

Rayleigh



THE UNIVERSITY OF THE THIRD AGE

Newsletter Edition – No.60 – March 2014
This Month's Meeting Thursday 6th March
Speaker – Elaine Fox – 'Rainy Brain, Sunny Brain'

FROM THE CHAIR

This is the time of year I look back and reflect on the activities of Rayleigh U3A. Most of the actual details will be reported at the A.G.M., taking place at our monthly meeting in March, when I present my Annual Report for the past year. It is important to thank all those members who have led or started activity Groups. I must stress that U3A is a self-help organisation and without our group leaders we would not have an active Rayleigh U3A with over 50 groups. On your behalf I thank them all and hope that more of you will help and assist existing Group leaders and even consider starting New Groups yourself.

My second thanks, on your behalf, is for the Rayleigh U3A main Committee, who have steered and also worked hard to make sure everything runs smoothly. I personally thank them all as without their effort and hard work our U3A would not be so popular and active. I especially like to thank Maureen Hayes, our Secretary, who has to stand down after 3 years in this post on the Committee. Maureen will be sorely missed, as she is so efficient. Also Barbara Hodge has decided not to seek re-election and I thank her for her useful input as a Committee Member and for acting as assistant secretary when Maureen was away. Finally, our Social Treasurer, Margaret Read, is leaving as she is moving away from Rayleigh and has also completed her 3 years on the Committee. Margaret has sorted out the Social Account and leaves it well organised. I thank her for her hard work and she is proving very hard to replace.

Once again I must take this opportunity to say that Rayleigh U3A is desperate for a main account Treasurer and a Social Account Treasurer. AGAIN I ask every member to search their conscience to see if you could possibly put yourselves forward for one of these Treasurer's posts.

Finally, on a personal note I will not be seeking re-election as Chairman this year as I have a very busy private year. Firstly, it is our Golden Wedding Anniversary this year and I will be out of the country for 14-15 weeks, celebrating with family and friends. I thank you all for your support during my terms as Chairman and especially all Group Leaders and all Committee Members who have supported me and given up so many hours of their own time to make our Rayleigh U3A one of the best in the Country.

Your Chairman
David Sheffield (March 2014)

This Month's Speaker

Our speaker at the monthly meeting in March is Elaine Fox.
Elaine is a Psychologist and Neuroscientist who grew up in Dublin.
Her talk is entitled 'Rainy Brain, Sunny Brain'

The Mayonnaise Jar And The Beer

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar.... and the beer.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes".

The professor then produced two cans of beer from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed. "Now", said the professor, as the laughter subsided, "I want you to recognise that this jar represents your life. The golf balls are the important things – your family, your children, your health, your friends, your favourite passions – things that if everything else was lost and only they remained, your life would be full.

The pebbles are the other things that matter like your job, your house, your car. The sand is everything else – the small stuff. If you put the sand into the jar first", he continued, there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical check-ups. Take your partner out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand".

One of the students raised her hand and inquired what the beer represented. The professor smiled, "I'm glad you asked. It goes to show you that no matter how full your life may seem, there's always room for a couple of beers"

Anon



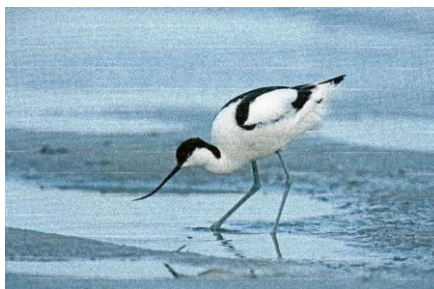
Cheers!!

BIRDWATCHING 2

The first "watch" of the new Birdwatching Group (2) was held at Two Tree Island on 14th January. Due to various conditions (illness, weather, etc) only four members attended. However, we had a very successful morning spotting Redshanks, Greenshanks, Curlew, Teal, Egret, Avocet, Oystercatchers, Grey Plover, Cormorant, Knot and others.

We all enjoyed the morning despite the cold and wet conditions.

Future meetings will be on the 2nd Tuesday of each month.



Anyone wishing to join us please telephone John Edwards (Group Leader) Tel: 01268 747208 Mob: 07850 621764

GARDENING CORNER A - Z of Shrubs and Perennials

AMALANCHIER Lamarkii

Deciduous, spreading, large shrub (fully hardy) White clusters of flowers
Mid to Late Spring. Foliage matures to dark green turning to Red and
Orange in Autumn. Plant in full sun in moisture retentive average soil.

DAPHNE Aureomarginata

This hardy evergreen shrub which will tolerate a part-shady position.
Heavily scented clusters of pink and white flowers appear late Winter to late Spring.
Relatively slow growing, appreciates a slightly acid soil with good moisture retention.
It is one of the few Daphnes that are easy to propagate from half-ripe cuttings.

ALSTROEMERIA



This increasingly popular Perennial has much to commend it.
In the past Ligtu Hybrids 'ruled the roost' but in recent times new
varieties with increased vigour and splendid colours have become
available with a long flowering period (early Summer - late Autumn).
The taller-growing varieties 2 -3 ft are great for cutting and the
more you cut the more you get.

Here are some to look out for:

Indian Summer (Thompson and Morgan) *NEW see picture, bronze foliage.*

Inca Smile

Rock n' Roll

Planet *Mixed colours (T and M) All the above are fully hardy and can*

be left in the ground and carefully divided in Spring (fleshy tender root roots).

Smaller Varieties: *Great for front of borders and pots.*

The 'Princess' Series in a broad range of colours.

Sissi, Sophia, Suzanna, Paula, Elizabeth the Queen Mum.

There are many more available, all good value and long flowering.

Greenfly don't like them!

They can be kept from year to year, lift in late Autumn and keep frost-free
in pots.

All like well-drained soil and feed regularly when in flower.

Brian Kersey 01268 743959 e.mail brian.kersey@sky.com

Good Gardening



NEXT MONTH'S SPEAKER

Our speaker at our April meeting will be Tracy Mackness. Tracy has had a very colourful and varied life from being a wild girl in her teens, to a jail-bird for dealing in hard drugs, and now to being an Essex pig farmer with 700 pigs. You may find her selling her award-winning pork sausages in Romford market.

Her talk 'In the face of Adversity' will undoubtedly entertain you.

THE NUN'S PRAYER

Lord, Thou knowest better than I know myself that I am growing older and will someday be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs.

Make me thoughtful but not moody; helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but thou knowest Lord I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my endless aches and pains. They are increasing, and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others' pains, but help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memory of others. Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet; I do not want to be a saint - some of them are hard to live with - but a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places and talents in unexpected people. And give me, O Lord, the grace to tell them so.



Anon

THE IMPORTANCE OF WALKING

Walking can add minutes to your life. This enables you at 90 years old to spend an additional 5 months in a care home at £2000 per month.

My granddad started walking 5 miles a day when he was 60. Now he's 97 years old and we have no idea where he is.

I like long walks especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.



EATING IN THE UK IN THE FIFTIES

For those of us who are old enough to remember – enjoy.

For the rest – it's a history lesson !!

Pasta had not been invented.

Curry was a surname.

A takeaway was a mathematical problem.

A pizza was something to do with a leaning tower.

Bananas and oranges only appeared at Christmas time.

All crisps were plain; the only choice we had was whether to put the salt on or not.

A Chinese chippy was a foreign carpenter.

Rice was a milk pudding, and never, ever part of our dinner.

A Big Mac was what we wore when it was raining.

Brown bread was something only poor people ate.

Oil was for lubricating, fat was for cooking.

Tea was made in a teapot using tea leaves, and never green.

Coffee was Camp and came in a bottle.

Only Heinz made beans.

Fish didn't have fingers in those days.

Eating raw fish was called poverty, not sushi.

None of us had ever heard of yoghurt.

Healthy food consisted of anything edible.

People who didn't peel potatoes were regarded as lazy.

Indian restaurants were only found in India.

Cooking outside was called camping.

Seaweed was not a recognised food.

'Kebab' was not even a word, never mind a food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were medicinal.

Surprisingly muesli was readily available – it was called cattle feed.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

Water came out of a tap. If someone had suggested bottling it and charging more than petrol, they would have been a laughing stock.

The one thing that we never had on our table in the fifties – were elbows!!

Very surprising how time and memory has taken its toll.

Have things really changed this much in our time?

Cubed sugar was regarded as posh.

Notes from the Secretary – March 2014

I would like to bring to your attention, the forthcoming events notified to me by the U3A Trust. The full information on these items, can be found on the U3A Trust website at www.u3a.org.uk or feel free to telephone me on 01702 473110 or email mhayesghayes@talktalk.net. Further information about these items will also be displayed on the Secretary's Notice Board at the Members meeting in March 2014

U3A Trust, notification of their **Introduction to Debating**, a study day organised by the English Speaking Union to be held in London on April 9th 2014. If this is successful they hope to organise days across the UK.

I have details of a seminar on **Publishing your own Books**, to be held on 24th April in London.

I have details of **new online courses** commencing in April.

South East Forum Summer School at Chichester 24th – 27th June 2014 subjects are: Great Houses and Gardens of West Sussex; Life Drawing; Women, Art & Society; Psychology; Jazz; Singing; The History of the Wool Industry; The Joy of Mathematics; Creative Writing; Play Reading; Medieval & Georgian Chichester; Memory; The First World War.

How are world famous opera & ballet productions created for The Royal Opera House? Find out about the world of artists, designers, production staff and scene makers. **Inspiration day for U3A Members** at the Royal Opera House Productions Workshop at Thurrock. Thursday 3rd April 2014.

£18pp. including welcome refreshments but not lunch. 11am to 3.30pm.

GROUP ACTIVITY CALENDAR – Normal day on which each Group meets monthly.		
Mondays	1st. Monday	Art 1 (Watercolours); Ceramics; Family History 1 & Beginners; Laptop Computing 1; T'ai Chi; Visiting Essex Churches 4.
	2nd Monday	Digital Photography 2; T'ai Chi; Tenpin Bowling; Visiting Essex Churches 1.
	3rd. Monday	Antiques; Laptop Computing 2; Crib Club (evenings); T'ai Chi; Visiting Essex Churches 2 & 3.
	4th Monday	Canasta (evenings); T'ai Chi
Tuesdays		
	1st Tuesday	Birdwatching 1 & 2; Digital Photography 1.
	2nd Tuesday	Golf; Knit & Natter; Poetry; Wine Appreciation (evenings); Walking 3.
	3rd Tuesday	Birdwatching 1 & 2
	4th Tuesday	Conversational French; Midweek Luncheon
Wednesdays		
	1st Wednesday	Drama; Walking 1
	2nd Wednesday	Golf (May, June, August); Scrabble; Essex Social History
	3rd Wednesday	Archaeology; Crib Club; Drama; Golf (April, July & September); London History; Real Ale; Serendipity 3.
	4th Wednesday	Calligraphy; Family History 2; Music Appreciation 1 & 2.
Thursdays		
	1st Thursday	U3A Monthly Meeting
	2nd Thursday	Acoustic Guitar; Knit & Natter ; Rummikub (Eve); Serendipity 1 & 2; Theatre
	3rd Thursday	Book Reading 1; Papercrafts; Points of view; Serendipity 4.
	4th Thursday	Art Appreciation; Family History 3; Psychology; Serendipity 5; Strolling
Fridays		
	1st Friday	Keep Fit
	2nd Friday	Book Reading 2; Keep Fit
	3rd Friday	Book Reading 3; Flower Arranging; Keep Fit
	4th Friday	Keep Fit; Walking 2.
Saturdays	Currently no Groups	
Sundays	2nd Sunday	Sunday Lunch

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

Check with Group Leaders for Golf, Ind. Awareness, Medicine & Science, Serendipity and Theatre.
PLEASE ALWAYS CHECK THE DATE OF YOUR NEXT MEETING WITH YOUR GROUP LEADER

We are filling up the BLANK space!!

Your Newsletter editors do not like blank spaces.

We are sure that many of you have the necessary literary talents to contribute an article with some U3A connection that will be of interest to your fellow members. Please put pen to paper and let us have your contribution by April 10th. for the next Newsletter in May.

Groups/Group Leaders:

Acoustic Guitar	Vera Ward	01268 755040
Archaeology	Ian Haynes	01268 779749
Art Appreciation	Barbara Curry	01268 775460
Art Water Colours	Sylvia Lester	01268 774201
Bird Watching 1	Laurie Denney	01702 615370
Birdwatching 2	John Edwards	01268 747208
Book Reading 1	Doreen Blake	01268 774871
Book Reading 2	Marian Allen	01268 743339
Book Reading 3	Margaret White	01268 779709
Calligraphy	Irene Tyson	01268 742942
Canasta	Chris & Dave Towell	01702 528937
Ceramics	Brenda Perrott	01268 779590
Conversational French	Yvonne Poole	01702.521160
Crib Club	David Sheffield	01268 743586
Digital Photography	Brian Kersey	01268 743959
Digital Photography 2	June Jennings Jackie Soilleux	01702 522249 01702 552426
Drama	Joanne Baker	01268 742252
Family History - Beginners	Terry Taylor	01268 786405
Family History 1	Sue Taylor	01268 786405
Family History 2	Pete Huntly	01268 777398
Family History 3	Barbara Dale	01268 772018
Flower Arranging	Irene Stokes	01268 774564
Gardening - Slide Shows	Linda Clarke	01702 204559
Golf	Chris Towell	01702 528937
History – London	Heather Flemmings/ David Fryer-Kelsey	01702 203455 01702 203455
History – Essex Social	Joan Anderson	01268 774985
Industrial Awareness	Janet Carlton	01268 452791
Keep Fit	Iris McMillan	01268 784754
Knit & Natter	Doreen Oliver	01268 743082
Laptop 1	Frank Bodey	01268 733616
Laptop 2	Bob White	01268 779709
Medicine & Science	Maureen Huntly Irene Carter	01268 777398 01268 766149

Mid Week Lunch	Margaret Bristow	
Music Appreciation	Les Geale	01702 206966
Music Appreciation 2	David Sawyer	01268 774416
Papercrafts	Anne Windle	01268 928961
Poetry	Marian Allen	01268 743339
Points of View	John Edwards	01268 747208
Psychology	Linda Robson	01702 555185
Real Ale Group	Dave Filby	01268 770023
Rummikub	Linda Tull & Julie Reader	01702 478649
Scrabble	Margaret Bristow	
Serendipity 1	Linda & David Clarke	01702 204559
Serendipity 2	Pam & Keith Dunt	01702 201747
Serendipity 3	Pat & John Pomfrett	01702 230253
Serendipity 4	Sue & Mike Cairns, Maureen Hayes & Peter Britton	01268 743497 01702 473110 01268 777525
Serendipity 5	Bob White Keith Bevell	01268 779709 01268 778099
Strolling	Connie Walker	01702 202225
Sunday Lunch	Maureen Goss	01268 777681
T'ai Chi	Linda Robson	01702 555185
Tenpin Bowling	Bob Wren	01702 525311
Theatre Trips	Sandra Wilson	01268 775184

Visiting Essex Churches:

Group 1	Marian Allen	01268 743339
Group 2	Elizabeth Baker	01702 331166
Group 3	Brenda Perrott	01268 779590
Group 4	Jan Churchill	01702 510296
Walking 1	Roger Baker	01702 331166 07929792846
Walking 2	Les Poole	01268 773174
Walking 3	Maureen Hayes	01702 473110
Wine Appreciation	Harry Brickwood	01268 743838

COMMITTEE MEMBERS

(Subject to change after the AGM in March 2014)

Chairman: David Sheffield
dave@djsheff.demon.co.uk_ 01268 743586

Vice Chairman: Pete Huntly
(also gift aid and study day and educational activities coordinator & webmaster)
pa.huntly@btinternet.com 01268 777398

Treasurer No. 1 A/C: David Clarke
clarked46@talktalk.net 01702 204559

Secretary: Maureen Hayes
mhayesghayes@talktalk.net 01702 473110

Membership Sec. Doreen Blake
rblake@uk2.net 01268 774871

Events Co-ordinator: Terry Gouldsmith
terrygouldsmith@live.co.uk 01268 562803

Speaker Secretary: Sylvia Mitchell
smitchell151@sky.com 01268 770139

Secretary Assistant: Barbara Hodge
No E-Mail 01268 771820

Treasurer No. 2 A/C: Margaret Read
margitcrip@yahoo.com 01268 761039

Groups Co-ordinator: Bob Wren
bob_wren@hotmail.com 01702 525311

Newsletter Editor: Irene Tyson
jatyson1@aol.com 01268 742942

Volunteers Co-ordinator: Peg Foster
pegfoster@talktalk.net 01268 747741

Social Activities Co-ordinator: Maureen Huntly
maureenhuntly@btinternet.com 01268 777398

A NOTE FROM YOUR EDITORS

Now that we are publishing the Newsletter earlier in the month, so that we can achieve better distribution arrangements, it is important that Group Leaders' and Members' contributions for publication are received by the 10th of the month preceding the normal monthly meeting (e.g. 10th April for the May edition)
Please cooperate with us in this regard.

Please send articles for inclusion to:

Liz and Roger Baker - rogerbaker99@hotmail.co.uk
Irene and John Tyson - jatyson1@aol.com

STOP PRESS

WHAT'S ON IN THE COMING MONTHS

Educational Events

Contact – Pete Huntly 01268 777398
pa.huntly@btinternet.com

Afternoon Speaker

Organised by the 'Medicine & Science Group'
At the WI Hall, Bellingham Lane, Rayleigh
from 2pm-4pm
Friday 11th April 2014

Sarah Balseer

Talk about the work of the 'Mercy Ships' which is an International Organisation.
Their aim is to increase access to health care throughout the world.

Tickets £2 to include tea/coffee & biscuits

Social Events

Contact – Maureen Huntly 01268 777398
maureenhuntly@btinternet.com

Right Cockney Knees up !!!

Saturday 8th March 2014

At Hullbridge Sports and Social Club,
Lower Road, Hullbridge

Come and join in with this fun sing-a-long evening.
Tickets £18 With a two course meal, bar and raffle.

Music by Guitarist and Singer Pete George.

*Tickets on sale at the March Meeting
or for further details contact*

*John / Pat Pomfrett
01702 230253*

AN 'INVITATION TO LUNCH WITH LORD PETRE'

'An invitation to Lunch' with Her Majesty's Lord Lieutenant of Essex, **Lord Petre**, who will give a talk entitled '**Duties of the Lord Lieutenant**'

Tuesday 15th April 2014 – 12 for 12.30 pm.
Saxon Hall, Aviation Way, Southend on Sea, SS2 6UN

Two course lunch including coffee/tea & mints
Tickets - £17.50

Lord Petre is the 18th Baron Petre and lives at Ingatestone Hall. The Lord Lieutenant is the Queen's personal representative in Essex.

We are privileged to have Lord Petre agree to talk at our Luncheon.

Tickets will be on sale at the March monthly meeting