



# November 2022 Newsletter & Diary Dunmow

**u3a**  
learn, laugh, live

## Thoughts from the Chair

Memories of our Afternoon of Entertainment last month are still vivid in my thoughts and what a brilliant event it turned out to be. We are all very grateful for the organization that Amanda and Heather put into arranging it and to all those who took part; Thank You.

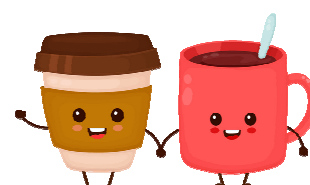


Our weekly group meetings continue, an outing to Sutton Hoo recently and next week our **monthly gathering in the Foakes Hall takes place on Wednesday 2<sup>nd</sup> November** from 1:30pm. This is a week later than usual because the hall is not available on our expected day so do mark this in your diary if you haven't already. We also have a different speaker from that advertised because Brad Ashton has had to cancel due to his wife's ill health and is replaced by his brother Warren who will come and amuse us all with an illustrated talk about **idioms in the English language** (sayings like "over the moon" or "I see the light"). I think you will enjoy him.

Two other outings coming up in the next few weeks, **Noises Off** (27<sup>th</sup> Oct) and **Thursford** (10<sup>th</sup> Nov) still have a few seats available so do contact Pat Jones if you would like them (see page 3). Looking forward to Wednesday 7<sup>th</sup> December when we will hold our **Christmas Party and Concert** with the Rock Choir at 2pm in St Mary's Church that afternoon. Details on page 9.

We are all familiar with the conversations about climate change and what we can do in our small way to make a difference. On the subject of single use cups, we have been encouraging you to bring along your own mugs from home to avoid the throwaways and your committee has discussed this on your behalf recently. We have exhausted our supply of disposables and so it is a good time introduce this policy change; we are asking you all to bring your own mug from now on, if you possibly can. Some will forget and some may not wish to and we will make provision for them even though this will cause more washing up in the short term until this becomes a habit. So please do your bit to help us make this change.

I look forward to seeing you all in the near future,  
Best wishes, *Mike Best, Chair*



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## From the Editor

The deadline for the next newsletter is Wednesday 23<sup>rd</sup> November. It will be for a bumper newsletter covering both December and January (so I can have a break over Christmas!). If it helps, I can accept articles at any time before that date.

The newsletter uses a font equivalent to Arial 16 and is formatted on A4. This is so it can be reduced and printed in A5 without needing any reformatting. As a guide, 300 words fit comfortably on a page and leave room for a photo or two.

I can accept contributions from anyone in Du3a as long as the piece is directly related to u3a. A regular contributor made a good point recently that the newsletter should be aimed at attracting new members to the group concerned rather a blow-by-blow account of the latest meetings.

Any member can write about their interest group but please talk with your leader so that you are not duplicating what they are doing, and also check whether there is space to accept new members to the group. I'm still happy to hear from groups even if they are full!

Please send any items to [heatherqU3a@gmail.com](mailto: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*

## Forthcoming monthly meetings

These all take place at Foakes Hall in Dunmow.

Wed 2 November ..... **"Idioms of the English Language "** by  
Warren Ashton

↑ This meeting is a week later than usual ↑ (due to another hall booking) ↑

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

- ❖ Please remember to **bring your own mug** with you  
– we are no longer using disposable cups.
- ❖ Don't forget that Rosemary Jensen runs the **Magazine Swap** table.  
Please bring along any magazines that you have finished with and  
take away a few which others have donated.



## Past Outing

### Sutton Hoo – Monday 3<sup>rd</sup> October

It was a glorious sunny day and perfect for the u3a coach trip to Sutton Hoo, where we were given a tour around the burial mounds with an excellent guide.

And what a wealth of ancient history has been buried beneath our feet. In 1930s, Edith Pretty, the landowner, asked a local archaeologist to investigate the mounds on her land. Some of them had been plundered for treasure centuries ago while others had been excavated in the 19<sup>th</sup> century but without full records being kept. The discoveries in 1938/9 changed the understanding of Anglo Saxon life in early medieval times and later excavations in the 20<sup>th</sup> century have further increased that knowledge.

One of the highlights of the visit was the special exhibition – 'Swords of Kingdoms, the Staffordshire Hoard at Sutton Hoo' – where exquisite bejewelled war-gear from Staffordshire and similar items from the



A reconstruction of the king's shield incorporating the original central boss and gilded emblems

Sutton Hoo collection in the British Museum are on display together (until the end of October). Experts believe these items could have been created in the same workshops.

After a look at Edith Pretty's house and the photos of the early digs, it was time to return to Essex. A very interesting outing.

*Christine Middleton*



Original shoulder clasp showing the wealth of the owner and the skills of the maker

### Available Places on Dunmow u3a Outings

Due to unprecedented uptake of our outings, there are only a few places still available to book.

**Noises Off** on Thursday 27<sup>th</sup> October at the Cambridge Arts Theatre, £61 each. 2 tickets are still available.

**Thursford Christmas Spectacular** on Thursday 10<sup>th</sup> November, £73 each. 3 tickets are still available.

**Canterbury's Christmas Markets** on Friday 2<sup>nd</sup> December, £22. This outing is fully booked

**Matthew Bourne's Sleeping Beauty** on Thursday 19<sup>th</sup> January at the Milton Keynes Theatre, £62. This outing is fully booked.

To book a place, please download the flyer and application form from the outings website <https://u3asites.org.uk/dunmow/page/66656>

For further information please contact the outings team email [dunmowu3aoutings@btinternet.com](mailto:dunmowu3aoutings@btinternet.com) or 01279 870870

If you are interested in a fully booked outing, why not join our waiting lists? Any cancelled tickets are offered to members on the waiting list first.

*Pat and Derek Jones, The Outings Team*

## 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](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)

## Du3a 40th Anniversary – Thank yous

Back in early Spring, Du3a asked for volunteers to step forward, help plan and then organise some events to mark the 40<sup>th</sup> anniversary of the u3a movement.

Well, they did it! And now it's time to say thank you to those involved ...



- First and foremost, to the planning team, of **Mike Best, Jan Clinton, Rosemary Jensen, Shirley Newby** and **Jane Tadman**, led by **Amanda Brown** and **Heather Quiney**.
- To **Jan Clinton, Felicity Cripps** and the **two Art groups**, who put together the amazing exhibition of almost 60 paintings and drawings in Dunmow library.
- To **Jenny Versey** and the **Cycling group**, who rode over 40km for our 40 years.
- To **Mike Best** and the **Walking group**, who encouraged 40 members to join them on their Anniversary Walks.
- And to **all the groups** who tailored one of their September meetings to tie in with the celebrations using the colours (blue, yellow and white), the number (40) or the year it all started (1982). Thank you!



Moving on to the Afternoon of Entertainment, thank you ...

- To **Jody Huizar**, Du3a member and Dunmow's Town Crier for steering us through the programme of entertainment.
- To **Patrick Lavelle**, Mayor of Great Dunmow and also a Du3a member for toasting the u3a and cutting the celebration cake.
- To **Richard and Julie Coates** for making the wonderful celebration cakes.
- To the **Refreshments** team, led by **Jane Tadman** who managed to serve cake and drinks to almost 200 people!
- To **all the performers** who were prepared to stand up in front of their peers: **Anita Davey** and her acting friends, especially **Jinny Huizar** ("The Spirit of Dunmow u3a"), the members of our **Line Dancing** and **Zumba Gold** groups, the **Rock Chic** (aka **Linda Powell** of the Geology group), **Valerie Newell** and **Arlette McClaren** (from the French group),

**Christine Coates** and **Chris Jannaway** (from the Book Club) and **Peter Watson** and **John Stanley** (leaders of our two Wine Appreciation groups).

- To the groups who created all the displays and decorated the Talberd Room: the **Science & Technology, Nature Walks, Family History, Grow Your Own** and **Flower Arranging groups** and the **Outings team**.
- To the **Italian group** for providing a 40 line Italian song for the interval.
- To **Jody Huizar** for arranging the loan of the Sinclair C5 for the afternoon.
- To **Julia Brassingthwaite, Ian Marshall, Christine Middleton** and **Peter Tadman** who carried their cameras everywhere and took photos of everything happening.
- To **Mike Perry**, formerly of David Lipson photography, who judged the "4 Things" photo competition and congratulations to **Christine Middleton** who took the winning photo of 4 fireworks.
- To **Heather Quiney** for writing the 40-question quiz and well done to the winner, **Valerie Newell**. If you would like a copy of the answers, please email Heather at [heatherqU3a@gmail.com](mailto:heatherqU3a@gmail.com)

Finally, THANK YOU to **everyone who joined in the fun**, either at the Afternoon of Entertainment or at one of the interest group meetings in September.

Barbara Cordina, Trustee for East of England u3a, joined us towards the end of the afternoon (delayed due to prior engagement). She was amazed at all she saw and everything we had been doing in the preceding weeks.

On the strength of all the activities, we have had an article in the Dunmow Broadcast, shorter pieces in some parish magazines and have sent off reports with photos to both the regional and national u3a newsletters.

We achieved so much, involved so many and wanted to shout about it! Let's hope a few more people in our community will get to hear of Dunmow u3a as a result.

Here's to the next 40 years!

Thank  
You!





## Forthcoming event

### Christmas Party with Rock Choir – Wednesday 7<sup>th</sup> December

#### Dunmow u3a Christmas Party

will be held in

St Mary's Church, Dunmow

on

Wednesday 7<sup>th</sup> December

starting at 2pm



Entertainment will be provided by the Rock Choir and refreshments will be served.

For catering purposes, **please email Hilary Jinno by 30<sup>th</sup> November** [hilaryju3a@gmail.com](mailto:hilaryju3a@gmail.com) **to register you want to be there** and advise of any dietary requirements. Please bring your own mug, if you can.

Alternatively you can sign up at the monthly meetings on 2<sup>nd</sup> or 30<sup>th</sup> November in Foakes Hall.

This is a free event and is for members only.



## Why did I join?

*To meet new people who want to be sociable and fun, to try new things, to exercise and try to keep fit, and to learn new skills*

## Keep in Touch

If you move house or change your phone number and/or email address, please let Terry Parker (Membership Secretary) know. He can update Beacon and all your groups will know in one go.

Simply call the Du3a mobile phone **07385 879846** and leave a message or use the link on the Committee page of the Dunmow u3a website <https://u3asites.org.uk/dunmow/page/66948>



## Why did I join?

*I joined the u3a to keep active in my retirement, and to pursue activities that I enjoy, with like-minded people.*

## Upcoming u3a Online Learning Events for November



### Cryptic Crosswords for Beginners

Join Henry Howarth, u3a Subject Advisor for Cryptic Crosswords, for a 6 session course on Cryptic crosswords

**Wednesdays from  
2 Nov to 7 Dec  
10am-11.30 am**

Free – Online via  
Zoom



### The Geology of Oil and Gas

The first part of a series of talks on Petroleum geology from Martin Eales, Sutton u3a

**Thurs 3 Nov at 2pm**

Free – Online via  
Zoom



### The British Royal Collection – Japanese Art

Discover hidden gems of Japanese art in the British Royal Collection – acquired over four centuries of courtly interaction

**Tue 8 Nov at 2pm**

Free – Online via  
Zoom



### Exploring World Faiths – All Souls Day

The Day of the Dead is a major event in many Latin American countries. We explore this with three different faith speakers in this webinar

**Mon 14 Nov at 10am**

Free – Online via  
Zoom



### Tipping Points and Climate Change

Can we turbo charge adoption of green technology and accelerate social & Technological change and avoid climate catastrophe

**Tue 15 Nov at 10am**

Free – Online via  
Zoom



### Live Cookery Demonstration – Winter Warmers

Chef Alex from "Vegetarian for Life" demos his delicious winter recipes live on Zoom, especially for u3a members

**Thurs 17 Nov at  
10.30am**

Free – Online via  
Zoom



### Creative Thinking

Join Gill Russell, Trust Volunteer, to find ways to develop and support learning through creative thinking

**Thurs 17 Nov at  
2pm**

Free – Online via  
Zoom



### Seated Yoga for All

Join Nancy Taylor and Liz William's "Yoga at Home" Series 1, "exploring Seated Yoga"

**Every Friday from  
18 Nov to 9 Dec  
at 10am**

**A series of 4**

Free – Online via  
Zoom

For more details, visit ...

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

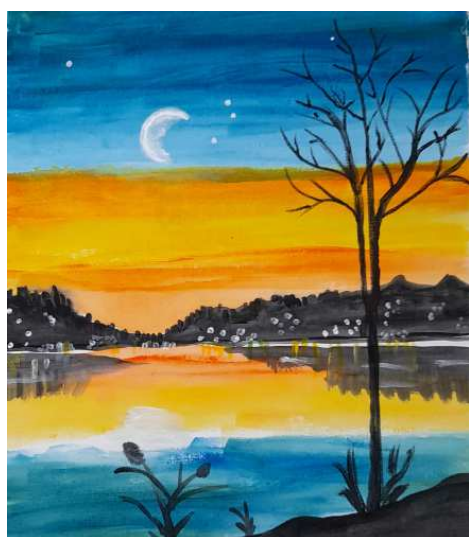


## News from the Interest Groups

Our **Thursday Art Group** were very pleased that the Art Exhibition in the Library held late September (for the u3a 40<sup>th</sup> anniversary) went so well and that a lot of people came to see the paintings.

We are a mixed ability Art Group and thoroughly enjoy what we do, we're very friendly and welcoming. Here are four recent paintings completed by some of our group.

*Jan Clinton, Thursday Art Group*



When the **General Craft** group met this month, we tried 'Needle Felting'. This is when you stab wool repeatedly with a barbed needle, shaping it into 3D objects. Here are some of the results ...

There are spaces in the group at the moment, if anyone would like to join us.

*Lucy Myers, General Craft group*



Members of the **Advanced French** group recently enjoyed a 4-day trip to Le Touquet-Paris-Plage.

A smooth drive to Le Shuttle saw us quickly whisked under the Channel for the 90-minute drive down to our hotel in the town centre. After squeezing the car into a VERY narrow gap in the underground garage, it was off for our first meal "en groupe" to the nearest "brasserie" where we enjoyed huge bowls of mussels, roasted goat's cheese and crème caramel amongst other delicacies, including many of the liquid kind!

Each day, we set off independently to enjoy the various sights of the town such as the 5-mile-long beach and the church of St Jeanne d'Arc, as well as exploring the covered market and specialist shops. Le Touquet was heavily bombed by the Allies in June 1944 as a tactic to divert attention from the real landing beaches in Normandy, but some of the Edwardian architecture survives with its multicoloured, "gingerbread house", seaside appearance.

After spending each day immersed in French language and culture, we tested our specialist culinary vocabulary each evening as we came together to enjoy dinners in local restaurants. Some of us developed a firm liking for Kir Cassis whilst others experimented with different flavours such as "mûre" and "framboise", as well as with various wines. Seafood featured heavily in our selections with fresh whelks and langoustines appearing alongside delicious fish.

Despite a lengthy queue to buy French petrol at just €1.45 a litre and to get through the Dartford Tunnel, our return trip took just 5 hours door-to-door. A thoroughly enjoyable trip, despite the kilos added to the waistline by so many delicious meals!

*Valerie Newell, advanced French group  
with Peter, Arlette, Holly, Gaenor & Sandra*





The **Science & Technology** group met one evening at the end of September at The Angel & Harp in Dunmow. We started with a multiple choice quiz based on the number 40, though the connection was sometimes tenuous (see below). Rather surprisingly, I answered more of the questions correctly than anyone else and won a can of WD40 – very useful!

Thereafter we chatted about many things – ideas for upcoming visits, climate change, renewable energy, bags for life, referendums in Ukraine, sewage and manure and others. The discussions were lively and convivial and just flowed naturally from one topic to another.

Before the next meeting it was decided that a topic would be picked into which we would all research, and debate during the meeting on 8<sup>th</sup> November at 7:30, at the Angel and Harp. And so the topic will be “Will we survive the next mass extinction?”. Surely worthy of debate in these days.

Anyone with an inquisitive mind and an interest in any scientific discipline is more than welcome, just let David know via the Du3a website (<https://u3asites.org.uk/dunmow/page/82471>)

*Peter Tadman, Science & Technology group*

Examples of some of the questions:

1. Humans have a pregnancy duration of 40 weeks. For which animal does the gestation period come closest?  
A) Otter            B) Kangaroo            C) Ferret
2. The Messier catalogue (M)40 double star is found in which constellation?  
A) Northern Cross            B) Ursa Major            C) Gemini
3. 40 days isolation—quarantine originated to contain bubonic plague in which European location?  
A) Constantinople            B) Naples            C) Venice

Tie Breaker: Write the number 40 in Binary



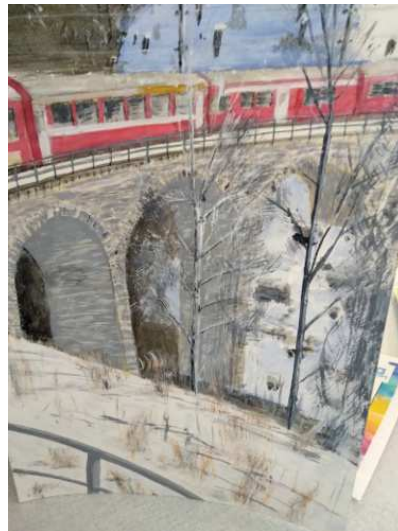
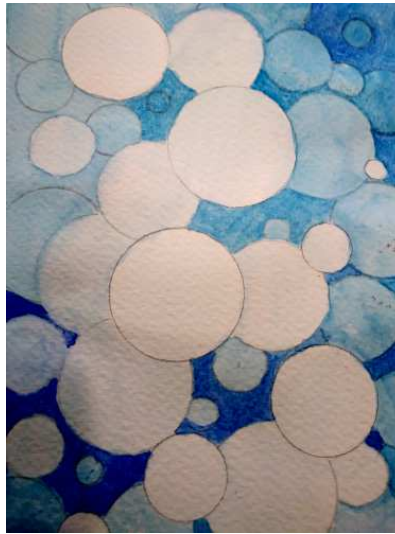
Answers: C, B, C, 101000

This month, after the excitement of the u3a art exhibition in Dunmow Library, the **Friday Art** group has been working on two fronts.

While work on our current art history subject – Constable – is coming together, we have also been investigating shapes in various forms. Here are some examples of abstract shapes used in making cards and bookmarks. We have had fun using “Brusho” on wet watercolour paper and investigated “negative” painting which involves looking at the dark spaces between light objects to make them more distinct.

Meanwhile our clever artists continue with their own subjects.

*Felicity Cripps,  
Friday Art Group*



**Why**  
*did I join?*

*To meet new people who want to be sociable and fun, to try new things, to exercise and try to keep fit, and to learn new skills .*



The **Garden** group are now into their winter programme which means a reduced programme of one visit per month and visits taking part in a morning thus avoiding the dark late afternoons.

September's visit was to Rookwoods at Sible Hedingham. The house is owned by Sandra Robinson and has large grounds giving a range of vistas, from formal borders to an ancient wood. There are pleached



Hornbeams leading to wild flower beds and a buttercup meadow. Sandra provided a lovely lunch to complete our visit.

*Anne Howatson, Garden group*

On 5<sup>th</sup> October, group leader Debbie whisked **Luncheon Group 2** off to the Hub – a hidden gem of a restaurant somewhere near Howe Street. There were ten of us, including two new members who'd recently arrived in Dunmow after spending many years in Spain, then Somerset. They were warmly welcomed.

The food arrived quickly and the portions were substantial – my lasagne was filling in itself without the side plate of chips and salad that landed beside it. My companions had made various choices from an eclectic menu, but all reported their meals had been great – in both quality and quantity. Some tempting desserts were on offer, and I seriously considered taking some cheesecake home in the unlikely event I'd be hungry later. And there weren't any tears at the tills when we paid on the way out.

We all have to eat lunch, and it's fun to eat with new companions. So why not join us next month?

*Philip Garrison, Luncheon group (1st Wednesday)*

Eleven members of the **Wine Appreciation Group 2** plus 2 guests met at the beginning of October to enjoy some white and red wines,. Not from in a local supermarket, but purchased in South West France: the white wines at Chateau Monbazillac in the Cote de Bergerac and the red wines from the Bordeaux Region but purchased at a Wine Fair in Lilande, Dordogne. The thinking behind these tastings was to discover a more refined appreciation of the wine produced in these two regions which are geographically almost adjoining.

The three whites were:

EUPHONIE BERGERAC SEC 2021 – the grape blend Sauvignon blanc and Semillon;

EUPHONIE COTES DE BERGERAC 2021 – grape Sauvignon blanc (this wine won gold at Concours Bordeaux 2022).

SECRET DE M BERGERAC SEC 2019 – This wine, produced in a small Cote de Bergerac vineyard without the marketing wherewithal, was brought under the wing of Chateau Monbazillac. Members attempted to name the grape as the label was unhelpful.

The three reds were:

PUISSEGUIN–SAINT–EMILION 2018 – Merlot grape (Vineyard: Vedelago Bordeaux Chateau Histoire de France)

BALADE EN 2CV 2018 – Awarded Silver in Paris in 2019. Once again, due to unhelpful labelling, members attempted to name the grape/grape blend. (Vineyard: Chateau de la Lambertie)

CLOS GRAOUERES GRAVES 2019 – Grape Merlot and Cabernet Sauvignon. (Vinyard: Vignobles Ducau)

Members enjoyed sampling these wines, and voted practically unanimously EUPHONIE BERGERAC SEC 2021 as the most enjoyable white and CLOS GRAOUERES GRAVES 2019 as the most enjoyable red.

Thanks go to Dr and Mrs Pratt for the use of their home for this wine tasting.





This month, the **Flower Arranging** group had a choice of arrangements: either "a Floating Cup and Saucer" or an arrangement which represented Autumn.

*Vicky Marshall, Flower Arranging group*



## Line Dancing

Due to the popularity of this group, it is hoped to launch a second

**Line Dancing** group. However, the new group would be for beginners and would need an instructor.



If you are interested as a group member or instructor, please contact Rosemary Jensen, Groups Coordinator via Dunmow u3a website or ring **07385 879846**

## 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 (Advanced)	Wednesday pm - Last Wed of month	Meadowhill Café, Dunmow	Valerie Newell
Garden	Thursday pm - Monthly (winter)	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 .....	<b>VACANT</b>
Treasurer .....	Ian Marshall
Exec Secretary .....	Anna Fletcher
Membership Secretary / Beacon Administrator.....	Terry Parker
Groups Coordinator .....	Rosemary Jensen
Outings Coordinator .....	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 ...

Thur 27 October .....	Outing to <b>"Noises Off"</b> in Cambridge .....	5
Wed 2 November .....	Monthly Meeting ... <b>"Idioms of the English Language"</b> by Warren Ashton .....	3
Thu 10 November .....	Outing to <b>Thursford Christmas Spectacular</b> ..	6
Wed 23 November ...	Deadline for <b>December/January</b> newsletter	
Wed 30 November ..	Monthly Meeting ... <b>"The Essex Scrubber"</b> by Christine Beedle .....	3
Fri 2 December .....	Outing to <b>Canterbury Christmas Shopping</b> ....	4
Wed 7 December .....	<b>Du3a Christmas Party with Rock Choir concert</b> .....	9
Thur 19 January .....	Outing to <b>Matthew Bourne's "Sleeping Beauty"</b> in Milton Keynes .....	4
Wed 25 January .....	Monthly Meeting ... <b>"Now you has Jazz, Jazz, Jazz"</b> by John Petters	

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