

Cambourne & District u3a

NEWSLETTER

AUGUST 2026 Issue 88



FAREWELL and THANKS

Hi good friends

Thank you everyone for today and your contribution to the smooth running of the AGM.

Plus thank you very much for the orchid plant and book token.
Much appreciated.

Well earned rest coming up for everyone.

best wishes

Kath Thompson

Hello everyone,

Thank you so much for the beautiful orchid and book token. In fact the thanks all go to you and the whole of C&D u3a. it's really given me a wonderful eight years with such great company.

I shall enjoy browsing in Heffers to find the perfect books to remind me of all those years.

I look forward to seeing you all again in September.

With warm regards and thanks again,

Christine Tyler

CONCERT

There was to be a concert at Saffron Hall, Saffron Walden on Sat Oct 3rd, 7.30pm with Milos on guitar and Ksenija Sidorova on accordion. Unfortunately this has been cancelled due to Milos having medical problems. Let's hope he will be able to treat us in 2027.

<https://www.saffronhall.com/whats-on>

Fran Panrucker

FOREWORD

I would like to say a few words of thanks to those Members who who contributed to the last 4 Newsletters - very much appreciated. As I have said before, this Newsletter succeeds or fails by Members input. So please continue to send me articles and photos about your news, interests, passions and hobbies. Share with us. Keep the Newsletter relevant and interesting. Now it's your turn again, so please get out that keyboard! Thanks in anticipation.

As a reminder send your articles, news and/or anything else to:

u3a.newsletter.and.publicity@cambourne.org

Paul Middleton

What's On

12 August Free Activities for the Summer Holidays 10am-1pm

There are plenty of free activities for families to enjoy.

Art Attack returns on 12th August in its new location at The Hub. Children can take part in a variety of free arts and crafts activities, while adults are invited to enjoy a coffee and tea morning raising funds for Breast Cancer.

7 August Cambourne Farmers Style Market The Hub

The first Cambourne Farmer's Style Market took place on 12th June at The Hub, bringing together a fantastic selection of local traders and producers.

The event was well supported by residents and created a wonderful community atmosphere.

Be sure to come along and support local businesses.

The Markets will be held on the following dates:

4th September, 2nd October, 6th November and 4th December 2026.

Charity Walk around Cambridge colleges

Join Arthur Rank Hospice Charity and Romsey Mill on Sunday 13 September for the 'Bridge the Gap' Walk around Cambridge colleges. With a brand new route for 2026, starting from Parkers Piece in Cambridge you can visit colleges - Jesus, St Johns, Trinity, Gonville and Caius, Queens and Downing.

The Society of Cambridge Tourist Guides will also be on route ready to answer your questions and entertain you with fascinating facts and stories along the way. Book now at arhc.org.uk/btg or telephone 01223 676888. Up to three under 16's are free with every paying adult.

A Motoring August Points to ponder

Answers at end of Newsletter

1. When was the MOT introduced in England?
2. When did seat belts become compulsory in the UK?
3. When did the M1 open and what was the speed limit?
4. What make was the first commercially successful Electric Vehicle in the UK?
5. How much was Road Tax when first introduced in England?
6. Approximately how many public Electric Charging stations are there in the UK?
7. Approximately how much was a standard Mini when it first came to the market?
8. When was the compulsory Driving Test introduced in England?
9. Name three other countries that drive on the left?
10. What colours are Motorway signs in England?

Quick question before you skip to the next article



Given the choice, would you prefer to receive important U3A information in a different format? Your committee is considering the creation of a Facebook page that some of you might find more accessible. For example, it could include bite-size summaries of longer pieces in this Newsletter.

Before we decide whether to proceed though, we'd like to hear from you, our members. Let us know whether you use Facebook and whether you'd welcome a dedicated Facebook page providing you with a quick and easy way to interact with your fellow members.

OUR GROUPS

A reminder of the Groups in Cambourne & District u3a

<i>Group</i>	<i>When</i>	<i>Leader</i>
Allsorts	monthly or occasional	Fran Panrucker
Anyone for Coffee	various times	Fran Panrucker
Art Appreciation	2nd Wednesday of month	Stephen Attwood
Board Games	1st Friday of month	David Kay
Book Club 1	2nd Tuesday of month	Lois Kershaw
Book Club 2	last Thursday of month	Fran Panrucker
Book Club 3	1st Tuesday of month	Janet Leonard
Bridge Club	Wednesdays	Colin Norman
Classical Music	Wednesday pm fortnightly	Jo Darlington John Thornton Fran Panrucker
Dance Fitness	Wednesday 12.30-13.15	
Darts & Pool	Monday fortnightly	Lucy Purvey
French Intermediate	alternate Tuesdays	Christine Tyler
Genealogy	approx every 4 months	Jeff Jones
Getting to Know Your iPad	approx every 3-4 weeks	Anne Jones
Out to Lunch	monthly usually Thursdays	Janet Leonard
Pilates & Mobility	Monday 10.45-11.30	Jan Nuttycombe
Table Tennis	Monday 3-4 fortnightly	Lucy Purvey
Theatre	varies	Sandra Davies
Walking	last Friday of month	Janet Rogers
World War 2	last Friday pm of month	Archie Black

Anyone for Coffee Group

Today, 8 of us enjoyed a morning at Brampton Garden Centre, kindly organised by Susan Davies. The coffee was very good, there was an interesting selection of cake and all had a great time spending a relaxed time chatting together. We also found an interesting shopping experience awaited us, including various better than usual foods, cards, books etc. There will be an August coffee morning, yet to be arranged, but those on the group list will be notified in due course.

I don't know if anyone took photos, but suspect not!

All the best

Fran Panrucker

Singing Group

We now have a u3a singing group which sadly was not well attended for its first session. I have been told that some people would be interested in joining but don't think they can sing! Not having a singing voice (in your own opinion) is not a barrier. Wanting to sing songs you enjoy is all that matters, as this group is for fun, with the emphasis being on wellbeing and joy. Please get in touch if you are now interested in joining this group: fran@panrucker.co.uk

All the best

Fran Panrucker

Table Tennis Group

The table tennis group meets at Everyone Active in Cambourne on alternate Mondays. If there is enough interest, either badminton or pickleball can be added. Of course we play to win but it is also about meeting friends, having a chat and having fun. If you wish to join please contact me and once you are added to the list, you will receive alerts about dates and times. Please note that there is a small charge for the hire of the court. I look forward to seeing you there.

Lucy Purvey

Possible New Group

Hello All,

Someone has very kindly volunteered to lead a non tuition and social Watercolour Painting Group, meeting once or twice a month.

I'm sure numbers will be limited so, if you are interested, please email me ASAP using u3a.membership@cambourne.org

Jan Nuttycombe

Membership Secretary Cambourne & District u3a

Out to Lunch Club

On Thursday, 9th July, the u3a Lunch Club met at the Oak Bistro on Lensfield Road in Cambridge. The event was smoothly and efficiently organised by Janet Leonard. It was a great success and all agreed that the food, the venue and the service were excellent.

The lunch club is friendly and sociable and is an opportunity to meet new people. There are currently 30 members and the typical turnout for the monthly get-togethers is 20. The Christmas lunch is particularly popular so it is advisable to book early.

Our thanks go to Janet for all the 'behind the scenes' organising. This includes: finding suitable venues, publishing menus, carrying out risk assessments, collecting deposits and generally being a good hostess!

Pictured below: Janet Leonard plus the Lunch Club having a great time at the Oak Bistro.

Lucy Purvey



Walking Group

Friday walks usually occur on the last Friday in the month but due to the extreme weather we had last week, it was postponed to Friday the 3rd July.

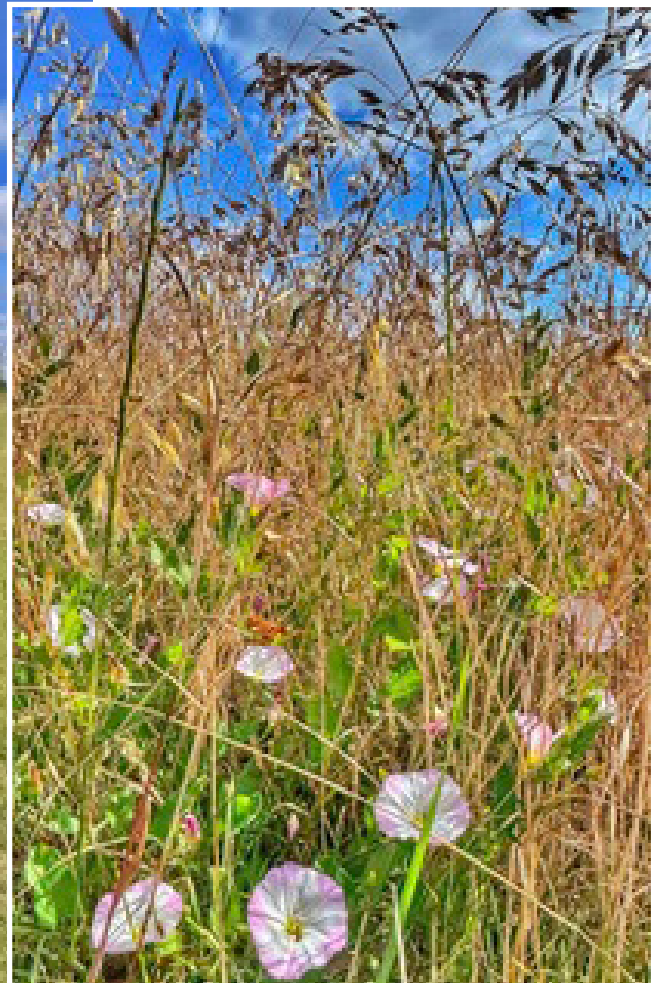
Our route took in the newly upgraded path along Crow Dene towards Caxton. The overgrown bushes have been cut back and the surface gravelled.

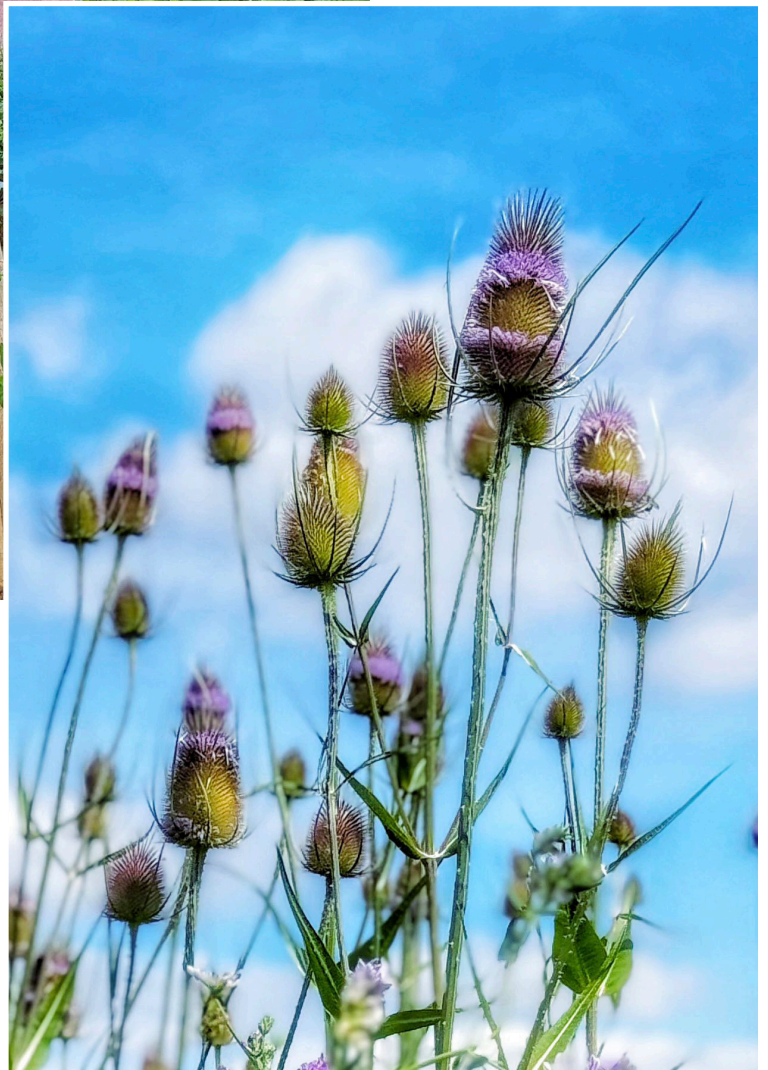
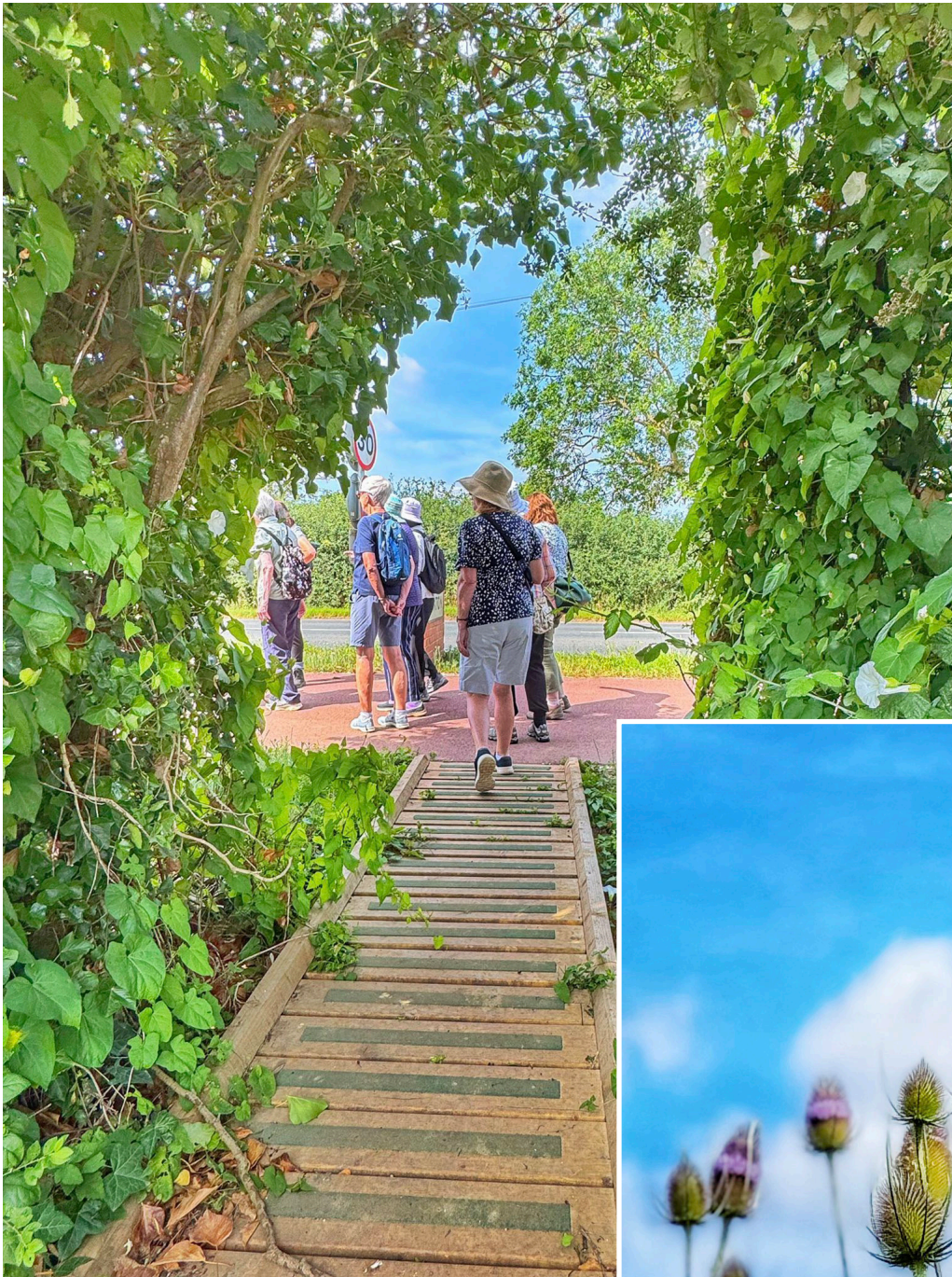
This route passes under the A428 and we then followed the field path immediately to the right. A slight dog leg to cross Ermine Street and we continued on to meet Eltisley Lane or Track towards Caxton. A right turn took us onto Ermine Street and a short downhill for coffee at the Chubby Frog.

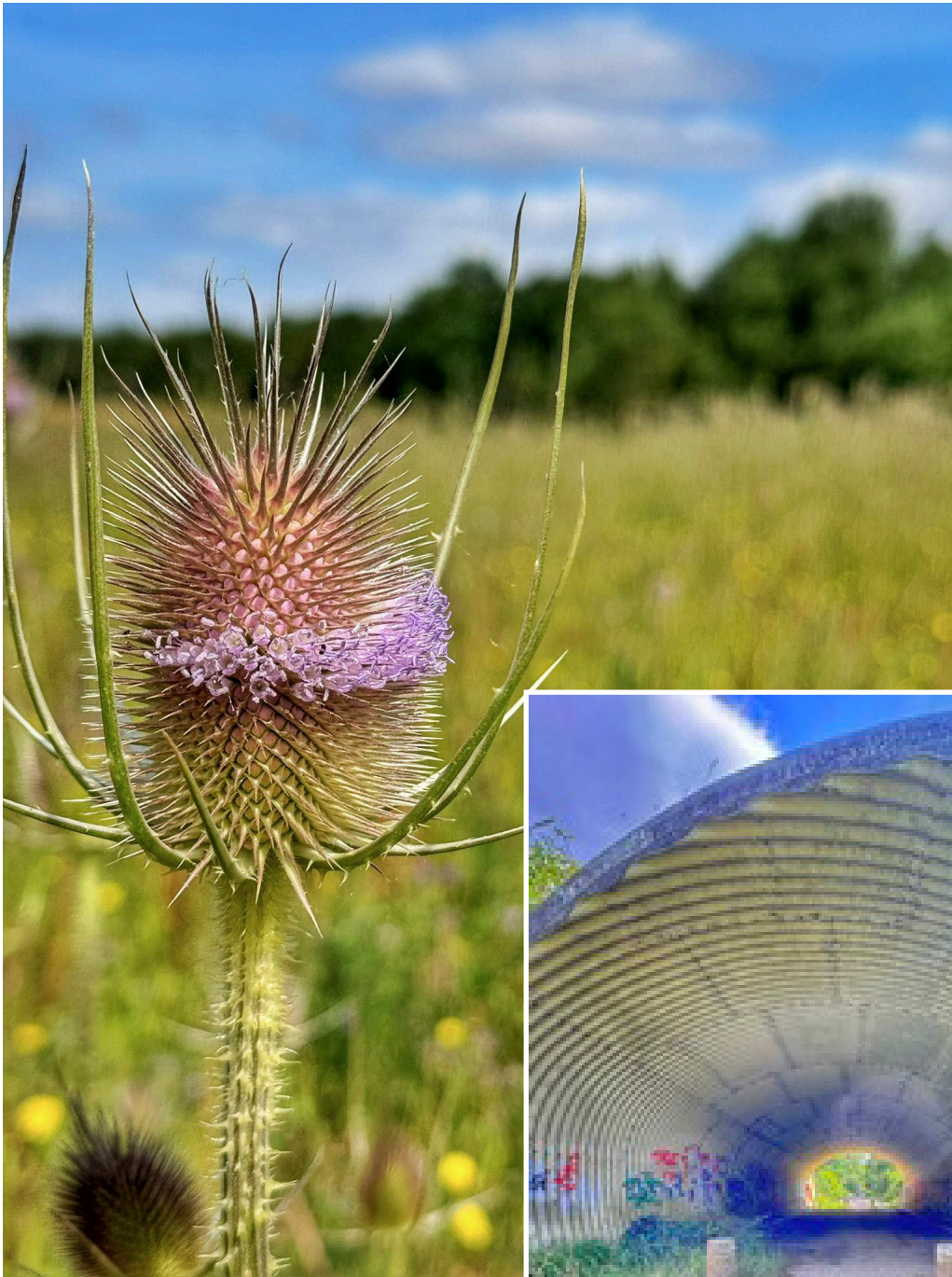
Back up the hill we took the path along the stream or channel and returned along the Crow Dene path. The weather was near perfect not too hot and a lovely breeze.

These gorgeous photos are by Perlita.

Janet Rogers





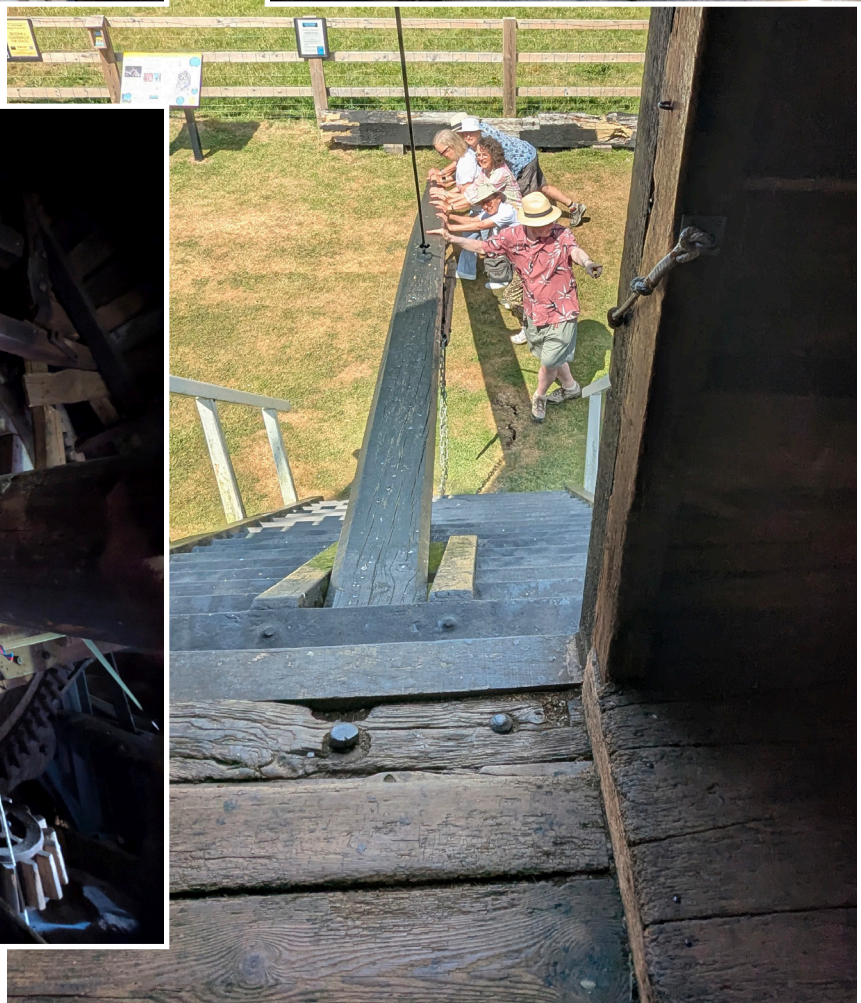
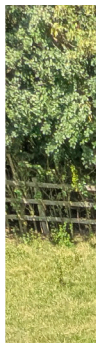


All Sorts Group

Our visit to Bourn Windmill was an absolute treat for anyone who appreciates a bit of history with their afternoon refreshments. As the oldest surviving post mill in the UK, it is a fascinating structure, though it is the friendly and remarkably knowledgeable volunteers who truly make the experience memorable. Once we'd explored the mill's unique mechanics, we were treated to a delicious afternoon tea. Then finally a tour around the beautiful garden.

Tish Cracknell





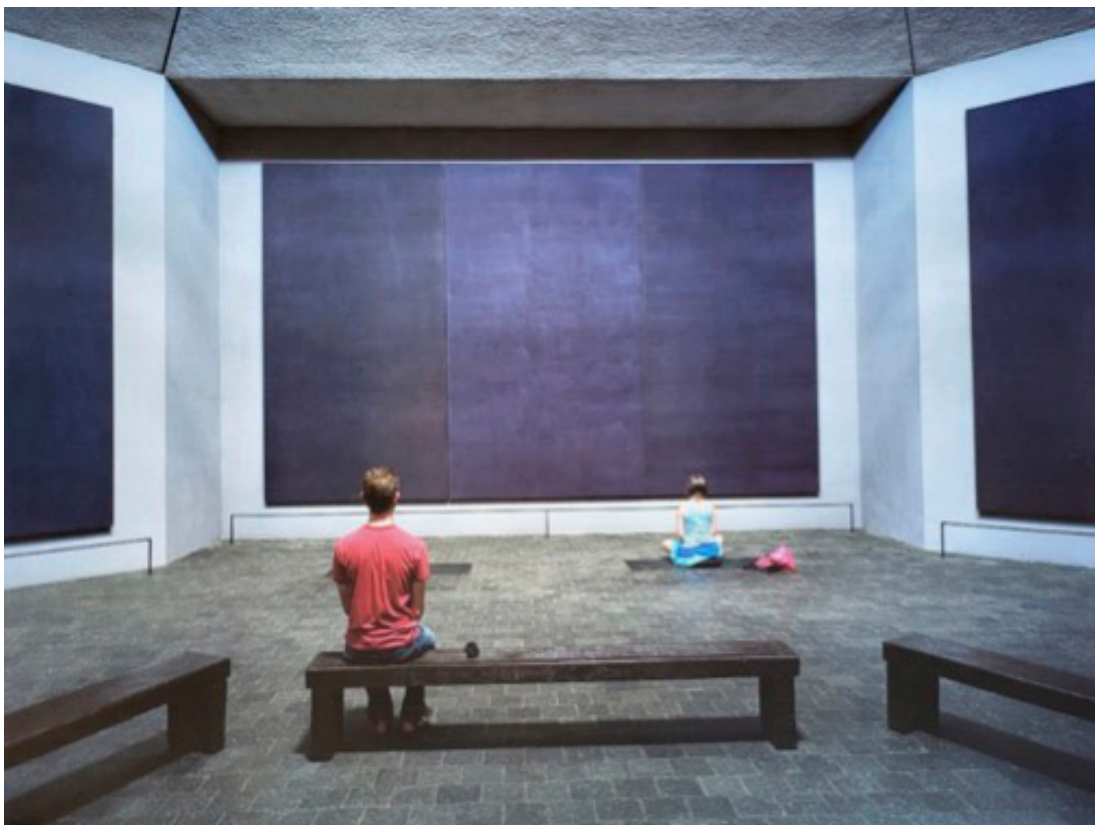
Art Appreciation Group 26 July

Perhaps there is no other genre of art that is so controversial and that so strongly divides viewers into the 'Marmite camps' as Abstract Art: you either love it or hate it! So it was at our July meeting we were tasked, not perhaps to discuss a work of Abstract Art that we loved, but at least we appreciated... and may even hang on our wall.

Abstract art is art that does not attempt to represent an accurate depiction of a visual reality, as in a realistic figurative painting, but instead uses shapes, colours, forms and gestural marks to achieve its effect. Because abstract art separates itself from literal reality, its meaning is entirely subjective.

As expected, Group opinion was divided, but discussion was as spirited as ever. One of the Group started with, "Trying to explain Abstract Expressionism in words seems, to me, to be rather missing the point. However, here goes: I have chosen a Mark Rothko who was a painter within Abstract Expressionism. When I say a Rothko, it is in fact the fourteen works hanging in The Rothko Chapel, Houston, Texas, USA. It is, I imagine, a Rothko experience. I don't like them. I appreciate them. I'm not sure I could even bring myself to see them if I had the chance... I would, but probably not alone, as I find just the thought of them scary, oppressive and bleak. That's powerful art! To be able to do that with well blended colour and black rectangles that float in harmony is awesome..." Others commented that these seemed to "bypass intellect" and were "art bo**ocks". So opinion remained divided...

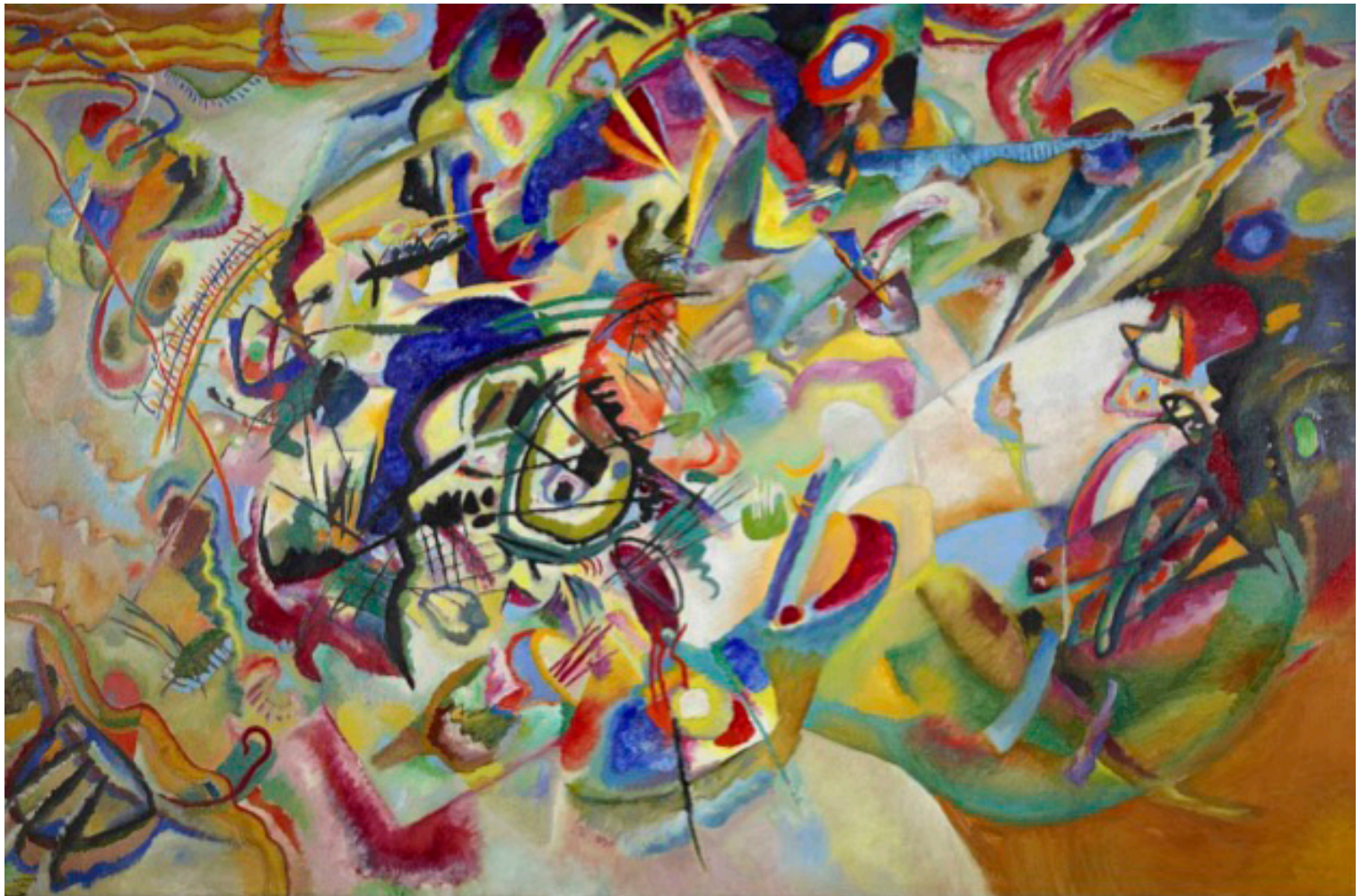
Mark Rothko: 14 works on spirituality (1964-67, Rothko Chapel, Houston, Texas, USA)



Wassily Kandinsky left his native Russia and entered the Munich Academy of Fine Arts in 1896, aged 30; he published his book *Concerning the Spiritual in Art* (*Über das Geistige in der Kunst*) in Munich in late 1911 (First Edition dated 1912), in which he defined three types of painting: *impressions*, *improvisations* and *compositions*. While impressions are based on an external reality that serves as a starting point, improvisations and compositions depict images emergent from the unconscious, though composition is developed from a more formal point of view. His book developed colour theory, comparing colour and form to musical keys and notes that directly vibrate and influence the human soul. His paintings emphasised the importance of colour and exhibited a strong relationship between colour, music and spirituality - he experienced chromesthesia, which meant music would trigger colours in his mind.

In one of his most famous works, *Composition VII*, art historians have concluded that the work is a combination of the themes of Resurrection, Judgment Day, the Flood and the Garden of Eden. Areas in the painting of dark yellow represent musical notes, dark rose a soprano's voice, and the ladder is to reach salvation (Judgement Day).

Wassily Kandinsky: *Composition VII* (1913, Tretyakov Gallery, Moscow, Russia)



Joan Mitchell was an American artist who worked primarily in pastels painting and printmaking. She was an active participant in the New York School of Artists in the 1950s. A native of Chicago, she is associated with the American abstract expressionist movement, even though she lived in France for much of her career.

Mitchell's emotionally intense style and its gestural brushwork were influenced by nineteenth-century post-impressionist painters, particularly Henri Matisse. Memories of landscapes inspired her compositions; she famously told art critic Irving Sandler, "I carry my landscapes around with me." Her later work was informed and constrained by her declining health. She was, however, one of her era's few female painters to gain critical and public acclaim. Her paintings, drawings, and editioned prints can be seen in major museums and collections around the world, and have sold for record-breaking prices.

Named after her Alsatian dog *Iva*, this huge triptych panel measures approx. 9' x 20' and is a loosely sketched work, with colours added; she allegedly painted it with the curtains closed to stop any lighting effects. Mitchell said of her dog *Iva* that she was "... a total extension of me, or I am of her. I don't know which way you want to put it." It sold at auction in 2018 for \$3.25M.

Joan Mitchell: *Iva* (1973, Tate Modern, London, UK)



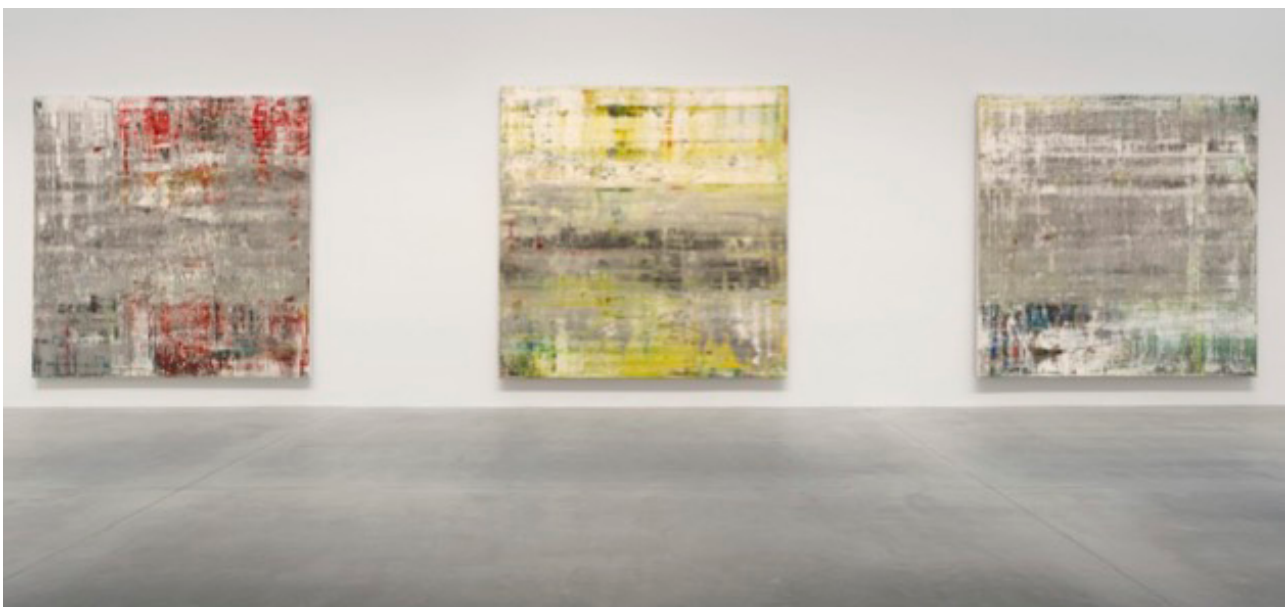
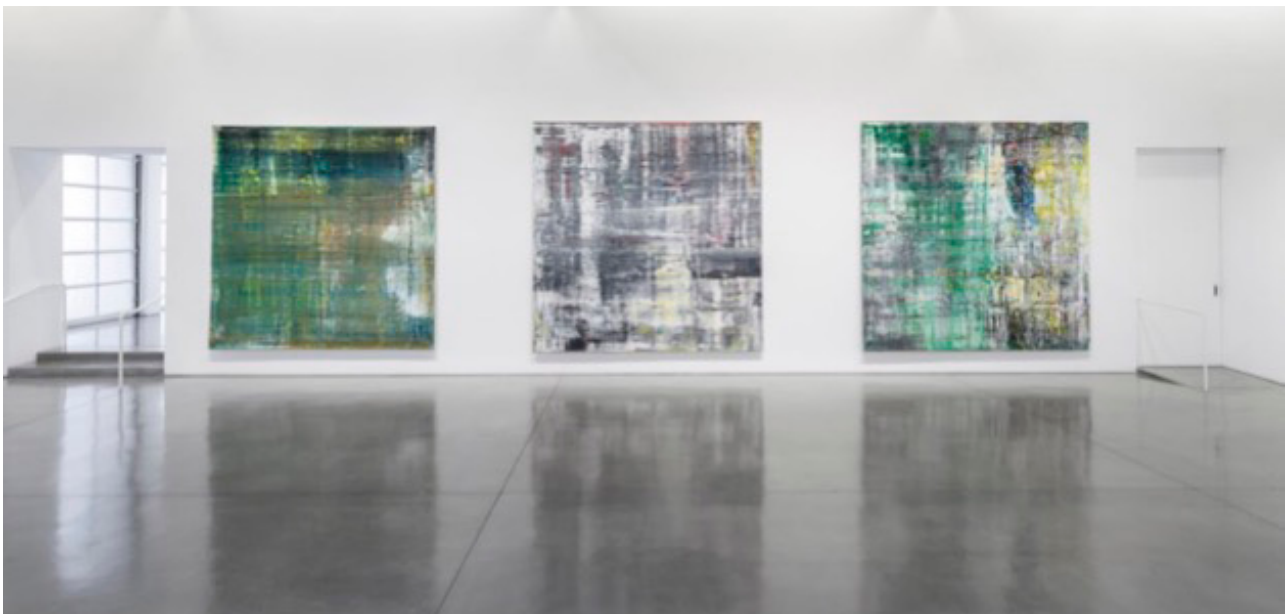
Gerhard Richter, born in 1932, is a German visual artist; he has produced abstract as well as photorealistic paintings, photographs and glass pieces. He is widely regarded as one of the most important contemporary German artists and several of his works have set record prices at auction, with him being the most expensive living painter at one time.

After 2000, Richter made a number of works that dealt with scientific phenomena, in particular with aspects of reality that cannot be seen by the

naked eye. In 2006, aged 74 Richter conceived six paintings as a coherent group under the title **Cage**, named after the American avant-garde, minimalist composer John Cage. The Cage paintings were large works constructed from intersecting fields, lines, and swathes of uneven smears that reflected the broad squeegee tool which Richter dragged across the canvases, before removing areas of paint to generate a subtractive method of concealing and revealing variegated layers and patches.

Richter was listening to the music of John Cage while he worked on these paintings. There are no direct links between any particular work in this series and any piece of music by Cage. However, Richter has long been interested in Cage's ideas about ambient sound and silence, as well as his controlled use of chance procedures in musical composition.

Gerhard Richter: Cage (2006, Tate Modern, London, UK)



In October 1888 the young painter **Paul Sérusier**, aged twenty-four, travelled to the artist's colony at Pont-Aven in Brittany, with a letter of introduction to Paul Gauguin. Sérusier had completed his studies at the Lycée Fontaine in Paris, where he had met other aspiring artists, including Pierre Bonnard and Maurice Denis, the future Nabis. Together they had enrolled at a private art school, the Académie Julian. With his letter to Gauguin from Émile Bernard, he intended to make studies of nature in the picturesque countryside around Pont-Aven.

The Talisman is his painting made in 1888, under the guidance of Paul Gauguin at the artist's colony of Pont-Aven. Formally known as **The Bois d'Amour at Pont Aven**, it was later called **The Talisman** and became the starting point and icon of the group of young painters called The Nabis. It was a landmark in early Post-Impressionism, Synthetism, and Cloisonnism.

Sérusier later described his experience to Maurice Denis, who recounted it later in his own book. Sérusier and Gauguin had walked to the Bois d'Amour, a particularly picturesque landscape of forest and rocks along the river Aven, not far from the village. There, according to Sérusier's account to Denis, Gauguin told him: "How do you see these trees? They're yellow. So, put some yellow. This shadow, it's rather blue, paint it with pure ultramarine. Those red leaves? Put vermillion." The result was a painting with pure and flat colours, which represented not a representation of the scene, but the visual sensations of the painter.

Paul Sérusier: The Talisman (1888, oil on wood, Musée d'Orsay, Paris, France)



Back of the painting, with inscription by Sérusier: "Made in October 1888 under the direction of Gauguin by P. Serusier at Pont-Aven."

Like them or not, all open to subjective interpretation.

Stephen Attwood

Patient Participation

Hello,

The Monkfield Medical practice holds a regular Patient Participation group meeting at the practice where you can bring up any issues or concerns you may have. The meetings take place in the practice at 5.45 for an hour, and more members would be very welcome. The next meeting is on Sept 8th. Previous minutes can be found here [Patient Group - Monkfield Medical Practice](#)

Fran Panrucker

Reminder

If you make any payments into our u3a bank - METRO - for any reason, e.g. Membership, Visits, Events, Reimbursements etc, PLEASE indicate what the payment is going to be used for.

Colin Norman



Pink Boots

Pink boots - shoot, shoot
Right foot, left foot
Pink boots - look, look
Harry Kane
Just scored again.
The lads went to Mexico
Last home loss long time ago
But pink boots - shoot, shoot
Hope you had a good look
For Harry Kane
Just scored again
Pay attention Uncle Sam
Here comes our man, Bellingham
With his pink boots - shoot, shoot
A brace of goals before you know
Flying off the toe
Of pink boots - shoot, shoot
Alas, alack Argentina
Proved to be a team a
Step too far
In pink boots - shoot shoot
A thrilling spat with France
Helped our lads to advance
And secure the bronze position
But we're not done; we have ambition
This time no World Cup glory
In four years time a different story
We'll be bringing football home
In a different coloured boot - shoot, shoot

Lucy Purvey



SPEAKERS FOR 2026/2027

DATE	SPEAKER	SUBJECT
<i>SUMMER HOLIDAY - NO MEETING</i>		
18-Sep-26	Jenny Malin	Behind the scenes at the BBC Broadcasting House
16-Oct-26	Fiona Rose	Uncompromising genius - The Life and Work of Frank Lloyd Wright
20-Nov-26	Hemant Jariwala	Flowers through my Viewfinder
18-Dec-26	<i>CHRISTMAS CELEBRATION TBA</i>	
	2027	
15-Jan-27	Anne Lawrence	Anti-Terrorism
19-Feb-27	TBA	
19-Mar-27	TBA	
16-Apr-27	Bruce Keith	Bridgecapex
21-May-27	TBA	
18-Jun-27	TBA	
16-Jul-27	TBA	
All meetings are held on the third Friday of each month starting at 10.30 with tea and coffee being served. The talks start at 11.00 and usually finish at 11.45 - 12.00		



RISK ASSESSMENTS

DON'T FORGET – IF YOU ARE PLANNING AN EVENT, ORGANISING AN ACTIVITY OR A TRIP OUT, THEN A RISK ASSESSMENT MUST BE UNDERTAKEN BEFOREHAND

THE RISK ASSESSMENT FORM CAN BE FOUND ON OUR U3A WEBSITE [HERE](#) ALONG WITH [FAQs](#) TO ASSIST YOU

**ON COMPLETION OF THE FORM, PLEASE SEND TO:
U3A.SECRETARY@CAMBOURNE.ORG**

Bury St Edmunds Walking Tour Wednesday 9th September

Historic Tour with a blue badge Bury St Edmunds Tour Guide

This tour gives a general introduction to the history and development of the town with allusion to important figures from the past.

It covers Angel Hill, the Abbey Gardens, the ruins of the Benedictine Abbey, the Cathedral of St James and St Edmund, parts of the Great Churchyard with associated buildings such as St Mary's Church. As time permits, the tour continues into the town centre to study various aspects of past and present Bury St Edmunds.

Discover 1,000 years of history, from monks and martyrs to Saxon kings and Tudor queens, from talking wolves and Magna Carta to Georgian chic and Mr Pickwick – you'll find them all in Bury St Edmunds.

Tour costs £10 to £12 per person, depending on numbers

If interested please contact

Susan Davies at: susandavies018@gmail.com

My First Adventure

It was a very naughty one. We lived in a small village. I was under ten years old and I slept in a room with my three brothers. I shared a bed with John who was two and a half years younger than me. My other two brothers were very young and slept in cots. We wanted to know if ghosts come out at midnight. We waited until our parents had gone to bed and then crept downstairs. There was a window low enough for us to creep through. John had been given a Roy Rodgers watch for his birthday. I was very jealous and made such a fuss that I was given a watch five months later on my birthday. It was very dark but we had a torch. We walked to the nearest woods which were about twenty minutes away. We went in the woods and found a tree trunk to sit on and waited for the watch to show midnight. We looked around in great excitement but were bitterly disappointed when we didn't see any ghosts. We went back and climbed through the window and went to bed. We never told our parents about our adventure but if they had found out John would have said "Wendy made me do it."

Wendy Quince



KALEIDOSCOPE 2026

**3 days of Activities and Entertainment
for the 'Young at Heart'**

Sessions include: Crafts, Water Colour, Flower Arranging, Talks from the National Trust, The Wildlife Trust and the Bobby Scheme, First Aid, Choral Workshop, Age UK, plus....

Lots of entertainment....

Daily Raffle

**Monday 17th, Wednesday 19th and
Friday 21st August
10am-3.30pm**

At Papworth Village Hall (Transport available)

£10 per day, includes a 2 course Lunch
and tea/coffee throughout the day

If you haven't been before it would be lovely to see
you, please ring for more details:

Anne: 07974 082 604

A Motoring August Points to ponder

Answers

1. When was the MOT introduced in England? - The MOT test was introduced in September, 1960. It was initially a voluntary test for cars over ten years old (known as 'the ten year test'). It became compulsory in February, 1961.
2. When did seat belts become compulsory in the UK? - 1983 compulsory for drivers and front seat passengers; 1991 compulsory for back seat passengers.
3. When did the M1 open and what was the speed limit? - The first section opened in 1959 and initially had no speed limit, no central barriers and no lighting.
4. What make was the first commercially successful Electric Vehicle in the UK? - The Nissan Leaf in 2011.
5. How much was Road Tax when first introduced in England? - Initially called the Vehicle Excise Duty, it was introduced in 1921. The minimum charge was £6 for vehicles under 6 horsepower.
6. Approximately how many public Electric Charging stations are there in the UK? - As of 2026 - over 46,700 public EV stations.
7. Approximately how much was a standard Mini when it first came to the market? - 1959 at a cost of £496.
8. When was the compulsory Driving Test introduced in England? - June 1, 1935.
9. Name three other countries that drive on the left? - Ireland, Malta, Cyprus, India, Japan, Thailand, Bangladesh, Pakistan, Malaysia, Singapore, Australia, New Zealand, Fiji, Papua New Guinea, Tonga, South Africa, Botswana, Kenya, Tanzania, Zimbabwe, Mozambique, Guyana, Suriname, Jamaica, Barbados, Bahamas.
10. What colours are Motorway signs in England? - Blue background, white lettering, numbers and borders.

Thanks to Lucy Purvey for this!

Quite Early One Morning

by Dylan Thomas

Excerpts from a radio broadcast in early 1950s

August Bank Holiday. A tune on an ice-cream cornet. A slap of sea and a tickle of sand. A fanfare of sunshades opening. A wince and whinny of bathers dancing into deceptive water. A tuck of dresses. A rolling of trousers. A compromise of paddlers. A sunburn of girls and a lark of boys. A silent hullabaloo of balloons. I remember the sea telling lies in a shell held to my ear for a whole harmonious, hollow minute by a small, wet girl in an enormous bathing-suit marked 'Corporation Property.'

I remember sharing the last of my moist buns with a boy and a lion. Tawny and savage, with cruel nails and capacious mouth, the little boy tore and devoured. Wild as seed-cake, ferocious as a hearth-rug, the depressed and verminous lion nibbled like a mouse at his half a bun, and hiccupped in the sad dusk of his cage. I remember a man like an alderman or a bailiff, bowlered and collarless, with a bag of monkey-nuts in his hand, crying 'Ride'em, cowboy!' time and again as he whirled in his chairplane giddily above the upturned laughing faces of the town girls bold as brass and the boys with padded shoulders and shoes sharp as knives; and the monkey-nuts flew through the air like salty hail.

Children all day capered or squealed by the glazed or bashing sea, and the steam-organ wheezed its waltzes in the threadbare playground and the waste lot, where the dodgems dodged, behind the pickle factory.

There was cricket on the sand, and sand in the sponge cake, sand-flies in the watercress, and foolish, mulish, religious donkeys on the unwilling trot. Girls undressed in slipping tents of propriety; under invisible umbrellas, stout ladies dressed for the male and immoral sea. Little naked navvies dug canals; children with spades and no ambition built fleeting castles; wispy young men, outside the bathing-huts, whistled at substantial young women and dogs who desired thrown stones more than the bones of elephants. Recalcitrant uncles huddled over luke ale in the tiger-striped marquees. Mothers in black, like wobbling mountains, gasped under the discarded dresses of daughters who shrilly braved the goblin waves. And fathers, in the once-a-year sun, took fifty winks. Oh, think of all the fifty winks along the paper-bagged sand.