



Falkirk and District u3a Newsletter

September 2023

Editor – John Giovanacci

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FROM THE CHAIR

Dear Members,

Welcome to the 2023-24 session.

Even though it has been unseasonably warm, September is the time to think about which u3a activities you will pursue throughout the winter months.

It was lovely to see so many 'weil kent' faces and to meet potential new members who had come along to find out about our organisation. There was a real buzz about the halls. I am sure you are aware that going along to an unfamiliar organisation can be daunting but I am sure our present members will make new members feel welcome.

This year, a new Photography Group has started and I am looking forward to seeing the photos they produce. Our groups Co-ordinator has been busy trying to set up a Local History Group. Our area has a wealth of history to call upon for this Group.

The Speaker Co-ordinator has organised an interesting selection of Open Meeting speakers for the coming session varying from a cartoonist to a lady who saves hedgehogs.

If you have not yet renewed, please do so. By renewing you will have access to many courses across the whole of the UK as well as those in Falkirk & District u3a.

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

Louise Westall

Hybrid Open Meetings

George Love is the member who organises the technology to allow us to have hybrid Open Meetings. He would like to explain the set-up that is used at Open Meetings to allow those who are unable to attend in person to take part in the meetings from their home. The demonstration would be to a small number of people with a suitable laptop who might be willing to step up to the plate in the unlikely event of a problem.

This short demonstration will take place at the end of the Open Meeting on Tuesday 3rd October '23.

Gardening

The warm weather at the start of this month has meant that some flowering plants have gone over quicker than expected. Peas and carrots are now ready to harvest. Onions should be dried off, ideally in a greenhouse, before storing for winter. Don't put your grass clippings in the brown bin. Put them on to a compost heap and they will be ready to improve your soil in the Spring.

Gardening Guru

Falkirk Older People's Day 2023 – Tuesday 17th October

A date for your diary

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.

Can you help?

The Trustees are looking for any members who can provide support with running our stall. If you can spare some time, as little as half an hour or an hour will do, please can you contact Louise Westall (l.westall@btinternet.com) or Jennifer Kightley (jenniferkightley@gmail.com) to let them know you are available to help out.

Your support will be gratefully appreciated.

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 Voluntry 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.....



Maths Teaser

How did you get on with the maths teasers in the August Newsletter? The questions were a bit tricky and required you to have some specific maths knowledge as I will show in the solutions.

Question 1

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

This question requires that you know that any number raised to the power of zero equals 1. Don't worry if you did not remember this as most of the students I teach don't remember it either. The question also requires that you know that any number raised to -1 is one divided by the number. The solution to the question is, therefore, as follows:

$$3^0 + 4^{-1} = 1 + \frac{1}{4} = 1\frac{1}{4}$$

Question 2

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

Hopefully you remembered that the square root of 81 is 9. The 3! is 3 factorial and simply means $3 \times 2 \times 1 = 6$. Thus, the solution is as follows:

$$\sqrt{81} - 3! = 9 - 6 = 3$$

To begin the 2023-24 session, I will start you off with a fairly simple question from the 2023 National 5 Applications of Mathematics Paper (non-Calculator). All the very best.

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.

Peter Kahan – (peterkahan@hotmail.com)

Scrabble Club

Did you manage to look up the meaning of the words in the August Newsletter? In case not, here are their meanings:

nang – excellent, cool

kif - another name for marijuana

scaw - in Shetland, a headland or promontory

zit – spots on someone's skin

noil - the short or knotted fibres that are separated from the long fibres, or staple, by combing

doo - Scots word for dove or pigeon

Here are some more words we have discovered at recent Scrabble Club games which you might wish to look up: dzo, st, hain, gee, levee and quine.



u3a Week is an annual event to showcase the activity, learning and fun which takes place across the movement every day. It is a celebration of positive ageing, highlighting our members' lived experience.

In 2023, u3a Week is 16 - 24 September.

Online events taking place in u3a week

Wednesday 20 September at 10am

We are very pleased to welcome John Tucker from the Woodland Trust - a forester of nearly 30 years experience. John will be giving an exclusive talk to u3a and leading a discussion on how to get involved in supporting wildlife and the environment. This follows on from the movement's incredible achievement in helping to plant nearly 10,000 trees for our 40th anniversary wood last year.

The online talk will be hosted on Zoom. Book your place using the link below:

<https://www.eventbrite.co.uk/e/trees-woods-climate-and-nature-whats-all-the-fuss-about-tickets-691561849107?aff=oddtcreator>

Thursday 21 September at 10am

We are delighted that Carl Honoré, award-winning writer, broadcaster and TED speaker will be providing an exclusive talk for the u3a on Thursday 21 September. Drawing on the latest science, personal experience and case studies from around the world, Carl inspires audiences to embrace ageing as both a privilege and an adventure.

The online talk will be hosted on Zoom. Book your place using the link below:

<https://www.eventbrite.co.uk/e/bolder-how-to-age-better-and-feel-better-about-ageing-tickets-693952028197?aff=oddtcreator>