



Falkirk and District u3a Newsletter



October 2023

Editor – John Giovanacci

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FROM THE CHAIR

Dear Members,

There was a good turnout of members for our October meeting. Jim Barker told us of his work for the Falkirk Herald and gave us an insight into how 'The Bairn' cartoon has developed over the years. We even had the opportunity to develop our own Bairn cartoon along with Jim which you can see in his message below.

We have a very active Walking Group which meets once a month and goes walking throughout the Falkirk area. This is a great way to learn about the area particularly if you are new to Falkirk or have not had time to explore in past years.

If you are less inclined to do outdoor activities in wet and colder weather, the u3a offers lots of opportunities for other activities. Take another look at our groups. You may find something new for you to try. Our website is the best place to find out about what's on. [Falkirk & District u3a: Home \(u3asites.org.uk\)](http://u3asites.org.uk). If you can't find a group that suits you, contact our Groups Co-ordinator. There may be others who have a similar interest and we can always start a new group.

If you still can't find a group that you would like to join, then, as a member of Falkirk & District u3a, you have the opportunity through 'u3a online across Scotland' (part of 'u3a in Scotland') to join a number of different groups on the internet, from Astronomy to Baby Zoomer, Ukulele and Qi Gong online. These online courses are free to our members.

This month, we have a stall in the Howgate at the Older People's Day on Tuesday 17th October between 10am and 2pm. (see poster below). We would be pleased to see many of you there to give us support.

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

Louise Westall

Gardening

Dahlias and begonias are still flowering but as soon as we have a frost they will turn black. Dig them up, let them dry, wrap them in newspaper and store them in a cool dark place for next year. Don't forget to label them! A few cyclamen can brighten a patio in late autumn but now is the time to plant daffodil bulbs for a cheerful spring display. The green shoots appear from early January and if you plant them in tubs near your front door, and you can watch them develop throughout the winter as you go in and out. It's a bit late to buy hyacinth bulbs for flowering at Christmas but you can plant them now for their lovely colour and smell in the days after the New Year.

Gardening Guru

Interest Groups News

First of all a big thank you to all Group Organisers, and the members who stood in for those unable to attend, for the great work they did at the Registration Meeting in September. The number of groups is gradually rising after the difficulties we encountered during lockdown. We have a very recent addition to the list.

The Litter-picking Group

Don MacAuley is setting up this group which will meet at various locations to pick up and dispose of litter. Meetings will be held on the third Thursday of the month, commencing at 10.30 and lasting for 1 hour 15 minutes. After the pick-up there will be refreshments at a nearby cafe. Don plans to hold the first meeting on November 16th. Please contact him directly if you wish to join.

Please note that when this group first appeared on the website, a couple of weeks ago, there was an error in Don's email address. This has now been corrected on the website and is the one given below. If by chance you tried to contact Don before the correction was made please try again as he obviously won't have received your email.

donaldcreagan3@hotmail.com

Lunch Club

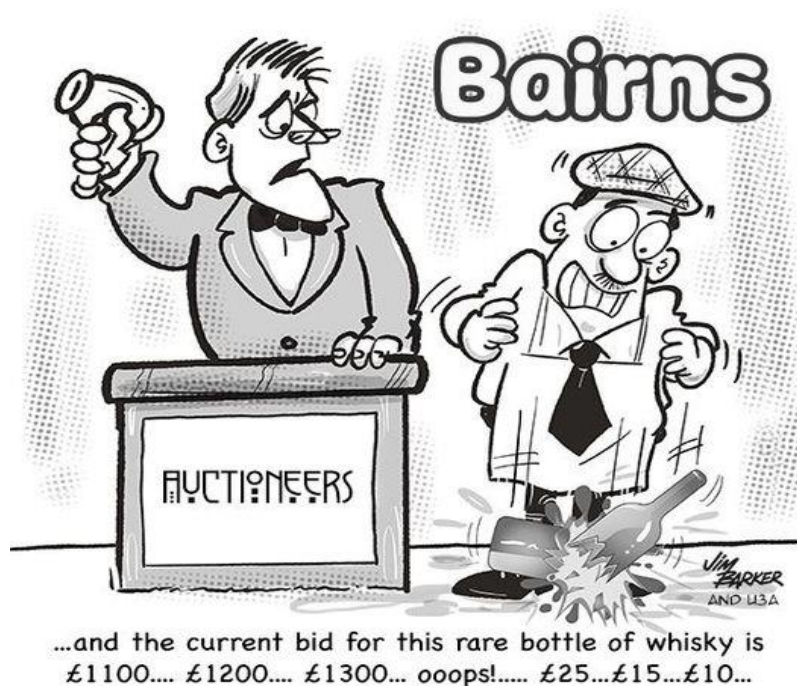
As you see from the website the Lunch Club is not in such a happy position. A group of us, members from last year, met up the other day at the Park Hotel and enjoyed lunch together. But the group needs an Organiser in order to be listed and accept new members. Of course, the role of Organiser can be shared by two or more people. Please contact me if you are interested in taking on that role, individually or with others.

I'm looking forward to us continuing to grow.

Jennifer Kightley - jenniferkightley@gmail.com

Message from Jim Barker, Speaker at October Open Meeting

Thank you for making me so welcome to the meeting on Tuesday. This is the cartoon I came up with based on your suggestions.



FALKIRK

OLDER PEOPLES DAY 2023

Join us for a day dedicated to the over 50's!

Discover a wealth of valuable resources and services tailored to older individuals, all under one roof at our: **Older Peoples Network day.**

**Tuesday 17th
October 2023**

10am-2pm

**Howgate Centre
next to
Costa**

Healthier, Happier & More Supported



Join us for a free informative event, to connect with local services.

- ✓ Solicitors for Older People
- ✓ Falkirk Health and Social Care partnership
- ✓ Falkirk Council Welfare Benefits
- ✓ NHS Compassionate Communities
- ✓ Scottish Senior Computer Club
- ✓ NHS Retirement Fellowship
- ✓ RNIB
- ✓ Royal Voluntary Service (Home from Hospital)
- ✓ Home Energy Scotland
- ✓ Braveheart
- ✓ Fire Scotland
- ✓ Foodtrain
- ✓ Dial-a-Journey
- ✓ Cycling Without Age
- ✓ University of the Third Age
- ✓ Age Scotland
- ✓ Police Scotland
- And more.....



Drop in at **The Howgate for Falkirk Older People's Day on Tuesday 17th October** and find out about resources and services available in the Community for us, the over 50s. As you see from the poster Falkirk u3a will be represented. We'd love to see you there.

Maths Teaser

How did you get on with last month's mathematics travel problem? Did you remember the distance/speed/time equation? Don't worry if you did not as the problem plus solution is presented below.

Problem

Janet travelled by car from her home to a meeting. She arrived at the meeting at 10:15 am. She travelled 136 miles at an average speed of 40 mph. During the journey she stopped for 50 minutes for breakfast. Determine the time Janet left home.

The first step is to work out how long Janet's journey took. For this we will use the equation

$$\text{time} = \frac{\text{distance}}{\text{speed}} = \frac{136}{40} = 3.4 \text{ hours}$$

Now we have to convert 0.4 of an hour into minutes. This can be done as follows:

$$0.4 \times 60 = 24 \text{ minutes}$$

Thus, the total journey took 3 hours and 24 minutes plus the 50 minutes for breakfast which = 4 hours and 14 minutes

Thus, the time Janet left home = 10:15 – 4:14 = **6:01 am**

This month's problems are two percentage questions taken from the 2023 National Mathematics calculator paper.

Question 1

A caravan was bought for £20,000. It depreciated by 11% in the first year. It then depreciated by a further 6% each year over the next two years. Calculate the value of the caravan three years after it was bought.

Question 2

Nadim bought a flat last year. The value of the flat has increased by 8% and it is now worth £94,500. Calculate how much Nadim paid for the flat.

Peter Kahan (peterkahan@hotmail.com)

