



July 2023



*Photo Group 3*

## Monthly Meeting Tuesday 18 July

At our July Monthly Meeting we will learn from Volunteer, Andy Stewart, about **Scotland's Charity Air Ambulance (SCAA)** and their work saving lives across Scotland every day.

A patient's chances of survival and full recovery are greatly increased if they receive the right medical care within the first hour. Operating two helicopters, SCAA can be airborne within five minutes of receiving an emergency call and can reach 90% of Scotland's population within 25 minutes. Working in partnership with the Scottish Ambulance Service, SCAA is an integral part



of Scotland’s frontline emergency response network, responding to trauma incidents and medical emergencies across the country, covering an area of more than 30,000 square miles. As Scotland’s only charity air ambulance, SCAA is funded by the people of Scotland, primarily through donations, fundraising events and their life-saving lottery.

The meeting is in the usual place – Upper Hall of St Andrew’s Church, Bearsden Cross. The hall is open from 10.30 when tea & coffee is served, (please have 50p ready) and the Welcome desk is ready to meet new and prospective members or answer any questions.

If you are able, please come earlier to help set out chairs or alternatively remain for a little while after the meeting to assist putting equipment away in the crypt. Remember the meetings are run by committee members who appreciate help.

Jane and her team have moved to eco-friendly compostable cups, so please put your empties in the bag at the counter for recycling.

### **We have had feedback from the two June speakers**

Dr Julien Le Kernec leading University of Glasgow’s research on preventing the progression of frailty with omega-3 supplements is asking for participants:

Postgraduate students Maha, Abdul, and Nathan are studying the beneficial effects of Omega-3 fatty acids on muscle function and asking for interested members to take part in the studies. If you would like more information on any of the studies, please use the emails below to contact Maha, Abdul and Nathan directly, your participation would be most welcome.

Comparing Krill and Fish oil (Maha)	Home-based resistance exercise (Abdulrahman)	Muscle-building response (Nathan)
<a href="mailto:cams-fishkrill@glasgow.ac.uk">cams-fishkrill@glasgow.ac.uk</a>	<a href="mailto:koreastudy@glasgow.ac.uk">koreastudy@glasgow.ac.uk</a>	<a href="mailto:kiplingstudy@glasgow.ac.uk">kiplingstudy@glasgow.ac.uk</a>

Note for vegetarians/vegans, there are algae supplements that are alternatives to krill/fish oil. However, these alternative supplements are not part of these 3 studies.

The Science group is planning a further talk by Julien to include the Vitamin K study in which some members participated. Keep an eye on the group page for the date.

Allan Mauchline turned his hand to helping set out tables and chairs for us (a true volunteer), he commented: 'The most rewarding aspect of ScotSERVS is supporting our NHS colleagues to make a real difference to the lives and care of patients. Our transport service enables the NHS to reinvest funds, that otherwise would be paid to expensive couriers or taxis, back into areas where it is needed most; frontline services and patient care.' To find out more about ScotSERVS look here: <https://www.scotservs.com/fundraising>

## Group News

### Local History Group



Last year our first trip after lockdown was to the **David Livingstone Birthplace Museum**.



In January, we started off our visits by going to **The Tenement House** which was owned by Miss Agnes Toward who lived here until 1965 and where all her personal belongings are preserved.



Nearer to home in February we visited **New Kilpatrick Church** to view the beautiful collection of stained glass and other features.



A number of our group had been keen to visit **Garnethill Synagogue and Scottish Jewish Heritage Centre** which we undertook in March. This is the first purpose-built synagogue in Scotland, completed in 1881.

April saw a number of us going on a four-day outing to **Oban, Mull and Iona**. The weather was glorious and the scenery magnificent.



Back in Glasgow our May trip was to the recently opened **Glasgow Royal Infirmary Museum**. It commemorates the history of the oldest hospital in Glasgow, opened in 1794, which had the first radiology unit in the world and where Joseph (Lord) Lister discovered antiseptics.



June was a **sail along the canal** on barges owned by the Seagull Trust, courtesy of Bob Lynch, one of our members.

<https://u3asites.org.uk/bam/page/33611>

**Happy Snappers** met recently at Dobbies and took a number of impressive shots in the garden centre. It had recently rained and the plants and flowers were looking colourful, bright and covered in raindrops.



If you are interested to improve your photo skills and avoid making rookie mistakes then this is the group for you. We use Smartphones and point and shoot cameras, and the main focus of the group is on improving composition and using simple photo editing techniques.

We meet once every 2 weeks and usually choose an outdoor venue with both wet and dry weather options (and of course a café).

If you are interested in finding out more about the group please contact the convenor:

<https://u3asites.org.uk/bam/page/119423>

## Science Group



A dozen keen and curious science group members recently set out to explore the wonders of Glasgow Science Centre.

Beginning with a good lunch at Cranside Kitchen in the north Rotunda, we strolled along in the sunshine to the science centre, where we set about making as many new scientific discoveries as we could. Well, new to us anyway! Not to mention some absorbing demonstrations of phenomena we were already familiar with. Everyone agreed it was a very worthwhile visit, and one or two have already mentioned planning their next outing.

## Around the World dining



We enjoyed lunch and chat in CUKU on 26th June

New members are welcome to join us. We meet for lunch in restaurants locally or the West end/City Centre on alternate Wednesdays and Fridays of the last week in each month.

<https://u3asites.org.uk/bam/page/33871>

## Bookworms

The Trees by Percival Everett was on the whole extremely well received. We enjoyed the genre-defying mix of police procedural, farce and avenger fantasy in this scathing and satirical exposure of racism in the southern USA. One person found the subject matter too upsetting but for most of us the story was lifted by the humour, short chapters and the caricatures of white supremacists.

The books for the next few months are as follows:

July- the Night Watchman by Louise Erdrich

August- Longbourn by Jo Baker

September- Still Life by Sarah Winman

Happy Reading. *Morag*

## Enjoy Opera Group

At the 'Opera Scenes' show in June, students at the Conservatoire showcased yet again their formidable talents, performing an eclectic mix of opera extracts from composers as diverse as Mozart, Britten, Massenet, Strauss, Beethoven and Humperdinck. The stage props were minimal and there was only piano accompaniment but the energy, joy and warmth from the performers more than filled the auditorium.



Over the course of the summer (is it still summer when it doesn't seem to stop raining?) we have lots more to look forward to, with tickets already secured for Madama Butterfly, Tannhauser and Daphne, and the prospect of the Barber of Seville in early autumn. They'll all help lift any damp spirits. [Nick Soper](#)

## u3a National Newsletter – for all members



Use this link to access the **National u3a Newsletter** which all members can sign up to for information about national events, news from the Trust and activities of other u3a branches.

**\*Our own u3a is mentioned this month in an article about the events we held to celebrate the Antonine Wall.**

<https://mailchi.mp/u3a/your-u3a-national-newsletter-june-2023?e=ce107f05da>

## Quiz Night

**Glasgow West End u3a** has decided to repeat their **Quiz / Fish and Chip night** later this summer.



It will take place at Kelvindale Bowling Club (91A Baronald Drive, G12 OHP) on Friday September 1st. It will be a 7 for 7.30pm start and a full bar will be available at the club.

As well as their own members they are inviting their u3a neighbours to send a team (up to 6 people). Tickets are £10 each.

If you would like to join the BaM team let me know via the Sociable Seniors contact page and I will reserve space for you. [Jenny Maxwell](#) <https://u3asites.org.uk/bam/page/92697>

## Pardon the Pun

Life's a beach so just enjoy the waves.

Make sure to get a good dose of vitamin sea this summer.

I stayed up all night to see where the sun went, and then it dawned on me.

## Crypto Puzzle



Below is a well-known saying, which has been encrypted by substituting a number in the range 1–26 for each letter. To help you get started, one of the letter substitutions is shown in the following grid. Use the grid to record the other letter substitutions as you discover them. *David Watt*

### Crypto-Puzzle 55A

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### Crypto-Puzzle 55B

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### Solution to Crypto-Puzzle 54A

The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom.

– *Isaac Asimov*

### Solution to Crypto-Puzzle 54B

Aerodynamically, the bumble bee shouldn't be able to fly, but the bee doesn't know it so it goes on flying anyway.

– *Mary Kay Ash*