

# Rayleigh u3a learn, laugh, live

## JULY 2021 NEWSLETTER

### **\*\* STOP PRESS! \*\***

**The moment we have been waiting for – for so long!**

**We can finally start to meet – albeit in a sensible fashion!**

**\*\* WEDNESDAY 4<sup>TH</sup> AUGUST 2021 2 - 4 PM \*\***

This is when we will be holding a social meeting at Trinity Church Main Hall – our new venue due to the Mill Hall closure. This will give you the opportunity to pick up your 2021-22 Membership card, browse the bookstall for some new books and get any refunds that you may be due for tickets purchased for Talks for All that were cancelled. (Tower of London Talk on 9<sup>th</sup> March 2020 and History of Magic Talk on 6<sup>th</sup> April 2020).

There will be no speaker as it is intended as a ‘pop in’ meeting but will also give you the chance to say hello to members of the Committee and other Rayleigh u3a members who may be there when you are.

We will be ‘open for business’ between 2 and 4 pm: so, hope to see you sometime during this period. Please do NOT bring any books for the book stall yet, as we already have too many to store! The upside is there will be a lot to buy!

**Unfortunately, we are not yet able to offer refreshments.**

**You are welcome to bring your own refreshments.**

Parking – there is limited parking in the Church car park, but there is parking over the road in the Market Car Park, at Mill Hall and in Websters Way.

**Please remember before you come:**

- Please do not attend if you have any symptoms of Covid,  
if you have been in contact with anyone with symptoms or  
if you have been asked to self-isolate.
- Masks or Face Coverings are optional: however, we would strongly encourage you to wear them as you move around the hall, in the communal areas including the toilets.
- Please use the Hand Sanitiser on arrival.

**RUMMIKUB – HAPPY FACES!**

Great time being back - restart was on the 15<sup>th</sup> July at the Conservative Club. New friends were being made, catching up with old friends, and the games were good.



**PHOTOGRAPHY GROUP**

This group made a visit to Priory Park on a very warm morning with birds singing on the 8<sup>th</sup> June. The following selection of ideas were given to the group to look for, when going around the park:

- Architecture
- Trees
- Patterns
- People
- Alphabet letters found in nature or man made

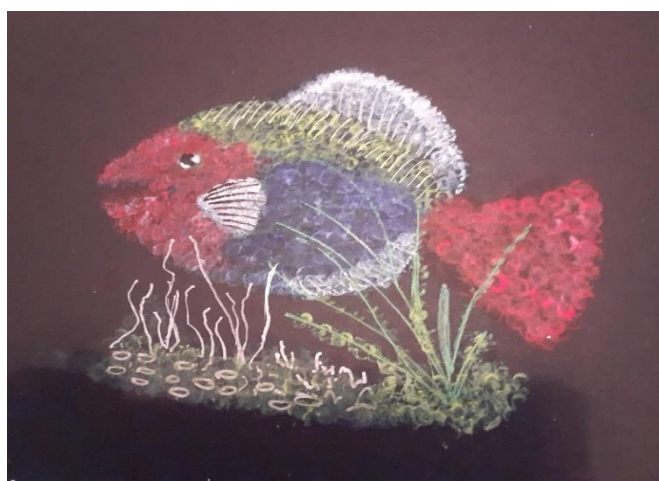
Maureen Philpot managed to find every letter – she was the star photographer! She was also the first one to be waiting at the café for coffee!



## PHOTOGRAPHY GROUP (continued)



Amanda Lowe also belongs to the painting group and her photo of the stone fish inspired her to paint it on black paper, using cotton buds and acrylic paint.



## PAINING CERAMICS GROUP

A relaxing morning was very much enjoyed whilst being creative and catching up.

Painting Ceramics is for everyone. From painting a lizard or try your hand at a snail or a pot. It is fun.

If you would like to join this group, please get in touch with Brenda Perrot on **01268 779590**



## ART GROUP



The **ART GROUP'S** first meeting after lockdown was held on the 1<sup>st</sup> July 2021 and we had a lovely morning. Their next meeting will be on the 2<sup>nd</sup> September.

In July some started painting with cotton wool buds and found it great fun.

Others carried on with projects previously started and another was sketching.

If you would like to join the **ART GROUP**, please contact Amanda Lowe (phone **01268 784792** or email **amandaloweu3a@yahoo.com**)

## PHOTOGRAPHY GROUP 2

The group taking a relaxing refreshment break during their meeting on 19<sup>th</sup> July 2021.

ALL SMILES in such beautiful weather!!!



## NEWS from RAYLEIGH u3a COMMITTEE

We have had some changes to Committee that we would like to inform you of - both Val and Jim Whitehouse (our Chairman and Vice-Chairman) have unfortunately resigned from the Committee - I'm sure from all of you, you would like to join us in wishing them well and thanking them for all their hard work, especially to Val for keeping us entertained with the weekly Members Contributions, for both of them for the recent Newsletters and Jim for his technical support.

Ray Lowe, who is currently a Committee Member, has agreed to stand in as Interim Chairman until the AGM this year which we hope will be in November.

Sheila Farrant and June Jennings have taken back the Newsletter so please do forward them any articles, especially those of you who have restarted your Group meetings/activities to [sh.fa.40@gmail.com](mailto:sh.fa.40@gmail.com) and [jjkent1903@gmail.com](mailto:jjkent1903@gmail.com).

## PROPOSED MONTHLY MEETING SPEAKERS this AUTUMN

MONTH	SPEAKER	SUBJECT MATTER
SEPTEMBER	Janet Brewer	Tutankhamun's EGYPT
OCTOBER	Fiona Rose	William Norris
NOVEMBER	John Raymond John is particularly concerned with the restoration of an old barge named "Pudge"	Thames Barges

Details of some events that have recently been advertised on the u3a **NATIONAL OFFICE'S WEBSITE** are listed on the next two pages. Maybe some members will be interested to join in these activities?



# RUN FOR THE WORLD



## THE EVENT

This is our charity event for the u3a (Third Age Trust). You can choose from 3km, 5km, 10km or 21.1km to complete in a single activity any time before the end of 2021. For this event, 25% of your entry fee will go to the u3a to help provide equipment and opportunities for exercise and sport groups for those who have retired.\*Please note that we will receive the medals for this event at the beginning of May so please be patient if you complete the run before then.

## THE REWARD

The u3a medal is all about a leisurely run in the park because however fast/slow you are, if you get out to exercise, you're doing a great job! This colourful medal will be yours once you complete your chosen distance.

Entry Fee is £12.00 + VAT. To see further details and/or to sign up for this event please visit

<https://runfortheworld.org/login?event=40052>



## FRIDAY WATERCOLOUR PAINTERS - ONLINE ZOOM TUTORIALS



Have you always wanted to take up watercolour painting? Or are you already a painter and want to develop your skills? These interactive tutorials will help you learn and develop painting techniques whatever stage you are at. You will be painting along with Tony and will require painting materials

Sessions will take place on Fridays at 2pm to 3.15pm from 20th August until 10th September inclusive. Attendees

are encouraged to attend all 4 of the scheduled meetings but don't worry if you can't make all of them, feel free to join in when you can.

Please note that you should book for the first session on 20th August and then you will automatically have a place for the following weeks until 10th September.

Please visit [Friday Watercolour Painters Tickets, Fri, Aug 20, 2021 at 2:00 PM | Eventbrite](#) for further information and to register for these sessions.

### TIPS FOR THE PERFECT VEGETARIAN BBQ



Join u3a members and roving Chef Alex from 'Vegetarian for Life' for 'Veg on Fire' a live cookery demonstration from Chef Alex's kitchen on **Monday August 16, 2021 10:30 am – 11:30am**

Alex will be showing us how to make 3 recipes that not only look good, taste good, but are also vegan. First Alex will demonstrate Imam Biyaldi. This will be made with the finest olive oil. This magical dish has been a favourite at special occasions throughout Turkey.

Next will be the black bean burger. Rich in taste and texture, this black bean burger will make a great addition to your summer barbecue. Easy to make and holds on the grill! The finish will be a delicious pasta salad using onions, celery, tomatoes, chopped mixed herbs and other ingredients.

Alex will talk during the demonstration on the do's and don'ts on veggie BBQs. Alex will also have a few suggestions for simple sides, glazes and marinades.

For further details and to register for this event please visit: -

<https://www.eventbrite.co.uk/e/cookery-demonstration-veg-on-fire-tips-for-the-perfect-vegetarian-bbq-ticket-s-162293936533>

### WELLBEING IN NATURE - REPEAT TALK - ON LINE ZOOM TUTORIAL



Join Susan Collini (u3a subject adviser for Wellbeing with Nature,) for this interactive talk and discussion on spending time in nature on **Thursday August 5, 2021 2:00 pm – 3:00pm.**

This is a repeat of an earlier workshop, please do not book if you have already attended.

Sue has said: -

'There is undoubtedly something calming, but also energising about spending time in nature that appears to be a commonly shared experience for most human beings. But why is it that people feel better in themselves through connecting with the natural world? What is it about being immersed in nature that can deliver a deep sense of inner calm? This talk aims to provide greater insight and deeper appreciation of the health and wellbeing benefits available through nature connection which I hope might inspire.'

For further details and to register for this event please visit:-

[Wellbeing in Nature - repeat talk Tickets, Thu, Aug 5, 2021 at 2:00 PM | Eventbrite](#)

## ADVANCE NOTICE

The Fourteenth Annual General Meeting of the Rayleigh u3a  
will take place on **WEDNESDAY 3<sup>rd</sup> NOVEMBER 2021**

at Trinity Church Main Hall, Rayleigh

commencing at 2.15 pm followed by our Speaker.

A copy of the Draft Minutes of the AGM 2020  
will be displayed on the noticeboard at the September Meeting,  
is available on the Rayleigh u3a website,  
and will be emailed/posted to members – (if requested).

We have vacancies for:

Chairman	Vice Chairman
Treasurer	Secretary
Committee Members	

For more information please contact the secretary Debbie Bamber  
(details at the bottom of this page).

Nomination forms {available at the September Meeting,  
available on the Rayleigh u3a website,  
and will be emailed/posted to members - if requested},  
must be returned to the secretary by

**WEDNESDAY 13<sup>th</sup> OCTOBER 2021**

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

**WEDNESDAY 13<sup>th</sup> OCTOBER 2021**

Debbie can be contacted on mobile 07947 064799 or

[email : debbiebamber@rayleighu3a.co.uk](mailto:debbiebamber@rayleighu3a.co.uk)