



# October 2026 Newsletter & Diary Dunmow



## Forthcoming monthly meetings

Wednesday 30 September ..... **Interest Group Opportunities**

*For the September monthly meeting we will not be having the usual format with a speaker. Instead we will have representatives from all of the interest groups who currently have spaces available for new members.*

*If you are interested in joining a group please come along to see what is available and to sample activities.*



Wednesday 4 November (1 week later than usual) ... **Driving with Confidence**



*The Safer Essex Roads education team will deliver a Driving with Confidence presentation aimed at mature drivers.*

*The interactive talk is 45 minutes and has the aim of supporting people to keep driving for longer. The session offers hints and tips through thought provoking discussions.*

**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, lifestyles & more.

## In this issue ...

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## Welcome!

Welcome to the October Newsletter and Diary.

Summer might be over but we have plenty planned for the **Autumn** ...

There are still a few tables available at the **Quiz Night** on Friday 9 October – see page 4 to book your place.

The Outing to **Windsor Castle** on 15 October is now full but trips to **Norwich** in November and **Matthew Bourne's ballet, Cinderella**, have just been launched – more details on pages 5 and 6.

National u3a have a varied programme of **online presentations** on subjects, such as Black Holes; Feeling Connected in a Digital World; Bruce Springsteen; Cryptic Crosswords; David Hockney; and The History of Pirate Radio. They are all free and available via Zoom so do explore them – more on page 7.

Thank you to Brenda, Wendy and Kathleen for the reviews of recent outings to **Elton Hall** and **Operation Mincemeat** (pages 8 & 9).

There is also a montage of photos from the recent holiday to **Hayling Island** on pages 10 & 11. A huge THANK YOU to Valerie for making all the arrangements with Dons for such a successful short break away.

And then there are reports of what the interest groups have been doing recently on pages 12 to 16.

So much going on! I hope you are getting involved and taking part :)

*Heather Quiney, Newsletter Editor*

Please send any articles for the next newsletter to [HeatherQu3a@gmail.com](mailto:HeatherQu3a@gmail.com) by **Wed 21 October**

## From the Chair

The monthly newsletter is a great opportunity to speak to the membership; I often wonder what the members' reasons are for being part of the u3a and what they want from it and to this end I am starting with a plea to you all.



Many people depend on the u3a; and want to take part in the varied activities organised by the group leaders and we must therefore ensure the continued operation of Du3a, and this takes the presence of members working with each other on the committee. At present, we have two vacancies to be filled; one is particularly close to me, that of the Vice Chair. If you want to talk this over, please see me at next week's monthly meeting.

I also wanted to touch on the topic of security, as we are aware there are many opportunities for criminals to attempt to defraud people out of their hard-earned money. Please be aware and don't get bullied into giving out personal information. Also ...

- Use strong and unique passwords
- Enable Multi-factor Authentication
- Avoid clicking on links, or opening unexpected attachments
- Limit social media sharing
- Keep software updated

There is more advice available from Essex Police at <https://www.essex.police.uk/advice/advice-and-information/online-safety/online-safety/>

Take care and please talk with me at the next monthly meeting.

*Ron McGlade, Chair*

## Keep in Touch

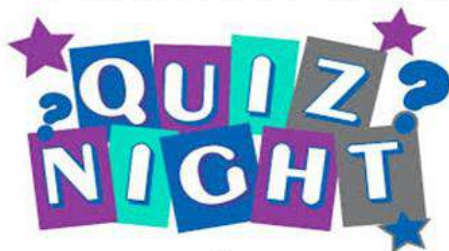
If you **move house** or **change your phone number** or **email address**, please let John, our Membership Secretary, know. Also, if you **no longer have or use your landline phone**, please give us another number we can call you on, if needed in an emergency.



Simply email [membership@dunmowu3a.org.uk](mailto:membership@dunmowu3a.org.uk) and he can update Beacon and all your groups will know in one go.

Dunmow u3a

**u3a**  
learn, laugh, live



**Friday 9<sup>th</sup> October**

6.30pm for 7pm start

**Foakes Hall, Dunmow**

Teams of 8 - £5 per person

*Each team must be at least 50% Du3a members*

Email [hilaryju3a@gmail.com](mailto:hilaryju3a@gmail.com) to book your team

Don't have a team? Book your place and join a team

**Please bring your own refreshments**

### Forthcoming Outing

**Windsor Castle – Thursday 15 October**

Windsor Castle  
Thursday 15 October

**Code: WC**

**Cost:** £57 per head

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



**Contact Outings Team:**

Email: [dunmowu3aoutings@btinternet.com](mailto:dunmowu3aoutings@btinternet.com)

Tel: 01279 870870 and Mob: 07909 688401

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

## Forthcoming Outing Norwich – Thursday 26 November

**Norwich**  
**Thursday 26 November**

**Code: NT**

**New!**



Join us for a day out in Norwich, a city rich in medieval history, independent shopping, and stunning landmarks.

**Norwich Castle** has recently undertaken an award-winning refurbishment. The Coach drop-off is near the Castle.

Here, there are nearby comfort facilities and refreshments.

**Norwich Cathedral** is about a 10-minute walk, with The Royal Arcade and the cobbled medieval street of Elm Hill, with independent shops, en-route.

**Cost:** Coach & Castle **£40.30** per head  
Coach only **£25** per head

Tickets for the Castle are £17.00 on the day, but £15.30 for advanced online booking (included in the £40.30 price above).

***Please indicate when booking if you wish to visit the castle and whether you prefer approx. 11.30am or 2.30pm as your entrance time.***

**Timings:** Leave Don's at **8.25am**, Casa at **8.30am** Takeley **8.50am**.  
Leave Norwich Castle **4.30pm**  
These times are subject to change (earlier)

**Food & Drink:** There are plenty of cafés and pubs for lunch, including the modern Castle Café.

**Accessibility:** The Castle is very accessible, but for any Member with mobility needs we recommend visiting the Castle website.  
<https://www.norwichcastle.norfolk.gov.uk/>

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

**More information about Norwich Cathedral:** <https://cathedral.org.uk/>

## Forthcoming Outing

Matthew Bourne's Cinderella – Thursday 28 January 2027

**Matthew Bourne's Cinderella**

**Thursday 28 January 2027**

**Milton Keynes Theatre**

**Code: CIN**

New!



New Adventures return this Christmas season, with the 30th Anniversary celebration of one of their most popular and beloved productions, **Matthew Bourne's Cinderella** – a thrilling and evocative love story, set in London during the Second World War.

Matthew Bourne's epic interpretation of the classic fairytale, has, at its heart, a true war-time romance. A chance meeting results in a magical night for Cinderella and her dashing young RAF pilot, together just long enough to fall in love before being parted by the horrors of the Blitz.

**Warning – This show contains some loud bangs, and strobe lights**

**Cost:** £92.40 per head

**Timings:** Leave Don's at **10am**, Casa at **10.05am** Takeley **10.25am**.  
Leave Milton Keynes approx **5pm** (at end of performance)  
ETA Don's approx **7.15pm**

**Food & Drink:** There are restaurants and cafes next door to the theatre or choose from the many eating places in the nearby shopping centre.

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

**More information:** [www.atgtickets.com/venues/miltonkeynestheatre](http://www.atgtickets.com/venues/miltonkeynestheatre)

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

|                                                                                     |                                                                                       |                                    |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------|
|    | A history of the world according to sheep                                             | Monday 5 October<br>at 2pm         |
|    | Flight inspirations aviation group: October<br>Early aircrew training                 | Tuesday 6 October<br>at 10am       |
|    | First light: the formation of the first stars,<br>blackholes, and galaxies            | Tuesday 6 October<br>at 11am       |
|    | Darkness on the edge of town: Bruce Springsteen<br>and the American dream             | Thursday 8 October<br>at 2pm       |
|    | On the threshold of a dream: music, imagination<br>and the late 60s–early 70s         | Friday 9 October<br>at 2pm         |
|    | Introducing AI and AI in Scotland                                                     | Monday 12 October<br>at 2pm        |
|    | Your guide to feeling connected in a digital world                                    | Tuesday 13 October<br>at 2pm       |
|  | Laughter yoga with Judith: October                                                    | Wednesday 14 October<br>at 10am    |
|  | Cryptic crosswords for beginners: 6-session<br>course, starting on Tues 3 Nov at 2pm  | Register by Thursday<br>15 October |
|  | Future Lives – Keeping warm and cutting energy<br>bills: Practical advice and support | Wednesday 21 October<br>at 2pm     |
|  | Delivered to your door – the complexities of<br>efficient parcel delivery             | Wednesday 21 October<br>at 1pm     |
|  | David Hockney as I knew him                                                           | Thursday 22 October<br>at 11am     |
|  | The US constitution vs. unitary executive power                                       | Thursday 22 October<br>at 2pm      |
|  | Art deco days                                                                         | Thursday 29 October<br>at 2pm      |
|  | The history of pirate radio                                                           | Friday 30 October<br>at 10am       |

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

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



## Past Outing

### Elton Hall and Garden – Tuesday 18 August

The Garden Group and Events team joined forces to organise a very interesting visit to Elton Hall and Gardens in August.

Elton Hall sits in 200 acres of parkland bound by the River Nene. It has been the home of the Proby family since 1660 and they are still in residence today although a large part of the house is open to visitors by appointment. We toured the house in small groups with a guide who told us that the family, including their young children, use all of the house, even though every room is packed with magnificent



treasures such as antique furniture and a superb collection of paintings by Old Masters from the late 15th up to 19th century, including Gainsborough

and Constable. Over the years, the Proby family have been naval, MPs and even a Lord Mayor of London and the miscellaneous artefacts in the house reflect this. We were all surprised at the size of Queen Elizabeth I's seal attached to the lease of the Mill at Elton Hall, which was like a tea plate!

The House also includes three libraries with over 10,000 books including Accounts of Salaries at the Court of Elizabeth I and a Prayer Book given to Henry VIII.

Very little evidence of the original garden remains. During the 1970s nearly 150 large mature elm trees were lost as a result of Dutch Elm disease.



Since the 1980s there has been an almost continuous programme of restoration of the gardens which now include a sunken garden containing a fountain and water lilies. The formal garden was filled with white roses and other herbaceous plants and perennials.



There was a lovely view to the house from there and the topiary was also notable. Despite the drought, the gardens still impressed.

After a very enjoyable and interesting visit to the Hall we relaxed at nearby Bosworths Garden Centre where a little refreshment was taken and a number of us couldn't resist taking home some of the lovely plants they had on sale.

*Brenda Harter and Wendy Townsend*



## Past Outing

### Operation Mincemeat – Wednesday 2 September

On Tuesday 2nd September, several dozen members were ably driven by Don's Coaches to the Cliffs Pavilion to see the show Operation Mincemeat. When we arrived it was very blustery and the sea was grey and very choppy. The summer sun had definitely disappeared!

After enjoying a welcome tea or coffee as well as some very tasty refreshments, we took our seats in the auditorium to be educated and entertained.

The show is based on a true story. Operation Mincemeat was a successful British deception operation of the Second World War to disguise the 1943 Allied invasion of Sicily. Two members of British Intelligence obtained the body of Glyndwr Michael, a homeless man who died from rat poison, dressed him as an officer of the Royal Marines and placed personal items on him, identifying him as the fictional Captain (Acting Major) William Martin to divert the German forces.

The performance was exuberant, high energy and the five actors swapped their characters with a quick change of costume at the same time as telling the story through song and dance.

It was a very lively afternoon which gave us plenty to talk about on the way home! Thanks to Derek, Peter and Don's for another great outing.

*Kathleen Wall*



## Past Holiday

### Lakeside, Hayling Island – 14–18 September

The Du3a holiday to Lakeside, Hayling Island was as popular as all the previous holidays Valerie has arranged with Dons Coaches. The transport

was luxurious, the accommodation was all named after birds (eg magpie and peacock), and the food was plentiful and varied. James, our lovely driver, offered extra excursions each day, visiting Winchester, Portsmouth, Chichester and Fort Nelson.

Thank you to everyone who has shared their photos here but the biggest **THANK YOU** goes to **Valerie** for making it all happen.

**Thank  
You!**



The Great Hall,  
Winchester



Arundel:  
Castle, Cathedral  
and Wetlands Centre



Around  
Warners Lakeside  
Holiday Village





Portsmouth:  
Spinnaker Tower, Mary Rose,  
HMS Warrior and  
Southsea Promenade



Chichester:  
Cathedral and Canal Basin



Around Hayling Island



Fort Nelson Royal Armouries



## News from the Interest Groups

Due to the change of date for the general Du3a monthly meeting in October, the **Advanced French Group** will meet on **4th November** instead, at Galatea 3:30–4:40 pm. This group is for fluent speakers of French.

For more information, please contact the group leader via the Du3a website [https://dunmow.u3asite.uk/u3a\\_groups/french-bavarder-et-boissons/](https://dunmow.u3asite.uk/u3a_groups/french-bavarder-et-boissons/)

*Valerie Newell, Advanced French Group*



Mike Best, who has led the **Walking group** for many years, has handed over the leadership to Wendy Townsend

Our recent **General Crafts** meeting was a great success. It was lively with lots of chatter.

Some members carried on with the Kinshuaga that Amanda introduced in last month's meeting. Kinshuaga is a Japanese craft from the 1980s where pictures are created by tucking small pieces of fabric into carved grooves on a board.

Others in our group knitted red poppies to Royal British Legion patterns. We also made felt red poppies which turned out delightfully.

You will be able to see some of the items we have made during our recent craft meetings at the upcoming Du3a monthly meeting on 30 September.

*Jan Clinton, General Crafts*





At their most recent meeting,  
the **Flower Arranging Group**  
did **Hogarth Curves** and  
**Spiral Arrangements**

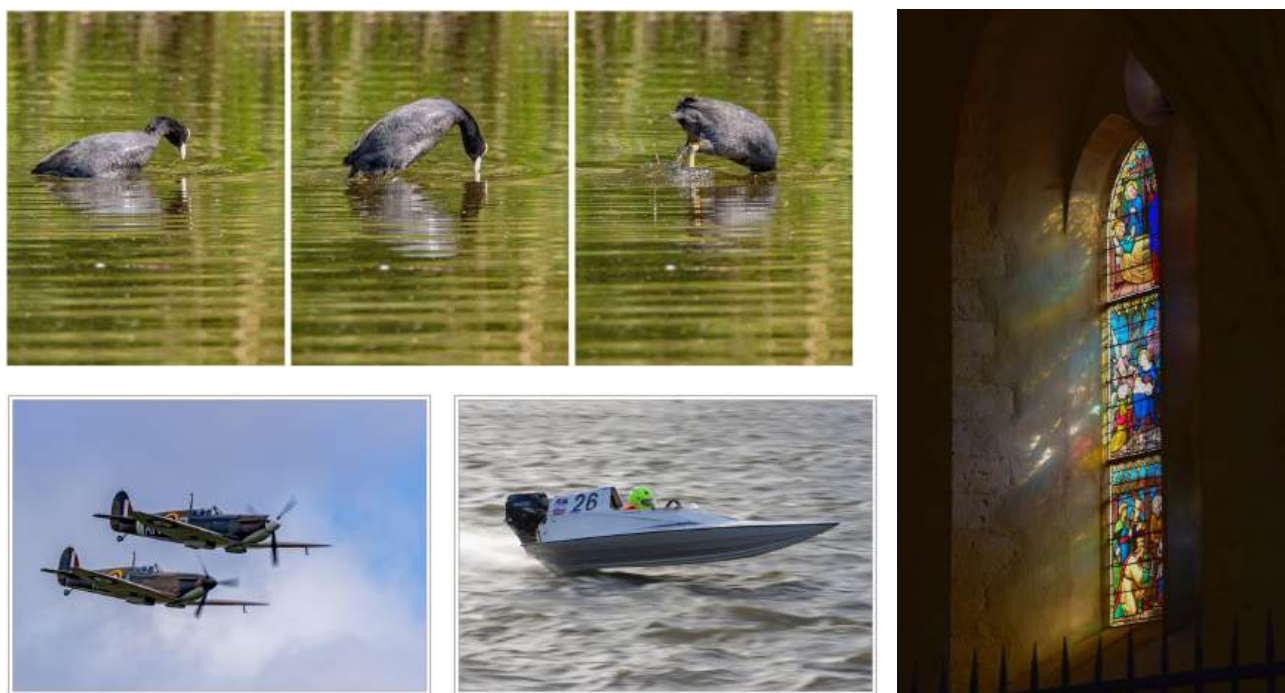


The September meeting of the **Photography group** was a bit of a fiasco, as I wasn't able to put our photographs on the large screen, and we had to huddle around my laptop, however ...

We had loads of super photos of things that are yellow. It was surprising how many of us had photographed Delboy's Reliant Robin van (of which, interestingly, there are three, and they were all Reliant Regal Supervan IIIs).



There are also some of the 'first prize' photos two of us (not me) got in the Countess of Warwick Show over the Bank Holiday.



If you like taking photographs, come and see what we can make of "Street Life" on 7 October at 2:15 in the Dunmow Maltings.

Visit our page on the Du3a website for more information

[https://dunmow.u3asite.uk/u3a\\_groups/photography-2/](https://dunmow.u3asite.uk/u3a_groups/photography-2/)

*Peter Tadman, Photography Group*

Another lovely evening for the **Wine Appreciation Group 2 (WAG2)** hosted by Hazell in her garden. This was well attended by 15 members enjoying a relaxing evening of wine paired with cheese or chocolate.



Hazell sourced the wine from Majestic and researched the suggested pairings, providing bites for all with each glass. We then voted as to whether we prefer the wine with the suggestion or without. It was interesting to sample how the wine taste appeared to change after eating the relevant cheese/chocolate. The votes led to mixed reviews concluding that as always, it's down to individual taste!

#### White wines

- Bread & Butter Chardonnay paired with soft cheese e.g. Goat's or Feta
- Grand Ardeche Louis Latour Chardonnay paired with hard cheese e.g. Gruyere
- Muga Blanca Rioja paired with hard cheese



#### Red Wines

- Bread & Butter Pinot Noir paired with a soft cheese e.g. Brie, Camembert or Goat's
- Jean Loron Beaujolais paired with soft cheese
- Marlborough Pinot Noir paired with soft cheese or chocolate



#### Dessert wines

- Late Harvest Sauvignon Blanc paired with a soft cheese or a blue cheese
- Recioto Dela Valpolicella paired with a sweet treat e.g. chocolate

*Maria Callaghan,  
Wine Appreciation  
Group 2 (WAG2)*



Members of the **Friday Art Group** have gradually finished their pre-Raphaelite challenge this month. As you can see, we used watercolour and pencil drawing to complete dreamy females often chosen by that artistic group. Meanwhile we have some jolly frogs punting down the Cam and a fantastic study of a crumpled "Red Bull" can in oil pastels. Talent with humour in our gallery this month. Brilliant!

*Felicity Cripps, Friday Art Group*



The weekly **Rummikub group** meets every Friday 3–5pm at the Angel and Harp. New members welcome. No charge but we do enjoy a coffee (or something stronger) during the session. Contact the group leader via the Du3a website [https://dunmow.u3asite.uk/u3a\\_groups/rummikub-friday/](https://dunmow.u3asite.uk/u3a_groups/rummikub-friday/)

*Valerie Newell, Rummikub (Friday)*

*Members don't need to know how to play Rummikub in order to join the group. Having recently been taught the game, I can confirm that it is straight forward to pick up and fun to play [Ed.]*



## 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      | Bill Hulse            |

|                               |                                                 |                                           |                                   |
|-------------------------------|-------------------------------------------------|-------------------------------------------|-----------------------------------|
| Family History                | Monday pm -<br>2nd Mon of the month             | The Maltings,<br>Dunmow                   | Heather Quiney                    |
| Flower Arranging              | Friday am -<br>Every 3 weeks                    | Barnston Village Hall                     | Christine Bishop                  |
| French (Advanced)             | Wednesday pm -<br>Last Wed of month             | Galatea Café,<br>Dunmow                   | Valerie Newell                    |
| French (Beginners)            | Thursday pm - Weekly                            | Banks Court,<br>Dunmow                    | Charis Bailey                     |
| Garden                        | Thursday pm - Monthly                           | various                                   | Christine Bishop                  |
| General Crafts                | Monday pm -<br>3rd Mon of the month             | Rowena Davey Day<br>Centre, Dunmow        | Jan Clinton                       |
| Geology                       | Thursday am -<br>3rd Thur of the month          | various inc trips                         | David Cole                        |
| Golf                          | Tuesday am - Weekly                             | Elsenham Golf Club                        | Paul Bryant                       |
| Golf 2                        | Wednesday am<br>Monthly (no fixed Wed)          | Essex Golf & Country<br>Club, Earls Colne | Jackie Lapwood                    |
| Grow Your Own                 | Wednesday pm -<br>1st Wed of the month          | Members' gardens                          | Maria North                       |
| Italian (Friday)              | Friday pm - Weekly                              | Members' homes                            | Julie Freeman<br>(Admin)          |
| Italian (Wednesday)           | Wednesday am - Weekly                           | Angel & Harp,<br>Dunmow                   | Liz Parker                        |
| Jigsaw                        | Wednesday - Weekly                              | Rowena Davey Day<br>Centre, Dunmow        | Amanda Brown                      |
| Line Dancing                  | Tuesday am - Weekly                             | Priors Green Hall                         | Jan Barlow                        |
| Line Dancing<br>(Beginners)   | Wednesday am - Weekly                           | Priors Green Hall                         | Debbie Kennedy                    |
| Local History<br>(walking)    | Thursday -<br>2nd Thur of the month             | Around Dunmow area                        | Wendy<br>Townsend                 |
| Luncheon Club (Fri)           | Friday lunch - usually<br>last Fri of the month | various                                   | Paul Bryant                       |
| Luncheon Club<br>(1st Wed)    | Wednesday lunch -<br>1st Wed of the month       | various                                   | Debbie Miller                     |
| Luncheon Club<br>(2nd Wed)    | Wednesday lunch -<br>2nd Wed of the month       | various                                   | Christine Bishop                  |
| Luncheon Club<br>LF (3rd Tue) | Tuesday lunch -<br>3rd Tue of the month         | various                                   | Lyn Fitzgibbon                    |
| Luncheon Club<br>KR (3rd Tue) | Tuesday lunch -<br>3rd Tue of the month         | various                                   | Kathy Restarick<br>Sheila Stanley |
| Mah Jong                      | Monday pm - Weekly                              | Oakroyd House,<br>Dunmow                  | Julie Coates                      |

|                                                                        |                                         |                                        |                                 |
|------------------------------------------------------------------------|-----------------------------------------|----------------------------------------|---------------------------------|
| MOTO -<br>Members On Their Own                                         | Friday am -<br>2nd Fri of the month     | Various                                | Gina Hollick                    |
| Music Appreciation                                                     | Wednesday pm<br>Monthly (no fixed Wed)  | Members' homes                         | Patricia Fletcher               |
| Outings                                                                |                                         |                                        | Maureen Best                    |
| Needles & Pins (sewing)<br>(formerly <i>Quilting &amp; Stitching</i> ) | Tuesday pm -<br>Fortnightly             | Rowena Davey Day<br>Centre, Dunmow     | Maureen Best                    |
| Photography                                                            | Wednesday pm -<br>1st Wed of the month  | The Maltings,<br>Dunmow                | Peter Tadman                    |
| Pickleball (Friday)                                                    | Friday pm - Weekly                      | Dunmow Leisure<br>Centre               | Debbie Miller<br>Scott Stafford |
| Pickleball (Thursday)                                                  | Thursday pm - Weekly                    | Dunmow Leisure<br>Centre               | Linda Clark                     |
| Rummikub (Friday)                                                      | Friday pm - Weekly                      | Angel & Harp,<br>Dunmow                | Valerie Newell                  |
| Rummikub (Tuesday)                                                     | Tuesday am -<br>Fortnightly             | Rowena Davey Day<br>Centre, Dunmow     | Debbie Miller                   |
| Science & Society                                                      | Tuesday eve -<br>Monthly (no fixed Tue) | Members' homes                         | David Cole                      |
| Scrabble (Thursday)                                                    | Thursday am - Weekly                    | Rowena Davey Day<br>Centre, Dunmow     | Helen Manley                    |
| Scrabble (Wednesday)                                                   | Wednesday am -<br>Fortnightly           | Saracens Head                          | Hilary Snell                    |
| Sequence (game)                                                        | Tuesday pm -<br>Fortnightly             | Angel & Harp,<br>Dunmow                | Jenny Versey                    |
| Table Tennis 1 & 2<br>(each 2 hours)                                   | Friday pm - Weekly                      | Rowena Davey Day<br>Centre, Dunmow     | Sally James                     |
| Walking                                                                | Monday am - Weekly                      | 4-5 miles in villages<br>around Dunmow | Wendy<br>Townsend               |
| Walking - 3-Milers                                                     | Wed or Fri am                           | Various                                | Jane Tadman                     |
| Whist                                                                  | Tuesday pm -<br>Fortnightly             | Rowena Davey Day<br>Centre, Dunmow     | Mike Best                       |
| Wildlife Photography                                                   | Monthly - variable                      | Various                                | Terry Parker                    |
| Wine Appreciation 1                                                    | Tuesday eve -<br>Last Tue of month      | Members' homes                         | Patrick Lavelle                 |
| Wine Appreciation 2                                                    | Tuesday eve -<br>1st Tue of the month   | Members' homes                         | Maria<br>Callaghan              |
| Wool & Waffle                                                          | Tuesday am -                            | Rowena Davey Day                       | Maureen Best                    |

## Du3a Committee

You can contact any of our post-holders by visiting the Du3a website  
<https://dunmow.u3asite.uk/committee-matters/>

|                                              |                                 |
|----------------------------------------------|---------------------------------|
| Chair .....                                  | Ron McGlade                     |
| Vice Chair .....                             | <b>VACANT</b>                   |
| 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 .....                      | <b>VACANT</b>                   |
| 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 ...

|                  |                                                                                                                       |      |
|------------------|-----------------------------------------------------------------------------------------------------------------------|------|
| Wed 30 Sep ...   | <i>Monthly meeting: Interest Group Opportunities</i> .....                                                            | pg 1 |
| Fri 9 Oct .....  | Du3a <b>Autumn Quiz Night</b> – <b>Last few tables available</b> .....                                                | pg 4 |
| Thu 15 Oct ..... | <i>Outing: Windsor Castle</i> – <b>Waiting List Only</b> .....                                                        |      |
| Wed 21 Oct ....  | <b>November</b> Newsletter & Diary Deadline .....                                                                     | pg 2 |
| Wed 4 Nov ....   | <i>October Monthly meeting (a week later than usual)</i><br><b>Driving with Confidence</b> by Safer Essex Roads ..... | pg 1 |
| Thu 26 Nov ....  | <b>New: Outing: Norwich Christmas Market</b> .....                                                                    | pg 5 |
| Thu 28 Jan ..... | <b>New: Outing: Matthew Bourne's Cinderella Ballet</b> .....                                                          | pg 6 |

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 21 October**