



GLASGOW WEST END U3A August 2021 Newsletter

Dear All

As we head out of restrictions this week, I hope that you are well, and enjoying the summer. The weather continues to be warm, which helps.

We are committed to monthly meetings being on Zoom in August and September, but plan to meet face-to-face in October. This will be the A.G.M. for 2021. More details will be circulated about it next month. The nomination form for new committee members is on the website but an email to me, to nominate someone, will be fine, as we still live in a slightly uncertain world. The committee is fun and gives an opportunity to meet new people and learn new skills.

We are exploring different venues for our monthly meetings but, wherever we decide and is available, it will be as convenient as Novar Drive and may indeed be there.

I assume that all our members have had a double vaccine. I realise some of you may not feel comfortable about meeting in large groups, but join us when you feel ok about it. Various groups have been meeting outside in gardens, cafes etc. but will now be able to meet inside as of Monday. Government guidelines should be kept to at all times but I think we will all be sensible.

Dates for your diary -

19th August (Thursday): The next Zoom monthly meeting will feature a general talk about wine from one of our members. She says that this talk is more a generalisation about wine and should appeal to all.

21st October (Thursday): Our A.G.M.. We plan to have an open morning advertising our groups and activities. This is an opportunity to invite friends who are thinking of joining us.

23rd October (Saturday): We are planning to hand out leaflets to advertise ourselves in the West End. Please join in (more information later). We have over 300 members but feel we need to advertise being open fully again! The u3a in Scotland is a bit of a well-kept secret.

Thank you for your continued involvement and support.

See you there

Liz Ervine
Chair
u3aGWE

August Monthly Meeting

Thursday, August 19th, 10 for 10.30am: **Eileen Cummings**, one of our own members, has agreed to take us on a whimsical wander down the supermarket wine aisle. This talk is more a generalisation about wine and should appeal to all.

Non-fiction History Book Group

The Non-fiction History Book group continues to meet monthly on Mondays via Zoom. Below is a brief review by one of our members of our last read, 'Macbeth: A True Story', by Fiona Watson.

'Watson attempts to give us an account of the real Macbeth, King of Scotland (although not geographically what we think of as Scotland today). Unfortunately, there is little in the way of primary sources for the mediaeval scholar to consult about the man himself. Watson, therefore, has chosen to resort to providing the context in which a Scottish King of the mid-eleventh century would find himself. She begins with the foundation of Iona, and considers the challenges that faced those attempting to rule the lands that now constitute Scotland. I, personally, found this very interesting as it is an aspect of Scottish History of which I understood little. However, for those wanting to get to the story of Macbeth himself it may prove a little circuitous. Watson is at her strongest when she reviews the context in which Shakespeare wished to ingratiate himself to James, the King of Scotland and now also King of England, and possible reasons as to why the myth about Macbeth arose. If you are looking for a biography of the human being this may not be for you, although any such biography would be based on very little real evidence. However, if you wish to learn more about the times and culture of Scottish Kings in the Dark Ages then you will be entertained and informed by this account.'

Our next read, which we'll be discussing on 9 August is 'The Watchers', by Stephen Alford.

On our web page you'll find a list of our planned reads for the remainder of 2021.

<https://u3asites.org.uk/glasgow-west-end/page/85727>

Local History Group

Since November 2020, the local history group has been holding a programme of presentations via Zoom that have been open to all GWE members. At our last meeting on 19 July, staff from Glasgow Museums provided an entertaining, interactive presentation on the topic 'Please wash your hands: Health and Hygiene in Post-war Glasgow'.

There will be no monthly meeting in August. From September onwards we hope to move back to visiting places of historical interest, though we may still have the occasional Zoom presentation.

<https://u3asites.org.uk/glasgow-west-end/page/84166>

Art Appreciation

The Art Appreciation Group met on a Tuesday afternoon at GWR for coffee and a chat.

We are hopeful that given the recent relaxation in restrictions, we can resume our gallery visits. The obvious choice for September is Kelvingrove, and I will look into that in a couple of weeks.

<https://u3asites.org.uk/glasgow-west-end/page/80043>

Science and Technology Group

Prof David Stott, one of our members, thoroughly recommends this book. ***'Vaxxers, the inside story of the Oxford AstraZeneca vaccine and the race against the virus'*** by Sarah Gilbert and Catherine Green.

David describes it as "a clear personal description for the lay reader of the trials and tribulations, joys and setbacks, during the development of the Oxford/Astra Zeneca vaccine, by the leaders of the teams that produced it. Also included are appendices describing further information on how it was made, the other types of vaccines, exactly what is in the Oxford vaccine and the purpose of each component. An excellent read."

Group co-ordinator: As yet, nobody has come forward to take on the role of co-ordinator. We are still hoping that one of our members or a small group of them will volunteer to organise the group so that it doesn't fold. There are still lots of topics for the group to explore and a good number of people who want to attend our meetings. I'm willing to organise a meeting on Zoom to discuss the possibilities so please, if you are willing to help, get in touch with me at alan@cawatt.scot

<https://u3asites.org.uk/glasgow-west-end/page/77856>

Recorder Group

Our u3a Recorder group members have been in contact with each other throughout the past months since March 2020. We enjoyed Zoom sessions - although not synchronised playing, it made us practise and see each other weekly.

When restrictions allowed us to meet up outside, at safe distances, there were small-scale sessions, very much appreciated by those who took part.

We are looking forward to better times, when we can meet up indoors again with all our eight members together.

<https://u3asites.org.uk/glasgow-west-end/page/85729>

Quilting Group



A recent meeting in the Botanic Gardens, enjoying the sunshine

<https://u3asites.org.uk/glasgow-west-end/page/81787>

Wine Appreciation Group



A recent Zoom Meeting

<https://u3asites.org.uk/glasgow-west-end/page/84698>

Table Tennis

Members of the Table Tennis group are now meeting to play normally - once we reach the sports hall. Masks have to be worn in Kelvin Hall unless inside the actual sports hall in which we are playing. See website for details:

<https://u3asites.org.uk/glasgow-west-end/page/84394>

IT Help Group

My name is Bill Steel. I'm a new member, with considerable IT experience in both private and public sectors. My background is in solution sourcing and application management, and it's my intention to provide technical support to those in the branch who need practical help with IT issues.

If you have any software issues with packages such as Word, Excel, Powerpoint, Access and Zoom, or technical problems with equipment, such as printers, wi-fi routers, laptops, tablets or mobile phones, I'll try to help.

While my knowledge of Apple products isn't as in-depth, I'll still try to find a solution to your problem, with a bit of help from the correct online documentation.

Contact me no matter how basic your problem is and I'll try to help.

<https://u3asites.org.uk/glasgow-west-end/page/113761>

Walk on Wednesday 15th September – The Magnificent 11

The Magnificent 11 is a great 11-mile circular route connecting many greenspaces completely within the city of Glasgow. The terrain is very mixed, with some steep climbs, so full waterproofs and boots or waterproof trainers are required. The first 5 miles links Linn, Kings, Croftfoot and Castlemilk Parks. Between Linn Park and Snuff Mill Bridge there are many sets of steps and the track can be muddy.

From Arden Craig Road, Castlemilk, it is possible to catch a bus back to the centre of Glasgow at this point. Then the route climbs up through Fernbrae Meadows on to the Cathkin Braes. At the highest point of the city there are magnificent views of Glasgow and the hills to the north. From there the walk goes to the single Wind Turbine which dominates the skyline looking south, then through Big Wood, beside Windlaw Marsh, to Gallowhill and the outskirts of Carmunnock, Glasgow's only heritage village. The walk now becomes a bit remote as it descends through the Nethererton Braes and along the Cart to Linn Park Cemetery. Nearly back, the route goes through the Linn Park Millennium Woods to the white bridge and the end of the walk.

The toilets at the Jenniburn Centre in Castlemilk may be open.

Date: Wednesday 15th Sept
Meeting time: 10am
Where: Gates to Linn Park on Clarkston Road
Distance: 11 miles
Time: Approx. 6 hrs

Getting there:

Train to Cathcart Station and walk to Linn Park;
Bus No 4 or No 6 to Main Gates;
Car - park in Netherlee Road.

If you wish to join the walk, please contact Catherine Watt: catherine@cawatt.scot

Our Range of Interest Groups

The following are the interest groups that, as far as we know, have kept up or are resuming activities in one way or another. Please note that this list can change at short notice. Contact a group via its page on our website.

Art Appreciation, Book Groups, Bridge Group, Cinema Group, Coffee and Chat, Conversational French, Conversational German, Conversational Spanish, Crochet Group, Current Affairs, Exploring Glasgow, History Book Group, Knitting Group, Local History Group, Photography, Poetry Appreciation, Quilting, Recorder Playing, Science & Technology Group, Shakespeare Reading Group, Sign Language, Survival French, Table Tennis, Theatre Group, Wine Appreciation, Yoga.

Would any member who is experiencing problems with contacting a group please let Jean Broadley, our Small Groups Coordinator, know. Jean can be contacted via:

<https://u3asites.org.uk/glasgow-west-end/groups>