

Message from the Chairman

This term has seen the introduction of two significant innovations, one more welcome than the other. The first, less welcome, has been having to modify our behaviour to accommodate Covid. The second has been the introduction of hybrid course delivery - well done to the tutors who have taken on the additional challenge of involving both face-to-face and remote members in their classes. While this was our first term of this mode of course delivery, it is going to become a standard offering in future; so an important beginning.

In relation to Covid, while we do not have statistics on incidence of infection among our members, the staff's general impression is that the rate of withdrawal from courses is no higher than any other (pre-Covid) term. Nor have we had any reported incidents of members being infectious while attending courses. Neither of these observations is definitive proof, but they are both encouraging signs that what we are doing is helping to protect ourselves, each other, and our staff. However, at the time of writing (6 December) there is still considerable uncertainty about the impact of the latest variant, Omicron. Until there is more scientific evidence and government guidance, all we can do is continue the precautionary measures that appear to have kept us safe. As government guidance changes, so we need to amend our advice to members. Keep an eye on the weekly Bulletin for updates.

2022 is the 40th anniversary of the founding of U3A in Cambridge and nationally. We are planning to mark it in various ways to increase our public profile locally and emphasise the range of courses and activities that we offer. The first event will be two lectures in the Debating Chamber of the Cambridge Union on 22 March (see page 12 for further information). The overall objective is to get our membership back to its pre-pandemic levels (approximately +500 from where we are now).

A new initiative that will be undertaken in 2022 is a review of the longer-term direction of U3AC. The rationale is that Covid has caused considerable change to the organisation, not least the drop in membership and the new means of course delivery, specifically online via Zoom. So it is an opportunity to take stock and plan our future. During this exercise, we will seek to understand your views about how you would like U3AC to evolve over the next five years and beyond.

At the 2022 AGM on Tuesday 22 March (see page 13) we will be looking to recruit up to four new Council members who, in time, will fill important roles within the governance of U3AC; specifically to join the Courses Committee, organise the Wednesday Lecture programme and as the charity Secretary. If you are considering joining the Council and would like to find out what is involved, please contact me on chairman@u3ac.org.uk I'd be happy to have a conversation with you and outline the roles.

In the meantime, on behalf of the staff and Council I'd like to wish you all the best for the festive season and a more recognisably "normal" 2022.

Tim Ewbank

Christmas closing

The Office will close on Tuesday 21 December 2021 at 2 pm and reopen on Thursday 6 January 2022 at 10 am.

Message from the Secretary

An important date for your diary

The AGM will take place on Tuesday 22 March 2022 (**not** on 23 March as previously announced) in the Debating Chamber of the Cambridge Union, 9A Bridge Street. The meeting will form part of an afternoon event beginning at 2.30 pm with a lecture by John Keyworth, former Curator of the Bank of England Museum, to be followed by the AGM and a break for members to meet one another. Thereafter the Norah Boyce Science Lecture will be given by Sir Paul Nurse, former President of the Royal Society and Chief Executive and Director of the Francis Crick Institute. Further details will follow in the Bulletin and on the website. (The event will of course be subject to whatever Covid-19 pandemic restrictions and guidance are in place at the time.)

Four seats on Council will become vacant on 22 March 2022, and nominations are therefore sought for eligible candidates to stand for these vacancies. The procedure to be followed is set out at the end of this Newsletter.

Penny Carter

Term Dates

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.

2022-2023 Academic year - Autumn Term: Monday 10 October 2022

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

PHO 03: Enhancing photos on your Mac (Spring term)

Tutor: Tim Ewbank

Day and time: Thursday 14:30 - 15:30

Venue: U3AC (Yellow room)

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

Places: 14

Start date: 17 Feb

This course will enable you to organise and make the best of the (thousands?) photos on your Apple Mac using Apple's Photos application. During the course you will learn how to:

- crop and visually enhance your images in various ways
- organise your photos into albums, by location, faces or using keywords (no point having outstanding images if you can't find them!)
- produce good quality images for printing, both individually and in photobooks

- incorporate images into other Apple applications e.g. presentations
I can't promise to make you a better photographer, but I can help you get the best out of the photos you've taken! This is a hands-on course for Apple Mac computer users only, no iPads please; as they use Photos in subtly different ways.

Format: Taught course

About me: I've been an Apple user for over ten years and manage a photo library of over 15,000 images in Photos

Art and life: John Singer Sargent and Elsie Palmer - Stories behind a famous portrait

Speaker: Emeritus Professor Philip Stott
Day and time: Friday 11 February, 10:45 – 11:45
Venue: U3AC (Pink room)
Places: 30

Every picture tells - or hides - a story, but especially so when it is a masterpiece by a great artist. In 1889/90, the American, Italy-born, artist, John Singer Sargent (1856-1925), painted an unconventional portrait of a young American woman, Elsie Palmer (1872-1955), set against the oak panelling of Ightham Mote, a late-Medieval manor house in Kent. This fully-illustrated talk examines why these two Americans came to be at The Mote; how the portrait captures the essence of the Aesthetic Movement; and what happened to Elsie in life, a drama of betrayals, of love and loss. We 'deconstruct' the image itself, and uncover the byways of Elsie's story, including her friendship with Virginia Woolf and the suicide of her husband.

1984 Speak - the language which controls us

Speaker: Emeritus Professor Philip Stott
Day and time: Monday 7 March, 14:55 – 15:55
Venue: U3AC (Pink room)
Places: 30

In this illustrated talk, we analyse how the language-world of George Orwell's dystopian novel, *Nineteen Eighty-Four* (published 1949), has become a dangerous reality today. We consider the importance of semiotics - the study of signs and signification - and of grand narratives, and how 'doublethink', 'Newspeak', 'Minitrue', and 'thoughtcrime' control advertising, politicians, our broadcast, print and social media. We learn how the purpose of this 'control' is "not only to provide a medium of expression for the world-view and mental habits proper to ... devotees ..., but to make all other modes of thought impossible." You may indeed be surprised to learn how we have all been bamboozled by widely-used 'aphorisms' and images.

Dr Ron Gray Memorial Conference 2022: Identity Politics and Culture Wars

U3AC's 2022 conference will be held in the McCrum Lecture Theatre at Corpus Christi College on Saturday 26 March, starting at 10 am and finishing at 1 pm. Please contact the Office to book a place.

Are we in a political age where questions about social class, economics and the distribution of income have been replaced by others relating to ethnicity, sexuality or gender identity? Has Identity replaced Social Class as the defining element of our political allegiances?

For years demographic changes have been undermining traditional political partisanship. In 1966 fewer than a third of working-class voters voted Conservative. In 2019 more than half did. What has changed? Has the expansion of higher education created a new political identity? Has Brexit created new political identities?

And what are the "culture wars" which allegedly arise from the politics of identity? How does cancel culture relate to that? Why has J.K.Rowling come under attack from transgender activists? Why was Professor Stock "cancelled" by her students at Sussex University?

The Ron Gray Memorial Conference will address such questions on 26 March. Guest speakers provisionally booked to speak on this burning topic of our time are Kenan Malik, *Observer* journalist and author, and Dr Ali Meghji from Magdalene College.

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 Lecture recordings

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

About Courses

Interested in running a course?

There will be a meeting for prospective tutors with members of the Courses Committee to discuss what is involved in running a course. This will be an opportunity to ask questions about any aspect of course leadership on a strictly “no commitment” basis. It will take place on Wednesday 12 January 2022 at 10.30 am in U3AC (Pink room).

If you are interested in attending, please contact the Office to book a place.

Tutors' proposals for courses

Planning for the 2022-2023 academic year will begin in March when current and prospective tutors will be sent an email advising them it is time to submit their proposals online.

The closing date for proposals to be submitted is 13 April 2022.

Next year's programme

We have noticed that courses and talks on Local History are very popular with our members. For a variety of reasons, there was a gap in this area in last year's programme. Is this something you are interested in? Could you consider running a course for next year?

In particular, we didn't run a 'Your Cambridge' course in 2021-2022. These courses were always oversubscribed and the previous course leaders have a wealth of experience and contacts that they would be happy to share with anyone interested in resurrecting this. Please contact the Office if you are interested.

Tutor mentors: Information now on the website

The Courses Committee and I are pleased to say that we now have a number of tutors who have volunteered to be tutor mentors. The details about what they are offering in the way of support to other tutors are now on the website. This can be found in the Tutor Support section <https://www.u3ac.org.uk/about-courses/running-a-course/>

This is a very positive step in providing another form of tutor support and we would like to thank these volunteers on your behalf.

Maggie Balshaw, Director of Studies (Courses), on behalf of the Courses Committee tutor support team

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 or in the U3AC premises: 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' contact 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.

Do you attend a course at a non-U3AC venue?

We could not run our wide variety and large number of courses without using many 'non-U3AC venues' in Cambridge and beyond. We appreciate the way staff at these venues accommodate our needs and we want to continue to be welcome guests. Please help us by responding courteously to requests from venue staff, by being mindful of the needs of other users, by not arriving too early for your course and by leaving promptly afterwards.

General Information

Park Street car park

Members who have previously used the Park Street car park should be aware that it will close on 4 January 2022 for redevelopment. For further information see:

<https://www.cambridgeindependent.co.uk/news/park-street-multi-storey-in-cambridge-will-close-in-january-9214374/?fbclid=IwAR3Mu8u0zjaLyjBiMGBPuoh6p69PiFuxejx2N-lyV5P2E4XC1ED-w6syEY8>

A reminder

The annual membership subscription of £95 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.

Exhibitions

If any U3AC group or individual would like to hold a 3-week exhibition of their artwork in the U3AC premises, please contact the Office to reserve a slot. If you sell your work through the exhibition the U3AC would appreciate a donation from your profits.

Book and jigsaw swap

The free Book and jigsaw swap is in the social area on the second floor of the U3AC premises. Simply take along a book or jigsaw you no longer wish to keep and swap it for something from the shelves. You can keep the swapped item or swap it again for something else. Nothing too battered, please, and books no larger than A4.

Discounts to members

We have negotiated 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

The Environment Group has updated their objectives:

The objective of the U3AC Environment Group (EG) is to inform and educate members in all aspects of the natural and built environment, meaning factors such as climate change, emissions,

water pollution and extraction, energy supply options, and the effects of government policies in environmental matters. We also take an interest in local sustainability issues and provide links via our webpage on the U3AC website, to local events and information on how people can become involved in Cambridgeshire and surrounding regions.

The EG meets regularly to discuss environmental issues, and some members present on topics of their choice for information and debate. The EG also organises seminars from time to time on major issues with expert external speakers, open to all members of the U3AC.

For more information on the Group see the website <https://www.u3ac.org.uk/social/xtra-groups/environment-group/> or contact the Chair, Leslie Miller-Bernal, on environmentu3ac@gmail.com

Deaths

We were sorry to hear recently of the deaths of:

Leni Olsen-Furrer in August	Clifford Squire in October
Monica Sommereux in August	Dunn Kirk in October
David Nash in August	Ann Roseblade in November
John Salmon in September	Hilary Perraton in November
Patricia Brobyn in September	Dave Peat in November
Grant Rabey in September	Pam Gavin in November
Cherry Dainty in September	

Cultural and Social Activities

The Committee of the Cultural & Social Activities have met for a couple of meetings to discuss how we might begin organising trips for next year. Appreciating the difficulty of not knowing what might be happening in the near future, we have 'put our heads together' and decided, firstly, to visit the new Cambridge Mosque in late April / early May and, secondly, to run our postponed trip to Sutton Hoo on Wednesday 22 June. Application for the latter will be advertised in February. You will be alerted to both of these in the weekly Bulletins.

Other ideas are being explored and we will advertise them in the New Year as appropriate. Hopefully things will 'get better' in 2022!

Clem Messenger

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 15 February 2022.

General information

Survey of leg cramps

We are two retired medical practitioners who wish to enlist your help in a survey into nocturnal or so-called leg “rest cramps”. They occur predominantly in older people. Although these cramps are common very little is known about their causation or treatment.

We are unaware of any recent comprehensive survey of rest cramps in the literature, and we plan to rectify this by collecting anonymised data with an on-line questionnaire. The object is to increase our understanding, raise awareness and encourage further research. We believe that if we can persuade enough of you to help us, we could produce a useful and meaningful contribution to our understanding of cramps. Whether or not you suffer from cramps we would like you to take part in this survey so that we can compare the two groups. Some of the questions may seem irrelevant and personal but we have planned it carefully to see if we can get to the root of the problem. Even if you decide to do only part of the survey that information could still be of value.

The study will ensure complete confidentiality and anonymity. Those collecting or analysing the data will not know the names of the participants. The data will not be passed to anyone else.

Requests for surveys are very common these days, from shops and others who wish to increase their sales, but our aims are truly altruistic and purely designed to help cramp sufferers. Please help us if you feel you can.

We are also asking other organisations for help with this, so if you have already completed the questionnaire, please do not complete it again.

With our thanks in anticipation.

Please use this link to access the questionnaire: <https://forms.office.com/r/U4b5F6w952>

Bill Everett, MCh FRCS. Retired Consultant General Surgeon.

Robert Whitaker, MD MChir FRCS Retired Consultant Urologist. Lecturer in Clinical Anatomy.

Other organisations

Details of events held by other organisations can be viewed on our website:
<https://www.u3ac.org.uk/social/other-organisations/>

U3AC Film Group

Established in October 1999 with the much valued contribution of the Arts Picturehouse Cambridge management, the aim of the U3AC Film Group is to show a wide range of the best in both historic and contemporary world cinema from all countries, generations and genres, and our programmes take a robust and adventurous approach to the history of cinema. The Group's shows take place at the Arts Picturehouse every Tuesday during term time, and our films are shown in Screen 2 or Screen 3. There are no ads or trailers which means that all of our films commence promptly at 1.00 pm other than when an epic or exceptionally lengthy film is shown, and members are kindly requested to adhere to the start time of 1.00 pm as a dark cinema can be hazardous. Members are most welcome to attend our post screen discussions and to make suggestions for future showings.

This term we continue with our celebration of films of the decades with the Fifties, and the continuation of our Chaplin and Huston mini tributes.

Members are kindly requested to ensure that all electronic devices are switched off or in the case of mobile phones switched to silent mode, and under no circumstances should photography/filming take place in the cinema.

Spring Term

We apologise but at the time of going to press, the list of films had not been finalised. When the list is confirmed, the details will be in the weekly Bulletin and on the website

Tickets for U3AC Film Group screenings

Tickets for single shows are available on the door for the standard cinema ticket price. U3AC members can get a reduced-price ticket by first purchasing a U3AC 10-week Term Card (or adding this to your existing Picturehouse Membership), and then obtaining a paper ticket (at no additional cost) on the day.

1. Buy a 10-week film term card for the discounted price of £45. This allows you entry to each of the 10 films screened at 1 pm each Tuesday of the term, at no extra cost.
 - To get set up, register at any till at the Cambridge Arts Picturehouse near the beginning of a term. Bring your U3AC membership card as proof of eligibility to this scheme.
 - The Picturehouse staff will issue you with a plastic Picturehouse Membership card, which stores your 10 free U3AC screening ticket credits on it, lasting the whole of the 10-week term.
 - Please keep this card and renew it at any Arts Picturehouse till before each term (you cannot do this over the phone or on the U3AC or Picturehouse websites).
 - **Note:** If you already have a plastic Picturehouse Membership card, either one for which you've paid an annual fee or a prior U3AC Term Card, Picturehouse staff will add the current U3AC term to your existing card.
2. You will need a paper ticket to gain entry to each week's U3AC film.
 - Present your plastic Picturehouse Membership card at any till in the cinema to get your 'free' ticket to the current week's U3AC film.
 - Show this to the usher at the door to gain entry to the film.

Norah Boyce Science Lectures – Spring Term 2022

These weekly lectures will take place on Tuesdays at 4.30 pm online via 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”

8 February **Mitigating climate change**

Speaker Professor Alan Windle FRS, Department of Materials Science and Metallurgy

22 February **Upside down and inside out: Understanding early multicellular life**

Speaker Professor Raymond E. Goldstein FRS, Department of Applied Mathematics and Theoretical Physics

1 March **SARS-CoV-2 variants: Past, present and future**

Speaker Professor Sharon Peacock CBE FMedSci MRCP, Department of Medicine and Director of Covid-19 Genomics UK

22 March **Please see separate item on page 12**

Wednesday Lectures – Spring Term 2022

These weekly lectures will take place at 2.15 pm online via 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.

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

19 January The origins of Cambridge

Speaker Quinton Carroll

Cambridge is rightly seen as one of the most historic cities in the country, yet its origins go back much further than the University and its ancient heart lies elsewhere. Archaeological excavations over the decades now allow us to reconstruct those origins.

Quinton Carroll is Head of Historic & Natural Environment Services and County Archaeologist, Cambridgeshire County Council.

26 January Forensic anthropology - just like in the movies?

Speaker Corinne Duhig

The media version of the forensic anthropologist is either peering down a microscope in a darkened laboratory - about to be attacked by a crazed perpetrator - or deep in a muddy pit excavating genocide victims while in range of a sniper. There are some grains of truth in these depictions, which Dr Duhig will talk about, as well as the real discipline and the challenges and rewards of her work, at home and abroad.

Corinne Duhig PhD FSA MCIfA is an archaeologist and anthropologist, and Director of Studies at Wolfson and Lucy Cavendish Colleges.

2 February Whatever happened to Yugoslavia? The destruction of a European nation

Speaker Michael Copley

Michael will talk about the history of the formation and destruction of a European nation, how and why it was created, the origin of the many myths and misconceptions created there and what led to its eventual demise.

Michael Copley is a Cambridge-based musician who knew former Yugoslavia and has been closely involved with music projects in Bosnia-Herzegovina.

9 February How accountants could help save the planet: The case for sustainability accounting

Speaker Richard Murphy

COP 26 saw the launch of a new accounting body to help companies prove their green credentials. But is the accounting profession doing enough to hold big business to account for its carbon emissions, and what should accountants really be doing if business and the planet are to be considered what accountants would describe as a 'going concern'?

Richard Murphy is Professor of Accounting at Sheffield University Management School, CEO of Tax Research LLP and the Corporate Accountability Network and a columnist for *The National*.

16 February A search for seven typical children to represent the UK

Speaker Danny Dorling

Suppose you were given the task of finding seven children who could be said to typify the range of the 14 million children living in the UK today. How might you go about your task and what might you discover in doing so? (Members may well recall the TV series 7-Up. That very popular series, however, deliberately selected children from the extremes of society who were not typical of the UK.) In this talk, Danny will explore the diversity of personal circumstances facing Britain's 7-year-old children today. Are they all in it together?

Danny Dorling is Professor of Human Geography at the University of Oxford.

23 February In search of lost time: Memory and autobiography

Speaker Alan Mcfarlane

Alan recently gave a lecture to U3AC on China, but this one will focus on memory. How well do we really remember our own past and how can we write a social history of ourselves from what materials survive? Alan has been a diligent record keeper of his own long and unusual life as a historian and anthropologist at Cambridge. He is currently writing his own autobiography and has got as far as his arrival in Cambridge in 1971 at the age of 30. This has involved him revisiting a vast trove of documents, expanding on, complementing and sometimes contradicting his own recollections. Alan will talk about this project, with a particular focus on what this tells us about how memory works - necessarily from a personal perspective, but nevertheless with universal application to us all.

Alan Macfarlane FBA, Emeritus Professor of Anthropological Science, University of Cambridge (Life Fellow of King's College), author of *Understanding the Chinese; A Personal A-Z* (2020).

2 March Spiritus Equis - A psychiatrist's journey: How horses help people in trauma recovery

Speaker Deborah Judge

Deborah will illustrate how, in following a career in psychiatry, and working with mental health and trauma, the observations and experiences with horses along the way form useful connections and opportunities for learning. This journey with horses may help in our understanding of trauma and recovery.

Deborah Judge MRCPsych, Equine Assisted Psychotherapy Practitioner, is a Child and Adolescent Psychiatrist

9 March The new great game - UK foreign policy in Central Asia

Speaker David Hardy

David will draw on his extensive experience from living and working in Central Asia. This region was at the core of international rivalry between the Russian and British Empires. Today's oil needs, tomorrow's move away from oil, and China's new Silk Road (the Belt and Road initiative) mean that Central Asia is still at the core of international rivalry. But most people have no clue where Central Asia is. And given Central Asia's resources, our foreign policy seems to need more baking.

David Hardy is a past president of the European Association of Distance Teaching Universities, and former Vice-President (Europe), International Council for Open and Distance Education affiliated to UNESCO.

16 March How can we make safe and effective drugs?

Speaker Ian Dunham

Modern medicines are increasingly sophisticated, yet for every new drug that is approved nine other drugs fail in clinical trials. Ian will describe the modern drug discovery process, why potential drugs fail and how we can improve the process to produce more effective and safe medicines.

Ian Dunham, Director of Open Targets, has worked at the forefront of human genetics and genomics research and now leads a consortium aiming to translate those developments into safe and effective medicines.

U3AC 40th Anniversary - Tuesday 22 March - Date for your diary

Live lectures and AGM in the Debating Chamber of the Cambridge Union, 9A Bridge Street

2.30 pm Amusing, shocking, informing: Cartoons and caricatures of the Bank of England

Speaker John Keyworth

John will examine some of the sharply-penned cartoons and caricatures of the past two centuries which poke fun at that pillar of the Establishment, The Old Lady of Threadneedle Street.

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

3.15 pm AGM

3.45 pm Break

4.30 pm What is Life?

Speaker Sir Paul Nurse FRS

Paul will consider the question “What is Life?” by discussing five great ideas of biology, ranging from the ‘Cell’ to ‘the Logic of Life’. These concepts set a direction of travel towards a definition of life.

Paul is the Director of The Francis Crick Institute, former President of the Royal Society and Nobel Laureate for Physiology or Medicine.

Nominations for Council

Council members are U3AC's trustees and, as such, have responsibility for the organisation's finances, policies and operations. Full details of the role of trustees can be seen at: <https://www.gov.uk/guidance/charity-trustee-whats-involved>.

In terms of time commitment, membership of Council requires preparation for, and participation in, approximately six meetings each year together, where necessary, with participation in the committees and/or working groups essential to the efficient operation of the organisation. Council members are also expected to take part in certain social and new member events.

At the AGM on Tuesday 22 March 2022 four seats on U3AC's Council will become vacant. Nominations are therefore sought for eligible candidates to stand for these vacancies. Eligible candidates must be U3AC members who did not serve their second term on Council in the period March 2020 - March 2022 and are not disqualified by charity law to act as a trustee. For guidance on disqualification see <https://www.gov.uk/guidance/automatic-disqualification-rule-changes-guidance-for-charities>.

Penny Carter, U3AC Secretary, who reaches the end of her first term as a member of Council at the AGM and is therefore eligible under the Constitution to serve for a second term, is standing for re-election.

If you are considering joining the Council but would like to discuss the possibility, prior to making up your mind, please contact the current Chairman, Tim Ewbank at chairman@u3ac.org.uk

If you would like to nominate someone to stand as a candidate, please ensure your suggested nominee is willing and then find another U3AC member to second your proposal. Nominations must include:

- Full name of the nominee, your name as proposer, and the name of the seconder
- Photograph of the nominee
- Short statement by the nominee summarising their involvement with U3AC activities, including length of membership, the skills and experience they would bring to the role and any other relevant information.

Nominations should be sent to: The Secretary, U3AC, 27-28 Bridge Street, Cambridge CB2 1JU; email: secretary@u3ac.org.uk **no later than Tuesday 22 February 2022.**

If more than four nominations are received, a ballot will be arranged.