



## Hello Readers!

Well, what a busy few weeks we have had, with plenty going on in the Branch!

We are starting to dip our toes into the water (see the Walking Group Article) and venture out into the



community once again. Of course the best news is that our regular Monthly Meeting has just taken place for the first time since February last year. "Read all about it!" on page 3 of this edition.

As usual we would like to thank everyone who contributes to our publication, both regulars and newcomers. Without you, it just wouldn't be the same.

Happy reading.

Charles Small - 01592 713824 [cjsmall12@tiscali.co.uk](mailto:cjsmall12@tiscali.co.uk)

Mark Coxe – 07913 207057 [markcoxe@blueyonder.co.uk](mailto:markcoxe@blueyonder.co.uk)

## Notes from the Chairman – Getting Research Information

Thanks to the planning led by Mark and Charles and the outstanding efforts on the day by Briar, Elizabeth and Roma booking people in, Annette and David for the Bingo session, all of our Therapists/Tutors and Sally and Margaret providing the refreshments, making our first monthly meeting for over eighteen months a great success; read more later in the newsletter.

Although the reasons why people get Parkinson's disease are still little understood, researchers now have a much clearer understanding of the disease that will lead to improved treatments in the near future and maybe even a cure further down the line. Would you like to find out more?

**RESEARCH SUPPORT NETWORK (RSN)** If you'd like to be kept up to date with research news, opportunities to take part in studies or attend research events, **sign up for (RSN) emails from Parkinson's UK**. Once you sign up, you will receive a monthly 'Research Roundup' newsletter with Parkinson's research news. You'll also receive a weekly email informing you if a study is recruiting participants, or if there's a research event taking place that you could register to attend. Many studies and events advertised can be participated in, at home.

Sign up here to get your research emails:

[https://cloud.comms.parkinsons.org.uk/ResearchNetwork?\\_ga=2.246338637.893253452.1627908826-354931955.1600684559](https://cloud.comms.parkinsons.org.uk/ResearchNetwork?_ga=2.246338637.893253452.1627908826-354931955.1600684559)

Or visit <https://www.parkinsons.org.uk/research/get-involved-research> and click on 'Join our Research Support Network.'

**RESEARCH INTEREST GROUPS** You might also like to keep in touch with the outstanding local research work closer to home. There are two Research Interest Groups linked to the work at Dundee (DRIG) and Edinburgh (ERIG) universities, where you can link up with world-renowned researchers.

To get more information, and register interest, go to:

For the DRIG - <https://www.drigh.org.uk> (this group specifically covers Fife)

For the ERIG - <https://www.edinburghparkinsons.org/research-interest-groups/>

The DRIG and ERIG run regular public information meetings.

\*\*\*\*The RSN, DRIG and the ERIG exist for the benefit of all – time to get in touch\*\*\*\*

**John Minhinick**

## Camera Club - September 1st

On Wednesday 1 September the Camera Club met on our usual Zoom meeting which is fortnightly from 10am to 11ish, depending on the craic. At our meeting we had another go at editing each other's photographs and once again the exercise was a success. The range of editing choices made by each person was different which gave a new perspective to all the photographs.

Each of us used a different editing suite. They ranged from 'Lightroom' which is an Adobe photo editing suite, 'Affinity' which is the new kid on the block having all the editing actions of Lightroom but is a fraction of the cost and there is our old friend the free editing suite from Google 'Snapseed', which has enough editing capability to make a decent job of changing a photograph's outlook. The benefit of editing someone else's photo is that there is no attachment to it and allows you the freedom to change it completely if you want! This is not so easy if you like your own photo especially if it was a hard one to take.

If you are interested in photography, no experience or super-duper camera required, your phone camera will do fine, come and join in our Zoom meetings. As we are located around Fife, we will continue with our Zoom meetings for the foreseeable future.

The Zoom code is <https://zoom.us/j/94386184709>  
password 892282 **Bob Copeland**

### Thistle Project



It's not too late to sign up for a place on the **Lifestyle Management Course**, which is being run by the Thistle Project on Zoom.

It will be starting on Friday the 22<sup>nd</sup> October, 1 to 4pm, for ten weeks.

Contact Leanne Connolly on 07342 035670 for details.



With autumn on its way, what better way to celebrate the beauty of the season than by heading outside and taking some photos? You don't need a fancy camera - your phone will do the job perfectly. By entering our competition you will be helping us provide exercise opportunities for people with Parkinson's in the community as part of our Parkinson's Active Scotland Campaign.

🎁 **You will also have the chance to win a £200 voucher kindly donated by WEX** 🎁

#### Entry:

- £10 to enter up to 4 photographs (1 in each of the 4 categories)
- Closing date for entries: 31 October 2021
- Enter at the following link: [events.parkinson's.org.uk/action21](https://events.parkinson's.org.uk/action21)
- Then send your photos into us at [scotlandfundraising@parkinsons.org.uk](mailto:scotlandfundraising@parkinsons.org.uk) stating which category each photo is in

#### Judges:

We are delighted to introduce our brilliant panel of judges:

**Pauline McLean** - BBC Arts Correspondent

**Roz Bonnar** - Professional Photographer

**David Goldthorp** - our own Parkinson's Local Adviser and talented photographer.

Our judges will decide on the winning entry with results being announced on 15 November. There will be a winner from each category and then an overall winner who will be the proud recipient of the £200 voucher for WEX.

For more information please contact your local Regional Fundraiser:

Marion Pirrie, East Scotland:

[mpirrie@parkinsons.org.uk](mailto:mpirrie@parkinsons.org.uk)

## Glorious Glenrothes

The excitement was building as the day drew nearer. People were out weeks beforehand to find the best places to park and how to get to our brand new venue.

Committee members had been planning for this big day for months and all they needed now was for everyone to turn up. They were not disappointed as almost fifty people took part.

Everyone appeared to enjoy themselves. Once they got through the obligatory signing in process the activities that had been organised were theirs for the choosing. The therapists were kept busy, Eric took to the stage for Tai Chi, Catherine introduced us to the Art Experience, The Fitzsimmons Bingo Club reopened, Quizzers were clueless as well as answerless and Meri warmed up our vocal chords whilst the Café served up refreshments with a smile.

Maybe the most important thing was for us to all get together again, share our experiences and to welcome new people into our group. It was good to see faces old and new. However the time seemed to pass all too quickly. One new member commented 'Just being there and meeting some lovely down to earth people – oh, that helped me a lot today'.

We can now look forward to our October meeting on the 14th and hope that many more members will feel ready to join us.

**smile.amazon.co.uk**

Have you heard that when you buy something from Amazon they will donate to a charity of your choice?

In the last quarter Parkinson's UK received a donation of £4,269 from Amazon Smile. Thanks to everyone who donated in this way.

We must be aware that certain side effects of the medication could cause excessive spending. If you are affected by this please contact your consultant or Parkinson's Nurse.



We will implement some tweaks in the programme in order to smooth out any initial wrinkles.

**We would like to remind everyone to bring their own snacks/lunches and we will provide complimentary tea, coffee and individually packaged biscuits.**

### **ZOOM MEETINGS FOR OCTOBER** Joining codes and Passwords can be found in the Branch Schedule email.

**Get Together 'Surviving Face to Face'.**

11am Monday

**Eric's Tai Chi 'Feeling the Energy'**

10.45am Tuesday 26<sup>th</sup>.

**Camera Club 'Carry on Snapping'**

10am Wednesday 13<sup>th</sup> & 27<sup>th</sup>.

**Coffee & Chat 'Drop one pearl one'**

11.00am Wednesday 6<sup>th</sup> & 20<sup>th</sup>.

**Quiz Evening 'Whose turn next?'**

7:30pm Wednesday 13<sup>th</sup> & 27<sup>th</sup>.

**Alex's Dance/Exercise & Chat 'Art for Art's Sake'.**

11:15am Thursday 7<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>.

**Meri's Sing-along 'Practice Makes Perfect'**

09:45am Friday 29<sup>th</sup>



## Who Dunfermline-it?

Saturday 28<sup>th</sup> of August saw six intrepid but clueless people enjoying a day out in Dunfermline.

**The Mission:** Find the ruthless killer. **The Team:** Parkinson's P.C. Plodders. The Sleuths: Aileen Rigg, Arlene Coxe, Catherine Wilson, David Rigg, Elizabeth Tait and Mark Coxe.



The day started off with nearly all of us meeting at half past ten. The Riggs (with the shortest distance to travel) fashionably late as always. We had to solve a crime. Someone was brutally murdering Police Officers and it was our job to solve the mystery and put a stop to it. This involved locating suspects and witnesses by trudging up and down Dunfermline's streets and hills and accessing statements from them when we were close to them on the map, which had been downloaded onto our phones. Once we had interviewed enough witnesses, interrogated suspects and reviewed the information from crime scenes we had to put our heads together (socially distancing of course) and work out who the murderer was.

The crime was solved in six hours, which didn't break the record of 1h 13m 33s! We officially took 4h 24m 12s. But then we did stop for an hour and a half for an excellent lunch and a blether at the Kings Head! We ended up 47<sup>th</sup> out of 63 with twelve teams unable to solve the crime.

We all agreed that we had a fun but tiring time and that it was well worth the effort. So much so that we might try to solve another mystery next year, but it has to be somewhere flat!

**Mark Coxe**

## Coffee & Chat Group

Our Coffee and Chat Group met this week on Wednesday 8<sup>th</sup> September and chatted over coffee in the comfort of our own homes. A relaxing hour was spent catching up with news and tales from the seven members attending. Topics in the meeting were as usual varied and interesting. They included retail therapy in Fife compared with visits to the St James Centre in Edinburgh.



The new shops there were described as "amazing" – brand new and very beautiful. Couture shops for the ladies and for the children a fantastic LEGO display.

Everyone was looking forward to seeing the new venue for our Branch Meeting the following day. People say that the areas look lovely and offers us more space for all our activities but even more importantly folk were looking forward to meeting up face-to-space with friends who have not been together for 18 months.

**Frances Copeland**

## The Return of the Magnificent YP Group

Wednesday 1<sup>st</sup> of September saw the Fife Younger Persons' Group getting together after an eighteen-month hiatus. It was wonderful to get together at Dunnikier Golf Club in Kirkcaldy and catch up on what people had been up to (or not) during the forced isolation that we have all endured.

The YP Group is open to everyone with Parkinson's and their carers who are of working age, or thereabouts. The meetings are in the evening, with activities planned for weekends, primarily because some of the group are still plodding on with work and cannot get to some of the excellent Main Branch events.

**Mark Coxe**

## Walking Group

The Walking Group continues to meet fortnightly with a regular core of about 12 members and so far, *fingers crossed*, we haven't had to cancel because of rainy weather. Since the last Newsletter we have met together on two occasions.

On a lovely morning in August we met on the Leven Promenade and walked along the coastal path, enjoying the summer sun before crossing the public path over the Golf Course into Silverburn Park. Usually we stop off for lunch at Blacketyside Farm Shop and Cafe before completing our walk, however as the main cafe was closed because of the Pandemic we opted to take a packed lunch and spent a very pleasant hour or so admiring the flowers and surroundings of the peaceful Walled Garden of Silverburn Park, where you could get a hot drink and a snack through "The Cottage Window", chatting and putting the world to rights before heading off and completing our circular route back to the Car Park on the beach front.

The Walking Group usually holds an annual picnic in July - cancelled because of Covid during the last two years – however undeterred, we decided that we would go ahead with a delayed picnic and on 3<sup>rd</sup> September 17 members met at Silver Sands in Aberdour. Bob erected the gazebo and we set tables out for the wonderful selection of platters brought along to share.



Before lunch, and to give us an appetite, we had a short walk led by Bob along the coast to the Navigation Lights.



On the way back we had the pleasure of bumping into members of the Fife Wild Swimming Club preparing for an open water swim. They were good enough to pose for a photograph with us, although we declined their invitation to join them in their swim. If only we'd known, we'd have brought our cossies!



Upon return our 'buffet' style lunch was enjoyed by all. It was followed by energetic games of cricket, rounders and French boules.



We try our best to ensure that the majority of our walks are not too long and are on level and firm paths - often suitable for wheelchairs - and importantly we have sourced the best cafes for snacks and lunches! This activity is as much about meeting, chatting and getting to know one another as it is about walking and exercise. We meet fortnightly and have a variety of walks including in coastal, forest, loch and park locations. If you would like to take part in any of the walks and join the Walking Group please get in touch with Bob and Frances Copeland (01383 726383) or Elizabeth Tait (01383 822668) or ask any of the members that are involved.

**Elizabeth Tait**



## Eating Out – Restaurant Review

### THE CRUSOE – Lower Largo



It was a lovely, sunny lunchtime when we approached the Crusoe in Lower Largo, the



birthplace of Alexander Selkirk who was the inspiration for Robinson Crusoe in Daniel Defoe's book. His statue can be found in the village.

The location of the Inn is hard to beat – right at the harbour with ever changing views of

the sea. To our dismay we realised we couldn't park in the forecourt, so we drove along the main street where there were no parking places available until we got to a car park at the edge of the village. However, it was a nice breezy walk along the beach back to the Inn.

We met our family plus two dogs (annoyingly they had managed to park on the street!) For those of you who have dogs, The Crusoe is extremely dog friendly – the dogs lay under our table and were both given bowls of water without being asked for.

At first glance the menu appeared exciting – more like Gastro Pub fare rather than your usual pub grub. They had really made an effort as far as vegetarian/vegan food was concerned and each dish was clearly labelled accordingly. I also liked how a lot of the food was produced locally and that their coffee was ethically sourced, and any profits made by their tea provider went to educational charities.

Having said all this, there were a few complaints about the food from our party. The Cullen Skink was lukewarm, the batter on the fried fish was overdone and the sundried tomato and chickpea burger was over seasoned. I had the grilled halloumi and quinoa with roasted pepper, courgette and aubergine with a basil and lime dressing and couldn't fault it.

However, I was annoyed with myself for choosing the wrong dessert – baked custard and nutmeg tart with rhubarb sorbet - as the pastry was slightly stale. The Collessie Honey Cake with Pilgrim's liqueur soaked Blacketyside strawberries and crème fraiche ice-cream sounded a better bet! The service was on the slow side, but the staff were extremely friendly and attentive.

There is a distinct nautical feel to the Inn with its beamed ceilings and maritime accessories. In contrast the toilets are very contemporary and well worth a visit whether you need to go or not!



Would I go again? Yes I probably would if only for the historical and relaxed ambience and wonderful location. Definitely worth a 7 out of 10.

**Briar Richardson**

### Aqua Aerobics – LAST CHANCE!

Thank you to the **four** members who have shown an interest in our proposed Aqua Aerobics Group. As we are having to decide soon as to whether or not we can start this group, we are giving everyone a final opportunity to express an interest.

If **YOU** are interested in joining a new Aqua Aerobics Class, please contact Charles Small 01592 713824 email [cjsmall12@tiscali.co.uk](mailto:cjsmall12@tiscali.co.uk) before Sunday 19<sup>th</sup> September 2021.



## Glenrothes Quiz Answers

My apologies to John Minhinick and to all Quizzers at our monthly meeting on September 9<sup>th</sup> for forgetting to share the Quiz answers with everyone at the end of our meeting! Next month we will share the answers **before** we leave and offer prizes to our winner/s too! Here are the answers to John's September Quiz.

1. 6
2. 1972
3. Mayflower
4. Norwegian
5. Princess Diana
6. INTERPOL
7. Los Angeles
8. 1964
9. Kodak
10. Larry Page & Sergey Brin
11. Richard the Lionheart
12. Isle of Man
13. 1985
14. Poland
15. Bouvier
16. New Zealand
17. After Home Secretary Sir Robert Peel
18. Portugal
19. Muammar Gaddafi
20. Ernest Hemingway



### HELP! - Surfeit of Bowling Balls!

**Can anyone help Annabel to return some Bowling Balls to their owners?**

I have emptied Alex's lockers at Abbeyview and now have eight sets of bowling balls plus two 'lifters' left by various bowlers over the years.

If you or anyone you know kept bowls in any of the lockers for which Alex had keys, can you please get in touch with me as I intend selling all the 'extras' for Parkinson's funds.

There is one locker which is not able to be identified and I remember there being white Bowling shoes in it. Perhaps that will ring a bell with someone who could tell me what number that locker was.

My phone number is 01383 721547 so please get in touch if you can help.

**Annabel Blair**



I was being dragged reluctantly through lanes that had so recently resounded with the laughter of our summer play. Now they lay silent and solemn. My mother's voice filled my head with an incomprehensible drone. We passed old McIntosh's second-hand shop at the top of Pennycook Lane and caught the musty smell of old overused clothes and old furniture. Soon there was a stream of mothers and children with many a small face bathed in tears. The black iron railings and tall gates that came into view seemed designed with the sole purpose of imprisonment.

The bell rang out over the playground, my mother held my hand tightly fearing I would escape and that she would lose me forever. The old school building, dark and dismal towered above me, shrinking me. The bell tolled as if portending some cataclysmic event, my first day of school! The classroom we were ushered into looked so bare, the desks and seats were old. There was a pervasive smell of disinfectant reminding me of hospitals. I felt a terror I could not control; the teacher's voice was like a distant echo inside my head.

'Take your places' she bellowed, impatient with our hesitant movements.

Then removing her coat, she carefully draped it over a wooden coat hanger. I could hear the metallic clink as she hung it on the rack. Then she emerged dressed in a bright summer frock. She could not know how shabby she made us all feel.

I sat down. The seat was hard, a hopeless feeling of loneliness, amid the other children, swept over me. The girls began to cry, the boys held their breath. Everyone wanted to go home.

**David Cunningham**

## Edinburgh Parkinson's

Lecture 2021

Thursday 7th

October 7:00pm



10<sup>th</sup> Anniversary Lecture

A letter from David Melton (Edinburgh Branch, Parkinson's UK)

Dear Parkinson's UK Scottish Volunteers,  
I invite you to watch this year's Edinburgh Parkinson's Lecture live and online. Inaugurated by the Edinburgh Branch of Parkinson's UK, the annual Edinburgh Parkinson's Lecture attracts internationally renowned experts to inform and educate a large annual audience and to review progress in the fight against Parkinson's.

This year, because of the continuing Covid pandemic, the Lecture will again take place as a live streamed online event, followed by a live Question & Answer session where we will prioritise questions from People affected by Parkinson's. This gives us the opportunity to reach out to a much larger audience.

Professor Roger Barker delivered the inaugural Lecture in 2012 and we are delighted to welcome him back to give the 10th anniversary Lecture.



He is Professor of Clinical Neuroscience at the University of Cambridge and Consultant Neurologist at the Addenbrooke's Hospital Cambridge.

The title of Prof. Barker's Lecture is: **Repairing the Brain in Parkinson's Disease - Is this possible?**

For more information about the Lecture go to:

<https://www.edinburghparkinsons.org/edinburgh-parkinsons-lecture/>

For FREE registration go to:

<https://www.eventbrite.co.uk/e/edinburgh-parkinsons-lecture-2021-tickets-167672933257>

Best wishes,  
David

## DONATIONS TO OUR BRANCH - Alex Rodger

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. Thanks to the latest donors. **Ann & John Wilson**

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](http://fifeparkinsons.org)

### Problem Sorted

Alex has just been informed of several donations received by Parkinson's UK for our Branch Funds since January 2021. Apparently modern technology was the problem but now it is working well. In case anyone was wondering if their donation was received, please find below a list of those that have made donations.



#### Jan 2021

Robert Copeland, Robert & Sheila Gibb and Margaret Nisbet

#### Feb 2021

Linda & Michael Alexander and John Herries

#### Mar 2021

Denis Anderson, Frances Copeland  
Derek Dalgleish, Ronald Daniel, Marion Mckie  
Cynthia McLean, Robert & Elinor Snedden  
Margaret Small and James Watson

#### April 2021

Sheila Buchan, Kenneth Dunbar  
Christine Malcolm and Alex Sneddon

#### May 2021

Allie Mackay and Fiona Moore

#### June 2021

James Buchan

**Thank you all very much indeed.**

*Parkinson's UK is the operating name of the Parkinson's disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SCO 7554).*



# GET IN TOUCH with Parkinson's UK 0808 800 0303

## ***Walks Coming Up!***

Friday, 17 <sup>th</sup> September	St Andrews
Friday, 1 <sup>st</sup> October	Loch Birnie & Loch Gadden (towards Cupar)
Friday, 29 <sup>th</sup> October	Riverside Park, Glenrothes
Friday, 12 <sup>th</sup> November	Culross
Friday, 26 <sup>th</sup> November	Kirkcaldy Prom
Friday, 3 <sup>rd</sup> December	Lochore Meadows

## **Scotland Fundraising Events**

### **Walk for Parkinson's at Scone Palace Sunday 10 October, 11am**

A chance to walk in the beautiful gardens and grounds of Scone Palace with the family. You can choose to walk either 1 or 5 miles (please note the 5 miles is not fully accessible).

To register please go to **Walk for Parkinson's Scone Palace**.

### **Volunteers needed**

To help give our walkers the best experience we are looking for volunteers to help marshal both routes and cheer our walkers on their way. Please get in touch if you could help.

### **Double your impact with every step**

When you Walk for Parkinson's, you'll be raising vital funds to help transform information and support services for people with Parkinson's. Raise £50 from your walk and the Frank and Evelyn Brake Connect Fund will match this to take your contribution up to £100

### **Scotland Kiltwalk, Glasgow Sunday 26 September**

Don't miss Kiltwalk's live comeback! Registration is now live for Scotland's Kiltwalk. This event will look slightly different this year due to Covid-19 and places are limited so please register today to avoid missing out.

[events.parkinsons.org.uk/event/scotland-kiltwalk-2021/home](https://events.parkinsons.org.uk/event/scotland-kiltwalk-2021/home)

## **Glamorgan Sausages by Mark Cox**

A tasty vegetarian alternative. Serve with fresh greens.



### **Ingredients**

50g butter  
2 large leeks, sliced  
400g fresh soft white fine breadcrumbs  
2 tsp thyme leaves  
4 large eggs, separated  
400g Caerphilly or strong mature cheddar, finely grated  
1 heaped tbsp wholegrain or Dijon mustard or 2 tsp English mustard  
50g plain flour, for dusting  
100ml vegetable oil for frying, plus a little extra if required

### **Method**

Melt the butter in a frying pan over a medium heat, then fry the leeks with a pinch of salt until soft. Leave to cool slightly.

Put half of the breadcrumbs, thyme, egg yolks, cheese, mustard and a generous grinding of pepper in a bowl and mix to combine. Stir in the fried leeks, and any butter left in the pan. Season with salt and mix well.

Mould the mixture into 12 sausages (You may find damp hands help to stop them sticking). Transfer to a baking tray lined with baking parchment and put into the freezer to chill for 10 mins until firm.

While the sausages are firming up, whisk the egg whites in a shallow bowl with a pinch of salt until lightly foamy. Put the flour and the remaining breadcrumbs onto separate plates.

Dust the chilled and firm sausages in the flour, then dunk in the egg white, and roll in the breadcrumbs. Chill for at least 1 hr and up to 24hrs before frying.

To cook, heat the oven to 180C/160C fan/gas 4. Heat the oil in a non-stick frying pan over a medium high heat. Fry the sausages in batches to brown them, turning them gently for 4-6 mins, until golden and crisp all over. Transfer to a baking tray, and bake for 10 mins.

# Poetry Page

## From An Armchair

When we are old  
Time is leaden  
Our tales untold  
As none listen

We creep onward  
Till it all ends  
With no reward  
And absent friends



But then maybe it is a golden time  
When our fondest memories coalesce  
A moving tableau of visions sublime  
Our easy chair a perfect place to reminisce.

**David Cunningham**

## The Pelican

**My dad was sent this poem by one of his friends to cheer him up. There seems to be various versions! I thought I would share them in our newsletter. Charles**

A wonderful bird is the pelican  
His beak can hold more than his bellican  
What it eats in a week  
He can hold in his beak  
And I don't know how the helican'



A wonderful bird is the pelican,  
His bill will hold more than his belican,  
He can take in his beak  
Enough food for a week  
But I'm damned if I see how the helican!

A funny old bird is a pelican.  
His beak can hold more than his belican.  
Food for a week  
He can hold in his beak,  
But I don't know how the helican.

## Glenrothes

Thanks to all who came to meet  
Whether from afar or close nearby  
We'd now appreciate some feedback  
So contact Charles, please don't be shy.

We hope you found it all worthwhile  
So give a big hand for the planners  
And if by chance that you did not  
Just humour us and mind your manners.

## A New Life



As the boat left the harbour for faraway lands  
The crowds on the quayside were waving their hands  
A new life was waiting in some faraway place  
For all those on board what were they to face?

The lights in the harbour dimmed to a glow  
What lay ahead? What did they know?  
The noise of the engine was all they could hear  
Some laughed, some cried, some just shed a tear.

The journey was long for many a mile  
Some hoped, some prayed. Would it all be worthwhile?  
Land lay ahead, someone shouted out 'Land!'  
Silence on deck, not even a sound.

The cheers rang out loudly when the anchor went down  
Crowds had gathered to greet them in this new town  
Hope for the future was all they could see  
They'd arrived, they were safe in the Land of the Free.

**Ian Brown**