



Happy New Year to you all! Spring is in the air! The snowdrops are out and we will soon be able to enjoy warmer weather and beautiful Spring flowers.

I would like to pay tribute to Evelyn Walker who died in December 2022. Evelyn made a wonderful contribution to Fife u3a, serving on the Committee and running the Craft n' a' Cuppa group. She will be sadly missed.

The difficult transition from online Zoom meetings to meeting face to face is almost over and our organisation is flourishing! The monthly meetings are well attended and the groups are going from strength to strength with many people attending at the various venues in Kirkcaldy and Dunfermline. Our festive lunch took place in the Kingswood Hotel and I would like to thank Christine Gillan for organising it. Keep reading for report and photos.

The AGM will take place soon and if you wish to become a committee member please contact any one of us or seek the relevant information on the website. There are also many opportunities to help out with the running of our branch: Group facilitator, welcome committee for main meetings, serving tea and coffee at the monthly main meeting.

I'm looking forward to getting out and about and meeting you - especially if you are one of our new members.

Val Robertson Chair



TENABLES

- * List 10 breeds of dog.
- * List 10 saints.
- * List 10 spring weathers.
- * List 10 items to decorate an Easter bonnet.

* List any 10 yellow things.
Compile your **A to Z** of Easter foods & treats.

UPCOMING MONTHLY MEETINGS

**Thursday 9 March – 2pm, St Bryce Kirk
Marathon A to Z – Jim Taylor**



A native Fifer, an ex-Commando, a former librarian and founder of the Lang Toun Joggers, Jim Taylor now helps others to stay active cycling or running. Hear about his experiences of completing a 'Marathon A to Z' from a comfortable seat at St Bryce!

13 April – Raith Rovers Community Foundation

Through the power of sport, Raith Rovers Community Foundation aims to motivate, inspire and empower their local community. Join this session to hear how they do it.



11 May – Digital Upskilling – Sarah Halliwell, Annual General Meeting

Sarah joins us from Fife College to speak about how important digital skills are in navigating modern life.



See if you can pick out these reminders below:

ENERGY SAVING

S	R	E	W	O	H	S	T	R	O	H	S	S	O
R	A	X	S	S	I	T	X	Y	H	I	L	N	S
E	C	T	K	M	I	W	Y	L	A	L	N	I	A
K	O	R	L	S	E	H	O	A	L	R	S	A	N
O	K	A	M	I	C	R	O	W	A	V	E	T	D
O	S	L	A	S	S	C	C	E	S	O	E	R	W
C	A	A	Y	C	K	L	O	N	O	I	L	U	I
W	L	Y	N	K	E	H	C	O	D	Y	L	C	C
O	F	E	E	I	M	D	O	I	H	C	C	D	H
L	L	R	K	S	Q	S	K	D	E	A	D	E	M

- HALOGEN OVEN
- CLOSED CURTAINS
- EXTRA LAYERS
- SANDWICH MAKER
- FLASK
- MICROWAVE
- QUICK SHOWERS
- CLOSED DOORS
- SLOW COOKER
- COOL WASHES
- SHORT SHOWERS



WHAT DID I DO WITH THAT TIN?

We've all lost tins at the back of cupboards, but see if you can find the 'tin' in the answers to these clues:

1. Castle on the Atlantic coast of Cornwall associated with the legends of King Arthur
2. British satirical television puppet show first broadcast in 1984
3. Russian president
4. Unwelcome gift from a wasp or bee
5. In the cost of living crisis, two activities people may have to make a choice between
6. Prong or sharp point found on a fork or antler
7. Never ending
8. 'I have a dream' civil rights activist
9. You may find shiny garlands of this on Christmas trees
10. We have one of these on the second Thursday monthly



Musically inclined? Looking for opportunities to meet up with others of the same inclination?

Fife Music Connection: 10-4 every Monday at the Kings Theatre, Esplanade, Kirkcaldy

Finely Tuned: YMCA, Valley Gdns, Kirkcaldy every Tuesday 10-1 and every Thursday 10-4.

You can pop in for a musical jam session or a chat. More details on line.

Ian G Henderson



Some dates for your diary?

Saturday 11 March - Community Fruit Bush Planting, Home Farm Cottage, Upper Largo

Sunday 26 March - Clock change

- Daylight saving time 2023 in United Kingdom will begin at 01:00

Friday 7 April - Rapunzel: Easter Panto, Alhambra Theatre, Dunfermline

Sunday 9 April - Easter Sunday

Wednesday 19 April - Monday 24 April - Links Market

Saturday 27 May - Dunfermline Strathspey & Reel Society: Fiddlers Rally, Carnegie Hall, Dunfermline

Adam Smith Tercentenary Celebrations

Tuesday 6 June - Alexander McCall-Smith

Friday 9 June - 2023 Adam Smith Lecture by Robert Peston



For the members who attended the Fife u3a New Year Lunch which was held in the Kingswood Hotel, Kinghorn on Thursday 26th January 2023 the day proved to be enjoyable and thought provoking!

Enjoyable for the excellent lunch served by the new owner Dal Singh and his very attentive staff. Thought provoking for the popular Quiz, again cleverly compiled by Jean Black and Sadie Seath, but unlike past lunches, not so fiendishly difficult! Congratulations to the winners – 'The Quizzicals'. Thanks to Christine Gillan for her hard work in putting the event together and thanks to Muir Shaw who gave an amusing welcome speech.

If you are interested in trying the Quiz questions, find them later in this newsletter.



CYNICS CORNER?

IF IGNORANCE IS BLISS.

Why aren't people happy?

NEVER ARGUE WITH IDIOTS

**They drag you down to their level,
Then beat you with experience**

I BELIEVE IN CUSTOMER SERVICE

the tooth fairy and Father Christmas

FIFE u3a INTEREST GROUPS UPDATE

We have some members interested in a **SPANISH CONVERSATION GROUP**.



Someone, or a group of two or three people, would be needed to set up and lead the group

initially. Is, or are, some people ready to try this? There are u3a Modern Languages advisers who can help with set-up advice and recommend adult-appropriate useful materials to use. Are you a Spanish learner or speaker willing to share your skill? Have you ideas on how the group could run?



Another suggested group is

REMEMBERING THE SIXTIES. This group might reminisce and possibly look back at specific aspects of the period – fashion, music, food, events of the times, politics, according to members' preferences. Beatles . . . fondue . . . hippies . . . moon landing . . . Mary Quant



Our **OUT & ABOUT GROUP** is restarting. Keep an eye on the Events page of our Fife u3a

website for details of outings in April & May.

Please contact the Group Co-ordinator, Mary Hannah on 07894 087925 for more information on the above or any other groups run by Fife u3a.

Garden Visits Group - Millfield Garden, Falkland



Our first visit for this year will be hard to surpass. 10 members from the central area of Fife meandered through this well

designed and planted garden. Greeted by the vast collection of snowdrops, we came across variety of a hellebores in full bloom throughout the garden. Spring was evident in crocus and primula and even daffodils. We enjoyed the relaxing atmosphere as we walked over the wee bridges across the stream, under the witch hazel pergola turning into the box hedge garden, admiring the quirky features of stone alpine planters and other garden features.

Members have agreed to try to visit two gardens per month. So, look out for details on our u3a website page if you would like to join us on March 4th on our visit to Cambo Garden - who have

offered a 50% discount and introduction to their work in propagating snowdrops. You'll be amazed at how much a single bulb will fetch! Liz Gavin



Just 11 minutes of moderate physical activity a day could lower the risk of early

death by 23% a review of data from more than 30 million adults suggests. If everyone could meet this daily target, 1 in 10 early deaths worldwide could be prevented, the study authors propose. Less than 15 minutes of brisk walking, dancing or cycling a day may reduce the risk of early death by more than 20%.

The study, published this year is the largest of its kind. Using 196 previously published research articles, Brage, an investigator at the University of Cambridge's Medical Research Council Epidemiology Unit, & colleagues uncovered the relationship between physical activity & risk of death, as well as specific conditions like heart disease, stroke, & colon cancer. Studies included followed participants over an average of 10 years, monitoring their exercise habits & rates of disease & death.

Heart disease is the leading cause of death worldwide. The new study found just **75 minutes of physical activity per week, or 11 minutes a day**, is linked to a 17% lower risk of cardiovascular disease. The same amount of physical activity was linked to a 7% lower risk of developing cancer.

This level of physical activity per week is half of what is recommended now by the U.K. National Health Service and in the Physical Activity Guidelines for Americans. While the new study found that the higher exercise level had an even greater effect on health — lowering risk of early death by 31% — any activity, of any duration, adds up and is likely to improve health, Brage & team concluded.

Amy Arthur

Now, where were my walking shoes . . . ???





And **now - for the brain . . .**

Our Festive Lunch Quiz questions

- 1 Where in Cornwall is the fictitious village of Portwenn in Doc Martin filmed?
- 2 What does QR mean in QR code?
- 3 What does CD mean?
- 4 Can you identify this animal: Wiltshire Horn, Manx Loaghton, and Dorset Horn?
- 5 Who is the president of France?
- 6 What was the date of the Titanic sinking?
- 7 What was the name of the island Robinson Crusoe was marooned on?
- 8 Which island in the Caribbean has the largest population - Cuba, Jamaica or Hispaniola?
- 9 Where does the Pilgrim Way end in Fife?
- 10 In which US state is Nashville?
- 11 In which European country would you find the Rijksmuseum?
- 12 Which tennis grand slam is played on a red clay court?
- 13 In what year did Tony Blair become UK prime minister?
- 14 What is the capital of New Zealand?
- 15 Street artist Banksy is originally associated with which British city?
- 16 Where would you be if you were standing on the Spanish Steps?
- 17 Who is currently second in line to the British throne?
- 18 Who wrote 'Catcher in the Rye'?
- 19 Which country grows the most mangoes?
- 20 Name four islands in the Firth of Forth



Did you know?

Potatoes, apples, bananas, carrots and onions are the top five most wasted fruit & vegetable products in UK households. Over a one-year period, it is estimated that selling these five

items loose (unpackaged) would:

- Prevent an estimated 1.7 billion pieces of plastic packaging from being thrown away
- Avoid over 77,000 tonnes of food waste by allowing people to buy the exact amount they need

– Save shoppers a combined total of over £85m in uneaten food

Removing plastic packaging from these five fruit & vegetable products is not only a simple, effective and proven way to reduce the effects of the plastic problem, but it can also cut food waste and save us money.

Right now, the industry still argues that plastic packaging protects our food in transit, extends freshness, prevents spoilage and reduces waste. Something isn't adding up...

France has already banned 30 fruits and vegetables from being wrapped in plastic packaging. This year, Spain, Portugal and Luxembourg will join them. It's time for the UK to do the same.

Potatoes, apples, bananas, carrots and onions are often available loose in supermarkets alongside their packaged counterparts. **Everyday Plastics** want them loose, and only loose.

How do you feel on this issue?



Only after you've tried the Quiz!

- Quiz Answers: 1. Port Isaac. 2. Quick response. 3. Compact disc. 4. Sheep. 5. Emmanuel Macron. 6. 15th April 1912. 7. Robinson Crusoe Island or Juan Fernandez. 8. Hispaniola. 9. St Andrews. 10. Tennessee. 11. Holland/Netherlands. 12. French Open (Roland Garros). 13. 1997. 14. Wellington. 15. Bristol. 16. Rome. 17. Prince George. 18. JD Salinger. 19. India. 20. Inchcolm, Inchkeith, Inchgarvie, Inchmickery, Isle of May, Bass Rock, Fidda, Cramond



Stay safe . . . Stay well . . . Stay safe . . . Stay well

Newsletter and/or Website info to:

<https://u3asites.org.uk/fife/contact>