

July 2022

**u3a** learn,  
laugh,  
live



Hello, this is my first newsletter in the role of Chairperson of Fife u3a, 2022-2023. We have a new committee and I should like to introduce the members:

Chair: Val Robertson

Vice Chair: Shelagh Logan

Treasurer: Susan Kirkwood

Secretary: Sheila Gillam

Programme Organiser: Sheena Lawson

Membership Secretary: Sadie Seath

Groups Coordinator: Mary Hannah

Committee Member: Evelyn Walker

Committee Member: Colin Tremble



Back l to r

Susan Kirkwood (Treasurer) Mary Hannah

Evelyn Walker Sheena Lawson

John McArthur (interim co-optee)

Front l to r

Sheila Logan (Vice-Chair)

Val Robertson (Chair)

Sheila Gillam (Secretary)

Absent - Sadie Seath, Colin Tremble

You will learn more about each committee member you don't already know in future newsletters.

Our first task is to thank our retiring chairs and committee members. I'm sure you will agree that they were successful in keeping our organisation going during a very difficult time. They worked hard to make the transition from meeting on Zoom

to gradually getting back to face to face meetings. Because of their efforts we have gone from strength to strength and we can now look forward to another varied and engaging year of monthly talks and group activities. Our thanks go to Muir, John, Jean, Stephen, Penelope and Steve.

The first event to look forward to is our Picnic in the Park. This event, organised by Mary Hannah and her team, will take place on Thursday 18<sup>th</sup> August in Pittencrieff Park in Dunfermline. You will find all the details you need in Mary's article below.

The speaker for our meeting on September 8<sup>th</sup> in St Bryce Kirk will be a representative from Cosy Kingdom, an organisation associated with Greener Kirkcaldy, who offer advice on how to keep our homes warmer while helping the environment and our finances.

Most of our groups will start again in September. So, please look at the website of Fife u3a to find out about all that is on offer.

Here's looking forward to an interesting and stimulating year.

Best wishes, Val Robertson **Chair**



### **BRING YOUR OWN PICNIC & TREASURE HUNT**

Our venue is Pittencrieff Park Dunfermline, or the Glen as it is known locally. The event will be held on **Thursday 18<sup>th</sup> August** or Thursday 25<sup>th</sup> August if the event is rained off on the 18<sup>th</sup>. Confirmation of cancellation will appear on the U3A website Events page that morning.

The meeting point is the walled Italian Garden beside the Peacock Rooms Cafe & there will be committee members to guide people to the correct spot. There are quite a few bench seats there but, if coming by car, you might like to bring a folding seat with you. We are suggesting starting to arrive from 12 noon in order to meet friends and enjoy your picnic lunch.

The Treasure Hunt will start about 1.30. The trail has been designed along flat paths, it's wheelchair friendly & there are plenty of seats along the way for anyone wishing to stop for a rest. It's not a race &, even with time for clue hunting, discussions & stops the very longest the trail should take is 1 hour, many will finish before that.

Please remember to bring a picnic lunch with you. The Peacock Rooms Cafe will be open until 4pm for those who would like to finish the day with a nice cup of tea or coffee.

**Mary Hannah**

**MEMBERS DAY** How great it was to see so many members at our last Monthly Meeting of the somewhat challenging 2021/22 session.



Following the celebrations of the Queen's Platinum Jubilee, the theme of the afternoon was the last 70 years. Groups ranging from Art Appreciation all the way through the alphabet to Wanderers each had their own unique take on the theme, resulting in a varied and fascinating session of talks, displays, music and the ever-popular quiz.

These things take a lot of effort to pull together, so thanks are due to Mary Hannah as MC, Val Robertson for her words as our new Chairperson and to all the members of the Art Appreciation, Craft 'n' a Cuppa, Current Affairs, Jazz Appreciation, Quiz, Reading, Walking and Wanderers Groups for their endeavours.

If the volume of conversation down in the Coffee Bar was any indicator, their efforts certainly hit the mark!

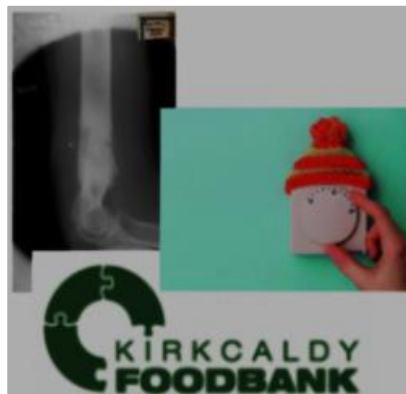


### One Beautiful Thing

Experience one beautiful thing a day. However small. However trivial. Read a poem. Play a favourite song. Laugh with a friend. Gaze at the sky just before the sun's final tumble towards night. Watch a classic movie. Eat a slice of lemon drizzle cake. Whatever. Just give yourself one simple reminder that the world is full of wonders. Even if we are at a point in life where we can't appreciate things, it sometimes helps to remember there are things in this world to enjoy, when we are ready.

**Matt Haig**

### UPCOMING MONTHLY MEETINGS



We've got a full programme of speakers ready for our 2022/23 session, so get these appointments for **2pm on the second Thursday of the month at St Bryce Kirk** in your diary now!

**Sept 8 – Cosy Kingdom – free and impartial energy advice**

**Oct 13 – Kirkcaldy Food Bank – Joyce Leggate**

**Nov 10 – Radiology in W W 1 – Diana Maxwell**

**Sheena Lawson**



**“Everyone in u3a should be an involved member, not a customer being served” – Eric Midwinter, u3a Founder**

Not all members want to stand for the Committee, but there are lots of other ways for you to contribute to the effective running of our organisation.

As we get back to something closer to our pre-pandemic lives, we'd love to welcome back members who previously carried out all those essential tasks that just make things run that bit more smoothly and to welcome others who'd like to “do their bit”.

**Keep Monthly Meetings running smoothly** Join the Meet & Greet team ❖ Hand out badges to members ❖ Take photos for the website ❖ Become a member of the Sound team ❖ Give a Vote of Thanks ❖ Serve tea & coffee ❖ Help with the book stall

**Publicise our u3a** Write articles for the press or newsletter (eg. an update from a Group you belong to) ❖ Staff an information stall ❖ Publicise our events (eg. post on Facebook, Nextdoor)

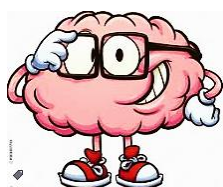
**Share your skills** Take on a Health & Safety role ❖ Act as a “tech buddy” for another member ❖

Start a new Group ❖ Offer support to a current Group leader

This list isn't exhaustive. If you have more ideas on other things that we should be doing, please share your thoughts – it may be just the role that one of our members would love.

To make suggestions, ask any questions or express your interest in making a particular contribution, just contact any member of the Committee, either before or at the September Monthly Meeting.

**All contributions warmly welcomed!**



### TENABLES

- \* List 10 'hot' countries
- \* List 10 summer pastimes
- \* List 10 ways to stay cool
- \* List 10 flavours of ice cream

\* List 10 people/things you love or hate about UK politics (or 5 of each)

Come up with an **A to Z** of British Towns & Cities.



**Run for Your Life???** It has been clinically proven that regular exercise is as effective for treating mild to moderate depression & anxiety as antidepressants.

Exercise can make a profound difference on our outlook. It boosts our mood. It helps us to lose weight. It can fight myriad diseases & it can improve our sleep.

Around 30 minutes of physical activity daily is recommended.

This does *not* mean we have to run marathons, swim oceans or live at the gym. We can enhance our regular exercise like walking, running, swimming, etc. interspersed with incidental activities such as getting off the bus a couple of stops early, taking the stairs instead of the lift, walking to get (a healthy) lunch instead of sitting still, or treating housework as a workout.

**Matthew Johnstone**



### Sporting Arithmetic

1. Number of runners in a relay team (*Athletics*) + Number of full rounds the champion has to play in the Open Championship at St Andrews (*Golf*)
2. Number of metres Usain Bolt ran in 9.58 seconds to create his world record (*Athletics*) - Number of points scored for a try (*Rugby union*)
3. Number the blue ball is worth (*Snooker*) x Number of balls in an over (*Cricket*)
4. Three darts maximum score (*Darts*) ÷ Goals scored in a hat trick (*Football*)

### ? NEW GROUPS ?

The aim of U3A is to share skills and learn as well as laugh so if there is anyone willing to lead or co-lead a new group we would love to hear from you. Could someone lead a walking netball team, share their knowledge of wines, teach us how to juggle? Just a few ideas to set you thinking . . .

We like to think we have a reasonable range of interest groups in Fife u3a, but each u3a round the country has its own unique mix. Here's **an A – Z of interest groups** from round and about to help start some more thoughts:

- A** About Our Climate; All about Herbs
- B** Belly Dancing; Beach Wombles
- C** Circle Dance; Criminology
- D** Dixielanders Jazz Band; De-Cluttering
- E** Electric Cars; Evocations Hour
- F** Follies (buildings with no practical purpose); Famous People
- G** Grumpy Old Men; Grumpy Old Women
- H** History of Popular Song; Houses through Time
- I** Introduction to Dowsing; International Law
- J** Jewellery Making Skills; Jigsaw Exchange
- K** Kurling; Kelfolk
- L** Laughter for Health; Latin for Fun
- M** MOTO (Members on their Own); Mythology
- N** Nordic Pole Walking; New Members
- O** Old Time Music Hall; Opera Lovers
- P** Plato's Parlour; Progressive Rock Music
- Q** Quilting; QiGong
- R** Remember When; Recycling
- S** Science We Missed Out On; Swing Time Big Bands
- T** TV – Everyone's A Critic; Transport On Rails
- U** Ukulele
- V** Vegetable Growing
- W** Walking With a Bus Pass; Words for Pleasure
- X** Exploring Other Cultures; Fit & Flexible
- Y** Yiddish Conversation; Yoga
- Z** Zumba Gold

Should you have a skill or talent you would like to share please contact Mary Hannah, the Groups Coordinator, on 07894 087925. She would be delighted to hear from you.





### Don't Compare Your Life to Someone's Highlight Reel

*"When you are content to be simply yourself and don't compare or compete, everybody will respect you."*

**Lao Tzu**

Today focus on a negative habit that creates insecurity within, erodes self-esteem & can make you feel quite unhappy with your own life.

It's something that has sprung up as we have moved a part of our lives on to the internet and social media. That habit is to compare yourself & your life to other people's highlight reels.

What does that mean?

That it's so easy to start comparing your life to the lives of friends, old classmates or celebrities of all sizes as you each day see how perfect their homes, kids, love lives are and how filled their lives are with wonderful moments.

But is that their whole lives that is shared on Facebook and Instagram?

Usually not.

It's just the highlight reel of that person's life. The positive moments.

And it's natural thing really, to want to share such moments or days with your friends or followers.

Now, for some people this may develop into something destructive. Into a way of creating a more perfect image of one's life to get that hit of instant gratification as people add positivity via comments, likes & upvotes.

But everyone has problems at times. They fail. Get sick. Have flaws, bad days or negative habits.

No matter who you are or what you look like or do. We have those issues too. Just like anyone else.

We still stumble & fall on some days. Doubt our self or are pessimistic from time to time. That's human. So don't strive for being perfect or measuring yourself against someone else's highlight reel.

Here are 3 healthier steps you can take instead:

**Step 1: Compare in a smarter way.** There will always be people who have more or nicer things than you. Or are better than you at something. No matter what you do.

So if you want to compare then do it in a way that won't make you feel envious & inferior. Do it by comparing yourself to yourself. See how far you have come. Look back at the obstacles you have overcome, what you have learned & how you have grown.

**Step 2: Spend your energy & time on what matters the most.** Step by step spend the hours

in your day & week on building habits that will make you a better person & a happier one too. Eg, aim at being optimistic 70% of the time if you have been it maybe 50% in the past month. Or spend more of your weekly free time on your favourite hobby or on sharpening a valuable skill.

**Step 3: Let go of what drags you down.** If necessary unsubscribe or remove social media accounts from your feed if you feel they are dragging you down & lowering your self-esteem. Even if those things might also be entertaining right now.

**Life isn't just a highlight reel no matter who shares it.** So look beyond that, remember that everyone is human & stop comparing yourself to that limited view of someone. In the long run you'll be happy that you did.

**Henrik Edberg**



### Stay safe when it gets too darn hot

– we're just not used to it



*Before the pandemic there were already 225,000 older people often going a full week without speaking to anyone. Since then, applications for Age UK's friendship services have only grown.*

*At Age UK they've been supporting older people to get out into their communities for years, so they know what works when it comes to tackling loneliness. But 1.2 million older people still often feel lonely, and that needs to change. As well as pressing government to understand & do more, Age UK continues to provide their usual help.*

*Over our summer break we can help ourselves & others by ringing those we're not seeing as much as usual,*

*getting together for a walk or cuppa or ...*



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

Newsletter and/or Website info to:

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