



Photograph: Roger Baker

Out and about – members of Walking Group 1, our featured group, page 6.

This Month's Meeting
Friday, 1st October, 2010
2.00 p.m. – 4.00 p.m.

Annual Group Presentations

A chance to see the progress of our many varied Interest Groups

Rayleigh U3A Website – www.rayleighu3a.org.uk

Registered Charity No. 1134068

10112010

ACTIVITY CALENDAR - OCTOBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Archaeology (Oct only) Art I - Water Colours Ceramics Visiting Essex Churches IV Family History (Beginners)	Bird Watching Tai Chi Singing for Health & Pleasure	Art - Water & Oil Walking I	Serendipity II	Local History Latin Yoga		
Visiting Essex Churches I Crib (evening)	Midweek Dining II Tai Chi Teigun Bowling Wine Appreciation (Evenings)	Art - Water & Oil Scrabble	Theatre	Yoga		Sunday Lunch I
Visiting Essex Churches II & III	Bird Watching Digital Photography Dining Group II Tai Chi Singing for Health & Pleasure	Art II - Water & Oil Crib Debating Drama Real Ale Visiting Essex Churches V Family History II	Family History III Social History Scrapbooking	Yoga Latin		Sunday Lunch II
	Dining Group I Tai Chi	Art II - Water & Oil Calligraphy Family History II Music Appreciation Serendipity III	Art Appreciation Book Reading	Yoga Walking II		

PLEASE NOTE MEETINGS ARE IN THEIR REGULAR DAY OF THE MONTH - SLOTS BUT DATES MAY VARY WITH SOME GROUPS - IF IN DOUBT CONTACT THE GROUP LEADER
Gardening - Contact Leaders, various dates each month. Serendipity - Contact Leader, various dates each month. Local History - Contact Leader, Golf - Contact Leader, Theatre - Contact Leader, various dates each month, usually Friday
This timetable is correct at time of printing but please always check with your group leader as to the date of your next meeting

FROM THE CHAIR

Dear Members,

The October meeting is our Annual "Group Presentations Day", a chance to find out about the wide variety of groups that have been set up by members for the enjoyment of those people with a similar interest. Our "Singing for Health and Pleasure" Group will open our special day.

Why not concentrate the mind by learning to play cribbage; indulge your crossword wizardry by playing Scrabble; take your book reading to another level and join the new Book Group; research into your family's past by taking up Family History or indulge your liking for taste testing and join the Real Ale Appreciation Group? Why not take the stress out of your busy lives by putting your name down to join a Tai Chi class or up your fitness level and join the keep fit class?

The list of Interest Groups covers a wide range of subjects and each year we are adding more. Groups soon get full and if you are seeking to join one and they have no places then why not talk to the Group Leader who runs it and find out how easy it is to set up one up for yourself? Our Group Coordinator, Sue Taylor, will give you all the help and support you need. Give her a call on 01268 786405.

We have a number of events planned for the coming months including a Quiz Night on Saturday 16th October and our Anniversary Party on Saturday 23rd October. Tickets are on sale for these events and for the Christmas Meal at Saxon Hall on 3rd December also our Special Speaker Lunch is on February 25th 2011 at Saxon Hall introducing Paul Clarke, whose talk is entitled "Actor to Hypnotherapist in One Life".

If you feel you would like to volunteer to "give a helping hand" at meetings or events then email june576@btinternet.com to June Morris, our Volunteer Coordinator, to find out more or give me a call.

Our special thanks go to Ian Haynes, Committee Member, for assembling and editing the October Newsletter whilst Janet and David Carlton our Editorial Team have a well-deserved holiday. I know you will join me in thanking all of our Committee, who work tirelessly behind the scenes to make the Rayleigh U3A so successful.

Sincerely,

Maureen

Chair. Rayleigh U3A.

COMMITTEE CONTACTS

Chairman

Maureen Huntly, 01268 777398
Maureen@phuntly.freeserve.co.uk

Secretary

Marian Allen, 01268 743339

Treasurer II

Peter Walker, 01702 202225

Group Co-ordinator

Sue Taylor 01268 786405
susan.taylor106@tesco.net

Social Secretary

Laurie Denney, 01702 615370

Vice Chair

OTHER COMMITTEE MEMBERS

Frank & Doreen Bodey 01268 733616
Terry Gouldsmith 01268 562803
Ian Haynes, 01268 779749

Brian Kersey, 01268 743959

brian.kersey@sky.com

Treasurer I

Fred Carter, 01268 766149

Membership Secretary

Irene Carter, 01268 766149
efandicart@btinternet.com

Newsletter Editors

David & Janet Carlton, 01268 452791
janetcarlton@blueyonder.co.uk

Barbara Hodge 01268 771820
Pete Huntly, 01268 777398
June Morris 01255 470884

GROUP LEADERS

Acoustic Guitar: Vera Ward 01268 775040

Archaeology: Ian Haynes 01268 779749

Art Appreciation: Barbara Curry 01268 775460

Art I – Water Colours: Sylvia Lester 01268 774201

Art II – Water & Oils: David Taylor 01268 777952

Bird Watching: Laurie Denney 01702 615370

Book Reading I: Doreen Blake 01268 774871

Book Reading II: Marian Allen, 01268 743339

Calligraphy: Irene Tyson 01268 742942

Ceramics: Brenda Perrott 01268 779590

Crib Club: David Sheffield 01268 743586

Digital Photography: Brian Kersey 01268 743959

Dining Group I: June Morris 01255 470884

Dining Group II: Marion & Laurie Wrentham 01702 555783

Drama: Joanne Baker 01268 742252

Family History (Beginners): Terry Taylor 01268 786405

Family History I: Sue Taylor 01268 786405

Family History II: Pete Huntly 01268 777398

Family History III: Barbara Dale 01268 772018

Gardening: Heather Brickwood 01268 743838
Linda Clarke 01702 204559

Golf: Kay Nevin 01268 780855

History (Local): Heather Flemmings 01702 204943,
David Fryer-Kelsey 01702 203455

History (Social): David Carlton 01268 452791

Holiday: Brian Kersey 01268 743959

Industrial Awareness: Janet Carlton 01268 452791

Keep Fit: Janet Carlton 01268 452791

Latin: Dave Filby 01268 770023

Music Appreciation: Les Geales 01702 206966

Scrabble: Margaret Bristow 01268 747639

Scrapbooking: Janet Carlton 01268 452791

Serendipity I: Linda & David Clarke 01702 204559

Serendipity II: Pam & Keith Dunt 01702 201747

Serendipity III: Pat & John Pomfrett 01702 230253

Singing for Health & Pleasure: Joanne Baker
01268 742252

Sunday Lunch Club I: Maureen Goss 01268 777681

Sunday Lunch Club II: Sue Barrows 01268 776775

Tai Chi (J): Sue Taylor 01268 786405

Tenpin Bowling: Alan Hudson 01702 202158
Bob Wren 01702 525311

Theatre: Jean Mackenzie 01268 510570
Helena Maxwell 01268 772061

Visiting Churches I: Marian Allen 01268 743339

Visiting Churches II: Audrey Morris 01268 771644

Visiting Churches III: Brenda Perrott 01268 779590

Visiting Churches IV: Liz Denney 01702 615370

Visiting Churches V (J): Maureen Turner 01268 750967

Visiting Historic Places: Doris & Brian Lambert
01702 528252

Walking I: Roger Baker 01702 331166 / 07867 588879

Walking II: Les Poole 01268 773174

Wine Appreciation: Harry Brickwood 01268 743838

Yoga: Suzanne Middleton, 01702 557389

(J) = Joint, with Rayleigh Grange U3A

Scrabble

On 8th September, we had our first meeting at our new venue and it was a great success. We now meet on the second Wednesday afternoon of the month and would welcome new members. Why not come along and join us? To find out more, please phone me or email mabristow@talktalk.net.

Margaret Bristow 01268 747639

Real Ale Appreciation

The group, which meets on the third Wednesday of each month, has now been running for three months visiting hosteleries which offer a good selection of proper beer rather than the fizzy yellow tasteless stuff so often found. New members are always welcome. The group is very free and easy ... come when you like, as you like, but bring a thirst! - please email turneruk@hotmail.com

Dave Filby 01268 770023

Latin

Members of the group are about to start their third year next month. All are very keen (despite the regular homework!) and are approaching GCSE level using the Cambridge Latin Course texts. Because of the high standard already reached, I am afraid that the group is now closed to new members.

Dave Filby 01268 770023

Calligraphy

Calligraphy is absorbing, demanding and intensely satisfying but it is not an easy craft / art form to master. A long-term commitment is needed if one is to make progress. The group is now full with 13 members who meet once a month to learn new styles of lettering and techniques. We hope you will be able to look at some of the work we have produced for our group display in October.

Irene Tyson 01268 742942

HEADLINES AND NEWS

Regional U3A - What's going on?

The East of England (Regional) Conference took place on Wednesday 29th September at St Neots, Cambs. This Conference gives us an opportunity to meet with other U3As and Officers of the Third Age Trust and provides a forum where we can exchange ideas and learn of any future national policies. Terri Gouldsmith and Marian Allen attended the conference and will report back via the Newsletter. **Marian Allen**

Your U3A Membership Renewal for 2011

Please note that the Application Form for renewal of your U3A Membership for 2011 will be included with the November Newsletter. I should very much appreciate it if you could please complete and return this to me as soon as possible with a cheque for the appropriate amount. This will help considerably in avoiding a build-up of applications over the Christmas period. The cheques will not be banked until January. Many thanks. **Irene Carter**

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
15th October, 2010

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.uk

WHAT'S ON THIS AUTUMN & WINTER

Saturday 16th October

Quiz Night at Holy Trinity Church Hall. Tickets £3.00 from Doris or Brian Lambert on 01702 528252. 7.00 pm for 7.30 pm start. Come and have fun - join others to make up a team of eight. **Maureen Huntly**

Saturday 23rd October

Rayleigh U3A's 3rd Anniversary Party at Grange Community Centre. Tickets £12.00 for sale at the October Meeting or from Maureen Huntly on 01268 777398. Doors open at 7.30 pm until 11.30 pm. Featuring the celebrated 'Mayfair Band' & delicious buffet provided by Adams Caterers. **Maureen Huntly**

Monday 25th October

Gardening Slide Shows, Cloisters, Trinity Church, 1.30 for 1.45 pm. Barry Kauffman-Wright's previous show ("Wildlife in the Garden") was so good we wanted to see some more. His new show will be "Seasons of a Woodland" and he will again be selling cards from his wonderful pictures at reasonable prices. Tickets £2.50, inclusive of refreshments, on sale in Underspire, 1st. October Meeting. All U3A members welcome. **Linda Clarke 01702 204559**

Next Month's Meeting

Friday, 5th November, 2010

2.00 p.m. - 4.00 p.m.

Richard Gibbons -
'WORLD WAR TWO,
D-DAY AND NORMANDY'

Friday 3rd December

Rayleigh U3A's **Christmas Lunch** at Saxon Hall, Aviation Way, Southend-on-Sea. **Tickets £23.50** to include a welcome drink, three-course Festive Lunch plus tea, coffee and mince pie. Raffle, table prizes & tips for the staff. Tickets on sale at the October & November meetings or from Maureen Huntly on 01268 777398. **Maureen Huntly**

Special Interest Talks - "Faith and Beliefs"

On **Jan 10th & 24th** and **Feb 7th, 2011**, the "Visits to Churches" groups are planning three special fortnightly sessions of talks given by people of different faiths and beliefs. The sessions will be open to all U3A members at a small cost. Confirmation of the dates and venue together with a programme of visiting Speakers should be arranged in time for our October meeting when names and cheques will be taken if you would like to attend. **Marian Allen**

Friday 25th February 2011

Special Speaker Lunch at Saxon Hall, Aviation Way, Southend-on-Sea. **Tickets £15.50** to include two-course meal, raffle and gratuities for staff plus Guest Speaker Paul Clarke and his talk entitled "Actor to Hypnotherapist in One Life". Tickets on sale at U3A meetings from October. **Maureen Huntly**

VISITS

BURY ST EDMUNDS CHRISTMAS FAYRE FRIDAY 26th NOVEMBER 2010

IMPORTANT INFORMATION

When we arrive at Bury St Edmunds we will be told a **PARKING PLACE** and a **PICK-UP TIME** for getting back on the coach. If that place is on Crown Street there will only be a **10-minute slot** in which to get on the coach for our return home. After that, the coach will have to leave and it is **not allowed to return** for latecomers. If you arrive after the time given to you (which will be announced on the coach) **YOU WILL BE RESPONSIBLE FOR MAKING YOUR OWN WAY HOME.**

Therefore please make yourself fully aware of your surroundings so that you will have no difficulty in getting back to the coach at the specified time. Please also remember it will be a very busy day with lots of people thronging around and it will be easy to lose your bearings if you have not planned your route back to the coach and allowed adequate time to get there. **IT IS ALSO IMPORTANT TO NOTE DOWN AND REMEMBER THE NUMBER OF THE COACH.** This will be given to us when we arrive. **Liz Denney 01702 615370**

Local History

We had a very enjoyable visit to Coggeshall in August. We gathered at the Heritage Centre/Museum but as it is rather small we split into two groups – while one looked around the displays in the Museum the other half went to the nearby Christ Church for tea and cakes. After half an hour the parties swapped over. All very civilised.

Passing the small market, we walked down to Paycocke's, a house built in the early 16th century by John Paycocke and given as a wedding present to his youngest son, Thomas. In 1924 it was presented to the National Trust. The young lady who lives there now is employed by the Trust to look after it and show people around. She gave us a very interesting tour and obviously loves the building and is keen to promote it.

We then adjourned to the various eating and drinking establishments in the town and met up again at the Grange Barn after lunch. This is one of the finest and largest examples of early timber-frame construction in Europe. Our guide gave us an interesting talk on the construction and history of this historic building.

This visit only scratched the surface of Coggeshall and we intend to have a guided tour of the town in 2011.

Our next meeting will be indoors in association with the Social History Group in Cloister Hall on Monday 15th November. David Carlton and David Fryer-Kelsey will talk about our activities in 2010 and look forward to 2011. Cost £2.00, includes tea/coffee. Please book/pay at our desk in the Underspire room at monthly meetings.

This will be our last meeting until Wednesday 16th February 2011.

Get all the latest details of the group on our blog <http://lhgu3arayleigh.blogspot.com>. Book visits with Heather Flemmings, monthly U3A meetings, phone or email heatherfl@lineone.net. Pay David Fryer-Kelsey, monthly U3A meetings or post 113 Greensward Lane, Hockley, SS5 5HS. Cheques made out to U3A Rayleigh please.

David Fryer-Kelsey 01702 203455, Heather Flemmings 01702 204943

Theatre

On 19th August, 32 Theatre Group members and 14 other U3A members had a lovely day going by coach to The Mill at Sonning. We had a superb buffet lunch looking out over the river followed by an entertaining comedy play "I ought to be in pictures". The Mill is an intimate theatre with the front row only inches away from the stage – quite different from our usual venues!

After the show, there was even time for a quick walk along the Thames before travelling home. Our next group meeting is on Friday 22nd October at 10.30 am in the Cloisters Hall, Trinity Church and our next outing will be to see "Loose Women" on Tuesday 2nd November.

Jean Mackenzie 01268 510570
Helena Maxwell 01268 772061

Serendipity III

Our group has been very busy since its formation this July. After our introduction at Clay Cottage, a get-together was held at our house two days before the first trip. It was a beautiful evening, sunny and warm, and we all sat in the garden getting to know each other.

Our first outing to London was on Wednesday 21st July with "An Introduction to the City" walk guided by David Williams. We were lucky with our choice of date, as it coincided with the annual Cart Marking Ceremony at the Guildhall attended by The Lord Mayor, Chelsea Pensioners and a Pearly Queen. We all enjoyed the sunny morning followed by a pub lunch and a trip to The Guildhall Clock Museum.

On Wednesday 25th August, we went to Covent Garden for "The Drury Lane Theatre Backstage Tour". This was conducted by actors and we found it very interesting and full of the area's fascinating history. After lunch at the Porterhouse Brewing Company, we visited St Paul's Church (the actors' church) in Covent Garden. Once again, we all enjoyed our trip and each others' company despite the heavy rain in the afternoon.

Our next trip is on Wednesday 20th October when we will be visiting The Bank of England Museum and The Guildhall Art Gallery.

Pat & John Pomfrett 01702 230253

Visiting Historic Places

Thanks to everyone who attended the meeting at Lubbards Farm on the 9th September. Our first visit will be to Coalhouse Fort, Tilbury, on the 6th October. We have also planned a varied programme of visits for the future including to Chelmsford Cathedral, Colchester Castle, Eltham Palace and a range of other interesting destinations.

If you are interested in joining us or would like any further information regarding our plans for the future, please come and have a chat with us at the October meeting. You can find us in the Underspire Room. We run the Book Stall so we will set up a table beside it. Or feel free to ring us.

Doris & Brian Lambert 01702 528252

Tenpin Bowling

A grey day but another great afternoon with our Tenpin Bowling Group. Peter Joyce achieved the highest game score since I started the group over two years ago ... 173. Well done, Peter! And it is not just Peter but everyone in the Group who is improving. Our winners this week were John Capel, Peter Joyce, and Pam Sharod. If you would like a really nice afternoon and meet some nice people why not join us at CJs bowling centre in Hockley on the 12th October at 1-45pm?

Alan Hudson 01702 202158

OLYMPIC LONDON TOURS, WED 20TH APRIL & 11TH MAY, 2011

Do you fancy cruising down the River Lee tucking into a cream tea? Well, following the popular Olympic London Tours this year, we are arranging two more coach tours next Spring, with a boat thrown in, to see how things have moved on.

After morning refreshments at the ExCeL Exhibition Centre (hosting the boxing, judo, wrestling, table tennis and weightlifting) we look out from the viewing point at the Olympic Park and then drive on to have lunch at Waltham Abbey, possible last resting place of King Harold. On our way to Broxbourne, we go past the site of the 2012 canoe and kayak events then board a boat for a gentle 90-minute cruise through the Lee Valley Park, complete with cream tea.

Tickets are £35 which includes coach fare, guide, boat trip, cream tea and gratuities (but not morning coffee or lunch). **On sale from the October meeting** and as usual sold on a first come, first served basis. PLEASE NOTE WE MUST SELL 36 SEATS ON THE FIRST COACH BEFORE WE CAN RELEASE PLACES ON THE SECOND ONE.
Liz and Laurie Denney - 01702 615370

GROUP COORDINATOR'S NEWS

Tai Chi

The "taster" session took place on the 9th September at the WI Hall in Rayleigh. We had over 25 members put their name down to attend and despite a disappointing turnout on the day of only 8 members it went very well. I understand those who came along will be interested in joining on a regular basis. I am still waiting for confirmation of a regular time slot which I hope to announce at our next monthly meeting.

Membership Lists

I would like to thank Group Leaders for your help in getting the lists to me very promptly. However, I am still waiting for some of the Group Leaders to send me this information and would appreciate if you could get this to me asap.

Laptop Computing

Frank Bodey has kindly come forward to lead a new "Laptop" group. This would be set up for people who own a laptop and who would be prepared to share their knowledge with other laptop owners and hold troubleshooting sessions etc to help one another/get a better understanding of their equipment. Places are limited so if you are interested please add your name to the list at the monthly meeting.

Sue Taylor, Group Coordinator

THIS MONTH'S GROUP PROFILE – WALKING GROUP 1

When Rayleigh U3A was established in October 2007, the Walking Group was one of the first activity groups to "get off the ground" and over 70 members of our U3A have walked with the Group at some time over the past 3 years (but fortunately not all at the same time !!). The original group, now known as Walking Group 1, has had some 38 walks to date, mainly in South-east Essex but also, on a few occasions, in London.

The popularity of walking for the energetic retired is widely acknowledged countrywide, but nowhere more so than in our U3A. It became difficult to satisfy the number of our members who wanted to walk and as a consequence an equally successful second group has been established led by Les Poole. There is probably scope for the creation of a third group, especially for those members satisfied to amble, but this requires someone to come forward to organise it.

Walking Group 1 is now a mature group of around 35 members, with a normal attendance of about 25 for most individual walks. These walks are generally of around 6 miles and are undertaken on the morning of the first Wednesday of the month, followed by an optional pub lunch. Once a year, our walk is followed by an annual lunch organised by Group members - this year held at the Lords Golf Club when an award was made to the most regular lady walker, Heather Flemmings. We are now encouraging those members who wish to do so to take it in turns to plan and organise a walk themselves so that they can experience the satisfaction of planning and leading their own walk.

The highlight of our 2010 walking programme was an all-day walk in June in the Stour Valley on the Essex/Suffolk border. Some members of Walking Group 2 joined us in walking through some of the best known sights of Constable country.

In April next year, the Group has planned a 5-day Welsh holiday based in Swansea Bay visiting the beautiful scenery of the Gower Peninsula and the Brecon Beacons. However, the main emphasis of the Group is on our regular monthly walks for the exercise and comradeship this gives us.

Liz and Roger Baker 01702 331166

NEWS FROM OUR GROUP LEADERS

Serendipity 1

The group kicked off a new programme with a trip to Greenwich and a cruise on the Thames. Some members enjoyed their first experience of the Docklands Light Railway and we joined our tour of the Old Royal Naval College. Our guide, Maggie, had an encyclopaedic knowledge of the buildings on this site, originally occupied by a Tudor palace, Henry VIII's favourite residence and the birthplace of Elizabeth 1st. We visited the Jacobean Undercroft, all that remains of the original palace, and, whilst we were underground, our guide entertained us with a quiz. Her questions were well researched for a group from Essex given that many of the answers involved Anne Boleyn.

Charles 2nd demolished the Tudor palace and started to build a palace to rival Versailles but, on his death, Queen Mary passed the partly completed site to the Government to become a hospital for seamen. Sir Christopher Wren completed the building in 1705 and it remained a hospital for naval pensioners until 1869. Many wounded sailors underwent the most gruesome amputations in the times before anaesthetics. From 1869 until 1997 it was the Royal Naval College and is now part of Greenwich University.

Our visit included the magnificent Chapel where we saw examples of pillars made from Coade Stone, a special secret formulation of pottery and cement made famous by the statues on the West Terrace at Buckingham Palace. It is reported that the British Museum has discovered the formula but it has not been published. We also saw the Painted Hall where the body of Nelson lay in state after his death at the Battle of Trafalgar and we again went underground for an exclusive visit to the 140-year old skittle alley. The balls are as large (and heavy) as those used in tenpin bowling but they lack holes for finger and thumb grips. Most of us had a go but we were not very good.

We joined our river boat for a return cruise to Westminster just as the thunderstorm was starting and it was quite choppy. The effect of a spring tide and strong wind produced a water level that was too high for our boat to negotiate the bridge beyond the Tower and we had to change at Tower Hill onto a smaller lighter vessel. Members of the crew gave a very entertaining commentary as we passed the many interesting and historic buildings alongside the river. Of particular note was Olivers Wharf which has a large garden and has been converted into luxury apartments. The penthouse is owned by the singer Cher and the building is associated with the courageous Dutch Seamen who (unlike all other nationalities) continued to bring fresh fruit and vegetables into the heart of London in 1665 at the height of the Great Plague. They were exempted from taxes on the goods that they landed, and to this day Dutch ships can land tax-free cargos in the City of London. We were told that the expression "Dutch Courage" emanates from this bravery, and that the word "wharf" is derived from "Ware-House At River Front" though these explanations are not universally accepted. We dined at a pub in Greenwich.

Our future trips include the Royal Courts of Justice, St Clement Danes Church, The Theatre Royal Drury Lane, The Victoria and Albert Museum, Goldsmiths' Hall, Kew Gardens, and a walk around the Gardens of the City of London.

Linda & David Clarke 01702 204559

