



# July 2026 Newsletter & Diary Dunmow

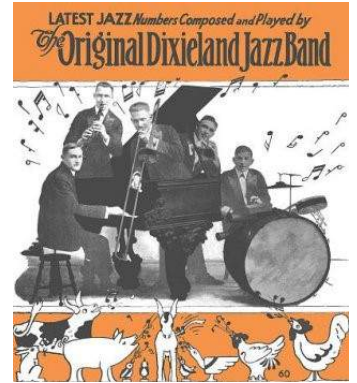


## Forthcoming monthly meetings



Wednesday 24 June ..... **Du3a AGM** followed by  
..... **"The King's Tiger Rag"** by Roger Browne

*The strange story of the role that King George V played in bringing Traditional Jazz to Britain in 1919 with The Original Dixieland Jazz Band who set new trends when they moved from New Orleans to Chicago. How society in Britain was never to be the same again once Jazz arrived on these shores and the unlikely link with Queen Mary's Needlework Guild. Illustrated with live playing, on piano, of the ODJB's greatest hits, such as Margie, Tiger Rag, Livery Stable Blues.*



Wednesday 29 July ..... **Lasting Powers of Attorney Made Simple**  
*LPA Made Simple will explain what Lasting Powers of Attorney (LPAs) are, the process by which they are drawn up and the important purpose they serve. They will also clarify the differences between LPAs and EPAs (Enduring Powers of Attorney) and answer any questions you might have about either of them.*

**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.

## In this issue ...

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## Welcome!

Welcome to the July Newsletter and Diary.

As we approach the end of our year, there is a tendency to look back and reflect on all that we have achieved. However, it is also an opportunity to look ahead to the months to come.

We have plenty to look forward to, including a holiday to Hayling Island in September, a theatre trip, a local tractor ride and a visit to Elton Hall and Gardens over the summer.

We now have a record number of interest groups, with new ones being planned, and most will continue throughout July and August.

Then, in the autumn, we can look forward to another Quiz Night, something special at our September monthly meeting, and the Christmas Concert with Fool's Gold, postponed from last year.

Please remember our Suggestion Box. Whether you have an idea for an outing, a speaker, a new interest group or any other activity, we'd love to hear from you.



Following the AGM on Wednesday 24 June – please join us if you can – new volunteers will be joining the committee. They will bring fresh ideas and enthusiasm, and we hope you will support them by attending events, taking part in activities and, perhaps, lending a helping hand.

Look forward to seeing you at the AGM on Wednesday 24 June.

*Heather Quiney, Chair and Newsletter Editor*

Please send any articles for the next newsletter to [HeatherQu3a@gmail.com](mailto:HeatherQu3a@gmail.com) by **Wed 22 July**

## Forthcoming Outing

### Tiptree Jam Factory Tractor Ride plus freetime – Friday 14 August

**Tiptree Jam Factory Tractor Ride**  
**Plus opportunity for refreshments and museum visit**  
**Friday 14 August**



**Code: TJ**

This outing is on a simple Coach and Activity basis. We will get you there and back, and include a Tractor Ride round the Tiptree Farm. Experience the journey of their fresh fruit from vine to jar.

As the Tractor Rides are limited by the physical capacity of the Trailer, this outing is limited to 34 members.

YOU decide what else you do. The site also houses the Tiptree Jam Museum which is free to enter – see end.

**Cost:** £31 per head – You are responsible for your refreshments etc

**Timings:** Leave Don's at **10.30am**, Casa at **10.35am**.  
There is NO Takeley pickup  
Depart from Tiptree TBC but probably before 3pm

**Food & Drink:** Please see <https://tiptreetearooms.com/blogs/menus/tiptree-tea-rooms-lunch-menu> for details.  
Gluten-free and dairy-free options but **please phone ahead** to confirm availability

**Contact Outings Team:** Email: [dunmowu3aoutings@btinternet.com](mailto:dunmowu3aoutings@btinternet.com)  
Tel: 01279 870870 Mob: 07909 688401

**For more information visit:**

<https://tiptreetearooms.com/pages/farm-tours> and  
<https://www.tiptree.com/blogs/news/tiptree-jam-museum>

## 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](mailto:dunmowu3aoutings@btinternet.com)

Tel: 01279 870870 Mob: 07909 688401

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

## Forthcoming Outing

Elton Hall and Gardens – Tuesday 18 August

Elton Hall and Gardens, nr Peterborough

Tuesday 18 August

Code: EH

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

Gardens only **£36**

**Timings:**

Leave Don's at **8.30am**,

Casa at **8.35am**.

Takeley Four Ashes

**8.55am**

Turn at the house **12noon**

Depart for Dunmow at

**4pm**



**Contact Outings Team:** Email: [dunmowu3aoutings@btinternet.com](mailto:dunmowu3aoutings@btinternet.com)

Tel: 01279 870870 Mob: 07909 688401

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

Waiting List only



**Age UK's LifeBook** is a handy way of recording the practical details of your life, from who insures your car to where you keep important documents. It's also a way of ensuring your loved ones have the details they need if they have to sort something out on your behalf.

The **LifeBook** is divided into sections to help you organise your information: personal details, life contacts, financial, documents, possessions and final wishes. Follow the step-by-step instructions to complete the various sections. Not everything will be relevant to you – you can just fill out the sections that are.

You can download a copy <https://www.ageuk.org.uk/information-advice/money-legal/end-of-life-planning/lifebook/>

If you'd prefer a print copy of the **LifeBook** to fill out, you can order one for free by calling our Advice Line on 0800 678 1602.

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

	<b>Wessex versus the Vikings</b> Part of u3a Festival Fringe	<b>Thursday 25 June</b> at 2pm
	<b>Islands of the Venetian Lagoon</b>	<b>Friday 26 June</b> at 2pm
	<b>The role of wind energy in the UK's electricity system</b> Part of u3a Festival Fringe	<b>Tuesday 30 June</b> at 11am
	<b>The technology built into modern cars and trucks</b> Part of u3a Festival Fringe	<b>Wednesday 1 July</b> at 11.30am
	<b>Mrs. Charles Dickens tells her story</b> Part of u3a Festival Fringe	<b>Thursday 2 July</b> at 2pm
	<b>Watercolours with Tony</b> Part of u3a Festival Fringe	<b>Monday 6 July</b> at 10am
	<b>Future Lives: Nature within – How connecting with nature supports our health and wellbeing</b>	<b>Tuesday 7 July</b> at 2pm
	<b>The history of shoes</b> Part of u3a Festival Fringe	<b>Wednesday 8 July</b> at 2pm
	<b>Fusion tai qi gong</b> Part of u3a Festival Fringe	<b>Thursday 9 July</b> at 10am
	<b>Artemisia – vision or vengeance</b> Part of u3a Festival Fringe	<b>Thursday 9 July</b> at 2pm
	<b>The role of women in ancient Egypt</b> Part of u3a Festival Fringe	<b>Friday 10 July</b> at 2pm
	<b>A few small nips: Frida Kahlo and the art of pain</b>	<b>Thursday 16 July</b> at 2pm
	<b>A virtual tour of the Watts Gallery and Artists' Village</b>	<b>Monday 20 July</b> at 2pm
	<b>The climate crisis and the National Emergency Briefing</b>	<b>Thursday 30 July</b> at 10am
	<b>Staying Safe Online – A u3a Presentation with Q&amp;A</b>	<b>Thursday 30 July</b> at 10am

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

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





**A special programme of online events, open to  
any u3a member**

**Thursday 25 June, 2pm**

The Vikings and Wessex – From last to first Kingdom

**Tuesday 30 June, 11am**

The role of wind energy in the UK's electricity system

**Wednesday 1 July, 11.30am**

The technology built into modern cars and trucks,

**Thursday 2 July, 2pm**

Mrs Charles Dickens tells her story

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Watercolours with Tony

**Wednesday 8 July, 2pm**

History of Shoes

**Thursday 9 July, 10am**

Fusion Tai Chi QiGong

**Thursday 9 July, 2pm**

Vengeance & Vision: Artemisia Gentilischi

**Friday 10 July, 2pm**

The role of women in ancient Egypt

## Past Monthly Meeting

### “Body Language Speaks Volumes” – Wednesday 27 May

The talk at the May monthly meeting was called “Body Language Speaks Volumes” and was delivered by Ken Lodge. It was very interesting, humorous and rather thought-provoking: what do people see in us?

Someone sitting with their arms folded whilst you are talking to them can appear defensive, unengaged, or it could be they are just comfortable in that position. Ken explained that’s when the words and the way we say them come into play.

He used the phrase ‘I’m taking you home’ as an example. Said aggressively could be to a naughty child; said gently could be to someone who is frightened or confused; said in a risqué manner could be to bring about a more amorous liaison! Same words, different meaning.

Ken went on to say that we can control what we show of ourselves. Politicians suppress emotion but actors express emotions. We can use active listening to encourage someone to talk more openly: nodding our head in agreement, giving encouraging comments and keeping eye contact.

First impressions are very important, but we must be mindful that these could be wrong and may need adjusting. We should all be aware, not only others body language, but that of our own.

*Sandie McGlade*

## Past Event

### Summer Quiz – Friday 29 May

May’s quiz evening took a slightly different form, with a new quizmaster – take a bow Tim Nelson – 10 rounds of questions rather than the usual 8 or 9 and some inter-round ‘just for fun’ spot questions.

An additional table took attendance to over 120 members and their friends in 16 teams who attempted, with greater or lesser success, to answer questions ranging from the Highway Code and Geography through more obscure rounds where all the answers had a connection, a round where all the answers were just one letter which formed an anagram which was the answer to the last question. There was also a multiple choice



round in which three possible answers were given and teams had to choose between A, B or C (simple enough unless, like us, your answers got out-of-step with the questions!), a round where the answers were the numbers 1 to 10 (each number only used once) and finishing up with a double points General Knowledge round.

At the end of a hectic evening, the “Gene-us?” team from the Family History Group were triumphant.

Once again, a big thank you to Tim, to Hilary and Anna for organizing the evening and to Christine and Caroline for keeping tabs on the scores.



See you all in October!  
*Ian and Vicky Marshall*

## Past Event

### Thank you BBQ – Friday 5 June

At the beginning of June, we organised an evening BBQ to thank all our volunteers, without whom Du3a would cease to exist.

It was primarily for group leaders, who arrange activities every week, fortnight or month, but also included committee members and anyone who gave their time regularly ... to ensure we have speakers and refreshments at the monthly meetings, the newsletters are proofread, the accounts are examined every year and many more behind-the-scenes tasks.



We hope that those who were able to join us felt our thanks and appreciation. It was a fitting way to conclude national Volunteers' Week.

*Heather Quiney, Chair*



**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. There are also details about upcoming events and more photos from our interest groups. Just search for “Dunmow u3a”

## News from the Interest Groups

We are so fortunate to have artists in our **Thursday Art Group** who achieve superb artworks. Lately we've expanded on themes such as country cottages and Spring flowers. Our group produces this and more. Attached are a small portion of our achievements in the past month using watercolours, acrylic pens and pencils.

Last month we had an enjoyable coffee morning at Rayne Booking Hall Café meeting socially because our normal venue was being used for local elections.

*Jan Clinton,  
Thursday Art Group*





The **Jigsaw Group** meets weekly at the Rowena Davey Day Centre on Wednesdays. You are welcome to drop in any time from 10.30am-2pm.

We have traditional jigsaws (500 and 1000 pieces) as well as harder wasgijs, if you like a challenge!

No need to book, just turn up!

It was a case of 'and now for something completely different' for the **Geology Group** when a member's friend brought along her fine collection of amber and Blue John jewellery to share with us. We handled the amazing variety of ambers with hues from lemon yellow to red and blue as well as opaques. Several also with the insect inclusions prized by collectors.



Blue John is a rare form of fluorite, from the famous Derbyshire mines and prized for the distinctive yellow, purple and blue banding, meaning each piece is unique. The stone was formed by crystallisation of hot saline fluids which filled fractures in the local limestone.



Amber of course is fossilised tree resin formed millions of years ago, hardened by chemical processes, and prized since antiquity. Notably found in the Baltic, it is washed ashore but you need to know what to look for. Palaeontologists gain an insight into the flora and fauna of the time studying preserved inclusions such as insects and plant parts.

We watched online videos about the geology of these materials. The main Blue John mines are largely worked out but we followed a couple of potholers exploring a disused mine where there were clearly beautiful seams of value but now not allowed to be further exploited.

Our guest was advised to pack up carefully as there were lustful pairs of eyes on some of the items!

*David Cole, Geology Group*

Thirteen members of the **Wine Appreciation Group 2 (WAG2)** tasted 'Wine From The Isles' provided by hosts Jane & Peter.

Wines produced on islands always have something special about them. The sea has a bearing on the climate and the scent which along with other factors can lead to interesting conditions and soils producing unique wines.

Some islands have volcanic soils which add a touch of smoke or ash to the wines. The ideal climate for vine growth is between about 30 and 40 degrees of latitude north where the seasons are generally pleasantly mild with enough rainfall and plentiful sunshine. Islands within this band have been home of the most original wines in the world for centuries.

Seven wines, variously coloured were sampled from Sicily, Sardinia, Corsica, Madeira, Tenerife, Crete and Santorini.

The overall favourite was a Nero Oro Reserva from Sicily where the Nero D'Avola grapes are grown in rich loamy soils which produce grapes with great concentration and finesse! This red wine is available from Majestic for £13.50\*.



During the interlude we had an island quiz and we finished the evening with a fortified wine from Madeira (Henriques & Henriques £12.50\* from Majestic) whose name is unique to and synonymous with the island. It undergoes the estufagem process where it is repeatedly warmed and cooled for three months, making it stable before ageing three years in oak casks.

\*6 bottle price

If you would like to test your island knowledge, here are 4 of the questions.

1. Which is the largest island in the Mediterranean sea?
2. On which island was Napoleon Bonaparte born?
3. Which Canary island was designated a UNESCO Biosphere Reserve in 1993?
4. What is the name of the network of water channels built in Madeira to transport water to their crops?

Answers to quiz: 1 Sicily 2 Corsica 3 Lanzarote 4 Levadas

Book Clubs, by their very nature, do not lend themselves to exciting headlines!. But, here are the members of **The Page Turners**, enjoying a social evening together at The Dunmow Bookfest. We attended an evening at Foakes Hall to listen to two best-selling authors, Nicci French and Harriet Tyce (of 'The Traitors' fame) discussing their work.



The Page Turners is the newest book group in Dunmow u3a, formed because the two existing groups were full.

We have been active since February, with each member taking a turn in choosing what book to read from a catalogue of books that Dunmow Library are able to source in sufficient numbers.

We meet on the third Wednesday of the month at 2pm and each member takes it in turn to host the meeting at their home.

We currently have six members, and our capacity is eight, so two spaces are available if anyone is interested in joining us. Please contact me through the Du3a website ... [https://dunmow.u3asite.uk/u3a\\_groups/the-page-turners/](https://dunmow.u3asite.uk/u3a_groups/the-page-turners/)

*Lorraine Bennett, Page Turners Book group*

The **3-Miler Walking Group** has enjoyed several walks in the past few months, starting at various locations – Great Easton, Little Canfield, Thaxted, Hatfield Broad Oak, Stebbing, Dunmow and Felsted. Other members have volunteered to lead these walks which adds to the variety. [photo] This photo was taken on a sunny morning near Great Easton.

If you would like to join the group, we usually walk a couple of times a month on a Wednesday or Friday morning. The next couple of dates are 24 June and 8 July.

[https://dunmow.u3asite.uk/u3a\\_groups/walking-3-milers/](https://dunmow.u3asite.uk/u3a_groups/walking-3-milers/)

*Jane Tadman, 3-Miler Walking Group*



Looking back over May the members of the **Friday Art group** have been extremely productive with some gorgeous spring flowers and duckling scenes.

But we also challenged ourselves to paint seated figures. The seated figure involves folding up the human form but still keeping the proportions correct. We therefore, thought about foreshortening and how the furniture would support the figure – we have further good examples in our gallery.

*Felicity Cripps, Friday Art Group*



The **General Crafts Group** spent a leisurely afternoon making roses from crepe paper. This involved cutting and shaping several petal shapes, gluing



these to a piece of wire which would become the stem when bound with florists' tape. Then we added the sepals and some leaves, all made from crepe paper. Here are our admirable efforts.

*Jan Clinton,  
General Crafts Group Leader*

Sadly, on 4 June, the weather, having been hot and dry for weeks, turned to rain, in fact frequent thunderstorms. Needless to say, the gardeners in the **Garden Group**, were delighted for their plants and we met at Furzelea in Danbury, as planned.

We received a warm welcome from the owners, Avril and Roger, who were eager to show us their beautiful garden before, once again, the 'heavens opened'.

There is so much to see and admire in this garden which has been crafted and cultivated with passion over decades. Just under an acre, the garden is separated by meandering paths and arches which showcase the seasonal planting; roses, honeysuckle, clematis, dianthus, to name but a few. A pretty pond, complete with resident ducks. So much colour and scent in each area but my particular favourites were the grasses – just to stand in the quiet, listening to the birdsong and watching the flow in the wind of the various heights and differing greens, was mesmerising. A real treat.

We were then called to the patio for our refreshments as the clouds were gathering menacingly. We were offered tea and coffee and delicious home-made cakes. We sat chatting at tables under huge umbrellas when, sure enough, a heavy rain shower poured down. Nevertheless, it didn't last too long and in no way did it spoil our visit to this unique garden.

*Kath Warwick, Garden Group*

The topic for the latest meeting of the **Photography group** was "Roofs" but it included its additions and bits and pieces that go on or with roofs. And I thought "not a good topic, a roof is a roof". But when you look at them, there are an awful lot of types of roof and things that go with them.

If you look at any new housing estate, roofs are just plain red sheets, but surprisingly, even they have a charm of their own. Older ones have had time to develop their own character. And not all roofs are on buildings!

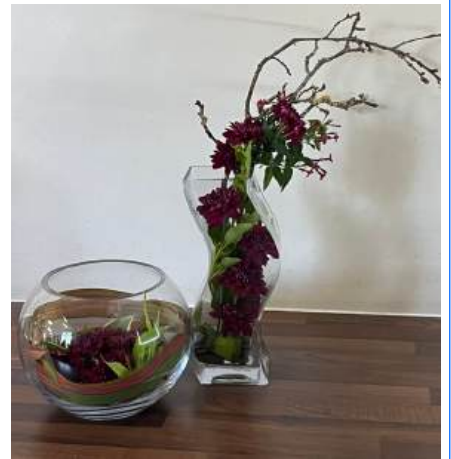
Here are just a few of the "Roofs" we managed to capture - you might even recognise some of them.

The next topic we've got for 1st July meeting is "Anything beginning with 'P'" - come along to The Maltings at 2:15pm to see what we've come up with.

*Peter Tadman, Photography group*



The **Flower Arranging group** have met twice since the last newsletter: the first time creating arrangements in glass containers and more recently arrangements with candles. Here are a selection of their arrangements. There are more on our facebook page, just search for "Dunmow u3a"



## A morning in May by Michelle Taylor

Alarm at 7,  
No time today!  
So I gather my thoughts  
For this morning in May.

Agenda fixed,  
No time to play;  
Quick wash, quick splosh  
And on with my day.

Joggers pulled on,  
Hair scrunched in a bun;  
Stiletto forsaken,  
Just trainers to run.

He's in a coma,  
I leave him to snore;  
Three kids to get ready,  
And I don't need four.

I pick up one,  
And encourage all three;  
Quick wash, quick splosh,  
Just them and me.

Napped and dressed,  
Downstairs we go;  
To kitchen and brekkie,  
Chats and let's go!

He's still snoring;  
From upstairs;  
He's missed his breakfast,  
Nobody cares.

Quick game and story,  
Laughs and giggles;  
Clapping song  
And finger wiggles.

Coats and shoes on  
And into the pram.  
Where's my keys?  
I've lost them, damn!

Last count of children,  
One, two, three;  
One big, two small,  
No time for a wee.

Pushchair and reins,  
Hold hands with the other,  
Lock the door,  
I'm SuperMother!!

Rush down the road  
And into the school,  
We've never been late,  
That wouldn't be cool.

Chats with some mums  
In a cliquey cluster;  
Hidden whispers  
As children muster.

Last hugs and kisses  
As teacher appears,  
Small toddler cries  
As big sis disappears.

Hugs for the she-babe  
And bribe her with choc,  
As we run from the school  
And head off round the block.

Along to the bank  
To get cash for school dinners,  
And back to reception  
To queue with the sinners.

Into the store  
With my phone list in hand,  
Bread, milk and chicken  
For meals that I've planned.

Then onto the nursery  
To drop toddlers off,  
Oh no! they won't take one  
Because of her cough!

Boy-babe can go in  
But she-babe cannot,  
The school nurse will call  
If he starts to snot.

We rush to the chemist  
To help her poor throat,  
But as I look down  
She's been sick down her coat!

I make a quick phone call  
To cancel my day,  
No cuppa with friends,  
Who needs fun anyway?!

We arrive safely home  
With the sweet smell of vomit,  
A gut-wrenching wash down,  
This SuperMum's on it!

I get she-babe to bed,  
She's all dosed up and sleepy;  
Now on with the dishes,  
No time to feel weepy.

He's now in the study,  
I would never bother,  
He's man work to do  
And I know he won't offer.

But I knock on the door  
With a coffee for him,  
He's emailing someone,  
His manner is grim.

No real words are spoken,  
No real thanks are given;  
I bring up the children,  
That was my decision.

The doorbell rings  
Ding dong! Ding dong!  
I hang clothes in the garden,  
But I still rush along.

The postman is there  
And I take in a letter,  
I knock on his door  
But his mood is no better.

No real words are spoken,  
No real thanks are given;  
He does the real work,  
That was his decision.

The Hoover, the duster,  
The cooking is mine;  
The children, the shopping,  
Our jobs don't entwine.

He must write emails  
And shout down the phone,  
Travelling for real work  
Whilst I stay at home.

I load up the washer  
And check on our child,  
Run round with the mower,  
The grass has gone wild.

I hope that the rain  
Will stay off for the day,  
As I hang out more washing  
That morning in May.

A check on my watch  
Says it's time to get ready,  
I wake up the she-babe,  
Her temperature's steady.

Coats on and shoes on  
And into the pram;  
Now where's my keys?  
They're lost again, damn!

Run to the bank,  
The bills always need paying;  
He earns the money  
And that's why I'm staying.

Round to the nursery,  
And in all the racket,  
The he-babe is quiet  
And then splosh!... down his  
jacket!!

Now I've two sickly children  
To juggle at home,  
But with husband still working,  
I struggle alone.

Cleaned up and dosed up  
I put them to bed,  
A moment for coffee  
To rest my poor head.

Then husband appears  
From his office den,  
And declares "*wow it's easier  
For women than men!*"

*Feet up with a coffee  
Whilst I earn a crust!  
Don't I get a coffee?"*  
He says with disgust!

So I go to the kitchen  
To do as was told,  
And he follows me in there  
And says bold as bold ...

*"While you have been  
swanning  
Around with your mates,  
And messing about  
With the kids on play dates,  
I've been fed up just waiting  
For berks on the phone,  
So I've turned to Playstation  
All on my own!"*

And with bravery, strength  
And well-practised control,  
I hand him a coffee  
And I search through my soul.

I do so love my children  
That morning in May ...  
Then I think of the chemist  
I visited that day.

And I listen as Neanderthal  
Slurps, my oh my,  
And I wonder if strychnine  
Is simple to buy?!

He slumps back to the office  
As I google the facts,  
That strychnine is fatal  
In most pests and rats ...

That drama that fuss  
Was one morning in May,  
But for me, it could be  
Any month, any day.

*Michelle Taylor,  
Creative Writing Group*

The **Cycling Group** enjoyed a ride heading out to the Blue Egg at Great Bardfield via the Eastons and Lindsell, returning through Stebbing.

For our subsequent ride, we opted for a more relaxed route via Hope End, pausing for coffee at Ashfields, a favourite spot. We have a schedule every two weeks on Fridays. Come join us – we are a friendly group with an emphasis on sociability and we always welcome new riders.

[https://dunmow.u3asite.uk/u3a\\_groups/cycling-includes-electric-cycling/](https://dunmow.u3asite.uk/u3a_groups/cycling-includes-electric-cycling/)



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

We can't promise to action all the suggestions but every comment will be read and considered.



## Uttlesford Help Hub

Everyone needs a little extra support sometimes. The Help Hub is here to make sure you get help quickly - before small problems become big ones.

# Support



We work with local organisations to offer practical support, advice, and guidance to help you get back on track.

We can help with:

- Benefits and housing
- Rent and council tax
- Managing payments and arrears
- Wellbeing and mental health
- Employment advice

### 2026 Dates

- 14 January
- 11 February
- 11 March
- 8 April
- 13 May
- 10 June
- 8 July
- 12 August
- 9 September
- 14 October
- 11 November
- 9 December

10am to 2pm on the  
second Wednesday of  
each month



Dunmow Library  
47 White Hart Way  
Great Dunmow  
CM6 1FS

## 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](mailto:membership@dunmowu3a.org.uk) or message him through "Committee" page of the Du3a website



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

## 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
French (Beginners) * NEW *	Thursday pm - Weekly	Banks Court, Dunmow	Charis Bailey
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	Debbie Miller Scott Stafford
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
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 .....	<i>outgoing</i> : Heather Quiney / <i>incoming</i> : Ron McGlade*
Vice Chair .....	<i>outgoing</i> : Ron McGlade / <i>incoming</i> : <b>VACANT</b>
Treasurer .....	Ian Marshall
Exec Secretary .....	<i>outgoing</i> : Anna Fletcher / <i>incoming</i> : Sandie McGlade*
Assistant Treasurer & Asset Management .....	Derek Jones
Membership Secretary .....	John Miller
Newsletter Editor & Publicity Officer .....	Heather Quiney
Beacon Admin .....	<i>outgoing</i> : Terry Parker / <i>incoming</i> : Maria Callaghan*
Events Organiser .....	Hilary Jinno
Groups Coordinator .....	Amanda Perry*
Minutes Secretary .....	Irene Cramp
Outings Coordinator .....	Maureen Best
Outings Assistant .....	Derek Jones
Speaker Organiser .....	Trauti Hard
Web Admin .....	Adrian Hoodless
Welfare Coordinator .....	Maureen Best
Support Officers .....	Anna Fletcher and Debbie Miller*

\* Subject to formal elections at the AGM (24 June)

## Dates for your Diaries ...

Wed 24 Jun ...	<b>Dunmow u3a AGM</b> followed by <i>Monthly meeting</i> : ..... <b>"The King's Tiger Rag"</b> by Roger Browne ...	pg 1
Wed 22 Jul .....	<b>August</b> Newsletter & Diary Deadline .....	pg 2
Wed 29 Jul .....	<i>Monthly meeting</i> : <b>LPAs Made Simple</b> .....	pg 1
Fri 14 Aug .....	<i>Outing</i> : <b>Tiptree Jam Museum Tractor Tour</b> .....	pg 3
Tue 18 Aug .....	<i>Outing</i> : <b>Elton Hall and Gardens</b> .....	pg 5
<b>There is NO MONTHLY MEETING in August</b>		
Wed 2 Sep .....	<i>Outing</i> : <b>Operation Mincemeat</b> at Cliffs Pavilion .....	pg 4
14-18 Sep .....	<i>Holiday</i> : <b>Warners, Lakeside</b> , Hayling Island	
Thu 15 Oct .....	<i>Outing</i> : <b>Windsor Castle</b> (save the date - details to follow)	

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](mailto:HeatherQu3a@gmail.com) by **Wed 22 July**