

# NEWSLETTER

## Penicuik and District u3a

### News from the committee

**The item on page two is most important - please do read it!**

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#### **New member -**

Maurizia Ferrari has just joined us and has expressed interest in our Exercise for Fun and Italian groups. Welcome her when you next meet.

#### **Payments to u3a (e.g. Burns Lunch, subscriptions, etc)**

As community bank charges on accounts are increasing, please assist our u3a by using bank transfers as much as possible ('Penicuik & District u3a', Sort Code 80-09-39, Acc.No. 06001451). You should include a reference (e.g. Xmas Party, Hugh). The second option is cash. We'd much prefer to avoid processing cheques.

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#### **'Bring along a friend' scheme**

The best recommendations for our u3a are our members, that's YOU! You can best describe our activities with personal input and enthusiasm much better than text. Members are always encouraged to bring along a friend to an open meeting and/or a group meeting as 'taster' events. We look forward to seeing your efforts bear fruit!

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**Hugh Munro, editor**  
**[pku3a.com@gmail.com](mailto:pku3a.com@gmail.com) OR**  
**07849-403235**

**Our website is:**  
**<https://penicuik.u3asite.uk>**

### Future events - dates for your diary

**As usual, arrive about 1.45 for a prompt 2.00 pm start in the upper hall, the Cowan Institute (Penicuik Town Hall).**

**Please wear your name badge, it's very helpful.**

- 1) Thursday 15th January - Brian Young - 'Hadrian's Wall'
- 2) Thursday 22nd January - our Burns Lunch (12 noon start) at the Craigie Hotel, Bog Road. £27/head, book places now.
- 3) Thursday 19th February - Brian Aitchison - 'The changing role of the fire service within the community'.
- 4) Thursday 19th March - AGM + 'AI - Friend or Foe?'



Photos above from our very successful Xmas social event:

- 1) Panorama of the audience and stage.
- 2) Bert and friend Roy with music and song.
- 3) Murdo on the small pipes.
- 4) Other members contributed by producing a tricky teams quiz, a reading and several poems. Jim Mallen was our 'host'.

## News from the groups

### New 'Crafting' group?

Joan Robb would guide the group and obtain all materials, for which people would reimburse her. Penicuik's Storehouse say we could use their community space free of charge, meeting monthly for 1.5 - 2 hours. Ideas so far are making folded explosion (origami-style) books, tweed and button brooches, felted greeting cards and laminated bookmarks. She is not an expert or teacher and would like the group to be a co-operative, in that everyone can make suggestions and all would help to set up and tidy away.

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### Falls at home?

I've been advised by a member who has used this service. If you, or your partner/spouse/fellow u3a member has a non-serious fall at home, and assistance in getting them on their feet is all that's required - read on. Midlothian Council offer a free 'Rapid Response Falls Service'. Telephone 0131-271-3900 or out-of-hours 0800-731-6969.

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### Access to u3a members area

Until recently, you had to login with a username and password to access the very useful u3a 'members area' part of the website. That's all changed and access is now unrestricted. Go to <https://u3a.org.uk/members-area>

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# Committee Succession

We have mentioned before that the committee requires new members and members prepared to serve as office bearers.

**NOW IS THE TIME TO STEP FORWARD.**

In order to facilitate succession planning at the AGM in 19th March, members will be invited to approve an amendment to our constitution which will clarify and simplify the rules about the appointments and service time-limits of officers and committee members. If the amendment is approved we are confident that all essential roles will continue to be fulfilled for another year.

But we are faced with a potential crisis in Spring 2027. Kath will then cease to be Treasurer, and ideally a prospective successor should be working with her in the meantime. Further, after nine years of excellent service, Hugh has advised that the forthcoming year will be his last on the committee. At present he still discharges several vital functions, including this newsletter, publicity, the website and the Beacon system, and although they need not all be dealt with by the same person, they will all need to be covered. If Facebook 'savvy', please let Hugh know.

We are a very active and successful u3a and many of us contribute to that success, including group contacts and others having no formal status, but we must maintain necessary office bearers and a committee to support them. This means that at the very least we must take steps now to ensure that in a year's time we have members ready and willing to take up these posts; and that requires new committee members who are willing to work alongside the existing officers with a view to succeeding them.

Can you help? If so, please contact Aileen in the first instance by email on [penicuiku3a@gmail.com](mailto:penicuiku3a@gmail.com) or on 07950 371421.

Please give this serious thought as a matter of urgency. We cannot afford to go to the brink and arrive at the AGM in March without new candidates willing to serve on the committee.

Please talk to a committee member if you want more information.

Nomination forms are now to be found on our website's (<https://penicuik.u3asite.uk>) 'Documents' page. Alternatively, ask a committee member for assistance in getting this form.

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**u3a Summer School 2026**

Mon 24th August – Wed 26th August 2026 at Stirling Court Hotel, University of Stirling  
Topics include:

AI: Artificial Intelligence, BSL: British Sign Language; Craft: Japanese Sashiko Embroidery; History: The Celts; Photography: Enhancing Your Photography; Social Science: Positive Psychology

Full board residential and day delegate rates are available in the hotel or university guest accommodation. More info to follow via [summerschoolu3a@scotland@gmail.com](mailto:summerschoolu3a@scotland@gmail.com)

P.S. Mamie and I went last year and thoroughly enjoyed the sessions and meeting members from other u3as.

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**u3a Online ('Zoom') Learning Events** ([www.u3a.org.uk](http://www.u3a.org.uk))

In January these events explore a very varied range of topics. Something for everybody? You have to book 'tickets' to reserve your place, but as a u3a member, there is no charge.

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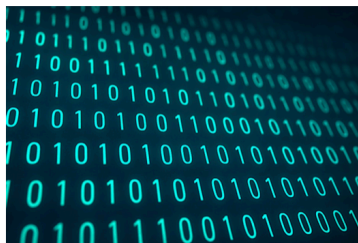
Art Appreciation at King's Gallery to view Italian Renaissance items.

**A few highlights in January**

**How do your medicines work? - An Introduction**

Wednesday 7 January at 10am

In this first talk in a series of four, Mike Trevethick explains how medicines get to where they need to be in the body and how they work.



**When Numbers Turn Nasty**  
Tuesday 15 January at 10am

Dr Octavio Dominguez will reveal the story of a mysterious number that has occasionally proved troublesome in the real world.

**Wellbeing Taster Morning with u3a Subject Advisers**

Monday 26 January at 10am

Try a variety of wellbeing practices including tai chi, meditation and yoga. It's a drop in session so you can come to the parts that interest you or to the whole meeting.



**Laughter Yoga with Merrie Maggie**  
Tuesday 27 January at 3.30pm

Bring more joy and laughter to your life with Laughter Yoga - an aerobic exercise with playful exercises combined with deep yogic breathing.