



October 2023 Newsletter & Diary Dunmow

u3a
learn, laugh, live

Forthcoming monthly meetings

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.

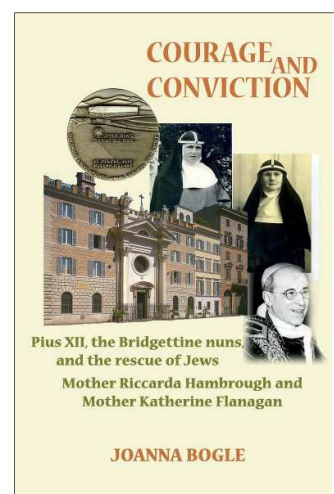
There will be a selection of table top games to entertain you throughout the afternoon and, who knows, new groups could be started as a result. Backgammon, cribbage, dominoes, Quirkle or a general games group.

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

Wed 1st November ... **"Riccarda Hambrough – A Forgotten Nun"** by Joanna Bogle

The Hambrough family once owned a castle on the Isle of Wight where Queen Victoria was an occasional visitor. But in the 1900s they were living in modest circumstances in the London suburb of Earlsfield and it was here that young Madeline encountered the Bridgettine order and felt called to become a nun.

She went to Rome ... and unexpectedly was called to heroism when the sisters helped to hide Jewish people, saving them from the Holocaust. The story later became known and was even turned into a film ... come and hear all about it!



**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.

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 October Dunmow u3a newsletter.

The Summer break is over and Du3a is looking ahead to the Autumn term. The Family History group have booked a speaker from the **Commonwealth War Graves Commission** on **Monday 9th October**. All Du3a members are invited to join them. See page 5 for details.

Following on from the very successful outing to The Lion King in London, we have more trips planned for October and November: on the **Waverley Paddle Steamer** and to the **Ely Cathedral Christmas Fair**. However, both of these outings have proved very popular and spaces are now hard to come by. See pages 6 & 7 for details and contact the Outings team if you would like to join the Waiting Lists.

Looking further ahead, our November monthly meeting on **Wednesday 29th November** will be our **Annual Christmas Party**. The Rock Choir will be entertaining us again. Please note, the Party will be at Foakes Hall; it will only be open to Du3a members; and you will need to pre-register so we can organise the festive refreshments. See page 5 and more information will follow nearer the time.

I hope that we can entice you to join in at least one of these forthcoming events

Heather Quiney, Newsletter Editor

Message from the Chair

Welcome back from your holidays, visits to relatives and friends or just basking in the sun from our late summer. Even the Dunmow Carnival was baked in warm sunshine.

Our return to u3a meetings starts with our **Games Afternoon** on **Wednesday 27th September** in the Foakes Hall, 2pm-4.30pm. We have put together a selection of card and board games that we hope will produce fun and laughter for all. We have tried to include something for everyone so do come along and try your hand at a new game or just one you have not played for a long time. The idea is to move around the tables during the afternoon; we hope you will enjoy it.



Our **October meeting** is actually on **Wednesday 1st November** due to hall availability when we will be back to our normal speaker meeting.

During the break many groups have continued to meet as well as involvement in carnivals and the Countess of Warwick Country Show in Little Easton. Christine Bishop won two trophies for her flower arrangements and Heather Quiney the Pulford Cup for her excellent needle felted nativity set. Congratulations to both of them!

Back in the summer, our new Welfare Coordinator, Maureen, asked if you would like help with transport to get to these meetings and she only received one reply. This is a genuine offer and so, if that would be a help for you to get along to join with us, please do let her know.

I look forward to seeing many of you playing games.

Mike Best, Dunmow u3a Chair



Past Outing "Lion King" – Wednesday 13th September

The Lion King – what a fantastic show!

It started with African drumming and, when the curtains opened and the whole cast of African



animals appeared, it was so spectacular the audience gasped with amazement, the actors representing each animal with such accuracy of movement they appeared almost real.

The story was of a lion cub growing up surrounded by the animals from Africa, meeting good and bad characters along the way. The excellent music and songs to suit the story and humour from various animal characters (laughing hyenas and a friendly warthog and meerkat included) made the show.

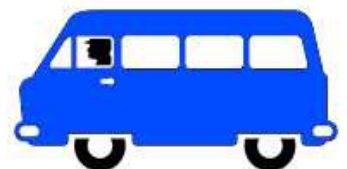
Many thanks to Pat and Derek for organising yet another wonderful outing.

Julia Gallagher

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**



Forthcoming Talk

Monday 9th October – Commonwealth War Graves Commission

On **Monday 9th October**, our Family History group will be welcoming a couple of volunteers from the

Commonwealth War Graves Commission.

They will be telling us about the work of the CWGC and what records they hold which might assist our family research.



If you would like to join us on Monday 9th October between 3.45 and 5.45pm at **The Maltings**, Dunmow, you would be most welcome.

PLEASE email Heather (heatherqu3a@gmail.com) by lunchtime Sunday 8th October so we know how many people to expect – there is a maximum number The Maltings can accommodate.

We ask for £3 per person to cover the venue hire (cash only, on the day) and we don't offer refreshments, so bring your own water bottle.

Date for your Diary

Wednesday 29th November – Dunmow u3a Christmas Party

Our **Christmas Party**, this year, will be on **Wednesday 29th November** – our usual November Monthly Meeting.

It will be at **Foakes Hall** from 2pm and once again the Rock Choir will be entertaining us, back by popular demand!



More details will follow in the next newsletter but please hold the date and be aware that you will have to register in advance if you want to join us as there is a maximum number of members we can accept in Foakes Hall. Please also note that this event is only for Du3a members.



We hope you can join us to round off the year in style!

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 Fitch 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 October



A world of opportunities just a click away

Interest Groups Online Fair

An opportunity to try out u3a's online learning community for free.

Free taster sessions every day online via zoom

Monday 2 Oct: Early Women Doctors 10am - Family History a 11.30am - Cryptic Crosswords 3pm

Tuesday 3 Oct: Exploring Classical Music 10am - Writing Fiction and Non-Fiction 11.30am - Concise Talks 3pm

Wednesday 4 Oct: Laughter Yoga 10am - Armchair Archaeology 11.30am - Modern Pop for Third-Agers 3pm

Thursday 5 Oct: Science in the News 10am - Railways 11.30am - Quotations Quiz 3pm

Friday 6 Oct: British Cemeteries 10am - Climate Change 11.30am - Intermediate Recorders 3pm



Royal Presence and Royal Presents: A Commonwealth History

Join Rachel Peat Underhill, Curator of Decorative Arts at Royal Collection Trust, to trace the early origins of the modern Commonwealth.

Thur 5 Oct 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.

Tue 10 Oct at 10am
Free - online via Zoom



Odd numbers and There and Back again: tales of 2 beautiful number patterns

Join Dr Ron Knott for a talk on how odd numbers make some beautiful patterns for fractions.

Thur 12 Oct at 2pm
Free - online via Zoom



Live Cookery Demonstration - Autumn recipes

Chef Alex from 'Vegetarian for Life' demos his delicious autumn recipes live on Zoom, especially for u3a members.

Fri 13 Oct at 10.30am
Free - online via Zoom



Meditation and Mindfulness Series

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

Weds at 10am from 18 Oct to 22 Nov
Free - online via Zoom



Family History: Why the whole family matters

Insights, tips and examples for family historians. How the whole family approach can help your research, by Julie of Syston and District u3a

Wed 18 Oct at 2pm
Free - online via Zoom

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

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

The Bigger Picture: National News

The u3a needs you!

In order to continue to evolve and thrive, the u3a would love your opinions and feedback on how the organisation can support local groups and wider learning opportunities better.

- What do you want to learn and gain from u3a?
- How has your u3a learning experience changed after the pandemic? Do you learn online as well as in person?
- What subjects would you like to learn more about?
Whether you are interested in gardening or literature, geology or languages, we want to hear from you.

We are looking for members to take part in a focus group or complete our survey, so please help us to help you.

To give your opinions, please visit

www.u3a.org.uk/learning/survey-and-focus-groups.

Or email us at learning@u3a.org.uk for details on how to get involved

News from the Interest Groups

A few photos from the **Monday Walking group's** walk around the Great Notley Discovery Centre and Park this morning.

They have recently set up a 'calm spaces area' for people to relax and meditate and these egg shapes are there to help.

Monday Walking group



August was a quiet month for the **Thursday Art Group** because of the holiday season but we kept in touch. There has been considerable sadness because two of our members passed away recently and we do miss them.

We are back to our Barnston Village Hall venue now with renewed gusto. A warm welcome was given to two new ladies who came as visitors. Hopefully they'll like us enough to stay!

Please see some recent paintings that we've done. Some of us have painted unusual birds and gained much enjoyment from it.

Jan Clinton, Thursday Art group



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"

At the latest meeting of the **Flower Arranging group**, the theme was GREY AND WHITE – quite challenging finding the right foliage.

You will notice the silverware won by Christine at the Countess of Warwick's Country Show in the group image.

*Vicky Marshall,
Flower Arranging
group*



On 6th September, **Luncheon Group 2** filled a long table for twelve at the Six Bells, a large pub a traffic cone's throw from the A12 at Boreham.

The lengthy menu included all the usual favourites such as chilli and lasagne, but, noting a seafood bias, I chose the fisherman's pie. And it was delicious. The choices of those around me varied greatly – seafood salads featured prominently – but all were very satisfied with their meals. The service was faultless, and unobtrusive, too.

Mindful of my expanding waistline I resisted the temptation of dessert, but four or five of my companions succumbed, and none regretted it. Another winner, I think.

Thanks, as always, to our leader Debbie for organising it – she'd been out of circulation for a while having broken her foot on holiday, so it was good to see her back in the saddle. Maybe you'll join us next time? You would be very welcome!

Philip Garrison, Luncheon group (1st Wednesday)



As the schools have gone back, the **Friday Art group** thought maybe we should have a more serious lesson about making a pot or vase look round and three-dimensional on the two-dimensional paper. This exercise soon turned into a terracotta pot. Naturally we then thought some red geraniums should go into it. Consequently, we have had a nice wander off the point entirely. But that's what happens when you're painting with pals at the u3a.

However, we do plan to get back on track and have even discussed possible Christmas card subjects (oh No!) Maybe even a foray into Vista print? Who knows.

Felicity Cripps, Friday Art group

The first **Wine Appreciation Group 2** meeting after the summer break was kindly hosted by Barbara, and Bob had planned the wines. On this occasion we tasted a range of wines from Eastern Europe. The most popular white was a Chardonnay from Romania, and a red from Moldova. We also enjoyed the bonus Hungarian dessert wine.

Incanta Chardonnay 2021 12.5% £7.99 (8.99) Romania
In recent years Romania has enjoyed a winemaking renaissance. Much of this is down to the family owned Cramale Recas winery where some of the vines date back to 1447. This Chardonnay is ripe and rounded with tropical fruit and citrus aromas and flavours of melon and stone fruits.



Carpe Diem Bad Boys 2018 14% £19.99 (22.99) Moldova
No country demonstrates the hidden treasures of Eastern Europe like Moldova. Wine has been produced here for over 5,000 years so they have learnt a thing or two. Crafted from two local varieties Fetasca Neagra and Saperavi combined with Cabernet and Merlot this is seriously soft and rich. Ripe notes of blackberry and cherry with hints of pepper and cocoa. 12 months in French oak casks adds roundness and vanilla spice.



Royal Tokaji Late Harvest 2018 12% £13.99 (15.99) Hungary
This wine is making a return to the group having featured previously in one of Phil's selections, but it is too good to ignore and fits perfectly into the Eastern European theme. Since it is a larger 50cl bottle there is more for you to enjoy! Royal Tokaji was formed in 1990 and brings together 62 small growers from Hungary's finest winemaking areas. The sweetness is achieved by allowing the grapes extended ripening time on the vine increasing their sugar content. With notes of peach and exotic fruits it has the perfect balance of honeyed sweetness and fresh acidity.



The other white wines we tasted were *Royal Tokaji Dry* (2019, 13%, £10.99 (12.99) Hungary) and *Krasno Pinot Bianco* (2021, 13.5%, £8.99 (9.99) Slovenia) and these reds *Incanta Pinot Noir* (2022, 12.5%, £7.99 (8.99) Romania) and *Colliano Merlot* (2021, 13.5%, £11.99 (14.99) Slovenia)

John Stanley, Wine Appreciation Group (WAG) 2

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 27 Sept ...	<i>Monthly meeting</i> ...	"A Games Afternoon"	pg 1
Sun 8 Oct	Trip on the Waverley Paddle Steamer		pg 6
Mon 9 Oct	Commonwealth War Graves Commission talk at The Maltings, Dunmow		pg 5
Wed 18 Oct	Deadline for November newsletter		pg 2
Wed 1 Nov	<i>October monthly meeting (in November)</i> ... "Riccarda Hambrough – A Forgotten Nun" by Joanna Bogle		pg 1
Fri 17 Nov	Trip to Ely Cathedral Christmas Gift & Food Fair		pg 7
Wed 29 Nov	Christmas Concert and Party at Foakes Hall		pg 5