



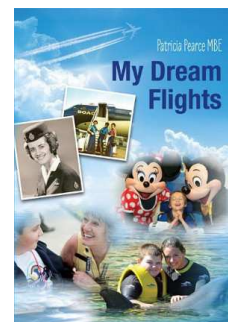
April 2024 Newsletter & Diary Dunmow

u3a
learn, laugh, live

Forthcoming monthly meetings

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.*



Wed 24th April ... **40s and 50s Music** by Howard Slater

Many musical styles flourished and combined in the 1940s and 1950s, because of the influence that the radio had in creating a mass market for music. World War II caused great social upheaval, and the music of this period shows the effects of that upheaval. In the early 1940s, bebop emerged, It helped to shift jazz from danceable popular music towards swing music big bands. The swing era lasted until the mid-1940s. Some swing era musicians later found popularity in a new kind of music – rhythm and blues – that would evolve into rock and roll in the 1950s.



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.



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

Monthly Meetings: Past and Future	1 & 4
Outings: Past and Future	5, 6, 7, 8, & 9
Membership Matters subs are due by 31 st March	10 & 11
The Bigger Picture: National & Regional news & activities	14
News from the Groups	from 15
Groups List	22 & 23
Du3a Committee	24
Dates for Your Diaries	24

From the Editor

Welcome to the April Newsletter and Diary. I do hope you find it useful and to read.

Wearing my Publicity Officer hat, we have been offered a stand at the forthcoming Dunmow Showcase at the end of April. Any group which meets in Dunmow has been invited to join in and hopefully the event will showcase all that Dunmow has to offer – see their poster on page 13.

However, from experience, the best way to publicise Dunmow u3a is just by talking to friends about what you have been doing, the different groups you are involved with and the trips and outings you have enjoyed. Word-of-mouth is a fantastic recommendation and really does work.

Our monthly meetings (usually on the last Wednesday of the month) have speakers on a variety of subjects and are open to all members. Guests are welcome at two monthly meetings. However, if they want to come along for longer, we have to ask them to join. But as our membership fees are now only £10 for the year, we feel it offers good value for money.

Monthly meetings are a great place to meet other members, join or renew your membership, sign up for one of our popular outings, pick up a paper copy of the monthly newsletter and choose a few magazines from the Magazine Swaps table before sitting back and enjoy an interesting and entertaining talk by a visiting speaker.

Hope to see you there!

Heather Quiney, Newsletter Editor

Please send any articles for the next newsletter to heatherqu3a@gmail.com by **Wed 17 April**

Message from the Chair

I am writing this from the other side of the world in New Zealand. It is autumn over here with winter fast approaching but it is beautiful! The people are welcoming, friendly and genuinely pleased to serve. I only hope that visitors to England feel the same about us!

The u3a is all about living, learning and having fun and somewhere in there is serving and welcoming others. It is membership renewal time and so far 430 have done so but there are still many of you who haven't renewed yet. Please encourage your friends to do so and, of course, we always welcome new members too – our reduced fee of £10 makes it easier.

One of the high points of Dunmow u3a is our Outings which we are trying hard to bring you more of as you have asked. So please support these by signing up in a timely fashion as this will benefit us all. Details of our forthcoming trips are on pages 6, 7, 8 and 9.

I look forward to being back with you for the meeting on 27th March at Foakes Hall.

Best wishes

Mike Best, Dunmow u3a Chair

Why
did I join?

I joined the u3a when I retired, on the recommendation of friends who were already members.

Du3a Suggestion Box at Monthly Meetings

Please remember the Du3a Suggestion Box! It will be available at 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.



Past Monthly Meeting

Buying a house abroad, followed by "My Tutu Went AWOL" – Wednesday 28th February

First The u3a monthly meeting started with a presentation by John Versey about the process of buying a house abroad with useful suggestions about what to consider before making such a commitment – a good source of advice for anyone thinking of taking this step.

The audience was then carried into the wonderful fantasy world of Iestyn Edwards as he magically appeared dressed in his "*frock of far too many doilies*" – an elaborate creation befitting a Russian-ballerina-inspired character!

Iestyn then led us through the world of (in the words of a nameless Brigadier) his "*effete, camp and inappropriate influence*" on the battle-hardened men of the Royal Marines in Afghanistan and Iraq.

Focusing on the friendship he developed with a particular soldier in 42 Commando, the audience was by turn laughing and crying at the antics, repartee and experiences of this Olivier-award winning performer and the "*far too sensitive military men*" (to quote Miss Marple) that he entertained and befriended during his tours of the battle zones.

From taking his first driving lessons in a tank to feeding custard creams to camels, from nearly taking someone's eye out with his tutu wires (after being rugby tackled to the ground during a raid) to falling off stage and onto a brigadier, Iestyn blended his own unique sense of comedy with that of the dark sense of humour that squaddies develop to deal with the challenges that confront them every day.

As Iestyn so succinctly put it, "*you only truly bond with someone when you laugh together*".

Such was the relationship developed with one particular soldier, that Iestyn was invited to sing "Fly Home Little Heart" by Ivor Novello at his wedding. The afternoon of comedy, poignancy and reflection concluded with Iestyn accompanying himself on the piano and performing this song in his fine bass-baritone voice.

Valerie Newell



Past Outing

"Drop The Dead Donkey" – Friday 29th February

At half past ten on the final day of February, a coach picked up thirty-two of us from the rain-slicked streets of Dunmow and delivered us to Cambridge Arts Theatre an hour later. Some of us then chose to have a lingering lunch in a nearby Italian chain restaurant before taking our seats for a matinee performance of "Drop The Dead Donkey".

Many of you will remember the 1990s Channel 4 sitcom of the same title set in a fictional television newsroom, and this touring stage production features all surviving members of the original cast, including Neil Pearson and Stephen Tompkinson. They've all moved on from Globe Link News, and now, thirty years later, they're surprised to run in to each other again in the offices of start-up TV station Truth News, where old rivalries and hostilities soon emerge. An engaging two hours with plenty of laughs and topical news references.

Thanks to Pat and Derek for organising this great day out.

Philip Garrison



Why
did I join?

We joined the u3a looking to extend our interests and enjoy finding new places in the company of new friends.

Forthcoming Outing

The Moonwalkers – A Journey with Tom Hanks – Tuesday 16th April

The Moonwalkers – A Journey with Tom Hanks

The Lightroom, London

Tuesday 16th April



Code: MW

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: Leave Don's at 9.15am, Casa (Flitch House) at 9.20am and Takeley Four Ashes at 9.35am.
E.T.A. back at Don's 6.30pm

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870

Mob: 07909 688401

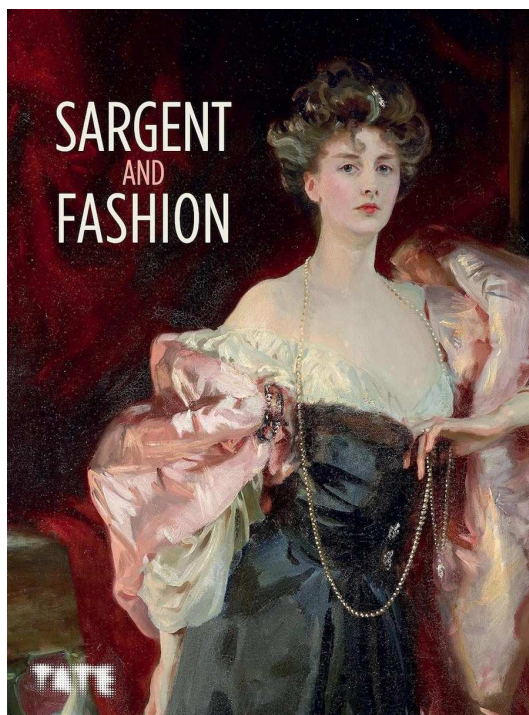
For more info: www.lightroom.uk/yourvisit

Forthcoming Outing

Sargent and Fashion at the Tate Britain – Friday 26th April

Sargent and Fashion at Tate Britain, London

Friday 26th April



Code: SF

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: Leave Don's at 9.15am, Casa (Flitch House) at 9.20am.
Takeley Four Ashes at 9.35am.
E.T.A. back at Don's 6.45pm

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com
Tel: 01279 870870 Mob: 07909 688401

For more info: www.tate.org.uk

Forthcoming Outing Holkham Hall, Norfolk – Thursday 16th May

Holkham Hall, Norfolk Thursday 16th May



Code: HH

Nestled within 25,000 acres of rolling parkland, Holkham Hall is an 18th-century Palladian style house, based on designs by William Kent and built by Thomas Coke, 1st Earl of Leicester.

Some of the things to do whilst there:

- Take self-guided tour of Holkham Hall
- Visit Holkham Stories Experience
- Enjoy a break for lunch at the Café and a spot of shopping at the gift shop
- See the Walled Garden
- Relax by the lake in the rolling parkland

Cost: £48 per person

Food & Drink: Lunch can be bought at the Café or why not take a picnic.

Timings: Leave Don's at 8.30am, Casa (Flitch House) at 8.35am, Takeley Four Ashes 8.55pm. Leaving Holkham at 4pm. E.T.A. back at Don's 7pm

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com
Tel: 01279 870870 Mob: 07909 688401

For more info: www.holkham.co.uk

Forthcoming Outing National Space Centre, Leicester – Saturday 12th October

Space Centre, Leicester Saturday 12th October



Code: NSC

The National Space Centre is home to a world-class artefact collection that tells the past, present and future stories of space exploration and science.

However, as a science and discovery centre we also encourage you to get hands-on with science, to enjoy all the interactive elements of our galleries, and enhance your visit with 'science busking', talks and workshops thanks to our Discovery team.

The National Space Centre is home to the Sir Patrick Moore Planetarium, the UK's largest full dome planetarium.

Tetrastar Spaceport is the brand-new experience at the National Space Centre. A low Earth orbit cruise is included in your day ticket (subject to availability). Take a seat on the Tharsis spacecraft and join the ever helpful ADA, as you head off on a journey to the stars.

Cost: £45 per person

Food & Drink: The *Booster Café* serves hot and cold drinks, nachos, jacket potatoes, hot dogs, sandwiches, salads, wraps and cakes, and has healthy, vegetarian and vegan options throughout the menu

Timings: Leave Don's at 7.30am, Casa (Fritch House) at 7.35am and Takeley Four Ashes at 7.50am.
E.T.A. back at Don's 6.30–7pm

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com
Tel: 01279 870870 Mob: 07909 688401

For more info: www.spacecentre.co.uk

The Membership matters

Dear members,

Thank you to the 430 members who have renewed their membership. This has helped me a lot to spread the workload associated with membership renewals.

Welcome to the 45 members who have joined us since January. I hope that you are beginning to enjoy your membership.

For members who have yet to renew there is still time to do this but don't leave it too long. **Most importantly, if you have not renewed by 1 April, you will not be able to attend Group meetings as you will not be covered by Third Age Trust insurance.** There will also come a time when we stop sending you Newsletters, details of Outings, etc.

A reminder that the annual subscription has been reduced from £13 to £10 per person.

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.

My email address for sending me application forms is:

membership@dunmowu3a.org.uk

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.**

Please let me know if any of your details have changed. Particularly important in this respect are any changes to your tax position regarding our ability to claim Gift Aid. We send information to

giftaid it
making donations go further

HMRC which has to be accurate. Once payment is received, 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 might be a queue if others have the same idea.



► Our bank details for online payments are as follows:

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

giftaid it
making donations go further

Most important: Please include your Surname and membership number(s) as Reference.

We have received a number of payments into the bank account used for Outings. This results in additional work moving money between accounts. Please ensure that you make a payment into the above account. In this regard you may need to set up another Payee and perhaps call it "Dunmow u3a Membership" with account details as above.

I look forward to you renewing your membership.

Kind regards,

Terry Parker – Membership Secretary

Dunmow u3a

New Members Afternoon

Wednesday 22nd May

Talberd Room, Foakes Hall, Dunmow

From 2.30pm

Tea, Coffee and Cake will be served

u3a
learn, laugh, live



For catering,
please let Hilary know if you
want to come along by emailing
hilaryju3a@gmail.com



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 £8 – 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.



Please note that the price for the 2-course lunch is increasing to £8 from 1st April

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

Community Event

The Dunmow Showcase A Free Event Please Come Along

Have you ever wondered where all the clubs, activities and things to do are in Dunmow?

Now is your chance to find out !!

To Be Held in the Church Building and in The Grounds of St Mary's Church
Dunmow on Saturday 27th April 2024 10am-4pm

- This is a chance for our ever-growing community of Dunmow to find out what is going on in the area.
- A chance to join in.
- Get involved and take part in the rich life & opportunities that Great Dunmow has to offer.

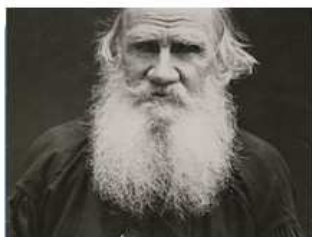
There will be stalls & chances to
try activities on offer

Refreshments Will Be Available



Dunmow u3a will have a stand at the Dunmow Showcase.
Do call by and say Hello!

Upcoming u3a Online Learning Events for April



Suffering and hope in Tolstoy's Anna Karenina

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

Thu 28 Mar at 2pm
Free - online via Zoom



From Pleasure Gardens to Theme Parks

Hosted by Moira MacQuade, Guildford u3a, who will look at the history of pleasure gardens from the 18th century until the present day.

Fri 5 Apr at 2pm
Free - online via Zoom



An Introduction to AI Chatbots

Would you like to learn how to use an AI Chatbot? Within an hour you will be chatting with the AI Chatbots known as Copilot and Gemini. Hosted by Barry, u3a AI Subject Adviser.

Thu 4 Apr at 3.30pm
Free - online via Zoom



Electing the President in 2024 - an Update

In November 2024 the US will elect its 47th President. u3a Subject Adviser for UK and US Politics Paul Carter provides an update for us.

Tue 9 Apr at 2pm
Free - online via Zoom



Live Cookery Demonstration - spring recipes

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

Thu 11 Apr at 10.30am
Free - online via Zoom



A Remarkable Woman: The Arts and Crafts Designs of May Morris

Presented by Helen Elletson, curator of Research and Development at the William Morris Society.

Thu 11 Apr at 2pm
Free - online via Zoom



Live Cookery Demonstration - more spring recipes

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

Thu 18 Apr at 10am
Free - online via Zoom



The Climate Crisis - and some solutions

Brenda Ainsley, Cotgrave and District u3a and IGO, returns to deliver her popular talk on the science behind the climate crisis.

Fri 19 Apr at 10am
Free - online via Zoom

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

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

News from the Interest Groups

Did you know that we have a **Grow Your Own group**? We meet once a month (between March and October) in one of our gardens and then share seeds, swap seedlings, exchange excess plants and discuss garden related woes and successes. Whether you have a perfect cottage garden or an allotment, a patio full of pots or your garden is a "work in progress", you would be welcome to join us at one of our meetings.

Alison Lavelle has lead the group since it started 4 years ago but is now stepping down and we really need someone to take over the leadership. There are no fees involved and no booking venues, just drawing up a calendar of whose garden we are visiting at each of the 8 meetings of the year.

If you would like to join us and/or help out, please contact Alison via the Du3a website

<https://u3asites.org.uk/dunmow/page/106354>



This month's **Luncheon Group 2** meal was held at the Lion & Lamb pub in Little Canfield. This pub has been completely refurbished with a tasteful mix of modern and traditional pub styles. There is a cosy seating area around an open fire for winter evenings at one side of the bar. The restaurant area is spread around on different levels which proved a challenge for some of our taller members who were in danger of hitting their heads! It also looks to have a nice garden with an area which is dog friendly.

The staff were friendly and professional and gave a good service. The food was priced slightly above average pub prices but reflected the interesting menu choices e.g. Pan Seared Hake, Bombay Aloo, Clams, Masala Sauce, Samphire, Dill Oil £23 (GF). There is also a lunchtime special menu 3–courses for £30 or 2–courses for £25. Portions were generous and



nicely cooked and served. I would certainly visit there again. One word of caution they add on 10% service charge to the bill.

As always the company was convivial at another successful venue researched and chosen by Debbie.

Glenda Kemp, Luncheon group 2

The **Thursday Art Group** have done some marvellous paintings in the past month, a few of them are included here.

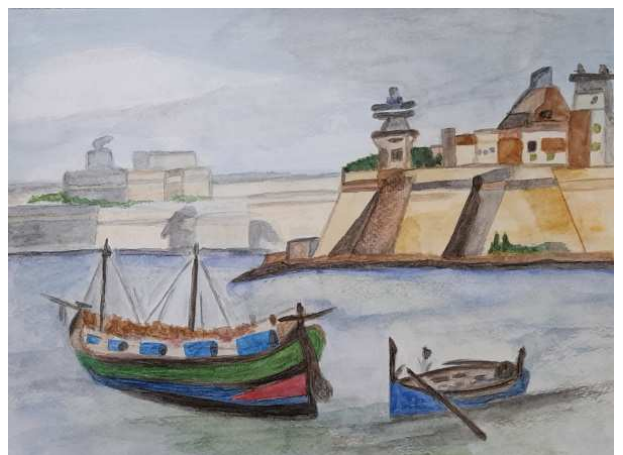
Some of our group having been working on various themes such as Windmills and Birds in Flight. Others prefer working on their individual projects and ideas. The completed paintings you see here have been done in the last few weeks using watercolours. On other paintings we've finished, we sometimes use acrylic paints for a different result.

It's always fun to see what we've achieved at the end of our sessions and how similar paintings might differ. We help each other by looking at what we've done, this gives us ideas for what we'd like to create.

There's always time to chat with each other and form friendships. We have spaces for a couple of people. We don't have a tutor but we can give you ideas, help and guidance.

If this appeals to you, please contact me using the link on our Du3a website.

Jan Clinton, Thursday Art group



Why
did I join?

I joined the u3a as they offered a diverse number of activities, also to meet new people and make new friends.

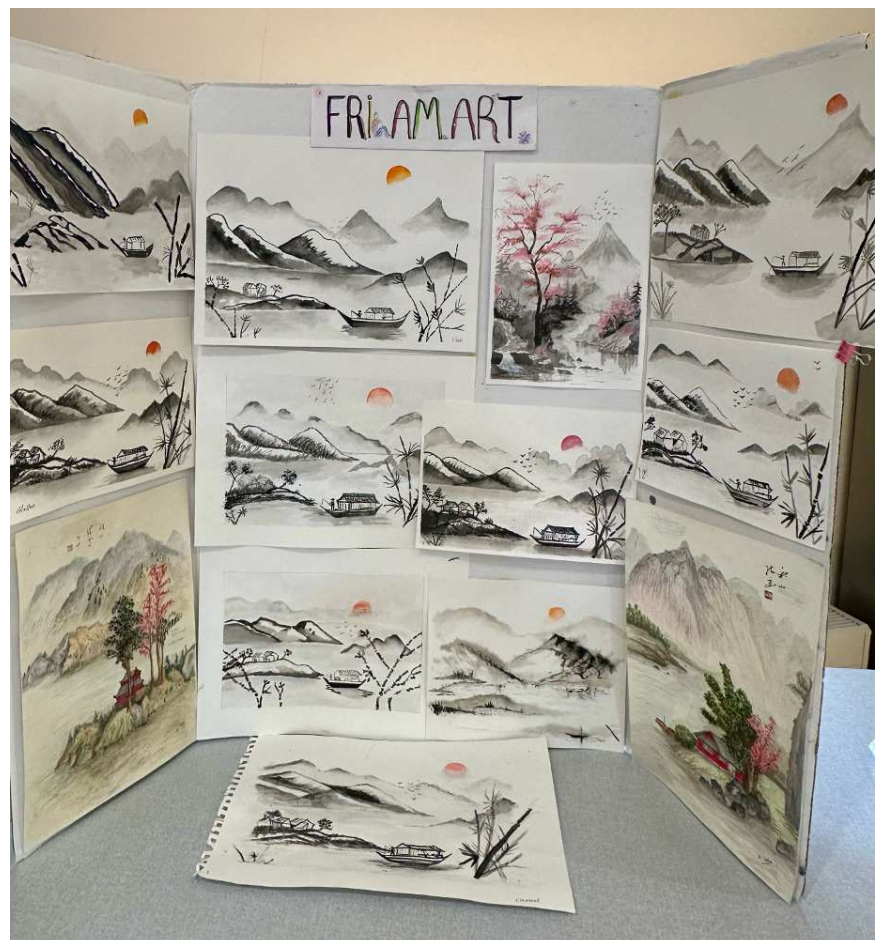
Since the last newsletter, the **Flower Arranging group** has met twice (because it meets every 3 weeks) and the members have tackled three very different styles of arrangements: (top row) an arrangement including a pot plant; (middle row) Ikebana – Japanese minimalistic; (bottom row) an arrangement in an unusual container. Only a selection of photos are included here. For more photos of their arrangements, please visit our facebook page, just search for “Dunmow u3a”.



Thanks to Bill who led us through the process, the **Friday Art Group** went "out East" with our "take" on Japanese scroll painting. Maureen, who had lived in Japan a while, had a magnificent scroll that she brought in to show us. Therefore, suitably inspired we produced the work you see here. We used waterproof black drawing ink and a little orange watercolour for the sun in a traditional manner. Some members of the group went further with Cherry blossom included – appropriately so for February/March Chinese New Year.

Our challenge for the coming month is painting fur, feather and fin, so we expect an animal menagerie for our next gallery.

Felicity Cripps, Friday Art Group



This month the **General Craft group** welcomed Jackie, a volunteer from *Dementia Adventure*. Dementia Adventure aims to help people living with dementia to have a more active and fulfilled life.

We made 'welcome cards' for those who holiday with them. And we did pretty well as we made approximately half the number they need for the year! Jackie, the volunteer supplied a lot of the embellishments needed but some members used their own decorations for the cards.

Lucy Myers, General Craft group

**dementia
adventure®**





Science and Society's March meeting kicked off with the environmental impacts of artificial turf, commonly seen around homes here.

Though this offers 'instant grassification' we concluded there were many more cons than pros, voting it a 'miss' rather than a 'hit'.

Through sustainable gardening, discussions turned to climate change and the Panama Canal, advances in medicinal drug targeting

mechanisms, how Russian dissenters are poisoned. Thereafter, behaviour was a common theme, looking at unconscious bias and differing perceptions of male and female needs by medics, personal showering habits and use of public toilets (really!).

We were pleased to welcome three new members and their input into the Group.

David Cole, Science and Society group

Why did I join?

I joined the u3a to improve my network in the town and find others who share my interests.

As the Du3a **Pickleball group** grows from strength to strength, the group now commandeers all four courts, allowing sixteen players to attempt to hit the wiffle and hone their skills, whilst others sit and catch up on the weeks events eagerly awaiting Colin's call.

Everyone has a great afternoon and we all get plenty of game time and even some well earned rest (as long as Debbie's not watching).

Selva is on hand to offer advice and once you figure out the scoring he will have you shouting out the score before every serve.

A game for all levels of fitness, it is a great activity to keep the mind and body active, it's very easy to learn and has become a fantastic Friday afternoon social event for members to look forward to.

Vic Coles, Pickleball group



Interest Groups Calendar

This is an alternative way to look at all the groups that Dunmow u3a has to offer.

For more details of where and when they meet, plus the name of the group leader/coordinator, please see the list on the next page.

As always, if you are interested in joining any of the groups, or have a suggestion for a new group, please speak to Rosemary Jensen, Groups Coordinator at one of our General Meetings. Alternatively, you can call the Du3a mobile **07385 879846** or use the contact links on the Du3a website <https://u3asites.org.uk/dunmow/welcome>.

Day	Morning	Afternoon	Evening
Mon	Canasta – W Walking – W	Family History – 4W General Crafts – M Mah Jong – W Zumba Gold – W	
Tues	Golf – W Line Dancing – W Wool and Waffle – F	Cribbage – F Luncheon Club 4 – M Quilting/Stitching – F Sequence (game) – F Whist – F	Science & Society – M Wine Appreciation 1 – M Wine Appreciation 2 – M
Wed	Cycling – F Golf 2 Italian Convers. – W Line Dancing (beginners) – W	French (Advance) – M Grow Your Own – M Luncheon Club 2 – M Luncheon Club 3 – M Nature Walks – M	
Thur	Art (Thursday) – W Book Club – M Geology – M Scrabble – W Walking – W	Bookworms – M Bridge – W Garden – F	
Fri	Art (Friday) – W Flower Arranging – 3W	Italian Convers. 2 – W Luncheon Club – W Pickleball – W Table Tennis – W	W = weekly F = Fortnightly M = monthly 3/4W = 3 or 4 Weeks

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)	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
General Committee Member.....	Debbie Miller

Dates for your Diaries ...

Wed 27 Mar ..	Monthly Meeting: "My Dream Flights" by Patricia Pearce MBE ..	pg 1
Sun 31 Mar	Membership renewal deadline	pg 10
Fri 5 Apr	Du3a Quiz Night at Rowena Davey Day Centre	
Tue 16 Apr	Trip to "The Moonwalkers – A Journey with Tom Hanks" ...	pg 6
Wed 17 Apr	Deadline for May newsletter	pg 2
Wed 24 Apr ..	Monthly Meeting: "40s and 50s Music" by Howard Slater ..	pg 1
Fri 26 Apr	Trip to "Sargent & Fashion at Tate Britain"	pg 7
Sat 27 Apr	Dunmow Showcase at St Mary's church, Dunmow	pg 13
Tue 16 May	Trip to Holkham Hall , Norfolk	pg 8
Wed 22 May .	New Members Afternoon at Talberd Room, Foakes Hall	pg 11
Sat 12 Oct	Trip to National Space Centre , Leicester	pg 9

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 17 April**