

Parkinson's UK. Fife Branch

'Keeping Us Together' No.18

Hello Readers



Welcome to 'Keeping Us Together No. 18'. Our thanks go once again to all our contributors. This has been a very busy month in local branches plus Scotland-wide, UK-wide and world-wide events, most of which centred round World Parkinson's Day on April 11th. In Fife we held a special Afternoon Tea Get-together on Zoom where we took part in quizzes, listened to songs and poetry and learned a little about the history of World Parkinson's Day. Above all, we shared stories, banter and good company. Finally, thanks to everyone who sent in a Haiku verse. We really enjoyed reading them. Congratulations to Jarlath whose Haiku verse was voted the editors' favourite.

Charles Small - 01592 713824 cjsmall12@tiscali.co.uk

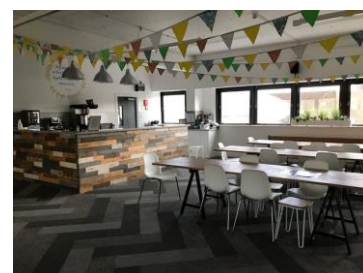
Mark Coxie – 07913 207057 markcoxe@blueyonder.co.uk

Message from Our Chairman – John Minhinick

On the 3rd May our Fife Branch Committee will be holding its next bi-monthly meeting. A very important item on the agenda is planning the return to 'in-person' meetings in line with changes to the Scottish Government regulations.

From the programme that came to an abrupt end in early 2020, we hope to get the **Walking Group** programme going again in the second half of June. Other in person events and activities could be restarted during July and August suspending the usual mid-summer downtime for this year. We are minded that getting back together is most important.

The committee is currently looking at suitable venues including using the Glenrothes Baptist Church as an alternative to the Falkland Community Centre for the monthly meetings; the Parkinson's Café has already met at the church in the past. Prior to meeting up again in person we will be using an excellent tool kit provide by Parkinson's UK to check our plans against coronavirus restrictions in addition to the usual health and safety restrictions. We are also looking at continuing to hold some meetings via Zoom.



As we slowly come out of lockdown, it's an excellent opportunity to consider new opportunities for supporting the Fife Parkinson's Family. We could consider different meetings, events, and places; currently North Fife is poorly served. Please let any member of the committee know about changes that you would like to see.

We need to hear from anyone interested in joining the committee as a volunteer. We have two volunteer positions unfilled and this will mean that even servicing the normal programme will be difficult. Please speak to any member of the committee if you would like to join the team.

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Coffee & Chat Group

Our regular attendees at the last Coffee & Chat Group were cheered by the sunny Spring weather and our lively conversation as they looked forward to the coming relaxation of the lockdown restrictions and how it would be when we get back to 'normal'. We were looking forward to a walk with friends, a trip to the hairdressers to control our wild, unruly locks, and eating out and seeing friends and family that are a bit further afield than the local area!



World Parkinson's Day was on the horizon and we talked about the various plans and celebrations that were going on nationally and also the Afternoon Tea planned by the Fife Branch to celebrate our special day. The details of the afternoon had still to be finalised and some discussion of possible activities followed. - A version of 'Would I Lie to You?' was suggested and, with the international theme, Bob and Frances could put a quiz together. Perhaps members might choose to decorate a hat representing a foreign country or just wear one brought back from holiday. This idea was quickly picked up and bravely modelled in the background by Bob Copeland in a fancy hat! Another suggestion was to select a piece of music to be played that was special to us. As you can see quite a few imaginative ideas were put forward. We also chatted about some favourite programmes that we'd seen on TV and we are always keen to share recommendations of books and films.

If you are free and would like to take a morning coffee break with us and enjoy some lively chat, please come along to our next get-together on Zoom. We meet every second Wednesday at 11am and a warm welcome awaits you.

Elizabeth Tait



Haiku Seek

ちょっと楽しいです

Ancient Japanese Poetry Competition (Not just for ancient Japanese people)

Here are a few of the Haiku verses that we received. Thanks to everyone who entered our 'Just for fun' competition and those that were thinking about it!

The Editors favourite (whose decision is of course final depending upon the remuneration) was from Jarlath Busby who wrote his poem on Transgender Day.

What's in a Name?

His name is Richard
Apparently prefers dick
Well each to their own

Haiku

Haiku is an art
Which cannot be surpassed by
Other poetry

Just Ridiculous

To say silly bull
Is almost a syllable
Is completely wrong

Gardening

The garden neater
Pots brimming on patio
Wallet empty now

Mark Coxe

Down by the Bay

The wind whips the waves
Wild swimmers brave the chilly briny
Monday on the Forth

Elizabeth Tait

Transgender Day

Got transgender blues
Plus-sized feet not made for heels
But I just love shoes

Jarlath Busby

Alone in the World

Email received
No longer feeling alone
At least for a while

Charles Small

Michael Bruce – R.N.L.I Anstruther



Lifeboats

Michael is the Fulltime Coxswain/Mechanic at the Anstruther R.N.L.I Lifeboat Station and was our Guest Speaker at one of our Monday Get-Togethers.

Michael held us enthralled as he took us through a potted history of the R.N.L.I and the boats that had been in service over the

years. He then focussed on the history of the Anstruther Station and Crews and the remit they now have. We were then introduced to the proposed new lifeboat and the replacement Lifeboat Shed which is required to house the bigger boat.



The images of the shed looked amazing on the architect's plans. As well as the essential spaces for the crew to work, train and get together there will also be a gift shop, which will be manned (and womaned) by Mary and the merry band of Anstruther R.N.L.I Volunteers.

Michael also told us about his own interesting journey through his life from his attendance at Cellardyke Primary School to his present post as Fulltime Coxswain/Mechanic at Anstruther.

Finally, Michael gave us a visual tour of the R.N.L.I College in Poole where he and his volunteers have to go to for training, sometimes several times a year. This centre provides a state-of-the-art facility and even has a pool that can take a full-sized lifeboat and can simulate different lighting conditions to put the crews through their paces.

This facility provides an ideal base to meet the demands of the charity today and in the future.

The session was supposed to finish at midday, but if I report that Michael was still answering questions at 12.30, you will realise how fascinating Michael's presentation was.

Thank you, Michael, for sharing your most interesting and entertaining story with us. We look forward to visiting you in your new home in the near future.

Charles Small

PARKINSON'S^{UK}
SCOTLAND
Fife Branch

ZOOM MEETINGS FOR MAY

Joining codes and Passwords can be found in the Branch Schedule email.

Branch Get Together 'General Blether'
11am Monday

Eric's Tai Chi 'Exercise in Oriental Wellbeing'
11am Tuesday

Camera Club 'Focusing on All Things Photographic'
10am Wednesday 12th & 26th.

Coffee & Chat 'Loose Women on Zoom'
11.00am Wednesday 5th & 19th.

Quiz Evening 'Winner Takes the Biscuit'
7:30pm Wednesday 12th & 26th.

Alex's Dance/Exercise & Chat 'Following in Sarah's Dance Footsteps'. 11:15am Thursday

Walking Group 'Under Starter's Orders'
10:30am Friday 14th & 28th.

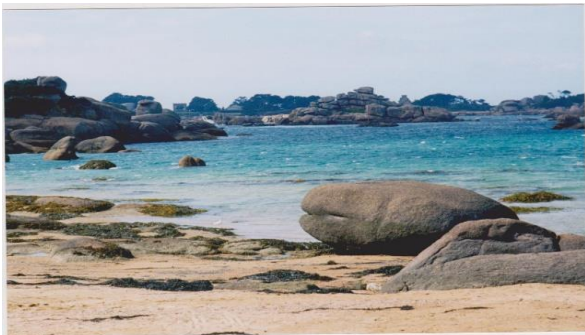
Meri's Sing-along 'We'll Greet Again'
09:45am Friday 7th & 21st.

WALKING GROUP ZOOM MEETING – FRIDAY 2ND APRIL 2021

SLIDESHOW OF FAMILY TRIP TO BRITTANY REMINISCING WITH ROMA JEFFERSON

Our trip today was a summary of a very entertaining family holiday with the Jefferson's who travelled from Scotland to France – motoring through England on the first stage to Plymouth to catch the overnight ferry to land at Roscoff. It was a rough crossing, and they didn't sleep much during the journey. Luckily the campsite was close to Roscoff and therefore not too far to travel before getting a good rest.

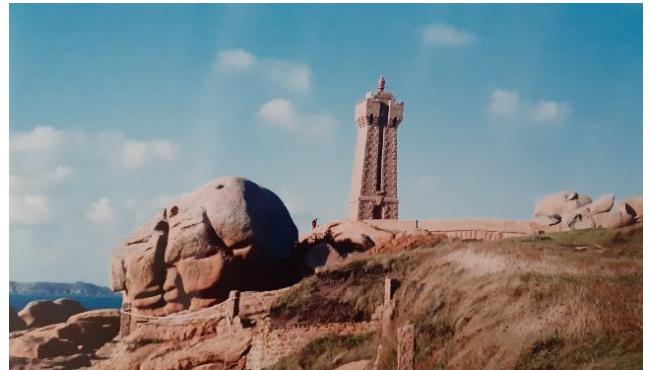
Roma led us through the coastal areas in north Brittany showing various photos of the spectacular range of rock formations which are unique. A lot of time was spent visiting the countryside and the small villages – with lots of beautiful sandy beaches which were ideal for families with children.



Of course, the use of the French language was a major feature of the holiday and many times it was a struggle to get their message over to the locals. Because of the rapport between the Scots and the French, the welcome was fantastic. Their knowledge of the French language was well used and many hilarious episodes of “getting the wrong words” became features.

The holiday was based in Perros Quirec at a campsite right beside the pink granite coastal path. This path was built in 1791 as the customs officer's route checking for illegal activity. In 1968 it was developed into the coastal path.

They visited many places along this coast including Ploumanach, a former fishing village, where there is a shrine to St Quirec on the beach. St Quirec was a Welsh monk who wanted to establish a monastery in this part of France. In 2015 it was voted Village most preferred by the French.



Tregastel is a lovely town although there were sandbags in place! Particularly unusual was the underground swimming pool on the seafront. This was a memorable holiday which Roma thoroughly recommended to all.

Another Tait Teaser!

Place a number from 1-9 in each square so that every row, column and 3x3 block contains the numbers 1-9.

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

Thanks again Elizabeth.

Camera Club News – Bob Copeland - Friday 31st March

At our meeting today seven members attended, and we had prepared a before and after Photograph which had been post edited and each member showed their photograph the original and discussed the steps they had taken to alter their photograph. We had a range of photographs and saw the steps each took to post edit their photographs showing the enhancements to the photographs.

Before



After



The object of the post editing is of course to make the photographs better using the tools available in the editing suite. Some use Lightroom which is by Adobe who also have Adobe Photoshop in its armoury and is probably the best known and used by serious amateurs and professional photographers. For the rest of us there are free editing suites we can use to post edit our photos to a decent standard such as Snapseed, the editing programme in your phone or computer. You can also download others.

At our next meeting we plan to give our original photographs to other members in advance to post edit, no pressure then.

14th April

We had decided at our last meeting that we would all submit a photograph that we had taken. The other members would edit the original and show their interpretation of the photos. It was most interesting to see the way other photographers edited someone else's photos. As there is no emotional tie to each photograph, it can be edited to their own style and preferences.



Before

The editing suite Snapseed app is free and is pretty good for most modest changes but has its limitations. Lightroom is an editing tool made for photographers by Adobe and has much more to put at the disposal for the photographer. So much more can be done to the photograph in a dramatic or a nuanced way. Lightroom and Adobe Photoshop are editing tools available by monthly subscription only. There is also another one called Affinity at half the price and reputedly just as good or you can use the one on your phone which will be good enough for most of us. If you have an interest in photography, come along to our informal Zoom meetings and join our group.

Each person used an editing suite or app that they normally use. The ones used were Lightroom, Adobe Photoshop and Snapseed, each fine in their own way depending on the enthusiasm of the photographer and whether it was for a club competition or just to make the photographs better for your own satisfaction.

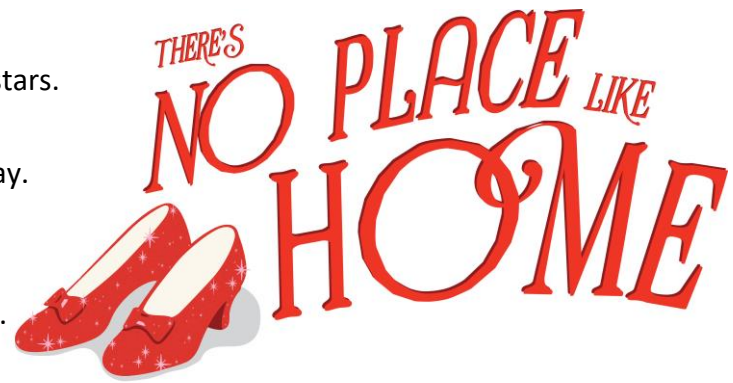


After

Scots Wha Hae by Margaret Stewart

I've been an avid rover and I have travelled afar,
Taking notes of the world's beauty, the sunsets and the stars.
Landscapes so varied and countries willing to display,
But nothing compares with Scotland, at the end of the day.

The Spanish Costa's so warm with an abundance of sun,
Beautiful beaches and traditions, a recipe for holiday fun.
But hot humid air and the lack of fresh rain on my face.
Green grass and cool drinkable water, och' there's nae place like hame.



The glorious Canary Islands are a wonderful winter retreat.
Reminiscence of one Christmas spent on the black sandy beach.
But sunbathing at Christmas can't hold a candle I tend,
To a keen frosty morning and New Year spent with family and friends.

Broadened horizons to a cruise on the Caribbean with crystal clear seas,
Such a melodious place with rain forests, rainbows, flowers and trees.
Birds of paradise so colourful and people radiating happiness all the while,
But momentous highlight, a local man wearing a kilt, really made me smile.

Austria seemed sullen I thought it had a quietness and allure,
Maybe its history of past occurrences of war-torn days before.
But the scene of lakes and snow-capped mountains reaching to the sky,
The melody of cowbells and wild flowers, a walker's paradise.
Pleasant people who like us Scots take pride in their local fare,
Their apple strudel is lovely, but cloutie dumpling I prefer.

It is not so unattainable the other side of the world,
As my travels take me to New Zealand, new horizons to unfurl.
Hot volcanic geysers Maori culture and oh so much more,
Has lots of familiar names and traditions, links back to Scotland for sure.



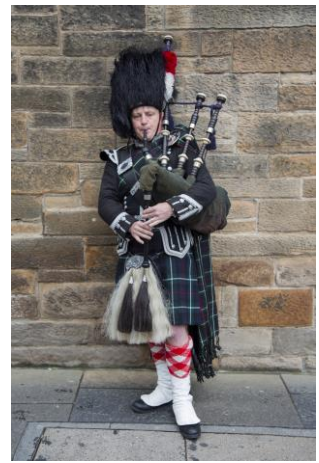
Go east across the Atlantic to Canada and be astounded and amazed,
At the breath-taking Rockies, their grandeur you'll never erase.
But those incredible mountains have memories you will forever hold,
Can't compete at the heart stopping feeling you get when driving through Glen Coe.

Venice with waterways and canals, grand buildings and artistes,
Such ornate and lovely paintings, their wonders never cease.
But so in love was I at such marvels before I realised
Scotland has such grandeur with castles, palaces and works of art enough to satisfy.

The Greek Islands hold a mystique feeling of mythology and Gods,
 Hard working people with deep religious beliefs of days of old.
 But I trend to compare Orkney, Lewis, Skye and Iona a few of our islands that serve.
 An intimate mysterious history like nothing else on earth.



I know the journeys I venture are few and far between,
 The world is full of wonders and I'm so grateful for what I've seen.
 So many places and new faces, God willing, may I continue to roam,
 As long as at the end of my travels I'm back in SCOTLAND then I know that I am home.



WALKING GROUP ZOOM MEETING - FRIDAY 16TH APRIL 2021

Today's get-together took the form of an informal meeting so that we could discuss the Branch's Walking Group's transition when the Covid regulations allow. We are all keen to get our boots on and meet up again after such a long time. The guidance which Parkinson's UK has issued takes into account national guidance from the Scottish Parliament. Past practice has been for the Branch to use a standard risk assessment form which is circulated to everyone in advance of each walk but this will be revised to conform with new advice.

We were able to consider the future i.e. – put forward plans, ideas and suggestions. It was felt that initially very short local walks should take place, one in Dunfermline at Pittencreeff Park, and the other in Kirkcaldy at Beveridge Park. Both walks of course would be subject to the extra checks mentioned in John's message on page 1. Since cafes and the like will still be closed, or busy if they are open, it was thought that we should all be gathering in the parks with packed lunches. It was a good idea to have this discussion and any further suggestions would be most welcome. When planning the walks consideration is given to finding walks suitable for wheelchairs etc. and other individual needs.

The first walk has been provisionally booked for Friday 16th June at Dunfermline Pittencreeff Park, from 10.30 am, so we look forward to meeting you then.

P.S. Please note that Walking Group Zoom meetings start at 10.30 – and walks with full details of times will be sent to everyone in advance. A full list of walks over the past few years will also be sent out so you can see the spread of walks done by the Branch. If you have any queries, please contact the editors.



Please use the link below to join Heather Kirk for her next fun Zoom meeting based on TV's Game of Talents!

It's on **Tuesday 27 April, at 3.00pm**, and will be up to Heather's usual highly, entertaining standard! For anyone new to these, Heather hosts some fun, interactive get-togethers for people across Scotland, who are affected by Parkinson's. She also hosts informative zoom meetings for Parkinson's UK volunteers. This one is open to all. Here is the link - see you there. ID: **91098495914**

Sudoku Answers

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



Diane Dunbar's Crunchy Top Lemon Cake

Ingredients for Cake

4oz soft margarine 2 eggs
6oz caster sugar 4 tbsp milk
6oz self-raising flour 1tsp baking powder
finely grated rind of 1 lemon

Ingredients for the Crunchy Topping

4oz caster sugar Juice of 1 lemon

Method

Heat oven to 180 c/ 350 f / gas 4
Grease and line the base of 7 in, deep round tin.
Put all the ingredients in a large bowl
Beat well for 2 minutes until smooth.
Put the mixture into the prepared tin.
Bake for about 35-40 minutes until the cake has
shrunk
from the sides of the tin
or springs back when lightly pressed with a finger.

Make the crunchy topping

Measure the lemon juice and sugar
into a bowl stir until blended
When cake comes out of the oven
spread the lemon paste over the top
whilst the cake is still hot
Leave to cool in the tin until cold
then remove from tin.

**Thanks, Diane, for another wonderful recipe.
I really enjoyed making this one
and enjoyed eating the cake even more!**

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0808 800 0303**

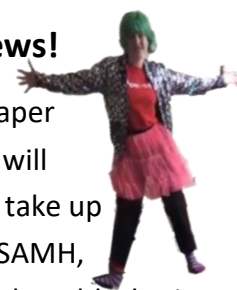
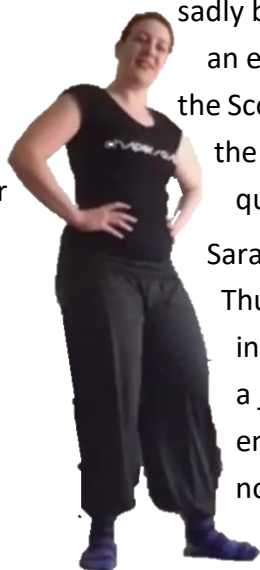
Sarah's Exciting and Sad News!

Congratulations to our Shaper Caper dance tutor, Sarah Greene, who will sadly be leaving the company to take up an exciting new position with SAMH, the Scottish Association of Mental Health charity at the end of April (Surely some of us will still qualify to see her!).

Sarah has been keeping us company every Thursday since the start of our Fife Branch's involvement with Shaper Caper and has been a joy and inspiration to work with. Her enthusiasm, patience and professionalism has not only made her a greatly loved teacher but also a family friend. We will miss her very much indeed.

However, the good news is that Alex, a superb colleague of Sarah's, who is already known to the group, will be looking after us until a new Creative Learning Artist is appointed.

The Fife Dance Group sends their thanks to Sarah for everything she has done for us from showing us how to clean cars, make pizza, swim underwater and grow sweetcorn – all while dancing! We all wish her every success and happiness in her new post and her new home. We look forward to hearing how you are getting on in the west.



DONATIONS

Our Fife Branch of Parkinson's UK is always very grateful to receive donations from members, their families and friends and from individuals and groups who wish to raise money for a local charity. We are aware that these donations are given after times of celebration and enjoyment but that sometimes they are gifted after times of sadness. Here are the latest donations.

In Memorium	-	Fundraising	-	Other Donations
Nil		Nil		Mr & Mrs D. Reid

If you or someone you know is thinking about fundraising, remember that our Fife Branch has its own 'Just Giving' page, where you can increase your donation with Gift Aid. You can find the link on our own web site, fifeparkinsons.org

**Thank
you!**