

June - August 2015 Newsletter

A Message from the Chair

In my last message I see that I referred to the summer being nearly upon us, but as we all now know, this was perhaps a little optimistic as we found ourselves battling the cold wind in what should have been warmer weather. However none of this seems to have deterred our members from taking part in our various activities with their usual enthusiasm and another successful term has now come to an end.

Perhaps the most significant change for next year will be the move of the Wednesday lectures from its long standing venue in the University lecture theatre in Mill Lane. We are grateful to the University and the members of staff there who have always been helpful to us during this time. As many of you will know, the new venue for these lectures will be in the Cambridge Union Debating Chamber, which is equally central and hopefully convenient for our members. I would like to thank all those who contributed to the successful conclusion of this exercise.

The new council is working well and, at our first meeting, there was no shortage of volunteers offering to take on various essential roles that are required in order that the Council can work effectively. This makes a great deal of difference to the organisation and to me as Chair.

Many of you will remember that we had a burglary several months ago and as a result we have installed a new and more sophisticated alarm system in the Bridge Street offices. We hope that this will give us the protection that we need against anything like that happening again.

Next year's programme is with the printers as I write this. Many of our tutors are continuing with the classes they have run in the past and, as usual, we have some new tutors and new courses.

We expect our numbers to increase again for the coming year and have to find the right balance between the number of classes available and the numbers of members wanting to take part. This is always a tricky exercise, but it is good to know that last year over 97% of members got in to their first choice of class. Although this is little comfort for the 3% who did not, it is an indication that on the whole, the system works and we do our best to meet members' wishes in this respect.

I am also very happy to inform you that Dame Sandra Dawson has agreed to be one of our patrons. She was Master of Sidney Sussex College and Director of the Judge Business School, University of Cambridge and is a Fellow of the Academy of Social Sciences. We welcome her to our very special organisation.

I hope you all enjoy the rest of the summer and look forward to continuing your involvement with the U3AC next year.

Sally Livesey

U3AC Term Dates 2015-16

Monday 5 October – Friday 11 December 2015

Monday 11 January – Friday 18 March 2016

Monday 11 April – Friday 17 June 2016

Please note, start dates for each course are stated in the Programme of Studies.

Contents:

Page 1:	Message from the Chair	Page 2:	Courses
Page 3:	Open Day/ Administrator's message	Page 4:	Administrative Information
Page 5:	Short Story	Page 6:	Cultural & Social Activities Committee

New courses – please apply on your application form

LIT 34: The Brontës (spring term)

Tutor: Dr Felicia Gordon

Day and time: Monday 9.45 – 11.00

Venue: U3AC, Room 1

Length of course: 1 term

Number of places: 12

Start date: 11 January

This course will examine three novels by the Brontë sisters: *Wuthering Heights*, *The Tenant of Wildfell Hall* and *Villette*. It will focus on the social, historical, political and cultural background to the novels and to the Brontës' lives. As a seminar, this course will ask participants to prepare some topics for discussion as well as discussing the passages from the novels. Topics to be discussed:

1. The Brontë family – genius and/ or madness?
2. The Brontës' fictions: realism or romanticism; the creation of a new romantic landscape.
3. Religious ideas in the novels: evangelism, the Oxford movement, anti-Catholicism.
4. History and politics: radical conservatives or radicals?
5. Reading and literary influences: Pilgrim's Progress, the lure of Byron and shades of the Gothic.
6. The Brontës and the visual arts: Thomas Bewick and John Martin.
7. The condition of women question.
8. The growth of the Brontë legend.

FIT 38 Gentle Movements

Tutor: Moniek Hopman

Day and time: Friday 11.30 – 12.30

Venue: Friends Meeting House, Hartington Grove

Length of course: 1 term

Number of places: 12

Start date: 9 October

These mindful exercises will move your attention away from daily hassles and worries towards the needs of your body. Doing these harmonising movements regularly will let energy flow more freely in your body, make you feel calmer and help you sleep better. The exercises are based on Chi Kung, Feldenkrais and Yoga and are suitable for everyone, including those with limited mobility. Please wear comfortable, warm clothing and bring a mat or blanket to lie on. If you cannot lie on the floor or stand, you can do the exercises sitting on a chair.

Amendment to Courses programme

FIT 18 / FIT 19 / FIT 20: T'ai Chi classes

There is an additional fee of £32 to pay for the tutor, payable on application.

LEI 20 U3AC Bird Club

Organisers: Eve Corder and David Blatherwick

Courses - general

Tutors' contact details

The printed programme does not show tutors' contact details or the venue if a course is held in members' homes. This information can be found on our website. Members need to log in to view this information using their email address and membership number. Members without internet access or prospective members can request this information from the Office.

Summer Holiday Programme of Courses

Details of courses available to members during the summer holiday period: 29th June to 25th September are available now. A paper programme is available to collect from the Office, a downloadable programme is available from the website or members can request a copy to be emailed to them.

U3AC Open Day - Saturday 11 July

This year's Open Day will be held on Saturday 11 July between 11.00 am and 3.30 pm when we hope as many members as possible will come along bringing a friend, relative or neighbour to introduce them to the benefits of joining U3AC.

Message from the Administrator

Those of you who have been taking courses at Bridge Street during the summer term will have seen that the AV equipment in Rooms 1,2,4 & 5 have been upgraded to a simple 'plug and play' setup. I hope both tutors and members are pleased with the new equipment. A second hearing loop has been installed in Room 5. Thanks to Gemma who kept all the installations on track and has ensured tutors are happy using the new equipment. If you are a tutor running a course next year at Bridge Street and want to get familiar with the setup, Gemma is running sessions on using the classroom IT / AV, these are advertised in the summer programme.

When I first joined U3AC I had little thought for how the programme was put together. I lived in Cambridge with a U3AC with so many talented tutors (lucky us) and I had received the extensive programme booklet with the course details from tutors, timetabled at Bridge Street or at external locations and it was a pleasure to sit down and go through the excellent programme. I now know the effort involved by our tutors and office staff in putting together our programme.

This is a brief overview of the process to get the programme out to eager members for them to return their selections for allocation.

February	Course proposal forms sent to potential tutors.
End March	Tutor deadline for return of course proposals.
April	Timetabling of all courses, booking of external venues.
April & May	Course details provided by tutors plus other information put together into Programme booklet. Proof Read.
End of May	Programme to printers.
June	Programme distributed to members.
End July	Member deadline for application to courses.
August	Course allocation (done as detailed in the Programme booklet)
September	Course allocation details sent out to members

April also sees the start of the gathering of information from tutors and production of the summer programme to go out to members in June.

So when you open your 2015-16 Programme with 345 courses please remember it comes to you as a result of our tutors offering such a wide range of courses and the efforts in particular the office staff, our 'Programme Fairies', it doesn't just happen by magic. My thanks go to all involved.

Nicky Morland

Administrative Information

Annual Subscription – a reminder

The annual subscription of £70 is **the fee to become a member of the organisation; it is not a payment for courses.** Membership entitles you to apply for up to 6 courses, attend the Wednesday lectures and Norah Boyce science lectures (space permitting) and the opportunity to apply for various visits that are arranged throughout the year.

If you apply for only ONE course and that course has a limited number of places we cannot guarantee you a place on that course, so it is advisable to provide an alternative.

Additional Fees for Courses

Payment for any additional fees for courses is required at the time of application. Please note application forms will not be processed until additional fees are received. In the event of a place not being allocated the monies will be refunded in full.

Closing date for Applications/Allocations to Courses

We would like to receive your application for courses by 1 August. A letter giving details of which courses you have been allocated will be sent out with your membership card and newsletter at the beginning of September. This newsletter will include the list of Wednesday Lectures, Norah Boyce Science Lectures and the Autumn term programme for the Film Group.

Email address

Please ensure you inform the Office when you change your email address. We use this method to contact you about your courses. In addition you need your email address to log in to the website to access tutor contact details, and our records therefore need to be kept updated.

Disability Assistance

It is important that U3AC Office staff are aware of members who may need assistance in the event of an emergency evacuation from Bridge Street. Please could you indicate on your membership application form if you require help. You will then be contacted before the Autumn term to ensure that we are fully aware of what help you need.

Change of Address & Telephone Number

It would be very helpful if members could inform the Office of any change of home address, or email address, and especially any new telephone number. If we do not have a record of your telephone number there will be a question mark on your personalised application form. Please fill in your telephone details as we occasionally have to make contact with last minute cancellations or alterations.

Personal Details

In line with Data Protection guidelines the U3AC Office does not disclose addresses (home or email) or telephone numbers to any enquirers. However, some classes, particularly leisure groups, like to have a list of members' names, addresses and telephone numbers circulated for use within the group to assist with car sharing etc. If you do **not** wish your name to be included on any such list, please make this clear on your application form.

Copy for next Newsletter

Articles/information that members would like to be published in the next newsletter should be received by the Office no later than **Monday 11 August 2015.**

Deaths

We were sorry to hear recently of the deaths of:

*Christine Bondi
Isabel Casson
Ann Duncan
Margaret Balfour
Francis Reeks
Jean Talbot*

Becky and Richard

9.00am Becky settles into her seat. She has arrived at Liverpool Street Station in good time and will soon be on her way to meet Richard in Cambridge. Since that first awkward contact on the dating site, they have gradually come to know each other through a series of phone calls and often discuss meeting. Today they will.

The train picks up speed as it leaves London and hums through the green countryside. Becky has suggested meeting in Cambridge as she has not been there for many years. Richard is enthusiastic about the idea and plans visits to the Fitzwilliam Museum and his college.

Although Becky's idea of a good day out includes plenty of shopping, she prefers to do that by herself or with her friend. Today, she looks forward to seeing Richard and spending the day with him. They will recognise each other easily from their photos on the internet. She smiles. He seems a bit scatty, she thinks, while his academic research - something to do with breeding dandelions - is bizarre!

9.50am In the ticket hall at Cambridge Station Becky looks around. Richard has promised to meet her here at ten o'clock but he hasn't arrived yet.

Richard, getting into his car to drive to the Park & Ride at Trumpington, hums cheerfully to himself. On arrival, he will catch the busway to the railway station. He should be there in time to meet Becky's train which, he remembers, will arrive at eleven o'clock.

10.50am Becky seethes. Richard has obviously forgotten about her. He's probably messing about with his bloody dandelions. She has phoned him twice - no reply. She has had enough - a whole hour - of hanging around this station! Just then a train for London arrives. She climbs in, and slumps down into her seat.

Richard sidles cheerfully through the ticket hall on to the platform. Idly he watches a London-bound train pull away. To his astonishment he sees Becky staring out the window.

Their eyes meet. Their arms wave frantically; then she is gone. He reaches for his mobile - but it's at home.

11.15am Richard takes the next train to London. hopefully Becky will wait for him at Liverpool Street.

Becky alights from her train at Audley End Station. She crosses to the opposite platform to catch the first train back to Cambridge.

11.45am Richard's train pauses at Audley End. Becky waves frantically - but Richard is staring straight ahead.

12.10pm Becky catches the next train to London, determined to give Richard a piece of her mind. Then she'll go home. She has wasted enough time for one day.

12.40pm At Liverpool Street Station Richard scans the crowded concourse. No sign of Becky. Eventually he plods over to the *Costa Coffee* shop, orders a large Americano and drops into a chair. He must have told Becky to catch a train arriving at ten o'clock, not eleven he thinks. She must be furious!

1.00pm Becky steps off the train at Liverpool Street and hurries through the barrier. No sign of Richard. Four hours wasted, and no vent for her feelings! Amidst the bustle of the great station she stands alone and thinks.

She smells the aroma of coffee and food. How tired she feels and how hungry. She heads for the coffee shop. They both liked *Costa Coffee*, she remembers, though they disagreed about the relative merits of flapjacks and blueberry muffins. She opens the door of *Costa Coffee* and steps inside. Richard is sitting in the far corner. He looks so forlorn. She runs forward. He looks up, beams and rises with outstretched arms. *David Thear*

U3AC Cultural and Social Activities Committee

1. Information may be obtained from:

- ❖ the printed bulletin from 27-28 Bridge Street
- ❖ the website: www.u3ac.org.uk
- ❖ email: office@u3ac.org.uk

2. Application forms can be obtained in the following ways:

- ❖ from the display area at 27-28 Bridge Street
- ❖ at the Wednesday lecture
- ❖ by sending a stamped addressed envelope to the Office with the name of the event in the top left hand corner
- ❖ **for a fee of £7 annually (payable in September) members will be sent forms as soon as they are available**
- ❖ by email from the Office

NB: when sending forms to the organiser you **must** clearly mark the back of the envelope "U3AC" with the name of the trip. Forms are usually available about 4 weeks before the outing. A draw is held, if necessary, about 2 weeks later in order to make it fair for everyone. **All forms must be sent directly to the organiser with a stamped addressed envelope.**

It is important that forms are filled in correctly especially the section at the bottom re: a contact number for emergency purposes as this is a legal requirement.

We ask members to bring their acceptance slips with them as confirmation of the acceptance of their booking, to avoid any misunderstandings.

3. The following events have now been arranged

Thursday 10 September Visit to Southwold:
Adnam's Ales Brewery and theatre trip to see Daphne du Maurier's play
September Tide
Application forms are now available.

Tuesday 13 October Bletchley Park

4. 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.
5. Activities are publicised in Bridge Street and also at the Wednesday Lectures. The Chairman is Clem Messenger.
6. We shall use the **Trumpington** and **Madingley Road Park and Rides** regularly as our two pick up points, except on Sundays, when we shall also be using Bateman Street.