



May 2024

MONTHLY MEETING: 11AM, TUESDAY 21 MAY

UPPER HALL, ST ANDREW'S CHURCH, BEARSDEN CROSS

City Streets, Scottish Islands and Silhouetted Hills: Bet Low (1924-2007) Art and Life

2024 is the 100th anniversary of the birth of artist Bet Low. Bet was born in Gourrock and from 1945 Glasgow became her home, after completing her studies at the School of Art. Her long career began, creating theatre sets for Glasgow Unity Theatre.

The artist is best known today for her tranquil landscape scenes of Scottish islands, particularly Orkney. Bet won many awards throughout her career and in 1999, she was awarded the distinction of Doctor of Letters from Glasgow University.

We will hear from [Hildegarde Berwick](#), from 1999 to 2011 Curator at the Lillie Art Gallery, about Bet Low's life and work.

Our [Welcome Desk](#) volunteers will be on hand to greet you and answer any questions. Pre-meeting tea and coffee (in eco-friendly cups) are available from 10.30am (a bargain at 50p). Please return empty cups for composting.

The committee would appreciate your help if you are able to come early to help set out chairs, or stack the chairs after the meeting and carry equipment to our storage area.



GET EVEN MORE FROM YOUR U3A MEMBERSHIP!

Why not think about becoming a volunteer?

We hope that you are enjoying:

- stimulating talks
- invigorating activities
- lively conversation

and all that u3a has to offer.

Our u3a was set up in 2014, starting with only 130 members and a small number of interest groups. We now have 700+ members and 66 groups with both numbers expanding.

For a yearly subscription of only £10, you have access to so many interest groups thanks to the dedication and enthusiasm of our volunteers.

Would you like to join our team? It's a great way to meet like-minded people and to continue using skills from your working life, be that technical, business or interpersonal.

The cost may be an hour or two's 'work' in a week. The reward – a sense of achievement as you contribute to growing our u3a and bringing the benefits to others, who may otherwise become isolated in their 'third age'.

If the idea of joining our volunteer team is appealing, and you would like to know more, we would love to hear from you. Please [email](#) Maureen Smith, our Chair, or speak to her at a monthly meeting.

NEW GROUP – PICKLEBALL

Pickleball was invented in 1965 but has recently exploded in popularity. There are now 2,500 u3a members who play pickleball. It's described as a mixture of tennis, badminton and table tennis which conjures up somewhat perplexing images.

Helen Somerville, who is launching the group says, "It's a bit like a short version of tennis played on a badminton court with extra markings and a lower net (unless you're lucky enough to find pickleball courts). Its connection to table tennis is the bat (paddle) used, bigger than in table tennis, rather than a racket. The ball (wiffle) is plastic with holes, lighter and with less drag than tennis balls".

It's a very sociable game and can become addictive as it's enjoyable and competitive. It requires a level of energy that's different from keep fit classes and walking. It can feel rejuvenating, exhausting or both when you find that you can actually still run around after a ball



If you would like to be part of a new pickleball group, whether you are a complete beginner or are already playing, please [get in touch](#). Helen will be at the Monthly Meeting on Tuesday 21 May and will be happy to tell you more.

GROUP NEWS

Remember you can contact any u3aBAM group via the Message Bird on their web page

Table Tennis



Our new group has proved to be popular and we are enjoying our table tennis on Wednesday afternoons. It is good fun and we think that our skills are slowly improving.

We play from 3-4pm and meet for coffee and a chat beforehand – an important part of the afternoon!

MAUREEN SMITH

Playreading



The group have been reading *Noises Off* by Michael Frayn. This week they met to watch the film of the play and enjoyed lunch afterwards.

PAMELA DAVIDSON

Carry on Singing



No prizes for guessing our theme on 19 April! We sang 20 hits in chronological order to commemorate their winning Eurovision 50 years ago. Yes, 50 years – where did that go?

RAY WALKER

GROUP NEWS continued

History Book

The History Book Group read *Agent Sonya* by Ben MacIntyre this month. It's the story of Ursula Kuczynski. Radicalised in the Weimar years in Germany, she became a Soviet spy in '30's Shanghai and Switzerland and in the '40s ended up in the UK as the handler for Klaus Fuchs, the atomic spy.

We all agreed the book was a pacy, fascinating read, Ursula is a complex character – ruthless and clever – whose family life gave her useful cover. She was finally unmasked in 1950 and fled to East Germany where she began another career as a writer.

The Group meets monthly – see the [website](#) for our next reads.

PAMELA DAVIDSON

Bookworms

To Kill a Mockingbird was universally enjoyed and led to a fruitful discussion of the various themes, the main focus being prejudice in its many forms. People loved the writing, and many of us mentioned our favourite quotes. We also discussed the book as a set text in the school curriculum and the reasons for some US states banning it.

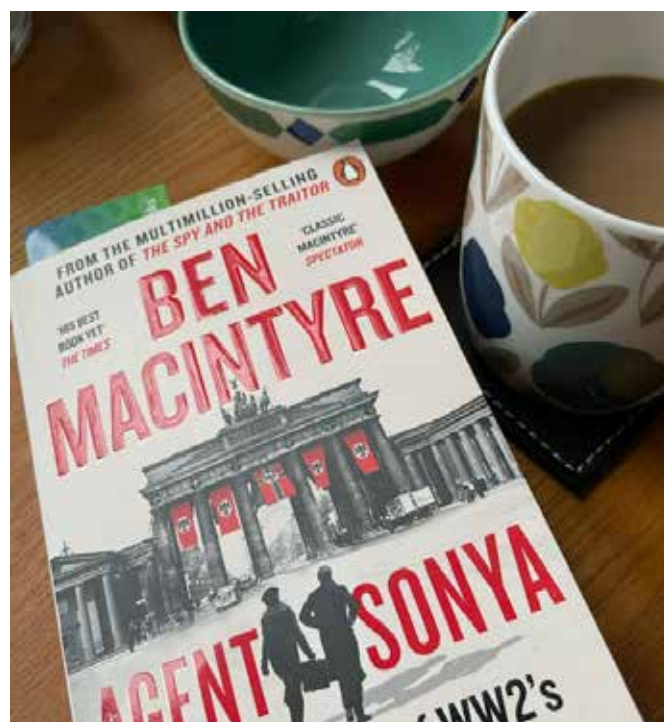
It was 'Bring Your Favourite Word day'. People liked the sound of meniscus, prerequisite, onomatopoeic, obstreperous and palimpsest. Sound and meaning

Thursday Art

Our Thursday morning Art Group is flourishing, welcoming several new members over the past months with others on the waiting list.

Our theme this term is the 'coast', gaining inspiration from famous artists as well as from our own coastal trips, and collected rocks, shells, photos etc.

We are enjoying experimenting with different media and discovering ways



coalesced for the following to find favour: lugubrious, pons asinorum (a stumbling block to further learning) and ultracrepidarian (someone offering advice or opinion outwith their sphere of knowledge)

Our books for the next few months are :
May – *The Nightingale* by Kristin Hannah
June – *Birnam Wood* by Eleanor Catton
July – *My Father's House* by Joseph O'Connor
August – *My Heart* by Maylis de Kerangal

MORAG JOHNSON

to creating texture, as well as appreciating the opportunity to chat over coffee during our mid-morning break.

A lovely creative and relaxing morning!

HELEN PAISLEY



GROUP NEWS continued

Crafting

Paper star decorations made by members of the Crafting Group at our last meeting.



Around the World Dining



An Italian lunch at Caprese, Charing Cross
JOAN CAMERON

Ballroom Dancing

The Ballroom Dancing Group is doing well and is great fun. We are always looking for more dancers – it's a good way of keeping fit as well. Our teacher Scott is easy to follow and always in good cheer.

We meet on the 2nd and 4th Mondays of the month at 2pm. Please get in touch via the [Message Bird](#) on our group web page.

Keeeee dancing. CAROLINE MCGOWAN

GROUP NAME CHANGE

The members of Crime Fiction 1 have decided to call themselves the **Criminal Critics**.

The group has had an interesting discussion of *Body Language* by AK Turner. The consensus was that it was an easy read, with a likeable, if quirky, main character but was perhaps a little predictable. However, we all enjoyed the story and having a mortuary assistant who communes with the dead was certainly different!

The books for the next few months are:

June – *Slow Horses* by Mick Herron

July – *Magpie Murders* by Anthony Horowitz

August – *Whisky in Small Glasses* by Denzil Meyrick

September – *A Long Time Dead* by J M Dalgleish

If you are interested in reading and discussing crime novels, there are still a few places available in the new group 'Monday Murder Club'. Please get in touch via the [Message Bird](#).

MORAG JOHNSON

FOR INFO

The NHS are now able to make appointments for over 70s to have mammographs again. Contact details below. Please have your CHI number available.

Contact details:

West Of Scotland Breast Screening
77 Nelson Mandela Place
Glasgow
G2 1QT

0141 800 8800

MAY FACTS

- The Empire State Building opened its doors on 1 May 1931. At the point of its construction, it held the record for being the tallest building in the world. Many other sky-high constructions have since dwarfed it, but it's still an awe-inspiring feature of the New York cityscape!
- Old English used to refer to May by a totally different name. The month was known as the "month of three milkings". This meant that cows could be milked three times a day in May due to the quantity of new grass.
- For Star Wars fans everywhere, May is a special month and a great excuse to see the films again. The phrase "May the Force be with you" is a play on words, and May 4th is popularly recognised as Star Wars Day.



CRYPTO-PUZZLES 65A&B

In each puzzle, a well-known saying has been encrypted by substituting a number in the range 1–26 for each letter. To help you get started, one or two of the letter substitutions are 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!

64A

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	
								P														W				

7	22		15	19	10			16	17	4		18	4	9	17	4	25	25	4	18			15	19	10	

64B

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																									

19	16	10			11	4	7	7	10	13	10	22	21	10		5	10	19	2	10	10	22					

Solution to Crypto-Puzzle 64A

There are two ways to be fooled. One is to believe what is false; the other is to refuse to believe what is true. Soren Kierkegaard

Solution to Crypto-Puzzle 64B

Tricks and treachery are the practice of fools that don't have brains enough to be honest. Benjamin Franklin