



November 2023 Newsletter & Diary Dunmow

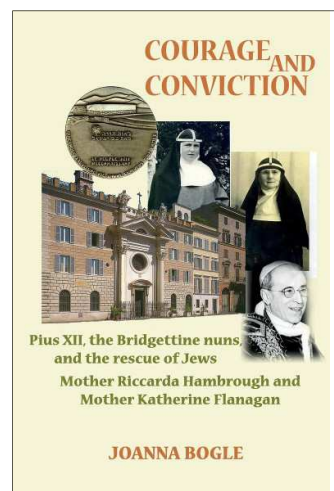
u3a
learn, laugh, live

Forthcoming monthly meetings

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

The Hambrough family once owned a castle on the Isle of Wight but in the 1900s they were living in modest circumstances in the London suburb of Earlsfield. 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!



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.



Wed 29th November ... **Christmas Concert** by the Rock Choir



Once again the Rock Choir will be entertaining us

*Please note ... **you will need to reserve your place** by emailing Xmas@Dunmowu3a.org.uk or phoning/texting the Du3a mobile phone **07385 879846**, as there is a maximum number of members we can accept in Foakes Hall. Please also note that this event is for Du3a members only (no guests). See page 6 for full details.*

**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 to browse **Magazine Swap** table. We cannot accept any more magazines until our current stock has been reduced



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From the Editor

Welcome to the November Dunmow u3a newsletter. A bumper one with details of forthcoming events and outings plus reviews of past events, like the Games Afternoon and the trip on the PS Waverley, as well as what the Interest Groups have been doing recently.

The next newsletter (out the end of November) will cover December and January thus allowing me to have a break over Christmas. Hopefully, it will include a round-up of all our activities from 2023.

Heather Quiney, Newsletter Editor

Du3a Suggestion Box at Monthly Meetings

There is now a Du3a Suggestion Box! It will be at future monthly meetings and it is an opportunity for any member to voice their opinions and make suggestions.

Please remember that the u3a is 'by the members, for the members'.

You may have ideas for speakers at the monthly meetings, suggestions for future outings or requests for new interest groups. Alternatively, you can give feedback about any aspect of Dunmow u3a.

We can't promise to action all the suggestions but every comment will be read and considered.



Please send any articles for the next newsletter to heatherqU3a@gmail.com by **Wed 22 November**

Message from the Chair

Autumn is finally upon us and quite a temperature adjustment as well, so we brace ourselves for more of life indoors. Our recent Games Afternoon introduced us to some new games and so we can try to play them at home with family and friends; our card groups appear to have welcomed new members so that is encouraging.

Our Monthly Meeting on Wednesday 1st November has two speakers; Margo Rogers will tell us about WI and in particular the Dunmow branch's activities. This will be followed by Joanna Bogle telling us about the Forgotten Nun who did so much helping Jews to hide from the Holocaust; perhaps a salutary tale at this particular time in Israel and the Gaza territory. Joanna is an experienced speaker so do come along and join us for a full afternoon.

A few of you have asked me what are the booking arrangements for our Christmas Concert with party food on Wednesday 29th November. These are spelt out on page 6 of this newsletter. Suffice it to say it is important to book a place in advance as space will be limited. This is the last opportunity to see Adam conducting the Rock Choir as he will be moving onto a new challenge although of course the choir will continue under a new director.

We like to keep in touch with our members and especially when they are laid up due to sickness or bereavement; the least we can do is to make a phone call or send a card but we can only do this if we know. So can I ask you to let our Welfare Coordinator Maureen Best know (maureenbest1951@gmail.com or 07385 879846) when you have a friend who is seriously ill? We will try to keep up the contact to make them feel cared for.

I look forward to welcoming you all on Wednesday 1st November

Mike Best, Dunmow u3a Chair

Third Age Matters is the national u3a magazine. It is published five times a year and posted direct to members' homes. It is packed with stories about members and u3a activities, plus celebrity interviews and features on technology, recipes, travel, competitions, and a lively letters section.

Did you know you can read it all online?

<https://www.u3a.org.uk/news/publications>

third age
matters u3a

Past Monthly Meeting

"Games Afternoon" – Wednesday 28th September

Our September meeting saw the introduction of our first Games Afternoon which was well attended by over 80 members plus 6 guests who joined that afternoon!

It was interesting to see how folks paused at the door and smiled as they surveyed a well organised hall with tables set out for 28 games. They then eagerly walked round to see what was on offer or made a beeline for the game they wanted to try.

On Mike's signal to begin, a quiet mood of concentration descended. Facial expressions changed from confusion, to enlightenment, then to delight whilst many participants learned a new skill. Several people said it was a nice change to be actively participating in an activity, whilst others enjoyed the social interaction with members that they had never met before.

With the colder weather approaching perhaps we will be motivated to try that new game at home or join one of our groups? Maybe Santa (is it too early to mention him?) will get a few requests enabling us to get the whole family involved this year.

Finally, many thanks to the patient and good humoured tutors and Du3a team for organising an enjoyable and inspiring experience in a relaxed atmosphere.

Jinny Huizar



Past Monthly Meeting

"Games Afternoon" – Wednesday 28th September

As leader of the Bridge group, I attended the Du3a games afternoon and we set up a table in the far corner. Four of us played a little and tried to show a couple of people who came to visit us, what it was all about. Bridge is quite a complicated game so it was difficult for people to join in although one lady gave it a pretty good go.

When I could escape, I went for a wander around the other tables and came across a game I had never heard of, called "Qwirkle". I watched and thought it rather intriguing and the sort of game that the family could cope with. Thus inspired, I purchased a game for myself and took it on a 3-generation holiday (all adults 25–83yrs) staying in a villa in Menorca.

The youngsters were really into games so we all joined in and had a go. Our 1st attempt went completely wrong as we hadn't read the instructions properly! We then got the hang of it and did it correctly. Everyone was hooked on it so by nights 2 and 3 it became quite competitive and we began to be more devious and created several interesting boards.

A really exciting game enjoyed by all. I thoroughly recommend it.



Bryony Rees, Bridge group and now Qwirkle player

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



Forthcoming Event

Wednesday 29th November – Dunmow u3a Christmas Concert



Our **Christmas Concert**, 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!

As we are limited to how many members we can accommodate, **you will need to reserve your place** by emailing Xmas@Dunmowu3a.org.uk or phoning/texting the Dunmow u3a mobile phone **07385 879846**. Unfortunately, once the maximum number has been reached, we cannot accept any more reservations. If your plans change and **you are no longer able to join us**, please let us know so we can offer your place to someone on the waiting list.

We will be providing seasonal light refreshments (another reason why we need to know how many are expected). When you reserve your place, **please let us know if you have any dietary requirements** which need to be taken into account. There will be a separate table with refreshments for those who have advised us in advance.

Please note that unfortunately **this event is for Du3a members only** (no guests).

The Rock Choir have requested a retiring collection for their chosen charity "Mission Christmas"

<https://cashforkids.org.uk/mission>. If you wish to make a donation (it is entirely voluntary), you might like to have some change with you to throw into the bucket :)



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



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 Outing

"Waverley" Paddle Steamer – Sunday 8th October

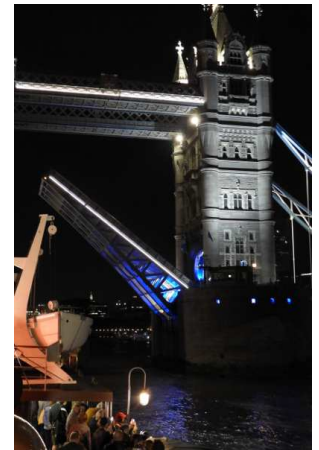
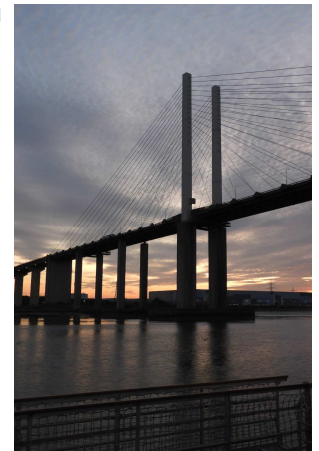
It was a beautiful afternoon when 50 of us queued up at the end of Southend Pier to board the *PS Waverley*, the last passenger carrying sea-going paddle steamer in the World, and made our way on calm waters up the River Thames estuary on its last journey this year to Tower Bridge.

As we steamed along and the evening progressed, lights lit up all along the banks, highlighting modern skyscraper buildings that many of us had not seen from the river before, including the Shard, the O2 Arena with cable cars overhead, as well as the QE2 bridge and the Cutty Sark.

Finally, as we rounded a bend, Tower Bridge appeared in the distance picked out in lights. As we approached, the majestic bridge opened up for us amidst a cheer from onlookers, as well as those on board, and the *Waverley* sounded its horn three times before docking for the last time this year at Tower Pier, next to the floodlit Tower of London, before boarding our coach home.

Everyone agreed it had been a wonderful trip and some even said that it had been the best trip ever organised by Du3a. Many thanks to Peter Watson and Derek Jones who worked hard to arrange the whole excursion.

Fiona Watson



Thank you Peter for the following facts about the PS Waverley ...

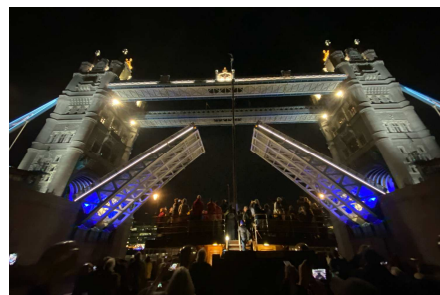
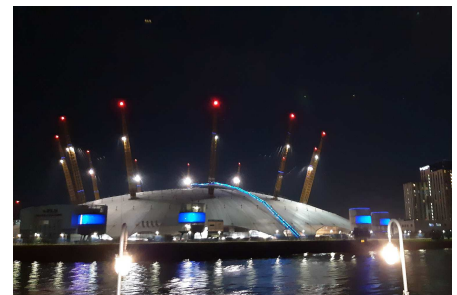
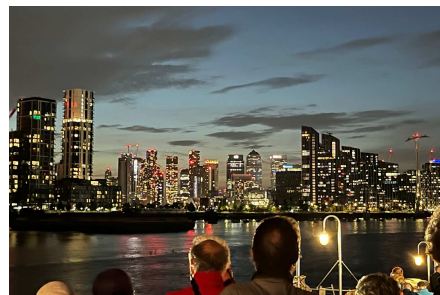
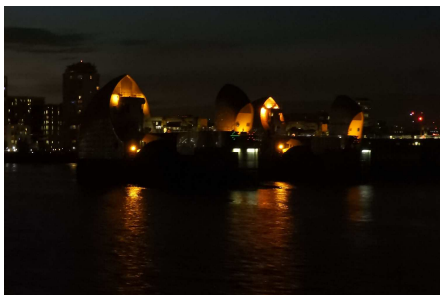
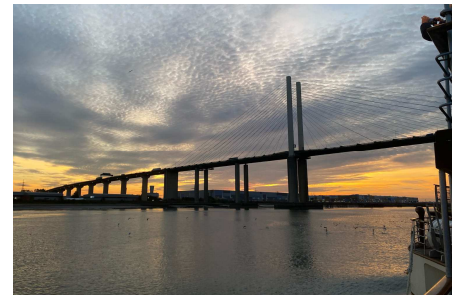
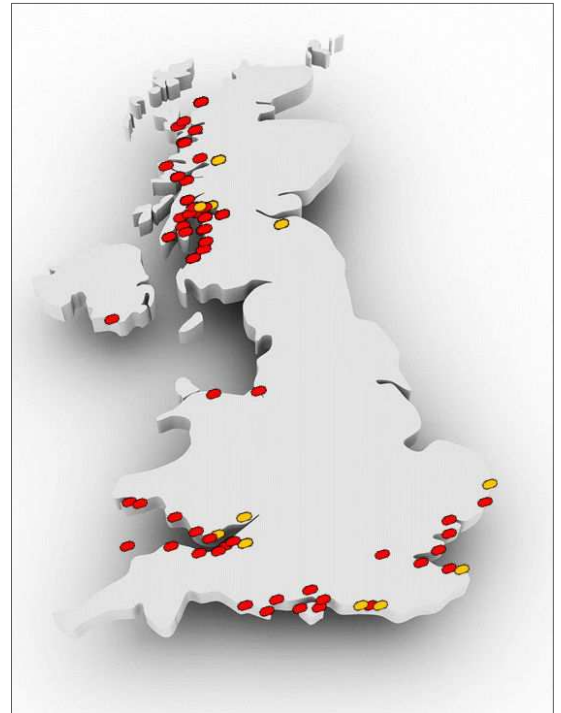
- The *Waverley* was launched in 1946 as a replacement for its predecessor, also named *PS Waverley*. She is licensed to carry 1,350 passengers and crew.
- The original ship was built in 1899, but was sunk by enemy fire during the 1940 evacuation of the British Expeditionary Force at Dunkirk.
- After operating as a ferry in the Firth of Clyde until 1973, the current steamer was sold (for £1) to the Paddle Steamer Preservation Society.

- Public appeals have since funded extensive restoration and improvement, and the modernised ship has been sailing all around the UK since 1975.

- During the 2023 cruising season (19 May to 15 October), the ship visited 51 ports (in red), with feeder coaches delivering passengers to and from 11 further towns and cities (in yellow).

More destinations are planned for 2024.

All the photos on these two pages were taken by various Du3a members on the trip



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

Forthcoming Outing

Drop the Dead Donkey: The Reawakening – Thurs 29th Feb 2024

Drop the Dead Donkey: The Reawakening
Cambridge Arts Theatre
Thursday 29th February 2024



Code DD

*** * BOOKING NOW * ***

Featuring the **original cast members** including Stephen Tompkinson, Neil Pearson, Susannah Doyle, Robert Duncan, Ingrid Lacey, Jeff Rawle and Victoria Wicks.

The play follows a group of seven funny flawed characters, from Globelink News, in the cutthroat world of modern 24-hour news gathering. We watch them as they try to navigate their way through the daily chaos of social media, fake news and Interim Prime Ministers.

Cost: £57 per person

Food & Drink: There is plenty of choice close to the Theatre.

Timings: Leave Don's at 10.30am, CASA (previously Fitch House Café) at 10.35am, Takeley Four Ashes at 10.55am.

Est. arrival back at Don's 6.45pm

Important: All seats are in the circle but there is a lift.

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870 Mob: 07909 688401

For more information visit: www.cambridgeartstheatre.com

The Bigger Picture

u3a East of England Aviation Group – Visit to Stow Maries

Stow Maries Great War Aerodrome hosted nearly forty region members in a visit by **u3a East of England Aviation Group** on a sunny late September day.

Assembling in the mess, we divided into groups ably guided around by volunteer staff. Taking in pilots' operational headquarters, the working airstrip, hangars, workshops and passing many buildings awaiting restoration, it was explained how Zeppelin raids in 1915 necessitated aerial defence. Prior to that, Britain had not envisaged aerial warfare. Hence a number of airfields were set up in this part of Essex to defend London. Not least, it was clear how grim and dangerous being an airman and even ground crew was, with more lives lost to accidents than in actual combat – despite the silver service and chandeliers in the officers' mess for pilots who were exclusively from public school.

A number of well-preserved classic fighter aircraft of the time are on display, some still flying.

We finished with free time to explore the excellent main indoor museum. Enough here to engage enthusiasts and those interested in social history, should be worth a return in due course when more restoration done.

A great start to excursions by this new group, more to come.

David Cole



The Bigger Picture

u3a East of England Online Learning – Great Grid Upgrade

Have you heard of the **Great Grid Upgrade**? Halstead u3a's Dave Bazley explained why you should and how it will affect us all in u3a East of England's online event 'Electricity generation – past present and future?'

Renewable energy means there are many more distributed sources of power generation than previously, especially in our region with so many offshore wind farms, new interconnectors from Europe and the prospective Sizewell C. Together with our increasing demand for electricity and population growth, this will mean building new transmission lines across our countryside as well as reinforcing ones we currently have and with more efficient cables. Managing intermittent generation will mean more 'smart' control and Demand Side Regulation – consumers use less at times of peak demand, are encouraged to economise through behaviour change, possibly dynamic pricing.

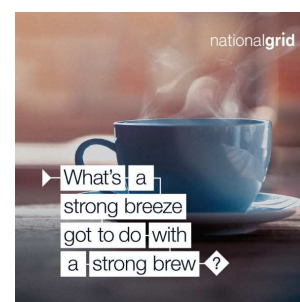
This will all cost a great deal – consumers will pay.

With eighty participants, a lively Q&A ensued, with many informed contributions. These ranged across the prohibitive technical and cost barriers of tunneling lines underground to the relative lifetimes and economics of windfarms versus nuclear.

The largest overhaul in generations – we'll never take electricity for granted again in quite the same way.

For more information from the NationalGrid ...

nationalgrid.com/the-great-grid-upgrade



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>

Upcoming u3a Online Learning Events for November



An Introduction to Astronomy

Catherine Stevenson of Newcastle u3a is joined by Astronomy Group members for an introduction to the subject.

Wed 25 Oct - 11.30am
Free - Online via Zoom



Future Lives - How our thinking skills change as we age and what we can do about it

Join Professor Alan Gow from Heriot-Watt University as he shares some hot tips and tricks to keep our brains healthy.

Wed 25 Oct - 2pm
Free - Online via Zoom



Science Network Event

Join our Science Network meeting to hear talks on Forensic DNA and The Apollo Programme.

Thurs 26 Oct - 9.30am
Free - Online via Zoom



Live Cookery Demonstration – More Autumn recipes

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

Thurs 26 Oct - 2pm
Free - Online via Zoom



Fashion's Dumping Ground

Join Helen Howard, Canterbury u3a member, to explore the impact of discarded fashion on the planet.

Fri 27 Oct - 2pm
Free - Online via Zoom



Sir Thomas Lipton, from Cabin Boy to Tea Tycoon to International Yachtsman

Join Neville Lyons of Guildford u3a in tracing the extraordinary 'rags to riches' life of Sir Thomas Lipton.

Thurs 9 Nov - 2pm
Free - Online via Zoom



The Curious History of Labyrinths & Mazes

Join Dr Julie E Bounford, social historian and author, based in Louth, Lincolnshire for this talk on labyrinths and mazes.

Fri 10 Nov - 10am
Free - Online via Zoom



Cryptic Crosswords for Beginners: 6 Session Course

Join Henry Howarth, u3a Subject Adviser for Cryptic Crosswords, for a 6-session course on cryptic crosswords
Tues 5, 12, 19 Dec and 9, 16 and 23 Jan at 10.00–11.30am.

Free - Online via Zoom
Booking closes Friday 17 November

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

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News from the Interest Groups

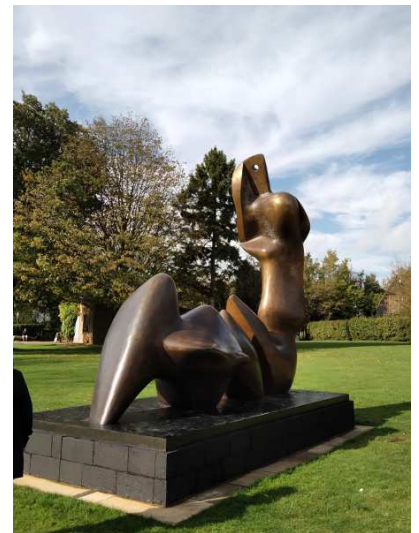
The **Friday Art group** finished the study of geraniums in pots with a flourish of autumnal fruits both in drawing and watercolour.

Our next project is "Dawn in Venice" which our group member Barbara is leading. And we have made a promising start with the Venice skyline in silhouette. However this is a work still in progress and we hope to show you the results next month.

Our work has been interrupted by a trip to see the Henry Moore sculpture park in Much Hadham. We managed to have a fine day, avoiding the forecasted rain, and were guided by a tour lecturer who showed us the sculptures, tapestries and his studios. The members were impressed with the diversity of his work and his interest in the natural forms to be found in nature. So much so that we have agreed to bring favourite stones and shells etc. to our next meeting. We must thank our trip organiser Trauti who arranged a delightful lunch and safe return in the Community coach.



Felicity Cripps, Friday Art Group



A watercolour Gouache painting of my cousin's giant wheat pot in her garden. It was to practice light and shade.

Marina Chrysostomou, Friday Art Group

Our **new Pickleball group** started at the beginning of October. This is held on Friday afternoons at the leisure centre in Dunmow.

We already have 16 people, who are all enjoying being taught the game.

Debbie is in charge of admin (07949 753999) and Selva is teaching the class (07713 987893).

*Debbie Miller & Selva Grovender,
Pickleball group*



Ever wondered about why cliffs tend to subside to an angle of 34 degrees, the physics of longshore drift or the genetics of handedness in whelk shells? The **Geology Group** learnt about all this and more with local expert Gerald Rayner on a field tour of the cliffs and shore at Walton-on-the-Naze. He amazed us all with these and many other facts about the geology of the cliffs and how the sea shore changes, highlighting how dynamic this environment is. Who knew that local sea defences had been engineered the wrong way round or that some school parties arrive not having consulted the tide tables beforehand?

These cliffs tell Essex's geological story from times of a subtropical climate, through submergence by sea to the last ice age.

Gerald enjoys sharing his knowledge with spontaneity, good humour and everyday language. Having explained that the left-handed variant of the whelk shell was uncommon, the hunt was on to be the first to spot one! Several of us also bagged specimens of fossil wood. A fascinating day enjoyed by all.





The **Flower Arranging group** tried their hands at
ASYMMETRICAL designs this month



We've started a **new Cribbage group**! Alternate Tuesdays, 2pm til 4pm at the Rowena Davey Centre. Everyone is welcome, whether you know the game or are a complete beginner. For further details, call or text the Du3a mobile phone **07385 879846** and leave a message for Pat Kelly.



Recently, the **General Craft group** have been making Christmas decorations. Here are some Christmas Tree decorations shaped like a tree! You cover milk container tops with a round piece of fabric (sew and tighten it securely) and when you have enough, arrange them in a tree shape.

We have also been making baubles by pinning small folded squares of fabric onto a polystyrene egg. Ann's is the beautiful finished one and the half finished one is mine (Lucy). It's really easy, just a bit fiddly with the pins, but no blood was drawn!

The General Craft group welcomes new members so contact Lucy if you would like to know more about it.



Our **Wine Appreciation Group (WAG2)** meeting in October was hosted by Toni and Mick. We welcomed Glenda and Colin, who are prospective members of the group and joined us, on this occasion, for a trial meeting. All the wines were French, locally purchased by our hosts when they were on holiday earlier this year. The evening theme was "an expensive versus an economical wine" to see if we could tell which was which.

The first challenge was sparkling wines:-

Vin Mousseaux Brute €1.65 vs *Champagne Canard Duchene demi-sec* €21.96

The Mousseaux one was a beautiful green/yellow colour with fine constant bubbles, fruity nose with flowery scent and slight fermentation notes. Alcohol 11%

The Champagne was Pinot and Chardonnay grape with an elegant freshness and balance. Alcohol 12%

The next challenge was white wines:-

Croix D'Or €2.50 vs *Petit Chablis La Sinuliere* €9.90

The Croix D'Or probably used Sauvignon grape, golden shade, with a perfume of fruit tree from the orchard.

This wine pairs well with foie gras trees and fruit desserts. Alcohol 11%.

The Chablis is based on the Chardonnay grape with lemon citrus fruit with refreshing acidity. This wine is best drunk young, and pairs well with fish or sushi and can be used as an aperitif. Alcohol 12.5%

The final round was Red wines: –

Croix De Ceyassac (Bordeaux) €1.99 vs *Château De Caladroy Antoine 2020* €14.75

The Bordeaux wines are usually a blend of Sauvignon and Merlot. This wine had the aromas of red fruit and caramel, with notes of smoke, and on the palate the tannins are round. The colour was intense garnet. This wine pairs well with cheese and grilled red meat. Alcohol 13%

The Caladroy uses Mourvendre grape and was a deep and intense colour with the nose of red fruits. On the palate liquorice with round tannins giving a long silky finish. This wine pairs well with red meats. Alcohol 14.5%

It was fun comparing, and in many cases we were unable to identify the more expensive wine. Sometimes the cost differential was tenfold, so we concluded that it is worth assessing the economical ones to see if they suited our taste. The photo shows the most popular wines.

The November meeting will be hosted by Sonia.





The **1st Wednesday Lunch group** at the Horse and Groom in Writtle.

Great food and good company

Debbie Miller, 1st Wednesday Lunch group

This month the **Family History group** welcomed Peter and Barrie from the Commonwealth War Graves Commission to talk to us about the work of the Commission. They are both volunteers but their enthusiasm for the work of the Commission and passion to tell others about it was obvious.



Personally I had always thought that the graves that they tended were in Europe but they are all around the world – Singapore, Iraq, USA and Egypt to name a few – and totalling 23,000 different locations. In total 1.1 million headstones are cared for and they are all the same irrespective of wealth or rank.

Another misapprehension held is that only those who died on the battlefield were included but this is not the case. Anyone who died as a result of injuries up to 3 years after the wars ended are included. We have commonwealth war graves here in Dunmow in St. Mary's churchyard.

The work of the Commission is continuous not only the gardeners working in the cemeteries but ongoing conservation work to the headstones and memorials however large or small. As remains of service personnel are still being discovered, the Commission will attempt to identify these people so they can be laid to rest with a CWGC headstone.

All the records of the graves are kept in Maidenhead and they are accessible to families wanting to locate where their relatives are buried and a valuable source of information for family historians.

This was truly amazing insight into the loving work of this organisation.

It was great to see some new faces coming along for the first time. Hopefully they will join us at further group meetings.

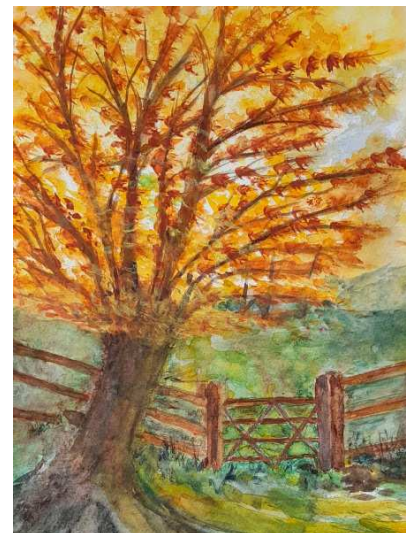
Gina Hollick, Family History group

The **Thursday Art Group** are working on Autumn themes. We're discovering many different ways to capture the beautiful, splendid colours of Autumn this October. It's surprising how individual our paintings are.

The paintings are some Autumn themed work.



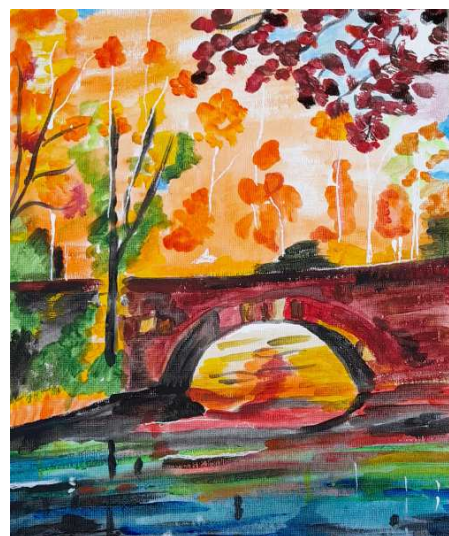
There are some yet to be finished, hopefully they'll be ready for the next Newsletter.



One of our newer members is enjoying experimental abstract work. It is allowing us as a group to appreciate more contemporary art.



*Jan Clinton,
Thursday Art group*



The **Garden Group's** in September was to RHS Hyde Hall – a garden worth visiting at any time of the year.

We were very lucky to have pleasant weather for our stroll around the gardens. Worth the walk up the hill to view the colour coordinated herbaceous borders which are full of dahlias and asters at this time of year.

At the side of the vegetable growing area, to the left of the greenhouses, is the former vegetable patch which is now known as Flora Fantasia. This is well worth finding as it is now used as a testing area – currently full of Salvias and hydrangeas – a wonderful sight.

Anne Howatson, Garden 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 during the General Meeting. Or you can contact me or any of the group leaders via the Du3a website or the mobile **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 - Monthly 2nd Thur of the month	Members' homes	Christine Coates
Bookworms	Thursday pm - Monthly 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
Cribbage * NEW *	Tuesday pm - Fortnightly	Rowena Davey Centre, Dunmow	Pat Kelly
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 - Monthly (winter)	various	Anne Howatson
General Crafts	Monday pm - Monthly 3rd Mon of the month	Rowena Davey Centre, Dunmow	Lucy Myers
Geology	Thursday am - Monthly 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
Pickleball * NEW *	Friday pm - Weekly	Dunmow Leisure Centre	Selva Grovender
Quilting & Stitching	Tuesday pm - Fortnightly	Rowena Davey 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, Dunmow	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

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 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 9
Wed 22 Nov	Deadline for December/January newsletter	pg 2
Wed 29 Nov	Du3a Christmas Concert at Foakes Hall	pg 1 & 6

Looking ahead to 2024

Wed 31 Jan	<i>January Monthly Meeting</i>	
Thurs 29 Feb ...	Trip to "Drop the Dead Donkey" at Cambridge Arts Theatre * Booking now *	p10