



September 2023 Newsletter & Diary Dunmow

u3a
learn, laugh, live

Forthcoming monthly meetings

**** There is no monthly meeting at the end of 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.

Five of our games groups will be offering you a chance to play and learn their games – you may enjoy them so much that you want to join their group.

There will be plenty of other table top games to entertain you throughout the afternoon and, who knows, new groups could be started as a result. Backgammon, cribbage, dominoes, or a general games group.

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



**All our monthly meetings place at Foakes Hall in Dunmow CM6 1DG
1.30pm for a 2pm start**

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

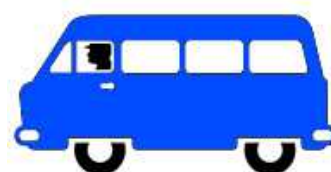
- ❖ Please remember to **bring your own mug** with you – we are no longer using disposable cups.
- ❖ Don't forget the **Magazine Swap** table will be there.



Do you have problems getting to the monthly meetings?

As your 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**



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From the Editor

Welcome to the September Dunmow u3a newsletter.

At one point, I thought that it might be a skinny newsletter this time but then I started to receive reports about what the groups have been doing in July and August. It is lovely to read how busy Du3a members have been, even over the Summer months.

Looking ahead, there are several trips organised by our wonderful Outings Team (see pages 6, 7 and 8) but also smaller trips arranged by the interest groups. These are in addition to regular meetings. Please look at the full list on pages 18 and 19 and see if there is something there you.

Regarding the Autumn Monthly Meetings:

There is **no monthly meeting at the end of August**.

The September monthly meeting (Wed 27 Sep) is a Games Afternoon.

The **October Monthly Meeting will be on Wednesday 1st November**.

(There is another booking at Foakes Hall on our usual last Wednesday of the month so please note **1st Nov** in your diary so you come along on the right day)

Finally, the November Monthly Meeting (Wednesday 29th November) will be our Christmas Concert and Party.

Hope to see you at one of our events soon,

Heather Quiney, Newsletter Editor

Message from the Chair

Dear All

It may not have been the greatest of summer weather but we have had a lovely month since I last wrote to you. Joined by our son and his family from Hawaii, we have managed to see all of our family during that period as well as to catch up with friends not seen for more than a year. As if one needed reminding, it is people who are important in our lives and we have been truly blessed this past four weeks – I hope many of you have been too!

Looking forward into September, all our normal activities start up again (though many didn't stop this year); I encourage you all to get back to them with renewed enthusiasm, perhaps bringing a new friend along to join it too.

Our Foakes Hall meeting at the end of the month will be a Games Afternoon, when we can all come together and play indoor games. It will be an ideal chance to try out a game you have never played. We don't have regular groups for many of these games and probably won't in the future, but some groups such as Mah Jong, Whist and Bridge would like more regular members and who knows, we might start a General Games Group if there is an interest among you to do so.



I look forward to seeing you all again in the weeks ahead

Mike Best, Dunmow u3a Chair

GOOD NEWS

If you missed the AGM in June, you may not have heard the good news.

It was proposed and carried by a majority vote to reduce the annual membership fee for all Dunmow u3a members from £13 to £10 for next year (April 2024 to March 2025).

Past Monthly Meeting

"A Journey Into Print" – Wednesday 26th July

Before our main speaker began, Peter Watson, u3a member and President of Dunmow Rotary club, gave a short presentation about Rotary International. Rotary's aims of peace, clean water, education, environment, supporting local economies and fighting disease have helped, for example, nearly eradicate polio worldwide.

Locally, Dunmow Rotary has seen Helena Romanes school win the Essex "Youth Speaks" competition and a local pupil achieve national 3rd place in the "Young Environmentalist" award. Dunmow Rotary club is celebrating its 75th anniversary next year and would welcome new members. It is open to all and the Dunmow Rotary club would particularly welcome more female members. Contact Peter or visit their website (www.rotary-ribi.org/clubs/homepage.php?ClubID=1404) for more information.

Patrick Forsyth was then introduced and spoke about his **"Journey into Print"**, punctuating his presentation with several interesting and often amusing extracts from his various travel books. He originally wrote management training books but decided to move into travel writing after his daughter encouraged him to write "a proper book". He sought advice from publications such as *"74 reasons why your book will never be published and 14 reasons why it just might"* as well as joining a writing group. He also entered a newspaper writing competition and, with the prize money, paid for a place on a writing course.

His advice for those with an idea was to be persistent and chase potential publishers who don't reply; research a publisher's speciality and processes, and make sure to submit ideas of the correct length, in the right format, to the right people. Depending on your objectives, especially if you are writing your own life-story for family or friends, it may be worth considering self-publishing (either for Kindle or in hard copy). He advised us that, ultimately, writing requires dedicated BOSHOK (bum on seat, hands on keyboard) and persistence.

Valerie Newell

Past Outing

Day Trip to Southwold – Wednesday 2nd August

As Du3a only offered transport to Southwold, what people did there was entirely up to them. As a result, everyone visited and explored different parts of the town.

However, we did offer a walk, guided by our own Mike Best, and several members joined him to explore beyond the town and along the coast. "The walking party started from the water tower next to the golf course and walked to



Walberswick marshes. Then on to the beach where we had a snack lunch before walking back to the village along the stones. The weather was everything from rain to sunshine to squally showers!"

Are you an aviation enthusiast? Why not try out the new **u3a East of England Aviation Regional Group**?

Led by former USAF pilot Don Mobley this meets on Zoom the first Tuesday of each month and may interest those who joined the recent outing to the De Havilland museum.



If you wish to know more, please contact barbara.cordina@u3a.org.uk who can sign you up with the link to the meetings, the next being 5th September.

Two visits are planned:

24th September: 493 Bomb Group museum near Woodbridge
<https://www.493bgdebach.co.uk/museum>

28th September: Stow Maries Great War Aerodrome near Maldon, with guided tour <https://www.stowmaries.org.uk/>

If you wish to join either, please also contact Barbara above.

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, Fitch 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

Forthcoming Outing

"Waverley" Paddle Steamer trip – Sunday 8th October

Twilight Cruise on the Thames aboard the PS Waverley Sunday 8th October

Code PSW



The coach will take us to Southend Pier where we leave at 4.30pm for an evening cruise up river on the twinkling Thames.

After calling at Gravesend, we steam through the Thames Flood Barrier, passing Canary Wharf, before sailing under the floodlit Tower Bridge.

We disembark at Tower Pier at around 8.00pm and board the coach for our return to Dunmow.

Food and Drink: Available at South End Pier and on the PS Waverley

Timings: Leave Don's at 2.00pm, Fitch House Café at 2.05pm, Takeley Four Ashes at 2.35pm.

Returning to Dunmow at about 10pm

Cost: **£70** per person

There is a charge of £4.96 for the train to the end of Southend Pier which is optional and not included.
The walk is 1.3 miles.

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870 Mob: 07909 688401

Forthcoming Outing

Ely Cathedral Christmas Gift and Food Fair – Friday 17th November

Ely Cathedral Christmas Gift and Food Fair

Friday 17th November

Code EC



Discover perfect presents for friends and family from over a hundred boutique stalls and designers located throughout the Cathedral's magnificent nave and aisles.

A supersized Festive Shopping Marquee, located in the grounds adjacent to the Cathedral, will host a further 120 stalls selling festive produce, gifts and treasures.

Timings: Leave Don's at 9.15am, Flitch House Café at 9.20am, Takeley Four Ashes at 9.40am. Leaving Ely at 4.00pm
Est. arrival back at Don's approximately 5.45pm

Food & Drink: There will be plenty of food vendors on site providing an array of refreshments and hot drinks.

Cost: £25 per person

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870 Mob: 07909 688401

For more information visit: www.elycathedral.org

Upcoming u3a Online Learning Events for September



Heritage Open Days: your free invitation to explore

Join Sarah from Heritage Open Days to hear about the countless stories and places being celebrated with Heritage Open Days this September.

Fri 1 Sep at 2pm
Free - Online via Zoom



Electing the President in 2024 - A 3 Part Series

In November 2024 the US will elect its 47th President. u3a Subject Adviser for UK and US Politics Paul Carter shows us how it all works.

**Tues 12, 19 and 26
Sep at 10am**
Free - online via Zoom



Platonic Activities: Maths Activities Day for All

A two part session of mathematical puzzling for all abilities, hosted by u3a Mathematics and Statistics Subject Adviser, David Martin

Thu 14 Sep at 10am
Free - online via Zoom



u3a Week - Trees, woods, climate & nature - what's all the fuss about?

Join John Tucker from the Woodland Trust for a snapshot of how to get involved in supporting wildlife and the environment.

Wed 20 Sep at 10am
Free - Online via zoom



u3a Week - Bolder - How to Age Better, and Feel Better About Ageing

Join Carl Honoré award-winning writer, broadcaster and TED speaker for a talk on embracing ageing as both a privilege and an adventure.

Thu 21 Sep at 10am
Free - Online via zoom



History of the British Secret Intelligence Services

Moirá of Guildford u3a presents a History of the British Secret Intelligence Services – as portrayed in the media

Fri 22 Sep at 2pm
Free - Online via Zoom



The Scottish Colourists, 1900 - 1930

Robert Kidner of Wallingford u3a introduces one of the most talented and innovative group of artists in 20th century British Art

Wed 27 Sep at 2pm
Free - Online via zoom



Hidden Histories: Tales of Cycling, Invention and Rebellion

Dr Kat Jungnickel time travels through patent archives to show and tell stories about new cycling cultures and radical acts of resistance.

Thu 28 Sep at 10am
Free - Online via zoom

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

u3a Online Learning

Unusual topics can be found among the Third Age Trust online events. A July seminar opened up 'Philosophy and Travel'.

Why do we travel? We evolved as nomads, hard-wired to roam. First to find resources and shelter, trade, mix our genes and spread ideas. As a curious species, this instinct now drives tourism for pleasure, discovery, to recognise ourselves in others and, when we come home, to see ourselves and other places in a new light.

Pilgrimage becomes more popular as we seek more meaning and genuine exchange in travel.

Where do morality and ethics come in? The 'right' to travel as tourists regardless of impact versus those fleeing war, persecution or simply seeking a better life. What does the future hold for both of these?

Leaving home for any purpose is travel – going to the doctor, getting on a bus, visiting a friend. How much do we miss on the way if we are not trained to 'read' the environment around us?

Even considering the most everyday subjects can encourage us to ask deep questions about who we are, why we do things and our place in the world.

David Cole

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

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

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



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"

News from the Interest Groups

The **Friday Art group** decided to continue painting through the holiday period of August and numbers have been consistent although, of course, faces have changed as people report back from grandparent duties and holiday trips. And it was one of these trips: a trip to Southwold which inspired the set of pictures we have currently been working on.

Last month we did "hot beach" pictures but now because of the wet July, we have painted stormy skies and skies with the sun breaking through the clouds ...

and presently it seems to be working as we have had some sunshine at last.

Also, our more experienced artists have been busy pursuing their own subjects very successfully >>>

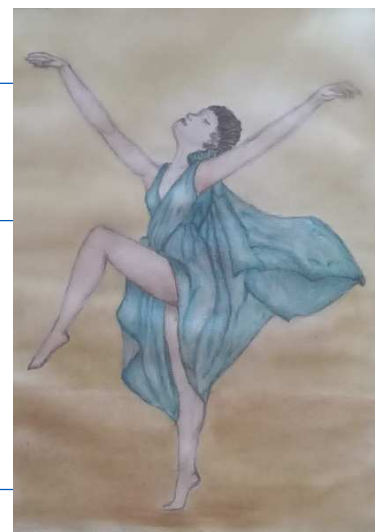


Just for fun we have decided to bring in our "Jack Vettriano knock off" paintings (because we have all tried to copy his style at some point) just for the pleasure of discussing our attempts. Meanwhile Trauti is trying to arrange another little trip for us to the Henry Moore sculpture park at Perry Green soon for sketching and general broadening of our artistic view.

Felicity Cripps, Friday Art group

Isadora Duncan barefoot scantily dressed dancer of the 1920s, in pencil and gouache.

Marina Chrysostomou, Friday art group



Garden Group meets every fortnight during the Summer months so we have had visited three gardens since the last newsletter.

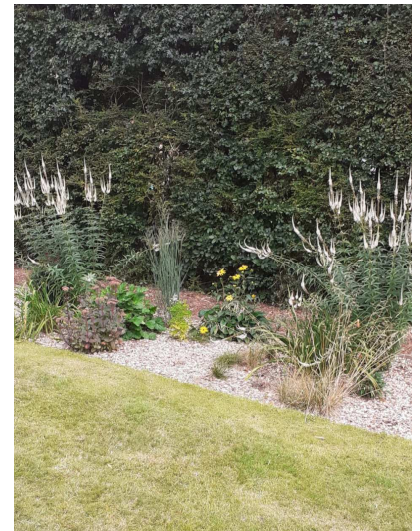
Keeway, Burnham-on-Crouch

At the end of July members visited Keeway, a large, mature garden near Burnham-on-Crouch. We had a relaxing time wandering around the flowerbeds which were full of colourful flowering perennials, including yellow Heleniums, blue and pink Veronica's and large groups of Gauras. For those who wanted to explore further there was a paddock that had been left to grow wild and which led down to a small lake. From the garden we were treated to stunning views of the River Crouch which we admired while being served delicious cakes, tea and coffee.



Sandy Lodge at Halstead

Our August trips started with a trip out to Emma and Rick's garden at Sandy Lodge. They moved to the house in 2011. When they arrived there was an abundance of conifers. They have now removed most to allow for a more "open" garden. At the front of the house is a delightful "bee border" inspired by Beth Chatto's gravel garden containing some beautiful grasses plus a driftwood area that is cool and calming to sit in.



The latest addition, to the rear of the house, are the long borders, planted with grasses and pops of bright colour; only planted in 2021 but already very effective. There is a large raised decked area that gives a view, over the hedges, towards the village church. This was where we were served our tea and coffee and beautiful cakes.



► A delightful modern garden, well worth a visit, proven by the many awards they have won since 2017. Their next open day is Sunday 10th September (11am–5pm. Hedingham Rd, Halstead, CO9 2QL)

Our final visit in August was to Blunts Hall at Witham. We were warmly welcomed by Alan and Lesley Gambling, the owners

of this amazing garden. We were split into two groups and guided around the garden learning of the history of both the gardens and the house. It was fascinating to see the way the gardens have been returned to their historic origins with some beautiful planting. Alan and Lesley clearly love their gardens and are happy to share it with their visitors.



This is their first year open to the public and they have certainly set the bar high. We were blessed with a beautiful sunny afternoon and to end our time were served a delightful tea with delicate sandwiches, a fruit scone with jam and cream and a further piece of cake ... we were very spoilt. I think we all agreed it was a wonderful afternoon out!



Anne Howatson, Garden group

Keep in Touch

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



On Tuesday 15th August, members of the **Grow Your Own (GYO) group** had an extra event, and visited Beth Chatto's Gardens in Elmstead near Colchester, kindly chauffeured there by Alison's husband, Patrick.



Beth Chatto OBE was an award-winning plantswoman, author and lecturer, and her gardens did not disappoint. The 7.5 acre garden is split into 5 "rooms", and we wandered around



them in awe of the well chosen plants and trees, and the wildlife they attracted. It was very tranquil, especially in the water garden with its beautiful ponds. The whole garden seemed to be teeming with bees, dragonflies, butterflies, and moths, almost everywhere you looked.

After a light lunch we all seemed to gravitate to the nursery where there were many plants for sale, mostly grown on site.

Some of us did not leave empty handed! It was a lovely day out, with perfect weather, greatly enjoyed by us all. The garden is well worth a visit if you've never been, and is only about a 50 minute drive from Great Dunmow.

Maria North, Grow Your Own (GYO) group



A good speaker makes a complex topic entertaining and relatable, as the **Geology group** found out when Ian Mercer from the Essex Rock and Mineral Society came to talk about 'Deep Time in Essex Walls', hosted appropriately at Stebbing church. He showed how we can read Essex's geological history by carefully



► observing the stones and rocks used to build our local churches which are clues to the geology hidden deep beneath our flat landscape and how they got here.

Who knew there are so many different kinds of flint, or that other materials to be found like quartz, sarsen, cementstone, chalk and granite arrived here by way of prehistoric river systems, the ice cap or volcanic activity from other parts of Britain or further afield? Not to mention the differences between stones, pebbles, cobbles, rocks and boulders!

We then put it all into practice with Ian enthusiastically guiding us around the church walls to show 'hands on' how to interpret what we see, not least having taken the time to explain to us where Stebbing fits into Essex's geology.

David Cole, Geology group



The **Thursday Art Group** had a wonderful lunch in Tilty, very kindly hosted by Chris, one of our members. Walking through their beautiful garden afterwards was such a treat. We intended to paint while we were there but we enjoyed everyone's company more!



Also we had a trip to Saffron Walden where we visited the Fry Art Gallery. This was an outing we had been anticipating for a long time. We weren't disappointed and enjoyed the talk about the gallery's background and



famous local artists. We had lunch later in the Cross Keys. The lunch took longer than expected, leaving no time for visiting Bridge End Gardens in detail. We hope to make that another trip.

Jan Clinton, Thursday Art group

The Twittering of the Sparrows

'Oh no, that looks far too complicated'. I've heard that so often from people when they see Mah Jong tiles for the first time.



When I acquired my Mah Jong set many years ago, I attempted to teach myself using the instruction booklet included. Big mistake. The 'instructions' were the most appalling translation from Chinese and I defy anyone to make sense of them. Now I can play, I look back at that booklet and realise I didn't stand a chance. Forward many years, and still wishing I could play, I discovered the Mah Jong group of the Dunmow U3A. I joined a lovely group of people who were kind, patient and enthusiastic. I never looked back. I now play each Monday between 4pm and 6pm at Oakroyd House. I also realise that Mah Jong is nowhere near as mysterious or complicated as it first looks. Although you can play a game with 3 or 4 other players you also have the opportunity to play your own game so players of all abilities can play together.

Why not come and see us on Wednesday 27th September in Foakes hall. We are a very friendly group and are happy to welcome new members. We currently have vacancies for 5 new members.



Oh, the title of this piece? That's the meaning of Mah Jong. Come and ask me why!

Julie Coates, Mah Jong Group Leader

This month, the **General Craft group** made fabric purses.

Next month, we are making Christmas decorations – you can't prepare early enough for the big event!

Lucy Myers, General Craft group





Hand tied bouquets by the **Flower Arranging group**, who say they were challenging at times!



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 ...

**** There is no monthly meeting at the end of August ****

Wed 13 Sept	Trip to The Lion King in London ...	Waiting List	pg 6
Wed 21 Sept	Deadline for October newsletter		pg 2
Sun 24 Sept	493 Bomb Group Museum (East of England u3a)		pg 5
Wed 27 Sept ...	<i>Monthly meeting</i> ... "A Games Afternoon"		pg 1
Thur 28 Sept ...	Stow Maries Great War Aerodrome (E of E u3a)		pg 5
Sun 8 Oct	Trip on the Waverley Paddle Steamer		pg 7
Wed 1 Nov	<i>October monthly meeting (in November)</i>		
Fri 17 Nov	Trip to Ely Cathedral Christmas Gift & Food Fair		pg 8
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 21 September**