

August Newsletter 2026

News · Groups · Diary dates

Monthly Meeting

Stone by Stone - the secrets of Hadrian's Wall

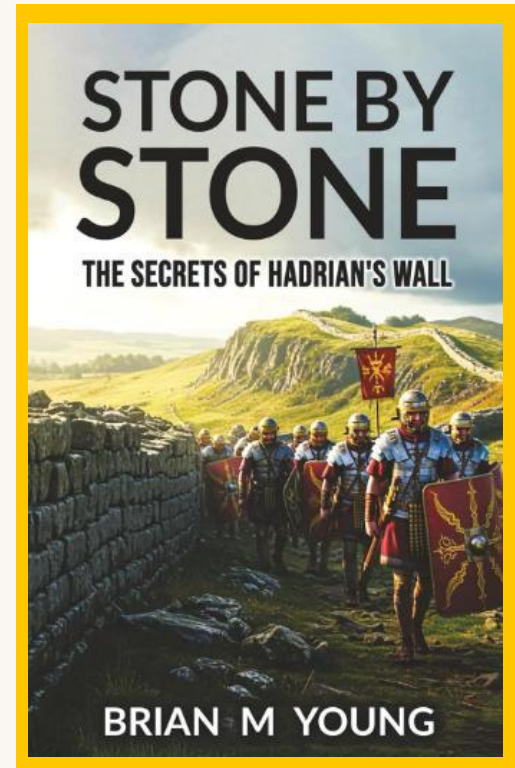
Tuesday 18 August 2026

St Andrew's RC Church, Upper Hall

10:30am for an 11:00am start

Our Speaker for August is Brian Young, who is going to be talking about his passion, Hadrian's Wall. Brian is a Molecular Engineer with a Swiss company but probably should have been a history teacher. He loves reading and writing about tactics and warfare, specifically in the Roman period. He has written two books about the Roman period and will be explaining the details of his new book – 'Stone by Stone – the secrets of Hadrian's Wall' – in this latest talk.

There will be NO Science Group Meeting in August. Next meeting is on 8 Sept.



EVENT

Creative Writing Workshop

Date: 10 September 2026. **Time:** 14:00–16:00

Venue: Waitrose Community Room, Milngavie

This September, we're delighted to welcome Debra Murphy — author, self-publishing consultant, and the voice behind Mother Murphy's — for a two-hour creative writing workshop, "From Idea to Author".

More details are available on our [website](https://bam.u3asite.uk)

ANNOUNCEMENTS

AGM

I hope you have all had the opportunity to read the Initial Notice of our 2026 online AGM, which was sent on Tuesday 21 July.

The final Agenda will be circulated on Wednesday 12 August, ahead of our monthly meeting on Tuesday 18 August. This will give you time to review the papers and raise any questions you may have at the start of the meeting.

Voting will open after the meeting and will remain open for two weeks, closing on Wednesday 2 September.

I would like to encourage everyone to take part in the vote, as it is important for your committee to know that they have the support and engagement of the membership.

Maureen Smith, Chair

Newsletter

You may have noticed a different look to this month's Newsletter.

After a very successful 2 years, during which downloads of the Newsletter have doubled, Jac Koumides has decided its time to step down to pursue different challenges. I'm sure we are all very grateful to Jac and want to say "THANK YOU" for his hard work producing such a professional publication on our behalf. I will be providing temporary cover, although will be more than happy to make way for a volunteer with some expertise. 🙌

Jim Thomson, Temporary Editor

bam.newsletter.editor@gmail.com

GET INVOLVED

Could you join the committee or the wider team? We would love to hear from you — email chair@bamu3a.org.uk.

GROUPS NEWS

Art Appreciation I and II

We recently held two meetings exploring 'Landscape painting' which proved a lively topic with animated discussions about likes and dislikes. There were some old favourites like Van Gogh 'Starry night' and some that were new to many of us, as with Ivan Shishkin's 'forest' works. One or two were met with "oh I couldn't live with that" and some pictures noted, perhaps for future purchase of a copy.

We agreed that Autumn meetings would include, David Hockney, Seascapes, Primary colours, the influence of Japanese art on West European painting, and in December the works of JMW Turner in preparation for an exhibition coming to Edinburgh in January.

We now meet in the Cairns Centre, Milngavie on the second Monday each month. There are spaces for one or two more people if anyone is interested.

Hilary Tottman



Carry On Singing

'Cliff and Christine' It's the summer holiday season — so what better than 10 classic Cliff Richard songs to sing along to? I'm told Cliff is not 'cool,' but we don't care.

For gender balance, the second-half songs were all from Christine McVie (Fleetwood Mac). We had a blast!



Ray Walker

Meditation Group

Our meditation group has a few spaces remaining for the upcoming 7-week block starting this August.

Open to all experience levels, these sessions offer a gentle space to pause and explore simple meditation practices. By bringing a little more awareness to the present moment, we learn how to find more moments of calm and balance in everyday life.

We're a friendly, welcoming group that enjoys practicing meditation together, with time to learn and explore at an unhurried pace. If you might be interested in joining the Group, please [contact me](#) via the webpage.

Marion Murphy



Chair Yoga – We now have Lift Off!

We have a venue, a day and a time for our new Chair Yoga group: Thursday mornings, 10.15–11.00am in Room 1 at Kessington Hall from 17th September. Chair yoga makes the benefits of yoga available to everyone, whatever your age or mobility, gently building strength, flexibility, balance and calm. We are both trained yoga teachers and will lead the group between us. Please [contact us](#) if you would like to join.

Yvonne Flynn & Gill McKinlay

Astronomy Group: Solar eclipse AND meteors!

On 12th August we will experience an impressive and deep partial solar eclipse. Since the eclipse happens as the Sun is setting, the key to a great view is getting to an elevated spot (like a hill or coastal overlook) that provides a completely clear, unobstructed view of the West/Northwest horizon.

The Moon will cover approximately 90% of the Sun's diameter.

The start time will be 1815 and the partial eclipse will finish shortly after 2000.

TAKE CARE: Never look at the sun with binoculars or a telescope – it will blind you. Use Sun viewing glasses or the projection method. Cheap safe viewing specs are easy to find, just 'Google Solar Eclipse Glasses'.



After 10.00pm on 12th August look up the Perseids Meteors. The best time will be after midnight through until dawn. Wear warm clothes and look up – after waiting a bit for your eyes to adjust to the dark

Dorothy Woodger

GROUPS NEWS

Travel Group

This is a new group which plans to organise trips both in the UK and overseas. The group will operate via WhatsApp. Trips may be arranged by group members, or we will contact outside agencies to help.

We are open to ideas and experiences of members, especially anyone who has been part of a Travel Group or has organised group trips.

The membership currently stands at 15 but it will be limited to 20 members.



If you are interested in joining, please contact the Convenor via the Travel Group webpage.

Pickleball for Fun

We play pickleball on Fridays from 9am to 10am at the Allander. We don't take playing too seriously, enjoying the social aspect of getting together as a group as much as the physical workout. If you need any further information, please don't hesitate to [contact us](#).

Sarah & Lorraine



GROUPS NEWS

A Yarn and A Stitch

A heartfelt thank you to everyone who responded to the appeal from A Yarn and A Stitch. Your generosity, kindness and encouragement have been overwhelming, and every donation, message of support and offer of help has made a real difference.

“Together we can change the world, just one random act of kindness at a time.” This quote by Ron Hall perfectly reflects the spirit of our local community. Thanks to your continued support, the charity has already collected two vanloads of donations, and we are now hoping to fill a third van in time to reach Ukraine before Christmas.

If you are downsizing, having a clear-out, or simply have items you no longer need, please contact us at yarnstitchu3a@gmail.com to arrange either a drop-off or collection.

We are particularly looking for the Scottish Government Baby Boxes given free to new parents. Whether they are empty or contain a few unused items, they are invaluable. The charity refills them with essential supplies, making them a tremendous blessing for families with young babies in Ukraine.

Essential Items Needed

- Sleeping bags
- Blankets and bed linen
- Duvets
- Towels
- Hot water bottles
- Thermos flasks
- Medical supplies and first aid items
- Batteries (all sizes) and torches
- Crutches, wheelchairs and Zimmer frames
- Shoes
- Tea lights and long-burning candles (8–10 hours)
- Water purification tablets
- Fuel canisters / jerry cans
- Jump leads
- Spades, forks and trowels
- Mobile phone power banks
- Stationery for teenagers (pens, notebooks, etc.)
- Baby clothes and accessories (0–2 years)
- Baby wipes, nappies, baby bedding, towels and toiletries
- Incontinence products and sanitary pads
- Toiletries, especially toothbrushes and toothpaste
- Large backpacks, bags and suitcases
- Warm, waterproof winter jackets and coats in all sizes



Thank you once again for your incredible support. Every item donated offers comfort, hope and practical help to people facing unimaginable hardship. Together, we really can make a difference.

Verlaine & Diane

PEOPLE

Convenor Profile: Joan Cameron



I retired from my work as a Speech and Language Therapist about 20 years ago and joined the U3A around 2016. I have joined several groups, made lots of new friends and learned many new things.

I became Convenor of Around the World Dining just before Covid, and it's become a really popular group with 60 members and a short waiting list.

Regular diners are asked to choose and book a restaurant each month, and we have had some interesting meals in a variety of restaurants.

I enjoy spending time with my family and going to exercise classes: aqua aerobics, theatres, line dancing, meeting up with friends, voluntary work, etc. I love travelling and go on holiday several times a year — on my own, with friends, or with “One Traveller” (a fabulous company). Currently I have holidays booked up until September 2027!

I am LEARNING, LAUGHING and LIVING!

Joan Cameron

PEOPLE IN THE NEWS

A Royal Garden Party Invitation

B&M u3a member Gordon McClymont and his wife Jude, were honoured with an invitation to the Royal Garden Party at Holyrood Palace this summer, joining King Charles III, Queen Camilla and other members of the Royal Family.

This recognition followed their series of charity cycling challenges, including from Land's End to John o' Groats, which together raised over £42,000 for four charities.

Gordon described the occasion as “an interesting experience,” noting the lively atmosphere, military band music and the chance to stand just metres from the Royals.



PEOPLE

Convenor Profile: Ian Mitchell



I retired from my career as a Tax Inspector in 2015. Although I had no trouble filling my new-found leisure time, it was a visit to its stall at Milngavie's biennial 'Fair of Clubs' event that led me to join the U3A in 2018. Although I flirted with a few groups, it was the newly formed Photography Group 3 that really interested me. I had been taking photographs for many years but, to improve, I needed more structure, purpose and challenge. PG3 has certainly given me that.

The format of the group is much the same now as it was at the start: fortnightly meetings (originally in members' houses, then at Waitrose and now in the Manor Care Home) at which

each of us was/is asked to put up 3 images on a particular subject chosen in advance for critique by the other members. Having your photos critiqued by others – however gently and constructively – is a daunting prospect but it is by far the best way to learn and improve.

PG3 reached a crossroads when its Convenor, Peter Smith, moved to London. As usual, no-one was keen to replace him but, to keep the group going, we decided to split his role: David Muir would run the meetings, and I would handle the U3A side of things. That has worked well and I would recommend that approach to other groups. We've taken sharing the load even further now with other members getting involved in organising outings. Recent jaunts have included Newcastle and the Northumberland Coast, Chester and Liverpool, slate quarries in North Wales, the Whitby Goth Festival, Appleby Horse Fair and more local visits such as St Peter's Seminary at Cardross and several night as well as astro-photography trips.

I have got a lot out of my membership of PG3. It has given me everything I was told the U3A would do at that Fair of Clubs: the chance to continue learning and developing, to meet and share experiences with like-minded people and, above all, to have fun.

Ian Mitchell

The Newsletter would like to hear from you whether it is about your u3a Group or something interesting that has happened outside of u3a (Gordon's story on the previous page is a good example). Our new "SNIPPETS" section makes it easy to share news and pictures.

Please just drop an email to bam.newsletter.editor@gmail.com

THIS MONTH IN HISTORY

Nelson Mandela imprisoned — 5 August 1962

On 5th August 1962 Nelson Mandela was arrested and sentenced to life imprisonment for attempting to overthrow South Africa's apartheid rule. He spent 27 years in prison and was released in 1990 as world pressure finally persuaded South Africa to relax their stance on apartheid. In 1993 Mandela and President F.W. de Klerk were jointly awarded the Nobel Peace Prize and in 1994 he became the country's first democratically elected President.



The Great Train Robbery August 1963

Britain's Great Train Robbery took place on 8th August 1963. £2.6million, equivalent to £64 million today, was stolen from a Royal Mail train travelling from Glasgow to London. The bulk of the money has never been recovered.

Britain's first pedestrian road death — 17 August 1896



On 17th August 1896 Bridget Driscoll of Croydon, Surrey became the first pedestrian in Britain to die after being hit by a car. She received fatal injuries when she walked into the path of a car moving at 4 mph as it was giving demonstration rides in the grounds of Crystal Palace, London.

Password Managers Made Simple

Remembering a password for every website is exhausting — and reusing the same one everywhere leaves your accounts exposed. The good news: your phone and computer already include free, secure helpers that do the hard work for you — Apple Passwords and Google Password Manager. Both are safe, cost nothing, and make signing in effortless.

What is a password manager?

Think of it as a secure digital filing cabinet locked inside your device. Instead of memorising dozens of passwords, you remember just one master key — your device passcode, fingerprint or face. When you open a website, it recognises the page and fills in your details automatically.

Apple iPhone, iPad or Mac

Open Settings and tap Passwords, then unlock with Face ID, Touch ID or your passcode.

- **Autofill:** tap the key icon above your keyboard and your details fill in instantly.
- **Security guard:** Apple checks your saved passwords against known leaks and suggests stronger replacements.

Android, Windows or Chrome

In Chrome, click the three dots, then Settings, then Password Manager. On Android, go to Settings, Google, then Security.

- **Syncs everywhere:** your saved passwords follow you across phone, tablet and desktop.
- **Easy checkups:** a colour-coded Password Checkup shows which passwords need attention.

Three golden rules for getting started

1. **Don't rush.** Let your device save passwords naturally — next time you log in, tap Save when it offers.
2. **Use the generated passwords.** Let Apple or Google create a long, random one — it is remembered for you, so you never have to.
3. **Keep your device secure.** It holds the keys to your digital life, so always protect it with a passcode, fingerprint or face unlock.

Let a password manager take the stress out of browsing — and say goodbye to the dreaded “Forgot Password?” link for good.

*If you have an IT problem you would like help with, please contact the **IT Support Circle**: no promises...we'll see what we can do!*

Philip Wicks

SNIPPETS

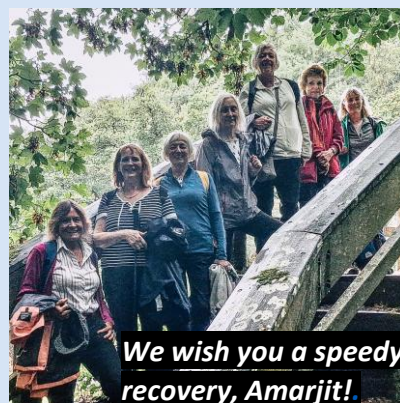
Please send us your snippets...photos or news
...bam.newsletter.editor@gmail.com

I'm grateful for all the kind messages in response to my farewell email back in June. Christine and I are now in our tenth accommodation since leaving and are still waiting for the keys to our new "passivhaus" in York. The building itself has been ready for months, such is the English system!. We're looking forward to seeing the towers of York Minster from our new place.

John Davies

and one very patient waiter. .

*Longer Walking Group at
Chatelherault on 3rd August*



*We wish you a speedy
recovery, Amarjit!*

*The IT Support Desk will be
open fom 10am ahead of the
Monthly Meeting on 18th
August*



*Shutterbugs: 8 of us enjoyed
July's photoshoot in Culross*



*2 of our members had a scary moment on
holiday when this "chap" appeared beside them
when they were stopped to let his/her family
cross ahead.*



*Submitted by Sarah on the topic
"Wildflowers" (Shutterbugs Group)*



*B&M u3a member,
Josephine MacLeod,
Launches Campaign
For Cleaner,
Greener Scotland*

*The Science Group are on
holiday in August. Back on 8th
September with a meeting on
the Geology of the Kelvin – all
welcome*

WHAT'S ON

A roundup of local events and exhibitions to enjoy. Most are free; ticketed events are noted. This page has been AI generated so may be subject to error, so please check before you go.

The Big Butterfly Count

Sun 9 Aug · Across East Dunbartonshire · Free

Join the community wildlife count run by East Dunbartonshire Climate Action.

Summer Craft at Milngavie Library

Tue 11 Aug, 10.30am · Milngavie Library · Free

A relaxed morning craft session at the community library.

The Royal Scottish Academy at 200

Until Sat 27 Aug · Lillie Art Gallery, Milngavie · Free

An exhibition marking the RSA's bicentenary. Tue–Sat, 10am–1pm & 2–5pm.

Young People's Art

Until Sat 27 Aug · Lillie Art Gallery, Milngavie · Free

A showcase of work by young local artists. Tue–Sat, 10am–5pm.

Adult Wild at Mugdock: Summer Tree ID

Sun 30 Aug, 2pm · Mugdock Country Park · £10

A guided tree-identification session for adults with a park ranger.

East Dunbartonshire Climate Festival

Sat 29 & Sun 30 Aug, 9am–5pm · Venues across the area · Free

The area's first climate festival — full programme still being confirmed.

Barbie: The Exhibition

Through 2026 · Kelvingrove, Glasgow · £8–£16

A touring exhibition tracing the doll's cultural history.

Burrell Collection Tours & Talks

Various dates · The Burrell Collection, Glasgow · Free

Regular guided tours and short talks at the refurbished museum.

Puzzle Corner

CRYPTO-PUZZLES (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 92A

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
D				B																					

26	15	4		19	15		14	9	4		4	18	15	14		1	13	15							
																D									
13	14	3	26	9	23	13	9	21	24	26	8		22	14	1		16	13	4	18	9	21	4		22
																D									
24	4	23	21	3	3	26	15	,		5	21	4		26	15	4		19	15		2	13	23	24	4
										B															
1	9		24	9	19	15		3	23	15	22	4		4	18	13	14	3		4	18	22	4		
24	18	22	26	26		5	15		4	9	26	1		22	19	9	14	3		19	15	14			
						B						D													
18	15	23	15	22	2	4	15	23	.																

Crypto-Puzzle 92B

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
					O				U																

6	11		15	13	13		17	22	1	15	8	10	22	1	3		8	24	15	8					
O												U													
20	22	1	15	8	24	1		15	12	21		25	6	14	1		10	5	6	12		8	24	1	
													O				U		O						
1	15	22	8	24	,		12	6	8	24	23	12	18		23	3		20	22	1	21				
								O																	
8	24	15	8		23	3		2	1	15	7	1	22		8	24	15	12		25	15	12	.		

Solution to Crypto-Puzzle 91A

Educate and inform the whole mass of the people. They are the only sure reliance for the preservation of our liberty.

Thomas Jefferson

Solution to Crypto-Puzzle 91B

Every day is lost in which we do not learn something useful. Man has no nobler or more valuable possession than time.

Thomas Jefferson

STAY IN TOUCH

Join Us This Summer

BaM u3a continues to grow, thanks to members who share their time, ideas and enthusiasm. Whether you fancy a Monday walk in Mugdock, an afternoon of watercolours, or simply a coffee and a chat, there is a group for you — and always a warm welcome for new faces.

NEXT MONTHLY MEETING

Tuesday 18th August
St Andrew's RC Church
Upper Hall
10:30am for 11:00am

FIND A GROUP

bam.u3asite.uk/groups
Photography · Opera
Sketching · Astronomy
Dining · Science
...and many more

GET IN TOUCH

chair@bamu3a.org.uk
bam.u3asite.uk
New members always
welcome



BEARSDEN & MILNGAVIE u3a

Learn · Laugh · Live

bam.u3asite.uk

Newsletter August 2026

Groups News – August 2026

Art Appreciation I and II: Two meetings on landscape painting drew lively discussion, from Van Gogh to Shishkin. Autumn topics include Hockney, seascapes and, in December, Turner. The group now meets at the Cairns Centre, Milngavie on the second Monday of each month, with room for one or two more.

Meditation Group: A few spaces remain on the new seven-week block starting in August, open to all levels of experience.

Astronomy Group: A deep partial solar eclipse on 12 August covers about 90% of the Sun, from 18.15 to just after 20.00 – safe viewing glasses are essential. The Perseid meteors follow the same night, at their best after midnight.

Chair Yoga (new group): meets on Thursdays, 10.15–11.00am, in Room 1 at Bearsden Baptist Church, led by two trained teachers and open to all ages and levels of mobility.

Travel Group (new group): planning trips in the UK and overseas, run via WhatsApp. Membership stands at 15 and is capped at 20, so a few places remain.

Pickleball for Fun: Fridays, 9.00–10.00am at the Allander – sociable, unpressured play, and newcomers are welcome.

To join any group, please contact the convenor through the group's page see links below.