



## GLASGOW WEST END U3A May 2021 Newsletter

Dear All,

I hope you continue to keep well and are enjoying the gradual easing of restrictions. GWE U3A will continue to operate mostly online until the position becomes clearer. We are investigating how best to offer a hybrid system, enabling as many of you as possible to feel free to join in events.

There are now almost 300 members, and we continue to add in more interest groups. Group leaders/facilitators are needed for Genealogy, the 2nd Art Appreciation group, the Discovering Glasgow group and Visiting Gardens. Please let me or Jean Broadley know if you are interested.

The Beatson walk was very successful with three walks in total over the two days. The weather was lovely, which helped!!

Ros Pomfret set up a Just Giving page and raised £550, which was great. Hopefully, we will organise a June walk.

Please join us for the (Zoomed) monthly meeting at 10 for 10.30am on the 20th May, when Simon Gilbert, a u3a member, will talk about his career in music.

We will continue monthly meetings over the summer, as travel will be restricted.

Coffee and Chat met outside last Saturday at Bingham's Pond. The pond was quiet and the rain stayed off. We managed to sit at the tables, and it was fun. We will continue either online or outside depending on the weather.

Thanks for your continued support and involvement in GWEU3A.

Liz Ervine  
Chair

### May Monthly Meeting

**Thursday, May 20, 10am for 10.30: Simon Gilbert** will be giving an account of his career in music. Simon sang opposite Joan Sutherland and Luciano Pavarotti at The Edinburgh Festival, Cleo Laine in "Showboat" at The Adelphi Theatre, Ginger Rodgers in "Mame" at Drury Lane Theatre and was the singing voice for Peter O'Toole in the United Artistes' film, "Man of La Mancha" specifically for the great song "The Impossible Dream". He was, more recently, a finalist in the TV programme from The London Palladium, "Britain's Got Talent", with a standing ovation from the entire audience.

Please come along to our Zoom meeting and support Simon, who is a u3a member in London.



Ros Pomfret, in the Botanic Gardens - she set us a Just Giving Page and raised £550 for the Beatson Walk

<https://www.beatsoncancercharity.org/my-light/>

### **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, "Prisoners of Geography: ten maps that tell you everything you need to know about global politics" by Tim Marshall.

*"This is a very readable book on geopolitics. Marshall is a journalist, reporter and a leading authority on foreign affairs. The book is split into 10 chapters covering different regions of the world and explaining how physical geographical features such as mountains and rivers have determined what various countries have been able to achieve over the centuries and what limitations they have faced. The book is full of information and in many cases the points made are obvious but Marshall explains the consequences of the geographical features on the development of the countries concerned in a way that is easy to understand. He also occasionally injects humour into his writing - for example his chapter on Korea and Japan starts with the words "How Do You Solve A Problem like Korea?" Much is also made of the fact that many countries' borders were lines drawn on a map by colonial officials without regard to the true position on the ground thus giving rise to future conflict. The maps accompanying each chapter added to the understanding of the issues and the enjoyment of the book."*

Our next read, which we'll be discussing on 11 May, is "Pale Rider- the Spanish Flu of 1918 and how it changed the world".

On our webpage you'll find a list of our planned reads until July 2021.

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

## **Science and Technology Group**

Our next meeting will be on Wednesday, 19th May at 2pm, on Zoom.

Our speaker will be Dr Dermot Kennedy, one of our own members. Dermot's talk is entitled "**Lister, Glasgow and Antisepsis: confluences that changed the world**". Perhaps it's not appreciated how important this development was - partly because it was quickly subsumed by its offshoot, Asepsis. However, surgery and its outcome changed very dramatically: mortality plummeted, 'cavity' and elective surgery became feasible, and the number of operations rocketed [now nearly 300m anaesthetised interventions per year globally] - all linked to the serendipity of Lister's arrival as Professor of Surgery at Glasgow University.

If you are not a member of the Science and Technology group but would like to join us, please get in touch with Alan using email [alan@cawatt.scot](mailto:alan@cawatt.scot)

Alan Watt

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

## **Table Tennis Group – Good News!**

Singles games can now be arranged again - wonderful! We have a block booking at Kelvin Hall for a table from noon to 1pm every Wednesday, but we are playing on other days and are very open to requests, as long as a court is free in one of the sports halls there. The cost is £3.50 per table per 50-minute session. All suggestions and enquiries are welcome.

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

## **Local History Group**

The local history group has a monthly programme of presentations via Zoom that are open to all GWE members. These take place on Monday afternoons at 2.00. There's no need to register an interest. A couple of days before each talk all U3A members will receive an email containing the Zoom link and can click on this if they want to listen in.

In April we had a great turnout for our talk from Glasgow historian, Peter Mortimer, on the topic 'History of Partick'.

Our next talk, on 17 May, will be by Dr Valerie Wright of the University of Stirling on 'Women, the Rent Strike and Red Clydeside'.

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

## **Coffee and a Chat**

Zoom Coffee and a Chat is currently taking place on the first Saturday of each month at 2pm.

<https://u3asites.org.uk/glasgow-west-end/page/97567>

### **Local history group research project – can you help?**

A reminder that the history group is looking for help with one of its research topics, 'Our Dancing Days', which is looking at how some of us spent our youth in the dance halls. You can either fill in the attached questionnaire and return it to [Dancingdaysu3a@gmail.com](mailto:Dancingdaysu3a@gmail.com) or simply forget the questionnaire and email something about the memories you'd like to share to that email address.

### **Intermediate French**

Intermediate French is intended for those who are interested in the language and the culture but find the existing conversation groups a bit daunting.

The goal is to enable participants to gain a good practical grasp of the basic elements of the language along with a vocabulary adequate for everyday situations in France.

Contact Colin via the link below:

<https://u3asites.org.uk/glasgow-west-end/page/104427>

### **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>

### **u3a talks on YouTube**

The April talk by Magic Ian, and some other talks, both from monthly meetings and from the Local History group, can be seen on our YouTube channel at:

<https://www.youtube.com/channel/UC-dOE6n8PwxqMSLFpM1BN6w>

## **Research Request/Brain Health & Lifestyle Survey**

Currently, we don't know that much about what adults living across the UK and Ireland think and do for their brain health. With your help, we could change this. Information about what brain health means to you, and what you would do to support it could then be used to develop future strategies to promote healthy brain ageing.

The Brain Health and Lifestyle Survey is an anonymous online survey [go.qub.ac.uk/QUBBrainHealthSurvey](https://go.qub.ac.uk/QUBBrainHealthSurvey) which has been developed to help us understand perceptions and lifestyle practices relating to brain health among the general public. You will be asked to read the online study information sheet and complete the consent form before confirming you meet study requirements and completing the survey, which takes approximately 20 minutes. Upon completing the survey, you will receive a brain healthy lifestyle score and have the option to download some useful information about ways to keep the brain healthy.

We are looking for people aged 40 years and above who are permanent residents in the UK or Ireland (or have settled status) to complete the online survey. Individuals must have both the mental capacity and fluency in English to complete the survey themselves.

The Brain Health and Lifestyle Survey, is co-ordinated by Rebecca Townsend, a PhD research student based at Queen's University Belfast. This research is conducted in partnership Brain Health Scotland, NuBrain Consortium, Age NI, Trinity College Dublin (Global Brain Health Institute) and the Institute of Public Health Ireland.