

Happy March,

I hope you have all had a lovely February and have made the best of the opportunity provided by this being a leap year. I certainly have! The AGM has taken my focus this week and accordingly, I am late in writing this newsletter and this extra day is a lifesaver.

So thank you to everybody that you took part in the AGM. I know that the Parkinson's UK representatives were impressed by the turnout and the enthusiasm shown by the members.

All the material will be made available on the website and summarised in *The Park*.

Before we start talking about the results of my challenge, let's note the key events and dates for the coming months

- **Snooker** is an activity that anyone can play and that makes you smile and keeps you fit. Whether you are a complete beginner or a more experienced player, come along for a free 2-hour session at Woking Snooker Centre, Kingfield Rd, Woking, GU22 9AA. The sessions are free, thanks to funding from Parkinson's UK. For additional details please check the website guildfordparkinsons.org.uk/news-2024/
- We plan to start a 6-week trial of a **Seated Yoga** class (starting **Wednesday 6 March** through to mid-April) from 12:15 to 13:00. It will be led by Lindsey Brown who gave members a taster session at a Shalford Village Hall meeting last year. The trial classes will be at the Conservative Club, 2nd Floor (*they have a lift*), 11 Wharf St, Godalming GU7 1NN. The full cost per attendee will be £11.00, split £6.50 paid by member and Branch will subsidise by £4.50. Members interested will sign up for a 6-week trial so the initial outlay from them will be £39.00 (6 x £6.50) payable directly to Lindsey. Those interested should contact Lindsey at lindseyliveyoga@gmail.com.
- **Spring into Jazz**. Trad's Army Dixieland Jazz Band will provide an afternoon of jazz entertainment at Onslow Village Hall, 4 Wilderness Rd, Onslow Village, Guildford GU2 7QR on **6 April** from 12.30 pm to 3.00 pm. Attendees will be seated at tables, however, you are more than welcome to dance if you wish! Alcoholic and non-alcoholic drinks and a selection of snacks will be for sale throughout. Bring family, neighbours and friends. Early-bird ticket prices (up to and including 1 April) are £15 per adult, £7.50 for members and children under 16. Full price from 2 to 6 April and on the door: £20 adult, £10 members and children. For tickets please apply to Clare Price by email at cprice@guildfordparkinsons.org.uk
- **Qigong Ba Duan Jin (BDJ)** sessions are now available on Zoom. Ruby Ho, a retired Occupational Therapist and qualified Health Qigong (HQG) Ba Duan Jin (BDJ) Instructor is offering free weekly Zoom sessions on Qigong Ba Duan Jin for branch members. BDJ is a Traditional Chinese exercise with a long written history and is well known for its gentle, slow movements and associated health benefits. The weekly sessions will be run in English on Wednesdays from 9 am to 10.15 and the course starts **3 April 2024**.
- In **May 2024** Hazel Davies will be trekking for 5 days, covering the first 47 miles of the Tamara Coast to Coast Way, in aid of both Parkinson's UK and our Branch (50:50). Her parents are members of the Branch, this is Hazel's opportunity to give something back. She will be starting in Plymouth, and finishing in Lifton. She will then be completing the full-length next year, also in aid of Parkinson's UK and ourselves. The link to her Just Giving Fundraising page is below. Please share with all you know to help her achieve her fundraising target justgiving.com/page/hazel-davies-1705346858628.

- The topic of medication availability was raised at the AGM. Parkinson's UK is aware of this and may provide guidance of how we can help bring this topic into sharper focus within the Government. In the meantime, I have just stumbled onto this link - parkinsons.org.uk/news/parkinsons-medication-supply-issues

Thank you to everyone who took part in my challenge this previous month. For those who didn't, you are missing out, so why not consider joining us? I received a number of emails and thoroughly enjoyed reading them all. Just to remind you the idea was to take part in activities related to the mantra topics (staying physically, mentally or socially active) and for February on The Chair's Challenge topic of 'transport'.

Before highlighting some of the members' adventures, I have to be honest and say that I failed in my private quest to meet The Chair's Challenge ☹️. I was

expecting to meet the challenge by joining one of my friends, from the Normandy village, as co-pilot and map reader for a trip to collect a replacement Nissan Figaro.



For those not knowledgeable about cars (which includes me) the Nissan Figaro is a two-door car manufactured in 1991 for the Japanese market. A total of 20,073 Figaros were produced by Nissan in the convertible's single year of series production. In other words, all the Figaro are the same age (33 years), have an identical spec and come in one of 4 colours. Unfortunately, some DVLA input is needed, which is yet to be provided and hence the collection date has slipped out from February to March.

Others who have been more successful have focused on physical activity. I have been offered two equine-related activities: 'Shanks Pony' and a real horse ☺️. Luckily, I had heard the phrase 'Shanks Pony' and so was not totally confused by the photo of a pair of shoes. I was, however, until now, unaware of its origin. Shanks' (or shanks's) mare (or nag or pony) derives from the name of the lower part of the leg between the knee and ankle - the shank, nowadays more often known as the shin-bone or tibia. This was alluded to in the early form of this term - shank's nag. This originated in Scotland in the 18th century.



The photo to the left was taken at the Weald and Downland Museum in Sussex where the interesting form of transport was a horse and cart. 3 heavy horses do all the ploughing and farm work.

There are 40 reconstructed period buildings on the site including the barn used for the TV programme *The Repair Shop*.

My favourite input comes from Anne Folkes (long-time editor of *The Park*) who embraced the spirit of the challenge and provided an 'intellectual' angle. Anne explained

"I had been reading our Chairman's Challenge in the February Newsletter when I noticed a photo of my parents taken in the late 1950s. They are seated in a vintage car with the number plate J23 -they were on holiday on Jersey.

What, I wondered, had happened to that number plate so I tried Google and there to my amazement was a classified advert from the *Jersey Evening Post*, 14 April 2023 for the private sale of two Jersey number plates, J72 and J73, with the seller asking for at least £300,000.

J22 had been sold at auction in August 2022 for £139,000, at the time the most expensive two-digit number plate ever sold in Jersey.

Unfortunately, the trail finished here, and I never discovered the result of the sale even if it occurred. So David I am afraid all I have exercised is the little grey cells."

But, the trail did not finish there as Anne's son Charles (a good friend of the Branch as technologist to the website) got involved following my request for a copy of the photo. He found out



Looking closely at the photograph we discovered that it had the name 'Emily' on the side of the bonnet along with a reference to 1906 and 'Cadillac' on an AA plate. A Google search produced an image of the same car which looked to have been taken in the same place: www.oldclassicar.co.uk/cadillac.htm. This gave it a little backstory and the date of the photograph seems right. A subsequent search came up with this article showing two more of the same car: www.prewarcar.com/the-comic-value-of-an-early-cadillac which also describes it as a photographer's prop, which certainly goes a way to explaining why the images all look so similar.

I hope you enjoyed this as much as I did!



My March "Chair's Challenge" is to find and tell me the background to **Interesting Signs**.

For example, my offering is the following sign I saw on a walk down the River Wey at Farncombe Boat House. I have to say I didn't know what magnet fishing was. All I could think of was the game at the fairground where you attempt to pick up a duck with a magnet on the end of a rod. Is that really something that needs banning?

Enjoy, March's Challenge and see you next month with feedback...

David Lowther