

Cambourne & District u3a



NEWSLETTER

JULY 2026 Issue 87

CHAIR FAREWELL

Being a Scot I didn't have any expectations that we would go far in the world cup, but at least we had qualified for one after 28 years of disappointment. So all eyes on Boston where 30,000 kilted Scots descended with their bagpipes, drums and traffic cones. What brought me and the people of Boston joy, was that the Tartan army showed Scotland at its best. They drank the pubs dry of course, but they also entertained the locals and cleaned up after themselves. The Tartan army visited and donated to various charities, with a Fife group taking the world champion piper to a group supporting homeless children. The power of grassroots philanthropy.

The mayor of Boston wants to have a sister city relationship now and the senator for the state has invited the Tartan army to visit annually.

It wasn't just the Scots; the thing that impressed me was that all the participating countries' fans seem to be mingling with their opponents and having a laugh not a fight. In the current, troubled world may that continue and be a lesson in respect and cooperation.

As this is my last Chair piece I would like to thank the committee; as a governing team they have showed amazing skills in their roles. I have enjoyed being part of the team and being Chair. Welcome new committee members.

I would also like to thank all the members and their willingness to contribute to our u3a in various ways. Importantly now, we have Janet Rogers who has stepped up to take over as Chair and Kate Evans as Speaker secretary. Welcome both as we don't want this group to cease to be part of our lives. I think we would all also like to thank Christine both in that role and doing the Newsletter for many years. Amazing achievement.

Finally, to all the members, many who have shown such compassion to me in recent months, I thank you sincerely. As I have said before you are the best of the best. I may not be Chair but annoyingly I'll still be around. So I will finish with a famous Scottish farewell.

Kathleen Thompson



FOREWORD

Thanks Kath for that very inspiring FAREWELL. You have been an inspiration to us all with your leadership over the last few years.

I would like to say a few words of thanks to those Members who who contributed to the last 3 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

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

A Musical July Points to ponder

Answers at end of Newsletter

- 1 In which decade did the Sydney Opera House open?
- 2 Which composer settled in London and became a naturalised British subject?
- 3 What does 'mezzo' mean in mezzo soprano?
- 4 By what name is Sir Thomas Hicks better known?
- 5 Which jazz musician had a number 1 hit with 'Stranger on the Shore' and when was it?
- 6 How did Carnegie Hall get its name?
- 7 Who wrote the song 'True Love'. What film did it feature in and what was the year?
- 8 Adolfe Sax invented the saxophone. When was it and what nationality was he?
- 9 The toccata from Charles-Marie Widor's symphony No 5 is a well-known piece. On what occasion is it often played?
- 10 What is the most recorded piece of classical music?

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
Dance Fitness	Wednesday 12.30-13.15	Fran Panrucker
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

Getting to know your iPad Group

We are a small group which meets approximately every 3 - 4 weeks on a Thursday or Friday morning for a 1 hour session in the Apple Store in the Grand Arcade in Cambridge. The programme is very flexible and over the years we have learnt so many things and we continue to learn something new every time we meet. The staff are very helpful and patient (and they need to be!). If you would like more information or would like to join the group, please contact Anne Jones 07912685025 or jeffandanne23@gmail.com You will be very welcome.

Anne Jones

Classical Music Group

We're just two sessions into a series of meetings which are exploring the development of the symphony from about 1750 to the middle of the 20th century. So far we have looked at the beginnings of the symphony through the music of Haydn (known as "*the father of the symphony*") and Mozart in the classical era, and are now moving on to the symphonies of Beethoven which take us into the romantic era and move the symphony on to a new level. In future I plan to include Berlioz, Mendelssohn, Brahms, Mahler, Tchaikovski, possibly Elgar and Vaughn Williams, and definitely Shostakovich in the series.

The meetings are well supported by enthusiastic members and we are most grateful to Jo Darlington, who hosts the meetings, for welcoming us into her home every fortnight.

John Thornton

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*

Book Group

Our u3a Cambourne book group first came together nearly 4 years ago. That time has flown; it really doesn't feel that long but it surely must be as we have celebrated three Christmas get togethers already. We are not a large group but we are a tight group. However not so tight we are inflexible, exclusive or closed off to others and we aim to be welcoming. We are a mix on the continuum from introvert to extrovert but it works and we are careful to make sure we all get to have our say.

We get to hear about each other's different take on the book and perceptions of the characters and their motivations.

In all honesty though the book is usually the middle part of one of the nicest sandwiches. You see we've built connection and friendship bonds. We kick off with a catch up of events over the past month. We then remind ourselves to get down to business and discuss the book. I'm always keen to hear why that person chose their particular book and a bit about the author to set the scene. That leads us into a merry dance of discussion, different viewpoints and sharing life experiences in relation to some of the key themes in the book, until we've entirely forgotten about the book and find ourselves back in friendship land.

We don't have a leader as such - we have shaped ourselves collaboratively. We still are different personalities yet still have the same things in common; we each enjoy being a member of a book club and each enjoy reading books. I could not imagine writing this piece for the newsletter however without including contributions from us all. So, Dear Reader, from us to you
Thank you Cambourne u3a for bringing us together.

Janet Leonard



Out to Lunch Group

The Cambourne u3a Out to Lunch group very much enjoyed our outing on 4th June. *Little Petra* is a family run Jordanian restaurant in Hills Road Cambridge. It promises “a feast for the tastebuds”. It provides wholesome, tasty, traditional Jordanian food, in hearty portions that everyone appeared to enjoy. The restaurant moved from its smaller premises in Mill Road early in 2023. The move expanded not only dining space but also kitchen space so that a much larger menu selection can be provided to reflect Jordan’s diverse cuisine. There definitely is something to please everyone. It is testament that everyone’s appetite was sufficiently satisfied that no one was able to fit in a dessert!

I can personally recommend Fattah, which comprised of a thin bottom layer of crispy flatbread pieces, then a layer of cinnamon flavoured rice, a generous layer of lamb shank, topped with layer tahini/lemon flavoured yoghurt. This all was finished with a very generous layer of cashew, almond and pine nuts, pomegranate and mint before being lightly baked in the oven, so the flavour suffused. It was served warm and inviting. I shared a side serve of Raheb-grilled aubergine, mixed peppers, parsley, red onion and olive oil topped with pomegranate seeds. I managed half of everything and brought the rest home to be enjoyed later!

The ambience was relaxed and the conversation flowed. The service was efficient and there was a 10% discount available for diners choosing to pay their bill in cash. There was little not to like.

Our next visit is to the *Oak Bistro* (just opposite the Catholic Church) on Thursday 9 July. If you would like to join the group for this meal or any future meals please get in touch, janethl4@btinternet.com and I will add you to our Out to Lunch WhatsApp chat group.

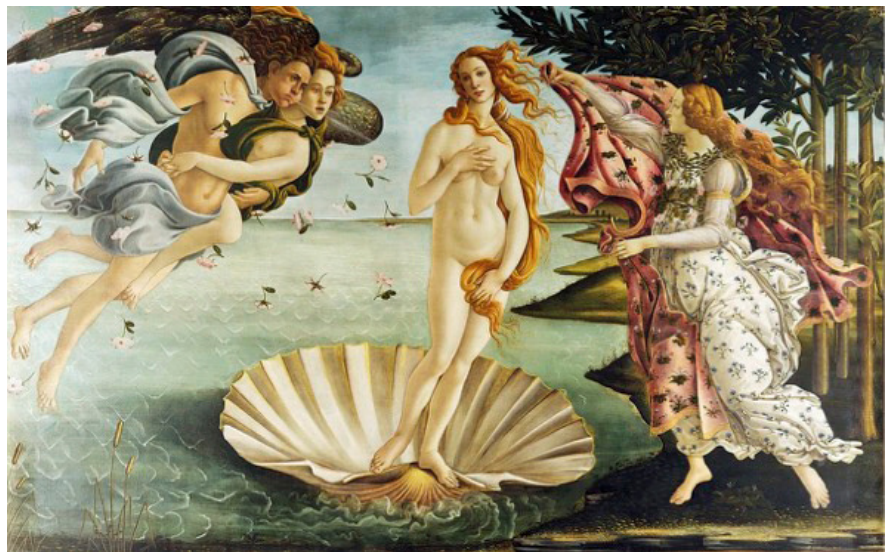
Janet Leonard



Art Appreciation Group

At our June meeting we welcomed another 'newby' - Susan Davies - and look forward to her contributions to our future meetings. For our June meeting, we had each been tasked with a 10-min presentation on a work of Renaissance Art: the scope was indeed wide, covering 300 years of artistic, scientific and philosophical development from C15th to C17th, and artists from Italy to Northern Europe, who pioneered perspective, realism and detail in their work ... and the group did not fail to deliver a varied and fascinating range of artworks to discuss.

Botticelli - The Birth of Venus (ca 1484-1486, Uffizi Gallery, Florence, Italy): the goddess Venus stands naked on a giant scallop shell, having just been born fully grown from the sea as myth defines; to the left, the wind gods Zephyrus and Aura blow her to the shore, while the Hora of Spring stands to the right, holding a rich cloak ready to cover Venus when she reaches the shore. The painting was commissioned by the Medici family, executed in



tempera on 2 canvases stitched together for easier transportation. Its portrayal was virtually unprecedented in Western art since the time of classical antiquity, with its large-scale depiction of classical mythology, including a large and prominent nude figure of a woman painted in a realistic style. This was an example of how art was transitioning from religious works to those for pleasure.

Albrecht Dürer - Self Portrait at 26 (1498), Prado, Madrid, Spain) and **Adam and Eve** (1504, copper engraving, Morgan Library and Museum, New York, USA): Dürer was born into a jewellery-making family, and learned the basics of goldsmithing and drawing from his father. Though his father wanted him to continue his training as a goldsmith, he showed such a precocious talent in drawing that he was allowed to start as an art apprentice at the age of fifteen in 1486. He learned techniques in mixing





paints and in block-printing, and established his reputation and influence in Europe in his twenties with his high quality woodcut prints. He later developed incredible talent in engraving, showing extraordinary handling of the burin (engraving chisel), which expanded the tonal range of his engravings. His woodcut and metal engraved prints sold well enough for him to make a good living, and he was instrumental in people starting to own art and not just for it to appear in churches. Dürer's introduction of classical motifs and of the nude into Northern art, through his knowledge of Italian artists and German humanists, has secured his reputation as one of the most important figures of the Northern Renaissance. This is reinforced by his theoretical treatises, which involve principles of mathematics for linear perspective and body proportions.

Hans Holbein The Younger
 - **The Ambassadors** (1533, oil and tempura on oak, National Gallery, London): Holbein painted this during his second period in England (1532 - 1540). This life-size panel portrays Jean de Dinteville on the left, an ambassador of Francis I of France in 1533, and Georges de Selve, Bishop of Lavaur who visited London the same year. It was created in the same year Elizabeth I was born, and there is speculation that Elizabeth's mother Anne Boleyn may have commissioned the painting as a gift for Jean de Dinteville (Note: de Selve was a Catholic bishop). The work incorporates symbols and paradoxes, including an anamorphic (distorted) skull. According to scholars, these are enigmatic references to learning, religion, mortality, and illusion in the tradition of the Northern Renaissance. Art historians Oskar Bätschmann and Pascal Griener suggest that in *The Ambassadors*, "Sciences and arts, objects of luxury and glory, are measured against the grandeur of Death".



Titian - Diana and Actaeon
 (1556-1559, National Gallery, London and Scottish National Gallery, Edinburgh, UK): considered amongst Titian's greatest works, it portrays the moment in which the hunter Actaeon comes across the goddess Diana and her nymphs as they are bathing. Diana is furious, and will turn Actaeon into a stag, who is then pursued and killed by his own hounds, a scene Titian later painted in his *Death of Actaeon*. Diana and Actaeon is painted in oil on canvas, with Titian's style of layering colours, using loose brush strokes and even his fingers, with the chiaroscuro technique using light and dark to emphasise certain areas of the painting.



Sofonisba Anguissola - Bernardino Campi Painting Sofonisba Anguissola
 (late 1550s, Pinacoteca Nazionale, Siena, Italy):

Sofonisba Anguissola was born in Cremona in Northern Italy into a relatively poor noble family. However, her father funded a well-rounded education for her, including lessons in the fine arts, painting and chess (which was especially unusual at the time, as chess was thought of as a patriarchal domain). In 1554, aged twenty-two she travelled to Rome where she met Michelangelo, who immediately recognised her talent. In 1559, she became painting tutor to the Spanish queen, Elizabeth of Valois, who was a keen amateur painter; she later became one of the few and most successful female court painters to the Spanish king, Philip II.



In this self-portrait by Anguissola, she uses her wit to express her disdain at the patriarchal art society and the limitations they placed on female artists. The painting shows her art tutor Bernardino Campi painting a portrait of Anguissola; her portrait is very realistic, whilst his is somewhat rougher, indicating his inferior talent; and he uses a maulstick to rest his hand, more typically used by amateur artists. The work and notoriety of Anguissola paved the way for future female artists.

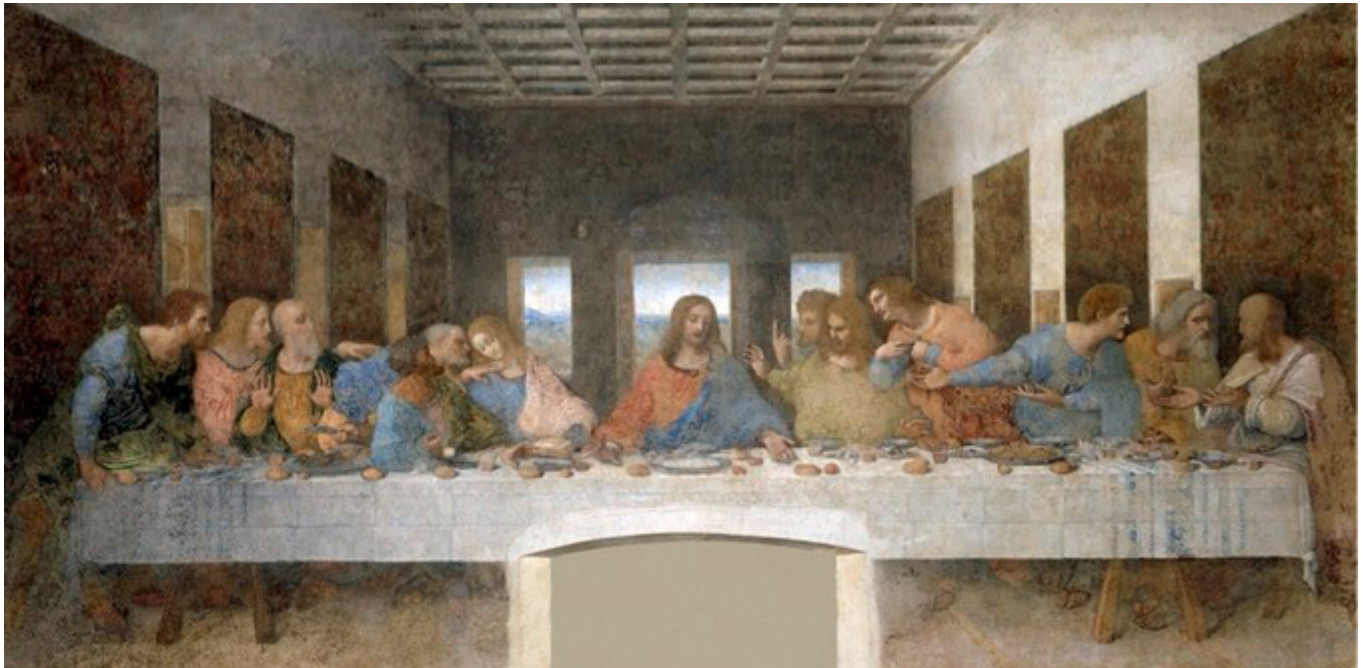
No discussion on Renaissance Art would be complete without inclusion of works by Leonardo da Vinci:

LdV - Studies of the Fetus in the Womb (ca 1511, black chalk, sanguine, pen, ink wash on paper; Royal Collection, Windsor Castle, Windsor, UK): Leonardo worked with Marcantonio della Torre, Professor of Anatomy at University of Padua University on the dissection of human corpses. These dissections were completely legal in Italy and Padua was recognised as a world-renowned centre for such studies, unlike in England at the time when such dissections were much more tightly controlled. The Studies of the Fetus correctly depict the human fetus in its proper position inside a dissected uterus. Leonardo depicted the uterus with one chamber, in contrast to theories that the uterus had multiple chambers which many believed divided fetuses into separate compartments in the case of twins. Leonardo also correctly drew the uterine artery and the vascular system of the cervix and vagina which led to the understanding of how the embryo was fed by the mother. The Royal Collection at Windsor Castle contains some 550 anatomical drawings by Leonardo da Vinci.



LdV - The Last Supper (ca 1492-1498), Convent of Santa Maria delle Grazie, Milan, Italy; copy in Royal Academy, London, UK): Leonardo's most famous painting of the 1490s is The Last Supper, commissioned for the refectory of the Convent of Santa Maria della Grazie in Milan. It represents the last meal shared by Jesus with his disciples before his capture and death, and shows the moment when Jesus has just said "one of you will betray me", and the consternation that this statement caused.

This is perhaps one of the greatest examples of one-point perspective, where every angle of the painting ensures that the viewer looks directly at the focal point: Jesus. The harmony, symmetry and perspective all work together, so the viewer's eyes know exactly what is important here. Leonardo may have used the technique of driving a nail into the wall above Christ's head and then stringing threads out at different angles, allowing him to see and paint the room to draw attention to Christ.



The painting was acclaimed as a masterpiece of design and characterisation, but due to the materials used it deteriorated rapidly, so that within a hundred years it was described by one viewer as “completely ruined.” Leonardo, instead of using the reliable technique of fresco, had used tempera over a ground that was mainly gesso, resulting in a surface subject to mould and to flaking. It has had many restorations over the centuries and remains one of the most reproduced works of art; countless copies have been made in various mediums.

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Walking Group

We had a lovely walk today (29 May) starting from Waresley Garden Centre and followed a circular route back via the Gransdens. The walk was around 5 miles or 11,000 steps. New to the group Perlita took the photos below.

Janet Rogers



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

Membership Renewal 2026

Thank you to all those members who have already renewed. Quite a few of you have paid and are waiting for an email from me confirming your renewal. I have just returned from holiday, so hopefully you should hear from me before the end of the week.

For those still to renew, I will be at the next Friday meeting at The Hub which will be on the 17th July. You can pay by card, cash or cheque on that morning. Otherwise, you will need to use Paypal or make a bank transfer. Please remember that if you do make a bank transfer to let me know.

Thanks

Jan Nuttycombe
Membership Secretary

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

Speaker Secretary

Hello

I have become the new speaker secretary of the Cambourne and District u3a. So interesting and exciting times ahead for me.

Christine has been brilliant, so I have a lot to live up to! And I am glad to say, is happy to help me find my feet, thank you very much Christine.

I have lived here in Cambourne since 2022, and before that in Duxford for 14 years, and Harston before that.

The speakers we have had to date in my time have been a wonderful mixed bunch, and all the better for that, I have been introduced to a lot of different subjects, all very interesting in their own way.

I hope to keep up that eclectic and interesting approach: the committee and especially me, are very happy to hear from you about subjects and speakers that are of particular interest to you.

I am looking forward to getting started and seeing what new subjects the coming year will bring.

With best wishes

Kate Evans



SPEAKERS FOR 2026/2027

<i>DATE</i>	<i>SPEAKER</i>	<i>SUBJECT</i>
17-Jul-26	Damien O'Dell	Chicksands Priory - England's Most Haunted House
<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>	
	<i>2027</i>	
15-Jan-27	Anne Lawrence	Anti-Terrorism
19-Feb-27		
19-Mar-27		
16-Apr-27	Bruce Keith	Bridgecaples
21-May-27		
18-Jun-27		
16-Jul-27		
All meetings are held on the third Friday of each month starting at 1030 with tea and coffee being served. The talks start at 11.00 and usually finish at 11.45 - 12.00		

July in the West

by James Newton Matthews

DAY

A rhythm of reapers; a flashing
Of steels in the meadows; a lashing
Of sheaves in the wheatlands; a glitter
Of grain-built streets, and a twitter
Of birds in a motionless sky,—
And that is July!

A rustle of corn-leaves; a tinkle
Of bells on the hills; a twinkle
Of sheep in the lowlands; a bevy
Of bees where the clover is heavy;
A butterfly blundering by,—
And that is July!

NIGHT

A moon-flooded prairie; a straying
Of light-hearted lovers; a baying
Of far away watchdogs; a dreaming
Of brown-fisted farmers; a gleaming
Of fireflies eddying nigh,—
And that is July!

A babble of brooks that deliver
Their flower-purpled waves to the river;
A moan in the marshes; in thickets
A dolorous droning of crickets,
Attuned to a whippoorwill's cry,—
And that is July!

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 walk 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."



A Musical July Points to ponder

Answers

- 1 In which decade did the Sydney Opera House open? - 1973
- 2 Which composer settled in London and became a naturalised British subject? - Handel
- 3 What does 'mezzo' mean in mezzo soprano? - Half, middle or medium
- 4 By what name is Sir Thomas Hicks better known? - Tommy Steele
- 5 Which jazz musician had a number 1 hit with 'Stranger on the Shore' and when was it? - Ackerman Bilk in 1962
- 6 How did Carnegie Hall get its name? - Andrew Carnegie, a Scottish/American industrialist and philanthropist, financed the Hall which opened in 1891
- 7 Who wrote the song 'True Love'. What film did it feature in and what was the year? - Cole Porter, High Society in 1956
- 8 Adolfe Sax invented the saxophone. When was it and what nationality was he? - 1840s, Belgian
- 9 The toccata from Charles-Marie Widor's symphony No 5 is a well-known piece. On what occasion is it often played? - It is known as 'recessional' music and is often played as the bride and groom leave the church
- 10 What is the most recorded piece of classical music? - Four Seasons by Vivaldi

Thanks to Lucy Purvey for this!



Cooling waters at St Ives