November 2026 Newsletter & Diary Dunmow

Forthcoming monthly meetings

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.

Wednesday 25 November ..... **Du3a Winter Concert**

YOU MUST PRE-BOOK— please see page 4 for details



Our annual end of year party for current Du3a members only. Craig Neil will entertain us with a wide selection of songs. Bring your dancing shoes and voices to join in with singing some well-known numbers. Mulled wine and festive treats with non-alcoholic and gluten free alternatives



⇒ 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. Just after the end of COVID we launched a magazine exchange. This has proved to be very popular amongst members. So much so that recently we have had a cull. We can now accept magazines again up to two years old.

In this issue ...

Monthly Meetings: Past & Upcoming ..... pg 1 & 9
Events: Past & Upcoming ..... pg 4 & 10
Outings: Past & Upcoming ..... pg 5, 6, 10 & 11
The Bigger Picture: National & Regional news & activities ..... pg 7 & 8
News from the Groups ..... from pg 12
Groups List ..... pg 21, 22 & 23
Du3a Committee ..... pg 24
Dates for Your Diaries ..... pg 24

Welcome!

Welcome to the November Newsletter and Diary.

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

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

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

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

The newsletter is emailed to all members typically on the Sunday before the monthly meeting (in time to remind everyone about the meeting).

If you do not receive it or have problems opening or reading it, please get in touch and we will try to find a solution.

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

Heather Quiney, Newsletter Editor

Please send any articles for the next newsletter to HeatherQu3a@gmail.com by **Wed 18 November**

From the Chair



At our recent monthly meeting, which was well attended, our Interest Groups took the opportunity to demonstrate the varying topics that are available to members. There is a wide variety; from monthly lunch clubs to Mah Jong and these are well attended giving the membership an opportunity to meet in a friendly atmosphere and it also gives everyone the chance for a good chat. Please may I remind you that Interest Groups should be self-funding after the initial start-up help.

We have a varied and lively meetings each month at Foakes Hall. These meetings cover a good range of topics and talks and participation is a good sharing experience and can be very informative; is there a topic you would like to see featured?

This month we had the chance to vote for the National u3a centre with contenders voted for by the Dunmow u3a committee.

We have now recruited a Minutes Secretary who will start in the new year. However, whilst we are delighted about this, there still is an ongoing vacancy for a Vice Chair and we would welcome nominations from members.

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. He can update Beacon and all your groups will know in one go.



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 or message him through "Committee" page of the Du3a website … https://dunmow.u3asite.uk/committee-matters/



Dunmow u3a

Winter Concert



Wednesday 25th November
1.30pm for 2pm start
Foakes Hall, Dunmow

Craig Neil will entertain us with a wide selection of songs.
Bring your dancing shoes and voices to join in
with singing some well-known numbers

Mulled wine and festive treats
with non-alcoholic and gluten free alternatives

Only for current Du3a members (sorry no guests) and you must pre-book your FREE place by emailing HilaryJu3a@gmail.com or in person at the monthly meeting on Wednesday 4 November

ROWENA DAVEY CENTRE, Chequers Lane, Dunmow CM6 1EQ

Tuesdays and Thursdays - if you are over 55 or disabled, you can have a 2-course home-made lunch for just £8!

To reserve a seat, telephone **01371 238182**
or e-mail **rdcmeals@gmail.com**

Or join us for home-made cake and coffee/tea, served 9.30am - 1.30pm

Wednesdays - we are open from 10:30am (every 3rd Wed. 12:30pm), light lunches also served, no need to book.

The centre is fully accessible for users with disabilities with a pay and display car park directly outside

Our group of friendly volunteers would be delighted to see you

Forthcoming Outing
Norwich – Thursday 26 November

Norwich
Thursday 26 November

Code: NT



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
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 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
Tel: 01279 870870 and Mob: 07909 688401

More information: www.atgtickets.com/venues/miltonkeynestheatre

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

	Art deco days	Thursday 29 October at 2pm
	The history of pirate radio	Friday 30 October at 10am
	Preparing for an AI world Explore the world of AI in this practical four-week course for beginners.	Mondays for four weeks starting: Monday 4 Nov at 2pm
	Soulsville USA series The History and Legacy of Stax Records	Thursday 5 November and Fridays 13, 20, 27 November at 10am
	Melancholy as a creative force: Joni Mitchell's Blue album	Friday 6 November at 2pm
	Staying Safe Online - A u3a Presentation with Q&A	Friday 6 November at 10am
	Exploring world faiths: Faith and interfaith	Monday 9 November at 10am
	Shaping fashion: the Elizabethan bodice, buckram and busks	Wednesday 25 November at 10 am
	Screening to prevent stroke: do we do too much or too little?	Tuesday 24 November at 11am
	Future Lives - thinking ahead: housing, care and support options in later life	Wednesday 25 November at 2pm
	The ultimate guide to editing your creative writing	Thursday 26 November at 10am
	AI News: Ethical aspects of AI in public services: the need for a code of ethics	Friday 27 November at 10am
	Learn bridge with u3a	Monday 30 November at 2pm
	Flight inspirations aviation group: Personal Memories of Pocklington Bomber Base During WWII	Tuesday 1 December at 10am
	Capturing your youth: memoir writing in 12 easy steps	Thursday 3 December at 10am

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

Online Learning
"A History of the World According to Sheep"



I spent a very enjoyable hour or so listening to a u3a online learning presentation entitled "*A History of the World According to Sheep*"! It promised, and delivered, to be an explanation as to how sheep, wool and the wool trade have shaped British history, built fortunes, influenced society and even helped to win wars.



When the English wool industry was at its height during the Mediaeval period, churches were built funded by the local wool merchants. They are often much larger than would be expected in the town or village of that size. Thaxted is a prime example of a 'wool church', as they are known. And knitting patterns and their abbreviations were used as ciphers to pass on secret codes during WW2!

Alan Freeland, from Farnham u3a, is a very good speaker, though usually he focuses on IT and AI subjects. His other area of interest is the Silk Road and, incidentally, sheep are integral to that story as well – the travellers' yurts were covered with wool, being warm, weather resistant and easy to pack away when the time came to move on again.

Alan has been booked to speak again via the u3a online learning programme so do look out for his talks on the V&A Museum and Machiavelli, the Italian Renaissance politician and writer.

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 Monthly Meeting
Interest Group Opportunity – Wednesday 30 September

A few comments from some group leaders …









"It was good to get a chance to welcome people to Whist and Cribbage; we have 4 or 5 names who would like to come along and give us a try. "

"I had some interesting enquiries today for the Cycling group, reminding some this activity can be fun and healthy"

"I was surprised and pleased that so many members turned up. And 5 or 6 were sufficiently interested to say they'd give our next Photography meeting a visit"













Past Event
Du3a Quiz Night - Friday 9 October

On Friday 9 October, ten teams battled it out over eight rounds at the biannual Quiz night. Spot prize questions occurred throughout the quiz and rounds included Makes & Models of Cars, On This Day and Rivers making it an exciting evening.

Many thanks to Quizmaster Tim and his team for putting on another interesting evening. Much appreciated.
Stuart Payne

Dunmow u3a learn, laugh, live



Congratulations to "Gene-Us?" (the family history team) who won the

Dunmow u3a Autumn Quiz Night 2026

Shout out to Team 4 who came a very close second

And THANK YOU to everyone who organised and supported this event!

We hope you all enjoyed it

Past Outing
Windsor Castle - Thursday 15 October

Well, what an excellent day at Windsor Castle we all had with Du3a.



Due to careful planning, and an early start, we arrived in plenty of time to see the complete ceremony of the Changing of the Guard, which we all enjoyed.



St George's Chapel is a must to see where Queen Elizabeth II was laid to rest along with her husband ▶

► Prince Philip, sister Princess Margaret and her parents King George VI and Queen Elizabeth the Queen Mother. We must admit the Chapel was much bigger and grander than we imagined, from the tombs of royals going back centuries to the wonderful craftsmanship of the woodwork and the magnificent Quire and the ornate altar.



Next we went to the State rooms where we could only look in awe and wonder at the beautiful furniture and paintings of the past royals through the centuries. Such a shame that photography was not allowed.



We then reached the part of the castle where over 100 rooms were destroyed in the fire of 1992. It's hard to believe the utter devastation, seeing the restored rooms now. It is nice to know there are still men and women all around the world with the skills to restore such historic buildings.



After visiting the State apartments it was time for refreshments which were available from the Undercroft Café and Restaurant. Hot and cold food and drinks were on offer at reasonable prices.



We still had 1½ hours left so we revisited St George's Chapel and also went to view Queen Mary's Dolls House which was huge and furnished in style and grandeur you would expect - most impressive.

All in all an enjoyable day. Many thanks to the Du3a Outings team.

Val and Dave Gary

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

The **Friday Art group** bids farewell to summer. With the rain after a dry summer, we noticed that the gardens were refreshed for a short while. So, before we get into the stormy weather of Autumn here is our parting to summer. Your attention is drawn to the brickwork and gates. Although, we started with the same source photo you can see that each artist emphasized the colours and textures in their own styles.

Felicity Cripps, Friday Art Group

















Eight members of the **Cycling Group** enjoyed an early Autumn ride on Friday 9 October to the old railway station at Rayne. The weather was calm as we made our way from the Travelodge at Dunmow along the Flitch Way and via Felsted for coffee and cake at the popular Rayne railway station. The journey home was along the Flitch Way, covering a total distance of just 13 miles of easy riding.

The group welcomes cyclists looking for gentle to moderate exercise who wish to maintain or improve their general level of fitness with like minded members. Speed and distance are not the priority, although some rides will vary in distance and difficulty; details are always emailed the week before. Members can then pick and choose which rides suit them best, there is no obligation to attend every ride.

The rides usually start and end in Dunmow at 10am every other Friday, but other locations can be included to vary the destinations, always with a mid ride coffee break. New riders or those returning from illness or injury can arrange one to one local rides with the group leader to help build fitness and confidence before joining group rides if that is their preference.

The obvious essentials include a bike that is well maintained (members turn up with a variety of different styles, including e-bikes), a cycling helmet, weather appropriate clothing ideally including a high viz jacket, basic riding skills and road craft. Any medical issues should be declared to the ride leader. Safe riding is one of our priorities; therefore, we avoid busy main roads as much as possible, preferring quiet country lanes and off-road tracks like the Flitch Way. The group will be split in two for safety reasons if necessary; however, each member is responsible for their own safety. In the event of adverse weather conditions rides will be cancelled and members will be notified the day before or earlier where possible.

Members wishing to join the group should contact the group leader via the Du3a website **https://dunmow.u3asite.uk/u3a_groups/cycling-includes-electric-cycling/** Their names and contact details will then be added to the mailing list for upcoming rides.

Bill Hulse, Cycling Group Leader

As sometimes happens, the **Flower Arranging group** have met twice since the last newsletter. At the first meeting, they were creating arrangements using fruit and vegetables. And the second time they met, they were all given identical containers and could only use flowers costing no more than £6 bought from a supermarket. They have such imagination to interpret the brief on so many ways - the arrangements were all very different.

Here are just a few of their arrangements. The full collection can be seen on our facebook page – just search for "Dunmow u3a"











It was second time lucky for the **Tuesday Golf Group**'s away day at the Brentwood Golf Course on the 22 September. The first attempt earlier in the month had been rained off but not before we had enjoyed our breakfast of coffee and bacon butties.



The away day was organised by Ken and followed the traditional Society Day of breakfast, eighteen holes of Golf and a meal afterwards followed by prize giving.







Eight golfers played eighteen holes on this challenging course which was new to the majority of us. The day was a total contrast to the previous attempt with blue skies and lots of sun. We all completed the course, some with the help of golf buggies, and enjoyed playing eighteen holes compared with our normal nine at Golf World Stansted.





After the game, we enjoyed a hearty meal of ham, egg and chips followed by the presentation of prizes. The overall winner was Frank with the lowest score, who received the Dunmow u3a Masters (DUM) Cup and a prize. There were also prizes for the longest drive which was won by Richard and closest to the pin (hole) won by Michael.

We all agreed it was a very successful day and are looking forward to the next away day.

Paul Bryant, Tuesday Golf Group Leader

The **Geology Group** enjoyed an urban field tour around Saffron Walden in warm autumn sunshine. First stop was at the Gibson Boulders, the finest collection of ice-age erratics in Essex. They were collected locally for a rockery in the former gardens created by George Stacey Gibson, a Victorian town banker, landlord, botanist and Quaker benefactor to the town. Brought by the ice cap, a display explains their various geographic origins and geologies, including impressive examples of puddingstone, typical to Essex.





Then it was on to the marketplace ornamental drinking fountain and cross, donated by Gibson, mayor at the time. The richly varied fountain is constructed variously from Italian marble, English white and oolitic limestones, red sandstone, Purbeck marble and Cornish serpentine. The surmounted cross is breezily decorated with fluorite, Italian brecciated marble and inlaid marbles and glass. A gem by any standard and easily overlooked.

Our visit ended at the black dolerite (a type of basalt) memorial stone in Close Garden, commemorating HMS Lapwing: those who served and were lost when it was torpedoed in 1945. The material is from Mashonaland and 1.9 bn years old, dating to the late Paleoproterozoic era.

The ship was adopted by Saffron Walden after raising £120,000 from townspeople and surrounding rural communities following Warship Week. It was a staggering sum for the time, equivalent to nearly £8m today.

David Cole, Geology Group



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.

This month's **Wine Appreciation Group (2)** meeting was hosted by Toni.



It had a Spanish theme so all seven wines were from Spain and we had tapas and other nibbles as accompaniments

1. Cava Brut, with tomato bread, almond and olives
2. Marieta Albariño, with prawns
3. Rueda Verdejo, with patas bravas
4. Campo Viejo Rioja Tempranillo, with chorizo, melon and basil
5. Casillero del Diablo Tempranillo, with chicken skewers
6. Pedro Ximenez, with manchego cheese, dark chocolate and grapes
7. Casa Maña Moscatel de Valencia, with lemon tart

Judging by the spittoon being virtually empty, all wines were enjoyed! They were scored out of 10 with the highest score going to wine no 5 (103) and the lowest score going to wine no 4 (90) but not much between them. The quiz was won by Peter with a score of 10/15.



Such a lovely evening, as always.

Maria Callaghan,
Wine Appreciation Group 2 (WAG2)







In the past month the **Thursday Art Group** has enjoyed creating various random painting/ sketching ideas, namely, pumpkins, dogs and their owners, and woodland scenes. Mostly painted in watercolours but mixed media has also been used. Below are some of those ideas together with other pieces.

Jan Clinton , Thursday Art Group





















The theme for the **Photography Group** October meeting was "Street Life", and I was more than a little apprehensive about how we, well, particularly myself, could contribute to the showing.

How wrong could I be - if you're in the right place at the right time there's a multitude of scenes to take, mainly, but not exclusively, of people doing things we've all done without realising there may be someone with a camera lurking nearby!

The next meeting is on 4th November in The Maltings at 2:15pm, and the theme is "Mushrooms and Fungi" - another challenging one.

If you want to see what we make of it, come along - you'll be more than welcome.

Peter Tadman,
Photography Group













The **Science Group** reviewed a film by Sustainable Uttlesford highlighting work of local groups to restore rivers and streams and encourage ecological diversity and wildlife. There was lot of knowledge in the room contributing to an informed discussion. The debatable state of the Chelmer through Dunmow was commented on, noting the lack of community effort here compared to smaller surrounding villages.



We heard from a member about the new orchard at Stebbing, spearheaded by the Parish Council and funded amongst others by the National Lottery. Benefits for wildlife are being monitored with plans to extend community engagement.



We ended with an address from Diella, the world's first AI-generated cabinet minister. She has been appointed in Albania to select and manage government contracting in a notoriously corrupt country. Needless to say, this sparked a lively discussion about whether she is a stunt or this is a way forward!

David Cole, Science Group

Du3a Suggestion Box at Monthly Meetings

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

Please remember that the u3a is 'by the members, for the members'.

You may have ideas for speakers at the monthly meetings, suggestions for future outings or requests for new interest groups. Alternatively, you can give feedback about any aspect of Dunmow u3a.



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

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 Mlller, Membership Secretary **membership@dunmowu3a.org.uk**

Interest Groups List

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

Amanda Perry, Groups Coordinator

Art (Thursday)	Thursday am - Weekly	Barnston Village Hall	Jan Clinton
Art (Friday)	Friday am - Weekly	Rowena Davey Day Centre, Dunmow	Colin Bradley (Admin)
Book Club	Thursday am - 2nd Thur of the month	Members' homes	Christine Coates
Bookworms	Thursday pm - 2nd Thur of the month	Members' homes in Dunmow	Fiona Watson
Book group - The Pageturners	Wednesday pm - 3rd Wed of the month	Members' homes	Lorraine Bennett
Bridge	Thursday pm - Weekly	Rowena Davey Day Centre, Dunmow	Bryony Rees
Canasta	Monday am - Weekly	Barnston Village Hall	Jan Moffat
Carpet Bowls	Thursday pm - Fortnightly	Little Easton Memorial Hall	Pat Kelly
Creative Writing	Wednesday pm - 1st Wed of the month	Angel & Harp, Dunmow	Fiona Fraser-Thompson
Cribbage	Tuesday pm - Fortnightly	Rowena Davey Day Centre, Dunmow	Maureen Manners
Cycling	Fri Mornings - Twice monthly	10-20 miles in Dunmow area	Bill Hulse

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)	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 (Friday)	Friday pm - Weekly	Members' homes	Julie Freeman (Admin)
Italian (Wednesday)	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	Wendy Townsend
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 our 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 ..... Jenny Symmonds
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 4 Nov ..... *October Monthly meeting* (a week later than usual)
Driving with Confidence by *Safer Essex Roads* ..... pg 1

Wed 18 Nov ..... **December/January** Newsletter & Diary Deadline ..... pg 2

Wed 25 Nov ... **Du3a Winter Concert** .....
..... - you **MUST** pre-book your place ..... pg 4

Thu 26 Nov ..... *Outing:* **Norwich** ..... pg 5

There is no December monthly meeting

Thu 28 Jan ..... *Outing:* **Matthew Bourne's "Cinderella" Ballet** ..... 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 by **Wed 18 November**