

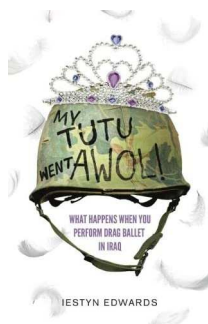


March 2024 Newsletter & Diary Dunmow

u3a
learn, laugh, live

Forthcoming monthly meetings

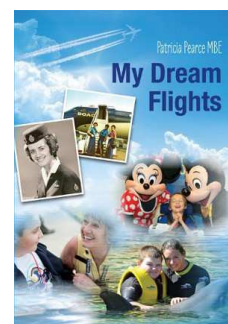
Wed 28th February ... **My Tutu Went AWOL** by Iestyn Edwards



Drawing on material from his best-selling memoir of the same name, My Tutu Went AWOL, and making full use of his background in vaudeville, Iestyn tells the story of being the Combined Services Entertainment 'experiment', sent out to entertain British troops in Iraq and Afghanistan during the conflicts, in his 'frock of many doilies' ...

Wed 27th March ... **My Dream Flights** by Patricia Pearce MBE

*Beginning with Pat's 39 year flying career as cabin crew for British Airways including flying the Queen, she will go on to talk about the charity she founded in 1987, called **Dreamflight**. They take seriously ill and disabled children to Orlando every October for 10 days with a huge team of volunteer doctors, nurses, physiotherapists and other helpers.*



All our monthly meetings take place at Foakes Hall in Dunmow CM6 1DG

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.



1.30pm for a 2pm start

*** Please do not arrive before 1.30pm – we won't 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 the **Magazine Swap** table at the Monthly Meetings. However, we cannot accept any more donations until the current stock has been reduced



In this issue ...

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From the Editor

Welcome to the March Newsletter and Diary and a special welcome to those new members for whom this is their first Du3a Newsletter and Diary.

It is the place to read reports about past monthly meetings and outings, details about forthcoming events, general housekeeping news and short pieces about what our interest groups have been doing in the last month.

Hopefully, you will find it informative and friendly. If you read about a group which strikes a chord and you would like to find out more, turn to the complete listing on pages 23 & 24. Then you could explore our website u3asites.org.uk/dunmow/groups and from there, contact the group leader to find out if there are any spaces at the moment.

If you have an interest which isn't covered by an existing group, contact Rosemary Jensen, our Groups' Coordinator, via the website, and we can ask in the next newsletter if anyone else would be interested in a new group – like we have done on page 15.

The ethos of u3a is “**by the members, for the members**”. The committee try to ensure it all runs smoothly but Du3a is member-led and we all have a part to play. It could be helping with refreshments at the monthly meetings, supporting a leader at one of the groups, helping to hand out tickets on one of our outings or lending a microphone and speakers at our forthcoming Quiz Night. Many hands really do make light work.

And remember the Suggestion Box at the monthly meetings!

Heather Quiney, Newsletter Editor

Message from the Chair

As we near the end of a very wet February, we are all looking forward to Spring encouraged by early snowdrops and now daffodils in bloom bringing colour to our borders and grassy verges.

What better time to start thinking about getting outdoors to walk, cycle or just visit the gardens and houses that open to the public for days out.

Last month I appealed for help on our coach trip to Gainsborough House which was forthcoming and made for a successful day out in Sudbury last week. There are other Outings in the pipeline which are shown later in this newsletter and it would be helpful to have a volunteer to help on these too. Please let Pat Jones know if you could offer help.

Our membership year comes to an end on 31st March and so, during the next month, we should all renew our membership for the coming year (unless you already have) at our reduced fee of only £10. Terry Parker, our Membership Secretary, will be pleased to help you if you need it.

We will be inviting all new members who have joined us during the previous year to a New Members' Meeting in May, so look out for that when the invitation comes. It will be an opportunity to meet the committee and other new members and to find out more about what our u3a has to offer.

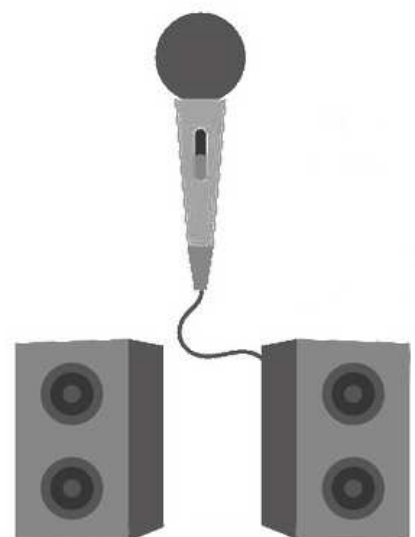
We wish you a month of fun, laughter and a chance to learn with new experiences,

Do you have a **microphone** and a **pair of speakers** that we could borrow on **5th April**?

As you know, we are having another Quiz Night. We have the questions and quizmaster all lined up but the equipment we used last year is not available on this time.

If you can help by lending us a microphone and speakers, please email Hilary at hilaryju3a@gmail.com

Thank you



Past Monthly Meeting

Dementia Adventure, followed by "Big Cats Around the Globe" – Wednesday 31st January

First up was a brief talk on "Dementia Adventure" by Dunmow u3a Chair Mike Best. This locally-based national organisation provides short holidays for people with dementia and their carers. The aim is to get dementia sufferers out of doors at one of seven different residential centres around the country. Activities are typically slow and gently paced, such as visits to gardens, birds of prey displays, and rides on heritage railways.

Sometimes participants are accompanied by a guide, but they are always in the care of a leader and several volunteers. Mike has volunteered for Dementia Adventure several times, and the most memorable slide he showed us was of an elderly gentleman looking simultaneously thrilled and terrified as he steered a speedboat. Move over, 007!

dementiaadventure.org



This was followed by Barbara Meyer, a wildlife photographer, whose talk was entitled "Big Cats Around The Globe". We learned that there are five categories of big cats: lions, tigers, jaguars, leopards and snow leopards. The talk was lavishly illustrated with many beautifully photographed slides of all these species, plus pumas, cougars, cheetahs, and the Scottish wildcat. We also saw some lesser-known species of cat. Barbara discussed the worldwide distribution of these cats, and the various environmental threats they face. Despite the exotic backdrops to the photos we were shown, Barbara told us that most of them had been taken through glass at animals in zoos and safari parks.

bigcatphotography.co.uk

Philip Garrison



Past Outing

Gainsborough House, Sudbury – Friday 16th February

A small coach-load of Du3a members set off on a fine spring-like afternoon to visit Gainsborough's House (his childhood home) and its associated gallery in Sudbury. On arrival we collected our admission passes and different groups chose either to go straight in to the exhibition or pause for lunch first, either in the cafe on site or, as my group did, in town.

On return we found ourselves in spacious surroundings in the galleries with no crowds to navigate so we all had a leisurely wander around each room with much of interest to see and helpful gallery guides to answer any questions. In addition to the wonderful Gainsborough masterpieces, there were various other artists on show and the contrast in styles could not have been more extreme!

One gallery was dedicated to the art of Rebecca Salter, currently the President of the Royal Academy. On paper her rather monochrome pictures did not look particularly inspiring but, seeing them up close, they really drew me in to the calm, sympathetic abstraction. Time spent living in Japan had influenced her art and her use of materials. On the top floor of the house was a further room with juxtaposition of works by Salter and Gainsborough,

A ground floor gallery featured the outrageous work of James Gillray, a Georgian graphic satirist who used strong colours and form

The top floor Silk Gallery showed the history of silk weaving and contained beautiful samples of silk which had been produced in Sudbury following the decline of the woollen industry in the town. High quality silk textiles were produced for major fashion houses and stately homes and palaces including Brighton Pavillion. Today Sudbury produces over 90% of Britain's woven silk.

Hilary Jinno



Past Outing

Gainsborough House, Sudbury – Friday 16th February

A party of members from Dunmow u3a travelled to Sudbury in Suffolk to visit the newly refurbished Thomas Gainsborough's Gallery.

The Georgian façade of the grade 1 listed building was added in 1720 and a Regency extension at the rear. We approached the gallery from a side lane revealing the new contemporary building which opened in November 2022.

Inside we saw some twenty examples of Gainsborough's portraiture and landscapes, hung against green silk damask woven in Sudbury. There was also the blue suit worn in the famous "Blue Boy" painting displayed alongside an exhibition of Sudbury's history of silk weaving.

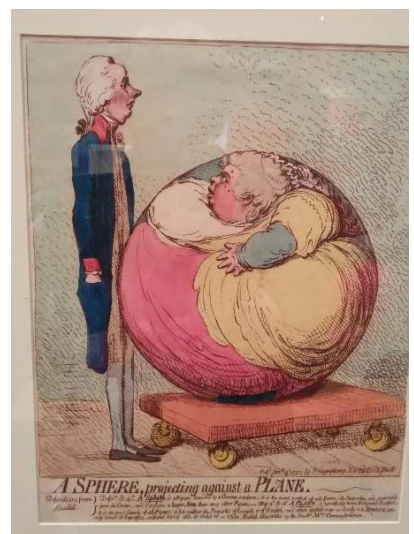
Moving into Gainsborough's old childhood home, we could see the family's love of the arts in the music room and, the painting room.

Several of the party had lunch in the café which overlooked the garden containing a 400 year old Mulberry tree, while others investigated the James Gillray Caricature exhibit. Gillray exposed notorious scandals of the day causing many of the group to reflect that "nothing changes" as they chuckled at the colourful but outrageous illustrations.

There were further exhibits of various artists as diverse as Constable and Rebecca Salter PRA. In fact, there was barely time for a visit to the gift shop before we needed to return to Dunmow.

Maureen Best, Pam and Derek Jones must be applauded for organising this most enjoyable trip.

Felicity Cripps



Forthcoming Outing

The Moonwalkers – A Journey with Tom Hanks – March 2024 TBC

The Moonwalkers – A Journey with Tom Hanks

The Lightroom, London

March 2024 – Date to be confirmed



Tom Hanks co-wrote **The Moonwalkers** with Christopher Riley, the double BAFTA-nominated writer-director whose work includes many of the most groundbreaking films and television programmes about space.

The show tells the stories of the Apollo missions, reflecting their gripping journeys at spectacular scale. Newly filmed interviews between Hanks and astronauts of the current Artemis programme will grant an insight into the return of crewed surface missions to the moon.

Hanks himself will provide the voiceover, accompanied by a spectacular original score by Anne Nikitin.

The show lasts for a little under an hour which should allow a little time to explore the nearby Coal Drops Yard shopping and leisure centre.

Cost: £42 per person

Food & Drink: The nearby shopping centre of Coal Drop Yard has cafes, bars and restaurants

Timings: To be confirmed

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870

For more info: www.lightroom.uk/yourvisit

Forthcoming Outing

Sargent and Fashion at the Tate Britain – April 2024 TBC

Sargent and Fashion

Tate Britain, London

April 2024 – Date to be confirmed



Almost 60 of Sargent's paintings will be on display, including major portraits that rarely travel. Several period garments will also be showcased alongside the portraits they were worn in. The show examines how this remarkable painter used fashion to create portraits of the time, which still captivate today.

Sargent used fashion as a powerful tool to express identity and personality. He regularly chose the outfits of his collaborators or manipulated their clothing.

Cost: £47 per person (some Concessions may apply)

Food & Drink: There is a pleasant café at the Tate.

Timings: To be confirmed

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870

For more info: www.tate.org.uk

The Membership matters

Dear members,

We currently have 638 members which is the highest membership number since Dunmow u3a was started. Going forward, this number will, of course, depend on how many of you renew for the next membership year which starts on 1st April.

Thank you to the 100 or so members who have already renewed. You can safely ignore this article!

For members who have yet to renew, I hope that you think that Dunmow u3a is worth belonging to and that you plan to renew your membership. **This is just a reminder to do this please before 1st April – the start of the next membership year.** No need to panic but it would help me if I could avoid having to process a large number of renewals on 31st March! The good news is that the annual **subscription has been reduced from £13 to £10 per person** – what good value for money in an age of ever-increasing costs!

If you are not planning to renew then perhaps you could let me know before 31st March. This will save us money on fees levied by the Third Age Trust as these fees are charged per member.

You can renew via post by sending me an application form (available on our website in Word and pdf formats on the Welcome page) along with a cheque payable to Dunmow u3a. If you require one of our pre-printed membership cards please enclose a stamped addressed envelope to enable me to return your card, otherwise I will send you, via email, a file which contains your card and you can print it.

If you have access to online banking, you can renew and save on the ever-increasing cost of stamps! **This is our preferred method of renewing.** Once you have paid, then email me your application form, I just need your name and membership number on the form and only include other details if they have changed. In return I will email you a membership card for you to print. Once again, if you require one of our pre-printed cards, please send me a stamped addressed envelope.

You can also renew at one of our monthly meetings but please be aware that there may be a queue.



► On the application form please pay particular attention to the Gift Aid section. We are able to reclaim from HMRC 25p for every pound of your membership subscription and this is an important source of revenue for us with our costs ever increasing. Please sign this section if your tax position qualifies for us to claim.

giftaid it
making donations go further

Our bank details are as follows:

Pay: Dunmow u3a
Amount: £10 per person
Sort Code: 30-92-76
Account: 18735268

Please include your **Surname** and **membership number(s)** as Reference.

My email address for sending me application forms is:

membership@dunmowu3a.org.uk

I look forward to you renewing your membership.

Kind regards,

Terry Parker, Membership Secretary

Why
did I join?

To meet new people who want to be sociable and fun, to try new things, to exercise and try to keep fit, and to learn new skills

Du3a Suggestion Box at Monthly Meetings

Please remember the Du3a Suggestion Box! It will be all 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.



Upcoming u3a Online Learning Events for March



Secrets of the Human Brain: Talk Two: Sleep and Dreams

This talk explains how our brains make us awake or asleep and can make us dream, by Dr. Bob Pullen of Prudhoe u3a.

Thu 29 Feb at 2pm
Free - Online via Zoom



Aviation Network Meeting: Time is money, Concorde was Prestige

In this meeting of the u3a Aviation Network, Capt John Hutchinson shares his 15 years of experience as a British Airways Concorde Captain

Tue 5 Mar at 10am
Free - online via Zoom



Artificial Intelligence News

Are you interested in learning about AI? Join others discovering the world of AI, hosted by Barry Claydon, u3a AI Subject Adviser.

Thu 7 Mar at 3.30pm
Free - online via Zoom



Exploring World Faiths: Women in Faith International

Women's Day occurs on March 8th. We will explore the roles of women in different faiths. Hosted by Dr Peter Rookes, u3a Subject Adviser.

Mon 11 Mar at 10am
Free - online via Zoom



This introductory session is for u3a members who would like to have more of an influence in their community and take part in social action.

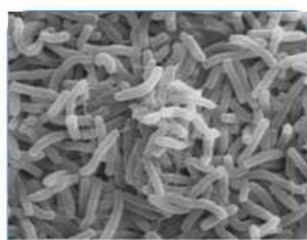
Wed 13 Mar at 10am
Free - online via Zoom



AI in Climate Change

Info and booking link coming soon!

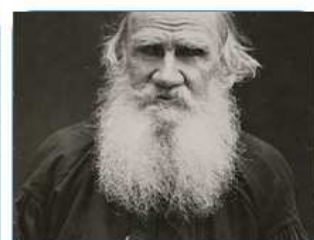
Tue 19 Mar at 10am
Free - online via Zoom



John Snow and the hunt for the source of cholera in Victorian London

Info and booking link coming soon!

Wed 20 Mar at 10am
Free - online via Zoom



Suffering & Hope in Tolstoy's Anna Karenina

This is the first of a series of talks by Christopher of Orrell Park and District u3a illustrating how the creative arts can enhance our wellbeing

Thu 28 Mar at 2pm
Free - online via Zoom

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

Online Learning Event

Mosaicist Joanna Dewfall presented a visually rich talk on Mosaic Art, covering history since ancient Greece through Roman times to present, how mosaics are made and what they communicate. Features are often made in reverse on paper and then transferred to the permanent backing in situ. We were introduced to andamento, how tiles are arranged to suggest movement and flow – waves, animals etc.



Joanna was inspired by Gaudi in Barcelona and a communal mosaic on the Glasgow Easterhouse estate. She delivers commissions throughout the South West for private, business and institutional clients but works extensively with community workshops from schools to the vulnerable elderly as a way of celebrating local history and culture. Schoolchildren can make mosaics inspired by their drawings; in such a way mosaics can be assembled from components made by multiple people in several places.

A new Du3a group?!

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. There are also more photos from our interest groups and details about upcoming events. Just search for “Dunmow u3a”

The Rowena Davey Centre is open each Tuesday and Thursday from 9.30am for tea, coffee and cake. We serve lunches at 12 noon.



2 Course Lunch £7 – pre-booking required. Ring 01371 872874 or email rdcmeals@gmail.com. Or visit us at the centre.

Come and try us out! You will be most welcome.



Dunmow u3a [Wool and Waffle group](#) meet at the coffee morning every other Tuesday. You are welcome to join them.

News from the Interest Groups

Lots of ground covered in our first **Science & Society Group** meeting of the year. Starting with Antarctic octopus genetics, we worked our way through climate change, efficiency of baths vs showers, social geography to virtual reality, HS2, basis of weather forecasting, quantum computing, Lego bricks and beyond. Only the Science Group can do this! More to come.

A study of octopus DNA may have solved an enduring mystery about when the rapidly melting West Antarctic ice sheet last collapsed, unlocking valuable information about how much future sea levels may rise in a warming climate

David Cole, Science & Society Group



Our new **Pickleball Group** goes from strength to strength! Every Friday the sports hall at Dunmow Leisure Centre echoes to the thwack of wiffles on paddles as u3a members ride the cutting edge of the sport that's taking the world by storm.

Pickleball is a combination of tennis, badminton and table tennis without particularly resembling any of the above. The ball must bounce once on the far side of the net after service and the first return, but



after that the ball can be volleyed across the net, which heats things up considerably. Best to keep out of the kitchen!

We provide all the equipment – all you need to bring is a sunny disposition and, once a month, a tenner to keep group leader Debbie happy. Selva, our genial resident expert, provides coaching and encouragement as required.

The group is filling up fast, but if you'd like to join us be warned that your Friday afternoons will never be quite the same again!

Philip Garrison, Pickleball Group

MOTO (Members On Their Own) group

- Are you on your own?
- Do you feel a little uncomfortable when everyone else seems to be a couple?
- Would you like to meet others in a similar situation?

We are considering starting a group for 'Members on their own' if there is enough interest.

For more information, please contact Rosemary Jensen, Groups Coordinator, via Dunmow u3a website or call 07385 879846

The **Quilting & Stitching Group** discovered Iris Quilting at the end of last year. As you can see, we each chose a different design and these are still works-in-progress with plenty of pins and tacking!

Whereas Iris *Folding* is paper based, Iris *Quilting* uses the Paper Piecing technique to build up the layers of fabric and form the picture.

We meet on alternate Tuesday afternoons and would welcome new members.



Luncheon Group 2 Our February lunch was held in the club restaurant at World Golf, Stansted (formally Elsenham Golf Club). It is a conservatory room and so nice and light on a dark grey day and an ideal venue for a group of 12. We ordered drinks and then meals from the bar but they asked if we would like our food served at the same time which although we had to wait a while, they managed pretty well. I had ham egg and chips, a particular favourite of mine while others tucked into a full English breakfast, fish and chips, scampi and chips, a wonderful smoked salmon salad and a lamb doner which required a box to take some home for the evening! Prices ranged from £9 to £16. One or two managed a sorbet or ice cream to follow. A pleasant couple of hours was had by all – another winner Debbie!

Mike Best, Lunch Group 2



Why did I join?

I joined the u3a to keep active in my retirement, and to pursue activities that I enjoy, with like-minded people.

This month the Craft Group made Scissor Keepers. The activity was suggested by one of our new members and kept the group happily occupied for an hour or two.

The group were also visited by a representative of Dementia Adventure who explained how the charity enables people with dementia and their carers to have an active and fun holiday. The group are going to make 'welcome' cards next time we meet for those that go on the holidays.

Lucy Myers, General Craft Group

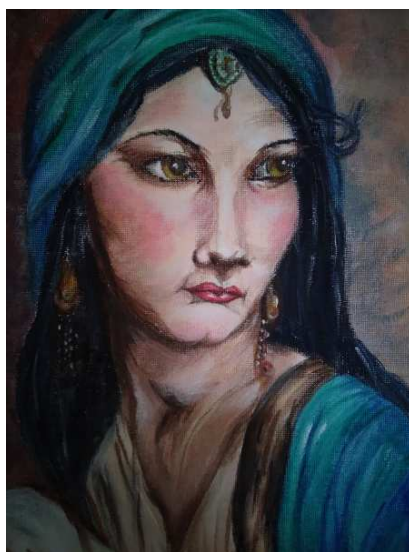


Returning after the Christmas break, the **Friday Art Group** were short of ideas, therefore, we looked at lighthouses as it seemed to light the way ahead.

With the creative juices flowing once more, some of our own subjects came to the fore: a portrait from Arlette and a Chinese style picture from Kay. Perfect timing for a look East with the Chinese New Year.

One of our class members Bill, demonstrated using black ink in a Japanese style work and we hope to show you our efforts next time. Meanwhile, many of the group are delighted to be going on the trip to the Gainsborough Gallery in Sudbury, where we are bound to find further inspiration.

Felicity Cripps, Friday Art Group



In a week of damp weather the **Garden Group** made its first visit of the year to Blunts Hall ... however we were lucky enough to have a bright sunny day for our outing.

We visited Blunts Hall gardens last August and enjoyed it so much we decided to return to view their display of snowdrops. We were not disappointed. There was an amazing display of both snowdrops and aconites giving a beautiful carpet of white and yellow. There was also a plethora of scent, some nice some not so sweet, from the various winter flowering shrubs of viburnum, sarcococca and winter flowering cherry.



Once again we were given a tour of the garden by our very enthusiastic hosts Lesley and Alan, showing us the many changes they have made since last summer. This is very much a developing garden with the recent installation of a summer house and the clearing and planting of several areas along the edge of their stream. The enthusiasm for their garden restoration is quite inspiring. Our visit concluded with lunch on the sunny terrace, with soup and cheese scone and a large slice of cake. What a delightful way to spend a day in February!



Anne Howatson, Garden Group

Do you have any spare *acrylic double knitting wool*?

Our newly-formed **Wool and Waffle group** are making blankets for a Dementia charity and are in need of supplies any colour ... but not red, black, dark brown or navy blue.

We have already knitted our first 5 squares this week but need to make a lot more.

Please contact Maureen Best, the group leader, if you can help. Thank you

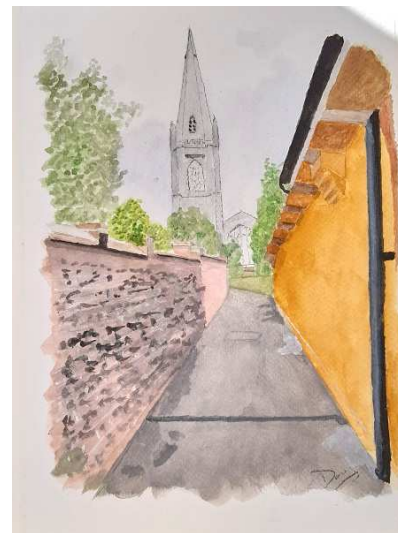


The **Thursday Art Group** had a surprise visitor from Brisbane recently. Jo was over here visiting two of our art group members and she came as a guest for a session. Jo amazed us by painting the beautiful hummingbird.



As a theme, we're working on Windmills – hopefully we'll have some paintings to show next month. Otherwise we've been painting various scenes. The pathway with the ochre coloured wall to the right is a view painted from the Fry Art Gallery, Saffron Walden.

*Jan Clinton,
Thursday Art 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



Spring is definitely on the way!

At the latest meeting of the **Flower Arranging Group**, the challenge was to create an arrangement with daffodils and foliage using an eco method to support the flowers, rather than using oasis foam. So members used a variety of methods including pin holders, chicken wire and tape and created these lovely arrangements.

Christine Bishop, Flower Arranging Group



The **Geology Group** met to frame the coming year's activities. We have a speaker lined up for April, discussed potential field trips and the possibilities of making links with neighbouring organisations. Exciting ways forward. We watched and discussed an Open University video giving us insights into the geology of the South West, much different from that of Essex.

David Cole, Geology Group

The **Wine Appreciation Group 2** January meeting was hosted by Sheila and John. We tasted 7 wines and were engaged in a quiz battle (ladies vs men). The men just won on a tiebreaker – and fun was had by all.

Valle del Bio Bio Viognier from Chile 13% (Sainsbury)

The Bio Bio Valley is one of Chile's southern most wine regions and has made a name for itself by producing crisp, aromatic white wines. Perfect with mildly spiced curries, creamy sauces and rich shellfish dishes.

Sentiero Dei Pini Pinot Grigio from Italy 12% (Laithwaites)

Pinot Grigio is one of the most popular white wine styles in our cellars, loved for its refreshing, delicate flavours. It's a 'drink anytime' wine, but perhaps best enjoyed with antipasti and fresh seafood.

Clare Valley Riesling from Australia 12% (Aldi)

Always one of the exemplary Rieslings from this classic region, this vintage is one of their best. It offers a glorious Clare Valley nose, perfumed with limes, spices, grapefruit and florals, notably jasmine. It's drinking beautifully right now, brilliant on its own or as an accompaniment to seafood, salads or poultry dishes.

Palacio de Primavera Tinto from Spain 13.5% (Waitrose)

Brilliant cherry red colour with violet tones; aromas of wild blackberries, subtle spices, and mocha. In the mouth, you will find a balanced, intense and long-lasting wine with velvety tannins.

Susana Balbo Malbec from Argentina 14.5% (M&S)

A vibrant and expressive wine with notes of dark berries and spice. The grapes are from a unique sub region of the Uco Valley called Los Chacayes – where they grow at high altitude and ripen with excellent balance and mineral freshness.

Blaifränkisch Minősegi Vőrősbő from Hungary 10.5% (Thoroughbred Wines)

Blaifränkisch (German for blue Frankish) is a dark-skinned variety of grape used for red wine. It is often paired with lamb dishes and grilled meats.

Japanese Plum Wine 10% (online)

Plum wine is a popular Japanese beverage made from distilled spirits and infused with plums. It is often enjoyed as a dessert wine or aperitif.

John Stanley, 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 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 Day Centre, Dunmow	Bryony Rees
Canasta	Monday am - Weekly	Angel & Harp, Dunmow	Jan Moffat
Cribbage	Tuesday pm - Fortnightly	Rowena Davey Day 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 Day 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 (Beg'rs)	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	Kathy Restarick Sheila Stanley
Mah Jong	Monday pm – Weekly	Oakroyd House, Dunmow	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	Friday pm – Weekly	Dunmow Leisure Centre	Selva Govender Debbie Miller
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	Rowena Davey Day Centre, Dunmow	Helen Manley
Sequence (game) * NEW *	Tuesday pm – Fortnightly	Angel & Harp, Dunmow	Jenny Versey
Table Tennis 1 & 2 (each 2 hours)	Friday pm – Weekly	Rowena Davey Day 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 Day 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
Wool & Waffle	Tuesday am – Fortnightly	Rowena Davey Day Centre, Dunmow	Maureen Best
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 28 Feb	Monthly Meeting ... "My Tutu Went AWOL" by Iestyn Edwards, International Vaudeville Headliner	pg 1
Thurs 29 Feb	Trip to "Drop the Dead Donkey" at Cambridge Arts Theatre	
March TBC	Trip to "The Moonwalkers – A Journey with Tom Hanks"	pg 6
Wed 20 Mar	Deadline for April newsletter	pg 2
Wed 27 Mar	Monthly Meeting ... "My Dream Flights" by Patricia Pearce MBE	pg 1
Sun 31 Mar	Membership renewal deadline	pg 9
Fri 5 Apr	Du3a Quiz Night at Rowena Davey Day Centre	
April TBC	Trip to "Sargent & Fashion at Tate Britain"	pg 7

For the latest information and updates, visit our website <https://u3asites.org.uk/dunmow/home>
Please send any articles for the next newsletter to heatherqu3a@gmail.com by **Wed 20 March**