BEARSDEN & MILNGAVIE u3a

October Newsletter 2026

News · Groups · Diary dates

Monthly Meeting

Meet the Author: Cynthia Rogerson

Tuesday 20 October 2026
St Andrew's RC Church, Upper Hall
10:30am for an 11:00am start



Our October speaker is Cynthia Rogerson, a Californian Scottish writer living in the Highlands near Inverness. Winner of the V.S. Pritchett Prize, she has published a memoir, five novels and a collection of short stories.

I Love You Goodbye was translated into six languages, shortlisted for Scottish Novel of the Year and dramatised for BBC radio, and her memoir Wah! was shortlisted for the Highland Book Prize 2022. She holds a Royal Literary Fund Fellowship, and her work explores family relationships, identity and displacement — interests she puts down to a state of chronic homesickness.

Clem Clement

Science Group

The Cloud & Cybercrime:

What is The Cloud, and what is UK PLC doing about cybercrime?



Date: 13 October 2026. **Time:** 1330 for tea/coffee, 1400 start
Venue: St Andrew's RC Church, Upper Hall
All B&M u3a members welcome. £2 entrance inc. tea & coffee.

A simplified explanation of The Cloud — you may not even know that you use it. Where is it, what is it, and where did it come from? Plus, an overview of current trends and threats in cybercrime, and what corporate attacks such as those on M&S and the Co-op mean for you. Don't panic — it is not a technical presentation.

Our speaker is Gordon Mackie, Chair of Helensburgh and District u3a, and still on the board of Scottish Continuity. He spent over 40 years in computer manufacturing, universities and finance, working in IT service delivery, disaster recovery, business continuity and information security.

Richard Petty

A Word from our Chair



I am honoured and delighted to take over the role of chair from Maureen for the forthcoming year. I look forward to working with you and building on the excellent work of those who have served before me. The u3a is a valued community where members share knowledge, expertise, develop new interests, and enjoy friendships. The sharing of knowledge and expertise is one of our key values, and I am sure if we all think about the skills we have acquired over the years there is something we can all share with our wider community.

Our success depends on the enthusiasm and contributions of our members, group leaders, committee members, and volunteers. I am grateful to everyone who gives their time and energy to make our u3a successful and I warmly welcome any new ideas for the future.

There are many opportunities ahead for us to make the most of what our u3a has to offer. Every day I hear new ideas and what different groups and people are up to. Recently I met a number of you on a trip to Abbotsford house and I look forward to meeting more of you in the coming months.

By working together and contributing our skills, knowledge and expertise we can continue to make our u3a an active and rewarding part of our community.

THANK YOU to David Martin!

Our u3a relies on volunteers to operate its Monthly Meetings. None have been more dedicated than David Martin who, supported by his wife Jane, arrives early at meetings to set up our audio-visual (AV) system and to ensure that the speaker's presentation displays properly on our screen, and that he or she is comfortable with the arrangement of the mic. Understandably, after the best part of a decade David has decided to step down from the role. A huge thanks for your efforts, David!

Linda Tindall

IT SUPPORT GROUP

AbilityNet supporting B&M u3a

We all know the frustration when we can't work out how to do something on our phone, tablet or laptop — we know what we want to do, but how?! From being asked to email photos to a doctor's surgery, to paying a bill online, everything is now digital, and for those of us who didn't grow up in the digital age, this can feel daunting.

Then there are the scams, where we have to be on high alert for the most subtle clue that the bank emailing us isn't actually our bank. Entire TV series are based on tracking down online scammers, but for those of us without an expert to hand, it can feel as though there are threats everywhere that we're not sure how to identify. And as for AI? We've all read about the dangers, but how can we use it to make our lives easier?
Bearsden & Milngavie u3a's new IT Support Circle is delighted to announce cooperation with the charity AbilityNet. Funded by BT, the charity's aim is to combat digital isolation in people aged over 55, as well as disabled people of any age.

AbilityNet will deliver free training in partnership with B&M u3a, covering everything you've ever wanted to ask! From setting up email accounts, to using apps to speak to family on the other side of the world, to accessibility features on your phone and right through to AI, they'd like to know what would help u3a members, with the aim of delivering this training throughout 2026/27.

Lisa Mennie, the AbilityNet trainer for Glasgow North and Stirling, , will attend the u3a monthly meeting on 20 October to meet members and, along with the IT Support Circle, take details of those interested in training. For more information, visit www.abilitynet.org.uk



Lisa Mennie

Philip Wicks, Convenor of the B&M u3a IT Support Circle, added: 'We are delighted to partner with AbilityNet to deliver training and support to u3a members in 2026/27. The IT Support Circle is a new group with only a small number of members, so AbilityNet will be able to make their greater resources available to members, potentially on a one-to-one basis. We look forward to seeing you on 20 October when you can express an interest in the training, or you can email me from the B&M u3a website' ***Philip Wicks***

GROUPS NEWS

French Beyond Beginners

Various souvenirs from previous holidays, or homes, were produced at last week's French Beyond Beginners group meeting. A kind of “Show & Tell” if you will. And, of course, the requirement was that the "tell" part had to be explained in French. Not to mention the follow-up Q&A's! Valiant efforts all round made the meeting fun as usual, and the exercise a success which will no doubt be repeated on a future occasion.

Carry On Singing: NEW, BIGGER HALL

The happy smiles are because we have moved into a larger hall with an ensuite kitchen! The sunshine helps too!



Ray Walker

COMING SOON

Life in Antarctica

If you’ve ever wondered what life must be like living in Antarctica, be sure to put 17th November in your diary — our Monthly Meeting speaker will be talking about just that. Full details in the next Newsletter.



Whist Group



Firstly, you don't need to have formal attire to attend the Whist group at the Burnbrae Inn.

Having played monthly during the summer months it has now been agreed by the group to meet more regularly and play on the first and third Monday afternoons of each month at 15:30.

We have enjoyed refreshing ourselves to the rules and realised how easy and enjoyable a game it is.

If you are interested, please just come along. There is no charge, but it is nice to buy yourself a drink at the bar before playing.

The dates to note in your diaries are :-
October – 5th & 19th
November – 2nd & 16th
December – 7th & 21st (though the latter may be subject to discussion closer to the date)

Clem Clement

Creative Writing Workshop

I attended the recent workshop conducted by local writer Debra Murphy. Having joined the **Memoirs Group**, I thought this was a good opportunity to take writing a bit further. Debra's enthusiastic and inspirational approach makes the possibility of becoming a writer so much more achievable. I enjoyed listening to Debra very much as she led the group through several informative ways in which to get started and to be able to develop further.

Barbara Parr

Longer Walking Group

We found ourselves in new territory recently with a walk from Crosslee to Bridge of Weir (photo) and back via the Gryffe Valley Way. An enjoyable lunch at the River Inn, where the Senior Citizens menu proved popular…disappointingly we were not asked for proof of age!

Janis McKenzie



Outings Group

Abbotsford House, once the home of celebrated Scottish novelist and poet Sir Walter Scott, provided a fascinating glimpse into the life and interests of one of Scotland's best-known literary figures. As we explored the house, we admired its distinctive architecture, impressive collections and personal items associated with Scott and his family. One of my favourites was the chandelier, originally lit by gas.



The visit offered plenty of opportunities to learn about Scott's writing, his passion for Scottish history and his enthusiasm for collecting objects connected with Scotland's past. Each room revealed something new, from historic furniture and artwork to books, manuscripts, and fascinating decorative details.

The trip was made especially enjoyable by the company of fellow u3a members. There was plenty of lively conversation throughout the day, and the visit provided an excellent opportunity to spend time together outside our usual meetings and activities.

Many thanks to Jane for organising the outing and to the rain for holding off until the bus arrived to take us home. Abbotsford House proved to be a splendid destination and a rewarding day for everyone.

Linda Tindall

VOLUNTEERS NEEDED

We now have only one volunteer (Peter James) covering AV for Monthly Meetings. Peter spends significant spells away from the area, so for us to run a full programme of Monthly Meetings we need 2 people willing to join a rota, setting up AV ahead of meetings. The system set up by David Martin (see P2) is straightforward and robust. If you are able to connect up your wifi router and laptop, you will be able to deal with the system.

Tempting to think someone else will be better able to do it…or someone else will step forward. The essence of u3a is that it's a self-help organization. If you are not already helping in some way, then it's **YOU** we need. Our (rather good) Monthly Meetings will not run themselves and the AV system will not plug itself in.

Please contact Chair@bamu3a.org.uk to offer your help.

Profile: Philip & Anne Wicks

Philip Wicks joined BAM u3a in 2024 with his wife, Anne, when they moved to Milngavie from North Yorkshire.

Anne and Philip are both English (sorry!) but lived in Forfar for a couple of years in the ‘70s. They met at the University of Bristol where Anne studied French and Italian, and Philip Chemistry.

After working in research & development with Glaxo, Philip had a career in supply chain management in a variety of chemical-related industries. Meanwhile, Anne combined a teaching career with raising a family, becoming Head of Modern Languages at an independent girl’s school in Bradford. For reasons lost in the sands of time, they also ran an independent bookshop in Richmond, North Yorkshire for 10 years. They moved to Glasgow to be closer to their daughter, who works as a surgeon at QEUH, and their two grandchildren, Merida and Rory (Father’s Scottish, so that’s OK!).

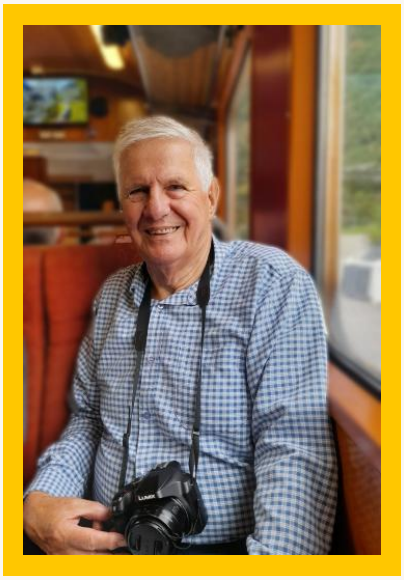


The challenge of moving to a new part of the world in your u3a years is making new friends. Anne had been a member of u3a in Richmond, so they quickly joined BAM early on. They both belong to Crime Critics, and Anne to Bookworms as well as French Conversation. Philip is a member of the Western Bridge Club in Anniesland, and they both sing in the Kelvin Choir.

Philip attends Science Group meetings and has taken up Pickleball for Fun. He is also Convenor of the recently formed IT Support Circle. You may have seen him and fellow group members sitting at a table prior to the Monthly Meetings solving problems for members with a variety of issues. It is early days, but there are clearly u3a members who need support in navigating the digital world. They are often quite basic issues with emails, passwords and photos, but extremely frustrating, nonetheless.

The IT Support Circle is a small group, which would welcome new members to explore new ways of helping members with IT problems. In the meantime, they are delighted to announce a partnership with AbilityNet to deliver a range of training and support – see page 3.

Our New Secretary: David Murray-Smith



Having been persuaded to join by a neighbour, I have now been in the Bearsden and Milngavie u3a for about nine years, and I have been an active member of several groups. My background is as an engineer, with much of my career spent in academia. I have been retired from full-time employment for some considerable time, and I value greatly the opportunities that have been offered by u3a. I am particularly active in the Science Group where I have given a couple of talks on topics relating to my engineering interests. Although I am still actively involved in research, through links maintained with the James Watt School of Engineering at the University of Glasgow, my membership of u3a is important to me as it has led to new friendships and a range of activities that are new to me. I have always been impressed by the friendly atmosphere at all the events and by the enthusiasm of the volunteers who give so much of their time freely to ensure the success of our organisation.

I look forward to learning more about how the B&M u3a operates, through membership of the Committee, and to providing whatever help I can in my role as Secretary.



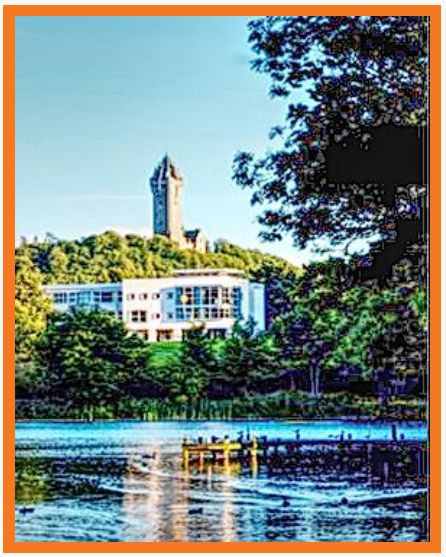
Tranquil scene at Troon beach photographed and edited by Sarah (Shutterbugs Group)

WIDER u3a

u3a Scotland Summer School 2026

The u3a Scotland Summer School was held again at the end of August in the conference centre on Stirling University's beautiful campus. It has taken place every second year since 2016, and, as usual, it was fully subscribed and a great success. True to the u3a spirit, all the organisers and tutors were volunteers from Scottish u3as. Participants chose to study one of six subjects: Exploring Artificial Intelligence, An Introduction to British Sign Language, Japanese Sashiko Embroidery, The Picts, Enhancing Your Photography, or Positive Psychology.

My husband John and I both selected the AI course, and we came away much better informed and having taken part in much heated discussion! We chose to be residential students, staying at the conference centre hotel for the two nights and enjoying more discussion over long lunches, coffee breaks and dinners.



There were extra 'taster sessions' as well as entertainment at the end of each day. I attended a talk on 'Art Deco in Scotland' and practised Chi Gong exercises, but I'll remember most the friendliness and enthusiasm of all those taking part.

I look forward to the next Summer School in two years' time.

Janet Holland

Third Age Trust AGM 2026 — Notification

The 43rd Annual General Meeting of the Third Age Trust will be held on Wednesday 14 October 2026 at 11am, as a hybrid meeting allowing delegates to attend in person or online. The in-person event will take place at The Midland Hotel, 16 Peter St, Manchester M60 2DS.

Download the formal notification and agenda for the AGM. Details on how to access the meeting online, for both voting and non-voting delegates, are shared below.

Attending the AGM

To attend the online AGM, you need to book via the Attend2IT platform using the button below — everyone is welcome to join.

Register to attend the online AGM

If you would like to attend in person, please book your place on Eventbrite, using the link below, by 11am on Monday 12 October.

Attend the AGM in person

THIS MONTH IN HISTORY

The West Highland Way opens — October 1980

Scotland's first official long-distance footpath opened in the autumn of 1980, running 96 miles from Milngavie to Fort William by way of Loch Lomond, Rannoch Moor and Glen Coe. The route was pieced together from old drove roads, military roads and disused railway lines, and its starting obelisk stands in Milngavie town centre.



Sputnik 1 is launched — 4 October 1957

The Soviet Union placed a polished aluminium sphere just 58cm across into orbit around the Earth, circling the planet every 96 minutes. Its steady radio beep could be picked up by amateur enthusiasts all over the world, and the sight of a man-made object crossing the night sky astonished those who went outside to look for it. Sputnik lasted three weeks before its batteries failed, but it had opened the space age and set off the race that ended with the Moon landings.





The Wall Street Crash — 29 October 1929

On "Black Tuesday" sixteen million shares changed hands as the New York market collapsed, tipping the world into the Great Depression. On the Clyde, work on "Job No. 534" stopped until it launched as the Queen Mary in 1934.

SNIPPETS *Please send yours to…bam.newsletter.editor@gmail.com*

Look out for a few "Where in the World" (WITW) and other questions. For answers see page 14. (guessing may be needed).

QUESTIONS: What do you call a group of giraffes? A group of iguanas? Crows?
Answers on P14

Lovely colours and textures in this photo by Colin, Photo Group 5 (WITW? Ans p14)

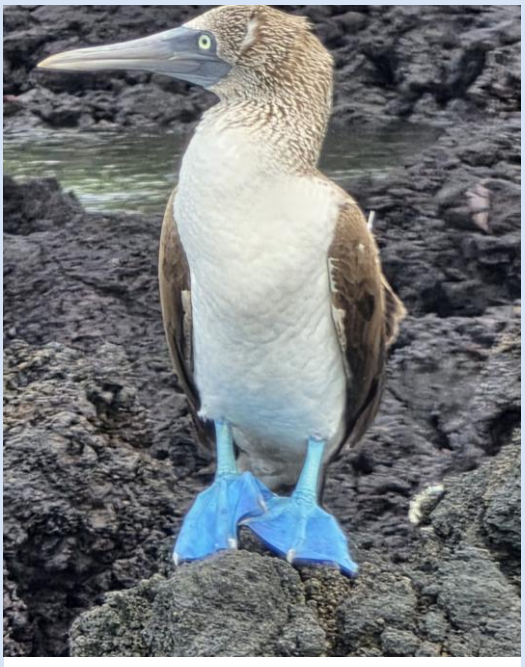




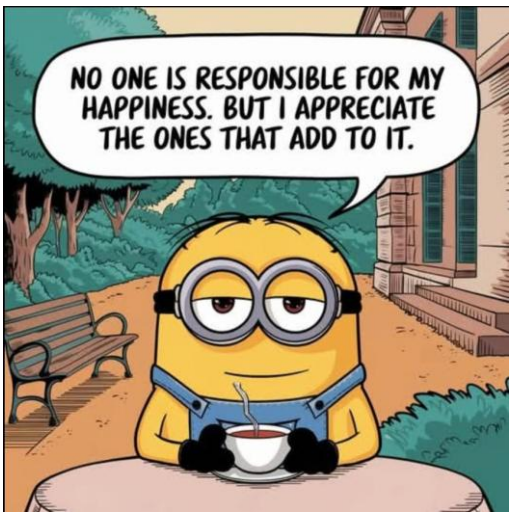
Nice reflection of sky in this shot taken by Palo (WITW? Ans p14)

Survey of 10,000 u3a members…95% say u3a has improved their life in some way, while 90% say u3a gives them opportunities to keep learning and stay curious

u3a



Blue-footed booby nicely caught on camera by Carolyn (WITW? Answer p14)



Thanks to Carolyn for this one too (see left).

SNIPPETS



November's Science Group meeting is on Astrobiology - see next NL



Dorothy Woodger becomes our new Groups Coordinator

Great job by Clem interviewing actor Julie Hale at Sept. MM



One of our Convenors at a young age, but who? *Answer p.14*



Hard to tell if this intriguing image submitted to Shutterbugs by Jules is a photo or a painting. *(WITW? Ans p14)*

WHAT'S ON

A roundup of local events and exhibitions from October into early November. Most are free; ticketed events are noted.

Glasgow Society of Women Artists

To 5 Nov · Lillie Art Gallery, Milngavie · Free

The society's annual exhibition, open Tue–Sat, 10–1 and 2–5.

Structures — Ally Wallace

To 5 Nov · Lillie Art Gallery, Milngavie · Free

Sculpture and drawing inspired by Modernist architecture.

Quiz Night at Milngavie Library

Thu 15 Oct, 6:30pm · Milngavie Library · Free

Teams made up on the night, with tea and biscuits.

Silent Book Walk

Monthly Tuesdays, 1:15pm · from Milngavie Library · Free

A gentle guided hour listening to an eAudiobook, refreshments after.

Explore Your Family History

Tuesdays to 17 Nov · Kilmardinny House · Ticketed

A practical genealogy course, week by week.

Barbie: The Exhibition

To Sun 18 Oct · Kelvingrove · Ticketed

More than 250 objects, from the Design Museum, London.

Drawing Inspiration

To 26 Nov · The Burrell Collection · Free

Thirteen drawings including Ingres, Manet and Millet.

Movie Memories at GFT

Thu 15 Oct, 11am · Glasgow Film Theatre · £4

Dementia-friendly screening with live music and refreshments.

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 94A

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
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Crypto-Puzzle 94B

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Solution to Crypto-Puzzle 93A

No spring nor summer beauty hath such grace as I have seen in one autumnal face.
John Donne

Solution to Crypto-Puzzle 93B

August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time.
Sylvia Plath

“Where in the World” and Questions in Snippets

Collective Nouns: Tower (Journey if on the move), Mess, Murder

WITW: Kew Gardens, Greece, Galapagos, nr. Roseneath (photo from Helensburgh)

Young Convenor: Philip Wicks (Current likeness on Page 7)

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 20th October
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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