

Cambourne & District u3a



NEWSLETTER

JUNE 2026 Issue 86

FOREWORD

As I said in my email to Members, this Newsletter succeeds or fails by Members input. So please send to 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, so get out that keyboard and let the keys hum! 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 is a concert at Saffron Hall, Saffron Walden on Sat Oct 3rd, 7.30pm with Milos on guitar and Ksenija Sidorova on accordion, playing *'from lively dances to intimate serenades'* including arrangements of works by Piazzolla, Arnelde, Villa-Lobos and Vivaldi. If you are interested look at the Saffron Hall website:

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

Fran Panrucker



'We are new this year and love a drink'

June Points to ponder

Answers at end of Newsletter

In April 2026 King Charles addressed the American Congress to mark the 250th anniversary of the Declaration of Independence. In his speech he quoted Oscar Wilde, *"We have everything in common with Americans nowadays except, of course, language"*.

This made me think about the semantic differences and then I came across an expression which completely foxed me. Imagine you are sitting in the workplace in the USA and one of your colleagues grips his leg and cries out in pain. You look most concerned until he finally relaxes and explains. It's a *'charley horse'*! This extraordinary expression means he's got cramp! The American expression originated in baseball slang and was thus named because the player's stiff, limping movement resembled an old, stiff-legged workhorse.

And then there's the girl wearing a *'wife-beater'*. This is what we would call a tank top or a singlet. This came about because it was worn by a notorious criminal (in all the newspapers) in 1947 who beat his wife to death!

And what do Americans call:-

- 1 A torch
- 2 A holiday
- 3 A gilet
- 4 A shopping trolley
- 5 A mobile phone
- 6 A digestive biscuit
- 7 Double cream
- 8 An aubergine
- 9 A multi storey car park
- 10 Washing up liquid

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
Dance Fitness	Wednesday 12.30-13.15	John Thornton
Darts & Pool	Monday fortnightly	Fran Panrucker
French Intermediate	alternate Tuesdays	Lucy Purvey
Genealogy	approx every 4 months	Christine Tyler
Getting to Know Your iPad	approx every 3-4 weeks	Jeff Jones
Out to Lunch	monthly usually Thursdays	Anne Jones
Pilates & Mobility	Monday 10.45-11.30	Janet Leonard
Table Tennis	Monday 3-4 fortnightly	Jan Nuttycombe
Theatre	varies	Lucy Purvey
Walking	last Friday of month	Sandra Davies
World War 2	last Friday pm of month	Janet Rogers
		Archie Black

A Poem for June

by Catherine Pulsifer

June rolls in, paving the way for July's delight,
 Lazy days of summer, where dreams take flight.
 Under blue skies, we bask in nature's embrace,
 With every moment, a smile on our face.

Vacations beckon, adventures on our mind,
 Exploring new horizons, treasures we'll find.
 Flowers in bloom, painting landscapes with grace,
 Nature's vibrant colors, a picturesque embrace.

In this month of wonder, let's seize the day,
 Embrace the joy that comes our way.
 With hearts full of gratitude, we'll make memories,
 June into July, a time of endless possibilities.

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

Theatre Group

There are currently 22 members of the group. We have been delighted to be able to enjoy performances at the newly refurbished Cambridge Arts Theatre, we certainly missed it while it was closed but it has proved worth the wait as we now enjoy the new decor and seating. The group are due to meet on the 4th June at the Belfry to discuss the upcoming performances and which we are hoping to see.

Sandra Davies

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.

Please reply to this email if you are interested and I will pass on your details. I'm sure numbers will be limited so please reply a.s.a.p.

Look forward to hearing from you. Asking for anyone interested to email me 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

Art Appreciation Group

At our May meeting we had set the discussion subject of “Pop Art”. Nine of us had a lively discussion about the meaning of the genre and the individual presentations were varied and stimulating.

POP ART emerged in the mid-1950s as a reaction against the seriousness of Abstract Expressionism, embracing mass culture, consumerism, and the imagery of everyday life. Abstract expressionism was inward-looking, but pop art looked out onto the real world just like the Impressionists did in their day.

Pop art believed that high and low culture were one and the same thing, and that images from magazines and drink bottles were just as valid as art forms as the oil paintings and bronze sculptures in galleries. It was the intention of pop art to blur the line between the two.

Although it was popular, pop art was designed for the mass audience, transient, short-term solution, expendable, low-cost mass-producers, aimed at young people with his sexy, mickey glamorous Big Business. It also made clear that pop art wasn't a foolish phase in which artists made facile artworks for a pure old public, but a highly political movement acutely aware of the demons and pitfalls lurking within the society it was portraying. The pop artists, like the Impressionists in the 1870s, had looked around them and documented what they saw.

They explored the idea or the question of at what point does art become a commodity and commodity become art.

A few examples of POP ART presented by Members of the Group



1. *Just what is it that makes today's homes so different, so appealing?* (1956) Richard Hamilton

This small collage (26×25 cm) is often cited as one of the first true Pop Art works. Hamilton assembled it from American magazine clippings for the *This Is Tomorrow* exhibition at the Whitechapel Gallery.

Key elements:

- A muscular man holding an oversized Tootsie Pop (with the word “POP” visible – possibly the origin of the movement's name)
- A pin-up woman on a sofa
- A canned ham, television, tape recorder,

Ford logo, vacuum cleaner advertisement, and a framed comic-book cover on the wall

- Through the window: a cinema marquee for *The Jazz Singer*

Hamilton packed the domestic interior with symbols of postwar consumer desire – technology, entertainment, fitness, sex appeal – creating a satirical yet seductive portrait of aspirational middle-class life. The work set the template for Pop's central concerns: the blurring of high and low culture, and art's engagement with advertising and mass media. He commented that it was a

take on the Adam and Eve story. However, rather than being in a garden of restrictions, they were encouraged to touch and take what they wanted...



2. *Marilyn Diptych* (1962) Andy Warhol

The repetition portrayed in pop art is an exploration of the paradox that an image of a can of soup or Dorito or a Coke bottle could become so familiar as to become desirable, a visual shorthand saying, come get me, when shopping in a crowded store. And yet an image of something horrific like a plane crash or an electric chair would lose its power, through being seen repeatedly in

newspapers or on television. No artist understood or captured the contradictory nature of consumerism better than Andy Warhol.

Created shortly after Marilyn Monroe's death in August 1962, this silkscreen painting consists of 50 images of the actress arranged in two panels (each roughly 205 × 145 cm).

Structure and meaning:

Left panel: 25 vibrantly colored Marilyns in garish pinks, yellows, and oranges – evoking her glamorous public persona and the lurid tones of celebrity magazines. Right panel: 25 black-and-white Marilyns that progressively fade and blur toward the edges, suggesting mortality, loss, and the mechanical degradation of reproduction.

Warhol's use of repetition transforms a publicity still into something both banal and haunting. The diptych format echoes religious altarpieces, elevating Monroe to secular sainthood while simultaneously stripping her image of individuality through mass duplication. It's a meditation on fame, death, and the way media images consume and replace the people they depict.

3. *Chupa Chups Logo* (1969) Salvador Dalí



Though Dalí is synonymous with Surrealism, his design for the Spanish lollipop brand *Chupa Chups* is a genuine Pop Art crossover – a fine artist applying his talents to commercial packaging.

Design details:

Dalí sketched the daisy-shaped logo in about an hour during a meeting with *Chupa Chups* founder Enric Bernat. He insisted the logo be placed on top of the lollipop (rather than the side) so it would always be fully visible – a merchandising insight as much as an aesthetic one.

The bright yellow-and-red palette and rounded letterforms give the mark its playful, instantly recognizable look. The collaboration exemplifies Pop Art's collapse of boundaries between art and commerce. Dalí treated the assignment with

the same creative seriousness he'd give a canvas, and the logo has remained largely unchanged for over fifty years – proof that commercial design can achieve a kind of permanence usually reserved for gallery work.

Together, these three works span Pop Art's range: Hamilton's proto-Pop collage dissecting consumer culture, Warhol's serial silkscreens interrogating celebrity and death, and Dali's logo demonstrating that art and advertising could be one and the same.



4. The first picture is of Marilyn Monroe, and is a silkscreen on paper, by Andy Warhol it's from 'The Art Book' by Phaidon. Pop Art emerged in the 1950's and 60's as a return to representational art and as an expression of revolt against earlier aesthetic standards. It challenged the traditional image of 'fine art' as it included advertising. Pop artists took their inspiration from comic strips, advertising hoardings and other everyday objects which were associated with mass consumption. The techniques employed are appropriate to the items depicted. Bright, unmodified colours, stencilled letters, and photographic realism was used to portray items. Much of Pop Art is intended to be witty and as a parody of life. Looking back from today it seems to be a transitory fashion.

Marilyn Monroe's face is presented as an impenetratable mask in bright luminous colours. Published in ten different colour combinations, using the impersonal screenprinting process, the multi-coloured surface portrays her image in a startlingly lurid manner. Monroe is probably Warhol's most famous subject. He used a publicity still as the basis for this and other pictures of her, presenting us with a frozen image that reinforces the universal power of the most tragic of all Hollywood personae. The portrayal of Monroe as a product of mass culture, packaged for the public as if a consumer item, connects this work to the American Pop Art movement. Warhol, a painter, graphic artist and film-maker, was a cult figure during the 1960s. He remained, however, an intensely private man, saying, *'If you want to know everything about me, just look at the surface of my paintings, if it's all there, there is nothing more.'*

5. The second picture is also by Andy Warhol, and is (obviously!) a picture of a tin of Campbell's Soup it's from a book 'Crash Course in Art' by Eva Howarth. It doesn't say if it's a silk screen on paper, but it does look very similar to the Marilyn art work.



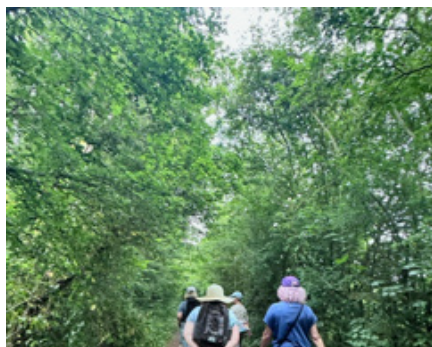


6. Ann Winder-Boyle Is this pop art? Possibly. The artist draws nostalgic images using pen and ink on paper, (using an image we all know from childhood). The paper is then mounted on the pages of old books. Then a film of beeswax is ironed onto the paper.

“Winder-Boyle has created some beautiful retro pictures, but the most interesting of her mixed media wax paintings are nostalgic with a bite; reassuring images that carry sinister undertones. One thing is clear, this artist is getting noticed, she’s doing something striking and different and she may just have the intellect to turn this craft of hers into high art. Watch this space”.

Martin Newman,
Art Critic and assistant news editor at the Daily Mirror.

Picture for sale in Byard Art, Kings Parade, Cambridge.



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.

SPEAKERS FOR 2026/2027

DATE	SPEAKER	SUBJECT
19-Jun-26	Suzie Harrison	The Cambridge Military Cemetery
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>	
	2027	
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		

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

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**

What's On

A couple of suggestions

6-7 June Cambourne Open Gardens 11am-5pm

Saturday 6 June

43 Monkfield Lane, 13 Willow Lane, 9 Cressbrook Drive,
Jubilee Garden Cambourne Church, 79 Lancaster Gate

Sunday 7 June

71 & 55 Brookfield Way, 2 Bickerley Court, 13 Fenbridge,
88 & 128 Greenhaze Lane, 128 Jeavons Lane, 20 Miller Way, 5 Mayfield Way

26-28 June 1st Annual Community Big Weekender

Friday 26 June 6pm onwards

music, food, bar, dancing

Saturday 27 June 12-6pm

music, bar, food, competitions, local market, raffles,
games, dog show, kids activities

Sunday 28 June 11-4pm

Cambourne Sports Day - Sports Fields Back Lane

football, cricket, netball, tennis

June Points to ponder

Suggested Answers (alternative answers may exist!)

What do Americans call:

- 1 A torch - A flashlight
- 2 A holiday - A vacation
- 3 A gilet - A puffer vest
- 4 A shopping trolley - A shopping cart
- 5 A mobile phone - A cell phone
- 6 A digestive biscuit - A Graham (pronounced 'gram') cracker
- 7 Double cream - Heavy cream
- 8 An aubergine - An egg plant
- 9 A multi storey car park - A parking structure/garage
- 10 Washing up liquid - Dish soap

Thanks to Lucy Purvey for this!



'I may be poisonous, but I'm beautiful!'

Community, Nature and New Beginnings

I was born in Nueva Ecija in the Philippines, a province proudly known as the “Rice Granary of the Philippines.” Growing up surrounded by rice fields shaped who I am today and gave me a deep love and appreciation for nature. As a child, I would often accompany my parents, aunt, or grandfather to our rice farm. Some of my happiest memories were walking along the paddy fields, admiring wildflowers, and watching butterflies, dragonflies, and birds dance across the countryside.

The landscape of my childhood was truly breathtaking. To the east stood the beautiful Sierra Madre mountain range, the longest mountain range in the Philippines, while to the west we enjoyed beautiful sunsets beside Mt. Arayat. Those peaceful moments in nature continue to inspire me and influence the way I live my life today.

Life later took me far from home when I moved to Johannesburg, South Africa, where I lived for eight years. It was there that I met my English husband. Together, we built a life full of adventure, love, and shared experiences. Sadly, my husband passed away unexpectedly in October last year, a loss that has deeply changed my life.

In 2017, we left South Africa and decided to start a new chapter in the United Kingdom. I encouraged my husband to come and see if we would enjoy living in Cambridge and we arrived in October 2017. Although nearly nine years have passed, it still feels like yesterday. Time has gone quickly, filled with both challenges and meaningful experiences.

I have always been passionate about photography, travelling, cooking, and gardening. These hobbies bring me joy, creativity, and peace. One of my greatest pleasures is working on my allotment in Oakington, where I practise organic, no-dig gardening inspired by Charles Dowding. Gardening keeps me connected to the earth and reminds me of my roots back in the Philippines. For me, watching plants thrive and harvesting organic homegrown produce provides a sense of achievement and purpose.





I also enjoy staying active and social within the local community. I play pickleball in Bar Hill and have joined both the Cambridge Widows group and the Oddfellows community. Being part of a community is incredibly important to me, especially now that I live on my own, far from family, while many friends are busy with work and raising children. Community groups and activities provide friendship, support, and companionship, and they help me look forward instead of feeling isolated. There is always something happening, whether it is an event, gathering, or activity, which gives life a wonderful sense of connection and purpose.

Through every chapter of my life – from the rice fields of Nueva Ecija, to Johannesburg, and now to Cambridgeshire – I have learned to appreciate nature, resilience, friendship, and community. My journey has taught me that even after loss and change, it is still possible to grow, connect, and find beauty in everyday life.

Best wishes Perlita



Inside u3a: Member profiles and perspectives – Reminder and deadline extension for survey

Dear Member

This is a reminder about the *Inside u3a: Member Profiles and Perspectives* survey (as per email sent on 5 May 2026).

If you have already completed the survey in the last month, **thank you** very much for taking part and please ignore the rest of this article.

The survey deadline has now been extended until **14 June**, giving members additional time to take part. It's really important that as many of our members take part as possible, regardless of how often you participate in u3a activities – to ensure that the survey findings represent everyone's characteristics, experiences and opinions.

This important UK-wide research will help build a better understanding of who u3a members are, what motivates people to join and participate, and how the movement can continue to grow and support members in the future. The findings will also help raise the profile of u3a and demonstrate the positive impact the movement has on people's lives.

Please complete the survey using the link below:

[Inside u3a survey](#)

The survey takes around 15 minutes to complete. You can also enter a free **prize draw** to win high street shopping vouchers which can be used in many different retailers; five lucky winners will each win £100! Just leave your contact details at the end of the survey to take part.

Thank you very much for reading this, for your support and for helping shape the future of u3a.

Best regards
Gill

[Gill Habicht, Secretary Cambourne & District u3a]

Volunteers wanted to 'meet and greet' at our monthly hub meetings

Hello Members

Are you someone who comes to our Friday meetings at the Hub and could 'meet and greet'?

If so, I would be grateful to be able to direct any new or potential new members to you. If you could introduce them to a few other members and help them with any general enquiries about our u3a that would be great.

I have 2 or 3 people who help in this way now but they cannot attend all meets. It would be good to have a few more volunteers.

Many thanks

Jan Nuttycombe, Membership Secretary

u3a.membership@cambourne.org

Membership Renewal 2026

Hello Members

We are heading towards membership renewal time again! Although our new membership year starts on the 1st July 2026 you can renew anytime from now and your membership will run until 30th June 2027.

PLEASE NOTE- if you only joined our u3a after 1st April 2026, you do not need to renew your membership as it runs until 30th June 2027.

I will be emailing everyone else later this month to remind you of the ways to renew, but I will be at the next meeting at the Hub on the 19th June. I will have the card reader there, so if you wish to renew then I will be happy to take your payment.

Thanks

Jan Nuttycombe, Membership Secretary

u3a.membership@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



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 attached photos.

Janet Rogers

