

The ROUNDUP

August 2026



SPECIAL
DISCOVER DUMFRIES u3a EDITION

THE MONTHLY MAGAZINE OF
DUMFRIES u3a



Monthly Meetings

Something rather special is happening in September...

Normally The Roundup takes a little summer holiday in August. But this year we've decided there is one thing important enough to interrupt the break!

On **Tuesday 8 September**, Dumfries u3a will be throwing open the doors of the Baptist Church Centre for **Discover Dumfries u3a** – a special afternoon designed to showcase everything our u3a has to offer.

And when we say *everything*, we mean it!

With nearly 40 interest groups, there really is something for everyone – from Ambling to Genealogy, and lots in between. The aim of the day is to give people who don't yet know much about u3a the chance to come along, have a chat, try something out and discover what we get up to.

But this isn't just about attracting new members.

It's about celebrating the u3a we already have.

It's a chance for our existing members to come along, see what other groups are doing, meet people they might not normally bump into, perhaps discover a new interest and, most importantly, help us spread the word about this wonderful organisation we're all part of.

The event is being made possible thanks to funding from The u3a Trust, which has given us a grant to help us promote Dumfries u3a and attract new members.

So, on 8 September, let's show Dumfries what we've got!



Dates for your Diary



DATE



MEETING / SPEAKER / TOPIC

**Tuesday
8th
September**

**2.00 pm –
4.00 p,m**

**Discover Dumfries u3a event at
The Baptist Church, Gillbrae Road, Dumfries**

Save the date. Put it in your diary. Stick a note on the fridge.

Whatever method works for you – just make sure you remember!

There will be information about our interest groups, demonstrations, displays, activities, refreshments and plenty of opportunities to chat to existing members and find out what Dumfries u3a is all about.

And remember – it's not just for potential new members. It's for YOU too!

Come along, bring a friend and help us make it a day to remember.

Join us on the
1st Thursday of every month
2.00 pm – 4.00 pm
Dumfries Baptist Church
Gillbrae Road, Dumfries DG1 4EJ

Behind the Scenes

Sub Highlights from the latest Committee meeting

Meet the people making it happen...

An event like this doesn't organise itself – although we did briefly consider asking the u3a elves to do it overnight.

Instead, a small sub-committee consisting of Sue Price, Roger Hardy, Helen Gage and Carol Moyes has been beavering away behind the scenes. We've been working out what we need, who needs to do it and how on earth we're going to fit nearly 40 interest groups into one room!

There's been planning, publicity, budgets, floor plans, posters, leaflets, emails, meetings and quite a lot of tea and cake (thank you, Sue!).

We've been thinking about how to make the event welcoming to people who know nothing about u3a, while making sure that you, our existing members, feel that this is your event too.

We've been working on ways to showcase our groups, spread the word throughout Dumfries and the surrounding area, recruit volunteers and make sure that everyone knows what is happening on the day.

And, of course, we've discovered that every seemingly simple question leads to at least three more questions.

Where will the tables go?

Who is bringing the tea urn?

How many leaflets do we need?

What if everyone wants coffee at the same time?

The list goes on!

But it's all beginning to come together.

And now we need the rest of you to help us turn all that planning into a brilliant day!

Full committee minutes are available to any member on the home page of our website



We regret to inform you that there is currently no other news.

Well, technically there probably is.

Some of our groups are still meeting, and we know you've all had a busy summer.

But for this edition only, we're afraid everything else has been pushed aside by ...

Discover Dumfries u3a is happening on Tuesday 8 September at the Dumfries Baptist Church Centre, Gillbrae Road, Dumfries, from 2.00 pm to 4.00 pm.

Have we mentioned that?

We have?

Excellent.

Carry on...

Group Spotlight



What will YOU be showing?

One of the most important parts of Discover Dumfries u3a will be our group tables.

And this isn't about creating the most elaborate display or producing something worthy of a professional exhibition.

It's about starting conversations.

Imagine you're a visitor who has never heard of u3a.

What could you put on your table that would make them stop and say:

"Ooh – what's that?"

Perhaps it's photographs from a recent outing.

Perhaps it's something you've made.

Perhaps it's a book, a piece of equipment, a board game, a musical instrument, some artwork, a map, a project you're working on or something connected with one of your group's activities.

Maybe you could demonstrate something. For example, the Sewing Group are planning to bring along their sewing machines, and the Mahjong Group will hopefully have a game on the go.

Or perhaps the most interesting thing on your table will simply be you – someone who can tell a visitor, "I joined this group because..."

That's the conversation we want to encourage.

So when you're planning your table, don't ask: "How can we make this look impressive?"

Instead ask:

"What could we put here that would make someone curious?"

It's the conversations that follow that could turn a curious visitor into a future member.

Monthly Quiz Challenge

Time to test your knowledge



How well do you know your u3a?

If you're going to be talking to visitors at Discover Dumfries u3a, it helps to know what you're talking about!

So here's a little test.

Don't worry – there won't be a detention if you get one wrong.

True or False?

1. You have to be in receipt of the State Pension to join u3a.
2. You need to be an expert before you can start an interest group.
3. Volunteers run u3a groups.
4. You can join more than one interest group.
5. u3a is only about educational activities.
6. You can try an interest group before deciding whether it's for you.
7. You have to be over 60 to join u3a.
8. Learning and sharing knowledge with others are both part of what u3a is about.
9. u3a members can start new interest groups.
10. You can join u3a because you want to meet people as well as learn something new.

From

Carol's Kitchen

something delicious to try at home

We need your baking!

No u3a event would be complete without tea, coffee and something delicious to go with it. So we're putting out a call for home baking – or bought baking if that's more your thing!

You don't need to spend hours in the kitchen. Simple cakes, traybakes, biscuits and buns are all perfect. In fact, if you're not a baker we'd be quite happy if your donation came from the supermarket.

This month I'm sharing my recipe for easy lemon bars below, which are quick to make, travel well and can be cut into neat pieces for serving. Perfect for donating to our refreshments table!

But first, a little word about food safety

We know that everyone who bakes for u3a takes food hygiene seriously, but when we're feeding members of the public it's particularly important that we follow some simple precautions.

Please make sure hands, work surfaces and utensils are clean; if you have long hair, tie it back; keep food covered where possible; and store anything requiring refrigeration appropriately.

And please provide a list of ingredients with anything you bring.

This is especially important for people with food allergies or intolerances. Nobody wants to stand beside a plate of delicious-looking cake wondering whether it contains nuts!

A simple handwritten or printed list is absolutely fine.



It's also a requirement of the venue, who are very kindly allowing us to offer complimentary tea, coffee and home baking, even though their own cafe will be open on the day.

So, now for this month's recipe ...

Lemon Traybake

This recipe was shared with me many years ago by a friend. She brought these lemony slices along to a cake sale and they were so delicious that, when I saw the recipe, I could believe how easy they were to make.

Ingredients

55g butter
300g rich tea biscuits – crushed
1 tin (397g) condensed milk
85g desiccated coconut
150g icing sugar
1 lemon – zest and juice

Method

Line a Swiss roll tin with cling film or baking parchment – it will make the bake easier to lift out.

Melt the butter gently in a large pan.

While the butter is melting, make a glaze by mixing the icing sugar and lemon juice. Add a little more icing if it seems too runny, or a drop of water or lemon juice if it is too thick.

Add the crushed biscuits, condensed milk and coconut to the pan and mix well.

Press into the tin and spread the icing over the top. Sprinkle with the lemon zest.

Chill, preferably overnight.

Remove from the pan and cut into squares or fingers.

Allergy information

If I was donating a tray of these delicious biscuits to the Discover Dumfries u3a event, as well as listing the ingredients here, I would also keep the wrapper of the rich tea biscuits.

The reason is that it has its own ingredients list which may include allergens due to the manufacturing process. In addition, not all brands have the same ingredients

For example, if I made this with McVities biscuits I'd want to let people know that it may contain soya. However, if I used Tesco's own brand biscuits then it may include peanuts and nut.





Out and About

what's on locally

Somewhere special to visit this month...

Normally this section gives you ideas for places to visit or things to do in the local area.

But this month we have found somewhere that is very close to home. In fact, you may not even need to put petrol in the car.

Discover Dumfries u3a

Tuesday 8 September

2.00 pm – 4.00 pm

Baptist Church Centre, Gillbrae Road, Dumfries

Come along and explore nearly 40 interest groups, meet members, have a cuppa, discover something new and find out what makes Dumfries u3a tick. Entry is free – and everyone is welcome.

And if you're already a member, bring someone who isn't.

If you know of a local event that you think might appeal to our members, please contact Carol Moyes, Newsletter Editor, with the details



Jubilado – or simply jubilant?

I have been trying to learn Spanish for a number of years. Despite attending classes, and doing Duolingo everyday, I'm still very much a beginner. However, I do have a favourite Spanish word. It's *jubilado* which means *retired*.

I've always liked it because I think it looks a lot like jubilant, which perfectly sums up how I feel about retirement.

Now, as it turns out, I wasn't wrong about the connection. Both words can be traced back to the Latin *iubilare*, meaning to rejoice or to shout for joy.

Now I'm not suggesting that retirement should involve standing on a street corner shouting for joy. Although, if that will bring visitors to our Discover Dumfries u3a afternoon, I'm up for it!

However, what I am suggesting is that retirement shouldn't mean life getting smaller. If anything, it should mean expanding your horizons now you have the time to do the things you've always wanted to do.

To learn something new.

To rediscover an old interest.

To meet people.

To try things you've never tried before or share things you already know.

To laugh.

To explore.

To get involved.

In other words ... to be jubilant.

And that's rather a good description of what u3a can help make possible.

So if you're already a member, come along to Discover Dumfries u3a and celebrate what we're part of.

And if you know someone who might be ready for their next adventure, bring them with you. Who knows?

They might discover their inner *jubilado*.

Quiz

Answers

1. FALSE – u3a is aimed at people who are no longer in full-time employment, rather than having a specific retirement age.
2. FALSE – Quite the opposite! Groups are about learning and sharing together.
3. TRUE – u3a is run by its members, for its members.
4. TRUE – In fact, there's nothing to stop you becoming involved in several groups.
5. FALSE – Learning is important, but so are friendship, fun, shared interests and trying new things.
6. TRUE – Groups will generally be happy for members to find out more and have a go. And remember, prospective members are welcome to attend up to 2 sessions before deciding if they want to join u3a.
7. FALSE – There is no upper age limit and no requirement to have reached a particular retirement age.
8. TRUE – One of the lovely things about u3a is that members learn from each other, but it's not the only thing – meeting others and building friendships is just as important.
9. TRUE – If there's something you're interested in and there's no group for it, why not start one?
10. TRUE – And for many members, the people they meet are every bit as important as the activity itself.

The important bit...

If you're helping at Discover Dumfries u3a, you don't need to memorise all of these answers. Just remember the basic message: **u3a is about learning, laughing, living – and sharing those experiences with other people.**

Keep In Touch

Dumfries u3a Contacts

Committee Members

Chair	Kathleen Simpson
Treasurer	Pauline Slater
Business Secretary	Maggie Holdsworth
Membership Secretary	Sue Price
Minutes Secretary	Sue Bedford
Newsletter Editor	Carol Moyes
Asset Manager	Dave Roberts
Compliance Officer	Doug Maxwell
Joint Group Coordinator	Alistair Brown
Joint Group Coordinator	Roger Hardy
Publicity Officer	Barbara Brown

Other Contacts

Beacon Administrator	Kathleen Simpson
Website Administrator	Stuart King

We're here to help!

For all committee and other contact details, visit our website and select **Contacts** from the menu.



Visit Our Website

Find out more about
u3a Dumfries,
our groups, events
and all the latest news.



www.dumfries.u3asite.uk

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