U3a Newsletter

November 2026



Welcome to the November edition of your Newsletter.

Regular readers will by now be well aware of my fascination with the quite spectacular colours of this autumn. Most deciduous trees are now bare, but on the plus side this means we can roll back the years to when we were children and indulge in kicking through the fallen leaves, preferably in a pair of wellies. Go on, just do it, who cares if passers-by give you a wide berth because they think you're bonkers.

The photo to the left was taken in Queens Park, and the one on the right is from Glasgow Green. You will find other examples of autumn colours throughout the Newsletter.



This month's Spotlight article on Page 3 is from Peter Gore, who has recently taken over from Ken Liddell as Group Leader of the Pub Lunch and Discussion Group. Peter is a member of the Executive Committee and is a lively and amusing conversationalist, so if you are looking to step down from your solitary soapbox and bestow upon others the benefit of your immense wisdom and intelligent views, join this popular and interesting group.

This month's Trip Down Memory Lane is from another Committee Member and Group Leader, Hildegarde Berwick, whose extensive knowledge of the Arts is already well known to many of us. Hildegarde will be our guest speaker at the monthly meeting on 18th February, but in the meantime you will find the nerve-wracking tale of her first exhibition on Page 4.

In addition to my love of autumn colours, my interest in poetry has also oft been recorded in the Newsletter. To my delight, we have a poet amongst our members, Janie Miller, who has kindly submitted two of her poems and you will find these on Page 5.

Our Groups Leader, Heather McEwen, is looking for members who may be interested in two potential new groups which have been suggested. You will find more details on Page 10.

Finally, remember our Afternoon Tea is on Thursday 21st January 2027 from 1:30pm – 3:30pm. This is our third such event, the previous two having been great successes, so please come along for what is going to be a most enjoyable and tasty afternoon. The cost is £6.00 per person, and payments should be made by bank transfer to:- **Glasgow Southside u3a, sort code 80-22-60, account no. 24795569**

Please send your articles to **newsletter@glasgow-southside-u3a.org.uk.**

Kind regards,
Elainne Lawrie (Editor)

Future Monthly Meetings

We are pleased to have secured the following quality speakers for 2026/2027:-

December:	No meeting
January 21st:	Afternoon Tea
February 18th:	Hildegarde Berwick on "The 1901 Exhibition"
March 18th:	Brendan Berry on "Photography and Art"
April 15th:	Elizabeth Roddick on "Your Mind and Improving Your Memory"
May 20th:	Harold Amos on "Russia Starts Here"
June 17th:	Clem Clement on "Around Scotland in 15 places – an Incomer's View"



Brain Teaser

1. Which comic strip cat did Jim Davis create?
2. From which language does the word slalom, as in skiing, come?
3. Which fibre did shipbuilders use to caulk planks on wooden ships and boats?
4. Traditionally, which full moon follows the Harvest Moon?
5. In the classic nursery rhyme, what couldn't Jack Sprat's wife eat?



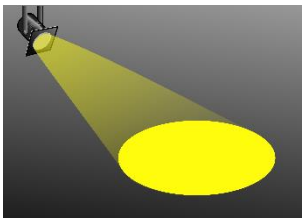
You Heard It Here First

Last month's recommendation for Nea's café at the corner of Battlefield Road/Battlefield Avenue was well received – I hope everyone who has visited it enjoyed it as much as I do.

At the November monthly meeting I had the pleasure of meeting one of our members, Nick Morgan, who kindly gave me his own highly recommended café – **Dream Ground Coffee & Co** located at 15 Garry Street, Cathcart G44 4AZ, just off Holmlea Road. The cafe's venue was previously a church hall which, like many churches nowadays and banks before them, was sold to the café owners. It is good to support small, local businesses so please, if you can, follow Nick's recommendation and give it a go.

If you have your own favourite café or other eating establishment, please email:-

newsletter@glasgow-southside-u3a.org.uk.



SPOTLIGHT

PLAD: Good Food, Good Company and Lively Discussion

PLAD stands for Pub Lunch and Discussion, which is exactly what happens. We are one of the activity groups in Glasgow Southside u3a, and there are 35 of us in the group from a total branch membership of 161 people. Not everyone comes every time, of course, but there is usually a good mix of familiar faces and different points of view.

We meet on the **third Tuesday of the month**, ten months of the year, taking a break in June and July. Our lunchtime gathering runs from 12.30 until about 3pm. The timing is deliberately relaxed; people can arrive, buy a drink at the bar and get settled before the discussion begins at 1pm. As the saying goes, if you're early, you're on time!

Our present home is the Titwood Bar, 52–58 Nithsdale Road, Strathbungo, Glasgow G41 2AN, near the "Bungo Den", another café-bar that was once a popular meeting place for us. The Titwood is part of the Proper Pubs Company, run by Admiral Taverns, which has another twelve pubs nearby in Glasgow.

Everyone brings their own food, which may seem unusual for a pub lunch but works well for us. It allows each person to choose something that suits their appetite and dietary needs, keeping the gathering simple and inclusive.

Once lunch is under way and everyone has had time to settle in, the discussion starts. It is not a formal lecture, and nobody is expected to be an expert. We talk, listen, disagree now and again, wander off the subject occasionally and usually learn something along the way. The range of interests and experience around the table is what makes it enjoyable.

PLAD is also a good way to get to know people in the branch. Sharing food and conversation feels easy and natural, especially for newer members who may not know many people yet. There is no pressure to make a grand contribution; joining in when you want to—or simply listening for a while—is perfectly fine.

You are very welcome to join us next time. **PLAD** is friendly, flexible and, as we like to say, it's all good.

Peter Gore



A Trip Down Memory Lane

Most of my working life was spent in the art gallery and museum sector. Like anyone who opens their doors to the public, this also means opening doors to some surprising behaviours.

I can still vividly recall an incident at the start of my working life. I was organising my first professional exhibition at the first gallery where I worked in Lancashire. It was an exhibition of contemporary ceramics. The gallery had recently built smart, modern display cases. The cases were square shaped, which allowed a good three-dimensional view of each of the items on display. Some ceramics were functional items, such as teapots and plates, and others were purely ornamental. All were very vibrant and colourful.

By good luck, our Education Officer was also aware of a collector of genuine Japanese items used in the ceremony of tea making. Anyone who has been to Japan will know how seriously they take the making and the presenting of what we, in the West, take for granted as the humble cup of tea.

After the delight of selecting the contemporary ceramics from the permanent collection of another gallery in Lancashire, the items were packed and carefully transported to the gallery where I worked. Each item was diligently unwrapped and condition checked. Then came the creative part of assembling each object into an eye-catching display. The Japanese tea ceremony items were presented separately in their own display case.

Part of a Gallery Attendant's duties, whilst patrolling a gallery, is to check on the condition and security of items on display. You can imagine my horror when I was informed that two of the contemporary ceramic items in one of the display cases had toppled over and were lying damaged at the bottom of the display case. Rushing to the scene of the incident, I could only suppose that someone heavily bumped into the case and the impact toppled the ceramic items from the highest point of the display.

All was not lost though, as the lending gallery was in contact with the makers of each of the damaged works and new ceramic pieces were commissioned. Although this was good news, I was somewhat horrified that this had occurred just a few weeks after mounting the first exhibition of my working life.

This is far from a unique situation in galleries and incidents have increased since the introduction of the 'selfie'. There was a widely publicised incident in 2020 which occurred in the Antonio Canova Museum in Possagno in Italy. A tourist, trying to get a good pose for his photo, accidentally broke three toes off the elegant reclining figure of Paolina Bonaparte, Napolean's sister. She is posing as Venus Victrix and the sculpture is by the major Neo-Classical Italian sculptor, Antonio Canova. The sculpture was the plaster original, not the final marble piece. The 'misguided tourist' later owned up to his 'stupid move' and sent a letter to the museum with his apologies!

Hildegarde Berwick

Poetry Page

Spending Time
by Janie Miller

When all of it was mine
to use wisely or misuse
to give away or waste
when I had more than enough
and others gave to me

The days and hours and minutes
passed without notice
when we danced through the days
when the only deadlines were self imposed

Time flowed by, in great waterfalls and tranquil rivulets
and sometimes gathered in deep luxuriant pools,
we could wallow there, and float free and weightless

Getting There
by Janie Miller

When I was 75, I became old
it was sudden.
Not a surprise, just recognition.
Tempting, to regale you with '*once upon a time I was…*' but no,
from this pinnacle, what good would come of reviewing the ups and downs
there are too many, difficult to identify, the deserving and the … never mind.
When happy, when sad, when fulfilled,
disappointed, content, sane, mad.
What *was* being poor, what *is* being rich,
were there riches in poverty, what losses in being rich
where does it get you?
I know, the theory of self-actualization, studied the bloke that wrote it
taught it to others,
knew then it was beyond *my* reach.
Still climbing that ladder,
it wasn't the stairway to heaven
but possibilities could be viewed from a distance.
Hands up!
Who here has reached true fulfillment,
I want a word with you.

GROUP NEWS

Art Appreciation Group
Group Leader – Hildegarde Berwick



November saw us visiting The King's Gallery at Holyroodhouse in Edinburgh. The theme of their current exhibition is '*The Edwardians: Age of Elegance*'. Opulence was abundant in the paintings, costume and accessories that we viewed, all drawn from the Royal Collection. Paintings ranged from formal, grand royal portraits to informal scenes of garden parties. One of the intricate silver items on display was a tea caddy made by Fabergé.

This group is open to new members, and anyone interested should contact Hildegarde via the website.

Photo:- The King's Gallery, Palace of Holyroodhouse, Edinburgh

Local Dining
Group Leaders – Jeannie Gilgannon and Barbara Sharp

Photo:- Local Dining Group



The November lunch was at Battlefield Rest and was attended by ten of the group . Most had the two course lunch menu. The food was excellent and the service also. A good time was had by all.

Pickleball Group
Group Leader – Heather McEwen

This group continues to be very popular with all members playing whenever available. We have some hard-fought games and everyone seems to enjoy it. There is a short waiting list and these people are invited to play whenever we have space. If you would like to join the waiting list please email **groups@glasgow-southside-u3a.org.uk**

Mahjong
Group Leader – Heather McEwen

Mahjong has recently returned to the Stag and Thistle and an effort has been made to attract new members, including complete beginners, by advertising in the newsletter and at the monthly meeting. We have met twice so far and taught 4 new people how to play. The emphasis is on having fun and all the new people have said how much they've enjoyed the game. **This group is open to new members, and anyone interested should contact Heather on:- groups@glasgow-southside-u3a.org.uk**

Music Appreciation Group (MAG)
Group Leader – Ken Liddell

We usually have an agenda of sorts for our meet-ups in the Stag & Thistle, but the November meeting was memorable for us going spectacularly "off-piste" for much of the time, straying into "tall people at gigs" (and how we recommend they be dealt with!), seats and our need for them, and bad attitudes from performers (Dylan, Morrison, Clapton).

Regular reports on recently deceased musicians, e.g. Steve Ellis of Love Affair, Donal Lunny of Planxty, and gigs we had attended in the past month were also covered. It's good to see the group expanding a bit….we had 9 present and three "willing but sick" on the day.

The December meeting (Monday 21st) will happen an hour later than usual, 1100hrs and run till 1300hrs, when we will tuck into Xmas Lunch at the Stag & Thistle.

This group is open to new members, and anyone interested should contact Ken via the website.

Local History
Group Leader – Shona Liddell

November's meeting was a really interesting walk following the Pollokshields Heritage trail. This took us past the mansions of Glasgow's Garden suburb, created in the nineteenth century when the merchant class wanted to move their families out of the centre of the city.



We were amazed by the architecture and grandeur of the homes, one of which was built for Glasgow publican John Scouller, then owner of the Horseshoe Bar - a hostelry still open for a quick one before heading home. Another was built for the owner of an umbrella factory, and one even built for William Forsyth McGibbon, the architect who designed the Sherbrooke Church. It has to be said that coffee in the Sherbrooke Castle Hotel was a highlight. Our Christmas get-together is on **Wednesday 2nd December at 11.00 in Langside Sports Club**. Topic to be decided but will involve "personal" history.

This group is open to new members, and anyone interested should contact Shona via the website.

Photography
Group Leaders – Anne McLean and Jim Gillies

The new combined Photography group met on 9th November at the David Cargill Centre in Battlefield. There was a good turnout and we were reviewing photographs taken on the theme of Autumn colours. It's always interesting to see the different perspectives presented.

We had a discussion around editing, which apps to use, which apps are free and our more knowledgeable photographers showed us what was possible to achieve. I think we all found this beneficial, leaving us with a resolve to be more adventurous in our use of the apps.

In December we return to an outdoor location, our theme for the month being Festive!
Most likely we will take in the new refurbished George Square/Christmas lights followed by our customary visit to Babbity Bowster.



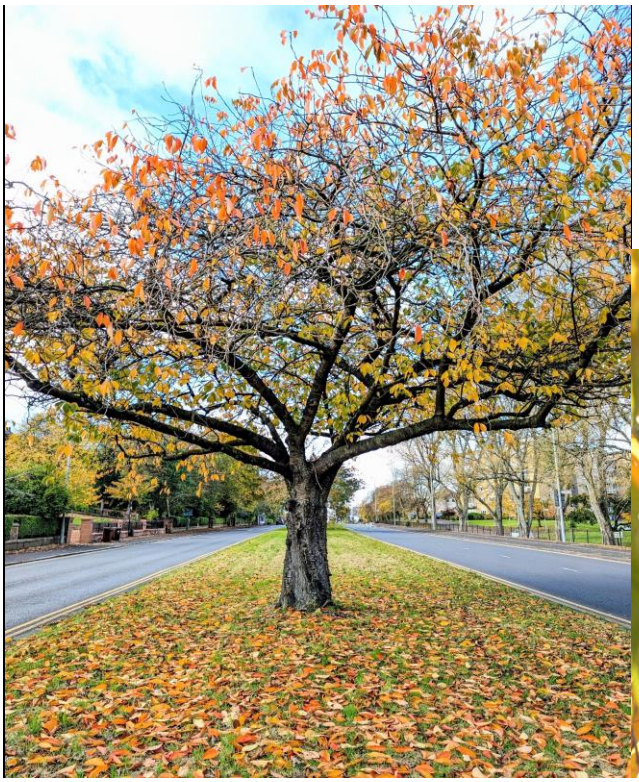
Leaf Soup

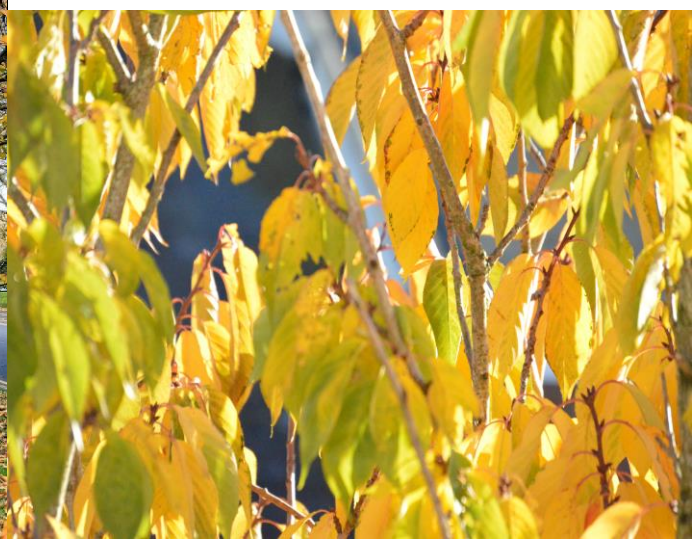


Hanging by a thread



Autumn Leaves (above) and Golden Leaves (below)





Great Western Road

Mahjong
Group Leader – Heather McEwen

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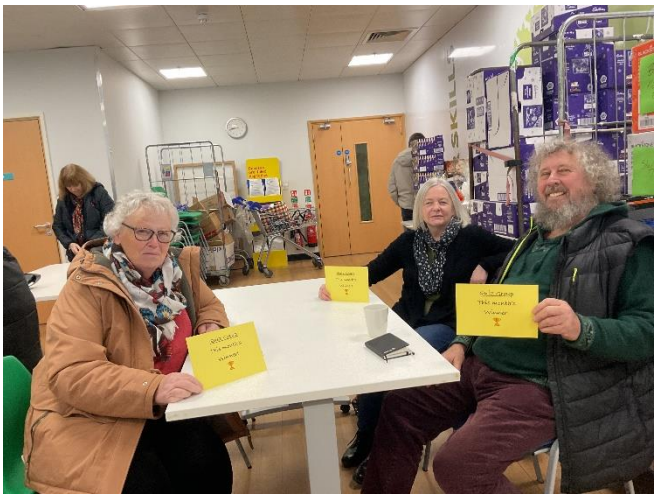
Quiz Group
Group Leader – Brenda Mason

The November Quiz went to a nail-biting tiebreak question and was won by The Adventers who answered questions on subjects ranging from Music to Art & Literature to All About Love. Well done to Jane, Margaret and Bill.



This group is open to new members, and anyone interested should contact Brenda via the website.

Brain Teaser Answers:- 1. Garfield; 2. Norwegian; 3. Oakum; 4. Hunters Moon; 5. Lean

Gardening Gnomes
Group Leader – Ken Liddell



Our final get-together of the year in early November saw the Gnomes exploring the glories of Dawyck Garden, Stobo, near Peebles, for the third time. We've seen it in the spring, with a profusion of blue poppies (Meconopsis), and twice now in autumn. As you can see from the photos, the timing was spot on. No visit in December or January, but our planning meeting for 2027 will be, as last at Rouken Glen Garden Centre Cafe on Tuesday 2nd February (a.m.), armed with our Scotland's Gardens Scheme info and our own ideas.



Proposed New Groups

One of our members has suggested two possible new groups:

1. **Computers** - both PC and Mac together with all their most popular uses such as email and social platforms and maybe the introduction of AI for beginners.

2. **Genealogy** - researching your family tree

If you have some knowledge which you'd be willing to share in one of these groups, or you're interested in joining to learn, please get in touch with Heather McEwen (Groups Coordinator) on:- **groups@glasgow-southside-u3a.org.uk**

MONTHLY TIMETABLE OF EVENTS

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	Gardening Gnomes, am/pm visits (occasionally on other days) _____ Bowling 14:30 – 16:00	Women in History 10:30 – 12:00	Local History 10:15 – 1200	Book Group 11:00 – 12:15 Art Appreciation 14:00 – 15:00 (chat). Longer for visits Nordic Walking (to be confirmed) 10:00-11:15	Walk in the Park 10:00 – 12:00
2	Social Photography 14:00 – 15:40	Walk in the Park 10:-00 – 12:00 Quiz 14:00 – 16:00 Pickleball 15:00 – 16:00	Mah Jong 10:30 – 12:30	Cribbage/Scrabble 10:30 – 12:30 Conversational French 10:00 – 12:00 "Bookish" Book Group 10:30 – 12:00 Local Dining Nordic Walking (to be confirmed) 10:00 – 11:15	Walking AM/PM
3	*Group Leaders Meeting 10:15 – 12:00 Music Appreciation Society 10:15 – 12:00 (occasionally other slots will be used) _____ Bowling 14:30 – 16:00	Pub Lunch and Discussion 12:30 – 15:00 Tennis 10:00 – 12:00 Langside Sports Club	Science & Technology 10:30 – 13:00	Monthly Meeting 13:30 – 15:30	Walk in the Park 10:00 – 12:00
4		Walk in the Park 10:00 – 12:00 Pickleball 15:00 – 16:00	Mah-Jong 10:30 – 12:30	Cribbage/Scrabble 10:30 – 12:30 Conversational French 10:00 – 12:00 Nordic Walking (to be confirmed) 10:00 – 11:15	Executive Committee Meeting 10:30 – 12:00

The Theatre & Cinema Group meets as and when events are identified in advance
Local Dining, Pickleball, Theatre & Cinema and both Book Groups are currently at capacity with waiting lists
Group Leaders - meet March, June and November *