



# Parkinson's UK. Fife Branch

## 'Keeping Us Together'

### No.12

#### **Hello Readers,**

Welcome to the twelfth edition of 'Keeping Us Together'. Once again, thanks to everyone who has contributed to Number 12. All of your contributions are greatly appreciated.

There's not much time left to wish your fellow readers a Happy Christmas and a better new year than 2020! The **closing date is Thursday December 10<sup>th</sup>**. All you need to do is write your festive message in an email or why not phone Charles or Mark and they can write it down for you! Send a greeting to an individual, a group or to the entire Branch membership. We will do the rest by adding a Christmas motif.

Email your message to [cjsmall12@tiscali.co.uk](mailto:cjsmall12@tiscali.co.uk) or [markcoxe@blueyonder.co.uk](mailto:markcoxe@blueyonder.co.uk)

Post your Christmas message to Charles Small, 12 Erskine Street, Buckhaven, Fife. KY8 1JT  
Telephone Charles 01592 713824 or Mark 07913 207057.

**Don't delay because Santa's on his way!**

**Editors: Charles Small & Mark Coxe**



#### **A message from our Chairman – John Minhinick**

We have recently introduced occasional speakers to the Monday morning Zoom meetings. Roma's son, Michael Jefferson was the first with an outstanding illustrated talk about achieving his Private Pilot's Licence and is now working towards a Commercial Licence. Michael's next talk was about his day-job as a Network Rail Signaller based at Waverley Station. This was another presentation enjoyed by all as indicated by the flow of questions. As I write these notes we will end November with Cath Chorley talking about "Factory girls in Dunfermline in the Nineteenth Century". For December we are expecting a recently retired River Forth Pilot to tell us about managing shipping in the Forth Estuary for over 20 years.

Beyond the worrying daily statistics of cases, hospitalisation and deaths from COVID-19, it's fantastic news that three different vaccines are likely to become available in the near future. Although it will be a number of months into the future, I'm hopeful that late spring/early summer will be the target time for restarting some of our in-person activities. It will also be an opportunity to consider developing a new programme of the tried and tested and the new ideas that you have.

Some of the members who have been joining the Zoom meetings on their smartphones have been asking about what to buy to get a bigger picture. There are a number of options including getting a personal computer, a laptop or a tablet although these are not inexpensive items.

I have recently bought an Amazon Fire 7 tablet and as the name would suggest it has a 7 inch screen (on the diagonal); there is a bigger Fire 10 option. At a full cost of £49.99 the Fire 7 is a low cost option. There have recently been online reductions in the cost by 30% or more. The tablet works well with Zoom meetings and has a wide range of other capabilities. I must emphasise that this is personal feedback and in no way does it equate to an official recommendation on behalf of Parkinson's UK.

## Coffee & Chat Group - Briar Richardson

This Group grows from strength to strength and so far we have attracted an average of twelve ladies at each session.

What's the secret you may ask? Well we are a friendly group who discuss topics ranging widely from sewing, making Christmas decorations and baking, to a description from Margaret Stewart, a very accomplished climber, of her climb in the Cuillin Range on Skye and abseiling down!

We are encouraging and welcoming and like to hear what everyone has been up to during Lockdown. We are a nosey bunch after all!

Are men welcome? Well Frances said that Tom Cruise may be dropping in on one of our sessions soon so guys if you're up to the challenge why not come along too?

We meet every second Wednesday at 11am and our next session is on Wednesday 2<sup>nd</sup> December 2020.

### UPCOMING FIFE BRANCH ZOOM MEETINGS

**Branch Get Together** 11am Monday's  
Code: 414757393 Password: 886058

**Eric's Tai Chi** 11am Tuesday's  
Code: 933719944 Password: 099173

**Camera Club** 10.30am Wed. 9<sup>th</sup> Dec, 6<sup>th</sup> & 20<sup>th</sup> Jan  
Code: 610082550 Password: 447546

**Coffee & Chat**  
Wednesday 10.30am 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup> Dec, 13 & 27<sup>th</sup> Jan  
Code: 945 0650 0621 Password: 842374

**Quiz Evening** 7:30pm Wed. 9<sup>th</sup>, 23<sup>rd</sup> Dec, 6 & 20<sup>th</sup> Jan  
Code: 94386184709 Password: 892282

**Sarah's Dance & Chat**  
11:15am Thursdays  
Code: 414757393 Password: 886058

**Walking Group** 10:30 Friday 11<sup>th</sup> Dec, 8<sup>th</sup> & 22<sup>nd</sup> Jan.  
Code: 838404255 Password: 855592

**Meri's Sing-along** 09:45am Friday  
4<sup>th</sup>, 18<sup>th</sup> Dec, 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> Jan  
Code: 95044591219 Password: 130018

## What An Opportunity!

Shaper/Caper, the company who runs our Fife Branch Thursday Dance/Exercise Classes has recently received funding to host creative breaks for carers and cared-for people



The project called, 'Respire', will be a series of monthly sessions lasting a whole year from 10.30 to 15.30. It will take place in the Manhattan Works, Dundee. With a foundation on Health and Wellbeing, participating carers only will be offered a dedicated relaxation session whilst the cared for participants simultaneously join a separate creative activity of their choice. This will be followed by a joint creative dance session and a shared lunch at the community café after which all participants will enjoy a professional show with an opportunity to meet the artists and engage in conversation. Start date in the New Year to be announced.

If you think this is for you and your carer, please contact our instructor, Sarah Greene, by email [sarah@shapercaper.com](mailto:sarah@shapercaper.com) or telephone 0746 494 5348 and ask to be placed on the 'waiting list' for the project.



### Did You Know?

All of the 'Keeping Us Together' Newsletters are available on the **Branch Website** and the **Facebook Group**.

## CLOSE UPS AT OUR CAMERA CLUB

Our subject for our meeting on the 11th November was close-up or macro photography. Once again, the range of topics photographed was eclectic with everyone choosing something different.

The subjects included berries on a tree, a Coca-Cola can, a vintage camera and a red squirrel at Morton Loch!



The close-up photograph is taken on the creative side of the control wheel of your camera. If it has this facility, use an aperture as wide as you can make it, say 1.8 to 5.6mm, or use the flower symbol or intelligent auto on your camera's control wheel. If you have a compact camera the device is made to give you the best photograph possible. Modern mobile phones have incredible cameras. Some now have three lenses from wide angle to super zoom, that automatically move from one to the other without any loss of resolution or focus.

Sky Arts is now on Free View and it has several programmes on photography. One was with Rankin "the famous portrait photographer" called '2020' which covered different topics. Many of the photographs viewed by the expert judges were taken on mobile phones. As most of us carry one nowadays there is always an opportunity to get **that** shot. In addition, with modern cameras you can transfer your images to your mobile phone, edit them and send them to your friends or via social media such as Instagram.

**Bob Copeland**

## Our Walking Group Report

The Virtual Walking Group has continued every fortnight on Friday mornings, with a regular core of members attending and enjoying the company. On 13<sup>th</sup> November we had an Edinburgh themed quiz followed by a talk and wonderful photographs of a walking and climbing holiday in the Neustift area of Austria taken by Bob and Frances. We saw towering mountains, Austrian chalet-style architecture and picturesque villages that showed Italian influence. On 27<sup>th</sup> November we had a quiz that taxed our observations of places and items on the map of Foula in the Shetland Islands. This was followed by stunning photographs and descriptions of the village and valley of Saas-Fee in the Swiss Alps by Bob; showing wonderful mountain landscapes which included the Matterhorn and the Fee Glacier.

Since the Zoom Walking Group began on 3<sup>rd</sup> April, to date we have had 18 meetings – more than we would have had in a normal walking group season - and in our journeys we have travelled to many places in the World. We have journeyed from Scotland to France, Austria, Switzerland, Slovakia and on to Zimbabwe and the USA. Our final trip for 2020 on 11<sup>th</sup> December will be a journey to the Western Provinces of Canada for a ride on the Rocky Mountaineer; you would be very welcome to join us if you can.

**Elizabeth Tait**

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

*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).*

## Stan

St Andrew's Day is here again,  
Other saints' days can be had,  
But I much prefer the local boy,  
I hope that don't sound bad.

To say he was a local lad  
Is not entirely true,  
He was one of Christ's Apostles,  
Peter's brother was Andrew.

I suppose the burning question is,  
'Why the hell is he not a Scot?',  
He's a Red Sea postcode person  
From a land that's baking hot.

So why's this foreign lad been picked  
To represent our great country,  
Instead of much more local saints,  
Like Taffy David, Pat or wee Geordie?

The thing that's come as quite a shock,  
Andrew's not just our wee patron,  
Represents fishmongers, singers too,  
And a wheen of other nations.

'So why the patron saint for Scots?'  
I ask the same old question,  
Was it 'cos he liked to drink Irn Bru  
Or his Mammy was Glaswegian?

No, not at all! If truth be told,  
Scotland's young amongst the nations,  
Not like her older neighbours,  
Who'd received their allocations.

Of the few saints left to choose from,  
Saint Andrew's name just clicked,  
Because it matched the old Fife town,  
This intrepid saint was picked.

He's the chosen one for Scotland,  
Who on a saltire died,  
What a symbol for our nation,  
Saint Andrew crucified.

Today his name is known worldwide,  
Uni, golf course, flag and more,  
Let's celebrate Saint Andrew,  
Cut Price at the Great Saint Store!

## Mark Coxe

## DONATIONS TO OUR BRANCH

Our Parkinson's UK Fife Branch is always very grateful to receive donations. We recognise that they are given not just after times of celebration and enjoyment but they are also gifted after times of sadness.

If you are thinking about fundraising, remember that details are on our Fife Branch website [www.fifeparkinsons.org](http://www.fifeparkinsons.org) which has the facility to donate to the Branch via a link to the the JustGiving website.

Unfortunately the donate facility has not been working recently but we were not aware of this until now. Working with the JustGiving help team it is now working again so anyone can now donate to the Branch via our own website.

Your donations will qualify as long as they're not more than 4 times what you have paid in tax in that tax year (6 April to 5 April).

## Camera Club – Movie Week

Our Camera Club members usually all take still photographs with our cameras or phones, but they also take great, high quality videos. However, none of us have used the apps available on our phones. So, we thought it would be helpful to ask someone who has demonstrated a working knowledge of the process. David Rigg's videos on WhatsApp had shown us that he was the man.

The club welcomed David to our last meeting on the 25th November. He gave us a talk and demonstration on how make a video using your own and other images (usually from the web) using

iMovie on your phone, computer or tablet. Other apps are available on other makes of smart phone.



David showed us how to make videos that are fun to make and watch. The technology is amazing and easily allows the user with little experience to make fun and amazing videos. We were all intrigued that the app was an interesting way to show our photographs in a different way which we could share with our friends through social media. Fife Branch has used the WhatsApp medium to share the many things we are getting up to during this difficult time. This gives us all something to smile about so look forward to seeing some more videos from David's trainees.

Thanks to David for giving up his time and sharing his knowledge. We all thoroughly enjoyed your talk.

## Bob Copeland

## November Quiz

1. One of the most popular board games ever devised was launched by Parker Brothers in **November** 1935. Name it.
2. In **November** of which year did Angela Merkel become the first female Chancellor of Germany?  
a) 2001 b) 2003 c) 2005
3. In **November** 1940 which politician became the only U.S. President to win a third term in office?
4. What are the two zodiac signs for the month of **November**?
5. Bonfire Night is celebrated on the 5th of **November**, but in which year was the Gunpowder Plot?
6. Is Thanksgiving Day in America celebrated on the first, second, third or fourth Thursday in **November**?
7. Which play by William Shakespeare performed for the first time in **November** 1604 has amongst its characters, Desdemona and Iago?
8. In **November** 1993 which treaty took effect, formally establishing the European Union?
9. Which artist was born In **November** 1887? He was famous for painting scenes of life in the industrial districts of North West England,?
10. Phil Silvers died in **November** 1985, but which part is he most famously remembered for?

## THE WORLDS EASIEST CHRISTMAS CAKE Diana Penman

You will need one 2 lb loaf tin or similar size, greased and lined.

Set oven to gas mark 2, 300°F (150°C)

### Ingredients

1 lb (450g) sultanas	4 oz (100g) plain flour
4 oz (100g) dark brown soft sugar	4 oz (100g) self-raising flour
6 oz (175g) block margarine, cubed	2 large eggs
1 rounded tablespoon treacle	4 oz (100g) chopped glace cherries
1 level teaspoon bicarbonate of soda	1 level teaspoon mixed spice
¼ pint sherry (for the cake)	Marzipan and Icing (if desired)
Optional ¼ pint sherry (for yourself)	Apricot jam to bind Marzipan to cake



### Method

Put sultanas in pan with sugar, margarine, treacle, bicarbonate of soda, mixed spice and sherry.

Melt slowly, bring mixture to the boil then reduce heat and simmer gently for 15 minutes.

Leave to cool then stir in sieved flour and chopped cherries.

Add eggs to make soft consistency.

Put mixture into tin and bake for 2½ hours approximately.

Skewer will come out clean when ready.

When cold, wrap in foil and keep in an air-tight tin.

Marzipan and ice 1 week before Christmas or Christmas Eve as has been known to happen in my house!!! Marzipan the day before and ice on Christmas Eve.

Brush the top and/or sides of the cake with warmed Apricot jam to attach the Marzipan

I find this cake keeps really well and if not all eaten by the end of January pop in freezer.

I have been known to produce it again in June/July!!!!

**Thanks Diana for another tasty recipe.**

## Flying High with the Thin Controller!

Thanks to a very proud mum, Roma, for introducing her son, Mike Jefferson, to the Fife Zoomers Monday Get-Together.

His first talk was about his passion for flying which began at an early age. He remembers pressing his face against the wire mesh fence and looking at the 'silver birds' take off and land at Birmingham Airport. He's probably not the only person to look through the fence and yearn to be on a plane - after all it's the quickest way to get out of Birmingham!



*Light aircraft lined up at Perth Airport*

Little did he know that this fascination at an early age had planted a small seed that would germinate to drive him to get his Civilian Pilots Licence, serving as a stepping stone towards his ultimate goal of becoming a Commercial Pilot.

His second talk to us was about his day job (works nights as well) of Signaller for Network Rail. The history of signalling was fascinating and signal boxes have come a long way from the iconic images of a 'room with a view' and hundreds of levers controlling 'semaphore' signals.



*A traditional Signal Box still in use today*

Nowadays it resembles something from the Bridge of the Star-ship USS Enterprise - although usually Enterprise and Network Rail don't often occur in the same sentence



*Lieutenant Uhura. Not an employee of Network Rail*

I, for one, was astounded to learn about the staggering responsibilities that Mike and his colleagues have during their twelve-hour shifts. Not only do they keep the trains running, but they also have to deal with any variety of incidents and occasionally be a first responding councillor to a traumatised train driver, who has just witnessed someone jump in front of his train.

Note to self: Don't swerve around the barriers at a signal crossing!

No wonder he yearns to be an Airline Pilot. With his passion and determination, I'm sure that he's well on track.

**Mark Coxe**

## November Quiz Answers

1. Monopoly
2. c)2005
3. Franklin D. Roosevelt
4. Scorpio (October 24 – November 22) and Sagittarius (November 23 – December 21)
5. 1605
6. Fourth Thursday
7. Othello
8. Maastricht Treaty
9. LS Lowry
10. Sgt Ernest (Ernie) Bilko