



July 2023 Newsletter & Diary Dunmow

u3a
learn, laugh, live

Forthcoming monthly meetings

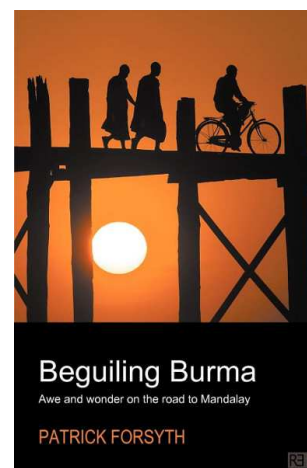
Wed 28th June ... **Du3a AGM** followed by **"Whitney Houston – Life, Love and Loss"** by Danielle Barnet



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.

Wed 27th July ... **"A Journey Into Print"** by Patrick Forsyth

A light-hearted talk about my desire to get into travel writing, following a business career. I have now had three such books all set in Southeast Asia published so it encompasses something about the writing process, publishing, travel and the books' content. The journey continues – I have had four novels published and another someone is currently writing a screenplay; that's exciting but still a little way from seeing it on television ... still, you never know.



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.



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From the Editor

Welcome to the **July** Newsletter and Diary for Du3a.

Over the last three newsletters, I have been including examples of what you have **learnt**, when you have **laughed** and this time, how Du3a has **enhanced your life**. I hope you have enjoyed them.

Without appearing to blow my own trumpet, please can you talk to other Du3a members about the newsletter?

We have heard of instances where the newsletter has gone straight into members' email spam folder and they didn't know they weren't receiving it until another member mentioned it.

Someone else had received it but hadn't read it, not realising that it contained useful information about forthcoming trips and events and they were missing out. It isn't just a series of reports about what has already happened – it's also a diary for what is being planned.

So **please can you mention the newsletter** at whatever interest groups you attend and make sure everyone is receiving and reading their copy. Thank you

For those who prefer a paper copy, printed newsletters are available at the monthly meetings (first come, first served).

Still Learning, Laughing & Living!

Heather Quiney, Newsletter Editor



Message from the Chair

The summer is here and although we have already had the longest day, we are promised many more hot and sultry periods to come. It is the time to enjoy sitting outside for a tea or coffee and nice piece of homemade cake or even a cool glass of beer or wine. Many of you look forward to spending time with your grandchildren during the summer holidays and, if that is you, then I wish you every happiness while you do that. For those with no family or family far away, then take heed of the social events in and around Dunmow; St Mary's Church have summer events in July that are open to all and advertised in the Outlook magazine, there are several Open Gardens days in the coming month, not to mention all our u3a Groups offering their normal fayre. So why not try something you have not done before or for a long time in July. Just contact the Group Leader (as per page 18 & 19 of this newsletter) and you will be made very welcome.

At our AGM on this coming Wednesday afternoon, we are appointing a Welfare Coordinator, filling a post that has been vacant since before the pandemic. That person's role will be to promote inclusiveness within Dunmow u3a and with a small team, search out people who are not getting the best out of our club because of health or accessibility concerns. We have tried once before but are planning to re-look at the idea of using one of UCT's buses to collect people who can't get there to join us for the monthly member's meeting in the Foakes hall. I'm sure there can be other initiatives too for us to look at.

Which brings me to the July monthly meeting, when we will have Patrick Forsyth coming to talk about his journey from a business life into writing travel books, then novels and more recently screenplay. He comes recommended by other u3as.

I look forward to seeing you at either this month and next month's meetings – or both! Enjoy the summer, it will be gone all too soon.

Mike Best, Dunmow u3a Chair



I've lived in Dunmow for many years now but this is the first time I have really felt part of a community

Past Monthly Meeting

"A Walk on the Wild Side – Wildlife in Brazil" – Wednesday 31st May

More than eighty members enjoyed a fascinating talk by Graham and Mary Brace about their many conservation trips to the Pantanal National Park, on the border of Brazil, Bolivia and Paraguay. It is the largest tropical wetland in the World and approximately 75,000 square miles (one and a half times the size of England).

They then showed us a variety of wildlife which they had seen and photographed over the years, including anteaters, caiman crocodiles, spoonbills, capuchin and howl monkeys, agami herons, ringed kingfishers, common potoos, capybaras, toucans, South American ocelots and jaguars. Some animals were curious and were happy to pause to be photographed. Others were very well camouflaged and needed a local guide to point them out. And a few were seen for such a brief moment that Graham and Mary were very lucky to capture them 'on film' (though everything is now digital).

Many of these animals are much larger species of their European cousins, with which we are more familiar, for example the giant river otter, hyacinth macaw and green iguana are the largest species of their family in the world. And the jabiru storks can be 5 feet tall and sit in nests up to 8 feet in diameter, 15–20 feet up a tree!

Graham explained how wildlife tourism is very important to the Brazilian communities. As well as contributing to the local economy, they also keep away poachers as they create far more traffic throughout the day so that there are fewer opportunities for poachers to find and kill the animals undetected.

He then went on to talk about their photographic equipment and explained that the lens is more important than the camera. He also described how tripods are not suitable when travelling in open sided trucks or flat bottomed boats and that he took 10–12 photos per second to ensure one of them had the subject perfectly framed.

Graham closed by saying that they had also spent much time in Africa and India and would love to tell us all about those other trips as well.

Adrian Hoodless

Past Outing

Leeds Castle, Kent – Tuesday 20th June

It was a very wet and soggy morning as we awaited the arrival of Don's coach to take us to Leeds Castle in Kent. Some of us were more optimistic than others with comments like 'the weather app says its going to stop soon'. Fortunately optimism won the day and we arrived to a dry scenario.

On arrival we all went our separate ways with a timely reminder that the coach left at 4pm.

To get to the Castle entrance there were three options – shanks' pony, the minibus for the less mobile and Elsie, the little green train.

The Castle that we saw was not the original but a nineteenth century version with a few medieval ruins. It was never built as a fortified Castle despite dating back to Norman times.

On the way into the main building was an holographic presentation introduced by Katherine of Aragon about the castle's connection to some of the Queens of England including herself.

I was surprised at how homely the Castle felt, grand but lived in. It had been left as a 1930s style party venue.

One of the boards on the wall was very enlightening. In the 1920s you could rent Leeds Castle for £1,000 per annum and for a 5% premium they would install central heating, if you so desired!

The gardens were peaceful with a waterfall that the ducks were enjoying cooling off in.

For the adventurous there was a maze to negotiate. Those that decided to try the experience reported going round in circles and bumping into the same people but there weren't too many dead-ends. On the plus side we lost no-one.

At the end of what turned out to be a beautiful sunny day, we left Leeds Castle to return home with everyone commenting on what a lovely day it had been.

Many thanks to Pat and Derek for organising this trip for us.

Gina Hollick

Forthcoming Outing Southwold – Wednesday 2nd August

Southwold – A Day at the Seaside Wednesday 2nd August 2023

Code SW



Cost: £22 (Coach only)

A day to spend exploring Southwold.

- Visit the Southwold Museum – a tiny building packed with treasures
- Visit the Southwold Sailor's Reading Room – a lovely, little, hidden maritime museum
- Southwold Putting Green
- Visit the Pier
- Check out the shops in the centre of town
- An **optional walk** will be organised by Mike Best

Food and Drink: Choose from the town's cafés, pubs and restaurants

Timings: Leave Don's at 9.00am, Flitch House Café at 9.05am.

There will not be a Takeley Four Ashes pick-up.

Leaving Southwold at 4pm. Est. arrival back at Don's approx. 6pm

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com
Tel: 01279 870870 Mob: 07909-688401

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

[THE 10 BEST Things to Do in Southwold – 2023 \(tripadvisor.co.uk\)](https://www.tripadvisor.co.uk)

Forthcoming Outing

"The Lion King" in London – Wednesday 13th September

The Lion King Wednesday 13th September

Code LK



Quotes from the show's publicity:

"The show features a rich tapestry of songs and compositions, including from pop legend Elton John, film composers Hans Zimmer and Mark Mancina, record producer Jay Rifkin, and South African composer Lebo M, together with lyricist Tim Rice".

"From the iconic opening rendition of 'The Circle of Life', which begins with the solo, spine-tingling acapella voice of Rafiki, through new numbers such as 'Shadowlands' and 'Endless Night', to the orchestral sweep of the climactic battle, it creates a distinct, all-encompassing sound".

Time to find lunch near the Theatre

Timings: Leave Don's at 10.00am, Flitch House Café at 10.05am, Takeley Four Ashes at 10.25am.

Est. arrival back at Don's approximately 7.15pm

Cost: £60 per person

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870 Mob: 07909 688401

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

National u3a News – Mum’s word game spells success

A word game devised by a u3a member and his mother, while they were on a 900-mile bus trip from Canada to the US in 1965, is taking the movement by storm.

Aileen’s Game, named after Ian Clarke’s mother, has been played a whopping 30,000 times since it was posted on the u3a’s national website.

Ian, a member of East Suffolk u3a, was 15 or 16 when he and Aileen boarded a Greyhound bus from Thunder Bay, Ontario, to Cleveland, Ohio, to visit relatives.

The pair had lots of time on their hands and, as both loved word games, they devised a pen and paper game they called 5 x 5, which they kept playing with family members on their return to the UK.

Years later, Ian thought the game would make a good smartphone app but it was too complicated for him to create. But when the smash-hit game Wordle burst on to the scene, Ian discovered it was a webpage rather than an app and was written in Javascript, of which he had some knowledge.

In February last year, he set about developing an online version of 5 x 5, which he called **Aileen’s Game**. He estimates it took between 400 and 500 hours to develop.

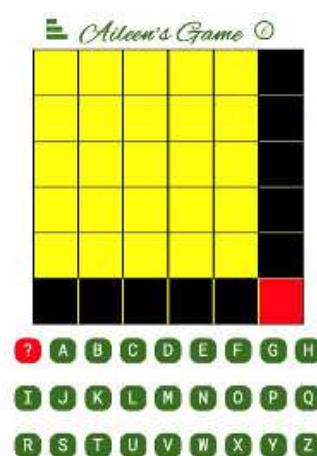
Family and friends tried it, with the game netting an average of 200 plays a month. But numbers rocketed when the u3a agreed to put it online.

“The excitement for me is to see how many people are playing it every day,” Ian said.

The game, which awards points for words of three letters or more in each row and column, changes at midnight each day but you can have as many turns as you like.

The maximum score is 50 and results can be shared on the u3a leaderboard.

Visit u3a.org.uk/learning/national-programmes/aileens-game to play



Upcoming u3a Online Learning Events for July



Laughter Yoga for July-Dec 2023

Join Judith of Edinburgh u3a for monthly Laughter Yoga sessions

Next Session:
Wed 5 Jul at 10am
Free - Online via Zoom



Richborough Roman fort and amphitheatre

Jenny Wall, White Cliffs u3a and Volunteer Guide, takes us on a virtual tour of Richborough Roman fort and amphitheatre.

Thurs 6 Jul at 10am
Free - Online via Zoom



Introduction to Cryptic Crosswords

A taster session for beginners on solving cryptic crossword clues from Subject Adviser Henry Howarth. This is a repeat session.

Wed 12 Jul at 10am
Free- Online via Zoom



Exploring World Faiths: Faith and the Environment

We hear three perspectives on how different Faiths relate to the Environment. Hosted by Peter Rookes, Exploring World Faiths Subject Adviser

Mon 17 Jul at 10am
Free - Online via Zoom



Into the mind of an artist. Van Gogh Part 2

Catherine Stevenson of Newcastle u3a looks at the life and works of Van Gogh, part 2.

Tue 18 July at 10am
Free - Online via Zoom



Mindfulness and Meditation

Continuation Sessions - From June to November

Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.

Next session:
Thu 20 July at 10am
Free - online via zoom



Expedition Cruising: The Scattered Islands

Neil Stevenson of Up Holland & District u3a shares his experience of rarely visited, French occupied, coral atolls in the Indian Ocean

Thu 20 July at 2pm
Free - Online via Zoom



The History of US Military Aviation in East Anglia

Don Mobley of Stowmarket u3a reviews four eras of US military aviation throughout East Anglia: WWI, WWII, Cold War and Post Cold War.

Tue 25 July at 10am
Free - Online via Zoom

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

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


39
YEARS
EST. 1984

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To book call **01283 248 304** and mention your U3A
Visit rivieratravel.co.uk/U3A

For group enquiries, email groups@rivieratravel.co.uk
or call 01283 742 322

RIVIERA
TRAVEL

Forever Curious

- The commission will be paid to the Third Age Trust in the month following your holiday. They will then forward the commission (less their fee) to **Dunmow u3a**.
- **Dunmow u3a** is not endorsing or encouraging you to book a holiday with Riviera Travel. There may be other offers and/or companies which better suit your requirements. However, if you do choose to go with Riviera Travel, you need to mention **Dunmow u3a** at the timing of booking.

News from the Interest Groups

Some members of the **Advanced French Conversation group** recently enjoyed a social evening with each member contributing a typical French dish to the event. After a taster of crudités, the group enjoyed a traditional soupe à l'oignon followed by coq au vin. An extensive cheese platter and a choice of tarte aux pommes or éclairs au chocolat rounded off a delicious meal.

Thanks go to everyone who contributed to the evening and especially to Arlette for being such a generous hostess.

*Valerie Newell,
Advanced French Conversation group*



The **Wine Appreciation Group 2** meeting at the beginning of June was hosted by Peter and Jane.

We tried something new this time. We copied a wine critic's reviews of 4 sparkling rosés and 3 Malbecs and we had to trawl through our oenophilic experiences to guess which wine was which.

Not surprisingly, we didn't have a clue about the sparkling rosés, but the firm favourite turned out to be the Arestel Cava, from Lidl for a mere £5.69.



Again with the Malbecs, all of which came from Argentina, there were differences in recognising the wines from their description. But this time the favourite wine was the 2018 Angelica Zapata Malbec, our most expensive wine, from Tesco for £25. The least favourite turned out to be the cheapest.



At the end of May, the **Garden Group** visited Kelvedon Hall near Colchester. We had a lovely afternoon viewing the beautiful beds of alliums and bearded Iris in various shades of purples. In addition, there was a lovely “white” garden. Scattered around the gardens were an array of sculptures that added to the feel of each area. There was also a modern walled swimming pool area that is still being developed, plant wise. Yet another lovely afternoon.



Our first visit in June was to Mayfield Farm out at Ardleigh. Although this garden is at our outer limits, re travel time, it was more than worth it. Ed and Jen have transformed a large field with a huge greenhouse and polytunnel into an amazing garden.

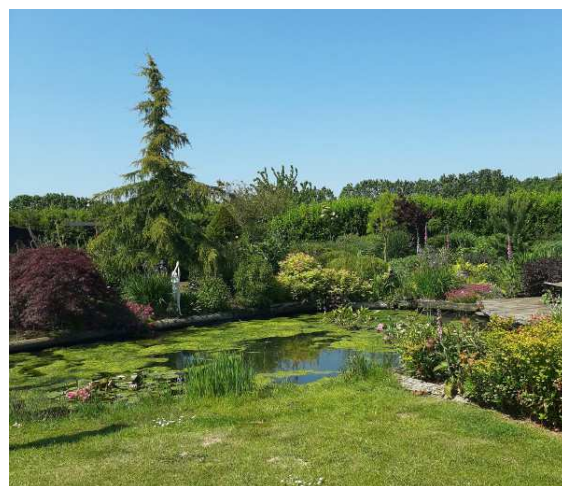


We had the most entertaining guided talk from Ed as he explained how he had transformed the house and then set about the garden. Having lost one of their sons to covid, he has refocused his life and now spends all of his time developing the garden. It certainly shows as it is one of the best we have visited. He entertained us with tales of visits to Belgium to buy topiary yew trees, the purchase of thousands of bulbs and the



acquisition of various trees. We certainly had some laughs! We all agreed we would like to return to visit the wild swimming pool that is next on Ed's list of things still to do!

*Anne Howatson,
Garden group*



Food or Fakery? There was 'food for thought' when the **Science and Society group** took on the rise of 'plant-based, vegan, free from etc' products and the ironies that many are 'ultra-processed' foods (the latest dietary demon) presenting dilemmas to consumers who want to 'do the right thing'. We moved from the science of ultra-processing to the behaviour of time-poor shoppers and the psychological manipulation of consumers by the food industry, particularly the green-washing and white-washing of on-trend processed foods which can disguise their nutritional shortcomings.

Some examples we focussed on ... what is really in vegan cheese substitutes? And what's missing? The often deceptively high sugar content in 'low/no fat' products, high levels of saturates in voguish high cocoa solids chocolate.



What to do? We were less successful in coming up with solutions – do we accept modern society with its time pressures and changes in household roles which mitigate against cooking from scratch, or should we revert to teaching domestic science and nutrition at school so upcoming consumers have the skills to prepare wholesome food or the knowledge to choose wisely? If we are cooking at home, what are the best ways – some clear differences of opinion eg microwave or pressure cooking.

There were no takers at the end of the meeting for the vegan 'cheese' substitute exhibit!

As usual, eventually we went constructively off-piste, revisiting topical generative A.I. via compostable coffee cups and then back to a favourite, electric cars – where there is plenty more mileage for debate – unless you have range anxiety of course!

David Cole, Science and Society group



Luncheon Group 2 has visited some outlying hostelrys in the past few months but, on 7 June, a group of eleven of us dropped into Paradise Café, deep in the beating heart of Great Dunmow.

Something of a Dunmow institution, Paradise boasts large portions, quick service and very reasonable prices. Our choices included omelettes, chili con carne, scampi, sausage eggs and beans, and various others, all with generous quantities of chips and/or salad, from an extensive menu which includes everything from spaghetti to roast meals. To follow, a slightly retro dessert menu tempted one of the couples in our midst to share a knickerbocker glory whilst others tried the pancakes. As a big kid at heart, I can also recommend the milkshakes.



Paradise Café has recently been refurbished and a discreet outdoor seating area is also available. Thanks, Debbie, for arranging this lunchtime experience.

If your idea of a good meal out involves good wine, the gentle clinking of glasses, polished silverware and crisp white tablecloths, then Paradise Café may not be your first choice. Otherwise I suggest you head down there for breakfast or lunch – but, if you live in Dunmow, you probably know that already!

Philip Garrison, Luncheon Group 2

The **Walking Group** were treated to coffee and homemade cakes by Sally and Robert James at their home at the end of the walk led by Robert. Who says walking isn't fun?!

Mike Best, Monday Walking Group



David Pasfield, a local artist, returned to give the **Thursday Art group** another demonstration; this time showing his watercolour techniques. We all picked up tips and the improvements achievable by mixing our own colours – greens from blues, dashes of crimson, different yellows and all sorts of other hues. At the end of the session he delighted us with a wonderful painting of a river and wood scene, paying particular attention to water reflections.

We have been busy putting into practice all that we have learned – using pallet knives, watercolours, acrylics and mixed media, as you can see from these examples.

We have a few spaces if anyone would like to join us. Please use Du3a website to get in touch u3asites.org.uk/dunmow/page/94380

Jan Clinton, Thursday Art group



On Friday 26th May, the **Friday Art group** embarked on an outing to Saffron Walden to see the Fry Art Gallery.



The gallery features the artists who lived in the area covering much of the 20th century. The group were able to see many works including those of Eric Ravilious and Edward Bawden. We were fortunate to hear an interesting lecture explaining the artists lifestyles, history and their work. The group were pleased to see the unique collection of painting, prints and ceramics by artists who have lived in and around Great Bardfield and Saffron Walden.

Later after a brief exploration of Bridge End Gardens, the group enjoyed lunch at "Angela's" before returning to Dunmow aboard the Community Coach.

Felicity Cripps, Friday Art Group

The **General Craft Group** were trying out cross stitch last month and one of our members has framed her lovely picture of a puppy.

If you would like to join the General Craft Group then just contact Lucy via the website. We do a variety of different crafts based on ideas from the group and meet once a month on the third Monday of the month.

Lucy Myers, General Craft Group



I have found joining the u3a inspiring, friendly and a wonderful social experience. It has helped me get motivated and remain motivated after such a mentally disturbing lockdown. Friday and Monday walks have been a joy for me and I can't wait from one week to the next. I have met some lovely people, can't wait to retire fully to do more activities.

At the last meeting of the **Family History Group**, we welcomed Andrea and Meryl from the Essex Society for Family History (ESFH). They talked us through what they generously offer to all amateur genealogists, whether or not they are members of ESHF, and then showed us the additional benefits of becoming a member, for the princely sum of £8pa. Whether or not our ancestors originate from Essex, there really is something for everyone, so I hope some of our members will join the ESHF to access their unique resources.



Next month, we will be having a "mutual help meeting". We all have experience in one field or another, be it understanding military records, emigration to the New World, where to find resources in Kent or the social history surrounding textile workers of the 19th century. At this meeting everyone is invited to bring along their laptops and stumbling blocks in their research (known as "brickwalls") and we will pool our experiences and try to help break down some of these obstacles.

If you would like to find out more about your own family history, you would be welcome to join us but please contact Heather first so she can advise what to bring along ... u3asites.org.uk/dunmow/page/57386

Please bear in mind that *"Who Do You Think You Are?"* is not a realistic view of genealogy – family history is not quick, it is not cheap and is not always straight forward. However, on the flipside, it is a journey of many lifetimes and who knows what you will discover along the way: a link to aristocracy; innovators, entrepreneurs and explorers; prosperity and adversity; and an understanding of what our ancestors went through in the 20th, 19th and 18th centuries and sometimes even back in the 17th century. You might even make connections with so far unknown living relations.



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



Going on u3a outings has meant I could visit places and shows that wouldn't interest anyone else in my family

Dates for your Diaries ...

Wed 28 June ...	Monthly meeting ... AGM followed by " The Story of Whitney Houston " by Danielle Barnet	pg 1
Thurs 6 July	Trip to Hemingford Grey Manor ... FULL	
Wed 12 July	Hutton u3a Activity Day at Chelmsford	
Wed 19 July	Deadline for August newsletter	pg 2
Wed 26 July	Monthly meeting ... " A Journey into Print " by Patrick Forsyth	pg 1
Wed 2 Aug	Trip to Southwold ... Waiting List	pg 6
** There is no monthly meeting in August **		
Wed 13 Sept	Trip to The Lion King in London ... Waiting List	pg 7

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 19 July**