



Falkirk and District U3A Newsletter

March 2020



Editor – John Giovanacci j.giovanacci@sky.com

From the Chair

At the last open meeting there was a positive response to the request for ideas for the U3A day on June 3rd, and a number of members suggested ways in which we can promote ourselves, and increase the local communities awareness of U3A. Ideas varied from a film venue, plants in the High Street, a picnic/coffee event, mass litter pick, tree planting and associated sponsorship and coverage in local media. These are all great ideas and hopefully the enthusiasm to deliver these initiatives will continue and develop as we head towards the 3rd June. I am currently arranging for a new supply of publicity leaflets to be available. Supporting grants are available from U3A National Office. At the next Open Meeting, on 3rd March, there will be an opportunity for each of the initiatives to give an update on progress. If any assistance is required please contact any members of the Trustees Committee.

Glenn



Another day towards U3A Day. So 'Thought for the Day' - U3A is a collective endeavour. What we are trying to do with our promotional materials is attract people to ask 'Where do I find out about this'. Especially those who have never given the 'The University of the Third Age' a second glance. We want people of all sorts and backgrounds to knock on our door. The rest they say is up to you. Read the recent Membership Survey, available from the National Office. U3A offers a huge variety of activities and interests but as a section of society we are very narrow. Mostly female, 70% which has not changed for years, mostly white. 95.5% white British, and of the rest nearly a third are white non-British, mostly highly educated, 70% with a degree, vocational qualification or professional affiliation, and many with all three. And we are getting older with a huge drop in the proportion of 60 year olds. Add to that a steady decline in the rate of growth for the last ten years of members and new U3As.

U3A members get a great deal out of membership. 82% of members say it has improved their social lives. Very few don't see any particular benefit. We owe it to other older people to share the good news. We even have an obligation to do so under our charitable objectives. But whether members join and stay is down to U3As themselves. So go do it folks.

Ed Link (Chair of Third Age Trust for Communications and External Affairs Committee)

National Newsletter

See here https://us9.campaign-archive.com/?u=656ad5962b370cc9e2731d1ed&id=d69719877c&fbclid=IwAR2V_y4CO2kdIZ8h6vX1Nvr198yk4yPP_uc-lmzKRV4BddhmjxWDiHRbzb4

for all the latest news from U3A UK in their February Newsletter including news about our neighbours in Forth Valley U3A who have an exciting new group called Clash of Clans, a mobile strategy video game set in a fantasy-themed persistent world where the player is a chief of a village.

Group Chat

Family History Group

At the last meeting there was an interesting talk on DNA presented by the husband of a group member. His talk started with demonstrating how to extract DNA from a strawberry. Interest in heredity traits started with Charles Darwin publishing 'The Origin of the Species' in 1859 which was quickly followed by Gregor Mendel publishing his work on hereditary traits in peas when he noted that certain traits were passed from parent to offspring. Since Crick & Watson (1953) discovered that the molecular structure of DNA forms a double helix carrying the genetic instructions for development, functioning and growth, there have been rapid advances in the field of the human genome with various discoveries of individual genes being responsible for e.g. Downs Syndrome, cystic fibrosis, some cancers etc. which could lead to improvements in health treatments. Other scientific work on DNA has allowed animals to be cloned, such as to Dolly the sheep and crops can now be genetically modified. DNA testing kits are also commonly advertised as one route to finding out about your ancestry. He cautioned the group on buying these and suggested that a little research & reading reviews was worthwhile to ensure that the particular test which you intend purchasing will give the information you are looking for.

Louise

Film Group

The planned showing of **The Truman Show** at Morrison's had to be cancelled on the day as the Community Room was unavailable and the alternative room was too bright and noisy. However, thanks to the Later Life Information Centre I was able to reschedule the showing to those who had turned up at Morrison's, on Friday 14th February. The next film at the end of February is an old classic, **Kind Hearts and Coronets**, which stars Alec Guinness in multiple roles as he plots to inherit a Dukedom by murdering the heirs ahead of him.

John

New Group (Decoupage)

One of our members, Sheila Woodburn, is interested in starting a Decoupage Group. The group would be held at Sheila's home in Lionthorn. Please contact Sheila by email on sheilawoodburn1@gmail.com or by telephone on **01324 318057** if you are interesting in attending.

Out & About Group

Falkirk & District U3A Out & About group is planning a day trip to the **V&A Museum in Dundee 30rd May 2020**. We will tour the Museum before we travel to Perth and enjoy a High Tea in the Salutation Hotel. The coach pick-up and drop-off will be in central Falkirk.

The cost per person will be £43.00, inclusive of travel, entrance to the museum and high tea.

Please let me know by the 16th April 2020 if you wish to attend. Non-refundable payment will be required, latest, at the Open Meeting on 5th May 2020.

Please feel free to contact me on **07572 610471** or email me at marionmerrett@gmail.com

Lunch Group

There was disappointment this Month as the arranged lunch at the Tea House in Larbert had to be cancelled on the day as the Restaurant had a power failure. It seems that some of the group made on the spot plans and went to other venues so it turned out that the day had a happy ending. The initiative of certain people came to the fore once again. I will re-book The Tea House for 14th April, all going well.

The venue for March is the **Beancross Restaurant, on Tuesday 10th** at the usual time 12.00 for 12.30 pm.

Danny

Diary Dates – March

Tuesday 3rd - U3A Open Meeting in St Francis Xavier Church Hall @ 2.30 pm with Ken Bleakley who will give a talk about Street Pastors.

Friday 20th – International Day of Happiness

Saturday 21st – International Day for the Elimination of Racial Discrimination