

PARKINSON'S UK FIFE

'KEEPING US TOGETHER' 28

January 2022

Hello Readers

Mark and Charles would like to wish all our Branch Members and Friends a very healthy, happy and successful 2022. We realise that 2021 has been a very hard year for all of us and a particularly difficult year for many of our families but hopefully we will pull together to support each other when we can, to face 2022 positively, making the most of our time and talents.

We plan to issue our 'Keeping Us Together' newsletter monthly in 2022 round about the start of each month so we can keep all our readers up to date with plans for our monthly meetings in Glenrothes.

Please send in any items you would like to share with our readers. By contributing to our newsletter, you will be assisting us to produce an even more diverse publication, which reflects the interests of our readers.

Best wishes

Charles Small 01592 713824 and Mark Coxe

Hello
2022
Happy New Year

Chairman's Message

We have held the last Committee Meeting of the 2021 team and the next stage is the Annual General Meeting to review the past year and appoint the officers for 2022. You will see elsewhere in the Newsletter that the AGM is planned to take place on Zoom, on Thursday 24th February 2022.

I am very grateful to my Committee for their fantastic support during the pandemic year. According to the feedback from various sources, I'm delighted that the Fife Branch 2021 programme was considered by many as one of the best Group programmes in Scotland. My one disappointment is the relatively low number of members who have attended the online meetings.

We have had to halt some of the in-person meetings that we re-started towards the end of 2021. Rest assured that this will be temporary and we hope to further expand the portfolio of in-person meetings as soon as we are convinced that it is safe to do so.

Finally, the papers for the AGM will be sent to you in the very near future including the opportunity to make nominations for the various Committee positions.

John Minhinick



A Lass is a Lass for All That

Rabbie's poems and Rabbie's sangs

So well kent the hale world o'er

Bespokes, 'A man's a man'

It's God's gift so naturally adored.

He loved the lassies and won their trust

To simply get his way

But would the lassies of today

Be so easy to persuade?



The gift of the gab he truly had

To woo a lass among the rigs o' barley

Modern Miss would say 'My lad, Nay! Nay!,

My tights may fray. The barley rigs are jaggy.'

Or if the wee, sleekit, cowerin, tim'rous beastie

Was to appear now looking for revenge

For Rabbie was the cause of his eviction

And his family life to an end.

His love was like a red, red, rose,

But today's lassies look for more

A walk along some bonnie bank

Does not suffice true love for sure.

Ae fond kiss would break his heart

As ruby lips are adorned with rings

Surely dampening his intentions

As he tries to comprehend such things.

'A Man's a Man for a' That'

Well kent words to me and you

If man would only heed these words

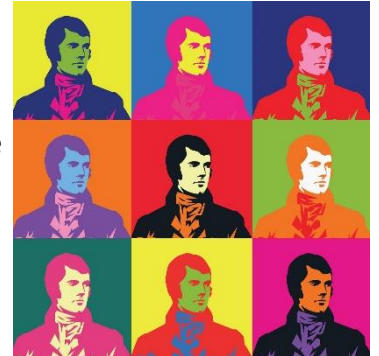
A better world too

Please tak a cup of kindness

Just to make his words ring true

Around the world we'd realise

Just what we have to do.



Us lassies would still be honoured to be courted

And be loved by such a simple man

So if a man like Rabbie comes your way

You must grab him with both hands.

There will always be a lass like a pillar quiet and strong

Supporting every great man through his life,

Unless I'm wrong

So all around the world just for the sake of auld lang syne

A lass is a lass for all that - until the end of time.



Margaret Stewart

January Monthly Meeting Cancelled

Unfortunately, our proposed monthly meeting in Glenrothes on January 13th 2022, **will not go ahead.**

The Committee met on Monday 3rd of January and decided that after reviewing the latest government advice and Parkinson's UK guidelines, it would be sensible to cancel the meeting.

For the information of all our members but especially people who have recently joined us at the in-person gatherings, the Branch usually meets on the second Thursday of the month in the Bridge Centre / Glenrothes Baptist Church. Historically we do not usually meet in July and August.

The Committee has decided to review the feasibility of the meetings on a month-by-month basis. The review will consider the most up-to-date advice available at the time. On this basis the committee will decide whether to hold an in-person meeting each month. Our monthly newsletter will keep everyone informed of any changes. The committee takes all of the branch members' safety very seriously and recognises that many of us also have underlying health conditions. This will be taken into consideration when an assessment is made.

In order to plan ahead for 2022, here are the proposed dates for you to ring fence in your diaries.

January 13 th Cancelled	May 12 th	September 8th
February 10 th	June 9 th	October 13th
March 10 th	July 14 th Holiday	November 10th
April 14 th	August 11 th Holiday	December 8th

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.

Mrs D Penman, Mr & Mrs C Small,



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

Apple and Yogurt Cake

This is a lovely cake that is easily assembled in the food processor and can be eaten warm or cold. It is delicious when served with ice-cream or natural yogurt.

Ingredients:

150g sliced apples
70g Greek yogurt
60g ground almonds
190g self-raising flour
2 eggs
130g soft margarine
130g caster sugar
10g soft brown sugar
10g flaked almonds



Method:

Pre-heat the oven to 180C/350F/Gas Mark 4.
Line the base and sides of a 20cm loose base cake tin with baking parchment.
Put the flour, eggs, ground almonds, caster sugar, yogurt and margarine into a food processor and blitz until smooth.
Pour into the prepared tin.
Scatter the apple slices over the top and sprinkle over the almonds and brown sugar.
Bake for 35-40 minutes until golden and firm to touch.

Briar Richardson.

Thank you, Briar. Your recipe sounds and looks delicious!

Quick Quiz!

1. In Scotland, 'first-footing' is a tradition which involves visiting homes with a gift of whisky and which other item?
2. Literally meaning the 'beginning of the year', what name is given to the Jewish New Year?
3. The month of January is named after which Roman god of doorways?
4. What word do the Scottish people give for the last day of the year and its celebration?
5. Which Australian city has one of the largest New Year's celebrations?
6. What day of the week was New Year's Day, 2020?
7. On January 1st1881, Ferdinand de Lesseps began French construction on which great civil engineering project?
8. Who wrote the song 'Auld Lang Syne'?
9. In 2022, Chinese New Year will be the year of which animal?
10. Is the Chinese New Year, commonly referred to as the Winter, Spring, Summer, or Autumn Festival?



Our apologies go to Brian and Briar Richardson and to Roma Jefferson for missing their Christmas Messages from our Christmas Edition of 'Keeping Us Together'. Sorry Folks!
Charles 'n' Mark

We would like to
Wish everyone
in the Branch
A Merry Christmas
And a Peaceful
New Year

From Brian and Briar



Wishing everyone
a Merry Xmas
and
a Happy New Year.
Looking forward
to getting back together
in 2022.

From Roma



Here's my A to Z of the year '21
If it wasn't for Covid it would have been much more fun



A's for AstraZeneca
 The vaccine for all

B stands for Boris
 He's due for a fall

C is for Christmas
 There's no partying here

D stands for Downing Street
 And all of the parties last year

E stands for Exercise
 Or complete lack of it

F is for Face-masks
 Where's yours you halfwit?

G stands for Gove
 And his trendy dance move

H is for Hancock
 His wife didn't approve

I stands for Idiot
 That's Hancock again

J's Jason Leitch
 And his amazing new fame

K is for Kiss
 On Hancock's CCTV

L is for Lobbying
 Patterson's money-making spree

M stands for Macron
 Thinks our PM's a clown

N is for No's
 Tory rebellion put down

O stands for Omicron
 Found roaming the street

P is for President
 Trump's far from discreet

Q stands for Quizmaster
 Here's Boris on Zoom



R for Reshuffle
 Rayner's not in the room

S is for Shropshire
 The Lib-Dems win the cup

T is for 'Time Please'
 As the pubs all shut up

U stands for U-Turn
 On the standards debate

V is for Virus
 Watch this bastard mutate

W's for Windsor
 Now Prince Harry's surname

X is for Ex-Royal's
 What is Megan's end-game?

Y stands for Yorkshire
 And its racist cricket club

Z's for Zuckerberg
 And his Congressional snub

QUICK QUIZ ANSWERS

1, A lump of coal	2, Rosh Hashanah
3, Janus	4, Hogmanay
5, Sydney, Australia	6, Wednesday
7, The Panama Canal	8, Robert Burns
9, Tiger	10, Spring Festival

I hope you agree what a year this has been,
 It was bad for us all but spare a thought for the Queen.

Nobody knows how next year will transpire,
 Will Tony Blackburn finally decide to retire?

Will a general election see the Boris lot beaten?
 That shambolic scarecrow educated at Eaton

Is Indi-Ref forefront of Nichola's mind
 Or will Eck come along and tackle her from behind?

Nobody knows and does anyone care?
 Just as long as the virus can't be found anywhere!

Mark Coxe

PARKINSON'S UK

HELPLINE

0808 800 0303

BRANCH AGM '22

We are now able to confirm that the Branch AGM 2022 will take place on ZOOM on Thursday 24th February at 7pm. Papers will be sent out beforehand and the Committee hopes that as many members as possible will be able to join the meeting.

Make sure that you pop the date and time in your new diaries.

MEETINGS FOR JANUARY & FEBRUARY

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

Branch Zoom Get Together Mon. 11am
Jan. 10, 17 & 24th. Feb. 7, 14, 21 & 28th

Zoom Camera Club Wed. 10.00am
Jan. 19th. Feb. 2nd & 16th

Zoom Quiz Evening Wed. 7.30pm
Jan. 19th. Feb. 2nd & 16th

Bowling, Abbeyview, Dunfermline Wed. 2pm
Jan. 12, 19 & 26th. Feb. 2, 9, 16 & 23rd.

NOTE (This is not a Fife Branch activity. However, rinks remain booked and bowlers meet at their own risk. Advice applies to, at the earliest, the end of January).

Monthly Meeting, Glenrothes Baptist Church
Thu. Midday (TBC). February 10th

Walking Group: Fri. 25th February

Zoom Coffee & Chat Wed. 11am
Jan. 12 & 26th. Feb. 9 & 23rd.

Alex's Zoom Exercise Thu. 11.15am
Jan 20th & 27th. Feb. 3, 17th & 24th.

Meri's Zoom Sing-along Fri. 9.45am
Jan. 21 & 28th. Feb. 25th.

Please note that the views expressed in the newsletter are of the contributors and editors and do not represent those of Parkinson's UK.

Robert (Bert) More



Many of you will have heard the sad news about Bert More passing to higher service. He died suddenly on December the eleventh a short while after we celebrated his 90th birthday at our November meeting in Glenrothes.

Bert was an outstanding supporter of the Fife Branch. His contributions to raffles and coffee mornings have been extraordinary over the years. Bert and his close friend, John Herries, were regular attenders at our monthly meetings at our ceilidhs, special events and on our outings.

Bert was a very good footballer in his early years and played in several local teams very successfully. When he had to hang up his boots, he put his enthusiasm and knowledge of the beautiful game to good use by contributing at committee level and in particular into the Amateur Football League. He could be seen at most Amateur League matches often on the gate in all weathers. His support was greatly appreciated by the staff and players.



Bert also liked to travel to far flung places. He was presented with a medal for climbing the highest part of the Great Wall of China and was probably the first Kirkcaldyite to have his feet pedicured at a Tai Fish Spa! Bert even ate snake at a street vendor's stall in Honk Kong. He didn't know that was what he was eating until he realised that the slithery snakes were

not just for show at the back of the counter!

Bert's funeral took place at the Kirkcaldy Crematorium on Friday 31st December.