



Parkinson's UK Fife Branch Keeping Us Together No.9

Hello Readers,

Mark and I would like to welcome you to the ninth edition of 'Keeping Us Together'. As ever, thanks to everyone who has contributed to this issue. It has been great to welcome more of our Branch members onto Zoom. All it took was a little courage, a little patience and of course the right equipment! If you are still unsure about the 'how' but would like to join the Zoom Branch Activities, please phone either Mark or myself and we can see how we can help you.

Editors: Charles Small (01592 713824) & Mark Coxe (01592 560160)



Message from John Minhinick – Nine & Two Hundred Are Special Numbers!

Coming up in the second half of October we will have our 200th Zoom Meeting. The actual date will be the 22nd when we will enjoy our regular Thursday Dance Exercise to Music session. In terms of total time, over recent months enjoying activity, chat and singing together but more importantly friendship this equates to at least 9 days of on-screen time. The number 9 is particularly important in the quest to develop new therapies and treatments for people with Parkinson's.

“\$9 million being awarded as an ‘opportunity of a lifetime’ to tackle Parkinson’s”

The world-leading team researching Parkinson's at Dundee University has just received a \$9 million boost. Professor Dario Alessi says that the three-year award from the **Aligning Science Across Parkinson's (ASAP)** Initiative will have a transformative impact on Parkinson's research at the University and the quest to develop new therapies and treatments.

Professor Alessi will lead a team at Dundee's **Medical Research Council Protein Phosphorylation and Ubiquitylation Unit (MRC-PPU)**, linking up with counterparts at Stanford University in the United States. The Dundee-Stanford team will now join an international network funded by the ASAP initiative, in partnership with The Michael J. Fox Foundation, to generate new knowledge in Parkinson's disease. Professor Alessi, Director of the MRC-PPU, said, “This is the opportunity of a lifetime as a Parkinson's disease researcher.”



“This ASAP Initiative Award will enable us to recruit new talented researchers to Dundee and to be part of one of the biggest initiatives in history to accelerate understanding of the origins of Parkinson's disease, embracing high-quality and fully open and interdisciplinary collaboration. It is also a major step towards our goal of creating a world-leading Parkinson's Research Centre at the University of Dundee.” The award-winning Professor Miratul Muqit who works closely with Professor Alessi at Dundee is equally positive about the exciting opportunities that should follow from this major financial support.



As a member of the Dundee Research Interest Group (DRIG) I've had the pleasure of meeting these two outstanding professors in addition to Dr Esther Sammler who provides the regular link between the MRC-PPU and the DRIG.

I had also the pleasure of recently appearing in a fund-raising promotional video produced by the MRC-PPU although my few minutes were insignificant compared with the outstanding work of Dario, Miratul and Esther.

FIFE BRANCH ZOOM MEETINGS FOR OCTOBER

Branch Get Together Mondays 11am Code:
414757393 Password: 886058

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

Camera Club Wednesdays 10.30am Code:
610082550 Password: 447546

Quiz Evening Wed. 30th Sept. 14th & 28th Oct.
7:30pm Code: 94386184709 Password: 892282

Sarah's Dance & Chat

Thursdays 11:15am Code: 414757393
Password: 886058

Walking Group Fri. 2nd, 16th & 30th at 10:30
Code: 838404255 Password: 855592

Meri's Sing-along Fri. 9th & 23rd 09:45am
Code: 95044591219 Password: 130018

Camera Club Snapshots



At our recent Camera Club meeting we were treated to a photographic journey by Werner of a trip he made to Thailand a few years ago. Werner's photography covered both Landscape and Portraiture. After his presentation Werner invited the group to comment on his photographs before selecting one to post edit. It was very interesting to watch the changes take place, some improved, some better left alone.

The club continues to provide those with an interest in photography with inspiration and help with the creativity side of our catching the moment.

The Camera Club is open to all who have an interest in photography so come and join us.

GET IN TOUCH with
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0808 800 0303

Shapers Capers

Every Christmas my friends and I treat ourselves to a trip to the ballet. We love everything about it - the exciting atmosphere, the music, the costumes and most of all the exquisite dancing. I can recreate a bit of this magic in my living room thanks to Shapers Capers and our wonderful teacher, Sarah Greene.

The doors open from 11.15 every Thursday for a brief chat before we start the class at 11.30 on our Fife Branch Zoom session. Sarah is enthusiastic and friendly, encouraging, inspiring and she explains all the dance moves clearly. She is such a graceful dancer herself and when I copy her I imagine my dancing is equally full of grace (I can assure you it's not but give me time!)

We do other dances as well as ballet; cha-cha-cha, jiving and barn dancing so far. Exercises are made fun by pretending we are doing the washing, flying in a rocket or perhaps even making pizza! You can sit throughout the lesson or sit and stand – whatever you feel comfortable with and of course you do what you can within your own capabilities.

At the end of each session I feel invigorated, energised, calm and content. So why don't you join us and give it a go? You will be made most welcome and who knows, you may be able to create your very own piece of magic!

Briar Richardson

Our thanks go to Ron Page who's dug up some photographs from the 1918 pandemic, Goes to show, nothing's changed much!



September Trivia Quiz

1. In **September** of which year did the terror group Black September take hostage and subsequently kill 11 Israeli athletes at the Munich Olympics?
2. The Great Fire of London ended in **September** 1666, but how many people died?
a) 6 b) 60 c) 600



3. Whose funeral in **September** 1997 was watched by an estimated 2.5 billion on television as well as 1 million people who lined the streets of the funeral procession?
4. In the month of **September** the Pilgrims set sail for America from Plymouth on the Mayflower but in which year?
a) 1610 b) 1620 c) 1630
5. Edvard Grieg was a pianist and composer who died in **September** 1907. What nationality was he?
6. In **September** 1953 John F Kennedy married Jacqueline. What was Jacqueline's maiden name?
7. The wreckage of RMS Titanic was located by a joint American–French expedition in **September** of which year?
a) 1965 b) 1975 c) 1985
8. The Japanese formally signed the agreement to surrender in **September** 1945 aboard which US ship?
9. Born in September 1913, Bill Shankly made 297 appearances as a player for which club?
10. Scotland's Forth Road Bridge near Edinburgh officially opened in **September** of which year?
a) 1952 b) 1958 c) 1964

HOBKNOB WITH DIANA'S OATY BISCUITS

Thanks to Diane Penman for sharing her tried and tested, family favourite Oaty Biscuit Recipe with us.

INGREDIENTS

- 4 oz margarine
- 2 oz caster sugar
- Half teaspoon bicarbonate of soda
- 4 oz S R flour
- 4 oz porridge oats
- 1 teaspoon syrup melted in 3 teaspoons hot water



METHOD

- 1 Lightly grease baking tray
- 2 Set oven to 180C/160C/gas 4
- 3 Cream margarine and sugar together.
- 4 Add the syrup mix.
- 5 Gradually add all the dry ingredients and mix well.
- 6 Form mixture into approximately 24 small balls.
- 7 Flatten slightly on tray.
- 8 Bake in top of oven for 20 mins.
- 9 Leave on tray until cool.

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

Here are the latest donations.

Donation: Sandra Wilson



Good Sports!

Young Andy McCauley's done it again! This time flying solo around Thornton Golf Course.



He took part in the Open there on the 10th of September and thoroughly thrashed his opponents to pick up the trophy (after it had been sanitised). Well done Andy! One burning question remains unanswered. If, when you team up with Jarlath Busby your team name is, appropriately 'Rattlers and Shakers', which one are you?

Blisters Beating Busby!

While we're celebrating the sporting prowess of the Younger Parkinson's Group, an award for 'Keeping your light under a bushel' goes to Dawn Busby who ran the Great North Run Solo on behalf of the NHS.

This was a series of forty separate runs between the last week in June and culminating on the 30th



September, which was to coincide with the day that the 40th Great North Run was due to take place. Dawn clocked up a whopping 301 miles, which just goes to show she'll always go that extra mile!

Coxe's Fox Trot - Not Strictly!



On the other hand Dawn's gargantuan effort virtually eclipses Mark Coxe's 10k sponsored run/walk/crawl in aid of research by the Michael J Fox Foundation over the weekend of the 3rd and 4th October. If you want to contribute but are worried about donating in US Dollars you can always give him a call on 07913 207057. He'll give you his address and you can write a cheque and he'll make the donation for you.

Walking Group

Hello everyone.

Six months into lockdown and little sign of any relaxation of the restrictions in the near future, if anything, limits are on their way to being tightened again! Many of us benefited physically and mentally in the early months of good weather from being able to get out for a daily walk and from our contact through the regular Zoom meetings. With Autumn now upon us and the prospect of a long winter ahead, it's more important than ever to keep in touch. So why don't **you** put on your virtual walking shoes and from the comfort of your armchair enjoy the company of other walkers who meet together every second Friday on Zoom.

Members who came along to our last two meetings on the 4th and 18th September enjoyed quizzes on Weather and Climate by John Minhinick and a Scottish Geography quiz based on the 'Who Wants to be a Millionaire?' format. We also enjoyed a most interesting talk on a walking holiday taken in Slovakia by Bob and Frances. The talk was accompanied by photographs of the mountainous scenery and the architecture of the towns and villages.

We would also welcome any volunteers who would like to share their slides or photos with the group. Please get in touch as we would love to hear of your adventures at home or abroad. Contacts – Bob and Frances Copeland – (tel. 01383 726383) or Elizabeth Tait (tel. 01383 822668).



Just to prove that romance isn't dead, here's a poem from Jarlath Busby to celebrate his wedding Anniversary.

"Beautiful Dawn"

I've taken the time
To pencil this rhyme
Not another I hear you yawn
But this one is new
No further ado
It is for my beautiful Dawn.

She's the kinda spouse
You'd love round the house
The sort it's rare to discover
She gives me a smile
When once in a while
She tickles me under the cover.

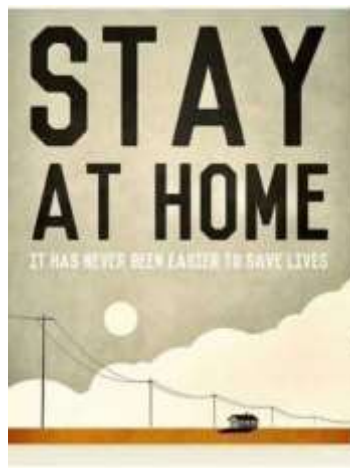
Her cooking's not good
Aye burns all the food
But these things don't really matter
If it comes to crunch
You can just buy lunch
Instead of ash on your platter.

We both like a sip
A holiday trip
So happy lying together
Choosing places to dine
With glasses of wine
I'd say two birds of a feather.

Some say of their wife
They're nothing but strife
She, I'll always love and dote on
When life gets me down
I feel I might drown
She's the lifesaver I float on.

At times when I shake
And extra time I take
It makes me feel less of a man
With Dawn at my side
I'm bursting with pride
And I'll do the best that I can.

I'm not one for God
But with her I'm awed
Love her till my last breath is gone
So I'll kneel and pray
Give thanks for the day
He created my beautiful Dawn.



September Trivia

- 1, 1972
- 2, 6
- 3, Princess Diana
- 4, 1620
- 5, Norwegian
- 6, Bouvier 7, 1985
- 8, USS Missouri
- 9, Preston North End
- 10, 1964

The Confidence Trickster - By Melvin Barnes

The spout of the coffee jug wavered for a moment, and a light brown lake formed in the saucer. Judith Connery cursed, and then placed the vessel back on the stove.

"Damn it Momma, you invested how much?"

Mama Connery took the deepest of breaths before replying, "Judy ma girl, aint no call for cursing; y'all might use that kind of language at Trinidad and Tobago FM, but you don' use it here at home. Yo' papa must be spinning in his grave." She paused, took in another lung-full of air, and said, "I done told you clearly, it was only a thousand dollars."

Judith emptied the contents of the saucer into the coffee cup and handed it to her Mother, and sighed. "Oh Momma, it was a scam. You know the radio station's been broadcasting warnings over the air for the last week about the confidence trickster fleecing old folks of their savings."



She poured herself a cup of coffee, this time without the spill, and muttered under her breath. "It's the greed, gets them every time."

Momma Connery slurped her coffee, and said. "I heard that, ma girl. Just because y'all think of yo' self as some hot-shot investigative journalist, y'all don' know everything. You oughta get a life, 'stead of spending all that time chasing shadows."

Yo' oughta be looking for a man. That's what yo' oughta be doin'" Momma Connery finished what was left of her coffee and snorted out what little air was left in her lungs.

Judith looked at her mother, and then replied with almost exaggerated patience. "Momma, I like men as much as the next girl. I'm still only thirty-five. Besides which, I like my independence."

"Independence aint gonna keep you warm at night my girl, and in case you' aint noticed, y'all' may be hot with the words, but your arithmetic sure needs shaking up, 'cause your biological clock is ticking girl: tick tock, tick tock, tick tock."

"Okay Momma, I get the message, but what are you going to do if you lose that thousand dollars?"

"Well, Judy girl, if you is so worried about my little investment, why don't you go talk to my investor" She handed a small white business card to her daughter and sat back with a smug smile on her face.

The neat gold lettering on the small white card displayed the minimum of information: a name, LT Williams, followed by an address and phone number in Port of Spain. Judith looked at the card, looked at the modest door of the modest bungalow, then leaned on the bell push.

The man who opened the door was six foot tall, and impossibly handsome. He smiled and said, "Miss Connery I presume."

She smiled back, and felt her heart go into acceleration mode.

When they were both seated in a comfortable little kitchenette drinking the inevitable cup of coffee, Mr Williams looked across at Judith Connery and thought: 'She is the cat's whiskers.' Of course, he had no idea that thoughts of a similar nature were tumbling about behind her liquid brown eyes.



"Well Judy" he said, "May I call you Judy? How can I help?"

"Well, you could begin by giving back the thousand dollars you conned out of my Momma."

Judith Connery knew by the reaction on his face that he had no idea what she was talking about. She blurted out. "You don't con old ladies into investing in shell companies do you?"

He laughed. "No"

"What do you do?"

"I'm a policeman; Lieutenant John Williams, at your service. The only connection I have with confidence tricksters is I try to catch them."

So when you called on my Momma earlier today, it was to warn her not to be taken in by the confidence trickster."

He smiled and said. "You have it in one"

She looked across at this relaxed and easy going man, and realised she had been conned by someone smarter than any con man she was ever likely to meet."

Judith Connery smiled to herself and decided not to be mad at her Momma. John Williams was, after all, a very good-looking policeman.

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