

Six pages for  
the price of  
Four!

# Parkinson's UK. Fife Branch Keeping Us Together No.5

## Hello Readers,

Mark and I would like to welcome you to the fifth edition of 'Keeping Us Together' and we would like to thank everyone for the very positive feedback we have received. Thanks also to everyone who has contributed to this edition. Your contributions give each newsletter a flavour of its own. Please continue to contact our volunteer Zoom helpers to assist you with the technology and link you with other members. Please continue to keep well and stay safe.

Editors: Charles Small & Mark Coxe

## Message from John Minhinick

Thankfully the number of cases of Covid-19 are falling and we are beginning to see the relaxing of the lockdown regulations. Although it will be sometime before we can return to the Fife Branch programme it is time to look to the future. Some activities may be able to resume again when the social distance rules change but other events and activities might need some significant changes, which may also be needed for the long-term.

Virtual meetings using Zoom have been a feature of our lockdown programme and may be continued going forward in a revised format. However we need to recognise that beyond the regular "Zoomers" we have members who don't have the necessary equipment and those who do have the equipment but, for a variety of reasons, have chosen not to get involved.

I will be chairing an open meeting of the Scottish Development Team on 25<sup>th</sup> June with another meeting on the 29<sup>th</sup>. These meetings are for all members of Parkinson's UK in Scotland and will be looking at restarting local activities when the time is right. In particular we will be discussing:

- Questions that need answering to enable groups to restart local activities
- The concerns that members and branches have
- Information that members and branches need

The information collected will enable Parkinson's UK to create clear guidance where applicable. If necessary Parkinson's UK will set up working groups for staff and volunteers to develop any resources that need to be created.

**Ahead of the meeting on 25<sup>th</sup> June I would like to hear from you about your concerns as we work towards restarting face-to-face activities and especially changes that you would like to see. You can contact me via [j.minhinick@btinternet.com](mailto:j.minhinick@btinternet.com) or 07917602484.**

**Who do you think they are?** Throughout the newsletter you will find photographs of young Branch Members. Match the faces to the names below. Answers on page 6.

**Bob Copeland, Frances Copeland, Mark Coxe, Bob Graham**

**Janet Kerr, Sheila Minhinick, Diana Penman, David Rigg**

**Charles Small & Elizabeth Tait**



## CAMERA CLUB – ZOOM MEETING – MAY/JUNE

In our most recent meetings, the group has learned about photograph post editing by using Lightroom and Snapseed. These are programmes for your computer, smart phone or I-Pad which are editing tools that enable photographers to alter their photos in order to achieve the desired effect.

We have also had workshops on constructing a photograph and on the rules governing composition, with some remarkable examples.

If you are new to photography or even if you just use your phone, it's best to 'focus' on the composition of the photo, and let the camera/phone worry about the technical side.

Join us at our weekly meetings, 10.30 every Wednesday on zoom, link details [6100 82 550](https://www.zoom.us/j/610082550) password [538070](https://www.zoom.us/j/610082550) if required.

## Movie Quiz - Here are the Film Characters

### But Can You Name The Films?

- 1 Rick Blaine, Ilsa Lund, Victor Laszlo, Sam.
- 2 Dorothy, Toto, Tin Man, Cowardly Lion, Scarecrow.
- 3 Judy, Doralee, Violet, Franklin Hart Jr.
- 4 Elliot, Gertie, Michael, Mary.
- 5 Marty McFly, Dr. Emmett Brown, Biff.
- 6 Stanley Kowalski, Blanche DuBois, Stella, Mitch.
- 7 Rose Sayer, Charlie Allnutt.
- 8 Johnny Hooker, Doyle Lonnegan, Henry Gondorff.
- 9 Martin Brody, Hooper, Quint.
- 10 Riff Raff, Janet, Brad, Frank N Furter, Rocky.
- 11 Travis Bickle, Besty, Iris, Sport.
- 12 Luke Skywalker, Ben Kenobi, Princess Leia, Han Sols, Chewbacca.
- 13 Jar-El, Clark Kent, Lois Lane, Lex Luther.
- 14 Fred, Barney, Wilma, Betty, Pebbles.
- 15 William Thacker, Anna Scott, Spike.
- 16 Sam, Molly, Carl, Oda Mae Brown.
- 17 Gomez, Morticia, Wednesday, Pudsley, Uncle Fester.
- 18 Nick Curran, Catherine Tramwell.
- 19 Nice Eddie, Mr White, Mr Blonde, Mr Pink, Mr Orange
- 20 Andy, Woody, Buzz Lightyear, Mr Potato Head

**ANSWERS on PAGE 4**



## Online Coffee Morning with PUKS



Some of the Fife Branch members shared in a very enjoyable and historic first ever Parkinson's UK Scotland Coffee Morning on the 9th of June.

The Concept was thought up and brought to fruition by Volunteer Heather Kirk and raised an amazing £445 for PUK's emergency appeal through the sale of raffle tickets. Unfortunately, no one from our branch won. However Janet did come second in the baking competition, which was judged by Gavin Mitchell 'Booby' from BBC TV's 'Still Game'.

The whole event was extremely entertaining, including the accordion playing. More planned for the future.

### 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 web site, [fifeparkinsons.org](https://www.fifeparkinsons.org)

Here are the latest donations.

**In Memoriam:** Pat Binks, Frits Akerboom & Alexander Rintoul

**Fundraising:** Coastal Cluster Tangent, Kirkcaldy Ladies Probus Club & TK Maxx Foundation

**Other Donations:** Elizabeth Thomson, Andrew Ovens & Christine Foy



## The Challenge



When it was announced that 'elderly' people would have to self-isolate for twelve weeks, I realised that I would have to think of a challenge to keep me fit both mentally and physically.

I read that climbing stairs was a good way to exercise so I decided that the ascent of Ben Nevis would be a worthwhile target. My research suggested that I would need to climb 23,170 stairs to reach the summit. I climbed 2,000 steps every day and achieved my goal in 12 days. So I decided to keep going with my ascent challenge.

Mount Kosciuszko, the highest mountain on mainland Australia was my next goal. I actually climbed this mountain a few years ago so it seemed the obvious choice. My task? Another 38,000 steps up and obviously 38,000 steps down. I achieved this on 7th May.

The final challenge had to be ...Mount Everest - a daunting total of 90,000 steps up! To achieve this, I had to increase the number of steps I climbed in a day. Today, Friday 29<sup>th</sup> May, I stood, metaphorically speaking, on the top of the world! I have survived the self-isolation and I am fitter than I have been for years! One thing for certain - I never want to climb these stairs ever again!

Please Note. The figures quoted are not necessary accurate. They are just the target I set for myself.

Evelyn Maxwell



## ZOOM MEETINGS SUMMARY UNTIL 31<sup>st</sup> July 2020

**11am Every Monday & Thursday: Get Together**

<https://zoom.us/j/414757393>

**11am Every Tuesday: Tai Chi**

<https://zoom.us/j/933719944>

**10.30am Every Wednesday: Camera Club**

<https://zoom.us/j/610082550>

**7.30pm Wednesday 24<sup>th</sup> June, 7<sup>th</sup>**

**& 21<sup>st</sup> July: Quiz Evening**

<https://zoom.us/j/94386184709>

**10.30am Friday 26<sup>th</sup> June, 10<sup>th</sup> & 24<sup>th</sup> July:**

**Walking Group**

<https://zoom.us/j/838404255>

**10am Friday 19<sup>th</sup> June, 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> July: Sing-along with Meri**

<https://zoom.us/j/97796939887> \*

\*Password: 623442



## The Shoe!

I saw a shoe on Leven Beach,  
And a thought occurred to me,  
Just what conclusion would I reach?  
Would there be a finder's fee?



What happened to this shoe of leather?  
The left foot who knows where?  
Certain they should be together,  
Since originally sold as a pair.

What if the other shoe is on  
The foot of someone drowning,  
It's not too late for Heaven's sake,  
A thought is slowly dawning.



Just wait a tick, what a to do,  
I see on close inspection,  
For Hong Kong's marked upon the shoe,  
Gives it a new inflection.

Now that has got me thinking,  
This lost and lonely shoe,  
If it really came from Hong Kong,  
Was the owner Fu-Manchu?

Perhaps it came from Methil,  
Or somewhere really far,  
From somewhere quite exotic,  
Even somewhere like Dunbar.

Who knows what's really happened?  
The truth is out of reach,  
How on a lovely day in June,  
It arrived on Leven Beach.

**Mark Coxe**

20	Toy Story
19	Reservoir Dogs
18	Basic Instinct.
17	The Addams Family
16	Ghost.
15	Noting Hill
14	The Flintstones.
13	Superman.
12	Star Wars.
11	Taxi Driver.
10	The Rocky Horror Picture Show
9	Jaws.
8	The Sting.
7	The African Queen.
6	A Streetcar Named Desire.
5	Back to the Future.
4	E.T. The extra-terrestrial.
3	9 to 5
2	The Wizard of OZ.
1	Casablanca.

**Film Quiz Answers**

**Why not try Janet's Scones and if you feel like it, donate something to the Branch Funds on our Just Giving Page? <https://www.justgiving.com/fundraising/chair-fife>**

**Ingredients**

350g self-raising flour, plus more for dusting	3 tbsp caster sugar
¼ tsp salt	175ml milk
1 tsp baking powder	1 tsp vanilla extract
85g butter, cut into cubes	beaten egg, to glaze
	jam and clotted cream, to serve



**Method**

1. Heat oven to 220C/fan 200C/gas 7.
2. Tip 350g self-raising flour into a large bowl with ¼ tsp salt and 1 tsp baking powder, then mix.
3. Add 85g butter cubes, then rub in with your fingers until the mix looks like fine crumbs then stir in 3 tbsp caster sugar.
4. Add 1 tsp vanilla extract to 175ml milk
5. Make a well in the dry mix, then add the liquid and combine it quickly with a cutlery knife – it will seem pretty wet at first.
6. Scatter some flour onto the work surface and tip the dough out. Dredge the dough and your hands with a little more flour, then fold the dough over 2-3 times until it's a little smoother. Pat into a round, about 4cm deep.
7. Take a 5cm cutter (smooth-edged cutters tend to cut more cleanly, giving a better rise) and dip it into some flour. Plunge into the dough, then repeat until you have a few scones. You may need to press what's left of the dough back into a round to cut out another few.
8. Brush the tops with a beaten egg, then carefully place onto the hot baking tray.
9. Bake for 10 mins until risen and golden on the top. Eat just warm or cold on the day of baking, generously topped with jam and clotted cream.
10. If freezing, freeze once cool. Defrost, then put in a low oven (about 160C/fan140C/gas 3) for a few mins to refresh.

**Variations**

- Fruit scones – add a handful of raisins, sultanas or cherries when adding the sugar.
- Treacle scones – do this at the beginning to allow treacle to mix with the milk. Warm the milk and add two heaped tablespoons to the milk. Allow to cool.

**Janet's Top Tips:**

Use cold butter and if using your hands to rub the butter in, run your hands under cold water – I use a food mixer these days.

Handle the dough as little as possible and when kneading, knead until combined and no more.

Try not to turn the cutter back and forth. Push straight down and place scone onto a hot tray. If making treacle scones, heat your spoon in boiling water to make the treacle easier to handle.



**Poppies taken over Pattismuir!**

Many thanks to Bob Copeland for sharing this beautiful photograph with us.

If you have a photo that you are proud of and would like to share with us, please contact Charles or Mark.

## THE VIRTUAL WALKING GROUP

The Walking Group enjoyed our get together on Friday 29<sup>th</sup> May – and no boots were wet or muddied!

First item was a quiz based on the Fife Coastal Path covering places of interest in the area from Kincardine to Leven such as St. Bridget’s Church and MacDuff’s Castle. Some interesting facts on the history of Kirkcaldy (the area we had planned to walk that day) were listed – Seafield Tower and the news that pirate Paul Jones threatened to bombard the town in 1778.

The highlight of our morning was a selection of photos from Jenny and Victor Anderson of their life spent in Zimbabwe. We enjoyed their many family snaps. We were amazed at giant rock formations and surprising lush green foliage. We saw photos of traditional African homes made from mud and straw baked hard in the sun. We saw animals in the wild – giraffes, elephants and rhinos. Did you know that cream of tartar comes from the Baboa tree!!

We all enjoyed this trip to Africa very much – especially the landscapes, the Victoria Falls – so a big and hearty thank you to Jenny and Victor for sharing their memories with us.

The future programme will be varied and will cover different places – so come along and enjoy a break from your armchair and the lockdown in Fife.

(Contact Bob/Frances Copeland 01383.726383 and Elizabeth Tait 01383.822668).

A, Charles Small	B, Janet Kerr	C, Frances Copeland	D, Elisabeth Tait	E, Bob Graham	F, Mark Cox	G, Briar Richardson	H, David Rigg	I, Sheila Minihick	J, Bob Copeland	K, Diana Penman
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## Pets Corner

Charlie Graham



Alfie Cox

David & Aileen’ Hens sunbathing



Ducking into the shops. Out for a stroll in Elie!

*Courtesy of Diana Penman*

## Puzzle Corner

**“Keeping You Entertained For Hours!!”**

**Free! A jigsaw puzzle for you to cut out and keep.**

