

### September 2022 Newsletter & Diary Dunmow





#### **Dear Members**

Well, what a summer we have had with temperatures touching 40°C and the longest dry spell for years. I hope you have been able to enjoy the warmth even if sleep has been difficult on some nights.

As we step into September, we anticipate not only a new year of learning, laughing and living but also our local celebration of 40 years of u3a. The week of 19–23 September brings us many of our interest groups setting out to achieve 40 in their own ways led by the Art groups displaying 40 art pieces in Dunmow Library, the Walking group getting 40 people out walking at the same time and the Cycling group achieving a 40km ride. There will be others for you to discover. Then, in place of our usual speaker meeting, in the Foakes Hall on the last Wednesday, we have Amanda and Heather's "Afternoon of Entertainment" (pages 8 & 9) featuring much that has happened over the last 40 years. There will be a massive cake, enough for us all to share, fun and entertainment for all and a toast to the next 40 years led by our town mayor, Patrick Lavelle. Do come along on Wednesday 28 September at 1pm and help make it a real celebration!

Our Outings team, led by Pat and Derek Jones, have some great trips lined up for you starting with a visit to Sutton Hoo in September, "Noises Off" at the Cambridge Arts theatre in October and a trip to the Thursford Spectacular in November with more to come soon.

New year, new challenge; let me invite you all to consider visiting a group that you haven't been to before. All groups are allowed to accept a visitor to come and find out about them so why not pick a group that sounds interesting/fun to you and contact the group leader to arrange to go along. I'm sure you will enjoy the experience and it may indeed lead to something that lasts.

Best wishes to you all, Mike Best, Chair

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#### From the Editor

Can someone explain how this is my third "Newsletter & Diary"? I'm still finding my feet yet it feels like I have been doing it for years!

A huge THANK YOU to everyone who has sent me contributions, from

full blown articles, reports and photos of what their interest group has been doing to snippets of why they joined the u3a and describing the u3a in just 5 words. Thank you also for all the kind words of encouragement I have been given. I accept them graciously but explain that all I do is pull together what other people send me. The more I receive, the easier my job is.





This month we have asked our members to describe u3a in just 5 words and the responses are scattered throughout this newsletter (some are more than 5 words!). A few are being carried over to the next newsletter so there is still time to join in. Please email your reply to heatherqU3a@gmail.com or

phone me on 01279 876695 and I can give you my postal address.

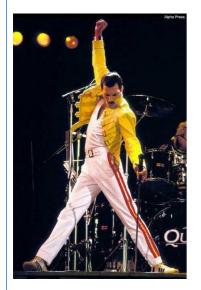
Thank you for all your support

Heather Quiney, Newsletter Editor

#### Last monthly meeting (July) ... "Queen - Freddie's King of Magic"

Danielle Barnett, Freddie Mercury's self-confessed number one fan, gave us a very entertaining insight into the music of Queen and the short colourful life of their charismatic front-man Farrokh Bulsara – known to all as Freddie Mercury.

From Freddie's early days in Zanzibar, Danielle gave us a passionate account of his life from his arrival in the UK aged 18, his initial meeting with Brian May and Roger Taylor to form Queen, through all their highs and lows to Freddie's early death aged 46 from pneumonia as a complication of AIDS.



Interspersed with clips of Queen's music for us to sing and clap along with, she chronicled the songs and occasions that made Queen one of the biggest bands of the era, including a reference to "a landmark concert in the Midlands" that inspired the classic tracks 'We Will Rock You' and 'We Are The Champions' and their show–stopping set at the 1985 Live Aid concert through to the poignant songs like 'The Show Must Go On', recorded just before his death.

#### Footnote:

We were fortunate to have been part of the crowd for that "landmark concert in the Midlands" – their 1977 concert at Bingley Hall, an enormous barn-like exhibition hall on the Staffordshire County Showground. It was an unforgettable experience: the music was outstanding, Freddie was parading round the stage in an all white jumpsuit and audience participation was second to none – one of the great concerts of all time!



lan & Vicky Marshall



u3a - life saver in retirement!

#### Forthcoming monthly meetings

These all take place at Foakes Hall in Dunmow.

Wed 28 September .. Dunmow's Afternoon of Entertainment marking

u3a's **40th Anniversary** (see page 10 & 11) Starting **1pm** (earlier than usual) until 4pm

Wed 2 November ...... "Job of a Laughtime" by Brad Ashton

Wed 30 November ... "The Essex Scrubber" by Christine Beedle

Please remember to bring your own mug with you as this saves using disposable cups.



There will be NO Magazine Swap or raffle at the September meeting - there is too much else going on that afternoon!

#### **Past Outing**

#### Day trip to Broadstairs - Wednesday 3rd August

Although the Union Flag on Bleak House, Broadstairs was flying upside down, there was no distress shown among the participants on the outing to Broadstairs.

The weather was just right - warm, sunny with a slight breeze. Reminiscent of childhood seaside holidays, before package holidays and transport

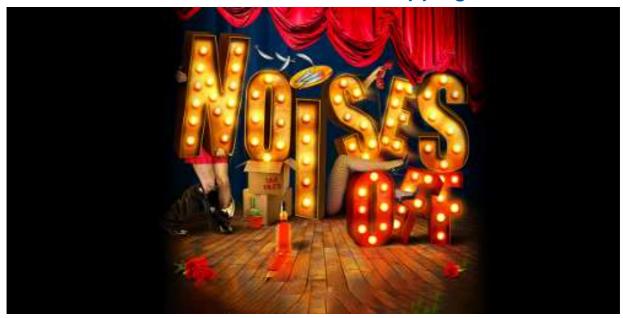


chaos, it was possible to take the lift down the cliff onto the beach where Punch and Judy was playing and deck chairs were available.

Time too to stroll along the cliff top, explore the town and the "Dickens" connection, enjoy fish and chips alfresco at lunchtime and finish with ice cream at Morelli's before returning to the bandstand to meet the coach for the journey home. A real "blast from the past"!

Joan White

# Forthcoming Outing Noises Off, at the Cambridge Arts Theatre – Thursday 27<sup>th</sup> October With time for a little shopping



Starring Felicity Kendal, Mathew Kelly and Jonathan Coy.

"Michael Frayn's celebrated play serves up a riotous double bill – a play within a play. Hurtling along at breakneck speed, "Noises Off" follows the on and off stage antics of a touring theatre company as they stumble their way through the fictional farce "Nothing On". From the shambolic final rehearsals before the opening night in Weston-super-Mare, to a disastrous matinee in Ashton-under-Lyme seen entirely, and hilariously silently, from backstage, before we share their final, brilliant catastrophic performance in Stockton-on-Tees".

Food and Drink: There is plenty of choice close to the Theatre.

**Timings:** Leave Don's at 10am, Flitch House Café at 10.10am, Takeley Four Ashes at 10.20am. Est. arrival back at Don's 6.30pm

Important: All seats are in the circle and there is no lift.

Cost: £61 per person

Contact Outings Team: dunmowu3aoutings@btinternet.com or

01279 870870

For more information visit: www.cambridgeartstheatre.com

### Forthcoming Outing Thursford Christmas Spectacular – Thursday 10<sup>th</sup> November



"A not to be missed show to get you in the mood for Christmas!"

The Christmas Spectacular is an extravaganza of non-stop singing, dancing, music, humour and variety. It's a fast moving celebration of the festive season featuring an eclectic mix of both seasonal and year round favourites. With a cast of 130 this is the biggest Christmas show of its kind in Europe!

**Food and Drink**: There is a café and a restaurant, or bring your own picnic which must be eaten at your seat in the auditorium.

**Timings**: Leave Don's at 9.00 am, Flitch House Café at 9.10am, Takeley Four Ashes at 9.25am. Est. arrival back at Don's 8pm

Cost: £73 per person

Contact Outings Team: <a href="mailto:dunmowu3aoutings@btinternet.com">dunmowu3aoutings@btinternet.com</a> or

01279 870870

For more information visit: www.thursford.com

#### **Dunmow u3a Outings News**

At the time of writing this, there is still space on both Noises Off and the Thursford Christmas Spectacular, however they are selling fast. Please contact the outings team if you are interested in going on either of them.

#### Save the dates - not yet on sale

Friday 2nd December - Christmas Shopping in Canterbury

Thursday 19th January - Mathew Bourne's "Sleeping Beauty" at the Milton Keynes Theatre

#### Forthcoming event

#### **Dunmow Carnival - Saturday 17th September**

Du3a have secured a pitch at this year's **Dunmow Carnival** on Saturday 17th September.

Volunteers required between 2 pm and 5 pm to talk to people interested in Du3a and to participate in a fun game to entertain carnival-goers. We would like 4 people in each of 6 half-hour slots so

if you can spare 30 minutes or an hour, please email Hilary on hilaryjinno@hotmail.com



u3a in just 5 words

It's very good for trips and getting out and about Friendly, fun and forward looking

## 40<sup>th</sup> Anniversary walks

Monday 19th September

Starting at 10am from St Mary's church car park

Choice of three walks 2 miles, 4 miles or 6 miles

Email Mike at best50mike@outlook.com to sign up today.

We are trying to get 40 walkers for our 40 years



#### **Du3a 40th Anniversary News**

The u3a's 40<sup>th</sup> anniversary is fast approaching – the wait is almost over! So much has been planned that we hope there really is something for everyone.



Here's a checklist to make sure you know what is happening when and where. Also, what needs your attention beforehand.

Join us for an <b>Anniversary Walk</b> on <u>Monday 19<sup>th</sup> September</u> . A
choice of 3 walks (2, 4 or 6 miles) organised by our Walking group -
we are hoping to have 40 walkers for our 40 years.
Email Mike at <a href="mailto:best50mike@outlook.com">best50mike@outlook.com</a> to sign up today.

- □ Call into **Dunmow Library** anytime between Monday 19<sup>th</sup> and Saturday 24<sup>th</sup> September to view the 40 pieces of Artwork by our two Art groups. We hope members of the public will step inside and see what Du3a has to offer.
- Hopefully, all the interest groups will be doing something to mark the occasion during September: wearing blue, yellow and white (the u3a colours), incorporating 40 into their programme (for our 40 years), going back to the 1980s (when u3a was founded) or thinking about 40<sup>th</sup>/Ruby anniversaries.

Please remember to take photos and send them to <a href="https://heatherqu3a@gmail.com">heatherqu3a@gmail.com</a> so we can share them at the Afternoon of Entertainment at the end of the month.

The **Afternoon of Entertainment** on <u>Wednesday 28<sup>th</sup> September</u> will be a 3 hour programme of activities (1pm-4pm). There will be displays of how technology has changed over the last 40 years and pairs of photos of us from 1982 and 2022 showing how much we have changed.

You have until <u>Friday 23<sup>rd</sup> September</u> to send a pair of photos of yourself to <u>heatherqU3a@gmail.com</u>.

 Zumba, Gentle Exercise and Line Dancing groups will be performing demonstrations to 1980s music and the Italian group hope to teach

us a 40 line Italian song to sing along to. The 10 best photos of '4 Things' (as judged by Mike Perry) will be displayed ...  $10 \times 4$  things = 40 things for our 40 years. You can send up to 3 photos of 4 similar things, eg ducks, roses, trees, etc, but no people. Photos can be landscape or portrait, colour or monochrome and of a high enough quality to be enlarged and printed A4 size. They must have been taken by the member of Dunmow u3a. Be quick if you want to send up to 3 photos to photos40u3a@gmail.com - deadline is Saturday 10th September. Two of our members are baking a huge celebration cake, which will be cut by the Mayor of Dunmow, and the Town Crier will be keeping us to the programme throughout the afternoon. There won't be enough parking at Foakes Hall for everyone and we would really like to ensure that those with limited mobility can join us. Please try to car share where possible and make use of the other car parks in the town. It will be possible to drop off equipment and people at the hall before parking elsewhere. Everyone is invited to dress up in the u3a colours of blue, yellow and white. Alternatively, for the more adventurous, be inspired by 1980s fashion! Think pastels and neon, ra-ra skirts and legwarmers, big hair, Dynasty jackets and shell suits. Either blue, yellow and white or 1980s fashion will add to the atmosphere. Most importantly, please email <a href="https://www.importantly.com">lWillBeAttending40@gmail.com</a> to register that you intend to join us on Wednesday 28th Count September. We need to know by Friday 23rd September how many to expect to we can plan seating and refreshments. If you don't have access to email, please contact the Du3a mobile (07385 879846) and leave a message. We can then discuss the best way for you to get involved. The Du3a 40th Anniversary Team

For the latest information and updates, visit our website <a href="https://u3asites.org.uk/dunmow/home">https://u3asites.org.uk/dunmow/home</a>

#### Upcoming u3a Online Learning Events for September



Exploring World Faiths – Holy Wars or Holy Peace

Join three speakers to discuss the contribution of Faith to conflict and peace

Mon 5 Sep at 10am

Free – Online via Zoom



Introduction to Cryptic Crosswords

Try your hand at solving cryptic clues in this 2-hour taster session with Henry Howarth, u3a Subject Advisor for Cryptic Crosswords

Thurs 8 Sep at 10am

Free – Online via Zoom



Subject Surgery and Networking -Climate Change with Frances Halliday

Join to meet and share ideas with other members involved in a u3a climate group or to learn about how to set up a group in your local u3a

Tues 13 Sep at 10am

Free – Online via Zoom



The Story of Claudia Jones – A Presentation

Discover the story of Black activist, Claudia Jones, known as the mother of West Indian Carnival in London

Wed 14 Sep at 2pm

Free – Online via Zoom



Yiddish Theatre

Join Irene Kyffin, London u3a, for this talk exploring the history of Yiddish Theatre

Fri 16 Sep at 2pm

Free – Online via Zoom



Mother & Baby Institutions, Magdalene Laundries and Workhouse Investigation

The investigation into institutions in which, between 1922-1990 in N. Ireland, many women felt coerced into giving up their children

Thurs 22 Sep at 10am

Free – Online via Zoom



Your Unique Creative Writing

Discover, have faith, and set free your unique writing style with author Anne Ludlow

Thurs 29 Sep at 10am

Free – Online via Zoom



Maths Activities and Games Workshop

David Martin leads us through some fun, interactive maths puzzles and games

Thurs 29 Sep at 1.45pm

Free – Online via Zoom

For more details, visit ...

https://www.u3a.org.uk/events/educational-events

#### Ongoing u3a Online Projects and Competitions



#### Found in Nature

Members' photos which are 'wild and interesting'

**Image Gallery** 

Submit your photo



#### Book Groups

Read and share reviews from your book groups

Also, tips on running a good book group



#### Crafts

Themed online gallery of members' craft creations

**Image Gallery** 

Submit your photo

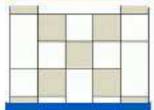


#### Extreme Crochet & Knitting

Themed workshops and challenges

Image Gallery

Submit your photo



#### Logic

New logic puzzles every month

Solutions published the month after



#### u3a Eye

Members' photos of a new theme each month

**Image Gallery** 

Submit your photo



#### Maths Challenge

New quiz questions every Thursday

Answers published the following week



#### Paint or Draw

Themed monthly online art galleries

**Image Gallery** 

Submit your photo

For more details, visit ...

https://www.u3a.org.uk/learning/national-programmes

#### **News from the Interest Groups**



at Dunmow Library

Please call in and bring a friend



#### Fabulous pathway, for missed learning

#### Potential new groups

#### **Backgammon**

Are you interested in playing Backgammon? Tuition will be available.



I have received a request to start a British Sign Language Group.





If you are interested in either of the above groups, please contact me Rosemary Jensen, Rosemaryjensen15@hotmail.com 07385879846

In July, our talented member Barbara led the **Friday Art group** and guided us in the technique of line and wash. Many were new to this method using waterproof pens for the initial sketch.

Barbara had chosen a Mediterranean scene with deceptively simple lines that required a thought or two regarding perspective. However, after drawing our staircases, Barbara demonstrated the painting method.

Felicity Cripps, Friday Art group



Recent summer painting in gouache using ultramarine blue, burnt umber white and a dash of black

Marina Chrysostomou, Friday Art Group



Our friendly ladies of the Quilting and Stitching group have been

busy stitching throughout the year and have recently finished two types of cushions: one using the English paper piecing technique and then, following an interesting tutorial day with Vendulka Battais at her workshop at Monks Ely in Suffolk, where she taught us how to create a cathedral windows design.



We were all inspired by her work and plan to use more of her designs in future projects. We hope to visit the quilting exhibition at Duxford this Autumn.

We welcome new members who might like to give quilting a try and also welcome those interested in embroidery. Details on the website.

Maureen Best, Quilting and Stitching group

u3a in just 5 words

Always a smile and a warm welcome Make friends, fun, chat, play

u3a is a wonderful club, with a great variety of activities. An excellent social hub for making friends and staying mentally and physically active.

This month, **Craft group** spent a chatty couple of hours covering boxes and files. Here are pictures of some of the results.

Lucy Myers, Craft group





The Garden group's visits in July were very different particularly in size! Our first visit was to Chippins, a bungalow in Bradfield near Manningtree. This is a very colourful artist's garden with the front and side gardens packed with lots of pots and containers full of colour annuals. The rear garden had beautiful borders



with additional pots of hostas and early dahlias along with clematis and day lilies. To the side of



the house Kit has a small studio where we were able to view some of his artwork. Tea and yummy cake was provided by Ceri. Kit and Ceri have worked very hard on their garden and it was a pleasure to visit.

Our second outing

was to the gardens at Marks Hall Estate near Coggeshall. We normally visit in the autumn as the arboretum has such beautiful colours. However, as we had to organise a quick replacement for a cancellation we brought the visit forward ... and we were glad we did!







the walled garden". This was a display of over 190 sculptures from 30 artists. The works of art ranged from small animals; frogs, mice and wrens on stakes to large pieces on plinths. They were very well displayed within the planting. If you are interested, the sculptures are available to view until 4th September. We were also able to visit the cafe (with indoor and outdoor seating) and the plant sale area!

Anne Howatson, Garden group

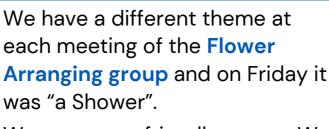












We are a very friendly group. We meet at Barnston Village Hall, every third Friday morning. It is lovely big room, with all facilities – every lady having a table to work on.

We occasionally have trips out, sometimes to Byfords, the wholesaler near Marks Tey, to get equipment and accessories, etc; Ely Cathedral, usually near Christmas for a Craft and Food Fair and a flower arranging demonstration; and May time there is a Flower Festival at Hylands House, Chelmsford, and also a wide range of stalls selling plants crafts etc.

The group is currently full but Christine has a waiting list for anyone who is interested.

Vicky Marshall, Flower Arranging group

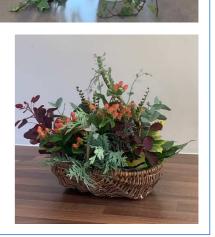












On Wednesday 10 August, as the temperature nudged 30C, Luncheon group 2 headed over to the Black Bull at Fyfield, a Grade 2 listed building dating back to the 1400s. Our numbers were reduced to seven as several of our usual dining companions were either on holiday or visiting family. For the first time ever, the ladies were outnumbered by the gentlemen.

When we arrived, the pub was quiet and relatively cool in contrast to the furnace-like conditions outside. Bowing to peer pressure, we all had starters. Several of us, including me, went for the pate and toast, which could have passed for a main course in lesser establishments. Between us we ordered a variety of main courses, but what they all had in common was their gargantuan proportions. My chicken curry with rice was delicious, but I struggled to finish it. Unsurprisingly, none of us bothered with desserts, though there were several tempting choices on offer. We all passed on coffee too.

The general view around the table was that if we visited the Black Bull again we wouldn't bother with starters. The food was superb in both quality and quantity, and the service was efficient and unobtrusive. If you choose to visit the Black Bull yourself, make sure you arrive hungry!

And the conversation? Well, let's just say the waitress appeared to linger at our table slightly longer than was strictly necessary to listen in when things got really interesting. Join us next time if you want to make new friends and have a good meal into the bargain. Thanks again to group leader Debbie for yet another brilliant choice.

Philip Garrison, Luncheon group 2



u3a in just 5 words youth club for retired people

inviting, inspiring, interesting, encouraging, enthusiastic

#### **Groups List**

If you are interested in joining any of the groups, or have a suggestion for other groups, please come and talk to me, Rosemary Jensen, during the General Meeting. Or you can contact me via the Dunmow u3a website or ring me on 07385 879846.

Rosemary Jensen, Groups Coordinator

Art (Thursday)	Thursday am - Weekly	Barnston Village Hall	Jan Clinton
Art (Friday)	Friday am - Weekly	Rowena Davey Day Centre, Dunmow	Colin Bradley (Admin)
Book Club	Thursday am - 2nd Thur of the month	Members' homes	Christine Coates
Bookworms	Thursday pm - 2nd Thur of the month	Members' homes in Dunmow	Fiona Watson
Bridge	Bridge Thursday pm - Weekly Rowena I Centre, D		Bryony Rees
Canasta	Monday am - Weekly	Angel & Harp, Dunmow	Jan Moffat
Cycling	Fri or Wed Mornings - Twice monthly	10-20 miles in Dunmow area	Jenny Versey
Family History	Monday pm - Every 4 weeks	The Maltings, Dunmow	Adrian Hoodless
Flower Arranging	Friday am - every 3 weeks	Barnston Village Hall	Christine Bishop
French	Wednesday pm - Last Wed of month	Meadowhill Café, Dunmow	Valerie Newell
Garden	Thursday pm - Twice monthly	various	Anne Howatson
General Crafts	Wednesday pm - 2nd Wed of the month	Saracen's Head, Dunmow	Lucy Myers
Gentle Exercise 1&2 (each 1 hour)	Thursday pm - Weekly	Dourdon Pavilion, Dunmow	Anita Davey
Geology	Thursday am - 3rd Thur of the month	various inc trips	Linda Powell
Golf	Tuesday am - Weekly	Elsenham Golf Club	Paul Bryant
Golf 2	Wednesday am Monthly (no fixed Wed)	Essex Golf & Country Club, Earls Colne	Jackie Lapwood
Grow Your Own	Wednesday pm - 1st Wed of the month	Members' gardens	Alison Lavelle
Italian Conversation	Wednesday am - Weekly	Angel & Harp, Dunmow	Liz Parker
Italian Conversation 2	Friday pm - Weekly	Usually Highfields, Dunmow	Colin Bradley (Admin)
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Line Dancing	Tuesday am - Weekly	Priors Green Hall	Jan Barlow
Luncheon Club (Fri)	Friday lunch - usually last Fri of the month	various	Paul Bryant
Luncheon Club (1st Wed)	Wednesday lunch - 1st Wed of the month	various	Debbie Miller
Luncheon Club (3rd Wed)	Wednesday lunch - 3rd Wed of the month	various	Lyn Fitzgibbon
Luncheon Club (Tue)	Tuesday lunch - 3rd Tue of the month	various	Anne Preece
Mah Jong	Monday pm - Weekly	Oakroyd House	Peter Hodge
Meet & Eat	3rd or 4th Wed of the month	various	Jackie Carr
Music Appreciation	Wednesday pm Monthly (no fixed Wed)	Members' homes	
Nature Walk	Wednesday pm - penult. Wed of month	various	Marilyn Hammond
Quiliting & Stitching	Tuesday pm - Fortnightly	Rowena Davey Day Centre, Dunmow	Maureen Best
Science & Technology	Once a month - either eve meet up or trip out	Members' homes + Daytime trips	David Cole
Scrabble	Thursday am - Weekly	Saracen's Head, Dunmow	Helen Manley
Table Tennis 1 & 2 (each 2 hours)	Friday pm - weekly	Rowena Davey Centre	Lucy Myers
Walking	Monday am - Weekly	4-5 miles in villages around Dunmow	Mike Best
Whist	Tuesday pm - Fortnightly	Rowena Davey Centre, Dunmow	Mike Best
Wine Appreciation 1	Tuesday eve - Monthly Last Tue of month	Members' homes	Peter Watson
Wine Appreciation 2	Tuesday eve - 1st Tue of the month	Members' homes	John Stanley
Zumba Gold	Monday pm - Weekly	Priors Green Hall	Rosemary Jensen

Group leaders can be contacted through our website or by phoning the Dunmow u3a mobile phone **07385 879846**. If you need to leave a message, your call will be returned.

Du3a Committee					
You can contact any of the post-holders by calling <b>07385 879846</b> .					
Chair Vice Chair Treasurer Exec Secretary	VACANT				
Membership Secretary / Beacon Administrator Groups Co-ordinator Outings Assistant Asst Treasurer / Asset Management Events Manager Committee Information Administrator Newsletter Editor Minutes Secretary	Rosemary Jensen Pat Jones Derek Jones Derek Jones Hilary Jinno Peter Watson Heather Quiney				
Dates for your Diaries  Sat 17 September Du3a's pitch at Dunmow Carnival					
Wed 28 September Afternoon of Entertainmen	<b>nt</b> celebrating				

For the latest information and updates, visit our website <a href="https://u3asites.org.uk/dunmow/home">https://u3asites.org.uk/dunmow/home</a>
Please send any articles for the next newsletter to <a href="heatherqU3a@gmail.com">heatherqU3a@gmail.com</a> by Wed 21 September

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Thu 10 November ...... Outing to Thursford Christmas Spectacular .. 6

Fri 2 December ........... Outing to Canterbury Christmas Shopping ... 6

Wed 7 December ...... Du3a Christmas Party with Rock Choir concert

Wed 2 November ...... Monthly Meeting ... "Job of a Laughtime"

Wed 30 November ... Monthly Meeting ... "The Essex Scrubber"

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