

SOUTH
DUNFERMLINE



South Dunfermline Community Council Newsletter

my community news

Issue No. 137 Spring 2021

Masterton Lea

Masterton Park

Middlebank Rise

Pitcorthie

Pitreavie



Hello!

Welcome to our slightly later Spring newsletter... We took the decision to delay in the hope that restrictions would ease and life could hopefully be normal and safer for our delivery volunteers. Please remember the local businesses who advertise in the newsletter if you are looking to get work done around the house!

Whilst it is now a distant memory, I hope everybody had a nice Christmas and is looking forward to the lighter nights which are on the horizon. Our thanks to Red Rose Contracts (See advert on the back page) for their donation of a Christmas tree at the entrance to the estate. I hope you liked it as well as the giant baubles.

Sadly, it doesn't look as though we can hold the Gala again this year, fingers crossed we can come back next year after a four-year absence!

Hopefully you have had a chance to look at our new website by now, it is full of interesting information. If you haven't already, please like our Facebook page which is regularly updated.

We have a few ideas for projects this year – tidying up the King Malcolm roundabout remains a goal and we would like to extend our planters throughout the area. If you are interested in looking after some community pots and can suggest a site, please get in touch. The members would also like to help in tidying up hotspots in the area, more to follow in the next edition!

Scientists seem confident that by the time summer is here we will be in a better place, until then please stay safe!

Alasdair Kay

SDCC Chairman

In this edition...

- Removal of Seagull Nests
- Growing Generously
- Food for the Future Community Pantry



South Dunfermline Community Council



sdcc2014@outlook.com



www.southdunfermlinecommunitycouncil.com



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South Dunfermline Local Councillors



Conservative - David J Ross
(01383 418570)



Labour - Ross Paterson
(07515 290182)



Lib Dem - James Calder
(07825 604016)



SNP - Fay Sinclair
(07885 447252)

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Treasurer - Mhairi Divertie

Secretary - Vacant

Members: Marion Knapman; Sharon Waugh;
Nancy Porteous; John Ure; Morag Ure;
Grace MacLachlan; Thana Mitchell

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Communications - Thana Mitchell

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meets on the 1st Tuesday of every month,
apart from July and August, at 7.45pm.

NEWSLETTER

Editor - Thana Mitchell (07427 695323)

Treasurer - Mhairi Divertie

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OUR NEWSLETTER DEPENDS ON
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Masterton Primary School News

It's been a strange few months in any school. During January and most of February, there were only the children of keyworkers in the school. This made the school a very quiet place indeed. Although there was some very heavy snow during this time we succeeded in keeping the building open the whole time.

Despite the school being shut to most pupils we tried to keep things going as normal as possible and followed the school calendar, including having our annual Scottish Poetry Competition in February.

All pupils learned a Scottish poem and then recited it to their class teachers. The teachers then selected the winners from each class and the P.4-7 pupils performed their poems virtually. The judges found selecting a winner more difficult than in previous years. The standard was very high but we finally selected the following winners:

- 1st Cainech Dall – P.6
- 2nd Grace Sinclair – P.4/5
- 3rd Noah Fairman – P.4/5

The winners performed their poems live at the TEAMS assembly later that week. Well done to everyone who made the effort to learn and recite their poems!

During lockdown we also had a whole school storytime held on a Monday, Wednesday and Friday on Microsoft TEAMS. We regularly had in excess of 150 pupils join us to hear the timeless classic story of 'The Lion, the Witch and the Wardrobe'. It was great fun and the children really seemed to enjoy it.

There was also a weekly assembly covering a variety of different topics. This was attended by up to 250 pupils. We were surprised that so many pupils were online at the same time but it was an excellent way of keeping in contact.

Since the 22nd February the P.1-3 pupils have returned to school and this has been great!

By the time you read this all the children should have returned to school. Term 4 promises to be extremely busy with lots to do including the Masterton Mile and Sports Day. We are really looking forward to this.

Stephen Humphries, Headteacher

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Pitbauchlie House Hotel is preparing for re-opening!

Sam's Bar, Bar 47, Restaurant 47 and Harvey's Bistro all plan to reopen when we are permitted.


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Easier Travel - New Fare Structure

- New Flexi 5 ticket to help customers
- New range of easy and simple ticket types
- Public transport will continue to play a key role in meeting Scotland's environmental targets

From 7th March, Stagecoach will be introducing a new flexible ticket, the Flexi 5, offering five-day tickets for the price of four, to help meet the changes in travel patterns when Covid-19 pandemic restrictions begin to ease. The Flexi 5 will be available via the Stagecoach mobile app.

For more information, please contact Ewan McInnes, 07809 735 942 at Spreng Thomson



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Seagulls

Removal of Nesting Seagulls

Seagulls can be a real nuisance - causing damage to your property, being noisy, creating mess and health risks from their droppings and during the breeding season, they can become aggressive and attack people and pets if they feel threatened.

The Community Council and Councillor James Calder received several messages last year about issues with nesting seagulls in the Pitcorthie area. Cllr Calder has subsequently spoken to Fife Pest Control Services about what could be done in the area to combat this matter.

Before any measures can be taken to remove the birds, please note that seagulls are protected by law. Although many complaints have been submitted to Fife Council, the Council has no statutory duty to take action against gulls.

Fife Pest Control Services have told us that if they are called out, the nest will be removed and the customer will get a free second visit if gulls start to rebuild their nest which does happen if the nest is removed too soon.

Seagulls are very territorial, especially when it comes to areas that harbour safety for their nests. If the birds are left undisturbed throughout a season, they will come back around to the same spot year after year to build their nests all over again. Spiking can be put in place but seagulls are smart and will often return and stack sticks on top of spiking to re-nest on it plus it's costly and not always needed. Nest removal should see them gone and not return the following year.

The cost to remove a nest would be £90 per home affected, unless access onto roof is very restricted and if a cherry picker is needed then the cost would increase to cover this but in most cases a ladder / roofing ladder access is usually sufficient.

Anyone who presents this newsletter with their services mentioned in it will only have to pay £80 instead of £90 and for those who do not receive the newsletter, there will be an online edition on our website to access.

In the meantime, we strongly urge people to stop feeding seagulls because as long as that continues, they will keep coming to nest in the area. If anyone has any questions, please get in touch with us via Facebook or email: sdcc2014@outlook.com.


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Local Action

2 years and going strong!

Save the Calais Woods Wildlife campaign has now been going for over two years and continues to grow from strength to strength.

What started out as 1 man and his dog has now morphed into a fully active and constituted group of around 20 members with nearly 20 more supporting and helping out when they can, and that's not even counting the number of followers we have sharing our posts and events on social media and through word of mouth.

The campaign success has been built on the desire in and around the local community to ensure that any future developments in the area do not harm our beloved woodland and wildlife, as difficult a task as that may seem. But we can assure you that the commitment and effort our members have been putting into the campaign so far has been inspiring to see and just seems to make more people want to join in and play their part.

Through our campaign we have managed to muster several hundred people to contribute and have their say too:

- Shepherd site (phasing of housing) - 150 objections: Approved
- McDonalds - 184 objections: Approved
- Axis Point (industrial est) - 586 objections: TBC
- Halbeath Masterplan (phasing) - 86 objections: TBC
- Approach road (calais wood north) - 270 objections: TBC

Not great so far in terms of preventing anything, but fantastic in terms of people participating, and please don't get us wrong, we fully support an education facility next to the woods but parts of it like a new road and a petrol station just don't sit right.

We do have a monumental task at hand as we are challenging and questioning developments on 5 fronts, but we have and are making great headway and this will continue as long as you continue to support and help us when and if you can.

Please follow us on social media or look out for our information and events or contact us directly if you would like to really help out. Everyone is welcome, it's your woods too! Thank you!

Martin Willcocks

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Local History

With thanks to Alastair M. Redpath
at [Project Dunfermline](#)

A Potted History of Pitreavie (Part 2)

The Battle of Pitreavie, also known as the Second Battle of Inverkeithing, is significant as the final battle within Scotland during the Wars of the Three Kingdoms. It brought Scotland within complete control of the Protectorate of Oliver Cromwell.

Cromwell invaded Scotland in July 1650; after a period of unproductive manoeuvring, he inflicted a heavy defeat on the Scottish army under David Leslie at Dunbar on September 3, 1650. However, Cromwell was still blocked by Leslie and unable to advance further.

He realised that Fife was the key to outflanking Leslie, and prepared for a sea-borne assault on North Queensferry. On the night of July 16/17, 1651, Colonel Overton led around 2,000 men to a landing on the north shore of the Forth, possibly at Inverkeithing Bay or Port Laing; by July 20, the Parliamentarian force numbered around 4,500 men.

After a cavalry action that saw losses on both sides, the Scottish infantry retreated north towards Pitreavie Castle. At Pitreavie, the infantry made a final stand on the sloping grounds but were overwhelmed by the more experienced Parliamentarians who had the additional advantage of cavalry. The Scots suffered more than 800 losses, including many prisoners.

Sir Hector Maclean of Duart, the 18th chief of Clan Maclean and 2nd Baronet of Morvern, was in command of the Highland soldiers during the battle. He and his father had fought for Montrose in 1645, and Maclean now found himself allied with his former enemies against Cromwell.

He was killed in the battle, and one of the two war cries of the Macleans dates from the battle: "Fear eile airson Eachuinn!". This is a reference to seven brothers who are supposed to have shouted this, which translates as "Another for Hector", as each in turn stepped forward to protect their clan chief. All seven of the brothers were killed, and Hector died with them near Pitreavie Castle.

The Pitreavie estate was once owned by Lady Christina Bruce, sister of Robert the Bruce, in the 14th century, and was purchased by Henry Wardlaw of Balmule, Chamberlain to Queen Anne of Denmark, in 1608.

He was knighted in 1613 and created a baronet of Nova Scotia in 1631. It would appear (especially given the initials over the main entrance of the original block) that the house was built for him.

By the early 18th century the house had passed into the possession of the Blackwood family. It had lain empty for many years when it was purchased in 1884 by Henry Beveridge (of St Leonard's Works fame).

In 1938, Pitreavie Castle was purchased by the Air Ministry and became the headquarters of 18 Group Coastal Command as RAF/MHQ Pitreavie. It remained in use by the MoD until 1996 - with its very own underground bunker - following which the estate was sold for development.

The finished castle comprises two principal two-storey homes and four single-storey apartments, two of which are available to rent through Airbnb.



News from Pitreavie Primary School

I am writing this update on an exciting day for all primary schools across the country as we finally welcome the last of our pupil groups back to school for the first time in 2021!

The playground this morning was lively, noisy and full of children which was a great thing to see.

The school has been open since the beginning of January as we welcomed back our children from our additional support classes full time and also provided education for key workers' children.

The staff who have supported this have been amazing and their commitment has led to the school being a happy place of learning since the start of the year.

We did many exciting things in our time as a smaller group. We had a silent disco, completed outdoor learning sessions which included fire pits and marshmallows, developed our archery skills, learned how to bake and received outdoor sporting sessions from Active Schools.

Once the nursery to Primary 3 children arrived, our school became busier and we enjoyed celebrating World Book Day both in school and through remote learning.

The remote learning that has been taught to the children through Microsoft Teams and Seesaw was a full programme of teaching and learning that included regular live lessons, recorded learning and opportunities for individual studies.

The work that the children have taken on through this has been of the highest quality and we thank our school community of staff, children and parents for the amazing task they have undertaken. I know many of you will attest to the challenges of home learning whilst juggling the rest of your life!

We also had many occasions to bring the school together in fun events. I enjoyed my weekly live assemblies as a chance to connect with all the families and our Pitreavie Pancake Day was full of exciting and tasty learning opportunities!

We look forward to our time together at school. As we move into our last term after the Easter holidays, we will be supporting our Primary 7s into their transition to high school and thinking of welcoming our new nursery children and Primary 1s into the school.

As with all things these days, this will look different and will include many virtual aspects but we have certainly improved our technical and media skills as a result of this pandemic.

Maybe Steven Spielberg should be worrying Our nursery garden continues to be replaced and improved following the fire. We hope to get that finished in the near future which could not have been achieved without the generosity of the community.

Wishing everyone a healthy and safe Easter from all at Pitreavie Primary!

Mrs Broadley, Headteacher



PITREAVIE GOLF CLUB

Hope everyone is taking care and staying safe.

The Club is hoping to open our doors again at the end of April (following all Government COVID-19) guidelines. Our golf membership is full and we currently have a waiting list. We are so looking forward to welcoming all new, current members and guests back to our friendly clubhouse. The catering staff can't wait to serve their delicious food in our bistro style bar area with views overlooking the 1st tee and the 18th fairway and green.

CONTACT US

Tel: 01383 722591

secretary@pitreaviegolfclub.co.uk

www.pitreaviegolfclub.co.uk

Social Membership:

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Catering:

KDN Catering Sunday Lunch Specials (1 - 4pm): 2 courses - £10 / 3 courses - £12

Mid-week Spring Special Offer (12 - 3pm): 2 courses - £8.95

Golf Membership:

- Various memberships available (from juniors upwards)
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SDCC Update

We were hoping that we could resume our cancelled events in 2021 but that seems unlikely in the first half of the year, we might be able to have something later this year but that's to be confirmed.

In the meantime, we have made donations to the Food for the Future – Community Pantry in February and the Foodbank in March. Recently, we also helped out the group Growing Generously, with their collections of blessing bags of food for the homeless by donating 30 bags. To cheer up the children in need, we provided a total of 72 Easter eggs to both the Foodbank and SHIELD Fife.

As our chairman had mentioned in his message, we are looking into some projects such as cleaning up our areas and also the possibility of a free little library in our community. Keep a lookout on our Facebook page and be sure to like and follow us to receive updates!

South Dunfermline Planters

At present we have planters or provide plants for existing pots in the following areas:

- Outside Pitreavie Primary School on Pitcorthie Drive
- At the bus stop at Willow Grove, Pitcorthie Drive
- Near the Barley Sheaf on Evershed Drive
- On the decking at Merlin Drive

If you are interested in helping to brighten up the South Dunfermline area, we can provide plants for existing pots in public spaces or we can offer pots and plants if you would

Please take note that there will only be 3 issues of our newsletter this year – April, August and December.

like to volunteer in your area. If you have any suggestions on places that could be spruced up, please get in touch with us by email: SDCC2014@outlook.com and we will get back to you.

Dog Fouling

We have received several complaints about dog fouling in the Pitcorthie area and the amount of dog poo on the pavements is disgusting!

Dog owners have a legal duty to clean up every time their dog fouls in a public place.

It is an offence if you do not clean up after your dog and may result in a fixed penalty notice of £80. It is an offence not to provide your name and address to the officer when asked and it could result in a fine of £500.

If the fines are not paid it may be referred to sheriff officers who will recover payment from you which will also include their fees. If the matter is not referred to sheriff officers, it will be sent to the procurator fiscal.

Safer Communities Officers are responsible for dealing with dog fouling complaints. They can be contacted on 03451 550 022 or email: safercommunities.officers@fife.gov.uk

Remember to bin it or take it home!



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Making Your Will

Have you made your will?

If you don't have a will, is it because:-

- It is something you have put off until tomorrow?
- You have swept the idea under the carpet to look at, at some unknown future date?

If you fall into either of these categories, you are not alone. It is a sad fact that more than half of us never get around to making a will.

Not making a will can create problems for the people you leave behind when you die such as:

- The wrong people may inherit your estate
 - Your estate may take longer to settle without a will
 - If you die without a will (Intestate) under Scottish law, your estate could be divided between distant relatives that you have had little contact with
 - Family fallouts may result if you do not have a will as some family members may feel that they are not getting a fair share of your estate
- Finally, if you do have a will, is it up to date? An outdated will is as bad as not having a will at all!

Make your wishes known to avoid any future problems arising on your death.

Power of Attorney

Your family is powerless to help you without a Power of Attorney.

A Power of Attorney is a legal document that enables your family to help you by allowing them to speak on your behalf to doctors, social workers or hospitals to give you assistance with welfare matters.

A Power of Attorney also gives authority for your loved ones to help you with legal matters such as banking.

Of course, you establish a Power of Attorney hoping that you never have to use it. We all hope that we will be as independent as possible as we age.

However, no one knows what is ahead. Situations such as when you have a stroke may mean that you need the help of your relatives or friends urgently and this is where having a Power of Attorney is extremely important.

New confidentiality rules introduced in 2020 means doctors, social workers and banks will not include your family members in any decision making unless they have a Power of Attorney for you.

Do not leave establishing a Power of Attorney until you are incapacitated. Appointing a Power of Attorney when you are fit and well will offer peace of mind for you and your family.

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Growing Generously

Growing Generously started in 2019, when I moved to Scotland. I wanted to find a way to help people over the Christmas period and therefore asked the members of the community if they would be interested wrapping presents together for the care homes in Fife.

The response was incredible which led to our first event in December 2019, which Sandra our first volunteer helped to organise and since then her amazing family continue to support our projects.

Our first event was held in Dalgety Bay at the Parish Church. Over 100 presents were wrapped by families and then delivered to two care homes by a small group of children.

I will never forget the look on the residents' faces when they received the presents from the children, their faces lit up, that was when I knew we can do so much more!

Since working in childcare for five years I have seen how much children love to help, whether shopping for food, wrapping a present or writing a card to someone they can do it in a small way. I believe we should create opportunities for children and their family to give and help others.

Since then, we have donated over 80 food hampers to Fife Women's Aid, have launched our new homeless project to hand out blessing bags to those sleeping rough and we plan to continue to run projects and community events to support charities and other organisations.

We hope to inspire children to grow up helping others in the future.

We also aim to build a relationship with care homes in Fife so the children can continue to connect with the residents when it is safe to do so.

Our vision is to see families and their children come together to make a positive difference in people's lives through fun and creative events!

We may be only a team of 3 but with a generous community and amazing volunteers (Sandra and Thana), I believe we can make a positive impact.

Charlotte Gilbert

HELP FIGHT HUNGER.

HELP THE HOMELESS

We aim to give blessing bags every week to the homeless in Fife.

GET INVOLVED BY:

- Filling a bag with food for one person
- Asking your kids to write an inspiring note on the bag or in a card to put in the bag
- Dropping the bag off at your closest collection point (ASDA Dalgety Bay Car Park or Andrew Carnegie Birthplace Museum Car Park)

After 72 hours, we will hand out the bags safely to those in need.

Look out for further updates on collection dates.



Local Support

Food for Your Future - Community Pantry

Who are we?

We are a community group of 6 volunteers who run a Community Pantry from The Tryst Centre in Abbeyview.

The Pantry started in February 2020 after 5 pilot sessions were held in 2019 where we engaged with community residents in all areas of Dunfermline. The reason for these pilots were to gauge the interest and requirement for this kind of project.

The results spoke for themselves.

Christmas 2019, we held two free Festive Meal events. A three-course meal all cooked with food that was destined for landfill, but was perfectly edible. Over the 2 events, we served more than 170 people. They also had the opportunity to attend our pop-up pantry at the end of the evening where they could select a minimum of 10 items.

We are committed to reducing the amount of food waste sent to landfill but also giving families and individuals a dignified source of safe, nutritious food at a fraction of the cost. People can sign up as a member, pay £2 per week to select a minimum of 10 food items. The food items include ambient, fresh, chilled, frozen, bakery and fruit and vegetables.



How do we source our food?

We have partnered with many different organisations and supermarkets to allow us to source food at a reduced price or for free. We collect surplus stock from many different stores locally. Most of this food would have been sent to landfill but it is perfectly safe for consumption.

COVID

At the start of lockdown, we had a period of 3 weeks where the Pantry was closed due to the building being shut. We applied for funding to many different organisations and local groups. This would allow us to put the £2 fee on hold and offer families and individuals free pantry bags. The Pantry reopened on 16th April and we opened up to 5 communities in line with Fife Council Food Resilience Team. Procedures were put in place to keep volunteers and people collecting bags safe during these unsettling times. All volunteers were trained on a specific Risk Assessment for the reopening of the building under COVID guidelines.

What's in a bag?

Included in each bag is: soup, tinned meat/fish, vegetables, custard/rice pudding, tinned fruit, cereal, milk, pasta/rice, sauce/tinned tomatoes, a snack and a treat and sometimes a bottle of juice. We also add in chilled and frozen produce. This could be a packet of mince, steaks, chicken, sausages etc and also yoghurts, cheese, butter are also added (depending on availability). In addition to this ambient bag, we then make up a fruit and vegetable bag and a bakery bag for each person registered. These bags include all the surplus items we collect from supermarkets.

Mostly, all this surplus food fills 5 car boots. A huge amount, probably reaching 10s of 1000s of kgs.

Facts & Figures

Since April 16th 2020, a total of 3423 bags have been given out, reaching over 8000 people in total. But in actual fact, everyone goes away with 3 full bags of food. We have estimated that these bags would be enough to make at least 30 meals. So that's enough food given out for over 100,000 meals!

We give much thought to the nutritional content of the bags and hope to make sure they contain well balanced food items. We reopened back up to the whole of Dunfermline in December 2020 due to the number of enquiries we were receiving outwith the original 5 communities.

We also partner with Fife Council and offer meals and/or packed lunches throughout school holidays. Again, this provision is open for anyone to access.

We continue to apply for funding as we don't yet really know the full economic impact that COVID has placed on community residents. We have pledged that we will continue to offer this free service for as long as required.

We are so grateful for all the support we receive from funders, donors, Fife Council to name a few. But the number of hours and dedication given to FFYF by the volunteers is astonishing (an approx. of 60 hours per week).

Nyree Keith

Free Pantry Bags
CALL: 07730 809375

Food for Your Future Community Pantry
REDUCING FOOD WASTE
COVERING ALL AREAS OF DUNFERMLINE
EVERYONE IS WELCOME!

The Food Pantry has temporarily moved premises to Touch Community Centre for a few weeks.

Please take note that collection of pantry bags will be from Touch as of Thursday, 18 March. Follow us on our Facebook page to keep updated on any changes.

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Pitcorthie Playgroup

John Marshall Community Centre
Pitreavie Primary School Grounds
Pitcorthie Drive
Dunfermline, KY11 8AB
Tel: 01383 602382 / 729666
www.pitcorthieplaygroup.co.uk
Follow us on Facebook

We are a long established playgroup at the heart of the community for over 40 years providing a safe, fun and nurturing environment for children aged 2½ to 5 years old.

We offer both morning and longer sessions from Mondays to Fridays with funded places available through Fife Council.

- Weekly woodland walks
- Healthy snacks are provided
- Childcare vouchers accepted
- Members of Early Years Scotland, regularly inspected by Care Inspectorate and HMIe



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Pitreavie Playgroup



Charity Number SC022912

The Playgroup is situated in its own bungalow with a secure garden and plenty of free parking. There are a maximum of 12 children at each session.

- Places available for children aged from 2 years old
- Funded places for 3 and 4 year-olds
- Choose from morning, afternoon or all day sessions
- Open: Mornings for 50 weeks of the year and afternoons during term time



For more information or
to arrange a visit,
please contact Fiona on
01383 622107 or 07811 219785
pitreavieplaygroup@hotmail.co.uk
www.pitreavieplaygroup.com
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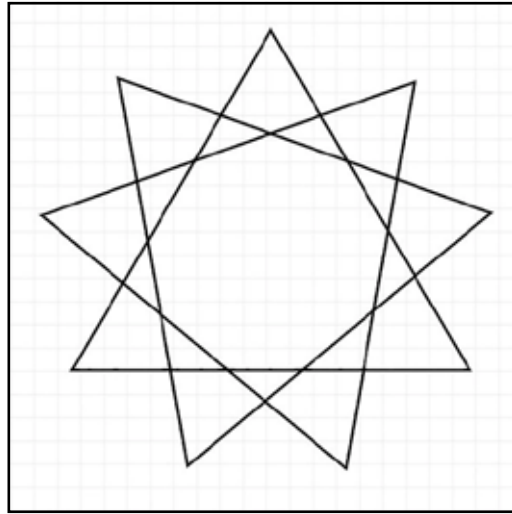
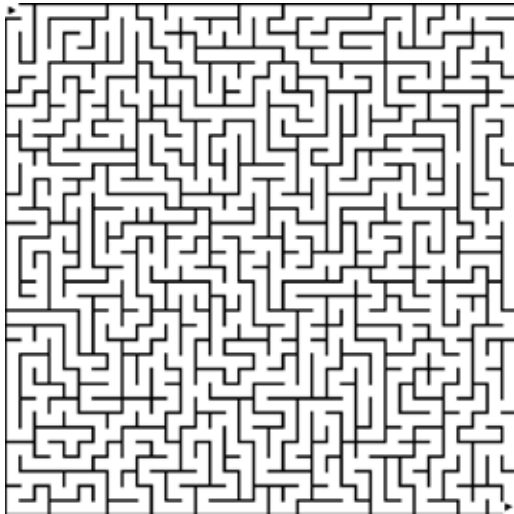
HOME: 01383 741466

Puzzle Corner

					4		9	
8		2	9	7				
9		1	2				3	
				4	9	1	5	7
	1	3		5		9	2	
5	7	9	1	2				
		7			2	6		3
				3	8	2		5
	2		5					

1. Sudoku

2. Can you beat the maze?



3. How many triangles are there?

4. Brainteasers:

A) There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

B) A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

C) Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

D) What can be driven although it doesn't have wheels, sliced but stays whole?

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

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|----------|---------|
| FIJI | GREECE |
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| NIGERIA | BAHRAIN |
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| LIBYA | SUDAN |
| NORWAY | SOMALIA |
| MALI | LAOS |
| PORTUGAL | IRAN |
| SENEGAL | TURKEY |

Answers on Page 35

Tranquil Haven

Consequences

The game 'Consequences' was popular when I was growing up. You fold-up a piece of paper and each friend writes a simple line for a story. You can't see what your friends wrote, or what nasty, funny or embarrassing consequences your friends are dreaming-up for their later lines in the story. Then comes the great reveal, when the story in its entirety is made visible to you and your friends. What simple pleasures!

But that's not the consequences I'm interested in this morning. I want to talk about the consequences of lockdown and the implications it has on us and our children. And there have been many.

Many of the most obvious consequences have been quite surprising and unforeseen – reversing much of the progress that we have made over the last twenty years. For example, I'm shocked and even angered at the amount of disposable plastic, cardboard and paper we are once again producing, utilising, discarding and dumping. All because of COVID. And the impact of lockdown has had enormous visible impact on our transportation systems, with the once bulging commuter buses and trains now running almost empty.

But one of the less noticeable concerns of lockdown has happened to our children. We all do a lot of growing up in our childhood and much of this has to do with our relationships with our families, school friends and others around us. One of the consequences of lockdown has been the limited face-to-face

exposure our children have had to others. In theory, children should have had more contact with their families, being locked down in their homes. But for most of us it's 'solitary confinement' in our own rooms and our children are missing out on the contact, exposure and friendships that develop their personality and character, and most importantly their ability to relate to others.

It may be a while ago, but we can all remember the excitement and anguish of making and breaking relationships at school. We've all suffered from them, and also benefited enormously. With lockdown the children have not been able to meet their friends face-to-face, to develop those personality traits, characteristics and experiences that stand us in good stead for the rest of our adult lives. We've all yearned for that longing to develop a friendship and relationship with someone at school. Thinking about how we should go about it. Trying it. Being patient. Adapting our approach. And finally, thank goodness, making a new friend and having fun!

Because of lockdown, our children have missed out on a key part of their development and upbringing. But we shouldn't be too despondent. Children are incredibly resilient and adaptive and will quickly make up for lost time when they get the opportunity to learn, study and develop new relationships again. We should all be positive and optimistic. The sun is shining, we are coming out of lockdown and we are all going to make the most of it and make up for lost time.

Let's start by looking after ourselves and our health a bit more. It's amazing how a good haircut and colour can lift your spirits but you may also need help with stress and anxiety as a consequence of lockdown. What better way than by trying some complementary therapies such as Reflexology to aid relaxation and boost your immune system!

Want to know more about complementary therapies such as Reflexology?

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or email catherine@tranquilhaven.co.uk

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No Bake Vanilla Cheese Cake

Ingredients:

150g digestive biscuits
50g butter
300g cream cheese
145g icing sugar
2 tsp lemon juice
450ml double cream
1 tsp vanilla extract
1 vanilla pod, scraped


Method

Make the base by crushing the digestive biscuits up into a powder, melt the butter and then mixing them together. Press into the bottom of a tin with a removable base, then put in the fridge to set.

Cheesecake mixture – mix the cream cheese, lemon juice and icing sugar in a bowl until smooth. Next whip the double cream with the vanilla extract and vanilla seeds to stiff peaks. Now mix the whipped cream and the cream cheese mixture together making sure that both mixes are fully combined.

Take the digestive base out of the fridge and spread the cheesecake mix over the top. Chill in the fridge for a minimum of 1 hour. Enjoy!






This illustration was commissioned for a home in Pitcoorthie

Dave Rodger -Illustrator-

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Nearly...2021 - A Message from Rev Monika Redman, St Leonard's Parish Church

Nearly...summer? It's hard to be sure in Scotland just when we are nearly at summer! We can get some amazing early bursts that can swiftly become fleeting memories that occasionally return suddenly and completely like last year (thank goodness, because we needed it!) Or we can get a slow build towards something...that never really seems to arrive.

Nearly...through the worst of the pandemic? Oh, how much we pray this is so. With so many of our most vulnerable vaccinated (and though as I type, I'm not one of these, when you read, I really hope I am).

Nearly...meet up with one another freely? It's like a physical yearning, isn't it?

Remember when your children used to pester you with the question, 'Are we nearly there yet?' Of course, unlike straightforward journeys to visit grandparents, we don't ever really get 'there' in this life...but this last year many of us felt like we were going round in circles rather than heading anywhere!

The Easter we have just marked, offers visions of new and renewed hope - new and renewed life...and that is surely the horizon we long to be heading towards; the horizon we long to be 'nearly there'! We'll keep our banner up at the church for a while to remind us of what we're all praying for - New Life, New Hope!

Remember last year, when we were so shocked by the first lockdown, we aspired to come out the other side of all this 'better'? We wanted our society to be better aware of the needs of our neighbours, more appreciative of the

amazing work of our NHS, more conscious of our societal responsibility to protect those in our care homes. After a long, long year...are we nearly there yet?

Of course...we're not at the end. But perhaps we can cautiously say we're at the beginning of the end?

So maybe it's time to bring to the forefront of our minds those aspirations for society 'post-Covid'...knowing that 'post-Covid' is going to be a process not a date in the diary, a part of the journey not a destination. Re-building our society to be the ordinary way it was is tough enough...but we have the chance to be part of renewing it, part of something a whole lot more hopeful - if we're willing to grasp our choices.

Like summer, I'm looking for signs to see if we're 'nearly there', knowing that 'there' will always be further down the road, so I must learn to be happy with 'nearer there'! And 'nearer there' will include - we pray - meeting in family groups, meeting in neighbourhood groups, meeting in sporting groups...and for our home-school weary children - it will mean the summer holidays!

And because we don't know how much 'nearer there' than 'here' we will be by that time, the usual Holiday Club will be planned for Zoom again...with the possibility of crazy outside activities, too!

I don't know exactly how the rest of this year will pan out, but I hope you know renewed life and your life knows renewed hope as we head towards the summer.

Rev Monika Redman



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Community

Community Testing in Fife

Around 1 in 3 people with COVID-19 have no symptoms but could be passing the virus on to loved ones, friends and the wider community without knowing it.

By getting tested when you don't have symptoms you can play your part in the fight against COVID-19 and help to keep everyone safe.

Community Testing is now open at the Tryst Centre, Duncan Crescent, Dunfermline.

This testing centre is for people who live or work in Dunfermline and DON'T have any COVID-19 symptoms.

By getting tested you can find out if you have the virus and if you are positive take immediate action to stop the spread of the virus to others by self-isolating.

Confidential support, including financial advice and information and practical help, is also available if you have to self-isolate.

All sites will be open for a short time – please take advantage of the opportunity to get tested at a site near you.

For more information, please visit:

www.nhsfife.org/communitytesting/

Drop in anytime Mon–Fri 8am–7pm, Sat & Sun 10am–4pm

- Bring your mobile to register
- Friendly staff are on hand to help
- Spread the word by sharing and telling your family/friends



South Dunfermline Community Heroes Awards

The South Dunfermline Community Heroes Awards recognise the contributions and achievements of local people towards making the area a better place to live, work, visit and be educated.

Do you know someone who always goes above and beyond? Through the current pandemic, but also before this too? Do you know a person who is constantly helping and caring for others in the community?

Yes? Then nominate them!

We are looking for wonderful people, old and young, who stand out in our community so we can celebrate their hard work and award them a Community Hero.

Get in touch via email sdcc2014@outlook.com and tell us who you are nominating, and why you feel they deserve to be celebrated on the pages of future newsletters!

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Ocean Explorer
 A Virtual Holiday Club

Colour the Easter bunny and send your picture to: SDCC2014@outlook.com for a chance to win a prize in the two categories: Ages 3-6 and 7-11.

Happy Easter!



Name: _____ Age: _____

Address: _____

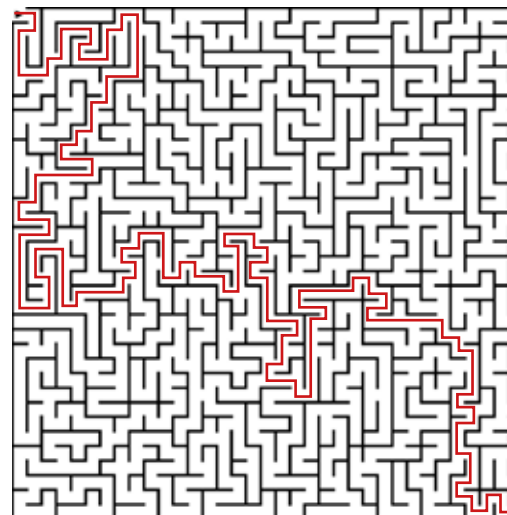
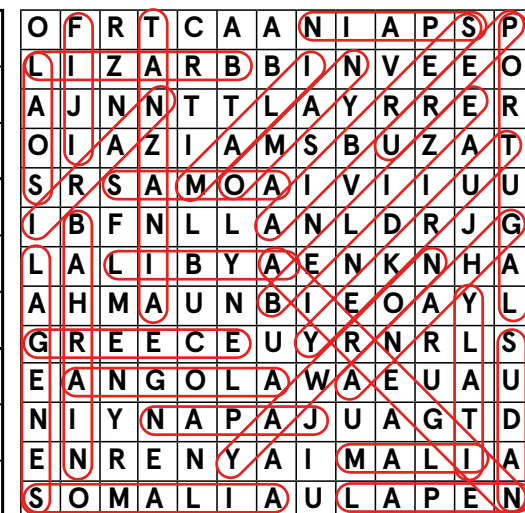
Active Dunfermline

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Dunfermline Tennis Club	Pat Reid	724262
UK Tae Kwon Do	Master Rooney	01786 845060
Rosyth Bowling Club	Brian Heggie	07867 117710
Charlestown Bowling Club	Bob Owens	872696
Dunfermline Water Polo Club (DWPC)	Richard Metcalfe	727414
Pitreavie AAC	secretary@pitreavie-aac.co.uk	
Dunfermline Bowling Club	Gaynor Hynd-Hill	732760
Carnegie Harriers	enquiries@carnegie-harriers.co.uk	
Headwell Bowling & Social Club	A Falconer	731417 or 07530 270884
Global Tae Kwon Do	Laura Cunningham	07791 850569
Pitreavie Golf Club		722591
Dunfermline Track & Field Club	membershipdtfc@gmail.com	
Fife Jive Dance	Bill Foreman	07962 041423
Dunfermline Folk Club	Gifford Lind Jeanie Gardiner	729673 725872
Highland Dancing	Mrs A Brown	734606
Scottish Country Dancing	Amy Drysdale	659923

St. Leonard's Church	Rev. Monika Redman	620106
Dunfermline East Church	Rev. Andrew Morrice	07815 719301
Dunfermline Free Church	Rev. Jeremy Ross	320155
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Beaver Colony	Sarah Jane Dale	07894 505956
39th Scout Group	Keith Strachan	735399
Pitcorthie Playgroup	Mrs S Paterson	729666
Pitreavie Playgroup	Fiona Barcroft	622107 07811 219785
Dunfermline Dads		07809 406159
Duloch Parent & Toddlers	Nicola Simpson	07855 329186
Carnegie Trefoil Guild	M McLoughlin A Baxter	734098 720112
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Dunfermline Heart Support	John Ord	724809 07547 549286
Dunfermline Historical Soc.	Mrs C Allan	722373
Trondheim Twinning Assoc.	Gifford Lind	729673
Dunfermline Ramblers	Rob & Margaret Pearson	823486
Dunfermline Photographic Association	David Bolton	725074
PH Racing Club	phracingclub@gmail.com	

Sport
 Dance
 Religion
 5+
 Young
 Misc.

7	3	5	6	1	4	8	9	2
8	4	2	9	7	3	5	6	1
9	6	1	2	8	5	3	7	4
2	8	6	3	4	9	1	5	7
4	1	3	8	5	7	9	2	6
5	7	9	1	2	6	4	3	8
1	5	7	4	9	2	6	8	3
6	9	4	7	3	8	2	1	5
3	2	8	5	6	1	7	4	9



How many triangles? 30

- A) Heroine
- B) The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.
- C) The number 8
- D) A golf ball

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