



Hello Everyone, this is my last newsletter message to you in my role as Chairperson and I have only a few things to mention.

Firstly, it was a great encouragement and pleasure to have visited most of our indoor groups during March. Muir Shaw and I shared the task between us in order to take out the message to members that we needed you to seriously consider what part you might play in managing our u3a by serving on the Committee. What I didn't expect, but shouldn't have been surprised about, was the warmth of the welcome I received and the fun that I had from attending the groups allocated to me. Since joining Fife u3a I had only participated in the British History Group before I joined the Committee and those then took up my available time. Obviously, my experience of groups was limited but I now have a better understanding of at least some of our groups and a far better appreciation of the value they provide to us as members as we learn, have fun and enjoy each other's company. The other lesson I learned is to try something different - you'll get a real surprise.

Our Annual General Meeting beckons and the Committee has asked me to mention a couple of issues pertinent to that event. You will see elsewhere in the newsletter that our speaker for the day has changed. I'm now looking forward to learning more about those intriguing buildings dotted about our landscape - doocots. I hope that the topic will also pique your interest and so ensure that we also have a good turnout for the business meeting immediately afterwards. It will be left up to members to decide whether or not they wear masks on the day but, please, remain considerate of others. If you cannot attend you could consider contacting Muir (Secretary) or myself and provide us with your proxy vote. A

good turnout is always an encouragement for a new Committee as well as recognition that your outgoing Committee has managed our business well.

Thank you for your support over the past months and the kind words that some of you have shared with me. In the meantime I look forward to Fife u3a continuing to provide us with pleasurable company and stimulating opportunities to learn into the future.

**John McArthur, Chairperson**

### FORTHCOMING MONTHLY MEETINGS



**The Doocots of Fife – Tom Reid & AGM, Thursday, 12 May, 2pm**

A rare treat – a presentation from one of our own members! Tom Reid will give an illustrated talk on Fife's wide array of doocots, or dovecots. Covering a time-span of 500 years through to the mid-19<sup>th</sup> century, these fascinating buildings come in a wide range of styles & housed rock doves, essential for production of everything from pies & stews through to gunpowder & baldness cures. Who knew?

The talk will be followed by our 2022 Annual General Meeting, our first in-person AGM since 2019. This is a FREE session, and it would be great to see a healthy quorum of members.

*(Thanks to Tom for stepping in as a late substitute for the planned presentation from Raith Rovers Community Foundation which is having to be rescheduled for next season because of clashing work commitments.)*

### Members Day – Thursday 9 June, 2pm



As events in June mark the Queen's historic Platinum Jubilee, this year's Members Day invites Groups to look back on the last 70 years

& contribute their own thoughts & reflections to this informal session. Rumours of displays & quizzes are already beginning to circulate, so come along & share your memories. We're also delighted to be able to announce **the return of tea & coffee** after the meeting. We are also returning to the cost of £2 per meeting.

## DURING THE SUMMER



After last year's successful Bring-Your-Own Picnic & Treasure Hunt in Beveridge Park, look out for a similar

August event open to all but in Dunfermline.



### WATER & ENERGY SAVING ACTION PLAN

- Knock a minute off your shower **WW EEE**
- Turn off tap while brushing teeth **WW E**
- Only boil the water you need **W EE**
- Fill washer full & use 30° wash **WW EE**
- Use watering can - not hose **WWW E**

Scottish Water & Net Zero Scotland



### HOW'S YOUR CRIME-SOLVING?

Which TV programmes do these trios bring back to mind?

- 1 Charlie Barlow, Det Sgt Watt and 'Fancy' Smith
- 2 Dave, Ken and Huggy Bear
- 3 George Dixon, Andy Crawford and Station Sgt Flint
- 4 Jean Darblay, Kate Longton and Det Insp Perrin
- 5 Chris, Mary Beth and Lt Bert Samuels
- 6 Robert Lewis, James Hathaway and Clare Holman
- 7 Capt Hastings, Chf Insp Japp and Miss Lemon
- 8 Mrs Hudson, Insp Lestrade and Dr Watson
- 9 Della Street, Paul Drake and Hamilton Burger
- 10 Fitz, Penhaligon and Wise



**TENABLES** \* List 10 things that say to *you* that summer has arrived  
\* List 10 summer sports  
\* List 10 (Fife) summer weathers  
\* List your 10 best holiday memories

\* List 10 summer holiday book styles.

Come up with an **A to Z** of world capitals.



## OUT AND ABOUT IN FIFE THIS SUMMER

As we begin to rebuild our social lives, here are a few local events you might want to support this summer.

### Celebrating 100 Years of British Broadcasting

The 2022 Exhibition at the Museum of Communication in Burntisland marks the centenary of the first scheduled radio broadcasts in the UK and the birth of the BBC. Open 4 May to 24 September 2022, Wednesdays and Saturdays, 11am to 4pm. Details at [Museum Of Communication](https://www.museumofcommunication.org.uk)

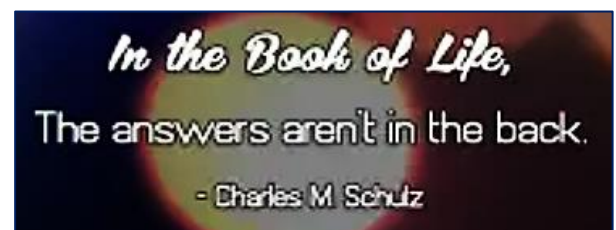
([museumofcommunication.org.uk](https://www.museumofcommunication.org.uk))

### Jack Vettriano - The Early Years

An exhibition at Kirkcaldy Galleries that has generated worldwide interest, featuring early paintings by the lad from Methil and signed in his birth name, Jack Hoggan. Open 17 June to 23 October 2022, tickets from £8.50, booking necessary. Details at [JACK VETTRIANO: THE EARLY YEARS 2022 \(onfife.com\)](https://www.onfife.com)

**Bennetts British Superbike Championship** - Knockhill Racing Circuit throws its doors open to Superbike fans for the first time in 3 years, with Scottish riders expected to figure strongly in the action. 17 – 19 June 2022, day tickets from £19. Details at [Bennetts British Superbike Championship at Knockhill](https://www.bennettsbritishsuperbike.com).

**Langtoun Jazz Festival** - A range of artists at various Kirkcaldy venues from 24 – 26 June 2022. Details at [Langtoun Jazz Festival 2022](https://www.langtounjazzfestival.com)





## TAKE ACTION: 12 HABITS THAT TURN DREAMS INTO REALITY

*"Knowing is not enough; we must apply. Willing is not enough; we must do."* Johann Wolfgang von Goethe

*"Don't wait. The time will never be just right."* Napoleon Hill

1. **Get your day off to a great start by doing the most important thing.**
2. **Just take responsibility for your actions and the process.**
3. **Don't feel like doing it?** Start small.
4. **Don't hurt yourself.** Do what you believe is right.
5. **Remind yourself to stay focussed.**
6. **Stay accountable to the people in your life.** Motivate each other.
7. **Cycle fully focused work and fully relaxing rest.** Alternate 45 or 25 minutes or build up to that.
8. **Focus more on the how to and less on the what-ifs.**
9. **Most people don't care that much about what you do so don't let that hold you back.**
10. **Tap into enthusiasm.**
11. **Add the fun.** Add music or make it a game.
12. **Celebrate what you did today.** Take 2 minutes at day's end to appreciate your achievements.

Henrik Edberg

### 'Skill sharing brings people together'

TV presenter & journalist Steph McGovern is supporting a new skill sharing initiative celebrating the talents older people can share with the younger generation.

It is part of the #GenerationWOW campaign (which stands for wonderful older wisdom) from Specsavers Home Visits, together with u3a), which gives older people a platform to pass on their skills & life experience to others. New research reveals a large majority (68%) of over 60s believe they have valuable untapped knowledge going to waste.

86% fear that certain crafts may disappear entirely if their wisdom isn't passed on, with a quarter saying younger people could benefit by learning to garden (26%) or do basic electrics like changing a plug (24%).

Some of their fears may be misplaced, as 87% of younger people surveyed were keen to learn from those older, especially about cooking (26%), parenthood (26%) & money (25%). Nearly a quarter (23%) also want their advice on love & 16% on career success. The good news is the skill-sharing can go both ways with the younger

generation wanting to impart their knowledge to an older person on technology (26%), social media (23%) & current affairs (24%).

Steph's delighted to be backing the new skills hub which can be found on the Specsavers website: [specsavers.co.uk/generation-wow](https://www.specsavers.co.uk/generation-wow).

The #GenerationWOW skills hub showcases people's lifetime of experience in one easy-to-reach place through video tutorials.

Specsavers Home Visits, which offers full eye tests in the homes & care homes of people who are entitled to an NHS eye test & are unable to leave their house unaccompanied due to a physical or mental illness, was inspired to create the hub by all the incredible people they visit day-to-day.

u3a has been bringing people together to share their skills & learn new skills from others for 40 years. Members have already contributed videos to the skills hub on flower arranging & laughter yoga, with more to be added.

u3a Sam Mager, CEO of u3a, says: 'Our members are a really inspirational & passionate group of people, who have enthusiasm to share their talents with others, & to keep learning new skills themselves. We look forward to working with Specsavers Home Visits to help them share their skills with the wider world.'

Specsavers Dawn Roberts, clinical director for Specsavers Home Visits adds:

**'Maintaining good vision is really important for all of us & especially if a person is housebound and living alone. Changes in eyesight can lead to a person being more prone to falls & would certainly make it less easy for them to carry out day-to-day activities, &, of course, enjoy their hobbies.'**



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

Newsletter and/or Website info to:

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