

Hi Folks,

Happy February!

It seems odd how some months seem a better 'fit' than others in this welcome statement. What has February ever done for me? Well, it does possess three significant events:

- Valentine's Day on 14 February
- National Groundhog Day (2 February) and
- The Branch AGM on 28 February

While Groundhog Day may have passed, the others need focus - especially those of us who have significant others who might appreciate a card or even flowers and chocolates. For those who prefer 'experiences' the internet is full of ideas – for example spending time together doing 'a Valentine's Day Cupid Shuffle'

https://www.youtube.com/watch?v=_75VSUgxb7s

Hopefully, you will have received or will receive in the next day or two the latest edition of *The Park*. This publication has been an enormous effort for Anne Folkes and marks her last edition. I appreciate she has been formally thanked on several occasions but I think we cannot down-play the commitment she has shown to the membership with the last few editions being a monumental physical struggle. Thanks Anne!

The Park contains an enormous amount of detail, of which the most time-sensitive is summarised below:

- Tuesday 28 February - The AGM will be held at The Shalford Upper Village Hall, Kings Rd, Shalford, Guildford GU4 8BQ. The AGM starts at 2.00 pm prompt and will be followed by a talk by Anne Williams of Milford Hospital. Refreshments will be served at the end of the meeting. The Agenda for the meeting is on the News 2023 page of our website
- Saturday 4 March - We will again be providing an interval bar at the Occam Singers' A *Gathering of Friends: Music by Brahms, Schubert and Elgar*' concert at Holy Trinity Church, Guildford on the evening of Saturday 4 March. All profits raised will go to the Branch Funds. This promises to be a great evening for lovers of classical music, so pencil the date in your diary. Tickets are available via the Occam Singers' website <https://www.occamsingers.co.uk/> website. If you are able to volunteer to assist on the bar please contact your Treasurer, Steve Heron at sheron@guildfordparkinsons.org.uk
- Tuesday 14 Mar – Kate Mosse at Glive - The Guildford & South Surrey Branch of Parkinson's UK will be fundraising in the Foyer at GLive in Guildford before and during the interval of author [Kate Mosse](#)'s theatre tour about her new non-fiction book *Warrior Queens & Quiet Revolutionaries: How Women (Also) Built the World*.
- Tuesday 11 April – World Parkinson's Day. For more details visit Parkinson's UK [website](http://www.parkinsons.org.uk/get-involved/world-parkinsons-day) (www.parkinsons.org.uk/get-involved/world-parkinsons-day).

Finally, I thought I would end by telling you I officially 'Tik-Tok'. I expect most of you will now immediately think of me as a trendy, social media influencer who has set alight the internet world, but it's not that sort of Tik-Tok-er, if there is such a word. I, instead, refer to the Nordic Walking phenomenon of walking with the same arm as leg. In other words, a normal person walks with alternate arm and leg while a Tik-Tok-er walks with the same arm and leg.

I was aware of my coordination but not the technical term. It was enlightening to meet up with a Nordic Walking expert at the January Tuesday Afternoon Social Meeting. Who would have guessed it was so tricky to 'just walk'? It seems a basic walk needs five elements, most of which are challenging. Anyway, I had a great time and the meeting reinforces my belief 'you get out what you put in'.

So have a great February. Hope to see as many of you as possible at the AGM.

Keep smiling,

David