

Dunmow u3a's Celebrations of u3a's 40th Anniversary September 2022



Since 1982, the u3a movement has been encouraging learning, staying active and having fun – showcasing what it means to have a positive later life.

Led by a small team, Dunmow u3a organised many different ways to celebrate the first 40 years of the u3a with events throughout September 2022.

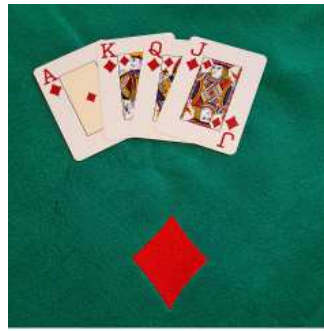
Here's what Dunmow u3a did to mark the occasion ...

Our two **Art** groups displayed almost 60 paintings and drawings in Dunmow Library and invited members of the public to step inside and see what Dunmow u3a has to offer.



Earlier this year, the **Friday Art** group looked for an inclusive project to celebrate the 70-year reign of Queen Elizabeth II. Inspired by American artist, Chuck Close, they took an outline drawing, enlarged it and divided it into 18 pieces. Each group member then decorated their piece before bringing them all back together to make this montage. Initially created for the Platinum Jubilee earlier this year, it later made a fitting tribute to the late Queen.

The **Bridge** group made up 4 hands of 10 points to make a table of 40 for our 40 years and then enjoyed cupcakes in yellow, blue and white – the colours of the u3a.



The ladies of the **'3rd Wednesday' Luncheon club** dressed in blue, yellow and white.



While the **Table Tennis** group wore 1980s hand bands and legwarmers, harking back to when the u3a was founded.



The **Cycling** group went on a 40km ride for our 40 years, taking in several of the villages within our catchment area.

Bonus points for stopping for a photograph under a 40mph road sign!



The **Scrabble** group had fun creating a board using words associated with the u3a





One of our **Golf** groups decided to play with yellow golf balls for their monthly meeting.



While the **Grow Your Own** group potted up yellow, blue and white plants for the Afternoon of Entertainment at the end of the month.





Our **Canasta, Whist, Mah Jong** and **Quilting & Stitching** groups all enjoyed cupcakes in the u3a colours at their September meetings.





The **Walking** group put their best foot forward and gathered 40 members together to join them for a choice of 3 Anniversary Walks (of 2, 4, and 6 miles).

Collectively, they covered over 150 miles and maybe encouraged a few members to join the regular Walking group.



u3a
40th Anniversary



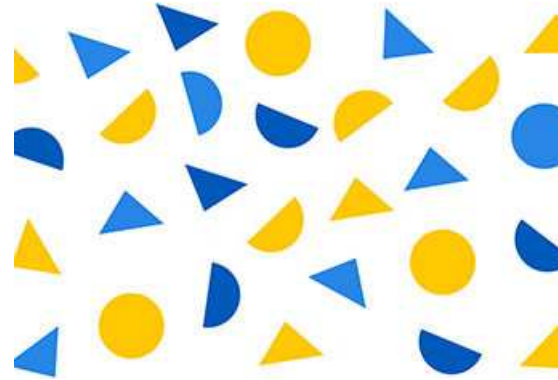


Instead of the usual monthly meeting, the team organised an **Afternoon of Entertainment**, involving as many Du3a members as possible, either beforehand or on the day.



The Talberd Room of Foakes Hall was filled with anniversary displays.

These displays took us back 40 years to 1982,
when the u3a was founded



Pairs of photos of
Members of Dunmow u3a:
one from 1982 and another
from this year.

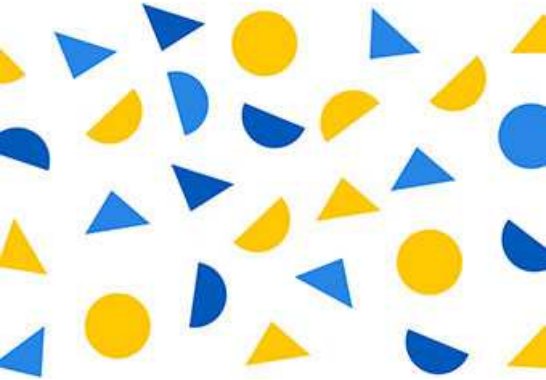
Some books we were
reading in 1982

Plus books which refer to
events of that year,
eg the Falklands War and the
raising of the Mary Rose.



Technology we were using in the
early 1980s, including cameras,
calculators and early home
computers, with 16k or a
massive 48k RAM!

These displays celebrated 40 in a way associated with the group/activity



Flyers and adverts for 40 outings organised by the **Outings Team** since Dunmow u3a was founded.



A Photo Tree of 40 different Flora and Fauna found during **Nature Walks** held on the penultimate Wednesday of each month.

40 wedding photos, through the years from 1910 to 1976 from the collective family albums of the **Family History** group





The programme of events was announced by **Jody Huizar, Dunmow's Town Crier**

Arlette and **Valerie** from the **French** group started the programme with a fun description of what their group is all about complete with helpful, if brief, translations



Followed by a demonstration from the **Line Dancing** group





Mike and **Maureen** were encouraged by "the Spirit of Dunmow u3a" (**Jinny**) ...
"Come on, get up and have a go ...



... at **Zumba** and **Line Dancing**
Before you know it, you'll be Chair!





The "Rock Chic"
(aka **Linda** from the **Geology** group)
told us about the 40 (million) year
old pudding stone in nearby Tilty



Before **Patrick Lavelle**, the **Mayor of Great Dunmow**,
joined **Mike Best**, **Du3a Chair**, and
cut the celebration cake and toasted the u3a





The celebration cake was shared among the members with extra slices and gluten- and dairy-free alternatives available.

Many thanks to **Richard and Julie Coates**, Du3a members, for making them for us.





During the interval, members enjoyed the cake, took a look at the displays and had their photo taken sitting in the Sinclair C5





Peter and **John** from our two **Wine Appreciation groups** told us about, and offered samples of, a selection of 'Forty-fied' wines as their nod to the 40th anniversary celebrations



Chris and **Christine** from the **Book Club** read us an excerpt from 'This Right Soft Lot' by Edward Blishen



The **Zumba Gold** group had us dancing in the aisles and shaking home-made maracas

Congratulations to **Valerie Newell** for winning the 40-question quiz about events in 1982

Answers to the quiz are available on request.
Contact Heather Quiney by email or phone.

10 photos of 4 things = 40 things for our 40 years

The winner of the "4 Things" photographic competition was announced by **Mike Perry**, formerly of David Lipson Photography.
Congratulations to **Christine Middleton** for her photo of 4 fireworks.



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THANK YOU

Thank you to everyone who took part in an event or activity during September to mark the 40th Anniversary of the u3a.

Thank you to everyone who prepared or performed at the Afternoon of Entertainment.



Our biggest THANK YOU must go to the team of volunteers who coordinated all the events and activities:

Amanda Brown and **Heather Quiney**, **Mike Best**, **Jan Clinton**,
Rosemary Jenson, **Shirley Newby** and **Jane Tadman**