

PARKINSON'S UK

FIFE BRANCH



'KEEPING US TOGETHER'

CHRISTMAS SPECIAL

5 McLauchlan Rise

Aberdour

December 2020

01383 860145

Dear Member of the Fife Branch

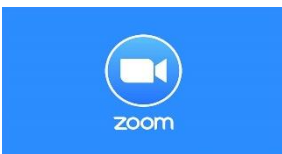
j.minhinick@btinternet.com

As we come to the end of a very difficult 2020, we do hope that you and your family have managed to remain positive about the future as we move towards the likelihood of getting some protection from the coronavirus after the recent good news about vaccines.

Unfortunately it is likely to be well into 2021 before we can restart in-person activities. For when the time is right, Parkinson's UK has provided an excellent "tool-kit" for assessing the possibilities for opening up. In the meantime I hope that you have enjoyed the regular "Keeping us Together" newsletters that Charles Small and Mark Coxe have so expertly edited and sent out.



Zoom meetings every weekday covering eight different topics have been another feature of our keeping in touch strategy since early 2020. Attending these meetings is a regular diary entry for almost a third of our members. If you've not taken part because of inexperience or you are worried about compromising your IT equipment, we can help you to overcome your reservations and get started. If you've not taken part because we don't have your interest covered please let us know; it might be possible to add another special interest group.



At this stage in the pandemic, you will probably have established your support group through family, friends and neighbours, however, if you would like more personal contact from the Fife Branch, please let me know. It might be possible to arrange for one of the committee to call you regularly. With appropriate safeguards, it might also be possible to put you in touch with someone that you met regularly at a past event that we held before the current restrictions were introduced.

The end-of-year celebrations will be so different to anything that most of us have experienced in our lifetimes. The important message is to stay safe, be positive about the need for the current restrictions, in the expectation that 2021 should see us slowly returning to a new normal.



If you have any comments, opinions or requests please get in touch.

Best wishes

John Minhinick on behalf of the Fife Branch Committee

Hello Readers

Mark and I would like to wish all our readers a Very Merry Christmas and Best Wishes for a Happy and Healthy 2021. Who would have guessed back in March when the Committee decided to publish more regular newsletters to help 'Keep Us Together', that we would still be doing so in December!

We have thoroughly enjoyed working on each publication, but it is a huge team effort and we would thank our faithful and creative writing crew who provide articles and reports for all our issues. We really appreciate your contributions.

We look forward to our first newsletter of 2021 and hope we will have lots of positive news to bring you about how we can all get back together. In the meantime, keep well and stay safe.

Editors Charles Small - 01592 713824 cjsmall12@tiscali.co.uk

Mark Coxe – 07913 207057

markcoxe@blueyonder.co.uk

Robin

I sing all year for you to hear,
But I'm so small you hardly see,
And when it's cold you know I'm there
The little bird that's in the tree

And if you're down and feeling stressed,
Just look out for my bright red breast
I'll cheer you up and make you fine
Watch over you, all the time.



Please say hello and don't be rude
In Wintertime I need more food
The cold winds blow and I get cold
That's why I seem a bit more bold.

So when you hear me chirp and cheep,
Look out your window, have a peep,
My bright red waistcoat lets you see
I'm waiting for my lunch or tea

Gary Kerr

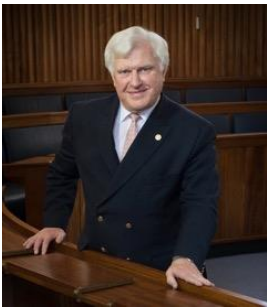
Good Tidings of Great Joy!

Fear not: for, behold, I bring you good tidings of great joy which shall be to all Fife members, across Scotland and beyond. **Our Fife Branch Chairman, Mr John Minhinick has won a 2020 Parkinson's UK Volunteer Award.** These prestigious national awards, only in their second year, acknowledge outstanding commitment, service and leadership and we are all very proud that John's hard work at both branch level and at national level has been recognised.

As John's citation reads,



'You have demonstrated what an incredible uniting, driven and people-first ambassador you are for Parkinson's UK. The work you do locally for the Fife Branch as chair and all the work you do in making sure the Branch runs smoothly is to be commended. Your brilliant online programme has been an inspiration to many.'



At national level you have shown the greatest commitment to the Scotland Development Team, the Dundee University Global Health Challenge and the Dundee Research Interest Group, always championing the work of Parkinson's UK. You truly are part of the team. Your enthusiasm, knowledge and drive are an inspiration to so many people.'

John, we are delighted for you and Sheila and I am sure the branch membership will join with us in sending you our congratulations. Wear your badge with pride because we are very proud of your achievements.

Charles & Mark

Twelve Questions For Christmas

1. According to the Christmas song, what did my true love give to me on the seventh day of Christmas?
2. Which colourful and much sung-about Christmas character was invented by American ad writer Robert L. May in 1939?
3. What is the date of St. Stephen's Day?
4. What are the names of the Three Wise Men (also known as the Three Kings)?
5. According to legend, London sweet shop owner Tom Smith was poking a fire when he got the inspiration to invent which traditional Christmas item?
6. What is the name of George Bailey's guardian angel in the film "It's A Wonderful Life"?
7. Who composed the songs for the film "White Christmas"?
8. Which English leader banned the singing of Christmas songs?
9. What did the other reindeers not let Rudolph do because of his red nose?
10. What star sign would you be if you were born on Christmas Day?
11. In Charles Dickens' "A Christmas Carol", which was the first ghost to visit Ebenezer Scrooge?
12. True or False: The first artificial Christmas trees were made from goose feathers.

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Fife Parkinson's Camera Club Bring It All Into Focus

The Fife Branch Camera Club members met on Wednesday the 9th December and although only a few made it, we had an informative meeting. Our topic was a continuation of our last meeting which was close-up photographs of any subject. The range of items chosen by the participants was diverse as usual ranging from flora and fauna to camera lenses and still life.



The main lesson learned from our task was that a tripod is necessary to get a pin-sharp photo at a slow shutter speed. For most of us the need to have a pin sharp photo is not so important but the difference, if you are going to present your photograph to your peers or give someone a photograph as a gift, it is well worth taking the time and a bit of thought to get the focus right. This is more so if you are going to blow the photograph up to a larger image as any softness in the focus will show up. Also, when using a mobile phone to take pictures there is a tendency for the image to look sharper than it is, as the pictures are back lit and you can get a false look that flatters the image.



The available editing suites which can enhance the photographs are amazing but cannot make a bad picture into a great one! Even using the sharpening tool will pixelate the photo making it grainy.

For our next meeting on the 23rd of December at 10am, the topic will be a Christmas theme of the photographers' choosing. All welcome to join the session. The zoom link is as shown in our Chair's email to all members.

Bob Copeland



Gary and Janet Ker would like to wish all members of the Fife Branch a Very Merry Christmas and a Happy New Year

Happy Christmas YP Group and Main Branch, one and all. Best wishes for a new normal year.



From

The Riggs X

With best Christmas wishes to all at Parkinson's Fife Branch.

Ann Wilson



Silent Night, Holy Night



Season's Greetings to Everyone
From Alex and Annabel.

Have as good a Christmas as you can and hopefully 2021 will be better than 2020.

The very best wishes to all supporters of the Parkinson's UK Fife Branch for the festive season, and a particular thank you for supporting the Zoom meetings during 2020.



Here's to a better year in 2021 for all of us.

Stay safe, stay well



*John Minhinick
On behalf of the Parkinson's UK (Fife Branch) Committee*

Best wishes to all members and your families for a very happy festive season and a healthy 2021. From

Bert
and
John



Season's Greetings to all Members of Parkinson's Fife Group. Hope you all have a good time at Xmas and look forward to new horizons and a brighter future in the New Year.



Best Regards

Jim and Pamela

McKendrick

Merry Christmas to my Editor Brother. He ain't heavy, he's Charles Small!



Merry Christmas and Best Wishes for a Happy and Healthy 2021 from Margaret and Geordie Stewart



Wishing everybody the best socially distant Christmas possible.



To Eric, Meri and Sarah Thank you for brightening up our weeks on Zoom.



Best wishes for a very Happy Christmas and a Wonderful 2021. All Your Zoom Class Members

Our Best Wishes to all our lovely Parkinson's friends.



Diana and Bill

May 2021 bring hope and joy and bring us all together again.



Muriel, Matthew, Jay and Flora

FIFE BRANCH ZOOM MEETINGS FOR JANUARY

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

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

Camera Club 10.30am Wednesday. 6th & 20th Jan
Code: 610082550 Password: 447546

Coffee & Chat
Wednesday. 13th & 27th Jan
11.00am Code: 945 0650 0621 Password: 842374

Quiz Evening 7:30pm Wednesday. 6th & 20th Jan
Code: 94386184709 Password: 892282

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

Walking Group 10:30am Friday 8th & 22nd Jan..
Code: 838404255 Password: 855592

Meri's Sing-along 09:45am Friday 1st, 15th & 29th Jan
Code: 95044591219 Password: 130018

Here's a lovely picture to cheer us all up on a cold winter morning! This is Smudge, Mike and Linda's cat who obviously feels very relaxed and quite at home but doesn't find the windowsill big enough to sleep on! Thanks, Linda, for sharing this with us.



Happy Christmas
From
Mark & Arlene's Hens
To
David & Aileen's Hens
Don't go cold Turkey
In lockdown!



Christmas Word Search

E	C	H	E	S	T	N	U	T	S	G	O
S	M	E	H	E	L	H	T	E	B	O	Z
N	E	O	T	E	L	T	S	I	M	L	Y
E	P	A	N	T	O	M	I	M	E	S	R
C	S	H	E	P	H	E	R	D	S	A	R
N	N	A	T	I	V	I	T	Y	Z	C	O
I	A	L	A	D	D	I	N	A	R	R	I
K	M	A	N	G	E	R	H	A	H	A	H
N	H	R	R	Y	M	T	P	M	O	C	C
A	D	L	O	G	L	S	A	N	L	K	L
R	I	V	Y	A	A	R	I	N	L	E	E
F	D	R	B	C	Y	A	D	I	Y	R	M

Can you find these words?

Aladdin	Balthazar	Bethlehem	Snow
Caspar	Chestnuts	Inn	Cracker
Gold	Holly	Manger	Ivy
Log	Pantomimes	Mary	
Melchior	Mistletoe	Myrrh	
Nativity	Frankincense	Shepherds	

Christmas Anagrams

Can you solve these jumbled up Christmassy and wintry words and phrases?

1. Miss Chatterer
2. Wolf Snakes
3. Yeti Dual
4. Totems Lie
5. Coordinates
6. Station Pie
7. Starfish Rematch
8. Tossing Eagerness
9. Boot Gang
10. Ole Ugly



Wishing Friends and Members
 A Merry Christmas
 And
 A Happy New Year
 From
 Annette and David Fitzsimmons



To all our friends
 in the
 Fife Parkinson's Branch,
 We wish you all a
 Very Merry Christmas
 and Best Wishes
 for 2021.



Maisie & Eddie Michie

To All Our Members
 A Merry Christmas
 and A Happy New
 Year.



Elma

To All My Friends in the Group
 Hi Everybody, Have a Good Christmas.

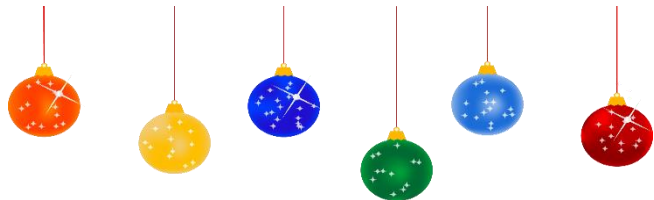


Sorry I've not been
 able to
 join you all.
 Take care
 Davina & Family

Thanks for your
 generous support,
 Mark Coxe. Hope
 2021 brings you
 many great
 surprises!



Merry
 Christmas
 Charles

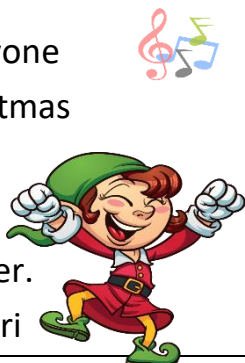


I hope we won't be in 'tiers' or 'tears' by the time
 Christmas comes and able to enjoy some time
 with family and friends. My very best wishes to
 all the Parkinson's UK Fife Branch members for
 a happy Christmas and a more hopeful 2021
 when we can all meet together again.
 Elizabeth Tait

Sally, Alex & Zander Rodger
 Wish everyone in our
 Fife Branch
 A Very Happy
 Christmas and
 Very Best Wishes
 For a Wonderful 2021.



Wishing Everyone
 a Happy Christmas
 and
 a New Year
 Full of Laughter.
 Love from Meri



Happy Christmas to all
 who read our Newsletter.
 Thanks for making the
 Pandemic bearable.

From Arlene and Mark



THANK HEAVEN FOR ZOOM! We have been able to keep in contact with each other. It is just like having another family. Wishing you a very happy but different Christmas and all the best for 2021. Hoping we will be back to the real experience soon.

Regards
Jenny & Victor



Mary Thomson wishes all her friends in the group a very merry Christmas and all good wishes for 2021



Have a Merry Christmas and a Happy and Healthy New Year
Christine Blyth



Diane & Ken would like to wish everyone in the Parkinson Group a Good Christmas and a Healthy New Year

Merry Christmas to all our Parkinson's friends and all the best for 2021.
From
Bob and Frances



Best Wishes to All this Christmas and to All A Happy New Year



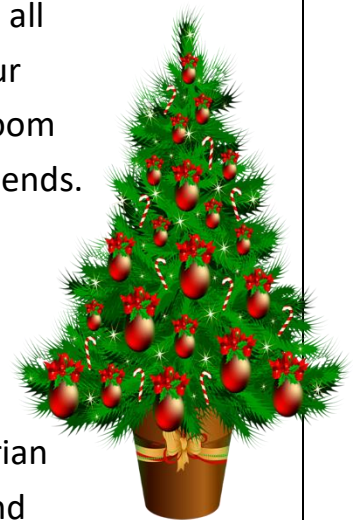
Isabel Chalmers x

With all good wishes to all at Parky. Keep safe and hope we can get back to being 'crafty together soon.

From
Linda and Mike



Happy Christmas and a Peaceful New Year to all in the Fife Branch, especially to all our Zoom friends.



Brian and Briar

Merry Christmas to you all
From Margaret and Charles Small
And as for New Year 21 we hope your lives are filled with fun
But it's been great to see so many on Zoom
from the comfort of our own front room.



Merry Christmas and a Happy, Healthy New Year.

Warm Wishes



Margaret Martin

Thanks to Margaret Stewart for sending us her almost legendary Cloutie Dumpling recipe. The quantities below make a LARGE dumpling. If you wish, scale down the ingredients but still cook for 3 hrs and 30 mins.

Equipment you will need

A large pot, A Pyrex-type plate to invert in the large pot, A large baking bowl, 2 square cotton cloths (cloots) 24" by 24" (60cm by 60cm) & strong string to tie the cloots

Ingredients

1lb 4 oz (550g) Self Raising Flour	2Tbl Spoons Mixed Spice
12oz (350g) Raisins	1Tbl Spoon Cinnamon
12oz (350g) Currents	1 Large Cooking Apple grated
8oz (225g) Sultanas	1 Large Tbl Spoon Treacle
4oz (100g) Atona Suet	Up to 350ml of Full Cream Milk to mix
8oz (225g) Sugar	



Method

- 1 Sieve flour into large bowl
- 2 Add raisins, currents, sultanas and suet and mix well with your hands
- 3 Add sugar, mixed spice and cinnamon and lightly mix through
- 4 Add treacle and grated apple and mix well
- 5 Add milk **a little at a time** until mixture is quite stiff
- 6 Pour about 2in (5cm) of boiling water into the large pot, keeping boiling water on standby as you will need to top up the pot a few times.
- 7 Wet first cloot, open it out and sieve/dust flour fairly generously onto the cloot
- 8 Pour mixture into the centre of wet/floured cloot, gather up the fabric and tie **tightly** with strong string
- 9 Open up second cloot. There is no need to wet second cloot before placing your dumpling in the centre.
- 10 Gather fabric, tie tightly with more strong string
- 11 Lower dumpling into boiling water onto inverted plate
- 12 Boil for 3hours 30 minutes. During cooking make sure water doesn't dry up by topping up from boiling water on standby.

When cooked, remove pudding carefully and remove cloots. Dry dumpling off in warm oven.

Twelve Questions For Christmas - Answers

1	Seven Swans A-Swimming.
2	Rudolph the Red Nosed Reindeer.
3	The 26th December.
4	Caspar, Melchior and Balthazar
5	The Christmas Cracker
6	Clarence
7	Irving Berlin
8	Oliver Cromwell
9	Join in any reindeer games
10	Capricorn.
11	Jacob Marley
12	True.

ANAGRAM ANSWERS

1. Christmas Tree
2. Snowflakes
3. Yuletide
4. Mistletoe
5. Decorations
6. Poinsettia
7. Father Christmas
8. Season's Greetings
9. Toboggan
10. Yule Log

To Ruth and Fidelma

Sorry we haven't been able to see you this year but hopefully in 2021!

Best wishes for a most enjoyable Festive Season.

From All Your Falkland Friends



Our Fife Branch Members would like to thank all our consultants, staff and of course our Parkinson's Nurses, Lynda, Abby and Nicola for all their help and support in what has been a very difficult year.

Best wishes for a wonderful Festive Break and an easier 2021.



To Alice and Gil at Parkinson's UK Thank you for all your wonderful support throughout 2020. Your Fife Friends



Wishing everyone a Merry Christmas and a Happy New Year. Thanks to everyone who has helped us all through this difficult year. Without the Zoom sessions, it would have been a long year. Hoping 2021 sees a better year and we can all meet again.

Love Roma xx

To Chloe, Cathy and Shona at Parkinson's UK.

We appreciate all you do for us. Have a glorious festive season.

Your Friends in Fife



Wishing all who attend the Tai Chi Class, the Dance Class, the Walking Group, the Singing Group and the Camera Club – Thank You to Zoom and have a good Christmas Alan Chapman



Best Wishes for Christmas to all our Branch Members. It's been great to see so many friends on Zoom.

Catherine Wilson



What with the news of the vaccine approval, it seems appropriate to wish everybody the very best for Christmas and the New Year.



Mel & Helen Barnes

From our bubble to yours, we wish you all the best for the festive season. Here's hoping for a better year in 2021 when we can meet up in person again.

*Keep safe
John & Sheila Minhinick*



It's a Job by Mel Barnes

It was two weeks before Christmas and the shopping mall was busy: Shops were garlanded in bright greens and soft reds; people were checking shopping lists; people were standing in little groups; carrier bags in one hand baby buggies in another.

In the middle of this melee Julie Ann was anxiously holding on to her daughter.

"Debbie, stop dragging your feet, we're going to be late."

"Hello Julie-Ann, is this you away for your Christmas shopping then?"

Julie-Ann stopped and looked in the direction of the speaker.

"Mm. Yes."

"This'll be your Debbie then?"

"Yes."

"She's fair grown, has she no?"

"Mm."

Unperturbed, the speaker continued.

"It's a job, that's for sure. They're no sooner in wan pair of shoes, than they are oot o' them and into another."

Julie-Ann took an exaggerated look at her watch.

"Yes, well, sorry, can't stop and talk Senga."

Dropping Debbie at the dentists, then on to the Job Centre for an appointment. They are looking for office staff at Henderson's Engineering."

Senga smiled tightly. "Nae bother, I've a lot to get through as well, cheerio."

It is difficult to walk away quickly if you are wearing a tight mini-skirt, but Senga did it with dignity.

"Who was that mummy?" asked Debbie, falling into the rear again and scuffing her shoes along the lines on the pavement.

"It was Senga Pearson; her mother lives next door to us."

"Were you angry with her? You sounded cross."

Then, with all the instinctive wisdom of her gender: "I expect she isn't your friend."

"Deborah Williams! Will you stop dragging your heels."

Debbie, who had become used to these outbursts from her mother, continued to drag her heels, but decided to keep quiet.

The dental receptionist gave her saccharine sweet smile, said "Good morning." and in the same instant placed an efficient tick against Debbie's name.

"The creche facility is at the end of the corridor." She made it sound like a posh road traffic accident...

Julie-Ann had never been in a Job Centre before. Her first impression was of a bewildering array of desks, chairs and computer terminals laid out in random fashion. A decorated Christmas tree with dummy presents stood in one corner.

"Can I help you?" A helpful young man smiled encouragingly.

Julie-Ann smiled in return. "I have an appointment with a Mrs Jacobs."

"Over there," said the young man, pointing at a desk where a dark-haired young woman was busy writing.

Julie-Ann walked over to the desk, stood for a second then coughed discreetly.

Sandra Jacobs looked up and smiled. "Take a seat, please. I'll be with you in a moment."

Julie-Ann sat down, smoothed her skirt from hip to knee, trying not to be inhibited by the lack of privacy. Mrs Jacobs laid her pen down and looked at Julie-Ann.

"How can I help?"

Julie-Ann, plunged straight in.

"It's the vacancy at Henderson's Engineering."

She looked expectantly across the desk.

Sandra Jacobs smiled. She had, over the years, dealt with the brash, the confidant and the nervous; Julie-Ann was decidedly in the latter category.

"Do you have the number of the job you are interested in?"

"The number of the job? Sorry I don't understand."

"All of the jobs have a number to allow us to recover the details."

"Oh! I didn't know." Julie-Ann felt her confidence evaporate.



“Don’t worry Mrs Williams there are other ways to find the information.” Sandra Jacobs tapped the keyboard on her desk. “Now!” she said, “Accounts assistant fully qualified; able to take accounts to Trial Balance, how does that sound?”

Julie-Ann whispered. “I did book-keeping and typing in my final year at school. Aren’t they looking for typists?”

“I’m sorry, Mrs Williams. They are only looking for qualified accounts personnel.”

Sandra Jacobs paused, wondering how to give advice without causing offence: always tricky.

“Mrs Williams, your keyboard skills are valuable, of course. These days computer skills tend to be the requirement. I can arrange for vocational training interview if you would like.”

A reply was not forthcoming. Sandra Jacobs looked sadly at the empty chair.

Julie-Ann jostled her way out of the job centre: blind to the people who were in her path; oblivious to the comments: ‘What’s the rush!’, ‘Where’s the fire!’. She rushed through the Mall her shoes click clicking on the polished tiles. If Debbie dragged her heels on the way to the Bus Station, her Mother didn’t notice.

The journey home was a sea of anonymous faces and an impatient number of Bus Stops. Not until she turned the key in her front door, did she allow the tears to come.

Later that evening, Debbie looked at her Mum as she tucked her in for the night and decided to be especially well behaved. Sheets were tightly tucked in and good nights exchanged when there was a knock on the front door; soft and insistent.

Julie-Ann opened the door and was astonished to see Senga Pearson standing on the step.

“I wonder if I could come in for a minute?”

Julie-Ann hesitated.

“Please!”

Julie-Ann opened the door wider.

Senga stood inside the living room, shuffling from one foot to the other. Then launched into what was obviously a prepared speech.

“Look, ah ken ye dinna much care for me. I understand that. I’m no very clever, but maybe you dinnae have to be very clever to know what another human being is going through. Ah lost my Bill like you lost your Peter. Well, maybe no quite the same, my Bill went because of cancer, while your Peter died in that awful car crash.”

She gulped for breath.

“The end result was just the same; a wife without a husband; a bairn without a faither. Anyway, I’ll get to the point. I ken fine that you’re looking for a job, and God knows you’ll need one. It’s a fair scunner trying to make ends meet with what you get on the *social*”

“Geordie Harper, He’s my Uncle on ma faither’s side, he has the garage at the bottom of the town brae, you ken the one I mean! He’s looking for an assistant. Hettie’s man has got a job in Glasgow, so she’ll be leaving. Geordie’s no much into computers, so he’ll need someone to tend the pumps, look after the shop and type the bills on yon old Remington.

Julie-Ann just stared

By this time Senga had ceased the soft-shoe shuffle.

“*It’s a Job!*” She said.

“It’s yours. If you want it”

The silence continued Senga, lips tightened, and she turned to leave....

Julie-Ann’s hand caught her by the shoulder.

“Senga, wait. I don’t think I can remember the last time anyone was this kind to me. I think this job is one of the best Christmas presents I have ever had. Would you like a cup of tea? I was just about to put the kettle on when you knocked.

Senga smiled and sat down.

