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### Message from the Chair

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#### U3AC Haiku (俳句)

summer warm is here

members join for cool courses

dream of autumn fun

I should like to take this opportunity to welcome wholeheartedly all new and returning members who have joined us for the 2025-26 session and who have been eagerly making their course and activity choices for the forthcoming academic year. I very much hope that as many of you as possible can be allotted your key choices, and I am much looking forward to meeting some of you at my term-time open 'Chat with the Chair' sessions, the details of which are given below in this current 'Newsletter'.

In the meantime, may I remind everybody to read the 'Newsletter' fully, along with the crucial weekly U3AC *Bulletin* and the Website, so that we can all keep fully up-to-date on progress with our building renovations and learn the precise details about when our Bridge Street facilities can be re-opened for us to enjoy.

Please also remember that, during the closure, we can continue to contact our hard-working staff in the usual way, either by email or by telephone, as they adapt to the temporary offices made available for them during the period of building disruptions. I cannot thank them enough for their extraordinary adaptability in continuing to deal with the exciting wave of new membership applications and renewals, and in facilitating the highly complex management of courses, course choices, and the many other activities offered by the U3AC. Through their efforts, I believe we may be fully confident that all should be in place for when Term starts again in October.

I'm also pleased to report that your Trustees, through our appointed agents, are likewise busy in finalising the precise legal and financial details of our new 15-year lease of Bridge Street with Magdalene College/Cheffins. Again, please do ensure you read your weekly *Bulletin* where the final details of the new lease will be confirmed in the near future.

Lastly, I cannot stress enough the value and importance of the weekly U3AC *Bulletin*, which will arrive with you every Wednesday morning by email, usually by 11 am. In the *Bulletin*, you learn about new courses and one-off lectures that are coming on stream; about the forthcoming Wednesday Lecture and the Norah Boyce Lecture programmes (along with necessary Zoom details); as well as the details of the many extra events, like the Ron Gray Conference, organised outings and visits, wine evenings, and other social activities, that keep us happy and occupied throughout the year.

The weekly *Bulletin*, with the quarterly Newsletter, should be your constant and complete guide to everything that is happening in your U3AC. Please make them both part of your essential reading; they will surely help you to feel fully 'at home' in your U3AC. Thank you.

**Philip Stott**

## Chat with the Chair

The Chair will continue to hold his Chat with the Chair sessions in the second-floor social area of the Bridge Street premises. The dates are Tuesday 14 October at 14.00; Wednesday 12 November at 11.00 and Monday 8 December at 12.00 noon.

## Donations & Legacies – Update

As we reach this key point in the U3AC year, our Office and Finance teams have been working hard to manage membership renewals and subscriptions. We're especially grateful to those who have made additional donations to the work of U3AC or have asked about leaving a legacy to U3AC in their will.

Your generosity is deeply appreciated - thank you for your continued support.

If you have any questions or would like to discuss legacies or donations further, please contact: [treasurer@u3ac.org.uk](mailto:treasurer@u3ac.org.uk)

## Term dates

**Autumn Term:** Monday 6 October - Friday 12 December 2025

**Spring Term:** Monday 12 January - Friday 20 March 2026

**Summer Term:** Monday 13 April - Friday 12 June 2026

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

## Amendments to Programme 2025-26

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**CUR 03(z)** - Cancelled

**WLL 02 & 03** - Cancelled

## New courses

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The courses below have been set up since the Programme was published. Please contact the Office if you would like to apply. **Until Friday 19 September, priority for places will be given to members who have been allocated 2 or less courses.**

### ENV 01: Nature of Plants

**Convenors:** Roz Mays & Caroline Revitt

**Day and time:** Mondays, 14:15 - 16:00

**Venue:** Comberton Village Hall

**Length of course:** 3 terms. Autumn (4 weeks), Spring (3 weeks), Summer (6 weeks)

**Places:** 60

**Start date:** 06 Oct

We will examine the world of plants from flowering plants to fungi and algae. No prior knowledge is required but, we expect to recruit students with a wide range of expertise. People will be encouraged to share their knowledge with one another, especially during the summer field trips. We will recommend appropriate identification guides and apps. A good X10 hand lens will be useful. We will collect a voluntary contribution at the beginning of the year to pay speakers' expenses and for donation to trust sites that we visit.

Dates for 2025 meetings are: 6 October, 10 November, 24 November, 8 December.

Spring term dates TBC. This is followed in

the summer by a programme of field trips.

This course is replacing last year's SCE 03: Botany.

**Format:** Lectures and field trips

**About me:** Roz and Caroline are long term members of the previous Botany group and are keen botanists who are backed by a small group of similar ex Botany members.

### LEI 24: Backgammon (Spring & Summer terms)

**Organiser:** Les Bell

**Day and time:** Friday 11:35 - 13:35

**Venue:** U3AC (Green room)

**Length of course:** 2 terms. Spring (10 weeks), Summer (9 weeks)

**Places:** 15

**Start date:** 16 Jan

The classic game of Backgammon, for players of all levels, including newcomers. I am happy to teach newcomers how to play, it is an easy game to learn. Backgammon boards and playing pieces will be provided, you can also bring your own if you prefer.

**Format:** Course or activity without teaching

**About me:** I used to play Backgammon a little, just for fun, when I was much younger. My interest was rekindled recently and I would like to keep it going. I am not an expert, just a keen amateur

### SCE 23: Health tech, useful or not? (Spring term)

**Convenor:** Liz Miller

**Day and time:** Thursday 13:30 - 14:30

**Venue:** U3AC (Yellow room)

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

**Places:** 12

**Start date:** 15 Jan

This course looks at ten areas of Health Tech from step counting and blood pressure monitoring to blood sugar testing. A healthy life after fifty depends largely on mind and body maintenance. This is a focus group to work on achieving better health outcomes.

**Format:** Discussion

**About me:** Retired GP, neurosurgeon, ongoing interest in health tech.

### WLL 17: Mindful Movement Chair Yoga 2 (Spring term)

**Tutor:** Tejodhi Harris

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

**Venue:** Cambridge Buddhist Centre

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

**Places:** 10

**Start date:** 13 Jan

Join Tejodhi for Mindful Movement Chair Yoga on Tuesday afternoons. Chair Yoga is for everyone. It can help with a wide range of conditions and those with restricted mobility to support them to exercise, and can help

people who are not used to exercise to improve their strength and balance. Tejodhi's Chair Yoga offers another way of benefiting from Yoga using a chair as a prop. This is ideal for those who need a little extra support during their practice. Classes are accessible for people with mobility issues or who have difficulty getting up and down from a mat in a traditional Yoga class. The class will mainly involve seated poses on the chair. In the class we will warm up with some gentle stretches and Yoga poses, which encourage flexibility and strength. Breath work during and meditation/relaxation at the end of the session for an overall sense of well-being.

**Format:** taught course or activity

**About me:** I am a Yoga Alliance certified yoga teacher based in Bury St Edmunds and have been practising yoga for most of my adult life.

### WLL 18: Introduction to Buddhism-based practical meditation

**Tutor:** Vaddhaka

**Coordinator:** Kay Bispham

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

**Venue:** Cambridge Buddhist Centre

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

**Places:** 15

**Start date:** 08 Oct

Meditation helps us to become aware of our inner experience, to see how our minds habitually work, so that we can respond more creatively to whatever comes up in life. Scientific studies show that when practiced appropriately, meditation has many important benefits: less anxiety, greater awareness, better concentration, improved health and a more sensitive understanding of oneself and others. The course gives advice on how to set up a regular practice and introduces two basic methods, based on awareness of the breath and on the cultivation of kindness, as well as introducing walking meditation.

**Format:** Discussion and directed meditation activity

**About us:** (Vaddhaka) I first started to practice meditation just over 30 years ago. I've been teaching it for 25 years.

(Kay) After attending the Buddhist Meditation course several years ago, I have continued to develop my interest in meditation and Buddhism, practising and studying as a 'friend' at the Cambridge Buddhist Centr

## Code of Behaviour

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### **Principles**

All U3AC members, staff and guests are entitled to be treated with dignity and respect. We aim to prioritise the safety of members and support them in making choices and having control about how they participate in courses and activities. We are also committed to encouraging equality, diversity and inclusion amongst our membership and not allowing discrimination to occur.

### **Meeting your responsibilities**

To give positive guidance this Code of Behaviour provides a list (not exhaustive) to help you as a member ensure that U3AC follows the principles in the paragraph above.

### **Code of Behaviour**

- Treat everyone with dignity and respect.
- Treat everyone equally and equitably.
- Remember someone else might misinterpret your actions, no matter how well-intentioned. Ensure your behaviour is always appropriate.
- Respect everyone's right to personal privacy.
- Observe the rules established for everyone's safety and security.
- In all activities avoid dominating discussions or aggressively contradicting those leading the activity.
- If you are a tutor or leader of a course or activity, provide an inclusive and encouraging learning environment particularly for the quieter, less confident members.
- Use appropriate language – speaking, writing, phoning, emailing or using social media.

### **Other People's Behaviour**

- Allow members and staff to talk about any concerns they may have.
- Encourage others to challenge any attitudes or behaviours they do not like.
- For tutors or leaders there are no perfect, standardised methods of dealing with disruptive behaviour. They vary from group to group and from tutor/leader to tutor/leader. Even when someone's behaviour is irritating, courtesy is essential, but tutors/ leaders should never replicate disruptive behaviour.
- 'Disruptive behaviour' is defined as departing from what is normally perceived as appropriate behaviour by participants in courses and activities, both during classes and activities themselves and/or outside of them (including written and verbal communications), which prevent the class or activity from properly fulfilling its objectives, and/or makes participants (including the tutor/organiser) feel uncomfortable, frustrated or intimidated.

### **Practical Arrangements**

It is helpful for tutors/leaders and members to develop a joint understanding about how their sessions together can be made as enjoyable, respectful and productive as possible. You will find detailed guidance in the Tutor Support Handbook: Part 3 'Delivering a course or activity' and Part 4 'Issues you may encounter'.

### **When problems arise**

From time to time, despite every effort, problems do arise. However, in the first instance, try to resolve the situation informally through discussion with those involved/concerned. Recourse to the U3AC Complaints Policy procedure early on might lead to a more protracted process and entrenched positions.

## About courses

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### Applying for additional courses

Would you like to apply for additional courses?

The list of courses with vacancies is on the homepage of the U3AC website and is updated regularly. To apply for a course, contact the Office.

### Withdrawing from a course

If you are no longer able to attend a course in which you have a place, please inform the Office at the **earliest possible** opportunity, so that the place can be given to someone on the waiting list. Please do not wait until the course is about to start or has started. Thank you.

### If you cannot attend the first session of term

If you are unable to attend the first session of your course please inform the tutor or the Office **before term starts**. Many courses have long waiting lists and we must be fair to other members, so if we do not hear from you, we will replace you with someone from the waiting list immediately after the first session.

### If you cannot attend a course session

For classes held in U3AC premises or by Zoom: please inform the Office.

For courses held elsewhere: please send apologies directly to the tutor.

Contact details are on the website underneath each course description. You will need to log in to the website to access this information (see below).

### Tutors' and course leaders' 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.

## Volunteering

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### Volunteers' Day - 5 November

The contribution that our members make by volunteering is crucial to the ongoing success of U3AC - it is highly valued and there is no doubt that we could not manage without you.

Members who volunteer say they have found it enjoyable and fulfilling, it is also part of the ethos of the U3AC, as a member organisation.

Please come along to our Volunteers' Day in the U3AC premises on **Wednesday 5 November** between 11 am and 2 pm and find out about all current volunteering opportunities.

## General information

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### A reminder

The annual membership subscription of £120 contributes to the administration and accommodation costs of the U3AC. **It is not a payment for classes, lectures or activities**. Members can attend the Wednesday and Norah Boyce lectures (space permitting), apply for up to 6 courses and apply for visits and events arranged throughout the year and join all the eXtra groups and activities.

### 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.

### Discounts for U3AC members

We have a number of discounts for U3AC members in shops and restaurants around Cambridge. You can download the full list (giving any terms and conditions for the discount) from the U3AC website; there is a link on the homepage.

## Events

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### Wine Tasting

The next Wine Tasting evening will be held on **Wednesday 19 November** at 5.30 pm. The theme is *The perfect present*. Cost is £17 per person and places can be booked from Monday 13 October. Full details will be in the weekly Bulletin nearer the time.

### U3AC Christmas lunch

This year's Christmas Lunch will be held in The Park Seasons restaurant at Cambridge Regional College on **Wednesday 17 December**. Application forms will be available in November.

## General administration

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### Savings on postage

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

The June and August Newsletters are sent by post; the December and March Newsletters are sent by email to those receiving the weekly Bulletin and by post to those who don't.

### Council meeting

The next U3AC Council meeting is on **Friday 3 October** 2025.

## Deaths

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We were sorry to hear recently of the deaths of:

*Richard Ames-Lewis in May*

*Liz Huelin in June*

*Zoya George in June*

## Other organisations

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

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



## Cultural and Social activities committee

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**The Cultural and Social Activities committee**, chaired by Clem Messenger, organises trips and visits throughout the year. Information about these can be obtained from:

- weekly email Bulletin
- U3AC website: [Trips and visits](#)

Applications open at least 4 weeks before each outing and will be processed on a **first come first served basis**. You can apply either via the website, or by completing a paper application form. Places can only be offered to a non-member if there is no waiting list and arrangements must be made through one of the organisers.

### Applying online

On the Trips and Visits area of the website: log in, select the relevant event and complete the requested information. Payment is by bank transfer, and all communication is by email.

### Applying using a paper application form

Forms are available:

- to 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

It is important that you:

- **Complete the application form correctly** - especially the section at the bottom specifying a contact number for emergency purposes as this is a U3AC requirement.
- **Send or hand in your completed form to the U3AC Office.**
- **Pay either by Bank transfer, or by credit or debit card in person at the Office.**
- **All communication is by email.** If you do not have an email address **include a stamped self-addressed envelope**, for notification of your successful application.

If your application is successful you will be sent an acceptance email, please bring a copy of this with you on the trip.

**Pick-up points:** Our standard pick-up points are the Trumpington and Madingley Road Park & Ride sites (where parking for the day is free).

### The following trip has been arranged:

<b>Tuesday 18 November</b>	<b>Christmas at Blenheim Palace</b>
	Cost £50.20
	Application forms are now available.

Additional events will be advertised in the weekly Bulletin.

## U3AC Film group programme

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Established in October 1999 with the much-valued contribution of the Arts Picturehouse Cambridge management, the aim of the U3AC Film Group is to show a wide range of the best in both historic and contemporary world cinema from all countries, generations and genres, and our programmes take a robust and adventurous approach to the history of cinema. The Group's shows take place at the Arts Picturehouse every Tuesday during term time, and our films are shown in Screen 2 or mainly 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 and late seating causes disturbance for those already seated. 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.**

### Autumn term 2025

#### **30 September                      Firebrand    Dir: Karim Ainouz: UK 2023 (120 mins)**

In Tudor England, Catherine Parr, (Alicia Vikander), reluctantly agrees to become the sixth wife of the tyrannical King Henry VIII (Jude Law). Her consent to marry him carries great personal risk, given that her predecessors are either vanquished, beheaded or dead. Perceived as a threat by Henry's courtiers, they start to cast doubts about her fidelity and turn the increasingly paranoid king against her.

#### **7 October                              Conclave    Dir: Edward Berger: UK/USA 2024 (120 mins) [Member Request]**

This is a political thriller film, based on the 2016 novel by Robert Harris. In the film, Cardinal Thomas Lawrence (Ralph Fiennes) organizes a conclave to elect the next pope and finds himself investigating secrets and scandals about the major candidates.

#### **14 October                              Riefenstahl    Dir: Andres Veiel: Germany 2024 (115 mins)**

This is a German documentary about the German filmmaker Leni Riefenstahl. In an interview the film's director said that the documentary warns of the rise of the far right in the contemporary world. In the last conversation Leni has on the phone in the film she says that it will take one or two generations for Germany to rediscover its role in terms of morality, virtue, and order.

#### **21 October                              So Long, My Son    Dir: Wang Xiashuai: China 2019 (185 mins)**

This film portrays the journey of two families, with non-chronological flashbacks, explaining the course of their lives. It speaks of affection, getting married, having and raising children (with the one-child policy), collective dismissal because of economic reform ups and downs in life, grief and many social changes in China, resulting in complicated life experiences. **[Please note the 185 mins running length of this film]**

**\*\*\*\* 28 October - CAMBRIDGE FILM FESTIVAL – NO U3AC FILM GROUP FILM \*\*\*\***

#### **4 November                              The Quiet Girl    Dir: Colm Bairéad: Ireland 2022 (94 mins)**

This Irish coming-of-age drama film set in 1981, follows a withdrawn nine-year old girl raised by neglectful parents among other siblings who experiences a loving home for the first time when she spends the summer on a farm in Rinn Gaeltacht, County Waterford, alone with a married couple who are distant relatives. This film is mostly in the Irish language although it contains parts in English.

#### **11 November                              Yojimbo    Dir: Akira Kurosawa: Japan 1961 (111 mins)**

In this Japanese samurai film directed by the great Akira Kurosawa, a rōnin\* arrives in a small town where competing crime lords fight for supremacy. The two bosses each try to hire the newcomer as a bodyguard. Over the years this film has become widely regarded as one of the best films by Kurosawa and one of the greatest films ever made.

(\* Ronin is a Japanese term that can be translated to 'wave man'. Ro means wave, and nin means man or person. The term was used to describe the masterless samurai who were constantly in flux and floating, like a wave)



**18 November**

**The Pawnbroker**

**Dir: Sidney Lumet USA 1964 (116mins)**  
**[Member's Request]**

In Nazi Germany, Sol Nazerman a German – Jewish university professor, is sent to a concentration camp along with his family. He witnesses his two children die and his wife raped by Nazi officers before she is killed. 25 years later in New York, Nazerman is haunted by his memories. He operates a pawnshop in an East Harlem slum while living in an anonymous Long Island housing tract with his sister-in-law who is also a Holocaust survivor. Numb and alienated by his experiences, he has trained himself not to show emotion. This is an extremely strong film, with a very powerful performance from the great Rod Steiger.

**25 November**

**Picnic at Hanging Rock**

**Dir: Peter Weir: Australia 1975 (107 mins)**

Set in Victoria, Australia, in 1900, the film is about a group of female boarding students who vanish at Hanging Rock while on a Valentine's Day picnic, and the effects the disappearances have on the school and local community. This parable of imperial anxiety and sexual hysteria is a classic of Australian new wave cinema, and in my view a haunting and rather special film.

**2 December**

**My Man Godfrey**

**Dir: Gregory La Cava: USA 1936 (94 mins)**

*My Man Godfrey* is a 1936 American screwball comedy film. The film's story concerns a socialite who hires a derelict to be her family's butler and then falls in love with him. The film stars William Powell and Carole Lombard who had been briefly married years before appearing in the film.

**9 December**

**Top Hat**

**Dir: Mark Sandrich: USA 1935 (101 mins)**

This is a much loved 1935 American screwball comedy film in which the legendary Fred Astaire plays an American tap dancer named Jerry Travers who arrives in London to star in a show. He meets and attempts to impress Dale Tremont (Ginger Rogers) to win her affection. Songs by Irving Berlin, "Top Hat, White Tie and Tails", and "Cheek to Cheek" have become American song classics. "Top Hat" was the most successful picture of Astaire & Rogers' partnership.

**Our first show after the Christmas break will be at 1.00 pm on Tuesday 13 January 2026**

### **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 – Science for Everyone: Autumn term 2025

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

The lectures are open to members only. The link for each lecture is on the *Norah Boyce Lectures* page of the website (you will need to log in to access this) and will be included in the weekly Bulletin during the week prior to the lecture and also emailed to Bulletin recipients on the morning of the Lecture.

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

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### **14 October**                      **Will machine learning-based diagnosis of clinical biopsies ultimately replace pathologists?**

Speaker                      Professor Liz Soilleux, Dept of Pathology, University of Cambridge and Lyzeum Ltd

Patient biopsies are examined by pathologists under the microscope to give a diagnosis. There is a global shortage of pathologists, meaning that there are often delays in the examination of biopsies. Duodenal biopsies are a common specimen type; they rarely contain cancer and so are often left in backlogs. However, this makes them a safe starting point for the development of automated approaches to diagnosis, in particular for coeliac disease. This talk will explain what currently happens in histopathology departments and will describe our approach to developing an automated diagnosis for coeliac disease, including the successes and challenges!

### **21 October**                      **Brain Boost: Healthy Habits for a Happier Life**

Speaker                      Professor Barbara Jacquelyn Sahakian, Department of Psychiatry, University of Cambridge

Our mental health is just as important as our physical health. In times of stress, enhanced cognition and reserves of resilience are vital in maintaining our wellbeing. This talk will draw on evidence-based ways to improve our brain health, cognition, and overall wellbeing based on *Brain Boost: Healthy Habits for a Happier Life*. I will explore the benefits of exercise, diet, sleep, social interactions, kindness, mindfulness and learning and how adopting these healthy habits will lead to a longer, happier life and a flourishing society.

### **28 October**                      **The Biology of Human Ageing: Separating Ageing from Inactivity**

Speaker                      Professor Stephen Harridge, Centre for Human & Applied Physiological Sciences, School of Basic & Medical Biosciences, King's College London

Whilst we are living longer, for many these extra years of life bring poor health and compromised function. Our “healthspan” is not keeping pace with our increased lifespan. As we age our functional capabilities decline, we are less skilled at everyday living and become at increasing risk of events like falling. We often ascribe these change to simply getting older, the results of an “ageing process”. This is correct, but only in part. I will discuss how ageing trajectories can differ markedly between people, and the vital roles that physical activity and exercise play in maintaining “age-appropriate” physiological function.

**4 November**

**Echoes from the Edge of Thwaites Glacier, West Antarctica**

Speaker

TJ Young, Lecturer in Physical Geography and Remote Sensing, University of St Andrews

To investigate the (in)stability of Thwaites Glacier in West Antarctica, the Thwaites Interdisciplinary Margin Experiment (TIME) applies a variety of geophysical techniques to image the boundaries of Thwaites Glacier, which separate fast-flowing from stationary ice. TIME uses a variety of radar, seismic, and geodetic surveys to shed light on how the environment beneath glaciers determine its flow behaviour. The behaviour of Thwaites Glacier—often nicknamed the “Doomsday Glacier” by the press—is thought to determine the overall (in)stability of the larger West Antarctic Ice Sheet, which if completely destabilised and melted, could raise global sea levels by 10 feet!

**18 November**

**Where are we with repairing the brain in Parkinson’s Disease?**

Speaker

Roger Barker, Professor of Clinical Neuroscience, Honorary Consultant Neurologist, University of Cambridge

Parkinson's disease (PD) is a common age-related neurodegenerative condition that presents with a combination of motor problems. PD has as part of its core pathology the loss of a specific population of nerve cells that release dopamine. The loss of this pathway, identified over 60 years ago, led to the development of dopamine drugs to treat PD. These drugs create their own side effects and thus for over 50 years, attempts have been made to better treat PD by replacing or restoring the lost cells. I will present the history and status of repairing this pathway in PD.

**2 December**

**Textile and dye analysis - An overview of scientific research at the British Museum**

Speaker

Dr Diego Tamburini, Scientist: Polymeric and Modern Organic Materials, Department of Scientific Research, The British Museum

Identification of colouring materials used for textile dyeing is challenging, due to the variety of natural sources used by humans throughout history, and complicated by the invention of synthetic dyes. Comprehensive molecular databases are needed for accurate identifications, and these need reliable reference materials. Mass spectrometry emerges as the state-of-the-art technique in this field. I will showcase the potential of mass spectrometry techniques, especially high-pressure liquid chromatography coupled to tandem mass spectrometry, for dye analysis. A selection of case studies from the British Museum’s collection will highlight the challenges of archaeological and historical textile analysis in a museum context.

**9 December**

**Saving our Insects**

Speaker

David Goulson, Professor of Biology, University of Sussex

Insects are fascinating, beautiful, and vitally important; without them ecosystems would grind to a halt. Dave Goulson will explain why insects are declining, and the consequences if we allow this to continue. He will then consider the many ways that we can all get involved in saving our insects, by inviting them into our gardens, and by turning our cities into havens for bees, butterflies and a diversity of other insects.

## Wednesday Lectures – Autumn term 2025

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**The lectures this term are being run as 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 take place in the Pink room here at Bridge Street. Places can be booked 7 days before each lecture. Please contact the Office to book, giving your name and membership number. 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 2.15pm. No entry to the Pink room before 2.00pm.

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

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### **8 October                      The Cambridgeshire crucifixion: Roman justice, indigenous practice or careless burial**

Speaker                      Corinne Duhig PhD FSA MCIfA.

Archaeologists investigating a previously unknown Roman settlement ahead of a new housing development in Cambridgeshire have discovered the remains of a man with a nail through his heel. A team including osteoarchaeologist Dr Corinne Duhig believe this may be the “best preserved” example of a Roman-era crucifixion anywhere in the world and shows inhabitants of even this small settlement at the edge of empire could not avoid Rome's most barbaric punishment.

### **15 October                      Town v. Gown; City v. Village: A History of Cricket in Cambridge**

Speaker:                      Prof Tony Watts

Cambridge has had a rich cricket culture and tradition. Cambridgeshire could have been a first-class county. But Town and Gown never harnessed satisfactorily their joint resources. The University provided access to first-class cricket. There were strong city clubs, playing on high-quality college grounds run by dynasties of extraordinary groundsmen. This contrasted with the league cricket in the surrounding villages. This lecture, based on Tony Watts's recent book, will celebrate Cambridge's distinctive cricket tradition, analyse the changes, and describe the endeavours to sustain and develop local cricket in a new era.

### **22 October                      The Vital Message: The University of Cambridge and Adult Learning since 1945**

Speaker:                      Prof Mark Freeman

In the 1990s some 11,000 students were enrolled on courses run by the University of Cambridge's Board of Extra-Mural Studies – around the same as the total undergraduate population of the university. They were participating in a tradition of adult learning at Cambridge that went back to the first “university extension” lectures in 1873 and flourished through the twentieth century. The Vital Message, commissioned for the 150th anniversary of this aspect of Cambridge life, focuses in particular on the development and decline of the large programme of non-vocational courses for adults in the East Anglia region.

### **29 October                      From Raphael to Jean Michel-Basquiat – what Art can tell us about Love**

Speaker:                      Dr Nick Trend

What can or can't we learn from the way that artists over the ages have depicted their partners and lovers; how they have tried to express the frustrations, passions, disappointments and hopes aroused by the intensity of this most powerful and enigmatic of emotions. Nick examines mainly portraits but also landscapes and still lifes by artists as diverse as Raphael and Caravaggio, Rembrandt and Frida Kahlo, Peter Blake and Suzanne Valadon.

## **5 November**      **Canada, 1939-1945: Caught between Churchill and FDR**

Speaker:              Dr Olivier Courteaux Historian on Franco-European relations

Between 1939 and 1945, Canada found itself diplomatically positioned between two global giants—Winston Churchill and Franklin D. Roosevelt. Prime Minister Mackenzie King sought to mediate and maintain harmony between them. Hosting the Quebec Conferences, Canada played a symbolic yet vital role in Allied cooperation. The unexpected collapse of France in the spring of 1940 presented unprecedented challenges, not least because Canadians were split on the issue of supporting either Vichy or the Free French. This period shaped Canada's identity as a middle power, highlighting its contributions to the war effort and its evolving independence from British imperial influence.

Note: This is the sixth of our International Canadian lectures.

## **12 November**      **Hereward the Wake: fact, fiction and romance**

Speaker:              Mike Lynch

Hereward the Wake, hero of resistance to the Norman conquest in Ely and the fens, was a figure to which stories of romantic entanglements and even semi-magical powers quickly became attached.

By 1866 however, Charles Kingsley found that very little of him 'was left standing out from beneath the dust of ages'. Kingsley re-created Hereward as 'the Last of the English' to suit the mood of the time, but by 2007 Mike Ripley depicted him as an arsonist, bigamist and drug-addict.

Is his memory now fading? This lecture deals with our need to create legendary figures, and their subsequent fate.

## **19 November**      **What's the point of J.S. Bach's sacred cantatas?**

Speaker:              Thelma Lovell

Designed to be part of Lutheran church services in eighteenth-century Leipzig, Bach's cantatas brought drama and colour to the beliefs and attitudes arising from a particular religious outlook. It is the music that still draws listeners worldwide, though Bach - genuinely devout - intended it to serve the message of the words. Living in a different world, three centuries later, how do we process the integration of art with faith that we find in the cantatas?

## **26 November**      **The art of laundry**

Speaker:              Nick Higham, Journalist

Before the arrival of the washing machine, the tumble drier, modern water supply and efficient heaters, doing the laundry was one of the most arduous household tasks – almost always done by women. It was also essential for personal hygiene. Everywhere you looked you were likely to see laundrymaids and washerwomen – including in art. Former BBC arts correspondent Nick Higham surveys more than 400 years of paintings, prints and photographs of women who washed, and asks what they tell us about the artists who made them and the society they lived in.

**3 December      Atlantic Furies: The Women who risked everything to be the first to fly**

Speaker:            Midge Gillies

In the early 20th century, the dream of crossing the Atlantic by plane was as potent as putting a man on the moon would be 50 years later. But many people believed women too physically frail and emotionally vulnerable to endure the gruelling conditions of flying long distances. In Atlantic Furies, Midge Gillies uncovers the stories of six courageous, rule-breaking aviators who risked everything to prove that women could take to the air. They came from both sides of the Atlantic and three would lose their lives in a bid to conquer the ocean between.

**10 December      Life at the end of the Earth: the weird and wonderful adaptations of Antarctic marine animals**

Speaker:            Prof Lloyd Peck FRS BAS

Life in the seas around Antarctica is unexpectedly abundant and diverse. It contains unique biological attributes like giant sea spiders, worms and sponges, and the only animals with backbones that do not possess red blood cells. It also contains probably the slowest biology anywhere with some snail species taking up to 10 years to develop from fertilised eggs to hatching juveniles. This talk will describe the biodiversity, the adaptations and the constraints that have produced these unique biologys. It will also discuss some of the exciting new research that is giving us new insights into how life thrives at sub-zero temperatures.