

Monthly Meeting 21th July St Andrew's RC Church Upper Hall 10:30 am for 11.00 am

Geraldine McFaul, a freelance Risk Management Consultant from Balornock, had dreamed of visiting Rome for seven years, then she made the decision to go after her friends urged her to "just get on with it".

However, unlike most people who would have jumped on a flight she decided to challenge herself to walk from her home in Glasgow to Rome.

Ms McFaul walked about 12 miles a day to cover the 1,400-mile route and arrived in the Italian capital after six months. When she arrived in Vatican City's St Peter's Square on a Saturday morning there was a welcoming party of loved ones who had flown to Italy from Glasgow to celebrate with her.

She said there were difficulties along the way, but she would always tell herself, "Don't worry about tomorrow, just get through today".

She is coming to speak to us in July about the book she has written about her adventure.



Science Group Meeting

Tuesday 14th July St Andrew's RC Church Upper Hall
2:00 pm – 3:00 pm

DNA (genetic) testing and the family: A history of genetic testing for inherited disease in the family, the current state, and the problems that can arise



Our AGM

The Initial Notice for our AGM will be sent out on Tuesday 21st July, after our monthly meeting. The main purpose of this Notice, other than to give you information on the timeline and draft agenda of the AGM, is to ask for any motions you would like considered at the AGM and, most importantly, if you, or someone you know, would be willing to join our committee or the wider team that runs BaM u3a.

BaM continues to grow, and I am sure that there are some members with a little time on their hands who feel that they could contribute to helping it to stay relevant and thrive.

Fresh thoughts and ideas are not only welcome but essential to a committee.

If you require any information on the workings of the committee or the wider team, please speak to a member of the committee or [email](#) me.

By Maureen Smith Chair

Barbecue

Many BaM members attended the recent Glasgow area u3as barbecue. It was held at GWR on Great Western Road but unfortunately the weather on the day was extremely wet. Fortunately, GWR were able to accommodate everyone indoors and we enjoyed an Italian themed buffet while chatting with friends old and new.



By Maureen Smith Chair

Groups News

Carry on Singing

In June, we celebrated Mary, who attended the first session 12 years ago and has taken part ever since. As Mary was a florist, the theme was 'Flowers and Gardens'.

Two weeks later, we held a group karaoke session, during which we sang Bad Company's 1975 classic power ballad 'Feel Like Makin' Lunch'



By Ray Walker

Mugdock Walks Group

Start the week by joining us on a Monday morning for a walk in the beautiful and ever-changing surroundings of Mugdock Country Park. For the Mugdock Walk, we are now splitting into two groups. In addition to our usual walk of around two miles at a steady pace, we have a second group taking a shorter, slower path. Paths vary depending on the weather and who turns up.



We then all come together for coffee and chat at Caulders Garden Centre.

Each walk is open to any u3a member. For details, see the [Mugdock Walks page](#) on the website.

By Janet and John Holland

Around the World Dining

21 of us enjoyed an excellent lunch at the Kelvin, a newly opened restaurant in a converted church on Great Western Rd at Kelvinbridge



By Joan Cameron

Photography P5

As an all year round group, P5 has been as busy as usual with regular Friday afternoon meetings held in the Waitrose Community Room together with recent outings on walks to the City, Burncrooks Reservoir and the Japanese Gardens near Dollar. A visit to Culross was particularly good, despite having to dodge several "Outlander" tourist groups! A number of Chilean flags were noticed in the village, but the puzzle was solved when it was realised that the erstwhile family estate of Thomas Cochrane was nearby. Cochrane was a famous Royal Navy officer of the Napoleonic years who helped found the navies of Chile, Peru and Greece. In addition to outings and regular meetings, we have a Summer project themed "Abstract" running in the background.

P5 is a relatively small group given its meeting format, although we were delighted to welcome Elaine Prior and Don Jamie to the group recently. And finally, mention must be made of Fiona Bryden's joint first place in the Milngavie & Bearsden Camera Club overall league competition for projected digital images – a real achievement!

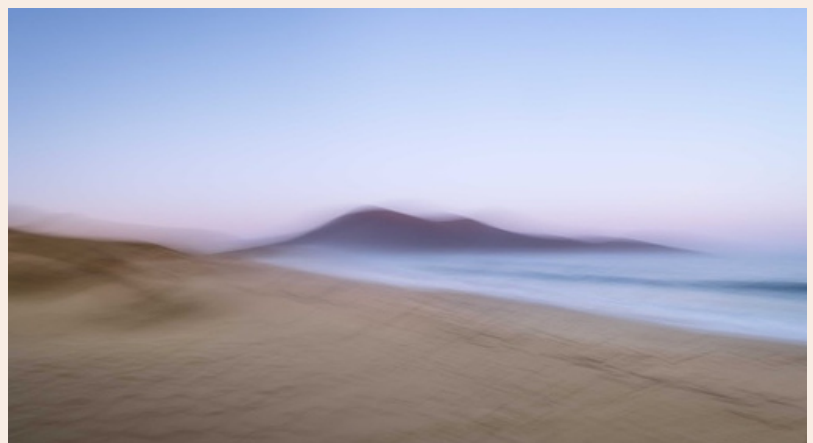


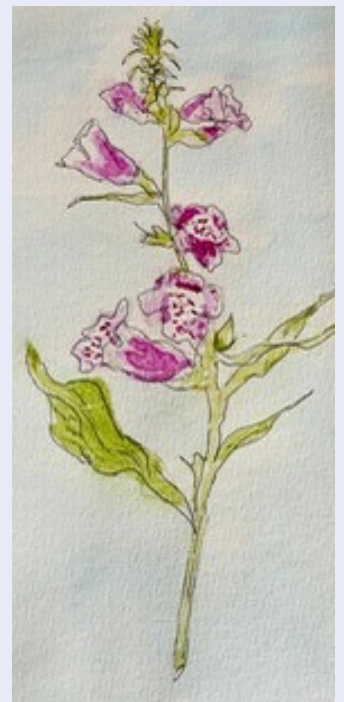
Image by Fiona Bryden

By Colin Waudby

Art Group

"Over the past few weeks, we've dabbled a little in portrait drawing and painting and then had a relaxed and enjoyable time with a focus on flowers. We've used different techniques, including working in the style of Georgia O'Keefe, to produce our flowery creations.

The group has made some suggestions for the autumn, which include skies, water, leaves, animals, and a session on pencil drawing portraits. We look forward to meeting back in September and learning from each other as we try our hands at different subjects and media."



Groups News

Outdoor Sketchers

Outdoor Sketchers continues to thrive with some new members this year. We draw, and some also paint 'plein aire'. We have added to our sketching venues this year too, with new places offering different sketching opportunities. Carbeth Fishery is a good example where we could study reflections in water. From time to time, we go further afield, Bowling Harbour for the boats or Pollok Park for the Bluebells, for example.

We meet on Thursday afternoons from April to September, fortnightly at 1.30pm, and aim to finish around 3.30pm when we treat ourselves to coffee and cake and have a chat about what we have done. There is NO standard of sketching/painting/water colouring, some of us are learning, some have been learning for a long time, and some are good! We learn from each other! And some come to every meeting, and others come when they can! Please get in [touch](#) if you're interested and would like to know more.



Shutterbugs Photo Group

Shutterbugs have been busy. We recently visited Glasgow's Botanic Gardens, Mugdock Country Park and Glasgow University. At monthly meetings, we showed and discussed our photos on subjects that included 'Signs of Spring', 'Shadows', 'Alphabet' and 'Repeating Patterns'. Our next challenge will be 'Wildflowers'. In our image development sessions, we each edited the same photograph, compared colour and black and white images of the same subject and were introduced to the use of AI to improve our photos.

As part of the Milngavie Week celebrations, [JOM Charity](#) organised a pageant of elegant ladies in saris. Our members were invited to have their photos taken.



June Facts

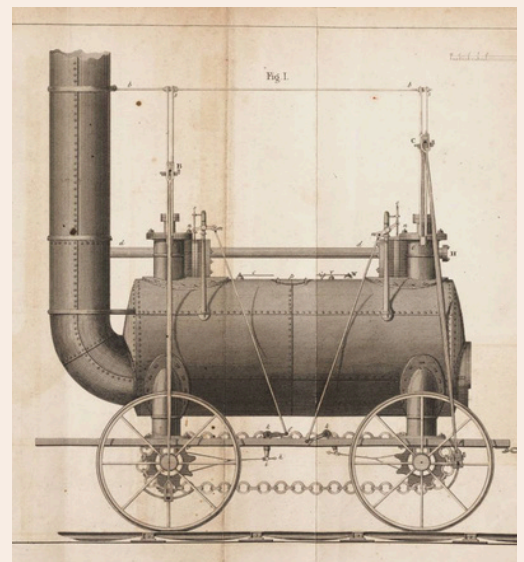
In early July, a period called the “dog days of summer” begins. Historically they were observed within Ancient Roman and Greek astrology and related to bad luck, mad dog attacks, unexpected thunderstorms, heat, and drought. They gained their name as “dog days” as they were connected with the star Sirius, which is part of the Canis Major (Greater Dog) star system. Nowadays, “the dog days” refers to when the hottest days of summer begin.



The first Wimbledon Champion, Spencer Gore

On 9 July 1877, the first Wimbledon Tennis Championship took place at the All England Croquet and Lawn Tennis Club in Wimbledon, London – it was the world’s first official lawn tennis tournament. 22 men turned up and paid the 11-shilling fee to take part. A modest crowd of just 200 people watched the first matches that were played with wooden rackets and hand-sewn flannel balls. Spencer Gore, a 27-year-old player from Wandsworth, became the first Wimbledon champion by defeating 28-year-old William Marshall in three straight sets in a final that lasted 48 minutes. Gore received 12 guineas in prize money and a silver challenge cup, donated by the sports magazine, *The Field*

A milestone in railway transportation, George Stephenson's first steam train, *Blucher*, was unveiled on July 25th, 1814. Stephenson was the chief engineer at Killingworth colliery, and the locomotive could haul 8 carriages loaded with 30 tons of coal at the breakneck speed of 4 mph. By 1830 Stephenson’s new locomotive, the *Rocket*, which could achieve a speed of 36 miles per hour, was operating on the Liverpool and Manchester Railway in Lancashire with other ‘iron horses’ built in the factory he had now opened in Newcastle. The railway age had begun, and George Stephenson was its guiding spirit.



CRYPTO-PUZZLES 91A&B (composed by David Watt)

In each puzzle, a well-known saying has been encrypted by substituting a number in the range 1–26 for each letter. To help you get started, one or two of the letter substitutions are shown in the grid. Use the grid to record the other letter substitutions as you discover them.

Crypto-Puzzle 91A

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
						F		Y																	

16	5	13	26	25	23	16		25	20	5		10	20	7	11	18	2		23	15	16				
														F											
6	15	11	8	16		2	25	1	1		11	7		23	15	16		4	16	11	4	8	16	.	
												F													
23	15	16	9		25	18	16		23	15	16		11	20	8	9		1	13	18	16				
			Y													Y									
18	16	8	10	25	20	26	16		7	11	18		23	15	16		4	18	16	1	16	18	22	-	
									F																
25	23	10	11	20		11	7		11	13	18		8	10	19	16	18	23	9	.					
							F												Y						

(Please note the hyphen at the end of line 4.)

Crypto-Puzzle 91B

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
S																									

4	18	4	26	16		15	11	16		9	1		6	17	1	14		9	20		12	8	9	7	8
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12	4		15	17		20	17	14		6	4	11	26	20		1	17	19	4	14	8	9	20	25	
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23	1	4	24	23	6	.		19	11	20		8	11	1		20	17		20	17	2	6	4	26	
	S													S											
17	26		19	17	26	4		18	11	6	23	11	2	6	4										
13	17	1	1	4	1	1	9	17	20		14	8	11	20		14	9	19	4	.					
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Solution to Crypto-Puzzle 90A

Progress is not possible without change, and those who cannot change their minds cannot change anything.

Mahatma Gandhi

Solution to Crypto-Puzzle 90B

The truth is incontrovertible. Malice may attack it, ignorance may deride it, but in the end, there it is.

Mahatma Gandhi