



**Cambourne & District u3a
Bulletin November 2023**



Welcome Panettone

It's October so for me it is Panettone lift off month. I love them and start to buy them as soon as they begin to appear with the Christmas food.

Of course you can access them at other times of the year and I occasionally have a toasted one at a coffee shop, but if I ate them all the time what's to look forward to at the commercial beginning of Christmas?

I remember first being introduced to them in an Italian café in Leith while visiting my sister in Edinburgh.

As you will probably know Panettone is an Italian sweet bread (made with yeast) said to originate in Milan. The adage on to panetto meant a small loaf transformed into a large cake.

There are accounts of it being made in the 16thC but there is also thought to be an historical link to the Romans who added honey to leavened bread. The original sweet treat? Of course back in time anything that had additions such as honey, fruit etc was the food of Kings. Luckily now you can buy one at Morrisons (Other supermarkets available)

So now I can just tear of a piece and enjoy. Of course by the New Year I'll have to do Just 5 things!

Best wishes
Kath

This month's front cover picture comes from the stunning exhibition 'Black Atlantic', currently on at the Fitz. In the plaster relief sculpture, a slave holds her mistress's jewellery box while waiting for her to choose. Later in this issue, on page 5, details about the exhibition and the reaction of three members who visited.

EDITORIAL

Strange to think that this is now my third edition as editor. I think that I enjoy doing it mainly because I feel so at home with the notion of lifelong learning and u3a as a social network. On page six Kath reminds us of those guiding principles adopted by the trust at its inception in 1982. In her article she also talks about the role of the committee and importantly flags up the need for new faces.

On page seventeen Christine gives us the details of the next talk (17th November) . Our very own Rob Alliot will take us on a magical mystery tour.

Thanks to my friend Sheena Shaw for allowing us to include her poem ‘The other side’, with apologies to those who suffer from creaking joints, bladder loss, tooth problems, thinning hair, failing memory and reliance on hearing aids. That probably covers most of us. Anyway it’s a fun poem on Page sixteen.

Last but not least, Kath’s questionnaire and analysis (pages nine to fifteen) makes really interesting reading. The suggestions from members about future courses (on page ten) look brilliant, but how would I decide which ones to choose?

Contributions for the next newsletter by the end of the month please.

Need help with risk assessments for u3a activities /outings etc? Wendy Park will help or advise.

Contact Wendy : fwendypark@aol.com

A matter of life and death

As a big fan of radio drama I listened recently to a two part telling on radio4 of a famous 1940's film A Matter of Life and Death. That film consistently appears in the best 100 films of all time and starred David Niven. It's essentially a WW2 drama about an RAF pilot who before his inevitable crash and death, (his parachute destroyed) sends out a radio message. The only response is from an American woman at a USAF base called June. The title of the film becomes clear when the guide to the next world misses him in the fog and Peter turns up alive at a beach near to June's base. Whether that state remains is at the heart of the drama as it proceeds. On BBC Sounds.

Kath

u3a Online Events

November

*We hear about Sir Thomas Lipton the 'Tea Tycoon',
the history of labyrinths and mazes,
and Merrie Maggie returns for more Laughter
Yoga*

**Don't forget sign up to the u3a [National Newsletter](#) for news
and stories from across the u3a movement!**

u3a Learning Team

Black Atlantic Power, People, Resistance

Fitzwillaim Museum til 7th January 2004

From the introduction to the exhibition : ‘ Stories help us to make sense of our World. They help us distinguish fact from fiction, and history from myth. This story is about what happened when European empires colonised the Americas and transported more than 12.5 million people from Africa to these colonies as slaves between 1400 and 1900. Colonial enslavement affected every part of the Atlantic world including Cambridge. Asking new questions about how enslavement and empire shaped the University of Cambridge Museums has led to discoveries about the objects they hold, the people who collected them , and how their stories connect Cambridge to global history.

These objects reveal the wealth that Cambridge drew, and continues to draw, from Atlantic enslavement. They also demonstrate that people always resisted oppression.. By resisting colonial slavery, people produced new cultures that continue to shape our world. These cultures are known as the Black Atlantic. With insights from contemporary artists, we can re think our connected and complex histories, and create a better story: one of repair and freedom.’

Several members of the Art appreciation group visited the exhibition and were bowled over. It is powerfully educational in the true sense of the word.

Quite simply our view was that everyone should see this exhibition. Don't miss it!

Peter



Understanding the u3a

Each u3a is a mutual aid organisation; operationally independent but a member of the u3a Trust which requires adherence to the guiding principles of the u3a movement. Those principles are:-

- 1 Membership of a u3a group is open to all in their third age - not necessarily related specifically to an age, but people not in full time employment.
- 2 Members promote lifelong learning and the positive attributes of belonging to a u3a.
- 3 Members should ensure all who want to join, can do.

To sum up

The terms of membership of the u3a trust involves following the guidelines of our written constitution among other requirements. This involves all aspects of the u3a like the following.

Understanding the committee

When the u3a first started in Cambourne there were about 9 members on the committee. In recent years that number has reduced to 5 which is the minimum requirement to be quorate. We now have 6 as Gill Habicht has joined us as Minutes secretary. This means I can Chair the meeting without also taking the minutes and now have someone with more expertise in that area. You don't have to have the expertise though -I only ever sat on chairs before taking up this role.

The maximum size of a u3a committee is 12.

The current committee comprises

Kathleen Thompson -Chair -officer

Christine Tyler – Secretary -officer

Colin Norman – Treasurer -officer

Jan Nuttycombe -Membership secretary

Wendy Park –Equality, Diversity and Inclusion role

Gill Habicht – Minutes Secretary

As noted above the u3a is a charity and guided by those principles. All committee members are trustees and are committed to follow that guidance. The discussions in the committee should be confidential but obviously outcomes are often passed on to members in the actions that are required.

As you know Peter Cornwell has now taken over doing the important role of Newsletter editor. There are other roles we have had in the past such as group coordinator, if anyone is interested. Plus, there must be someone with more experience of doing publicity than me!

continued

The 3 officer posts are required roles for any u3a committee. Next year will be possibly seismic in terms of recruitment, in that the three officers will have served their time in that role of 3 years. Although they are allowed to take on a different role that can't be relied on and so in the next year all members will have to give this some thought. Anyone interested in any of the roles mentioned can let us know.

Best wishes
Kath

PS Interest groups leaders and refreshment organisers are a valuable part of this movement and its aims, so I'll write a bit about them for the next Newsletter.

ALLSORTS VISITS' – SPACES AVAILABLE

November: Cambridge Mosque

Lesley lesley610@hotmail.co.uk

Please get in touch as soon as possible
on: fran@panrucker.co.uk and I will give you our Treasurer's payment details.

Feedback from members questionnaire and action points

47 replies – 39% of membership (credible numerical response for representation)

Q1 Length of membership

Less than year -11%

1-3 years — 48%

Longer than above -40%

Q2 How did people learn about u3a?

Most people got their info about u3a from the Crier, Word of mouth

and Other. The other is likely to be the website which was on my original notes

but I managed to omit. ☐♂☒ Open days are one day so that number understandable.

Q3 -Interest group membership -80% involved

Barriers to IG membership

Mobility and health issues.

Knowledge of who the leaders are and how to contact them.

Questions re waiting lists for closed groups

How are the group leaders ‘monitored’ so the committee know

If places are freed up for others to join.

Action points

1 We can re-emphasise that group leaders can be contacted through

the website. The messages comes through to us and we will pass them on.

2 We can put out to all members the groups and leaders names. However,

contact still through the website?

3. We can ask group leaders to keep groups open as much as possible.

4 Ask Leaders to keep a waiting list in case anyone drops out.

Interest groups members would like to be part of our u3a

Singing/Choir	French and Spanish conversation
Watercolour group	A Men's book club?
Science	Crafts and sewing
More advanced Microsoft knowledge	Current Affairs
Gardening	Railways
Jazz appreciation	Spanish/French beginners & Intermediate
Classical music	Table tennis -in Everyone active
Medieval history	Board Games group

Action Points

Put out to members this list and coordinate replies. So if 6 people want to do board games then put them in contact with each other. They can decide if they want to proceed and organise.

Q4 – Do you attend Monthly meets?

90% say most or some of the time.

Positive and negative experiences -barriers to attendance

The air conditioning -too cold.

The chairs are uncomfortable
Acoustics
Lots of positives
Interesting speakers -Burma speaker vg
Enjoy meeting other members
Would do but have other commitments on Fridays

Action Points

We now have better acoustics in terms of collar clip micro-phones.

Can ask if air conditioning can be turned down.

Nothing we can do about the chairs -except use a couple from

Meeting room if anyone really struggling.

Have you joined any online u3a Trust groups?

About 7% of respondents have.

Do you go on u3a Trips?

67% have gone on a trip.

Reasons for not going on trips

The cost

Health issues

Diary clashes

No interest

Part of another group doing trips

Action points ? Difficult to address any of these. There have been a variety of trips some more local.

Do you think you know enough about the running of our u3a?

61% -yes

32% -unsure

Please state any particular part of the u3a you would like to know more About.

A few said no.

Query on insurance for cars giving members a lift.

Support the ethos but do the trust rules hamper us?

Newsletter excellent

A few questions re interest groups

Action points

The interest groups already addressed.

The insurance re cars taking members was made clear to group leaders re RA.

If you use your car to go to your IG destination on your own or take other members, then the insurance is not covered by u3a but your car one.

Christmas quiz-

Almost 100% approval

Comments on or issues needing to be addressed by committee.

Lots of appreciation.

Good way to meet people when moving into a new area

Interest groups' query

Air conditioning in the Hub

Speakers may be knowledgeable but not a good speaker.

Trips which are more local.

12 Appreciation as a new member meeting friendly people.

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Trips which are more local.

Appreciation as a new member meeting friendly people.
How about an antiques road show type speaker.

Membership card query. (Please get in touch re website
u3a.cambourne.org

Or ask at next meet as membership cards have been available to collect)

Action points –conclusion after discussion in committee.

The committee have discussed all the findings and conclude

ITrips -keep offering a range of trips so costs can vary. Eg
Wendy took a

Group to Kettles yard - bus free, entry free. Another example given by Peter- Art appreciation going to exhibitions at the The Fitzwilliam museum.

If any member has mobility issues and has a carer, that person can accompany the member on a trip.

2 Groups –

The website has been updated by our webmaster Nigel Day.

This will show all the current groups and as always a link to contact them.

We will ask Group leaders to keep waiting lists if full. They may already do

this. Currently only the Theatre group.and some book groups closed.

Jan(membership secretary) sends a spreadsheet out to Group leaders of their current lists and keeps the group leaders aware of lapsed members.

Any updates in membership should be sent to Jan by group leaders.

We will send out a list of groups with their leaders to members.

Other issues raised

As said we will ask if the air conditioning can be turned down and provide a few alternative chairs.

Lots of suggestions re interest groups members would like to see. If you are interested in any of them let us know.

Thankyou all who filled in the questionnaire.

Oh and yes Risk assessments are a pain.

Forthcoming Talks	
17 November 2023	A Most Unusual Railway – follows the tale of a transport interest group in Ross-on-Wye by Rob Alliot.
15 December 2023	Christmas Celebration
19 January 2024	N.E. Spain & the Pyrennees by Graham Bruce
16 February 2024	Sue Ryder: A remarkable life
15 March 2024	TBA
19 April 2024	East Anglia and the Danelaw by Ian Cameron
15 November 2024	Traditional winter festivals and feasts by Joanna Bogle

Thanks to my friend Sheena Shaw who agreed to have her poem printed here. Sheena wrote this as part of her creative writing course in Suffolk. I'm not sure if it was u3a or not but perhaps members will recognize some of the ideas. *Ed*

The Other Side

Uncle Freddy's popped his clogs,
Now Auntie Thelma too.
Her end a peaceful passing,
Whilst his, was on the loo.
Together on the other side,
Or so the saying goes,
They'll row just as much in heaven,
As everybody knows.

They're the last to kick the bucket,
Of my lengthy family line,
Next face to face the Reaper -
Yes, you've guessed it, will be
mine!
I know the rocky road ahead
May not always be so pleasant.
But whatever's in the future,
I must be acquiescent.

Joints that creak,
A bladder leak,
A hearing aid or two,
Teeth that sit in Steredent,
And thinning hair – whohoo!
A pension and a bus pass,
With eyes that cannot see,
And then the memory starts to fail -
Old age I guarantee.

Let's hope it's all a long way off
until I take that ride,
To see familiar faces that are on
the other side.

17th November at 11.00 am
The Hub Community Centre
Talk on A Most Unusual Railway
By Rob Alliot

Rob has indicated that he likes to keep an air of mystery around his talks so he'd rather not give too much away in the forward publicity. However, here is just a little taster



to whet your appetite:

'The railway ran from London for nearly 90 years carrying a specific and unusual consignment. In the talk we explore why the railway was set up and this leads us into

some interesting avenues.' Rob Alliot.

Rob is a Cambourne resident and member of our u3a. The photograph is not Rob's railway, but maybe it is. So please come and join the magical mystery tour at 11.00 am on 17th November to find out. Coffee and tea will be served from 10.30 am.

I can't wait to see where this will lead us!
Christine Tyler