



**Summer School 2022**  
**A programme of talks and short courses**  
**Monday 11 July – Friday 5 August**

If you wish to attend any of the talks / courses you **MUST** enrol first with the Office quoting the course code. Please **email**, ring or come in to the Office; enrolments are not possible via the website.

Places are limited and are on a first-come first-served basis. It is therefore advisable to enrol early to avoid disappointment

Please note:

You may initially request 3 courses and places will be confirmed on application. If you request further courses (up to a maximum of 6) you will be placed on a holding list and be contacted if the course still has places, about a week before it starts.

You will not receive further confirmation or a reminder so please keep a note of the courses for which you have been accepted.



### **SP 01: Painting flowers in watercolour**

**Tutor:** Samara Philpott

**Day and time:** Tuesday 10:30 - 16:00

**Venue:** U3AC (Yellow room)

**Number of sessions:** 1

**Places:** 10

**Date:** 19 Jul

Spend a relaxing day first drawing and then painting plants, leaves and flowers in watercolour. All abilities welcome. This workshop is for people who have not attended the workshop before. Bring with you: A few flowers and leaves or a flowering plant. A soft pencil (2B) and a hard pencil (2H). A putty rubber. Drawing paper and white, smooth watercolour paper. 2 or 3 pointed watercolour brushes in various small sizes. Watercolour paints, at least red, yellow and blue. 2 small containers for water. Container for your flowers. A white pallet or china plate. Kitchen towel. A drawing board. Masking tape. And finally, a packed lunch. Tea and coffee available.

**Format:** Instruction, demonstration, members painting pictures

**About me:** I am an art tutor for U3AC. I have been painting botanical art pictures for many years and will help you produce beautiful floral works of art.

### **SP 02: Understanding ballet: The evolution of a Grand Pas Classique - 'Paquita'**

**Tutor:** Emeritus Professor Philip Stott

**Day and time:** Tuesday 11:00 - 12:20

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 12 Jul

This fully-illustrated presentation examines the origins and structure of one of the most spectacular 'Grand Pas' in the classical ballet repertoire, namely the famous 'Grand Pas Classique' added to the original French ballet, 'Paquita', by the great choreographer, Marius Petipa. We shall look at the history of 'Paquita', and of its 'Grand Pas', comparing Russian traditions with the renowned revival by Pierre Lacotte for the Opéra National de Paris. Through this, it is hoped to increase an understanding of how the grandest of pas de deux are structured, both musically and choreographically. The talk ends by analysing a full recorded performance of the 'Grand Pas Classique' (Opéra National de Paris). A talk for all lovers of the arts.

**Format:** Lecture

**About me:** I am a retired academic with a long-time interest in the history of both ballet and early music.

### **SP 03: Stitching**

**Coordinators:** Mary Richards and Judy Tillotson

**Day and time:** Wednesday 10:30 - 12:00

**Venue:** U3AC (Green room)

**Number of sessions:** 4

**Places:** 12

**Dates:** 13, 20, 27 Jul, and 3 August

We offer a practical session for those who enjoy all forms of needlework. This includes embroidery, tapestry, patchwork, quilting, needlepoint, crochet, knitting and other related crafts. Everyone is welcome to work on their own projects in good company. The friendly group of stitchers enjoy sharing their skills with each other and gaining inspiration from the projects of other members.

**Format:** Self-taught course or activity

**About us:** We enjoy a variety of needlecrafts, including knitting, crochet, patchwork (hand sewn and machine), quilting, embroidery, tapestry and general sewing.

### **SP 04: Presentations using Apple's Keynote: iPad**

**Tutor:** Tim Ewbank

**Day and time:** Monday 10:00 - 11:30

**Venue:** U3AC (Yellow room)

**Number of sessions:** 2

**Places:** 8

**Dates:** 25 July and 1 August

This is a hands-on course for those who'd like to learn/improve their presentations using Apple's Keynote software. If you have MS PowerPoint presentations you'd like to transition to Keynote, or a tired presentation that needs "sexing-up" or are planning a new course, this is the course for you. As it is to be a practical session, you will need to bring an iPad on which to work. Plenty of time will be allocated to actually building your Keynote presentation during the sessions, as well as between the two sessions. It's never too late to learn new skills!

**Format:** Taught course or activity

**About me:** I've been a longtime Apple Mac user. I deliver all my presentations using Keynote.

## **SP 05: Enhancing your photos on Apple Macs**

**Tutor:** Tim Ewbank

**Day and time:** Thursday 10:00 - 11:30

**Venue:** U3AC (Yellow room)

**Number of sessions:** 4

**Places:** 12

**Dates:** 14, 21, 28 Jul and 4 Aug

This course will enable you to organise and make the best of the (thousands?) of 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

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; it will be helpful, but not essential, to bring your MacBook to the class.

**Format:** Taught course or activity

**About me:** I've been a longtime Apple Mac user and 'manage' a photo library of 15,000 images on my MacBook.

## **SP 06: Presentations using Apple's Keynote: MacBook**

**Tutor:** Tim Ewbank

**Day and time:** Monday 12:00 - 13:30

**Venue:** U3AC (Yellow room)

**Number of sessions:** 2

**Places:** 6

**Dates:** 25 July and 1 August

This is a hands-on course for those who'd like to learn/improve their presentations using Apple's Keynote software. If you have MS PowerPoint presentations you'd like to transition to Keynote, or a tired presentation that needs "sexing-up" or are planning a new course, this is the course for you. As it is to be a practical session, you will need to bring a MacBook on which to work. Plenty of time will be allocated to actually building your Keynote presentation during the sessions, as well as between the two sessions. It's never too late to learn new skills!

**Format:** Taught course or activity

**About me:** I'm a long-time Apple Mac user and deliver all my presentations using Keynote.

## **SP 07: The Summer Armchair Economist**

**Organiser:** John Hall

**Day and time:** Tuesday 14:00 - 15:30

**Venue:** U3AC (Red room)

**Number of sessions:** 4

**Places:** 5

**Dates:** 12, 19, 26 July and 2 August

It's summer and the Armchair Economists continue over the summer school. With a few away on holiday, we have some spaces. This is an opportunity to find out what we are about. We focus, in a highly participative way, on the leaders and opinion pieces in the weekly edition of The Economist - a wide ranging magazine, with a very readable house style. The articles can be wide ranging and include UK and overseas politics, economics, finance, science, and culture. We ask what the implications might be, and what predictions we can make. Where time permits, there will also be the opportunity to share knowledge of other articles you may have found of interest. There are usually great insights and different perspectives. It's a marvellous way to be widely informed.

**Format:** Discussion

**About me:** Although not an Economist, I have been an avid reader of The Economist for decades and have chaired the 'Armchair Economists' for the last seven years.

## **SP 08: Scam Awareness 1**

**Tutor:** Sarah Freeman

**Day and time:** Tuesday 13:00 - 14:00

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 12 Jul

Scammers prey on people's vulnerabilities and exploit them in a number of ways. Our training is designed to give you the confidence to spot a potential scam, but just as importantly to spot a potential victim, and what you should do about it and where to report it. Come along to our training and add some tools to your toolbox to help you protect yourselves, friends, families and neighbours.

**Format:** Lecture

**About me:** CAPASP is a county-wide partnership working together to stop scams and doorstep crime. We are committed to helping as many people as possible recognise potential scams.

## **SP 09: Scam Awareness 2**

**Tutor:** Sarah Freeman

**Day and time:** Tuesday 13:00 - 14:00

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 19 Jul

Repeat of SP 08.

### **SP 10: Scam Awareness 3**

**Tutor:** Karen Reid

**Day and time:** Tuesday 13:00 - 14:00

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 26 Jul

Repeat of SP 08.

### **SP 11: Scam Awareness 4**

**Tutor:** Karen Reid

**Day and time:** Tuesday 13:00 - 14:00

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 02 Aug

Repeat of SP 08.

### **SP 12: Japanese cinema - anime**

**Organiser:** Alan Durham

**Day and time:** Wednesday 14:00 - 16:15

**Venue:** U3AC (Pink room)

**Number of sessions:** 4

**Places:** 30

**Dates:** 13, 20, 27 July and 3 August

By special request, I am continuing my survey of Japanese cinema by looking at the work of some young up-and-coming animators. Aimed at a young adult audience, and featuring some gorgeous artwork, these films make me feel young again - I hope they do the same for you!

**Format:** Film, with a short introductory talk.

**About me:** I have had a lifelong interest in cinema, and am fascinated by Japanese history and culture.

### **SP 13(z): Military History Circle**

**Leader:** Harry Belsey

**Day and time:** Wednesday 10:30 - 12:00

**Venue:** Zoom

**Number of sessions:** 6

**Places:** 45

**Dates:** 13, 20, 27 July, 3, 10 and 17 August

This summer the Military History Circle will present a selected number of presentations from its back catalogue. The course will be Zoom based with the presentations delivered by different members of the U3AC Military History Circle. The course will be accessible from your own home. Each session will generally comprise a major presentation of approximately 45 mins, with additional Q&A, plus a shorter postscript. The subject of the main presentations will be some aspect of historical conflict, the shorter postscript may be a personal experience or family history. A programme is available on request to habelsey@aol.com. New members are welcome; the only prerequisites are an enthusiasm for military history and an email address.

**Format:** Lecture plus discussion

**About me:** I have been running Military History courses for more than 10 years.

### **SP 14: Samuel Pepys and the English idea of Japan**

**Tutor:** Paul Hartle

**Day and time:** Tuesday 11:00 - 12:00

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 25

**Date:** 19 July

Exactly 350 years ago, an English ship, 'The Return', was sailing to Japan to try to re-establish a trading relationship begun in 1613 and ended unhappily in 1623. The attempt failed, leaving the two nations severed from each other until the mid-19th century. This illustrated lecture will outline that initial relationship but focus on how Samuel Pepys and his later 17th-century contemporaries understood Japan, drawing on his Diary, Library and role in seafaring matters.

Contemporary descriptions and images of Japan and others from the current exhibition at the Queen's Gallery, 'Japan: Courts and Culture', illustrate the talk, which I hope will be enjoyed by those interested in Japanese art and history.

**Format:** Lecture

**About me:** A former Renaissance English Literature lecturer, I spent a year teaching in Japan, developing a love of 16th/17th century Japanese culture and exploring Japan's early interactions with Europe, especially Britain.

### **SP 15: Tea, smuggling and the Hawkhurst Gang**

**Tutor:** Janet Pope

**Day and time:** Monday 11:00 - 12:00

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 25 July

Tea drinking was introduced to Britain during Charles II's reign and quickly became popular with the well off. It was expensive due to very high excise tax and the East India Company's monopoly on importing tea. This was a situation exploited by several gangs of smugglers particularly along the South coast. By about 1780 it is estimated that more than half of the tea consumed in England was smuggled. The Hawkhurst gang, based in Kent, was one of the largest and most notorious for the intimidation and violence they used. They operated almost unchallenged by the authorities but in the late 1740's gang members committed several high profile murders, their leaders were caught, tried and executed. In 1784 the government reduced the tea tax to 12.5% which stopped smuggling almost overnight.

**Format:** Lecture

**About me:** I became interested in the Hawkhurst gang when researching my family history; one of my possible ancestors was a gang member.

### **SP 16: Discovering and using the Cambridgeshire Collection**

**Tutor:** Susanah Farmer

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

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 13 July

A presentation on the resources available in the Local Studies collections in Cambridgeshire County Library service, including the Cambridgeshire Collection. The course will introduce the varied resources that can be used to research local history within the area of Cambridgeshire. The course is suitable for all levels, beginners to experienced researchers, highlighting the many sources of information to get you started, or help with your studies of Cambridgeshire.

**Format:** Lecture

**About me:** Current Cambridgeshire County Local Studies Librarian with previous experience in libraries and local government, and member of local and family history societies.

### **SP 17: Bringing them home: Shackleton's epic journey**

**Tutor:** David Horan

**Day and time:** Thursday 10:00 - 11:30

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 25

**Date:** 21 July

An illustrated lecture on the British Antarctic Expedition of 1914 and the loss of the expedition ship Endurance, recently found intact 3000m down in the Weddell Sea. And the subsequent astonishing journey that Shackleton and some of his men took in order to effect the rescue of the whole party.

**Format:** Lecture

**About me:** I have become fascinated in the Antarctic and its history since my visit to the white continent and some of the outlying islands.

### **SP 18: William Caxton: Pioneer of print**

**Tutor:** Jenny Knight

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

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 19 July

William Caxton unlocked literacy in Britain at the end of the fifteenth century by bringing the technology of the printing press across the Channel to Westminster. He made literature available to a significant proportion of the population and secured the survival of many classical and medieval works. He shaped our language too, bringing some consistency to the chaotic state of vocabulary and spelling that was the outcome of the arrival of migrants over the previous five hundred years. Since this lecture was last offered, in 2018, it has been revised; further research has uncovered more about the personal contribution made to our language and literature by this entrepreneur who helped to bring England out of the medieval age and into the modern world.

**Format:** Lecture

**About me:** The printed word has been the focus of my working life. Caxton's achievements and influence are an inspiration to me.

### **SP 19: Operation Cowboy: The race to save Austria's national treasure**

**Tutor:** Elizabeth Salmon

**Day and time:** Tuesday 11:00 - 12:30

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 2 August

In the last days of World War II, a German staff car with a white flag attached to its aerial pulled up at the headquarters of the 42nd Cavalry Squadron on the German/Czech border. The German officer in the car insisted on being taken to see the squadron's commanding officer, Colonel Charles 'Hank' Reed, who was a great horse lover. The photos that the German officer showed Colonel Reed launched a covert rescue operation behind enemy lines, to save horses associated with the Austro-Hungarian empire/Austria for over 400 years. This is a general lecture and no specialist knowledge of either horses or military history is assumed.

**Format:** Lecture

**About me:** I have been interested in horses since I was seven years old and always been fascinated in the role they have played in the history of mankind.

## **SP 20: Passive investment strategy (index trackers) - Is it for you?**

**Tutor:** Ian Hunter

**Day and time:** Tuesday 10:30 - 12:00

**Venue:** U3AC (Red room)

**Number of sessions:** 1

**Places:** 15

**Date:** 12 July

An outline of my personal experience in moving away from a financial adviser, to choosing an easy-to-manage investment strategy, that works for me. This may help those considering professional financial advice, the new world of Robo-advice, or whether to manage their own investments. I will outline what I learnt from this journey, some of the pitfalls to avoid, and indicate my investment strategy. John Tyson, who coordinates other U3AC classes, will briefly add his experience as a buy-to-let investor, as a comparison. (Please note that no personal financial advice can be given and you are responsible for checking and researching anything you may wish to act upon.)

**Format:** Lecture

**About me:** Passive investor, using index trackers.

## **SP 21: Advanced German conversation**

**Convenor:** Christine Venn

**Day and time:** Thursday 11:20 - 12:20

**Venue:** U3AC (Green room)

**Number of sessions:** 4

**Places:** 12

**Dates:** 14, 21, 28 July and 4 August

General conversation on any subject the group wishes to discuss.

**Level:** Advanced

**Format:** Discussion

**About me:** Native German.

## **SP 22(z): Write your own Hieroglyphs**

**Tutor:** Martin Harnor

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

**Venue:** Zoom

**Number of sessions:** 4

**Places:** 30

**Dates:** 12, 19, 26 July and 2 August

This course will help you write your own Hieroglyphs. The course will use material from Angela McDonald's book 'Write your own Hieroglyphs' published by The British Museum Press, though it is not essential to purchase the book to follow this course. It will cover the following topics: The Hieroglyphic Script, People and their Names, Gods and their Names and Animals and their Names. How were Egyptian Hieroglyphs first deciphered? How did Ancient Egyptians put their ideas into words? It is suitable for beginners as well as those who have some experience or interest in Ancient Egypt. You are invited to come along and find out more.

**Level:** Beginner

**Format:** Taught course or activity

**About me:** I have a life-long interest in Egypt and have visited some of the principal sites. I have professional experience of teaching and have run previous courses on Ancient Egypt.

## **SP 23: Reading and translating the Homeric Hymn to Aphrodite - workings of the power of love**

**Coordinator:** Philip Rubery

**Day and time:** Monday 11:15 - 12:30

**Venue:** U3AC (Green room)

**Number of sessions:** 4

**Places:** 11

**Dates:** 11, 18, 25 July and 1 August

The plan is to read aloud and translate from ancient Greek the Homeric Hymn to Aphrodite, number 5 in an eclectic collection of some 30 works. Some experience of reading Homeric Greek is essential. This Hymn to Aphrodite has 293 lines. It is one of the early works in the collection, perhaps dating from the last third of 7th century BC. It deals with the power of love. The language and style are distinctly Epic, and of all the Hymns it is the nearest to Odyssey and Iliad. It is in a new (2003) Loeb Classical Library volume (496) "Homeric Hymns. Homeric Apocrypha. Lives of Homer" that is available from Heffers, Waterstones and Amazon. It is also present on the Perseus web site in Greek with English translation by H. G. Evelyn-White, from the now-superseded 1914 Loeb volume. The organiser will supply a link on request.

**Level:** Advanced

**Format:** Self-taught course or activity

**About me:** I have previously taught Ancient Greek courses at U3AC and also courses in Italian and German. I am a biological scientist by background, with a long-standing interest in languages.

## **SP 24: Cryptic crossword summer drop-in**

**Convenor:** Ruth Cook

**Day and time:** Wednesday 11:30 - 12:30

**Venue:** U3AC (Yellow room)

**Number of sessions:** 4

**Places:** 16

**Dates:** 13, 20, 27 July and 3 August

This is a summer continuation of the Cryptic crossword club. Newcomers are welcome and tips and support will be given to those less experienced. The drop-in can be used as a taster for next year's course.

**Format:** Course or activity without teaching

**About me:** I have been enjoying crosswords most of my life and like the group atmosphere of the club.

## **SP 25: The Cambridge Greek play 2022 - The Persae**

**Tutors:** Hilary Goy and Stephen Kern

**Day and time:** Thursday 10:30 - 12:30

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

**Number of sessions:** 1

**Places:** 15

**Date:** 28 July

The Persae, by Aeschylus, is the Greek play this year. There will be a session in the morning to discuss the play; this will be 'in person' at my house. There will be optional lunch followed by video of extracts from the play. No previous knowledge or reading is needed.

**Format:** Seminar

**About us:** Old Classics teachers!

### **SP 26: Shakespeare's soliloquys**

**Tutor:** Kerry O'Connell

**Day and time:** Monday 11:00 – 13:00

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 20

**Date:** 11 July

To explore the nature and function of some of Shakespeare's soliloquys, looking particularly (but not exclusively) at 'Hamlet' and 'Macbeth'.

**Format:** Lecture

**About me:** 40 years teaching English and Theatre Studies.

### **SP 27: Shakespeare on stage**

**Tutor:** Stephen Siddall

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

**Venue:** U3AC (Red room)

**Number of sessions:** 1

**Places:** 15

**Date:** 21 July

There is no reading matter, but it is useful if students are also theatre-goers. We will consider what thoughts go through a director's mind when he/she is about to direct a play by Shakespeare.

**Format:** Seminar

**About me:** I directed 15 productions (mostly Shakespeare) at The Arts Theatre, Cambridge, also on BBC 2.

### **SP 28: Four Japanese novellas**

**Organiser:** Linda Spiers

**Day and time:** Monday 12:45 - 13:45

**Venue:** U3AC (Red room)

**Number of sessions:** 4

**Places:** 12

**Dates:** 11, 18, 25 July and 1 August

Novellas are a form much prized in Japan, and Penguin Random House have recently published a list of contemporary works by award-winning writers in paperback. This course is an opportunity for bookworms to read a novella a week and then get together to discuss it, and perhaps Japanese literature more broadly. The books are:

Week 1: Mieko Kawakami, "Ms Ice Cream Sandwich"

Week 2: Toshiyuki Horie, "The Bear and the Paving Stone"

Week 3: Tomoka Shibasaki, "Spring Garden"

Week 4: Hideo Furukawa, "Slow Boat"

Experts and beginners in Japanese literature both very welcome.

**Format:** Discussion

**About me:** I love reading! I've recently 'discovered' Japanese literature and thought it would be fun to explore it further.

### **SP 29: Folk guitar for beginners**

**Tutor:** Barry Desmond

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

**Venue:** U3AC (Red room)

**Number of sessions:** 4

**Places:** 10

**Dates:** 11, 18, 25 July and 1 August

This beginners course would be suitable for right-handed acoustic guitar players who know how to tune the instrument and play a few basic chords. The course content would be based on playing chords using various strumming and fingerpicking techniques. We would also explore using the capo and how that changes the key and the chord shapes used. Other topics covered could include how to read tablature, restringing the guitar and playing in other tunings. Participants would need to bring their own instrument to the class sessions and there is no requirement to read musical notation.

**Format:** Taught course or activity

**About me:** I have played guitar in music sessions, dance bands and Folk Clubs for many years and would like to share the joy of making music with others.

### **SP 30(z): Our place in the universe**

**Tutor:** John Wills

**Day and time:** Wednesday 11:00 - 12:30

**Venue:** Zoom

**Number of sessions:** 1

**Places:** 40

**Date:** 3 Aug

This lecture aims to show where we are in the universe, from the U3AC up to the largest scale. It also considers where we are, where we came from, and where we are going, from the instant of creation up to the longest time scale. No special knowledge is needed to understand the material covered. The lecture is lavishly illustrated with many of the wonderful images provided by modern telescopes.

**Format:** Lecture

**About me:** I have an honours degree in physics, concentrating on astronomy. I have given this course before in 2019. My 'Life of stars' course has been given for eight years.

### **SP 31: The Summer Emerging Science Discussion Group**

**Facilitator:** John Hall

**Deputy:** Peter Landshoff

**Day and time:** Thursday 14:00 - 15:30

**Venue:** U3AC (Green room)

**Number of sessions:** 4

**Places:** 3

**Dates:** 14, 21, 28 July and 4 August

It's summer and some of our regular members are away. That means there is the opportunity to join us to find out why we enjoy what we do. Each week, we discuss science and technology news reported on the BBC as well as news and articles in the New Scientist. The nature of the group is informal, highly participative, sometimes speculative, sometimes critical of the media, often creative, and, at all times, as reported by members, highly enjoyable and educational. You will be expected to join in, and contribute any special knowledge to further the understanding of the group. A science A-level, even though fifty years old, could be useful. More important, is that sense of curiosity that first interested you in science. So pick up a copy of the New Scientist, check out the BBC science pages and come for an invigorating discussion.

**Format:** Discussion

**About me:** (John) With a science degree, I initially went into instrumentation physics before being distracted by management disciplines!

### **SP 32: Judo and the art of falling (safe falling) 1**

**Tutor:** Katrina McDonald

**Day and time:** Monday 14:00 - 15:00

**Venue:** Anglia Ruskin University, Compass House

**Number of sessions:** 1

**Places:** 20

**Date:** 18 July

The workshop asks participants to take part in exercises which will teach principles of safe falling from the sport of Judo. These will be one off sessions, lasting one hour. It is important that participants have no underlying health conditions and if they have concerns they should seek medical advice before participating. Participants, will be asked to take part in a research study to understand what they learn in the workshop and if it impacts any fear of falling that may already have had. Participants need to have no previous experience to take part, just a willingness to learn the principles to safe falling. Participants should wear comfortable clothing in order to take part and will be asked to remove shoes and socks as part of the workshop.

**Format:** Katrina will meet everyone in the Compass House Café and do a brief welcome to the activity and the venue. Then the participants will be asked to remove their shoes and socks and be asked to take part in the activities at whatever pace they feel comfortable.

**About me:** Katrina McDonald is a Senior Lecturer in Sport Coaching at Anglia Ruskin University and has been teaching Judo for 22 years. This workshop has been delivered at the British Science Festival 2021 and the Cambridge Science Festival 2022.

You can get directions to Compass House on google maps: <https://goo.gl/maps/JvsWq4ZA1uiz24x26>  
Compass House is located at the top of Newmarket Road.

### **SP 33: Judo and the art of falling (safe falling) 2**

**Tutor:** Katrina McDonald

**Day and time:** Tuesday 10:00 – 11:00

**Venue:** Anglia Ruskin University, Compass House

**Number of sessions:** 1

**Places:** 20

**Date:** 19 July

Repeat of SP 32

### **SP 34: Aromatherapy for relaxation and wellbeing**

**Tutor:** Maike Dring

**Day and time:** Tuesday 10:30 - 11:45

**Venue:** U3AC (Blue room)

**Number of sessions:** 4

**Places:** 16

**Dates:** 12, 19, 26 July and 2 August

Ever wondered what those little bottles of lavender, basil, geranium, or eucalyptus could do for you? This course is an introduction to the most versatile and useful Aromatherapy essential oils and how you can use them in your everyday life to relax and increase your wellbeing. We cover 8 different essential oils, how to prepare them to apply to your skin, use them in the bath, make compresses and how to inhale them correctly. By the end of this aromatic course you will be able to use essential oils safely and confidently! Every week there is a different relaxation exercise for you to enjoy. I will be guiding you to learn a Self-hand massage, Self-scalp massage, Aromatic Story and Self-Havening Relaxation exercise. £5 pp contribution to cover essential oils and other goods used during the 4 sessions, payable to the tutor at the first session. No prior knowledge necessary.

**Format:** Taught course or activity

**About me:** Maike Dring is a professional Aromatherapist (I.F.P.A.) and has been teaching and practising Aromatherapy for the last 28 years in Northern Ireland before moving to Cambridge earlier this year.

### **SP 35: Natural hand care and relaxing hand massage**

**Tutor:** Maike Dring

**Day and time:** Monday 10:30 - 12:30

**Venue:** Member's home, CB4 1LQ

**Number of sessions:** 1

**Places:** 6

**Date:** 18 July

Would you like to pamper yourself with a lovely hand massage? Would you like to have super smooth hands and relax at the same time? In this interactive class I will guide you to prepare and apply a smoothing hand mask made from natural ingredients. Once your hands have been nourished, you can follow the step-by-step guided demonstration to give yourself a super relaxing hand massage. You pick up some top tips about skin care too! Enjoy good company, fun and relaxation at this 2-hour workshop! You can even use the hand mask recipes at home to care for and nourish your face! This is what one former participant had to say: "My arthritis is so bad that for the last few years, ...this worked perfectly for me." Eve E., Carlingford. Contribution to cover the mask ingredients and a 20ml Aromatherapy Hand Cream to take home £7 pp, payable to the tutor.

**Format:** Taught course or activity

**About me:** Maike Dring is a professional Aromatherapist (I.F.P.A.) and has been teaching and practising Aromatherapy for the last 28 years in Northern Ireland before moving to Cambridge earlier this year.

### **SP 36: New Towns and Garden Cities**

**Tutor:** Ian Hunter

**Day and time:** Friday 10:30 - 12:00

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 15 July

Northstowe, 6 miles NW of Cambridge, will have over 3,000 inhabitants by the time you read this. When finished it will be the biggest new town since Milton Keynes, with a projected population of 28,000 inhabitants. We will look at the principles of Garden Cities and New Towns, both from a historic perspective, and more recent examples in the UK and elsewhere. (No prior knowledge required.)

<https://www.facebook.com/NorthstoweCommunity/>

**Format:** Lecture

**About me:** I have taken an interest in Northstowe, since moving to Longstanton, an adjacent village, 10 years ago.

### **SP 37(z): A Summer read in German**

**Co-ordinator:** Stella Alderton

**Day and time:** Thursday 10:00 – 11:00

**Venue:** Zoom

**Number of sessions:** 4

**Places:** 10

**Dates:** 14, 21, 28 July and 4 August

We will read in German and discuss in English the novel 'Power' (a dog's name) by Verena Güntner, published by Penguin Verlag in 2021, also available as Kindle. 'Power' has been described as the 21st century's 'Lord of the Flies', was nominated for the 2020 Leipzig Book Fair prize and has been largely well received by critics. Course members should have general reading fluency in German and be prepared to do some of the reading between classes, although the novel is relatively short.

**Format:** Course or activity without teaching

**About me:** I have studied German in the past and like to keep in touch with contemporary German language writing. I look forward to group reading and sharing opinions.

### **SP 38: Introduction to fallacies**

**Tutor:** Jennifer Stuart

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

**Venue:** U3AC (Red room)

**Number of sessions:** 2

**Places:** 12

**Dates:** 13 and 20 July

Amaze your friends and family by pointing out the logical flaws in their arguments. These sessions on fallacies will discuss common faults, such as straw men, red herrings and vicious circles - all of which can falsify arguments. Could be useful when listening to the Today programme, or putting grandchildren in their place. Discussion welcome, do bring examples of bad arguments.

**Format:** Lecture

**About me:** I have a degree in Philosophy, and recently completed a diploma (including a dissertation) in Philosophy at ICE; I taught Logic for beginners at U3AC for a number of years.

### **SP 39: Positive psychology – practical applications to our everyday life to increase our wellbeing**

**Speaker:** Dr Senay Aydin, PhD

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

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 20 July

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. Please bring a pen and paper.

**Format:** Lecture

**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.

### **SP 40: Woodland words: The ancient language of trees in the English landscape**

**Tutor:** Emeritus Professor Philip Stott

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

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 28 July

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 and 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.

**Format:** Lecture

**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.

### **SP 41: The Paradise Gardens of Moorish Spain**

**Tutor:** Iain Hunter

**Day and time:** Wednesday 10:00 – 13:00

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 27 July

The ancient Persians called it Pairidaeza, a fertile enclosure. For the Romans it was Hortus Gardinus, an enclosed garden which we have pruned to simple "garden". But for those who followed the path of righteousness in al-Andalus, that medieval land of Arab Spain, their eternal heavenly repose, janna, was among the gardens of paradise which flowed with the four rivers of milk, honey, water and wine. It was an Eden of perpetual bliss and tranquillity, where, according to the Koran, every plant on earth would grow. An immigrant race, from the arid deserts of Arabia, diverted the rivers and irrigated the land, and left a horticultural inspiration for centuries to come. From the patios of the Alhambra to the gardens of Highgrove, that stream of inspiration continues to flow. Please come and join me on this leisurely path and dip your toes in the waters of a new journey.

**Format:** Lecture

**About me:** Like Omar Khayyam, I have spent many hours beneath the bough with a loaf of bread, a book of verse and a flask of wine contemplating Paradise. Come join me!

### **SP 42: The Intemperate Piano: or, Why keyboards are never in tune**

**Tutor:** Emeritus Professor Philip Stott

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

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 30

**Date:** 1 August

This fully-illustrated presentation explores one of the greatest problems of Western Classical Music, namely the fact that, on any practical keyboard, if the musical intervals of a 5th and a 4th are perfect, then the important interval of a 3rd is unusable. We shall explore in detail the many attempts musician-mathematicians have made throughout the centuries to resolve this dilemma, and assess what it means for modern instruments, for Early Music performance, and for we who listen. Inevitably, a leading master in this field was J.S. Bach, who did not like Equal Temperament, preferring a Well-tempered Clavier. As Jan Swafford has written: "There is no perfection, only varying tastes in corruption" ('The Wolf at Our Heels', Slate, April 20, 2010).

**Format:** Lecture

**About me:** I am a retired academic with a long-time interest in Early Music; for many years, I directed an Early Music Consort, 'Pifaresca', for Kent Music School.

### **SP 43: Palaeography - Reading old documents**

**Tutor:** Peter Jackson

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

**Venue:** U3AC (Red room)

**Number of sessions:** 2

**Places:** 20

**Dates:** 18 and 25 July

I am interested in local and family history, and like to look at as many original documents as possible: this requires a little palaeography, reading old hand-writing, and I am hoping to share my interests. I have a few documents to start us going, but if you have any documents that you have either found interesting or had difficulty reading, and can share with others, that would be even better (please let me have a copy before the meeting, so that I know what is coming).

**Format:** Informal lecture

**About me:** When, a few years ago, I started working on my family history I found it really useful to be able to read older documents and acquired a little ability in that area that I would like to share. My fondest memory is helping at the London Metropolitan Archives to assemble their index of late 16th century wills, reading from the original will-books.

### **SP 44: Sustainable book discussion**

**Tutor:** Elizabeth May

**Day and time:** Tuesday 10:30 – 12:00

**Venue:** U3AC (Red room)

**Number of sessions:** 1

**Places:** 12

**Date:** 19 July

You can choose any book that you like, fiction or non fiction, which considers sustainability/environmental matters. The members of the group will be invited to talk for about 5- 10 minutes about their choice; good and bad points, any lessons learnt and anything they're going to do or not do as a result of reading the book. We will then discuss any general issues that have emerged. If you like, and are able to do so you could meet informally in the cafe area from about 10 am.

Some book suggestions; The Overstory- Richard Powers, Elegy for a River - Tom Moorhouse; Flight Behaviour - Barbara Kingsolver, The Uninhabitable Earth, A story for the future - David Wallace-Wells, Wilding- Isabella Tree. The High House- Jessie Greengrass, The Second Sleep- Robert Harris and Ministry for the Future- Kim Stanley Robinson.

**Format:** Discussion

**About me:** Elizabeth is a keen environmentalist. She has run a U3AC sustainable reading group for several years. She has worked in education teaching biology.

### **SP 45: Typography: A misunderstood word?**

**Tutor:** Sebastian Carter

**Day and time:** Tuesday 10:30 – 11:30

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 25

**Date:** 26 July

Since the seventeenth century, definitions of typography have evolved from 'another word for printing' to 'the organisation of printed words on the page'.

Nevertheless, the term has been used fluidly up to the present, often as a synonym for type design. I will look at a representative sample of significant manuals from the early eighteenth century on, and show how typographical design, originally the province of compositors assembling metal type for letterpress printing, has developed to designers working at one remove from the printing industry (and trying to get their ideas across to an often resistant workforce), to what people do on screens in the twenty-first century. I will talk about both book design and ephemera: as one American expert put it, the principles of good design apply equally to an edition of Aristotle and a jam label.

**Format:** Lecture

**About me:** I was a designer and printer of fine letterpress editions, and I have just finished writing a book on the history of typographical instruction.

### **SP 46: A lighthearted Spanish film season**

**Organiser:** Christine Stopp

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

**Venue:** U3AC (Pink room)

**Number of sessions:** 4

**Places:** 30

**Dates:** 11, 18, 25 July and 1 August

A series of four entertaining films of Spanish interest. Almodóvar's 'Women on the verge of a nervous breakdown' (85 mins) is a frenetic farce of jealousy, romantic disappointment and poisoned gazpacho. His 'Volver' (115 mins) is a romantic comedy-drama of soap-opera violence and revelation, with intervention from beyond the grave. 'Ocho apellidos vascos', (95 mins) the Spanish remake of cult French classic 'Bienvenu chez les ch'ties', is a romp through Spanish regional extremes, showing us that Spain is not just about Flamenco dancers and sangría, while Woody Allen's 'Vicky Cristina Barcelona' (92 mins) is the outsider's view of Spanish stereotypes come true. The first three films are in Spanish with English subtitles. The last is in English.

**Format:** Lecture style

**About me:** I have been teaching Spanish language with U3AC for six years. Film is another interest of mine and I hope it will entertain Spanish learners as well as non-linguists.

### **SP 47(z): Attention Overload to attention Underload**

**Tutor:** Beverley Steffert

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

**Venue:** Zoom

**Number of sessions:** 1

**Places:** 30

**Date:** 1 August

Many of the major mistakes in this world are done by clever people, at the top of the game, but whose attention lapses at a critical moment. But whether a CEO handling billions, or a general running a war to the tea person responsible for the continued beverage output, the result is the same, attention overload results in more mistakes, falls in output, reduction in creativity and spontaneity, and stress rises to meltdown levels. Understanding our neurological capacity to sustain attention is critical to keeping out executive functioning active. This allows us to prioritize information, plan ahead, make decisions, cope with uncertainty, make new connections and develop inner potential, or in Maslovian terms, self-actualisation.

This course will allow us to develop an understanding of our attention deficit traits, when they could reach a critical mass and how to strengthen attentive capacity.

**Format:** Lecture style

**About me:** I have investigated attention spans from the minute span Dennis the Menace type to years long Issac Newton type.

### **SP 48: Call Push Rescue 1**

**Tutor:** Diane Anstee

**Day and time:** Tuesday 14:30 – 16:00

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 6

**Date:** 26 Jul

Do you know how to give basic life support (cardiopulmonary resuscitation)? The British Heart Foundation has an initiative to help create a nation of lifesavers. Come along to a single workshop to learn these simple, but vital skills. All you need is the ability to kneel down (but if that's not possible, come along and watch!).

**Format:** Explanation, demonstration and practise

**About me:** I have an interest in CPR training, which was mandatory in my career at Addenbrooke's Hospital.

### **SP 49: Call Push Rescue 2**

**Tutor:** Diane Anstee

**Day and time:** Tuesday 14:30 – 16:00

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 6

**Date:** 2 Aug

A repeat of SP 48.

### **SP 50: Christianity and Hinduism in conversation**

**Tutor:** Cathy Michell

**Day and time:** Thursday 12:00 – 13:15

**Venue:** U3AC (Pink room)

**Number of sessions:** 1

**Places:** 20

**Date:** 21 July

Suitable for anyone interested in religious ideas and practices, especially those who have previously joined U3A classes on these two traditions. Cathy Michell will reflect on her experience as a teacher of Hinduism who happens to be a Christian by birth and conviction.

Through a mixture of lecture input and discussion the class will examine questions such as; 'What interesting and meaningful conversations can take place between the two great world religions of east and west? What similarities and differences exist and can there be mutual enrichment as one listens to the other?'

Importantly, how might a dialogue between them be relevant to our own spirituality and lives today?

**Format:** Input from tutor with space to ask questions and discuss

**About me:** I have previously taught world religions in schools, in HE settings and for the U3AC.

### **SP 51: Bridge Street Bridge**

**Organiser:** Katherine Cutmore

**Day and time:** Thursday 11:45 – 13:45

**Venue:** U3AC (Blue room)

**Number of sessions:** 4

**Places:** 16

**Dates:** 14, 21, 28 July and 4 August

To join our relaxed Bridge playing group, all you need is to be familiar with the Standard Acol bidding system. We do not play rubber or duplicate Bridge - each game is complete in itself - but we do aim to bid our hands as accurately as possible! We have fun, but at the same time, strive to improve as the time goes on. Partners are chosen on the day, by selecting cards, but we may also change partners during each session.

**Format:** Course or activity without teaching

**About me:** I have been playing Bridge for several years.

### **SP 52: Brainstorming (sic)**

**Convenor:** Annabel McLeod

**Day and time:** Friday 13:30 – 15:00

**Venue:** U3AC (Green room)

**Number of sessions:** 3

**Places:** 12

**Dates:** 15, 22 and 29 July

I propose a brainstorm of ideas to address topical risks. In particular, the risks of key resources, such as warmth, food, power and mined resources, becoming possibly less available or affordable. Many in our age group may remember living in the 1970's, 1960's and earlier. If time permits, after brainstorming, we may try to identify circumstances in which different ideas and strategies may be most valuable. A background or interest in basic scientific, technological, engineering, mathematical or economic issues may be helpful. If you have half an hour available before the first session, I would recommend a 10 - 30 minute perusal of the structure and approach of the excellent, if now dated, classic "Sustainable Energy without the hot air" by the late David Mackay, available free online at <https://www.withouthotair.com>. (I do mean 10 - 30 minutes - I am not suggesting you read the whole book!)

**Format:** Discussion

**About me:** Lifelong interest in ideas. Degree in physics, with a postgraduate diploma in management, before part-time MBA's were possible. I have facilitated brainstorming occasionally before.

### **SP 53: Golf Croquet for beginners**

**Organiser:** John Hall

**Day and time:** Monday 14:15 – 16:00

**Venue:** Meldreth Croquet Club

**Number of sessions:** 4

**Places:** 4

**Dates:** 11, 18, 25 July and 1 August

Interested in gentle exercise, pleasant surroundings, enjoyable company? Golf Croquet is the social version of croquet and its fastest growing variant. Easy to learn, fun to play, yet offering its own skills and tactics that keeps everyone involved (and usually smiling). The course, run by Meldreth Croquet Club for U3As in South Cambridgeshire teaches the rules of the game, the basic skills, and some tactics. From the second session onwards, you learn by playing. Make sure you can attend all sessions though, as we build up skills and knowledge week by week. All equipment is provided. (Note there is a £3 green fee per course session). The course takes place on the croquet lawn behind The British Queen pub in Meldreth and four of the places on the course are on offer to U3A Cambridge.

**Format:** Taught course or activity

**About me:** I am the Development Officer for Meldreth Croquet Club and have been pleased to see a number of U3AC Croquet players go on to enjoy their croquet within the club.

### **SP 54: Reading Ted Hughes, Birthday Letters published Faber, 1998**

**Tutor:** Chris Kington

**Day and time:** Thursday 10:30 – 11:30

**Venue:** U3AC (Blue room)

**Number of sessions:** 2

**Places:** 15

**Dates:** 21 and 28 July

This is a collaborative class based on discussion. For over 25 years Ted Hughes prepared poems about his complex and often tempestuous relationship with Sylvia Plath. Birthday Letters was a long time coming and when it arrived it was seen as an attempt to adjust the mythology built up around Sylvia in particular. Hughes had been depicted as a brutish male oppressor. This is his attempt to alter the narrative?

Over two sessions of one hour each we shall read, reflect then discuss a sequence of poems from the collection.

**Format:** Discussion

**About me:** Not an academic but an enthusiastic consumer of poetry. I have experience facilitating various U3AC classes which involve participation, the sharing of thoughts and ideas which then enhances readers' appreciation.