



Newsletter Edition No. 87- September 2018

Dear Member

Our Summer break is over, and we are in September. And what a Summer!! Such heat and sunshine. Is it climate change or just a blip? I do hope you had the energy to enjoy the fantastic weather and that you are back, ready to enjoy the pleasures of your U3A's activities.

There was no monthly meeting in August, but we had a very enlightening seminar on Cybercrime and security issues. It's difficult to keep up with all the various ways that organisations have of making our lives better (and of course making their work easier). Unfortunately, the criminal world is well ahead of us in making use of these changes and it can cost us dearly. The seminar brought to our attention many of the ways in which we can be defrauded and how we can and should defend ourselves. The main method really is to **NOT** trust any person or communication unless you are certain of their origin.

Anyway, you can be certain that our Rayleigh U3A activities are safe and we have several pleasurable activities for you to look forward to.

Firstly, there is a Coffee morning, open to all members, at the WI Hall on Thursday 13th September; another chance for newer members to meet older ones, make new friends and be introduced to activity groups needing new members. Cakes/tea/coffee/cold drinks and a free raffle are included. Please register your interest to the list on our Group Coordinator's table.

The Quiz on Saturday 6th October at Holy Trinity Church Hall promises to be testing and innovative with a new format. Tickets have been selling quickly but there may still be some available at the September meeting.

What bad news that the Bull public house in Hockley has burnt down. It will be a long time before the Lunch club or walking groups can meet there again. Such a pity when we lose a part of our history.

Our next monthly meeting will be on Thursday 4th October. I hope to see you there.

Best Wishes, *David Fryer-Kelsey*, Chairman

NEWS FROM THE SECRETARY

Please see below information from the U3A Trust for your interest:-

- **Wed 19th September** – U3A **Jazz Study Day** at Westminster Cathedral Hall, London SW1P 1QH from 11.00am to 4.00pm with **Alan Barnes** and his octet.
- Thurs 20th September – U3A Bristol Science Study Day 'FIVE SENSES?' (mentioned in the JULY newsletter and is now fully booked).
- **Tues 9th October** – **Talks, Local Music, Art and History** session at the National Museum, Cardiff, CF10 3NP from 13.30 to 16.30 (featuring some members the Welsh National Opera).
- **Mon 15th October** – U3A explores **Science** at the Royal Institution of Great Britain, 21 Albemarle Street, London, W1S 4BS from 13.30 to 17.00.
- Further details for the above are available at www.u3a.org.uk/events. Tickets can also be purchased through their website. If you require any assistance or have any questions, please do not hesitate to contact me at: debbiebamber@rayleighu3a.co.uk or call me on 07947 064799.

Meet Your Committee (Part Two)

Valerie Skam - Speaker Secretary & Joint Education Events' Organiser

I joined the Rayleigh U3A a couple of years ago and joined the Committee this year.

I belong to a Book Group and Psychology Group also the fledgling Jigsaw Swap and have recently formed a Popular English Classic Literature Book Group. If anyone knows of any outstanding speakers with interesting subjects that may appeal to our members, then please let me know.



Elaine Woodcock - Joint Educational Events' Organiser

I've been a member for a year and soon joined a Book Group. I was encouraged to start a Table Tennis Group and there are now 2 groups running. I belong to Sunday Lunch Group and I bring in books for the book stall at the Monthly Meetings. I've enjoyed several walks with Walking 4 Group, the one in Cambridge was particularly enjoyable.



Heather Fryer-Kelsey - Joint Group Co-ordinator

I have been a member of the Rayleigh U3A for 10 years. I am Group Leader of the Keep Fit Group and belong to Book Reading 4, Sunday Lunch, Walking 1 & 2, the U3A Facebook Group and Theatre Trips. I am also involved in arranging coffee mornings for members. Come and visit the Group Co-ordinator table at the Monthly Meetings.



GROUP CO-ORDINATORS' REPORT

A distant memory, but a very successful Coffee Morning for Group Leaders and New Members was held in June. Not much of the cake was eaten, maybe because of the level of decibels with everyone busy chatting? We were very pleased that we had 22 new members and 19 Group Leaders attending.

At that meeting some new members were able to join various groups.



Val Skam will be starting her **Classic Novels Group**, and Amanda Lowe her **Art Group**.

Val Foley is looking for more members to join her **Creative Writing Group**.

Kate Sawyer is starting yet another **Patchwork Group**, on the 3rd Thursday of each month, from 10.00am to 12.00 noon.

Sheila Read has a vacancy for one more member to join the **French Conversation Group** (needs to be O level standard).

There will be Boards on the GROUP COORDINATORS' table at the September monthly meeting for **Canasta, Cribbage, Bridge, and Drama** (these have a limited number of vacancies).

- Also, it would be nice to start a group for **Poetry** and another **Book Club, Pool and Darts**. If you would like to suggest another group activity, please let us know.

Vera Ward is no longer running a group, but if any member wishes to learn on the guitar she is still happy to give lessons. Please contact her on 01268 755040.

The **ALL Members Coffee Morning** is being held on **Thursday 13th September** from **10.00am** at the **WI Hall**. Please do support this; it was something you asked for and will give members a chance to meet others in an informal setting. Cakes/tea/coffee/cold drinks and a free raffle are included. Please register your interest to the list on our Group Coordinator's table or email heatherflemmings4@gmail.com (to give us some idea of numbers). Look forward to meeting you then.

Since writing our report, we are sad to have received the following email from one of our members:

"The buddies' thing I will have to know more about, but it is surely needed as I myself have felt like a fish out of water. Even more so at the 2nd New Members' Meeting at the W I Hall. I was at the point of leaving after 20 minutes, as I had had enough, when I happened to spark up conversation with Jim W. and that took the edge off.

Nevertheless, from the minute I arrived I made several attempts, but people were too busy with their 'friends'. I am not a shrinking violet, but it becomes very wearing in a new situation to keep approaching people, this same problem is everywhere not just within the U3A."

Our Raleigh U3A should be a **friendly place where people are made welcome**. We need some of you to come forward and act as buddies to welcome members.

David and Heather Group coordinators.

RAYLEIGH U3A TAI CHI CHUAN STUDY GROUP

Good news! I have now been able to book the British Legion hall for the 2nd September from 9 30 am to 11 30am for the new Tai Chi study group. More good news! The U3A has kindly offered to pay the cost of hiring the hall for the first meeting.

So far out of over 40 people who said they were interested in the new class, 28 have replied to me and just a few of those cannot attend on Sunday mornings. As of the 6th August 20 have said they will attend the first class and I have 8 on a list for a possible extra class in the future. I expect that some members are on holiday and will email me when they return. If you haven't replied to my first email but are still interested in coming along please let me know as soon as possible, at my internalstrengthtaichi@gmail.com email address.

Unfortunately, the hourly cost of the hall is £25, and they only rent it out by the hour, otherwise we could have had less time on subsequent sessions and made it a bit cheaper. The hall has a bar and I think they do tea/coffee etc. At the end of the first class, I will be asking everyone who would like to do more and is willing to commit to attend regularly to let me know, as the cost of the hall must be shared as usual with all those attending. To keep the cost for each person attending as low as possible we must have a good number of participants.

If members like the class and wish to keep it going we may ask for a regular donation, of possibly £4 or £5 for each class, of course this does depend entirely on numbers. I hope to be able to build up a surplus over time, to pay some of the rent on subsequent classes, if there are insufficient numbers on some days. I am open to suggestions on this matter.

If there are a lot of members who cannot possibly come on a Sunday and would like an opportunity to study Tai Chi, it might be possible to run sessions on another day in the future, but it would depend on having enough numbers to rent a hall somewhere and all agreeing to the same day and time for the class. If you would be interested, please email me and I can make up a waiting list.

I chose to call the class a study group as I will not be running it as a traditional Tai Chi class. I will be looking more at in depth knowledge of why and how it works. Yes, I will be teaching some of the Tai Chi form (this is what you see on TV where people move around slowly with grace and poise and continuously make different shapes with their bodies.) The main difference is we will be looking more closely into how the moves should be done. This involves learning how to relax correctly and by making small adjustments to your posture (this is achieved by using the principles of Tai Chi).

This type of knowledge can be used in everyday life. All being well, I will be demonstrating what the difference is between doing Tai Chi with and without knowing how to use the principles. I think you will be very surprised when you see the difference, as they look almost the same. I usually prove to learners that the things I demonstrate, with the help of my assistant, do work. So, if during our sessions people begin to say what Victor Meldrew used to say, 'I don't believe it!', then I can always offer them the chance to experience it for themselves.

I hope that all my emails reach everyone on my list but in case they don't (might get sent to junk or spam box) I would appreciate it, if when you attend other classes or meetings in the U3A, you could mention the new class on the 2nd Sept. The more that attend the cheaper it will be and much more fun. I hope to hear from you soon.

Many thanks *Kevin* Group Leader Tai Chi Chuan study group

LOST & FOUND

We still have a pair of SERELO lady's spectacles black and pink found at the 5th July monthly meeting at the Mill Hall. They were left on the table selling tickets for the Christmas Lunch. Please contact me if they are yours or you know who is missing a pair.

A Parker pen was left at the Cybercrime Presentation on the table selling Quiz Night tickets. Please contact me if it is yours. email: jimwhitehouse@rayleighu3a.co.uk

Jim Whitehouse Vice Chairman

GARDENING GROUP

On Friday, 22nd June, twelve members of our group visited Gwen & Rob Evison's garden. Gwen & Rob are former members of our U3A and they anticipate opening their garden next year under the NGS, so we were invited to a test run. The layout was done in 'rooms' so you wandered from one area to the next not sure what you would see. We had to be quiet in one area because some robins were nesting in some little houses - which they preferred to the conventional nesting box. After wandering around the beautiful garden, we were supplied with a strawberry tea.

If they do go ahead with the NGS next year we would thoroughly recommend that you visit. To illustrate the point here are some photos of the garden.



June Jennings Co-Leader Gardening Group

CYBERCRIME PRESENTATION

Nearly 200 U3A members from Rayleigh U3A and neighbouring Hockley & Hawkwell, Hullbridge, Leigh Belfairs, Riverside Hullbridge, Hawkwell Village and Eastwood U3As attended the Cybercrime Presentation at the Mill Hall on 2nd August. This was a joint U3A & Essex Police event.



We all learnt something new from the subjects that were covered which included protection from hacking, Wi-Fi hotspots, data leakage and DDoS attacks. Other topics covered included malware, ransomware, keeping our computer software updated and the importance of having secure strong passwords and keeping our credit cards safe.

For those members who did not attend please have a look at the following websites:

www.actionfraud.police.uk www.cyberaware.gov.uk www.getsafeonline.org www.nomoreransom.org

Val Whitehouse - Joint Vice Chairman

SERENDIPITY GROUP 6 VISIT

The Household Cavalry Museum and The Banqueting House

On a brilliant sunny day in July members of Serendipity 6 went to see the Changing of the Guard at Horse Guards Parade. This tradition happens nearly every day of the year and is only occasionally cancelled. We saw the new guard arrive, the Life Guard, magnificent in their bright red jackets and gold plumes. The retiring guard, the Blues & Royals resplendent in their navy jackets and red plumes. A spectacular sight all mounted on their huge black horses.



Our next stop was The Household Cavalry Museum where we had a tour booked. Derek gave us so much information from the beginning of the traditions here from over 350 years ago. A tradition which continues to the present day. We could see the horses in the stable along with the guards preparing for mounted duty at the entrance to Horse Guards Parade the home of the British Army. Whilst on



duty the guards are working and forbidden any interaction with the many tourists.



Derek is holding the helmet from the Life Guard and Jill is holding the Cuirass. All very heavy.

We were able to try on pieces from the heavy uniform.

After our visit to the Museum we had a short walk to St James Park where we had lunch in the St James Café and watched the many ducks on the pond.

After lunch we visited The Banqueting House, watched a short video in the undercroft and listened to an audio guide explaining the history of this grand building with wonderful ceilings painted by Rubens. King Charles 1 was executed here on Whitehall in 1649.

There are lots of other interesting places to visit in this area. Big Ben, which is currently under restoration, Houses of Parliament, Westminster Abbey, Churchill War Rooms and Buckingham Palace to name a few.

Jill Cann and Lesley Kilminster



Linda is wearing the jacket from the Royals and Blues. Prince Harry and Prince William wore this uniform at the wedding of Prince Harry and Megan

RAYLEIGH U3A AUTUMN QUIZ NIGHT TICKETS

The quiz is at Holy Trinity Hall, Rayleigh on Saturday 6th October 6.30pm for 7.00pm start.

Tickets £4.00 which includes a free raffle.

It is a fun evening and an opportunity to get to know other members.

We do have one that is looking for members to join them so please come and see us at the September Monthly Meeting.

For those members who have booked places already could you please collect your tickets at the Thursday 6th September Monthly Meeting.

If you are unable to attend this Monthly Meeting could you, please contact me:

email: val_whitehouse@yahoo.co.uk



TICKETS for the CHRISTMAS LUNCH Wed., 5th December 2018



There are still some tickets available for this year's **Christmas Lunch**

on **Wednesday 5th December** at the **Chalkwell Park Rooms**, London Road, Westcliff-on-Sea. **12.30pm** arrival for **1.00pm**.

Tickets £28.00 which includes a 3-course meal (choices are on the booking form).

Tea/Coffee, Private Bar.

Entertainment by the Daisy Bowlers (2.30pm – 3.30pm) and Coach Travel (pick up points in Rayleigh are on the booking form).

Tickets will be on sale at the **September** Monthly Meeting at the Mill Hall and again at the **October** Monthly Meeting – if there are any left!!

Booking forms are available if you do not have one.

If you cannot come to the Monthly Meetings and wish to purchase a ticket,

please contact:

email: val_whitehouse@yahoo.co.uk

or email: heatherflemmings4@gmail.com

DATES for your DIARIES 2018

Thurs 13th September	COFFEE MORNING	10.00am - 12 noon WI HALL, BELLINGHAM LANE RAYLEIGH
Wed 19th September	HISTORY OF SPOKEN ENGLISH & ENGLISH SURNAMES by Charlie Haylock	11.00am - 3.30pm SAXON HALL, AVIATION WAY SOUTHEND SS2 6UN
Sat 6th October	AUTUMN QUIZ NIGHT	6.30pm for 7.00pm start HOLY TRINITY CHURCH HALL RAYLEIGH
Mon 15th October	HOW SCIENCE CAME TO SCOTLAND YARD by Robert Milne	2.30pm - 4.00pm WI HALL, BELLINGHAM LANE RAYLEIGH
Mon 12th November	THE HISTORY OF CARTOONS FROM WILLIAM HOGARTH to PRIVATE EYE by Ian Keable	2.30pm - 4.00pm WI HALL, BELLINGHAM LANE RAYLEIGH
Mon 26th November	COFFEE AFTERNOON	2.30pm - 4.00pm WI HALL, BELLINGHAM LANE RAYLEIGH
Wed 5th December	CHRISTMAS LUNCH	12.30 - 4.00pm CHALKWELL PARK ROOMS LONDON ROAD WESTCLIFF-ON-SEA SS0 9SY

SPEAKERS at MONTHLY MEETINGS

Thurs 6th September	KEITH BALDWIN	When Doctors & Policemen Start to Look Young
Thurs 4th October	LUCY ALLEN	From Titanic to Mary Poppins - A Stuntwoman's Life
Thurs 1st November	STEVE & CAROL ROBSON	Fools Gold - Acoustic Music Performance

DATES for your DIARIES 2019

Mon 11th March	TALKS FOR ALL BIRDS IN GARDENS	CLOISTER HALL TRINITY CHURCH, RAYLEIGH Times and bookings in next Newsletter
Mon 15th April	TALKS FOR ALL 'RED ARROWS'	CLOISTER HALL TRINITY CHURCH, RAYLEIGH Times and bookings in next Newsletter

All the monthly meetings are held at **THE MILL HALL, RAYLEIGH**