



February 2024 Newsletter & Diary Dunmow

u3a
learn, laugh, live

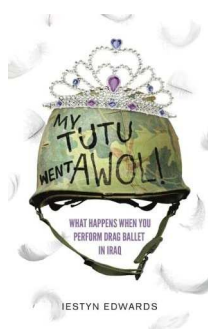
Forthcoming monthly meetings

Wed 31st January ... **Big Cats Around the Globe** by Barbara Meyer

Barbara promises to take the audience on a journey around the globe, exploring what are big cats, where do they live, what are their situation and problems in their natural habitat as well as what conservation efforts are out there to help them in their fight against extinction.



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' ...

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

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From the Editor

Welcome to the first newsletter of 2024. In this issue, there are reflections of some of our Christmas events, important information about forthcoming membership renewals and details about the next couple of monthly meetings.

This **newsletter** is a primary means of communication with you, the members. However, we are aware that there are some who don't read it (for whatever reason). So, we also use **email** to draw your attention to important issues. You can find us on **Facebook** (search for "Dunmow u3a") where we post photos of recent interest group meetings and provide details of the next monthly meeting. You can also join others in reminiscing about recent outings and trips. Finally, you can find useful information about our groups and forthcoming events on our **Dunmow u3a website** <https://u3asites.org.uk/dunmow/welcome>

However, the website is looking tired and needs rejuvenating. **Do you have any website experience? Maybe you know someone else who could help us?** We need a bit of guidance and some fresh ideas for attracting new members as well as keeping the existing ones informed about what is going on. Hopefully it will be a short term project which will improve the face of Dunmow u3a.

If you can help, please let me know.

Heather Quiney, Newsletter Editor



Message from the Chair

They say that January feels like the longest month of the year and we probably feel with the wet and cold that 2024 is no exception! Our groups however, are all back in action. The walking group has managed 30 walkers these last 2 weeks – we all want to get back outside and fit again.

Your committee will be working on plans to deliver more interesting and challenging events for you this year, like quizzes and social gatherings. We also know how many of you enjoy our Outings and often ask for more. So, we wish to enlarge our Outings team to share the load and refresh our pool of ideas. Pat Jones has been doing much of this on her own this last year and wants to continue to do the research of new venues so we are looking for keen, enthusiastic people to help her. You don't need much in the way of knowledge, just ideas, a willingness to talk to members and to use the phone. So if you like going out for the day, in the company of others, do step up and offer to help.

Pat would also appreciate others to help on the coach on the day of an Outing, moving up and down the coach checking everyone is there and assisting any member in need of a bit of help. She would also appreciate some help with producing the flyers and writing a short piece for the newsletter every month.

If you can offer some help, please contact Pat or myself.

Thanks, I'm sure we can rely on you to respond

Mike Best, Dunmow u3a Chair

VOLUNTEER



Uttlesford District Council Consultation about Car Parking changes

You might have heard that Uttlesford District Council are proposing changes to the car parking in Dunmow and across the district. Prices are increasing (doubling in many cases) and the charging period is being extended to include later into the evening, Bank Holidays and Sundays.

There is a consultation whereby you can voice your opinions but it **only runs until Friday 2nd February**. Just imagine the impact if all 600 of our members responded! If you want to be heard, please visit <https://www.uttlesford.gov.uk/car-parking-consultation> asap.



Past Monthly Meeting "Christmas Concert" – Wednesday 29th November

Dunmow u3a Christmas Concert was very well attended. Promptly at 2pm, our entertainment, the Rock Choir, treated us to an opening selection of classic songs followed by a taste of Christmas. More classics followed with a rousing finale of Christmas favourites. The audience appeared to be enjoying themselves judging by the body and head swaying in time to the music. The Choir today was made



up of members not only from Dunmow, but from other areas such as Sudbury, Braintree and Chelmsford. Impressive, as they came together to make great music.

The Choir has a very talented member, Julie Thomson, who signs all the songs into British Sign Language. Very welcome for those who need it.

We were then treated to a delicious buffet organised by Margo and her helpers and prepared by Chris. There was plenty to tempt us. Various quiches and sandwiches, sausage rolls and a mouth-watering array of cakes. Also a plentiful supply of tea and coffee.

Thanks to everyone who made it happen – a fitting way to end 2023!

Jill Jimson



Thank you to everyone who donated to the retiring collection. Just over £300 was given to *Cash for Kids: Mission Christmas*.



Past Monthly Meeting "Christmas Concert" – Wednesday 29th November



As a newbie to u3a (this is my first year), I have joined several activities and always found a warm and friendly welcome, and had a lot of fun! I have also been on a couple of well organised day tours. I was fortunate enough to attend the Christmas Party, which really had prompted this message. The Rock Choir were amazing, their joy was contagious, but what really totally astonished me was the quantity and quality of the food provided. I expected maybe a festive mince pie, but the spread that was laid on was amazing. Then to hear that all the food was home-made and prepared by (I believe) two members was absolutely astonishing.

Please pass on my compliments, appreciation and gratitude for all their hard work and for an amazing spread.

Linda Clark

A big thank you to Margo Rogers and her friend Christine Kolton for providing the festive refreshments.



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



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

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 Membership matters

Dear members,

We currently have 625 members which is the highest membership number since Dunmow u3a was started. This number includes 20 new members who have joined us since 1st January.

For existing members, I hope that you will renew your membership and this is just a gentle reminder to please do this over the next couple of months. No need to panic but it would help me if I could avoid having to process renewals for all 605 of you on 31st March!!!!

The annual subscription has been **reduced from £13 to £10 per person** – what good value for money in an age of ever-increasing costs!!

You can renew via post by sending me an application form (available on our website <https://u3asites.org.uk/dunmow/welcome> 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 yourself.

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.

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



► 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.**

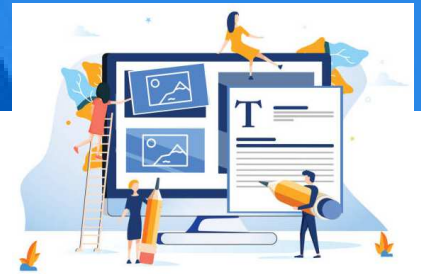
giftaid it
making donations go further

I look forward to you renewing your membership.

Kind regards,

Terry Parker, Membership Secretary

Opportunity to Volunteer Website Design Experience



Dunmow u3a is looking for people with website design experience – from within our membership or from outside it.

We need to move our website from SiteBuilder to WordPress. It is an exciting opportunity to create something new and inviting, but we need to find a few members with suitable experience to join a team and work together to help us design the new website.

It needn't be a long term commitment – if it all goes to plan, a couple of months might be enough to get it up and running.

We now have a membership of over 600 members. There must be a few of you who have the relevant skills and could help us.

Please contact Peter Watson if you would like to be involved. Thank you

VOLUNTEER



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



Upcoming u3a Online Learning Events for February



Mosaic Art

Mosaic Art: a brief history and perspective from a contemporary mosaic artist.

Thu 1 Feb at 10am
Free - Online via Zoom



'Flight Inspirations' Aviation Network Meeting: Apollo Missions 11 and 13

This meeting of the Aviation Network will look at the significance of Apollo missions 11 and 13.

Tues 6 Feb at 10am
Free - online via zoom



Future Lives: Housing options in later life: The role of retirement housing

Take a deeper dive into retirement housing with Kathleen Dunmore who has over 40 years' experience in housing and construction.

Tues 6 Feb at 2pm
Free - online via zoom



Introduction to the Air Fryer, with Simple Recipes

Join Beverley Jarvis, Ashford, Wye and District u3a and Third Age Matters columnist, for this live demo.

Thu 8 Feb at 11.30am
Free - Online via Zoom



'Safe bind, safe find': locks and keys

An account of locks and keys from Sumer to Silicon Valley, by Richard of Penicuik u3a

Wed 14 Feb at 2pm
Free - Online via zoom



Cryptic Crosswords in Context

Their history, how they work, who does them and why – a talk by u3a Cryptic Crosswords subject adviser Henry Howarth

Thu 15 Feb at 10am
Free - online via zoom



David Hockney and the Theatre

Through sound and video, art historian Peter Webb brings Hockney's theatre to life

Fri 23 Feb at 2pm
Free - Online via Zoom



More Number Fun with Dr Knott

Join Dr Ron Knott for a talk on what the ancient Egyptians can teach us about maths

Thu 29 Feb at 10am
Free - Online via Zoom

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

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

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.

Looking back at Christmas in Dunmow u3a



Lunch group 2



Advanced French group



Line Dancing group



Thursday Art group



Family History group



Du3a Committee

News from the Interest Groups

The **Thursday Art Group** had a short break over Christmas. We brought in some delicious snacks which we enjoyed during the last December session. See the photo on page 11.

Our Christmas lunch at the Angel & Harp mid-January was a great success. Everyone enjoyed their meal and the company. We had many laughs along the way.

One of our members has been looking at Beryl Cook's comical paintings and trying to emulate her talent. Another lady from our group has an eye for using very bright watercolours which are a joy to see. The whirling dervish was done brilliantly by another artist. Our other members are very happy painting and drawing what inspires them.

Jan Clinton, Thursday Art group



Ornithology (Bird Watching) group

- Do you enjoy being outside?
- Do you enjoy walking?
- Do you enjoy meeting new people?
- Are you interested in nature?
- Are you interested in joining a Bird Watching group?



For more information, please contact Rosemary Jensen, Groups Coordinator, via Dunmow u3a website

All eighteen members of **Luncheon Group 2** turned up for their pre-Christmas bash at Feast 21 in Great Dunmow, where we had a long table alongside several others. Everyone felt replete after a three-course Christmas meal followed by tea or coffee with mince pies, though many of us were lured onto the dance floor by the dulcet tones of singer Craig Neil.

Many thanks to group leader Debbie, who had not merely booked a table – she'd organised the entire event in conjunction with Feast 21. A really fun and festive way to kick off Christmas!

Phil Garrison, Luncheon Group 2



Before Christmas, the **General Craft group** experimented with a Die Cutting Machine. Sue then demonstrated how to make gift bags and Carole completed her wreath made from instructions by Gladys, our crochet expert.

We meet on the third Monday of the month at 2pm in the Rowena Davey Centre.

New members are welcome. Just contact me, Lucy, if you are interested.

Lucy Myers, General Craft group



The new **Wool and Waffle group** has begun in the Rowena Davey Day Centre and the first meet up was well attended with 9 enthusiastic knitters, one working with crochet and all enjoyed coffee, cake and a chat.

We hope to participate in a charity project as well over the next few months.

Anyone interested in joining us please contact Maureen Best.



For our final meeting of the year, the **Geology Group** was treated to a very interesting talk about plate tectonics by retired exploration geologist David Crisp.

The group learnt how plate tectonic movements have been behind some fairly recent catastrophic natural disasters, such as the Mount St Helens eruption of 1980, the Boxing Day Tsunami in the Indian Ocean in 2004 and the more recent earthquakes in Turkey.

David explained how the Earth's outermost layers are divided into major and minor tectonic plates and that it is the jostling of these plates against each other that has caused many geological events including earthquakes, volcanic eruptions and the creation of mountains.

David also gave us an insight into his career as an exploration geologist and how his knowledge of plate tectonics helped him in his search for minerals and metals.

Debbie Egan, Geology group

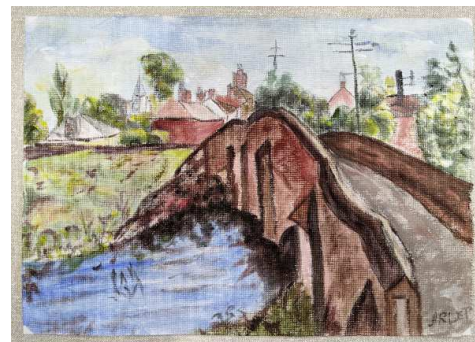


Approaching Christmas, the Friday Art group drew inspiration from a local artist John Aldridge.

Aldridge set up home in Great Bardfield in 1933 and became friends with Edward Bawden. His paintings of the local countryside were challenging to the group because of the perspective. Although, we painted in modern watercolours and acrylics we learnt to appreciate the original artists skills.

The group had a morning soir e to mark the festive season. We each came dressed as a character in a famous painting which included Van Gough, Vettriano, Dali, Magritte, Seurat, Vermeer and more. The morning ended with an exchange of "secret Santa" hand painted Christmas cards by and for each member.

Felicity Cripps, Friday Art group



A compact **Science Group** advance party sounded out Chelmsford Science & Engineering Society's programme at Anglia Ruskin University. The December's talk was by Bob Richardson of the local REMAP branch – Rehabilitation Engineering Movement Advisory Panels – or otherwise 'Retired Engineers Make Anything Possible'!

Bob focused on improvising electronic devices for assisted living for the differently-abled, responding to local client needs through referrals. Intriguing examples were explained, including a laser guided walking stick for Parkinsons sufferers, a robot gripper for wheelchair users and a gaming console for those unable to operate a smartphone keypad. Some find their way into care homes.


There are seventy self-funded groups across the UK, three in Essex. Work is non-commercial and free of charge. Anyone with relevant skills is welcome to get involved, see www.remap.org.uk

The Society will be running monthly talks this term on a variety of topics – robotised fruit picking, Sizewell C, racing cycle design – maybe see you there? https://cses.org.uk/index.php?option=com_civicrm&task=civicrm/event/list&Itemid=110&reset=1

David Cole, Science & Society group

Laser Walking Sticks

Switch triggered laser writes a line in front of the client. For Around 50% of Parkinson's Patients it helps them overcome the "freezing" that can be a symptom of the condition. Initial units used a red laser but switched to green when they became available. Lent to several clients to see if they work for them before they purchase a professional unit (£200 to £300). Donated to some clients.



REMAP
Making Things Possible for
People with Disabilities

Remote grabber. Young Lady in a wheelchair if she dropped a pencil or similar small object was able to pick it up with this grabber. Powered from an accessory socket on her wheel chair. Grabber based on a MakeBlock Robot grippers with an current limited controller built into the small box that also houses a centre off 2 way switch to select grip and release



REMAP
Making Things Possible for
People with Disabilities



REMAP
Making Things Possible for
People with Disabilities

*Demonstration of prototype unit
at Chelmsford Ideas Hub*

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>

Since the last newsletter, the **Flower Arranging group** have met three times.

Here are a selection of their door wreaths, table decorations and 'triangle arrangements using artificial flowers and fresh foliage'.

Photos of all their arrangements are on Du3a's facebook page.



This month the **General Craft group** were pleased to welcome some new members so we had a lovely group of 14 trying our hand at Iris folding. This is a paper craft technique that involves folding coloured paper to form a design. They did pretty well considering most had never done it before. The Craft group is happy to welcome new members.

Lucy Myers, General Craft group



Today was lovely for a 4 mile walk in the Essex countryside. It was a circular walk starting in Little Easton taking in the history of the area (which was supplied by Mike) as we walked to Great Easton. The walk finished back at Little Easton where a welcome coffee was had in the Manor Tea Room. 30 members attended today. *Gill Lewis, Monday Walking group*



For a while now, Pickleball has been very big in the USA, Canada and other countries. My sister in Vancouver has been leading a group of senior citizens for over 15 years. It's played indoor and outside often replacing volleyball.

Now Pickleball has come to Great Dunmow! **Du3a Pickleball group** meet between 3–5pm on Fridays at the Leisure Centre. The group is very well led by Debbie Miller, ably supported by Selva Govender.

Our group is really enjoying playing together. There are lots of smiles and laughter and chatting away between games. Fortunately it isn't over-competitive (hope it stays that way!)

Why not join us and give it a go? It's a bit like tennis (without the service domination) and less running around.

The rules are fairly straightforward. Don't ask me about the scoring! (Fortunately we have experts like Belinda, Phil, Linda, etc to help us).

The game becomes like tennis after the 'second bounce'. What does this mean, you ask? Come and join us! Pickleball is a game for all seasons.

Stuart Payne, Pickleball group



It seems a while since the **Garden Group** have physically been to visit a garden as, like most groups, December saw us meeting up to celebrate Christmas, this year at Feast 21 in Dunmow.

We have our first outing to Blunts Hall at Witham on Thursday 15th February. We are always well looked after by Alan and Leslie. When visiting in the summer we were treated to a wonderful tea. This winter visit, to see the snowdrops, will be a lunch of soup and cheese scone with cake and coffee/tea. A lovely morning with lunch all for £10.

Want to join us? Just email dungardengroup@gmail.com with "a/o Kath" in the subject line. Full details on the website.

The organising committee has its meeting at the end of January so keep an eye on the website for future outings and dates.

Anne Howatson, Garden Group

In December, the **Wine Appreciation Group 2** had a private wine tasting from Thoroughbred Wines, who are based in Newmarket. Debbie, who hosted the evening, had met Jo at the Cressing Temple Barn's Christmas Fair and arranged our evening event.

Jo came with 13 wines for us to taste: a mixture of red, white and rose, also a port from Portugal. Our top choices were **Les Giustiniana Gavi di Gavi** priced at £17 from Northern Italy and a red Pinot Noir, **Blaifränkisch** costing £14. There was no pressure to purchase but a number of members did, the **Kopke Tawny Port** proving very popular, as did some of the wines.

It was a fun evening, rather more wines than we normally sample but a lovely start to the Christmas festivities with an extra special Christmas spread (thanks Debbie).

The next meeting will be hosted by Sheila & John on 30th January.

John Stanley, Wine Appreciation Group 2 (WAG 2)



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"

In November, members of the **Family History group** enjoyed a fascinating visit to the London Metropolitan Archives in London. The LMA is a public archive that holds over 3 million documents, photographs, maps, films and artefacts of London's history from 1067 to today.

The group enjoyed a presentation about the LMA and its role recording not only the key events in the capital, but also the social history of its inhabitants. The presentation also gave us insights into how to use advanced search techniques to get the most from the records.

The group was then privileged to have a behind the scenes tour to see the conservation work and storage areas. A highlight was when our guide noticed a leather box sitting on a random trolley and opened it to discover the Great Seal of James II !

Unfortunately, the fire alarm went off shortly afterwards and we spent some time outside whilst the alert was investigated; fortunately it was nothing serious.

We then spent the rest of our visit carrying out our own research (with wonderful 1:1 support from LMA staff) or viewing the exhibition material.

For example, one member accessed the original log books from her grandfather's school and was fascinated to read the detailed scheme of work that he was taught nearly 125 years ago as well as the day-to-day events that he experienced in school: sports events, visitors to assembly, outings, prize days and celebrations. The enlightened attitude to education was a real eye-opener, with an obvious determination to educate pupils beyond the basic 3Rs and to ensure that they had the skills to develop their lives.

Valerie Newell, The Family History 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	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 (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	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 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
Sequence (game) * NEW * (Feb 2024)	Tuesday pm – Fortnightly	Rowena Davey Centre, Dunmow	Jenny Versey
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
Wool & Waffle * NEW *	Tuesday am – Fortnightly	Rowena Davey 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 Jinn
Committee Information Administrator	Peter Watson
Newsletter Editor / Publicity Officer	Heather Quiney
Welfare Coordinator	Maureen Best
Minutes Secretary	Phil Garrison

Dates for your Diaries ...

Wed 31 Jan	<i>Monthly Meeting</i> ... "Big Cats Around the Globe" by Barbara Meyer, Wildlife Photographer	pg 1
Wed 21 Feb	Deadline for March newsletter	pg 2
Wed 28 Feb	<i>Monthly Meeting</i> ... "My Tutu Went AWOL" by lestyn Edwards, International Vaudeville Headliner	pg 1
Thurs 29 Feb ...	Trip to "Drop the Dead Donkey" at Cambridge Arts Theatre	pg 6
Sun 31 Mar	Membership renewal deadline	pg 7
Fri 5 Apr	Du3a Quiz Night – look out for more details, which will be announced shortly	

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