



November 2022



Happy Snappers

November Monthly Meeting Tuesday 15th at 11.00 a.m.

Continuing on from the October literary theme, we have two guest speakers **Jill Scott & Bill Hicks**, former Sunday Post journalists, explaining how "**People make Stories**". They have given us two previous well received talks. This third one came about after a literary club asked to hear more about writing, editing and what made a story. So, in this talk they recount the stories, how important spelling and grammar is (or was?), words which have been added to dictionaries in recent years or given new meanings e.g., woke and snowflake.

The venue is the upper hall of St Andrew's Church, Bearsden Cross. As usual doors open at 10.30 giving new and prospective members time to ask questions at the Welcome Desk. The kitchen will be open for teas and coffee, whilst there is no charge for the meeting, we do ask 50p for refreshments. Some members bring their own mug.

After the Q & A session **Mandy Ferncombe is joining us from the East Dunbartonshire Health and Social Care Partnership as she wishes to make us aware of **useful services provided for the over 50s**.

December Monthly meeting – change of date for your diary.

The monthly meeting in December is a **week earlier Tuesday 13th**. We will not have a speaker, this will be a sociable morning of Christmas refreshments and Christmas carols and songs played on a karaoke machine, with the opportunity to hum or sing along – but not obligatory! We will be holding a very light hearted quiz. Usual venue and times.

Group News

Theatre Group

The plan is to restart in January. Once information from theatres comes in, a programme for 2023 will be sent out. Look out for it at the beginning of January. In addition, we are also planning Pitlochry and Edinburgh Fringe outings. *Alison Meikle*.

Bookworms



The Moon and Sixpence by Somerset Maugham provoked a lively and wide-ranging discussion. Almost everyone enjoyed the book once they had got past the sententious introduction. People had their own ideas about what Maugham would be like as an author and a few were surprised that behind the old-fashioned language and out-moded attitudes was a rollicking good story.

Our words of the month were:

picaresque- a novel written in the first person about a lowborn, lovable (or not) rogue

hubris- overweening arrogance

sybarite- someone who is unrestrained in their pursuit of luxury.

Members' recommendations from personal reading included:

The Woman in the White Kimono by Ana Johns

Sweet Bean Paste by Durian Sukegawa

Miss Benson's Beetle by Rachel Joyce

The Incredible Adam Spark by Alan Bissett.

We meet on November 24th to discuss The Vanishing Half by Brit Bennett.

Morag Johnson

Bus Pass Group



The Bus Pass Trippers have been on a number of trips organised by Sonja & Betty. We have been to Kirkaldy, Milngavie, Aberfoyle Woollen Mill (see photo), Stirling & Largs Viking Festival. Joan organised a trip to Dundee.

We are looking for suggestions for festive outings now & have suggested -

1) Sleeping Beauty Pantomime at the Maryhill Community Centre

2) Some rather expensive but delicious treats at Macintosh at the Willow Tea Room

3) Interesting Films at the Glasgow Film Theatre *Sonja Wallace*

Around the World Dining



14 of us enjoyed Indian street food in Mowgli - St Vincent Street in October.

The food was delicious and attractively presented and service was good.

Joan Cameron

Flower Arranging Demonstration



We have an invitation from Bearsden Flower Club to attend their annual end of year demonstration. Pre Covid, we used to attend their Winter flower arranging demonstration and this year we have again received their invitation. They will be raffling Christmas Hampers as well as the demonstration, and they will also have their normal flower raffle.

The demonstrator is Annabel Findlay from Stirling. Her title is 'Out and About'. The charge for visitors is £6. Pay at the door. It will take place on **Tuesday 15 November at 14.30** in St Andrews Upper Hall, Bearsden.

Please contact Jenny Maxwell using the message bird on Sociable Seniors Group page if you wish to attend <https://u3asites.org.uk/bam/page/92697>

Website Feedback Page

The u3a BaM website now has a feedback page where you can let us know what you think about the website.

The website exists to inform members, as well as interested non-members, on all matters pertaining to the u3a and the groups making up the organisation. It is important that it carries out this function efficiently and in a manner that satisfies most, if not all, of the members and informs non-members seeking information. To this end the Webmaster is conducting a trial survey seeking feedback from users requiring nothing more than a single click on the **Like** or **Dislike** links to the right. <https://u3asites.org.uk/bam/page/124718>

This action registers your like or dislike and will also take you to a new page where you have the opportunity to add a comment.

The University of Glasgow Research Study



“Vitamin K2 and Recovery from Exercise”. They are looking for volunteers to participate and have asked B&M u3a’s help in publicising among the over 65s. The Lead Researcher has promised to present findings to our Science Group at a suitable date.

The study aims to investigate the effects of vitamin K supplementation on the response to muscle damaging exercise in young and older adults. They are currently recruiting volunteers to participate in the study – males and females aged 65 years+.

In brief, participants will be screened against eligibility criteria at an initial visit then issued with a wrist-worn accelerometer to wear for 7 days (to determine habitual activity levels). Participants will then be asked to come to the Human Performance Labs (**in the Sir James Black Building at the University of Glasgow Gilmorehill campus**) for 4 mornings in a row for baseline tests. Then be provided with a supplement (either vitamin K or a placebo) to take for 12 weeks. After 12 weeks, we will ask participants to come in for 4 mornings to repeat the baseline tests. Therefore, availability 12 weeks after the initial baseline tests is required.

As a thank you for participation and to compensate for any travel costs etc, participants will receive a £50 Amazon voucher.

If you are interested in participating or have any questions, please contact Dr Hannah Lithgow by email: Hannah.lithgow@glasgow.ac.uk.

u3a National Online learning Opportunities

There is a wide variety of opportunities available to complement our local groups. The Trust has issued a ‘Learning Leaflet’ which is available to download using the link below. It details all of these opportunities and is available in both email and print versions.

Just a few of the latest opportunities on offer, as well as some [upcoming events](#); talks from celebrity guests, on exploring world faiths, Tai Chi, Yoga, Cooking workshops and much more.

[u3a_Learning_PDF_reduced_size_01.pdf \(mcusercontent.com\)](#)

To view the latest national online newsletter – please use this link.

[Your u3a National Newsletter – October \(mailchi.mp\)](#)

Third Age Trust AGM



The recently held national AGM raised some controversy amongst branches around the country, including BaM. For consideration were resolutions regarding the level of annual fees all branches must pay directly to the Trust for each of their paid-up members. Historically being decided year on year, the Trust proposed their fees be linked to the UK State Pension increases, thereby removing what many branch committees regarded as accountability.

The resolutions fell and here is the response from Liz Thackray Chair of Third Age Trust.

<https://mailchi.mp/Oe7e50de0d47/u3a-mailing-11-10-22-agm-follow-up?e=04cd99d5b3>

Age UK IT Advice

Age UK has issued a straight forward guide for email and using the internet:

- Email guide: <https://auk-cms-web1.ageuk.org.uk/globalassets/age-uk/documents/digital-instruction-guides/a-beginners-guide-to-email.pdf>
- Digital Instruction guides: <https://www.ageuk.org.uk/information-advice/work-learning/technology-internet/digital-instruction-guides/>

Pardon the Pun

The problem with kleptomaniacs is that they always take things literally.

I was addicted to the hokey cokey, but then I turned myself around.

What's the difference between ignorance and apathy? I don't know and I don't care.

What's On in November

<https://peoplemakeglasgow.com/whats-on>

<https://www.visitscotland.com/destinations-maps/glasgow/see-do/events/>

<https://www.theskinny.co.uk/whats-on/glasgow>

