



May 2026 Newsletter & Diary Dunmow



Forthcoming monthly meetings

Wednesday 29 April **“The Secret Life of a Wood”** by Roger Hance



When we walk through a typical broad-leafed woodland, we do not always see the breadth and diversity of the wildlife which live there. This talk shows some of the birds, mammals, insects, wildflowers and fungi that can be found there which, although present, are not always visible until we look more closely.

Wednesday 27 May **“Body Language Speaks Volumes”**
(postponed from March)..... by Ken Lodge



A humorous exploration of Body Language and Voice Tone. We are good at recognising when things don't seem quite right in others – but are we so aware of the signals we might be giving out? It's near impossible to communicate nothing, our feelings will reveal themselves!

**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 :)

⇒ Don't forget the **Magazine Swap** table. Please spend a few minutes browsing through the many and varied titles. There are magazines about gardening, arts, wildlife, cars, homes and lifestyles and many more.



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Welcome!

Welcome to the May Newsletter and Diary.

Did you know that **any** member can send me an article about Dunmow u3a for the newsletter? Group reports don't have to be written by the group leader and anyone on an outing or at the monthly meeting can send me a short write up afterwards.

Please email articles as a .doc or .docx and include pictures separately as .jpg or .jpeg files – not embedded in the document.

The maximum number of words is 300 words (fewer if you want to include photos). This is because I use a large sized font so I can reduce the whole page size for the printed versions (available at our monthly meetings) without having to reformat it all.

The deadline date is always at the bottom of this page and the back cover although, if I receive more than 24 pages-worth of content, I may have to hold over some pieces to the next newsletter.

The newsletter is emailed to all members typically on the Sunday before the monthly meeting (in time to remind everyone about the meeting). If you do not receive it or have problems opening or reading it, please get in touch and we will try to find a solution.

Thank you to everyone who contributes – you make the newsletter what it is :)

Heather Quiney, Chair and Newsletter Editor

Please send any articles for the next newsletter to HeatherQu3a@gmail.com by **Wed 20 June**

Volunteering Opportunities

Committee vacancies – Your chance to get more involved ...

We still have three important roles which **need to be filled before the AGM in June**, as the current postholders are unable to continue. These are key positions that help keep Du3a running smoothly, and without them the organisation cannot function effectively.

With nearly 800 members, it's very likely that the skills and experience we need already exist within our membership. These roles are, on average, a few hours a month and can be managed alongside other commitments. Support and guidance are available, and stepping forward sooner rather than later allows time for a well-supported handover.

We're looking for people with the following strengths:

Secretary

This role would suit someone who:

- is organised and reliable, with a good eye for detail
- is confident using everyday digital tools such as email, documents, and online systems
- communicates clearly and is comfortable working with a range of people
- can keep information structured, accessible, and up to date
- enjoys supporting the smooth running of a team or organisation

This is a central role within Du3a, helping to keep everything coordinated and running efficiently, with established systems already in place and support available.

Vice Chair

This role would suit someone who:

- is a confident communicator and comfortable working with others
- enjoys seeing the bigger picture and contributing ideas
- is interested in how organisations run and develop
- is willing to learn and stand in for the Chair when necessary
- can collaborate and offer support to the Chair and committee

It's an excellent opportunity to build insight into how Du3a operates, with plenty of support along the way.



► Beacon Administrator

This role would suit someone who:

- is organised and methodical, with good attention to detail
- is comfortable working with digital systems (training provided)
- enjoys problem-solving and helping others use technology
- can communicate clearly and offer patient support
- understands the importance of data accuracy and confidentiality

This role plays a crucial part in supporting our membership and keeping everything running behind the scenes.

Please take a moment to reflect on how much you gain from being part of Du3a, and whether you might be able to contribute your skills in return.

If you'd like to find out more about any of these roles, or would just like an informal chat, please get in touch.

Heather Quiney, Chair HeatherQu3a@gmail.com

Forthcoming Outing

Living Crafts Fair at Hatfield House park – Thursday 7 May

Living Crafts Fair at Hatfield House park

Thursday 7 May



**Code:
LC2**

Cost: £28 per person

Timings: Leave Dunmow at **8.00am**, Casa **9.05am** Takeley Four Ashes **9.20am**
Leave Hatfield House at **4pm**

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870 Mob: 07909 688401

For more information visit: www.livingcrafts.co.uk

Forthcoming Outing Brighton Royal Pavilion – Tuesday 16 June

Brighton Royal Pavilion Tuesday 16 June

Code: BRP

This is a chance to explore the Chinese-inspired pleasure palace of the extravagant King George IV which has seen many twists and turns throughout its long history. It was also used by King William IV and later, in 1850, Queen Victoria sold it to the town of Brighton.



Starting out as a modest villa, it was transformed into a magnificent oriental palace, and in the First World War, was commissioned as a military hospital. It has been lovingly restored and is a fascinating place to visit. For those that want them, audio guides are available on the day for £3.

There is also an option for reduced cost entry to the nearby museum and art gallery afterwards. Alternatively, just spend time enjoying the Brighton seaside!

Cost Options: Royal Pavilion **£49** With museum and art gallery **£53.20**

Timings: Leave Don's at **8.00am**, Casa at **8.05am**.
Takeley Four Ashes **8.25am**
Estimated arrival at the Pavilion **11:30am**
Leave Brighton at **5pm**
This is a full day out, so be prepared for a long day.

Food & Drink: There are many options nearby for food and drink including the Pavilion's own Royal Pavilion Café.

Accessibility: Access information is plentiful on the official website, and it is strongly recommended that you visit it to ensure the best possible experience.

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

For more information visit: <https://brightonmuseums.org.uk/>

Forthcoming Outing

Elton Hall and Gardens – Tuesday 18 August

Elton Hall and Gardens, nr Peterborough

Tuesday 18 August

Code: EH

This is a private visit to this part-Gothic house, which has belonged to the Proby family since 1660.

Often described as "a hidden gem" with formal gardens and unspoiled parkland, Elton Hall is enchanting, and there is something romantic and magical about the building with its gothic south elevation set at a right angle to the classical, French



inspired, entrance wing. Successive generations have embellished both the house and collection, which contains many Old Masters and fine examples of English portraiture by Reynolds, Gainsborough and Romney. A visit includes the recently Award-winning restored gardens..

You will have a private tour of the house, (approx. 1 hour), followed by free time to explore the gardens at your leisure. Please also see **Accessibility**.

Cost Options: Hall and Gardens **£43.50** Gardens only **£36**

Please also note there is no free entry for RHS members as this is a private visit.

Timings: Leave Don's at **8.30am**, Casa at **8.35am**.

Takeley Four Ashes **8.55am**

Tour of the House **12noon**

Depart for Dunmow at **4pm**

Food & Drink: Tea/coffee, snacks and lunch are available in the nearby Mulberry café, in the Bosworth Garden Centre (on site).

Accessibility: Initial entry to the gardens is via the café, using a level gravel pathway. The house has no access for mobility scooters or wheelchairs, and has no lift to the upper floors. These are accessed by stairs only.

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870 Mob: 07909 688401

For more information visit: <http://www.eltonhall.com>

Forthcoming Outing

Operation Mincemeat at Cliffs Pavilion – Wednesday 2 September

Operation Mincemeat at Cliffs Pavilion, Southend

Wednesday 2 September

Code: OM

The year is 1943 and we're losing the war. Luckily we're about to gamble all of our futures ... on a stolen corpse! Operation Mincemeat is the fast-paced, hilarious and unbelievable **true story** of the twisted secret mission that won us World War II. The question is: how did a well-dressed corpse wrong-foot Hitler?



*This is the best-reviewed musical **ever** in West End history, frequently described as a “masterclass in musical comedy”. It has received **113 five-star reviews** and its West End run has been extended **for the eighteenth time**. An Olivier Award-winning hit in London and a Tony Award winner on Broadway, it has now spawned touring productions on four continents. The UK tour arrives in Southend-on Sea this Autumn.*

Cost: £73 per head

Timings: Leave Don's at **11.00am**, Casa at **11.05am**.

There is NO Takeley pickup

You need to be seated well before curtain up at **2.30pm**

Coach leaves 30 mins after the performance ends

Est arrival back in Dunmow **6.45pm**

Food & Drink: The Theatre has reasonable food and drink facilities. For more info please visit their website (<https://trafalgartickets.com/cliffs-pavilion-southend/en-GB>).

There are other local venues, but note that time is limited for this.















Accessibility: We have reserved balcony seats, which are accessed by steps.

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com

Tel: 01279 870870 Mob: 07909 688401

For more information visit: <https://www.southendtheatre.co.uk/shows/cliffs-pavilion/operation-mincemeat>

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

	Kingsmeadow House: the inside story of a modest country house	Friday 1 May at 2pm
	Flight Inspirations Aviation Group: May The “Spruce Goose”	Tuesday 5 May at 10am
	SAVE buildings at risk: empowering communities	Thursday 7 May at 2pm
	Enormous numbers and where to find them	Friday 8 May at 2pm
	Exploring World Faiths: May Faith and the media	Monday 11 May at 10am
	The Call of the Wild: Stories from the Frontiers of Exploration	Tuesday 12 May at 2pm.
	Laughter yoga with Judith: May	Wednesday 13 May at 10am
	Suffering and hope in Tolstoy's Anna Karenina	Thursday 14 May at 2pm
	The legacy of Edinburgh's Victorian swimming baths	Friday 15 May at 2pm
	Mindfulness and meditation continuation session	Thursday 21 May at 10am
	AI news: May How can AI help us to maintain our independence?	Friday 22 May at 2pm
	Laughter yoga with Merrie Maggie: May	Tuesday 26 May at 3.30pm
	People's Collection Wales: exploring the public archive of Welsh history	Thursday 28 May at 2pm
	Drones, huh? What are they good for?	Friday 29 May at 2pm

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

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



Past Outing

"Inspector Morse" at Milton Keynes Theatre – Wednesday 18 March

Morse, the detective drama TV series made household names of John Thaw as the eponymous Police Inspector and Kevin Whateley as his trustee sidekick Lewis. This new play written by Alma Cullen, who scripted many episodes of the TV series, brings a brand-new mystery to the stage. The action begins with the sudden and unsettling death of a young actress on stage during a live performance of Hamlet.

Morse and DS Lewis investigate what quickly becomes a much darker mystery inextricably connected to Morse's own past. Many of the players are known to him from his own university days, chief among them is his old tormentor, the tyrannical director Lawrence Baxter, together with Morse's lost love Ellen, back as a history professor and adviser to the production.

The set design cleverly constructs a play within the play; its backstage corridors, poorly lit dressing rooms and eerie wings provide the backdrop to the story. Using simple props and movement around the stage the action passes back and forth from theatre to a church interior to the police station, giving pace to the story telling.

For me though, the production itself felt a little flat overall and didn't quite build the tension I was hoping for. Tom Chambers has huge shoes to fill, stepping into the role made famous by John Thaw. He captures some of Morse's idiosyncrasies and sensibilities well, from his love of classical music to his penchant for real ale, but there is a hesitancy and vulnerability about the character, lacking the authority and gravitas that we associate with Morse.

A real standout was Tachia Newall as Lewis, who brought a confident and dynamic presence to the stage, which worked well alongside Chambers' more static demeanour.

This is a different chief inspector to that familiar from television, and one's view of the production is likely to be influenced largely by whether Tom Chambers makes a convincing case for an alternative view of the character. The play does its job in keeping one guessing about the line-up of suspects, until the chief inspector helpfully explains 'Whodunnit', but left me not entirely convinced about the How and the Why.

Thanks go to Pat Jones for organising the outing and to Dave at Don's for a comfortable ride.

Terry Cash

Past Holiday

Warner's Nidd Hall, Harrogate, Yorkshire – 16–20 March



Seventy Dunmow u3a members recently enjoyed a week's holiday at Warner's Nidd Hall in Yorkshire.

Everyone enjoyed a wide variety of activities including tennis, croquet, swimming, bolivia, bridge, Rummikub, line dancing, quizzes, Italian classes and spa treatments as well as walks in the award-winning gardens and to

the local ice-cream supplier. There were also day trips organised to Harrogate, York and Haworth (Bronte country).

On the return journey, the coach took a short detour so that we could view the new sculpture: On Freedom's Wings – a life-size replica Lancaster bomber built at the Bomber County Gateway Trust.

Thanks to Don's Coaches for their support and particularly to our lovely driver, James, who is now addicted to Rummikub!

Valerie Newell

Thanks also to Valerie for arranging this holiday for our members [Ed.]





Past Monthly Meeting – Wednesday 25 March “My Life as a Micro-Artist” by Graham Short

Graham Short proved to be an entertaining speaker. He had many stories to tell about his life including anecdotes about celebrities he had met. Born in Birmingham he started his working life at 15 with a six year apprenticeship at a Birmingham stationery engraving company. His first job there was to empty mousetraps. Following completion of his training he then secured work creating stationery for clients including banks, royalty and perfume companies. He was a royal engraver for 30 years working in the palaces.

In 1970 he began engraving the Lords Prayer on a pin head and in 2012 he engraved ‘Nothing is impossible’ on a razor blade which was sold for £50k to a retired doctor and in the same year he created a microscopic engraving of the Queen’s head on the eye of the needle in honour of the Queen’s diamond jubilee. Another piece of work was ‘As you like it’ engraved on a paper clip. He works from midnight to 5am in order to avoid vibration from passing traffic. Another project he worked on was the engraving on four £5 notes with quotes from Jane Austen’s books which were then reintroduced into circulation. One of the £5 notes was found in Northern Ireland and was subsequently sent anonymously to an auction house and raised £5k for Children in Need. He has had many exhibitions of his work in the UK and across the world.

Valerie Spicer

I am looking for a couple of additional volunteers to be a **Meeter Greeter** at the monthly meetings. I plan the rota so that each volunteer is required for 2–4 meetings a year. You would need to be at Foakes Hall by 1.15pm to register attendees and welcome new or potential members.

Please contact me via the Du3a website (<https://dunmow.u3asite.uk/committee-matters/>) if you can help.

Jane Tadman



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.

News from the Interest Groups

“Didn’t we have a lovely time the day we went to Ashdon?!”

Ten members of the **Geology group** met in Ashdon on 9th April to visit the site of a meteorite landing (which had been discussed at an earlier meeting). The 1.3kg meteorite, which was over 4.5 billion years old, finished its journey through space in March 1923 when it crashed into a field in Ashdon. A farmworker, Frederick Pratt, heard a loud ‘sissing noise’ and a couple of seconds later ...

‘a projectile fell about ten or fifteen yards from him, causing the earth to spout up like water’ (News report, Times newspaper, 7 June 1923).

Three days later, he returned to the site and dug it up from a depth of about two feet. The rock, which was about the size of a large grapefruit, was eventually donated to the Natural History Museum. It is really unusual to find a meteorite (hence our interest) and, in the past 200 or so years, fewer than 30 have been recovered in the UK.

To mark the centenary of the landfall, the Essex Rock and Mineral Society and Ashdon Museum paid for an oak post to be erected where it fell and a booklet to be published. This post was our destination after parking up in the Rose and Crown’s car park. The group walked the three mile round trip which included a visit to All Saints Church and churchyard to see the headstone of Sir John Smith Flett, an eminent Scottish geologist who died in Ashdon in 1947. The trip organiser had arranged excellent weather for us that day so we concluded our outing with a delicious pub lunch and made use of the pub garden!

Julie Freeman, Geology Group

The **Grow Your Own (GYO) group** had their first meeting of the year in Maria’s back garden on 1st April.

Everyone enjoyed a walk around, having a look at all the emerging shrubs and perennials, followed by tea, coffee and Toblerone cheesecake!



The topic for the April **Photography group** meeting was "Little Things" and there were some very good photographs shown. It amazed me that there are so many little things around and how difficult it is to photograph some of them, especially the ones that insist on walking away. It's always very difficult picking suitable ones to show, but I just like those that I've added.



There was a feeling that perhaps we should have more time to take and select the topic photos so we now have a series of topics for the next few months:



6th May, "Roofs"

3rd June, "Things beginning with 'P'"

1st July, "Yellow"

We are giving August a miss and the 2nd September topic is yet to be decided.



If any of these ideas tickle your fancy, then please come along to the Maltings at 2:15 on those dates and see what we can come up with.

The Group is always open to anyone who likes a photographic challenge.

You can see some of our earlier efforts on the Photography page on the Dunmow u3a website ...

https://dunmow.u3asite.uk/u3a_groups/photography-2/



Peter Tadman, Photography Group



On Wednesday 1 April, the **First Wednesday Lunch group** convened at the Spotted Dog in Barnston. On arrival we were greeted and seated by a tall, good-looking young man who then ducked under beams and took our orders.



The most popular starters were smoked mackerel mousse and the carrot and coriander soup. One of our number was drawn to the prawnstar martini but was perhaps disappointed to find it contained no alcohol. Main courses included fish and chips and burgers, but I went for the pie of the day (chicken and vegetable) and it was excellent. The burgers were similarly praised by those who had them, but there were some grumblings about the fish portion sizes. For me it was all washed down by an excellent merlot, as somebody else was driving.

Overall, tasty food with friendly and attentive service. Thanks to group leader Debbie for finding yet another winner.

Philip Garrison, First Wednesday Lunch Group

The **General Crafts group** had a pleasant afternoon making bookmarks sewing pieces of felt with a tulip design. Not everyone had time to finish theirs but our achievements are shown here.

Another lady made a novelty cross stitch bookmark featuring three bulls.

It was a lovely meeting with lots of friendly chatter!

Jan Clinton, General Crafts Group



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"

The **Flower Arranging group** have met twice since the last newsletter.

The first time they were arranging a 'Classic Triangle' and more recently, they were making 'Handbags' using floral foam. "We secured the handles with heavy wire and used pins with decorative heads to attach the leaves to the side of the bag. Fresh or artificial flowers were arranged in the top."



Here are a selection of their arrangements. More of them can be seen on our facebook page (search Dunmow u3a)



The **Friday Art group** have been painting a selection of fun Beryl Cook pictures, similar to the ones you might have seen on greetings cards in the past. Her style looks deceptively simple however, as we now know, it is not the case.

We shall be looking at joyful spring flowers next time; and getting our ducks in a row for the newsletter.

Felicity Cripps, Friday Art Group



Wool and Waffle is an ever-growing, busy group, with more and more interesting projects being added for donation to local charities and groups.

The Moat House care home in Great Easton recently asked for twiddlemuffs for some of their residents with dementia, and some



beautiful items were quickly made by some of our members. (A twiddlemuff is a knitted or crocheted tube, featuring various textures and attached sensory items, like ribbons, beads, or buttons, on both the inside and outside. Primarily designed for patients with dementia, they provide stimulation for restless hands, helping to reduce anxiety, provide comfort, and offer warmth.)

Three of our group visited the Moat House in March, to give them our offerings, and we were generously provided with an afternoon tea! We were introduced to some of the residents, and met Debbie, the Customer Relations Manager, who advised that lap blankets and dollies would also be useful, as well as more twiddle muffs. More to add to our list of projects!



Maria North, Wool & Waffle Group

The **3 Miler Walking group** have been on 2 or 3 walks each month since February. Walks start at 10am and are either on a Wednesday or Friday. The walks are chosen by the leader and can be from anywhere within about 10 miles max. of Dunmow. So far this year we have walked in Dunmow, Thaxted, Little Easton, Little Canfield and along the Flich Way. The ground is much drier now so we hope more of you will join us. Dates for May are 8th, 13th and 27th.

Contact me via the website (https://dunmow.u3asite.uk/u3a_groups/walking-3-milers/) if you would like more information.

Jane Tadman, 3 Miler Walking Group

The **Thursday Art group** have been immersed in various subjects such as Spring flowers, a ginger cat and a fairy! We used watercolour paints and pencils for these. Other paintings that our group are currently doing have yet to be finished, hopefully we can show these next month.

Jan Clinton, Thursday Art Group



Following the Easter break, Vicky hosted a lively evening for the **Wine Appreciation Group 2 (WAG2)** to reconnect and explore the diverse viticulture of South Africa. All wines for the evening were sourced from Tesco, proving that great regional variety is often just around the corner.

We began our journey with three distinct expressions of Sauvignon Blanc:

- Amandla Sauvignon Blanc (12.5%): A standout story for the evening, this Western Cape wine is crafted from grapes hand-picked by women and blended by winemaker Praisyl Dlamini. With vibrant notes of passion fruit, pineapple, and lemon, the group found this to be a very pleasant start.
- Porcupine Ridge Sauvignon Blanc (12.5%): Named after the shy nocturnal creatures of the Franschhoek forests, this bottle offered sharp, zesty flavours of kiwi, guava, and lemongrass. The majority of the group found this to be particularly "sharp" on the palate.
- Boschendal Sauvignon Blanc (13.5%): Coming from an estate established in 1685, this mountainous Western Cape wine offered a more complex profile of tropical green fruits, figs, and lime. It was well-received as another very pleasant pour.



After our third wine, we paused for a social interlude, of cheeses, snacks, and fresh breads alongside a "just for fun" picture quiz.

The second half of the tasting took us into deeper, darker territory:

- Tesco Finest Stellenbosch Pinotage (14%): A classic South African variety. This was a spicy yet light-to-medium-bodied red with low tannins, which the group found to be a very drinkable and pleasant choice.
- First Cape Special Cuvée Merlot (13.5%): Featuring ripe plum and cherry notes, this selection leaned toward the bitter side for our tasters.
- Porcupine Ridge Cabernet Sauvignon (14%): A bold choice with dark fruit flavours, though, like the Merlot, it carried a bitterness that sparked much discussion.
- The "Misfit" Mystery: We ended with a wildcard—a red wine purchased during a holiday in Japan. Despite the Japanese label remaining a mystery to most, the consensus was unanimous: it was a surprisingly pleasant and welcome addition to the table!



A huge thank you to Vicky for hosting such an educational and spirited April evening!

John Stanley, Wine Appreciation Group 2 (WAG2)

Keep in Touch

If you **move house** or **change your phone number** or **email address**, please let John, our Membership Secretary, know. He can update Beacon and all your groups will know in one go.



Also, if you **no longer use your landline phone**, please give us another number we can call you on, if ever needed.



Simply email membership@dunmowu3a.org.uk or message him through "Committee" page of the Du3a website



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

Interest Groups List

If you are interested in joining any of the groups, please contact the group leaders for more information via the Du3a website <https://dunmow.u3asite.uk/groups/>. Or if you have a suggestion for new ones, please email me via <https://dunmow.u3asite.uk/committee-matters/>

Amanda Perry, 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
Book group - The Pageturners	Wednesday pm - 3rd Wed of the month	Members' homes	Lorraine Bennett
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	Maureen Manners
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
Jigsaw	Wednesday - Weekly	Rowena Davey Day Centre, Dunmow	Amanda Brown
Line Dancing	Tuesday am - Weekly	Priors Green Hall	Jan Barlow
Line Dancing (Beginners)	Wednesday am - Weekly	Priors Green Hall	Jean Hull
Local History (walking)	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
Needles & Pins (sewing) (formerly Quilting & Stitching)	Tuesday pm - Fortnightly	Rowena Davey Day Centre, Dunmow	Maureen Best
Photography	Wednesday pm - 1st Wed of the month	The Maltings, Dunmow	Peter Tadman
Pickleball (Friday)	Friday pm - Weekly	Dunmow Leisure Centre	Selva Govender Debbie Miller
Pickleball (Thursday)	Thursday pm - Weekly	Dunmow Leisure Centre	Linda Clark
Rummikub (Friday)	Friday pm - Weekly	Angel & Harp, Dunmow	Valerie Newell
Rummikub (Tuesday)	Tuesday am - Fortnightly	Rowena Davey Day Centre, Dunmow	Debbie Miller
Science & Society	Tuesday eve - Monthly (no fixed Tue)	Members' homes	David Cole
Scrabble (Thursday)	Thursday am - Weekly	Rowena Davey Day Centre, Dunmow	Helen Manley
Scrabble (Wednesday)	Wednesday am - Fortnightly	Saracens Head	Hilary Snell
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 - Hatfield Forest	Thursday am - weekly	Hatfield Forest	Anne Preece
Whist	Tuesday pm - Fortnightly	Rowena Davey Day Centre, Dunmow	Mike Best
Wildlife Photography	Monthly - variable	Various	Terry Parker
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	Maria Callaghan
Wool & Waffle	Tuesday am - Fortnightly	Rowena Davey Day Centre, Dunmow	Maureen Best

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	Amanda Perry
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 29 Apr ...	Monthly Meeting: "The Secret Life of a Wood"	
 by Roger Hance ...	pg 1
Thur 30 Apr ...	Outing: Sandringham House and Estate	
Thur 7 May	Outing: Living Crafts Fair at Hatfield House park	pg 4
Wed 20 May ..	June Newsletter & Diary Deadline	pg 2
Wed 27 May ...	Monthly Meeting: "Body Language Speaks Volumes"	
by Ken Lodge ...	pg 1
Fri 29 May	Quiz Night at Foakes Hall, Dunmow	
Thu 16 Jun	Outing: Brighton Royal Pavilion	pg 5
Wed 24 Jun ...	Monthly Meeting and short AGM – details to follow	
Tue 18 Aug	Outing: Elton Hall and Gardens	pg 6
Wed 2 Sep	Outing: Operation Mincemeat at Cliffs Pavilion	pg 7

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 20 June**