



Welcome to our June Newsletter and I hope this finds you well and enjoying the warmer weather.

Our AGM took place on Thursday 11th May and we had a very good turnout of members. A new Committee has been elected and we have to say farewell and offer thanks to those who have retired. The hard work of Mary Hannah and Sheena Lawson is much appreciated.

During the past year our organisation has flourished and we have many new members who have joined in enthusiastically with groups and main meetings. We have had interesting speakers and many members enjoyed the Picnic in the Park and the January Festive Meal. Please look in this Newsletter and on our website for details of the summer outing this August. We will complete our year with Members Day on 8th June 2023 and this is your chance to take part either as a group member or as an individual.

Please contact Jean Black or Sheena Lawson if you have something to offer.

Here is our new committee:



- Chair: Val Robertson Vice Chair: Vacant
- Treasurer: Susan Kirkwood
- Secretary: Marion Lackie
- Membership Secretary: Sadie Seath
- Group Coordinator: Jean Black
- Members: Jan Rea, Teresa Brown (not in photo)

Please note there is still the opportunity to be co-opted on to the committee. If anyone would like to take on the Vice Chair role, please contact us.

I hope you enjoy the summer break and we look forward to starting up again in September. However, some groups do continue through the summer months. So, check the website Events page for details.

Best wishes **Val Robertson, Chairperson**

UPCOMING MONTHLY MEETINGS

Members' Day – Thursday 8 June, 2pm



Before Monthly Meetings take their customary summer break, join us for Members' Day, where members will share

just a few of the high points of our Groups' cornucopia of interests & events of this past year.

ANNUAL SUMMER OUTING



Scheduled for **Thursday August 17**. When seats are gone, they're gone, so get your booking form in as soon as possible.

Since COVID we have had our annual outings within Beveridge Park & Dunfermline Glen. Though well organised & attended, with restrictions now lifted, we are looking further afield. With recent televisual reminders (the Repair Shop) of our 2018 visit to Dumfries House - a popular choice - we are going again.

Obviously prices have risen since then but, at £17.50 for the coach alone, it is good value for money. Prices for entry to the house & gardens are all on the form - available from our web page. We've already had positive feedback on this choice - last date to submit your booking form is August 1st 2023 - first come, first served.

A separate form is required for each person & forms will be available at Members' Day on 8th June 2023. All relevant details and information are on the form.

Once booked and paid for we cannot guarantee any refund if you are unable to attend.



Dead & Buried – Thursday, 14 September, 2pm



Mark the date in your diary – our **Monthly Meetings** return on the **second Thursday of September**, when **Charlie Guy**,

anatomist and social historian, will be speaking about 19th century funeral customs and superstitions. The fascinating world of the Victorian dead will cover everything from booby-trapped coffins and body-snatchers to post-mortem photography and funeral souvenirs!



Just some of this year's speakers



No relationship you'll ever have will be more important than the one you have with yourself -

especially since it will not only make **you** happier & help you live a fuller life. It will also have a positive effect on all the other relationships in your life. Because you'll have more energy & love to give & the people closest to you get to experience the joy of you finding a self-love & expressing yourself more.

So what can you do to make this summer one of being a better, kinder & more loving friend to yourself?

As you wake up, think about three things you can appreciate about yourself. This only takes a minute or less. As you wake up - or if it fits you better to do it before you go to sleep - think of 3 things you can appreciate about yourself.

Three things today were that I am sometimes really funny. That I care about helping other people to improve their lives. And that I did a good job with doing the dishes this week.

So it doesn't have to be something big. Or extremely kind or important things. It could just be that you did a good job with a small & everyday thing.

Appreciate anything that is positive about you even if it may sometimes just be that you do a thorough job of brushing your teeth. The point of this is to think kind thoughts about yourself every day so it becomes an automatic habit. This will lead to more & more self-kind thoughts popping up when you need them the most.

Change your inputs to things that are kind & constructive. Destructive messages from people around you or further away such as media, advertising & society in general, do not help you be kind to yourself.

So, bit by bit, replace them with other inputs. It could be the encouragement of friends & family & help from someone who has been in the situation that you are in now.

It could be practical personal development books & blogs that help you out with real solutions to the challenges you face & your goals. It could be to spend more time in nature and silence to relax & recharge yourself.

Make more conscious choices this summer instead of just going along with old habits. Start today by reducing the time you allow for one negative source & spend the time you have now freed up with one of your most positive sources.

Take care and have a self-kind day! Henrik Edberg

DID YOU KNOW?

Apart from the many cafes, coffee shops and member's homes across Fife which are vital to how our u3a operates, **we use a few venues in Dunfermline and Kirkcaldy regularly.** But were you aware of some of these more unusual facts about them?



Hollywood Bowl, Dunfermline

In 2018 a £400,000 refurbishment saw the Dunfermline Bowlplex transformed into the Hollywood Bowl. It's now one of the Hollywood Bowl

Group's 64 UK centres, contributing to a 29% share of UK bowling lanes.

Kirkcaldy United Services Institute

While we commonly use the term 'KUSI' to refer to the building opposite the soon-to-be-reopened



Adam Smith Theatre, the Kirkcaldy United Services Institute is actually a club with objectives to provide members

"the means of social intercourse, mutual helpfulness, mental and moral improvement, rational recreation" and "further to advance that comradeship which sprang up whilst serving their country".

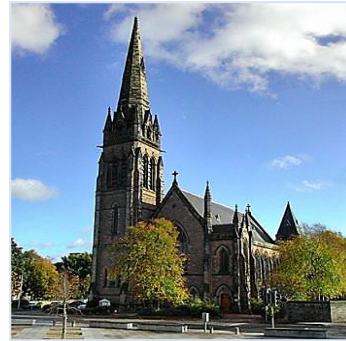


Pitbauchlie House Hotel 1970

Pitbauchlie House Hotel

The name Pitbauchlie is of Celtic origin. It translates to "...estate

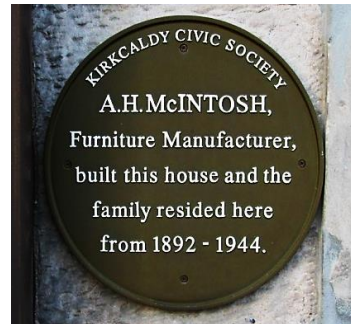
of the keeper of the bachall or crozier (staff)." Built as a 4 bedroom country house, the hotel has developed under the stewardship of the Solley family since 1970 and now has 53 en suite bedrooms, bars, restaurants and function facilities, set in 3 acres of wooded grounds and ornate gardens.



St Bryce Kirk, Kirkcaldy

Building work commenced 7 November 1877 and St Brycedale Church was opened on Thursday 17 March 1881. The

architecture is 13th Century Gothic and it is built of Fordell stone, with the inside walls of the Tower built of a hard stone from Gallatown Quarry.



Victoria Hotel, Kirkcaldy

Recognised as a Category B listed building in 1998 for the quality of its interiors, Victoria House was built for the furniture

manufacturer A H McIntosh. The McIntosh family lived there until 1944 and the house was converted to a hotel in 1948.

Summertime Essentials

S	L	A	S	E	K	P	A	K	O	O	B	A	C
L	H	P	P	U	Z	Z	L	E	S	U	S	O	O
C	A	T	P	Q	S	P	O	A	U	E	S	N	U
B	T	P	L	E	D	N	U	P	S	L	S	N	N
Z	U	T	A	B	A	S	A	O	R	T	T	W	T
T	N	S	N	R	Y	E	S	S	A	T	E	H	R
E	E	Y	E	A	T	S	D	T	I	O	H	R	Y
H	C	A	E	B	R	S	N	C	N	B	O	T	S
T	B	T	W	T	I	A	E	A	M	R	L	R	I
T	R	R	A	C	P	L	I	R	A	E	I	O	D
B	O	A	L	O	S	G	R	D	C	T	D	P	E
A	L	I	K	A	S	N	F	S	P	A	A	S	L
C	L	N	S	C	Y	U	A	C	K	W	Y	O	R
E	Y	L	I	H	A	S	T	O	W	E	L	I	W

- WATERBOTTLE
- DAY TRIPS
- PLANE
- HOLIDAY
- BEACH
- PUZZLES
- RAINMAC
- PLASTERS
- SUNGLASSES
- POSTCARDS
- COACH
- BUS
- FRIENDS
- BOOK
- COUNTRYSIDE
- TRAIN
- BROLLY
- SPORT
- TOWEL
- HAT
- BARBEQUE
- WALKS



TENABLES

- *List 10 girls' names ending in A
- *List 10 4-legged animals
- *List 10 people called Charles
- *List 10 coins – UK or . . . ?

* List 10 chocolates or sweets no longer available
A-Z Draw up your personal listing of places you'd like to visit if money, physical health and time were no object.



CRAFT 'N' A CUPPA GROUP UPDATE



Following the sad loss of our leader, Evelyn Walker, at the end of last year, 2023 has seen the Craft

'n' a Cuppa Group reflect the enthusiasm and effort that she put into it over many years. In addition to our tried and tested format of each working on our own individual projects, we've added a few new twists.

So far this year, our exploits have included:

- Sharing patterns for calorie-free knitted Easter eggs, then undoing all the good work by having a taste test of chocolate eggs displayed in knitted Easter baskets
- Working out with a few hand, neck & shoulder exercises to ease tension in the areas most affected by sitting crafting
- Producing knitted squares to contribute to blankets for Ukraine
- Going back to basics by swapping tips on how to join balls of yarn invisibly

Our meetings continue over the summer months (first Tuesday monthly, 10.30am at KUSI) and anyone who'd like to join us, even just for the Cuppa, would be most welcome. **Sheena Lawson**



Scottish Heritage Group

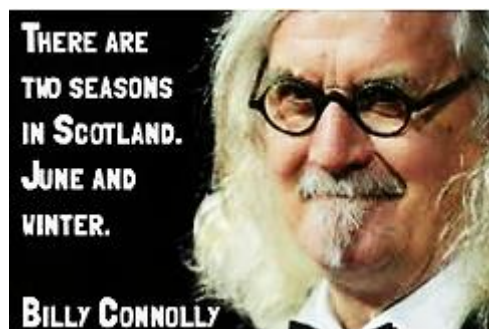
Do you love Scotland, its vibrant cultural, historical, social and civil fabric?

Lillian started the Scottish Heritage Group last year to allow all its 15 members to follow their interests and choose topics to explore through visits and discussion.

We all enjoyed the variety and camaraderie from discussions on The Covenanters, Alternative Energy in Response to Climate Change and a lively portrayal of the Three Estates play to visits to St Andrews, Andrew Carnegie Museum, the East Neuk Salt Company, the Edinburgh Georgian and Glasgow Tenement Houses amongst others. Our appetites whetted, we are looking forward to next year and more adventures.

Interested? The good news is we have a few spaces left. Check us out on the website and get in touch.

Dee Ramsay & Doreen Somerville



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

Newsletter and/or Website info to:

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