

U3A East Lothian Newsletter

Winter 2010

Scottish Charity Number SC 028953

Supported by East Lothian Council

Group news

For information on individual Groups contact the Group Leader. For general Group information contact Edna Milne, Groups Coordinator - groups@eastlothianu3a.org.uk or telephone 01620 820835. See also the yellow 'Leisure and Learning' booklet and the website www.eastlothianu3a.org.uk for latest Groups information and updates between newsletters.

Second Recorder Group

The appeal for names for a second recorder group resulted in nine members registering an interest. Nicola Bolton and Richard Morton were very pleased with this response.

PC Forum

The first meeting of the PC Forum was held on January 20th. Meetings will be monthly on the third Wednesday of the month at the Bridge Centre, Haddington (upstairs room) from 1.30 - 3.30 approx. The format will be a general discussion on computer issues followed by a computer demonstration of something requested and further discussion over coffee. If you want to join this group please contact Ann Keppie, 01620 810731 annkeppie@directsave.net

PSYCHOLOGY - Understanding ourselves and others

This will be a short taster course looking at personality, behaviour and relationships by means of one particular 'user friendly' psychological theory, Transactional Analysis. It will be a led group with lots of participation.

If there is sufficient interest there will be an introductory meeting to discuss when, where and how often it will be run.

Members registering an interest will be contacted.

Contact: Margaret Gordon 01620 842363

Email: agordon@tollymore.fsnet.co.uk

Eastern Philosophy & Meditation

A second U3A Philosophy group has been set up. The group will meet every four weeks, on a Thursday afternoon, in the Bridge Centre and will include a meditation session.

The Group will be reading books relating to Eastern philosophy during the month, and group members will take it in turns to facilitate/lead the discussion on the content at the meetings. We are starting with a book by the Dalai Lama.

Visits to Samye Ling Buddhist Centre and the Mosque in Edinburgh are being considered for later in the year.

For more information about the Group contact

Edna Milne 01620 820835 edna_milne2@yahoo.co.uk

Intermediate Walking

This group now has 2 walks per month on a Friday at 11:00 in (and possibly around) East Lothian. Next walk is on Friday 5th February in the Tynninghame area. Further walks scheduled for 19th February, 5th March and 19th March.

Bill Balfour 01875-341031 kelsworth@talktalk.net

Table-tennis

Provisionally the next monthly afternoon should be on Tuesday 9th February at the Aubigny Sports Centre but there needs to be increased member interest to make this and further monthly afternoons viable. Members feedback awaited.

Bill Balfour 01875-341031 kelsworth@talktalk.net

French Conversation

Several people have expressed an interest in joining the French Conversation group but unfortunately the present group is full.

So we can judge whether we should start a second group would anyone who may be interested (no commitment) email robin.macewen@just-results.co.uk with their contact details and a rough indication of their level (Elem;Intermed;Advanced).

Groups Discontinued

The Scottish History and the Creative Writing groups have now finished. Anyone interested in restarting similar groups should contact Edna Milne 01620 820835 edna_milne2@yahoo.co.uk



Needlework/Craftwork

This group is participating in a major East Lothian community project. They have undertaken to stitch one of the panels in the Prestonpans Tapestry which depicts the journey made by Bonnie Prince Charlie through the Highlands to Prestonpans. The tapestry has been designed by locally based artist Andrew Crummy. It is an exciting project and we are delighted that U3A is able, through May Bowie's stitchers, to participate.

The group should receive their panel for stitching soon and the next newsletter will contain an update on progress. Meantime you can find out more about it at

<http://www.prestonpanstapestry.org/tapestry>

U3A Scotland AGM

This event is on Saturday June 12th in Edinburgh and they would like to have an idea of numbers by March 15th. As well as the actual AGM there will be various workshops and an overnight stay in Edinburgh if wanted. Up to three people from each branch can stay, free of charge, with Edinburgh members. Contact Liz Lockwood for more information.

Theatre Offer

The King's Theatre in Edinburgh is offering special prices for some performances for U3A members. If we order in person or by phone (0131 529 6000) and quote U3A Offer we can get tickets for £12.50 in the Stalls or Grand Circle, excluding Friday and Saturday evenings. Coming up are: The Woman in Black, Lord Arthur Savile's Crime, Dinner Ladies, Porridge, Sherlock Holmes and The History Boys. Dates and more details available on their website www.fctt.co.uk or from Liz Lockwood, 01620 826320.

Care and Repair Service

WHAT CAN WE DO?

Some examples: small joinery jobs, Grabrails and handrails, replace rotten window sills or sash cords, fit new door locks, put up curtain rails, repair small electrical appliances, undertake home security ie door viewers, locks and chains, Electrical Home Safety Check.

How many of us know about the small repairs service - a charity sponsored by East Lothian Council available free to all home owners and private tenants aged 60+ and registered disabled aged 50+?

Confidential advice and free installation is available. No cost for labour, just pay for materials.

Care and Repair East Lothian, 24 Hardgate, Haddington EH41 3JR. 01620 828445

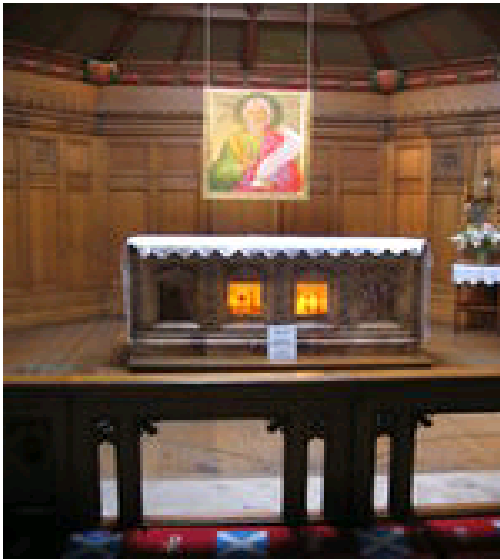
What's 'IT' all about?

Next Information Technology Day Friday 21st May -

National Silver Surfers Day.

Another opportunity for members to find out what a computer can do for you - and some of the things you can have fun with.

Contact: Margaret Gordon 01620 842363



*St Andrew's Altar,
St Mary's Metropolitan Cathedral, Edinburgh*

Saint Andrew : Scotland's Myth and Identity

In his discursive and interesting talk, Michael Turnbull shared his own fascination with the Saltire and St Andrew. Starting with the extraordinary journey that preceded his own wartime birth in Istanbul, he related what little is known of St Andrew's life and then took us on another extraordinary journey - the dispersal of the saint's relics from the place of his martyrdom in Patras, via Constantinople, Rome, (where they were used to drum up support for the Crusades), Amalfi, and eventually to St Andrews and St. Mary's Roman Catholic cathedral in Edinburgh.

King Angus of Scotland, after praying to St Andrew, saw in the rising sun a vision of the cross of Christ which eventually became interpreted as the Saltire, the blue and white diagonal cross of St. Andrew who, as Angus came to believe, granted victory to the Scots. It parallels the legend of the Milvian Bridge when Constantine's vision of the cross (chi-rho) before his battle gave him victory. St Andrew traditionally chose to be hung on a diagonal cross rather than presume to follow the same form of crucifixion as Christ.

Michael Turnbull ended with a summary of the virtues of St Andrew that can be gleaned from the Gospels and remarked how many of them can be said to be still true of the Scottish Nation, considering him to be a very appropriate saint for the Scots.

U3A and Climate Change

You may remember that earlier in the year the Third Age Trust made a plea for all U3A branches to consider the issue of climate change. I made the suggestion that perhaps we could have a group looking at this issue in East Lothian. I only got 5 names and we were split almost equally between the Haddington and North Berwick areas. It seemed to be defeating the object to race across the county to meet!

However, three towns, Dunbar, Haddington and North Berwick, have now set up area organisations addressing the challenges of climate change and the ending of cheap oil/fuel. So I am suggesting that any of you who are interested should perhaps join these groups

www.sustainingdunbar.org

www.sustainablehaddington.org.uk

www.transition-north-berwick.org.uk

I also suggested that from time to time I might put something in the newsletter to get us thinking (and perhaps doing) around the issues of climate change.

SO...ANY COMMENTS?

Did any of you see the article by George Monbiot (whom I usually rate) on 2nd Nov in the Guardian?

He claims that people over 65 are the most likely to deny that there is solid evidence of global warming and are some of his fiercest opponents over climate change.

The reasons given for this are:-

We were brought up in an age of technological optimism
We feel entitled, having worked all our lives, to fly or cruise to wherever we wish

AND

We won't be around to see the results ... (so perhaps we don't care anyway).

Seemingly some research has said that 'as we get older the fear of death drives us to defend ourselves from the ultimate terror by engaging in 'Immortality Projects', that 'constant bad news and discussion about global warming makes it difficult to repress thoughts of death' and that 'some people respond to reminders of death by increasing consumption'.

Monbiot goes on to ask 'is it fanciful to suppose that those closer to the end of their lives might react more strongly against reminders of death and therefore be deniers of climate change'?

As a Granny, I think my best 'Immortality Project' is trying to make sure that this planet is as good as it can be for my grandchildren's future after I've gone.

What do you think?

Tillie Baird

bairdjohntillie@waitrose.com

DATES FOR YOUR DIARY

Open Lecture

Coffee Morning

10:00 - 12:00
Sat 6th March 2010
Trinity Centre,
Church Street,
Haddington

Wednesday 10th February 2010, 2:30 Town House, Haddington

Dementia as a Global Challenge

Mary Marshall

Former Director of the Dementia Services Centre at the
University of Stirling

Next open lecture - 21st April : Ian Brown - Hunting Taiga in Siberia