



April 2023 Newsletter & Diary Dunmow

u3a
learn, laugh, live

Message from the Chair

What a long winter we seem to have had this year and, as I look outside at the drab grey sky, it will probably be raining soon. But we are past the Ides of March – today the 20th is the Spring Equinox which is the first day of astronomical Spring! If you look carefully in the hedgerows, the new leaf shoots are forming, the daffodils are in flower and the birds have remembered how to sing! New life is waking up. So this is the time to be thinking about getting outside again so why not join one of the groups meeting outside; walking, cycling, nature walks, golf or garden visits. They are ready for you!

Our speaker this month is Roger Gibbons who has an illustrated talk about “Butterflies of Britain and Europe” which we hope you will enjoy.

This month we need to renew our membership so, if you haven't done it already, do come along on 29th March with £13 and see Terry Parker to renew for another year – thank you.

Our refreshments have been prepared and served for the last 6 years by Mary Jensen and Jan Barlow. This month will be the last time they will be doing so and we want to thank them for this wonderful job of service, so we have a little gift of each of them.

**Thank
You!**

Last year, we held a Welcome Meeting for all new members of Dunmow u3a and we plan to do this again this year. If you have joined us for the first time this year, please be on the lookout for an email inviting you to come along and meet some of the committee as well as each other over a cuppa and a piece of cake.

Lastly, I have appealed before for a volunteer to take on the role of Speaker Organiser; a job that can be done from the comfort of your home. This is not an onerous job as there are lists of speakers to choose from so this about choosing and contacting potential speakers. Please come and speak to me about this or send me an email if that is easier.

Thank you and I look forward to seeing many of you on 29th March

Mike Best, Dunmow u3a Chair

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From the Editor

Welcome to the April Du3a Newsletter and Diary.

The mantra of u3a is **Learn Laugh Live** and I just wondered what that means to you ... yes, you!

So I'm asking everyone to send me a **positive example of something you have learnt as a direct result of being a member of Du3a.**



It could be something you learnt from an interest group, something you learnt about yourself or something you learnt from the kindness of others.

As long as it is positive, directly related to your membership of Du3a and ideally only a couple of lines, I'd love to hear about it.

Like before, I will gather everyone's replies together and scatter them through future newsletters (all anonymously) to reiterate the positives of belonging to Dunmow u3a.

The next deadline is 19th April and I look forward to being inundated with responses.

Let's Learn, Laugh & Live!

Heather Quiney, Newsletter Editor

Forthcoming monthly meetings

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

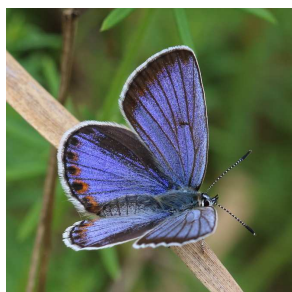
** Please do not arrive before 1.30pm – we may not be ready for you! **

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.

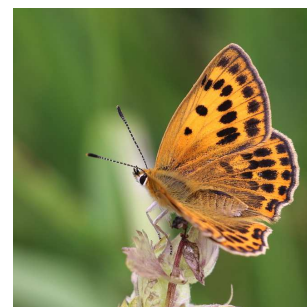


Wed 29 March ... "**Butterflies of Britain & Europe**" by Roger Gibbons

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.

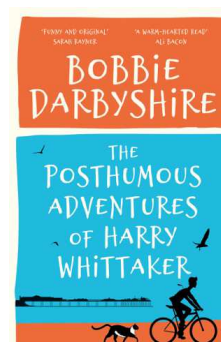


Wed 26 April ... "**A beginning, a muddle & an end: where do novelists get their ideas from?**" by Bobbie Darbyshire



In an entertaining, informative talk, Bobbie Darbyshire will explain how the complex world of character, location, plot and subplot arrives in a writer's mind. Author of four novels so far, and with a fifth due to be published in October, she has also worked as

barmaid, mushroom picker, film extra, maths coach, cabinet minister's private secretary, care assistant and volunteer adult-literacy teacher, as well as in social research and government policy.



- ❖ 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

"Posture and Stress" – Wednesday 22nd February

Nikki Robinson gave a very enthusiastic and enlightening talk on Myofascial Release. Her colleague, Sally Spain, is also a Myofascial Release Therapist and came with Nikki for the talk.

Nikki founded Holisticare in Hatfield Broad Oak in 2006, having been qualified for 30 years. At 13, she had decided her career choice would be a physiotherapist. For a while she worked for the NHS. Later, she trained in the UK and USA, continually updating her skills. When she discovered and studied Myofascial Release, it changed her life.



HOLISTICARE

Myofascial Release Therapy is a massage technique that focuses on relieving pain in the myofascial tissues. These are the thick connective tissues that support the muscles.

Nikki loves using this therapy because it works with every cell in the body. The treatment is centred around the pelvis and the psoas muscle, the latter connects the spine to the legs. If the pelvis is out of alignment, the whole body can be affected. Apparently 99% of the population has a 'wonky pelvis'. Nikki explained and demonstrated how we could self-treat some of our aches and pains by warming the area of pain with our hands, gently placing them over certain problem areas on the skin thus releasing the tissues etc.

Nikki invited volunteers to a short massage session carried out by Sally; the sessions had to be brief because time was short. Valerie was the first to be treated and afterwards said the ankle pain she'd experienced just beforehand had gone.

There was a question and answer session which covered areas such as how the therapy could help ailments such as arthritis, some types of scoliosis, IBS, anxiety, nerve pain.

Lastly, members of the audience were invited to see Nikki and Sally to find out if they had a 'wonky pelvis'. Judging by the queue, many members wanted to know the answer!

Jan Clinton

Vacancy – Speaker Organiser

Every month, Du3a holds a general meeting at Foakes Hall and each time we book a speaker to entertain us. These speakers have been booked about 12–18 months in advance by our current Speaker Organiser but John wants to step down and we need someone to take over this role.

- ✓ There is support to help you get started.
- ✓ It can be done as and when it fits in with your other commitments.
- ✓ There is no obligation to attend committee meetings (unless you want to).
- ✓ There are lists of suggested speakers from which to choose 9 per year (Jan–Jul plus Oct & Nov).
- ✓ And you get to choose subjects which interest you!

VOLUNTEER



If this appeals to you, please contact Mike Best (Chair) for more details, either at the General Meeting on 29th March or by email.

Why
did I join?

To keep me actively learning and meeting folk and, as a group organiser, helping to make life fuller and happier for others.

Vacancy – Outings Team Member

The Du3a Outings Team are fantastic at planning and offering great trips to theatres, museums and other destinations.

But they would like some more help, so they are looking for a couple more members to join the team and share the work of organising and sometimes leading trips throughout the year. And you could influence future trips!

If you are interested in learning more about this role, please contact them on 01279

870870 or emailing

dunmowu3aoutings@btinternet.com

VOLUNTEER



Past Outing

The British Museum or A Day in London – Thursday 2nd March

The recent trip to the British Museum organised by the Outings Team, Pat and Derek Jones, was appreciated by all who took advantage of the opportunity – a near door-to-door service on a comfortable coach and no trains or public buses.

It was a first visit for me – I have a reputation for being a reluctant museum visitor with too many memories of dusty glass cabinets filled with dusty objects and yellowing labels.

The British Museum is full of light, large cabinets and clearly labelled and explained groups of objects. We began by looking at the relics from Ancient Iran in the Rahim Irvani Gallery.



*Jewellery and stone bull from
Mesopotamia 3000 to 2000 BC*

Some of the jewellery looked so colourful and modern in style, but was actually made and worn before the birth of Christ.

We also enjoyed looking at the Chinese jade in the Selwyn and Ellie Alleyne Gallery.

After lunch in the sunny Great Court, we visited the exhibition of some of the findings following the excavations at Sutton Hoo – the highlights being the helmet, sword and sword belt. It was wonderful to see the actual objects, having only ever seen them in pictures. It is a very special collection.

Marilyn Hammond

Forthcoming Outing

de Havilland Museum, London Colney – Wednesday 19th April

Visit to the De Havilland Aircraft Museum

Wednesday 19th April 2023



Code DHM

Costs: You have Options which are:

(1) Entry and a DIY visit, £36

(2) Entry and a Group Tour package, £44.

Tour Details: (minimum 10 persons) lasts for two hours, includes Entry, complimentary tea or coffee with biscuits on arrival, and the services of an experienced Tour Leader.

"We have two huge hangars (the Walter Goldsmith Hangar and the Geoffrey de Havilland Hangar) with most of our collection undercover, protecting you and our artefacts from the weather. There is a third hangar (the Amy Johnson Hangar) where you can view our volunteer restoration teams at work. There is an outdoor grass aircraft park with eight other aircraft, some of which we try to make available to visitors when the ground is dry and firm. There is also a mini cinema, a Link Trainer which we make available (for a small fee) to budding pilots to have a go at "flying" in a simulator from a bygone age".

Timings: Leave Don's at 09:15 AM, Flitch House Café at 09:20 AM, Takeley Four Ashes at 09:40 AM. Leaving the museum at 3:30 PM. Est. arrival back at Don's approximately 17:00 PM

Food and Drink: There is a café serving sandwiches, drinks, crisps and cake or take your own picnic and use the outdoor picnic tables

Contact Outings Team: dunmowu3aoutings@btinternet.com

or 01279 870870 Mob: 07909-688401

For more information visit www.dehavillandmuseum.co.uk

Forthcoming Outing

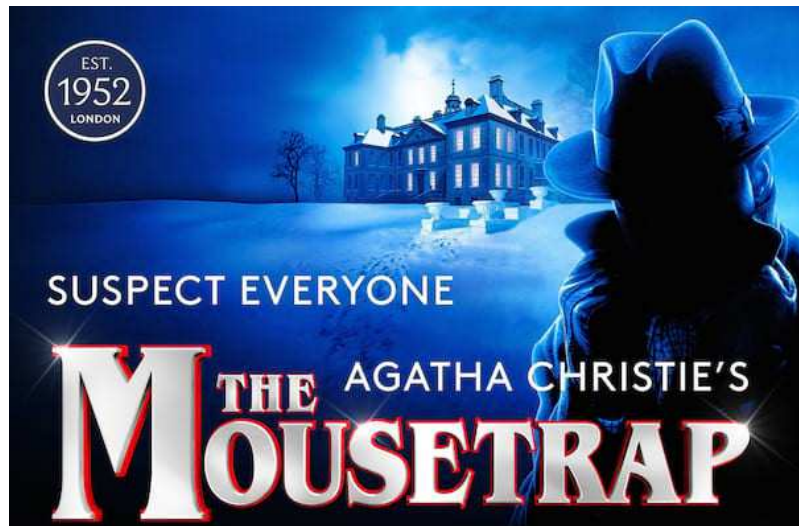
"The Mousetrap" at Milton Keynes – Tuesday 23rd May

The Mousetrap

Tuesday 23rd May 2023

Code MT

at Milton Keynes Theatre



**Please note this is an evening performance with
an afternoon pickup and late return**

In 1952, Agatha Christie's sprawling and intricate new whodunnit, "The Mousetrap" (based on her radio play, Three Blind Mice), opened in the West End on a very strict condition; no audience or press member was to ever give away the plot of the show.

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

Timings: Leave Don's at 3.00pm, Fitch House Café 3.05pm,
Takeley Four Ashes at 3.25pm.
Est. arrival back at Don's 12.30am
Please be in your seat for a 7.30pm curtain up.

Cost: £47 per person

Contact Outings Team: dunmowu3aoutings@btinternet.com or
01279 870870

For more information visit www.miltonkeynestheatre.net

Temporary Vacancy – Website Help

You may have noticed that there were problems with the Du3a website towards the end of last year, for reasons beyond our control. It has now been restored but many of the links have been broken and now it needs an overhaul.

We are looking for someone to work with Peter Watson to get it back on its feet again.

If you are computer literate (previous website experience a would be great but not essential) and could spare a few hours in April to help, please get in touch with Peter, either at the General Meeting on 29th March or by email.



Why *did I join?*

The reason I joined the U3A? I retired from work 2 years ago and moved back to my home town Dunmow for my retirement years. I am a sociable person so thought it was good way to make new friends. The best thing I did – have made couple of new friends through joining which makes me a happier person.

Membership Matters

Thank you to the 265 members who have renewed their membership for our next membership year which starts on 1st April. A warm welcome to the 23 new members who have joined us since January.

For existing members, I hope that you will renew your membership and you can do this at the monthly meeting on 29th March but please be aware that we are expecting a queue so it is best to renew by our preferred method of paying your subscription via bank transfer. For those of you who are planning not to renew please let me know as soon as possible via an email to me at membership@dunmowu3a.org.uk. This will help us to save money as for each member we pay £5 per annum to the Third Age Trust which comprises a subscription and other costs.

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

Upcoming u3a Online Learning Events for April



A Day in the Life of Your Spinal Cord

This talk by Dr Bob Pullen of Prudhoe u3a explains how sensations, movements and more, pass through the spinal cord.

Mon 3 April at 2pm

Free - online via zoom



Future-Proofing our Homes for our Future

Join us to hear from Jeremy Porteus, FRSA, Chief Executive, Housing LIN

Tue 4 April 2pm

Free online via Zoom



Cotton and Linen: Environmental impact of Textile production

Helen Howard, u3a Canterbury, will focus on the environmental impact of two important textiles.

Fri 14 April at 2pm

Free - online via zoom

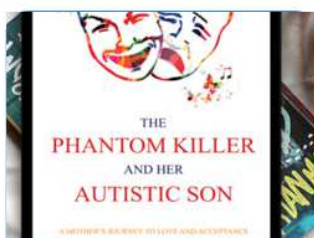


Exploring World Faiths: Fleeing for Faith

In April we commemorate the Jewish Passover, when Israelites fled their enslavement in Egypt. We explore this and other similar occasions.

Mon 17 Apr at 10am

Free - online via zoom

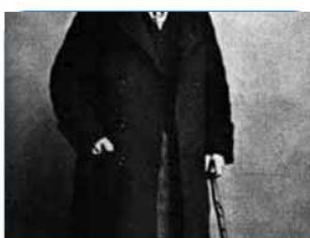


Let's Talk About Autism

An introduction to autism facts, and my experience with my 44 year old autistic son by Grace Venters of New Milton u3a

Tues 18 Apr at 2pm

Free - online via zoom



Toulouse Lautrec and the Cabarets of Paris

The world of 1890s Montmartre in Paris – a talk by Peter Webb.

Thu 20 April at 2pm

Free - online via zoom



War in Ukraine, 1919

Ron French of Beccles u3a explores the terror of the Russian Revolution in Ukraine through a personal story

Mon 24 Apr at 10am

Free - Online via zoom



Discussing Climate Change: Involving All Generations

How can the generations support each other in raising awareness and campaigning, and discussing crucial issues such as climate change?

Wed 26 Apr at 10am

Free – Online via zoom

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

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

u3a online events – Interpreting Victorian Art

Newcastle u3a's Catherine Stephenson delivered a *tour-de-force* on how to observe a painting focussing on William Holman Hunt's 'Isabella and the Pot of Basil' (1868). Drawing on Keats' eponymous poem and the Decameron story about a Florentine noblewoman who shamed her brothers by running off with a humble clerk Lorenzo, the painting depicts Isabella in grief at the honour killing of Lorenzo and her fantasy that they would be reunited.



Catherine explained how pre-Raphaelites dared to portray fallen 'real' women, sensuality and illicit love in a period where women were usually portrayed as demure, dutiful Madonna figures. The picture is loaded with symbols which decode to reveal a narrative on contemporary social and cultural tensions and themes of sacred and profane love and everlasting life, all encapsulated with a strong sense of the occult and Christian resurrection, both important to Victorians and which drew attention and 'sanitised' the work for acceptability.

Finally Catherine revealed how the painting was autobiographical: Hunt's wife died in childbirth and the picture superimposes his and Isabella's yearning for spiritual reunion and immortality. For us this painting combines universal themes with insights into the Victorian condition. She is a compelling presenter, do watch up if she pops up again with another subject to explore.

David Cole

If anyone else has been logging on to any of the u3a Online Talks, I'd love to hear about which one/s you chose and whether you found them interesting, useful, thought-provoking, etc. – Ed.

Why
did I join?

I joined u3a on the recommendation of friends around the country who were members/officers of their local branches.

Uttlesford Community Travel is here to help you get out and about and make the most of this lovely part of Essex.

We provide services to the residents of Uttlesford who find it difficult to access normal public transport, the over 60s, the disabled and those who are rurally isolated.

We can take you shopping, to the hairdressers, to visit friends, garden centres, just about anywhere, as well as all types of medical appointments. All Uttlesford Community Travel minibuses are wheelchair accessible and all our drivers are fully trained and checked through the Disclosure and Barring Service.

Minibus Services

Our door-to-door minibus service with helpful trained drivers, operating in wheelchair accessible minibuses. Annual membership for individuals is £10.

Hospital Car Service

This service is specifically for hospital and medically-related appointments. It is operated by volunteer drivers using their own cars.

Pre-Booked Service

You can book your date and time of travel in advance with our friendly staff, who will help you to plan your trip.

Phone: 01371 875787 / 01799 519008

E-mail: info@uttlesfordcommunitytravel.org

Address: Unit One, Flitch Industrial Estate, Chelmsford Road,
Dunmow CM6 1XJ

Website: <https://uttlesfordcommunitytravel.org>

We're always looking out for volunteers and hospital drivers so please get in touch if you would like to join our team and make a real difference in our community.

Fares:

Minibus Journeys:

£4 up to 2 miles,
then £1.20 per mile
for journeys up to 15
miles

Hospital Cars:

£5 minimum charge,
£0.45 per mile paid
to the driver for all
miles over 11.

Emergency Alerts is a new UK government service that will warn you if there's a danger to life nearby.

In an emergency, your mobile phone or tablet will receive an alert with advice about how to stay safe. The government does not need to know your phone number or location to send you an alert. You may get alerts about severe flooding, fires, extreme weather. Emergency alerts will only be sent by the emergency services, government

departments, agencies and public bodies that deal with emergencies

If you have a vision or hearing impairment, audio and vibration attention signals will let you know you have an emergency alert.

On Sunday 23 April 2023 all mobile phone users will be sent a message saying:

"This is a test of Emergency Alerts, a new UK government service that will warn you if there's a life-threatening emergency nearby.

In an actual emergency, follow the instructions in the alert to keep yourself and others safe. Visit www.gov.uk/alerts for more information. This is a test. You do not need to take any action."



Vacancy – Volunteer needed ...

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

News from the Interest Groups

The **Craft group** had fun making brooches from fabric, last time we met. Next time we will be doing cross stitch.

Please note that we are moving our meetings to the **third Monday in the month at 2pm** in the **Rowena Davey Centre** and welcome new members. Please contact Lucy (via the General Craft Group page on our website) if you would like to join this friendly group.

Lucy Myers, General Craft group



Why did I join?

I joined the u3a when I retired to meet new friends and to keep my brain active.

This month, the **Flower Arranging group** were using a "supermarket bunch of flowers".

Christine Bishop, Flower Arranging group



What's a **Geology group** doing in the British Museum? You may well ask!

On entering the Museum, we were greeted by a huge Moaia Easter Island Statue.



On close inspection, we found out that the stone of these statues is a coarse-grained quite bubbly texture ... a Volcanic Tuff ... though we couldn't lift it up to check it was lightweight! We realised there are many exhibits in the Museum which are made from rock not manufactured by Man but fashioned by Man!



We checked out the Elgin sculptures which are, of course, absolutely spectacular and made from white marble, as is the floor of the Grand Court, though that has a more mottled texture with iron streaks through it.

The wonderful Egyptian carved pharaohs, including the huge Ramesses II statue (with missing beard), are made from a variety of rocks including granite with large pink orthoclase crystals and granodiorite.



We were impressed by the 12 foot high Black Obelisk of Shalmaneser which is made from a fine-grained black limestone streaked with white. Some stela were fashioned from Gypsum and other carved panels from a sedimentary rock called greywacke.

The Rosetta Stone is now encased in glass, so it's difficult to see the texture, but is not carved out of basalt as popularly suggested but of a coarser granodiorite formed lower down in the Earth's crust.

A reconstructed Roman wall was built with conglomerate and the typical Red Roman slimline tiles.

There was much more to explore but it was time to retire to the cafe!

Clare Kanharn and Trish Conder, Geology group



Thank you to Debbie whose restaurant selection this month ensured that the **Wednesday lunch group** enjoyed another delicious meal with great company.

The venue this time was The Mulberry Tree at Galleys Corner (better known to most as the McDonald's roundabout near Freeport!). This is part of the Brewer's Fayre chain but the quality of the food far exceeded the usual chain-restaurant fare. Their excellent value lunch (two main courses for just £9.49) was a big hit, with members of the group savouring everything from fish pie and beef lasagne through to chicken burgers or vegetarian curry. Those gourmards amongst us also indulged in dessert (at just £2.49 each) – with generous portions of caramel apple betty and the profiteroles being popular choices. Free refills on soft drinks and on tea/coffee are also offered.

The atmosphere was conducive to good chat, with no music and well-spaced tables; although it probably gets busier at weekends as children can enjoy both indoor and outdoor play areas (so perhaps something to consider for grandchildren!).

In summary, if you want to good meal at an extremely reasonable price in a very relaxed and comfortable location, then the weekday Mulberry Tree menu is an excellent choice. It is always a pleasure to enjoy good food, but the highlight of every u3a lunch is always the friendly people and lively chat. Thank you again to Debbie for her efforts in "making it all happen".

Valerie Newell, Lunch group 2



Here is the Thursday afternoon **Bridge group** enjoying a relaxed time playing cards.

The spring-like weather has brought members out of their winter hibernation and we had 5 tables of 4. The following week we were bursting at the seams with 6 tables all having a lovely afternoon.

We still have capacity for more players if you fancy a relaxed fun afternoon playing bridge. We continue to learn new things as we play and are always amazed at the variety of interesting hands we are dealt. It can be quite a complex game at times, but we all enjoy trying to master it in a friendly atmosphere.

Bryony Rees, Bridge group



Why *did I join?*

Being new to the area, it seemed the perfect way to meet people, to carry on playing bridge and maybe start new activities

The **French group** welcomed a new member to its February meeting and is now at full capacity for the venue. The discussion topic this month was "My most recent travels". This gave members the opportunity to describe their adventures (both positive and negative!) and stimulated a lively discussion about the challenges of travelling as we get older.



At the next meeting, the group will be discussing plans for possible future activities (eg French film night, trip to a French restaurant etc).

If anyone is interested in joining a similar group but for **Spanish**, then please contact Valerie Newell.



Please note that this will not be a group to learn Spanish but for those good/very good conversational Spanish speakers who wish to practise and maintain their language skill.

This month the **Friday Art group** decided to “dip” into our art history bag to find an artist to study.

We randomly selected David Bellamy, an artist who is renown for painting in wild landscapes. Particularly we began observation of his amazing skies. Therefore, we began with a cloud study, an example of which can be seen below.

Members are now creating their own galleries of weather using his techniques – the wet into wet method of watercolour – and we have produced some interesting, atmospheric and useful results.

Meanwhile on an individual level, our artists are creating some inspiring work, see the horse study and child portrait in the style of Renoir in acrylic. Well done everyone.

Felicity Cripps, Friday Art group



Why
did I join?

I joined the u3a because a good friend of mine in the Peak District had joined when she retired from full time work and was always talking about the walking groups, trips out and the new friends she had made!

The theme of the **Wine Appreciation Group 2**'s meeting in March was '**Nostalgia – ain't what it used to be!**'. We had four rounds each of two wines: one from the 1970s; the other from 2023, but without being told which was which.

Mateus Rose (1970) Portugal. Youthful and fresh wine with a touch of sparkle and hints of red fruit.	vs	Sancerre (2023) France. Made from Pinot Noir grapes, a delicate rosé, served with salads or spicy food.
Cuvee Prestige (2023) France, Cotes de Rhone Village. A beautiful ruby colour and is the perfect accompaniment to roast meats, rustic dishes and mature cheese.	vs	Bulls Blood (1970) Hungary. Made from the native Furmint grape, the rare volcanic hills of the region give the wine a delicate mineral freshness.
Gruner Veltliner (2023) Austria. This wine has white peach and lively lemon fruit flavours backed up with subtle white pepper and spicy notes.	vs	Blue Nun Leibfraumilch (1970) Germany. Made from a blend of traditional German grape varieties to give a floral nose and soft citrus notes. Served chilled with spicy curries.
Black Tower (1970) Germany. Refreshing and fruity with flavours of zesty pineapple and lime. Goes well with noodles, veggie wraps and spicy chicken wings.	vs	Nero Oro. (2023) Sicily. It is very unusual to find a white wine made appassimento style. Honeyed and full of dried fruit notes, this has the fresh zing of grapefruit and is delicious with Moroccan spiced rice dishes.

We also had a quiz based around whether an item cost more in 1970 or pro rata in 2023 allowing for inflation (£1 in 1970 is worth £19.79 in today's money), eg a loaf of bread cost 5d in 1970 equivalent to 86p today but the actual cost today £1.15. A pocket calculator cost £15 in 1970 equivalent to £236 today, actual cost £10. And a cup final ticket cost £2 in 1970 equivalent to £39 today – actual cost today between £45 and £225.

Our conclusions: the majority of wines were liked 50:50 with the exception of Blue Nun which was a clear favourite with everyone!

Thanks to our hosts, Peter and Glenda.

John Stanley, Wine Appreciation Group 2

This month the **Thursday Art Group** have experimented more using palette knives with acrylics and have had some very diverse and great results. Some of the others in our group have been happy drawing with charcoal and discovering they like using it. Some are sticking to their favourite medium watercolours.

We are keenly awaiting our visiting artist for two sessions in April and May. Also we are drawing up plans for the Summer Term including a visit to a well-known artist's exhibition.

Jan Clinton, Thursday Art group



Keep in Touch

If you move house or change your phone number and/or email address, please let Terry Parker (Membership Secretary) know. He can update Beacon and all your groups will know in one go. Simply call the Du3a mobile phone **07385 879846** and leave a message or email Terry ... membership@dunmowu3a.org.uk



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 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 CHANGE of DETAILS	Wednesday pm - 3rd Mon of the month	Rowena Davey Centre	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
Line Dancing 2 NEW	Wednesday am – Weekly	Priors Green Hall	Jean Hull
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**.

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 29 March ...	Monthly Meeting ...	"Butterflies of Britian and Europe" by Roger Gibbons	pg 3
Wed 19 April	Trip to De Havilland Museum in London Colney		pg 7
Wed 19 April	Deadline for May newsletter		pg 2
Wed 26 April	Monthly Meeting ...	"Where do Novelists get their ideas from" by Bobbie Darbyshire	pg 3
Fri 12 May	Du3a Quiz Night – Details to follow		
Tues 23 May	Trip to The Mousetrap in Milton Keynes		pg 8
Tues 20 June	Trip to Leeds Castle in Kent – Details to follow		
Thu 6 July	Trip to Hemingford Grey Manor – Details to follow		
Wed 2 Aug	Trip to Southwold – Details to follow		