



Dec 2022/Jan 2023 Newsletter & Diary Dunmow

u3a
learn, laugh, live

Message from the Chair



We have two more events to look forward to as we head towards December; our meeting in the Foakes Hall on Wednesday 30 November when Christine Beedle is coming to speak to us about her life as the “Essex Scrubber”. I think you are going to enjoy her as she tells us about how she made a viable company from doing much for women’s rights in the workplace, has written 2 books and now, in retirement, does good work for charity through her Rotary club.



Then we have our Christmas Concert in St Mary’s church with the Rock Choir on Wednesday 7 December. If you haven’t already done so you must sign up for this by 30 November. Please remember to bring your own cups to both these two events.

Those of you who have read the latest edition of Third Age Matters may have seen the excellent article about Volunteering and how that applies to us all. Our organisation is set up intentionally to be **by the members for the members** and, like most u3as in the country, we really do need people to step up and help. Whether it be helping to serve a cup of tea, arranging a lunchtime meal for a group of like-minded folk such as the Meet and Eat group or coming to chat to me about what a Vice Chair does that is so important. Please give these and many more some thought now or as you enjoy your Christmas social time.

Looking into 2023, advance notice of the speaker for the monthly meeting on Wednesday 25 January is John Petters on “Jazz, Jazz, Jazz” so here is a happy note to look forward to.

Let me close by wishing you all a merry Christmas time and a healthy and peaceful New Year.

Mike Best, Chair



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From the Editor

Welcome to this double month newsletter, covering December 2022 and January 2023. There won't be another newsletter until the end of January, so that the newsletter team can have a break over Christmas.

**Thank
You!**

I would like to take this opportunity to say a big THANK YOU to the other members of the newsletter team, ie my proof-readers, Liz Pickford and Elaine Pugh. They kindly answered my plea for help back in June, when I took over the newsletter, and have been absolute stalwarts – I couldn't do it without their help.

I wish you all a wonderful Christmas and a healthy new year.

Thank you for your continued support,
Heather Quiney, Newsletter Editor



Act of Remembrance

Dunmow u3a joined with other groups and organisations from Dunmow town and laid a poppy wreath at the Act of Remembrance on Sunday 13th November

"At the going down of the sun and in the morning, we will remember them."



Please send any articles for the next newsletter to heatherqu3a@gmail.com by Wed 18 January

Forthcoming monthly meetings

These all take place at Foakes Hall in Dunmow, 1.30pm for a 2pm start.

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

Wishing you a Wonderful Christmas and a Peaceful New Year

Wed 25 January **"Now you has Jazz, Jazz, Jazz"** by John Petters

Wed 22 February **"Posture"** by Nikki Robinson , a physiotherapist

- ❖ 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.



Why
did I join?

*To meet people and participate in activities.
My friend joined and told me all the activities the
group offered.*

Are you getting enough exercise? Now we are in the winter season, it is more difficult to get out and about. It is important if you are a more senior member of the u3a or regaining your mobility after injury, to keep your flexibility and movement.

The **Gentle Exercise Group** is here for you. Taking place on Thursday afternoons during school terms at 2pm – 3pm in the Dourdan Pavilion in The Causeway.

Come along and try out our chair exercises to music free for a week. There is no obligation to join if it's not for you.

Fees are £6 per week, payable monthly.

Please contact Anita Davey

anitadavey35@gmail.com or telephone

01371 873321 or mobile 07482 747741



Past Monthly Meeting

"Idioms of the English Language" – Wednesday 2nd November

Although it was a dull afternoon weather-wise, there was a good attendance at Foakes Hall for our monthly meeting. It was not our expected speaker – Brad Aston had to cancel due to unforeseen circumstances – but his brother, Warren, who entertained us by reminding us of all the odd remarks we make during our colloquial English conversations.

Who knew that way back in 1428 in London, when the guilds were queuing up in order of age of each guild, to take part in the Lord Mayor's procession, they couldn't remember who went 6th and 7th in line, so they were said to be at "sixes and sevens"? Warren had brought a selection of items to illustrate some sayings: the slapstick (yes, it is a thing), the stick for wife beating, oh no, a stick no bigger than the width of the husband's thumb! Giving us of course, "the rule of thumb".

One of Warren's explanations of an English expression was a particular favourite of my father. It began with Robert Gascoigne, a four times prime minister and the swift rise of his successor, one Arthur Balfour. Later it was revealed that Balfour was Gascoigne's nephew hence "and Bob's your uncle".

Finally, Warren explained how Lord Reith in the early days of BBC radio, 100 years ago, agreed to try a commentary on a football match to see how it would work. A picture of a football pitch was printed in the Radio Times with a numbered grid superimposed on it, so that listeners would have an idea of where the ball was on the pitch. Therefore, after every time a goal was scored the commentator said, "and return to square one".

What an entertaining talk, now we can all impress friends with our newfound knowledge.

Felicity Cripps

Editor's note – Common idioms quite often have more than one possible source, just look up "Break a Leg"! If you have a favourite saying with an interesting origin, let me know and I can include it in the next newsletter.



Forthcoming event

Christmas Party with Rock Choir – Wednesday 7th December

Dunmow u3a Christmas Party
St Mary's Church, Dunmow
Wednesday 7th December
starting at **2pm**



Entertainment will be provided by the Rock Choir and light refreshments will be served. Please bring your own mug, if you can.

We look forward to seeing all members who have already booked.

Please note, we have now just about reached capacity for this event. If you find you are unable to attend, please let Hilary know by email at hilaryju3a@gmail.com as soon as possible so your place can be offered to someone else.

There will be a retiring collection for the local food bank.

This is a free event and is for Du3a members only.



Past Outing

"Noises Off" – Thursday 27th October

After a rainy departure from Dunmow, the skies cleared for our arrival in Cambridge with time to spare for lunch before the start of 'Noises Off' at the Arts Theatre.

This Michael Frayne farce was hilarious and had the whole theatre rocking with laughter from the start. The cast included well known actors headed by Felicity Kendal and displayed immaculately the split second timing required by this play within a play. Reminiscent of Brian Rix's Whitehall farces and possibly the fore runner of the 'Play That Goes Wrong' series, this theatre visit provided an afternoon of non stop mirth and relaxation. Just the tonic needed in these dismal times!

Many thanks to Pat and Derek Jones for their efficient organisation both before and on the day.

Joan White

Past Outing

"Thursford" – Thursday 10th November

On a fairly nice November morning, 32 intrepid "Outings Goers" travelled to North Norfolk to the Thursford site via some rapidly narrowing lanes, arriving just a short while before official opening time for the day.

First, to the 'pit stops' for WCs and if needed a cup of tea and snack. Then straight on to the other areas. A good number headed for the catering outlets to ensure availability, before the main show at 2pm. Afterwards, it was on to the other attractions depending on personal preferences.

The main activity area, shops, souvenirs etc., was close to the Auditorium for the main show, and this meant it was, in the writer's view, too crowded to be fully enjoyed, with a continuous mass of people both entering and leaving a small central area which also gave access to the bar, and the Auditorium. This cannot have been an easy situation for the less mobile amongst us. But, nevertheless, intrepid as we all were, we found our places easily, on time, without incident to our fairly decent seating, towards the stage centre.

The show started spot on time, and thereafter it was all action! The choreography was outstanding, the activities all full of boundless energy, and a delightful compilation of music, dance and quite excellent singing.

A major theme of the interaction with the audience was the performers using the aisles to permeate throughout the entire audience, close up. It was during these elements when one could really appreciate the quality of many of the performers and singers, who were all "wired up" so that the music was spot on time. And as the show carried on, and the effects of food and the journey started to take their toll, we were jolted back to the 'here and now' by some stunning, high kicking, can-can and similar dancing. What I found astonishing was that the show was to be repeated in the evening!

The show was 3 hours long with a 25 minute interval, which meant a short time to prepare ourselves for the return journey, which started with a 10–15 minute queue on the narrow lanes, to reach the main road after which it was a trouble free journey back to Dunmow.

Sadly, we were left with 2 unsold tickets for this really first class entertainment, otherwise, this was an all round, successful outing.

Derek Jones, Outings team

From the Outings Team

There will be no outings table at the monthly meeting on Wednesday 30th November. If you have any queries, please email dunmowu3a@btinternet.com or call 01279 870870.

We often receive requests from members who would like to take a friend on an outing. Unfortunately, we have sometimes had to disappoint members and the following should give you an idea of who would qualify.

Who Can Go On An Outing?

Dunmow u3a outings are run by members for members of Dunmow u3a.

- Occasionally guests may be able to have a place on an outing, however Dunmow u3a members have priority.
- Guests of u3a members must be eligible for u3a membership.
- Wives, husbands and partners cannot use their other half's membership to book a place and will be treated as a guest.
- Members of other u3as can go once Dunmow u3a members have had time to book their places.
- Guests of members can only go on one outing – they will need to join Dunmow u3a if they wish to join further outings.
- Guest places will only be confirmed nearer the time of the outing.

Our Outings are by far the most widely supported activity in Dunmow u3a – hundreds of you have joined us for days out, theatre trips and visits to exhibitions and places of interest. Your Outings team has a number of ideas for possible new Outings in the New Year, but we'd appreciate your opinion on some of them.

You should have received an email recently inviting you to complete an online form, about which of the proposed trips would interest you and asking for ideas for a future outing to a place, an event or a performance you would enjoy. No promises, but all new proposals are welcome!

If you haven't already done so, please take a few minutes to complete the form ... <https://forms.gle/gpPvPwCFyCmDxEsV9> (this link was in the email of 19th November)

"Return to the Cotswolds" Holiday 2023

JUST A FEW PLACES LEFT ... Friday 1st to Monday 4th September 2023

Great friendships, laughter, yummy food, delightful walks and even sunshine every day. Most of those who went this September are repeating the whole experience in 2023. We are all, bar one, members of Dunmow u3a.

The hotel is a minute's walk from the centre of the honeypot Cotswolds village of Bourton on the Water. The holiday is full board which includes a wonderful 3 course dinner and the best picnics ever with a choice of up to 7 snacks (just in case we are hungry after a delicious breakfast). We offer two levels of walks each day from 5-6 miles to 7-8 miles. Walking is optional and several of us availed ourselves of the great location to visit local historic houses and gardens, such as Hidcote Gardens, the Motor Museum, Chedworth Roman Villa, or just enjoy the many tea and coffee shops and Pubs etc.



Deposit is £75 per person and total cost of holiday is £375pp with minor adjustment of price depending whether you take the option of a Superior or Premium room. All the rooms are well appointed and en suite. I have received 30 deposits to date and I have just a few twin/double/single rooms available. Once we have reached 34 deposits, HF will give us the whole house and all the bedrooms for our sole use.

Everyone is welcome whether you are a keen walker or just wanting to sight-see.

Please can you let me know asap by email if you wish to come **and** send me by BACS the £75 deposit (bank details available on request). Christmas is the cut off date for booking with the group.

Any question, please contact me, Gillian Warren, on 07399 515775 or email gillianwarren5@gmail.com

To find out more about the HF hotel at Bourton, visit the HF's web page at <https://www.hfholidays.co.uk>

Gillian Warren

Upcoming u3a Online Learning Events for December and January



Live Cookery Demonstration – Christmas Special

Chef Alex from “Vegetarian for Life” demos his delicious Christmas recipes live on Zoom, especially for u3a members.

Thurs 1 Dec at 10.30am

Free – Online via Zoom



The Geology of Oil and Gas – part 2

The second part of a series of talks on petroleum geology from Martin Eales, Sutton u3a

Thurs 1 Dec at 2pm

Free – Online via Zoom



The Maths of Bell Ringing

An introduction to the mathematics behind the unique music of English-style bell ringing with Wokingham u3a member, John Harrison

Tues 6 Dec at 10am

Free – Online via Zoom



Genetic Genealogy – Understanding DNA testing

A talk on understanding your DNA test results and finding your family matches from u3a Subject Advisor, Stephen Dyer

Tues 6 Dec at 2pm

Free – Online via Zoom



Writing Poetry for Publication and Performance

Up-to-date advice on writing poetry for publication and performance in today's world.

Tues 13 Dec at 2pm

Free – Online via Zoom



Sleep and Dreams

An interactive talk explaining how our brains make us sleep and dream.

Mon 9 Jan 2023 at 2pm

Free – Online via Zoom



Getting Started with your Family History

Toni Neobard of Hawkwell Village u3a shows beginners how to go about researching a family history

Wed 11 Jan at 2pm

Free – Online via Zoom



Holocaust Memorial Day - The Stories of George & Renee Morton

Francis Morton, a speak from Generation2Generation, will present his parents' remarkable story of survival

Fri 27 Jan at 2pm

Free – Online via Zoom

For more details, visit ...

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



u3a Poetry Competition 2022–23

The national u3a poetry competition is back!

Your poem should be a maximum of 16 lines (plus title), on any topic, and be submitted by **12 noon on Friday 27th January 2023**.

The three winning poems will be published in Third Age Matters and on the u3a website.

Your poem ...

- ⇒ must be in English.
- ⇒ must not have been published before or submitted to another competition.
- ⇒ must be a maximum of 16 lines, plus the title.
- ⇒ should contain no swear words, and should be suitable for a mixed audience.
- ⇒ should contain no photographs or pictures.

Entry is free but limited to one poem per person.

There is no theme specification for your poem.

Any poem not conforming to these guidelines will not be read by the judges.

You must submit your entry via the online form on the Third Age Trust website, which will be open until the deadline. We regret that postal entries cannot be accepted* (*see bottom of page*).

For further advice, support and news, contact Marcia Humphries, [u3a Subject Adviser for Creative Writing](#)

Want to learn about writing Poetry? Join author Sophia Blackwell on Tuesday 13th December at 2pm for a free 2 hour masterclass called 'Writing Poetry for Publication and Performance' which can be booked on our [online events webpage](#) (see page 9).



Writing Poetry
for
Publication and
Performance
With Sophia Blackwell

For full details, visit ...

www.u3a.org.uk/learning/national-programmes/poetry-competition-2022

** Note from Du3a Editor: If you do not have access to the internet or email, please call Heather and we will help you to submit your entry.*

News from the Interest Groups

Back in September, David, **Science & Technology** group leader, emailed everyone with details of the *Chelmsford Science Festival* in October.

Although we didn't organise a group outing, several of us managed to visit Gaia – a stunning art installation – when it was at Chelmsford Cathedral as part of the *Science Festival*.

"Gaia is a touring artwork by UK artist Luke Jerram. Measuring seven metres in diameter, and created from 120dpi detailed NASA imagery of the Earth's surface*, the artwork provides the opportunity to see our planet, floating in three dimensions." <https://my-earth.org/>

*The imagery for the artwork has been compiled from Visible Earth series, NASA.

Suspended from the ceiling of Chelmsford Cathedral, it revolved slowly, taking about 4 minutes for a complete rotation.

Here are a selection of the photos taken by the group on their individual visits, illustrating how different it looked in daylight compared with the evening.



To improve my network in the town and find others who share my interests.

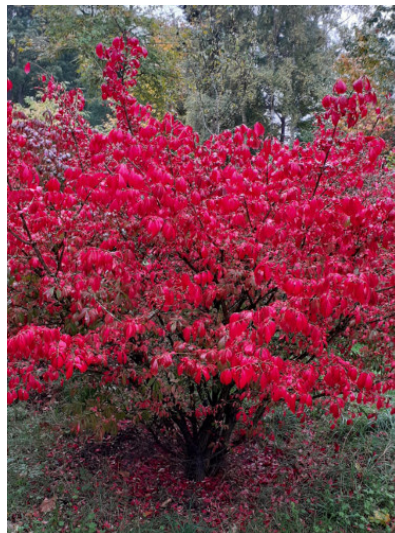
The **Garden** group's October visit was to The Place for Plants at East Bergholt. Despite the threat of a possible downpour we had a lovely morning. The clouds disappeared and we even had some sunshine!

The Place for Plants is a family run specialist plant centre and garden in the beautiful Stour Valley on the Suffolk border. It is owned by Rupert and Sara Eley, who have a real enthusiasm for both the garden and arboretum. Rupert took us on a wander through the arboretum giving us a most informative



talk about his collection of trees, some dating back to the turn of the century when the garden was started by his great grandfather. The autumn colours were stunning and we learnt a lot about the different specimens, it is always a bonus when we have a guide, something that doesn't happen when you go by yourself. As is normal, for our visits, we finished off with lovely cake and tea or coffee from the on-site cafe. There is also a small shop area.

Anne Howatson, Garden group



Why
did I join?

Why did I join? Because of the Family History group! I wanted to get together with other people who share my interest/obsession! And I'm very glad I did too! ☺

During the past year, the **Thursday Art group** has steadily grown in size having welcomed some new members. We've worked collectively on drawing and painting snow scenes, bridges, barns, sunsets, water scenes etc this year. Often though the group works on their own ideas with wonderful results. We're still very informal and friendly. Our art group's Christmas lunch on 8th December is something we're really looking forward to.

Jan Clinton, Thursday Art group



This month it was the turn of the Compasses in Littley Green to host **Luncheon Group 2**. On Wednesday 9th November, a record turn-out of fifteen of us crowded into a pub which was already busy with locals. All the usual suspects were on the lunch specials blackboard, but huffers featured prominently, so several of us ordered them.

For the uninitiated, the huffer is a local speciality, a triangular bread roll stuffed with a filling of – in my case – hot sausage and melted cheese. It's designed to give agricultural workers a filling lunch, and it certainly did with me, even though I had no plans to go out and plough a field afterwards. Group leader Debbie forgot to take a photo, so if you want to see how good looking we all are then you'll have to join us next time.

In the meantime, this is what the food looked like.

Phil Garrison, Luncheon Group 2



A photo from the Halloween **Line Dancing** Class, featuring our teacher Cyndy Brown (centre) and members Anne and Jeanette.

The last newsletter mentioned that due to increased enquiries to join the class, there may be a new class starting up in the new year, which would be for beginners (see page 17 of this issue). That would be great, as the current class has been going for about four years now and the members have progressed into Improvers, with Cyndy teaching harder dances now!

It certainly makes your brain work as well as keeping you fit!

Linda Herring, Line Dancing group



In November the **General Craft group** started to get into the Christmas spirit nice and early to make decorative wreaths. They are made by manipulating a wire coat hanger into a circle, wrapping wadding round it and tying strips of material all around. Once that's done you can embellish it with pretty much whatever you like.

In December we will be making Christmas stockings.

*Lucy Myers,
General Craft group*



7 Nov: Ten of the **Walking group** set off to walk from Fyfield to Willingale and back, following the river Roding. Here we are crossing the river > as we returned for a nice drink and snack lunch in the Black Bull.



14 Nov: This is to show we are not just fair weather walkers! On our walk around Henham, the rain actually stopped and it was a pleasant morning to walk.
Mike Best, Walking group



COME AND JOIN US TO
PLAY MAH-JONG!



Mah-Jong is a compelling, easily learned table game for 3 or 4 players. Mah-Jong has been played in Britain since the early part of the twentieth century. It was spectacularly popular in the 1920's, so much so that Stephen and Virginia Courtauld (of Eltham Palace) called their pet lemur, Mah-Jong!



The game is enjoying a resurgence, it is easy to learn, fun to play and has scope for the players to perfect and finesse their game. I'll have a set of tiles set up for play at the next Du3a monthly meeting on Wednesday 30th November, so, come and have a look and say hello. It would be splendid if you would like to join the group.

The **Mah-Jong group** meet at Oakroyd House, Oakroyd Avenue, CM6 1HQ between 4pm and 6pm every Monday (except Bank Holidays). There is a charge of £1 per session to cover tea and biscuits.

Please contact Julie Coates via the Groups page on the Du3a website or Du3a mobile phone, for further details.

We look forward to welcoming you!

The **Wine Appreciation Group 2** had a fun evening, with a difference. For this meeting, we were not trying to identify the wine, grape or region – we were told all of this. Instead, we had to guess the price range. It is fair to say that we were not always correct, and sometimes were far from it. So price cannot alone guarantee a high rating with our group!



Thornicher St Michael Mosel Riesling 2021 (Germany)

Colour White

Appearance Gold

From Lidl £4.99

This wine was very popular.

Cellier de la Sabliere Chablis 2020 (France)

Colour White

Appearance Lemon

Smell/taste citrus, lemon, lime, apple, pear, green apple, also minerals, honey, stone: "mineral and flinty accents"

Percentage alcohol 12.5%

From Luckins £18.50

Cabernet D'Anjou 2021 (France)

Colour Rose

Appearance bright and clear, a shimmering rosewood colour

Smell notes of red berry fruits, roses and fruit drops.

Taste bursting with flavour, honey, earthy, minerals, white pepper

Percentage alcohol 11%

From Lidl £6.99

Cloitre des Capucins Saint-Emilion Grand Cru 2019 (France)

Colour Red

Appearance Deep red

Smell/taste blackberry, blackcurrant, plum, oak, vanilla, chocolate, leather, charcoal, earthy

Percentage alcohol 14%

From Luckins £19.80

Carinena Monte Plogar Gran Reserva 2016 (Spain)

Colour Red

Appearance Deep red

Smell/taste oak, vanilla, chocolate, blackberry, plum, black fruit, leather, earthy, smoke

Percentage alcohol 13.5%

From Lidl £4.99

Outlook Bay Reserve Pinot Noir 2020 (Marlborough, New Zealand)

Colour Red

Appearance Pale ruby red

Smell/taste overripe strawberry, cranberry with earthy notes

Percentage alcohol 13%

From Lidl £9.99

Domaine de Grange Neuve 2011 Monbazillac (France)

Colour Dessert wine

Appearance Gold

Smell/taste honey, earthy, mushroom, apricot, peach, apple, marmalade, citrus, lemon

Percentage alcohol 13%

From Luckins £12.50

The **Friday Art group** has been working on some seasonal painting this month. It has involved negative painting of leaves. Also, we decided to try some firework effects, as it was 5th November. More recently though, as Remembrance Day fell on our meeting day, we held a silence at 11am. Then continued painting our poppies in various styles.

We will be having a two week break for Christmas and New Year. Meanwhile, plans for our Christmas party are afoot.



Line Dancing



Due to the popularity of this group, it is hoped to launch a second **Line Dancing** group.

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

Interest 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

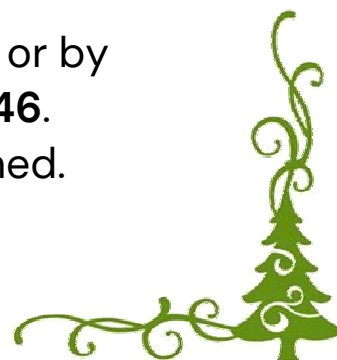
Art (Thursday)	Thursday am - Weekly	Barnston Village Hall	Jan Clinton
Art (Friday)	Friday am - Weekly	Rowena Davey Day Centre, Dunmow	Colin Bradley (Admin)
Book Club	Thursday am - 2nd Thur of the month	Members' homes	Christine Coates
Bookworms	Thursday pm - 2nd Thur of the month	Members' homes in Dunmow	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	Thursday pm - Weekly	Dourdan 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	Julie Coates
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.

Rosemary Jensen, Groups Coordinator



Du3a Committee

You can contact any of the post-holders by visiting the Du3a website <https://u3asites.org.uk/dunmow/home> or by calling **07385 879846**.

Chair	Mike Best
Vice Chair	VACANT
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 ...

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

Wed 7 December Du3a **Christmas Party**
with Rock Choir concert 5

Wishing you a Wonderful Christmas and a Peaceful New Year

Wed 18 January Deadline for **February** newsletter

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

Wed 25 January Monthly Meeting ... **"Now you has Jazz, Jazz, Jazz"** by John Petters 3

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 by Wed 18 January