

September Newsletter 2026

News · Groups · Diary dates

Monthly Meeting

A Conversation with Actor Julie Hale

Tuesday 15 September 2026

St Andrew's RC Church, Upper Hall

10:30am for an 11:00am start



For our September monthly meeting we are going to have something a little different. Rather than the conventional speaker presentation we are going to have a “conversation with”. Julie Hale, a local actor with an impressive CV, is going to be the guest and Clem, our Talks Coordinator, will be drawing out details of her career in an “interview”.

Julie is known for her roles in “My Left Foot”, “His Dark Materials” and numerous other appearances as listed on IMDB. In true Graham Norton style, we will be showing short clips of parts that she has played.

Science Group

The River Kelvin :

A 22-mile journey through 40 Million years of Earth history.

Date: 8 September 2026. **Time:** 1330 for tea/coffee before a 1400 start

Venue: St Andrew's RC Church, Upper Hall

ALL B&M u3a members welcome. Format is like our Monthly Meeting.
(£2 entrance to cover Hall hire, tea & coffee)

Our speaker is Ian Millar, Hon. Secretary of the Geological Society of Glasgow, who will describe the geology the river flows through in going from east of Kilsyth to the Clyde. This tells a very different story to that which we experience today. Near equator, tropical seas and deltas with lush vegetation, which later proved important to the local economy. Let's examine what lies below the river we all know so well?

ANNOUNCEMENTS

AGM

Our 12th AGM was again held as an online and postal poll. There were three items for consideration and approval:

1. Minute of 2025 AGM
2. Accounts for 2025-26
3. Appointment of a new Executive Committee

All three items were approved, and details will be added to the website shortly.

Thank you to everyone who took the time to vote.

Our new Chair, Linda Tindall, is looking forward to introducing you to the new committee over the next few months at both the monthly meetings and via our monthly newsletter.

Maureen Smith, Chair

A Word from our Chair

Three years ago, I was persuaded to stand for the position of Chair at the AGM. At the time, I was concerned that I might not be up to the task, as my predecessors had all done such a fantastic job.

Fortunately, I have been supported by an amazing committee, and I would like to thank every one of them for their encouragement, hard work, and support over the past three years. Their dedication, enthusiasm, and commitment have been invaluable.

Thanks to the collective efforts of the committee, our convenors, and the many volunteers who willingly give their time, our u3a continues to be a successful, vibrant, and welcoming organisation. I am confident that this will continue under Linda's leadership when she takes over as Chair.

I wish Linda every success in her new role and have no doubt that she will do an excellent job

Maureen



NEWSLETTER

The Newsletter would like to hear from you whether it is about you, your u3a Group, or something interesting that has happened outside of u3a. Our new "SNIPPETS" section makes it easy to share news and pictures. Striking photos and artwork are welcomed.

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

GROUPS NEWS

The Sunday Lunch Club

Hello everyone! We are about to reconvene after a summer break. We meet on the first Sunday of every month for a sociable and tasty lunch. Sometimes we go for a traditional roast, sometimes to a restaurant that a member recommends, which can be any type of cuisine. We meet locally, in the West End or City Centre, so we have unlimited choice as to where to go. If you would like to join us you would be made very welcome.

Our next lunch will be on **Sunday 4 October**, venue yet to be decided.

Please contact me at u3asundaylunchclub@gmail.com for any further information.

Looking forward to hearing from you,



Jenny Maxwell

Carry On Singing

For two hours we (see Group photo on “SNIPPETS”) were transported back to childhood and early teens, as we sang 14 songs that were popular in Ed Stewart’s ‘Junior Choice’ on Radio 1 in the 60s/70s. We remembered snuggling up in bed on Saturday mornings with our transistor radio, and never in our wildest dreams did we think we would be belting out these songs nearly 60 years later!

Ray Walker



OUTINGS GROUP: Outing to Abbotsford House, Melrose (home of Sir Walter Scott) on Friday 18th September. Places are still available — to book, contact Jane Bex via the Outings Group page, where you will also find more details.

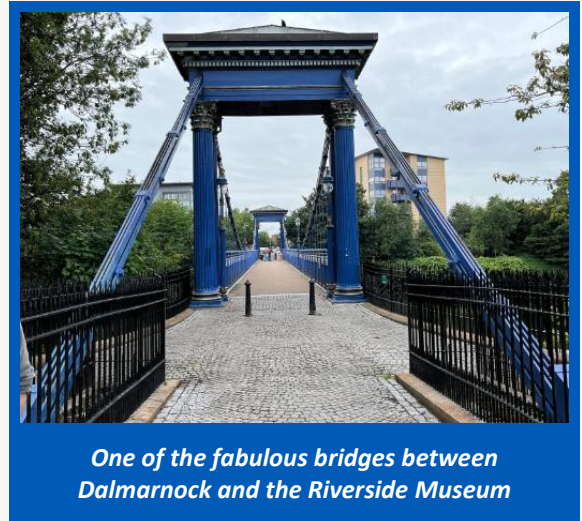
GROUPS NEWS

Longer Walking Group

The longer walking group continues to explore varied parts of our locality. Our latest walk was along the Clyde side to complete the 21 Bridges walk from Dalmarnock to the distillery at the SEC. This is a really interesting walk with various notable monuments and buildings along the way. It also demonstrates the amazing skill of the engineers who designed and built these bridges to carry passengers and goods from one side of the expanding city to the other.

We alighted from the train at Dalmarnock to start the 21 Bridges walk along the Clyde. Some of the party zigzagged across bridges, the rest kept to the north where we stopped at the La Pasionaria monument dedicated to the International Brigade members who fought in the Spanish Civil War. We finished at the distillery looking forward to lunch, only to discover food is no longer served. So, coffees and teas had to sustain us onwards to Partick station and 7 miles logged.

We walk on the first and third Monday of the month and this year, so far, we have been lucky weather wise. We usually have lunch at the end of walks, which is a nice sociable finish to the day.



Scrabble

Janis McKenzie



Many people are under the impression that to play Scrabble you must have good words, but in fact the position of your word, sometimes with only two letters, can gain a very high score. Here is a final board from a recent meeting. One of the group managed to play two seven-letter words in one game, Editing and Atoners, each earning fifty points extra, although the words themselves had relatively low scores. And, of course, in the spirit of the u3a we are a friendly, sociable group and are learning new words every time.

The Scrabble group meets twice a month.

Elspeth Abraham

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

Travel Group

The newly formed Travel group has organised their first trip. We are starting small with a weekend in Broughty Ferry. We have booked the hotel and will travel by Citylink bus to Dundee and then local bus to Broughty Ferry. All easily organised and not too expensive. We decided to go somewhere that was not too far but gives access to other places like Dundee and St Andrews . We are all looking forward to it and I will report back with photographs afterwards. The group is now full and we have a waiting list.

Patricia Campbell



If you want to join the waiting list, please contact Patricia via the Travel Group webpage.

Tai Chi & Tai Chi Too

The summer beginners have now joined Tai Chi Too and are practising the Yang style 24 step form and the stick Qi-gong. The class is full and the waiting list currently closed. An announcement will be made when I can open a waiting list.

The more experienced group is adding the Qi-gong Ba Duan Jin set to its repertoire and continuing to practise the 24-step Tai Chi form and the Tai Chi Kung Fu fan form. There are a few places in this group for anyone with Tai Chi experience and who already knows the 24 step and preferably the fan form.



Debbie Hamilton

GROUPS NEWS

Table Tennis

Our Table Tennis group was established two years ago and has grown steadily to around 50 members. Like most u3a groups, we are a friendly and welcoming bunch, and new members are always made to feel at home.



Our players vary in both ability and fitness levels, but that never seems to hold anyone back. The emphasis is on enjoyment, participation, and good company rather than competition. There is always plenty of laughter during the games, and we leave each session feeling that we've enjoyed some exercise, had fun, and shared a chat with friends between matches. **Maureen Smith**

Scottish Dance Group

No Scotland – No Party. No Dancing – No Party.

From dancing with complete abandon to dancing with delicate ballet-like steps there is something for everyone in Scottish Dance.

To lead our group we are lucky to have, in Elaine, a u3a member who is a fully qualified Scottish Dance teacher with extensive experience of both teaching and performing Scottish Dance. Scottish Dance has huge health and fitness benefits, but it is the fun to be had in Scottish Dance that is foremost in our group.



We do a mixture of ceilidh, old-time and Scottish Country Dancing at our meetings. All you need to join us is a willingness to give it a try. The class members range from complete beginners to more experienced dancers. There are no special requirements, just comfortable clothes and shoes. You do not need a partner — we change dance partners throughout the sessions and many of the dances involve groups of people, not just couples.

Many of the dancers who started Scottish Dance with us now have the confidence and skills to join in with local Scottish Dance events organised by other groups. This year we also extended our range of activities when some of our group led the dancing at a Burns event in Kelvinside Manor Care Home. We also led the dancing at the very successful u3a ceilidh in the St Andrew's Hall in Bearsden. During our summer break several members of the group, very keen to get together for more dancing, had the pleasure of attending a Scottish Country Dance garden party kindly hosted by Iain and Maureen Smith and the NK SCD group.

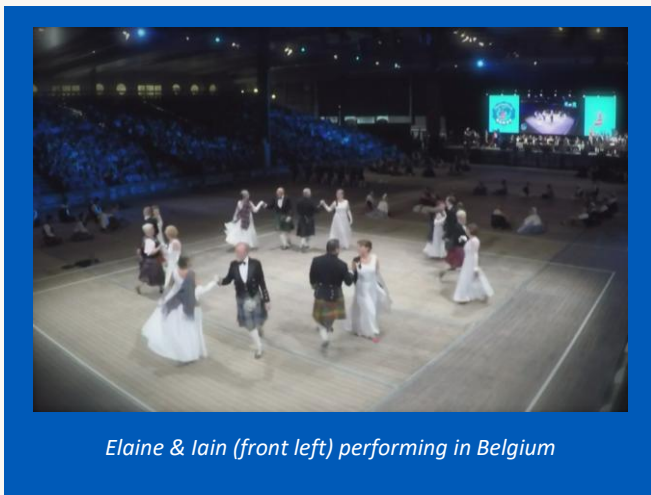
Our regular meetings restart on the 24th September, back to our old haunt in the lesser hall above the library at Bearsden Cross. Details are in the Group listing.

Iain Hutchison

PEOPLE

Iain & Elaine Hutchison

Just like Katie Morag I had a Mainland Grannie and an Island Grannie. Mainland Grannie spoke Scots and Island Grannie spoke Gaelic. Sadly, my exposure to Gaelic culture was limited to holiday visits, so when I saw that BAM u3a had a Gaelic group I was instantly drawn into joining the u3a. My wife Elaine had already joined a number of u3a groups and it wasn't long before we saw an opportunity to share our experience of dance by establishing the BAM u3a Scottish Dance Group.



Elaine & Iain (front left) performing in Belgium

Elaine is a natural dancer — everything from Rock & Roll to Regency and from Salsa to Scottish. She has been a fully qualified Royal Scottish Country Dance Teacher for around 30 years. During much of that time she taught regular Scottish Country Dance classes in London and has taught classes and workshops not only in the UK but also from North America to South Africa. Elaine, having been chairman of her RSCDS Branch in London and I, having been chairman of the Glasgow RSCDS Branch, met each other when we both became members of the Board of Management at RSCDS HQ.

After that I joined her on many varied dancing performances throughout Europe which at times had unexpected outcomes. In Portugal we had to move rather rapidly in order to avoid the forest fires advancing on our venue. In Belgium, by coming to see the performance in which we were taking part, instead of attending the Belgian National Day Ceremony with the King and Queen, Princess Astrid provoked outrage on the front pages of the Belgian newspapers. In London, when we were performing in Soho, I rather think there was much more interest in what was under the kilts than in the finer points of the dancing! Whilst Elaine has performed in many more countries than I have, I do have the one claim that I have appeared on TV more often, but I can't compete with her TV audience figures as she was one of the dancers at the opening ceremony of the London Olympics.

Iain Hutchison

GROUPS NEWS

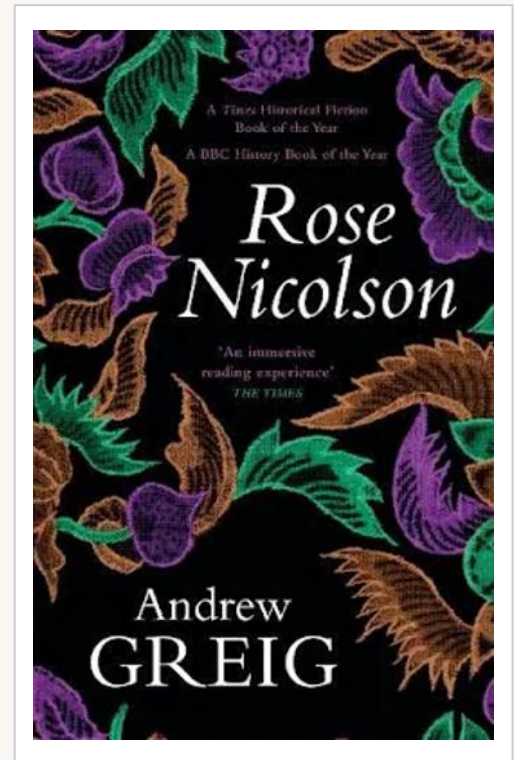
Historical Fiction

The group were unanimous in their praise for August's choice, *Rose Nicolson* by Andrew Greig. We all appreciated the meticulous research which underlay this melange of romance, action, and a skilful evocation of everyday life in the 16th century.

Next month's choice is *Joseph Knight* by another successful Scottish novelist, James Robertson.

Last Tuesday in the month, new members welcome.

Joan Hoggan



Local History Group



Touring the Courthouse at Inveraray

The Local History Group continues to meet twice each month, the second meeting being a visit to a place or exhibition of some historic interest.

We have recently been showing some very fascinating films on various topics relating to Glasgow: The Story of Glasgow Airport; Glasgow's part in supplying the world with steam trains; and Glasgow being one of Britain's most historic towns

In May our visit was to Newark Castle and in June a sail on Loch Katrine on board the steamship Sir Walter Scott. In July we used our free concession bus travel to visit Inveraray and toured the Courthouse and Jail Museum. It was a beautiful, hot sunny day which we rounded off with a very welcome ice cream.

Our most recent visit in August was to Dean Castle and Country Park in Kilmarnock. Once again, we made use of our concession bus travel and enjoyed a tour of the recently restored castle and, as always, included a welcome break for lunch.

New members are always welcome.

John Gair

GROUPS NEWS

Table Tennis 2

Table Tennis is a fun sport suitable for all ages and abilities. As a low impact racket sport, it helps strengthen arms, legs and core. It also sharpens reflexes and improves balance, co-ordination and general fitness. Table Tennis 2 is a new u3a group formed in April this year as an additional session due to the popularity of Table Tennis 1. The emphasis is on improving our skills, having a laugh and chatting with friends at our weekly games.

So, whether you played table tennis in your youth, have played other racket sports before, or just fancy picking up a new fun sport, please get in touch.

Over the last 5 months the group has become fully established, with a weekly session at the Allander Sports Centre. Our group Convenor is Margaret Fisher, and you can contact her for more information through the Table Tennis 2 u3a web page.

Mondays, 10:30 – 11:30, Allander Sports Centre.

Tony Coll, Margaret Fisher

A Yarn and A Stitch

Just to clarify following the item in last month's issue... anyone wishing to donate items to A Yarn and A Stitch should first contact us at yarnstitchu3a@gmail.com to arrange a suitable drop-off or collection. Donations should not be brought into or left at Waitrose.

EVENT

Creative Writing Workshop with Debra Murphy

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

Venue: Waitrose Community Room, Milngavie

A FEW PLACES still available via our [website](#)

FROM u3a TRUST (see their website for more information)

Get ready for u3a Week: 19–27 September 2026

It's not long now until u3a Week. This year, we're challenging members to step out of their comfort zone and try something new – and we want to celebrate everyone who does! We'll also be running online events throughout the week, including secrets of the human brain, a journey through the Galapagos Islands, and a live vegetarian cookery demonstration.

u3a rewind: u3a rewind is a new project that will create a unique archive of the experiences and memories of u3a members for future generations. We'd love members to submit stories and photographs from the defining years of their youth.

Visit the u3a website to find out more and download learning resources.

THIS MONTH IN HISTORY



The discovery of Lascaux Cave — 12 September 1940

Four teenagers in southwestern France discovered the entrance to Lascaux Cave, famous for its prehistoric paintings of horses, bulls, deer, and other animals. They had entered a hole in a hillside and found artwork created roughly 15,000–20,000 years ago. The cave was eventually closed to visitors because the large numbers of people breathing inside it were damaging the ancient paintings.

“Battle of Britain Day” — 15 September 1940

During World War II, 15 September became known as Battle of Britain Day after a major day of aerial combat between Britain’s Royal Air Force and Nazi Germany’s Luftwaffe. The RAF successfully resisted the German attacks, helping prevent Germany from gaining the air superiority it needed for an invasion of Britain. The Battle of Britain was fought almost entirely in the air, making it one of the first major military campaigns in history where control of the skies was the central objective.



The Queen Mary takes to the Clyde — 26 September 1934

On 26th September 1934 the liner known for years only as “Job No. 534” slid into the Clyde at John Brown’s shipyard, Clydebank, named Queen Mary by the Queen herself before an estimated 200,000 spectators. Work on the hull had stopped for over two years during the Depression, leaving the town in hardship. She went on to hold the Blue Riband for the fastest Atlantic crossing and now rests as a hotel at Long Beach, California.

Avoiding Scams

What is a scam?

A scam is when someone steals money through fraud. This could be by making a person believe they are paying for a service, taking up an investment opportunity or moving money to keep it safe. Scammers may also use email to pretend to be someone you know, and make you believe the person needs help.

Who is at risk?

Anyone can fall victim to a scam. However, older people can be at greater risk of being targeted by scammers than younger people. Many scams play on the vulnerabilities of older people. They might tell them they need to spend money now to protect their property or to avoid a bigger expense in the future.

Someone who lives alone and has limited social contact may be at higher risk than others. They may not have anyone they can discuss potential scams with. Scammers often put pressure on people to make quick decisions by telling them they need to act fast.

People living with dementia can be at an even higher risk from scams. Criminals may target people with dementia thinking they will be easily confused, or not able to remember the details of what has happened.

The good news is that one simple word can help you pause before handing over information or money: **S C A M**. Before you respond to an unexpected offer or request, ask yourself whether any of these warning signs apply.

Four warning signs

S – Seems too good to be true

If someone promises a prize, investment return, refund, bargain, or special opportunity that sounds unusually generous, take extra care. Scammers often use tempting offers to get people to act quickly.

C – Contacted out of the blue

Be cautious if you are contacted unexpectedly, even if the person says they are from a bank, delivery company, council, utility supplier, police service, or government department. A genuine organisation will not mind if you end the call and contact them using a trusted number.

A – Asked for personal details

Never share your bank details, PIN, passwords, National Insurance number, or security codes with someone who contacts you unexpectedly. Scammers may already know some information about you, but that does not mean they are genuine.

M – Money is requested

Be especially wary if you are asked to send money, buy vouchers or gift cards, move money to a “safe account”, pay a fee before receiving a prize, or make a quick bank transfer. Take your time and speak to someone you trust before making a payment.

What to do if something feels wrong

S - Stop: Do not reply, click links, press buttons, or share information.

C - Check: Contact the organisation yourself using a trusted number from a bill, bank card, official letter, or website.

A - Ask: Talk to a family member, friend, carer, or local advice service before taking action.

M - Make a report: If you think you have been targeted, report it. In Scotland, contact Police Scotland on 101. Suspicious texts can be forwarded to 7726.

*If something feels wrong, stop and check — a genuine caller will never mind you taking your time.
Unsure about an email, text or call? Ask B&M u3a [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

Carry on Singing Group (see Page 3)



*Pre-season Backgammon work-
out in the Men's Shed from 9th
September*

**THERE'S TOO MANY GADGETS
IN THESE NEW CARS**



**I JUST WANTED TO REVERSE,
NOW IT'S SHOWING ME A VIDEO
OF SOMEONE GETTING RUN OVER**

Finding gadgets tricky....maybe our IT
Support Circle can help (Page 11)



*Submitted by Jac on the topic "People"
(Shutterbugs Group)*



**COMING SOON: Prize Winning
Author Cynthia Rogerson at
October Monthly Meeting**



Garden Dance

**Sunday Lunch Club
restarts on 4th October
(see Page 3)**

SNIPPETS

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



13th October: Science Group meeting is on Cybersecurity



Member Josephine MacLeod launching Campaign for Cleaner, Greener Scotland in Glasgow last month.



Tai Chi One doing Ba Duan Jin



*On the 21 Bridges Walk
Photo taken by Margaret Tough*

New SHUTTERBUGS convenor

Jules Colton takes over from David Tottman on his well-earned retirement.



A recent final board from the Scrabble Group (see Page 4)



The Around the World diners enjoyed an Indian lunch at the Lansdowne

WHAT'S ON

A roundup of local events and exhibitions between 5 September and 5 October. Most are free; ticketed events are noted. Event titles link to the organiser's page — please check details before you go.

East Dunbartonshire Doors Open Days

Sat 5 & Sun 6 Sep, 12–4pm · Bearsden, Milngavie & beyond · Free

Historic churches, halls and hidden buildings open for free tours and displays.

Glasgow Society of Women Artists

5 Sep – 5 Nov · Lillie Art Gallery, Milngavie · Free

The society's annual exhibition, with a loaned portrait of Dorothy Carleton Smyth.

Glasgow Doors Open Days Festival

Thu 17 – Sun 20 Sep · Venues across Glasgow · Free

More than 150 buildings, tours and talks, from theatres to museum stores.

Bearsden Library Talk: Throne Room of the Mountain Gods

Thu 17 Sep, 6pm · Bearsden Community Hub · Free

Mountaineer and photographer George Robertson on his Baltoro Glacier expedition.

Craft and a Cuppa / Board and Brew

Weekly sessions · Milngavie Library · Free

Relaxed drop-in mornings for crafting, board games and good company.

Bearsden & Milngavie Ramblers

Various dates · Meet at Milngavie Station car park · Free

Autumn group walks with a published programme — non-members are welcome.

Geo-Natter

Selected dates · Kelvin Hall, Glasgow · Free

Informal evenings on Scotland's rocks, fossils and geo-heritage.

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 93A

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
	H													O											

19	15			16	5	12	9	19	26		19	15	12		16	8	11	11	3	12					
	O											O													
4	3	13	8	20	22		2	13	20	2		16	8	6	2		26	12	13	6	3				
							H			H					H										
13	16		9		2	13	25	3		16	3	3	19		9	19		15	19	3					
					H													O							
13	8	20	8	11	19	13	1		10	13	6	3	.												

Crypto-Puzzle 93B

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
							Y												A						

20	7	25	7	19	6		13	20	12	17	:		6	3	26		9	26	19	6		16	2		
A								A																	
6	3	26		19	7	24	24	26	13		25	16	17	26	,		20	17	22		6	3	26		
																	A								
17	26	14		2	20	21	21		17	16	6		8	26	6		9	16	13	17	.				
				A									Y												
6	3	26		16	22	22		7	17	26	10	26	17		6	12	24	26	.						

Solutions to last month's puzzles

92A: "Let me not then die ingloriously and without a struggle, but let me first do some great thing that shall be told among men hereafter." Homer: Iliad

92B: "Of all creatures that breathe and move upon the earth, nothing is bred that is weaker than man." Homer: Odyssey

STAY IN TOUCH

Join Us This Autumn

BaM u3a continues to grow, thanks to members who share their time, ideas and enthusiasm. Whether you fancy an autumn 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 15th

September

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

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