



November 2025 Newsletter & Diary Dunmow

u3a
learn, laugh, live

Forthcoming monthly meetings

Wednesday 22 October **How to Draw People and Animals**
(A week earlier than usual) by Joanne Larner



Do you think you can't draw? Would you like to give it another try? Joanne Larner is an accomplished artist and has painted and drawn since she was about four years old. She will include practical activities where you try out some techniques and do a step by step, detailed drawing of an eye.

Wednesday 26 November **"If you don't use it, you lose it!"**
..... by Karen Lawrie

A great believer in the physical and mental benefits of keeping active, in this light-hearted interactive talk, Karen will focus on having fun and a laugh while getting the message across.



**All our monthly meetings take place at Foakes Hall in Dunmow CM6 1DG
1.30pm for 2pm start**

*** Please do not arrive before 1.30pm – we won't be ready for you! ***

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.



⇒ Please remember to **bring your own mug** with you –
Thank you to everyone who does this every month :)

⇒ The **Magazine Swap** table will be back at the October meeting. Please spend a few minutes browsing through the many and varied titles. Take a couple and if you like them, you could request a subscription as a Christmas Present! 📺



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Welcome!

As I write this, it is already the middle of October; the equinox was a few weeks ago, the weather is decidedly cooler and nights are drawing in. And once the clocks go back (26 Oct), it will certainly feel autumnal.

Aren't we fortunate that, because we no longer work full time, we can arrange to meet during the day. Most of our interest groups are scheduled for the afternoon, while several meet in the morning, and only a few get together in the evening.

Our outings can also be any day of the week, making the most of less crowded venues and sometimes cheaper tickets — all the more reason to join in.

Whether we spent decades working full time or used those years raising a family who have now flown the nest, Dunmow u3a has offered friendship, learning and fun to people in their third age for the past ten years.

Here's to the next ten years and to continuing to learn, laugh and explore together, whatever the future holds!

Heather Quiney, Chair and Newsletter Editor



Please remember the Du3a Suggestion Box! It is at all our monthly meetings and it is an opportunity for any member to voice their opinions and make suggestions.

Please send any articles for the next newsletter to HeatherQu3a@gmail.com by **Wed 19 November**

FOOL'S GOLD



THE CHRISTMAS SHOW!

DUNMOW U3A

3 Dec 2025 1.30 - 4.30pm

FOAKES HALL, DUNMOW, CM6 1DG

>>> Free event but please book by signing up at a monthly meeting or emailing hilaryju3a@gmail.com <<<

Arrive from 1.30pm for tea/coffee and biscuits in the Talberd Room. Concert beginning at 2.15 followed by mulled wine and festive snacks in the main hall. Feel free to mingle and socialise up to 4.30

Forthcoming Outing

Ely Cathedral Christmas Gift and Food Fair – Friday 21 November

Ely Cathedral Christmas Gift and Food Fair Friday 21 November



Code:
EC

Cost: £34

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870 Mob: 07909 688401

For more information visit:

www.elycathedral.org then visit the list of events
and look for the Christmas Fair

Forthcoming Outing

Fawlty Towers: The Play @ Cliffs Pavilion – Thursday 27 November

Fawlty Towers: The Play at Cliffs Pavilion, Southend Thursday 27 November



Code:
FT

Cost: £77 **Our balcony seats are accessed by steps**

Performance: You need to be seated well before **curtain-up at 14.30**
Running time is 2½ hours

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870 Mob: 07909 688401

For more information visit:

<https://trafalgartickets.com/cliffs-pavilion-southend/en-GB>

Forthcoming Outing

Jack and his Giant Stalk: A Pantomime for Grown Ups – 26 Feb 2026

Jack and His Giant Stalk: A Pantomime for Grown Ups
with Afternoon Tea included
Brick Lane Music Hall, London
Thursday 26 February 2026



Code:
BL

Warning – adult humour – and not for the easily offended

The only permanent home for music hall, Brick Lane Music Hall is a totally unique venue. It receives worldwide acclaim and attracts audiences from all over the country to its home in Silvertown in London's Docklands.

- Cost:** £88.50 – *Please advise Du3a of any specific dietary or access requirements at time of booking*
- Timings:** Leave Don's at **11:30**, Casa at **11:35**
Takeley Four Ashes **11:55**
- Performance:** Doors open at **13:15**, show starts at **14:00**
- Food & Drink:** Afternoon tea served at **15:00**
- Return:** Show finishes at **17:00**, est arrival back in Dunmow **18:45**
- Contact Outings Team:** Email: dunmowu3aoutings@btinternet.com
Tel: 01279 870870 Mob: 07909 688401
- For more information visit:** [https:// www.bricklanemusichall.co.uk](https://www.bricklanemusichall.co.uk)



Did you know that there is a "Dunmow u3a" facebook page? Feel free to take a look and reminisce about past outings and monthly meetings. Just search for "Dunmow u3a"

Past Outing

Tim Peake: Astronauts Tour – Sunday 14 September

This trip with Dunmow u3a was literally out of this world!!

We had a good journey to Cliffs Pavilion, Southend, for the afternoon performance of Tim Peake's tour, which was absolutely fascinating. Tim not only told of his experience on the International Space Station, but started by going right back to man's first flight. With archive films and photographs, he explained how the first aeroplane flights evolved, before space exploration.

Tim recounted stories from his fellow astronauts and the evolution of space exploration.

He went on to talk about the rivalry between the USA and Russia in the quest to be the first into space, then sending humans, and landing on the moon. On many occasions, Russia won the race and still do! But America was the first to land a man on the moon!

The archive films included numerous flight details both successful and those ending in tragedy. We were reminded just how many space flights there had been, although the USA had for many years, stepped back from space exploration, but now new projects were in progress to lead us not just to the moon, but to explore new galaxies.

His own stories of time on the International Space Station were fascinating, and he showed film of his spaceflight, the amazing view of Earth, how he coped with weightlessness and even explained how they went to the toilet!!

The first spacesuit wasn't even equipped for the astronaut to have a pee! It was only when he put the spacesuit on and asked how he was meant to go to the toilet, that the ground crew realised they had simply forgotten to even think about that very important and necessary action!! The astronaut said they'd either have to cancel take off whilst the suit was adapted, or he'd have to just "go" in the suit he was wearing. You can imagine the outcome of that! Nowadays they wear a special type of nappy, so a bit more comfortable.

The afternoon was full of amazing information and many laughs and so enjoyable.

Linda Herring



September Monthly Meeting and 10th Anniversary Wednesday 24 September

I hope that everyone who came along to our 10th anniversary celebration on Wednesday 24th September enjoyed the afternoon.

We were greeted with glasses of bubbly and nibbles, a selection of slices of cake alongside the usual teas, coffees and biscuits. There were balloons and bunting and displays of significant events from our 10 years of history. And then there was a free raffle for all!



Jody Huizar, Dunmow's Town Crier, formally opened the event in his own inimitable style – I think the visiting speaker was more than a little surprised! – followed by our three former Chairs: John Versey, Jane Tadman and Mike Best, who each spoke about their time leading Dunmow u3a.

All those who had ever held a position on the committee, past or present, were invited to stand to



► receive our thanks, and they were then joined by everyone who had led an interest group, volunteered regularly or just helped out at some point. Three cheers were raised for all of them in appreciation. We then cut the wonderful celebration cake and handed over to Andrew Baker, who took us through “70 Remarkable Years: A Portrait of and Retrospect on Her Majesty Queen Elizabeth II”.



The underlying theme was that Her Majesty had been “a symbol of continuity in a sea of change” and “a rock against shifting sands”. She was a private person whose circumstances changed to make her one of the most recognisable people across the world. Her speech on her 21st birthday: *“I declare before you all that my whole life whether it be long or short shall be devoted to your service”* was her solemn vow and mantra to which she held until her death in 2022.

It was a very comprehensive presentation illustrated with many different images of Queen Elizabeth II, in both family and formal settings. Andrew also drew our attention to elements of her life and personality which may have escaped our notice previously.

I would like to give a very big THANK YOU to Debbie Miller and Amanda Brown (right) for their help and support in planning the event.

To Julie Coates for baking all the cakes, including the large celebration one and to Pat Kelly for organising the free raffle and sourcing the great prizes.

To our former Chairs, John Versey, Jane Tadman and Mike Best. And also to (alphabetically) Irene Cramp, Felicity Cripps, Trauti Hard, Anne Howatson, Jody Huizar, Ron McGlade, Christine Middleton, Margo Rogers, Peter Tadman, and Peter Watson for all their help on the day.



Dunmow u3a has achieved a lot in a small market town in north west Essex in ten years. Here's looking to the next ten years and what the future holds!

Heather Quiney, Chair

Past Holiday

Manor Resort, Okehampton, Devon – 22 to 26 September

Thirty-seven Du3a members recently enjoyed a five-day trip to the Manor Resort near Okehampton in Devon, which offers a wide range of craft and sporting activities as well as a hydro-spa. A gloriously sunny week enabled members to enjoy outings to Dartmoor Prison Museum, RHS Rosemoor and Buckland Abbey.

At the resort, members participated in over 60 different activities. We returned with a whole range of craft items made by members using skills such as pyrography, glass fusion, resin dip, glass slumping, mosaics, glass etching, teddy bear creation, stained glass making, macramé, lino and fabric printing, découpage, pottery and jewellery making.



We were also kept busy with activities such as tennis, badminton, archery, bowls, shooting, swimming, kurling, table tennis, adventure and crazy golf, yoga, tai chi and Bollywood dancing, with one member even completing a 4-mile hike up Dartmoor.





As well as enjoying three meals per day, members relaxed in the hydro-spa, indulged in pamper treatments and spent the evenings playing bridge, Bolivia, Rummikub and cribbage as well as testing their knowledge in mini-quizzes.
Valerie Newell

Past Outing

Paddle Steamer Waverley – Wednesday 1 October

Our (second) outing aboard the historic PS Waverley — the only paddle steamer in the world still in seagoing service — started from Ipswich Railway Station! Don's Coaches were not permitted into the high-security area of Ipswich Docks, and the steamer was in fact moored some miles from Ipswich Station, in the shadow of the soaring Orwell Bridge so we were transferred there in a shuttle coach.



Our departure was somewhat delayed by a wait for the arrival by taxi of two Harwich Haven pilots, dressed like 'Thunderbirds', in hi-vis jackets (obvs.) and helmets (erm, why?). More of these later. We set off from the Dock for a gentle progress down the River Orwell: weather cloudy with the odd spit of rain, but mild and largely windless.

Past Pinmill's historic Thames barges, Felixstowe's towering cranes, Harwich town and harbour, and the Napoleonic War-era Landguard and Redoubt forts. Then out into the North Sea — very calm — dropping the 'Thunderbirds' pilots at speed (see right), as we left the Harwich Haven.



We were blessed onboard with an extraordinarily knowledgeable commentator (I wish I could credit him here with his name), who told us so much about the history of the passing landmarks. We waved at Walton-on-the Naze, Frinton, Holland-on-Sea and called at Clacton-on-Sea's Pier.

There is hereabouts, we learned as we left Clacton, a quite narrow, dangerous, shallow channel between sandbanks, invisible from the surface, known as the Spilway, which must only be traversed, at the then- low tide, at very low speed. Anything faster and the ship's paddles could suck us down into the mud! Actually quite edgy and exciting.

In improving weather, we sailed on to Southend-on-Sea, where we disembarked and took the Pier train (some hardier souls walked the $1\frac{1}{3}$ miles) to our waiting coach. We watched PS Waverley set off for a sunset cruise up the River Thames to a floodlit Tower Bridge and Tower Pier (Du3a has been there, done that, two years ago).

Peter Watson

The Bigger Picture – National u3a Learning u3a Online Learning Events for November – all free via Zoom

	The UK and the US constitutions - part 1 (also see 7 Nov)	Thursday 23 October at 2pm
	The Geology of Britain Palaeozoic, the Era of Early Life	Thursday 30 October at 2pm
	The Historic Towns Trust - London on the Eve of the Great Fire Preview	Friday 31 October at 2pm
	Flight Inspirations Aviation Meeting: November	Tuesday 4 November at 10am
	The Talking Drums of Africa	Thursday 6 November at 2pm
	The UK and the US constitutions - part 2 (also see 23 Oct)	Friday 7 November at 2pm
	Exploring World Faiths: Interfaith Week - More in Common than that which divides us	Monday 10 November at 10am
	Catherine the Great	Monday 10 November at 2pm
	Making your smartphone easier to use - Android	Tuesday 11 November at 2pm
	What Next? From Retired to Redefined	Thursday 13 November at 2pm
	Adapting to Climate Change	Friday 14 November at 10am
	Take Ten Songs 1: How Pop Songs Work	Thursday 20 November at 10am
	Tiny Algae with Big Impact: The response of micro-algae to river pollution	Monday 17 November at 10am
	Staying Safe Online - A u3a Presentation with Q&A	Monday 24 November at 10am
	The Geology of Britain Mesozoic, the Era of Middle Life	Thursday 27 November at 2.30pm

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



Uttlesford Winter Hub

Thaxted Church Hall, Margaret
Street, Thaxted, CM6 2QN

8 October 2025 – 25 March 2026

Meeting on 2nd and 4th Wednesday of each month
2pm – 3:30pm (excludes 24th December)

Anyone affected by dementia is welcome to come along for tea,
biscuits and a chat, to get information, support and friendship

There will be activities and speakers from various local organisations

No charge just come along and join in!

For further information email
essexgroups@alzheimers.org.uk or phone 0333 150 3456



Together we are help & hope
for everyone living with dementia



Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.

Volunteering Opportunity

Are you looking for a new challenge? To learn something new and then share it with others? **Do you have experience of mentoring** and would like to reuse those skills?

With a membership of over 700, several of our popular interest groups are full so **we would like to set up more interest groups**. But we already have over 40 groups and any more will become too much for Rosemary Jensen, our Groups Coordinator, to look after on her own.

We are looking for **someone to work alongside Rosemary**, mentoring new group leaders, taking them through all the essential elements and offering support to existing group leaders who might need some help.

If you would like to know more, please contact Rosemary through the Dunmow u3a website <https://dunmow.u3asite.uk/committee-matters/>

News from the Interest Groups

CAMEO – Come And Meet Each Other

If you are new to the area, have recently retired or are new to u3a, this is an opportunity to meet other members and find out more about Dunmow u3a. Perhaps you have been a member for a while but haven't yet managed to join an interest group, or if you would just like company and to meet new friends, this is for you!

Wednesday 5th November in Rowena Davey day centre from 10.30. Tea, coffee, scones and cake for sale in a friendly atmosphere.

No need to book ahead – just turn up!

The **Thursday walking group** is back!

Due to falling numbers, this group took a break over the Summer but now it is back and you are invited to join us each Thursday morning for an hour's walk around Hatfield Forest, followed by coffee and cakes.

We meet at the Thremhall Park Café, Takeley Street at 11am – please remember to register your car in the café to avoid a parking ticket!

We look forward to walking with you

Anne Preece

The new **Local History group** recently had its inaugural meeting at the Great Dunmow Museum.

Twenty Du3a members enjoyed a talk by Mike Perry which covered the history of the Maltings Building itself and highlights of the exhibits housed there. Members were then free to view the museum at their own pace and could focus on items that were of interest to them. Memorable items for me were the gorgeous clocks that had been manufactured in Dunmow, the Dunmow station railway model and old fire brigade photo's which included pictures of my father in law and uncle.

Our next meeting will be a historical wander around Dunmow on the 13th November. I do have a few spare spaces for the group if anyone would like to join us.

Wendy Townsend, History group

The **Sequence Group** in action!

We meet fortnightly at the Angel and Harp on Tuesday afternoon.

Sequence is an enjoyable game of both luck and strategy and best enjoyed by playing in pairs. If an odd number of people turn up we just take it in turns to sit out a game.



If you are interested, please contact us via the Du3a website

https://dunmow.u3asite.uk/u3a_groups/sequence/

Jenny Versey, Sequence group

This is a few of us who play **pickleball** every Friday.

Great game and lots of fun and laughter too!



The challenge for the **Flower Arranging group** at their last meeting was to using foliage only. We have a group of talented ladies, some beginners, and it is really surprising how different they all are. Just goes to show you do not need to buy flowers to create a lovely arrangement.



Last month the **Friday Art group** explored industrial landscapes with some interesting monochrome effects. Mostly we used watercolour, however, one charcoal work was equally dramatic.

There are individual works in our gallery. But presently we are using more autumnal colours in our calendar picture of bridges. We have been busy paying attention to perspective to help us draw the initial sketch and we hope to show you that work next month.

Felicity Cripps, Friday Art group

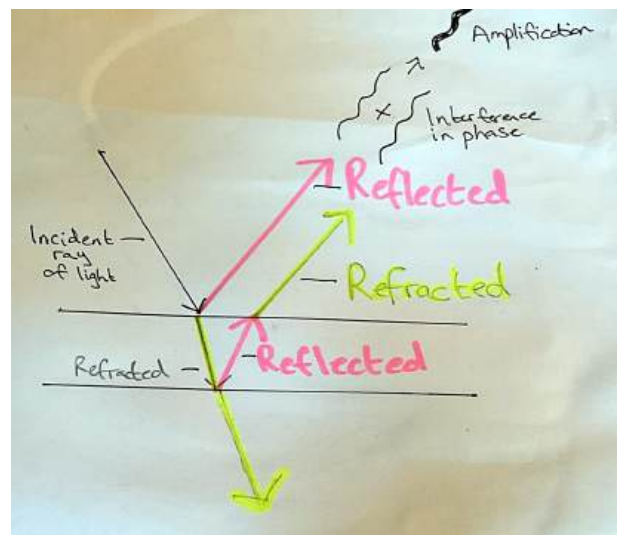


The **Geology Group** learnt all about Labradorite in a fascinating presentation from Jean. This is a special type of feldspar, igneous in origin and prized for its lustrous iridescence properties.

The particular crystal plane structures give rise to internal light refractions and reflections. If the emitted light from these is in phase, attractive iridescence flashes result, known as 'labradorescence', notably blue but also other colours. Additional light effects eg fluorescence are endowed by rare earth elements. The beautiful colours lend themselves to use in jewellery and ornamentation. A YouTube video explained how Inuits valued the stone as it was thought to capture the Northern Lights.

We spent the rest of the meeting sorting geological specimens and a book collection and have decided to set up our own lending library for members.

'Sadie Mentz', Geology group



The **Friday Rummikub group** meets 3–5pm every week at the Angel and Harp. Experienced players kindly lend their expertise to help those new to the game.

Attendance is free but participants can buy a range of drinks and snacks at the bar. Several members take advantage of the "two-for-one cocktails" offered by the pub on Fridays!

The group has a few places available. Contact Valerie Newell via the Du3a website ... https://dunmow.u3asite.uk/u3a_groups/rummikub-



This month Toni and Mick took the **Wine Appreciation Group 2 (WAG2)** on a tour of the world! We enjoyed wines from six different continents – and every one was a treat. Much thought had gone into the evening, with each wine carefully chosen and paired with a snack from its home region – plus the local hat and music to match! A wonderful evening that will be remembered for a long time to come.



From Asia: **Pagoda Touhai ShaoXing 5 Year Rice Wine**, 14% (£14.45), paired with Sushi.

From South Africa: **Waitrose Blueprint W.O. Stellenbosch Chenin Blanc 2025**, 12.5% (£8.50), paired with Biltong.

** Our favourite White of the evening.*

From Oceania: **Jip Jip Rocks Shiraz, Australia 2023**, 14.5% (£13.50), paired with Barbie Sausage.

From South America: **Tilimuqui Fairtrade Organic Malbec, Argentina 2023**, 13% (£13.00), paired with Empanadas.

** Our favourite Red of the evening.*

From North America: **Waitrose Blueprint Californian Chardonnay 2023**, 13% (£8.00), paired with Apple Pie.

And from Europe: **Mme. Claude Parmentier Fitou, France 2022**, 13% (£7.00), paired with Cheese.

We were also delighted to welcome Laney, who joined us for a “taster” meeting – no surprise she’s now joined the group!

John Stanley, Wine Appreciation Group 2 (WAG2)

Some of our **Thursday Art Group** members have continued with a theme of psychedelic animals. Two brilliant paintings are seen here using watercolours and acrylic pens.



Moving on from that, we introduced painting buildings to get a sense of perspective and detail. Others in our group from time to time prefer to follow their own ideas. Recent paintings our group has completed are featured here.

Jan Clinton, Thursday Art group



The **Science Group** kicked off with Colin explaining the latest on the rare interstellar comet 3I/ATLAS, pictured by the Hubble Space Telescope. A highlight of the astronomical year and which could tell us more about star systems beyond ours.



On a different note, Earth is about to encounter a discontinuity in the Galaxy, this sparked debate about the causes of climatic changes and mass extinctions which have characterised deep geological time.

We then turned to a human behaviour theme, from looking at the media training techniques which politicians use to obfuscate and evade difficult interview questions, to why we laugh – origins and purposes! Along the way working through AI dystopias, security of data systems, the addictive nature of AI algorithms and effects on jobs and prosperity. Something for everyone!

David Cole, leader, Science and Society Group

Interest Groups List

If you are interested in joining any of the groups, or have a suggestion for new ones, you can speak to me at any Monthly meeting. You can also contact any of the group leaders for more information via the Du3a Website ...

<https://dunmow.u3asite.uk/groups/>

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 - 2nd Thur of the month	Members' homes	Christine Coates
Bookworms	Thursday pm - 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	Barnston Village Hall	Jan Moffat
Carpet Bowls	Thursday pm - Fortnightly	Little Easton Memorial Hall	Pat Kelly
Creative Writing	Wednesday pm - 1st Wed of the month	Angel & Harp, Dunmow	Fiona Fraser-Thompson
Cribbage	Tuesday pm - Fortnightly	Rowena Davey Day Centre, Dunmow	Pat Kelly
Cycling	Fri Mornings - Twice monthly	10-20 miles in Dunmow area	Robert James
Family History	Monday pm - 2nd Mon of the month	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	Galatea Café, Dunmow	Valerie Newell
Garden	Thursday pm - Monthly	various	Christine Bishop
General Crafts	Monday pm - 3rd Mon of the month	Rowena Davey Day Centre, Dunmow	Jan Clinton
Geology	Thursday am - 3rd Thur of the month	various inc trips	David Cole
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	Maria North
Italian Beginners	Friday pm - Weekly	Members' homes	Julie Freeman (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
Local History (walking) *NEW*	Thursday - 2nd Thur of the month	Around Dunmow area	Wendy Townsend
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 (2nd Wed)	Wednesday lunch - 2nd Wed of the month	various	Christine Bishop
Luncheon Club LF (3rd Tue)	Tuesday lunch - 3rd Tue of the month	various	Lyn Fitzgibbon
Luncheon Club KR (3rd Tue)	Tuesday lunch - 3rd Tue of the month	various	Kathy Restarick Sheila Stanley

Mah Jong	Monday pm - Weekly	Oakroyd House, Dunmow	Julie Coates
MOTO - Members On Their Own	Friday am - 2nd Fri of the month	Various	Gina Hollick
Music Appreciation	Wednesday pm Monthly (no fixed Wed)	Members' homes	Patricia Fletcher
Outings			Maureen Best
Pickleball	Friday pm - Weekly	Dunmow Leisure Centre	Selva Govender Debbie Miller
Photography	Wednesday pm - 1st Wed of the month	The Maltings, Dunmow	Peter Tadman
Quilting & Stitching	Tuesday pm - Fortnightly	Rowena Davey Day Centre, Dunmow	Maureen Best
Rummikub (Fri)	Friday pm - Weekly	Angel & Harp, Dunmow	Valerie Newell
Rummikub (Tue)	Tuesday am - Fortnightly	Rowena Davey Day Centre, Dunmow	Debbie Miller
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	Sally James
Walking	Monday am - Weekly	4-5 miles in villages around Dunmow	Mike Best
Walking - 3-Milers	Wed or Fri am	Various	Jane Tadman
Walking - Thursday * It's back! *	Thursday am - weekly	Hatfield Forest	Anne Preece
Whist	Tuesday pm - Fortnightly	Rowena Davey Day Centre, Dunmow	Mike Best
Wildlife Photography	Monthly - variable	Various	Graham Brace
Wine Appreciation 1	Tuesday eve - Last Tue of month	Members' homes	Patrick Lavelle
Wine Appreciation 2	Tuesday eve - 1st Tue of the month	Members' homes	John Stanley
Wool & Waffle	Tuesday am - Fortnightly	Rowena Davey Day Centre, Dunmow	Maureen Best

If you are interested in joining any of the groups, or have a suggestion for new ones, you can speak to me at any Monthly meeting. You can also contact any of the group leaders for more information via the Du3a Website ...

<https://dunmow.u3asite.uk/groups/>

Rosemary Jensen, Groups Coordinator

Du3a Committee

You can contact any of the post-holders by visiting the Du3a website

<https://dunmow.u3asite.uk/committee-matters/>

Chair	Heather Quiney
Vice Chair	Ron McGlade
Treasurer	Ian Marshall
Exec Secretary	Anna Fletcher
Assistant Treasurer & Asset Management	Derek Jones
Beacon Administrator	Terry Parker
Events Organiser	Hilary Jinno
Groups Coordinator	Rosemary Jensen
Membership Secretary	John Miller
Newsletter Editor & Publicity Officer	Heather Quiney
Outings Coordinator	Maureen Best
Outings Assistant	Derek Jones
Welfare Coordinator	Maureen Best
Committee member	Debbie Miller
Minutes Secretary	Irene Cramp
Speaker Organiser	Trauti Hard
Web Admin	Adrian Hoodless

Dates for your Diaries ...

Wed 22 Oct	Monthly Meeting: How to Draw People & Animals (a week earlier than usual).....	by Joanne Learner ...	pg 1
Fri 24 Oct	Du3a Autumn Quiz Night		
Wed 19 Nov	December/January Newsletter & Diary Deadline		pg 2
Wed 26 Nov	Monthly Meeting: Keeping Active in Later Life: a practical session	by Karen Lawrie ...	pg 1
Fri 21 Nov	Outing: Ely Cathedral Christmas Fair		pg 4
Thur 27 Nov	Outing: Thursford Spectacular		
Thur 27 Nov	Outing: Fawlty Towers at Cliffs Pavilion Southend		pg 4
Wed 3 Dec	Du3a Christmas Concert: Fool's Gold (back by request!)		
	Free to attend but you must pre-book your place		pg 3
Thur 26 Feb 2026 ...	Outing: Brick Lane Theatre Adult pantomime		pg 5

For the latest information and updates, visit our website <https://dunmow.u3asite.uk/>

Please send any articles for the next newsletter to HeatherQu3a@gmail.com by **Wed 15 October**