



Dear All

Well, hasn't the summer passed quickly?!

We have a committee change this month. Avril Taylor who has been our Secretary in recent months has decided to study for a part time degree so sadly has had to resign from the committee. We thank Avril very much for her work on the committee and wish her all the

Centre. They host our monthly Coffee and Chat meetings and it will be interesting to hear from them about the work of the Theatre.

By chance our September meeting falls in the middle of u3a week. To help celebrate this we would like to invite you to stay behind after the meeting and join us for a sandwich lunch and a glass of wine or soft drink. Liz Ervine

our Trustee for Scotland will talk briefly about the u3a nationally and then we will enjoy our lunch. It will be a good opportunity to perhaps talk to the committee about what you would like to see us doing in the future, or just enjoy lunch with friends. To help with catering arrangements it would be great if you could let me know that you plan to be there after the meeting. Please [email me](#).

There are only a few spaces left for our quiz and fish and chip night at Kelvindale Bowling Club on Friday 1st September. Please [let](#)

[me know](#) as soon as possible on if you would like to reserve a space.

We plan to hold a raffle on the evening in aid of Drumchapel Food Bank. I'd like to ask for your help. If you can donate a raffle prize (e.g., bottle of wine, box of biscuits etc) could you please bring this to the August monthly meeting, or on the night or let me know and we will try and collect it from you. We would also welcome cash donations at the monthly meeting for the foodbank (though please note that we can't accept donations of goods). I am sure you will all agree that this is great cause and we would like to raise as much for them as possible.

I look forward to seeing you soon and, in the meantime, thank you for your continued help and support.

Gail Donaldson - Chair u3a GWE



**Monthly Meeting:
Thursday 17 August 2023**

**Ann MacKinnon: 'The
Great Tapestry of
Scotland, a Story in
Poems and Pictures.'**

Ann is a retired English Teacher and poet. Her work has appeared in various magazines and anthologies. Ann's most recent previous publication was in a collaboration with two other poets in Modern Makars Yin published by Tapsalteerie. During lockdown she started to write poems based on the Great Tapestry of Scotland. As Ann was doing the research for the poems, she became fascinated by the tapestry and its creators. Ann's illustrated presentation on the tapestry includes some of the poems from her new pamphlet, Warp and Weft, published by Red Squirrel Press.



best with her studies. Thank you to Jane Webster who has offered to step us as Secretary - you will receive many mailings from Jane in the future!

I have been asked by one of our members if there would be any interest in a supper club, probably meeting once a month in a nice restaurant for an evening meal. If so, can you please [email me](#) and I will pass the details on.

Our monthly meetings return from their summer break this month. On Thursday August 17th we are back in the hall at Novar Drive to hear a presentation by Ann MacKinnon, a retired English teacher and poet whose talk is entitled 'The Great Tapestry of Scotland, a Story in Poems and Pictures.'

Our September meeting is on Thursday September 21st and is a presentation by our friends at The Scottish Mask and Puppet

Groups

The following are the activity groups that are currently running. Contact a group via its page on our website via [this link](#).

Art Appreciation 1,
Art Appreciation 2,
Book Group 1,
Book Group 2,
Bridge Social/Informal
British Sign Language,
Cinema,
Coffee and Chat,
Creative Writing,
Crime Fiction,
Current Affairs,
Film Lovers,
French Conversation 1,
French Conversation 2,
Genealogy,
German Conversation,
History Book Group,
Intermediate French,
Italian Conversation,
Knitting,
Latin,
Local History,
Longer Walks,
Lunch Bunch,
Mah-Jong
MOTO (Members on their own),
Painting and Drawing,
Photography,
Poetry Appreciation,
Quilting,
Recorder Playing,
Science & Technology,
Spanish Conversation,
Sunday Lunch,
Table Tennis,
Theatre,
Ventures with a Bus Pass,
Visiting Gardens,
Walking with a Bus Pass,
Wine Appreciation,
Yoga.

Art Appreciation Group 2

Mackintosh at the Willow – Willow Tea Rooms Guided Tour



In July, Art Appreciation 2 enjoyed an excellent visit to the Willow Tea Rooms in Sauchiehall Street.



Our wonderful guide, Oliver Braid, is the creative learning manager of the Willow Tea Rooms Trust. The charity delivers workshops and learning to schools and groups in areas of disadvantage.

For a modest donation of £2, we experienced a full morning of artistic treats. Oliver gave us a comprehensive tour of the building; we then

practiced our own artistic talent with a stenciling session before sitting down to tea and cakes in the tearoom. Finally, we rounded off the morning with a self-led visit to the exhibition.

Oliver was an entertaining and knowledgeable guide, who gave us a fascinating run down on the history of the building and the work and influences of Mackintosh and his wife



and collaborator Margaret Macdonald. We also heard just how pioneering and progressive Ms. Cranston was as an employee.

Although some of our members were already

fans of Mackintosh and Macdonald's work, Oliver still managed to shine a light on the artwork. Find out more about the group [here](#).



MOTO

MOTO (Members on Their Own) is for those of us who socialise on our own. The group is for people who want to meet and plan a varied programme of social and other activities. The members of the group might meet up for a coffee and then arrange to get together - either in small groups or larger groups - for whatever takes their fancy e.g., a cinema visit, meal out, day trip etc. It is up to members to suggest



what they want to do.

The group has been very active with another two informal monthly get-togethers at Cottiers which are well attended and a great chance to catch up. We have an active WhatsApp Group with lots of ideas and suggestions of events taking place locally. Regular updates are sent to members not in WhatsApp.

Some of the activities that members have taken part in July:

■ *Luchair Ensemble at Govan Old Parish Church for a great evening of medieval music*

■ *As part of Westfest, attended Silenced, a musical about the Scottish Suffragettes*

■ *Meeting in Art Galleries to have a last look at*

Salvador Dali before it goes out on loan, listen to the organ and have a coffee/chat

■ *Visited Pinkie MacClure Exhibition at CCA*

■ *Went to performances of Barber of Seville and Madam Butterfly*

■ *Walk on a Wednesday along the banks of the Clyde to Renfrew*

■ *Some members planned to join Venture with their trip to Pittenweem Arts Festival*

Future events still in planning/discussion:

■ *Murder, Mystery Weekend*

■ *Plays at Royal Conservatoire at end of August (Consent and Incognito)*

■ *Govan Mural Trail*

■ *Glasgow Women's Library*

■ *Glasgow Doors Open Day*

Members are encouraged to suggest events. We are enjoying getting to know one another and welcoming new members. As you can see the emphasis is on FUN.

Contact us at [this link](#) if you are interested.



Play Reading

A member is actively looking into the best way for a group of people to meet to read through plays together, and hopes to invite those who are interested to talk about this soon. If you might be interested, please contact her via the pigeon at [this link](#).



Crime Fiction

The Crime Fiction Book Group had our first meeting in The Clarice Pears Building in July and we selected our books for the next seven months.

We are trying to read a variety of books in this very wide genre! Have a look at what we will be reading [here](#).



Badminton

Another member hopes to create the opportunity for members to play badminton together. If you want to be kept in touch with this please, at this stage, contact the Activity Groups Co-Ordinator via [this link](#).



Photography Group

Our theme for July was architecture. Members shot everything from modern constructions such as the Bell's Bridge (elegantly captured here by Sheila Hamilton) to older architecture and stone masonry.

Subjects included Cambridge colleges, Dunoon dancehalls and Norwegian villages – going the extra mile for our art! Talking of which...

The next theme is transport: everything from cycle races to trains to tractors. If past presentations are a guide the results should be worth seeing!

Find out more about the group [here](#).

Local History Group

The group normally meets on Mondays. We enjoy a mix of visits to places of historical interest and presentations, both in-person and via Zoom.

The group didn't meet during July and August. [Keep an eye on our webpage](#) for details of the programme from September onwards.

Request from a Member: shoulder replacement operation

I am facing the prospect of this, and would greatly appreciate any advice or information - ideally an opportunity to talk - from someone who has gone through this experience. If any member has, or knows someone who has, please would you [contact me by email](#) in the first instance.

Rosemary



Science and Technology

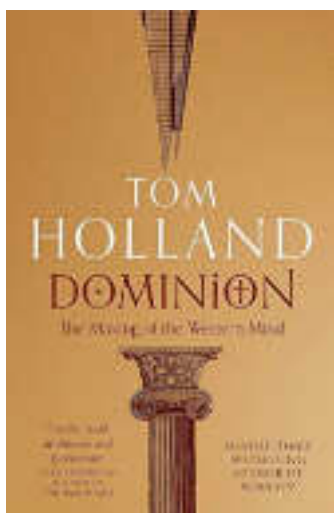


The Science and Technology Group is not meeting over the summer months but will recommence in September. Meetings will take place on the 3rd Wednesday of the month at 3pm at Partickhill Bowling Club, 46 Partickhill Road, Glasgow G11 5BY.

The first meeting of the new session will take place on Wednesday 20th September at 3pm. (Venue as above). Richard Petty will give a talk on "Designed treatments for the once untreatable"

Recently a number of members of the group met over coffee to talk about the film Oppenheimer. The group also has a lively Whatsapp Group on which we discuss issues related to science and share information e.g. about interesting articles and programmes.

For more information about the group, and to join, just click the pigeon on the group web page [here](#).



History Book Group

The group reads non-fiction history books and meets monthly on Mondays in the Three Crows in Crow Road to discuss them.

Below is a review by one of our members of our July read, "Dominion: The Making of the Western Mind", by Tom Holland.

"In Dominion, Holland is hugely ambitious, exploring the history and impact of Christianity. There can be

few books that begin in Ancient Persia and conclude with the #MeToo movement. Some of the group found such a wide-ranging approach made for a hefty, dense read, while others were engaged by Holland's easy, often humorous, writing style. All were fascinated by his underlying argument that, though churches in the Western world are emptying, Christian instincts continue to 'infuse people's morals and

presumptions so utterly' that many 'fail even to detect their presence'. I found it a thought-provoking read that convincingly outlined how evident such instincts remain in science, secularism, gay rights, and even in atheism."

Our August meeting was on 7th when we discussed "Around the World in 80 Trains", by Monisha Rajesh. We'll put our review of it in the next newsletter.

Contact us [here](#).



Ventures with a Bus Pass

Pittenweem!

This month several of our groups and other u3a members got together to have a day out in Pittenweem at the Arts Festival.

Our Ventures with a Bus Pass Group abandoned their bus passes for once and we organised a coach as the journey was long and tricky by public transport. We were joined by some members of Art Appreciation 2 and MOTO and some more members not in any of these groups filled up our empty seats. The weather was very kind to us - not a drop of rain and we were blessed with some sunshine.

The main purpose of the trip was to visit the festival and most of us managed to fit in several galleries and exhibitions as well as a few houses! The Arts Festival is very unique with many of the locals opening up a room or two in their homes to allow artists to exhibit their work. Some of our group spent the afternoon walking to St Monans, and others visited Anstruther. Many cakes and coffees and boxes of lovely fish and chips were consumed!

All in all, a great day out!

Find out about Ventures [here](#).





A Day in the Life of a UCI Volunteer

I check my gear – polo shirt, cap, jacket, accreditation, bike padlock and helmet, shades, and set off for my shift. The bus time table westwards is out of kilter, so I travel to shifts by my bike. Heading west on the Canal, it is fun to watch the bird life, dodging



Volunteer Viv (left) with Ruth the Spectator Services Manager at BMX Knightswood.

the walkers, prams, children, dogs and suddenly I am turning off the route and heading down to Archerhill Road.

Roads are blocked around the Centre in Knightswood, which makes travel easy. I pass the entrance to the competitors' tented village, pass the work force entrance, the spectator entrance and down to the bike store, returning by the same route. Security checks my accreditation, rucksack and I am inside. Spectator Services Manager, Ruth, welcomes us with a laugh, a smile and divides up the work force. Some will welcome spectators, some with assist wheel chair users and

others with special needs, and a small team will work the Plaza. At the Information Desk we answer a myriad of questions, or confer via radio with a manager. Sun screen and hand gel are there for anyone to use, ear fenders both for children and a few adults – the music can be very loud.

People come from literally the 4 corners of the globe – USA, Japan, Australia, New Zealand, Canada, Europe, Africa and South America. We can identify the riders by their glorious national tops – after the competitions they swop them with other riders. Netherlands has bright orange, of course; South

Africa is very colourful; Australia has a dark green top with First Nation markings.

The riders are as young as seven or into their sixties. They come with their siblings, families and meet friends they rode against at competitions in other lands. Their commitment to the sport is tremendous; their speed on the track breath-taking; the crashes hard to watch and then the thunderous applause when they pick themselves up and ride on to the end. We are privileged to serve them at this the greatest cycling championship ever to be held in Scotland.

u3a member
Viv Imrie-O'Duffy

About Our Members – Jean Marshall

Our Chair Gail is a very persuasive person and so I came away from a meditative medieval music concert having promised to write this piece! Ellen was also on hand to encourage so I couldn't really refuse. I say all this because as Scottish women know we are nae meant tae write pieces about wirsels. However, the message of this piece is about how having moved from Aberdeen to Glasgow the West End group has been a real social lifesaver. I hope my experience will resonate with many.

Lockdown

My story starts three years ago when I came down to Glasgow for a short stay with my daughter who lives and works here. I drove down on Friday March 20th 2020! I did not drive back till the end of August as Aberdeen was put on additional lockdowns. During this period, we were fortunate to be accepted as volunteers with the Sikh Temple food delivery scheme so we had a round three times a week and I had a pass to show police should we be stopped. I rediscovered Glasgow as I had spent from '79 to '85 here in Giffnock and my girls were born at Rottenrow. My neighbour and good friend of 30 plus years in Aberdeen had also moved to Glasgow pre Covid to be near family and so I was seeing her regularly again. On returning to Aberdeen, it seemed to me time to make a decision as to whether to resume my life pre Covid which meant returning to

Citizens Advice, the Alternative Family Care panel and Advocacy or having been forced to make the break by Covid move to Glasgow and start a new life here. My decision was hastened one rainy September evening when I returned home to find the electricity off and only mine not the street. Going up two flights with a torch and searching skirting boards for plugs etc helped me make my mind up! The actual move came sooner than I had anticipated as my house sold in a week and an exhausting period followed of trying to dismantle a family home of 34 years on my own as lockdowns came back again. I still had some very good friends and



neighbours without whom I would have sunk under! I moved to Glasgow in February 2021 with Covid restrictions back on. I travelled down in my car stuffed with belongings I hoped would be enough to see me through a rental period until I could move into a permanent place. That period lasted until November 2021 when I got the keys to my new flat and my storage 'stuff' and furnishings could be retrieved.

Joining u3a

Meanwhile having joined U3A Aberdeen for a few

months pre lockdown I searched for a Glasgow branch and found the West End. I think I started with coffee at Bingham's Pond. I found that space was readily made for me and folk welcoming to a newcomer. A new members meeting was held in the summer in Peter's garden which was a great idea and I met Gail for the first time. Gail at that meeting talked about the Moto group she had heard about before moving up here and that it might work for the West End. Well, what a success that is proving to be! It is brilliant to feel that you can post about a concert event, walk etc and find companions to go with or see an interest posted that

you didn't know about. I have had so many good experiences through U3A since moving. I enjoy my food! I can eat on my own if necessary but for me it is so much better with company. Therefore, the Sunday Lunch and Lunch Bunch groups have been brilliant in enabling me to enjoy a variety of cuisines with interesting folk to talk to. Cinema and Local History are also groups I have joined although I have not been able to attend as frequently as hoped. Two highlight extremes have been the Boozical Calamity Jane Brunch and the

Necropolis visit! I am a member of the walking groups as well although have only managed one of the longer walks. Every second Monday morning is a staple on my calendar for a walk. I have led a couple myself as I want to support the group and feel it is something I can do.

At the Xmas party last year, I was delighted to find mention of a possible writing group starting up. It has now been going some months and is led by Charlie. How grateful am I for this group! Writing is a new interest for me although I have written previously for school shows etc. I now have the time which I never had before to write and although I joined the group thinking of short prose pieces it is poetry I am producing. I would not be doing so without the enormous encouragement of this group.

Positive beginnings

So, to conclude I still do volunteering as advocated by Ellen in her piece last month but I have not gone back to my Aberdeen commitments as they could at times be heavily demanding and took an emotional toll. Moving as many of you have done is a huge emotional drain even when it is for positive new beginnings. I have found U3A Glasgow to be a great source to find folk with mutual interests and for opportunities to engage in activities and new learning. Thank you West End U3A and for any readers who might be considering a move to a new location then find out if there is a branch there and if it's anything like West End then a transition will be so much easier.