

RAYLEIGH GRANGE u3a

Newsletter - Edition No. 152 2023



Welcome to the September Newsletter

***Next monthly meeting at the Grange is on
Wednesday 6th September 2023 at 2.00 p.m.***

***Our speaker is Amanda Sutherland with her talk about an exciting career journey
through Film, Television and Theatrical costume design with an insight into running a
successful accessories business.***

*Audiences have been completely amazed at the enthusiasm and creative energy that
this presentation is delivered. Amanda talks about her career journey as an assistant
costumier, a bridal wear consultant, a wardrobe assistant for West End shows and as a
freelance designer. A stunning display of headdresses and accessories completes this
award-winning presentation. There will be items to purchase at the end of the
presentation (via cash or card payment).*



FROM THE CHAIRMAN

Hello and welcome to the Rayleigh Grange u3a Newsletter.

This is our first Newsletter following our AGM where all of the officers were re-elected for another term. It was a good well-attended meeting and it was also nice to see the “groups” that attended show off what they do. To coin a phrase “I didn’t know there was so much in it”. Seriously, it was interesting to see what our attending groups had to offer. I really enjoyed it.

Together we need to be looking at what we can do to reflect more of the memberships views in what goes on in our u3a and so I throw out this request for anyone to come along to our committee meetings and sit in to see the process and put your views across – it will make a big difference, if nothing else, to show the visiting member that it’s not such an erroneous task. What have you got to offer Rayleigh Grange – what are you prepared to do to make us more successful?

Well summer is drawing to an end and we’ve got a busy year ahead of us and I thank ALL of our people who take time to make it happen.

Take care and have fun.

Bill Keys
Chairman



Friday Photography Group Displays at our AGM meeting in July



INTRODUCING YOUR COMMITTEE

At our AGM on 5th July the following members were elected to serve for the coming year:

Chairman: **Bill Keeyes**

Treasurer: **Dave Westall**

Secretary: **Barbara Oliver**

Assistant Treasurer: **Glyn Overy**

Membership Secretary: **Susan Neil** – Susan deals with all membership enquiries and manages the waiting list. Please let Susan know if you hear of a member who is poorly or in hospital.

Social Secretary: **Jackie Dillnutt** – Jackie organises all our social events, trips and holidays.

Group Co-ordinator: **Carol Bright** – Carol liaises with Group Leaders and organises the setting up of new Groups.

Speaker Organisers: **Donna and Steve Lowe** who are responsible for booking and hosting the speakers at our monthly meetings.

Website Manager: **Ken Bates** keeps our website up-to-date and manages the Beacon System.

Newsletter Editor: **Ann Rawlinson** produces and edits our monthly newsletter

The Committee meet once a month, in the evening, at the Cedar Centre, Castle Road.

Members are very welcome to come along to a committee meeting as an observer. Please let the Secretary know if you would like to come along.

QUIZ NIGHT

RAYLEIGH GRANGE U3A ANNUAL QUIZ NIGHT

Friday, 20th October

Doors open at 7:00pm and quiz starts at 7:30pm

£6 per person

INCLUDES A FREE RAFFLE!

FREE NIBBLES PROVIDED!

The annual quiz night will be hosted again by Kevin Briggs and will be held at the Rawreth Village Hall on Friday, 20th October. Book in teams of 8 (please identify which team you're in when you pay) or individually and we will put you into groups. Non U3A members are welcome to come along as the event is exempt from normal U3A rules. Please bring your own drinks and extra nibbles.

You can email [Jackie Dillnutt](#) via the Contacts Page on the website to reserve tickets:

*Cheques payments (made payable to Rayleigh Grange U3A) will be taken at the September monthly meeting or by bank transfer using the reference:
QUIZ space YOUR SURNAME.*

Jackie Dillnutt and Lynda Rooke



QUIZ – THE LIVING WORLD

1. The world's largest spider is named after which Biblical character?	2. How many pairs of ribs does a human have - 8, 10 or 12?
3. Which is the only fish able to hold objects in its tail?	4. Which animal has the longest gestation period at around 22 months?
5. Approximately how many species of beetle are there - 3,500, 35,000 or 350,000?	6. What is the plural of mongoose?
7. What name is given to the home of a beaver?	8. Which animal appears first in the dictionary?
9. What is the name given to the young of a kangaroo?	10. Which animal has the latin name Lupus?

Answers on page 9

Lunar Landscape Friday Photography Group



by Keith Rutledge

SAVE THE DATE!



U3A Christmas Party, Friday, 1st December

The Autumn/ Winter season will soon be upon us and it's time to put the date of the Christmas party in your diary.

This year we have booked a live music group who will perform a tribute to the Everly Brothers followed by a range of music from the 60's and 70's. Whether you enjoy listening to music or dancing there should be something for everyone!

We will take bookings for this in October, so look out for more details in the next newsletter and via email.

Stamford Town and Burghley House Trip
Thursday, 10th August

Our trip to Stamford town was surprisingly pain-free and only took a couple of hours. Stamford is a beautiful town. Sir Walter Scott declared it “the finest stone town in England” and it was made a conservation area in 1967. It has over 600 listed buildings of mellow limestone including five medieval churches and a range of Georgian architecture. There are picturesque views everywhere and an attractive river walk.



View of the river with medieval church in the distance

In medieval times the town thrived because of the wool trade. There were four orders of friars at the time and six ‘hospitals’ were set up by monks to look after the poor and infirm. Some of these still exist and are used to house elderly members of the community.



Medieval ‘hospital’ still in use as a community almshouse

The town lost its importance when the wool trade moved to East Anglia but in the 18th century it became a busy coaching town with stagecoaches stopping here on their way from London to the North. Many of the Georgian houses were built during this time.

Today it is still a popular stopping point for coach trips North. Many spent time exploring the town and found a range of places to watch the world and have lunch. We then moved on to our afternoon stop at Burghley House and Gardens.

Burghley House was built by William Cecil, Lord Treasurer to Queen Elizabeth I for 40 years and it remains a family home to a direct descendent of his. It's one of the largest and grandest surviving houses of the sixteenth century and is impressive in its size and detail.



The contents of the house have been very well preserved and displayed and the guides in each room were keen to share their knowledge of the house and its history.



Enormous fireplaces, incredible art on the ceilings of many of the rooms and a range of artifacts, including the beds that were slept in by Queen Elizabeth and Queen Victoria, all told the story of Cecil's enormous wealth and success.



The gardens were very well-maintained. There was a Garden of Surprises featuring a rill, fountains and a grotto and a moss garden. A Sculpture Garden was situated in the landscape designed by Capability Brown. The beds and borders surrounding the house and cafe were beautifully maintained and a real treat to sit and enjoy.

The day as a whole was a pleasure and everyone seemed to have had a happy and enjoyable time. Good weather always helps!

Jackie Dillnutt



ANSWERS – THE LIVING WORLD

1. Goliath	2. 12
3. Seahorse	4. The elephant
5. 350,000	6. Mongooses
7. Lodge	8. Aardvark
9. Joey	10. Wolf

NEWS FROM THE GROUPS

GARDEN GROUP



Our Summer lunch was held on the last day of July in Susan Neil's beautiful garden. We had a lovely afternoon with the rain holding off until we were enjoying our dessert course. Susan had been busy baking and our three-course meal started with a choice of four soups, all home-made, as was the bread and walnut and cheese scones. Main course was a choice of sides of salmon and two different quiches and Cornish pasties with lots of side dishes and salads – all prepared from produce from the garden. We had a choice of two home-made desserts with cream. We were able to look around the lovely garden and see all the fruit and vegetables growing.



Theresa McAninch
Group Leader

**WINE APPRECIATION VISIT TO
CLAYHALL VINEYARD, ALTHORNE**

Members enjoyed a talk and tasting, tour of the vineyard and an excellent lunch



Members of both our Wine Appreciation Groups getting a soaking



BIRDWATCHING GROUP
VISIT TO ABBERTON RESERVOIR, NEAR COLCHESTER



In July a small group of us visited Abberton Reservoir, Essex Wildlife Centre near Colchester - this time the weather was a lot cooler. We drove to the causeway at the western section of the reservoir as Spoonbills had been seen there before. On arrival we could see the tree where the birds were and, thanks to Steve's camera, we saw there were at least 3 babies in the nest. Then one of the adults arrived! In the same group of trees there were young Cattle Egrets with their little yellow 'top knots' and chests. Below them was a heron and several Little Egrets.

From the same view point we saw a Slovenian Grebe - a FIRST for most of us. It was difficult to pick out as it is a diver and only surfaced for a couple of seconds before diving again. The number of birds we saw from this spot was amazing - a Crested Grebe and his friend having a snooze, Greylag Geese, Canada Geese, Egyptian Geese and a number of other water birds.



Baby Spoonbill



Slovenian Grebe



Egyptian Goose



Great Crested Grebe



We then lunched at the Visitor Centre before setting off round the Nature Reserve to various hides. We were astounded by the number of Cormorants on the foreshore - someone said there were 200+ birds!

And finally, two 'old birds' wandering down a path looking very pleased with what they had seen that day.



A brilliant day out and well worth the journey having seen 20+ different birds on this trip.

Peta Turner
Group Leader

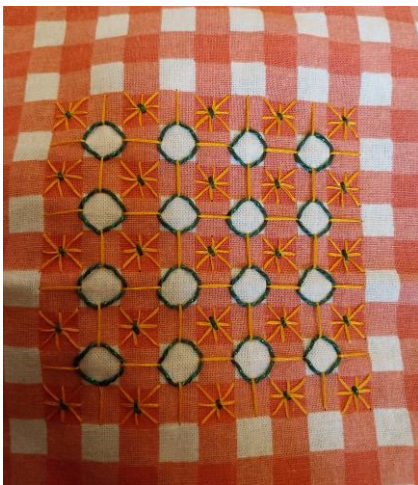


TEXTILES GROUP GARDEN PARTY



Textiles Group garden party where we enjoyed a delicious cream tea and had loads of fun learning the technique of gingham chicken scratching

Our next meeting is on 1st September at the revised time of 2 pm to 4 pm.



New members always welcome.



QUIZ – FRUITY QUIZ

1. A fictional character portrayed by English comedian Leigh Francis.	2. Tom Sawyer’s closest friend.
3. Artificial harbour used in the invasion of Normandy during World War II.	4. Mentioned in the first two lines of Lola (by the Kinks).
5. A general term for inorganic material containing calcium used in building.	6. Backing group to King Creole on hits “Stool Pigeon” and “Annie I’m not your Daddy”.
7. Which fruit has an odour so overpowering that it has been banned from hotels and public transport in south east Asia.	8. A compression fitting used in plumbing to join two pipes.
9. One of the 6 characters in Cluedo.	10. Daughter of Gwyneth Paltrow and Chris Martin.

Answers on page 22

FRIDAY PHOTOGRAPHY GROUP
IMAGES FROM PRIORY PARK





LOCAL HISTORY GROUP



On 14th July, with grey skies overhead, a hardy band of local history members met in Rochford where period-dressed members of the Rochford Town Team organised a visit to the "Old House", one of the oldest buildings in the country dating back to medieval times. Now primarily a wedding venue, the many original features include an altar inspired fireplace and a hammer-beam ceiling. This was followed by an audio tour of the town where our guides highlighted the numerous old buildings, places and sites of interest while having to contend with, not only the ominous weather, but the narrow pavements, alleyways and traffic in the town.



My thanks to Geoff and his wife for their patience and an interesting and well-organised tour and also to the ladies of the group, who had to contend with the steep staircases and low doorways as they guided us around the historic building and provided much welcome refreshments.



STOW MARIES AIR FIELD



In complete contrast, on 11th August, the group visited the WWI airfield at Stow Maries. Whilst I could not join the group on this occasion, I informed the site of our planned visit and the bookings officer arranged a guided tour which, along with the better weather, was very well received and led to a most enjoyable afternoon.



Thank you to David for the photographs.

Our next meeting is on 8th September at Rawreth Village Hall starting at 2 o'clock, when a volunteer from the Wickford Community Archive Group will give a talk and slideshow taking us on a virtual walk from the Rettendon Turnpike to Halls Corner in Wickford. I hope to see you there.

Ken Paton
Group Leader

ELEPHANT SPOTTING IN SOUTHEND ON SEA SUNDAY WALKING GROUP

On Sunday 30th July we started the day with the Havens Elephant Trail. Some parts of the trail you will also find in Leigh, Westcliff and Shoeburyness. There are baby elephants too. Each has been sponsored by local businesses and decorated by local artists or groups. They will be exhibited until 14 September and then the whole herd will be seen together at Saxon Hall on Saturday 23rd September and Sunday 24th September before being auctioned for Havens.

We began with “Duke” by the Civic Centre on a very blustery morning and made our way to Southend High Street making sure we saw the fabulous elephant in Victoria Station and the baby elephants in Victoria Circus.



We found these two beauties in front of the Odeon cinema.



There are some to be found off the main street but all worth a look.



The walk can take as long as you fancy. A comfort stop was made at the Ironworks but there are many choices along the High Street for coffee etc. It was also less windy along the High Street so if you're around any of the elephant areas please do have a look, they are very good and/or Saxon Hall.

Thank you to everybody who accompanied us, we really enjoyed it.

Donna and Steve Lowe

SUNDAY WALKING GROUP BBQ

Following on from our walk in the morning, David and Heather Butcher hosted a BBQ for the group at their home and many of us were able to attend. The weather turned a little rainy but fortunately David and Heather were well prepared. The BBQ was cooked under a pergola and we were able to eat in their conservatory with views of their pretty garden. As you can see, the cook was far from "grumpy"!



The food was delicious and the company entertaining. Many thanks to David and Heather for offering to host and cater the whole event. It was a lovely afternoon.

Jackie Dillnutt



GARDENING NOTES

JOBS FOR THE GARDEN IN SEPTEMBER

- Sketch or photograph your flower beds so you remember where plants were to make changes easier for next year.
- Continue dead-heading flowers to encourage more blooms.
- Now is a good time to lift and divide your herbaceous perennials. Remember to water them when replanting.
- This month plant Daffodils, Crocus and Hyacinth bulbs but NOT Tulips – too early yet for them.
- Raise the height of mower blades now the grass growth is slowing. Scarify your lawn when it's likely to rain or water after afterwards, then apply an autumn feed which is high in potassium and low in nitrogen.
- Prune Roses at the end of the month.
- Make sure all plants are staked and tied if necessary as rocking in the wind makes a gap around the stem allowing excess water and frost to get in which kills many plants.
- Put pots on feet to prevent frost from ground to pot and provide better drainage to prevent them getting too wet. It is also a good time if a really wet spell persists to lay the pots on their sides and they will not take on so much rain water, remembering to still raise off the ground with feet or bricks.
- Don't waste your old potting soil from baskets and pots, use it to mulch up your plants and enrich the soil.



ANSWERS – FRUITY QUIZ

1. Keith Lemon	2. Huckleberry Finn
3. Mulberry	4. Cherry – (“I met her in a club down in old Soho, where you drink champagne, and it tastes just like cherry cola”)
5. Lime	6. Coconuts
7. Durian	8. Olive
9. Professor Plum	10. Apple



FROM THE EDITOR

Our summer break seems to have flown by and it is almost time to get back to our usual routine.

It has been a very eventful summer for u3a members as you will have seen from all the photographs. The weather has been very changeable but our groups have, nevertheless, enjoyed garden parties, outings and other outdoor activities.

We have much to look forward to in the coming months so make sure you save the dates – our annual Quiz Night is always enjoyable as, of course, is our Christmas Party – this year with live music.

Our Group Co-ordinator is always interested to hear of ideas for new groups so do let her know if you think of a subject which we don't already run.

This has been a very full, interesting and varied newsletter so thank you to all contributors.

The next monthly meeting at the Grange will be on Wednesday 4th October with a “spooky” presentation by Judith Hood and her interest in the paranormal.

The deadline for receiving articles for the October 2023 Newsletter is

Monday 25th September 2023

rgu3anewsletter@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
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	2nd 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
		Contact via WhatsApp	
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	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	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.