

Rayleigh



THE UNIVERSITY OF THE THIRD AGE

Newsletter Edition No. 81 - September 2017

Dear Member,

Welcome to the first newsletter in the autumn season. Hopefully you have been enjoying a rather nice summer, although if you went to Europe you may have been rather too hot.

The group leaders will no doubt be planning many activities. Also there are a number of interesting events provided by the Social and Education Secretaries; you can read the details in your newsletter or on the noticeboards at the members' meeting.

Jane Godfrey, the Social Events Secretary, is continuing to organise events in 2017 but will retire at the end of the year. Many thanks to her for the work she has done to provide us with entertaining events. We are looking for a Social team to plan events for 2018. We now have two members wishing to get involved and hope some more of you will join us in what is an important and interesting position.

Sylvia Mitchell, who has found the speakers for our monthly meetings, also wishes to retire in April so we are asking our members to suggest speakers for 2018. We have two already but need eight more. There are so many subjects out there and some amazing speakers.

Our Treasurer, Business Secretary and Membership Secretary are also retiring in April. Without them our U3A will not function so if you like what the U3A offers and want to continue to enjoy it, why not offer your services. It only takes a few hours a month and we do not want to put the onus on one person for any of the vacancies. Perhaps you can encourage each other to job share.

Think about it. I'm happy to discuss it with you at any time, no commitment. I can be contacted on davefk@lineone.net or 01702 203455.

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

'RETIREMENT ENRICHED BY U3A'

10th Anniversary of Rayleigh U3A on 6th July 2017 at Mill Hall



Every event has a beginning and an ending and our Anniversary Meeting was no exception. Our Chairman, David Fryer-Kelsey's opening remarks set up with anticipation and expectation this very special occasion. To round off this resplendent day, Roger Baker spoke to us movingly of the roots of our U3A, remembering our Founder Member, Marian Allen.

Heartfelt thanks to everyone who contributed to this successful and memorable day.

Group Leaders exceeded all expectations and gave us the best displays showing us how much pleasure their Group Leadership gives their members in their chosen subjects from **Floristry, Quilting** and **Card Making** to discovering treasures with **Archaeological** digs to **Walking Groups** that keep us fit, plus the mysteries of **Psychological Research** and discoveries from **Family History** research. The **Theatre** Group gave us an amazing artistic and theatrical exhibition. The **Photographic Groups** showed the artistry of film alongside the creativity of **Ceramics**. The **Bridge Group** played a game during the afternoon. **Knit and Natter** group exhibited an array of knitted toys. Competitiveness and friendly rivalry is enjoyed by our **Ten Pin Bowling** Group. Our four **Essex Church Groups** had displays depicting many of those visited. **Book Group 2** gave us précis of books read and enjoyed. Five **'Serendipity' Groups** – 'seeking out treasures and stumbling on to wonders to enjoy'. Many have enjoyed the **Holidays** organised by Roger's Walking Group, David's Serendipity Group and Harry's Gardening Group. The **Social and Educational Events** exhibition board showed dances, discos and jazz night to race nights, Christmas Lunches and quizzes plus talks, study days and speakers lunches.

Three invited Guest Speakers - Local **MP Mark Francois** spoke about his pleasure at being at our first meeting. **Lord Petre** came resplendent in his uniform of the Lord Lieutenant of Essex. **Eric Midwinter, one of the three Founders of U3A** has written and said:-

"...the day itself was a great pleasure. I was delighted to be part of so vibrant and well-organised occasion. Your welcome was warm and friendly; the atmosphere was decidedly U3Aish".

Photographic Group Leader, Jackie Sollieux took excellent photographs throughout the afternoon and the **Technical Team** provided the microphones and laptop/projector. The warmth and vibes emanating throughout Mill Hall was created by the **Movie Collage of photographs produced by Bob White** plus our enthusiastic **Groups Coordinator Heather**, our **Welcoming/Reception/Refreshment Teams & Events Representative Wendy**.

Pete and I were thrilled to receive the beautiful bouquet of thanks and were glad that because of the planning and people involved, the day was 'a day to remember'.

Maureen and Pete Huntly
10th Anniversary Organisers

Photographs of some of the displays at the 10th Anniversary



Win a Traditional Afternoon Tea for 2

The forms to enter this Competition will be handed out as you enter the Monthly Meeting on 7th September, to the first 250 Rayleigh U3A members through the doors.

Just fill in the form and pop it into the box marked 'Competition' on the table by the main doors into the hall, before or at the end of the meeting.

The lucky winning entry will be picked at random and announced at the October Monthly Meeting and presented with the gift voucher for Traditional Afternoon Tea for 2 at Squires Coffee Shop, 11 High Street, Rayleigh. SS6 7EW.

The tea includes a selection of freshly made sandwiches, slice of homemade cake, sultana scone with double cream and Tiptree jam and unlimited tea/coffee for 2 people.

Good Luck.

Serendipity 6 Group visits Stow Maries Great War Aerodrome

A group of 13 of us from the newly formed Serendipity 6 visited Stow Maries Great War Aerodrome in July.

A WW1 military aviation museum with 24 original buildings, set in a 79-acre site, it highlights the importance of the early air forces in the Great War of 1914-1918.

It was established in September 1916 as a base for 37 (Home Defence) Squadron, Royal Flying Corps. For two years it played a pivotal role in helping to defend the British mainland from attacks by German Zeppelin airships and Gotha fixed-wing bombers during WW1.

37 Squadron transitioned from the Royal Flying Corps. to the Royal Air Force on 1st April 1918 when the independent air service was formed and it remained a station until 1919.

Thereafter the aerodrome reverted to agricultural use leaving behind a unique collection of historic buildings. The site fell increasingly into disrepair until the late 1970's when local historians and aviation enthusiasts recognised its importance.

In 2007 the 79-acre site and all 24-crumbling buildings (the only ones surviving out of the original 47 in 1919) were purchased by a small commercial company run by Russell Savory, a former motor racing engineer.

In 2010 the site was designated a Conservation Area and in 2012 the Secretary of State for Culture, Media and Sport approved the listing of all 24 buildings Grade II*. In December 2013, the Stow Maries Great War Aerodrome Ltd. purchased the site with the support from The National Heritage Memorial Fund, English Heritage, Essex County Council and Maldon District Council.

A major conservation project is currently underway painstakingly conserving the buildings on the site. There are currently two museums, a hanger with late production and replica FWW planes plus the many restored buildings and a shop.

The day to day activities are mainly run by volunteers and we were fortunate to have two guides show us around, showing their wealth of knowledge about the history of the site. It was a fascinating, educational and interesting experience.

We had morning coffee in the Airmen's Mess and at the end of the tour returned there for lunch.

Val Whitehouse

Inside the hanger with the late production and replica planes



The volunteer guides show us the planes in the hanger



The Memorial erected in December 2010 to commemorate those killed in the line of duty

Group Coordinators Report - September 2017

We did ask Mill Hall if they could provide coffees at future U3A meetings, as enjoyed at the 10th anniversary. The answer was, 'No, only at special events'.



You are invited to join us at a Coffee/tea/ mince pies/raffle event and to relax in the WI hall on November 6th 2.30pm to 4.00pm. Members are very welcome, but the number is limited to 50 because of the size of the hall. You will need to book.

Kate will be there with her craftwork. A lot of you will have seen her wonderful patchwork - maybe you will find something there to buy as a gift/ heirloom.

If any of you can help/assist/have suggestions please go to Group Coordinators desk and register your interest on the boards that I have put out for the following: -

coffee afternoon/ badminton/ table tennis/ canasta/ iPad for beginners and strolling.

If you have any ideas for an interest you would like to share with others, please let us know.

Heather Flemmings and David Fryer-Kelsey

Group Coordinators

Contact at Group Coordinators Desk or by email heatherflemmings4@gmail.com

PLEASE BE AWARE

I called into the Co-op in Hockley and used their ATM to draw £100 and no money came out. The staff were less than helpful and said that this had happened before. They did not even put an out of order sign on the machine; they gave me the telephone number to ring together with the store post code.

I rang it and they in turn told me to contact my Bank, so after jumping through all sorts of hoops, pleased to say I eventually got my money back.

Apparently all outlets are not responsible for the cash machines and now I would personally only use an ATM machine belonging to the bank.

Heather Flemmings



Gardening Corner

As the days become shorter we can review our successes and failures (we never quite win, do we?!). Over many years we learn to accept the ups and downs of a typical year in our area, with rainfall playing a large part as we live in one of the driest areas of the country. So far, if you grow tomatoes, we do not have any signs of blight which can decimate a crop overnight – there is no known cure.

On the floral front, my hardy and half-hardy perennials have performed well and hope that they have for you also. You can never have too much compost on larger perennials – either home-made, or farmyard manure is best. Collect now to age for a while in a bag or heap.

It has been a good year for fruit – Apples, Pears and Cherries have all done well despite the hot, dry June. Soft fruit has also done well for me.

For those who only have a small garden but plenty of window-sill space, try my plant of the month 'Achimenes' which grows from small soft tubers. Commonly known as the 'Hot Water Plant' it flowers for a long period in autumn but is not hardy. It comes in a wide range of colours and sizes and multiplies readily. Please ring me if you are interested in this plant, as I have a few free ones – callers to collect.

Brian Kersey

Phone: 01268 743959 or email: brianskersey@gmail.com

We are forming a new Group in our U3A:

CONNECT

Connect is an opportunity to meet for an informal chat and a cup of tea or coffee for those who have lost a partner, are widows or widowers.

An opportunity to socialise with others within our U3A and maybe form new friendships, arrange to go somewhere with someone else or just to have a chat once a month.

[Look out for the poster on the U3A boards at the September Monthly Meeting for full details of venue, date and times](#)

Further details can be obtained from

Viv Smith on 01702 20129

“HISTORY OF COFFEE” TALK by DAVID BAXTER
GLOBAL HEAD OF COFFEE QUALITY & CROP INTELLIGENCE FOR NESTLÉ (RETIRED)
followed by **AFTERNOON TEA IN THE MAPLIN SUITE AT SAXON HALL** on
TUESDAY 14TH NOVEMBER 2017 from 2pm to 4.30pm
TICKETS £12.50

Chefs Homemade Scones served with Clotted Cream & Tiptree Jam
A Selection of Assorted Sandwiches
A Selection of Assorted Bridge Rolls
A Selection of Mini Pastries
2 Servings of Tea & Coffee



'TALKS FOR ALL'

"A MARK OF QUALITY - THE HISTORY & PRACTICE OF HALLMARKING"
By MARK LEWIS

FREELANCE ARTIST, DESIGNER & SILVERSMITH AND RETIRED UNIVERSITY LECTURER

WI Hall, Bellingham Lane, Rayleigh from 2pm to 4pm

FRIDAY 3rd November 2017

£2 to include Tea/Coffee and Biscuits

'TALKS FOR ALL'

"TOULOUSE LAUTREC & 'BOHEMIAN' PARIS"

By MARTIN HEARD

ART HISTORIAN (NADFAS LECTURER)

WI Hall, Bellingham Lane, Rayleigh from 2pm - 4pm

Friday 27th October 2017

£2 to include Tea/Coffee and Biscuits

Notes from the Secretary – September 2017

I would like to bring to your attention information notified to me by the U3A Trust. For more details, please look on the U3A Trust website at www.u3a.org.uk or feel free to telephone me on 01702 552426, or email at jsoilleux88@gmail.com

The U3A National Office is relocating from Bromley to Central London, 14th August 2017. The address will be: The Third Age Trust, 52 Lant Street, London SE1 1RB. The telephone number remains unchanged.

Legal Helpline – this facility is being withdrawn. However U3A legal matters will be dealt with by the National Office on a 'case by case' basis.

Diaries – 2018 Diaries will be available for sale at the September members' meeting - £2.50 each.

For more information on events and activities for 2017, please refer to the National website, which is updated on a regular basis.

Jackie Soilleux

LESSONS FROM THE GEESE - HOW TO WORK EFFECTIVELY AS A TEAM

"Lessons from the Geese" is a powerful illustration from nature of high performance teamwork.

As geese flap their wings, they create an uplift for the bird following. By flying in a V formation, the whole flock adds 71% greater flying range than if any bird were to fly alone. *If we share a common direction and a sense of community, we can get where we are going more quickly and easily because we are travelling on the thrust of one another!*

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone, and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front. *If we have as much sense as geese, we will stay in formation with those who are headed where we want to go, and we will be willing to accept their help as well as give ours to others.*

When the lead goose gets tired, it rotates back into formation and another goose flies at the point position. *If we take turns doing the hard tasks and sharing leadership as with the geese, we become interdependent with one another.*

The geese in formation honk from behind to encourage those up front to keep up their speed. *If we "honk," we need to make sure it is positive and encouraging.*

When a goose gets sick or wounded or is shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it is able to fly again or dies. They then launch out on their own, with another formation or catch up with the flock. *If we have as much sense as geese, we too will stand by each other in difficult times, as well as when we are strong. Let us all try to fly in formation and remember to drop back to help those who might need it!*

High performance teamwork exists all around us in nature. Stop for a moment and notice it. Pay attention to the power and grace of working together, cooperating, and cultivating loving, trusting, interdependent relationships. It is really quite simple.

SITUATION VACANT – SECRETARY

As some of you may remember, I finished my official term of Office at the 2016 AGM, but due to no replacement being available, the Committee proposed (and put to the members) that I carry on for one further year. This was agreed.

In accordance with our Constitution and as an Officer, I can only stay on for this ONE year and MUST hand over to a new Secretary after the AGM next year. Therefore, the Committee are appealing to anyone who thinks they may be capable of taking over this position.

I will, of course, be prepared to fully discuss what the position involves and provide an informative hand over. Other than computer literacy, being organised, an email address and a means of being able to take Minutes at monthly meetings, little else is required apart from enthusiasm and a willingness to be part of a team.

If anyone thinks they can take this position over, please contact me to discuss further.

Jackie Soilleux Telephone: 01702 552426 or email at jsoilleux88@gmail.com

NOTICE OF SPECIAL GENERAL MEETING

5th October 2017

2.15 p.m. Mill Hall, Rayleigh

Members are advised that, in accordance with item 14 and item 16 of the Constitution, a Special General Meeting of the Rayleigh U3A will be held to consider and vote on the following changes to the current Constitution:

5. MEMBERSHIP Item 5 (4) amendment

Change to

5 (4) The subscription is due and payable in full by 1st April, or such date as the Committee shall, from time to time, decide.

9. FINANCE Item 9 (1) amendment

Change to

9 (1) The funds of The U3A, including all donations, contributions and bequests, shall be paid into an account/accounts operated by The Committee in the name of The U3A at such Bank as The Committee shall from time to time decide. All cheques drawn on the account must be signed by at least two Committee members, unless they are for less than £250, or such amount as the Committee shall, from time to time, decide.

Item 9 (5) add new subsection

9 (5) Notwithstanding the provisions of sub-clause 9.1, payments by electronic transfer of sums up to a limit authorised by the Committee, may be made on the single authority of the Treasurer.

Full details and further information is on the email circulated to all members and will be displayed on the Secretary's Notice Board at the September monthly meeting. The current Constitution is available on the Rayleigh U3A website.

Jackie Soilleux
Honorary Secretary

Odeon Silver Cinema

Interested in going to the cinema to watch the latest films?

The Odeon cinema in Southend-on-Sea offers special rates to the over 55's with tickets from only £3.00, which includes tea/coffee and biscuits before the film. Screenings are usually at 11am and 2pm on Wednesdays and Thursdays.

Go to the website: www.odeon.co.uk/silvercinema for details of different films each week.

Social Events

Here are three dates for your diaries. Don't forget to bring your cheque books to the September meeting!!

Saturday 28th October - Autumn Quiz

Holy Trinity Church Hall - 7pm for 7.30pm start. Teams of up to 8 people. Bring your own drinks and nibbles. Tickets £4.50 each.

Friday 24th November - Coach outing to Bury St. Edmunds Christmas Market.

Tickets £12 each. Various pick-ups in Rayleigh at approx. 9 a.m. leaving Bury St Edmund's at 5pm to return home.

Thursday 7th December - Annual Christmas Lunch at the Westcliff Hotel, Westcliff-on-Sea.

£27.50 p.p. - including coach travel to and from Rayleigh (98 seats available), reception drink, three course meal, wine and orange juice on each table. Please print off and complete the reservation form printed in this newsletter and bring it along to the September Meeting.

Tickets for the Quiz and the Christmas Lunch can be purchased at the September meeting or by contacting me (Jane Godfrey) on 01268 781249, or by email at jangra14@btinternet.com

Names and cheques for the Bury St Edmunds Christmas Market will be taken at the September Meeting, or contact [Gwen Greenwood on 01268 774882](tel:01268774882)

Summary of Social and Educational Events

- | | |
|---------------------------------|---|
| 5th October | Special General Meeting at Mill Hall |
| 27th October | 'Talks for All' – Toulouse Lautrec & Bohemian Paris
Martin Heard, Art Historian/NADFAS Lecturer at WI Hall |
| 28th October | Quiz night at Holy Trinity Hall |
| 3rd November | 'Talks for All' – A Mark of Quality, the History and Practice of Hallmarking
Mark Lewis, Designer and Silversmith at WI Hall |
| 14th November | 'History of Coffee' – Talk and Afternoon Tea
David Baxter, Head of Coffee Quality for Nestle (retired) at Saxon Hall |
| 24th November | Coach Trip to Bury St Edmunds Christmas Market |
| 7th December | Annual Christmas Lunch at Westcliff Hotel |

RAYLEIGH U3A FACEBOOK GROUP

The Facebook Group has gone through its test phase and is now up and running. Through it 4 of us got together for a jazz evening, which we all enjoyed so much that we are going to another one in September!

Members have also successfully asked for and received recommendations for tradesmen and small work premises. If you want something, somebody in the group can probably help you or point you in the right direction.

We are also looking to use the Facebook group page to let members know about ideas for social events. If there is anything you would be interested in going to see, post about it on the Facebook page and perhaps others would like to go with you. New members are welcome – the more the merrier. If you are interested, please let me know – you can e-mail me on vivsmith306@gmail.com or see us at the Group Co-ordinators' desk at the monthly meeting.

As you will need to be on Facebook to access the proposed group, we will be doing a step-by-step guide for those who feel they need help in doing this. The guide will show you, amongst other things, how to choose the level of privacy that suits you. If you need further help, we are considering holding workshops to guide people through the process if requested.

I look forward to hearing from you.

SPEAKERS AT FORTHCOMING MEETINGS

7th September – Prof Pamela Cox – Essex University lecturer, “Servants – below stairs”

Dr. Cox is a social historian, a senior lecturer in the sociology department. Pamela Cox presented the BBC2 show ‘Servants: The True Story of Life below Stairs’. The programme depicted life in service as dramatised by popular shows such as Downton Abbey

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.

2nd November - Major Lucy Lewis, “Army Life”

Major Lewis has been a bomb disposal officer and also a Major in the Military Police.

2018

4th Jan - Tracy Mackness is an Essex bad girl turned good. She is now the owner of the successful “farm to fork” Giggly Pig Company.

1st Feb - Tony Harris Henry VIII

1st March - More on Antarctica (May 4th) - 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.