



Falkirk and District u3a Newsletter

August 2023

Editor – John Giovanacci

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FROM THE CHAIR

Dear Members,

Throughout the summer, your Trustees have been busy looking ahead to the new session.

Our membership year runs from 1st September until 31st August and our first Open Meeting of the year will be the **Registration Meeting which will take place between 2.15pm and 4pm on Tuesday 5th September in St Francis Xavier Church Hall**. Come along to this meeting when you can renew your subscription, select the groups that you wish to join, sit and relax with a cup of tea or coffee and meet up with friends. While so many things have increased in price you will be happy to hear that our annual subscription will remain at £20 per annum. This offers excellent value for money, allowing you, as a member, to attend monthly Open Meetings and participate in as many groups as you wish. You will also receive a regular monthly newsletter to keep you up to date with what is going on in our u3a, and a quarterly magazine which lets you know what is going on in other u3as around the country.

Our Speaker Secretary has engaged several interesting speakers for the **monthly Open Meetings**. These include a former prison governor, a lady who cares for ailing hedgehogs and Jim Barker, the present cartoonist for the 'Falkirk Herald'. Did you know that next year will be the 50th Anniversary of 'The Bairn' cartoon in the Falkirk Herald? I hope you can join us at our Open Meetings throughout the year and will enjoy our interesting and varied programme. These meetings will continue as hybrid meetings to ensure that those who have difficulties in coming along to the hall can be part of our Open Meetings.

Groups are the backbone of our Organisation. Some of our groups have continued to operate throughout the summer months including our walking group and new groups are always starting up. Our Scrabble Group has gone from strength to strength and with your help and enthusiasm for our u3a we hope to introduce even more groups this year. How would 'Gardens & Gardening' or 'Try a Craft' suit you? Perhaps a physical exercise group would suit you (yoga, Pilates, curling or golf). Does your interest lie in music? At present we don't have any music groups. Perhaps you have a better idea for a new group. We are always happy to take on suggestions from the membership.

I am looking forward to an exciting new session for 2023-2024 and I hope you will be joining us in September.

May you all continue to LEARN, LAUGH, LIVE with Falkirk & District u3a

Louise Westall

Gardening

Now is the time to enjoy the fruits of your labour. There is nothing to match the taste of fresh produce from your own garden. The early peas are now ready to harvest. It is difficult not to sneak a few peas- just to test them, of course - as you pod them. Freeze what you don't need now for later in the year. Raspberries can also be frozen but will be mushy after freezing but ideal for that Christmas Trifle. The tubs on the patio are in full flower now but remember to deadhead them and to give them a weekly feed to keep the flowers going well into the Autumn.

Gardening Guru

Freedom Of Mind Community Choir

It may be of interest to some of our members that the Freedom of Mind Community Choir will be providing two dementia friendly singing sessions, on Wednesday 6th September and Wednesday 20th December from 2.30 - 4.30 pm in Camelon Parish Church Hall, Falkirk. These sessions will include singing well known and fun songs, and are free to access, with refreshments provided half-way through the session.

While they are designed to be dementia friendly and particularly suitable for people with dementia and their Carers, they are also a great (free) opportunity for anyone of any age and background who might be interested in joining the choir but wants to try it out on a one-off basis, to meet the members and sing some of our repertoire in a relaxed and friendly atmosphere.



**Dementia Friendly
Drop-In Singing Sessions**

Wednesday 6th September &
Wednesday 20th December 2023
2:30 - 4:30 pm

MUSIC MAKES US FEEL GOOD!

Everyone welcome! Just turn up.
Sing fun, familiar songs & enjoy refreshments at break.
Camelon Parish Church Hall, Brown Street
(next to Procurator Fiscal's Office,
Mansionhouse Road, Camelon FK1 4LW)

Dementia Inclusive
Singing Network

Interest Groups Update

We will soon be meeting up at the September Open Meeting to make a start on the u3a 2023/24 session. Here are some points I would like to share as we set off.

New Groups

You will have noticed that 2 new Groups made a start during the course of the last session: the **Dinner Club** and the **Photography Group**.

Also last year the **Theatre Group** proved so popular that a second group was set up to run in parallel.

Best of luck to you all!

Starting a New Group

If you are interested in starting a new group now is a good time as members will be thinking about what to do in the coming year and the Open Meeting is a chance for people to meet and find out what's on offer.

You don't have to do it alone. A group of people can work together to form and organise a group.

Please contact me for further information.

Local History Group

There will be a sign-up sheet at the September Meeting for those interested in forming a **Local History Group**. The first activity is being planned and there will be further details at the Open Meeting. The group will need an Organiser or an Organising Team to go ahead with that first activity.

As usual at the September Meeting you will have the opportunity to make suggestions as to other activities and groups you would like to see in place.

As ever many thanks and much appreciation go to the Group Organisers for all that they do year by year to give us such a variety of opportunities to meet up, learn and enjoy ourselves.

Scrabble Club

The Scrabble Club has continued to meet over the Summer. Whilst playing Scrabble members of the Club have discovered the following unusual words: nang, kif, scaw, zit, noil and doo. Do you know what these words mean? Answers in next month's Newsletter.

I look forward to seeing you all again in September.

Jennifer Kightley

Groups Co-ordinator

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A Maths Teaser

Did you manage to solve the Maths teaser in the June Newsletter? Don't worry if you were not able to as the question plus solution now follows:

Question

Steven flew to Hong Kong to start a new job. The flight included a stop in Doha. He flew from Edinburgh to Doha then from Doha to Hong Kong.

- The flight from Edinburgh to Doha took 6 hours 35 minutes.
- The flight from Doha to Hong Kong took 7 hours 20 minutes.
- Hong Kong is 8 hours ahead of Edinburgh.

Steven's plane took off from Edinburgh at 9:15 am local time. It landed in Hong Kong at 8:50 am local time. How long was the stop in Doha?

Solution

One of the secrets of solving this type of problem is to always work in the same time zone. I am going to work in Hong Kong time so the time in Edinburgh, Hong Kong time, is $9.15 + 8.00 = 17.15$.

The total time for the journey between Edinburgh and Hong Kong is $8.50 - 17.15$. A tricky calculation which I tend to do as follows:

17.15 to 0.00 midnight = 6 hours and 45 minutes.

0.00 to 8.50 is 8 hours and 50 minutes.

Total time = 6 hours and 45 minutes + 8 hours and 50 minutes = 14 hours + 45 minutes + 50 minutes = 15 hours and 35 minutes

The total time of the two flights = 6 hours and 35 minutes + 7 hours and 20 minutes = 13 hours and 55 minutes

The time of the stop-over in Doha = 15 hours and 35 minutes - 13 and 55 minutes = **1 hour and 40 minutes**.

Feedback from a few of you suggest that the Maths teasers are too simple (let me know if you agree), so this year I am going to throw in some slightly more challenging problems. In that spirit, please try the following problems:

Problem 1

What does $3^0 + 4^{-1} =$

Problem 2

What does $\sqrt{81} - 3! =$

Peter Kahan

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