



August 2023 Newsletter & Diary Dunmow

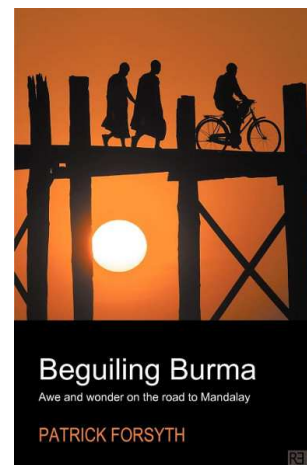
u3a
learn, laugh, live

Forthcoming monthly meetings

Wed 26th 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.



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.



**** There is no monthly meeting August ****



Wed 27th September ... **"Games Afternoon"**

The September monthly meeting will be a chance to try out and play a variety of card games or board games.

Come along and take a look at what is on offer from 2pm until 4.30pm.

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! ***

- ❖ Please remember to **bring your own mug** with you – we are no longer using disposable cups.
- ❖ Don't forget 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 August Dunmow u3a newsletter.

There will be another newsletter published at the end of August, covering everything that is planned for September ... including the **Games Afternoon on Wednesday 27th September** in place of our usual monthly meeting. There will be games on every table and the invitation to have-a-go. Some will represent our existing Interest Groups (Canasta, Whist, Scrabble, Mah Jong and Bridge), while others might lead to new Groups, if there is enough interest. If there are a few games which people enjoy but not enough to play them every week, maybe someone will volunteer to lead a Games Group, where different table games are played each meeting.

I hope there will be something for everyone. If not, let us know what you would rather play or do, etc. Ideally find a few others who feel the same and we can help you to start a new Interest Group.

Please remember that the u3a organisation is member-led ... it's run **by the members for the members**. The committee doesn't offer a service for the members ... everyone is equal and everyone is encouraged to play their part.

Hope to see you there,

Heather Quiney, Newsletter Editor



Please send any articles for the next newsletter to heatherqu3a@gmail.com by **Wed 23 August**

Message from the Chair

I'm sure many of you enjoyed the annual dose of Wimbledon, strawberries and hours in front of the TV watching the amazing athletics of the competitors. Wasn't that Men's Final amazing with the Spaniard, Carlos Alcaraz, finally overcoming Djokovic at only 20!

Summer is then truly here. The state schools breaking up this week and families go off to enjoy their time in the sun – no doubt many of you will be ramping up the grandparent duties (those, of course, who don't do it all year long).

Du3a monthly meetings take a break in August but many of the Interest Groups will continue throughout the holiday period so please do support them if yours does. If you find yourself on a loose end on a Monday or Thursday morning, why not come and join us for a walk; nice company in lovely surroundings and keeping fit at the same time. You will very welcome.

Those of you at the AGM last month will know that we have a new Welfare Coordinator in Maureen Best. This role had been vacant for some years so we have a bit of catching up to do. Initially she wants to be able to chat to those who need a bit of friendship or cheering up in a difficult time in their lives. Du3a is a good place to meet like-minded people but sometimes a bit of help to get started would be helpful. We also realise that transport to the monthly meeting can be difficult and we want to explore a solution to help some of you with that. Maureen talks more about that on page 4 of this newsletter.

So let me end by wishing you all a happy and safe summer holiday season and bear in mind our next gathering on 27th September is a "Games Afternoon" in the Foakes hall – more details in the September newsletter.

Mike Best, Dunmow u3a Chair



Did you know that there is a "Dunmow u3a" facebook page? Feel free to take a look and reminisce about past outings and monthly meetings. Just search for "Dunmow u3a"

Past Monthly Meeting

"The Life of Whitney Houston" – Wednesday 28th June

At our June meeting we welcomed Danielle Barnett to tell us about the singer Whitney Houston: her Life, her Love and her Loss.

Danielle delivered her talk in an enthusiastic and upbeat style and she was obviously a fan of Whitney's music. And so am I, so it was good to hear some clips of her many chart hits from the 1980s and 90s.

We were told how Whitney (born 1963) grew up in a musical family and became a fashion model before gaining her first recording deal in 1981. It wasn't until 1985 that her debut album was released but it was worth the wait as it was packed with hits like 'Saving All My Love For You', 'How Will I Know' and 'The Greatest Love of All'.

Whitney went on to make more albums containing so many more amazing hits in her beautiful, strong voice. When she made her film debut in *The Bodyguard* in 1992 with Kevin Costner, it had the biggest selling motion picture soundtrack album of all time with 'I Will Always Love You', written by Dolly Parton.

Her success continued but in 1992 she married the singer Bobby Brown and many blame his influence on her for her drug abuse and unhappiness. They had a child, Bobbie Kristina but divorced in 2007. Whitney, tragically, was found dead in a bath in the Beverley Hills Hotel aged 48 and to add to the tragedy her daughter Bobbie Kristina was found unconscious in her bath three years later in 2015 and never recovered.

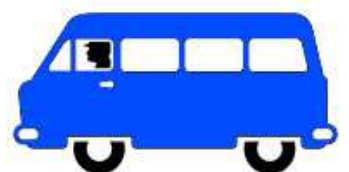
Putting aside the shocking end to her life, it was good to be reminded how many wonderful songs Whitney sang. I have added a few to my playlist and if you are passing by my home when I have them on I can only apologise for my rendition!

Lucy Myers

Do you have problems getting to the monthly meetings?

As your new Welfare Coordinator, I am investigating the needs for some members regarding travel to our monthly meetings due to mobility issues.

If you are interested in regular transport to and from these events, please contact me, Maureen Best, maureenbest1951@gmail.com or call **07385 879846**



Past Event

Hutton u3a's Activity Day – Wednesday 12th July

On 12th July, five members from Du3a attended a fantastic Activity Day, organised by Hutton u3a at New Hall School in Chelmsford. There were various workshops, both morning and afternoon, and between us, we were involved with seven of the ten on offer. Here are the combined recollections from those workshops and talks ...

I had good fun learning a new activity – **Croquet**. The aim of the game is to advance the balls around the lawn by hitting them with a mallet, scoring a point for each hoop made in the correct order and direction. The winning side is the first to complete the circuit accumulating points as they go. The group had good instruction from the members of the Chelmsford Croquet Club and we picked up excellent tips for tactical strategy on how to overcome our opponents! The club is situated in Writtle and is eager to encourage new members to join and play on Tuesday and Thursday. For further information visit Chelmsfordcroquet.uk



16 would-be dancers gathered to learn of the origins of **English Folk Dance** and to try to put their new-found knowledge into practice. Our instructor was Mary Bryan, a teacher of English Folk Dance and a member of the English Folk Dance and Song Society. The group learned about the history of Folk Dancing, the development of the form and the music played. We all danced approximately six difference dances whilst Mary called the steps out to us. Not only did we have to remember the steps but also the terminology used to describe the movements. Some of us did get in a muddle with our lefts and rights but, after a few mistakes, we all made pretty good progress. Even though we only danced a few dances I think we all felt like we'd achieved something worthwhile that morning.

Tour of New Hall School. What we see now as the elegant frontage to New Hall School is only the north wing at the rear of the courtyard of the palace that Henry VIII had built at New Hall in the early 16th century. While we sat in the beautiful chapel, Tony Tuckwell, our guide, explained how New Hall was very much part of the history of England at that time – Henry's divorce, the Reformation and Mary Tudor; Henry's daughter lived at New Hall while she was heir to Henry and later when she was heir to her



► brother, Edward VI. Outside, we looked at the architecture and decoration from Henry's coat of arms over the main doorway up to a difference in the brickwork due to rebuilding after some major war damage in the 1940s.



As well as the choice of workshops, we were all brought together for a couple of talks in the Eaton Theatre. In the morning we welcomed **Paul Cookson**, self-described as "a poet, a performer and an average ukulele player". At the start of the Covid Lockdown, he set about writing a poem every day, published on social media – and then just kept going. He has now written over 1,000 and sees no reason to stop. Sometimes they were inspired by headlines ... "The wild goats are back on the streets of Llandudno", while others reflected the politics of the situation ... "Priorities". More recent ones emerged from by a passing comment ... "Eleven nights in Eccles and still no sign of cake". A light hearted interlude with some audience participation.

The **Science: Gut Microbiome** session was delivered by Dr Marion Macey and examined how what we eat affects our gut microbiome which then influences our mental health, our immunity and how we respond to medication. Dr Macey began by defining the microbiome and the effects on our health when it becomes imbalanced. The session was 1½hrs long, and I could go into detail about Dr Macey's presentation but, in a nutshell, we all need to eat a high-quality balanced diet of unprocessed food. We must eat less but better-quality protein, avoid ultra processed foods that are high in fat, salt and sugar and aim to focus on a good overall diet and not rely on additional supplements. Dr Macey discussed the effects of anti-biotics on gut health and the relationship of good gut health and mental health. An informative session from which I will take away a few pointers to improve my diet.

Pilates is a form of exercise that focuses on balance, posture, strength and flexibility. It was a great session with plenty of variation in exercises for all abilities including standing and floor work. The session was delivered by a welcoming and experienced instructor, Dawn Taylor. A good introduction for anyone new to this form of exercise which has some similarities to yoga. I had done Pilates previously but felt the instructor judged the ability of the group in her delivery.

It appears that **Entering Competitions** can become a major part of one's life and bring some exciting prizes. Ian Davidson explained how



► choosing your competition is important – looking for those where the odds are not too long but where you are not giving out your email to someone unknown who might then bombard you with unwanted messages. He recommended various well known companies who had good competitions and encouraged us to 'give it a go'. He told us of some of his wins and it certainly sounded most impressive. Will we enter some? I don't know, but if someone does win as a result of the day at New Hall, perhaps we'll tell you about it!

I was fortunate to join the **Iris Folding** workshop in the afternoon. Iris Folding is a simple paper-folding technique that originated in Holland. Colour-coordinated strips of folded paper are taped into place over a pre-printed pattern, creating a spiralling design with a centre that resembles the iris of an eye or camera. Originally, paper strips were made from envelopes with patterned interiors, but now it is common to use lightweight papers such as wrapping, recycled or origami paper to create designs varied by their use of colour and the placement of the strips. Once the first few strips had been stuck, there was no stopping us! We all enjoyed this activity with everyone producing a greetings card to be proud of. We were each given a goodie bag to take away, thus enabling us to continue the craft at home or to share at our own u3a groups. Thank you to Sue Priem for leading this session.



Before the end of the day, we gathered once more in the Eaton Theatre, this time to hear **Bobby Seagull**, a mathematics whiz who appeared on University Challenge in 2017 and is now a maths teacher, broadcaster and writer. He is baffled why it is acceptable to celebrate being bad at maths as if it is a badge of honour; few people would openly declare they couldn't read quite so flippantly. He is currently doing a doctorate at Cambridge University concerning mathematical anxiety and phobia, and his long-term aim is to change the perception of Maths in this country; to make Britain enjoy maths and to bring maths into everyday situations so that it isn't a subject that is taught but it is just a part of life. He explained how his love of learning started in his local library and then left us with some interesting thoughts as we all returned home.

The combined recollections of Julie and Richard Coates, Annette Joyce, Christine Middleton and Heather Quiney

Past Outing

Hemingford Grey Manor (quilting & patchwork) – Thursday 6th July

We joined other members of Du3a on a visit to the Manor at Hemingford Grey recently. It is becoming an annual visit for the Quilting and Sewing group.

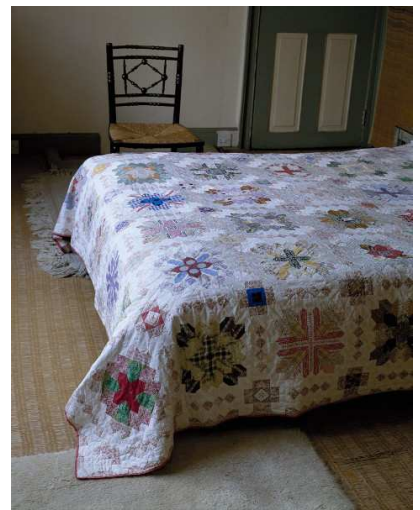
Lucy Boston is a world renowned designer and sewer of the most exquisite Coverlets. Most are double bed size and consist of a handsewn patchwork top and a backing. There is no wadding.

The family think she probably sewed the patchwork in the winter evenings whilst working out the stories for her children's books: The Children of Green Knowle. These were her winter projects. In summer she gardened. A coverlet and book per year.

She was in her 50s when Lucy became interested in patchwork after finding an 1800s quilt in need of repair/restoration. It then became the curtains in the room where she used to work. They remain the curtains to this day. She is self taught and at her best, used to sew 20 stitches to the inch. A remarkable feat, and not a sewing machine to be seen.

During the war material was in short supply so she used anything to hand, even her tea towels!

Her work is treasured by the family and they are careful in their care of them. They are kept flat in a room with the curtains closed.



Each piece is unique and is her own design, the colours and patterns worked to match and complement.

Books have been written about her work and she is known for her originality and expertise. Visitors from around the world come to the house to see her work.

Along with the rest of the House and Gardens, it was a very enjoyable day out. Worth a visit, as there is a lot to see and the house is a history lesson in itself.

Jill Jimson, Quilting and Sewing group

Past Outing

Hemingford Grey Manor (house, books & garden) – Thursday 6th July

We were blessed with a beautiful summer's day when we visited Hemingford Grey Manor, safely taken there by Don's.

The majority of the group had opted for their lunch at the local pub and very tasty it was too. Others had bought a picnic and went to the river bank to enjoy.

Hemingford Grey Manor is the oldest continually inhabited house in Britain and the original structure was Norman, since added to by the Georgians. Lucy Boston (the author of a series of children's books) bought it in 1939 and renovated both house and garden. During the war she gave gramophone recitals in the music room to personnel from nearby airfields.

After the war she wrote the Children of Green Knowle series of children's books and her son illustrated them. She used the house and garden as her inspiration and the books are regarded as classics. In the house are articles from the books: the rocking horse, wooden mouse and flute being some. If you read any of the books, like me, you may remember how magical they were.



We were shown round the house by Lucy's daughter and granddaughter. They told us how (after the war) Lucy spent all summer tending to the garden and each winter she wrote a book and made a patchwork. The patchworks are an internationally important collection and are exquisite.

The pretty garden is full of cottage garden plants in the borders but with the structure of Yew topiary on the main lawn.

Thank you to Pat and Derek who organised the day. Another very successful outing for our u3a.

Lucy Myers, Garden group



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".

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

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Just In – Sunday 8th October – Afternoon and Evening
Paddle Steamer WAVERLEY – Southend to London Tower Pier
approx. £70. Details to follow.

Upcoming u3a Online Learning Events for August



Laughter Yoga for July-Dec 2023

Join Judith of Edinburgh u3a for monthly Laughter Yoga sessions

Next Session:
Wed 9 Aug at 10am
Free - Online via Zoom



Science Network Event

Join our Science Network meeting to hear talks on Quasars, CRISPR Genome Editing and how handwashing can save lives.

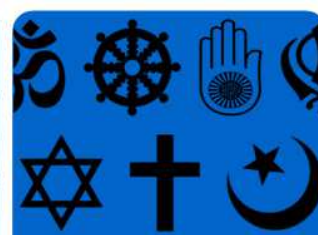
Wed 9 Aug at 10.15am
Free - Online via Zoom



Expedition Cruising: The Story of the Aleutian Islands

Neil Stevenson of Up Holland & District u3a shares his experience of visiting the Aleutian Islands

Thur 10 Aug at 2pm
Free - Online via Zoom



Exploring World Faiths: Faith and Youth

World Youth Day occurs in August. Three young people from different faiths will tell us about their faiths and how that affects their lives

Mon 21 Aug at 10am
Free - Online via Zoom



The Story of Lela Black

Jacqueline Luck tells the story of Lela Black, 1918 – 2008

Thur 24 Aug at 2pm
Free - online via zoom



Staying Safe Online - A u3a Presentation with Q&A

Keeping you safe in an electronic age: A repeat talk by Barry Linton of Thorpe Bay u3a.

Fri 25 Aug at 10am
Free - Online via Zoom



Paint or Draw

Themed monthly online art gallery
We run a monthly challenge to encourage people to paint or draw a piece of artwork, then take a photo of their work and submit their pictures via our online form. We post a different theme each month and invite any u3a members to submit photos of their creations on that topic. This is not a competition and it is not about your artistic ability – what we want from you are interesting pictures, possibly different perspectives on everyday scenes or objects, anything which has inspired you to paint or draw.

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

News from the Interest Groups

After a miserable March to May, when it rained nearly every Friday that a ride was scheduled, the **Cycling group** are now enjoying the welcome sunshine with 3 Fridays in a row. One Friday, we cycled to Hatfield Forest; and the week after, we cycled to Great Canfield, High Roding and High Easter.

We then made for Thaxted via Little Easton in June, a quiet ride away from traffic and headwinds. Parrishes provided a pleasant pitstop for coffee and conversation apart for one member who alas had to turn back due to a flat tyre!

We have a Friday morning schedule to the end of the year, dates are on our webpage. Aply led by Jenny Versey, we are a friendly bunch, ride safely and avoid poor weather. Lycra not necessary!

If you are comfortable with 15-20 miles at a pace that suits all, combined with a social coffee stop, why not join us for a taster? <https://u3asites.org.uk/dunmow/page/54180>



The cyclists take a welcome coffee break at Ashlyn's

This month the **General Craft group** made tote bags of different shapes and colours. Here are some pictures of their lovely results. We meet every month and new members are welcome.

Lucy Myers, General Craft group



The **Flower Arranging group** met at the end of June and designed arrangements based on the theme of FILMS.

They included: Paddington, Jurassic Park, Four Weddings and a Funeral, The Lion King, The Mikado, Phantom of the Opera, Around the World in Eight Days, and on the Golden Pond (in no particular order).

Vicky Marshall, Flower Arranging Group



Hard hats were order of the day on the **Geology group's** keenly awaited field trip to Highwood Quarry. We were led by expert Linda Powell who explained that at one time, our area was part of the Thames delta. This connected with headwaters in North Wales and other points west and north, bringing different rock types now to be found in the gravel strata. These overlay the floor of London blue clay, with sand, boulder clay and chalk atop.

We were able to roam the quarry floor, examine the geological strata and excitedly collect stones of interest. While these are mainly flints brought from elsewhere in southern England, quartz, granite from Cornwall, chalk and others can all be found in the gravel, along with puddingstone, particular to our area. The most eagerly sought flints were hagstones, with holes right through where silica deposited around organisms. Fossils from Derbyshire can be seen.

The quarry refines gravel and sand for construction. Larger spoil is returned to the quarry. Where water collects, the intense blue hue is endowed by calcium carbonate (calcite) particles from limestone. On exhaustion, the quarries cannot be remediated as lakes because geese would be a hazard for operations at Stansted! So topsoil is replaced and the site eventually landscaped.

It was fascinating to see what lies on our doorstep with thanks to SRC Aggregates for enabling us to visit on a non-operational day.

Amy Knight, Geology Group

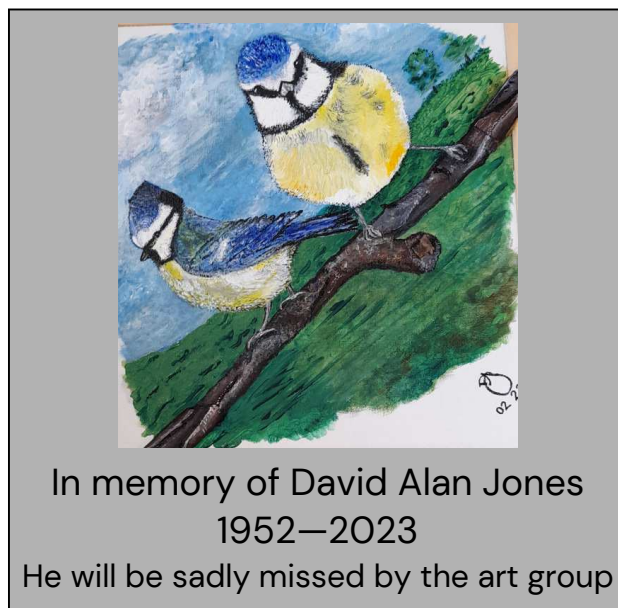


In the last month the **Thursday Art Group** has completed some delightful paintings. We haven't been following any particular theme but it's interesting that there's been a penchant for water scenes and flowers.

We are presently arranging a few outings during the summer break so we will be keeping in touch with each other during this time. Also there will be a project to complete a painting of a wild animal during August.

There are a couple of spaces if anyone would like to join our very friendly and helpful group.

Jan Clinton, Thursday Art Group



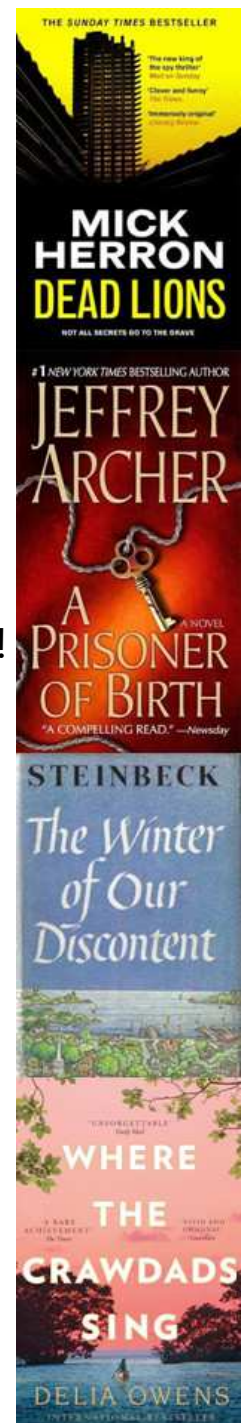
Nor sure who said 'give us books, friends and food and we will be happy' but it could have been describing book groups.

The **Book Club** have just finished reading Dead Lions by Mick Herron. We found this an addictive series but best read in order. It is a darkly comic spy series. Now on Apple TV+ starring Gary Oldham, I am reliably informed that Gary Oldman plays Jackson Lamb the lead to perfection. Washed up, disgraced spies are sent to Slough House to end their career. They are given pointless projects but now and again against the odds prove themselves useful. Look out for the cat and mouse!

We are moving on to read A Prisoner of Birth by Jeffrey Archer followed by Winter of our Discontent by John Steinbeck. A recently read book was Where the Crawdads Sing by Delia Owens. It tells the story of a marsh girl living in the swamps of North Carolina. It tells of love, loneliness, rejection and murder. Different opinions from the group ranged from "beautifully written", "vivid descriptions and emotional" to "lack of connection with the characters" and "storyline hard to believe".

As a group we have a full membership as I believe do Bookworms. However, if anyone is interested in joining a book club there is always room for a third group.

Christine Coates, Book Club



A new **Line Dancing group** was set up in April. This is in addition to improver Line Dancing group that takes place on Tuesday.

The new Line Dancing group is for complete beginners who would like to take up the activity but not knowing where to start.

It has been well attended but there are still a few places available, if you would like to join.



► It takes place every Wednesday, throughout the year from 11.15am – 12.15pm at a cost of £5 per session, at Little Canfield Community Hall, Little Canfield.

Line Dancing is a good form of fun exercise for all ages, not just for the ladies, gentlemen are more than welcome.

Jean Hull, Beginner Line Dancing group

Members of the Du3a **Tuesday Line Dance Class** went on their annual Line Dance Weekend to The Cumberland Hotel in Eastbourne, organised by teacher Cyndy Brown.

Host for the weekend was international, award winning line dance choreographer and instructor Karl Harry Winson, of the Funky Sole Line Dance Club.

Karl taught some new dances to the group on Saturday morning, with social dancing on both Friday and Saturday evenings.

We were blessed with great weather once again, so free time in the afternoon was spent having lunch in the pretty Victorian Tea Room on the pier, blowing the cobwebs away on the open top bus tour, or just meandering along the beautiful prom.

A great time was had by all, with lots of dancing and laughter! Everyone asking Cyndy to book again for next year! Hopefully more members from the Tuesday class and maybe from the new Wednesday Beginners class will join us?

Our grateful thanks to Cyndy for organising another lovely weekend.

Linda Herring, Line Dancing group



This month the **Friday Art group** decided to “Go to the Beach” with a watercolour of an older couple looking for a perfect spot on the beach. Many of the group tried their hand at getting that all important skin tone while showing the tans of the subjects. It was challenging to get the proportions of the bodies right; however, we thought that all bodies are different therefore any wobbles could be forgiven.

Meanwhile our two Helens, members of the group, organised a super project for us this month. We tried painting with acrylics on wood. They chose owls for their subject and it surprising how many species there are. The wood grain effect is very natural and has a rustic vibe about it. I hope you like seeing the results although the photography doesn't do to the work justice.

Felicity Cripps, Friday Art group



In June, members of the **Garden Group** had a lovely afternoon at Furzelea in Danbury.

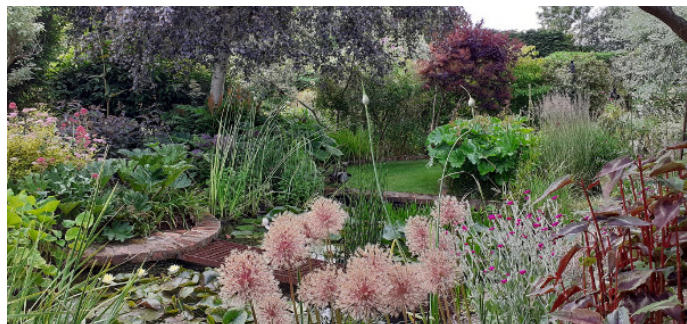
Opened on behalf of the National Garden Scheme this stunning garden was full to the brim with colour and foliage. Each section had its own creative colour scheme and feel. We were shown round by the owner



► Avril (a very knowledgeable plantswoman) and her clever husband Roger who makes metal sculptures and plant supports.

It was a very warm day and we were grateful to move into the shade and enjoy a cuppa. The cakes were to die for!

Lucy Myers, Garden Group



This month the **WAG2** meeting was hosted by Debbie, with Phil hosting the wine content. This time, we were told all about the wine, with the exception of its country of origin. We then had to choose the country from a map of Europe. A different approach which was great fun. We largely avoided the obvious places – France, Spain and Italy – and chose wines from Greece, Bulgaria and Hungary, amongst others. None of the wines had been tasted in advance.

Several people liked the **2017 Artemis Karamolegos** (from Santorini) (14% £16.50 Luckins) although others were not keen.

The **2021 Junge Winzer Grauer Burgunder**, (from Austria) (13.5% £8.99 Lidl) was reasonably popular.

Sadly we were unable to taste **2008 La Danse des Etoiles, Giroud Vins** (from Switzerland) as the cork disintegrated – practically to dust – when we tried to open it!

The **2014 St Stephan's Crown Tokaj**, a dessert wine from Hungary, was not popular amongst the group, despite being the most expensive wine per unit volume (£19 for 50cl). This was unusual because the group generally enjoy dessert wines.

Next month, being August, we might have an informal awayday – perhaps a picnic at a vineyard or we may return to Great Bardfield for their Wine and Jazz by the Lake open day – instead of our usual evening meeting.

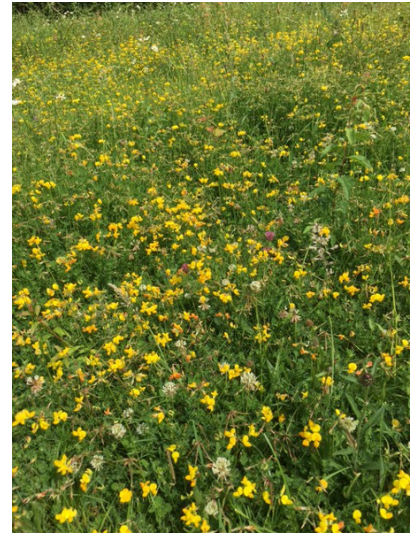
Barbara will host when we meet again after the break on 5th September.

John Stanley, Wine Appreciation Group 2

The **Nature Walkers** are a small group who meet on the penultimate Wednesday of each month at 2pm, for a short walk of about 2 miles.

We aim to keep the walks fairly local – so around the Takeley and Great Dunmow area with the occasional trip towards Bishop's Stortford.

With at least six pairs of eyes, we always find something of interest as the photos, courtesy of Trish Conder, show.



The most recent walks have taken us to the balancing ponds in Takeley where the highlights were the pyramid and lesser spotted orchids. We also met one of the rangers who explained that the grass around the ponds must be mown regularly to control the bird population which could be a danger to aircraft coming in to land or taking off, a simple fact that none of us had considered!

The group struck lucky again when walking through the St. Mary's Churchyard on our way to the river, we met the warden responsible for the area, who drew our attention to a badger's sett and a squirrel's drey.

Other walks have taken us to Hatfield Forest and the Flitch Way in Spring for the bluebells at Runnells Hey.

There will not be a walk in August but we will meet again on Wednesday 20th September at 2pm, venue to be announced.

Marilyn Hammond, Nature Walk Group



The **Flower Arranging group** meets every three weeks so we have met twice since the last newsletter. This time the theme was TALL arrangements.

*Vicky Marshall,
Flower Arranging Group*



Interest Groups List

If you are interested in joining any of the groups, or have a suggestion for other groups, please come and talk to me, Rosemary Jensen, during the General Meeting. Or you can contact me via the Dunmow u3a website or ring me on **07385 879846**.

Rosemary Jensen, Groups Coordinator

Art (Thursday)	Thursday am - Weekly	Barnston Village Hall	Jan Clinton
Art (Friday)	Friday am - Weekly	Rowena Davey Day Centre, Dunmow	Colin Bradley (Admin)
Book Club	Thursday am - 2nd Thur of the month	Members' homes	Christine Coates
Bookworms	Thursday pm - 2nd Thur of the month	Members' homes in Dunmow	Fiona Watson
Bridge	Thursday pm - Weekly	Rowena Davey Centre, Dunmow	Bryony Rees
Canasta	Monday am - Weekly	Angel & Harp, Dunmow	Jan Moffat
Cycling	Fri 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	David Cole (Admin)
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 (Beginners)	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	Tuesday eve Monthly (no fixed Tue)	Members' homes	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
Welfare Coordinator	Maureen Best
Minutes Secretary	Phil Garrison

Dates for your Diaries ...

Wed 26 July	Monthly meeting ... "A Journey into Print"	
	by Patrick Forsyth	pg 1
Wed 2 Aug	Trip to Southwold ...	Waiting List
Wed 23 Aug	Deadline for September newsletter	pg 2
** There is no monthly meeting in August **		
Wed 13 Sept	Trip to The Lion King in London ...	Waiting List pg 10
Wed 27 Sept	Monthly meeting ... "A Games Afternoon"	pg 1 & 2
Sun 8 Oct	Trip on the Waverley Paddle Steamer	pg 10
Fri 17 Nov	Trip to Ely Cathedral Christmas Gift & Food Fair	details to follow
Wed 29 Nov	Christmas Concert and Party	details to follow

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 23 August**