

# CHIT-CHAT

**u3a**  
East Renfrewshire

THE NEWSLETTER OF  
[EAST RENFREWSHIRE U3A](#)  
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## STEADY!



No need for name-calling, is there? Find out where this bitch was spotted, and by whom, in *Groups*.

## GIVE IT A SHOVE



Find out where Myra was seen wearing these rather fetching clogs, in *Picture Gallery*.

## CHAT LINE

*Chit-Chat* needs readers to keep sending in pictures, anecdotes, funny stuff etc. You can send it to me at [chit-chat@eru3a.org](mailto:chit-chat@eru3a.org), or post it on the [ERu3a](#) page in Facebook.

## MAKE CONTACT

Use the link incorporated in the *Chit-Chat* heading to access our website. By using the links in the [Contacts](#) section of the website you can access any of the post-holders listed there. Safe links to other websites may also appear in *Chit-Chat*.

The interest groups featured in *Groups* are just a few of those now available. They are all listed alphabetically in the [Groups](#) Section of the website. Facilitators can be contacted by clicking on the links incorporated in all the group headings.

If you don't have access to the Internet, phone 0743 712 3921 for information about groups etc.

*Jim Hamilton*

## THE BIZ

### MEMBERSHIP FEES

Membership fees are now due, and the Committee is delighted to report that nearly 400 members have renewed online, without any problem. This preferred payment method is fully automated and does not require any manual input, saving a huge amount of time and repetitive work for our Membership Secretary. Payments can also be made by bank transfer or cheque payable to East Renfrewshire u3a. Cheques may be 'posted' in the box on the sign-in table at the next monthly meeting on 17th June.

The current membership year expires on 30th June 2026 and we feel that £24pa is excellent value. Our motto is 'Learn Laugh and Live' and we hope you agree that this sums up East Renfrewshire u3a perfectly, and join us for another year of fun.

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### JUNE MEETING

At the meeting in the Broom Church on 17<sup>th</sup> June there will be a talk about the Scottish Air Ambulance Service by a speaker yet to be arranged. The doors are open at 1.30pm and the meeting starts at 2.00pm. Refreshments are served after the talk. If you can, bring your own mug please.

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## THE BUZZ

### MONTHLY MEETING

When the May speaker decided to take a holiday in Portugal instead of talking to our u3a, a Beetle Drive social was arranged instead. Whilst everyone had great fun, the main idea of the event was to allow members to meet and mix with other members who they didn't know, which was very successful.

Shirley and Jacquelynne, as well as serving tea, were responsible for choosing all the colourful prizes.





## GROUPS

### AROUND EAST RENFREWSHIRE DINING

Group 1 visited the Golden Valley in Harvie Avenue this month.



### AROUND THE WORLD DINING

This month eight of our adventurous diners visited Mosob, an excellent authentic African restaurant in the city centre, which serves traditional Ethiopian and Eritrean cuisine.

The name comes from the traditional, hand-woven, low table or basket used for serving food communally. Symbolizing unity, prosperity and togetherness, it often serves as the centrepiece of a meal, where participants come together to share dishes such as injera and spicy stews. Injera is a sour, fermented, pancake-like flatbread with a spongy texture, used for scooping up the food.





Our diners chose not to share platters but enjoyed delicious lamb stews and individual vegan platters, with the option of using cutlery as well as the injera bread. A highlight after the meal was the complimentary coffee provided by the restaurant. This was served in the traditional Ethiopian and Eritrean way, freshly prepared and with a side of popcorn and the warm aroma of incense. More than just coffee, it is a rich cultural experience. All agreed this was a very successful outing.

## BRIDGE

East Renfrewshire u3a entered 13 pairs into the four-day u3a Spring Charity Bridge Festival and came out as the Scottish winners. The Friday Bridge Group also had a coffee break with delicious home baking from Isobel, Heather and Liz.

Many congratulations go to Emma & Leigh who, with a score of 68.3%, were second in the National competition, and to James and Liz, who were ninth out of 134 pairs. Thanks go to Fi for making up the boards.

£152 was raised by the Group for Cancer Research.

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## MINIATURISTS

Our miniaturists had another lovely and fun meeting this month.



## OUT AND ABOUT

This month our outandabouters visited the ruins of Linlithgow Palace, the birthplace of Mary Queen of Scots who became queen at six days old. A tour guide gave a short introduction to the history of the palace, which was once a majestic royal residence of the Stewarts. James I started construction of the present palace in 1424, and it took over 200 years to complete. The elegant 'pleasure palace' became a welcome rest stop for royals on the busy road between Edinburgh Castle and Stirling Castle. However, it fell quickly into decline

when James VI moved the royal court to London in 1603, following his coronation as James I of England.

After the talk, the visitors were left to explore the palace on their own. Some used the audio tour guide, although downloading the app proved difficult. The elaborate restored fountain in the courtyard reputedly flowed with wine when Bonnie Prince Charlie visited. By climbing the narrow winding tower staircases there was a great view over the palace grounds, 'The Peel' and Linlithgow Loch.

St Michael's Parish Church, adjacent to the Palace, was also visited. Constructed in the 15th century, it is the most complete example of a surviving late medieval church in Scotland. The volunteers who look after the church were very welcoming and knowledgeable. Everyone was very impressed by the beautiful stained-glass window created by Crear McCartney in 1992 to mark the church's 750th anniversary.

As it was a bit chilly for a picnic by the loch, everyone decided to have lunch in the various local cafes followed by a walk around the town. A few of the group were intrigued by the statute of 'The Black Bitch of Linlithgow'. Legend has it that in medieval times, a man from Linlithgow was condemned to death by starvation on an island in the nearby loch. His faithful dog, a black greyhound, swam across the loch every day to bring him food.

The Black Bitch has become more than just a story, as it is the mascot of Linlithgow representing the town's resilience and sense of community.





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## QUIZ

Many Congratulations go to the May Quiz winners, by half a point, team 'Four More'– Morag, Frances, Jim and Alan.



## TASTE THE WORLD

Our travelling diners' May outing, incentivised by one of the members who had discount vouchers, was to a typical British restaurant for a change – Browns in George Square. This is a lovely restaurant with reasonably priced food and friendly service and it was appreciated by all.



## WALKING

This month's walk, on the Strathblane to Dumgoyne Circuit, was fortunately during the lovely sunny weather in the last week of May. Although temperatures were still fairly high, there was a lovely, pleasant breeze.

The seven-mile circular route started from the car park at St Kessog's Church in Blanefield. From there, our walkers set off heading west along the route of the pipetrack, so called as it follows the route of the pipe that brings water from Loch Katrine to reservoirs that serve Glasgow. The track follows a scenic route of around six miles between Strathblane and Killearn. Along the route are



examples of fascinating Victorian engineering – a valve house and some exposed sections of aqueducts.

Before long, lovely views of the Campsie Fells could be seen, with the prominent, iconic volcanic plug of Dumgoyne Hill at the western end.

The route was fairly level along the pipetrack for most of this section but then descended down a steeper section to Dumgoyne Distillery. Here the route crossed the A81 to start the return back to Strathblane along a section of the West Highland Way in the direction of Milngavie.





Arriving back at the church car park, most of the group drove from there to the Beech Tree Inn for some well-earned refreshments, sitting outside in the sun. Altogether a lovely day.

## DID YOU KNOW ...?

### HOLLYWOOD HORSES

The Atlas Obscura site reveals that making horses perform on camera takes a surprising amount of planning and preparation, leaving the animals better trained and cared for than most of the actors.

Jack Lilley is the owner of [Movin On Livestock](#), a motion picture barn that has been supplying animals for TV and film for four generations. He ensures Hollywood's horses are kept safe and happy, which requires patience, training, and selecting the right animals.

It's important that a movie horse isn't startled or spooked easily, both for the safety of the riders and the animals. Lilley believes that the American Quarter Horse is the best. 'They've got the best disposition and nothing bothers them,' he says. Once Lilley's ranch gets a new horse, his team slowly acclimate it to being on a movie set. Cowboys—real ones—will slowly ride the horses around a set with the lights and production pieces in place. Ideally, they'll acclimate to the madness of a movie set to the point of being shockingly docile. 'The ideal horse is one that you could fall all over. If you were doing a fight, you could roll under his belly and he wouldn't try to step on you,' says Lilley.

A horse in a film is pretty likely to take part in a scene with gunfire, or some other violent activity, and even the calmest steed needs to be acclimated to it. To do this, Lilley takes the direct approach in his training, firing off some guns around them until it doesn't scare them. This is done with the health and safety of the horse in mind. 'We'll take them down to the sand and ride them and shoot quarter blanks,' says Lilley, referring to a cartridge with less kick than a normal bullet. Shots are fired away from the animals, not over the horse's head, or to the side of it.

Most movie horses are trained for general on-camera appearances, but some end up being trained into speciality roles as well, such as falling or jumping. Whenever you see a horse fall down on screen, either from being killed or knocked down, that horse has been trained to do so in a way that won't hurt it or its rider. Lilley's ranch teaches the animals to do this by lifting their legs and laying them down, then walking them, then laying them again and again until the horse can do it itself on cue.

Even once a horse is trained and ready for the spotlight, special preparations are often made on set to make sure that the experience is easy on the animals. A common practice is preparing the ground over which there is going to be a chase or a stampede. In movies we often see someone hop on horseback and gallop off at full speed, but in reality, pounding along the solid ground can be incredibly hard on the horses, not to mention the possibility of them tripping or breaking an ankle in some unseen divot. To make sets safe for the animals, the ground will be tilled up until it's soft, or a thick layer of sand will be laid down for them to run across. Almost nothing with a horse on film is as simple as the narrative makes it.


Making horses perform on camera takes a surprising amount of planning and preparation, leaving the horses better trained and cared for than most of the actors. Lilley won't allow untrained actors to ride the horses, or let the directors overwork them. He says that he's nearly come to blows with directors trying to drive the animals too hard. The American Humane Association has monitored and regulated animal safety standards on film sets since the 1930s.

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## WHIMSY

### SCHOOL'S OUT

Sandra Rigg  
posted this.



The illustration shows a teacher with glasses and a pink shirt, holding a green shopping bag, standing in a grocery store aisle. She is surrounded by shelves of jars and cans. Two students, a boy in a yellow shirt and a girl in a green dress, are standing next to her, looking at her with surprise. The teacher is holding a jar of jam, and the boy is holding a jar of jam. The girl is holding a jar of jam. The teacher is looking at the boy and the girl, and the boy is looking at the teacher. The girl is looking at the teacher. The teacher is looking at the boy and the girl, and the boy is looking at the teacher. The girl is looking at the teacher.

## Saw My Teacher on a Saturday

Saw my teacher on a Saturday!  
I can't believe it's true!  
I saw her buying groceries,  
like normal people do!


She reached for bread and turned around,  
and then she caught my eye.  
She gave a smile and said, "Hello."  
I thought that I would die!

"Oh, hi . . . hello, Miss Appleton,"  
I mumbled like a fool.  
I guess I thought that teacher types  
spend all their time at school.

To make the situation worse,  
my mom was at my side.  
So many rows of jars and cans.  
So little room to hide.

*Oh, please, I thought, don't tell my mom  
what I did yesterday!*  
I closed my eyes and held my breath  
and hoped she'd go away.

Some people think it's fine to let  
our teachers walk about.  
But when it comes to Saturdays,  
they shouldn't let them out!



## PICTURE GALLERY

### BLOOMING MAGIC

Willie Dyer posted these photos taken when he and Myra were in the Netherlands to see the floral displays in a 'natural setting' at Keukenhof. Seven million bulbs are lifted during the summer and new bulbs planted for the following Spring show.











They also went to the Haarlem Bloemencorso (Flower Parade), in which in stages on motorised floats travel through several towns before setting up as a static display.







## EVENTS

DAY	DATE	EVENT
Wednesday	17 <sup>th</sup> June	Monthly Meeting in Broom Church, Newton Mearns Scottish Air Ambulance Service
Wednesday	15 <sup>th</sup> July	Monthly Meeting in Broom Church, Newton Mearns Kayleigh MacLean - The Dogs Trust
Wednesday	19 <sup>th</sup> August	AGM and Glasgow's Great International Exhibition 1901 in Broom Church, Newton Mearns
Wednesday	16 <sup>th</sup> September	Monthly Meeting in Broom Church, Newton Mearns Catherine Crawford – Alzheimers Research

## SUPPORTING u3a



The [Riviera Travel Affinity](#) scheme donates 10% of the cost of holidays booked by members.

East Renfrewshire u3a doesn't endorse any commercial organisations.