

RAYLEIGH GRANGE u3a

Newsletter - Edition No. 154 2023



Welcome to the November Newsletter

***Next monthly meeting at the Grange is on
Wednesday 1st November 2023 at 2.00 p.m.***

***Our speaker will be author “Daisy Bourne” – Peggy Rosalie Griffin – with a
talk on The First Essex Witch Trials and who makes this serious subject
both interesting and humorous.***

The First Essex Witch Trials: over 700 people were accused of witchcraft in Essex more than in any other county during 1560-1675. Why? Women learned about plants and how they could cure – people were often jealous of their healing skills. Essex was a poor county awash with superstition.



FROM THE CHAIRMAN

Hello and welcome to the Rayleigh Grange u3a newsletter.

We have a unique set up here in Rayleigh Grange where we are big enough for members to know other members, but not so big that we have to schedule seating at the monthly meetings because we haven't got the hall capacity. A plus side of Rayleigh Grange is that we have a very active bunch of dedicated volunteers who organise and run our groups, events and excursions. My thanks to Jackie who has negotiated very good terms for a planned holiday in Wales next year. New groups have been requested and are starting up and our Group Leaders are working tirelessly on our many varied existing groups – we thank you.

With our numbers at this buoyant level, I would ask the question "are we doing everything you want – is there anything you would like to see – or change? After all it is your u3a". It's very easy for us on the Committee to run our u3a along the same lines as it has run for years, but would you like us to change a particular area to make it even better?

Why not come along to a committee meeting and sit in and see how the team works and you can then put any points or suggestions across. We meet on Tuesday evening, usually following the monthly Wednesday meeting, so why not come along and say hello.

Take care and have fun.

Bill Keys
Chairman



NORTH WALES AND CHESTER HOLIDAY – SPACES LEFT!

There was a good response to this holiday and all 12 single rooms have now been reserved. There are still some twin-bedded rooms available. Please let **Jackie Dillnutt** know if you are interested.



THIRD AGE MATTERS MAGAZINE

Hello members, do you read the TAM which is sent out from the Third Age Trust quarterly?

If you don't read the magazine perhaps it is a waste of paper and money for you to receive it.

Rayleigh Grange u3a Committee have decided to stop paying the Third Age Trust for the magazine unless you specifically say you would like it, DOES THAT MAKE SENSE?

What we would like you to do is:- INFORM RAYLEIGH GRANGE U3A IF YOU WOULD **LIKE TO RECEIVE** THE MAGAZINE. In other words, you must **OPT IN**.

You can opt in either by emailing rgrangeu3a@outlook.com or informing the Membership Secretary, Susan Neil, when you sign in at the next meeting in November.

Barbara Oliver
Business Secretary



LOCAL HISTORY GROUP

On 13th October, the Local History Group were treated to an illustrated talk entitled "The Riddle of Boudica". The Roman occupation of Britain lasted over 350 years and in AD60, seventeen years after the Romans arrived, Queen Boudica led an uprising which resulted in the destruction of Colchester, London and St Albans. The rebellion was short lived and despite several uprisings and incursions that occurred throughout Roman rule, it is only Boudica who is especially remembered. The talk explored the "facts" of Boudica's rebellion, so far as it is known, and examined the resultant heritage, legacy and mythology that has grown up around it.

Our next meeting will be at 2 o'clock on Friday 10th November, again at Rawreth Village Hall, when a volunteer from Rayleigh Museum will present a slideshow of photographs depicting Rayleigh through the ages.

Ken Paton
Group Leader

QUIZ – HIGHS AND LOWS

1. In High Noon (1952) who played the lead role as Marshal Will Kanen?	2. What sort of creature is a Löwchen?
3. What is a hi-hat?	4. Where would you find a high-bypass turbofan?
5. Where is the UK's most easterly point?	6. Lowball is a variant of which popular game?
7. What was the first name of the artist Lowry, best known for his mill scenes and industrial landscapes?	8. High Speed 2 (HS2) is a controversial rail project, but in which British county would you find HS1?
9. High Fidelity was a top 10 hit in 1982 which American group?	10. Which British actor played the role of an Egyptian immortal in the 1986 fantasy movie Highlander?

Answers on page 15

Matinee Lunch Show
Featuring an Abba Tribute Band with 2 course meal included
On the Tereza Joanne boat, in London's Royal Docks
Thursday, 22nd February 2024

A £15 deposit is required now and final payment of the remaining £45.50 will be due by 14th January.



This is a wonderful opportunity to beat the winter blues! ABBA Chique are one of the best ABBA tribute bands in the business. Some of their demos can be seen on the following link:

<https://www.abbachique.com/videos-demos>

Arrive 11.30/45am for Main Course Midday
1.00pm Show First Half
2.00pm Dessert with Coffee/ tea
2.30pm Show Second Half
3.15pm Show ends Time to Get Comfortable
3.30pm Coach Departs

Menu

French trimmed, free-range, corn-fed breast of chicken
Creamy Mash Potatoes
French Beans
Chef Adrian's Famous Gravy
White chocolate & Raspberry Cheesecake
Fresh Cream
Tea - Coffee

Vegetarian and gluten-free options available

Please email Jackie Dillnutt to request a space.

NEW GROUPS

Places will be filled on a first-come, first-served basis and only via the Group Co-ordinator

PUDDY GALORE



Do you enjoy a good pudding? Then join us at the new group "Puddy Galore" to taste puddings, discover their origins and make our own collection of recipes.

We will meet at 4.30 pm on the 4th Tuesday of the month (so that we can all spoil our dinners). Starting on 28th November.

Please contact the Group Co-ordinator, Carol Bright via the Rayleigh Grange website for more information or to join the group.

Anne Berry

HOME AND AWAY FAMOUS LANDMARKS



Way, way back landmarks have been used as a means of direction and communication, right back to the Stone Age when they would use stones to communicate the right of way etc.

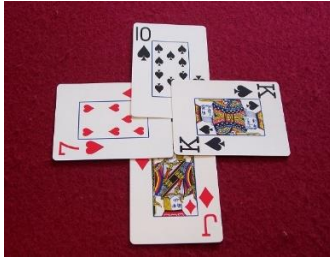
The idea behind this group would be to pick a famous landmark and discuss how it became so! All landmarks have a story behind them whether its romantic, tragic, mystic or just plain odd!!

The group will meet on the third Thursday of the month 2.30 – 4.00 pm starting on 18th January 2024. Please contact the Group Co-ordinator, Carol Bright, via the Rayleigh Grange website for more information or to join the group.

Theresa Hale (Terry)

P.S. I would mention I have a little dog, so if you are allergic to dogs maybe this is not the group for you.

NEW CARD GROUP – SOLO WHIST



I am looking to start a new card group playing solo whist.

This is a card game based on whist (you may know it as Trumps), but with the difference that you have to predict (bid) on how many tricks you can win or you can even bid to become a loser!

It's played with 3 or 4 players and points are awarded if you win your bid. However, if you lose, then the other players get points.

It's a fun game where mistakes are made and you can also ride your luck.

I have some crib cards, to help with playing and scoring. We will do some open hands to start with and help us navigate through the different calls - for example if you think you can win 5 tricks, you call 'Solo'.

An understanding of whist would be helpful.

If I get enough interest, then it can run on the **2nd Monday each month**, The Rayleigh Lodge are happy to accommodate us from 11.00 – 1.00 for £1.00. They will provide beverages.

The 1st event will be on 11th December 2023 and **I need bookings no later than 7 days beforehand.**

Please contact the Group Co-ordinator, Carol Bright via the Rayleigh Grange website for more information or to join the group

David Lobley



"COME JOIN OUR BAND"

One of our members, Steve Lowe, would like to start a Rayleigh Grange u3a Band.

So, if you enjoy singing in the shower, strumming your guitar in the garden or playing the piano in the parlour this could be the group for you. Any instruments welcome.

Enthusiasm essential, accomplishment varied, fun compulsory.

If you are interested, please contact Carol Bright or speak to Steve.

NEWS FROM THE GROUPS

SUNDAY WALKING GROUP 24th SEPTEMBER



A pleasant walk of 2.1 miles was enjoyed by eleven of the Sunday walkers around Wat Tyler Country Park. There were sights to see across Vange and Pitsea creeks and marshes and on to the large cranes of Corringham and the new Freeport. It is an area that was used for ordnance work during the last war so there was a high pill box to help with the views.

The area is very well used by families and dog walkers. We in fact met a very large contingent of the Essex Terrier Society with all their dogs during their quarterly meet.

We finished with a welcome drink in the very pleasant café at the Wat Tyler centre.

Barbara Oliver

ART APPRECIATION GROUP



The latest trip by our Art Appreciation Group was to the Frameless Immersive show which is four galleries in London near Marble Arch. This is a totally different way of looking at art by some of the world's greatest artists. Instead of traditional style static pictures visitors walk into a large gallery to see works of art projected onto the ceiling and walls that transform into other works of art. All to music so you are literally immersed in art as it moves and changes shape all around you.





It was a very different sort of trip to the type we normally do, but enjoyed by all who went. A new experience.

If you think you might be interested in joining the Art Appreciation Group please contact the Group Co-ordinator.

Geoff Pearce
Group Leader



QUIZ – STORY SONGS

<p>1. A paper boy reads the headline and gets upset when he reads that his hero has died.</p>	<p>2. A song about a southern US town, detailing its jail, its speed limit and its church.</p>
<p>3. A woman lives a lonely life and eventually dies and is buried, but nobody came.</p>	<p>4. An astronaut cuts off contact with ground control and instead floats in space.</p>
<p>5. A young boy turns into a man, angry with his father for having given him a girl's name.</p>	<p>6. A woman gains strength after her lover leaves her, then when he returns, tells him to leave.</p>
<p>7. An obsessed fan sends letter after letter to Eminem, which go unanswered.</p>	<p>8. A young man in a Soho club can't work out why a girl he has met is so strong.</p>

Answers on page 15



GARDENING NOTES

JOBS FOR THE GARDEN IN NOVEMBER

- Gather any seeds from your plants, drying them and storing in paper bags – NOT PLASTIC – or they will sweat and rot.
- Plant any Daffodils and now is the month to plant Tulips. This will avoid Tulip fire infection.
- Keep raking up dead and fallen leaves around your flower beds and lawn.
- Net a pond, if you have one, to stop leaves falling into it.
- Continue lifting and storing Dahlias and Begonias making sure they have dried out before wrapping and putting in a cardboard box in a frost-free area. Don't forget to label plants so you can remember colour and height for next year.
- It is a good idea to put a board down to prevent compacting soil as you walk on it around the garden doing jobs.
- Keep on top of weeds as they will continue to grow and multiply if left.
- Edge your lawn to tidy up edges
- Split mature Rhubarb crowns and replant.
- Trim evergreen hedges before the bad weather sets in.
- Plant up containers for winter flowers.
- Insulate your greenhouse ready for winter to keep plants stored there better protected from frost.
- It is still not too late to prune Roses.
- Now is a good time to put wood preservative on your shed.
- Next the easy bit – sit in the warm in your armchair and think, take note of any changes you want to make for next year and start thinking of any plants and seeds you want to order. Don't forget to wrap up and keep warm when doing these jobs.

CHURCH VISITS GROUP



Our October visit was to the church of St. Peter ad Vincula (St. Peter in Chains) in the lovely little town of Coggeshall. This beautiful Grade I listed church was built at a time of great wealth in the 15th century and is one of the largest parish churches in Essex. With fine, sympathetic restorations, it recovered both from a long period of neglect in the Commonwealth era and from bomb devastation in the 20th century.



The north aisle and much of the tower and west end were destroyed in 1940 by a World War II enemy aircraft bomb. The church was restored and rebuilt being re-hallowed in 1956. The building today is cathedral-like with lofty pillars and arches. Unfortunately we didn't have a guide to show us around so had to explore on our own. All that remains of Coggeshall's once fine collection of medieval brasses are assembled in St. Catherine's chapel with the tombs of the Paycocke family, wealthy wool merchants, who were probably responsible for building the church.

The re-built tower houses 10 bells – having been increased from 8 to 10 to mark the Millenium. This is one of the heaviest rings of bells in Essex. The bells remained intact following the bombing and were housed in a temporary bell cage until the tower was rebuilt.



The Early English font, originally from Pattiswick Church was once used for a spell as a horse trough and was placed in the church when major restoration took place in the mid 19th century.



Our lunch venue was the Woolpack Inn – a lovely 15th century building and built originally by a wealthy wool merchant in 1408 and probably the oldest inn we have visited. In 1665 the vicar, who had been ejected from the Church of England, purchased the property where he ministered to a non-Conformist congregation. The house became an inn in 1708 and is Grade I listed. It is reputed to be haunted by a lady in a grey habit who the landlady hadn't seen – and didn't want to !

Ann Rawlinson
Group Leader

ANSWERS – HIGHS AND LOWS

1. Gary Cooper	2. Dog (Little Lion dog)
3. A type of cymbal, part of a drum kit	4. On an aircraft (type of jet engine)
5. Lowestoft	6. Poker (the normal ranking of hands is inverted)
7. Lawrence (Stephen)	8. Kent (links London with the Channel Tunnel)
9. The Kids from "Fame"	10. Sean Connery



ANSWERS – STORY SONGS

1. American Pie (Don McLean)	2. Nutbush City Limits (Ike & Tina Turner)
3. Eleanor Rigby (Beatles)	4. Space Oddity (David Bowie)
5. A boy named Sue (Johnny Cash)	6. I will Survive (Gloria Gaynor)
7. Stan (Eminem)	8. Lola (The Kinks)



FROM THE EDITOR

Our annual Quiz Night held recently was well-attended by members, friends and family and proved to be a very enjoyable (although quite challenging) evening. Thank you to Jackie and Lynda for organising the event and congratulations to the winning team.

It is great that we have some new groups starting in the next month or so – some with very original and diverse themes. Please make sure you contact our Group Co-ordinator if you are interested in joining one of our new groups.

By the time you are reading this the clocks will have changed and winter will be upon us but we still have much to look forward to.



Our next monthly meeting at the Grange will be on **Wednesday 6th December** when our speaker will be **Andy Thomas – “Christmas – a Festive History”**. In an uplifting presentation Andy uncovers the fascinating multi-faceted background to the festive season exploring the traditions and showing why Christmas has survived and still has meaning today.

The deadline for receiving articles for the December 2023 Newsletter is

Thursday 26th November 2023

rgu3newsletter@gmail.com

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	10.00 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
HOME AND AWAY FAMOUS LANDMARKS	3 rd Thursday From Jan 2024	2.30 – 4.00 pm	Theresa Hale
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/MEDITATION 1	2 nd Friday	10.00 – 12.00 pm	Carol Bright
MINDFULNESS/MEDITATION 2	4 th Monday	2.00 – 4.00 pm	Carol Bright
OUT AND ABOUT	Various Days		Ann Clarke-Overy
PHOTOGRAPHY MONDAY	Various		Geoff Kittle
PHOTOGRAPHY FRIDAY	3 rd Friday	10.00 – 12.00 pm	Maureen Cheesewright
		Contact via WhatsApp	
PUDDY GALORE	4 th Tuesday	4.30 pm	Anne Berry
RUMMIKUB 1	1 st Monday	2.00 – 4.00 pm	Jane Gee
RUMMIKUB 2	2 nd Thursday	2.00 – 4.00 pm	Pam Green
SCRABBLE	3 rd Monday	2.00 – 4.00 pm	Wendy Bedwell
SHAKESPEARE APPRECIATION	3 rd Friday	10.30 – 12.30 pm	Paula Whittle
SHORT MAT BOWLS	Tuesday – Fortnightly	2.00 – 4.00 pm	Susan Neil
SINGING FOR PLEASURE	1 st /3 rd Tuesday	10.30 – 12.30 pm	Joan Wayman
SOLO WHIST	2 nd Monday	11.00 – 1.00 pm	David Lobley
TABLE TENNIS	1 st /3 rd Friday	1.30 – 3.00 pm	Maureen Saveall
TENPIN BOWLING	Tuesday – Fortnightly	11.00 – 3.00 pm	Jacqui Butcher
TEXTILE & CRAFT	1 st & 3 rd Friday	2.00 – 4.00 pm	Chris Roffey Sarah Kay
THEATRE/EVENTS	Various times & days		Doreen Brown Edna Webb Susan Neil Ann Clarke-Overy
TRIVIAL PURSUIT	4 th Tuesday	2.00 – 4.00 pm	Steve Barns
WALKING MIDWEEK	3 rd 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	1 st Wednesday	1.30 – 4 .00 pm	Various Speakers

For specific dates please liaise with your Group Leader.