

Chairman's Newsletter

August 2026



Monthly meetings

Unfortunately I was on holiday and missed the **August meeting** when our speaker was Ian Thomson. He proved to be a very popular choice and advised us that he will be donating his speaker's fee to Kilbryde Hospice.

Next meeting Monday 7 September

As usual we will meet in Ballerup Hall at 2pm. Our speaker will be Jack Hood who will talk on the involvement of amateur radio in communications in the quake of the Lockerbie Disaster. I have a feeling that they were very important because the respective responding services had equipment that didn't speak to each other - I look forward to Jack confirming or refuting my recollections.

I am pleased to inform you that a wheelchair is now available in the Ballerup Hall.

Membership

We are still waiting for some people to renew and will be delighted to take your subs at the next meeting by cash or cheque, or by bank transfer, our preferred method, details below.

<i>Full membership (individual member)</i>	<i>£20</i>
<i>Joint membership (2 members at the same address)</i>	<i>£18 each</i>
<i>Associate membership (member of another u3a)</i>	<i>£12</i>

Reduced subscriptions apply from November – but only for new members.

To pay by bank transfer:

Bank	Royal Bank of Scotland
Sort code	83-28-13
Account number	00660078
Account name	Univ Third Age in East Kilbride

Please use as reference your initial and surname so that we know who has made the payment.

Committee news

Margaret Fleming has intimated her decision to step down as Speaker Secretary in order to focus on her Group Leadership of the Crafters. Please give serious consideration to stepping forward to take her place. You can speak to me or any of the committee for more information. I am sure that you will want to join the Committee in thanking her for her contribution. Well done, Margaret, and heartfelt thanks.

STV Studios is looking for people to take part in the new series of the BBC's The Travelling Auctioneers – do you fancy applying?

The Travelling Auctioneers is a daytime BBC program where an experienced auctioneer and a talented restoration expert travel across the country in their mobile auction house/restoration van. Their mission is to assist families looking to sell items at auction and hopefully help them make some extra money. In each episode, the auctioneer delves into the stories and hidden value of the family's possessions, while the restorer expertly revitalises worn or damaged treasures, preparing them for auction. The goal of the show is to help families raise money for important causes or projects close to their hearts. This might be funding a family trip, contributing to a charitable cause, or supporting a personal dream.

"Are you going through a life transition, considering downsizing, or feeling overwhelmed by inherited items? Does your home have interesting items you'd like to take to auction? Or perhaps you have items that need repair? Our team of experts is here to help you! For more information see our website at [STVSTUDIOS.COM/TAKE PART](https://www.stvstudios.com/take-part). You can request an application form by [WhatsApp on 07342 393 786](https://www.whatsapp.com/channel/0029va333333333333333333)."

Free fitness classes

MorphFit are going to be running classes funded by MacMillan Cancer Support. The classes will combine gentle movement, breath work and mind-body techniques. They are suitable for patients before, during and after cancer treatment. Please see the flyer attached to the Newsletter email for a bit more information. Contact: ashley.morphfit@gmail.com or telephone 07949 153 167. I attend another MorphFit class and can recommend them highly.

To keep up with u3a activities across the nation

Subscribe to the u3a Friends Newsletter on the u3a website – <https://www.u3a.org.uk/what-we-do/newsletter>

I hope that there's a good turnout on Monday 7 September and look forward to seeing you there.

Kind regards

Elaine

u3aek.chair@gmail.com

PS A few people have still to claim their £8 refund from the Summer Outing. Please do it soon so that the Treasurer can square away the books! Likewise, if you have still to renew your annual subscriptions, we would appreciate speedy settlement to spare Alex Fleming having to pursue you.