

RAYLEIGH GRANGE u3a

Newsletter - Edition No. 150 2023



**Welcome to the June
Newsletter**

***Next monthly meeting at the Grange is on
Wednesday 7th June 2023 at 2.00 p.m.***

Speaker: Chris Truran

DABS and DNA Detects Criminals

Chris is a former Metropolitan Police Officer who trained in scenes of crime (SOCO). He worked in London and during his 38½ year career he examined over 25,000 crime scenes ranging from shop-lifting to murder.

His talk covers the development of fingerprints from the first burglar being arrested using fingerprints, to the development and use of DNA in 1984.



FROM THE CHAIRMAN

Hello and welcome to the Rayleigh Grange u3a newsletter.

Each month comes around so quickly and we have so much to do.

The sun is out and it's getting warmer. Personally, I would like to enjoy the flowers more but hay fever keeps me indoors.

Hope you are all enjoying learning new things and meeting new people. Is there an excursion that you would like to go on or get together in one of our many group activities?

Remember Rayleigh Grange is your u3a – there's a pretty good chance that someone somewhere in Rayleigh Grange has the same interest and you both would benefit – look at the groups we have. Is there a group or activity that you can join or even start? Give one of our committee members a shout and we will steer you in the right direction.

Our committee runs the workings of our u3a for the membership and what a great job they are doing. We are very successful and I feel the envy of many other u3a's around. Our membership is high with a waiting list to join and we have so much going on to entertain our members.

On talking to some Rayleigh residents recently they said that their friend was a member and wouldn't stop talking about it and they would like to give it a go. Now that's some endorsement.

We recently had the Coronation of our new King, but one thing that stands out and that was the cakes and bread pudding put together by Sue and Jackie at our last meeting. The bread pudding was something special – can I have the recipe? Thanks to Donna and Steve who arranged a fantastic speaker when we were let down and we all got to meet the two wonderful dogs for the blind – thanks Donna and Steve.

Take care and have fun.

Bill Keeyes
Chairman

Editor's Note:

The delicious bread pudding was made for us by Joan Lagden in memory of her husband Bill who regularly made it as his signature dish especially for the Crib Group.

MAY MONTHLY MEETING AND CORONATION CELEBRATION

Our monthly meeting for May coincided with the King's Coronation so we took the opportunity to wear red, white and blue and partake of celebratory cakes. Many thanks to Susan Neil for helping to make the delicious cakes and to all who helped to decorate the Hall.



Donna and Steve had to arrange a speaker at short notice and did brilliantly to organise two speakers from Guide Dogs for the Blind. They brought their dogs with them and they definitely stole the show. We were sent a thank you message from them which we thought you would like to see:

“It was lovely to meet you and your members yesterday at your u3a monthly meeting where we were all made to feel very welcome, especially Dougie and Declan. I thought the Cup Cake was delicious so congratulations to whoever made it.

I do hope members enjoyed Doreen's talk and now understand in a little more detail, what we do in the community. I always judge an audience's attentiveness by the questions that are asked afterwards. Your group came up trumps, with lots of questions and I am sure satisfactory answers.

After the talk a lot of your members either bought some goods from our table or gave us a donation. I can't thank your members enough for their generosity. You raised the superb amount of £237.40. Thank you again for your generosity yesterday and for making us feel so welcome.”

From the Treasurer, Southend Guide Dogs for the Blind.

Jackie Dilnutt
Social Secretary



SINGING FOR PLEASURE GROUP



Celebrating the Coronation of King Charles III



QUIZ – TV CATCHPHRASES

1. Good night John Boy.	2. Can I have a P please Bob.
3. How very dare you.	4. Winter is coming.
5. Smoke me a kipper, I'll be back for breakfast.	6. Jesus, Mary and Joseph and the wee donkey.
7. I have a cunning plan.	8. Suits you sir.
9. What's occurring?	10. Say what you see.

Answers on page 16

NEW TRIP

STAMFORD TOWN AND BURGHLEY HOUSE

THURSDAY 10th AUGUST £32.50



We will arrive firstly in the picturesque town of Stamford. It has many Georgian buildings and lots of good places to eat and shop. There are great views around every corner. You will have time to explore, shop and eat before we travel the short distance to Burghley House for the afternoon.



Burghley House is one of the most impressive Elizabethan houses in England, with eighteen treasure-filled state rooms and with a world-renowned collection of tapestries, porcelain and paintings. There is a Garden of Surprises and sculpture garden in the extensive grounds.

To book your place please contact **Jackie Dillnutt** via the Contacts Page on the website.

Once your place is confirmed, payment can be made at the **June monthly meeting** by cheque or by bank transfer by no later than **30th June**. Please use the reference BURGH space YOUR SURNAME for bank transfers.

NEWS FROM THE GROUPS

FRIDAY PHOTOGRAPHY GROUP



I have just become aware that the u3a have a site for photographers. It was in the last month's magazine and I took a chance and entered this photo. Very pleased to get this email and, as you see, they have asked me to share with you.

Maureen Cheesewright
Group Leader

Hello All,

I am delighted to let you know that your photo has been chosen to be displayed in our online gallery for April's 'Growth' Theme of u3a Eye. There were lots of wonderful photos for this theme, and the judges found it more difficult than usual to decide on a top 15. Please do share this achievement with your local u3a and your local photography groups.

We look forward to seeing what you all come up with for our next u3a Eye theme of 'Transitions'.

Katie Hull – u3a Eye



TRIP TO KENSINGTON PALACE AND THE CROWN TO COUTURE EXHIBITION
FRIDAY 19th MAY

We had a relatively clear journey into London and arrived in good time for our visit to Kensington Palace. There were a few issues with the system for entry and a number of confusing messages about where to go but, after a short wait, we all successfully entered the Palace.

The tour took us through the Crown to Couture exhibition first. Reviews had praised it as a major event with The Times calling it “The court of George the second meets Beyonce and Lady Gaga”. The information on display showed how in Georgian times extravagant court dress was used to display wealth and power with audiences applauding the most extreme and richly decorated members at court events. This was true of men as well as women.



Wide dresses and lots of embroidery

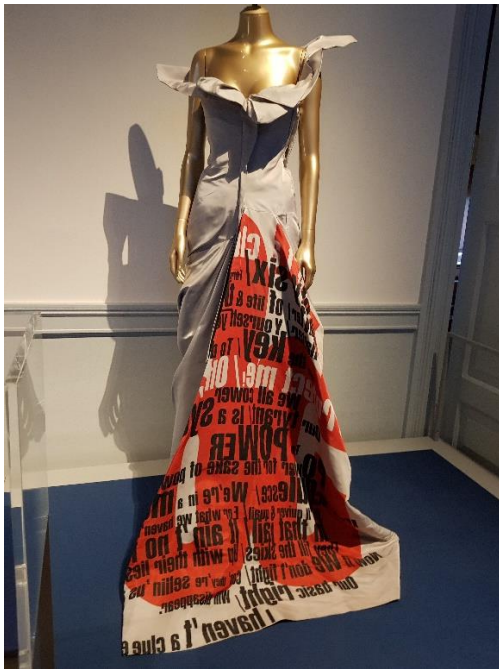


Frances Abingdon – advisor on 18th C fashion

Comparison was made with today’s headline grabbing costumes worn by the great and the good of the entertainment industry today, to awards and charity events. Many of the costumes were very beautiful including a dress worn by Audrey Hepburn and another by Beyonce (below left).



Some of the costumes were clearly worn to create an impact and attract media attention such as Katie Perry's candelabra outfit. Politics and social justice also influenced some outfits such as the Vivienne Westwood dress (below left) and the extravagant costume on the right to celebrate LGBTQ+ rights.



The tour then moved on to Victoria's childhood rooms and her jewellery room. The grounds of the palace featured Princess Diana's Sunken Garden with the slightly questionable sculpture of her with some children.



The exhibition was hugely popular and got very crowded at times, but it was an excellent event and we were lucky to see so many extraordinary costumes, both old and new.

Jackie Dillnutt

A FEW MORE PHOTOGRAPHS FROM THE KENSINGTON PALACE TRIP

by Lorraine Taylor



MID-WEEK WALKING GROUP

Thanks very much to Theresa for leading many enjoyable mid-week walks over the years. I have now agreed to take over as Group Leader and seven of us enjoyed our first walk on 15 May.

Future walks will take place on the third Monday of the month – the next one will be on **19 June**. We aim to walk between 4-5 miles and would welcome new members.

Gwen Bushell
Group Leader



QUIZ – PHONETIC ALPHABET

Give the full answer to the question, one word of which appears in the phonetic alphabet.

1. American actor who starred in 40's and 50's movies The Robe, Samson and Delilah and Androcles & the Lion.	2. Which 1949 British movie, based on a true event, concerns a shipwreck off a Scottish island and the inhabitants salvage the cargo?
3. South African former professional sprinter and convicted murderer.	4. Jamie Oliver's wife.
5. American half-hour master woodworking TV series (1989-2009) hosted by Norn Abram.	6. Which Australian singer's debut album Innocent Eyes (2003) is the second best-selling Australian album of all time with over four million copies sold?
7. Country bordered by Guinea and Liberia.	8. One of two Formula One constructors owned by Austrian company Red Bull.
9. 1.32 metre tall Deep Roy played 165 characters in this 2005 film.	10. UK hit in 1980 by Canadian Group Martha and the Muffins.

Answers on page 16

SUNDAY WALKING GROUP
An April Walk at Papermill Lock



Photographs by Barbara Oliver

FRIDAY PHOTOGRAPHY GROUP
VISIT TO THE GRAFFITI WALL AT PURFLEET



Photographs by Steve Rix



GARDENING NOTES

JOBS FOR THE GARDEN IN JUNE

- Deadheading is a bit of a chore, but it's essential to keep plants such as roses, cosmos, tender geraniums, knautias and sweet peas flowering. If you leave the flowers to set seed, the plant will think the season is over and stop producing more, but if you cut them off it's likely to keep flowering.
- Spring bulbs such as snowdrops and bluebells, which tend to clump, can be divided now once their leaves start to go yellow. Dig up the bulbs, divide them carefully either into individual bulbs or small batches and plant them again, giving them more space to grow. They will put on a much better display if they have a bit more room.
- Early-flowering perennials, such as hardy geraniums and alchemilla, can be cut back very hard. They will re-grow, look a lot better, and may even re-flower.
- If you're planting perennials, make sure the plant and the ground are both well-watered before they go in. Water again afterwards and keep an eye on them for signs of stress. At this time of year, and if the sun is out, it would be difficult to over water. Plant summer bedding if you haven't already and keep sowing annuals in situ if needed.
- Keep pulling weeds. Little and often works best. Five minutes here and there aiming to pull them before they flower and set seed.
- Watch out for thugs and bullies that may be swamping better behaved plants and either cut back some foliage or pull out unwanted seedlings allowing light and air to reach all plants.
- Dot a few French marigolds around tomato plants – these strongly scented flowers will help deter insect pests.
- Cut out the central flowering stem of rhubarb to allow plants to carry on producing juicy stems as long as possible and to ensure a great crop next year.
- Pinch out the tops of runner beans when they reach the top of their supports to encourage side-shoots to grow.
- Feed cucumbers, chilli peppers, sweet peppers and aubergines twice a week with a high potash fertiliser as fruits start to swell.



FROM THE EDITOR

Can we really be halfway through the year already? It is said that “time flies when you are having fun” and this is certainly illustrated by the content of this newsletter showing all the diverse activities our u3a has to offer. Congratulations to Maureen Cheesewright for her wonderful photograph of the unfurling fern and selected for publication by a national u3a group. Our newsletter is for everyone so do let me have any photos/articles of your group activities – it has been good to receive some new contributions this month.

Our July meeting marks the 14th anniversary of the founding of Rayleigh Grange and our **Annual General Meeting**. Do put the date in your diary and attend if you can when our Officers and Committee will be elected to ensure that we can continue for another year and for many more to come.

The deadline for receiving articles for the July 2023 Newsletter is

Sunday 25th June 2023

rgu3anewsletter@gmail.com

Our next monthly meeting will be held on Wednesday 5th July 2023 and will be our ANNUAL GENERAL MEETING

**Ann Rawlinson
Newsletter Editor**

ANSWERS – TV CATCHPHRASES

1. The Waltons	2. Blockbusters
3. The Catherine Tate Show	4. Game of Thrones
5. Red Dwarf	6. Line of Duty
7. Blackadder	8. The Fast Show
9. Gavin & Stacey	10. Catchphrase



ANSWERS – PHONETIC ALPHABET

1. Victor Mature	2. Whisky Galore!
3. Oscar Pistorius	4. Juliette Norton
5. The New Yankee Workshop	6. Delta Goodrem
7. Sierra Leone	8. Alpha Tauri
9. Charlie and the Chocolate Factory	10. Echo Beach

GROUP CALENDAR

If you are interested in joining any of these Groups please contact the Group Co-ordinator.

GROUP	DAY	TIME	GROUP LEADER
ART APPRECIATION	3 rd Wednesday	2.00 – 4.30 pm	Geoff Pearce
BADMINTON 1	Thursday – Fortnightly	11 am	Jacqui Butcher
BADMINTON 2	Wednesday – Fortnightly	10.00 – 12.00 pm	Geoff Pearce
BIRD WATCHING	4 th Wednesday	10.00 am	Peta Turner
BOOK GROUP 1	4 th Tuesday	2.00 – 4.00 pm	Angela Bartlett
BOOK GROUP 2	Last Thursday	3.30 pm	Jackie Dillnutt
BRIDGE	2 nd Wednesday	7.30 pm	Dave Westall
CANASTA 1	2 nd Monday	2.30 – 4.30 pm	Doreen Brown
CANASTA 2	3 rd Monday	2.00 – 4.00 pm	Edna Webb
CANASTA BEGINNERS 1	3 rd Wednesday	2.00 – 4.00 pm	Ann Clarke-Overy
CANASTA BEGINNERS 2	2 nd Wednesday	2.30 – 4.30 pm	Jane Gee
CHURCH VISITS	3 rd Wednesday	10.00 – 1.30 pm	Ann Rawlinson
CINEMA	Wednesday (various)	Afternoon	Christine Shaw
CRIBBAGE	4 th Thursday	10.00 – 12.00 pm	Susan Neil
DISCUSSION	3 rd Thursday	10.00 – 12.00 pm	Doreen Brown
FAMILY HISTORY 1	1 st Monday	2.00 – 4.00 pm	Ann Rawlinson
FAMILY HISTORY 2	1 st Tuesday	2.00 – 4.00 pm	Ann Rawlinson
FAMILY HISTORY 3	2 nd Wednesday	2.00 – 4.00 pm	Ann Rawlinson
FAMILY HISTORY 4	4 th Wednesday	2.00 – 4.00 pm	Ann Rawlinson
FILM APPRECIATION	3 rd Monday		Joan Hanscomb
FUTURE LEARN DISCUSSION	As and when	4.00 – 5.00 pm	Pam Green
GARDEN GROUP	Various		Theresa McAninch
IPAD/TABLET	2 nd Friday	2.00 – 4.00 pm	Mark Wiseman
KNIT & NATTER	2 nd Thursday	10.00 – 12.00 pm	Ann Clarke-Overy
LOCAL HISTORY	2 nd Friday	2.00 – 3.30 pm	Janet & Ken Paton
LUNCH SUNDAY	3 rd Sunday		Susan Neil
LUNCH WEEKDAY	2 nd Wednesday		Edna Webb
MAHJONG	Tuesday – Fortnightly	10.00 – 12.00 pm	Keith Robjent
MARITIME HISTORY	1 st Monday	2.30 – 4.30 pm	Sue Howarth-Reading
MINDFULNESS	2 nd Friday	10.00 – 12.00 pm	Carol Bright

OUT AND ABOUT	Various Days		Ann Clarke-Overy
PHOTOGRAPHY MONDAY	Various		Geoff Kittle
PHOTOGRAPHY FRIDAY	3rd Friday	10.00 – 12.00 pm	Maureen Cheesewright
RUMMIKUB 1	1st Monday	2.00 – 4.00 pm	Jane Gee
RUMMIKUB 2	2nd Thursday	2.00 – 4.00 pm	Pam Green
SCRABBLE	3rd Monday	2.00 – 4.00 pm	Wendy Bedwell
SHAKESPEARE APPRECIATION	3rd Friday	10.30 – 12.30 pm	Paula Whittle
SHORT MAT BOWLS	Tuesday – Fortnightly	2.00 – 4.00 pm	Susan Neil
SINGING FOR PLEASURE	1st/3rd Tuesday	10.30 – 12.30 pm	Joan Wayman
TABLE TENNIS	1st/3rd Friday	1.30 – 3.00 pm	Maureen Saveall
TENPIN BOWLING	Tuesday – Fortnightly	11.00 – 3.00 pm	Jacqui Butcher
TEXTILE & CRAFT	1st & 3rd Friday	1.00 – 4.00 pm	Chris Roffey Sarah Kay
THEATRE/EVENTS	Various times & days		Doreen Brown Edna Webb Susan Neil Ann Clarke-Overy
TRIVIAL PURSUIT	4th Tuesday	2.00 – 4.00 pm	Steve Barns
WALKING MIDWEEK	3rd Monday		Gwen Bushell
WALKING SUNDAY	Last Sunday	10.30 – 12.30 pm	Christine Shaw
WINE THURSDAY	Various	7.00 pm	Susan Neil Ann Newman
WINE FRIDAY	Various	7.00 pm	Susan Neil Ann Newman
WOMEN IN HISTORY	Last Friday	2.30 – 4.30 pm	Lynda Rooke
u3a MONTHLY MEETING	1st Wednesday	1.30 – 4 .00 pm	Various Speakers

For specific dates please liaise with your Group Leader.