



RAYLEIGH GRANGE u3a

Newsletter - Edition No. 149 2023



Welcome to the May Newsletter

*Next monthly meeting at the Grange is on
Wednesday 3rd May 2023 at 2.00 p.m.*

*We will be celebrating the Coronation of King Charles III
with Coronation Cupcakes and hope to see you all dressed
in red, white and blue*

Our speaker this month will be Doreen Sim from Guide Dogs.

Doreen has very kindly stepped in for us at very short notice as our scheduled speaker, Alison Mees, has cancelled.



FROM THE CHAIRMAN

Hello everyone

Every month I try to give you news that affects us all at Rayleigh Grange. One newsworthy issue is the condition of the hall floor where nearby tree roots are not being kind and cracks have appeared in the floor. The hall management have a problem in that expected work to fix it has been cancelled. Watch this space because we have asked our Secretary, Barbara, to enquire as to the availability of other nearby halls if The Grange shuts for repair.

I can say that a new Mindfulness group is starting up with members wanting to join when spaces allow. If anyone has any ideas for groups that we can start up please give us a shout as we are here to help. We have a good programme of group activities and excursions running so have fun and enjoy yourselves now that the sun is starting to warm things up.

Take care everyone.

**Bill Keays
Chairman**



A CAROLEAN QUIZ

Devised by Ann Rawlinson

This month's celebrations herald the beginning of a new age which is known as "The Carolean Era". Here is a quiz which is all about the lives of our three Carolean Kings.

King Charles III House of Windsor



1. Where was King Charles III born?
2. When and where was Charles' Investiture as Prince of Wales?
3. What is the name of the charity founded by Charles to assist young people with employment?
4. Which instrument did Charles play in his university orchestra?
5. The town of Poundbury was masterminded by Charles – where is it?
6. In which county is Charles' country home "Highgrove"?
7. Charles is a renowned artist – which is his preferred medium?
8. What was the Queen Consort Camilla's maiden name?
9. What pastime did Charles share with his Grandmother and also King Charles II?
10. Who designed St. Edward's Crown which will be used to crown the King?

King Charles II House of Stuart



1. Where was Charles II born?
2. What was the name of his Queen?
1. How many legitimate children did the King have?
2. In what country was Charles exiled during the Civil War?
3. Which racecourse was Charles II connected with?
4. During his reign two disasters struck the country - what were they?
5. What was the King's nickname?
6. Which Hospital for veterans was founded by Charles?
7. Why was Charles known as "The Black King"?
8. Where is Charles II buried?

King Charles I House of Stuart



1. Where was Charles I born?
2. Who did he marry?
3. How many children were born to the couple?
4. What unpopular tax did the King impose which previously only applied to ports and coastal towns?
5. What were Royalist supporters known as?
6. What was Charles' firm belief which led to his downfall?
7. What title did Charles give his daughter Mary and which remains to this day?
8. What crime was the King tried for?
9. Where was the King executed?
10. Where is Charles I buried?

Answers on page 18

NEWS FROM THE GROUPS

ART APPRECIATION GROUP



The Art Appreciation Group's latest visit was to the brilliant V&A museum to see an exhibition on the great renaissance sculptor Donatello.



He had a very long career, mainly in Florence and Padua, bringing classic Greco-Roman themes back to 15th Century art adding his own flair and innovation to his work.



He used a wide range of materials and techniques for display in public and private settings and his genius influenced subsequent artists for generations to come.



If you are interested in learning more about art in a friendly group please contact me.

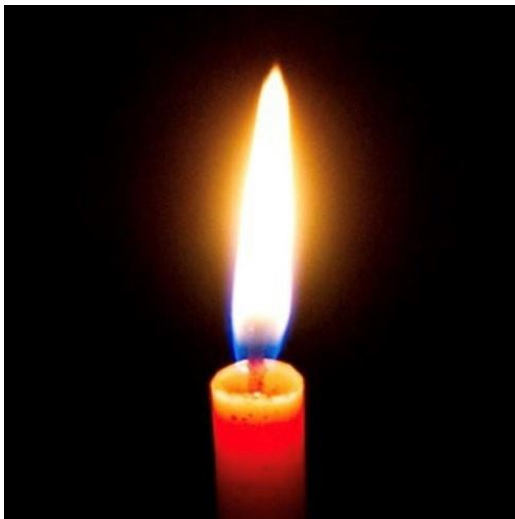
Geoff Pearce
Group Leader



FRIDAY PHOTOGRAPHY GROUP

The Friday Photography Group had an interesting meeting recently practising with light box photography. Here are some examples of their work.





Maureen Cheesewright
Group Leader

DEMENTIA QUILTS

Thank you to the ladies, sorry I don't know who you are, who also made some quilts for the Dementia Ward. They were handed over with the ones from the Textile Group and Helen, the lady who came to collect them, was totally overwhelmed by the quality and quantity and sends many thanks on behalf of her patients and their families. I'm sure you are pleased to know your work was greatly appreciated.

If we do it again I will let you know. Meanwhile many thanks once again.

Margaret Cudby
Textiles Group

LOCAL HISTORY GROUP
VISIT TO BURNHAM-ON-SEA MUSEUM



On 14th April 27 members of the Local History Group paid an exclusive visit to the Burnham-on-Sea Museum where we were greeted by the Bishop of London (the second richest man in the country in the 11th century), the Lady of the Manor and Friar Tuck. These characters were members of the Burnham-on-Sea u3a Archaeology Group, believed to be the only u3a in the south east of England to carry out physical digs of this scale, who told their story of starting an excavation at Southminster Hall with the hope of finding some Tudor or Elizabethan remains, only to discover something much more interesting and dating back as far as the 11th century.

The band of enthusiastic amateurs soon realised that they needed expert help and would have to apply for grants so that they could fund archaeology professionals and their expensive specialised equipment who would train them in how to meticulously survey, excavate, measure, label and catalogue every step of their progress. The two initial trenches that were started in early 2020 eventually became nine as more and more walls, which consisted of compacted mud lumps called Septaria laid on top of each other without any mortar, were unearthed.



A massive physical and demanding effort. as the only mechanised equipment allowed was a grass cutter to remove the lawns of the previously manicured gardens and, with only trowels at their disposal, every inch of soil was removed by hand!!! Once as much excavation as possible had been achieved and fully recorded, the artefacts were transferred to the local museum and the emotional task of returning the site to its original condition was undertaken as the owners of the Hall, who by now had become lifelong friends, wished to start a wedding events business, but not before a Heritage Open Weekend took place attracting well over 500 visitors.



News of the find had filtered through the archaeology world and amongst other experts, members of the “Time Team” programme have visited the site. The initial group of just 8 members has grown to nearly 60 with some coming from as far afield as Norfolk, but they remain an enthusiastic, talented, modest and sociable group who are a credit to the u3a organisation in that they abide by our basic values to LEARN, LAUGH and LIVE. While they may not have discovered any buried treasure in the monetary sense, how many of us can say we have changed the recorded course of history?

A wonderfully enchanting afternoon was enjoyed by one and all.

Sue Spiers of Burnham-on-Sea u3a has kindly sent a copy of the full report of the dig. If you are interested in looking at this please contact either myself or the Newsletter Editor - Email: rgu3anewsletter@gmail.com.

Please note as previously advised there is NO MEETING of the Local History group in May.

**Ken Paton
Group Leader**

QUIZ – Food and Drink

1. A Long Island Iced Tea is a cocktail based on vodka, gin, tequila and which other spirit?	2. Cullen Skink is a hearty soup made with potatoes, onion and which fish?
3. Which common kitchen herb is used in a Mojito?	4. Anelli pasta is what type of shape?
5. A Cuban Libre is based on which spirit?	6. What famous Greek once advised “Let your food be your medicine and your medicine be your food”?
7. Which bean is used to produce a tin of baked beans?	8. Which drink, made with skimmed milk and Tia Maria is called an Anna Kournikova?
9. What two ingredients make Devils on Horseback?	10. Which fruit goes into the liqueur Kirsch?



QUIZ – Cheese and Wine

9. What country is Pecarino cheese from?	10. What country is Sukindol wine from?
3. What type of milk is Roquefort cheese made from?	4. Along which river is most of France’s Sauvignon Blanc cultivated?
5. What is added to Cheddar cheese to make Ilchester cheese?	6. What is a crate of twelve bottles of wine called?
7. Which cheese is known as the King of English cheeses?	8. What is the German label term indicating a high-quality wine?
9. Which well-known cheese is transported in cylindrical woodchip boxes?	10. How many normal sized wine bottles in a Methuselah?

Answers on page 16

DAY TRIP TO PENSURST PLACE AND ROYAL TUNBRIDGE WELLS – 20th APRIL

We spent the morning at Penshurst Place which is a 14th century Manor House. The House, once the property of King Henry VIII, was left to his son King Edward VI and granted to Sir William Sidney in 1552. The Sidney family have been in continuous occupation for more than 460 years since. There were knowledgeable guides in each of the staterooms who provided information on the history of the place, the furnishings, paintings and armoury.

As a well-maintained example of a house and gardens in Tudor times, it has been the backdrop for a number of films including *Anne of a Thousand Days*, *The Other Boleyn Girl* and the TV series *Wolf Hall*. The gardens feature examples of Tudor and Elizabethan gardening styles with highly formal yew and box hedges creating a series of rooms. There was a large bed set out as a union jack flag using roses and lavender to create the colours although it was too early in the year to see it in all its glory.





Our afternoon was spent as free time in Royal Tunbridge Wells where many of us had lunch in the Pantiles, a Georgian colonnaded walk which begins at the Chalybeate Well and which gave the town its name. The town became well-known and earned its “Royal” tag in the Georgian era when it became a spa retreat for the wealthy and royals. There are still many Georgian houses, attractive views and interesting independent shops to explore as you walk around.



The Pantiles area

Jackie Dillnutt

OUT AND ABOUT TRIP TO THE ROYAL HOSPITAL CHELSEA

On Friday April 14th some 18 members of the group travelled to London. After the usual coffee stop at the Wetherspoons, we travelled on to Sloane Square and then walked to the National Army Museum. There we had time for lunch and a look round the museum. Some people were lucky enough to have an informative talk from a knowledgeable and enthusiastic gallery attendant. Most of us agreed that this museum merited a further and longer visit as there was so much to see.



After this, we walked next door to the Royal Hospital Chelsea where we were met by our guide for the afternoon, the bewhiskered John Byrne, wearing the famous red coat and uniform of a Chelsea pensioner.



We had a short chat from him and watched a video describing some of the history of the Hospital which was a very good introduction.

We learned that it was planned and built by Christopher Wren and John Soanes and opened in 1692 in the time of King Charles II and was for injured soldiers. It is on the banks of the river Thames, covering approximately 66 acres. There is a large shiny copper alloy statue of Charles II in the lawned area designed by Grinling Gibbons. It was regilded in 2002 for the late Queen's Golden Jubilee.

The Royal Hospital is the home for 300 retired soldiers who have to be unattached. Women were admitted in 2009 and there are now 16 living there.

We saw the historic accommodation that the pensioners had; a small room with a curtain, which over the years was doubled in size and became more private. After an extensive refurbishment, the pensioners now have self-contained en-suite accommodation arranged in wards. Initially their rooms were very small with only a curtain for privacy and shared bathrooms with 26 others. There is also a fully staffed hospital, a nursing home and a dementia care unit within the premises.



The pensioners have no utility bills, laundry, or food bills to pay. Some of their army pension may be required as a contribution, but not necessarily.

Part of the buildings were destroyed by bombing in WWII. Following the rebuilding, this area became the National Army Museum.

We went into the large wooden panelled dining room and heard about the mealtime routines. We also saw inside the impressive chapel. Margaret and Dennis Thatcher were quietly avid supporters and fund raisers for the institution and are buried in the grounds.



The pensioners belong to a lively community and have many activities provided by fellow pensioners, jobs within the community such as admin, guiding and gardening and, of course, are only a short walk from all that London has to offer.

Our guide certainly waxed most enthusiastically about how great his life is there. After our tour we visited the gift shop and then went on our various ways, home or to find some food.





Ann Clarke-Overy



ANSWERS – Food and Drink

1. Rum	2. Smoked Haddock
3. Mint	4. Rings
5. Rum	6. Hippocrates
7. Haricot	8. White Russian
9. Prunes and bacon	10. Cherry

ANSWERS – Cheese and Wine

1. Italy	2. Bulgaria
3. Sheep's milk	4. Loire
5. Beer and Garlic	6. Case
7. Stilton	8. Kabinett
9. Camembert	10. Eight



GARDENING NOTES

JOBS FOR THE GARDEN IN MAY

- Pull spent tulip stems and allow the foliage to die down feeding the bulb for next year. Come summer, when the leaves have faded away, you can lift the bulbs, allow them to dry on wooden racks or newspaper and then store them indoors somewhere cool and dry to replant in the autumn.
- Pick off scarlet lily beetles and their brown grubs. Tell-tale signs of trouble are holes in the leaves of affected plants, e.g. Lillies and Fritillaries. Left alone they can soon eat their way through all the leaves.
- Any frost damaged leaves should be pruned back to the next healthy bud or side shoot. Frost damaged plants often recover so don't immediately pull them up, but wait until summer, giving them time to regrow. If there's no sign by mid-summer you can pull them up.
- Prune Forsythia after flowering if you don't do this every year they quickly get unmanageable and flower less well. Using sharp loppers and secateurs cut a quarter of the old growth to the base. Also remove diseased, dead, dying and wispy stems cutting them to the ground. Finally, prune stems that have just flowered to two buds above the previous year's growth.
- Start hardening off seedlings of beans, tomatoes and other plants sown indoors or under glass. Allow a couple of weeks for the process gradually acclimatizing the plants. Fresh beans can be particularly delicate so take care not to expose them suddenly to strong winds or rain or scorching midday sun.
- Put in supports for floppy plants before they grow away.
- Tie in climbers and trim hedges before they get out of control.
- Plant up some summer containers. Scented Pelagiums will last all summer, herbs make great pots too.



ANSWERS – A CAROLEAN QUIZ

KING CHARLES III

1. Buckingham Palace
2. Caernarfon Castle in 1969
3. The Prince's Trust
4. The Cello
5. Dorset
6. Gloucestershire
7. Watercolour
8. Shand
9. Fishing
10. King Charles II

KING CHARLES II

1. St. James's Palace
2. Catherine of Braganza (Portugal)
3. None, but he did have at least 14 illegitimate children
4. The Netherlands
5. Newmarket
6. The Great Plague and The Great Fire of London
7. The Merry Monarch
8. The Royal Hospital, Chelsea
9. His mother's nickname for him was the Black Boy*
10. Westminster Abbey

* at least 70 inns were called The Black Boy and named after Charles II - many now re-named

KING CHARLES I

1. Dunfermline Castle, Fife
2. Henrietta Maria of France
3. 10
4. Ship Money
5. Cavaliers
6. The Divine Right of Kings
7. The Princess Royal
8. Treason
9. Outside the Banqueting House in Whitehall
10. St. George's Chapel, Windsor

OBITUARIES

It is with sadness that we record the passing of two of our members.

Linda Church who very much enjoyed our day trips. Our condolences to Brian and all their family.

Philip Cogger – Phil had served as a Committee Member and Membership Secretary and also Group Leader of the Trivial Pursuit Group. Our condolences to Jill and their family.

FROM THE EDITOR

The Coronation of King Charles III is only days away now. At Rayleigh Grange we always try to mark such occasions. Although we have been unable to organise something as special, as we did for the Platinum Jubilee, we will bring out the bunting and serve Coronation cakes with your tea at the monthly meeting. Do join in the celebration by wearing your red, white and blue and enjoy our extra Bank Holiday however you choose to mark this historic event.

The deadline for receiving articles for the June 2023 Newsletter is

Friday 26th May 2023

rgu3newsletter@gmail.com

Our Speaker for June will be 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 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.

Ann Rawlinson

Newsletter Editor



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	Various		Theresa McAninch
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.