



June 2023 Newsletter & Diary Dunmow

u3a
learn, laugh, live

Forthcoming monthly meetings

Wed 31st May ... **"A Walk on the Wild Side – Wildlife in Brazil"**

by Mary and Graham Brace



Mary and Graham Brace are avid wildlife photographers and conservationists. Their illustrated talks cover many countries around the world, showing over 100 digital images (slides) of the wide range of wildlife.

Their emphasis is on the sheer joy of experiencing truly wild animals in their own habitat. All the photographs shown are taken by them and are compilations taken over their many years of travelling.

Wed 28th June ... Du3a AGM followed by **"Whitney Houston – Life, Love and Loss"** by Danielle Barnet



A tragic end awaited this global diva who hit the highs and lows in both her personal and professional career. Join me as we reminisce her life and her music.

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.



- ❖ 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.



In this issue ...

Monthly Meetings: Past and Future	1 & 4
Events: Past and Future	5
AGM	6
Outings: Past and Future	6-8
The Bigger Picture: National news and activities	9-11
News from the Groups	from 12
Groups List	22 & 23
Du3a Committee	24
Dates for Your Diaries	24

From the Editor

Welcome to the June Du3a Newsletter and Diary. A bit of a bumper one, despite the earlier deadline.

We are completing the u3a strapline of Learn, Laugh and Live by asking for examples of **how u3a has improved your life**.

I have included a few more examples, about learning and laughing, throughout this newsletter. I will be happy to receive more examples for any of the three aspects of u3a for future newsletters. I've heard that the Day Centre echoes with laughter during the Table Tennis sessions on Friday afternoons, as the ball takes on a life of its own!

I'd also love to hear from some of the groups who rarely send me an update – the newsletter is for you as well. Blow your trumpet and/or appeal for new members!

Still Learning, Laughing & Living!

Heather Quiney, Newsletter Editor

The word 'Learn' in a blue, blocky, sans-serif font, with the 'L' and 'n' being larger and more prominent.The word 'Laugh' in a blue, cursive, script font, with a yellow outline and a yellow shadow effect.The word 'Live' in a blue, blocky, sans-serif font, with a yellow outline and a yellow shadow effect.

Message from the Chair

May this year has not been the warmest or driest on record but it has been a merry month! After all, there will have been three Bank Holiday Weekends and the wonderful pageant of King Charles III's Coronation to lift the mood. We finish the month with our Foakes Hall meeting when Mary and Graham Brace will thrill us with their experiences and photographs of "A Walk on the Wild Side – Wildlife in Brazil".

In our last newsletter, we mentioned the two vacancies we have on our committee and we would like to fill these at the AGM in June. One of these is the Welfare role that has been vacant for sometime and is an area which will become more important as we all get older and become more reliant on help. I see this as someone leading a small team who can get to know our more needy members and to offer assistance where needed.

The other position is a training role. So we need a couple of people to come forward and be nominated for these positions.

Remember this is YOUR u3a, so do take that small risk and put yourself forward – you won't regret it, I promise you.

If you are interested in either of these roles, or just want some more information, please talk to me at the May monthly meeting, or contact me through the Du3a website (phone or email).

<https://u3asites.org.uk/dunmow/page/66948>

Lastly, please come to our meeting in June which will contain our AGM (lasting only 15–20 minutes).

As a charity it is a legal requirement that we hold this meeting to approve our accounts and we must have a minimum of 75 members present. Then, one of our favourite speakers, Danielle Barnet, will share the Story of Whitney Houston – you may remember her telling us about Freddie Mercury last summer. I look forward to seeing you at both this month's and next month's meetings.

Mike Best, Dunmow u3a Chair



The whole room laughed when no-one at the Quiz had recognised the logo for Stannah Stairlifts

Past Monthly Meeting

"A Beginning, a Muddle and an End" – Wednesday 26th April

At our April meeting, we were treated to a most enlightening and informative talk by the novelist Bobbie Darbyshire who has 28 years of writing experience. We were given an insight into the process that generates the novels we read. Her title for the talk "A beginning, a muddle and an end" comes from the poet Philip Larkin who, in the 1970s, called it a classic formula for a book. So, do authors draw on their own experience and be autobiographical or just make it all up? Usually, they end up doing a bit of both.

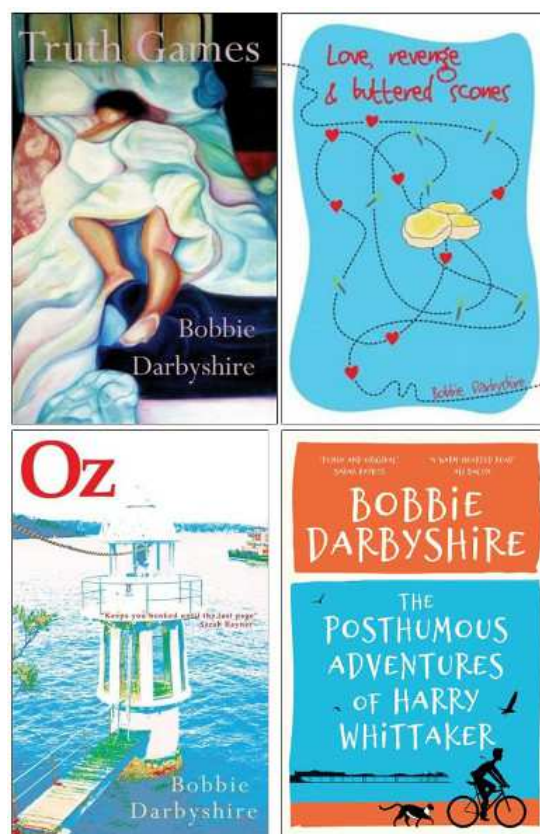
Where do the ideas come from and what sort of mind do you need to be successful? No special novelist brain exists but it is helpful to use journalistic techniques when writing – asking questions and getting answers is a good way to source these ideas. There also needs to be a spark to start the ideas flowing.

What about planning? Do you start writing at page 1 and go on until the end or plan out the structure and plot in detail before writing a word? Most authors do something in the middle. Too much planning can inhibit the flow and the novel will not become a "page turner".

New inspiration along the way can develop the character/plot and may change the ending. Researching can be done in advance or as you go along and the second approach can trigger a different path to the story.

Bobbie has had four novels published to date, "Truth Games", "Love Revenge and Buttered Scones", "Oz" and "The Posthumous Adventures of Harry Whittaker" with a fifth due to be published in October 2023. She then plans to write a sixth novel which will be her last.

Adrian Hoodless



Past Event

Du3a Quiz Night – Friday 12th May

Ten tables of eight enjoyed a challenging quiz night on Friday 12th May , which was arranged by Hilary, our events manager; Mike was the quizmaster, Heather the marker and Maureen and Anna the runners. The venue was the Rowena Davey Centre, still bedecked with flags from the Coronation celebrations.

The room was filled with voices and laughter as all were challenged by questions in 8 different categories, the first of which was about the Monarchy. There was an interesting picture round during the break about various logos. These made us think back to earlier times in our lives.

The winners were the Randomates ... very well done, and the winners of the booby prize were very pleased with their bags of humbugs.

Thank you all who helped to make the evening great and here's to the next time, which Mike says will hopefully be in a bigger venue, so that more people can attend. Watch this space.

Lyn Fitzgibbon



Past Event

Du3a New Members' Afternoon – Wednesday 17th May

Fifteen new members were welcomed for tea and cake at the Dourdan Pavilion on 17th May.

Nine of the committee members explained their roles and how the Dunmow u3a was run, chiefly by the members, for the members.

There was the opportunity to meet and socialise with members old and new and our new members expressed their appreciation.

We did have a massive challenge with providing the tea and coffee we had promised, as we arrived at the Pavilion only to find the boiler had been taken away for testing and we were left with one very slow kettle!! Many thanks to Maureen and Anna who coped valiantly with the challenge. Also to Maureen and Pat for delicious cakes and to the rest of the team for making everyone most welcome.



Hilary Jinno, Events Manager

Past Outing

"The Mousetrap" – Tuesday 23rd May

On Wed 23 May, a group of us set off to see Agatha Christie's famous *Mousetrap* play. Not many of us had seen it in all the 70 years it had run in London.

The coach dropped us off outside the Milton Keynes Theatre with time to go for a meal before the show.

Many of us, like myself, have been intrigued by the title but had no idea about the plot.

The play was set in the 1950s with costumes to match. It begins in a recently opened hotel, again decorated in period style. Each of the characters were introduced in Agatha Christie style: all wearing a black coat, light scarf and a soft black hat so they all become suspicious!

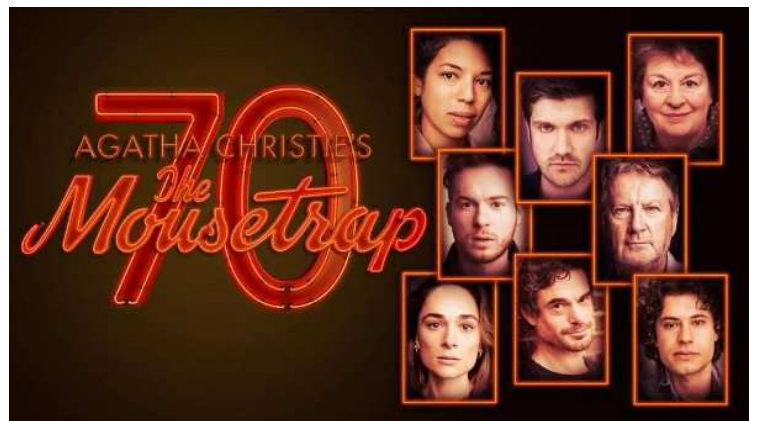
During the interval we were all casting our suspicions but all of us got it wrong!

Another enjoyable outing organised by Pat and the Outings Team.

Maureen Best

The tour continues around the country and will be in Chelmsford between 3rd and 8th July. Check out the website for availability

www.mousetrapontour.co.uk



Dunmow u3a AGM – Wednesday 28th June

Dunmow u3a will be holding its AGM on Wednesday 28th June at Foakes Hall in Dunmow. It will take place at our regular monthly meeting and will be followed by Danielle Barnett telling us "The Story of Whitney Houston".

Please also look out for emails on the subject – some might require your reply.

AGM
ANNUAL GENERAL MEETING

Forthcoming Outing
Leeds Castle, Kent – Tuesday 20th June

Leeds Castle
Tuesday 20th June 2023

Code LC



Cost: £38 per person

Some of the things to do:

- Step into the glamorous house parties of Lady Baillie
- Immerse yourself in stories of our six medieval Queens
- Ride to the castle on “Elsie” the Castle train (£1.30 not included)
- Explore the award winning maze
- View the falconry
- Take a walk in the extensive gardens

Timings: Leave Don’s at 9.00am, Flitch House Café at 9.05am, Takeley Four Ashes at 9.25am. Leaving Leeds Castle at 4.00pm
Est. arrival back at Don’s approximately 6.00pm

Food and Drink: Take your own picnic, eat at the Castle View Restaurant or “on site” cafes

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870 Mob: 07909 688401

For more information visit: www.leeds-castle.com

Forthcoming Outing

Hemingford Grey Manor – Thursday 6th July



Visit to
Hemingford Grey Manor
Code HM

Thursday 6th July 2023

For more information visit:
www.greenknowe.co.uk

Cost: £28 – Coach, garden and house entrance or **£25** – Coach and garden
Cost of pub lunch not included

Visit one of the two oldest continually inhabited houses in Britain. Visitors will get the chance to sit in a room that is structurally the same as when it was built 900 years ago – other than a new beam inserted around the 1300s and the electricity (installed in 1939).

The house is known worldwide for its patchwork collection and the tour includes a chance to view the patchwork of Lucy Boston a well-known children's author.

The herbaceous borders are filled with plants to flower throughout the seasons.

Itinerary: Leave Don's at 9.30am, Flich House Café at 9.35am, Takeley Four Ashes at 9.55am. Leaving The Manor at 4.45pm and arrive back at Don's approximately 6.15pm

Comfort Break: A stop at a service station on the way to Hemingford Grey.

Eats: We aim to eat lunch at The Cock village pub (not included in the price) at 12 for 12.30pm.

Or take a packed lunch and a rug and enjoy a picnic on the banks of the River Great Ouse

House Tour: This has been arranged for the afternoon at 2.30pm

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870 Mob: 07909 688401

The Bigger Picture: National News and Activities

Food Fit For The King

In April, u3a nationally asked members across the country to share their go-to recipes and asked how they would make them Fit For The King. Our own **Amanda Brown** answered their call and sent them details of her Tarragon Chic-King ... <https://sources.u3a.org.uk/your-staple-recipes>

Although her recipe wasn't included on the u3a website, Amanda has kindly sent me a copy so I can share it with you ...

TARRAGON CHIC-KING

1 x Cooked chicken stripped and diced
8 Sticks of celery, sliced
8 Spring onions, sliced or two brown onions, chopped
200g Cheddar cheese, grated
500ml Mayonnaise
Juice of one lemon
2 tbs Oil, Seasoning
½ pkt fresh Tarragon, chopped or 2 tbs dried
2 large pkts Crisps (grab-bag sized) – ridge cut, cheese and onion, or whatever is in the cupboard

1. Fry the celery and onions in a pan in the oil until soft, add the Tarragon
2. Add the chicken and lemon juice – heat through
3. Take off the heat and mix in the mayonnaise and 150g of the cheese
4. Add some seasoning
5. Turn into an ovenproof dish
6. Crumble the crisps and sprinkle lavishly on top
7. Top with the rest of the cheese
8. Cook in the oven on 180°C for 25–30 mins (Don't cook for too long as the mayonnaise will separate)



Upcoming u3a Online Learning Events for June



Meditation and Mindfulness Series - for Summer

The six-week course of Mindfulness and Meditation is back, led by members of the Sheffield u3a Mindful Ageing Group John, Mike and Ruth.

Every Tues at 10am from 30 May - 4 Jul
Free - online via zoom



Future Lives - Predicting our future: what will technology do for us?

Join us for a fairly light hearted but thought-provoking look at some of the things we've been told may happen in the not-so-distant future and how they may affect us.

Tues 30 May at 2pm
Free - online via zoom



Driving Tips to Save Money and the Planet from IAM RoadSmart

Join Rebecca Ashton from IAM RoadSmart to learn how to save money and reduce your environmental impact by driving in a more efficient way

Mon 5 Jun at 2pm
Free - online via zoom



Expedition Cruising: An Antarctic Adventure

Neil Stevenson of Up Holland & District u3a shares his experience of visiting the Falkland Islands, S. Georgia and the Antarctic Peninsular

Thurs 8 Jun at 2pm
Free - online via zoom



Creative Writing: On the Edge of Empire (Session 1)

A creative writing workshop which will take inspiration from Hadrian's Wall to create short pieces of fiction and reflection.

Rescheduled to
Tues 13 Jun at 2pm
Free - online via zoom



Leo - The World's First Business Computer

From cakes to computers - Join Neville Lyons to hear about LEO, the World's First Business Computer.

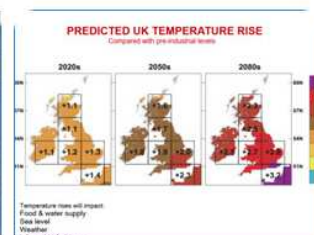
Fri 16 Jun at 2pm
Free - online via zoom



Into the mind of an artist: Van Gogh Part 1

Catherine Stevenson of Newcastle u3a looks at the life and works of Van Gogh.

Thu 22 Jun at 10am
Free - online via zoom



Adapting to Climate Change

Ian Hawker of East Suffolk u3a asks what adaptation actions should the UK governments take to counter average temperature increases?

Mon 26 Jun at 10am
Free - online via zoom

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

The Bigger Picture: National News and Activities

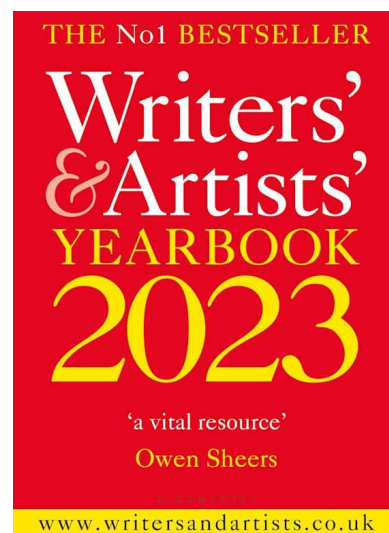
Short Story Competition 2023

The u3a national short story competition is back for its fourth year, and the judges are looking forward to seeing what creative writing talents members have to offer.

The theme for this year's competition is: '**Decision(s)**'.

We will once again be partnering with Bloomsbury for this competition and are delighted that Bloomsbury will be supplying copies of the 2023 Writers' and Artists' Yearbook to the 12 top entries. The Yearbook is edited by Alysoun Owen, who returns as one of the judges selecting the overall winner from the entries.

The winner will also see their story published in *Third Age Matters* magazine, which reaches over 250,000 households, with a bespoke illustration to accompany it. The winner will receive a framed copy of their story as it appears in the magazine.



Bloomsbury have also provided a discount code which enables 30% off any Writers' & Artists' title ordered via bloomsbury.com, and 10% off any product (event, course, editing service, Listing subscription) ordered via www.writersandartists.co.uk. The code to use is: U3AWRITERS

How it works:

- In summary, your story must be your own, individual, original work, in English, a maximum of 1500 words, and not submitted anywhere else.
- Your submission must be on the theme of: **Decision(s)**.
- You must read the rules of the competition before entering ... <https://www.u3a.org.uk/learning/short-story-competition-rules>
- Any submission which does not meet these rules will not be considered.
- All submissions will be judged by group judging panels and the best story from each group will be compared to decide on an overall winner.
- The form to upload your entry will be available on this webpage on Tuesday 2 May 2023. All entries will need to be submitted via the online form to be accepted.

The deadline for submission is 12 noon on Monday 26 June 2023.

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



News from the Interest Groups

On 3rd May, fourteen members of **Luncheon Group 2** gathered at yet another new (to us) venue that might well become a favourite.

Although a recent refurbishment brought it bang up to date, "The Castle" at Great Leighs is England's oldest inn and reputed to be haunted. It's been here since 1171, so it's amazing that we hadn't discovered it before.

The food was excellent. Home-made pies with various fillings were on offer, which seemed to satisfy those who chose them. For those who had the fish and chips, the battered fish hung off both sides of the plate, and grown men were unable to finish their meal. My hunter's chicken seemed to be a minority choice, but it was delicious. The menu offered a range of "mini" meals aimed at those with more modest appetites, but even here the quantities were probably adequate for most people. A few people had desserts, but most of us – me included – were too full to indulge.

At our end of the table we discussed a range of issues, as the politicians say. I'm not sure what they were talking about down the other end, but judging by the frequent howls of laughter, it was nothing if not entertaining.

If you find yourself hungry in Great Leighs, with or without a crowd of u3a chums, The Castle is an excellent choice.

Philip Garrison, Luncheon Group 2





Eight members of the **Grow Your Own group** met in Alison's garden at the beginning of May. As well as discussing which plants had made it through the winter and commiserating over those which had not, Alison also talked us through her plans for her fruit and vegetable area. We were all impressed

with her espalier apple tree and pots of stunning tulips as well as her assorted ballerina fruit trees. We shared experiences of various local garden centres and discussed how to maximise potato crops. The weather was kind that afternoon as we sat outside to enjoy refreshments, including crown shaped



gingerbreads in honour of the imminent Coronation. Afterwards, we swapped cucumber plants with centaurea and bergenias and shared out a surplus of large empty plant pots – a gardeners swap shop!

Next month, we will be meeting in someone else's garden and might end up sharing tips on protecting plants from pests or how to grow sweet peas – whatever gardening issues we have come up against. We will also be bringing along our surplus plants to swap with each other again.



If you are interested in joining the group, please make contact with Alison through the Du3a website ... <https://u3asites.org.uk/dunmow/page/106354>



At the Family History group, we giggled over some old occupations including a Saggar Maker's Bottom Knocker.



I've learnt that some plant cuttings will propagate in just water – no soil or compost required. Who knew?

Here is a painting of Laurence Durrell's front door in my village Bellabaise in Cyprus. It drew painters, artist and poets to the place as it was beautiful. My grandmother lived opposite him. Sadly now under Turkish occupation.

Done in gouache, ink pen and pencil
Marina Chrysostomou, Friday Art group



IF YOU LOVE TO DANCE, YOU WILL LOVE ZUMBA GOLD!

Do you want to try a low impact dance class that includes cardio, balance and stretching?

Then come and try **Zumba Gold**.

The class is fun and friendly with enjoyable dance routines such as Flamenco, Cha Cha Cha, Waltz, Mambo, Belly Dancing, Bollywood, Salsa and much more.

Lots of laughs guaranteed. keep your body and mind active!

Remember, if you don't use it, you'll lose it!

Mondays 2-3pm at Priors Green Community Hall, Little Canfield, CM6 1YE.

Wear comfortable shoes and bring a bottle of water. There is ample free parking.

For information, contact Rosemary Jensen via Dunmow u3a website (<https://u3asites.org.uk/dunmow/page/92963>) or ring 07385 879846



Learn

I've learnt that Essex Library offers free access to Ancestry, FindMyPast and the British Newspaper Archive.

Also I can read dozens of different eMagazines for free, from gardening, to family history, to science, to cookery. Pass it on!

Anyone for Pickleball?

Pickleball is a cross between tennis, table tennis and badminton. It is said to be the fastest-growing sport in the United States and is now booming in the u3a too.

Its appeal is that it is easier than tennis as it is played on a badminton-sized court, the net is 2" lower than in tennis and the ball, called a waffle, is made of plastic with holes in it. This makes the game much slower. The racquets, known as paddles, are similar to table tennis but larger. Winning is based on strategy rather than speed or strength.

If this game appeals to you, please contact Rosemary Jensen via the groups page of the Dunmow u3a website (<https://u3asites.org.uk/dunmow/groups>) or ring 07385 879846.



Breaking with our usual habit of not meeting up on bank holidays, 19 of the **Walking group** did just that on the first May Bank Holiday, walking around Panfield, just north of Braintree.

At one point our path took us through some woods where wild garlic was in bloom; a delight to behold and to smell.



On 15th May, a larger group of 21 walked from Fyfield to Willingale on a Spring morning, if a little windy. We finished with lunch in the Black Bull. An excellent time to see the hedgerows and field crops blooming
Mike Best, Walking group



The first outing of the year for the **Cycling group** was in March, as we do not go out in January or February or in inclement weather. However, the March weather was not too kind to us either, but we went out on a cool and very windy day, and it was lovely to get the air into our lungs again. We cycled to High Roding, stopping off at the coffee shop/tearoom for a drink and a chat and maybe a slice of cake or scone, then we returned via Great Canfield.

New members are always welcome. During the year we take a variety of 15–20 mile routes out of Dunmow, occasionally starting further out, e.g. Stebbing or Takeley. There is always somewhere to park a car at the starting place, so that you can bring your bike by car if you want; and we always have a coffee stop and a bit of socialising somewhere on the route. We are a mixed group, some of us are on electric bikes and some on 'real' bikes and we go at the pace of the slowest rider, so any ability is welcome providing you can make 20 miles. <https://u3asites.org.uk/dunmow/page/54180>

Jenny Versey, Cycling group



The **Garden group's** April visit was to the lovely "Heyrons " at High Easter. There are several areas of planting including a delightful courtyard garden with intensely planted tulips. The courtyard is surrounded by an Essex barn and former brick farm buildings. We were met by Richard (the owner) who



gave us a short talk on the history of the buildings and the development of the garden. The gardens also include a rose garden, herbaceous beds and a lovely vista across open countryside. As the weather gave us a pleasant spring day, we were, once again, able to enjoy our tea and cake in the gardens.

Anne Howatson, Garden group

Come and play Mah Jong!

The game of Mah Jong has been played in Britain since the early part of the twentieth century. It was spectacularly popular in the 1920s and is now enjoying a resurgence. The game is compelling and easily learned and the Mah Jong group would be delighted if you would like to come and join us.



Mah Jong is played with a set of 144 pieces called tiles and the game is closely linked to rummy with the basic premise of picking up tiles to collect four sets of three tiles plus a pair.



You will be able to meet and play with players of all abilities and experience and get helpful tuition and guidance on how to play the game. The **Mah Jong group** meet weekly on a Monday afternoon

between 4–6pm at Oakroyd House, Oakroyd Avenue and there is a charge of £1 each week for refreshments.

Members of the group will be available to talk to at the monthly meetings on Wednesday 31st May and Wednesday 28th June. I will have a set of Mah Jong tiles available on those dates for you to investigate. Don't be daunted if you have never played before – Mah Jong is a wonderful game and looks quite complicated but, I can assure you, is very easy to pick up.

Do come over and say hello at the next two meetings. It would be lovely to welcome some new members to our friendly and sociable group.

Julie Coates, Mah Jong group

The **Line Dancing group** went all red, white and blue for the Coronation!





At the last meeting of the **Flower Arranging group**, the brief was to create an arrangement using white flowers and wood.

Vicky Marshall, Flower Arranging group



In April, the **Geology Group** enjoyed a fascinating visit to the Bulmer Brick and Tile (BBT) Company near Sudbury to learn about handmade bricks and the traditions and crafts associated with them. At one time there were as many as thirteen yards making bricks from the area's distinctive clay. The tradition may reach back to Anglo-Saxon times. BBT is the last remaining yard and one of the few supplying bespoke products for specialist restoration projects such as Claridges, St Pancras station and Hampton Court. It has been in the same family since the 1930s and we were ably guided around by the current 'father' of the business, Peter Minter.

We saw at first hand all aspects of the operation – the claypit, clay refinement, brick making, drying and firing, together with learning about the arcane practices and terminology. Once 'won' from the pit, clay is churned or 'pugged', the brickmaker loads it onto his bench with a 'cuckle' and during summer, raw clay bricks are slowly air dried in open sheds or 'hacks'. Processes have changed little and much is heavy work, no doubt requiring three Shredded Wheat at breakfast or a Popeye can of spinach! Their ability to work closely with historic buildings clients was well evidenced by the variety of products on view around the site.



During the second world war the yard switched to producing pipes and ducts for the new airfields.

One of the highlights was entering the kiln which can reach 650°C and is still fired by the demon coal, increasingly difficult to obtain. The ceiling holes are plugged once moisture has been driven from the bricks ('tanning'), to enable bringing up the heat for firing.



The tour opened up a whole new world to us and of the timeless, artisan craftsmanship behind the maintenance of many famous buildings.

David Cole, Geology Group



Many thanks to Jenny and Phil for hosting the recent **Wine Appreciation Group 2** meeting at the beginning of May. This month we were looking at a selection of wines priced between £10.99 and £15.99 from Virgin Wines. Although the attendees did not know it, two originated in France, the others came from Austria, Portugal, Northern Greece, Chile and California. They were asked to guess where in the World they came from and achieved mixed success.

Of the whites, the favourite was the Gruner Vietliner from Austria, followed by the Greek Assrytiko with the Portuguese Vinho Verde trailing in third place.

The Rosé was deemed a bit insipid, but we have yet to find a Rosé that we all liked. The Chilean Cabernet Sauvignon proved to be the favourite wine of the night, and also the cheapest, read into that what you will! The Californian Zinfandel garnered some praise.



Kies Gruner Veltliner 2021 12.5% £13.99

Ardido Vinho Verde 2021 11.5% £11.99

Kir Yianni Assyrtiko 2021 13.5% £15.99

Penombre Rosé 2022 12.5% £12.99

Astro Costera Cabernet Sauvignon 2021 13% £10.99

The Intrepid Bear Zinfandel 2022 13.5% £11.99

We finished with a dessert wine from Majestic, which as they usually are, was appreciated by all

Castelnau de Suduiraut Sauternes 2016 14% £14.99

Bob Wright, WAG2



The **Friday Art group** finished our landscape work this month with a foray into waterfalls, which several members of the group had great



success with, as you can see here. And for the King's Coronation we helped decorate the Day centre with our individual bunting. Meanwhile, to further celebrate, we painted pictures of grenadier guardsmen marching up The Mall: the Union Jack flags were quite challenging.



The group are visiting the Fry Art Gallery in Saffron Walden on the Friday 26th May to attend a talk and hopefully find further inspiration from the exhibits for some future projects.

*Felicity Cripps,
Friday Art group*



Learn

I've learnt that octopus' blood is blue, bean sprouts grow from mung beans and I ought to spend more time looking at logos (if I want to do better in quizzes!)

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 - Fortnightly (summer)	various	Anne Howatson
General Crafts	Wednesday pm - 3rd Mon of the month	Rowena Davey Centre	Lucy Myers
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	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/page/66948> 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
Assistant Treasurer / Asset Management	Derek Jones
Events Manager	Hilary Jinno
Committee Information Administrator	Peter Watson
Newsletter Editor / Publicity Officer	Heather Quiney
Minutes Secretary	Phil Garrison

Dates for your Diaries ...

Wed 31 May	<i>Monthly Meeting</i> ... "A Walk on the Wild Side – Wildlife in Brazil" by Mary and Graham Brace	pg 1
Tues 20 June ..	Trip to Leeds Castle in Kent	pg 7
Wed 28 June ...	<i>Monthly meeting</i> ... AGM followed by "The Story of Whitney Houston" by Danielle Barnet	pg 1 & pg 6
Thurs 6 July	Trip to Hemingford Grey Manor ... Waiting List	pg 8
Wed 26 July	<i>Monthly meeting</i> ... "A Journey into Print" by Patrick Forsyth	
Wed 2 Aug	Trip to Southwold ... Waiting List	
** There is no monthly meeting in August **		
Wed 13 Sept	Trip to The Lion King in London	
Wed 27 Sep	<i>Monthly meeting</i>	