



December 2023

CHRISTMAS COFFEE MORNING
TUESDAY 19 DECEMBER
FROM 10.30AM
UPPER HALL
ST ANDREW'S CHURCH
BEARSDEN CROSS



Christmas wreath image courtesy of Photo Group 2

CHRISTMAS JUMPERS AT THE READY!

Instead of a speaker, our meeting this month will be a sociable morning of Christmas refreshments, and carols and songs played on a karaoke machine, with the opportunity to hum or sing along – not obligatory! We'll also have a light-hearted quiz.

Thank you to everyone who has let Linda know that they plan to come. This helps with the catering arrangements. We're now fully subscribed so unfortunately, it's too late to register.



BEARSDEN AND MILNGAVIE u3a 10th ANNIVERSARY

BaM u3a is 10 years old! It was launched in November 2013 at a public meeting in Kilmardinny House, Bearsden and the inaugural Monthly Meeting was held on 10 December 2013 in St Andrew's Hall.

The u3a was a big success from the start. Our neighbouring u3a in Lenzie gave enthusiastic support, and help was on hand from u3a Scotland staff and the central office of the Third Age Trust in London. We'd expected maybe 30-40 people to attend the launch; in fact about 150 turned up. We ran out of coffee, biscuits, chairs and car parking spaces.

By the inaugural meeting we had a 'Founding Committee'/Steering Group in place. Recruitment of members began, with 84 joining at that first meeting. Several brave souls immediately offered to start Interest Groups. A number of those early groups are still active 10 years on; the two Walking groups, Painting and Drawing, Local History, Bookworms, Gaelic Conversation, Outings, Poetry Appreciation, Line Dancing, Natty Knitters, Genealogy.

All u3as are voluntary, self-help, open to all and run on a shoestring. Ours continues to thrive thanks to the considerable efforts of many enthusiastic members. I'm sure that the next 10 years will be just as enjoyable!

JANET HOLLAND



The inaugural Monthly Meeting in December 2013



Members of the Steering Group in December 2013

Back row l-r: Jane Martin, Janet Holland, Carol McKean, Val Perman, Elaine Miller

Front row: l-r: Aileen McDonald, Martin Blackwood, Anne Martin, Jane Bex (Also Sue Walker, who took the photo)

DANCING CHAIRS

BaM u3a has recently welcomed Maureen Smith as the fourth Chair in the 10-year life of our u3a. Maureen and the three previous Chairs are all enthusiastic members of the u3a Scottish Dance group run by Elaine and Iain Hutchison which currently meets in the gym at Milngavie Community Centre. Pictured (l-r) are Maureen Smith, Julia Southcott, Billy Martin and Janet Holland.



HEARTSTART DEMONSTRATION: MONDAY 15 JANUARY 2024

Session 1: 1pm – 3pm

Session 2: 3.30pm – 5.30pm

Venue: St Andrew's Church Hall

The Heartstart team will provide interactive training sessions on CPR and how to use a defibrillator. They will also give a short talk on heart attacks, the recovery position, choking in adults, children and babies, and serious bleeding. To register, please [email](#) specifying which session you would like to attend. Alternatively, you can sign up at the Christmas coffee morning.



If you wonder whether CPR training might be for you or not, this cautionary tale might help you decide.

One of our members was faced with having to give CPR in September. He says, "Holiday turned to horror for me within a few seconds. I was in France and walking with a friend when, in mid-sentence, and in a remote part of town, he collapsed beside me with what I was sure was a cardiac arrest.

Faced with this, I had an instant choice – do I try to administer CPR or let my friend die in front of me without at least attempting to save him. There was no choice!

So, within a few seconds I am performing CPR compressions trying to keep to the rhythm of the Bee Gees "Staying Alive" (which I recalled was the advice from something I'd seen on TV). Immediately, the doubts surface – maybe CPR is not the right thing to do; where exactly should I be applying pressure? do I keep going continuously or should it be intermittent?

Above all I'm thinking two things. I wish I was anywhere else but here and I wish I'd taken training so that I'd know what I was meant to be doing. At that point I got lucky, someone had spotted us from the balcony of his apartment and had called for an ambulance. A passer-by then offered to spell me off doing compressions. I was

delighted to get her support – it's hard work, and with no idea how long the ambulance would take to reach us, I wasn't sure how long I could keep going. Having someone to share the responsibility also helped give me a boost.

As it turned out, it took the ambulance 20 minutes to arrive. For 10 of these minutes, I was convinced that my pal was dead and that my amateur efforts had let him down. Fortunately, I remembered another instruction from TV, "whatever you do, don't stop until medical help arrives".

The medics applied de-fib paddles and the relief and elation when my friend raised his left arm will stay with me always.

Weirdly, at that point I felt he had saved me just as much as I'd saved him. Had the outcome been different, I would have felt enormous guilt that my amateurish efforts might have cost him his life.

You will be pleased to know that after a week in intensive care in a hospital facing Monaco marina and a further six weeks in another, slightly less exclusive French hospital, my pal is home in Scotland. He is doing well, off the pies and losing weight. While he was in ICU in Monaco his daughter gave birth to twins, who he has now met. So, CPR can make a difference."

NEW OR EXTRA GROUPS FOR 2024

Is there a subject area that you would love to see that is currently missing from our 50+ groups? If you were to be interested in a new group, others among our 650 members might share your passion.

A list of any ideas we receive will be sent to all members early in 2024, asking people to put their names against any new group(s) they would consider joining.

Where there are sufficient numbers, we will put those interested in contact with each other. This group can then to take

things forward to become established, in line with u3a's self-help approach.

On the other hand, if you have been frustrated that a group you want to join is full, please feel free to add an existing topic to the list. We can then check for interest in forming an additional group in the same way.

Please [email](#) your suggestion(s) with the name of your proposed Group as the subject, leaving the body of the email blank.

BEACON WORKSHOP: THURSDAY 18 JANUARY 2024, 10am – 11.30am

We have organised a workshop for Convenors who would like to learn how to use the Beacon system to keep their group records and send group emails.

The session is aimed at those who missed previous training and anyone else who is interested. Convenors will receive an email in early January.

Please [email](#) any enquiries in the meantime to our secretary who will forward them to me.

PAMELA DAVIDSON

u3a & SOCIAL MEDIA



Love, loathe, or fear it, social media is hard to avoid.

While many are rightly concerned about its ability to spread misinformation, it can also be a great way of communicating for groups such as our own u3a.

At its best it can be a vibrant, informal, live way of keeping each other informed, and of connecting with people who might otherwise be somewhat isolated.

We (your committee) would welcome any views you have on the subject – please get in touch by [email](#).

Could you help us by developing a social media presence that would work well for BaM u3a? Or maybe you know a younger person (no ageism intended!) who understands the world of social media platforms for whom this might be a valuable reference project to support their search for work in this area.

We recognise this a long shot – but with 650 members, many with kids/grandkids, who knows?

So, if you would be interested in helping, or know someone who might, please [email](#).

CHARITY EVENT: HATWALK AFTERNOON TEA – 14 FEBRUARY 2024

BaM have been invited to take a table at East Renfrewshire u3a's HATWALK AFTERNOON TEA in aid of the Prince and Princess of Wales Hospice. The event will be opened by Heather Lister, the Hospice fundraiser. Shona Crozier, millinery lecturer from Clyde College, will give a short hat-making demonstration and well known milliner, Jill Busby, will give a humorous talk entitled "Heart Felt".

In addition, their very own u3a Ukulele Group will be performing.

Millinery students will model their own creations, walking round the tables during afternoon tea.

Tickets are £20 per person for the event at Clarkston Hall on Wednesday 14 February from 2pm – 3.30pm. If you are interested or would just like more information, please [email](#).

IT INFORMATION DECEMBER 2023

It's a busy time of year and the scammers and hackers are very active. The following websites will [keep you up to date with what they are up to](#) and [how to be on your guard](#).

u3a POETRY COMPETITION

The u3a poetry competition is now open for entries. Poems must fit the theme, 'What If'. Members have until Friday 26 January to enter which they can do on the [u3a website](#).

u3a RADIO PODCAST

U3a produces a radio podcast every month. The November podcast includes interviews with the Commissioner for Older People and Ageing in Wales, Helena Herklots and a u3a member who worked for Vatican Radio. Well worth a listen! Available on the [u3a website](#).

u3a IN SCOTLAND SUMMER SCHOOL AUGUST 2024

If you are interested in attending the 2024 Summer School, mentioned in November's Newsletter, full information and booking forms are now available [online](#).

FESTIVE FASCINATING FACTS

- ▲ Prince Albert, Queen Victoria's consort, is usually credited with having introduced the Christmas tree into the UK, however it was Queen Charlotte, wife of George III who set up the first known tree at Queen's Lodge, Windsor, in December 1800.
- ▲ In Minnesota, women impersonating Santa Claus can face up to 30 days in prison.
- ▲ King Henry VIII was the first person to eat a turkey on Christmas Day. Today in the UK, around 10 million turkeys are eaten every year for Christmas dinner.

CRYPTO-PUZZLES 60 A&B

Below are well-known sayings, which has been encrypted by substituting a number in the range 1–26 for each letter. In each case, one of the letter substitutions is shown in the grid. Use the grid to record the other letter substitutions as you discover them. Do please let us know if you manage to solve the puzzles.

60A

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
									W																R

18 14 12 6 9 15 14 12 22 22 15 6 17 1 7

21 25 17 13 15 6 25 6 9 12 6 4 13 14 15 6

17 13 12 26 13 25 6 9 12 4 25 12 21 19 9 8 15 10 25 13 14

R **W**

13 14 15 22 15 19 22 21 15 10 14 19 12 26 15 4 19 25 6 9

W **R**

17 19 23 15 13 14 25 6 9 7 19 8 4 19 6 ' 13

1 15 21 25 15 2 15 25 17 26 25 9 14 13 .

R

60B

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
				T																					

25 15 6 12 15 9 ' 5 14 2 1 18 10 26 15 21 26 18 24 24 11 25

T

24 5 2 9 12 22 9 21 15 9 5 8 18 24 22 12 18 3 22 9 18 24

T **T**

20 8 22 14 10 18 26 22 9 21 2 9 12

4 15 14 10 3 2 22 9 22 9 21 . 25 15 6 14 2 1 18

10 26 15 21 26 18 24 24 11 25 22 14 10 3 18 14 18 9 5 22 9 21

T

22 12 18 2 24 .

Solution to Crypto-Puzzle 59A

Humanity is acquiring all the right technology for all the wrong reasons.

Buckminster Fuller

Solution to Crypto-Puzzle 59B

The Internet is the most important single development in the history of human communication since the invention of call waiting.

Dave Barry