

Previous Visits, Demonstrations and Talks

Alec Fraser

Tue Mar 21st Monthly Meeting. Speaker **Alec Fraser** on "**Aspiration Guadeloupe: An Imposter in the World of Ocean Racing**".

Alec Fraser is skipper of the Classe Mini "Stiureadair". A leisure sailor for more than 10 years, during the lockdown of winter 20/21, Alec passed the time obsessively following the Vendee Globe singlehanded round-the-world race. "Realistic or not at age 64, I got to thinking I rather fancy a bit of that if it's not already too late. With time on my hands, I started working up a project to try my hand in Classe Mini, the first rung of the offshore and ocean racing ladder. But by the end of 2021, I had found a boat and was preparing for the forthcoming season in Atlantic France with the aspiration of qualifying for the Mini singlehanded Trans-Atlantic yacht race". Qualification is still a work in progress. We will hear about the challenges Alec has faced, the people who have helped, and some of his adventures in qualifying races, as he attempts to become one of the oldest competitors to participate in this prestigious race.

Click [Mini Transat](#) for details of this 4,050 nautical miles, single handed race in a boat less than 6.50m in length. Come along to find out WHY Alec wants to do this!

Antonine Walk

John and Janet Holland will lead a walk along the route of the Antonine Wall through Bearsden on Thursday 11th May, starting at 10.30 am from the Roman bathhouse at Bearsden Cross. It's a circular walk. We propose leading a short version of the walk as well, for those who do not want to climb Castlehill. The walk will go west along the site of the Wall, through the Thorn and Castlehill areas of Bearsden.

We shall take in:

- the fort at Bearsden Cross,
- Roman Park (between Westbourne Crescent and Milverton Avenue),
- the Antonine pathway (parallel to Antonine Road)
- site of Castlehill fort and Iron Age settlement
- return to Bearsden Cross by a similar route but along the Roman Military Way supply road (now all residential roads).

We estimate that the whole walk will take about two hours at a gentle pace. The paths through Roman Park and up Castlehill are rough underfoot and require sturdy footwear.

Shorter walk

As above, but Janet will turn back after Roman Park or from the Antonine pathway, with anyone else who wishes to take the shorter walk, depending on the weather and underfoot conditions. John will continue to lead the rest of the group up Castlehill.

Presentations and talks

Previous Demonstrations and Talks.	Oktoberfest! Craft Beer Demonstration
Flower Arranging Demonstration	Tai Chi Demonstration
First Responder Talk and Demonstration	Wine Tasting Demonstration
Talk on Inheritance Tax	Internet Security Demonstration
Gin Tasting Demonstration	The Spanish Civil War
Talk on the History of the Trades House	Plant Dyes, the Origins of Tartans and Other
Fundamentals of Photography Demonstration	Plant Uses
Spring Planter Demonstration	The Massacre of Glencoe
Prostate Cancer Talk	Finding your Artistic Voice

University of Glasgow (UoG) - Preventing the progression of frailty with omega-3 supplements

Following the very well received presentation by Dr Julien Le Kernec he has very kindly provided a copy of the presentation and this can be accessed by clicking [Living with Ageing](#).

Following the talk, the students Maha, Abdul, and Nathan from UoG studying the beneficial effects of Omega-3 fatty acids on muscle function are asking if you are interested in taking 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 and your participation would be most welcome. Copy and paste the email addresses given below to contact the students.

Comparing Krill and Fish oil (Maha) - cams-fishkrill@glasgow.ac.uk

Home-based resistance exercise (Abdulrahman) - koreastudy@glasgow.ac.uk

Muscle-building response (Nathan) - kiplingstudy@glasgow.ac.uk

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.