
First Floor
27-28 Bridge Street
Cambridge
CB2 1UJ

Email: office@u3ac.org.uk
Tel: 01223 321587
Website: www.u3ac.org.uk

Message from the Chairman

If there was ever a moment to become the chairman of U3AC, now is probably not it; at the end of a year like no other.

However, on the upside the organisation has proved astonishingly resilient. The office staff have created the technical environment through which multiple online courses can be delivered. Our tutors have been willing to adapt their materials to a new mode of course delivery. Members have learnt how to connect to and attend online classes using unfamiliar technologies. (Whoever said you can't teach oldies new IT skills?) In all, a success for which none of us were prepared.

Looking forward, I see two immediate priorities. Firstly, the refurbishment of Bridge Street to provide more spacious and airy classrooms and an expanded social area. Importantly, we need to establish how we deliver a more varied course offering in the next academic year: face-to-face classes, online only and hybrid courses (in which some attendees are present in person and others are online remotely) plus our wide range of activity classes. This complex mix needs to be planned and organised while the building is being renovated.

The current position in relation to the refurbishment programme is that we are nearing closure on a four and half year lease (until October 2025) for both the first and second floors. In the meantime, we have developed plans for improving the space and chosen an office fit-out company to undertake the works. Once finalised, we will be able to begin work, which we hope will be finished by the end of June. Thereafter we are planning an open day and maybe some "taster sessions" using hybrid technology during the summer.

Our second priority is to rebuild our membership which is substantially down in this academic year. We, collectively, need to attract those members who chose to sit this year out back to U3AC. My hope is that the more diverse course offering and improved premises will prove an enticing proposition both to the returners and new members.

From a personal perspective, I'm looking forward to the challenge of being your chairman, albeit with some trepidation at this moment, given the circumstances. I put myself forward for the Council because I strongly believe in the ethos of a volunteer led, learning organisation which draws on the truly amazing range of skills and experience of the membership. It is my hope that during my chairmanship U3AC will continue to thrive and grow, albeit in a slightly different form as a result of the unplanned stress test we've all been through this year.

Tim Ewbank

Summer Term courses

After a robust tender process, we will be appointing a contractor for the fit-out work for both floors at Bridge Street. The work will take place over about 3 months of the Summer Term.

This means that, even if restrictions are lifted, we will not be able to run face-to-face courses at Bridge Street. We will continue to run courses on Zoom and by email and will endeavour to set up fitness courses where possible. Unfortunately, outside venues for classroom-based courses are still closed. Once the works are complete, we hope to offer members the chance to visit.

We will be back for business in bigger and better Bridge Street from the beginning of the Autumn Term. (Deliberate alliteration....) We are planning a combo of face-to-face, online only and hybrid courses which is likely to be the mix of formats for the foreseeable future.

A Big Thank You

As I write this, it seems we can now feel a bit optimistic about feeling more liberated than we have sometimes been during the various lockdowns in the last twelve months. During that time, the U3AC has been a source of support for so many of us in terms of keeping in touch, acquiring new knowledge and learning new skills.

So - given we know that good organisations depend on good leadership and, on behalf of all members, I would like to thank Sue Honeyford, our outgoing Chair of Council, for having steered the U3AC through this most difficult of years. Several people said in particular, how much they appreciated the personal notes she wrote in the Bulletins, as it somehow brought us together in sharing the day to day issues we were all facing in our different ways. Thank you Sue from us all.

Collective thanks must also go to all the Officers and Council members, especially those who have been involved in organising the programme - remember the Plan B Team which grappled with the decisions about how to deliver the programme of courses in lockdowns? This was no mean task and has been a major achievement over the year. The tutors and class leaders also did a magnificent job in undertaking the delivery of these classes on line and in doing so, we all acquired new skills of Zooming.

We now know that in addition to having tackled all the Covid related issues, a great deal of work has had to go into grasping the opportunity to increase the U3AC space in the Bridge Street premises - another great achievement.

Of course none of this could have succeeded without the U3AC staff who are unflinching in their hard work and dedication in keeping the whole show on the road. Cambridge is very fortunate to be able to benefit from all this input.

So - a brief but big THANK YOU to you all, from all of us.

Sally Livesey (Former Chair of Council)

Term Dates

Summer Term: Monday 12 April - Friday 18 June 2021

The start date for each course is given on the website.

Programme of Courses 2021-22

We are now starting to plan next academic year's course programme.

We recently asked members whether there are any subject areas not currently covered in the course programme that they would like to see. A list of these can be found on the Tutors page of the website: <https://www.u3ac.org.uk/wp-content/uploads/2021/03/Course-Gaps-identified-March-2021.pdf>, if you would be willing to run a course, we would very much like to hear from you – the closing date is **16 April**.

New Courses – please contact the Office to enrol, places will be allocated on a first-come first-served basis

HIS 36: Cambridge history and the wider context

Leader: David Berkley

Day and time: Thursday 12:30 - 13:55

Venue: Zoom - video conference

Length of course: 1 term. Summer (7 weeks)

Places: 25

Start date: 15 Apr

The highly influential religious and secular history of Cambridge. Influences in/out of Cambridge from/to the Western World. Specifically - monasteries, Renaissance, Reformation, Puritans, Cromwell, Wilberforce. Simeon and missionaries. F. Bacon. Science - (Newton, Darwin, discovery of the electron, 1st splitting of the atom, world's 1st computer, DNA). University/college educational system. World's 1st Debating Society. College visits - S. Sussex, Trinity Hall, King's, Magdalene, Jesus, Emmanuel, Pembroke, Queens' and Trinity College. Church visits - Round Church, GSM, St Edwards. Architecture. Other buildings eg. Old Divinity School and Gates of Humility, Virtue and Honour. Student pranks.

Format: A virtual walk each week

About me: In teaching after 12 years in business and always intensely interested in history, both secular and religious, explaining why society is as it now is.

HIS 37: Himalaya history and culture

Tutor: Henry Edmundson

Day and time: Alternate Tuesdays, 14:00 - 15:00

Venue: Zoom - video conference

Length of course: 1 term. Summer (5 weeks)

Places: 50

Start date: 13 Apr

This course will cover a range of scientific, religious, political and sociological topics, from both an historical perspective and using the speaker's experience exploring, climbing and trekking throughout the region for over four decades. There are five lectures - 1) Tibetan Buddhism: A different type of reality; 2) The story of how the Himalaya formed: the plates must speak; 3) History of the China-

Tibet relationship: A matter for interpretation; 4) The Kashmir story: A Greek Tragedy in the Making; and 5) Social history of Nepal: peasants and tyrants. These topics are very much interlinked and will illustrate the sometimes harsh existence that the amazing variety of Himalaya peoples must contend with. The material can be followed in the speaker's book: "Tales from the Himalaya".

Format: Lecture and discussion

About me: Henry Edmundson, MA (Cantab), MSc (Bristol), has spent his entire adult life climbing and exploring in Afghanistan, the Karakoram, Tibet and the greater Himalayan Range. He is a member of the Alpine Club, the Himalayan Club, is a Fellow of the Royal Geographical Society and has written three non-fiction books.

LEI 26: Board games online

Tutor: Jo Whitehead

Day and time: Monday 10:00 - 12:00

Venue: Zoom - video conference

Length of course: 1 term. Summer (4 weeks)

Places: 10

Start date: 12 Apr

This is an introduction to playing board games online. For those who are new to board games or playing online, the goal is to introduce you to the most user-friendly site, Board game arena (<https://boardgamearena.com/welcome>), so that you trial online board gaming and develop the skills and confidence to play with others. For those with a bit more experience, we will get to know each other and play a few games together. My job will be to help you all have fun and help us with any technical issues. I am using my personal zoom account, so we can meet up without a time limit. A computer would be ideal but you can play on ipads or even phones. After 4 weeks we can decide whether and how to keep playing.

Format: Short lecture, discussion and playing.

About me: I play in a couple of games clubs at present, both of which play online, and think it a great way to keep the brain ticking over.

LIT 31: Synge and Beckett

Tutor: Kerry O'Connell

Day and time: Wednesday 12:00 - 13:00

Venue: Zoom - video conference

Length of course: 1 term. Summer (6 weeks)

Places: 25

Start date: 14 Apr

My intention in this short course is to look at two very contrasting masterpieces of twentieth century Irish theatre: *The Playboy of the Western World* a lyrical comedy by J.M. Synge and *Waiting for Godot* by Samuel Beckett, a bleak but, I would contend, very funny play as two tramps wait for a figure destined never to turn up. In the six one-hour sessions, there should be time to view both plays in their entirety as well as discuss them in some depth. I'm particularly interested in the relationship of language and identity in Synge's play and to consider what has happened to the role of language by the time we get to Beckett. But there will be much else to consider.

Format: Lecture and group discussion

About me: I taught English and Theatre Studies at secondary and sixth form level for 40 years.

LIT 32: Language and literature challenge

Tutor: Jenny Knight

Day and time: Thursday 14:00 - 15:00

Venue: Zoom - video conference

Length of course: 1 term Summer (10 weeks)

Places: 20

Start date: 15 Apr

Here is another opportunity to test your knowledge of English literature and language by taking part in quizzes. Questions encompass authors, poetry, novels, plays, children's literature, characters in literature, quotations, use of language, vocabulary and word games. To enjoy the programme you need to be familiar with English language and literature and to have a good command of the language. It is intended for fun, not for competition. At the beginning of each week two quizzes or more will be sent to members by email. On Thursdays there will be a Zoom meeting for everyone at which answers will be shared and some quizzes will be done together. Members should not seek answers on the internet. Anyone can do that; it spoils the fun and it makes scores meaningless.

Format: Quizzes and discussion

About me: A long career in publishing makes language and literature my favourite topic for the quizzes I enjoy devising for U3AC and other local organisations.

SCE 29: The science and practice of happiness

Tutor: Jo Whitehead

Day and time: Wednesday 10:30 - 11:45

Venue: Zoom - video conference

Length of course: 1 term. Summer (10 weeks)

Places: 25

Start date: 14 Apr

This course provides an overview of the science of happiness, and its implications for practice. We will explore questions such as what is happiness, are there different types of happiness, how feasible is it to increase happiness, what practices might create happiness and special topics such as how happiness changes with age. The premise of the course is that a better understanding of the rapidly emerging research provides a valuable basis for making choices about whether and how to improve your own personal happiness, as well as what that means in practice. The format will be a mixture of lecture with frequent pauses for discussion. The course is open to anyone and requires no previous expertise or knowledge. Participants should gain a richer understanding of the nature of happiness and how they can cultivate it. There will be no required preparation or reading, although I may suggest some potential follow up.

Format: Lecture and discussion

About me: I have followed the topic of happiness as it has developed in recent years and written in the related area of how the brain makes decisions.

About Courses

Applying for additional courses

Would you like to apply for additional courses?

The list of courses with vacancies is on the homepage of the U3AC website and is updated regularly. To apply for a course, contact the Office.

Withdrawing from a course

If you are no longer able to attend a course in which you have a place, please inform the Office at the **earliest possible** opportunity, so that the place can be given to someone on the waiting list. Please do not wait until the course is about to start or has started. Thank you.

If you cannot attend the first session of term

If you are unable to attend the first session of your course, please inform the tutor or the Office **before term starts**. Many courses have long waiting lists and we must be fair to other members, so if we do not hear from you, we will replace you with someone from the waiting list immediately after the first session.

If you cannot attend a course session

For courses held by Zoom: please inform the Office.

For courses held outside: please send apologies directly to the tutor. Contact details are on the website underneath each course description. You will need to log in to the website to access this information (see below).

Tutors' details

For data protection reasons, the Programme of Courses does not include tutors' contact details or the venue if a course is held in a member's home. This information is given on the members' area of the website. Members without internet access can obtain this information from the Office.

To view the details on the website, log in using your username and password. Your username is usually your first name, then a full stop, then your surname. The first time you log in, you will need to set up a password. To set up a password, click the 'Forgotten Password?' button on the login screen.

Please contact the Office if you have any difficulties using the website.

General Information

A reminder

The annual membership subscription of £82 contributes to the administration and accommodation costs of the U3AC. **It is not a payment for courses, lectures or activities.** Members can 'attend' the Wednesday and Norah Boyce lectures (space permitting), apply for up to 6 courses and apply for visits arranged throughout the year.

Discounts to members

We have a number of discounts for U3AC members in shops and restaurants around Cambridge. Many of these display a U3AC logo in their window or by the till to make it easier for you to spot. You can download the full list (giving any terms and conditions for the discount) from the U3AC website; there is a link on the homepage.

Environment Group

Recent activities and reports can be found on the website <https://www.u3ac.org.uk/social/xtra-groups/environment-group/> Contact the Environment Group: environmentu3ac@gmail.com

Deaths

We were sorry to hear recently of the deaths of:

<i>Jenny See in December</i>	<i>Sivakamy Mahalingham in January</i>
<i>Jill Preston in December</i>	<i>Christopher Walker in January</i>
<i>Ann Waldman in December</i>	<i>Mike Whibley in February</i>
<i>Graham Howes in December</i>	<i>Lyndon Davies in February</i>
<i>Puri Frostick in January</i>	<i>Rosemary Polack in March</i>

U3AC Film Group – Update –2021-22 Possible New Seasons

In line with recent government announcements it looks as though many, if not all of the Covid-19 restrictions may be lifted by 21 June. To date there have not been any similar announcements concerning the re-opening of cinemas.

At the time of writing cinemas remain closed and I have yet to see what the admission and seating policy will be when Picturehouse Cambridge re-opens. As members of the Film Group will know, most of our films are screened in the smaller of the Picturehouse cinemas, Screen 3, and I still have no idea as to whether all of the 3 screens will be operational when the cinema re-opens. As soon as I am able to plan a new programme in conjunction with the Central Picturehouse programmer I hope to programme a choice selection of films. I hope very much that we will be able to have a programme of films for the Autumn Term 2021, and of course when it is safe for all of us to enjoy a film in the cinema again.

As soon as I have been able to make contact with the Central Picturehouse programmer I will be in touch again. In the meantime I can assure all of the regular Film Group audience that I too miss our Tuesday showings and I look forward to their resumption as soon as possible.

Jeremy Buncombe

General Administration

Savings on postage

If two (or more) members live at the same address we save postage by sending their documents in one envelope. If you would like future mailings sent in separate envelopes, please inform the Office.

Council meeting

The next U3AC Council meeting will be on Tuesday 22 June 2021.

Other Organisations

Details of events held by other organisations can be viewed on our website:

<https://www.u3ac.org.uk/social/other-organisations/>

Norah Boyce Science Lectures – Summer Term 2021

These weekly lectures will take place on Tuesdays at 5.00 pm online via video-conference (Zoom).

These are open to members only. You will need to log in to access the Zoom link. The link for each lecture is on the Norah Boyce Lectures page of the website.

Any last-minute changes to the programme will be publicised in the weekly Bulletin.

"Science for everyone"

27 April Dyslexia, rhythm, language and the developing brain

Speaker: Professor Usha Goswami CBE FBA. Director, Centre for Neuroscience in Education, Department of Psychology

The lecture will use recent insights on how the brain encodes speech to explore children's development of language, and in particular will offer a context for understanding atypical reading development (also known as dyslexia).

11 May Under the volcano

Speaker: Professor Marian Holness FRS. Department of Earth Sciences

The composition of magma erupted from volcanoes is controlled in part by crystallisation if it has been temporarily stalled in the crust before eruption, commonly giving rise to more explosive eruptions. The behaviour of stalled magma can be inferred from examination of solidified rock now exposed at the surface by erosion. In this talk Prof Holness will give a guided tour of one such body - the 55 million year old Skaergaard Intrusion of East Greenland.

18 May Vaxxers: The making of the Oxford vaccine

Speaker: Professor Cath Green, Nuffield Department of Medicine's Clinical Biomanufacturing Facility, University of Oxford

Cath will present the story of how she and the team made and trialled the Oxford AstraZeneca vaccine in record time. She will also comment on the challenges of trying to respond to a pandemic while in a pandemic, and highlight some lessons learned along the way that will hopefully prepare us better for the next one.

Norah Boyce Science Lecture recordings

Recordings of last term's Norah Boyce Science lectures are now on the Norah Boyce Science Lectures page of our website for you to view.

Wednesday Lectures – Summer Term 2021

These weekly lectures will take place at 2.15 pm online via video-conference (Zoom).

These are open to members only. You will need to log in to access the Zoom link. The link for each lecture is on the Wednesday Lectures page of the website and will be included in the weekly Bulletin on the day of the lecture.

Any last-minute changes to the programme will be publicised in the weekly Bulletin.

This Summer the lectures have been expanded from the usual 4 to make up for earlier talks lost to the pandemic situation last year.

14 April The climate emergency: Why we need climate repair

Speaker: Professor Sir David King FRS

David will talk about the need to repair the Earth's climate, and what that entails for people and governments.

21 April Pathway to recover: From torture chamber to sanctuary

Speaker: Kolbassia Haoussou MBE, Director Survivor Empowerment at Freedom from Torture

In this lecture Kolbassia will discuss the various stages individuals on the road to sanctuary face. From the initial stage of needing to be as far away from experiences faced, when all your feelings dissipate and survival mode kicks in. To the moments when life becomes still and silent, and you have finally achieved this notion of 'safety' and you begin to feel. Depression kicks in, along with a realisation that your life has changed drastically, and you have to begin to heal alone. He will then speak on what comes after finding sanctuary, the journey to self-recovery and healing beyond formal therapy. The journey to recovery is long, dealing with the mental, emotional and physical scars left behind from surviving torture. As well as figuring out how to move on with life after torture and its aftermath once rehabilitated.

28 April The corruption of capitalism: Why rentiers thrive and work does not pay

Speaker: Professor Guy Standing, SOAS

The British economy has become one of rentier capitalism; it is not a 'free market' economy. More and more of the income and wealth is flowing to the owners of property - financial, physical and so-called intellectual - while the growing precariat is sinking into more insecurity and loss of the rights of citizenship. The new class structure is allowing the plutocracy to accelerate the corruption of our democracy, and the upper echelons of the civil service and government politicians are plundering the commons, depriving the commoners of public wealth. The Covid pandemic has made all this much worse, and there must be a high probability that in its wake social tensions will become intense.

5 May The role of business in maintaining biological diversity

Speaker: Pippa Howard, MSc, MSc

Businesses – particularly multinational conglomerates – have a massive impact on biodiversity, via activities such as mining, timber extraction, oil and gas exploration, monster hydropower schemes and landscape-scale conversion of natural habitat for soya and oil palm plantations and other agricultural uses, etc. This talk addresses the role business must play to address biodiversity loss and climate change and what will be expected of business from the Conference of the Parties at the next meeting of the Convention on Biological Diversity.

12 May Brexit: how we got here, where we are and where we are going

Speaker: Professor Catherine Barnard FBA

Brexit was front and centre of political debate for 5 years. Its importance has been eclipsed by covid but its effect will outlast covid. There are major issues still in play. Catherine will give a perspective spanning past, present and future.

19 May Brew your way to retirement!

Speakers: Catherine and Tony Edwards

Leaving behind careers in the charity sector and social care, Catherine and Tony Edwards set out a plan to downsize their house and upsize their nano-brewery in Felixstowe. During this lecture they will share the ups, downs, highs, lows and curved balls along the way, whilst shedding a little light on setting up a brewing business, the brewing process, rules and regulations, farmers markets and online markets and what the future might look like for small brewers in the hospitality sector.

26 May Back-to-the-land communities in post-war East Anglia

Speaker: Ken Worpole, writer

In 1943 a group of Christian pacifists established a working community on a vacant farm in Frating, a hamlet in Essex, inspired by the ideas of D.H.Lawrence, John Middleton Murry, Vera Brittain, Iris Murdoch, George Orwell and others. Other back-to-the-land settlements soon followed, some surviving for many years. Actor Jim Broadbent grew up in one, and the young Shirley Williams worked at Frating.

Frating Hall Farm provided a settlement and livelihood for individuals, families, refugees and prisoners-of-war. Ken will talk about the history of these communal farms, and the passionate religious and political ideals that gave them life.

Wednesday Lecture recordings

Recordings of last term's Wednesday lectures are now on the Wednesday Lectures page of our website for you to view.

A Beginner's Guide to Zoom

If you haven't joined a Zoom meeting before, you may find this simple guide helpful.

The basics

Zoom classes are held in your own home – there is no need to come to the U3AC premises. You will need:

- a computer, tablet, smartphone, iPad or similar device with a camera and a microphone
- a good internet connection.

Before your first Zoom session

It's best to familiarise yourself with Zoom before your first class. You will need to know:

- How to mute/unmute yourself (click on the microphone symbol). Note: To quickly unmute yourself on a PC/Mac, press and hold down the spacebar; releasing the spacebar mutes you again. Please note that this does not work on all devices.
- How to change the name that appears under your picture. (On a PC or Mac, when you hover your mouse over your image, a blue 3 dot icon (...) appears. Click on this to see a range of options, including 'Name'. Click on 'Name' to change the name displayed on the screen.)

If you need help with this, contact the Office before your class starts. Only limited support will be available once the class has started.

Accessing a Zoom class

- For each course in which you have been allocated a place you will be sent a link by email. This might be as late as the day before the course starts. Keep this link somewhere safe as we will only send it once and you will need it for each session. (Each course has a different link.)
- Click on the link to join the class. You may need to wait for the previous class to finish but you will be able to join at least 5 minutes before the class starts.
- Most classes are 'hosted' by the U3AC Office, in which case the email with the link will be sent from U3AC. A small number of classes are 'hosted' by the tutor, who may send the link out each week.

Class etiquette

In many ways, Zoom classes are the same as classes held in a classroom.

- Send apologies to the Office if you cannot attend the class. The tutor or U3AC will take the register in the usual way.
- Join the class promptly.
- Before joining the class, check that there is nothing behind you that you don't want others to see.
- Make sure you are suitably attired.
- Do not sit too close to your screen.
- Ensure your face is in the centre of your screen.
- Place your iPad/tablet/phone on a stable surface.
- Mute your sound (turn off the microphone) when you are not talking to prevent background interference.
- Raise your hand if you want to speak, and wait for the tutor to ask for your contribution. Be patient – your turn will come!
- Only unmute your sound when the tutor invites you to speak.
- Don't eat during a class.

For further information you may find the Zoom cribsheet for tutors, on our website, useful:

http://u3ac.org.uk/wp-content/uploads/2020/07/Zoom_Cribsheet_for_tutors.pdf