



Newsletter Edition No. 79 – May 2017

Dear Member,

Thank you for choosing me as Chairman of Rayleigh U3A. I have been a member for about eight years. In that time, I have learnt a lot from joining groups such as Bird Watching, Walking and Family History. With Heather Flemmings I started and ran the Local History group and then the London History group. We became members of your Committee as Joint Group Coordinators. These years have given me much pleasure and allowed me to meet many interesting people.

May I welcome the new members of our Committee, Jim and Val Whitehouse, who will act jointly as Vice Chair, Wendy Edwards representing Educational Events and Kate Sawyer as a Committee member. I would like to thank the retiring Committee members, Pete and Maureen Huntly, Joan Anderson and Jane Godfrey and the other members who are on the Committee, Group Leaders and volunteers for the remarkable efforts they have put into running a U3A that has provided education and entertainment for ten years.

We will have a celebration of our ten years in July when our guest speakers will be Mark Francois MP, Lord Petre - the Lord Lieutenant of Essex and Dr Eric Midwinter, one of the founder members of the U3A movement in this country.

We are arranging a meeting of Group Leaders and new members on 29th June so that we can all get to know one another and check out the many and varied activities available. We have a new speaker at each of our monthly meetings and there are other events such as Quiz shows, Study days, holidays and the Christmas lunch. Be sure to check in our newsletter and on the website.

Many thanks are due to the members who have made this possible by joining the Committee or acting as Group Leaders or volunteers. Many of them joined the U3A years ago and now are looking to pass the baton to new, younger members but this is proving difficult. We all have many interests and duties in modern life even though we are retired and this means that there may not be much time to spare to help run the U3A.

However, it is not necessary to take full responsibility for an activity. You could offer to share the running of a new or existing group. You could agree with your members that you all take turns at preparing the subject. You could offer to run a group for a limited period (say 5 meetings) in the first instance. Why not share the burden by working together with another member?

I urge you, both new and old members, to consider how you might help Rayleigh U3A to continue to provide pleasure into the future. I do hope you will continue to enjoy your membership and don't forget the U3A slogan, 'LEARN, LAUGH & LIVE!'

Best wishes

David Fryer-Kelsey

Chairman

COMMITTEE OFFICERS AND MEMBERS MAY 2017

Chairman & Events Coordinator	David Fryer-Kelsey 01702 203455	<u>davefk@lineone.net</u>
Vice Chairpersons	Jim Whitehouse Val Whitehouse 01702 512717	<u>jimwhitehouse@hotmail.com</u> <u>val_whitehouse@yahoo.co.uk</u>
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Speaker Secretary	Sylvia Mitchell 01268 770139	<u>smitchell151@sky.com</u>
Committee Member	Kate Sawyer 01268 774416	<u>kate.sawyer@gmx.co.uk</u>
Joint Group Coordinators	Heather Flemmings David Fryer-Kelsey 01702 203455	<u>heatherflemmings4@gmail.com</u> <u>davefk@lineone.net</u>

OTHER POSTS

Gift Aid Coordinator & Webmaster	Pete Huntley 01268 777398	<u>pa.huntly@bt.internet.com</u>
Editors Newsletter	June Jennings 01702 522249 Sheila Farrant 07724 095299	<u>jjkent1903@gmail.com</u> <u>sh.fa.40@gmail.com</u>
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GROUP COORDINATORS – HEATHER FLEMMINGS AND DAVID FRYER-KELSEY

After our first year as Group Coordinators, we have found it to be quite a learning curve and are glad to find that it has given us the opportunity to meet many more members.

Six New Groups have been formed, Book Club 4, Family History 4, Bridge, New Walking Group, Gardening and more recently Serendipity 6.

It was advocated at the National Conference last year, that the responsibility for organising/arranging venues should not be the sole responsibility of Group Leaders, and if a member did not want to do this on their own, to share with someone else in the group. This has happened now in some of the newer groups.

We have welcomed 45 new members and met many of them at our New Members Meeting on April 12th. At last month's meeting, we did a trial run of welcoming new members, and we fast tracked them through. We also reserved seats and there were several new members sitting together. We also asked them to wear a sticker to identify them as new members. We will continue to do this for a couple of months, and perhaps you will look out and find time to talk to them.



Some of our Group Leaders have expressed a wish to meet other Group Leaders. Members would also like to meet our Group Leaders. We are, therefore, arranging a Group Leaders and New Members Social Meeting in June, which will be a coffee and cake morning. We have booked the WI Hall for 10.30 on Thursday 29th June and it would be very much appreciated if you will support us and make a note in your diary. It will be an opportunity to get to know each other and have feedback as we move forward with our U3A.

You will notice our member, Jane Godfrey, displaying a red banner and mingling at our meetings. She will be acting as our WELCOME HOST and the hope is that it will encourage new members and anybody else to approach her with any concerns/suggestions.

GARDENING CORNER



Late spring is still a good time to divide large clumps of perennials such as PHLOX PANICULATA which is my plant of the month. Flowering from late summer into autumn with flower stems up to 75cm in a wide range of colours. There are several varieties and colours to choose from and they are remarkably free from pests - great for the back of the border and you will find them easy to divide in spring when large enough.

Now, for those other jobs. After that first mowing of the lawn it's a good idea, while the ground is moist, to scarify with a rake or spiker (remove those dandelions and other weeds) followed by feed brushed into the surface to promote new growth. I have found that a pelleted Chicken Manure is ideal and will not scorch or need reapplying for 12 months - it usually sells in tubs. High in Nitrogen it can also be used on other plantings, or plants, needing a boost.



Another product which affords a slow release for established, or newly planted seedlings or divisions, is OSMACOTE which is a well tried safe alternative to other fertilizers.

Enjoy your summer and the rewards from your efforts.

Good Gardening

Brian Kersey 01268 743959 or brianskersey@gmail.com

ESSEX CHURCH VISITING GROUP 2



Standing proud on a hill some 128 feet above sea level sits the church in Canewdon, offering one of the best views of Essex. The earliest record of Canewdon Church in the various Royal Court records date from 1086.

In March twenty of our group visited the parish church dedicated to St. Nicholas, the patron saint of seafarers and children.

There have been many interesting architectural additions to the church over the years which include: the porch which shows early 15th century

workmanship, the nave which is divided from the north aisle by an arcade of four bays dating from the 14th century, and the eastern bay which was reconstructed in the 15th century.

Until 1908 a plaster ceiling hid the nave roof. On its removal, some interesting woodwork was exposed which can be seen today. After the floors were levelled in around 1950, second hand pews were introduced from Westminster Abbey, then oak pews from St. Peters, Cornhill, were gifted to the church in 1989/90.

When Shopland Church was demolished in 1957, the font dating from 1300-1350 was presented to the church. The oak pulpit and its carvings of the Grinling Gibbons period of around 1670 originally came from St. Christopher le Stock in the city of London, which was demolished in 1871 to make room for an extension to the Bank of England. No two panels are alike.

The sanctuary organ in the chancel is electrically powered with wooden pipes and was moved into the church when the vicarage was sold in 2006. It was built from a kit in the 1970's by the current Church Warden Martin Adcock, who gave our group a talk on the church and some amusing and interesting anecdotes about the Reverend Norman Kelly (1957-2003).

The list of clergy dates from 1261 starting with Peter de Westham who was Chaplain to King Henry III.

The north aisle is the oldest part of the church. The lower section of the outside wall contains Roman bricks and the window at the eastern end dates from 1270. Of unusual interest is the Donations Board on the north wall which lists the sources of funds for the Canewdon Charity in 1818. The charity still exists today helping scholars and the 'poor'.

The main organ is an English Chamber manual organ with pedals and six stops; although the case is 19th century much of the voicing is 18th century. It is said to have originated in a chapel of St. Pauls. The Church Warden played it for our members during our visit.

We were fortunate to have Joan, one of the church's campanologists present and she took several of our members up the stone spiral staircase in the 85-foot-tall tower to the new ringing gallery. In 2009 the old bells, which had not been rung full circle since 1903 and the frame were repaired and the five bells were fitted with chiming hammers so that they could be used again. These were rung during our visit!

The five old bells each have different inscriptions and their dates are 1634,1678,1704,1724 and 1791. The old tenor, the largest bell weighs ten and a half cwt. The church now has a new peal of 10 bells with a 17cwt tenor complete with the new ringing gallery, all this was made possible by a generous bequest from former church warden John Mitchell.

One of our members, Roger, gave our group an interesting talk on the battle of 1016 between Canute and Edmund Ironside which was fought in the valley between Ashingdon and Canewdon.

After our visit to the church we enjoyed a very pleasant lunch at The Royal Oak in Stambridge

Val Whitehouse

EDUCATIONAL EVENTS 2017 – SPRING STUDY DAY

Tercentenary of Capability Brown – Landscaping Past, Present & Future

An interested and attentive audience came together on 22nd March at Saxon Hall to celebrate the 300th anniversary of the birth of Lancelot ‘Capability’ Brown and the contribution the renowned landscape architect made to the gardens of historic houses. The focus was on Brown’s contributions to designed landscapes and exploration into the wider issues of the understanding, management and restoration by him of landscapes in our County and beyond.

Speaker Caroline Holmes, who is a garden historian, author, lecturer and radio presenter, spoke about the life of Lancelot Brown. He was England’s first ‘celebrity’ gardener making major changes to England’s great estates in the 18th century. He was a visionary who achieved astonishing results as an earthmover, engineer, builder and architect leaving a legacy today of landscapes that surround so many English royal and aristocratic houses.

Garden Photographer Steffie Shields is an eminent writer and historic landscape consultant who has appeared on TV and wrote a book in 2016 entitled ‘Capability Brown’s Gift of Landscape’. She explored with us both the artistic legacy and the pioneering work with water in the landscape. Steffie told us interesting stories how Brown the Royal Gardener advised Admirals and Prime Ministers and charmed ‘blue stocking’ ladies with his wit before galloping hundreds of miles to inspect pumping engine parts and stink piles with oak acorns and bechnuts in his pocket.



To close the day, we were joined by Gregg Allen who was until recently Senior Lecturer at Writtle University College and judge of the prestigious British Association of Landscape Industries (BALI) National Landscape Awards. His students in landscape studies specialised in landscape construction, contract management and plant knowledge. He led many of his student groups to win Silver Gilt and Gold Medals at Garden Shows including Chelsea Flower Show and Hampton Court.

Speakers from left are Steffie Shields, Gregg Allen and Caroline Holmes with Maureen Huntly.

The day gave our audience a greater knowledge of Lancelot Brown the man plus photographs showing his landscaping and concluded that he still has influence on the landscapers of today and possibly those in the future. An interesting and thoroughly enjoyable Study Day.

Maureen Huntley - Educational Events Coordinator

NOTES FROM THE SECRETARY – MAY 2017

I would like to bring to your attention the forthcoming 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 info@u3a.org.uk, telephone 020 8466 6139 or please 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 Members Meetings.

Summer Schools 2017

This year we are running three National Summer Schools and currently we have places on:

Summer School 1 – Harper Adams University, Newport, Shropshire - 17-20 July

History of the Workhouse

Maths

Literature – Elizabeth Gaskell

Sexuality in the Ancient World

Summer School 2 – Royal Agricultural University, Cirencester - 14-17 August

Creative Writing – Erotic Genre

Literature – Dickens & Great Expectations

Music Before the Microchip

Summer School 3 – Royal Agricultural University – Cirencester - 11-14 September

History – Law & Order in Anglo-Saxon England

Opera of the 'Early Romantic' Period

The Russian Revolutions a Hundred Years on

The Knitting & Stitching Show

Groups of U3A members are invited to join for a day of knitting, dressmaking, quilting, embroidery, felt making and everything in between!

Download the [pdf booking form \(411 KB\)](#) or visit <http://www.theknittingandstitchingshow.com/spring/>

Computer Software

We have an agreement with **Pugh Computers** to obtain **Microsoft** software on behalf of members of U3As at an educational discount. If you are interested in purchasing any software please contact U3A Trust website at www.u3a.org.uk, telephone 020 8466 6139, or please feel free to telephone me on 01702 552426 or email at jsoilleux88@gmail.com.

If you are a registered charity you may also try **TT Exchange** which gives eligible UK charities access to major technology companies' donation programmes, including Microsoft, Cisco, Symantec and Adobe.

RHS - Special discounts for U3A groups

Visit <https://www.rhs.org.uk/shows-events/u3a-groups> to view the offers available from the Royal Horticultural Society for U3A members in 2017.

Jackie Soilleux

SPEAKERS AT FORTHCOMING MONTHLY MEETINGS

4th May - Roger Slade - “Antarctica”

Roger is employed during the Antarctic Summer to do specialist trips. He is a teacher and photographer. He has also published a book.

1st June- Dr Jane Pearson - “Woman's Life at Work”

Dr. Pearson is a lecturer at Essex University; her subject is family history and housing.

6th July - Our Tenth Anniversary

August – No Meeting

7th September– Kathy Morgan - “Nelson Mandela and his arrest”

Kathy was in Africa, where she was working as a journalist, when Nelson Mandela was released.

5th October– Sue Schwar - “Essex Wildlife”

Sue is the founder of South Essex Wildlife in Grays, which began in 1995. Her talk is about the work that is done by her colleagues and herself caring for a variety of wild animals.

SOCIAL EVENTS

29th June - Group Leaders’ and New Members’ Meeting - Social/Coffee/Tea. **10.30 start at W.I. Hall, Bellingham Lane, Rayleigh.**

7th December - Annual Christmas Lunch at Westcliff Hotel

Dates to be finalised - Autumn Quiz Night Trip to Christmas Market - Bury St. Edmunds

U3A ROYAL SOCIETY HEALTH AGEING LECTURE

in association with The European Alliance for The Brain

Professor Ian Deary, Professor of Differential Psychology,

Director, MCR Centre for Cognitive Ageing and Cognitive Epidemiology University of Edinburgh

On Wednesday 7 June 2017 from 14.00 to 16.00

at WELLCOME LECTURE THEATRE, THE ROYAL SOCIETY, 6 – 9 CARLTON HOUSE TERRACE, LONDON S W 1

Professor Deary is an entertaining and informative speaker, familiar to some U3A members. He will explore the reasons why some people’s brains and thinking skills age better than others, as described in *The Disconnected Mind*, a research project which is helping to find some answers.

THIS EVENT IS FOR U3A MEMBERS ONLY.

To book tickets please go to:

<https://www.eventbrite.co.uk/e/secrets-of-staying-sharp-in-later-life-tickets-33452668833?aff=mcivte>



THE UNIVERSITY OF THE THIRD AGE

2007 - Summer Date for your Diary - 2017

10th Anniversary Celebration of Rayleigh U3A

6th July 2017 Monthly Meeting at Mill Hall

Programme

Refreshments on arrival

***Exhibitions and Movie Collage of Photographs
and Memorabilia from Groups***

**Speaker: Mark Francois,
Member of Parliament**

**Speaker: Lord Petre,
Lord Lieutenant of Essex**

**Guest of Honour: Dr Eric Midwinter OBE,
Founder Member of U3A**