



Dear All

I hope you are all managing to keep busy and are enjoying the run up to the Christmas season.

Our November meeting is this coming Thursday 20th November and our speaker is Ian Valentine who will talk to us about Rudolph Hess, Royal gossip, conspiracy theories and cockups by 'Dad's Army.' - something for everyone there!

Our December meeting - on Thursday 18th December - is our AGM, and also our Christmas Party. As usual please let us know if you plan to be at the Christmas party so we can get the catering right!

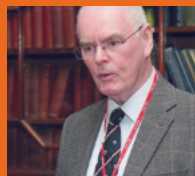
If you are interested in joining the committee and helping to shape our u3a this is an ideal time to step forward - please don't hesitate to contact me for a chat.

I have sent a separate email with the December and January dates for our coffee groups and the 4 o'clock gang. In addition, I would like to remind you that some

groups choose not to meet over the festive season. So, please remember to check with your group leader if you are not sure if your group meeting is going ahead.

We are actively trying to get some new groups off the ground and have some fantastic suggestions. We have a new book group starting this month and the new travel group is also having its first meeting to discuss possible destinations.

Crime Fiction 2 and History Book Group 2 are almost full so we are looking to start up third groups in these subjects. It has been suggested that it would be good to have a book group reading "the classics" - including new classics! Another suggestion is for an Historical Fiction Group.

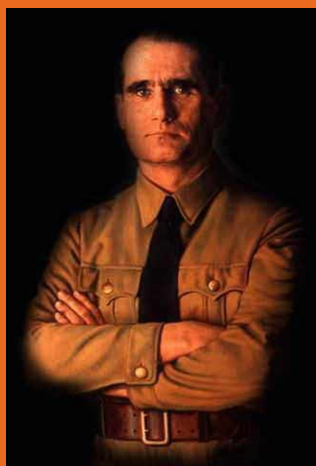


Monthly Meeting Thursday, 20th November: Ian Valentine

Our guest speaker Ian Valentine will share with us the adventures of Rudolph Hess; his life, times, trial and murder. With a cast starring prominent politicians, Princes of the Blood and with special appearances of the Busby Home Guard and the Guard at Maryhill Barracks.

Ian is a Glasgow boy, born and bred, educated at Allan Glen School and Glasgow University. He says he is a sums teacher by trade, teaching for 19 years at Duncanrig Secondary School in East Kilbride from 1966 to 1985. Ian then returned to Glasgow, serving as headteacher of Cleveden Secondary School for 20 years.

After retiring in 2005, Ian kept his hand in at frightening children by acting as the scary Victorian or Second World War teacher at Scotland Street School Museum for a further 12 years.



Another date for your diary...

December 18: We'll bring 2025 to a close with our AGM and Christmas Party. [Contact us here.](#)



We would like to start Poetry Appreciation 2 and Creative Writing 2 - the original groups in these topics have proved very popular! We also hope to start Italian Conversation 2.

One member wonders if anyone would be interested in a Polish Conversation group?

The Badminton group has been dormant for a little while. Would anyone like to help to get this started again?

There are details later in this newsletter about Drawing and Painting 1 which would welcome new members, as well as details of our new IT help group and the Inter u3a Quiz Group.

As always groups need people to help administer them but help is available with this! We do have some potential leaders for some new groups but if you think you can help or

would be interested in joining any of these groups, please do let in touch with me or Lesley our Activity Groups Co-ordinator [here](#).

Finally, I would also mention again 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 then please email me via the link below and I'll send you more details.

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

Gail Donaldson, West End u3a Chair.

NEW

2026 Calendar

Our 2026 Calendar is available.

It makes an ideal Christmas gift, with twelve colourful spreads showcasing the cream of the amazing images taken by our photography group.

The calendar costs £7 for one copy or just £20 for 3 copies, and each includes a stout envelope for posting and protection.

The calendars are already selling well so don't miss your chance to get yours!

They will be on sale at monthly meetings, coffee events, 4 o'clock gang and other group meetings by prior arrangement.



Drawing and Painting 1

This group has places available for some new members. If interested in joining please contact Lesley via the link below.

We are a mixed ability group of complete beginners to those who have been drawing/painting for a long time. We each supply our own materials and work on our own individual project. There is no formal tutoring though members are happy to share tips they may have found useful about how to improve skill. Please feel free to come along and give it a try.

The group is friendly and welcoming. We meet on Wednesday afternoons in an upstairs light filled room in GWR Gt Western Road. We meet fortnightly at 2.30 until 4.30. The room provided is free for us to use so there is no cost to join the group apart from the purchase of coffee from the restaurant.

(Please note Group 2 meet same place and time on alternate Wednesdays but Group 1 is looking for some new members.) Our next meeting is on Wednesday 12th November. Find out more [here](#).



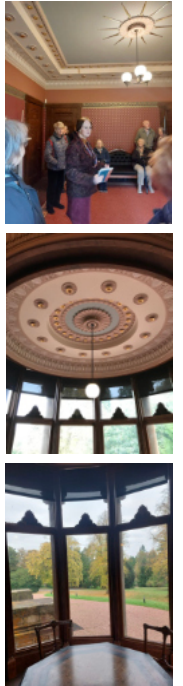


Local history

The group meets monthly to visit places of historical interest or to hear presentations about items of interest.

In October we had a guided tour of Holmwood House, a National Trust property. Most of us had visited this Alexander 'Greek' Thomson - designed building previously but not for some years. It's a real gem though admittedly a bit of a challenge to find, tucked in the Cathcart area of the city. We were delighted to visit again, not least because of the addition of a café and an 'Imagination' room. The latter, designed for activities for the young and not so young, contains a powerful image of Glasgow properties designed by Thomson. On sliding a glass screen across this image, it is overlain with crosses of all those buildings that no longer exist. The group gave a collective gasp on seeing this stark reminder of how much of Glasgow's heritage has been lost.

Keep an eye on our webpage nearer the time for further details of this and other events. Please contact us [here](#).

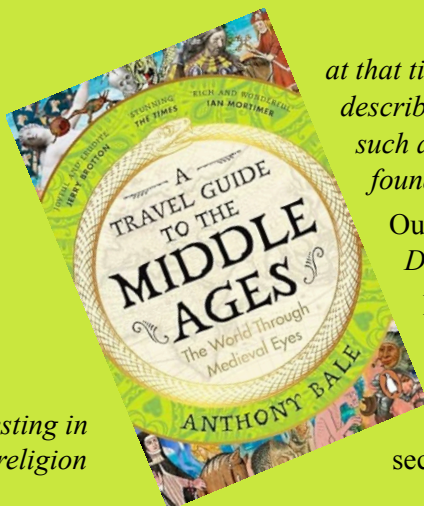


History Book 1

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, 'A Travel Guide to the Middle Ages: A vivid and unforgettable insight into medieval history', by Anthony Bale.

"Most of the Group found this book interesting in part, showing the strength of the place of religion



at that time. This prompted the many pilgrimages described in detail. At times the book was amusing, such as the rules in taverns, but overall, it was found to be too long and tedious."

Our next read is 'Hitler, Stalin and Mum and Dad', by Daniel Finkelstein.

For a list of other future reads, please visit our webpage [here](#).

(As this group has proved so popular and is full to bursting, we've set up a second one.)



Photography

Contrast was the theme for our November meeting. Members chose to interpret that in creative ways, as always. Featured here are four shots that illustrate the theme, clockwise from top left: low key face by Gordon

Saunders, colourful boat by Mark Atkinson, full moon by Jenni Austin, and cocktail glass by Sheila Hamilton.

Next month we will feature images of Autumn. It's likely to be a colourful meeting. You'll see some here next month. For more information get in touch [here](#).



Science and Technology

The next meeting, which is the first of the 2025-26 session, will take place on Wednesday 19th November when Dr Sarah Cummings will talk about "Huntingdon's disease and recent advances in treatment".

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.

Please note there is no meeting in December.

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.

Find out more information about the group, and how to join, [here](#).

Val Kaye, Convenor



Ventures with a Bus Pass

As we move towards the end of the year our Days Out Group become

conscious of the weather and try and stay closer to home!

October saw some of us take the train for once to Helensburgh. It's always a favourite destination and at

least the weather was mostly dry! We also found a new cafe for lunch and stocked up at the famous sweet shop!

November saw some of us set out for Livingston for our Christmas Shopping trip at the outlet Centre. Everyone found some bargains and again we had a good catch up over a delicious lunch

In December we will meet for coffee and to make plans for next year.

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.



Art Appreciation 2

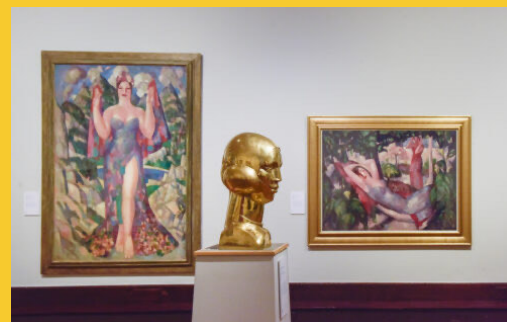
Our October event was a very enjoyable visit to Perth Art Gallery. The gallery features an easy to navigate lay out, with 'Modern Scots' showcasing work by influential modern Scottish artists, including Joan Eardley, Sir William MacTaggart, Calum Colvin and Alison Watt.

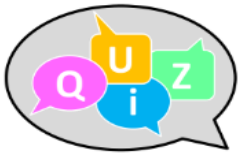
Within the courtyard setting, there are also some 16th and 17th Century European artworks. The JD Fergusson and Margaret Morris Collection, celebrates the creative partnership between Fergusson, the colourist and Morris, the pioneering dancer, while a new collection by JE Millais, highlights the artist's Perthshire connections.

Upstairs, there is also a photography 'dark room' gallery.

We agreed that this is yet another gallery that we agreed was very much worth another visit, with friendly staff and well displayed information. A lovely soup and sandwich lunch at nearby Kisa and bright weather rounded off our visit.

For a list of other future events, keep an eye on our webpage.





Inter u3a Quiz

Did you know we have a group that takes part each month - on Zoom - in the national u3a Quiz?

Currently we have a pool of six quizzers to fill the fourspaces we need each month but we would like to add to this pool. If we have more people wanting to quiz then we can enter a second team.

The quiz takes place at 7pm on the last Wednesday of the month. Find out more [here](#).

Byres Community Hub Events

22nd November 12 noon - 4pm "Christmas in the West End" This is



free event. The Clarice Pears building will come alive with the sound of live music, twinkling lights and festive cheer!

16th December (Tuesday) 2pm to 4:30pm "A Gift From Clarice Pears" A Festive social in partnership with our Hub u3a crafting groups, the Scottish Intercultural Association and Vocal Dynamics Choir. Drop in from 2pm to 4pm. The Choir will be from 4pm to 4.30pm.

To find out more about these events and the many more taking place at the hub, please visit [here](#).



NEW IT Help

At the request of some members, we have set up a new "group" which will meet on the first Monday of every month, starting on Monday 1st December. We will have volunteer members with some experience on hand to help with any issues you are having - IT issues, smart phone problems, social media etc.

Please note the volunteers are not IT professionals but will use their experience to help solve problems. If we don't know how to fix something we will try and find out!

This is a drop-in group at Cottiers bar /restaurant, 93-95 Hyndland Street. [Details here](#).

Mackintosh Choir Christmas Concert

This takes place on Sunday the 14th of December 2025 at 7pm. The venue is St. John's Renfield Church, 22 Beaconsfield Road, Glasgow G12 0NB.

The programme has something for all tastes: from the Hallelujah Chorus, to Good King Wenceslas to Winter Wonderland. Tap your toes or sing to your heart's content! The choir is shown below during rehearsals. How many west end u3a members can you spot in their ranks?



Member of the Month

Maggie Paterson

Yikes – why did I ever say to Gail I would write something for member of the month! I enjoy reading about our other member's lives but what to say about mine?

I could say that I still run and that I am just back from inter-railing through Europe where I participated in 'We run the night Vienna'. I could write forever about the joy of looking after my grandchildren.

I could talk about my involvement in the community - I am Chair of Partick Community Council and on the Board of Maslows Community in Govan among other community commitments. Or about continuing my career passions as Vice Chair of a Committee within the Standards Council for Community Learning and Development.

Or that I'm Co-ordinator of the Theatre Group ...

But I think I am going to talk about Learning, Laughing and Living in my 3,765th week of life! I recently read a



book which pointed out that the average person lives for 4,000 weeks. I think the u3a helps us put that emphasis on living our weeks. Filling them with learning new things, skills and activities, which bring fun and laughter to our lives. Be it getting better at one of the 'asanas' in yoga or laughing at myself comparing hearing aid experiences with fellow Theatre Groupies, being part of the u3a enriches my weeks. Be it learning about the radical Voltaire and how to practice mindfulness at the Jamboree, or becoming digitally agile on WhatsApp, the u3a helps me keep my brain active, even if it can't help me find my keys...

All of the things I listed above bring learning and laughter into the way I live out my weeks too. Regardless of whether I get more or less than the average 4,000, I will have lived my weeks to the full.

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 and Improvers
British Sign Language,
Chess,
Cinema,

Coffee and Chat,
Coffee Morning,
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

Inter u3a Quiz,
IT Help,
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.