



Dear All

I hope everyone is well and had a good Easter break.

As you will see we have a new look newsletter this month. It would be good to have your feedback on it. Many thanks to our member Gordon Saunders for all his work with the newsletter for us (and also to Charlotte Noble who continues to edit the newsletter)

Our membership continues to grow which is great news. Below we have details of one of our longer standing members Helen and her daughter Gillian who is one of our newest members. We believe Helen and Gillian are our first “parent and child” “members at Glasgow West End u3a (unless anyone knows otherwise!)”

I'd like to take this opportunity to ask for volunteers again to help at our monthly meetings at the hall in Novar Drive. We need some members to help meet and greet new members. It would also be good to have some more help on the tea/coffee rota. If you could help, perhaps you could let me know.



## Dates for your diary:

**Thursday 20th April:** Marion Maudsley will talk about the City of Nuremberg. As many of you will know, Nuremberg is twinned with Glasgow.

**Thursday 18th May:** Dr Alan Leslie - At the Edge of Empire: Rome & The Antonine Wall.

These are part of our Antonine Wall Events - as you will see later in the newsletter our Ventures with A Bus Pass group are visiting Callander House in Falkirk to see an exhibition on

The Antonine Wall, and The Longer Walk Group have a walk planned

Again, our thanks to those who have already renewed their u3a membership. For those still to renew there are details on how to do so later in the newsletter.

**Thank you for your continued involvement and support.**

**Gail Donaldson**  
Chair u3a GWE

## March Meeting

Last month our presentation was by Donna Brennan of BTO Solicitors and was entitled “*Ten Good Reasons to*

*make a Will and Power of Attorney*”. Link To Donna’s presentation on the Events Page of the web site [here](#).

## Featuring Our Members: Two Generations

*“I’ve been a GWE member since it launched and am now a member of a number of the small interest groups. I also co-coordinate the local history group. I enjoy the company and am always interested in trying new things. Recently, my daughter Gillian reduced her work hours in social care, hoping to have a better work/life balance. She shares my interest in history, so it seemed to make sense for her to join the local history group now that she has more free time.*

*There are many people like Gillian who are no longer in full time work but don’t really consider themselves ‘semi-retired’. I think it’s good for the u3a organisation to recruit new (and younger) members.”*

**Helen**





## Longer Walks Group (Antonine Wall Walk)

The Longer Walks group will be walking along the remains of the Antonine Wall over Bar Hill and Croy Hill on Tuesday 9 May. This is a fringe event marking the u3a UK's festival of events celebrating 1900 years of Hadrian's Wall. Please get in touch [here](#) if you are interested. Our photo was taken on a previous u3a walk along the same route a few years ago.

## Sunday Lunch Group

We meet for a late lunch on the second Sunday of every month, choosing a different local restaurant each time. Restaurants that we have recently visited include The Prancing Stag, Café Andaluz, Oran Mor, The Bothy and The Lovable Rogue. Menus are sent out to members of the Group before booking. Everyone is encouraged to suggest their favourite places.



We know that not everyone will be able to make every lunch but we hope lots of members can join us when they are able. It's a great opportunity to meet other members and pass a relaxing Sunday afternoon.

Our next Sunday Lunch will be at the Marlborough and we are planning to go to Stravaigan the following month.

For further details, please contact the Group Leaders [here](#) and click on the Pigeon.



## 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. Our web page is [here](#).

Our March event was a guided tour of Glasgow's Trades House, one of the very few historic buildings in the city still used for the purpose for which it was built. Our meeting on 24 April will be a tour of the Alasdair Gray archive. Established in 2020, the Archive displays much of this polymath's work.

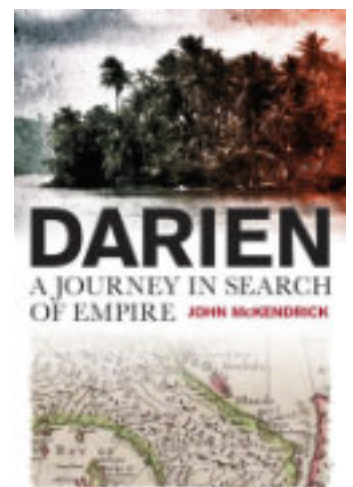
## History Book Group

The group reads non-fiction history books and meets monthly on Mondays in the Three Crows in Crow Road to discuss them. Find out more [here](#).

Below is a review by one of our members of our last read, John McKendrick's *'Darien: A Journey in Search of Empire'*.

*'Most of us knew a little of the story of the 'Company of Scotland' and its ill-fated attempts to establish a colony in Panama in the late seventeenth century and hoped this book would help us find out more. However, our discussion highlighted that this was very much a Marmite book - some of the group loved it, others vehemently disliked it. The former found it an easy and informative read which clearly explained the complicated relationships both between the various European powers and between those and the indigenous people. The latter found it a book not only in need of some serious editing but also one which reached simplistic conclusions written in a tone that made some of us deeply uncomfortable.'*

Our next meeting is on 17 April when we'll be discussing *'Mrs Pankhurst's Purple Feather'* by Tessa Boase.





## Ventures With a Bus Pass

Ventures with a Bus Pass meets monthly on the second Friday of the month and, quite simply ventures forth using our Bus Passes. It's amazing how many places can be reached (and returned from) in a day from Glasgow, using the Bus Pass!

Each month, we choose a destination and, after a bit of research, details are sent giving the bus departure time and departure location

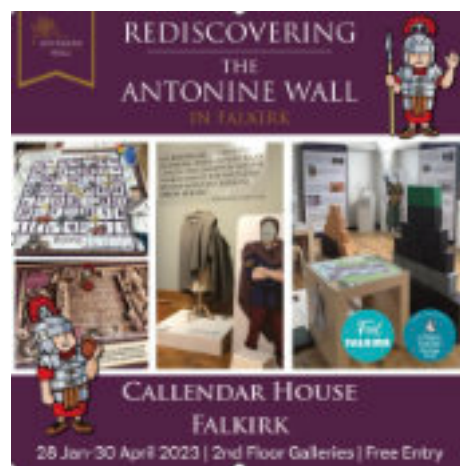
(usually Buchanan St. Bus Station) . We ask anyone joining us to book their own seat, if applicable, then be at the meeting point 10 - 15 minutes before departure.

We usually give details of Things To Do, such as Heritage Trails, Parks, Museums, Shops plus any suggestions from group members who have visited the area previously. A lunch venue will be chosen and booked although adventurers might have their own itinerary to pursue, before being back at the return departure point



for the journey home.

We have visited a number of places such as Largs, Perth, Moffat, Strathaven, Inverary and Dundee. The weather has not stopped us, when the weather was considered too bad, Helen welcomed us to the Wild Olive Café - it may have been co-incidence but there on both occasions there was a birthday and CAKE.



**Our next Venture is on Friday, 14th April to Callendar House in Falkirk, which ties in with the Antonine Wall Exhibition.**

## Visiting Gardens

There was an enthusiastic response to the idea of setting up a group who will would make visits to gardens and a first visit is planned during April. Please get in touch [here](#) if you are interested.



## Coffee and Chat Next Date: 13th May

A temporary change of routine due to the holidays. Details [here](#).



## Glasgow Amnesty International Day Group

One of our members has asked us to share the following information.

The Glasgow Amnesty International Day Group meets on the 3rd Thursday of the month from 1 to 3pm. As we meet in the afternoon, most of the members who attend regularly are retired. The main purpose of our meetings

is to discuss the cases of individual prisoners of conscience and write letters supporting their release. The volume of letters can sometimes influence regimes who arbitrarily arrest and imprison people for exercising their most basic human rights.

If you are interested in joining us, please write to Meredith Muirhead at: [mermuirhead@gmail.com](mailto:mermuirhead@gmail.com) We meet at: The Wee Retreat, 2 Myrtle Park, G42 8UQ.



## Photography Group: A wintry start to a Spring theme

The photography group met a challenging brief during March: the theme was “*Spring Colours*”; the weather was winter greyness.

Despite the obstacles flung at us by Mother Nature we found the odd fine day. New member Paula Wise spotted a patch of daffodils basking in a rare break in the clouds – gorgeous shot. You don’t need expensive equipment to take good images; Paula shot this on her phone.

The next task, to be carried out during April, is to find “*A Different Angle*”. Watch this space next month for an example or two. Find out more about the group [here](#).

## Your Ideas

The u3a works on the principles of Self Help and Mutual Aid. Members form groups covering as wide a range of topics and activities as they desire, and these are run by the



members, for the members. If there is an activity that you would like to join others in doing, why not help to bring people together to try it. You can then share your

enthusiasms and skills – you don’t have to be an expert or teacher.

Please get in touch with Peter Taylor, Activity Group Co-ordinator, [here](#) if you have any ideas or suggestions for activities, to discuss how we might make them happen.

## Membership News

Membership was due to be renewed at the end of March.

The annual subscriptions, unchanged from last year's, have been set as follows:

Individual £15, Joint £12.50 each, Associate £10.

Our preferred method of payment is by bank transfer, to GLASGOW WESTEND U3A, sort code 87-37-21, business account

number 87559068. Please put your name in the reference section and please let me know when you have done so at [this email address](#).

(We can also take payment by cash (at a monthly meeting, at a table by the door) or by cheque made payable to Glasgow Westend U3A and sent to Ann Brackenridge at 26 Clarence Drive, Glasgow, G12 9QX.

## 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,  
2 Book Groups,  
British Sign Language,  
Cinema,  
Coffee and Chat,  
Creative Writing,  
Current Affairs,  
Film Lovers,  
2 French  
Conversation groups,  
French Intermediate,  
Genealogy,  
German Conversation,  
History Book Group,  
Italian Conversation,  
Knitting,  
Latin,  
Local History,  
Longer Walks,  
Lunch Bunch,  
MOTO (Members on their own),  
Photography,  
Poetry Appreciation,  
Quilting,  
Recorder Playing,  
Science & Technology,  
Social Bridge,  
Spanish Conversation,  
Sunday Lunch Group,  
Table Tennis,  
Theatre,  
Ventures with a Bus Pass,  
Visiting Gardens,  
Walking with a Bus Pass,  
Wine Appreciation,  
Yoga.  
Click on ‘IT Help’ to get in touch with our volunteer who can offer this.