



March 2023 Newsletter & Diary Dunmow

u3a
learn, laugh, live

Message from the Chair

This month, I write to you from Honolulu, in the Hawaii Islands some 6,500 miles west of here and 10 hours behind GMT, where I am staying with my son and his family. They are in the northern hemisphere, so it is winter here as well; the temperature is in the mid 20s not the summer 28–32°, it rains a bit and very hard when it does, and this year at least it is very windy from the trade winds but much more comfortable than the frosty mornings and grey skies of home! I will keep this month's message brief.



This Month'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. Hopefully she will have something to offer to help us all feel better.

Last month we asked you to suggest ideas for an indoor event that we could put on for our u3a members but rather disappointingly, the response has been small. Several of you have mentioned a Quiz so we will definitely do that and a board games afternoon but not much else. Do think again and tell us what you would like us to arrange for you and your friends.

We are still looking for a new Speaker Finder, a job that can be done from the comfort of your home. There are lists of speakers to refer to so this is about choosing and contacting potential speakers about a year ahead. You won't need to be on the committee but it is an important role and will ensure that we have a suitable speaker to entertain us each month. Please let me or another committee member know if you would like to know more.

Thank you and I hope you all have a good afternoon on Wednesday
22nd February

Mike Best, Dunmow u3a Chair

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From the Editor

Welcome to the March Du3a newsletter. As always, a big THANK YOU to everyone who sent me articles for inclusion.

It is worth remembering that u3a is member-led, There is no 'us' and 'them'. It is run **by the members, for the members**. This means that volunteers are needed to assist the smooth running of the group.

By our time of life (no longer working full-time or raising a family), we have all acquired valuable experience which could be transferred to a u3a role, and most of our current vacancies are non-committee ones.

Some members are 'people people' and love helping new members find their way around the monthly meetings. Others prefer to work behind the scenes, doing what they can, when they can. It could be a couple of hours every week or a couple of hours every other month.

Whatever your preference, there is probably a role for you!

There are a couple of interest groups which are looking for new leaders, Mike has mentioned that we need someone to take over booking speakers for our monthly meetings and there is a post on the committee which needs filling.

If you would like more details about what each position entails, please contact any of the committee members (listed on the back page).

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! **

The front 2 rows of chairs at the monthly meeting are reserved for those members who are **hard of hearing**. The seats are identified by a '**reserved**' sign. You do not need to book, just turn up.

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

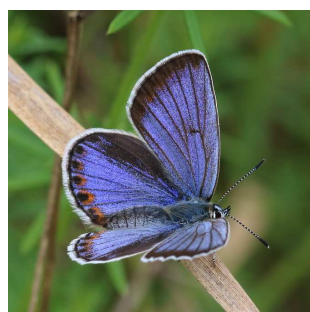


Specialist Physiotherapist Nikki Robinson has been qualified for 29 years and started her practice, Holisticare in Hatfield Broad Oak, 16 years ago.

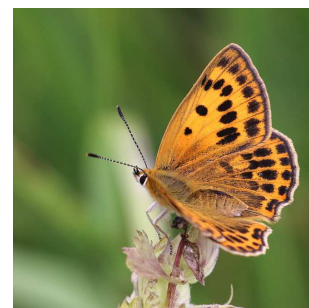
She will be explaining how your body reacts to stress and how this can cause physical problems, especially poor posture and back pain. Her interactive talk will include demonstrations and there will be plenty of time to answer your questions.

Wed 29 March ... "**Butterflies of Britain & Europe** " by Roger Gibbons

Butterflies of Britain and Europe is an illustrated talk by Roger Gibbons focussing on the butterflies' beautiful colours and intricate designs, and their



bizarre and often surprising behaviour that we still don't fully understand. Roger spends the summer months in southern France studying the butterflies of Provence and the southern French Alps, working in conjunction with the local conservation bodies.



- ❖ 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 Monthly Meeting

"Jazz, Jazz, Jazz" – Wednesday 25th January

At the monthly meeting on 25th January, a dull day was brightened by John Petters.

Mr Petters gave us a highly informative and entertaining talk on the origins and development of traditional Jazz music. Our presentation began with examples from its inception in New Orleans to the swing style of the 1940s. The first Jazz music had its origins in spirituals and the songs brought to America by African slaves. This music was fully improvised and not written down. It found a home with Louisiana slaves in the south as their singing was not permitted in the northern, protestant states.

As New Orleans was a port town, it continued to absorb influences from overseas particularly from French and Spanish culture. Gospel music was formed from this early, improvised form as was Ragtime, Blues, Stomp, Stride, Boogie Woogie and Swing. In fact, according to John, nearly all forms of today's popular music grew from this early Jazz. As time went on and music began to be scored, a more formal structure to performance developed with smaller groups consisting of drums, clarinet, piano, vibes and cornet. As larger bands appeared in the 1930's all music then needed to be scored.

The first jazz records were made in 1917 by the Original Dixieland Jass Band, a white quintet from New Orleans. They were so successful, and Jazz became so popular, that other white groups followed suit. The first Jazz recordings by a black band, Kid Ory's Sunshine Band didn't appear until 1923. John went on to illustrate the development of Jazz from these early beginnings with many examples played for members. A roll-call of well known (and some not so well known) charismatic players made their appearance during the afternoon culminating in the swing Big Band style like Duke Ellington's in the 1940's.

Mr Petters was a very enthusiastic and knowledgeable speaker and I'm sure he changed the minds of some members who perhaps thought jazz was not for them! For more information visit John's website traditional-jazz.com

Julie Coates

Past Outing

Matthew Bourne's "Sleeping Beauty" – Thursday 19th January

A group of members travelled to Milton Keynes to see a very modern interpretation of the familiar tale of 'Sleeping Beauty'.

It was a ballet production by renowned choreographer Sir Matthew Bourne OBE. For those not familiar with Matthew Bourne productions, I would suggest to forget about ballet tutus and pink ballet shoes but rather vampires, fairies and curses. Indeed, a very adult and ultra-modern take on a Gothic romance.

Edwardian King Benedict and Queen Eleanor are blessed with the birth of Princess Aurora who is so cute and amusing being a puppet skilfully manipulated. As Aurora grows she is pursued by menacing Caradoc but shortly before pricking her finger on a spinning wheel she meets and falls in love with Leo. The quarrelling scenes between Leo and Caradoc are dramatic. It became somewhat difficult to differentiate between the two since their costumes were both red and black in colour!

However, moving forward 100 years, the palace gates were scaled by modern day back-packers one of whom was destined to awaken Princess Aurora with a kiss. A happy ending complete with a newborn child when the baby puppet stole our hearts once more.

To sum it up this production was certainly different, a little strange, humorous, sumptuous, a little dark and not to be forgotten.

It is 10 years since this version opened at Sadler's Wells and it will continue to visit venues across the UK until 29th April this year.

Liz Pickford



If you missed the Du3a trip and would like to see it, visit <https://new-adventures.net/sleeping-beauty#overview> for details of venues and dates for the remainder of the tour

Du3a Outings

The outings team would like to thank all those members who took the time to fill out the questionnaire sent out before Christmas. I hope to run outings to several of the venues you, the members, suggested.

Several of our groups have also been in touch to suggest outings which might appeal to the wider membership. The British Museum outing was one. The gardening and stitching groups suggested Hemingford Grey Manor.

The **British Museum / Day in London** outing is now fully booked but if you are interested, please ask to go on the waiting list.

Will be on sale later, but please Save the Date/s ...

- **Hemingford Grey Manor** – Tour of House, Garden and Pub Lunch – Thursday 6th July
- **Day at Southwold** during the first week in August

Pat Jones Outings Coordinator

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870 Mob: 07909-688401

Membership Matters

Thank you to those of you who have renewed your membership for our next membership year which starts on 1st April. Welcome to the ten new members who have joined us during January and February.

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 month or so. I will be at the monthly meeting on 22nd February if you would like to renew your membership there and save on postage and envelopes!

The annual subscription remains at £13 per person.

If you are not able to attend the monthly meeting then 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 <https://u3asites.org.uk/dunmow/welcome>) 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 don't enclose a SAE I'll send you a card via email for you to print.

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

Finally, following an article in the February Newsletter, some of you have opted out of receiving a paper copy of the Third Age Matters magazine. You can read the magazine on line at <https://www.u3a.org.uk/news/publications>

If you would be happy NOT to receive a paper copy, just let me know and I'll remove your name from the mailing list. The cost of this magazine has risen again this year due to the ever-increasing cost of postage and paper.

I look forward to you renewing your membership.

Terry Parker, Membership Secretary

Thank you for the Pillows

Back in December, an appeal was put out to all Du3a members asking for old pillows. The plan was to make them into cushions for those recovering from breast surgery.

Thank You!

The response was overwhelming and filled a car! The lady who makes the cushions was very grateful and would like to say a big THANK YOU to everyone who donated, and so quickly. She now has more than enough to work with for the foreseeable future.

Christmas Party Collection for the Foodbank

Further to the piece in the last newsletter about the generous donations received for the Foodbank at the end of the Du3a Christmas Party, we've now been sent this photo of what £360 of provisions looks like.

Thank You!

Thank you for everyone who attended the Party and donated.



Are You Missing Out on Pension Credit Cash?

U3a is encouraging members to find out about the Pension Credit they might be missing out on.

On average, a successful claim could provide an extra £3,500 pa and act as a 'gateway benefit' to unlock additional help. This includes help with heating bills, rent and council tax, free NHS dental care and a free TV licence for the over-75s.

To find out more, log on to <https://www.gov.uk/pension-credit>

(This piece has been taken from the most recent u3a Third Age Matters magazine, February 2023)

Upcoming u3a Online Learning Events for March



Climate Change - A Narrow Path Away From The Brink

Are we really at the brink of climate disaster? Why and how did we get here?

What needs to change? How might change finally begin?

Wed 1 Mar at 10am

Free - Online via zoom



An Introduction to Pilates

Ginny Greenwood of Brighton and Hove u3a will teach you the principles of Pilates and a selection of standard exercises

Thur 2 Mar at 10am

Free - online via zoom



Brain, Pain and Anaesthetics

Bob Pullen of Prudhoe u3a introduces our brain, the sensations of touch and pain, and how anaesthetics work.

Mon 6 Mar at 2pm

Free - online via zoom



For the Love of a Woman

Join Catherine Stevenson, Newcastle u3a, for this talk looking at a dynamic and powerful painting by William Holman Hunt.

Thur 9 Mar at 10am

Free - online via zoom



The Joe Lyons Story - Food for Thought

Join Neville Lyons to look at the Lyons Teashops, the Corner House Restaurants and the Nippy waitresses - all part of social history.

Thur 23 Mar at 2pm

Free - online via zoom



Cryptic Crosswords for Beginners: 6 Session Course

Join Henry Howarth, u3a Subject Adviser for Cryptic Crosswords, for a 6-session course on cryptic crosswords

Thursdays from 16 Mar-20 Apr at 10am

Free - Online via Zoom



Life on the Edge: The Dawn of Quantum Biology

Join Jim Al-Khalili CBE FRS, Professor of Physics at the University of Surrey, and one of Britain's best-known science communicators.

Friday 17 March 12pm to 1pm

Free - Online via Zoom



The Future of Ageing

Join us and David Sinclair, Chief Executive of the International Longevity Centre. This is part of the Future Lives series of talks.

Fri 24 Mar at 2pm

Free - online via zoom

More talks are added weekly. For more details, visit ...

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

u3a Online Learning Events

Another range of important topics came up this month in this free-to-view series of online talks by national u3a members. I joined two more events on the Sustainability theme.

Climate Change and Biodiversity emphasised that species diversity underpins healthy soils, clean water and human health, providing the resources and 'ecosystem services' to maintain life on Earth. We are currently losing species at 1,000 to 10,000 times the natural background rate, so what can we do about this? The UN International Framework on Biodiversity, Montreal in December is a step forward, engaging 196 countries but there is much more to do. We could be doing better here at home. The England Tree Planting Strategy targets 30,000 ha/year new plantings by 2025 but we are meeting only a third of this. Adaptive evolution plays a helpful part – I liked the example of ladybirds becoming more red and less black as the climate warms – red absorbing less heat.

Helen Howard who has spent years researching *Fashion and Sustainability* reminded us of the waste in (fast) fashion disposal and the need for a more 'circular economy' through reuse, repair, recycling etc. Clothing manufacturing is notoriously wasteful and polluting with brand greenwash rife. It is also opaque – none of sixteen household brands knew their clothes were manufactured at the Rama Plaza complex in Bangladesh which collapsed disastrously in 2013.

We consumers do have power. Do those at our age really need to buy any more clothes in our lifetimes? Second hand has become 'pre-loved' and modish, ways to pass on or re-sell clothes are burgeoning and the volume will accelerate with apps that make online resale a matter of a few taps.

I'm sure u3as will be key to developing awareness in our age group and empowering us to do more to adapt to sustainable living.

David Cole, Group leader, Science & Society

For the latest up-to-date list of free online talks and discussions, visit <https://www.u3a.org.uk/events/educational-events>

*You are warmly invited to
Coffee and Lunch at
the Rowena Davey Centre*



*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,*
- phoning 01371 872874,*
- or just turn up on the day.*

£7 for a 2 course lunch

You will be most welcome!

News from the Interest Groups

We all have boxes and albums of family photos, whether they are of us, our children or our ancestors. And now, more and more of the photos are digital. How can we keep them safe and protected? How can we label them so in years to come we know who is in the photo? And how can we store them so we can find them when we want to look at them again?



These were some of the questions discussed at the **Family History Group's** January meeting. We shared our experience of using archival storage and how we store and organise them by surname and family groups. We moved on to methods of scanning precious photos, so that the originals aren't handled more than is necessary. And finished by considering using metadata, contained in the digital file, to record who was in the photo and 'tagging' so all the photos of the same person could be found in one search.

Next month we will be looking at various family history software packages and exploring the pros and cons of each one.

Why
did I join?

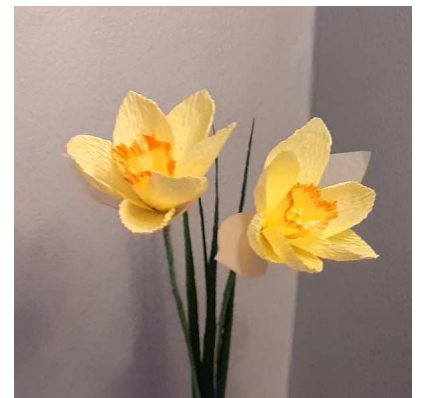
I joined because I saw an advertisement for the Family History group in Dunmow library.

This month, the **General Craft Group** made paper daffodils.



Each time, we learn how to make something different and next month we are making brooches.

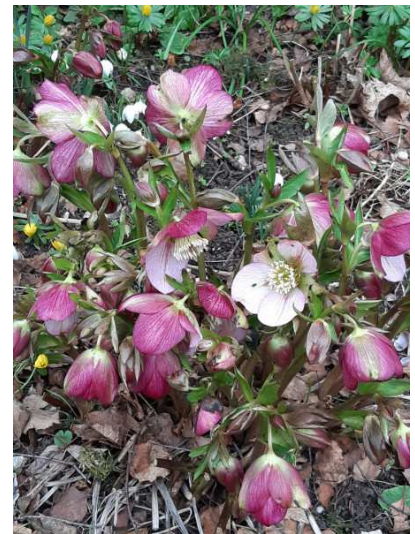
We have spaces in the group if you would like to join our friendly group. Just contact Lucy via the website.



The **Garden Group's** February visit was a trip to Dragons at Boyton Cross near Chelmsford, less than half an hour from Dunmow.

The reason for our visit was to view the wonderful collection of *galanthus* or snowdrops to you and me! The borders of this $\frac{3}{4}$ acre garden are covered with snowdrops, yellow winter aconites and a smattering of hellebores. Also in flower were the winter flowering witch hazels as well as the daphnia and viburnum. Although it is one of the smaller gardens we visit, it is lovely and well worth the trip.

Anne Howatson, Garden Group



On Wednesday 1st February, **Luncheon Group 2** gathered at the Prince Louis, a pub in Great Notley. It's not easy to find, but well worth the effort. The Prince Louis is modern and spacious with high ceilings, and imaginatively and stylishly decorated with vintage Singer sewing machines and old leather suitcases on display.

The food didn't disappoint either, the service was charming and there were no tears at the till. You really should fire up the satnav and go. Also, come with us to whichever local watering hole we visit next month.

Philip Garrison, Luncheon Group 2

Why
did I join?

I joined the u3a as they offered a diverse number of activities, also to meet new people and make new friends.

Alas, we have had to wave off Linda Powell, who founded the **Geology Group** and has led and inspired us with such enthusiasm – think back to her fact-filled ‘Rock Chick’ presentation at our u3a 40th anniversary event on geological time. Linda is leaving the area but hopes to connect with us on some of the exciting events planned over the next few months which we want to follow through on and which are publicised on our webpage <https://u3asites.org.uk/dunmow/page/110318>.

For the time being, we will stay together as a band of self-motivated enthusiasts, sharing responsibilities in true u3a self-help style.

We hope in due course someone knowledgeable will emerge to lead us and help the Group develop further.

David Cole, Interim Group Coordinator



*Church walls study –
clues to the geology of Essex*

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 March meetings are at 2pm on 14th and 28th March.



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 11 for more details)

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

Our **Thursday Art Group** members are enjoying their Winter / Spring sessions as they experiment with a wide range of techniques and topics.

We have tried charcoal portraiture with some good results. A number have been painting birds in both acrylics and watercolours, some really good watercolour landscapes, seascapes and animals in acrylics as well as some palette knife, gouache and pastels experimentation.

We are looking forward to some tuition from local artist David Pasfield in watercolours

and hopefully acrylics. Some in the Group are also planning to submit exhibits for the Countess of Warwick Show, in August.

Jan Clinton, Thursday Art Group



A compact party of members of the **Du3a Science and Society Group**

visited the sustainable building exhibition at the Royal Institute of British Architects (RIBA) in London.

We spend most of our time in buildings which create the environment in which we live. Buildings and construction generate a staggering 40% of global climate-changing emissions and consume 50% of raw materials while over 50,000 buildings are demolished every year in the UK. Architects can address this by designing buildings with re-use of components and materials in mind and doing more to 'repurpose' buildings rather than demolishing them. This can reduce demolition waste which accounts for 63% of all UK waste.



Model of repurposed
Battersea Power Station

In doing so, building will increasingly abandon the concept of end-of-life and adopt 'circular economy' principles to minimise waste, in a way we have become familiar with recycling domestic waste. The exhibition displayed many skilful examples of buildings redesigned and refitted for new purposes and highlighted the use of new low carbon materials.



Standardised building components
can be recovered and re-used

We had a good humoured encounter with a u3a group from Putney who were booked on a tour of the RIBA HQ building, one of the outstanding and most decoratively rich buildings of the 1930s and which we might consider at a later date.

David Cole, Science & Society Group leader

Why
did I join?

I joined because I find people fascinating – they have so much to share and it's good to be a part of things.

The current Group Leader of the **Gentle Exercise Group** is retiring at the end of April. Please consider if you can take over this very important role. One person (or two people sharing the responsibility) would be welcome, either male or female. The Group consists of both men and women.

The Group meet at the Dourdan Pavilion in the Causeway on Thursday afternoons between 2 and 3 pm, during school term times. Membership is currently 17 members – senior citizens and some with disabilities.

The role consists of helping the professional tutor with administration for Dunmow u3a, taking fees monthly and delivering them to the Treasurer, maintaining the secure equipment cupboard, preparing equipment for use, and returning it to the cupboard afterwards.

If you would like to help, and for further information, please contact Anita Davey on 01371 873321 or mobile 07482 747741. You can email at anitadavey35@gmail.com

Our morning walk at the end of January for 18 ended in lovely sunshine. This was taken before we climbed the hill up to the windmill and church in Thaxted.

Monday Walking group



It's Easy to Sign Up for the National u3a Newsletter

The u3a national newsletter connects the online u3a community. It is packed full of u3a stories and information, including from local u3a groups, learning news and exclusive discounts for u3a members.

To sign up to receive monthly u3a updates in your email inbox, visit <https://www.u3a.org.uk/news>

For the first meeting of the year for the **Wine Appreciation Group 2** (WAG2), we met at John & Sheila's for an evening of sampling wines linked to celebrities or traditions – "**Why did we taste that wine?**". It involved a musical quiz whereby a short piece of music would be played and once that was known it should then help to lead to the person or tradition that it was linked to. Some found this easier than others!

We began with a track from 'Born to Run' ('Valentine Day') by Bruce Springsteen and the wine we sampled was **Orvieto Denominazione di origine Controllata Classico** a full flavoured white wine costing £5 from Sainsbury and this was one of the favourite wines of the night. This wine is from Terni, Italy the area in which Saint Valentine was born and beheaded.

Next we listened to 'Iconic' a song by Canadian singer Alanis Morissette and the words in this song include 'It's a black fly in your Chardonnay'. We tasted **Le Champ Des Etoiles Chardonnay 2021** from Laithwaites costing £10.49 which was not so well liked. Chardonnay is also linked to Bridget Jones as her favourite tippie and in her Diaries she writes about drinking copious amounts. However it is said that the sales of Chardonnay dropped dramatically afterwards, who wants to drink wine that makes you miserable!

Thirdly we listened to Mozart 'Don Giovanni' (the 'Champagne aria'). The name comes from an old tradition that required the singer to swig a glass of champagne before launching into the tongue twisting lyric and then hurl the glass away. For this one we sampled **Etienne Brut Champagne** from Sainsbury at £17 a bottle. This was also well liked and good value.

We continued with **Whispering Angel Cotes de Provence Rose** from the Esclans valley in France, a mixture of grapes including Grenache, Syrah, Carignan and costing £20. Currently a very trendy wine as it is Adele's favourite tippie! The music link was Adele 'I Drink Wine'.

Our 5th wine was related to legendary actor Michael Douglas and the music was from 'Fatal Attraction'. When at the Global Awards and asked about his favourite wine he said he liked Spanish wines, Tempranillo being his favourite. We tasted **Running with Bulls Tempranillo** although this was from South Australia not Spain. This was from Tesco and cost £8.

Our last wine of the evening was **Dark Horse a California Cabernet Sauvignon** bold complex smooth with notes of plum a hint of oak and a smooth finish, from Sainsbury at £8.50. Ideally we should have been trying Chimney Rock as this was the wine linked to the music from 'Sex in the City'. Carrie, played by Sarah Jessica Parker, frequently has a glass in her hand. However at £86 a bottle outside our budget.

Our next meeting is on 7th March hosted by Peter and Glenda, the theme yet to be revealed.

John Stanley, WAG2

In an effort to paint what we see around us and the combination of cold weather, the **Friday Art Group** decided to paint their own front doors, as we have all kept inside due to the recent low temperatures.



This was more challenging than one might have thought.

The "door furniture", although extremely familiar, proved more complicated than expected. The brickwork, the glazing, the step and tiles certainly improved our observation of the ordinary.

Looking forward, painting the signs of spring is our task for the coming month.

Felicity Cripps, Friday Art Group



Also from the **Friday Art Group**, Polar bear and cub love in Frosted Watercolour, Gouache and Acrylic.



And Caribbean Beach in Gouache and Watercolour paint.



Marina Chrysostomou, Friday Art Group

Why
did I join?

I joined the u3a because my husband did and he's into everything!



The **Flower Arranging Group** has had a busy start to the year. At our first session in 2023 we created arrangements using unusual containers, including a bed pan, a boot and a brass pestle and mortar – all surprisingly attractive!



Then at the following meeting the challenge was to create an interesting arrangement from a cheap supermarket bunch of flowers. With some creativity and appropriate foliage the results were very pleasing.



Finally at our latest meeting we were asked to design an arrangement appropriate for Valentine's Day or to celebrate Shrove Tuesday, resulting in some very different but beautiful arrangements.



If you fancy having a go at flower arranging then get in touch via the [Dunmow u3a](https://www.dunmowu3a.co.uk) website. We currently have a small waiting list but I try and fit people in as soon as possible.

Christine Bishop, Flower Arranging group

Interest Groups Calendar

This is an alternative way to look at all the groups that Dunmow u3a has to offer. For more details of where and when they meet, plus the name of the group leader/coordinator, please see the list on the next page.

As always, 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

Day	Morning	Afternoon	Evening
Mon	Canasta – W Walking – W	Family History – 4W Mah Jong – F Zumba Gold – W	
Tues	Golf – W Line Dancing – W	Luncheon Club 4 – M Quilting/Stitching – F Whist – F	Science & Society – M Wine Appreciation 1 – M Wine Appreciation 2 – M
Wed	Cycling – F Golf 2 Italian Conv. – W	French (Adv) – M General Crafts – M Grow Your Own – M Luncheon Club 2 – M Luncheon Club 3 – M Nature Walks – M	
Thur	Art (Thursday) – W Book Club – M Geology – M Scrabble – W Walking – W	Bookworms – M Bridge – W Garden – F Gentle Exercise – W	
Fri	Art (Friday) – W Flower Arranging – 3W	Italian Conv. 2 – W Luncheon Club – W Table Tennis – W	W = weekly F = Fortnightly M = monthly

Why
did I join?

*I joined the u3a as I was getting to that age!
I wanted to meet with people whilst my husband
was busy out and about playing golf.*

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	Interim Coordinator: David Cole
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
Outings			Pat Jones
Quilting & Stitching	Tuesday pm – Fortnightly	Rowena Davey Day Centre, Dunmow	Maureen Best
Science & Society	Monthly – 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 – Monthly 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 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 ...

- Wed 22 February ...Monthly Meeting ... **"Posture can be a sign of Stress"** by Nikki Robinson , a physiotherapist 3
- Thurs 2 MarchOuting to **The British Museum** or just spend the day in London's West End ... **FULLY BOOKED** 6
- Wed 22 MarchDeadline for **April** newsletter
- Wed 29 MarchMonthly Meeting ... **"Butterflies of the UK"** by Roger Gibbons 3
- Wed 26 AprilMonthly Meeting ... **"Where do Novelists get their ideas from"** by Bobbie Darbyshire
- Thu 6 JulyTrip to **Hemingford Grey Manor** – details to follow
- Teas and coffees are free at the 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 by Wed 22 March