



WHAT'S JANET UP TO??
See Page 7

[This Month's Meeting](#)

Thursday, 4th October, 2012
2.00 p.m. - 4.00 p.m.

**Annual Groups'
Presentation Meeting**

retired women

GROUP ACTIVITY CALENDAR – Normal day on which each group meets monthly

Mondays	1st Monday	Art (Watercolours); Ceramics; Family History 1 & Beginners; Laptop Computing 1; Tai Chi; Visiting Essex Churches 4
	2nd Monday	Crib Club (evenings); Tai Chi; Visiting Essex Churches 1
	3rd Monday	Antiques; Laptop Computing 2; Tai Chi; Visiting Essex Churches 2 & 3
	4th Monday	Canasta (evenings); Tai Chi
Tuesdays	1st Tuesday	Birdwatching; Digital Photography
	2nd Tuesday	Knit & Natter; Poetry; Tenpin Bowling; Wine Appreciation (evenings)
	3rd Tuesday	Birdwatching
	4th Tuesday	Midweek Luncheon
Wednesdays	1st Wednesday	Drama; Walking 1
	2nd Wednesday	Archaeology; Golf (May, June, August); Scrabble; Essex Social History 3
	3rd Wednesday	Crib Club; Drama; Golf (April, July, September); Local History; Real Ale; Serendipity 3; Visiting Essex Churches 5
	4th Wednesday	Calligraphy; Family History 2; Music Appreciation
Thursdays	1st Thursday	USA Monthly Meeting
	2nd Thursday	Acoustic Guitar; Essex Social History 2; Knit & Natter; Rummikub (even'g); Serendipity 1 & 2; Theatre
	3rd Thursday	Book Reading 1; Discussion/Points of View; Papercrafts; Serendipity 4
	4th Thursday	Art Appreciation; Essex Social History 1; Family History 3
Fridays	1st Friday	Keep Fit; Latin
	2nd Friday	Book Reading 2 & 3; Keep Fit
	3rd Friday	Flower Arranging; Keep Fit; Latin
	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 trips or outdoor activities.

Check with Group Leader for Ind. Awareness, Golf, Serendipity, Visiting Historic Places, Theatre (usually Fridays) and V.I.P.

PLEASE ALWAYS CHECK THE DATE OF YOUR NEXT MEETING WITH YOUR GROUP LEADER

FROM THE CHAIR

This glorious summer of sport is now at an end. It seems a long time ago that Bradley Wiggins started the summer with his win of the Tour de France (the first Briton for 100 years), then the Olympics, the Paralympics, and finally Andy Murray winning his first tennis Grand Slam (the first Briton for 74 years). Since my last Newsletter I have been told that we have a Paralympian living in Rayleigh, Tony Bishop, who won his medals in earlier games. However, I would still like to see a 'Golden Post Box' in Rayleigh High Street.

On your behalf I recently attended the U3A Annual A.G.M and Workshops held this year in the Royal Agricultural College, Cirencester. The workshops were interesting as we discussed the future direction of the U3A. Did you know this year is the 30th anniversary of the start of U3A in the UK?

The big question we discussed was whether the U3A direction for the future should be academic and educational only, as opposed to a mixture of education and social activities. Opinion was divided, with some delegates only wanting "Education, Education, Education". In the end, the current relaxed style of education mixed with social activities won the day.

The workshop also discussed the running of Group activities and whether we should pay specialists to lead all or some of our Groups. Eventually, it was decided U3As should run their groups using the skills of their own members, where possible, but introduce paid leaders if it was the only way members could start and run a specialised topic. These specialised groups could run for a short time and finish or until a local U3A member was confident enough to take over the Group.

What with the P.M's "Big Society" and the success of the Olympic Games Makers, I am hoping it will spur you on to becoming "Rayleigh U3A Makers". I still need two people to come forward to take on the tasks of preparing the monthly Newsletter and to store and organise the audio equipment for our monthly meetings.

The October Monthly Meeting will be the opportunity to volunteer, either to run a new group or get involved with the organisation of Rayleigh U3A. At this meeting tickets will be on sale for the Taster Days where you can experience new subjects and perhaps start a new group.

Finally, at the October meeting, tickets will be on sale for our Christmas Lunch priced £25 to be held at Saxon Hall on Friday, 7th December. Do try to come.

Sincerely,

David Sheffield
Chairman – Rayleigh U3A

GROUPS/GROUP LEADERS

Acoustic Guitar	Vera Ward	01268 775040	Lap Top 2	Bob White	01268 779709
Antiques/Collectables			Midweek Lunch	Margaret Bristow	
	Sheila Read	01268 778926	Music Apprec'n	Les Geales	01702 206966
Archaeology	Ian Haynes	01268 779749	Papercrafts	Janet Carlton	01268 452791
Art Appreciation	Barbara Curry	01268 775460	Poetry	Marian Allen	01268 743339
Art Water Col'rs	Sylvia Lester	01268 774201	Real Ale Group	Dave Filby	01268 770023
Bird Watching	Laurie Denney	01702 615370	Rummikub	Linda Tull	01702 478649
Book Reading 1	Doreen Blake	01268 774871		Julie Reader	
Book Reading 2	Marian Allen	01268 743339	Scrabble	Margaret Bristow	
Book Reading 3	Margaret White	01268 779709	Serendipity 1	Linda & David Clarke	
Calligraphy	Irene Tyson	01268 742942			01702 204559
Canasta	Chris & Dave Towell		Serendipity 2	Pam & Keith Dunt	01702 201747
		01268 528937	Serendipity 3	Pat & John Pomfrett	
Ceramics	Brenda Perrott	01268 779590			01702 230253
Crib Club	David Sheffield	01268 743586	Serendipity 4	Sue & Mike Cairns,	01268 743497
Digital Photography				Maureen Hayes	01702 473110
	Brian Kersey	01268 743959		& Peter Britton	01268 777525
Discussions on	Points of View		Singing for Health & Pleasure		
	John Edwards	01268 747208		Joanne Baker	01268 742252
Drama	Joanne Baker	01268 742252	Sunday Lunch	Maureen Goss	01268 777681
<u>Family History:</u>			Tai Chi	Linda Robson	01702 555185
Beginners	Terry Taylor	01268 786405	Tenpin Bowling	Alan Hudson	01702 202158
Family History 1	Sue Taylor	01268 477720		Bob Wren	01702 525311
Family History 2	Pete Huntly	01268 777398	Theatre	Jean Mackenzie	01268 510570
Family History 3	Barbara Dale	01268 772018		Helena Maxwell	01268 772061
Flower Arranging	Irene Stokes	01268 774564		Sandra Wilson	01268 775184
Gardening (Slide Shows)			V.I.P.	Liz & Laurie Denney	
	Linda Clarke	01702 204559			01702 615370
Golf	Kay Nevin	01268 780855	<u>Visiting Essex Churches:</u>		
History - Local	Heather Flemmings		Group 1	Marian Allen	01268 743339
		01702 204943	Group 2	Elizabeth Baker	01702 331166
	David Fryer-Kelsey		Group 3	Brenda Perrott	01268 779590
		01702 203455	Group 4	Jan Churchill	01702 510296
<u>History - Essex Social:</u>			Group 5 (J)	Maureen Turner	01268 750967
Group 1	David Carlton	01268 452791	Walking 1	Roger Baker	01702 331166
Group 3	Joan Anderson	01268 774985	Walking 2	Les Poole	01268 773174
Industrial Awareness			Wine Appreciation		
	Janet Carlton	01268 452791		Harry Brickwood	01268 743838
Keep Fit	Janet Carlton	01268 452791			
Knit & Natter	Doreen Oliver	01268 743082			
Lap Top 1	Frank Bodey	01268 733616			

(J) = Joint with Rayleigh Grange

DATES FOR YOUR DIARY

Tue. 9th October	'Medicine and Science' Talk at Holy Trinity Hall Tickets now on sale - £2.00
Tue. 30th October	'Influential Women in History' Talk at Holy Trinity Hall Tickets now on sale - £2.00
Fri. 9th November	'History of Town & Village Signs in Essex' Talk at Holy Trinity Hall Tickets now on sale - £2.00
Sat. 10th November	Rayleigh U3A Autumn Quiz Holy Trinity Hall Tickets now on sale - £4.00
Wed. 14th November	'Festival of Words' Tickets £15 – now on sale
Fri. 16th November	'Influential Men in History' Holy Trinity Hall Tickets now on sale £2.00
Fri. 23rd November	'Sociology' Holy Trinity Hall Tickets now on sale £2.00
Fri. 7th December	U3A Christmas Lunch Saxon Hall, Southend-on-sea Tickets now on sale - £25

U3A 2013 DIARIES

Please note that U3A Diaries for 2013 are now on sale at the Reception Desk at a cost of £2.00.

GROUPS' CO-ORDINATOR'S NEWS

As mentioned last month, the October "Presentation" meeting will open at 2.00pm with Group Leaders demonstrating some of the diverse activities enjoyed by our members. With no speaker this month, you will find tables around the hall to sit and have a chat with others and refreshments will be available at 3.00pm. We will raffle the flower arrangement created on the day (@ 3.30pm) and a voucher for two complimentary seats at any match this season at Southend United Football Club.

Over time, many members have shown an interest in having another Serendipity Group; No. 5. I have booked a meeting at Holy Trinity Underspire on the 16th October at 10.00am for 2 hours. I will be emailing the listed names with details and for those listed without an email address, please contact me if you wish to attend. A cost of £1 per person, to cover room hire and refreshments will apply.

Please come and attend the "Presentation" on the 4th October, but not all at 2.00pm please. It will be available until 4.00pm so you can walk in at any time during the two hours. I hope it will make you think that you and your U3A friends, with similar interests, will come forward to explore your interests further.

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

NEWS FROM OUR GROUP LEADERS

KEEP FIT

Now the fabulous Olympics and Paralympics are over, how many of you feel inspired to take up a new KEEP FIT activity in order to keep fit? Why not come along to our sessions on Friday afternoons? We are always keen to welcome new members and we all feel the benefit of our weekly sessions which are run by Martin Frost.

Martin is qualified to teach people with various conditions which can affect those of us of a "certain age" e.g. arthritis, heart conditions, hip replacements etc. etc. The sessions are fun and everyone works at their own pace.

For more information contact **Janet Carlton** on **01268 452791**

LOCAL HISTORY GROUP

Get all the latest details of the group on our blog

<http://lhgu3arayleigh.blogspot.com>

Our annual meeting at the WI Hall with the Social History Group is scheduled for **Thursday, 18th October** -10.00am to 12.00. There will be no charge for this and non-members of the group are welcome.

Come along and have a good old chat over tea/coffee/biscuits. David Carlton will tell us about the work the Social History group is doing and David Fryer-Kelsey will introduce the 2013 itinerary for the Local History group. Please come to our table to book for this event at the monthly meeting on Thursday, 4th October so that we have an idea of numbers.

Book visits with Heather Flemmings at monthly U3A meetings or e-mail heatherfl@lineone.net or phone 01702 204943.

Pay David Fryer-Kelsey at monthly U3A meetings or post to 113 Greensward Lane, Hockley, Essex, SS5 5HS. Cheques made payable to Rayleigh U3A.

David Fryer-Kelsey - 01702 203455
Heather Flemmings – 01702 204943

THEATRE GROUP

On the 5th September 32 of our group went by coach to see **SINGING IN THE RAIN** at the Palace Theatre London. It was an excellent day. Good lunch, magnificent show, with those in the front few rows having the added benefit of sharing in the 'Rain' courtesy of some enthusiastic footwork on stage!

On the 12th September 20 members enjoyed **STARLIGHT EXPRESS** at the Cliffs Pavilion. Another very successful West End Show brought to our local theatre.

BILLY ELLIOT - 25th October

29 members are going to see this show. The coach will leave Kirby's depot at 10.00 a.m. (please be there by 09.45), Webster's Way 10.05, Rayleigh Station 10.10a.m. and Wickford approximately 10.20 a.m. Lunch at Wetherspoons.

FIDDLER ON THE ROOF - 15th Nov.

Helena is organising this trip for those who expressed an interest. She will have more details at the October meeting.

TOP HAT - 29th November, ALDWYCH THEATRE

Will those members who have not yet paid their £10.00 coach fare for this trip please arrange to do so by the October meeting at the latest please. I still have some tickets to be collected for this show.

DRIVING MISS DAISY - PALACE THEATRE, WESTCLIFF, SAT.

1st December - Matinee

There are still a few tickets available for this show. Ticket price £19.60, stall seats. Please pay by October meeting latest. Tickets will be available at the November meeting.

The next Theatre Group meeting will be Friday, 9th November at the W.I. Hall, Bellingham Lane at 10.30am.

Jean Mackenzie, R750 Kings Park Village, Canvey Island, SS8 8QS
Tel: 01268 510570 or 07719800735,
email: j.mackenzie123@btinternet.com

Helena Maxwell, 5 Warwick Close, Rayleigh, SS6 8PH,
Tel: 01268 772061 or 07952574907
e-mail: maxbox@talktalk.net

Sandra Wilson, 1 Katherine Close, Rayleigh, SS6 8UH. Tel: 01268 775184.
sandra.alanwilson@yahoo.com

PAPERCRAFTS (Scrapbooking and Card making).

We are a small but enthusiastic group and would like to welcome new members. If you are interested and would

'HAVE YOUR SAY'

As you know we recently started using a Suggestion Box which is available for members to comment on any suggestions which they may feel could improve any aspect of Rayleigh U3A's systems. E.g. Monthly Meetings, Group organising etc.

Use of the Suggestion Box has started. The Committee will be pleased to consider any suggestions you may have and will report back as soon as possible. You will find the box to the right of the Membership Secretary's table at the start of the notice boards.

Please send items for inclusion in the November Newsletter to:-

janetcarlton@blueyonder.co.uk

Janet Carlton
35 Curlew Crescent,
Basildon, SS16 5HR
Tel:01268 452791

To arrive no later than
14th October, 2012

NATIONAL OFFICE

19 East Street, Bromley, Kent BR1
1QH

Tel: 02084666139

e-mail: national.office@u3a.org

Web site: www.u3a.org.uk

Resource Centre: e-mail:
resource.centre@u3a.org

Chairman:- David Sheffield - 01268 743586

e-mail - dave@djsheff.demon.co.uk

Membership Secretary:- Doreen Blake - 01268 774871

e-mail - rblake@uk2.net

Group Co-ordinator:- Bob Wren - 01702 525311

e-mail - bob_wren@hotmail.com

Secretary:- Maureen Hayes - 01702 473110

e-mail - mhayesghayes@talktalk.net

STUDY DAY – WEDNESDAY, 14th NOVEMBER

'FESTIVAL OF WORDS'

The "Festival of Words" Study Day is to take place on Wednesday, 14th November, 2012 at Saxon Hall Conference Centre, Aviation Way, Southend-on-Sea from 9.30am until 3.45pm. It will include:-

Barbara Erskine:- World famous celebrated author and historian. Her bestselling novel 'Lady of Hay' has sold over two million copies to date.

Roz Hall:- Author, comedienne and winner of the Frinton Literary Festival's Poetry Prize.

Dr. Adrian May:- Lecturer in Creative Writing at the University of Essex. He is also a poet, songwriter, lyricist and performer of English folk music.

Patrick Wilkins:- Patrick was Wandsman at St. Paul's Cathedral, public speaker and intrepid mountaineer who climbed to Everest in 2011.

There will be book signings, a raffle, and a book swap stall plus Exhibitions from the Essex Library Service, Talking Newspapers and the Book Reading groups.

Tickets are £15 and on sale at Monthly Meetings. The cost will include morning coffee and biscuits, a buffet lunch and afternoon tea with pastries. Tickets can also be requested from Pete Huntly, Study Day Co-ordinator. Please include a stamped, addressed envelope and post to 9 Gilbert Close, Rayleigh, Essex SS6 8QR. Cheques payable to Rayleigh U3A please.

This event has been organised by Marian Allen and the Rayleigh U3A Book Reading groups.

like further information please give me a call.

Janet Carlton – 01268 452791

GARDENING – Slide Shows

Monday, 29th October - The Cloisters, Holy Trinity Church – 1.45 to 3.30 p.m. approx. Cost - £2.50 including refreshments.

Mike Logan-Wood will be speaking on Garden Birds. Mike is a somewhat David Attenborough type character and his talk should be very interesting. I will be taking names and money at the October Meeting for this show.

Monday, 26th November – The Cloisters, Holy Trinity Church – 1.45 to 3.30 p.m. approx, David Clarke – "**Some of my favourite gardens**"

Cost - £2.50 including refreshments.

OPEN GARDEN ON BEHALF OF FRIENDS OF THE LIONS

A final total of £173.60 was raised by the Serendipity, Holiday, Latin and Archaeology Groups in June. The Lions have sent us a lovely letter of thanks (see the notice board). Among the things they have contributed to this year is the local CAB. They also paid for a terminally ill man to have

a much needed holiday. Many thanks to you all.

Linda Clarke - 01702 204559

lindaclarke46@talktalk.net

TENPIN BOWLING

Most people were back from holiday so there was a good turn out at the September meeting. Winners were Peter Joyce (first time for a year), Doreen Jones, Irene Stokes and our low score winner was Mavis Joyce.

Our next meeting will be on Tuesday, 9th October at CJs in Hockley at 2pm. As I could still be in hospital or recovering, Bob Wren will take the group. Hope to see you all in November.

Alan Hudson – 01702 202158

KEEP FIT – AGAIN!!!

You will be interested to know that on the 7th July four members of our Keep Fit Group entered the Colourthon. This is organised annually by Southend Rotary Club to raise money for various Charities. Pam and Keith Dunt, Maureen Goss along with Pam and Keith's daughter and friend, raised money for various Charities of their choice. Well done to you all.

Janet Carlton – Group Leader

HEADLINES AND ACTIVITIES

An important message from our Webmaster

A few people have experienced problems accessing the password protected Newsletters. This only seems to be occurring with Internet Explorer and the easiest and most effective solution to overcome the problem is to download the alternative web browser **Mozilla Firefox** which is a lot better and faster than Internet Explorer.

This can be downloaded easily for free at:-

<http://www.mozilla.org/en-US/firefox/new/>

I use it all the time. Give it a try! Those who have done so have found it successful. **Pete Huntly - Tel: 01268 777398** **pa.huntly@btinternet.com**

Next Month's Speaker

Jim Buttress – “The Queen Mother & Royal Gardens”

ANNOUNCEMENT

TO ALL MEMBERS OF THE RAYLEIGH U3A

The Study Day Team is pleased and proud to announce that a series of Autumn “Subject Taster Days “have been launched. The half day talks will be researching interesting and informative subjects not yet covered by Groups in our U3A. The remaining five half day talks will be held at Holy Trinity Hall on the following days:-

Tuesdays from 2 – 4pm

Tuesday, 9th October – Subject is ‘Medicine & Science’, introductory talk by Detective Sergeant Paul Clark of Southend Police who will give a talk about the role of a ‘Scenes of Crime Officer’.

Tuesday, 30th October – Subject is ‘Influential Women in History’, introductory talk by Valerie Morse is entitled ‘Daisy, Countess of Warwick’ - she lived at Easton Lodge near Great Dunmow, was an intimate of King Edward VII, a local benefactor and socialite.

SECOND SET OF TASTER DAYS ARE TO BE HELD ON FRIDAYS FROM 1.30pm until 3.30pm

Friday, 9th November - Subject is ‘History of Town & Village Signs in Essex’. Talk to be given by Keith Lovell, Author and Speaker.

Friday, 16th November – Subject is ‘Influential Men in History’. Talk by Peter A.T. Turrall, MBE about Guglielmo Marconi, the founder of Marconi (The Wireless Telegraph & Signal Company) in Chelmsford.

Friday, 23rd November - Subject is ‘Sociology’ - Talk to be given by Dr. Katy Wheeler Ph.D. from The University of Essex who will give a general overview on this interesting and informative subject.

To be sure of a seat, Tickets will be on sale at the monthly Meetings at £2 to include tea/coffee and biscuits

Rayleigh U3A Autumn Quiz Hosted by David Lutterloch at Trinity Hall

Saturday, 10th November - 7.00p.m for 7.30p.m
Teams of 8 Maximum - 12 teams
TICKETS £4.00

HELPFUL INFORMATION

A number of members have commented that they have difficulty in hearing what is said on the stage at our Monthly Meetings. In order to assist those that are having problems the Committee will arrange for a number of seats to be reserved at the front of the hall.

YOUR U3A MEMBERSHIP FOR 2013

Please note that the Application Form for renewal of your U3A Membership for 2013 will be included with the November Newsletter. Please complete it and return the whole form to me as soon as possible with a cheque made payable to Rayleigh U3A for the appropriate amount. The cheques will not be banked until January.

This will help considerably in avoiding a build-up of renewals and applications leading up to the Christmas period.

Many thanks.

Doreen Blake - Membership Secretary

FRONT PAGE PHOTO

‘Mudlarking’ Members of the Archaeology Group find it's amazing what the tide throws up on the Thames foreshore. The Group has indoor and outdoor meetings, visits places of archaeological interest and carries out practical work including back garden digs. See some of the finds at this Month's Meeting.