



## Dear All

Well autumn is definitely here and while most of us will miss the lovely summer weather, I'm sure you will agree that autumn brings its own pleasures.

Our u3a continues to grow and I'm delighted to let you know that we have recently welcomed our 500th member. It is great that we continue to grow but of course this brings its own challenges not least that we need to keep growing our list of groups! If you have any ideas for new groups or would be interested in helping organise groups, please do let us know. One member wonders if there would be interest in a Toastmaster style group. If this is something you would consider joining or helping to organise, please let either me or our group co-ordinator Lesley Shaw know.

I'm also pleased to say that we have a new committee member - Jenni Austin. Jenni is involved in many of our groups and I'm sure many of you already know her. Her enthusiasm will be a great addition to the committee.

The highlight of August was the first Scottish u3a Jamboree in Edinburgh. It was a fantastic day and I hope that the members who attended had a great time. It was a wonderful opportunity to meet u3a members from all over Scotland and to try out and watch some new activities as well as attend a number of excellent talks. I am not going to say any more as I hope you have all had a chance to read the special Jamboree Newsletter!

I would take this opportunity to remind you that our next event is the **Italian Evening at 1051 GWR** (1051 Great Western Road, G12 0XP) on Thursday 9th October.

This will be from 5pm with food served from 6pm - 7pm.



This will be a buffet of pizza, pasta, garlic bread and salad etc. The cost is £19.50 per person.

If you would like to come, please email me to confirm and pay the cost of £19.50 to our group bank account.

**Bank: Bank of Scotland, Glasgow West End u3a Group Account (NB this is a business account).**

**Sort Code: 80 22 60**

**Account: 26658165**

**Reference: GWR Italian**

I would also mention that we are expecting a very good turnout at our **Christmas Lunch** on Thursday 4th December at The Bothy in Ruthven Lane. The Bothy have now given us the entire downstairs space so we can still add a few more people to the lunch! If you are interested in coming but haven't yet booked please email me and I'll send you more details.



Our next **monthly meeting is this coming Thursday 18th September** at the hall at 24 Novar Drive. Our speaker is Wendy Goucher who is an expert on cyber security and will be talking to us about Cyber Crime. As usual we will serve tea and coffee from 10 am with the talk starting at 10.30am. I look forward to seeing you then.

Best wishes and as always thank you for your continued support. Remember that you can contact us [here](#).

**Gail Donaldson, West End u3a Chair.**

## Monthly Meeting Thursday, September 18: Cyber Crime, by Wendy Goucher

This month's Speaker is Wendy Goucher, who is an authority on self-defence in a cyber and non cyber world.

Wendy is a Chartered Cyber Security Consultant at Arcanum Cyber, where she says she works in teams with some brilliant folk, mostly working in different areas of government. She is a Chartered Professional and recognised as a Chartered Fellow of the British Computer Society.



Wendy has written three cyber text books, a history book and short stories for primary aged children, as well as 'Canon Doyle's Short Stories for Seniors.'

We are all increasingly aware of the threats posed by cyber and non-cyber-crime and the need to be continuously alert. So, how pleased we are to be able to host Wendy, who will share her knowledge and experience on the need for us to better protect ourselves. Wendy's style is humorous and interactive, welcoming audience participation. Details [here](#).

## Other dates for your diaries...

### October 16:

Our speaker will be Catriona Gibson of Grass Roots Remedies. Catriona uses herbs and plants found in nature which can be used to enhance good health.

### November 20:

Ian Valentine will talk to us about Rudolph Hess, Royal gossip, conspiracy theories and cockups by 'Dad's Army.'

### December 18:

We'll bring 2025 to a close with our AGM and Christmas Party.

More details are available [here](#).

## October Monthly Meeting and Walking Quiz

Our October monthly meeting is on Thursday 16th October, (See left).

This meeting will be followed by a sandwich lunch and we would ask you to make a donation to the Beatson Charity if you plan to stay for lunch

After the meeting we have organised a Hyndland walking quiz. This is in memory of our member Catherine Watt who sadly died last year and who organised a number of walks for us over the years. These included the Claythorne Pits and a local walking quiz. The walk starts and ends in the hall at 24 Novar Drive.

The walk/quiz should last about an hour and will start off after the meeting at 11.40 am.

The plan is to let people start in pairs (phased) with the clues in the quiz. Don't worry if you want to do the walk but don't have a partner to walk with - we will organise a partner for you on the day! After the walk a sandwich lunch will be available. The cost of the walk is £10 with all going to the Beatson.

This is a cash only event and we ask you to bring cash on the day.

For organisational purposes [please let Liz Ervine know](#) if you plan to walk and/or stay for lunch.



## Local history

At the end of August, the local history group welcomed its 100th member. Last month we completed some housekeeping - asking folk to let us know if they no longer wanted to be on the distribution list while at the same time adding new members to the group.

The group aims to offer a mix of activities, including walking tours, visits to historical sites, and talks on topics of historical interest. We

sometimes have to put a limit on numbers attending when our guides or venues can only accommodate set numbers but, hopefully, members don't

lose out too often on events they want to attend. Some of our members join in most activities, while others attend just now and again. There's no pressure on anyone to attend regularly.

We rely on suggestions from members and try to ensure we offer some activities that those with limited mobility can enjoy.

If you would like to be added to our distribution list, please let us know. New members are always welcome.



The group normally meets on Mondays to visit places of historical interest or to hear presentations about items of interest.

On 22 September we'll be enjoying a Theatre and Entertainment of Glasgow walking tour, led by Judith Bowers. (Those of you who came along to her presentation on the Britannia Panopticon Music Hall in Argyle Street will know what an entertaining speaker she is.)

Please contact us [here](#).

## History Book 1

The group reads non-fiction history books and meets monthly on Mondays to discuss them.

Below is a review by one of our members of our last read, 'Budapest' by Victor Sebestyn

The group's views on this book - effectively a history of Hungary rather than Budapest per se - were strikingly mixed. Some loved it, others found it disappointing and difficult to read, while the remainder found it good in parts. Nevertheless, there was general agreement on two issues:

On a positive note, we all learned something new, for

example the key role of Scottish and English engineers in building the first permanent bridge that linked Buda and Pest.

On a negative note, we felt that lack of discussion on recent Hungarian politics, particularly the role of Victor Orban, was a major, puzzling gap. It would have been interesting to hear discussion of how current politics fits in the context of a national history punctuated by right wing extremism.

Our next read is 'How to Hide an Empire', by Daniel Immerwahr. For a list of other future reads, please visit our webpage [here](#).



## Photography

During August we had a photography group outing to Bowling Basin – a harbour, rail and canal terminus beside the Clyde. Though some members had to take shots elsewhere, six of us managed along and took a fair old range of pictures, though the visit was curtailed by traditional Scottish weather. These images give a good flavour of the trip: Jenni Austin's Seahorse ship's

pro, Mark Atkinson's tunnel (the interior of a lock gate lever), Peter Taylor's Oxford canal boat, and Steve Dunn's colourful view of a canal, rail bridge and sky.

Our next theme is to find boring subjects and make them interesting. October's Zoom presentation should be fun.

For more information get in touch [here](#).

## Ukelele

Earlier this month our ukulele group joined forces with Gie's Peace - the Glasgow multicultural refugee ukulele group as part of Open Day at The Coo - supporting Cowcaddens Fire Station

Our ukulele group meet every Thursday afternoon and new members are always welcome - whether beginners or experienced. Please contact our group leader [here](#).





## Music Appreciation - Pop Nostalgia

Next Pop Music Appreciation meeting will be at 1051GWR on September 24th, from noon to 1pm. The title is "Celtic Collage."

(Please let Mike know if you aim to attend. You can contact him via [this link](#)).



## Classical Music Appreciation

The September meeting will be on Tuesday 16th September at Flat 12, 4 Partickhill Road, at 2pm.

The theme of the meeting will be "travel".

(Anyone who hasn't attended previously but is interested would be welcome to turn up on the day.)

Please get in touch [here](#).

## Tuesday Coffee Morning

Our Tuesday Coffee Morning continues to meet at Annies at Anniesland Cross on the second Tuesday of every month. Join us if you can. [More info here](#).

## Coffee and a Chat

Please note, a wee change of date for October Coffee and a Chat: 4th October time change 12.30 to 2.30pm. (Still in the Puppet Theatre!). [More info here](#).

## Ventures with a Bus Pass

The August Venture with a Bus Pass was to Aberfoyle, a town that we had not visited previously and did not disappoint.

Unfortunately, the weather was not on our side.

With very regular buses from Buchanan Street and summer bus links to the Trossachs, this town is worth a visit especially in October when there is the successful Aberfoyle Book Festival.

There were plenty of walks in the local area and some of the group visited the Old Graveyard where they not only saw the tin coffins but also met some locals who regaled us with the local legend of the Rev Robert Kirk.

After a welcome lunch of soup and sandwiches and a visit to some local, independent shops, it was time to head back to Glasgow.

Next month we are visiting Broughty Ferry, a beautiful East Coast seaside town.

If you would like to know more about us, or want to join Ventures with a Bus Pass on future visits, please [contact us via the website](#), and click on the Co-ordinator link.





## Science and Technology

The next meeting, which is the first of the 2025-26 session, will take place on Wednesday 17th September when Professor Alan Crozier will give a talk entitled: "Polyphenols and Health Eating and Drinking". (Please note the change of speaker for this meeting. Prof Crozier has kindly stepped in to replace Gina Borges who was unable to give the talk as planned.)

Meetings take place on the 3rd Wednesday of the month from September to June (omitting December) at 3pm at Partickhill Bowling Club, 46 Partickhill Road, Glasgow G11 5BY.

The group also has a WhatsApp Group which is run by Alan Watt on which we share items such as links to articles and broadcasts about science that may be of interest.

### 2025-26 Programme

You can see details of the programme for the coming session on the group's web page.

You can find out more information about the group, our programme of events and also how to join us, [here](#).

## Drawing & Painting 2

Drawing & Painting Group 2 held a workshop at the recent Jamboree where attendees could choose between making a booklet, making a greeting card, or sketching from a photograph.

Those attending seemed to be evenly distributed between us, but some found time to try more than one option. We were overwhelmed by the positive, encouraging response from people who surprised themselves with their creative abilities. It was such a thrill for us to have helped people overcome their perceived limitations and create something for themselves that they were proud of.

Drawing & Painting Group 2 is currently at capacity. Contact them [here](#).



There are places available in Drawing & Painting Group 1. Contact them [here](#).

## Pickleball

We recently started our Pickleball group which meets on the 4th Wednesday of the month at 2pm in the Kelvinhall sports hall. We have different ranges of ability - some of us play regularly and some of us are beginners. As one of the beginners I can say that is a good sport to pick up and one I thoroughly enjoy.

Pickleball is a racket or paddle sport in which two or four players use a smooth-faced paddle to hit a perforated, hollow plastic ball over a 34-inch-high (0.86 m) net (until one side



is not able to return the ball or commits a rule infraction). Pickleball is played indoors and outdoors. It is a combination of tennis & table tennis played on a badminton size court. Serves are underhand and the ball does not bounce as high as a tennis ball. It is a fun racket game that is easily accessible to most of us. You can find out more about it [here](#).

If you are interested, please contact our group leader [here](#) and you will be added on to our list. (There is no need to attend every session - come when you can, we have enough bats and balls. All you require is suitable clothing and trainers!)

## Discover Interest Groups Online

With autumn now with us and the prospect of spending more time at home over the winter, you might want to consider joining Interest Groups Online (IGO).

With over 130 different learning groups, IGO has something for everyone. Find fellow members who share your passions, or try something new and discover a new interest. This month's new groups include Seated Shibashi for gentle, seated exercise, Editing Wikipedia Pages for existing contributors and those wanting to try it out, and Family History before 1538 for experienced genealogists. All groups are run by enthusiastic u3a members. Annual membership is £12.

[Find out more at this link.](#)



## u3a National Climate Matters Group

The u3a National Climate Matters Group had a large presence at the Jamboree and asked us to share some information with you. The online group 'Climate Matters' is part of u3a Interest Groups Online.

The u3a Climate Matters Web Page: This can be found at [this link](#).

There are 2 Facebook support groups: u3a Climate Matters and u3a Climate Group Leaders. They will also be giving a free talk as a u3a national Learning Event at 10.00am on 10th October 2025. More details are on the booking page at [this link](#).

## Dementia Heroes West End Cafe

We previously told you about Dementia Heroes West End Cafe which we are happy to support. This is an informal support group for this eliding with dementia or supporting someone (family member or friend) living with dementia.)

The cafe takes place at Byres Community Hub (in The Clarice Pears Building at 90 Byres Road) on the first Wednesday of the month between 1pm and 3pm.

Dementia Heroes is as much a (free) informal chance to meet others and share experiences as a direct 'fast-track' access to organisations that can help support people, from Age Scotland (dementia team) to Dementia UK (Admiral nurses), from Alzheimer Scotland to Playlist for Life. Patricia Ferguson MP is coming to the October café.



## The u3a Short Story Competition has launched

The National u3a Short Story Competition is now open for entries. The theme is Lost and Found.

The winner will receive a book bundle, including The Writers' & Artists' Yearbook 2026 and Bloomsbury author Sara Grant's new book The Ultimate Guide to Editing Your Novel: A revolutionary approach to transform your writing.

Short stories must be less than 1,500 words and submitted before the deadline of 12pm on Friday 17 October. More details [here](#).



## Visiting Gardens

On Friday 15th August the “Visiting Gardens” group visited Barshaw Walled Peace Garden in Paisley.

Barshaw House (now flats), was built by Robert Smith, and later reconstructed by wealthy Paisley businessman James Arthur. After their death, the estate was sold to the Paisley Town Council in 1911, with the park officially opening the following year.

The Walled Garden is set in woodland at the north-eastern corner of Barshaw Park. It is a beautiful space maintained

by the ‘Friends of Barshaw Park’ and features a great variety of and shrubs and trees with ample seating for visitors to relax and enjoy the surroundings. It is well worth a visit.

In 1986 Renfrew District Council dedicated the garden as a Peace Garden.

It was opened by Bruce Kent of the Campaign for Nuclear Disarmament. The Peace pole was erected in 2013 and it is here, every year on 6th August, that those who died in Hiroshima and Nagasaki are remembered.

Find out more about us [here](#).

## Member of the Month

### Jonathan Roberts

#### The return of the prodigal son

The date is 1st May 2025, a date etched in my mind. It is a beautiful warm spring morning. I am standing in the magnificent splendour of the quadrangle, the epicentre of the University of Glasgow. My overriding emotion is “it’s great to be back, carpe diem”. It’s not often in life you get an opportunity to address a regret that has left a hole in your being.

It is university open day where the gates are unlatched to a flood of would-be students and you are greeted with a sea of energetic young people at a stage where they are unburdened by what life has not yet thrown at them and have an unbridled zeal for the possibilities that lie ahead. I am immediately swept along on this wonderful wave of enthusiasm. I make a pact with myself: You screwed up the opportunity nearly fifty years ago; you ain’t gonna screw up again! Sure, I bagged an honours degree first time round but to my regret, I did not embrace university life. I adhered to my life outside university. I did not grow. I was not adequately prepared to step into the big wide world. It is a truism that university is indeed the university of life, as much about being equipped with the plethora of life skills required to navigate the big bad world as it is about academic achievement.

I scour the various university resources and my heart skips a beat at the size and variation of clubs and societies. I am particularly enthused by the Mature Students Association; I smile wryly at the oxymoron of the first two words. I suspect I may be the only sixty six year old man to have



joined the Taylor Swift society! Hell, I am going to let my hair down before I have none to let down! It will be fun watching the young upstarts trying to outlast me on

the club scene! I am trying to envisage a conversation with an (immature) student. Immature Student: “So do you think you’ll be able to survive on a student grant?”. Mature Student: “I’ll be fine, I have started to receive my state pension”. The conversation ends abruptly.

I am going to study Mathematics, one of the loves of my life. I studied Statistics first time round but soon learnt the meaning of lies, bad lies and statistics! I love the beauty and elegance in Mathematics. In first year, I will also study Astronomy and German.... I am sure there is a good joke that links these three subjects.....all suggestions welcome!

I am often asked “Why the bleep are you going back to university; I couldn’t imagine a worse torture”. My response is multi-faceted.....I love learning.....I love to embrace new experiences.....I am excited to be immersed in an environment of like-minded people with a positive disposition who are not weighed down with years of weary cynicism.....I intend

having a fun, interesting and stimulating retirement.....what better way to keep the grey matter ticking over.....it beats spending your life glued to streaming services.

I also get asked, “So what are you going to do with your degree?”. I respond simply, “I will hang it on my wall so that I have a lasting reminder of a retirement well spent”.

Carpe the bleeping diem!!!

#### Groups

Check out the list of our 58 Activity Groups on our website at the link below.

Go to each group’s page to read more information or to contact it via [this link](#).

Art Appreciation 1,  
Art Appreciation 2,  
Badminton,  
Book Group 1,  
Book Group 2,  
Bridge -Social/Informal 1 & 2,  
British Sign Language,  
Chess,  
Cinema,  
Coffee and Chat,

Coffee Morning Group,  
Creative Writing,  
Crime Fiction 1,  
Crime Fiction 2,  
Current Affairs,  
Drawing and Painting 1,  
Drawing and Painting 2,  
Film lovers,  
Four O’clock Gang,  
French Conversation 1,  
French Conversation 2,  
Games for Fun,  
Genealogy,  
German Conversation,  
History Book 1,  
History Book 2  
Italian Conversation,  
Knitting,

Latin 1 Beginners,  
Latin 2 More Experienced,  
Local History,  
Longer Walks,  
Lunch Bunch,  
Mah-Jong,  
MOTO,  
Music Appreciation (classical),  
Music Appreciation (pop nostalgia),  
Photography,  
Play Reading,  
Pickleball,  
Poetry Appreciation,  
Quilting and Stitching,  
Recorder Playing,  
Science & Technology,

Spanish Conversation,  
Strollers,  
Sunday Lunch,  
Table Tennis,  
Theatre,  
Travel Writing Reading,  
Ukulele,  
Ventures with a Bus Pass,  
Visiting Gardens,  
Walking with a Bus Pass,  
Wine Appreciation,  
Yoga.