



# February 2023 Newsletter & Diary Dunmow

**u3a**  
learn, laugh, live

## Message from the Chair

A rather belated Happy New Year to you. They say that January is the longest and most dreary month of the year and that is possibly because it comes after all the activity and excitement of Christmas and the New Year and, even if you are not really into those, it is hard not to be carried along to some extent by the festive mood. But fortunately, we have u3a to lift our spirits!

John Petters will be telling us all about **Jazz, Jazz, Jazz** on Wednesday 25<sup>th</sup> January. His presentation will include clips of the very first recording in 1917 by the white Original Dixieland Jass Band and on to classics by Louis Armstrong, 100 years ago, with King Oliver's Creole Jazz Band and his own Hot Five in the mid 1920s. He says Louis was the most important jazz artist, who pioneered not only instrumental improvisation, but also jazz singing, without whom there would have been no Bing Crosby, Frank Sinatra, Elvis Presley or The Beatles.

February's speaker will be Nikki Robinson who runs her physio-practice in Hatfield Broad Oak and will show us how to get the best out of body posture (see page 3).

Our refreshments have been prepared and served at our monthly meetings for the last 6 years by Mary Jensen and Jan Barlow but they have decided that it is time to hand on to others to lead. We will say thank you properly in March. Thank you too to Margot Rogers who has offered to take over; she will need a few more helpers to join the rota so we can carry on having refreshments each month. Please let us know if you can help.

Our Speaker finder, John Versey, has also asked to be replaced. This is a role that can be done from the comfort of your home. There are lists of talks to choose from, so this is about selecting and contacting potential speakers about a year ahead. Let me know, or contact John, if you would like to find out more.

Thank you and I look forward to seeing many of you on 25<sup>th</sup> January

*Mike Best, Chair*

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## From the Editor

Welcome to the first Du3a Newsletter and Diary for 2023.

Thank you for all the lovely comments I am still receiving about the newsletter – I'm delighted that you, the members, are finding it interesting and useful.

I love receiving reports from the interest groups and reading what they have been doing – not only is it great to know they are out there being active but it is also an ideal opportunity to attract new members to the groups.

But there are some groups I never hear from.

If you don't think that you have anything exciting to report each month, if your group plays a game, you could write a short piece about its history and origins. Or, why not find some interesting fun facts about your group's subject and share them with the rest of us.

If you have space in your group, use the newsletter to invite new members to come along and see if it's for them.

And don't forget, it's a diary as well – let me know what your group has planned for the next few months.

Thank you for your continued support,

*Heather Quiney, Newsletter Editor*

## Forthcoming monthly meetings

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

*\* Please do not arrive before 1.30pm – we may not be ready for you! \**

Wed 25 January      **"Jazz, Jazz, Jazz"** by John Petters

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

*Why poor posture could be a sign of stress and what to do about it*



*Specialist Physiotherapist Nikki Robinson has been qualified for 29 years and started her practice, Holisticare in Hatfield Broad Oak, 16 years ago. They are experts in a gentle, hands-on treatment that works with your body to reduce pain and tension and treat the cause of your symptoms.*

*She will be explaining how your body reacts to stress and how this can cause physical problems, especially poor posture and back pain. Her interactive talk will include demonstrations and there will be plenty of time to answer your questions.*

- ❖ 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.



## Possible Future Events

Hilary Jinno, as Events Manager, is considering a selection of events for this year. Ideas include:

- ❖ A Quiz    ❖ A Cheese & Wine Evening    ❖ A Beetle Drive
- ❖ Line Dancing    ❖ A Sing-a-Long (with musical tuition)

It isn't possible to organise all of these, so Hilary would like to know which would be most popular.

Please can you send her an email ([hilaryju3a@gmail.com](mailto:hilaryju3a@gmail.com)) expressing which you would be keen to attend.

## Past Monthly Meeting

### "The Essex Scrubber" – Wednesday 30<sup>th</sup> November

This was the title of the advertised talk for Wednesday 30<sup>th</sup> November at the last Dunmow u3a meeting of 2022.

Members were intrigued to find out what this talk by Christine Beedle could possibly be about.

This inspiring lady had found the true meaning of the old adage 'Necessity is the Mother of Invention'. Settled into a financially comfortable married life with children at private schools, she found herself in a desperate situation after losing her husband to melanoma. With little financial backing and trying to hold on to a secretarial job at a school, she decided to go out of her own area (where people knew her!) and do some evening cleaning work. Christine soon realised how badly cleaners were treated and how poorly organised the whole cleaning business was.

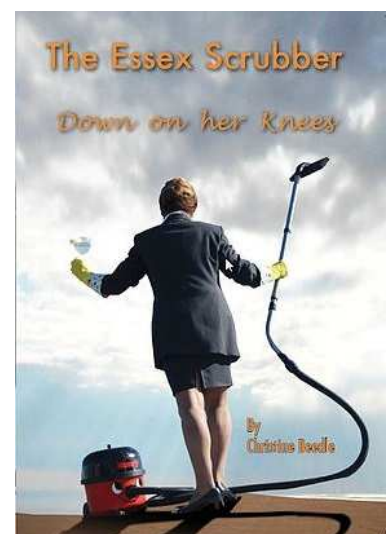
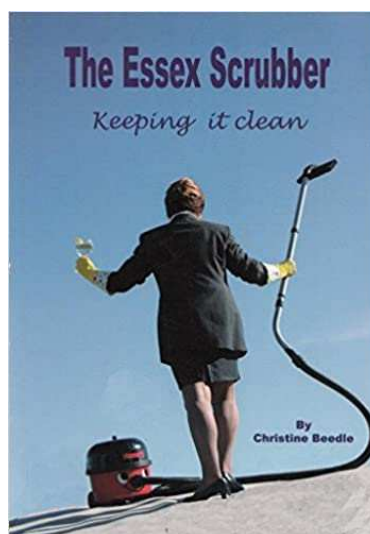
To rectify this, she set about making it her career to get recognition for all hardworking cleaners both women and men. Her cleaning contracts led to a highly successful business in Colchester eventually employing 850 staff by the time she sold up in 2000. Through necessity, very hard work and a lot of humour thrown in, Christine reaped the rewards of her dedication when she was awarded an MBE for her services to industry.

Christine Beedle has written two books about her life and enterprise:

'The Essex Scrubber – Keeping it Clean' and 'The Essex Scrubber – Down on her Knees'.

A third book is planned to complete the trilogy.

*Liz Pickford*



**Why**  
*did I join?*

*To meet like-minded people for companionship who live alone like me.*



## Past Event

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



St Mary's church was full as members came together to enjoy a

festive afternoon of musical entertainment at the annual Dunmow u3a Christmas party.



The Dunmow Rock Choir was supplemented by members of choirs from Braintree, Colchester, Halstead and Chelmsford. The excellent singing ranged through popular music from various eras to carols; all were also communicated in British Sign Language to ensure the event was fully inclusive.

The audience was encouraged to join in by singing along and the finale saw everyone dancing in the aisles!



The afternoon concluded with delicious cup cakes, mince pies and snacks, and lots of happy chat.

Thanks go to Hilary Jinno and her team of helpers who ensured that this very enjoyable event ran so smoothly.

*Valerie Newell*



**Thank  
You!**

I would like to add my thanks to all the team who generously gave up their time to run this event.

Thanks also to everyone for their generous donations totalling £360 for the Foodbank.

*Hilary Jinno, Events Manager*

## Third Age Matters magazine

Third Age Matters is the national u3a magazine. It is published five times a year and posted direct to members' homes. It is packed with stories about members and u3a activities, plus celebrity interviews and features on technology, recipes, travel, competitions, and a lively and popular letters section.

Did you know you can read all the magazine content online?

<https://www.u3a.org.uk/news/publications>

Did you know that you can opt out of receiving a paper copy and help to save the planet and Du3a a few pounds?

If you would be happy NOT to receive a paper copy, please contact Terry Parker in the next few weeks and he can arrange it for you.

[membership@dunmowu3a.org.uk](mailto:membership@dunmowu3a.org.uk)

third age  
**matters** u3a learn, laugh, live

## Past Outing

### Canterbury – Friday 2<sup>nd</sup> December



We had a lovely day in Canterbury: a good coach journey there and back, and no holdups on the M25!

The weather was cold, but bright and sunny. We hadn't been to Canterbury for years, so it was a trip down memory lane.

A highlight of our day was a visit to the Museum and Art Gallery, where they had an exhibition of Oliver Postgate. It was so interesting to learn how he made his children's television programmes, and see some of the original models used in *The Clangers*, *Ivor the Engine* and *Pogel's Wood*! The museum has so many interesting exhibits, it is well worth a visit any time.

*Linda Herring*



## Forthcoming Outing

Thursday 2<sup>nd</sup> March – British Museum or Spend a Day in London

**A day to spend in the British Museum or visit London's West End.  
The choice is yours.**



How long is it since you went to the British Museum? See the disputed Parthenon statues, treasures from Sutton Hoo or any of the many treasures from around the world.

Or arrange your own day, perhaps with a trip to the West End?

**Food and Drink:** Choose from the many cafés and restaurants nearby or eat in the British Museum (Restaurant and Café).

**Timings:** Leave Don's at 9.00am, Fitch House Café at 9.05am, Takeley Four Ashes at 9.20am. Leaving at 4.00pm  
Est. arrival back at Don's approximately 6.30pm

**Tickets:** Entry to the Museum is free. Details on how to book will follow.

**Cost:** £23 per person (Coach only)

**Contact Outings Team:** [dunmowu3aoutings@btinternet.com](mailto:dunmowu3aoutings@btinternet.com) or  
01279 870870 or Mob 07909 688401

**For more information visit:** [www.britishmuseum.org](http://www.britishmuseum.org)



## Membership Matters

Dear members,

We currently have over 583 members which is slightly higher than for the previous membership year. We continue to attract new members and 85 have joined us during our current membership year. We have already signed up 4 new members for our next membership year which starts on 1<sup>st</sup> April.

For existing members, I hope that you will renew your membership and this is just a gentle reminder to please do this over the next couple of months.

The annual subscription remains at £13 per person.

As in previous years, there are two ways of renewing. You can renew via post by sending me an application form (available on our website in Word and pdf formats on the Welcome page) along with a cheque made out to "Dunmow u3a". Please enclose a stamped addressed envelope to enable me to return your membership cards.

If you have access to online banking, you can renew and save on the ever-increasing cost of stamps! Once you have paid, then email me your application form, I just need your name and membership number on the form and only include other details if they have changed. In return I will email you a membership card for you to print. If you require one of our printed cards, please send me a stamped addressed envelope.

On the application form please pay particular attention to the Gift Aid section. We are able to reclaim from HMRC 25p for every pound of your membership subscription and this is an important source of revenue for us with our costs ever increasing. Please sign this section if your tax position qualifies for us to claim.



Our bank details are as follows:

Pay: Dunmow u3a

Sort Code: 30-92-76

Account: 18735268



Amount: £13 per person

Please include your Surname and membership number(s) as Reference.

My email address for sending me application forms is:

[membership@dunmowu3a.org.uk](mailto:membership@dunmowu3a.org.uk)

I look forward to you renewing your membership.

*Terry Parker, Membership Secretary*

### Third Age Trust online learning events

One of my New Year aims was to make more use of u3a's online talks. These are easy to sign up for and each month cover a wide range of topics, from digital skills to art, history, belief, sustainable living and much more.

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

January's webinar, entitled 'Sleep and Dreams', delved into the mechanisms of sleep and why we sleep and dream. How many of us had considered that our habit of sleeping upstairs likely stemmed from our forbears' need to be safe at night, or that the muscle paralysis which accompanies REM and dream sleep may originate in preventing our ancestors falling out of trees while asleep? The latter explains why we dream so much about wading in mud and not getting anywhere. Other animals have REM sleep implying that they also dream.



With 360 participants, this was obviously a popular topic.

These Zoom talks are approachable, often given by knowledgeable members who can communicate well and afford a Q&A session afterwards. They are a rich resource which Heather publicises in the Newsletter each month and for which you can sign up for monthly updates. Something for everyone so why not give them a go?

*David Cole, Science and Society group leader*

See overleaf >>

## Upcoming u3a Online Learning Events for February



### Fashion and Sustainability

Join Helen Howard, Canterbury u3a, for an introduction to the environmental impact of textiles.

Fri 3 Feb at 2pm  
Free - Online via Zoom



### Brain and Behaviour

Dr Bob Pullen of Prudhoe u3a joins us to look at how the 'old' parts of our brain drive our basic behaviour, and how the 'new' parts of the brain can modify these basic drives.

Mon 6 Feb at 2pm  
Free - online via zoom



### Mindfulness and Meditation Series

A six week course of Mindfulness and Meditation led by John, Mike and Ruth of the Sheffield u3a Mindful Ageing Group.

Tuesdays at 10am  
from 7 Feb to 14 Mar  
Free - online via zoom



### Highlights of the Royal Collection – Coins and Medals

Join Jeremy Cheek of Rother and District u3a, who was Numismatic Consultant to the Royal Collection for 8 years.

Tues 7 Feb 10am  
Free - online via Zoom



### Before the Lindisfarne Gospels

The Lindisfarne Gospels; what preceded them, and are they representative of earlier works?

Wed 8 Feb 10am  
Free - online via Zoom



### Breaking Down Family History Brick Walls

This talk, by Toni Neobard of Hawkwell Village u3a, is designed to help overcome family history problems and help with breaking down brick walls

Wed 8 Feb at 2pm  
Free - online via zoom



### Yiddish Theatre Abroad - in Eastern Europe, London and New York

Join Irene Kyffin, London u3a, for this talk exploring Yiddish Theatre in Eastern Europe, London and New York.

Fri 17 Feb at 2pm  
Free - online via zoom



### Facing the World - The Neurological Condition Prosopagnosia

A talk from Jo Livingston of Bexley u3a about the inability to recognise familiar faces

Wed 22 Feb at 2pm  
Free - online via zoom

More talks are added weekly. For more details, visit ...  
<https://www.u3a.org.uk/events/educational-events>





**Zumba! Gold**



**Family History**

Celebrating  
Christmas  
2022



**Du3a Committee**



**Thursday Art**



**Table Tennis**



**Line Dancing**



**Luncheon 2**



*You are warmly invited to  
Coffee and Lunch at  
the Rowena Davey Centre  
Starting 15<sup>th</sup> November*



*Morning teas and coffee, £1 only,  
from 9.30am*



*Freshly cooked lunches served from  
12noon to 12.45pm each Tuesday  
and Thursday*

*Reserve your lunch place by emailing  
[rdcmeals@gmail.com](mailto:rdcmeals@gmail.com), or just turn up on  
the day.*

*£7 for a 2 course lunch  
You will be most welcome!*



## News from the Interest Groups

During December the **Thursday Art group** enjoyed their Christmas lunch at the Angel & Harp. We all thought the food was excellent and enjoyed each others' company very much. We were seated all together around a large table so that we could chat easily.



After a short Christmas break, we are meeting again in Barnston Village Hall. I think we all enjoy the friendly, relaxing environment there. Members are free to get engrossed in their art work, have a friendly catch up or a bit of both! We're looking forward to learning new techniques and methods this year.

We have space for two new members. If you are interested, please contact me via the Dunmow u3a website.

*Jan Clinton, Thursday Art Group Leader*

### **Why** *did I join?*

*I joined the u3a because I wanted to go to a Gentle Exercise class.*

**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](mailto:anitadavey35@gmail.com) or telephone

01371 873321 or mobile 07482 747741



The **Luncheon Group 2** returned to Hunters Meet at Hatfield Heath for our Christmas dinner on 21 December. This time we didn't have the place to ourselves – the packed dining room included a large contingent from Cheshunt u3a, with whom we later merged seamlessly on the dance floor.



The classic Christmas dinner was offered alongside other options, and the food was good in both quality and quantity. Afterwards, a female singer dressed as Santa Claus took the stage and belted out everything from Bing Crosby to Dire Straits, whilst we intrepid dancers bopped along – though I found the mirrored columns a little embarrassing! All in all, an excellent afternoon.

Fast forward to 11 January, and a group of ten of us – our usual numbers depleted by illness and, in one case, globetrotting – descended on the Butchers Arms at North End. This hostelry on the road to Chelmsford has clearly been recently refurbished, and even the toilets are adorned with tasteful works of art.

Sharon single-handedly looked after us and served us some excellent food and drink at reasonable prices. I recommend the roast pork with



Yorkshire pudding, and gravy to die for! One of my companions assured me he was observing Dry January, but only whilst at home, he said between swigs from his pint of bitter. If anything, the conversation at my end of the table was even more lively than usual! The Butchers Arms was an excellent choice and I look forward to dining there again.

*Philip Garrison, Luncheon Group 2*

**Why**  
*did I join?*

*Looking to extend our interests and enjoy finding new places in the company of new friends.*



This month the **General Craft group** had their first ever try at Macramé, the art of knotting string in patterns to make decorative articles. They might not quite all be the same but for a first attempt I think we did pretty well. We hope to try something more ambitious another time.

There is room for more members in the General Craft group so if you think you would like to join please contact me, Lucy Myers, the group leader.



## Why *did I join?*

*To meet like-minded and similar-aged people (I'm 82) and participate in a wide selection of inviting activities.*

The **Thursday Walking group** met in mid-December for a festive walk in Hatfield Forest, and we thought we'd take a picture to share with everyone in the next newsletter!

Ann Preece leads the walk, which is always in the forest, for about an hour. Then we all go into the cafe at Thremhall Park for something to eat and drink (that's where the photo was taken). It's a very friendly, sociable little group, we all enjoy the walks and each other's company tremendously. Ann knows the forest very well, so the walks are nice and varied. On this particular walk we were lucky enough to see a herd of 12 deer.



*Maria North, Thursday Walking group*

The **Table Tennis** Christmas Party was postponed until January due to the heavy snowfall in December. We had a jolly evening with food and drink, a quiz and games.

As you can see by the photo not all were completely sane! This picture shows the group leaders of the "blow up six balloons then stuff them into a pair of old tights to make reindeer antlers and shove them on your head" game.

*Lucy Myers, Table Tennis group*



The **Monday Walking group** avoided the mud at the beginning of December and 26 of us walked around the quiet lanes from Great Easton to Tilty to Broxted and back in a looping route of course. This was our highest turnout since the 40<sup>th</sup> anniversary walk in September.

This week (16<sup>th</sup> January) the group met on a cold and breezy Monday morning at Rayne Station to walk from the Flitch Way down to Great Notley Discovery Park with 23 members – another great turn out.

The highlight of the morning was that Bill Wilson joined us, having recovered from a broken ankle last year; we were all delighted to have him back. The park has climbing frames, a giant seesaw and a high ropes course all of which are shut for the winter. At



the bottom of the site there are two lakes that we walked around and watched the ducks and swans come over to us in the hope of food.

At the end of our 2 hours braving the wind, we returned to the station café for a hot drink and cake or piece of French toast; a fitting climax to a bracing morning of fresh air.

*Mike Best, Monday Walking group*



During the month preceding Christmas, the **Friday Art** group experimented with black watercolour paper and white gouache paint with some effective results seen here. We decided to stay in our usual venue for our Christmas party. We wore our best Christmas jumpers and had mulled wine and delicious snacks: sausage rolls and mince pies. As we are an art group, we thought we had better illustrate something which this year was the song The 'Twelve Days of Christmas'. We had various fun props and acted out the words as well as the quickfire paintings, we ended with a fun rousing rendition. The evidence of 'eight maids a milking' has been safely tidied away now. We face a new term beginning with polar bears in a snowscape to get back in the painting mood.

*Felicity Cripps,  
Friday Art group*



The **Wine Appreciation Group** Christmas themed meeting was once again hosted by Debbie. We enjoyed some interesting wines – all sparkling!!

1) **Piper Heidsieck champagne** (France). Brut Divin Blanc de Blancs Champagne. (Tesco)

A sparkling white (Appearance: white, Smell/taste: notes of toasted brioche, almond, yellow plum, nectarine, ginger) Alcohol 12%



2) **Premier Cru Brut Champagne** (France)

A sparkling white (Appearance: white) Alcohol 12.5%



3) **Maschio Prosecco Extra Dry** (Italy) (Tesco)

A sparkling white (Appearance: light straw yellow, Smell/taste: apple, pear, peach, citrus, lemon, grapefruit, biscuit, almond, toast) Alcohol 11%



4) **Gratien & Meyer, Cremant de Loire Brut Rose** (France) (Tesco)

A sparkling rose (Appearance: salmon to tangerine, Smell/taste: strawberry, raspberry, cranberry, citrus, lime, lemon, apple, pear, peach) Alcohol 12%



5) **Kylie Minogue Prosecco Rose** (Italy) (Tesco)

A sparkling rose (Appearance: peachy orange, Smell/taste: strawberries, raspberries, red fruit, peach, melon, apple, citrus, lemon, orange) Alcohol 11%



6) **Lambrusco Emilia** (Sainsburys)

A sparkling red Alcohol 11.5%



7) **McGuigan Black Label Premium Release Sparkling Shiraz** (Australia) (Sainsburys)

A sparkling red (Appearance: dark red, Smell/taste: plum, blackberry, jam, cherry, raspberry, red fruit and chocolate) Alcohol 13%



*John Stanley, WAG*

**Why**  
*did I join?*

*I joined the u3a when I retired, on the recommendation of friends who were already members.*



A few more pieces from the **Friday Art group** using mixed media Acrylic Guache water and Frosted water colour.

*Marina Chrysostomou,  
Friday Art  
group*



One of our smaller groups in Du3a plays **Whist** on alternate Tuesday afternoons in the Rowena Davey Day Centre.

Whist is a simple card game played by 4 people working in pairs. The pack of cards are dealt out and playing in turn, each pair then tries to win more tricks than the opposing pair. It is quick to learn, easy to play although over a short time you work out a strategy to playing. We don't take it seriously so that it is just good fun but we could use a few more players so we can perhaps be a little more competitive allowing us to play with different people.

Do you fancy playing cards for a couple of hours?  
Why not come along and try us out; tea, coffee and biscuits served. Our next meeting is at 2pm on 31<sup>st</sup> January.



You could even take advantage of the freshly cooked 2 course lunches served at the Day Centre between 12 and 12:45pm for only £7 (see page 12 for more details)

We hope to see you there, *Mike Best, Whist group*



The **Science and Society group's** latest meeting started with a light-hearted quiz in which we were asked to estimate the proportions of the costs of your £2.90 Cappuccino from a list including the cost of the coffee, admin/overheads, rent/rates etc. Colin was the lucky winner of a bag of coffee although, with a score of only 3, the bar wasn't very high!

We then moved on to a wide-ranging discussion under the umbrella heading "Does Nature make the best Drugs?": starting off with what a biologically active molecule actually is, how it has to "fit" into a "receptor" site in the membrane or within a living cell and "turn on (or off)" a biological response in that cell. Moving on to how to find a molecule whose "shape" allows it to "fit" and "stay" in the receptor and move away from "old school" R&D which has been to test molecules that are known to have a similar "shape" to those that are known to work, hence the "families" of drugs that have broadly similar efficacies in a therapeutic area to using nature (and sometimes traditional remedies) to find "new" structures.

Tetracycline antibiotics, Aspirin, Taxol, Artemisinin & Cannabis were all given as examples as we moved through the trials, tribulations and costs of getting a new product to the stage where it can be safely prescribed to patients. And whilst we couldn't agree that "Nature does indeed make the best Drugs", it's very good at coming up with novel molecular structures that rational thought would never have come up with.

*Ian Marshall, Science and Society*

**Why**  
*did I join?*

*Why did I join the u3a? From the start, was to learn about different things that perhaps I hadn't tried before. For a long while, I went to the Friday Art Class which I loved. I now attend the Craft club as it is nearer to me. I try to get to all the monthly meeting and have attended several of the Zoom presentations/meetings. So yes, I have learnt so much! And look forward to enjoying u3a for as long as possible.*



The **Garden group's** meeting at the beginning of December saw us return to the Three Willows pub at Birchanger. Once again the food was excellent and the service and ambiance were very welcoming.

A good time was had by all.

Our first trip of 2023 was to Anglesey Abbey to see their collection of snowdrops. David, our guide, started with a stroll through the winter garden with its rich aromas of daphnia and viburnum and the beautiful colours of Cornus Midwinter Fire and the peeling bark of Prunus serrula. As you wander along the meandering path, newly refurbished to safely accommodate mobility scooters, we turned a corner to be faced with a glade of silver birch trees. Beautiful. It will be worth a return visit at the beginning of April when the under planting of deep pink tulips will be in bloom.

We were then taken to see the Abbey's collection of snowdrops, which is not open to the general public. Although it was a little early for some of the blooms there were sufficient to see the different sizes and petal variations contained in the many varieties. There are under plantings around some of the large trees in the parkland leading up to the house, so you can still see the snowdrops on a general visit.

For those of you who haven't been it is well worth the forty minute drive to have a pleasant walk and visit the shop and cafe.

*Anne Howatson, Garden group*



## 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	Heather Quiney
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 & Society	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)	Monday am – Weekly	4–5 miles in villages around Dunmow	Mike Best
Walking (Thursday)	Thursday am – Weekly	Hatfield Forest	Anne Preece
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 .....	<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 ...

Wed 25 January .....	Monthly Meeting ... <b>"Jazz, Jazz, Jazz"</b> by John Petters .....	3
Wed 15 February .....	Deadline for <b>March</b> newsletter	
Wed 22 February .....	Monthly Meeting ... <b>"Posture can be a sign of Stress"</b> by Nikki Robinson , a physiotherapist ....	3
Thurs 2 March .....	Outing to <b>The British Museum</b> or just spend the day in London's West End .....	7
Wed 29 March .....	Monthly Meeting ... <b>"Butterflies of the UK"</b> by Roger Gibbons	

Teas and coffees are free at monthly meetings, but please remember to bring along your own mug or reusable cup



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 15 February