

Network News

September 2021



Network Members Get Out and About

The lifting of Covid restrictions, combined with the excellent summer weather, has seen many of our members embrace the great outdoors.

The Men's group have recently enjoyed their first post-Covid outing on a day trip to North Berwick.

Eight members took the train down the east coast on a warm day in August, where they spent a day at the seaside in the sunshine seeing all the sights. They were back out again in September when they visited Balloch on the beautiful shores of Loch Lomond.



The Men's Group in North Berwick

If you are interested in joining the Men's group, you can catch up with them at their regular Tuesday Breakfast Club in Leonardos on the precinct in Bathgate.

Our walking groups have generally been staying local to West Lothian

but that doesn't mean they're short of scenic routes with so many places to explore in this area.

Here are members of the Miles and Smiles walking group who enjoyed a 5-mile circular route recently, exploring the paths around Dechmont, North Woods and Livingston's Deer Park, where the golf club proved to be an excellent stopping off point for refreshments.

The walk culminated with the ascent of Dechmont Law, giving fabulous 360 degree views of the surrounding countryside, including the Pentland Hills and the Forth bridges.

The Network's seven walking groups cater for different walking abilities and are a great way to exercise whilst meeting new people.



Miles and Smiles on Dechmont Law

Convenor's Foreword

What a great summer we've had! Lovely warm weather - sometimes a little too warm - which has helped us all start to venture out of our homes again and travel a little further afield. It was great to see so many members join us at Howden Park for our first post-Covid event and your enthusiasm for our recent coach trips has been fantastic.

The Men's Group are back out and about, as are all our walking groups and others that can meet outdoors. And more recently we've started to see many more of our groups coming off Zoom for in-person meet ups again.

Coffee clubs are expanding; they're a great way to meet new people, and many more of our activities are returning, even if in slightly different formats to what we are used to.

Our traditional venues - such as the Bathgate Partnership Centre, Rosemount Court and the British Legion - are opening up again, which means that we can now hold our regular monthly meetings again. Our development officer Tracy has also been working hard to find us new locations to meet as we expand our activities across the county. This includes new Zumba classes in Linlithgow and a partnership with Craigsfarm in Livingston for new yoga sessions. We're also working closely with the Aging Well project at Xcite to bring you even more activities to help

keep you strong and healthy and increase your physical well-being.

The heart of our organisation, due to its history, has always been in Bathgate, and I'm delighted that, after all the false starts we have had with our planned Activity Centre in George Place, we have at last signed a lease and got the keys for the old Santander bank premises further along the precinct. This will finally give us some space to move the Network forward, with the benefit of an easily accessible and highly visible high street location.

We've made great strides forward too with agreeing our new Constitution, which will also help us to modernise and grow in a sustainable way.

Much of this could not have been achieved without the support of our staff who have had to work through Covid in some very difficult circumstances, and our supporters who have provided funding to allow us to take this direction.

You'll find out more about both within this newsletter, but I'd like to take this opportunity on behalf of the Network to express our thanks to them all.

With best wishes,

Anne Webster,

Convenor



Funding Update

More good news from our fundraiser Laura Kearney who has secured further income for the Network.

The Walker Family Charitable Trust, based in West Lothian, has awarded £1,500 towards our Hub Coordinators salaries.

Home Instead and Age Scotland have both awarded funding to provide activities:

- Home Instead Charities – Grant Award awarded £1,500 to support our existing and new coffee clubs.
- Age Scotland's Recovery and Resilience Fund awarded £1,500 for Zumba classes and Gym Wellness sessions.

A reminder that the Network is one of the charities selected for support by Co-op Whitburn until October 2021, so there are just a few weeks to go to raise funds. With your help we have raised £319.81 to date. Next month the Co-op will calculate the donations from Members who did not choose a store and we will be advised our total award of funding, which we hope will be around £750.

THANK YOU
to all of our sponsors!

Activity Centre Update

We are delighted to announce that the Network has recently secured the lease on the former Santander building at 14 George Street, Bathgate.

The building is in a central position in the town, on the main pedestrianised shopping street. As well as being more accessible for our members, it will give us a real “shop window” in the town, enabling us to be much more visible.

The large Acredale Car Park is just behind the office, and we even have our own car parking spaces solely for the use of members.

The Committee has been looking for a new home for Network activities since we heard earlier this year that a commercial tenant had been found for the premises that we occupied for a while at George Place.

There are some improvement works to be carried on the building before we can move in, all of which will be fully funded from external sponsors.

We're still working on the signage but have included a draft design for how it might look.

We look forward to keeping you up to date with all the development plans.



Older People in West Lothian £8.5m Better Off Thanks to Advice Service

West Lothian Council's Advice Shop supported over 4,000 local older people in the last year, helping them to access over £8.5 million of additional funds.

Financial health checks helped local pensioners receive an average of over £2,100 of additional payments in Pension Credit and other benefits per person, including support with rent, council tax, energy and health costs.

Council leader, Lawrence Fitzpatrick said: "I would encourage as many older people in West Lothian as possible to contact our Advice Shop for a financial health check.

"Recent figures from Age UK estimate that 1 in 3 older people in Scotland do not receive all the benefits they are due, which could include thousands of West Lothian

residents. Our friendly and helpful advisors can check what you should be receiving, and with additional payments averaging at over £2,100, it can make a huge difference to your quality of life.

"The Advice Shop also offer a wide range of free, expert and impartial advice for anyone experiencing financial pressures, such as help with benefits, debts, access to food, energy and much more."

To contact the Advice Shop
Call 01506 283000
Email advice.shop@westlothian.gov.uk

Members' Monthly Meetings are Back!

We were delighted to be able to restart our monthly Members' Meetings in September.

For our new members who may not have been able to attend a Members' Meeting yet, the format is usually a guest speaker on a topic of wide interest, followed by an update on Network news, with details of upcoming events, trips, holidays and information about new groups and activities that members can join. The meetings are informal with a chance to socialise over a tea or coffee, and also provide the chance to meet some of your committee and raise any questions or concerns you have with them.

The update part of the meeting is minuted and circulated to all members after the meeting so that no-one misses out on finding out what is happening.

Carmen W. Chan was the guest speaker at our first post-Covid members' meeting on Saturday 18 September. She told us something of the history and benefits of Tai Chi, illustrated with a demonstration. Tai Chi, also called Tai Chi Chuan, combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, Tai Chi is now practised around the world as a health-promoting exercise.

Members' meetings take place on the third Saturday of the month in the Royal British Legion in Bathgate from 10:30am to 12 noon. We look forward to seeing you there.



Carmen W. Chan

New Tai Chi Classes

A new Tai Chi class for beginners started on Tuesday 21st September in Bathgate Xcite.

The first session was a taster and was free of charge. Thereafter members had the opportunity to sign up to a block to continue.

A special Tai Chi class tailored to men is being looked into.



Dates and Speakers for Future Members' Meetings

16th October - Jim Allan, West Lothian Litter Pickers.

This active group is really making its mark in West Lothian, with its hands-on approach to tackling the county's litter problem. Jim will talk about the origins of the group and tell us about how they are now building on their links with West Lothian Council.

20th November - Collette Moran West Lothian School Bank.

This is the Network's adopted Coin Jar charity for 2021. We'll learn more about the origins of the charity, the children and families they support and their winter appeal.

December - there is no meeting in the run up to Christmas.

15th January - Ruth McNamara.

Ruth is a very popular speaker on the subject of old films.

Gardening Group

Eight members of the gardening group, headed up by John Fleming, met at the home of Lesley Martin and her husband Nat on a sunny afternoon towards the end of July.

The afternoon kicked off with a wander around the garden identifying a host of flowering plants, shrubs and trees including a Monkey Puzzle tree which they had planted over 20 years ago. The garden had been very overgrown when they moved in so it had required a lot of hard work to tame it.

There was an abundance of lovely home grown produce. Three new, sizeable, raised beds were full of vegetables and another area of ground contained various fruit bushes including blackcurrants and raspberries. Cucumbers and tomatoes were growing in the greenhouse.

Lesley produced a delicious home made tea with quiche and scones with jam and cream and everyone sat in the sun to enjoy that and chat. At the end a most enjoyable afternoon a choice of home made blackcurrant jam, broccoli or cucumber was handed out to take home. A great time was had by all.

Thanks to member Joyce McIntosh for the group feedback.



Veterans' Group

A new 'Veterans' Group' started on Sunday 19th September.

The group will meet once a month on a Sunday afternoon in the Royal British Legion in Bathgate. This group is aimed at anyone who is a veteran, or who is interested in veterans.

Music Appreciation

The Network's Music Appreciation Group is back! The group meets every second Monday afternoon in Bathgate's Partnership Centre. Listen to music choices and take part in fun music quizzes.

If you are interested in joining any of the Network's special interest groups, your first port of call is the Hub

Reminiscence Group

Mary Ferrie has recently started a new Reminiscence Group. She gave us a flavour of what members may expect.

"What is this group going to be about? Well, who knows? In general, it will be about – as they say in Ayrshire – The happy auld days that's awa'! I don't know about you, but I can hardly remember what I had for my breakfast, yet I can remember my first reading book when I started school. It was called: The Radiant Way, published by Blackie. If you ever visit the Hill House in Helensburgh, built for the Blackie family by Rennie Mackintosh, you will see a copy in a glass case. I think every book we ever used in school was published by Blackie. I can remember the picture on the cover – a rainbow – and I also remember the first lines: Come mother come. Come to mother Kitty.

Funnily enough, I can't remember Tom's lines, but I do remember he got all the fun like climbing trees while poor Kitty learned domesticity.

Anyway, that's enough blethers to give you the general gist – a chat about times past with stimulation from memory boxes and visits to the local museum. In fact, with luck, we might be able to meet there. How fitting!"

The group meets at the Bennie Museum in Bathgate on Thursdays.

Join Our Cycling Group!

Cycling is an ideal activity for members looking to meet up outside in the fresh air and enjoy some exercise.

The cycling group led by John Matthews started back on 7th September. The meeting point is at West Lothian Bike Library in south Livingston on Tuesdays and is open for new members.

Ideally you should take your own bike, however there are some bikes available for those who don't have one.

Initially the group will take short tours on dedicated cycle tracks. All in all, the sessions will last about an hour.



Yoga

Our partners at Craigsfarm Community Hub have offered free yoga classes to ten Network members. Classes began on 11th September and will run weekly on Saturday mornings at Craigsfarm. The sessions are led by Aga, who gave us some background:

"I have been doing yoga for over 3 years. During all this time I have experienced different yoga styles. I have learned that yoga is not only about the physical body and postures. There is much more to it. Yoga is a spiritual practice which brings mind and body together. It's a journey of learning who we really are. It's the experience of what is real and what is truth. Yoga it's about stilling the mind and being present in the moment. It's a connection with yourself. In yoga we get to experience what is actually happening inside us. It's about finding your happiness inside you."



Welcome To All Our New Members

More people than ever have seen the benefits of joining the Network this year, with 68 new members joining so far in 2021—and we've still 3 months to go to year end. This is the most new members ever in a year, exceeding the next highest, 2019, when 64 new members joined.

Perhaps surprisingly, 33 new members joined during the pandemic in 2020, equal to the number joining in 2018. Also of interest is the drop in the percentage residing in Bathgate, from 49% to 45%, which means we're reaching new members in a wider geographical area, one of our key objectives.

"In the classes at Craigsfarm we will learn this spiritual practice. We will experience breath awareness (Pranayama), Yoga Nidra (Yogic sleep), and meditation and physical practice through different Yoga styles. We will also learn Yoga postures (Asanas) and experience them in connection with breath (Vinyasa). As a bonus we will encounter Seasonal Yoga, which has been designed to align with the changing energies of nature and the season."



Bowling Moving Indoors

The newest recruit to the Bowling Group is Pat Holleran, who kept up the tradition of, even before the end of her first session, managing to score a direct hit on the jack.

Bated breath and a round of applause followed this pressure shot, the last of a recent Thursday session. Well done Pat!

This increasingly popular group have been very lucky with no rain offs at all this season. But as the season turns, the good news is that we've now had confirmation that indoor bowling is going ahead at Xcite, Balbardie Park this year as per pre-Covid, to start from the end of September.

Rosemount Café

Members are being welcomed back to the café/ restaurant at Rosemount Gardens. It's a great place to meet up with your friends.

ZUMBA Gold

The Network has a new in-person Zumba Gold class.

The weekly classes will take place on Friday mornings, starting on 17th September in Longcroft Hall, Linlithgow.

Classes will be taken by instructor Lottie and are supported by an Age Scotland Community Grant.



Network Singers Resume

The Network Singers have resumed their practice sessions again - although for now they have to sing wearing face masks.

The first session took place on 6th September. Going forward, the choir will meet on Mondays afternoons in the Answer Centre in Whitburn. (Please note change of day and time).

New members are very welcome and there is no audition for the choir. All that is needed is an enjoyment of singing. Men, you are very welcome to join us! Your voices add a certain depth to our singing.

How to Join a Network Group

With lots of Network groups starting up again, or planning to start up in the near future, please remember to let the Hub know in the first instance if you are interested in a group.

Hub staff will let group leaders know, who will then make contact with you directly. Please note this gentle reminder to members to wait until the group leader arranges a start date with you before attending a group.

For your information, a flowchart showing the procedure we follow is on display in the Hub.

New Lunch Group in Uphall

The recently formed Coffee Group in Uphall has now become a lunch club after a decision by its members to meet later for lunch instead of coffee.

The group meets fortnightly on Thursday lunchtime at the Oatridge Hotel.

We hear that the hotel has a great Seniors lunch offer available on Wednesdays to Fridays.

Coach Trips Proving Popular

Our first coach trips since lockdown ended have proved to be hugely popular.

A group of 33 members enjoyed a coach trip to **Berwick-upon-Tweed** at the end of July, the closest many of us will get to going “abroad” this year.

After a cloudy start the sun came out, giving us a perfect day to explore.

Berwick is a beautiful historic town with lots to see. We walked the ramparts of the old town walls, visited the museums and followed the Lowry Trail - the artist LS Lowry, famous for his matchstick-men paintings, used to holiday frequently



in Berwick-upon-Tweed and made more than thirty sketches, drawings and paintings while visiting the area.

Some followed the path along the River Tweed to the ruins of the old castle, then followed the path back

up into the town through the Coronation Gardens with its wooden carved sculptures.

As usual the local hostellers were well supported.

With restrictions easing, we can now offer more spaces on our day trips.

Fifty members took our coach trip to the Holy Island of **Lindisfarne and Dunbar** at the end of August and had an excellent day out.

Skies remained grey all day and it was blustery on the shore at Lindisfarne, but the rain held off and we saw all the sights, learnt some history and did our bit for the local economy by supporting the tearooms.

Dunbar provided a break in the journey on the way home, with a stop over long enough for many to enjoy a fish supper.

Thanks to everyone who came along for your good company.





Dunkeld Walking Day Fully Booked

The coach for our walking trip to Dunkeld, due to take place on 9th October, was filled a good month before the outing is due to take place.

Autumn in the Trossachs: Day Trip to Killin, Kenmore and Dunkeld

The Network's day trip at the end of October will take you on a tour of the Trossachs and Perthshire, visiting Killin, Kenmore and Dunkeld.

The beautiful Falls of Dochart run through the small town of Killin, in Loch Lomond & The Trossachs National Park. Located at the western end of Loch Tay, the famous white waters of the Falls of Dochart can be viewed from the village's bridge. You can also view the Islands of Inchbuie, known as the traditional and ancient burial place of Clan Macnab.

Then enjoy a drive along the northern shore of Loch Tay to the beautiful village of Kenmore set amidst the mountains of Highland Perthshire, where the River Tay and Loch Tay meet. Dating from the 16th century the whole village is now a conservation area.

You'll have free time in Kenmore before we continue on to Dunkeld, a historic cathedral "city" on the north bank of the River Tay, opposite Birnam. It lies close to the geological Highland Boundary Fault, and is frequently described as the "Gateway to the Highlands".

Date: Saturday 30th October 2021

Price: £15 per person

Pick up: New Railway Station, Bathgate.

Depart at 9:30am and return at 5.15pm

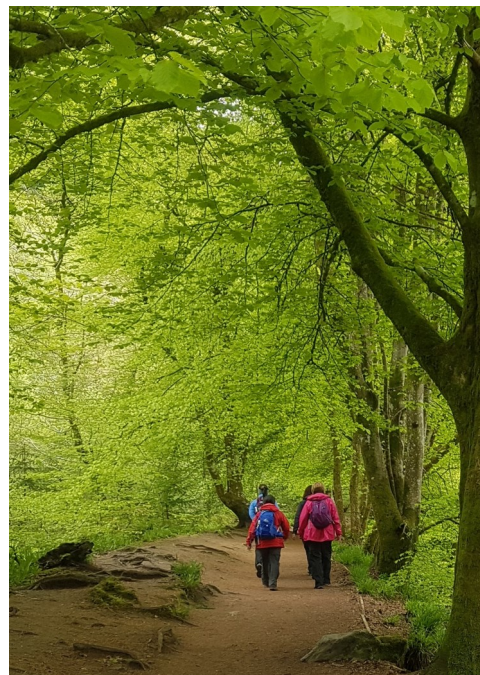
*Please note: this trip takes place on a **Saturday** and transport is provided by Golden Eagle Coaches.*

Members can book this trip at the Hub from Tuesday 14th September.

Aimed primarily at walkers within the Network, whether in a walking group or not, members signing up had the choice of one of four guided walks on offer.

All the walks will be led by our walking group leaders and range from a short, easy walk of 2-3 miles to a more energetic walk of 8 miles.

The outing on 9th October will be the fourth special walking day organised by Heather Waddell who has recently joined the Network's Committee.



Day Trip to Kelburn Castle and Largs

The Network's September day trip is to Kelburn Castle & Estate and Largs.

Kelburn is based around a 13th Century castle that's had an amazing makeover courtesy of four of the world's leading graffiti artists from Brazil working alongside Scottish talent, to create a unique burst of colour, embracing the walls and turrets of the south side of Kelburn Castle. The estate near Largs in

Ayrshire also features dramatic walks, breath-taking gardens and many features of historical interest.

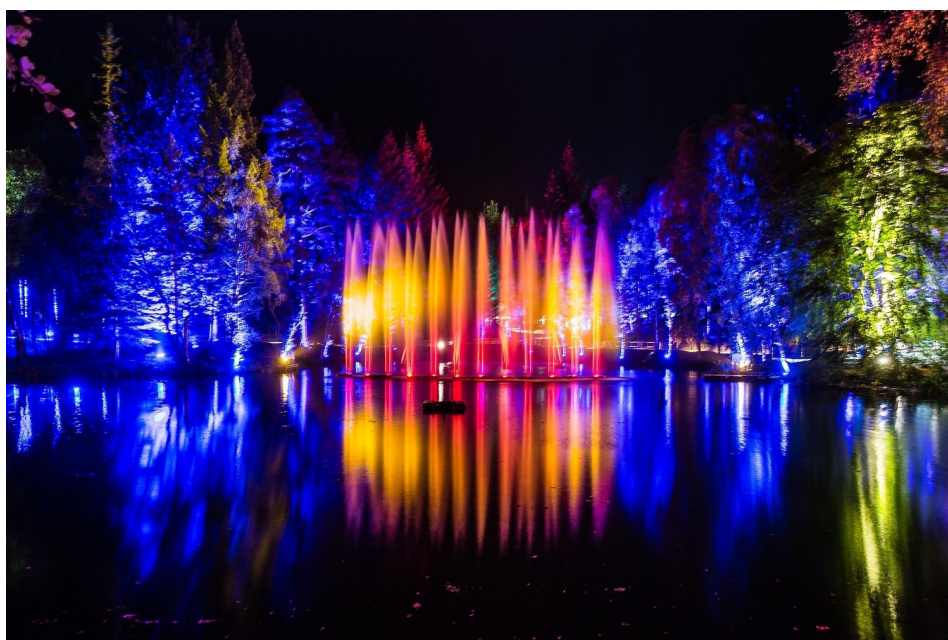
After free time on the Kelburn Estate, we'll take you into the town of Largs, a popular seaside resort which promotes its historic links with the Vikings.

Date: Sunday, 26th September

Price: £25 per person

Pick up: Bathgate old train station King Street.

Depart 9.30am and return 6pm



The Enchanted Forest: October 2022

Would you like to visit The Enchanted Forest, Pitlochry in October 2022 with the West Lothian 50+ Network?

This will be a day trip, returning to Bathgate in the late evening.

The cost will be £39, which includes the coach and your transport and admission to the Enchanted Forest.

There may be the option for High Tea at Fishers Hotel at an additional cost. Please note your interest by the end of September (2021) with Hub staff. No payment is necessary as yet but bookings for 2022 open on 1 October 2021 and tickets sell out very quickly.

Upcoming Day Trips

From October we will return to chartering our own coach for our day trips. We aim to maintain the basic cost per person at £15 (coach only).

In a departure from last year, we're going to run some of our day trips, especially those in the winter months, on Saturdays instead of Sundays. This is partly in response to feedback we have received and also due to many businesses in the places we visit being closed on Sundays.

We have been asked to consider a second pick up and drop off in Livingston, partly due to the lack of public transport on Sundays. For a number of reasons, it is not feasible to do multiple pick ups but moving some trips to Saturdays should help.

If anyone is still having difficulty accessing our coach trips, please contact the Hub who may be able to assist.

Network Holiday to the Isle of Skye

Join us for a special Network holiday to the magical Isle of Skye.

Enjoy 4 nights staying on Skye in the Kings Arms Hotel. This peaceful location is a perfect base for exploring - with our day excursions to Portree and a full day tour of Skye, and visits to Plockton & Eilean Donan - Scotland's most photographed castle. Calming coast-lines, magnificent mountains and good company. What more could you want from a visit to the Inner Hebrides?

Excursions

PORTREE & NORTH SKYE TOUR

Travel along the length of the Isle of Skye as we show you the best parts of the island including the Old Man of Storr, Cuillin Hills and Quiairing. The coach will also stop in Portree for some time before we travel back around the coast to see some more magnificent scenery with views to Harris & North Uist.

PLOCKTON CRUISE & EILEAN DONAN CASTLE

A trip to the world famous Eilean Donan Castle today where you can visit the building and take some photos before a tour to the lovely little village of Plockton. Enjoy the stunning scenery as you travel to Plockton, where you will have time to explore this beautiful West Highland village and also a cruise around the bay with Callum to see the local wildlife, before returning to the hotel in time for your evening meal.

NEISS POINT & WEST SKYE

Today we enjoy the beautiful beaches and scenery of Skye's West coast and visit Giant Angus McAskill Museum, Neiss Point Lighthouse and Coral Beach, one of the islands most beautiful and unspoilt attractions. Today will be a lasting reminder of Scotland's ever changing and unforgettable landscapes.

5 Days/4 Nights

11 April 2022

£365

HOLIDAY INCLUDES

4 Nights Dinner, Bed & Breakfast Luxury Coach Travel

Excursions as Stated

**Evening Entertainment
Porterage**



Picnic in the Park

Forty one members enjoyed the Network's first post-Covid event on Sunday 22nd August.

Our Picnic in the Park at Howden Park Centre in Livingston had to be moved indoors due to the threat of rain, and although the sun shone on the day, the grass was still wet.



The Centre made us very welcome in their bistro area and we enjoyed drinks, teas and coffees from the bar, whilst sharing our own picnic food.

But mostly everyone said how lovely it was to catch up again with

our friends and enjoy a social afternoon in a lovely setting.

Livingston's Bid for City Status

Many of our members will remember Livingston when it was just three villages and 60 households. Now after 60 years as a New Town, it's aiming for city status.

After being designated a New Town in 1962, fields gave way to housing developments, foreign investors moved into new industrial zones, two railway stations were opened and the huge regional shopping centre grew in the Almond Valley, transforming the area into the large, vibrant town it is today.

Now Livingston, as it prepares to celebrate its 60th anniversary as a New Town, has ambitions to celebrate the Queen's Platinum Jubilee next year as a city. A bid for city status through the Platinum Jubilee Civic Honours Competition has been backed by West Lothian Council's Executive.

It's said that city status would positively boost Livingston economically, encouraging additional inward investment from companies wanting to expand, with the potential to create new employment opportunities in the area. The original vision for Livingston was always the creation of a Garden City and city status would finally fulfil this vision.

Livingston is the largest town in West Lothian with a population of over 57,000 in 2016 and this is set to increase significantly over the next 20 years. The target population for the new town was 70,000 and Livingston is on target to reach this. It's already larger than Inverness and Perth, for example, both of which have city status.

What are your memories of Livingston? Is it worthy of city status? A council working group will soon take on preparation of the application and begin a programme of public consultation, so that everyone can have their say.

Pandemic Food Shopping

Online grocery shopping was growing in popularity prior to COVID-19, but the pandemic has brought about a huge acceleration in growth for food and drink shopping online. Committee member Vanda Collins has written about her own experiences of this new trend.

Last year we arrived back from our holiday one week before lockdown. Having been away for 5 weeks our cupboards were sadly lacking food! Being aware of the panic buying, I decided to buy essentials like flour and yeast (to make bread, which I have never done before), teabags, disinfectant cleaning products, etc. I could get none of these items locally and my son bought them in Edinburgh and delivered them to our front door.

My next step was to order food online from one of the large supermarkets. Tesco had no deliveries for about two weeks and Morrisons informed me that I was 1,570th in the queue! I eventually received a delivery date from Asda.

It all seemed so easy. Just look at the pictures of what you want to buy and press the "add to basket" button. When my first delivery arrived, I discovered that, instead of a litre bottle of cooking oil, I had ordered what looked like a gallon of

oil. The container was so big I had to keep it in the garage and decant the oil into smaller bottles.

I thought I had ordered some fresh plaice fillets – well in the picture it looked like two pieces of fish. Another mistake! I received 12 pieces of plaice fillets. Fortunately I was able to put them into bags containing two pieces and freeze them.

The bag of potatoes I had ordered lasted for months! All I needed was a deep fat frier and I could have provided the neighbours with fish and chips. I did experiment and we had potatoes in all shapes and forms – mashed, roasted, game chips, Dauphinoise, Boulangere, Hassle back, champ and, of course, chips.

There is only so much yogurt we can eat but I managed to take delivery of a complete "outer" of Muller corner yogurts. Bill likes yogurt in small doses but every night for eight days was a bit too much. We had to eat them before they were out of date.

I often complain that, in some supermarkets, they do not cater for single people by selling vegetable in small quantities. Well, you can order them online in single numbers as I found out. I mistakenly thought I had ordered a bag of carrots and received one solitary carrot and one single courgette. I soon learned to read the small print below the pictures to make sure I was ordering the correct quantities.

Amazingly enough, I did not make any errors when ordering wine! I just looked at the price and the colour and hey presto, I got what I wanted. Why can't all online food ordering be as easy?

Tree Planting Update

Did you help plant trees at Beecraigs in 2019 as part of our 25 years anniversary celebrations? The tiny saplings that we planted at two sites, below Cockleroy Hill and below the Visitor Centre, were barely 12 inches high. But look at them now! Thanks to Anne and Willie Webster for keeping us updated.





Hand Crafted Cards

Are you looking for a greetings card for a special occasion?

The Hub has a lovely range of well-priced cards for you to choose from.

All are lovingly hand crafted by members of our Craft group, who also supply the Network with Get Well cards to send to our members, as well as thank you cards which we use to express our gratitude to Network supporters.

Find a card for that special occasion whilst supporting Network funds.



Ninetieth Birthday Wishes

At the 50+ Network we like to celebrate those big birthdays in style.

In July, Network member Betty Morrison celebrated her 90th birthday with fellow walking group members in The Fairway Hotel in Bathgate.

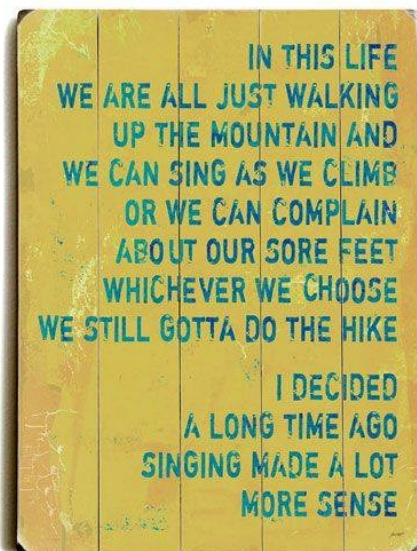
Many Happy Returns Betty from all your friends in the Network!

Quiz : Advertising Slogans

The following are advertising slogans from the past. For each slogan, simply name the advertising company.

- | | |
|---|--|
| a. Put a tiger in your tank | j. Once you pop the fun don't stop |
| b. In tests, eight out of ten owners said their cats preferred it. | k. I'm lovin' it |
| c. Finger lickin' good! | l. It Gives You Wings |
| d. The sweet you can eat between meals without losing your appetite | m. The milk chocolate melts in your mouth, not in your hand. |
| e. Driven by passion | n. Coffee at its best |
| f. The Choice of a New Generation | o. Vorsprung durch Technik |
| g. Tick follows tock follows tick follows tock | p. Because you're worth it |
| h. The world's favourite airline | q. Hello boys |
| i. Unleash the power of the sun | r. Full of Eastern Promise |

Answers on page 15



Auld Age

How many times have you used the expression: Auld age disnae come itself? Well here's a story about auld age which will put your gas in a peep. In 1984, a local fossil hunter, one Stan Wood, was rootling around in East Kirkton Quarry (up the top of the Puir Wife's Brae in Boghall) when he found a fossil which turned out to be the oldest known complete fossil of a land living amphibian, some 345 million years old! Now that's old!

Billy Millan, ex Curator of the Bennie Museum reckons that Bathgate was probably a semi-tropical swamp at that time.

Anyway, the fossil received a huge amount of publicity at the time and now resides in the Royal Museum of Scotland. It was christened Westlothiana, but locally it is fondly known as West Lothian Lizzie. So, there you are – that's auld!

By Mary Ferrie

Response to the Big Knit

Thank you to our members that have been knitting tiny woollen hats for the Age Scotland Big Knit appeal.

Monday 13th September was the deadline for sending them into the Hub, so your contributions have now all been sent to Age Scotland.

Quiz Answers

from page 14

- a. Esso / Exxon
- b. Whiskas
- c. KFC
- d. Milky Way
- e. FIAT
- f. Pepsi
- g. Guinness
- h. British Airways
- i. Sunny Delight
- j. Pringles
- k. Mc Donald's
- l. Red Bull
- m. M&M's
- n. Nescafe Gold Blend
- o. Audi
- p. L'oreal
- q. Playtex Wonderbra
- r. Fry's Turkish Delight

Jigsaw and Book Swaps

Thanks to a large donations of jigsaws and books, we've lots for you to choose from if you're looking for a swap or to buy.

But we're always looking for jigsaws and books for our "swap or buy" at the Hub.



Please look out any you have finished with and select some new ones to take away when you bring them in.

Swap yours free of charge, or pay £1 for a jigsaw or 50 pence for a book if you don't have any to bring in.

Friends Remembered

Since our last newsletter we have sadly heard of the passing of Alan Wood who died in September. Alan was a member of the Mahjong and Rummikub groups. Our condolences to his friends and family.

Please let the Hub know about any members you are aware of who are in hospital or ill at home so that we can send a card with our well wishes.



What is the West Lothian 50+ Network?

The West Lothian 50+ Network is a group of active over fifties run by members for members.

We facilitate a wide range of physical, social, educational and cultural activities for our members, with the aim of keeping active in mind and body whilst combating social isolation.

Under normal circumstances we meet monthly with an interesting speaker, offer over 50 special interest groups and run day trips, holidays, concerts, dinners and other events.

Limitation of Liability

West Lothian 50+ Network does not assess its members' fitness for participation in any of its various activities.

The decision about your fitness to undertake any activity lies within yourself, together with any medical advice you wish to take. It is your own responsibility to ensure your personal safety and that of your belongings.

We want to hear from you

Do you have a story you'd like to share with other members?

Or an idea for a topic you'd like us to cover?

We'd love to know what you've been doing over the last few months.

Have you mastered the use of a new technology, taken up a new hobby, or found new places to visit?

Send us your stories and we'll aim to include them in the next issue of Network News.

Thanks to all our members

A big thank you to everyone who has renewed their membership this year, and to all our new members.

Thank you for staying with us whilst our activities were restricted during lockdowns, and for putting your faith in the Network as we re-start our activities.

Special thanks to those who kept their direct debit payment at £20, effectively giving a £10 donation on top of the downward-revised fee for 2021 of £10.

Contact West Lothian 50+ Network

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Make the rest of your life the best of your life

