



# October 2022 Newsletter & Diary Dunmow

**u3a**  
learn, laugh, live



## U3a members all

What were you doing 40 years ago (1982)? You may have been waiting for your children to be married, having that long holiday you were dreaming of, having a new home or your house extended or even hoping for children to be born. On Wednesday we will be enjoying an "Afternoon of Entertainment" and poking a bit of fun at those who spend much time sitting in a chair. Amanda Brown and Heather Quiney have led a small team of helpers to bring all this together and we hope you will enjoy what comes out. A big round of applause is due to them anyway!

Last week saw pictures from artists in our two Art groups go on display in the library. The Bridge group tried to play on the fact that the total number of points available in any game is 40 (see page 4). With 7 intrepid cyclists, the Cycling group managed to break the 40 km barrier.



On Monday, delayed a week by the late Queen's funeral, 3 groups set out with 40+ walkers to collectively walk more than 100 miles.

And next comes October and the Autumn. There are a couple of Outings for you (Sutton Hoo and "Noises Off") and all the usual Group activities for you to enjoy. Because the hall is not available the last week of the month, we will hold our monthly Foakes Hall meeting on Wednesday 2<sup>nd</sup> November, when our speaker will be Brad Ashton on the subject of "The job of a laughtime". He was a TV comedy scriptwriter and he is reported to be very amusing to listen to; let's hope so. Have a lovely autumn and we'll see you all in November.

Mike Best, Chair

## In this issue ...

<b>Monthly Meetings: Past and Future</b> .....	3
<b>Du3a 40<sup>th</sup> Anniversary Celebrations</b> so far .....	4
<b>Outings: Past and Future</b> .....	5-9
<b>The Bigger Picture: Online u3a Learning Events</b> .....	10
<b>The Bigger Picture: u3a 40<sup>th</sup> Anniversary across the country</b> .....	11-12
<b>News from the Groups</b> .....	13 onwards
<b>Groups List</b> .....	18-19
<b>Dates for Your Diaries</b> .....	20

## Keeping in Touch

We are very aware that most of our communication with Dunmow u3a members is via email. We also know that some of our members do not have an email address, and therefore miss out on these announcements and messages.

If you need to contact a committee member or leader of an interest group, you can phone the Dunmow u3a mobile phone **07385 879846** and leave a message. We will get back to you.

You can also use the Dunmow u3a website to get in touch ... <https://u3asites.org.uk/dunmow/home>

though we appreciate you may not have internet access either.

We want to keep everyone informed of what is happening so, if you have any suggestions as to how we can do this, please let us know. *Thank you*



**u3a in  
just 5  
words**

- Interesting, Uplifting, Sociable, Educational, Entertaining.
- U3A has been a lifesaver.

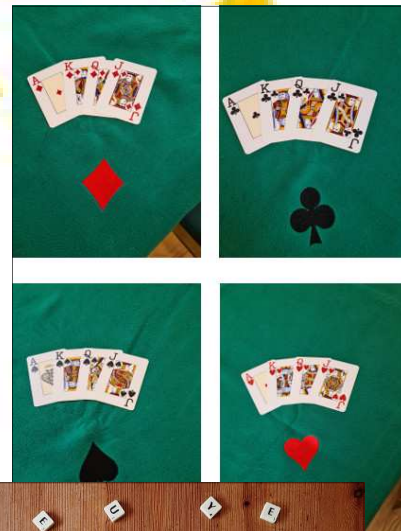
Please send any articles for the next newsletter to [heatherqU3a@gmail.com](mailto:heatherqU3a@gmail.com) by Wed 19 October





## Du3a 40<sup>th</sup> Anniversary Celebrations!

Just a taste of what Dunmow u3a groups have been doing to celebrate u3a's 40<sup>th</sup> anniversary. More details and photos next newsletter!





**Forthcoming Outing**  
**Sutton Hoo's Anglo-Saxon Royal Burial Ground**  
**Monday 3<sup>rd</sup> October 2022**



Sutton Hoo is a collection of Anglo-Saxon burials, partly investigated in 1938 and subsequently re-excavated in stages between 1965-71, 1983-92 and 2000 onwards. Visit <https://www.nationaltrust.org.uk/sutton-hoo> to reveal further links and information to allow you to plan/enjoy your visit.

**Access**

- The Grounds are partly accessible with slopes, uneven paths and undulating terrain. **A map of the accessible route is available.**
- Personal mobility vehicles and wheelchairs are available for free hire. **Please book in advance either by calling 01394 389714 or email: [suttonhoo@nationaltrust.org.uk](mailto:suttonhoo@nationaltrust.org.uk)**

**Food**

- Snacks and drinks are available in the King's River Café, or there are picnic tables available, if you bring your own food and drink.

**Timings**

- Leave Don's at 09:15, Flitch House Café at 09:20. **No Takeley pick-up.**
- Estimated arrival back at Don's 17:00.

**Cost £ per person**

NON-National Trust Member, Coach and Entry £39.50. N.T. Member £24.50. Prices include a Guided "**Royal Burial Mounds Tour**" at £4.50.

If you don't want the "Guided Tour", it will be £4.50 less for Members and Non-Members.

**Interested?** Contact us at: [dunmowu3aoutings@btinternet.com](mailto:dunmowu3aoutings@btinternet.com)  
or Tel: 01279-870870

## 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, Fitch 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](mailto:dunmowu3aoutings@btinternet.com) or  
01279 870870

**For more information visit:** [www.cambridgeartstheatre.com](http://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, Fritch 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:** [dunmowu3aoutings@btinternet.com](mailto:dunmowu3aoutings@btinternet.com) or 01279 870870

**For more information visit:** [www.thursford.com](http://www.thursford.com)

## **Forthcoming Outing**

### **Christmas Shopping in Canterbury Friday 2<sup>nd</sup> December**

**Bookings now accepted**



**A day to spend Christmas shopping or to explore historic Canterbury. The choice is yours.**

#### **Shopping**

- A Pedestrianised high street.
- Whitefriars Shopping Centre in the middle of the town.
- The weekly Canterbury market in the High Street
- The annual Christmas market is due to take place in December

#### **Historic sites to visit include**

- Canterbury Cathedral – There is an entry charge
- Canterbury Roman Museum
- The Beaney House of Art and Knowledge

**Food and Drink:** Choose from the many cafés and restaurants

**Timings:** Leave Don's at 9, Flich House Café at 9.10, Takeley Four Ashes at 9.20. Leaving Canterbury at 4pm Est. arrival back at Don's by 6pm

**Cost:** £22 per person (Coach only)

**Contact Outings Team:** [dunmowu3aoutings@btinternet.com](mailto:dunmowu3aoutings@btinternet.com) or 01279 870870

**For more information visit:** [www.canterburychristmasmarket.co.uk](http://www.canterburychristmasmarket.co.uk)

**Bookings now accepted**



**Forthcoming Outing**  
**Matthew Bourne's Sleeping Beauty**  
**Thursday 19<sup>th</sup> January At Milton Keynes Theatre**  
**Bookings now accepted**



Following performances at Sadler's Wells this production will tour the country, starting with Milton Keynes.

"Enter a wondrous world of magical fairies and vampires, where the timeless tale of good vs evil is turned upside-down, creating a supernatural love story that even the passage of time itself cannot hinder. Will Princess Aurora ever find her true love again?

With an unforgettable score by Tchaikovsky, sumptuous sets and costumes, evocative lighting and masterly storytelling, the beloved story is brought to life by the uniquely talented New Adventures company".

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

**Timings:** Leave Don's at 10.00, Fitch House Café 10.05, Takeley Four Ashes at 10.25. Est. arrival back at Don's 7.15pm

**Cost: £62 per person**

**Contact Outings Team:** [dunmowu3aoutings@btinternet.com](mailto:dunmowu3aoutings@btinternet.com) or 01279 870870

**For more information visit:** [www.miltonkeynestheatre.net](http://www.miltonkeynestheatre.net)

**Bookings now accepted**

## Upcoming u3a Online Learning Events for October



### **Mindfulness and Meditation - Autumn Series**

Join us as we introduce mindfulness and meditation, using 'Five Ways to Wellbeing' as a basis

**Every Tuesday from 4 Oct to 8 Nov at 10am**

Free – Online via Zoom



### **Holocaust Survivor - Eva Cato presented by Vivienne Cato**

Join Vivienne to hear the remarkable story of how her mother, Eva Cato, survived Nazi occupation

**Thurs 6 Oct at 10am**

Free – Online via Zoom



### **Join Celebrated Pianist Andrew Wilde at the Piano**

Prepare to be delighted as International Pianist Andrew Wilde plays from world famous piano classics and chats about all things musical

**Mon 17 Oct at 2pm**

Free – Online via Zoom



### **Tai Chi Series**

A 6-week Tai Chi course integrating deep breathing and relaxation with gentle movement, with Peter of Melton Mowbray u3a

**Thursdays from 20 Oct**

Free – Online via Zoom



### **Marc Chagall – Yiddish Theatre**

Join Irene Kyffin, London u3a, for this talk exploring the involvement of Marc Chagall in experimental Theatre

**Fri 21 Oct at 2pm**

Free – Online via Zoom



### **Exploring World Faiths - Diwali - Festival of Light**

Join us for a talk from two speakers about Diwali's significance to different faiths

**Mon 24 Oct at 10pm**

Free – Online via Zoom



### **The Arrow of Time – a talk with Jim Al Khalili CBE FRS**

Jim Al Khalili explores one of the most profound aspects of existence - that we perceive time to 'flow' from past and future: the so-called 'arrow of time'

**Thurs 27 Oct at 3pm**

Free – Online via Zoom



### **Secrets of the Human Brain**

An interactive talk by Dr Bob Pullen of Prudhoe u3a, explaining some of the amazing facts about the human brain

**Mon 31 Oct at 2pm**

Free – Online via Zoom

For more details, visit ...

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



## The Bigger Picture – National News

### 40<sup>th</sup> Anniversary of u3a around the country

Across the country, u3a groups have been finding ways to celebrate the 40 years of u3a. In case you missed the articles in Third Age Matters (Autumn 2022), here is a quick round-up of what some others have been doing to mark the occasion ...

#### Southport u3a's Gardening group

decided to enter a show garden in the Southport Flower Show. The 4 leaders split the 25 volunteers into two groups (planning and building) and set to work. After many months of planning, building the Show Garden from scratch took ten days. From a bare five metre square of earth, the volunteers built fencing, concreted, dug out great holes to plant trees, built the summerhouse, painted, laid paths and turf – and finally planted the masses of shrubs, plants and flowers that would create the final garden. They set out without any money, no budget and only a few sketchy ideas. But they ended up with a stunning garden honoured with two prizes at the prestigious Southport Flower Show.

**Northants Network** challenged local u3as to walk a mile for every member of the Northants u3a. The walking challenge, which started in March, will finish on National u3a day 21<sup>st</sup> September 2022 at Chester House Estate. The “mile a member” walking challenge provides an opportunity for the Northants u3as to join together on a project that will showcase u3a members as socially and physically active, healthy, outgoing members of the community.





Between 12 – 25 September, u3as in the **London Region** are collectively walking the 230 miles of the circular 'Capital Ring' and the 'LOOP.' During the week before and the week of 'u3a Week', each u3a will walk at least one section of these popular trails around London. Some u3as will join up with their neighbouring u3a to walk together.

A **quilt to celebrate 40 years of the u3a movement** has been unveiled and is now on public display. The quilt, measuring just over 2 square metres, was created from the winning 40 blocks submitted from u3as across the UK. It reflects the skills, experience and contribution of u3a members. It will be on display at the Witney Blanket Hall in Oxfordshire for a year.



**Tiverton u3a Trekkers** devised their own 3 Peaks Challenge in July. The Three Peaks involves climbing the UK's highest peaks of Snowdon, Scafell Pike and Ben Nevis but Tiverton u3a decided this was going to be a bit too ambitious for them, so devised their own West Country version. Essentially, the plan was to tackle the 3 highest peaks in Cornwall, Devon and Somerset (Brown Willy, High Willhays and Dunkery Beacon respectively) in under 12 hours as a way of celebrating the u3a's 40<sup>th</sup> anniversary. A grand day out for all concerned despite 200 miles of driving, 11+miles of walking and well over 2,000 feet of ascent!



**u3a in  
just 5  
words**

- Fun, informative, friendly, fantastic, fresh.
- Communicative, informative, friendly, educational and encouraging.
- Very good for all interests.

## News from the Interest Groups

Rosettes galore!

At the Countess of Warwick's show held at Little Easton Manor over the August bank holiday a few members of the **Du3a Flower Arranging group** were brave enough to enter some exhibits in the Flower Arranging section. I am very pleased to say their efforts were awarded with success.

Debbie Miller took home a first in the five roses section with a creative sunburst arrangement of roses.

And there were second and third place rosettes for Sandra Walker and Christine Bishop in the five roses section, the foliage only section and the arrangement of flowers in a vase without oasis.

So all in all a very successful result for our first foray into competitive flower arranging. Well done Ladies!

*Christine Bishop, Flower Arranging group*



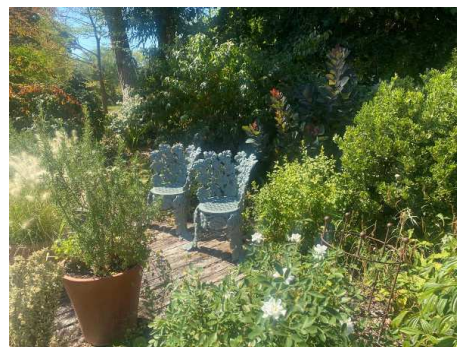


## Garden group

The last month or two has been incredibly difficult for gardeners. Due to the heat and the lack of rain, we had to make several changes to our planned visits.

During August we were able to visit Longyard Cottage at Nazeing. A pleasant afternoon was had by those who travelled and despite the effect on the plants, we were able to appreciate the concept of the garden.

*Anne Howatson, Garden group*



## Hedgehogs created by book folding this month at **Craft group**



Do you want to try a low impact but high energy dance class that include cardio, balance and strengthening? Then come and do **Zumba Gold** with Adriana. The class is fun and friendly with enjoyable dance routines such as Flamenco, Cha Cha Cha, Waltz, Mambo, Belly Dancing, Bollywood, Salsa and much more. Lots of laughs guaranteed – keep your body and mind active.



Mondays, 2–3pm at Priors Green Community Hall, Little Canfield, CM6 1YE.

For more details contact

[rosemaryjensen15@hotmail.com](mailto:rosemaryjensen15@hotmail.com) or ring 07385 879846.



Blues and yellows were the order of the day as the **Grow Your Own group** got down to some serious assembly line teamwork arranging and potting up the flowers for the Afternoon of Entertainment. A task made convenient by the seasonal availability of autumn bedding plants.



It felt like being back in the workplace as members fell into distinct roles within the team. We quickly saw who were the organisers, those who could spot mistakes and solutions, who the creatives were and who were happiest offering advice!

Our endeavours were fortified by the largest teapot ever seen, together with Heather's gingerbread in the shape of – you guessed it – the number 40! Tasty as they were, just as well we didn't have to eat forty to qualify for a mention in the anniversary Newsletter! I'm sure Heather would be happy to share the recipe.



We have been meeting in each others' gardens, so thanks to Amanda Brown for ably hosting and explaining future plans for her garden.

*David Cole, Grow Your Own group*

Some places are available for the **Gentle Exercise group** which takes place weekly on Thursdays 2–3 pm at the Dourdan Pavilion.

The group is intended for members, both men and women, who wish to maintain their mobility and flexibility. The exercises are chair-based to music.

Fees are £6.00 per week, payable monthly in advance. Please contact Anita Davey [anitadavey35@gmail.com](mailto:anitadavey35@gmail.com) or telephone 01371 873321 or mobile 07482 747741



The two Du3a **Wine Appreciation groups** came together in August for a wine lovers awayday. We all enjoyed a delightful tour of the nearby vineyard at Great Bardfield.

Originally known as Great Park, the estate was an enclosed medieval deer park. It was owned in the 14<sup>th</sup> century by Elizabeth de Burgh, whose royal guests including the Black Prince, would have hunted here. 200 years later it was given to Anne of Cleves by Henry VIII as part of her settlement when their marriage was annulled and the magnificent barn dates from that time. The Mansion was built in the 1620s in the alpaca field in front of the current house, which was originally its outbuildings. It was demolished a hundred years later and the buildings behind converted into Great Lodge house.

The grapes are made into 4 varieties of wine. Bacchus produces a still white wine, similar to a New Zealand Sauvignon Blanc; Bardfield Bacchus is a dry white wine and Anne of Cleves a medium dry white wine. A blend of predominately Pinot Noir grapes goes in to the Bardfield Blush, and the Sparkling Brut is a dry white wine, made by the traditional champagne method with a blend of Pinot Noir, Pinot Meunier and Seyval Blanc grapes. We enjoyed a guided tour and wine tasting in the Grade 1 listed barn, followed by a ploughman's lunch.

*John Stanley, Wine Appreciation group 2*



## **Wine Appreciation Group 2 – September 2022**

A selection of wines from the Old world (Italy) and the New (Australia)

### **1. McGuigan Reserve Pinot Grigio Australia 2021 12%**

This Reserve Pinot Grigio is a refreshing and delightful wine, displaying vibrant tropical fruit and pear flavours that are complemented by a crisp, clean and well balanced finish. A perfect partner to a fresh prawn salad or a light vegetarian pasta



### **2. Feudi Falanghina Italy 2020 13%**

This crisp and complex wine has been crafted by Feudi using



native Falanghina grapes from Campania and small batch production methods. Enjoy with simple seafood dishes such as fish pie.

3. **Tingleup Reisling Australia 2021 13%**

Made by Howard Park from grapes carefully cultivated in the Great Southern region. Through all of the wine making stages, Riesling grapes are managed under cool temperatures, allowing them to retain natural crisp, refreshing lime and citrus flavours with subtle hints of white pepper. A natural pairing for Asian food.



4. **Piccini Memoro Italia Italy ? 14%**

Intense flavours of ripe plums, sweet spices and aromas of rich fruitcake. The wine is made from slightly dried grapes, a technique used to increase the flavour complexity. Silky tannins leading to a long and generous finish. Enjoy at 18°C with red meats, richly-flavoured foods and strong cheeses.



5. **Aprimondo Appassimento Sangiovese Italy 2021 14.5%**

Obtained from Sangiovese grapes carefully dried, this appassimento, offers aromas of dried fig, date, prune and vanilla. The soft palate doles out ripe cherry alongside smooth, round tannins. A complex and elegant wine which is both a true innovation and a perfect combination with traditional meaty pasta recipes.



6. **19 Crimes Deported Australia ? 13.5%**

A liquid ode to our past, 19 Crimes is inspired by those who, beginning in 1788, were transported to Australia for a life of hard labour. 'The Deported' honours these men and women who forged fresh pathways. A pioneering jammy red with a bold coffee finish. Based on Real Events from the 1800s. Red Blend Infused with a Shot of Cold Brew Coffee made with 100% Colombian Arabica Beans. (3% by volume)



7. **De Bortoli Semillon dessert Australia 2017 11.5%**

An award winning dessert wine from Australia's De Bortoli family winery in the Riverina NSW. Picked late on the vine, the grapes' natural sugars have been allowed to intensify, resulting in a golden hued wine boasting a delicate concentration of citrus, peach and apricot flavours that are both sumptuous and fresh. Fabulous with sweet desserts, but try it with blue cheese for an inspired pairing.





## 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	Thursday pm - Weekly	Rowena Davey Centre, Dunmow	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 Beginners	Friday pm - Weekly	Usually Highfields, Dunmow	Colin Bradley (Admin)
Italian Conversation	Wednesday am - Weekly	Angel & Harp, Dunmow	Liz Parker

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	Patricia Fletcher
Nature Walk	Wednesday pm – penult. Wed of month	various	Marilyn Hammond
Quilting & 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 **07385 879846**.

Chair .....	Mike Best
Vice Chair .....	VACANT
Treasurer .....	Ian Marshall
Exec Secretary .....	Anna Fletcher
Membership Secretary / Beacon Administrator.....	Terry Parker
Groups Co-ordinator .....	Rosemary Jensen
Outings Co-ordinator .....	Pat Jones
Outings Assistant .....	Derek Jones
Asst Treasurer / Asset Management.....	Derek Jones
Events Manager .....	Hilary Jinno
Committee Information Administrator .....	Peter Watson
Newsletter Editor .....	Heather Quiney
Minutes Secretary .....	Phil Garrison

## Dates for your Diaries ...

Wed 28 September .. **Afternoon of Entertainment** celebrating  
**u3a's 40<sup>th</sup> Anniversary**

Monday 3 October ... Outing to **Sutton Hoo** .....5

Wed 19 October ..... Deadline for November newsletter

Thur 27 October ..... Outing to **"Noises Off"** in Cambridge ..... 6

Wed 2 November ..... Monthly Meeting ... **"Job of a Laughtime"**  
by Brad Ashton ..... 3

Thu 10 November ..... Outing to **Thursford Christmas Spectacular** ..7

Wed 30 November ... Monthly Meeting ... **"The Essex Scrubber"**  
by Christine Beedle ..... 3

Fri 2 December ..... Outing to **Canterbury Christmas Shopping** ... 8

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

Thur 19 January ..... Outing to **Matthew Bourne's "Sleeping Beauty"**  
in Milton Keynes ..... 9

For the latest information and updates, visit our website <https://u3asites.org.uk/dunmow/home>  
Please send any articles for the next newsletter to [heatherqU3a@gmail.com](mailto:heatherqU3a@gmail.com) by Wed 19 October