

## Message from the Chairman

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The spring term started badly with Omicron still prevalent in Cambridge. In these circumstances, some members opted to attend their courses remotely rather than in person, entirely understandably. Fortunately with five terms of experience of online courses between staff, tutors and members the transition was manageable and the course programme continued uninterrupted.

Despite Covid being with us throughout the Spring term, we have managed a full programme of courses. While we escaped without a single infection being reported among members in the Autumn term, there have been some this term. Thank you all for continuing to put up with the inconvenience of wearing face coverings in our Bridge Street offices for the greater good of the staff and membership.

Our first in-person AGM for three years (yes, the last one was 2019) was a great success, with an excellent turnout of over 190 members. It took place in the Union Debating Chamber on the 40th anniversary of the actual day that the inaugural U3A Easter School began in 1982. The necessary administrative business of our AGM was sandwiched between an entertaining talk by John Keyworth “Cartoons and Caricatures at the Bank of England” and Sir Paul Nurse’s Norah Boyce Science Lecture, which outlined five attributes that address the profound question “What is Life?”. Importantly the membership elected six Council members - Penny Carter, Vanessa Connolly, Ralph Ecclestone, Kevin Holmes, Sally Livesey, John Proctor to replace those standing down; Mike Atkinson, David Burgess, Jane Stevens & Stella Weeds.

Looking forward, Summer School will be back from Monday 11 July – Friday 5 August as will the “Thank you” events for tutors and organisers on 23 & 24 June.

We are planning a programme of events to mark our 40th anniversary, including teas in college gardens, wine tasting and a bring-your-own picnic. More details will be announced in the Bulletin once the details are finalised.

Looking to next year’s programme, tutors will need to be thinking about their course proposals. As mentioned previously, our membership is still 15% down on our breakeven point, so the Council has been actively promoting U3AC through several channels, including radio interviews on Cambridge 105 (recordings can be found at <https://www.u3ac.org.uk/join-us-2/> and the Cambridge Independent. In addition, anything you can do to encourage people to join will be helpful.

To end on a cheerful note, with the warmer weather over the spring & summer, hopefully we will all be able to make good use of the outside social space on the second floor.

**Tim Ewbank**

## Term dates

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

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

### **2022-23 Academic year**

Monday 10 October – Friday 16 December 2022

Monday 16 January – Friday 24 March 2023

Monday 17 April – Friday 16 June 2023

## Can you help?

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### Zoom hosts required

We expect the demand for Zoom courses to continue in the next academic year which means that we need to start thinking about administering them in the long term.

We have been very fortunate to have Joe but he has moved on to pastures new and we therefore need a small team of volunteers to take over.

We are looking for volunteers to start training as Zoom hosts now so that over the next few months they become fully proficient in time for the start of term in October.

Interested members will be friendly and welcoming, have a good understanding of computers and have attended Zoom courses.

The role entails being in the U3AC premises, opening and closing the Zoom classes as a host on our licenses, being alert to anyone having technical difficulties, troubleshooting and giving advice where possible, taking the register, liaising with the Office staff via walkie talkie and tidying classrooms at the end of the day.

Could you spare half a day each week in term time? The day would be the same each week and would be fixed by mutual agreement.

This is a very important role which benefits a large number of members, without volunteers we will be unable to host Zoom courses. Please contact the Office if you are interested.

### Reception volunteers needed

We require some emergency volunteers to help cover the reception desk when the regular volunteer is not able to.

You will be meeting and greeting members as they come onto the first floor and be there to assist them with any enquiries they have. You will need to be confident with using the website and know where to find things on it. Please contact the Office if you are interested.

### PHL 05: Humanism and religion

New co-ordinators are sought for this course which has been running for a number of years. It has traditionally been held on a Saturday morning but there is no reason why another time and day to suit a new co-ordinating team could not be offered.

If any member of the U3AC feels they are able to lead this course please get in touch. The existing leaders have a list of speakers and contacts and will give every assistance to a new team.

A number of the attendees of this year's course have said they would participate if a course was run next year.

## Summer Term courses

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At the time of going to press the following courses starting in the Summer term had vacancies, full details of each course can be found on the website. Please email or ring the Office to enrol.

- FIT 26 Tennis (Please note more members are needed to make this viable)
- HIS 22(z) May thou sink in sin - The medieval Scottish castle
- LEI 20 Scrabble - out of town
- LEI 22 U3AC bowls club
- PHL 10 The conquest of the Promised Land in the Old Testament
- SCE 05 Chemistry tales - Analysis and detection
- SFM 03 Buddhist meditation 3: 'Aspects of the practice of mindfulness'

## Summer School

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The 4-week Summer School will run from **Monday 11 July to Friday 5 August 2022**.

The proposal form for tutors will be available online from **Monday 25 April** and the closing date for submitting proposals is **Tuesday 31 May**.

The Summer School programme will be available to members from **Monday 6 June**.

Once available you may:

- Download a copy from the website
- Request an emailed copy
- Collect a paper copy from the U3AC Office

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

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### ART 11: Paint, Draw in Cambridge

**Coordinators:** Samara Philipott, Maxine Fay & Maggie Balshaw

**Day and time:** Tuesday 13:30 – 16:00

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

**Places:** 14

**Start date:** 26 April

Join us to discover more about Cambridge by painting and drawing in the city. Each week we will visit a different place to be inspired by what we see. Where we go may be weather dependent so we will inform you of the venue a few days before each session. There may be a small charge at some venues. You will need to provide your own art materials and equipment.

**About us:** Samara, Maxine and Maggie are enthusiastic art class attendees and coordinators, doing this over about ten years.

### HIS 46: A brief review of the Cold War and its current implications

**Tutor:** Jo Whitehead

**Day and time:** Tuesday 9:30 – 11:00

**Venue:** U3AC (Pink room)

**Length of course:** 1 term. Summer (3 weeks)

**Places:** 30

**Start date:** 26 April

Over three weekly sessions we will briefly summarise the cold war and its aftermath, with plenty of time for discussion. I have researched this period but am not an historian and so the design is intended to involve plenty of discussion and sharing of ideas. Short lectures will be punctuated with pauses for discussion. Session one will cover 1945-1992 and be more of a lecture. Session

2 will cover 1992-the recent past and start opening up for more discussion. Session three will be a more open session in which we will discuss key topics that appear to be pressing at the time. Hopefully we will have some good news to cheer us up. This course was intended to be a longer course on the cold war to be run in October, but I felt, given recent developments, it worth doing something more quickly.

**About me:** I have had an informal interest in the cold war for many years

### LEI 28: Next question....

**Quiz host:** John Abbott

**Day and time:** Monday 12:15 – 13:15

**Venue:** U3AC (Yellow room)

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

**Places:** 16

**Start date:** 25 April

The growing popularity of the various forms of quiz makes it timely for us to offer this new course. Shows like Mastermind, Pointless, Only Connect and University Challenge get big audiences, and pubs do very nicely out of them too. They enable us to sharpen our wits and prove we haven't 'lost it'. The format will include a range of topics: the arts, science, current affairs, geography, history and general knowledge, within a spirit of friendly competitiveness. Initially for individuals not teams, and in Bridge Street. Jenny Knight will be providing the questions and will be offering a new Language and literature challenge programme herself as usual. Please bring paper and a pencil with you.

**About me:** I have presented courses on several topics over the years and love quizzing, though asking is easier than answering!

### LIT 33: Language and literature challenge

**Leader:** Jenny Knight

**Day and time:** Thursday 11:00 – 12:00

**Venue:** U3AC (Blue room)

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

**Places:** 16

**Start date:** 28 April

Here is another opportunity to test your knowledge of English literature and language by quizzing. To enjoy the programme you need to be familiar with English language and literature and to have a good command of the language, but it is intended for fun, not competition. Questions encompass authors, poetry, novels, plays, children's literature, characters in literature, quotations, use of language, vocabulary and word games. Most quizzes are new; the few reused ones have not been aired for at least three years.

The plan is for at least two quizzes to be sent to members by email a few days before we meet each week. Members should not seek answers to these on the internet – that spoils the fun and makes scores meaningless. Answers will be shared in class, where more quizzes and word-based activities will be done together.

**About me:** In recent years I have been devising quizzes for a variety of organisations, making use of the miscellaneous knowledge I have picked up during a long career in publishing.

### SPA 07: Speaking Spanish

**Coordinator:** Mansel Bunford

**Day and time:** Monday 11:00 – 12:30

**Venue:** U3AC (Red room)

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

**Places:** 10

**Start date:** 25 April

This is a chance to improve your fluency in spoken Spanish talking about topics of your own choosing - both at length through a short presentation (one or two per session) and through follow up group discussion, using whatever audio-visual aids you have available (including in-class internet access). Subject matter is up to you: eg commentary on current social and political matters in Spain and Hispanic America, personal travel experiences, famous people, history etc. A good 'A' level competence in spoken Spanish would be ideal for participants. To give you a clear idea regarding topics, I have in mind

three possibilities for myself: 1) An account of my experience working and living in rural Ecuador; 2) Festivals in mainland Spain and on the islands; 3) An Andalusian village I know well. But choice is really unlimited. I hope the course will be both fun and of interest to all.

**About me:** I am a retired foreign languages teacher with an abiding interest in language and a desire to improve my spoken Spanish.

### One-off talks

#### Woodland words: The Ancient language of trees in the English landscape

**Speaker:** Emeritus Professor Philip Stott

**Date and time:** Thursday 5 May, 11:00 – 12:00

**Venue:** U3AC (Pink room)

**Places:** 30

The English landscape, a patchwork of woods, groves, hedges, field trees, and parkland, was 'carved' out of the great Mesolithic 'Wildwood' that once clothed most of the country. Unsurprisingly, this has given rise to a rich woodland vocabulary embracing everything to do with the form & function of trees, both individual and together. In this fully-illustrated talk, we shall examine the 'archaeological language' of our woods, with its roots deep in Proto-Indo-European, Anglo-Saxon, Old Norse, Norman-French, & medieval Latin. We shall also learn that woods are our history 'written into' the very landscape, and that they haunt our literature from William Shakespeare, Thomas Hardy, and Rudyard Kipling to Winnie-the-Pooh and Rupert Bear.

**About me:** I am Emeritus Professor of Biogeography, University of London, where I was Head of Department and Dean at SOAS; I edited the 'Journal of Biogeography' (Blackwell Science/Wiley) for 18 years.

## Positive Psychology – practical applications to our everyday life to increase our wellbeing

**Speaker:** Dr Senay Aydin, PhD

**Date and time:** Thursday 26 May, 11:00 – 12:00

**Venue:** U3AC (Pink room)

**Places:** 30

This talk will focus on the application of positive psychology (PP) and how it can be useful to increase our wellbeing.

Furthermore, I would like us to think about

building our resilience, optimism and how we can increase positive emotions and as a result feel happier. Additionally, I would like us to focus on identifying our strengths and its benefits to playing them to our strengths.

**About me:** I have had a career in vision sciences (optician, optometrist and senior lecturer for optometry) for two decades and decided to have a career change and became a Positive Psychology Practitioner and Coach.

## Programme of Courses 2022-23

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

We recently asked members which courses they would like to see in the Programme of Courses. Responses covered a wide variety of topics. U3AC's ability to respond to demand depends of course, on members coming forward with offers.

A list of the responses to our survey is available on our website <https://www.u3ac.org.uk/wp-content/uploads/2022/03/Members-requests-for-courses.pdf> could you offer to run one of these?

If you would be willing to run a course, please contact the Office for further information and instructions on how to submit the details – the closing date for submitting proposals is **13 April**.

## Open Day

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An Open Day for prospective members will be held on Thursday 7 July 2022 from 10 am – 1 pm.

Please tell your friends and neighbours.

Please note staff will not be able to assist current members with enrolments or enquiries on this day.

## 40<sup>th</sup> Anniversary year

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A programme of events to celebrate the 40<sup>th</sup> Anniversary of U3AC is being arranged. Once finalised, this will be published in the weekly Bulletin.

## About Courses

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### Feedback for courses

We have sent an email request to members to complete a feedback survey on courses they have attended that finish this term. This applies to two-term autumn/spring and one term spring courses.

The information that you offer about your experiences is appreciated by tutors as they can use it to inform their own reviews and in planning their next course. We have received appreciative emails from tutors who value this feedback.

The information is also useful for the Office and Courses Committee in identifying overall satisfaction and engagement patterns from members. All feedback is treated confidentially.

### 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 in our Bridge Street 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 courses, lectures or activities**. Members can 'attend' the Wednesday and Norah Boyce lectures (space permitting), apply for up to 6 courses and apply for events 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.

### U3AC 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](mailto:environmentu3ac@gmail.com)

## 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

The next U3AC Council meeting will be on Tuesday 21 June 2022.

## Deaths

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We were sorry to hear recently of the deaths of:

Cathy Moore in December

Michel Tilche in February

Robert Milsom in January

Mary Bedford in March

## Other organisations

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

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

## U3AC Film Group programme – Summer Term 2022

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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

## Norah Boyce Science Lecture recordings

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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

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

## U3AC Cultural and Social Activities Committee

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

### Information about these activities may be obtained from:

- the weekly Bulletin, sent by email or pick up a printed copy from U3AC premises
- the website: [www.u3ac.org.uk](http://www.u3ac.org.uk)
- by emailing the Office: [office@u3ac.org.uk](mailto:office@u3ac.org.uk)

### Application forms can be obtained in the following ways:

- download from the website, in the Trips and Visits area (you will need to log in)
- from the display area at the U3AC premises
- at the Wednesday lectures
- by emailing the Office
- by sending a stamped addressed envelope to the Office with the name of the event in the top left-hand corner

**Forms are usually available about 4 weeks before the outing.** It is important that you:

- Complete the form correctly - especially the section at the bottom specifying a contact number for emergency purposes as this is a legal requirement.
- Send your completed form to the U3AC Office or place it in the Collection Box at U3AC *before* the closing date.
- Include a stamped addressed envelope.
- Clearly mark the back of the envelope with the name of the trip.

**If there are more applicants than places** a draw is held about 2 weeks before the event in order to make it fair for everyone. If your application has been successful you will be sent an acceptance slip, otherwise your payment will be returned to you.

- Please bring your acceptance slip with you on the trip as confirmation of booking acceptance, to avoid any misunderstandings.

Members are reminded that places on a visit can only be offered to a friend who is **not** a member if there is no waiting list for a trip. Arrangements must be made through one of the organisers.

**Pick-up points:** Our standard pick-up points are the **Trumpington** and **Madingley Road Park and Ride sites** (where parking for the day is free). On Sundays we also pick up from **Trumpington Road, at the end of Bateman Street.**

### Our first trip for 2 years has been arranged:

Wednesday 22 June 2022 The Anglo-Saxon Royal Burial Ground at Sutton Hoo.

Cost which includes guided tour of the royal burial mounds:

£22 for National Trust members

£36 for non-members

Application forms will be available from Monday 25 April

**Organiser:** Monica Williams

Additional events will be advertised in the Weekly Bulletin.

## Wednesday Lectures – Summer Term 2022

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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 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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**27 April**                    **No lecture**

**4 May**                        **The history of the English Cottage Garden**

Speaker                      Andrew Sankey

In this talk Andrew will aim to show that the pretty romantic Victorian cottage garden painted by watercolourists of the period is false, and that the 'true' cottage garden was the poor labourers' cabbage patch with orchard, bean field and pig sty. The talk traces the development of the cottage garden to its present form that is loved and copied throughout the world.

Andrew is an ex-Teacher of technical drawing & graphic design, who changed profession and became a garden designer/landscaper and nurseryman.

**11 May**                      **Funerals without God**

Speaker                      Lynne Harrison

Funerals are important, we should talk about them more. Around the world and throughout history, human societies have marked important events in people's lives with ceremony. Funeral rites and practices in particular have always been important, and have differed widely in different societies, as they still do around the world today, influenced by religious faith and society's needs. Lynne will review some of the great variety of funeral practises, some seeming very strange to us, before talking about what a Humanist funeral can offer today.

Lynne started her working life as a lab scientist before moving into the field of science communication, and then adult education. She trained and qualified as a Humanist Celebrant in 2018.

**18 May**                      **A symphony of terror - 100 years of Nosferatu**

Speaker                      Matthew Daintrey-Hall

Join us for a spine-chilling celebration of a hundred years of Nosferatu. This talk will examine the aesthetic achievements of the world's first vampire film, the social and historical factors that helped mold it, and why vampire films have resonated with audiences ever since.

Matthew Daintrey-Hall is a Film Studies writer and lecturer, author of BFI Education's Teaching Men and Film, and currently lives in Nairobi, Kenya, where he runs the Unseen Gems rooftop cinema club.

**25 May**                      **The enigma of Sutton Hoo**

Speaker                      Sally Sibley

Using a combination of words, images and replica artefacts, Sally Sibley describes something of the culture of the people who lived close to, and probably used, Sutton Hoo - the iconic Anglo-Saxon royal burial site near Woodbridge - in the early 7th century. She will also describe the significant achievements of those involved in the 1939 excavation together with the latest information on Sutton Hoo following the completion of the £4m National Lottery Heritage Funded project, Releasing the Sutton Hoo Story, to enhance the visitor experience of the site.

Sally has been volunteering at Sutton Hoo for over nine years, and regularly gives presentations about it.