



GLASGOW WEST END U3A November 2020 Newsletter

Dear All,

I hope you are continuing to stay safe and connected. It is good that we are able to meet up for coffee/lunch/walk no matter the weather.

Thank you for your attendance at the AGM. It was very well supported and enabled the committee to be appointed for another year. Many of you sent very positive feedback, and kind words of thanks to the committee and group leaders for keeping GWE U3A going during current restrictions.

Sadly, Katriona Lloyd has stood down as Vice Chair – many thanks to her for her work. She will continue to be a GWE U3A member and the quizzes which she devises will not stop! Hazel Blake and Viv O'Duffy will share the role of Vice Chair.

It would appear that our monthly meetings will continue on Zoom until at least April. Even with a vaccine and better treatment of the virus I think it may take a while for GWE U3A to return to face-to-face meetings. The topics and speakers for these Zoom meetings will be posted on the website and in the monthly newsletter.

Please join us on the 19th November from 10am for a talk starting at 10.30am, from Emma Jackson from Shelter. Work with homeless people is always important but especially so during this crisis, and you will have an opportunity to ask questions. Information about how to donate is given later in this newsletter.

There will be a Christmas event on Friday 18th December - note the change of date.

GWE U3A is involved with UK U3A in actively promoting the U3A in order to attract new members. We ourselves now have a healthy membership number of over 260, and new members are continuing to join and are very welcome.

Coffee and Chat, at 2pm on the first Saturday of the month, is a good way to meet other members.

Our Local History group, along with that of Paisley U3A, continues with lottery-funded research - see details later in this newsletter.

I look forward to seeing you on the 19th November.

Thank you for your support and enthusiasm.

Liz Ervine
GWE U3A

Non-Fiction History Book Group

The non-fiction history book group continues to meet monthly on Mondays via Zoom. Below are brief reviews by members of our last two reads:

1. 'The Great British Dream Factory' by Dominic Sandbrook

"Why does the UK punch above its weight in the creation of popular culture compared to other populous European countries? Sandbrook makes a successful and entertaining attempt to address that question by considering the legacy of our industrial revolution and the influence of the popular culture of Victoria Britain. Prepare to have your nostalgic memories re-awakened as he explores a wide range of topics, from the Beatles to Downtown Abbey, from the Prisoner to Harry Potter and a host of others."

"Who knew that Heavy Metal arose out of an industrial accident in the Midlands? Sandbrook will make you think but keep you entertained while he brings back moments from our childhood, teenage years and middle ages. What more could you ask for?"

For an insight into this Canadian historian's views on the historical context of the current crisis you might want to read her article [From the Black Death to Covid-19: what history can teach us about managing crises and coming out stronger](#)

2. 'The Uses and Abuses of History' by Margaret MacMillan

"This book reminds us that history is most useful when treated with care and respect. MacMillan shows how problematic it can be to 'take lessons from the past'. She uses excellent examples which demonstrate that there are enough interpretations to suit every need. The key message is that those who try to shape the future invariably invoke the past. Examples include governments' withdrawal of funding from archaeologists whose discoveries don't support the 'preferred' history; decades-long disputes about who has the right to influence museum exhibitions; education departments that offer different histories to pupils, depending on race, and the inevitably disputed histories of ethnic 'purity'."

Our next read, which we'll be discussing on Monday 16 November, is "The Five: The Untold Lives of the Women Killed by Jack the Ripper", by Hallie Rubenhold.

We're currently narrowing down our preferred choices of reads for 2021. Suggestions welcome.

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

Science and Technology Group

Our next meeting will be on **18 November** when we will have a presentation by Dr Martin Eales, a petroleum geologist, on the Unification of the British Isles (geological, not political) – how England and Wales collided with Scotland, then Europe with Britain and finally the breakaway of America.

The meeting will be by Zoom and start at 2pm. I will send out the link to the Zoom meeting to people on the S&T mailing list later this week. If you are not on this list but wish to attend, or if you are not sure how to attend a Zoom meeting, please get in touch with Alan by email: alan@cawatt.scot.

Further meetings are on **16 December** – speaker TBC; and then on **20th January** we have Dr David Lawson of B&M U3A who will give a presentation on Bird Migration.

We have a WhatsApp group which allows us to share ideas, concerns and news from time to time.

Contact Alan with your phone number if you would like to join.

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

Local History Group

With the invaluable assistance of Dr Valerie Wright from Stirling University, who has linked us in to a number of academics in Scotland, the local history group is aiming to launch a programme of presentations. These will take place via Zoom on Monday afternoons at 2.00.

The first of these will be a talk on 16 November from Valerie herself on the topic: "**Childhood and Play in Post-War Scotland**".

The second will be a talk on 14 December from Kristin Hay of Strathclyde University on the topic: "**Relationships and Reproductive Health in Post-war Scotland**".

If you are not a member of the history group but would like to hear this talk, please contact one of the group coordinators via the pigeon on our webpage. We'll send you the Zoom link.

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

Survival French

We meet on the 2nd and 4th Tuesdays of each month on zoom at 10.30 am.

Our next meeting will be on the 24th of November.

(If you would like to join, please contact Colin first to ensure a space will be available.)

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

Commented [CN1]:

Quilting Group

The group are chatting every other Tuesday on Zoom. Anyone who would like to join in would be most welcome!

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

Prospective Classical Music Group

Are you interested in listening to classical music, or playing a musical instrument with piano accompaniment? Simply contact Edith via the link below:

<https://u3asites.org.uk/glasgow-west-end/page/108793>

Genealogy Coordinator

Jane has had to resign as Genealogy Coordinator. If you can take over please contact Jean our small group coordinator Jean via the link below:

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

Our Range of Interest Groups

The following are the other interest groups that are keeping up or resuming activities in one way or another. Please note that this list can change at short notice.

1820 Risings, Art Appreciation, Beginners German, Book Groups, Bridge Group, Cinema Group, Coffee and Chat, Conversational French, Conversational German, Conversational Spanish, Crochet Group, Exploring Glasgow, Genealogy, 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>

Writers Against Covid-19

For those of you who haven't already investigated this site, Louise Moss (in England) sent out this message on November 2nd: "As the UK goes into a second lockdown, we're adding more stories to the website, to bring a lift to your spirits and a smile to your face. You'll love The Foundling by Wilma Laryn, new to the site today. It's a delightful true story about finding an orphaned ferret and raising it by hand." There are now over 200 5-minute stories to read, at <http://www.writerscircle.net>

The Voice of Older People Online

In our May Newsletter, Liz recommended a new website called Greysnet, and a reminder (information for new members) is in order. This website was launched with the support of the National Lottery Community Fund to help older people all over the country to stay connected and keep mind and body active during the current Coronavirus lockdown. It's called Greysnet and you can find it at www.greysnet.com

Greysnet is a dedicated online space where older people can chat with one another through a public forum, and find out about all sorts of events and activities they can get involved in while self-isolating.

It does seem to be a terrific new resource for older people.

Regional PR and Media Advisors – U3A England, Scotland, Wales, Northern Ireland

Do you want to help raise the profile of u3as in your part of the world, and support the national campaign to celebrate and promote awareness of the u3a movement?

We are looking for volunteers with knowledge and experience of working in a PR, media or marketing capacity to join their Regional Team and be linked to the national Communications Team. Volunteers will be part of a UK wide team with other PR Advisers.

The role is home-based but could include travel around the region or country, as necessary. Most meetings will be conducted online but occasional team meetings in London (when permitted) will be required, but no more than twice a year. Expenses will be paid under the Expense Policy of the Trust.

For an informal discussion contact Sue Stokes, Chair of Communications and External Affairs: email sue.stokes@u3a.org.uk or call 07931 865903

Shelter 19th November

If you wish to donate to Shelter, the subject of our talk this month, you can do so via BACS. The details are:

Shelter National Campaign for Homeless People Ltd.
Sort Code: 30-00-02
Account Number: 01167206
REF: Shelter GLA CF

British Nutrition Foundation Project

The Health Claims Unpacked project aims to help consumers understand health claims on foods and drinks in order to make healthy choices.

Researchers are looking for people to complete a series of short, enjoyable interactive activities, which explore the health claims we see on food and drinks. Activities include testing nutrition knowledge and the opportunity to design a health claim on pack.

The activities take about 15 minutes to complete and, as well as informing users about health claims, the results will be used by researchers at the University of Reading to make recommendations to the food industry and regulators on making health claims clearer for consumers. So, this is the opportunity for you to contribute to scientific research and have your say on the information you see on products!

The Health Claims Unpacked project team is encouraging as many people as possible to get involved in the research, in order to get more people's views and to get a clearer picture of how health claims can best be communicated. The interactive activities can be accessed via the website:

<https://www.unpackinghealthclaims.eu/>

Please note that the website is currently being updated and there will be even more activities available from 11 November 2020.

More information about the project can be found here:

<https://www.youtube.com/watch?v=uAr2CTdvzQU>

Late notice - PLEASE NOTE ALL SIGNERS

Beginning on the 17th November the signing group meetings will change as follows:

1st and 3rd Tuesdays at 10am for 40 mins on Zoom mainly for beginners,
2nd and 4th Tuesdays at 10am for 60 mins on Zoom for practised signers.

All welcome to both meetings!

October Quiz Answers

Who sailed on these ships?

1. The Santa Maria Christopher Columbus
2. The Endeavour Captain James Cook
3. The Matthew John Cabot
4. The Beagle Charles Darwin
5. The Fram Fridtjof Nansen
6. The Endurance Ernest Shackleton
7. The Kon Tiki Thor Heyerdahl
8. The Golden Hind Sir Francis Drake
9. The Victory Horatio Nelson
10. The Discovery Robert Scott
11. The Erebus Sir John Franklin
12. The Great Michael James IV

If you go walking in the woods, you might meet these animals – what are they better known as?

1. Meles meles badger
2. Vulpes vulpes wolf
3. Sciurus vulgaris red squirrel
4. Erinaceus caropaeus hedgehog
5. Cervus epaphus red deer
6. Martes martes pine marten
7. Felis sylvestris Scottish wildcat
8. Mustela erminea stoat
9. Lepus europaeus hare
10. Lutra lutra an otter

November Quiz

These kingdoms all had a ruler nicknamed 'the Great' – who were they?

1. Wessex
2. Russia
3. Prussia
4. Russia
5. Judea
6. Frankonia

What are these (that you might see at the bird feeder) –

1. Passer domesticus
2. Cyanistes Caeruleus
3. Turdus merula
4. Periparus ater
5. Carduelis carduelis
6. Erithancus rubescula
7. Turdus philomelos
8. Parus major
9. Fringilla coelebs
10. Pyrrhula pyrrhula