

Newsletter June – August 2011

A Message from the Chairman

As another term ends our thanks must go to all those people who work hard to ensure the smooth running of our organisation.

In the Office, the "hub of the universe", Carol, Louisa, Gemma and Jane have continued to tackle all manner of tasks and smooth out problems.

The council members give up a lot of time voluntarily, working together to plan ahead for the future and meeting the challenges brought about by our increasing numbers.

Many thanks to all our volunteer receptionists. It is always reassuring for visitors to see a friendly face as they enter the first floor, particularly if they are thinking about joining the U3AC! It has been really encouraging to see more members getting involved in working "behind the scenes" where every little helps! This is a good way of making new friends, as is participating in the visits arranged by the Cultural and Social Activities committee.

Chris Jones, Chairman

Term Dates for 2011 – 2012
Autumn Term: 10 October – 16 December 2011
Spring Term: 9 January – 16 March 2012
Summer Term: 16 April – 22 June 2012

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Messages from members of Council

Courses News

The academic year is almost finished. Our members have enjoyed the use of well-equipped and attractive premises. The majority of users have expressed satisfaction with the spacious and well-illuminated classrooms and communal areas. Accommodating as many courses as possible created a little friction at change-over times and pointed to the need for increased allowances for next year to achieve smoother transitions. You will notice, in the programme, that this has affected class times at Bridge Street.

A major effort has been undertaken to rationalise the external venues for the next period, in terms of both cost and location to provide users with a tighter circle of town sites. The Academic Year 2011-2012 will include three terms of equal length (10 weeks) and a separate Summer Programme, distributed in April, following the success of such a venture this year.

The other development has been the purchase of new software to aid our random computer programme in allocating first choice course bids. We can only hope it works well alongside the existing system, but please do not just make one bid as it will always be wiser to use your total allocation.

Carlos de la Riva, Director of Studies (Courses)

A thank you to Bob Pryor

*An important date in my diary
One certainly not to be missed
It's our termly wine and cheese evening,
When we all look forward to getting ???*

*Together with like minded drinkers
We taste a fine selection of wine
Chosen by sommelier Matthew
To offer our friends, when we dine.*

*For these convivial gatherings
Our thanks must go to our host
Bob Pryor, our genial convener
So please raise your glass for a toast.*

*Thank you VERY much, Bob,
For your hard work over the years
Please be upstanding, fellow wine lovers
And join me in three hearty cheers!!
Hip hip hooray!!*

An ode written by Chris Jones for this term's Cheese and Wine Evening

Computer for use by U3AC members

We would like to thank Judith Hunt for the donation of a computer. This has been placed in the reception area of U3AC and may be used by members for browsing the Internet.

Fire drill

We had a successful fire drill at the Bridge Street premises on Thursday 26th May. The attending fire safety officer timed the evacuation of the four classes from the building at three minutes from alarm sounding to complete evacuation. A big thank you to everyone involved.

Office staff and volunteer receptionists

This term Gemma Clare has been employed to work an increased number of hours in order that a member of staff is present whilst the premises are occupied. This has meant that the pressure on the volunteer receptionists has been reduced. We continue to rely on the hard work of the latter to assist with the smooth running of the organisation. The council are at present discussing the possibility of continuing this arrangement of having a paid member of staff on duty throughout the opening hours of the premises.

Garden Parties 2011

This year six garden parties have been hosted for members. The first two have been held at Mariners Way by Margaret Nimmo-Smith and Goose Hall by Sylvia Lock. This is the second year that both Margaret and Sylvia have kindly opened their gardens and I know they were both a success, despite the rain! I should like to thank them for all their hard work to give pleasure to others.

Lifesaving message in a bottle

A "bizarre" idea to store a person's medical details in a bottle in the fridge could prove a "lifesaver". The voluntary scheme to use tiny green and white bottles which contain crucial details about a householder's medication, allergies and who to contact in case of an emergency, has been organised by Lions Clubs across the UK. The essential information will be easily accessed by paramedics and emergency crews in case of an accident or sudden illness. The Office has a few bottles available for interested members.

"ICE" (i.e. In Case of Emergency)

A campaign encouraging people to enter an emergency contact number in their mobile phone's memory under the heading "ICE" (i.e. In Case of Emergency), has rapidly spread throughout the world as a particular consequence of the terrorist attacks in London. Originally established as a nation-wide campaign in the UK, ICE allows paramedics or police to be able to contact a designated relative / next-of-kin in an emergency situation.

The idea is the brainchild of East Anglian Ambulance Service paramedic Bob Brotchie and was launched in May 2005. Bob, 41, who has been a paramedic for 13 years, said: "I was reflecting on some of the calls I've attended at the roadside where I had to look through the mobile phone contacts struggling for information on a shocked or injured person. Almost everyone carries a mobile phone now, and with ICE we'd know immediately who to contact and what number to ring. The person may even know of their medical history."

By adopting the ICE advice, your mobile will help the rescue services quickly contact a friend or relative - which could be vital in a life or death situation. It only takes a few seconds to do, and it could easily help save your life. Why not put ICE in your phone now? Simply select a new contact in your phone book, enter the word 'ICE' and the number of the person you wish to be contacted. For more than one contact name ICE1, ICE2, ICE3 etc." For further information, type in 'ICE - in case of emergency' onto your Internet server.

Clem Messenger, Administrator

Profiles of Council members

Peter Woodsford – Director of Studies (Lectures)



Peter, who grew up in Dorset, began his association with Cambridge when he won an Open Exhibition at St. John's, graduating with an Honours Degree in Mathematics in 1963. In that year he took a step which had a major impact on his life – he went with the Voluntary Service Overseas organisation to Uganda, where he met and married his wife Sue, who was also with VSO. Peter taught maths and physics at Busoga College Mwiri, a leading school in the country. He and Sue returned to UK in 1967 but have maintained close ties with Uganda ever since and will be going there later this year for the Centennial celebrations of the school.

With a Diploma in Computer Science obtained with distinction back in Cambridge in 1968, he took up a research post in the University Computer Aided Design (CAD) group, where he wrote GINO, an innovative and widely used computer graphics software package. He then joined Laser Scan, the first company on the Cambridge Science Park, where he was concerned with the development of computer mapping and geographic information systems. He retired in 2009 as Chairman of the company, then called 1Spatial. He is now non-executive chairman of Snowflake Software. Peter also played a leading part in industry bodies in the UK and Europe and held a visiting professorship in Geomatics Engineering at UCL. He was awarded an MBE for services to the geographic information industry in 2010.

Of his role in U3AC, which he joined in 2005, he says: "I have been a persistent German student, also active in Africa Forum, and I like to take on each year a subject of which I know little or nothing (eg Venerable Bede, Eminent Diarists, Happiness in Georgian London). I give a course entitled 'Maps in the Computer Age' and have organised the Heidelberg Exchange (2008-9)." His other interests include allotment gardening ("we have two"), cinema, cycling and travel (especially by train). Elected to the Council in 2010, he became Director of Studies (Lectures) this year. Asked what his plans were he said: "As well as seeking to maintain the high standards we have had in the past, I hope to make good use of our own members and of some academics at the beginnings of their careers in the programme of Wednesday lectures. I also hope to coordinate these with the Norah Boyce Science lectures".

Nicholas Herbert – member of Council



Nicholas Herbert (alias Lord Hemingford) was born in Watford and brought up in the Gold Coast, Uganda, Northumberland and Huntingdonshire. At school, at Oundle, he studied cricket and rugby, among other sports and at Clare, where he got an Honours degree in English in 1953, he continued this sporting interest, captaining the college at cricket and rowing in the First Lent boat.

Reuters News agency took him on to their sports desk in 1956, moving him a year later to cover the Foreign Office and in 1960, with his wife Jenny, to Washington to report on the White House, Congress and the State Department. Events that he covered for Reuters and *The Times*, which he joined in 1962, included the Kennedy-Nixon election, the Cuban missile crisis, the Kennedy assassination, the early space flights and the Martin Luther King marches in the South. As Middle East

Correspondent from 1965 to 1969 he covered the withdrawal from Aden and the Six Day War.

Back in Britain as editor of the *Cambridge Evening News*, he renewed his acquaintance with Cambridge, which he said he found just as complex as the Middle East. He was recruited to be editorial director of Westminster Press, a group of provincial papers, where he started an in-company journalism training scheme. As President of the Guild of British Newspaper Editors and a founder member of the Association of British Editors, he developed an interest in press freedom and co-authored two pamphlets on the subject. In retirement he was for 10 years Chairman of the East Anglian Regional Committee of the National Trust and served on the Council of the Friends of the British Library. In 2008 he published *Successive Journeys: A Family in Four Continents*, which won first prize for non-fiction in the Self-Publishing Awards and led to his being named joint self-publisher of the year.

He was elected to the U3AC Council in 2010 and helped to organise the official opening of the new Bridge Street premises. He is part of the group conducting research on care of the elderly and assists Peter Woodsford with the Wednesday lectures. He says he likes the organisation because it works absolutely without compulsion. "How many other organisations with 2,500 members are run so effectively by so many volunteers?" he asks.

Courses

Summer Courses

The following Summer Courses have vacancies, contact the Office to enrol: -

C3: Using Powerpoint (Version 2004 & earlier)

Tutor: Jeremy Clare

Day and time: Friday 10.15-12.15

Dates: 5, 12 August

Venue: Room 5

No. of places: 5

This course is for those who wish to learn how to use PowerPoint for presentations. The course is only suitable for those familiar with file handling on computers. Attendees must have ready access to a computer with a relevant version of PowerPoint as there will be homework set between sessions. Please contact the tutor before you enrol to make sure you are on the correct course. You may bring your own laptop to the class, or you can use a U3AC one for which there will be a charge of £2.

C4: Using Powerpoint (Version 2007 & later)

Tutor: Jeremy Clare

Day and time: Friday 10.15-12.15

Dates: 19, 26 August

Venue: Room 5

No. of places: 5

This course is for those who wish to learn how to use PowerPoint for presentations. The course is only suitable for those familiar with file handling on computers. Attendees must have ready access to a computer with a relevant version of PowerPoint as there will be homework set between sessions. Please contact the tutor before you enrol to make sure you are on the correct course. You may bring your own laptop to the class, or you can use a U3AC one for which there will be a charge of £2.

E1: Carbon Conversations – taster session on food

Tutors: Penny Henderson and Tom Bragg

Day and time: Thursday 14 July 9.30-12.30

Venue: Room 4

No. of places: 12

"I love my food, but I didn't realise what an impact my choices are having." This taster session invites you to explore how food production, processing, packaging and transport affects the carbon 'load' of your diet. Discussing how to reduce the carbon footprint of food, our shared ideas can be inspirational. A first step to change may be to discover useful information. A second

step is comparing preferences and what's important to us. We will do both!

HS1: 5th Century Athens

Tutor: Eric Southern

Day and time: Thursday 10.00-11.15 and Friday 10.00-11.15

Dates: 14, 15, 21, 22, 28, 29 July 11, 12, 18, 19 August

Venue: Room 1

No. of places: 30

A series of lectures to illustrate the life and literature of 5th century Athens via 2 historians, 3 dramatists plus Aristophanes, the visual arts (vases plus architecture). We will add 2 sessions on earlier philosophers plus a brief look at Plato.

M1: The Maths of Tuning

Tutor: Sarah Payne

Day and time: 10.00-11.30

Dates: Wednesday 20 July

Venue: Room 1

No. of places: 20

Requirements: interest in music, basic arithmetic skills and a calculator.

This session (which has grown out of my 'Maths can be Fun' course) looks at how mathematics is at the heart of musical intervals and tuning and will show how the tuning of a piano can never be an exact science. Sums will be fairly simple!

M2: The Maths of Tuning 2

A repeat of M1 on Thursday 4 August.

W2: East Asia

Tutor: Miles Dodd

Date and time: Wednesday 17 August 9.30-4.10

Venue: Room 5

No. of places: 25

Japan, China, Korea, and South-East Asia - Four photo lectures in a day.

9.30–10.50. 11.00–12.20. 1.20–2.40. 2.50–4.10.

W3: Two lectures

Tutor: Miles Dodd

Date and time: Friday 19 August 2.00-4.45

Venue: Room 5

No. of places: 25

1. A working 1961 voyage to Cuba and the South American west coast – a photo record.

2. How "containers" have revolutionised international cargo transportation.

Courses

U3AC Holiday Swimming at the Leys School –

The availability of the Leys School during July and August is not known at the date of newsletter printing. If the pool is not out of action for maintenance we plan to swim one day per week, on Thursdays at 10.30 am. Present swimmers will be informed of the arrangements at the pool. If you are interested please contact the organiser: Greg Wren.

The Bronowski Group. Saturday 25th June – 10th September 2011

Meetings will continue through the summer interregnum at Room 1, 27–28 Bridge Street, (Coffee 10.30 am, Start 11.00 am, Finish approx.13.00). The main agenda will continue to be "the truth about human nature unknown to itself" apropos conscious existence in an unconscious universe. As Einstein put it "The eternal mystery of the world is its comprehensibilitythe fact that it is comprehensible is a miracle." (Physics & Reality", March 1936) usually quoted as: "The most incomprehensible thing about the universe is that it is comprehensible".

U3AC Research

One year ago to the day (10th June 2010) a "Research Committee" which had been set up by the U3AC Council produced its report which concluded that involvement of members in discovery of new knowledge (research), as well as the imparting/receiving of existing knowledge (teaching/learning), was a good thing, and that we should open up an area of the U3AC website <http://www.u3ac.org.uk/courses/Research.html> to facilitate communication between members wishing to lead or participate in research. The "research" area of the website also, very importantly, provides an opportunity for those leading research projects to report on the progress that they have made, including references to any publications which may have emerged from their work. It is hoped that such reports will be created/updated at least once a year. Although U3AC cannot provide direct financial support for research, it does provide valuable support in the form of meeting space at Bridge Street for many projects. Participation with others in research is a most rewarding activity. What is now needed is a larger number of people willing to take a lead in organising projects, and more people willing to offer to participate. So ... take the plunge.

Programme Amendments

Gentle Ballet Movement

The two ballet courses FIT 04 and FIT 05 have been amalgamated into one class, FIT 04, Wednesday 10.15 – 11.15, St Columba's Church Hall. Places: 20.

ART 04: Pastel Painting, Water Colours, Charcoal Drawing, Sketching

Please note, due to an impending move, should you need to contact one of the Tutors for this class, please contact Lenore Abraham via the Office.

Administrative Information

Annual Subscription – a reminder

The annual subscription of £60 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.

Annual subscription payments

The following payment methods can now be used:

Cheque – payable to U3A Cambridge

Cash – when paid in person at the Office

Bank Transfer (BACS Payment) –contact the Office for our bank account details. When making a transfer please, ensure that you reference any membership numbers that the payment covers.

Due to the large number of errors made by banks last year standing orders will **no** longer be accepted. If your standing order mandate has not been cancelled, your payment will be returned to your bank account.

Additional Fees for Courses

Payment for the additional fees for courses is requested at the time of application. 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 classes 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 end of August. This newsletter will include the list of Wednesday Lectures, Norah Boyce Science Lectures and the Autumn term programme for the Film Group.

Discretionary Fund

A Discretionary Fund is available for members who would find it difficult to pay the full annual subscription. To qualify for the reduced subscription of £10, members should be in receipt of either: pension credit, income support, incapacity benefit, employment and support allowance or job seekers allowance. Contact the Office on application with evidence of entitlement.

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. **Note:** If you tick the box your name will **not** appear on any registers given to the tutors and class leaders.

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.

Members should be aware that no staff are present on Saturdays to assist with evacuation in the event of an emergency.

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.

General

Book Swap

There is a free Book Swap in the coffee area at Bridge Street for all members to use. It has a mix of novels, biography and factual books in paperback and hardback. To use it, simply bring along a book and swap it for something else on the shelves. You can then keep the new book, or bring it back and swap it again. Nothing larger than A4, and in reasonably good condition, please. The Swap has been a great success since the generous donation of a bookcase to house it, and the stock turns over regularly - the more it is used, the more choice there is.

Animals in their habitat

A big Thank You to all course members for your kind donation at the end of the course. I will be pleased to send it to a tiger charity which uses all of our donations for conservation and research. With best wishes to all for a wonderful summer, and hope to see everyone next year. We already have a few pictures to continue with our celebration of biodiversity.
Gill Watts

Mailings

We are making savings in postage by combining husband/wife mailings in one envelope. If, however, members would like their mailings kept separate please inform the Office. For practical reasons the Programme of Studies has been sent out individually.

DEATHS

We were sorry to hear of the deaths of:-

Margaret Hamer
Maria Shorthouse in February 2011
Molly Sheldon in March 2011

Sewage, Stench and Steam

A publication by member Jeane Underwood. The story of how one small group fought to save a disused Victorian pumping station, and created a working museum. Copies are available price £3.50 from the Office.

Discounts to Members

Several new member discounts were negotiated with various retail outlets in Cambridge over the past 12 months. An up to date list can be obtained from the Office or viewed at <http://www.u3ac.org.uk/documents/DiscountstoMembers11.pdf>.

Copy for next Newsletter

Please could the Office receive any articles/information that members would like to be published in the August newsletter no later than **Friday 29 July 2011**.

Next Council Meeting

Friday 7 October 2011

Art Exhibitions

If any art groups or individuals would like to hold an exhibition of their work next term, please contact the Office to reserve a 3-week slot.

Social

U3AC Christmas Lunch

Two U3AC Christmas Lunches are currently arranged for Thursday 15 December and Friday 16 December at the Cambridge Regional College – Kings Hedges Road Campus. Please make a note of these dates in your diary, further details will be provided nearer the time.

Other Organisations

Poppy Appeal

The sum of £101.20 was raised by U3AC members by the purchase of poppies towards the Royal British Legion Poppy Appeal.

A message from Young at Heart Cambridge

I am writing with an offer of voluntary employment with Young at Heart Cambridge, a scheme run by CSV, the UK's largest provider of voluntary and training services. Young at Heart seeks to recruit younger and older volunteers to participate in community projects that help to bridge the apparent generational divide. Projects for older volunteers include heritage and memory sessions: passing on skills: the RHS Your Neighbourhood public gardening scheme; debates with younger people; providing talks and educational sessions to local young people on any issues of interest (we have organised an event where ex-paratroopers shared their experiences with local school children, a WW2 nurse provided a Q + A session to medical access students, etc); and a whole raft of projects working closely with Young Lives (formerly V-involved) and other younger people's groups towards "Takeover Day", the theme of which this year is Remembrance (broadly defined). If you have experiences, skills, or interests that you would like to share with the younger generations on a project that benefits you, young people and the wider community, then please get in touch. Your Community Needs You! youngatheartcambridge@live.co.uk Tel: 01223 728460.

Crossroads Carers Groups in Cambridge

Crossroads care provides social groups for adult carers of adults throughout Cambridgeshire. Groups meet in local community venues for information-sharing, social activities and one-off events, providing carers with a break plus support and friendship. Replacement care and transport may be available if needed. Please call 01480 499091 for more information.

Dates of Meetings:

1st Wednesday in the month 7 - 9pm, Friends Meeting House, Jesus Lane, Cambridge CB5 8BA

2nd Tuesday in the month 1.30 - 3.30pm, Arbury Community Centre, Campkin Road, Cambridge CB4 2LP

2nd Thursday in the month 10 – 12 noon, Crossroads, Lincoln House, The Paddocks, Cherry Hinton Road, Cambridge CB1 8DH.

Tomato Extract and Blood Vessel Function

Are you a healthy man aged between 30-80? Would you be interested in helping researchers at the Vascular Research Clinics, Addenbrooke's Hospital investigate the effects of taking a tomato extract on blood vessels?

Participation in the study lasts 14 weeks and for part of this time you will take either the tomato extract or placebo (dummy) tablets. You will be required to attend Addenbrooke's for 3 visits but will be reimbursed for reasonable travel expenses plus £100 for your time.

For further information, please contact our Research Nurse, Annette Hubsch 01223 296133, ah615@medschi.cam.ac.uk or visit www.clinpharm.medschl.cam.ac.uk.

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 £5 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.

Members are asked 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

Wednesday 28th September	Sculpture trail walk 2pm – 3pm, forms available end of August led by Shirley Foulsham and friends Organiser: Chris Jones.
October date tbc	Visit to the National Theatre, London, forms available in September (depending on availability of tickets) Organiser: Monica Bogen.
Thursday 17th November	Xmas Spectacular at Thursford, Norfolk, forms available in October Matinee performance Organiser: Chris Jones.
Tuesday 13th December	'Xmas Special' – a regular feature, forms available in November Trip to South Kensington. Cost £10 per member
Sunday 22nd January 2012	Coffee Concert by the Nash Ensemble at the Wigmore Hall (if tickets are available) Organiser: Ethel Bentley.

- 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.
- Activities are publicised in Bridge Street and also at the Wednesday Lectures. The Chairman is Chris Jones and the Vice Chairman is Ethel Bentley.
- We shall be using the **Trumpington** and **Madingley Road Park and Rides** regularly as our 2 pick up points, except on Sundays, when we shall also be using Bateman Street and Northampton Street.