know how many are interested, I will arrange the time and place. If you enjoy the first session, others may be arranged. Thank you. *Kevin Wilson*

## **YOUR LOCAL POST OFFICE**

If you do not live close to a bank, then why not make use of your local Post Office to:

- 1) Pay utility bills – gas, electric, telephone. Just take your bill into the Post Office and you can pay by card, cheque or cash. There is no charge, except for water and sewage. Rochford DC does not at present allow you to pay Council Tax at the Post Office.
- 2) Take out cash on your debit card. As the pin machine is inside the store it is safe from interference. Again, there is no charge.
- 3) Pay cheques into your bank account. To pay a cheque into any bank account you will need a paying-in slip and the clerk will give you a bank envelope so that it can be sent to your account. It takes a day longer than going to the bank.
- 4) You may also need a paying-in slip to pay in cash. The money will be credited to your account the following day.
- 5) But if you are paying cash into Barclays, Co-op, HSBC or Santander you can do so with just your debit card – no paying-in slip needed. Halifax, Lloyds and NatWest should be on board for this before the end of the year. If you pay cash in with your debit card, then it is credited immediately.



## Royal Opera House Thurrock Production Workshop Tour

On Friday 25th May 2018 twenty members of Rayleigh U3A Serendipity 6 group visited the ROH production workshop and were taken on a tour around the facility by Joe Soloman. The tour began by us being informed about some of the history of the site, the historic buildings and how the idea for a theatrical workshop in the area came about.

Two large and interestingly designed buildings faced us. The upper story of the first is occupied by South Essex College where young people study for a costume construction BA degree. This is a separate entity to The Royal Opera House, but they sometimes work in cooperative collaboration to their mutual advantage. Each building was designed to facilitate nature, natural light, solar panels, green roofs etc.

The first area we visited was in the second building on the ground floor of the scenery, art and design area. Artists were working on the ground painting vast aspects of stage sets for a forthcoming production. The building was extremely high with facilities to ride on a gantry to reach and paint the upright sets which were suspended from the roof.

We moved on to see metal workshop areas where structural designs and facilities were being made. We learnt that different metals were best suited to meet different requirements. All the time we were becoming more and more aware of the craftsmanship and creativity that goes on behind the scenes to support the production of an opera or ballet.

Our next stop was on the balcony which we could see from below when we entered the building. Here we saw a short video film which demonstrated the amazing technology that exists to transport and deliver the finished sets, costumes etc to The Royal Opera House in London. We also learnt of the communication and support system which exists worldwide between the fields of operatic art and production.

Whilst on the balcony we were shown model stage sets which were precision miniatures of the designs being worked upon and made for the ROH productions in Covent Garden. We also met Emma Troubridge, Head of Scenic Arts, who talked to us with great passion about the artwork.

We saw wigs specially made from human hair. There were boxes and boxes of these. A complete storage section was reserved for shoes of every design, some outlandish from the fifties and many others -a shoeaholics' dream store!



Our next stop was in the costume section, ground floor of the first building. The skill, design, construction, costume metal work, jewellery and needlecraft were breath-taking. We saw racks of ruffs, undergarments and costumes covering a very large area where there were two ladies machining on very long benches. Finally, we were led back to the costumes which we were encouraged to examine, touch and photograph.



Throughout the tour there was a buzz of positive comment from our entire group. This brings us back to Emma Troubridge. She told us that June would see the last of these tours being put on for the public. She is obviously dedicated to her work and feels passionately in the value of the tours.

As a group we were enthralled by our experience. Other U3A groups have visited and we ask them to join us in pleading with The Royal Opera House to reconsider their decision.

*Marie Oatham* Serendipity Group 6

## **ADVANCE NOTICE**

**The Monthly Meeting on 5th July 2018 at the Mill Hall will finish at 4.30pm.**

We have a Fraud Prevention Presentation on keeping safe from rogue traders, cold callers, telephone, email and text scams etc. There will also be a short video, leaflets can be taken home and there will be time for questions afterwards.

This will follow the Speaker Toni Mount talking about Everyday Life in Medieval London.



## **Annual Christmas Lunch Wednesday 5th December 2018**

**Chalkwell Park Rooms, London Road, Westcliff-on-Sea**



### **Entertainment by the Daisy Bowlers**

**2.30pm—3.30pm**

**Tickets: £28.00—from the Social Events Table at Monthly Meetings**

3 Course Meal, Coffee/Tea & Coach Travel, Private Bar

12.30pm Arrival for Lunch at 1.00pm



## DATES for your DIARIES 2018

Fri 27th July	BRIDGE GROUP OPEN MORNING	9.30am – 11.30am 45 CONNAUGHT ROAD
Thurs 2nd August	STAY SAFE JOINT ESSEX POLICE and U3A CYBERCRIME PRESENTATION	1.30pm – 4.30pm MILL HALL – RAYLEIGH
Thurs 13th September	COFFEE MORNING	10.00am - 12 noon WI HALL, BELLINGHAM LANE RAYLEIGH
Wed 19th September	HISTORY OF SPOKEN ENGLISH & ENGLISH SURNAMEN by Charlie Haylock	11.00am - 3.30pm SAXON HALL, AVIATION WAY SOUTHEND <b>SS2 6UN</b>
Mon 15th October	HOW SCIENCE CAME TO SCOTLAND YARD by Robert Milne	2.30pm - 4.00pm WI HALL, BELLINGHAM LANE RAYLEIGH
Mon 12th November	THE HISTORY OF CARTOONS FROM WILLIAM HOGARTH to PRIVATE EYE by Ian Keable	2.30pm - 4.00pm WI HALL, BELLINGHAM LANE RAYLEIGH
Mon 26th November	COFFEE AFTERNOON	2.30pm - 4.00pm WI HALL, BELLINGHAM LANE RAYLEIGH
Wed 5th December	CHRISTMAS LUNCH	CHALKWELL PARK ROOMS LONDON ROAD WESTCLIFF-ON-SEA <b>SS0 9SY</b>

## SPEAKERS AT MONTHLY MEETINGS

Thurs 5th July	TONI MOUNT, MA	Everyday Life in Medieval London followed by a <b>FRAUD PRESENTATION</b> Meeting will end ½ hour later than normal
Thurs 6th September	KEITH BALDWIN	When Doctors & Policemen Start to Look Young
Thurs 4th October	LUCY ALLEN	From Titanic to Mary Poppins - A Stuntwoman's Life
Thurs 1st November	STEVE & CAROL ROBSON	Fools Gold - Acoustic Music Performance

All the monthly meetings are held at **THE MILL HALL, RAYLEIGH**