



Our September Monthly meeting with its suggestion from the u3a Trust CEO, Iain Cassidy of “Try Something New – for the joy of it or just for fun,” successfully shone the light on some of our 60 interest groups. One hundred and thirty members attended and the programme opened with a relaxing session of Qigong, led by Council Representative, George Cleland.

If you would like to continue with Qigong, you might like to [join George’s online class at this link.](#)

Once we were all relaxed and then rejuvenated, we heard from a number of group leaders, each of whom shared with us a real insight into their particular group. This was followed by lively performances from the Recorder Group and the Ukulele Group. Around the room tables were arranged to promote various other groups with an opportunity to speak with the leaders.

If you were inspired to try something new, perhaps as a result of the Showcase, please [drop us an email](#) and we will share your story in the next Newsletter.

October 15th Monthly Meeting: “The Not Proven Verdict, Past, Present & Future”

The "not proven" verdict was a unique feature of the Scottish criminal justice system for nearly 300 years until it was officially abolished on the 1st January 2026. Gillian Mawdsley will be giving us what promises to be a very interesting insight into Scottish Prosecutions.



Gillian is a qualified Scottish solicitor whose legal background spans a number of public sector roles including Crown Office and Procurator Fiscal Service, Scottish Government and the Law Society of Scotland. Her interests in law now continue in her non-retirement through her teaching, writing and research at the Open University, Edinburgh University and Strathclyde University when she is not playing pickleball.

It's on Thursday 15th October in Novar Drive at 10.30 am. Coffee and tea available from 10.00 am. [Details here.](#)



Quiz Night

Our Quiz nights are designed to be fun, but it is always good to test our knowledge and activate the grey matter. To this end, on Thursday 23rd October we are organising a Quiz Night at The Community Hall, Novar Drive, 7.00 – 10.00 pm. Doors open at 6.30 pm. Bring a bottle(s) of your favourite tippie and either come along with friends and form a group of up to six per table, or come along on your own and we'll help you find a team. We'll be providing a fish and chip supper (veggie alternative) and there will be a raffle with any profit being donated to a local charity. If you have not already reserved your place and want to book, please [email Steve our Business Secretary via this link.](#)

AGM

On December 17th we will hold our AGM and pre-Christmas party.

At the AGM we will elect our new Committee for next year. Members will be given the opportunity over the next weeks to nominate new Committee members. Information to follow on this.



An evening cycle; a memory from Jenni

A simple cycle along the canal on a lovely summer evening can quite quickly turn into an experience one wouldn't wish to repeat – ever! Thankfully no harm done, but it could have been quite dangerous, so I



consider myself very fortunate to have come out of a very wet situation laughing so much.

The Canal Society people were my hero rescuers, in more ways than one as you'll see from these photos. My gratitude will never be diminished...

If you would like to read the full story contact Jenni (our Drawing and Painting Coordinator), at [this link](#).

What A Climb!

Some of you supported fellow-member Jayne White in her climb of Kilimanjaro to raise funds for the Beatson. Here is a snapshot supplied by Jayne of this fantastic experience:

“Our six-day hike along the Machame Route really was a unique walking experience. Although we have climbed all of the Munros as well as numerous mountains in the Pyrenees, the Alps and the Apennines, never before have we walked with a 21-man crew whose sole job was to make our journey as comfortable and successful as possible. And they really were there with and for us every step of the way, from waking us with our chosen hot drink just before sunrise and monitoring our health and fitness along the route each day to ensuring a perfect recovery at the end of each section by pumping hot water for a shower, cleaning our boots, serving amazing 3-course vegetarian meals and then putting a hot water bottle into our bed each night. Only on summit night did we separate, with 17 staying at base camp while four guided us to the top while carrying our day packs as well as all the usual necessities such as food, water and oxygen. We left base camp at 2am and summited at 6am. On our return to base camp at around 8am, we were welcomed by the 17 crew members performing a celebratory song and dance. But there was no time to waste - after an hour's break, we had to descend very quickly for five hours to prevent any effects of altitude. All in all, it was a twelve-hour day to round off a truly epic adventure. And along the way, we have so far raised around £2,700 for Beatson Cancer Charity.”

Memories

Annie's Garden; a memory from Gillian

Truth to tell I had until very recently forgotten about this. But the memory came back as I was talking earlier this year with a group about Gardening for Wellbeing; and with it, a thankfulness for the person who was so kind to me 70+ years ago.

For many years when a child my family 'took a house' in Machrie, on Arran during the Easter and summer holidays. The house was in fact part of a working farm and as in the 1950s, still worked with Clydesdales; and the cows, all with their own names - were milked by hand. The farmer and his wife were so kind to us children: letting us feed the animals, sitting up behind the horse bringing in the peats from Machrie Moor behind the farm, milking the cows, turning the churn for butter and picking flowers in the summer from Annie's beautiful little walled garden tucked behind the cottage across the farmyard. And it's that last memory that has stayed with me most vividly. Every year at the end of August a Bring and Buy Sale was held in the Village Hall. My sister and I decided we would make up posies and sell them. With flowers from Annie's garden! We rambled through it plucking Japanese anemones, gladioli, chrysanthemums and Michaelmas daisies to tie up into little bunches. Was Annie's amazing generosity in giving two wee girls the run of her beautiful and carefully tended cottage garden a part of my lifelong love of flowers and later, of gardening? I like to think so and am forever grateful.

If you have a memory or story you would like to share, please send it to us and we will publish it in a forthcoming Newsletter. [Email it here](#).



Photography

While the weather stayed a bit summery a group of us travelled to Edinburgh to shoot the sights. The results included gardens, ancient buildings and buskers. This powerful black and white shot by Margaret Gair captures some of the best-known sights in a single image. Our next theme is the River Clyde in Glasgow, for which an outing is planned.

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

Social Groups

As mentioned on page one, social groups are the lifeblood of u3a and a life saver for many people. How good it is to meet up with a variety of folk from different walks of life, simply to have a chat or maybe a very stimulating conversation, over refreshments. Here are some suggestions:

Coffee and Chat

Coffee and Chat (tea and delicious cake also available!) usually takes place on the first Saturday afternoon of the month. Come along to the Mask and Puppet Centre in Balcarres Avenue at 2.00 pm. This is a recommended event for new members when you will have your first opportunity to meet other members in a relaxed social setting. You'll receive a warm welcome. [Details here](#).

Tuesday Coffee Morning

The Tuesday Coffee Morning Group meets at Esquire House on Great Western Road, on the second Tuesday of each month, at 10.30 am. [More here](#).

MOTO

The MOTO (Members on their Own) group, meets at Cottiers on Hyndland Street once a month, on either the fourth Thursday or Friday of each month at 2.00 pm. Couples are welcome too! [Find out more](#).

Four O'Clock Gang

Last, but by no means least, the Four O'Clock Gang meets on the first Thursday of the month at what was, until recently, known as GWR on Great Western Road. Renamed the Duck n Doc. Members meet at 4.00 pm for drinks, to socialise and maybe have a bite to eat. [More here](#).

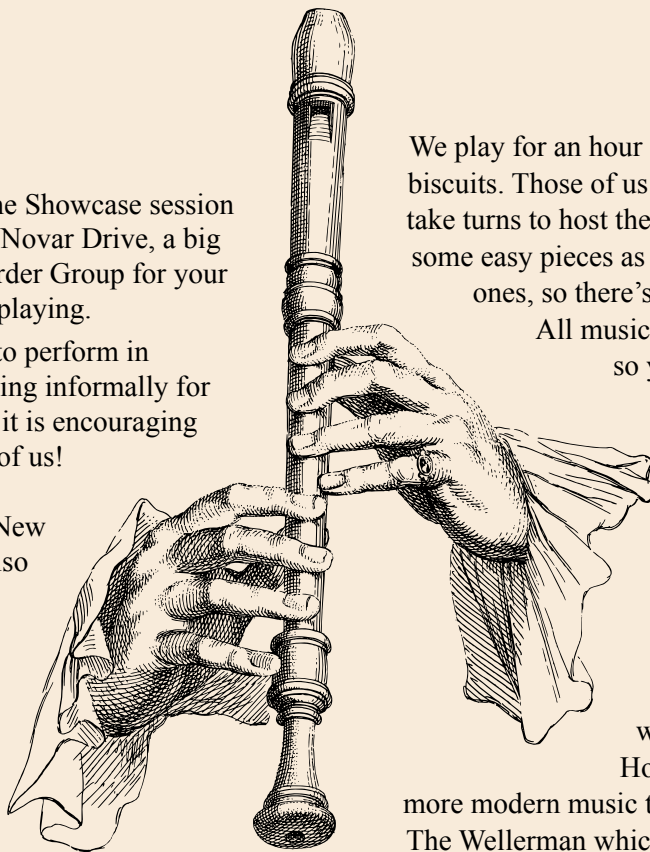
Recorder Group

To everyone who attended the Showcase session at the September meeting in Novar Drive, a big 'Thank You!' from the Recorder Group for your enthusiastic response to our playing.

The aim of our group is not to perform in public, but just to enjoy playing informally for our own pleasure. However, it is encouraging to see smiling faces in front of us!

Although the National U3A message is 'Try Something New - for the joy of it', I would also suggest 'Why not retry something old - for the joy of it'!

Maybe you have an old recorder which you played at school, now gathering dust at the back of a cupboard, or maybe you have one which your son or daughter played at school. Why not dust it down, give it a blow, and come and join us? Or you might find a recorder in a charity shop. We meet every Tuesday at 2 pm throughout the year.



We play for an hour and then have tea and biscuits. Those of us with more space at home take turns to host the group. We always include some easy pieces as well as more challenging ones, so there's something for everyone.

All music is provided free of charge, so you just need to bring yourself and a recorder.

Within the group we have descant, treble, tenor and bass recorders, and much of our music was written between the 1500s and the 1700s when these instruments were very popular.

However, we do play some more modern music too, such as the sea shanty The Wellerman which we performed at the Showcase.

If you'd like to know more about our group or might be interested in joining us, then [please do click the link on the website](#). We'd be very happy to welcome you!

Art Appreciation 2

Our first outing of the session was a visit to Modern 2, National Galleries in Edinburgh to see the Gwen John exhibition "Strange Beauties". Over seven rooms, we viewed a very impressive range of John's work from some worldwide collections. Along with her writings and a commentary of her complex, interesting life, the exhibition presented a fascinating insight into the artist, her life, loves and work. As always in Modern 2, we ended our visit with a nice lunch in the cafe.

For a list of future events, [keep an eye on our webpage](#).





Ventures with a Bus Pass

Our September outing was at Balloch with a group of 10 getting the train. (Although we are a Bus Pass Group, on this outing it was simpler to get there by train.) We had good weather and some of us went walking around a part of Loch Lomond towards Cameron House whilst others opted for an interesting visit to the Sealife Centre which had a variety of fish including sharks! The nearby wooded area was an enjoyable stroll. The Bird of Prey Centre was also another interesting visit.

The shops and cafes were centrally located about a 20-minute walk from the railway station. Our group lunch at the cafe allowed us to swap our experiences from our earlier explorations and finally some had a last-minute visit to the attractively set out gift shop near the station.

We have recently had some new members. Looking forward to meeting up on future outings.

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.



Local History Group

Our September event was a tour of Glasgow City Chambers. This magnificent building was designed by architect William Hughes following an open competition and built in 1883. Over three levels, the building draws on Venetian, Renaissance Roman and French styles. We all enjoyed seeing this wonderful building in the heart of our city.

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



Science and Technology

The next meeting will take place on Wednesday 21st October when Professor Cambell Booth of Strathclyde University will talk about “Electrical Power Systems in Scotland: Past, Present and Future”.

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

For more information about the group and to join, [click on this link](#).



Travel

The Travel Group have just returned from their first holiday - a week on the beautiful island of Jersey.

Eight of our members made the trip and stayed in a lovely country house hotel in the outskirts of St Helier. We enjoyed a tour of the island with the opportunity to visit many of the stunning beaches and bays. Another highlight was The War Tunnels Museum - a fascinating insight into life in occupied Jersey during WW2.

All in all, a successful trip! [Do contact us here.](#)



Travel Writing/Reading Group

Calling any members who enjoy reading travel writing!

There has been some interest shown in starting this group but not quite enough to make it viable.

We met recently and made some tentative suggestions for such a group:

Possible venue - a member's home or The Three Crows (parking available at both).

Day - Monday or Tuesday afternoon (not 2nd Monday of the month)

Selection of books - either members taking it in turn to select title or members suggesting 3 titles and voting for their preference.

Please get in touch [via this link](#) if you are interested in joining us journeying around the world in books and exploring this fascinating genre.

Fostering a Guide Dog Puppy

Charity Guide Dogs is seeking dog lovers who could open their hearts and homes to a guide dog puppy! Volunteer puppy raisers start the puppy of on their journey to become a life-changing guide dog, take them out and about and introduce them to new experiences. Opportunities include having the puppy for 12-16 months, before it goes on to its formal guide dog training; having the puppy for part of this journey, e.g. 6 months, or providing holiday cover for current puppy raisers, e.g. 1-2 weeks at a time.

Raising a guide dog puppy allows for canine companionship in a supported way. Many of our volunteers puppy raise because they like having a dog around, but do not want to commit to having a dog long term. Additionally, we cover expenses such as food and vet bills, provide 1-2-1 training and monthly puppy classes, and also arrange for another volunteer to look after the puppy whilst the volunteer is on holiday, so people are well supported. And you'll be making a big difference to the life of someone living with sight loss.

Ready to join the pack? Visit www.guidedogs.org.uk/volunteer - put in your post code to see what is available in your area and find out more about each opportunity. Want to get involved, but can't commit to having a dog in the home? You could help out one of our fundraising groups now and again, or take the lead with organising events!

If you'd like to chat, [please email Emma.](#)