

Christmas Party on 13th December from 11 am to 1 pm.



This is a happy festive occasion for everyone and by everyone.

Members can contribute by bringing and sharing their own 'finger foods' either savoury or sweet for the buffet table. Six portions, or more depending on the size, are all that will be required. Please bring your offerings either on your own plates or paper plates. If you would like to bring your own tablecloths and napkins for your table please feel free to do so. Coffee, tea, juices and wine will be provided.



Musical entertainment by Silver Lining. Helen and Tim will perform a wide repertoire of folk, pop and Christmas numbers for everyone to join in and sing, tap feet to and even dance to, all of which promises a lively and enjoyable morning.

A buffet table and tables to seat eight will be set out in the hall and in order to achieve this quickly and efficiently, we would greatly appreciate some help from the members. Please come along at 10.15 to help move chairs and tables to make the hall look as festive and welcoming as possible. Also help will be needed in putting them away afterwards. So thank you very much for your assistance.



At a Glance Monthly Meeting Talks

13 December	Christmas Party with musical entertainment by the Silver Lining duo.
2020	
17 January	Delving into Cookery Books by Liz Wright
21 February	Garden Design by Louisa Gilhooly of Supernature Garden.
20 March	Mike Petty – Pickwick's Cambridge Scrapbook – life and times of the town in the 1830's
24 April*	The Battle of Hastings by Ian Cameron
15 May	Philip Caine – the author of the Jack Castle series of novels
19 June	An Unexpected Journey, A Woman's Role (the story of a colonial officer's wife) by Kate Armstrong
17 July	The AGM & The Konik Ponies of Wicken Fen by Peter Green*
August	No meeting
18 September	The Royal National Lifeboat Institution by Geoff Heathcock, Chairman of Cambridge & District RNLI
16 October	Fraud & Cyber Security by Nigel Sutton and Karen Reid of Cambridgeshire Police
20 November	The Huguenots – the first 'refugees' by Christopher Johnson
11 or 18 December	Christmas Celebration
2021	
15 January	Who really wrote Shakespeare's plays? – a new take on the bard by Peter Murphy, author of the <i>Walden of Bermondsey</i> books.
**Please note the change of date and speaker for 24 th April and 17 th July. This is due to The Hub being pre-booked on 17 th April for a blood donation day.	

WEDNESDAY WALKS



Wednesday 11 December. Meet in The Hub carpark at 10.00. We will walk to Bourn and back, stopping for coffee at The Stove - about 5 miles. Leader Ann Mead. Mobile: 07889 597878 Email:

annmead@btinternet.com

Please contact Ann Mead via the 'Walks' page on the website if you would like to lead a walk in 2020.

Website: <https://u3asites.org.uk/cambourne>

Be a Committee Member

Please come forward as we seriously need the following for the smooth running of our U3A:

- ❖ Assistant Treasurer
- ❖ Assistant webmaster
- ❖ Trips organiser
- ❖ Refreshments assistant/coordinator

Please contact, in the first instance, Fran Panrucker on: fran@panrucker.eclipse.co.uk

For good publicity for your group and to show everybody what is happening throughout the C&D U3A, please send a short article and photos of your group's activities for the Newsletter to Christine Tyler via the website.

C&D U3A book library We have a few books that we have purchased from some speakers or have been donated by members. These books can be borrowed for one month, i.e. from one meeting to the next. A similar scheme has been suggested for jigsaw puzzle borrowing. Please contact Fran Panrucker via the website or at the next meeting for more information.

Study Trips in 2020
Stamford and Burghley House
Saturday, 13th June 2020



This magnificent country mansion and beautiful town, both of which have been used as film locations, are less than an hour's drive away. This trip promises an equally magnificent day out.

Madingley Hall Gardens 14th May

Enjoy a tour of the Capability Brown designed gardens followed by afternoon tea in the saloon. Cost: garden tour £5, afternoon tea £15.95. For more information:- <https://www.madingleyhall.co.uk/gardens>



Northampton - the Charles Rennie Mackintosh house at 78 Dergate and the Shoe Factory Museum. Scheduled for a Saturday in October.

Charles Rennie Mackintosh is famous for his architecture, interior design and furniture. 78 Dergate in Northampton was his final major commission.

More information will be given closer to the time but save the date for these exciting trips. **Fran and Pat would welcome any suggestions for future study trips. Please get in touch via the website.**

Local Events

Tuesday, 10 th December	Everyone Active Sports Centre, Cambourne – Pickleball – a combination of tennis, badminton and table tennis. Taster Session by Let's Get Moving, Cambridgeshire. Everyone of any ability, is welcome. Just drop in the day, or email leah.collis@scams.gov.uk for further info on the taster session.
Saturday, 7 th December 11.00 am – 2.00 pm	Repair Café at The Hub Community Centre. – Free repairs to electrical items, bicycles and clothing. Book an appointment with a repairer at the Cambourne Town Council Facebook page or via the website www.cambourneparishcouncil.gov.uk . You can just turn up on the day, but a repair may not be guaranteed.
Cambourne Library Events	
Monday, 16 th December 1.30 pm - 4.00 pm	Family History Drop In – for advice on researching or book an appointment to see the library's Family History representative

WE WISH EVERYBODY A VERY ENJOYABLE CHRISTMAS SEASON AND A HAPPY NEW YEAR.

Request for volunteers for research

This is a request for volunteers for a survey for the Music and Wellbeing Research Unit of the University of Sheffield. Although it's been included in the C&D U3A Bulletin, we would advise a certain caution as mentioned in the article *Call for caution over the medical research project invitations* on page 6 of the latest *Third Age Matters* magazine (Winter 2019).

"Are you more than 60 years old, healthy, and own an Android phone or tablet? Do you want to contribute to science and win a £25 Amazon voucher? You are cordially invited to take part in an ethically approved research study of the University of Sheffield, which is funded by the British Academy, about music that appears in the mind unintentionally and repeatedly. We are very much interested in your experiences either they are frequent or not so frequent - even if you don't have that kind of experience, you can still participate.

You will be asked to download an application on your phone/tablet and complete a short questionnaire (each one takes about a minute to complete) in response to 8 push notifications per day for 4 days. You can participate from anywhere in the world.

If you are interested in taking part contact us at musichemispheres@gmail.com to arrange the details. All your responses will be kept confidential and anonymous. Your contribution is invaluable, and your help is much appreciated as your responses will help us understand how everyday thoughts unfold across the adult lifespan. You will be notified about the results of the study as soon as our findings become publicly available.

Dr Georgina Floridou,
Music and Wellbeing Research Unit,
The University of Sheffield"