

Rayleigh
u3a
learn, laugh, live

OCTOBER 2021 NEWSLETTER

JOHN RAYMENT is the SPEAKER at our next MONTHLY MEETING

Wednesday 3rd NOVEMBER 2021 starting at 2 pm, Trinity Church Main Hall.

John Rayment from the Thames Sailing Barge Trust was involved with the restoration of the Thames Sailing Barge 'Pudge' which was built in 1922 and his talk will also include other of these iconic barges that sailed the East Coast. Thames sailing barges are commercial sailing boats that are flat bottomed, shallow draught with leeboards, perfectly adapted to the Thames Estuary and the East Coast with its shallow waters and narrow tributary rivers.



Sailing Barge 'PUDGE' off Southend Pier in 2017

WE NEED YOUR HELP!

Rayleigh u3a is a successful and thriving u3a with around 450 members and over 60 Interest Groups. We are financially secure and have weathered the last couple of difficult years and are now looking towards a more settled future.

But we need some members to step up and volunteer for our committee. Currently our Constitution states that our Officers (Chairman, Vice-Chair, Secretary and Treasurer) can stand for 3 years in these posts and this year both mine (Secretary) and Wendy's (Treasurer) terms of office finish at the AGM in November. We also have vacancies for Chairman and Vice Chairman which will need to be filled too.

Our committee currently has 9 members, and we meet on the 3rd Friday of each month at Trinity Church. Our meetings start at 10am and last for up to 2 hours. We would welcome with open arms, members who are willing to join us.

You don't need any experience although for the post of Treasurer, it would help to be good with numbers! Also, for the post of Secretary, it helps to be an organised person. For both, you need to be computer literate but the u3a database system helps with much of the work. We both have good handover notes which would guide you and of course, we are only at the end of a phone.

Vacancies for Committee Members are also looking to be filled and mainly we need members who are happy to help organise our social events, help manage our equipment and generally be an active member of the u3a.

Anyone interested would be welcome to come along as an observer to a Committee Meeting to help find out more and any one of our Committee Members would be willing to chat about becoming part of the team.

Please do give it some thought, as without new volunteers, it will become difficult to keep Rayleigh u3a going and no-one wants that to happen!

Many thanks, **Debbie Bamber**, on behalf of the committee.



YOUR u3a NEEDS YOU!

29th OCTOBER 2021 at the W.I. HALL, Rayleigh from 2.45pm

All members are invited to an informal social event, with tea, coffee and cakes. Meet Committee members, Group Leaders, and share your thoughts to guide the future work of **Rayleigh u3a** and what you can do to help. We really want you to have your say. Your views are so valuable and will help shape the way forward for **Rayleigh u3a**.

Your responses will be anonymous.

NEWS FROM AROUND YOUR u3a

MY WALK IT CHALLENGE FOR CROHN'S & COLITIS UK



I was diagnosed last year with a little-known inflammatory bowel disease called Ulcerative Colitis, a dreadful disease that can severely impact without warning on sufferers' day to day activities. Unfortunately, the disease is currently incurable.

To raise awareness of the disease and funds for the worth-while and supportive charity Crohn's & Colitis UK, I took part in their 'MY WALK IT JUNE CHALLENGE'. The challenge I set myself was to complete a half marathon, 21k, in four stages of approximately 5k each. Jeff, my husband, accompanied me on all four stages, along with many of my friends.



I completed the first stage of the challenge on Wednesday 2 June, walking in the RHS Garden at Hyde Hall. It was a lovely sunny day with just about enough of a breeze to prevent us from over-heating.

The following Wednesday, the walk was a tour of the highlights of Rayleigh. We visited Fairview Park, Brooklands Park, Holy Trinity Church, Rayleigh Windmill and Rayleigh Mount. Passing close to the Dutch Cottage we made our way towards the Pavilion snack bar in King George V's Park for a well-deserved coffee break.



I completed my half-marathon challenge on (you've guessed it!) another Wednesday – 23rd June. The walk this time was in Cherry Orchard Jubilee Country Park. Again, we had lovely weather and we managed to avoid most of the muddy parts.



For the fund-raising element of the walk, Crohn's & Colitis UK suggested a minimum target of £150. I have to say that I was dubious of being able to raise so much.

However, I am delighted to tell you that I have raised almost £1,000 in no small part due to the generosity of fellow members of Rayleigh U3A. I would like to give a heartfelt thank you to all those that have donated – I have found this very inspiring.

Thanks again, Barbara Bowen

HAIRSPRAY 15th SEPTEMBER 2021



After 18 months of date changes, seat changes, lockdowns, covid restrictions and in the last week reselling tickets and a change of coach company, our trip to Hairspray at the London Coliseum Theatre finally went ahead.

We believe it was a success, everyone enjoying the show, and being able to walk around London feeling safe. It is a beautiful theatre and we had excellent seats.

Hairspray with Michael Ball was the first show I saw with the original theatre group about 10 years ago. He didn't look a day older!! It was so good to enjoy live theatre again.

We had not planned any further theatre trips until we had gauged the feeling of those who came on the 15th September Theatre Trip. At the September Monthly Meeting there was a great deal of interest expressed in two trips and we now plan to organise - details will be circulated shortly.

We look forward to many more theatre trips in 2022. All members are welcome to join us.

Joan and Sandra

MUSIC APPRECIATION GROUPS



Step three of the relaxation of covid lockdown restrictions allowed two Music-Appreciation Groups to resume their meetings, albeit with smaller than normal numbers. Two indoor ‘mini-group’ meetings were held at David Sawyer’s house on 9th and 10th June, with a maximum of six per session.

Favorable weather conditions enabled them to open all windows in the house and thus maximize ventilation, while the reduced numbers also made social distancing easy for members around the hi-fi system. The good weather also made it possible for them to have their tea and home-baked cakes in the garden during the refreshments break!

They listened to several recent classical music album releases, including a CD featuring modern recordings (but on historical instruments) of music played at salon evenings organized by the French author Marcel Proust in Paris at the beginning of the last century, a reissue on vinyl LP of a vintage (1971) recording of Gustav Holst’s ‘The Planets’, and a recording of ‘local lad’ (he was born and went to school in Westcliff-on-Sea) Benjamin Grosvenor playing Chopin’s first Piano Concerto.

Meetings with similar arrangements were held in September. Unfortunately, there are no vacancies to join these groups, due to restrictions on numbers.

David Sawyer

AUGUST MONTHLY MEETING

In view of the extraordinary circumstances over many months the committee planned a **“POP IN SESSION”** (which complied with government requirements/suggestions) for **August**. We had around 150 members visit, the new Membership cards were scanned (which we will be using at each main meeting), lots of members asking to join groups, lots of books sold and many happy faces.

WELCOME



GROUP NEWS



BOOKS FOR SALE



HAPPY TO SEE YOU



WINE APPRECIATION GROUP



August marked the first face to face meeting of the Wine Appreciation Group since February last year. During the various lock downs due to covid, contact has been limited to keeping in touch via emails and Zoom sessions and so it was wonderful to meet up again in person at last. We were able to make the event covid compliant by maintain social distancing and ensuring the venue was well ventilated. We tried a number of wines from the old world, (France and Italy) and the

new world, (South Africa and New Zealand). We found, and not for the first time, that the most expensive wines are not always the most popular.

Bob Keeley.

STROLLING

This newly formed group met for the first time in September and walked around/through part of the Hullbridge Nature Park (easily accessible — 20 bus route) and then had a drink at the nearby pub. All future strolls will start at places accessible by public transport.

If you wish to know more details or join this group please contact Sheila by phone **0772 409 5299** or email sh.fa.40@gmail.com



SAD NEWS

Member Christine Howard passed away in June 2021. We were informed by her sister Yvonne Batton, who is also a member . We offer our sympathy to Christine's family and friends.

WALKING GROUP 2 STROLLERS

The Thundersley walk on Friday 27th August went well with a group of 15 eager folks. It was very nice to see everyone after such a long time. The weather, too, was in our favour. "Pit Stop" was the White Hart, where all made us welcome and everyone was happy with the food and service — one to remember.



ROCHFORD DISTRICT HERITAGE TAPESTRY



Rochford District Heritage Tapestry will be on display at RAYLEIGH TOWN HALL MUSEUM from Wednesday 29th September to Saturday 30th October. The museum is open on Wednesdays, Fridays and Saturdays between 10.00am - 4.00pm.

The Tapestry has ten 'Timeline' panels depicting key historic, Christian and social events across the fourteen parishes of Rochford District since the Battle of Assandun in 1016, which determined the destiny of the English Crown. The Tapestry took 20 months from initial conception to completion, with around 90 adults and 80 children taking part.

It is an amazing piece of work. Hope you enjoy it if you get to see it.

More information can be found on www.rochfordtown.com/heritage-tapestry

REMINDER

The Fourteenth Annual General Meeting of the Rayleigh u3a

will take place on WEDNESDAY 3rd NOVEMBER 2021

at Trinity Church Main Hall, Rayleigh

commencing at 2.00 pm followed by our Speaker.

A copy of the Draft Minutes of the AGM 2020 have been displayed

on the notice board at the September and October meetings,

is available on the website,

and has been emailed / posted to members.

We have vacancies for:

Chairman, Vice-Chairman, Treasurer

Secretary, and Committee Members

For more information, please contact the Secretary Debbie Bamber

(details at the bottom of this page).

Nomination forms

have been available at the September and October Meetings,

and are available on our website.

Any motions which you would like to raise at the AGM,

will need a Proposer and Seconder,

and should also be submitted to the Secretary by 19th October 2021

Debbie can be contacted on 07947 064799 or email:-

debbiebamber@rayleighu3a.co.uk