



September 2018

FROM THE CHAIR

Although I have been involved with the Newsletter for a few years this is the first edition since I became Chairman. This edition is a short one because there are very few activities during June, July and August. You will of course see a list of our Monthly Meetings in this issue so please put them in your diaries. Finally, on the first Tuesday of every month, we have a Coffee Morning at 10.15am in the Clydesdale. Why don't you come along and have a chat or a good old moan with other U3A members. It is less crowded than at the end of the General Meetings. Just buy a coffee, or whatever you want, and come to the room at the back.

VISITING OTHER U3As

During the Summer Margaret Dunlop and I visited the 3 other U3As in South Lanarkshire. Margaret was at the Biggar AGM and I went to both Hamilton and East Kilbride AGMs. It was interesting that all these meetings were quite similar in content, as one would expect at an AGM, but also there were quite a few technical hitches. One U3A, which shall remain nameless, didn't actually take a vote on new members of the Committee. The names were just announced.

We don't do that, so let me introduce the other members of the committee.

'Margaret Dunlop' who has taken on the role of the Vice-Chair

'George McDougall' is now the Treasurer which was previously done by Anne Hood.

'Lindsay Morrow' our Business Secretary, the position previously held by Margaret Dunlop.

'Anne Armstrong' continuing as Membership Secretary.

The other members are : **Ken Liddell** **Marion Snelling** **Robin Lee** **Jim Allan**

There are many various groups within our U3A and the Group leaders work tirelessly to ensure that these run smoothly. Thanks to every one of them for passing on their experience and expertise to our members. The groups are an essential part of the U3A allowing members to participate in them.

I'm looking forward to working with everyone to ensure that our U3A remains a vibrant engaging and developing organisation of which we can all be proud to be a member.

Whilst most of the groups have had a break during the summer a few have kept running and reports from some are included below.

Nelson

Gardening group

"We have taken advantage of the sunny weather and visited 3 gardens open under Scotland's Gardens Scheme including a community allotment, large estate and a domestic garden developed from a field by a very keen gardener with considerable skill and hard graft. All were inspiring and also offered excellent tea and homemade cakes!

We also visited a couple of our members' gardens which were equally inspiring.

We are now into our autumn pre-arranged monthly meetings on the 2nd Tuesday am of the month in the back room of The Clydesdale Inn. Do join us.

Further details from Christine Robbins.

Email: carobbins@talktalk.net

SOCIAL CYCLING GROUP

For many who cycle it is mainly a summertime activity. So our U3A Social Cycling Group has been very active over the past few months. The beautiful weather in late June and throughout July was ideal for our forays into the countryside.

Our cycling season is from March to October.



We meet on the first and third Tuesday each month.

The inclement weather we had early on meant we got off to a slow start, with only two or three of us getting out for the couple of rides we had in March and April.

So far this year we have completed 11 rides in all, ranging from 8 to 16 miles in distance; we meet at various locations in Clydesdale (or occasionally beyond), using quiet country roads or off-road tracks. We had a very enjoyable day out in June: we went down to Irvine and cycled from the Beach Park along the coastal cycle route to Troon where 3 of the group stopped, while 3 others went on to Prestwick Seafront.

Returning through Troon we ran into the taxi-drivers' outing for kids from Glasgow – with all its colour and excitement. The day was rounded off with a meal at Wetherspoons in Irvine.

Another highlight was our ride from Biggar to Broughton in glorious sunshine.

We did two off-road rides: the first was through Blacklaw Windfarm on a beautiful sunny afternoon; the group of 5 enjoyed the remoteness of the area, far from any traffic, at one stage pedalling along to the sound of the cuckoo. The other was through Cambusnethan

Woodlands to Barons Haugh and Dalziel Park and back by the Clyde Walkway – challenging but very satisfying.

Our most recent ride was from Abington to Crawford and Camps Reservoir – beautiful remote countryside on a sunny afternoon.



Cycling is an enjoyable and beneficial activity – it puts the wind in your hair and makes you feel young again. I'm sure there are others who could give it a try: it's never too late for a new experience or to revive an activity that you enjoyed in the past. (There is also now the choice of an electric - power-assisted - bike to help get us up those hills without too much effort). Our pace is very gentle, we wait for each other; and we usually end with a visit to a café – if we haven't found one along the route.

Here's what one of our group, James Bryce, has to say about it:

“What I enjoy about cycling is the freedom, you're out in the countryside with good company, discovering places you would never have gone. I have lost 2-and-a-half stone this year and it's given me a new lease of life. The leader of the group is great at finding local routes, not too long and not too hilly”



You can contact the Group Leader, John Foster, on:

john@jlfoster.plus.com

Walking Group

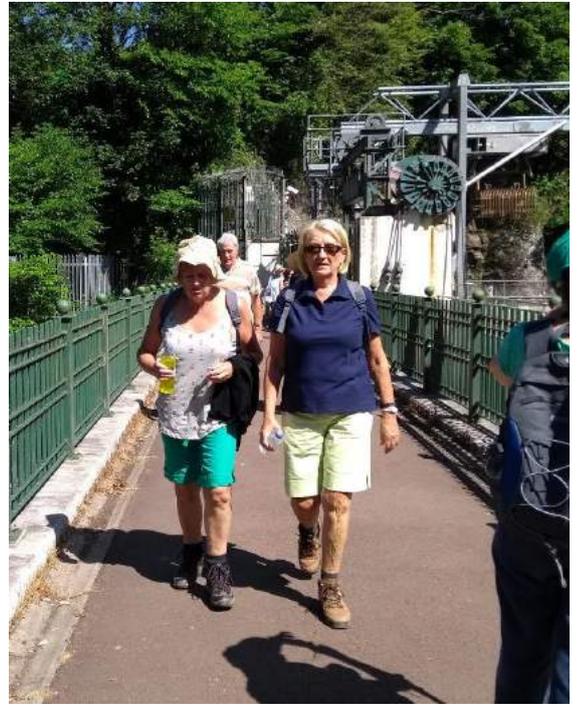
The walking group made the most of the hot summer – in June we walked round the Kerse at Lesmahagow – it was so pleasant that those who had chosen the shorter walk decided to complete the longer, five mile one along the banks of the Nethan. Lunch and refreshments were at the always excellent Truck Stop.

Our July walk, on a very hot day, was a one-way stroll from Crossford to Lanark along the Clyde Walkway. It was pleasantly shaded by trees as far as Kirkfieldbank, but the climb uphill to Lanark was testing. The Wallace tearoom provided much needed refreshments.

The photo shows us crossing the Clyde at Stonebyres.

The fine weather continued in August and there was a choice of walks at Chatelherault, on newly improved paths. The removal of conifers has opened up the views too.

We walk on the first Wednesday of every month, whatever the weather. There is usually a choice of a short easy walk (about 3 miles) or something longer (5 or 6 miles). For most of us it's not about the exercise, it's a social activity, and we enjoy a chat. Our walks are local, and people share cars. To join the walking group, email a4rmstrong@yahoo.co.uk



Anne Armstrong

General Meeting Dates and Speaker Programme

| Year | Date | Topic / Activity | Speaker |
|------|----------------|----------------------------|------------------------|
| 2018 | 19th September | Canine Partners | Danny Gallagher |
| | 17th October | NHS Integrated Health Team | Monica Bone |
| | 21st November | Govanhill Baths | Jim Monaghan |
| | 13th December | Christmas Lunch | |
| 2019 | 16th January | Burns Extravaganza | |
| | 20th February | Forth & Clyde Canal | Tommy Lawton |
| | 20th March | Barrow to Baghdad and Back | Phillip Caine (Author) |
| | 17th April | Ham & Jam | Mr Ramsay |
| | 15th May | Game Show—Call my Bluff | Stewart Houston |

The programme has been put together and offers a variety of speakers and subjects.

Christmas Lunch is on a **Thursday** again this year.

Please make sure that you put the correct date/day in your diary.

Contributions from anyone who has something to say, be it about the U3A as a whole, one of the groups or as an individual are welcome. Please send items for inclusion, by email, to Nelson Waters at nelsonwaters@btinternet.com

Thanks to everyone who contributed.

Publicity group — Nelson Waters, Irene McDougall, Jan McNulty and Jim Allan.