



# Dalgety Bay Probus Club

## Newsletter No. 1

April 6<sup>th</sup> 2020

In conversation with our President Michael I suggested we send out, by e mail, a newsletter to all members on the day we would normally be meeting.

We agreed to set out the newsletter as we would our normal meetings, to include both local news which would be relevant to our members and news about how members are coping with their changed circumstances. E mail was the preferred distribution option, we have only one member on our members list where we do not have an e mail address. Our new webmaster Willie Allan who has a piece later in this first edition, will also add the newsletter to our website and our secretary Iain Grant kindly said he would format the newsletter before distribution.

Firstly an update on future meetings. The current position is that all speakers have been stood down until the end of July and those booked from the beginning of August have been told we will review when there is more clarity on when we are permitted to have meetings. The plan would be to have the AGM as our first meeting, and there is a thought that if we do start in July we may then try to hold our summer lunch as the next meeting. This may be very optimistic but we do have to look forward in the hope that we will be able to restart in the summer.

Michael, in his note to members, asked for contributions, a story, some recollections or a piece about an interest, the plan being that one of these contributions would replace the speaker presentation we would normally have at the meeting. President Michael has prepared a short piece which reflects all of our wishes in these testing times. This is followed by an update from Past President George Owenson on welfare where he asks that we all do our bit to keep in touch with members. We are aware of 3 members who are or were overseas. David Brown and Keith Miller are both in lockdown in Spain, not expecting to return home for at least 3 months. I have spoken to both, David would be delighted for members to get in touch, I have not asked Keith the same question. Bill Blanche was with family in Australia but returned at the end of last week. Please let us know if other members are in a similar situation.

To start, let me give you my recent travel experience just as travel was becoming difficult. My early experience of the virus problem.

I had a golf holiday organised in Turkey with 7 fellow golfers, flying from Glasgow and Edinburgh on Jet 2. We had problems getting our whole group onto one flight so 6 were flying from Glasgow on Monday 16<sup>th</sup> March and 2 from Edinburgh the following day. The Monday before flying I had a lunch in Edinburgh with 4 old school chums. The next Friday I developed flu type symptoms, a temperature and streaming cold. The next day one of my lunch partners, a Doctor, e mailed the group to say that he had developed flu symptoms on the train journey home after lunch and wondered if any others had the same problem. It turned out 4 of the 5 had developed similar problems so our Doctor chum asked his GP for a virus test. He was told he did not qualify so we were all left not sure whether we had the virus. Only option was to self isolate which is what we did, meaning I had to call off the golf holiday. The remaining 5 left Glasgow on the Monday, the following day Jet 2

cancelled the flight from Edinburgh so there were only 5 in Turkey. On the Wednesday Jet 2 cancelled the return flight to Glasgow which was booked for the following Monday, they did not offer alternate flights, leaving the 5 golfers to find alternative flights back to the UK, which they had to pay for. The only flight they found took them to East Midlands, they had both hotel and transport to Glasgow to pay for. This experience highlights both the problems caused by an inadequate testing programme and very poor service from Jet 2. Not at all impressive from Jet 2 I am afraid. The problems we are having bring out both the best in many folks but also show where service is inadequate. A memory stored for the future.

Keep safe and well.

Ian Dickson



## FROM THE PRESIDENT

Good morning Gentlemen.

I do hope you are keeping safe and well under the current circumstances.

During these unprecedented times we are all facing the reality of isolation. We all miss the company of friends and family but with modern technology we can still enjoy seeing familiar faces on our computer screens.

With this in mind, I am grateful to Ian for suggesting and producing this newsletter, thus 'keeping us in touch' with our fellow members in Probus.

On a cheerful note, four of our members have joined the octogenarian club this month. Well done gentlemen and our sincere congratulations. Unfortunately, celebrations have to wait!

My best wishes to everyone,

Michael Hamilton

## APRIL BIRTHDAYS:

Colin Dolbear  
Mel Forrest  
Gerald Grieve  
Colin Hay  
Michael Hudspeth  
Brian Meadley  
Ian Smith

The following reach the 80 milestone:-

Alastair Inglis  
Ralph Johnston  
Norman Macdonald  
John Morris.

Iain Grant



## STAYING IN TOUCH.

I know that we are all full up with this blinking coronavirus. But clever folks with access to better data than us tell us what to do; and we just do it.

Like you (probably) I am fed up with staying in. I'm getting on a bit and think that 'Life's TOO short'. Well, that's true but I'm staying away from things which might make it shorter.

So how are you going to get through this? Many of us already rely on Social Media. An equal number probably don't. It is one thing to 'Skype' your grandchildren in Australia; quite another to have to phone them in the next street. But there are lots of options, involving typing, or talking, or sending a video.

Facebook, once the preserve of the young but now a silver surfer haven. Join this, and you have access to Messenger which will allow you to phone (Free! remember) or have a video conversation. Maybe you don't like Facebook.

WhatsApp. Rather more secure than Facebook, probably easier to use, but slightly more precise to set up. I think on balance, this is best value and easy to use. It allows text, voice calls or video calls. All of those free, but your other party also needs to be signed up.

Facetime is the Apple to Apple application like those above. But each must be on iPad or iPhone.

Skype. If you have it and it works, keep it. If not, use one of the others above.

Some modern video links arriving, like ZOOM. Very good, especially for linking several people at the same time. But tricky to operate.

Staying in touch is VERY important. Use any of the4se, or just a normal phone call. But USE it.

We have had to stop our visits to hospitals, and miss our regular contact with some former members now in care homes. Even keeping in touch with you dear reader, is more difficult. Please continue to keep your Probus in touch with yourself, and other members you may hear about. We comply with GDPR, and will sensitively continue to try to act as liaison for all our members.

Be safe, be well, be happy.

George Owenson



## WELFARE

Our club has as a core objective of keeping in touch with members. We try to keep members aware of those who are ill, are in care or are simply at home and unable to attend meetings.

In the current environment our members are in the `at risk` category so it is even more important that we keep on touch with every member. Our plan is to let you know of those that are in these categories, are in self isolation for whatever reason or are simply housebound.

Tommy Bryson and his wife Eleanor are in self isolation so Tommy has kindly prepared a short piece on their daily routine.

### **SHIELDING & SELF ISOLATING -The Bryson Story**

We are into our second week of shielding (12 weeks of isolation for those in the extremely vulnerable group) this purely because of the medication Eleanor is on. We are fit healthy and hope to stay that way! I venture out at 0630 each morning and have various 3 mile loops of the Bay, so far it has not rained!! when out. You probably see about 10 people and we all keep our distance, a few cars and last week 3 buses a 7, 83 and X58.

However from last Tuesday Stagecoach has reduced the timetable and there are no buses that early the X58 being 2xhourly, The previous week they had all been empty.

Eleanor persuaded me to go to B&Q the week before Lockdown so each day there is a painting job to be done, with 75 days still to go I think it will be like painting the Forth Bridge.

After that I hope to complete another 2 presentations on Alaska by Sea and Land. Like our Probud all others are in closedown, I had 4 presentations cancelled as a result.

Another consequence is the car sitting in the garage, sitting for 12 weeks without a wheel turning is not a good idea, so I will need to have a "long" run down the drive and back!!!

At least our rules so far as not as strict as Spain where David Brown is in total lockdown, hope you are fine too David.

Tommy Bryson



## VISITS

I trust that all are well and looking forward to a return to normality.

It is difficult to arrange visits at present, but we can at least consider our options for the future. We were going to go to Scotland's Secret Bunker, but this is now postponed. Looking forward we can consider our options and as far as possible sort out some detail so that we can arrange a visit quickly. I thought of the following as potential visits and have added what information I have.

### **Scotland's Secret Bunker**

If there is still an interest, then we will go ahead but it would be necessary to travel by car and we need a minimum of 10 to have a guided tour. If you have said you wish to go and are willing to take your car and up to 3 passengers please let me know at [dist.dryburgh@gmail.com](mailto:dist.dryburgh@gmail.com)

### **Murrayfield Rugby Stadium**

There are guided tours available Monday – Saturday 11.00am and 2.30pm Costs £10 The tour lasts around 90 minutes. Depending on numbers going we may be able to book a private guided tour. Travel costs are not included.

**Summerlea** It was a cold wet January afternoon when I visited and not an ideal time, so I did not see the exhibitions outwith the main (warm) hall. I spoke to the staff and they were willing to help and enthusiastic which is always a good sign and the main exhibition area was very well presented. Entry to the exhibition is free but travel costs could be high if we do not get the numbers.

### **New Lanark**

I understand that we are having a speaker from New Lanark in the future so a visit may well be in order.

There are several group packages available ranging from entrance only to specialist guided tours. The web site looks particularly informative, so I suggest that you visit it to form your own opinion. Travel costs would have to be added to entry costs.

### **Scottish Vintage Bus Museum**

Situated just north of Dunfermline it houses a large collection of vintage buses, there are guided tours available so a trip down memory lane may be in order.

I am aware that Willie Anthony successfully arranged tours of places where the public would not normally be allowed, HMS Queen Elizabeth and Amazon, come to mind. If you have somewhere that you think would be suitable please let me know.

If you have any other ideas or queries please contact me at [dist.dryburgh@gmail.com](mailto:dist.dryburgh@gmail.com)

Keep safe

Diston Dryburgh

## A poem in the style of Robert Burns, contributed by Iain Grant

### Tae a Virus

Twa months ago, we didna ken,  
yer name or ocht about ye  
But lots of things have changed since then,  
I really must salute ye

Yer spreading rate is quite intense,  
yer feeding like a gannet  
Disruption caused, is so immense,  
ye've shaken oor wee planet.

Corona used tae be a beer,  
they garnished it wae limes  
But noo it's filled us awe wae fear  
These days, are scary times.

Nae shakin hawns, or peckin lips,  
it's whit they awe advise  
But scrub them weel, richt tae the tips,  
that's how we'll awe survive

Just stay inside , the hoose, ye bide  
Nae sneakin oot for strolls  
Just check the lavvy every hoor  
And stock-take, your, loo rolls

Our holidays have been pit aff  
Noo that's the Jet2 patter  
Pit oan yer thermals, have a laugh  
And paddle ' doon the watter '

Canary isles, no for a while  
Nae need for suntan cream  
And awe because o this wee bug  
We ken tae be..19

The boredom surely will set in,  
But have a read, or doodle  
Or plan yer menu for the month  
Wi 95 pot noodles.

When these run oot, just look about  
A change, it would be nice  
We've beans and pasta By the ton  
and twenty stane o rice.

So dinny think yell wipe us oot  
Aye true, a few have died  
"Bubonic, bird flu, and Tb  
They came, they left, they tried

Ye might be gallus noo ma freen  
As ye jump fae cup tae cup  
But when we get oor vaccine made  
Yer number will be up.

The poet is Willie Sinclair. What a talented man and  
thank you for making us all smile .



## PROBUS WEBSITE

The club website (<https://www.dalgetybayproboscis.club/>) remains live and in particular the Club News section on the “About Us” page and the Links page continue to be updated daily to enable members to keep abreast of local developments.

A more comprehensive newsfeed of local information is being maintained on the club Facebook page (<https://www.facebook.com/dbproboscis/>). You do not need to be a registered Facebook user or logged on to Facebook to see this page.

As previously advised, for members reluctant to register with Facebook, an account has been established for use by club members and this is linked to the club, Community Council and “What’s Happening Dalgety Bay” newsfeeds. Logon details are email address “member@dalgetybayproboscis.club” and Password “proboscis2020”. Once logged in you can use the search function to find any other Facebook page you may wish to see.

While members may be ordinarily wary about using Facebook, at this time of social isolation you may wish to re-consider , as this is a very good way to remain in touch with friends and family around the globe. For info, latest demographics show that 68% of over 50s and 46% of over 65s are Facebook users.

Please do not forget that the club website has a “Contact Us” page (<https://www.dalgetybayproboscis.club/contact-us>) and please do not hesitate to use this to seek assistance at any time.



## DIGIPIX

While Digipix meetings have been suspended for the foreseeable future, photography remains one activity that we can all pursue either in isolation or in our restricted movements. The Digipix page on the club website (<https://www.dalgetybayproboscis.club/interest-groups/digipix>) contains links to all aspects of photography covered in the group in the past year and continues to be updated with links to other topics of interest.

We have also introduced monthly photographic projects that members can pursue quite easily on their own at the present time, the topic for April being “Dalgety Bay in Blossom”. All photos will go into a gallery on the website. Further info on the website Digipix page.

Digipix is not a “closed” club group and all club members are very welcome to participate in all Digipix activities regardless of whether you use top-end cameras or your phones to take your photos.

Willie Allan



## GOLF

Scottish Golf, and it is a similar story in the rest of the UK, has required all golf courses are closed. The closure covers the course clubhouse and the professional shop with most staff being put on the government `furlough` scheme. The course closure covers the golf course, the putting green and practice areas. The only relaxation is to allow a couple of green staff to work on basic maintenance to keep the course in reasonable condition, which hopefully, will mean that when the restrictions are lifted the course should become playable very quickly.

Our Probus golf competitions are clearly on hold until these restrictions are lifted.

Speaking with golfing members, equipment is being cleaned, swings are being practiced in our gardens and with daily indoor and outdoor exercise our golfing group will be fighting fit and honed for the start of the golfing year.



## BOWLS

The Fife & Kinross 2020 Indoor Bowls Competition was held at Abbeyview on March 11th. We entered two teams – Team A comprised Angus Cameron, John Kent and Alan McQuaker with Team B comprising Craig Caskie, Iain Grant and Michael Hamilton. Both teams ended up with 5 points - 2 wins, a draw and 2 losses. Ten clubs participated and the winners were Dunfermline & District with maximum 10 points. They have the pleasure of organising next year!

Our Convener David is locked down in Murcia, Spain and would welcome a chat on Facetime. Mobile no is 07305 763963.

### **VOTE OF THANKS**

I thought it only appropriate that, as you are taking the time to produce for members a monthly epistle to try and keep spirits up and provide a positive link during the present crisis, I record my sincere appreciation for undertaking this task. I do hope, not least for at least your sake, that this duty does not extend beyond what has been suggested as 3 - 6 months. I also hope that you get the support from sufficient members to make this an enjoyable and not too onerous a burden.

Best wishes

Colin McKenzie

The next newsletter will be published on Tuesday 21<sup>st</sup> April

Articles are required, lock down stories, local news, good deeds or other not so good, and updates and any articles about an interest that has been rediscovered. Please have these with me by FRIDAY 17<sup>TH</sup> APRIL.

Keep well and keep safe