



Dear All

Well, this is the sixth newsletter of 2023 - doesn't time fly!

We had a post Covid record attendance at our last monthly meeting in the hall at Novar Drive. Dr Alan Leslie was an excellent speaker who injected humour into his presentation. I am sure we all learned a lot about The Antonine Wall.

Next Thursday's meeting is a shorter than usual presentation (details below) and then some time to focus on our groups. If you want to find out what our groups are doing this is a great opportunity to come along and hear about them first hand. Peter our Group Coordinator will also be there and you can discuss any ideas of new groups with him.

We then take a break in July before returning on 17th August. Before then though we have our sausage sizzle



at Banavie Gardens on Friday 23rd June. Our quiz and fish and chip night at Kelvindale Bowling Club is on Friday 1st September. There are only a few spaces left for these events so please let me know as soon as possible [by email](#) if you would like to reserve a space.

I'm pleased to say that we have started or are starting four new groups over the last few weeks.

Groups are at the heart of the u3a and its wonderful to get new groups started. We may be in a position to start another new group Play Reading. Would anyone be interested in this? Please let us know.

I'd like to welcome Jane Webster to our Committee.

Thank you for your continued involvement and support.

**Gail Donaldson - Chair u3a GWE**



## June meeting

Our June monthly meeting is in the community hall at 24 Novar Drive on Thursday 15th June. As usual we start at 10am with tea and coffee available

from 10.30am.

This month's speaker is Allan Mauchline who is a Volunteer Team Leader with Scotserve. Scotserve is a Volunteer-Led Emergency Medical Transport Charity which has operated since 2011. They deliver

Specialist Medical Logistics Services, door to door, to NHS Scotland around the clock, 365 days a year. Their services support empowers the NHS the means to reinvest funds currently

utilised in urgent transport (otherwise paid to expensive couriers or taxis) back into areas where it is needed most - frontline services and patient care. Scotserve use motorcycles and specialist vehicles to deliver everything other than the patient to where it is needed.

## Group presentations

The second half of our monthly meeting is dedicated to our groups. Some group members will speak about their groups and what they enjoy about them. We will also have displays showing some of what our groups do.

## Getting Active

The last few months have seen a boom in u3a activity. We now have 41 activity groups running or getting started, with more ideas being suggested all the time.



In the last month a lot of interest has been shown in the new Painting & Drawing and Crime Fiction Groups, and the new second Art Appreciation group has signed up lots of members. Go [here](#) to sign up for these new activities.

## Ventures with a Bus Pass



The June u3a Venture with a Bus Pass to New Lanark was a great success. It is well worth a visit [here](#).

With the advantage of good weather, we walked from Lanark Bus Station downhill, with splendid

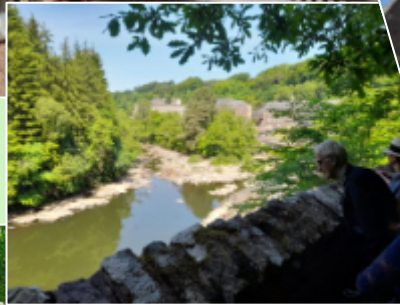
views over the Clyde Valley. The town of Lanark was decked out in bunting for the annual Lanimer Day celebrations rather than for our visit!

To set ourselves up for the day, we had our first coffee to discuss our plan of action. As the weather was so good, we decided to stay outdoors and visit the Falls of



Clyde which looked like a short walk on the map, uphill most of the way. With Harry's encouragement, a group of us made it to the top and the views were magnificent. We then made our way downhill to a very much needed lunch.

In the afternoon, several of the group



stayed in Lanark to have a look round this historic town before heading back to Glasgow. Amazing weather, brilliant company, good food – an all-round success.

In July, we hope to visit Inverary.

If you would like to join Ventures with a Bus Pass and join us on future visits, please contact us [here](#) and click the pigeon.

## 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 last read, 'At Home – A Short History of Private Life', by Bill Bryson.

"What do you look for in

an author of general histories? An encyclopaedic knowledge of a broad range of subjects is a given; a sense of humour helps too; the ability to see connections between subjects and present them in a coherent, concise and entertaining manner is a real bonus. Step forward then Bill Bryson who, throughout his writing career, has developed those skills and lays them out at

great length in "At Home".

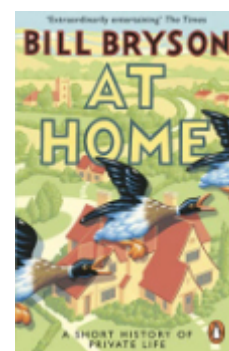
Most of the history book group liked the book, though some felt that it would have benefitted from an editor taking a blue pencil to some of the many facts within.

Others felt that Bryson skimmed over modern

sensibilities about matters such as slavery, and that the private lives described were mostly of the wealthy."

At our next meeting we'll be discussing 'Ancestors', by Alice Roberts.

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



## Mah-Jong

A member has offered to host Mah-Jong games in a local bar or café, and a few people have already said that they are interested. Get in touch via [this link](#).





## Austrian chocolate

After her trip to Salzburg, German Conversation Group leader Viv treated members to a Mozart Kugel (chocolate ball) each, and told us about the chocolate and pizza flavoured pretzels. Group info [here](#).

## About Our Members

### Our member Avril would like to share her experience of singing in The Mackintosh Choir.

I've been singing in the Mackintosh Choir since its inception in October 2011. I was one of the founding members and am now its Chair. I was in school choirs and also sang a lot at home, but life got in the way whilst bringing up a family and working. However, I decided to take the plunge again when my family had flown the nest and have never regretted it for one second. I cannot adequately describe to you the joy there is in lifting your voice with others.

The Mackintosh Choir is an open access, non-audition community choir based in the Kelvindale area of Glasgow. We rehearse on a Wednesday night and no matter how low or burdened you might be feeling when you arrive, you're guaranteed to leave feeling refreshed, relaxed and happy.

Our repertoire is eclectic and includes sacred music, secular classical, musical theatre and modern pieces. We perform at two concerts each year, one in June and the other in December. The choir also made regular appearances at the Glasgow Music Festival up until Covid arrived. It came first in the Class for Mixed Choirs at the Festival in 2016 and, in 2019 the choir wiped the board by winning the Class for Mixed Voices, the Class for Male Voice Choirs, the Class for Female Voice Choirs and was awarded the Glasgow Orpheus Choir Trophy Certificate at the Festival in 2019. What a celebration we had that night and for weeks after! In 2015 the choir was highly honoured to be conducted by

## HatWalk 24th February 2024

It is a long way off, but on St Valentine's Day 2024 our Fashion Through the Ages group at East Renfrewshire u3a are hosting a HatWalk afternoon tea in the Clarkston Hall from 2-3.30pm. It's a chance to dig out your posh frock and wear your hat!



We are hoping that millinery students from a Glasgow College will model their creations, there will hopefully be a demonstration and a few other surprises are planned. The tickets will be £25. (If anyone wants to book a ticket [email Gail here](#) and she will let East Renfrewshire have the details.)

the world-renowned composer, John Rutter CBE, as we sang his arrangement of "Feel the Spirit" at our summer concert. We were even more honoured when he agreed to be the choir's Patron.

As well as giving performances on its own, the choir has been invited to join with other Glasgow Choirs for a variety of concerts and performances in the Glasgow City Halls, the Glasgow Royal Concert Hall, the Bandstand in Kelvingrove Park and the Bandstand in Queen's Park in Glasgow. In 2017, the Choir was invited to give musical support to the National Theatre of Scotland in its production of 'The Submarine Time Machine' in a week of outdoor performances along the towpath of the Forth and Clyde Canal from Spiers Wharf to Firhill Football Stadium in Glasgow. In summer 2020 we would have been joined at our summer concert by The Placer Pops Chorale from California. Unfortunately, this had to be cancelled due to Covid-19. This year we have been invited to sing with the Delaware Women's Chorus as part of West Fest. What a wonderful way to spend one's time.

Whilst we are passionate about improving our singing, the choir is also about providing enjoyment and socialising. When asked in a snap survey to describe the experience of being in the choir, the most common words used by choir members were "fun", "friendship", "exhilarating", "life-affirming". We regularly have social evenings as a choir and all sections of the choir have their own social activities.

You're never too old to start or re-start singing and doing so in a choir has been shown to improve mental health wellbeing. I can't recommend it highly enough. I'm not the only one in the Glasgow West End u3a that's in the Mackintosh Choir. Why not come and join us?



**If you want to hear us, our next concert is on Sunday 18th June at 7pm in St John's-Renfield Church, Beaconsfield Road, Kelvindale and is part of West Fest. The concert, with tickets at the door at only £10, is a lovely mix of classical and popular music including works by Billy Joel and Verdi, and with the soaring harmonies of Unchained Melody. Something for everyone!**





## Moto (Members on their own)

We have set up a MOTO group (Members on their 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 2 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 include:

■ *The McCommitments concert in Cottiers in aid of Glasgow NW Foodbank*

■ *Trip on the Waverley, a fabulous day and good weather*

■ *Along with Ventures with a Bus Pass, visited Callendar House*

■ *Boozy Brunch watching Calamity Jane at Grosvenor followed by brunch and cocktails*

■ *Attended a book launch at Partick Library for Growing up Dusty about the early life of Dusty Springfield*

■ *As part of Westfest, going to Silenced, a*



*musical about the Scottish Suffragettes*

Future events still at the planning and discussion stage:

■ *Murder, Mystery Weekend*

■ *A Pie, A Pint and A Play*

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

■ *Glasgow Mela*

■ *Glasgow Women's*

*Library*

■ *WestFest – Glasgow West End Festival when program is available*

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 [here](#) below and click on the Pigeon if you are interested in joining us.





## Photography

The photography group challenged itself with the theme for the June meeting. We had a month to take photos "On the Streets". Street photography largely means snapping people – well outside the average comfort zone.

Our group responded well, finding creative interpretations of the concept. The image here, by Paula Wise, is in the best traditions of street shooting; it's a gritty slice of urban life, with the black and white rendering adding to the unvarnished sense of reality.

Our next theme is to photograph Rouken Glen Park. We'll be having a group outing to the park with the results to be viewed at our next Zoom meeting on 5th July.

If you'd like to know more about the club visit the web page via [this link](#) and click the pigeon to learn more.



## 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 May event was a guided tour of Riverside Museum's maritime collection. On 19 June we'll be having a tour of Glasgow School of Art Archives.

See our web page [here](#).

## Ecosse en France

A member of French Conversation Group 1 shared [this article](#) (in English). It is about how popular haggis, Highland Games etc are in France. Find out more [here](#).



## Groups

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

2 Art Appreciation,  
2 Book Groups,  
Bridge Social/  
Informal  
British Sign  
Language,  
Cinema,  
Coffee and Chat,  
Creative Writing,  
Crime Fiction,  
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),  
Painting and Drawing,  
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.