



August 2026 Newsletter & Diary Dunmow



Forthcoming monthly meetings

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.

**** There is NO MONTHLY MEETING in August ****

Wednesday 30 September **Interest Group Opportunities**

For this meeting we will have representatives of all our interest groups who have spaces for new members to join. Please come along to find out what is available. If you have a particular interest which is not already covered by existing groups, let us know what you would like to see. It is relatively easy to start up a new group if there is demand, so please come along to find out more information. Or contact the groups Support team ... <https://dunmow.u3asite.uk/committee-matters/>

**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 August Newsletter and Diary.

Back in the days when many of us were tied to the school calendar, the summer holidays were a welcome escape from the daily routine and a chance to spread our wings and do something different. For some in their third age, however, regular routines are reassuring and changes to them can be unsettling.

We are pleased to say that many of our interest groups continue to meet throughout August, although attendance may fall slightly during the warmer weather. If you are unsure whether your group is meeting, please contact your group leader via the group pages on our website ... <https://dunmow.u3asite.uk/groups/>.

Alternatively, if you prefer to stay at home, don't forget that there are free presentations on a wide variety of subjects available via Zoom. Details of some of the August talks and workshops can be found on page 7, or you can browse the full programme on the u3a website: <https://www.u3a.org.uk/what-we-do/events/educational-events>. Read on pages 8 and 9 about the talks a couple of us joined last month.

Whatever your plans are for this Summer, try to keep cool and stay hydrated.

Heather Quiney, Newsletter Editor

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

From the Chair

This is my first address to you since I was elected to be the Chair of Dunmow u3a and I would like to thank you for the positive vote and it is my pleasure to represent you and Dunmow.

It looks to be an exciting year with the changes made to the constitution agreed at the AGM and working with the new committee.

There is a great enthusiasm by all the members to take part in the differing interest groups run throughout the year from Pickleball to Flower Arranging and all the good work done by Wool And Waffle.

It has been suggested that I attach a photo so that you can recognise me at the monthly meetings.

Take care and have a great summer, see you all soon
Ron McGlade, Chair



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.

Changes to the Committee

At the AGM at the end of June, two of our stalwarts stood down: Terry Parker and Anna Fletcher.

Terry has been a committee member for 9 years so had to stand down this year. He has held the positions of Events manager, Membership Secretary as well as Beacon Administrator during this time. His contributions to discussions around the table will be sorely missed.

Thank
You!

Anna has been our Secretary twice and this time, she really has stepped down! She has kept us all on the straight and narrow and all above board for several years. We are grateful that she is not standing down completely but remaining as a Support Officer.

Whenever post holders stand down, new volunteers are needed to replace them. We are delighted to welcome Amanda Perry, Debbie Miller, Maria Callaghan and Sandie McGlade to the team.

Amanda has taken over as Groups Coordinator, **Debbie** has formally joined us as a Support Officer, **Maria** is our new Beacon Administrator and **Sandie** has taken on the Secretary role.

Ron McGlade has moved from Vice Chair to Chair as I stepped down at the AGM. However, I am still Newsletter Editor and Publicity Officer.

Thank you to Terry and Anna and a warm welcome to Amanda, Debbie, Maria and Sandie. We hope you find that volunteering for Du3a is rewarding and that you enjoy your time with us.

Heather Quiney, Newsletter Editor

u3a Matters



u3a Matters is the national u3a magazine. It is published five times a year and posted direct to members' homes. It is packed with stories about members and u3a activities, plus features on technology, recipes, travel, competitions, and a lively letters section.

Did you know you can read it all online?

<https://www.u3a.org.uk/news/publications>

If you don't want to receive a paper copy, please contact John Miller, Membership Secretary membership@dunmowu3a.org.uk

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

Takeley House **12noon**

Depart for Dunmow at

4pm



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

Cost: £73 per head

Timings:

Leave Don's at

11.00am, Casa at

11.05am.

There's no

time pickup



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>

Forthcoming Outing Windsor Castle – Thursday 15 October

Windsor Castle Thursday 15 October

Code: WC



Windsor Castle is the oldest and largest occupied castle in the world, with 1000 years of royal history. Founded by William the Conqueror in the 11th century, it has since been the home of 40 monarchs.

Our visit to the Castle includes the State Apartments that are used today by the Royal Family, the historical rooms that were built for Charles II, and private apartments created for George IV. The Castle is packed with extraordinary treasures including incredible paintings, furniture, vases, and sculpture.

You can also visit St George's Chapel where many monarchs are buried. Free multimedia guides are available at the start of your visit.

Cost: £57 per head

Timings: Leave Don's at **8.00am**, Casa at **8.05am** Takeley **8.25am**.
Leave Windsor **4.00pm** (Will be confirmed on the day)

Food & Drink: There is a café on site, or you are spoiled for choice when looking for somewhere to eat nearby. A short stroll (less than 0.3 miles) will take you to dozens of highly rated coffee shops, independent bakeries and cafes, or high-street chains.

Accessibility: Windsor Castle is fully accessible, but the Castle is at the top of a steep hill, and the visitor route covers long distances, so comfortable shoes are recommended.

Contact Outings Team: Email: dunmowu3aoutings@btinternet.com
(Tel: 01279 870870 and Mob: 07909 688401 not before 3 August)

For more information visit: <https://www.rct.uk/visit/windsor-castle>

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

	The climate crisis and the National Emergency Briefing <i>Learn about the National Emergency Briefing on the climate crisis, held in 2025, and how you can help make a change with u3a Climate Matters.</i>	Thursday 30 July at 10am
	Staying Safe Online – A u3a Presentation with Q&A	Friday 31 July at 10am
	Flight inspirations aviation group: August Flt Lt Colin Bell, WWII Mosquito Pilot	Tuesday 4 August at 10am
	Building the world's most advanced airliners	Wednesday 5 August at 1pm
	Digital hobbies for the third age	Tuesday 11 August at 2pm
	Laughter yoga with Judith: August	Wednesday 12 August at 10am
	Deepfakes demystified: understanding the risks and staying safe	Friday 14 August at 2pm
	Cryptic crosswords in context	Tuesday 18 August at 2pm
	The Scottish colourists on Iona	Thursday 20 August at 2pm
	Laughter yoga with Merrie Maggie: August	Tuesday 25 August at 3.30pm
	Flight inspirations aviation group: September Reaching for the stars: NASA's early days.	Tuesday 1 September at 10am
	Wild, edible autumn seeds	Friday 4 September at 10am

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

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



The Bigger Picture – u3a Online Learning

“The History of Shoes”

One attraction of u3a Online Events is the recondite subject matter often explored – “**The History of Shoes**”, a u3a Festival Fringe event being a case in point.

Former shoe designer Robin Taylor took us through the traditional trades – lasting, tanning, clicking, welting and not least skiving – ah that’s the job for me! Who knew that some Chinese factories only make right-handed shoes, others the left, to combat staff pilfering! Isaac Singer patented the sewing machine copying the design someone else had neglected to register, then became wealthy on fees for using them for ‘closing’ operations.

THE OLDEST SHOE

Mainly we were treated to endless fun facts about shoes through the ages. The oldest known shoe at 5,000 years was found in former Mesopotamia. The length of pointy toes in the late Middle Ages was determined strictly by status. In the 1600s, more elaborately crafted and stylish shoes emerged, while shoe construction familiar today is a product of the industrial revolution. White soles have been the biggest style change in the last ten years.

His ‘top ten’ bizarre shoes included the extreme and difficult to wear, often literally



‘high’ fashion. Louis XIV popularised the red heels we still see today. We saw the eight inch platforms Naomi

Campbell famously fell from, Chinese shoes for bound feet and many others. Transient fashions like the Bay City Rollers or the infamous Kanye West’s shoes for Adidas resulted in much unsold stock.

‘Toe-tally’ amazing!

Dave Cole



Men’s Classic Styles

Gibson/Derby



Oxford



Ladies 1950



Teddy Boys



The Bigger Picture – u3a Online Learning

“Mrs Charles Dickens Tells Her Story”

As part of the u3a Festival 26, there were several additional online talks, available to all members via Zoom, covering a wide range of subjects from ***Vikings and Wessex*** to ***Fusion Tai Chi Qigong*** and ***Artemisia Gentileschi***. Having read some of Dickens’ works when younger, I chose to join the presentation entitled ***Mrs Charles Dickens Tells Her Story***.



Dressed as Mrs Dickens, Annie Elliot told how Charles had tired of his wife Catherine after twenty years of marriage and had taken a fancy elsewhere, claiming that Catherine was an incompetent mother and he had never loved her. He even tried to have her certified as insane and institutionalised (divorce was too expensive) but failed. Instead, they legally separated and he exiled her from their ten children for the 11 years until his death in 1870. After his death, Catherine managed to reunite with some of their children but others had been sent to work in other countries (by Dickens and without consultation with Catherine) and she never saw them again. Throughout this turbulent time, Catherine had kept the letters she and Charles had exchanged from the early years of their marriage and on her deathbed she gave them to her daughter Kate, asking that they be given to the British Library “so the world may know he loved me once”. It was a sad tale and very much of its time. It also cast a new light on his classic works. However, during the Q&A session after the presentation, it was agreed that we could still enjoy and admire Dickens’ stories and novels without liking the author himself.

Heather Quiney

It’s Easy to Sign Up for the National u3a Newsletter

The u3a national newsletter connects the online u3a community. It is packed full of u3a stories and information, including from local u3a groups, learning news and exclusive discounts for u3a members.

To sign up to receive monthly u3a updates in your email inbox, visit <https://www.u3a.org.uk/news>

Past Outing

Brighton Royal Pavilion – Tuesday 16 June

We had an early start from Dunmow on a pleasant day for our trip to Brighton. Fortunately for us, problems on the M25 were on the other carriageway so we arrived in a good time for our noon appointment at The Pavilion. Some even managed to fit in a coffee first!

The Pavilion is set in a park which was full of people enjoying the day and is an amazing building. The exterior is inspired by Indian architecture and the interior decorated in Chinese style. The ground floor rooms are magnificent – especially the Banqueting Room with its huge display of silver gilt dishes and the enormous chandelier (which reminded me of “Only Fools and Horses”). The Great Kitchen was modern for its time and the menus on display must have meant hard work for any number of chefs. When the Prince Regent became King, his bedroom was moved from the first to the ground floor due to his health and weight, though the bed didn’t seem King-sized!

Lunch followed The Pavilion tour in various different directions – one couple met up with an old friend at a local restaurant, others patronised a different one or a pub. The open-air café in the Pavilion park proved a delightful choice especially given the weather. Afterwards, visits were made to the Museum, to the famous Lanes (very expensive!) and to the pier. Ice creams were consumed and we left at five o’clock for a slow journey home as the M25 was still closed.

Many thanks to Dave, the driver, for getting us back safely and to Derek for his usual efficient shepherding of the flock.

Joan White



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.



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”

News from the Interest Groups

Here are a few of the paintings completed by the **Thursday Art Group** in the past month. We've mainly used watercolours and soft pastels which blend really easily. The main theme has been sunsets and night skies. Our members are also inspired by other subjects – see below for our usual varied mix.

We will be having a few weeks break in August but will be raring to go again on 3rd September. At the last meeting before the break we'll be celebrating our achievements with a little social sharing snacks and some laughter.

Jan Clinton, Thursday Art Group



The July meeting for the **Wine Appreciation Group 2 (WAG2)** was hosted by Sandy and Peter in their lovely garden on a beautiful evening.

The theme was 'Favourites from Majestic'. Sandy and Peter had researched the most popular wines that Majestic sold and the group put them to the test.

Three Whites:

- Olivier Dubois 'Cuvée Prestige' Sauvignon Blanc 2023/24, Touraine (France)
- Villa Maria 'Private Bin' Sauvignon Blanc 2024/25, Marlborough (New Zealand)
- Bouvet Ladubay Saumur Brut (France)



Four Reds:

- Olivier Dubois 'Cuvée Prestige' Pinot Noir 2023/24 (France)
- LB7 Red 2022/23, Lisbon (Portugal)
- Boekenhoutskloof 'The Wolftrap' Shiraz 2023/24 (South Africa)
- Marcelo Pelleriti Malbec 2023/24, Mendoza (Argentina)



The favourites as voted by the group:

Villa Maria 'Private Bin' Sauvignon Blanc 2024/25, Marlborough (New Zealand)

Alcoholic strength 12.5% A Very Dry White

Fresh acidity and a dry, refreshing finish mean it'll make a fantastic partner for white-fish dishes.

Olivier Dubois 'Cuvée Prestige' Pinot Noir 2023/24, France

Alcoholic strength 13% A Light Fruity Red

Seriously juicy and fruity – think redcurrant and cherry with a sweetly spiced edge. An ideal partner for salads and charcuterie, it will also benefit from being lightly chilled.

Maria Callaghan, Wine Appreciation Group 2 (WAG2)





On Wednesday 1st July, seven members of the **GYO (Grow Your Own) group** were hosted by Sarah, for the first time, in her garden in Felsted.

The initial impression on entering Sarah's back garden was "Wow" as we were greeted with wonderful uninterrupted view of fields full of crops.



We wandered down the garden admiring the deep perennial borders with a beautiful statuesque echinops dominating the space. At the front of the border, an endearing tiny blue flowered Clematis scrambled through the bushes. At the bottom of the garden, turning right through a beautiful Rose arch, several productive raised



beds growing spinach, beetroot, climbing French beans, raspberries etc were neatly tucked away.

Winding our way back up the



garden past fruit trees, we inspected the cucumber and tomato plants in her greenhouse before learning all about the honey and bumble bees from another member in our group which were enjoying the plants in this garden. Our discussions continued over tea and lovely cakes prepared by Sarah.

Thank you for hosting a delightful afternoon.

Rae Sutton, Grow Your Own (GYO) group



On a lovely sunny morning some members of our **Geology Group** joined the Essex Rock & Mineral Society (ERMS) on a visit to the recently opened Rayne Quarry.



After a safety talk, and wearing our hard hats, hi-vis jackets and strong boots, we were escorted down to the digging area where we were allowed to search for rock and fossil specimens.

The experts among the ERMS were most generous with their knowledge and expertise. They showed us evidence of how, during the Ice Age, millions of years ago, rocks were brought from Scotland, Wales and across England by glaciers. The Thames was once near Chelmsford and Colchester before flowing out into the North Sea!



The highlight of the visit was viewing a collection of large Septarian Nodules: rocks made smooth by their time in the ice, but when broken open showing their amazing, very sharp, beautiful

crystal formations inside.

After a further hunt in the "spoils" pile, we all went home with a variety of "treasures"!

Trish Conder, Geology Group



It was over 30 degrees by lunchtime today (6 July), so the weekly walk was shortened giving more refreshment time at Robert and Sally's summer café-and-cake day.

This has been popular with

the group for the last few years but especially so in this extraordinary summer.

Mike Best, Walking Group





In an effort to paint ourselves cool with the recent hot weather, the **Friday Art group** painted boats drawn up on the shore. As you can see in our gallery, we have various pictures following this theme.

We have only missed one Friday morning during July, cancelling when the temperature was over 30 degrees. Our talented artists are now seeking shade as we paint trees in shadow. Perhaps our next project will be seaside or ice-cream.

Felicity Cripps, Friday Art Group





Waterfall Arrangements by the Flower Arranging group



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/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	Debbie Kennedy
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	Ron McGlade
Vice Chair	VACANT
Treasurer	Ian Marshall
Exec Secretary	Sandie McGlade
Assistant Treasurer & Asset Management	Derek Jones
Membership Secretary	John Miller
Newsletter Editor & Publicity Officer	Heather Quiney
Beacon Admin	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

Dates for your Diaries ...

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Tue 18 Aug	Outing: Elton Hall and Gardens	pg 5
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There is NO MONTHLY MEETING in August

Wed 2 Sep	Outing: Operation Mincemeat at Cliffs Pavilion	pg 5
14-18 Sep	Holiday: Warners, Lakeside, Hayling Island	
Wed 30 Sep ...	Monthly meeting: Interest Group Opportunities	pg 1
Fri 9 Oct	Du3a Autumn Quiz Night (details to follow)	
Thu 15 Oct	Outing: Windsor Castle	pg 6
Nov	Outing: Norwich Christmas Market (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 by **Wed 19 August**