

Message from the Chairman

Compared to where we were this time last year, there are several reasons to be optimistic about U3AC's current position:

- Our membership has just exceeded 2,500 (2,360 equivalent date last year). My sense is that we've "bottomed out" and are now on the way back up.
- Our marketing efforts in the early summer resulted in the highest attendance ever at an Open Day. Plainly, there remains a pool of potential members in the local area.
- We are offering more courses to our members than last year (373 v 361 numbers).
- The percentage of members getting their first course choice remains above 96%.
- We've diversified our income by hiring-out our premises for part of the summer. (The extra income equates to approximately 100 additional members). Instead of the usual summer school, a range of social activities were organised.
- We are projecting to be marginally ahead of budget by the year-end, even after having made considerable enhancements to our systems.
- The hybrid form of Wednesday lectures is proving popular with both speakers and members.

However, much remains to be done to further strengthen the organisation. Importantly we have to begin the planning process for our move in October 2025, when our lease on Bridge Street expires.

Our ever-changing Programme of courses and activities depends on members volunteering to be tutors or organisers. There is always high demand for certain topics such as art history, local history and beginners' languages.

New members bringing new ideas for courses are always welcome. To that end there will be a meeting on Tuesday 9 January at which prospective tutors can air their ideas and talk to members of the Courses Committee.

A word for the unsung heroes of U3AC: our volunteers who support the staff in keeping the organisation running. There are many opportunities for volunteering: Zoom hosts starting and ending Zoom classes and volunteer receptionists giving their time to help members with a huge range of support requests. The Cultural and Social Activities Committee and Catering team plan, organise and deliver a range of events that greatly enrich the social aspects of our participation.

Without their collective help it would be a much different organisation and we would have to either buy in these services or not offer them. If you would like to help in any way please contact the Office.

Our next AGM will be on Wednesday 27 March 2024, at which we will be looking to appoint several new Council members to fill important roles within U3AC; specifically by joining one of the two main committees (Finance and Courses) and assisting in the overall governance of our charity. 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 an exploratory conversation with you (see Message from the Secretary on page 2).

In the meantime, on behalf of the staff and Council I'd like to wish you all the best for the festive season and good wishes for a healthy and enjoyable year in 2024.

Tim Ewbank

Christmas closing

The Office will close on Wednesday 20 December 2023 at 2 pm and reopen on Thursday 4 January 2024 at 10 am.

Term dates

Spring Term: Monday 15 January - Friday 22 March 2024

Summer Term: Monday 15 April - Friday 14 June 2024

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

2024-2025 Academic year - Autumn Term: Monday 7 October 2024

Legacies & donations news

November feels like the start of Winter - for U3AC it's the time of year when HMRC send us the main Gift Aid payment. Extra income to U3AC at no additional cost to members. Thanks to all who faithfully ticked the Gift Aid box when joining U3AC – it's greatly appreciated. If you have no idea about Gift Aid or just want to know more about donations and legacies please reach out to treasurer@U3AC.org.uk.

Message from the Secretary

An important date for your diary

U3AC's AGM will take place on Wednesday 27 March 2024 in the McCrum Lecture Theatre, Bene't Street, CB2 at 2.15 pm.

The meeting will be preceded by a Wednesday Lecture given by a specially invited speaker (details to follow), and we hope as many members as possible will attend this important event in the U3AC calendar.

The [special issue of the Bulletin](#), sent to members on 30 November 2023 was designed to remind members of the importance of its trustees to the ongoing success of U3AC.

We now welcome nominations of eligible candidates who wish to become a trustee of U3AC/a member of our Council to fill the vacancies that will arise on 27 March 2024. Further information and the procedure to be followed can be found at the end of this Newsletter.

Penny Carter

Ron Gray Conference 2024

Date for your diary: Thursday 21 March 2024

Ageing as Adventure: Reimagining Later Life

Queen's Building, Emmanuel College, University of Cambridge

10.00 - 16.00

The Ron Gray Conference in 2024 will be held at Emmanuel College. We are very lucky to be collaborating with Professor William Randall, Derek Brewer Visiting Fellow at Emmanuel in 2024. He is Professor Emeritus of Gerontology at St. Thomas University, Fredericton, Canada. Professor Randall is an expert in narrative gerontology, which bridges the social sciences and the humanities with a vision of ageing that integrates insights from narrative psychology, narrative medicine, and narrative theology. Join us for a really interesting day which will include presentations and workshops from experts in the field.

The conference will include tea and coffee from 9.30 and a buffet lunch in the College's Old Library. To cover catering costs the conference attendance fee will be £22. Bookings will open at the end of January 2024 via the U3AC Office. Further details will be in the weekly Bulletin nearer the time.

PSY 01(z): Introduction to Critical Thinking part 1 (Spring term)

Tutor: Anabela Pinto

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

Venue: Zoom

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

Places: 20

Start date: 17 Jan

Critical Thinking is a multidisciplinary subject dealing with the analysis and formulation of arguments. Put simply, it provides you with a methodological approach to ask "why should I believe you" or "why should you believe me?". It helps with the detection of weak arguments, fake news and mind manipulation through rhetorical devices and propaganda, thereby protecting you from false beliefs. Critical Thinking questions the truth of claims and assesses the evidence leaving no subject to be scrutinised. From politics, news and religion, critical thinking offers you a set of tools to question whatever claims are made to capture your attention and belief. This course is of great utility to anyone who needs to write essays or professional articles and reports, focusing on the delivery of clear language and concise arguments.

Format: Taught course

About me: Dr Anabela Pinto holds MScs in Biology, Ecology and Psychology and a PhD in Behaviour and Evolution. She is an experienced lecturer, delivering courses on Evolutionary Psychology, Behavioural Ecology, Animal Welfare and Ethics, Bioanthropology and Critical Thinking in UK universities, NGOs, and enterprises. She has also delivered courses in several Institutions overseas as an invited Professor. Her lectures are dynamic and punctuated with humour. She is enthusiastic about spreading knowledge adapting her lecturing to all educational levels.

PSY 02(z): Introduction to Critical Thinking part 2 (Summer term)

Tutor: Anabela Pinto

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

Venue: Zoom

Length of course: 1 term. Summer (9 weeks)

Places: 20

Start date: 17 Apr

Are Humans Rational? This course complements the Introduction to Critical Thinking PSY 01(z), but can be taken independently. It focuses mainly on how our biased psychology makes us vulnerable to accepting unreasonable beliefs. We explore the fundamentals of rationality, intelligence and learning processes from a psychological and biological perspective. In other words, we address the many processes of decision-making and the relationship between emotion and rationality. Furthermore, it addresses particular types of widespread and natural reasoning processes that result in reasoning errors and fallacious arguments. The course provides examples of cognitive bias, superstitious reasoning, magical thinking (a cognitive process in which individuals ascribe supernatural or mystical powers to objects, cognitive dissonance (when we hold contradictory beliefs), and the biological origins of prejudice and morality.

Format: Taught course

About me: Dr Anabela Pinto holds MScs in Biology, Ecology and Psychology and a PhD in Behaviour and Evolution. She is an experienced lecturer, delivering courses on Evolutionary Psychology, Behavioural Ecology, Animal Welfare and Ethics, Bioanthropology and Critical Thinking in UK universities, NGOs, and enterprises. She has also delivered courses in several Institutions overseas as an invited Professor.

SCE 23: Chemistry tales (Summer term)

Tutor: Ken Cook

Day and time: Thursday 11:30 - 12:30

Venue: U3AC (Red room)

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

Places: 20

Start date: 18 Apr

A series of at least four free-standing lectures from a wide range of topics including: Problems with nitrogen – past and present Antoine and Marie – Anne Lavoisier and ‘the new chemistry’.

Artemisinin in the treatment of malaria.

Phosphorus – an element of crucial importance and concern.

Women scientists who deserve greater recognition.

Further sessions will be added if there is sufficient demand. No prior knowledge of chemistry will be assumed. A glossary of terms will be provided.

Format: Lecture

About me: I am a former chemistry teacher who has taught U3AC classes for several years.

WLL 15: Practising mindfulness (Spring term)

Tutor: John Cooter-Baker

Day and time: Tuesday 12:30 - 13:30

Venue: U3AC (Yellow room)

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

Places: 16

Start date: 16 Jan

This course follows on from Exploring the Science of Mindfulness and will provide an opportunity for further practice in different mindful meditation techniques, as well as exploring how we can be mindful in everyday life. If you have practised mindfulness before, this will be an opportunity to reconnect with regular extended practices in a group and possibly explore some new approaches. If you are new to mindfulness and would like to find out more, this course could also be suitable for you, but please contact the tutor before booking if you have any questions or concerns. As well as the practices themselves, we will discuss concepts of mindfulness and its applications. No preparation or equipment is required, and practices will be done sitting on a chair. To get the best out of this course and establish your own regular practice it is recommended

that you attend as many sessions as you can, from the start.

Format: Activity and discussion

About me: I have been a teacher and lecturer in Psychology. I learned to teach mindfulness to children and adults through the Mindfulness in Schools Project.

WOR 08: Skeletons, wet socks and chocolate cake. Expeditions in Namibia, the Pyrenees and Vietnam 2 (Spring term)

Tutor: Heather McLoone

Day and time: Thursday 10.00 - 11:00

Venue: U3AC (Yellow room)

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

Places: 16

Start date: 22 Feb

This is a repeat of WOR 03 held in the Autumn term.

This course will cover a range of sociological, cultural, historical, climatic and environmental topics. Drawing on my experiences as a volunteer leader in various roles while taking part in expeditions to Namibia, the Pyrenees and Vietnam. I wish to convey the hopes and fears of those taking part, the challenges faced and the well earned achievements gained. I also want to share with you some of the exciting characteristics of these countries. There are five lectures:

- 1) The Skeleton Coast, Namibia, an introduction and overview, Raleigh International 1998;
- 2) The Skeleton Coast Namibia - the expedition;
- 3) The Pyrenees 2004 - Borders Exploration Group;
- 4) Vietnam, an introduction and overview 2005 - Borders Exploration Group;
- 5) Vietnam - the expedition. The topics are very much interlinked and will illustrate the diversity of conditions the indigenous peoples of these countries have both historically and currently live in.

Format: Lecture

About me: I have been fascinated by our world since I was six. Volunteering with youth charities and taking part in expeditions has given others the chance to be inspired

About courses

Course Programme gaps

Our course Programme offers members a wide-ranging set of subjects every year. From time to time the Courses Committee ask members if there are any 'gaps' in the Programme.

Whilst we know we have a rich and varied offer from tutors from year to year, we also know that members may have been thinking 'I wish there was a course on.....'

Of course, whether we can fill the gaps depends on whether there are members who might be prepared to offer a course on the suggested subjects. So, we cannot guarantee that what you identify will actually happen.

Submissions for course proposals are invited in March, so this request is timed to fit that part of our schedule. The suggestions you make will be collated and members asked to consider offering one of these. Please submit your suggestions by **Wednesday 31 January**:

<https://www.surveymonkey.com/r/BS52XQT>

Tutor / member protocol

A Protocol has been drawn up by members of Courses Committee that should support and guide both tutors and class/activity members. It is intended, above all, to emphasise mutual respect amongst all participants in order to encourage a positive learning environment. This can be found below and is also on the website here <https://www.u3ac.org.uk/about-courses/tutor-and-attendee-protocol/> and in the Tutor Support Handbook.

We would encourage class and activity members to read it so they understand its relevance and both their role and that of the tutor in creating a mutually supportive learning experience.

John Procter, Director of Studies (Courses) on behalf of Courses Committee

It is helpful for tutors and members to develop a joint understanding about how their sessions together can be made as enjoyable, respectful and productive as possible. The guidance that follows will help to create that kind of learning environment and all participants are encouraged to note and follow it.

Tutor

- Be punctual and allow time for any equipment set up necessary.
- Deliver the course as described in the Programme.
- Lead the session in an engaging manner.
- Provide an inclusive and encouraging learning environment.
- Encourage class participation, including the quieter, less confident members.

Attendee

- Attend all classes, rather than pick and choose sessions.
- Notify tutor or Office staff if you are unable to attend or wish to withdraw from the course.
- Participate in class discussions.
- Avoid dominating class discussions or aggressively contradicting the tutor.

Joint commitment

End the class on time to vacate the room/premises to allow the next class in promptly.

Meeting for prospective tutors

Do you have expertise you would be willing to share with other members? Would you consider leading a group in your chosen topic or subject? There is a high and often unmet demand for Art History and History courses from members. If you think you could offer these, or any other subject of your choice, then you are warmly invited to attend a meeting with members of the Courses Committee to discuss what is involved. There will be ample opportunity to ask questions about any aspect of course leadership on a strictly 'no commitment' basis. It will take place on Tuesday 9 January 2024 at 10:30 am in the Pink room at U3AC, Bridge Street. **Please contact the Office to book a place.**

Tutors' proposals for courses

Planning for the 2024-2025 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 **12 April 2024**.

Attending courses

May we kindly remind members that if you feel unwell, particularly if you have a cough or cold or have a temperature, please do not enter the Bridge Street premises or any of our external venues used for courses and activities.

If you cannot attend a course session

For courses held in the U3AC premises or by Zoom, please inform the Office.

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

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.

You will be emailed a request to complete a short online feedback survey so that you can give the reason for withdrawing.

Please do not wait until the course is about to start or has started.

Tutors will continue to receive feedback reports at the end of the course, but on request we can send them interim feedback.

Tutors' contact details

For data protection reasons, the Programme 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.

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.

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.

Events

New Year Social event

Application forms are now available for the New Year Social event at The David Rayner Building at Scotsdales Garden Centre on Friday 12 January 2024 from 12 – 2. Cost: £8.50. Places can now be booked either via the Office or Eventbrite: <https://www.eventbrite.com/e/u3ac-new-year-social-event-tickets-767534535457> This is a member only event and places must be booked in advance.

Wine tasting

Date for your diary – Wednesday 14 February 2024. Further details will be in the weekly Bulletin.

General information

A reminder

The annual membership subscription of £105 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 and events arranged throughout the year.

Access to the Bridge Street premises

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

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.

Local discounts to U3AC members

A member has recently very kindly negotiated discounts for U3AC members in local businesses. The complete list can be found on our website <https://www.u3ac.org.uk/news/local-discounts/>

General administration

Savings on postage

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

Deaths

We were sorry to hear recently of the deaths of:

Judith Graham in August
Joyce Bradshaw in October
Alan Findlay in October

William (Bill) Block in November
Angela Haines in November

General information

Council meeting

The next U3AC Council meeting will be held on **Tuesday 20 February 2024**.

Other organisations

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

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

Heidelberg Exchange

Since 1957 Cambridge has been twinned with the German city of Heidelberg which also has an ancient and prestigious university. U3AC, as part of this programme, has been exchanging visits with its equivalent organisation in Heidelberg for a number of years although this was inevitably interrupted by the advent of Covid. Visits resumed in 2022 with a group from Cambridge going to Heidelberg and this year saw our German friends returning to renew established friendships.

Our guests were accommodated in Christ's College and from this base we organised a variety of visits beginning with an introduction to the city by Prof Peter Landshoff followed by a guided tour involving some of the colleges. Breaking with tradition we had organised a dinner in a local restaurant which compared rather unfavourably with previous dinners at Christ's or King's!

As part of the twinning, our visitors are usually addressed by the Mayor but she had returned from holiday with Covid and womanfully addressed us from home by video, wearing the mayor's chain with accompanying tissues! We were then able to show off the Bridge Street premises. Our visitors had timed their visit to take in Shakespeare in the Gardens and that evening we set off for King's garden and a picnic before the performance. Halfway through the performance the heavens opened and proceeded to drench everyone but the cast struggled on.

We had intended a visit to Norwich cathedral on the Saturday which promptly became the day of a rail strike, but to our surprise (and relief) the trains were running. The cathedral provided German-speaking guides which were much appreciated. Importing all the stone from France to build the cathedral was a surprise to me.

Sunday was the day for individuals to entertain their German friends and activities were many and varied. A guided walk along the Granta started the next day ending up in Grantchester and variously the Orchard Tea Rooms or the Red Lion pub. A glorious summer day was rounded off by a magnificent traditional English tea in one of our members' gardens.

A reading of "Grey" by the author Leonie Swann in the Dean's room in King's began Tuesday. (The book is a murder mystery set in King's but is currently only available in German). At the MRC on the Biomedical Campus, a researcher was able to give us some idea of what went on behind those hollowed walls. It was then off to the Astra Zeneca building for lunch and a talk by the architect. The day ended with an informal party to which the Germans contributed a fiendish word game (in English)!

The visit was very busy, and on reflection possibly too busy although it was also fun and informative even to the local participants. In 2024 it's our turn to visit Germany. Would you be interested in joining us?

Reflections of a Zoom junkie by Harry Belsey

It was at the end of the October of 2017 that Gemma Clare telephoned me to ask if I would speak to a Canadian from Toronto about videoconferencing. The Canadian was Frank Nicholson and the videoconferencing product was Zoom. The telephone call changed my life. Within days I found myself giving a transatlantic presentation on Brexit.

Within weeks, Frank and I had established two new courses, a Transatlantic Discussion Forum and the Transatlantic Economist Readers Group; both are going strong today. With the coming of Covid in 2019, I transferred my other courses, the Military History Circle and a Current Affairs discussion course to Zoom. All four courses are still going strong. All are of a discussion nature and my experiences are based on this type of course.

The first observation of running these courses, on my own Zoom licence, was that first you could run courses all year round, not just in U3AC term times, which we do; and second you can overrun for as long as you like. There isn't another class waiting at the classroom door to come in.

I have also noticed that people tend to stay with Zoom courses for much longer than in person classes. People tend to develop a kind of comfortable relationship with one another. Many of the people on the first transatlantic exchanges are still with us. But the best course to illustrate this is my Military History Circle. I have been running this course since 2011, both pre-Zoom and Zoom based since 2019. I can judge the pre-Zoom classroom environment against the current Zoom environment. In the old days of classroom sessions, a member would disappear, and would not be seen again. In a Zoom based course, a member might reappear with a different background; the member had moved in with his out-of-town children or into a care home where they continue to join in with the proceedings as if nothing had happened. I have had several members of the Military History Circle that have passed, and their families have told me what a difference it was to their Dad, to be able to join in with their old colleagues in Military History, to the last days of their lives.

One consequence of this phenomenon is that members tend to remain members for a longer period.

I record, with the permission of the class member, presentations made in Military History. Often, I have requests from the membership to replay recordings of memorable presentations. In the summer I had a request to replay a recording of a member who had passed away. I contacted his widow for permission to show the recording and she was delighted and attended the session as an honoured guest. It was very successful. We have another request to show a recording made by a passed member this Christmas. He gave the best ever Christmas ghost story I have heard. Again, I hope his widow will join us to celebrate his life at that session.

I live about 20 miles southeast of Cambridge City centre in rural Cambridgeshire. It used to be reasonably easy to get into Bridge Street. But, due to bus route changes, car parking changes and me being in my eighties, it is now much more difficult. I can run four courses on Zoom, it would be almost impossible for me now to come into Cambridge to give one course a week now. From that, I suggest that another consequence is that the tutors last longer on Zoom. They don't have to travel further than to their computers. Moreover, my wife gave me an ear bashing about the amount of car insurance I pay on a car I never use. As a result, I have sold the car, and share my wife's. It is now almost impossible for me to get into Bridge Street without notice, consequently, Zoom has saved me a lot of money!

Zoom has given me an insight into relationships that I do not understand that are very strong and very positive and long term. They are "slow burn". I have not come across any university studies on the impact of Zoom on people like us, doing what we do; but the relationships do exist.

My main take on the above, is that I'm part of some form of later life social change. I now know far more people than I ever did face-to-face. I have never met Frank Nicholson in Toronto, we have been working together for over six years and I consider him a friend, although I have never shaken his hand and it survived him joining the U3AC from Canada.

Harry Belsey

U3AC Cultural and Social Activities Committee

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: [Trips and visits](#)
- by emailing the Office: office@u3ac.org.uk

Application forms available about 4 weeks before the outing 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 reception area at the U3AC premises
- 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

There are two methods of applying:

U3AC website

- Log in, select the relevant event and complete the requested information.
- Payment must be made by bank transfer.
- All communication is by email.

A paper application form

- Complete the form correctly - especially the section at the bottom specifying a contact number for emergency purposes as this is a legal requirement.
- Pay by bank transfer or cheque.
- 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).

The following trips have been arranged:

Thursday 18 April 2024	Down House, Kent - Home of Charles Darwin Including guided tour. Note: Early start. Application forms will be available in February. Organisers: Clem Messenger and Monica Williams
May 2024	Visit to the exhibition "Bruegel to Rubens" at Ashmolean Museum, Oxford. Application forms will be available in March.
June 2024	The Kelvedon Hatch Secret Nuclear Bunker, Brentwood, Essex followed by a guided tour (National Trust) of Flatford, East Bergholt, Suffolk Application forms will be available end of March.

Details of future trips and visits will be advertised in the weekly Bulletin, once arranged.

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 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.

The cost of our season of Tuesday shows remains at **£45 per term**.

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 2024

16 January Some Like It Hot Dir: Billy Wilder: USA 1991 (122 mins) (Member's Request)

Still one of Wilder's funniest satires. Tony Curtis and Jack Lemmon play jazz musicians on the run after witnessing the St Valentine's Day massacre, masquerading in drag as members of an all-girl band (with resulting gender confusions involving Marilyn Monroe) to escape the clutches of Chicago mobster George Raft (bespatted and dime-flipping of course). An extremely funny and just brilliant classic.

23 January Ordet ('The Word') Dir: Carl Theodor Dreyer: Denmark 1955 (126 mins)

For many this adaptation of Kaj Munk's play about tensions within a Jutland farming family is the very greatest of all Dreyer's masterpieces as suspenseful as it is emotionally devastating. Dreyer's penultimate film is at once a wise, even witty exploration of pride, prejudice and pretensions to devout faith, and a heartrending hymn to the power of earthly passion and love. In contrast to the performance's intimate naturalism, the exquisite lighting, camera movements, sets and sounds all add to the sense of a super-reality, strangely familiar yet informed by mysterious forces of dark almost primal emotion. This great classic is considered to be a towering achievement.

30 January The Pianist Dir: Roman Polanski: USA 2002 (149 mins)

Evoking his own childhood experiences in the Krakow ghetto, Roman Polanski laid some personal ghosts to rest with this poignant Holocaust drama based on the memoirs of the Jewish pianist Wladyslaw Szpilman. Events are seen through the eyes of Szpilman who escaped the Warsaw Ghetto as deportations to the death camps began, but witnessed its systematic destruction while in hiding. By avoiding the simplistic and manipulative clichés of many Holocaust films, Polanski adds a new laying of understanding to the cinematic depictions of the period. **(This film follows on from the 27 January 2024 Holocaust Memorial Day and given the subject matter contains scenes of brutality and violence).**

6 February Aguirre, Wrath of God Dir: Werner Herzog: West Germany 1972 (93 mins) (Member's Request)

From its opening shots of an ant-like column of Spanish conquistadors and their enslaved indigenous porters scrambling perilously down through the clouds on a sheer pass in the Andes, it's immediately clear that Werner Herzog's account of the quest for El Dorado will be something extraordinary. As the pious but ruthlessly ambitious invaders pursue their fantasies of riches and power they soon fall prey not only to the Amazonian forests, rivers and Indians but to their own ludicrous delusions of recreating European society in an indifferent wholly alien landscape. The film's images are breathtaking in their beauty, mystery and sense of scale. This is a very special film and I am delighted to be showing it for a second time.

13 February Silence Dir: Martin Scorsese: USA 2016 (161 mins) (Member's Request)

Director Martin Scorsese's rumination as faith and religion, based on Shusaku Endo's 1966 novel tells the story of two 17th century missionaries who undertake a perilous journey to Japan to search for their missing mentor and to spread the gospel. This sprawling epic is a deeply personal treatise on the human condition with Scorsese appearing to be searching for his own soul. (This film includes some violent scenes).

20 February Madame de ... Dir: Max Ophuls: France/Italy 1953 (105 mins)

For many, this piercingly poignant fin-de-siècle romance with its dark but exquisitely delicate sense of irony, is the very finest of Max Ophuls' 'amusing tragedies'. When beset by debt the titular Countesse Louise decides to sell a pair of earrings that were a wedding gift from her husband André she unwittingly sets in motion a chain of events that will have serious consequences. The lightly nuanced performances, the marvellously detailed sets and the elegant artifice of the plotting never distract from the fundamental seriousness of Ophuls' searing study of fateful passion. "A film of unassuming but enduring greatness".

27 February The Misfits

Dir: John Huston: USA 1961 (125 mins) (Member's Request)

The last film of both Marilyn Monroe and Clark Gable. It went from box-office flop to cult status within the space of a year. Written by Monroe's then husband, Arthur Miller, the film is a grey, solemn and at times pretentious piece about three drifters who hunt horses destined to be food. Somehow the flat, arid Nevada landscape mirrors the character's bleak existence and sets the overall mood of despair and depression.

5 March Nobody Knows

Dir: Hirokazu Kore-eda: Japan 2004 (141 mins)

In 1988 what was dubbed the "Affair of the Four Abandoned Children of Niski-Sugano" scandalised Japan and inspired Hirokazu Kore-eda's screenplay, which took 5 years to bring to the screen. The film is a deeply moving study of juvenile endurance that earned Yuya Yagira the best actor prize at Cannes. As the oldest of the siblings left to fend for themselves by their mother, the 12-year old displays both ingenuity and insecurity in trying to keep his secret from the outside world. Even more impressive is Kore-eda's disjointed directorial style.

12 March The Bride Wore Black

Dir: François Truffaut: France/Italy 1968 (107 mins)

One sun-drenched morning, Julie comes out of a church in a white dress on the arm of a boy called David whom she has loved since childhood. As the bells ring and the wedding party poses for the photographer a shot rings out. It is a stupid accident, an unfortunate misunderstanding. David falls onto the church steps and Julie becomes a widow on her wedding day. Julie's life is now intrinsically linked with David's memory. She wants to know more, to understand why so she goes after the people who have destroyed her life.

19 March The Mission

Dir: Roland Jaffe: UK 1986 (125 mins)

Winner of the Palme d'Or at Cannes, but accorded a mixed critical reception, this is a studied, elegant and very moving drama set in 18th century South America. Jeremy Irons gives a performance of great sincerity as the head of a Jesuit mission under threat from the greed of Iberian slavers and the whim of a cardinal. Glorious Oscar-winning photography and a terrific musical score. (This film includes some violent scenes).

Our first show after the Easter break will be at 1.00 pm on Tuesday 16 April 2024

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 2024

These weekly lectures will take place on Tuesdays at 4.30 pm online via Zoom, **except 5 March** when the lecture is an in-person event (not on Zoom) held at the United Reformed Church, Downing Place. Doors open at 4.15 pm.

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 and in the weekly Bulletin in the week preceding the lectures.

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

‘Science for Everyone’

16 January Population based research into dementia and brain ageing

Zoom

Speaker Professor Carol Brayne CBE FMedSci, Department of Psychiatry, University of Cambridge and Director of Cambridge Public Health

Carol will describe local, national and international studies with which she has been involved, and how these population based and representative studies have informed our understanding of dementia, informing policy, practice and public.

23 January Current tree pests and diseases found in the UK

Zoom

Speaker Keith Sacre, Sales Director, Barcham Trees, Ely

A broad look at the pests and diseases currently in the country and those that, without appropriate Biosecurity Measures, could become established. What to look out for, and what action should individuals take and what needs to be reported, coupled with a look at the future planning of our tree populations to ensure the long-term diverse tree cover in the country

6 February Behaviour of swimming micro-organisms

Zoom

Speaker Professor Tim Pedley FRS Department of Applied Mathematics and Theoretical Physics, University of Cambridge

Further details will be published in the weekly Bulletin.

5 March Living with earthquakes: know your faults

In person

Speaker Professor James Jackson CBE FRS. Department of Earth Sciences, University of Cambridge

The extreme vulnerability to earthquakes of populations in Asia is related to how and where they live, which in turn is determined by the geology. How can our scientific understanding of this situation help to reduce risk and increase public safety?

Norah Boyce Science Lecture recordings

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

Wednesday Lectures – Spring Term 2024

The lectures this term are being run as either Zoom or hybrid events, giving members the opportunity to attend either via Zoom, or apply for a limited number of pre-booked places to attend in person. The talks will be in the Pink room here at Bridge Street. Places can be booked 7 days before each lecture. Zoom links are on the website and will be included in the Bulletin each Wednesday on the day of the lecture. Lectures will start at 2.15 pm.

Please note that the lecture on 17 January is via Zoom only.

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

17 January **Canada across time: Ten events that shaped the national character** **Zoom only**

Speaker Professor Adam Chapnick

Modern Canada is nothing like the land that was first inhabited by Indigenous peoples thousands of years ago. This lecture will explore how significant events in the national past, from the arrival of European settlers, through Confederation, the World Wars, the patriation of the Constitution, and many more shaped the national character. The ten events to be explored reveal a country that gives Canadians reason to feel proud, in spite of its imperfections.

Adam is a Professor of Defence Studies at the Royal Military College of Canada (RMC). He is located in Toronto, where he also serves as Deputy Director of Education at the Canadian Forces College.

N.B. This is the first of our International Wednesday Lectures live from Canada.

24 January **Women, status and religion in 7th-century eastern Britain: the Trumpington Cross in context** **Hybrid**

Speaker Dr Sam Lucy

In this talk, Sam will place into historical context the highly unusual 'bed burial' of a mysterious teenager laid to rest with a stunning gold cross at Trumpington some 1,300 years ago. The cross is currently on display at the Museum of Archaeology and Anthropology, Cambridge, until the 14th of April, 2024 (do visit).

Sam is the Director of Admissions for the Cambridge Colleges; Admissions Tutor, Newnham College; and an archaeologist of Roman and Anglo-Saxon Britain.

31 January **Gilbert White: the Curate Naturalist of Selborne** **Hybrid**

Speaker Emeritus Professor Philip Stott

Published in 1789, *The Natural History and Antiquities of Selborne* has appeared in over 300 editions, and is reputedly the 4th most published work in Britain. In this lecture, we explore the life and importance of Gilbert White (1720-93), aiming to locate him in his C18th context as a parson-naturalist so well portrayed in the writings of poets like Oliver Goldsmith.

Philip is Emeritus Professor of Biogeography in the University of London and Vice Chair of U3AC.

7 February **OLEM: Yolande Lyne-Stephens and the creation of a Cambridge church** **Hybrid**

Speaker Nigel Kerry

OLEM is one of the great landmarks of central Cambridge. In this talk, Nigel will reveal the extraordinary story of its founding, construction, development, and importance in the life of the city.

Nigel is Director of Music at the Church of Our Lady of The Assumption and The English Martyrs (OLEM), Cambridge.

14 February **Please Miss We're Boys** **Hybrid**

Speaker Susan Elkin

Susan taught secondary school English for 36 years. Her 2019 book, *Please Miss We're Boys*, will provide the background for this intriguing talk, which examines how things used to be, and demonstrates that, although education remains fraught with problems, in many ways things are better than they were 56 years ago.

Susan is a well-known journalist and author, with 54 books to her name.

21 February **Later life as adventure: Changing the narrative of ageing** **Hybrid**

Speaker Professor Emeritus William L. Randall

In this lecture, Bill will draw on nearly 30 years of teaching gerontology to explore with us the possibility of later life as an adventure: the adventure outward, the adventure inward, the adventure backward, and the adventure forward.

Bill is in the Department of Gerontology, St. Thomas University, Fredericton, N.B., Canada, and he will be the Derek Brewer Visiting Fellow at Emmanuel College, Cambridge, during Lent 2024.

28 February **Secrets never to be told: an investigative journey from Edwardian Cambridge to modern Vancouver** **Hybrid**

Speaker Fiona Chesterton

In this talk, Fiona will reveal the compelling story of Jessie Heading Underwood (aka McDonald), a domestic servant in Cambridge from her teens to her late-30s, who then emigrated to the far reaches of Western Canada, to British Columbia, in 1912. It is also a remarkable examination of how Jessie's history was pieced together.

Fiona formerly worked for the BBC and Channel 4, aligned with groundwork in Family and Local History, including in Cambridge.

There will be an opportunity to buy Fiona's book *Secrets Never To Be Told* at the lecture.

6 March **Scientists and politicians: why are they incompatible?** **Hybrid**

Speaker Professor Herbert Huppert

In this talk, Herbert will address an increasingly important issue, namely the difficult relationship that exists between scientists and politicians, an issue that has been starkly exposed during the recent pandemic and with respect to climate change.

Herbert is a Fellow of King's College, Cambridge, and a theoretical geophysicist.

13 March Roman emperors in political culture

Hybrid

Speaker Dr Shushma Malik

In this talk, Shushma will build on her research interests which include Roman emperors in political culture, Roman historiography, and classical receptions (particularly in the C18th and C19th). She has worked extensively on emperor Nero's portrayal in Christian history as the Antichrist and has published on portrayals of Roman emperors in the works and letters of Oscar Wilde.

Shushma is the Onassis Classics Fellow and Director of Studies in Classics at Newnham College, Cambridge. She is an increasingly well-known broadcaster.

20 March

There will be no lecture as the Ron Gray Annual Conference will take place during this week (details on page 2).

27 March AGM with lecture - details to follow in the weekly Bulletin

Wednesday Lecture recordings

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

Nomination of trustees

At the AGM on Wednesday 27 March 2024 new trustees will be elected to fill vacancies arising on our Council. Nominations are therefore now sought for candidates who are eligible to stand.

Eligible candidates must be U3AC members who did not serve their second term on Council in the period March 2022-March 2024 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> (disqualifying reasons table).

Our trustees have responsibility for U3AC's overall governance, finances, policies and operations. The Charity Commission publishes general guidance on the role of trustees at <https://www.gov.uk/guidance/charity-trustee-whats-involved>.

In addition, U3AC has information for potential trustees (available from the Office) that provides more specific details about what the role entails at U3AC. In terms of time commitment, it requires preparation for, and participation in, approximately six Council meetings each year together, as 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.

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

- The full name of the nominee, your name as proposer, and the name of the seconder.
- A short statement by the nominee summarising their involvement with U3AC activities, including length of membership, the qualifications, 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 Wednesday 28 February 2024.**

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