



# Newsletter

August 2021

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27-28 Bridge Street  
Cambridge  
CB2 1UJ

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Email: [office@u3ac.org.uk](mailto:office@u3ac.org.uk)  
Tel: 01223 321587  
Website: [www.u3ac.org.uk](http://www.u3ac.org.uk)

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## Message from the Chairman

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Thank you all for renewing your membership and a big welcome to the 150+ new members, and the 100+ who have returned after sitting last year out. I think you will agree that the programme for the coming year looks as interesting and varied as ever.

The premises makeover was finished on time, just, 4pm on 5<sup>th</sup> August; in time for viewing on 6<sup>th</sup>. Overall, our contractors Optrys and Meridian served us well and produced an excellent outcome. The couple of hundred members who took the opportunity to look round on 6<sup>th</sup> August were overwhelmingly impressed with the new layout, social space and signage. Once terms starts you will also benefit from the new projection facilities and upgraded air-conditioning.

While I could do the usual politician's trick of claiming the credit, you all know that it really belongs to the Office staff, particularly Gemma who oversaw the works on a day-to-day basis. Throughout Carol, Jane and Gemma continued to support you all, despite the disruption of the works, including temporarily relocating onto the second floor.

As I mentioned in the previous newsletter, our membership fell considerably in the last academic year. At the start of this year it has recovered slightly 2269 which is 150 above the same date last year. Thank you to those of you who encouraged friends and contacts to join or rejoin. You may recall that we initiated a prize draw for every new member you introduce who joins, with the prize of a year's free membership. I'm pleased to announce that the winner is Mrs Lucy Norman. However, there is still more to do to get our membership back to its break-even, pre-Covid level of 2,900 members. So please take any opportunity to promote U3AC and encourage people to join throughout the year.

Unfortunately Covid is still with us and, by most predictions, likely to be around for a while, so the Council have considered what reasonable precautions we should put in place in the interest of staff and members. These will be based on government advice and measures other local similar organisations, eg the university and ARU, are putting in place. We are trying to strike a tricky point of balance between what's reasonable without compromising the classes. These will be finalised in the near future and publicised through the Bulletin and website well before the start of term.

We are all looking forward to welcoming you back to Bridge Street at the start of the Autumn term on 11th October.

**Tim Ewbank**

## Term dates

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**Autumn Term:** Monday 11 October - Friday 17 December 2021

**Spring Term:** Monday 17 January - Friday 25 March 2022

**Summer Term:** Monday 25 April - Friday 17 June 2022

The start date for each course is given on the website and in the Programme of Courses.

## New courses – please email or phone the Office to enrol; places will be allocated on a first come first served basis

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### **FIT 40: Dance and exercise to zumba**

**Leader:** Cecilia Douglas

**Day and time:** Wednesday 14:30 - 15:15

**Venue:** St Andrew's Street Baptist Church (Upper Hall)

**Length of course:** 2 terms. Autumn (10 weeks), Spring (10 weeks)

**Places:** 20

**Start date:** 13 Oct

This fitness course helps to improve posture mobility and co-ordination, using a range of traditional Latin rhythms with slow and fast tempos. I aim to encourage members interest by introducing new rhythms. The class will adjust to the different levels of fitness among participants, and will include routines that target toning for abs, thighs, arms and other muscles throughout the body. The popularity of the class has been reflected in its many loyal members, who I hope you can be one of. Come and enjoy the rhythm and atmosphere.

**Format:** Taught course or activity

**About me:** I have been a Zumba instructor for over 5 years. I am from South America and find the music is what inspires me to create new steps and routines. I get great satisfaction from seeing members enjoy the class and benefit from the exercise.

### **HIS 42: Himalaya history and culture (Spring term)**

**Tutor:** Henry Edmundson

**Day and time:** Monday 16:15 - 17:15

**Venue:** U3AC (Pink room)

**Length of course:** 1 term. Spring (10 weeks)

**Places:** 30

**Start date:** 17 Jan

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 nine lectures –

- 1) Tibetan Buddhism I: a Different Type of Reality
- 2) Tibetan Buddhism II: Enter the Tibetologists
- 3) The Story of how the Himalaya formed I: Earthquakes and Early Explorers
- 4) The Story of how the Himalaya formed II: the Plates Must Speak
- 5) History of the China-Tibet Relationship: a Matter for Interpretation
- 6) Trouble in the North-East: Sikkim, the Chumbi Valley, Bhutan and NEFA
- 7) The Kashmir Story: a Greek Tragedy in the Making
- 8) Social History of Nepal I: Peasants and Tyrants
- 9) Social History of Nepal II: Maoist insurgency and a Growing Diaspora.
- 10) Wrap-up

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.

### FRE 11: French for beginners

**Tutor:** Madeleine Williams

**Day and time:** Thursday 15:30 - 16:30

**Venue:** U3AC (Orange room)

**Length of course:** 3 terms. Autumn (10 weeks), Spring (10 weeks), Summer (7 weeks)

**Places:** 10

**Start date:** 14 Oct

The course is for complete beginners and is designed to help the student with everyday communicating skills along with providing an understanding of basic grammar. We will use the book "Façon de Parler 1 French for Beginners 5ED: Coursebook" by Debney, Dominique. ISBN: 144416838X

**Format:** Taught course or activity

**About me:** I was educated, lived and worked in France. I have been a tutor in French language at the U3AC for a number of years.

### LEI 24: Railways group

**Organiser:** Alan Winfield

**Day and time:** 2<sup>nd</sup> Friday of the month 12:00 – 13:00

**Venue:** U3AC (Pink room)

**Length of course:** 3 terms. Autumn (3 weeks), Spring (3 weeks), Summer (3 weeks)

**Places:** 30

**Start date:** 8 Oct

This is a new group I would like to set up for members with an interest in railways. I envisage the group would meet once a month with a mixture of outside speakers and members own contributions. I see the group as being friendly and supportive, catering for those whose interest in railways is more general, as well as the more devoted enthusiasts. As well as speakers we would arrange trips (by train of course!) to places of railway interest.

I could start the ball rolling with an illustrated talk on the Settle-Carlisle railway. I am sure other members of the group might have particular interests they would like to talk about. Perhaps we could get a speaker on the proposed East-West Rail Link. I envisage visits to Heritage railways and behind the scenes visits to modern railway sites or just a day travelling on a Rover ticket.

The first meeting to plan the programme will take place on Friday 8th October, one week before the official start of the U3AC term, in the largest room at Bridge Street from

12noon to 1pm. I have currently planned to meet once a month on the 2nd Friday of the month from 12-1pm on the following dates: 8 Oct, 12 Nov, 10 Dec, 14 Jan, 11 Feb, 11 Mar. Summer term meetings would probably be outside visits.

**Format:** Course or activity without teaching

**About me:** I have a life-time interest in railways having grown up in the steam era. I will get the group rolling and am happy to do the initial organisation, but I see the group developing as a team effort.

### LIT 32: Reading the Septuagint

**Tutor:** Hilary Goy

**Day and time:** Alternate Mondays, 10:00 - 11:30

**Venue:** Member's home, CB4 2AB

**Length of course:** 3 terms. Autumn (5 weeks), Spring (5 weeks), Summer (5 weeks)

**Places:** 10

**Start date:** 11 Oct

Reading the Septuagint – we shall start with Genesis or book to be agreed, reading the text with close reference to the Hebrew which Hellenised Jews used as their source. No expertise is required. The sessions will be hybrid, Zoom/in person at the tutor's home.

**Format:** Seminar

**About me:** I am an old classics teacher, still captivated by 'dead' languages.

### PHL 14: Philosophy, God and atheism

**Tutor:** Jorge Varela

**Day and time:** Friday 13:15 - 14:45

**Venue:** U3AC (Pink room)

**Length of course:** 1 term. Autumn (10 weeks)

**Places:** 25

**Start date:** 15 Oct

This class explores the tension between belief and disbelief in philosophical texts. The main aim of the class is to explore different explanations for the existence of God. Alongside we will also discuss the question of honesty in philosophy, and the implications of philosophy for conventional belief. We will start by reading Plato's apology of Socrates, we will read Descartes' ontological argument for the existence of God, followed by Kant's "The only possible argument", concluding with a reading of the introduction of Feuerbach's "The Essence of Christianity". In this way, the course will also serve as a general overview of modern western philosophy. The class will be based on direct presentation and discussion of specific passages and participants are invited but not required to read the texts in advance

**Format:** Lecture

**About me:** I am currently pursuing a doctoral degree with an emphasis on political theology, focussing specifically on Kojève's book Atheism. I am looking forward to engaging in discussion on these topics.

### PHL 15: Introduction to political philosophy: the political animal (Spring term)

**Tutor:** Jorge Varela

**Day and time:** Monday 10:00 - 11:00

**Venue:** U3AC (Pink room)

**Length of course:** 1 term. Spring (10 weeks)

**Places:** 25

**Start date:** 17 Jan

The claim that the human being is a political animal has accompanied us since Aristotle. In this course, we will explore how our conception of the human being impacts on our understanding of politics. During the course we will explore how the tradition of political philosophy determined its proposals on the state and political participation on the specific understanding of human animality that is advanced. We will read parts of Aristotle's Politics, Machiavelli's Discourses, Hobbes' Leviathan, and Kojève's Introduction

to the reading of Hegel. In this way, the course will also serve as a general overview of modern western philosophy. The class will be based on direct presentation and discussion of specific passages and participants are invited but not required to read the texts in advance.

**Format:** Lecture

**About me:** I am currently pursuing a doctoral degree with an emphasis on political theology, focussing specifically on Kojève's book Atheism. I am looking forward to engaging in discussion on these topics.

### SCE 31: The science and practice of happiness

**Tutor:** Jo Whitehead

**Day and time:** Thursday 15:30 - 17:00

**Venue:** U3AC (Red room)

**Length of course:** 1 term. Autumn (8 weeks)

**Places:** 20

**Start date:** 28 Oct

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.

**Format:** Lecture and discussion

**About me:** I have followed the topic of happiness as it has developed in recent years, lectured on it with U3AC last year and written in the related area of how the brain makes decisions.

### SCE 31 (z): The science and practice of happiness

As for SCE 31 but attending via Zoom.

**Places:** 20

## Date for your diary

The next Ron Gray Annual Conference will be held on Saturday 26 March 2022 in the McCrum Lecture Theatre. Keep an eye on the weekly Bulletin for further details nearer the time.

## Course amendments

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FRE 04 – cancelled

ART 09 – 15/10, 17/12 meetings will be at 2.00 – 4.00 pm.

LIT 23 / LIT 23(z) – starts 20 October, runs for 9 weeks

FIT 23 – No of places: 30

FIT 38 – timing amended, is now 12.45 – 13.45

## About courses

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### 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 before term starts, we will replace you with someone from the waiting list immediately after the first session.

### If you cannot attend a course session

For classes held in U3AC premises or 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

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### A reminder

The annual membership subscription of £95 contributes to the administration and accommodation costs of the U3AC. **It is not a payment for classes, lectures or activities.** Members can attend the Wednesday and Norah Boyce lectures (space permitting), apply for up to 6 classes 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://u3ac.org.uk/environment/>  
Contact the Environment group: [environmentu3ac@gmail.com](mailto:environmentu3ac@gmail.com)

## Deaths

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We were sorry to hear recently of the deaths of:

*Gerd Browne in July*

*Sheila Kane in July*

## Cultural and Social Activities

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These activities are organised by the U3AC Cultural and Social Activities Committee. The Chair of the Committee is Clem Messenger.

When activities resume, information will be given in the weekly Bulletin and Newsletter.

## U3AC Film group – Film seasons 2021/22 update

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U3AC Film group – Plans for the 2021/2022 Season

Having lost our 2020/2021 season due to the pandemic I had hoped to have been in a position to announce our season for 2021/2022 with full details of at least our Autumn programme. The present position is that I am still waiting to hear from the Picturehouse Central Programmer as to whether we can still show films at our usual 1.00pm Tuesday slot or whether Picturehouse require the Film group to shift its programmes to a different day and time.

As soon as I have received the necessary clearance from Picturehouse I will be able to submit and agree an Autumn term programme. This process always takes a while but I hope to give you further details during the course of September. The Central Programmer has confirmed that Picturehouse wants to retain our regular shows so I very much hope to be able to give you further and more positive news via the Bulletin in September.

**Jeremy Buncombe**

## General administration

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### 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 and minutes

The next U3AC Council meeting is on Tuesday 19 October 2021

### Access to the Bridge Street premises

There are handrails on the left-hand wall to hold onto when you enter the premises. If you have difficulty with the steps or need assistance there is a bell to alert staff to your presence, there is also a folding ramp for those in a wheelchair. The bell is on the left-hand wall at step level so you can press it with a foot or walking staff without needing to bend down.

## Other organisations

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

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

## Wednesday Lectures – Autumn term 2021

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These weekly lectures will take place at 2.15 pm.

Lectures on 10 November and 15 December are face to face lectures, assuming venue restrictions are eased. At the time of printing, **this has yet to be confirmed**. These will be ticketed events, held at the Physiology Lecture Theatre, Department of Physiology, Development and Neuroscience, Downing Site, CB2 3EG. Further information will be in the weekly Bulletin. All other lectures are via Zoom.

The Zoom lectures 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.

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### 13 October      **The changing picture of policing, the past, the present and the future.**

Speaker:            Kerry Smith

This lecture will provide a view from inside policing from an officer rising through the rank structure over the last 28 years. It will include an overview of changing demands on policing, the impact the Covid pandemic has had on policing and the additional challenges that has brought, as well as laying out some considerations for the future.

Chief Superintendent Kerry Smith (Leicestershire Police) currently leads on Corporate Services and Specialist Operations for the Force.

### 20 October      **Being blind and training Guide Dogs**

Speaker:            Gill Southgate

Gill will talk about how she lost her sight and the problems encountered while rehabilitating and finding employment. She'll discuss her 5 guide dogs, their varying work with me and their characters. She'll also explain the Guide Dogs Association and touch on training of the dogs.

Gill Southgate is the chair of the Kings Lynn and District fundraising branch of Guide Dogs, and an official guide dog owner speaker.

### 27 October      **Joseph Needham, scientist and historian: His religious dimension**

Speaker:            Dr Greg Blue

Widely recognized as a pioneering biochemist, historian of science and politically engaged China-specialist, Joseph Needham (1900-1995) had lifelong religious and ecumenical commitments. This talk aims to bring those into focus.

Gregory Blue is Professor emeritus, Department of History, and Centre for Global Studies, University of Victoria, British Columbia, Canada.



## 3 November      **Lighting the fuse – My life in bomb disposal**

Speaker:            Lucy Lewis

Lucy Lewis will talk about her experience as a woman in a man's world. She was the UK's first female bomb disposal operator and is now the first female University Marshal at Cambridge.

Lucy Lewis operated as a Bomb Disposal Officer with the Royal Engineers, served with the Royal Military Police and is currently the University Marshal at the University of Cambridge.

## 10 November      **The Bank of England, an illustrated visit**

Speaker:            John Keyworth

John will look briefly at the origins of the Bank's current building in Threadneedle Street; some of the personalities with connections to it, such as the children's author Kenneth Grahame and TE Lawrence, and end with a tour of the Parlours, a suite of rooms more suitable for a stately home than a bank.

John Keyworth, U3AC member and tutor, was Curator of the Bank of England Museum from 1986 until his retirement in 2013.

## 17 November      **A vacation from myself: 40 years as a rock biographer**

Speaker:            Harry Shapiro

Harry has worked for charities in the world of drugs as a charity director, author and editor, public speaker, government adviser and media spokesperson and in public health trying to encourage the switch away from smoking to far safer vaping. But he has also spent a lot of time 'on vacation from himself' by delving into the lives and careers of other people as a chronicler of rock musicians. His books include biographies of Jimi Hendrix and Eric Clapton. He will talk about this work, his subjects, and cover the process of writing biography, with plenty of interesting stories along the way.

Harry Shapiro is an author and journalist.

## 24 November      **Human rights in China: Discourse, diplomacy and defensive nationalism**

Speaker:            Dr Robert Weatherley

There can be few countries in the world that have faced more intense external scrutiny of their human rights record than the People's Republic of China. But how has China responded to this scrutiny? This lecture identifies three different responses, two of which are proactive – discourse and diplomacy – and one which is reactive – defensive nationalism.

Dr Robert Weatherley is a lecturer at Cambridge University, King's College London, Tartu University, and also a commercial lawyer with the Cambridge firm Mills & Reeve.

**1 December      The ethical case for basic income**

Speaker:            Professor Guy Standing

The right to subsistence lies behind the idea that everybody should have a basic income, and was enshrined in the Charter of the Forest of 1217. The case for a basic income is fundamentally ethical, a matter of common justice, not just a means of fighting poverty. It would also enhance freedom. But today it is also an economic imperative, due to globalisation, rentier capitalism and the new class structure in which the precariat is the mass class, consisting of people living in chronic insecurity. This talk will explain why a basic income is an essential element of a new progressive politics.

Guy is Professorial Research Associate, SOAS University of London, a Fellow of the British Academy of Social Sciences, and the Royal Society of Arts.

**8 December      Beyond COP26: Time to get real!**

Speaker:            Jonathon Porritt

This lecture will consider the outcome from the (by then recent) COP26 Conference of world leaders, the (almost) inevitable likelihood that commitments fall far short of what is now urgently required, and what that means in terms of the campaigning which will need to start in 2022.

It is rare, and vital, that we hear from those whose expertise extends beyond the science, into the political and cultural reasons why humanity is so inert in the face of its most existential threat, and Jonathon is uniquely well placed to shed light on this conundrum.

Jonathon Porritt, is an eminent writer, broadcaster and commentator on sustainable development.

**15 December     Carbon pricing: how and why to do it**

Speaker:            Michael Pollitt

Achieving the net zero climate policy target is extremely challenging, however the economic policy tools to achieve it do exist and have been proven to work. This lecture will outline the role of carbon pricing in achieving the net zero policy target and address common misunderstandings about the key policies required for net zero.

Dr Michael Pollitt is Professor of Business Economics, Cambridge Judge Business School.

## Norah Boyce Science Lectures – Autumn term 2021

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These lectures will take place on Tuesdays at 4.30 pm.

The lecture on 7 December is a face-to-face lecture at Downing Place United Reformed Church, 4 Downing Place, Cambridge CB2 3EL. This will be a ticketed event, details to follow in the weekly Bulletin. The others will be held via Zoom

The Zoom lectures 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 and will be included in the weekly Bulletin the week prior to the lecture.

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

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### "Science for everyone"

#### 19 October COP26 and the scientific importance of achieving its goals

Speaker: Dr Emily Shuckburgh OBE, Reader in Environmental Data Science and Fellow of Darwin College, Director of Cambridge Zero, the University of Cambridge's climate change initiative.

Lecture details to follow.

#### 2 November The joy of insect watching

Speaker: Dr William Foster, Department of Zoology

We cannot hope to understand the evolution and ecology of insects (or anything else) without observing the behaviour of identifiable individuals in the field. I will discuss some of the things I and my team have discovered by doing this relatively rare thing for entomologists to do.

#### 16 November Hey Siri! How smart are you?

Speaker: Prof Steve Young FRS FREng Emeritus Professor of Information Engineering in the Department of Engineering and Fellow of Emmanuel College.

In the last ten years, conversational agents such as Siri and Alexa have developed into quite capable personal assistants. They can execute simple commands and provide information over a wide range of topics. The artificial intelligence technology on which they depend is improving rapidly and they will continue to evolve and improve. So just how smart are they, and perhaps more importantly, how smart will they become in the future? Will they remain benign assistants making our lives easier, or might they become a threat?

This talk attempts to give some insight into these questions. It provides a brief overview of how conversational agents work and how the underlying technology is developing. It then examines their future evolution and the various issues of trust that will inevitably arise.

#### 7 December Why calories don't count

Speaker: Dr Giles Yeo, WT-MRC Institute of Metabolic Science, Addenbrookes Hospital

A calorie is a calorie, so they say. It shouldn't matter whether it comes from steak, a carrot or a doughnut. Except it does! Our body works harder to extract calories from some food compared to others, which is why calories don't count. Remember, we eat food, not calories.

## A Beginner's guide to Zoom

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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 class 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](http://u3ac.org.uk/wp-content/uploads/2020/07/Zoom_Cribsheet_for_tutors.pdf)