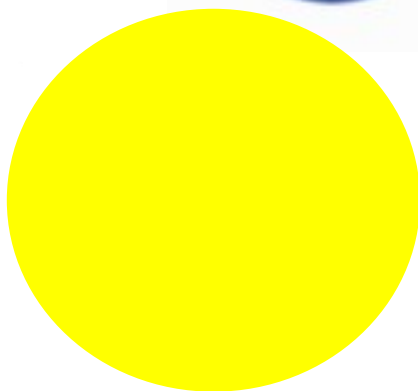




Summer 2026

“OUTLOOK”



In this edition

From the Chair

Welcome Day 2026

Our 40th Birthday

Harry Richardson DFC

Presentation to Douglas

News from groups

A Summer Quiz

Visit the Scottish Parliament

Healthy ageing

And much more.....

Published by Opportunities in Retirement, Ayr.

An Organisation for the over 50's



Welcome to "Outlook" our OiR Newsletter for Summer 2026.

Thank you to all our Group Leaders, and Members, who have contributed articles and pictures for this Summer edition.

Remember, if you don't have access to a computer we can arrange to have your handwritten article (s) typed and your photographs scanned. Pictures which are copyright protected cannot be reproduced. Please contact the office for help. Some articles may be amended slightly to fit the space available, but editing of text will be kept to a minimum. When submitting articles and pictures for publication please use a **Word** document and ensure that 'read only' is **not** applied to any of the text/pages. **Please send graphics & photographs, with relevant titles, to the office separately - do not insert these into pages of text - thank you.**

Group meetings and Town Hall meetings will resume in September and members will be able to enjoy the company of others again after the Summer Break. Information was correct when our pages were created but, readers should check the OiR Ayr website, or contact the office, for current information about group meetings or dates for the Town Hall Talks.

If you have access to a computer but the office is not aware of your current email address please send a message to:- **office@oirayr.org.uk** so you can access Outlook online and reduce our postage costs.

Stephen Dodd— Layout design & content

Isabell Rogers— Typing, & quiz.

Margaret Fagan - Collecting articles, Circulation & printing.

Our mission statement

To make OiR the organisation of first choice, to enable our 50's and over community to participate in co-ordinated and supported opportunities which enhance their lifestyle and personal well being.

Published and printed by

Opportunities in Retirement, Ayr

61 Main Street, Ayr KA8 8BU

Email: office@oirayr.org.uk

Telephone 01292 260086

Office hours – 10.00 am to 2.00pm Tuesday, Wednesday & Thursday.

Facebook : www.facebook.com/OiRAyr

Opportunities in retirement, Ayr (known as OiR Ayr) is a registered Scottish Charity—No. SC005639



A message from the Chair

Welcome to the Summer 2026 edition of Outlook.

My first job as Chair was an absolute pleasure - to award Life Membership to two deserving members – Douglas Sanderson and Liz McAdam. It is members like them that make OiR the wonderful organisation and welcoming family it is.

After almost two years closure, the office re-opened at the end of October last year and is now running efficiently under the direction of our Office Manager, Margaret. Many thanks to Margaret and the many office volunteers for making this possible. John Rattenbury, our Treasurer and Web Administrator, has redesigned our membership database which is enabling more efficient administration.

Since the last edition of Outlook, the committee has welcomed 2 new members (Maggie Roebuck and Margo Ross) and 2 returning members (Mick Roebuck and Colin Beveridge). All committee members are working hard for the benefit of OiR members. A sub-group is looking at AI and ways it can help promote our organisation – so watch this space and the office window!

Many of our groups are going from strength to strength and new groups are being proposed. Our choir is extremely popular and is entertaining, not only at OiR events, but is going out to Care/Nursing Homes, and has performed in Alloway Church to a Musical Memories Group. If you have any suggestions for a new group, please inform the office and it will be addressed at the next committee meeting.

Our Welcome Day will be held this year on Wednesday, October 21st. It will take the usual format, but this time it will be located in Ayr Town Hall which affords us more room, so hopefully we can encourage more Group Leaders to book a space and promote their groups.

Please bring along a non-member or two – it is our main event and an opportunity to deliver our message of “preventing loneliness and isolation in later life”.

We look forward to welcoming you back for the autumn session when most of our groups restart, and the Town Hall talks recommence. In relation to the latter a varied programme is planned all the way up to the date of our 2026 Christmas Party.

Meeting times and venues

If you intend to visit/join a group please check the meeting place and venue before you travel as they may have changed. Visit the OiR website for current information or contact the office.

Limitation of Liability

Oir Ayr does not assess the fitness of its members to participate in any of its various activities. The decision on your fitness lies within yourself, in conjunction with any medical advice you may wish to take. It is your responsibility to ensure your personal safety and that of your belongings.



Opportunities in Retirement

Everyone Welcome

Discover more about all the friendly activity groups run by **OiR** for the over 50's in Ayr, Prestwick, Alloway & surrounding villages.

come to our

WELCOME DAY

On Wednesday 21st October, 1.00 – 3.00 pm

In the Town Hall, New Bridge Street, Ayr.

New Members Welcome.

Already a member of OiR?

Interested in discovering other groups & activities

Or would you like to introduce a friend (or two) to OiR?

Group Leaders, Committee members, office staff & current members will be available to answer all your questions.

Renewing your subscription for 2027? – bring your current membership card and we will do the rest on the day.

Refreshments available. We look forward to seeing you. .

1985

2025



OiR's 40th Birthday Event

Instead of the usual Tuesday afternoon meeting in the Town Hall in January of this year, members celebrated the 40th Anniversary of OiR Ayr. Our 40th Birthday celebration started with a short PowerPoint presentation which showed photographs of some significant and happy events enjoyed by our OiR members over the last 40 years.

An OiR member, June Foreman, baked the Celebration Cake – our thanks to June. Our most senior member, Harry Richardson – who celebrated his 108th birthday in the RAFA Club, Prestwick on Saturday 8th February this year – proudly cut the cake.

The Birthday cake was then distributed to all the members present and they enjoyed chatting and remembering the memorable and happy times they had had over more years than some of us care to remember!

Amy Kinnaird & Barrie Southwood



Our 40th Anniversary 2026 - continued

As 2026 is the year in which OiR Ayr marks its 40th anniversary, it was decided to use one of the Tuesday Town Hall meeting days as a day of celebration and reminiscing. The day chosen was 20th January, when a large turnout of members had a very enjoyable time doing just that.

Our Chair, Barrie, welcomed members to the meeting. The reminiscing started with a PowerPoint presentation highlighting many important events in the life of OiR Ayr and narrated by Barrie.

June Foreman created a beautifully decorated birthday cake for the occasion, and Lesley arranged that our oldest member, Harry Richardson, who celebrated his 108th birthday in February, would carry out the ceremonial cutting of the celebration cake, a task which he performed excellently.

This was followed by an opportunity for sharing much reminiscing, through conversation and looking at the many photographs and other items which members had brought along. A copy of the book "Shared Lives", produced by Amy Kinnaird for our 30th anniversary was also available, and it was great to have Amy herself present at the meeting.

The meeting closed with a vote of thanks to all those who were involved, and to the members for attending the meeting in such large numbers.

David Bowman

Here's to another 40 years!

Ed.

Harry Richardson DFC

Harry Richardson's name will be known to many OiR members, as Harry's bravery as a bomber pilot in WW2 has appeared in several past editions of OiR's newsletters over the years.

Harry has, very recently, received further recognition of his outstanding courage and bravery.

On Saturday 7th February 2026, David Bowman and I were invited to attend the RAFA Club in Prestwick, where Harry was to have a "party" to help him celebrate reaching his amazing, incredible, age of 108 years.

RAFA Club members, family and friends, gathered on the Saturday evening of 7th February 2026 for this auspicious occasion.

During this evening Harry was invited to sit on a chair placed in front of the stage. Then his story of war-time bravery and courage was related by a representative from Bomber Command. To this amazing story Harry responded calmly in a clear articulate fashion, describing his joining the RAF at the age of 21. He had been very impressed by the sight of many planes while at RAF Northolt, and was so inspired that he felt a huge desire to learn to fly one of those remarkable fabulous machines.

It was heart-warming and so impressive to see this elderly gentleman of 108 years respond in such an articulate manner, so that those present could hear his story so clearly and well. (Harry has recently mislaid his Flight Logbook.)

It was a pleasure and a privilege to be there with Harry and his family on this very happy occasion. Guests then gathered around Harry and the birthday cake while he expertly wielded the knife to make the first cut, and all the guests gathered around him to sing "Happy Birthday".

Harry's birthday was actually the following day – Sunday 8th February, but as Saturday evenings were, for many years, Harry's "Ballroom Dancing" evenings at the RAFA Club, it was felt by Harry's two daughters, Penny and Lynda, that the Saturday evening, the 7th February, Harry's night for ballroom dancing, was a more suitable time for his party.

Harry and his late wife, Marjorie, loved ballroom dancing and were excellent dancers – rarely missing a Saturday "dance evening" at the RAFA Club.

It was indeed a privilege to be invited to that special event in the RAFA Club, and to join in sincere good wishes to our good friend, Harry, who in May 2025, could be seen on the television at the Horse Guards Parade arena in London seated beside King Charles – both chatting animatedly together, while Penny chatted to Catherine, Princess of Wales, on the other side of the Royal Party.

Harry and Penny now have many memories – choc-a-bloc with their unique visit to London in May 2025 on the 80th Anniversary of the end of World War 2 in Europe.

Harry Richardson - continued

I'm sure all our OiR members will join with me in congratulating our distinguished member – Harry Richardson DFC.

During the evening Harry was also presented with an enlarged copy of his Logbook, but in the form of a magazine type of book.

OiR members might remember that Harry enjoyed a short flight in 2024 from Prestwick Airport in a Piper Cub, piloted by my son Tom's friend – Graeme Smith – a retired BA pilot. At one point during the flight down the coast and out to Ailsa Craig, Graeme let Harry take the controls of the plane – what a thrill! Graeme's brother Finlay told me that he had entered Harry's flight for him in his Logbook. Finlay said his hands were shaking while he was writing, as it was such an impressive story.

Despite his incredible story, Harry remains a kind and courteous gentleman, and it is an honour to be counted as one of Harry's friends. I'm sure OiR members will be happy to join me in sending our Best Wishes for good health and happiness in years to come. Harry is a Life Member of OiR, and his daughter Penny is also an OiR member.

Harry lived for many years in a bungalow in Prestwick, but after Marjorie died, he moved to live with Penny in Ochiltree. Penny takes excellent care of her dad, who is still very much an individual, and tries always "to do his own thing" Penny deserves huge thanks for her impressive patience with "Dad".

Amy Kinnaird

Harry Richardson – Addendum

The following is an addendum to Harry's life story: -

In addition to being in the company of the King at the VE80 celebrations on 8th May 2025, Harry was honoured on 18th July 2025 with a Civic Reception held in the County Hall, Ayr County Buildings. David Bowman and I were invited to this prestigious event, and it was an honour to represent OiR in the company of Harry's friends and family, who had gathered together that afternoon to witness Harry being presented with the Lord Lieutenant's Award by Iona McDonald – Lord Lieutenant of Ayrshire and Arran.

Iona presented Harry with a medal and a framed plaque which acknowledged his bravery in WW2. Following that, Iain Campbell, Provost of South Ayrshire, presented Harry with the Provost's Award. This award has been in existence for the past 30 years and Harry becomes the 10th recipient of this honour.

Then Squadron Leader James Martin of 602 Squadron (City of Glasgow Royal Auxiliary Air Force) spoke of Harry's extreme bravery on his WW2 missions.

Following these speakers, the RAFA dedication was given by Alex Lobban, Chair of the Ayr and Prestwick branch of which Harry is a long-time member. And still attends the RAFA Club dance on Saturday evenings. Harry's late wife, Margery, was also a member of Prestwick RAFA Club and, in addition, she was a founder member of our OiR.

Following the presentations, afternoon tea was served and this was very much enjoyed by everyone present.

Before the event ended, Harry stood up to make a short speech in which he thanked all involved in making his day so special and memorable. It was easy for the listeners to forget that we were listening to a 107-year-old gentleman.

Amy Kinnaird

Some fun facts

Did you know the Scottish Wildcat is now rarer than the Bengal Tiger. The Scottish Wildcat population is estimated to be around 400 while approximately 4,500 Bengal Tigers remain in the wild.

Dundee's problem with drunkenness in the 1870's was so bad that a single policeman would arrest between sixty to seventy drunks, men and women, every Saturday night!

Source - The Scots Magazine.

Douglas Sanderson is awarded a Certificate of Appreciation

At the end of 2025, Douglas retired from the OiR Executive Committee after many years of sterling service. His fellow committee members recognised this by giving him a gift and presenting him with a Certificate of Appreciation. Our longest serving Committee Member, Amy Kinnaird has written this appreciation of Douglas and his valuable service to OiR.

Douglas Sanderson epitomises an OiR member. He is a real gem of an OiR member. I remember first meeting him on a Tuesday walk some years ago. His warm smile and friendly face helped new (and old) members feel welcome and at ease. I can say, without contradiction, that Douglas brought many new members into the fold. For example, while travelling

on a Glasgow to Ayr bus some years ago, Douglas got chatting to another passenger (as he does). He extolled the benefits of OiR, and within a short time Bill Myles had become an OiR member – just one example, as Douglas encouraged many retired men and women to join OiR.

Douglas was elected to the Executive Committee some years ago. He was very supportive with any new development – giving his all where and when it was required. Douglas did the spade work which helped many of our events to take off and flourish. His infectious smile and friendly approach made members feel comfortable and welcome.

Douglas also brought members into the Sugar Cube fold. Some years ago, he frequented the café and made friends with Peter, the owner. After Town Hall meetings on a Tuesday, and the History and Photography Groups on a Wednesday, it was a welcome haven for members to enjoy Peter's delicious soup and a "SNYSTER" (a good Scots word meaning cake, a sweet pastry etc.) while indulging in putting the world to rights.

On a personal note, Douglas has been a good listener and friend to me through good times and bad. I value his company greatly, and it has been an honour for me to get this opportunity ("opportchancity") to put down on paper just what I, and many OiR members, feel about Douglas.

I truly wish for Douglas – good health and happiness for many years to come – so that he may still enjoy being a hard-working OiR member, and a dear friend to many of his fellow OiR members.

Amy Kinnaird

P.S. I haven't mentioned that, as a parishioner at St James's Church, Douglas worked hard whenever help was required there. Since the church closed, Douglas continues to worship in Newton Wallacetown Church (now known as North Ayr Parish Church since the union of several congregations).

"Lang may his lum reek"



Be Scam Aware - don't be a victim

Anyone can become the victim of a scam - scammers target people of all ages, backgrounds and income levels. But, some older people are vulnerable because they are targeted more often. Half of those targeted by scammers are over 55 and a third of scam victims fall for a second scam within 12 months.

Listen to your common sense.

If a telephone call sounds suspicious - hang up

Do not respond to suspicious emails requesting personal details or directing you towards a link which could install a harmful program on your computer, tablet or smartphone. Delete it. Make sure your anti-virus software is up to date. Create strong passwords for all your on-line accounts. You can report a scam email by forwarding it to report@phishing.gov.uk then delete it.

Don't be pressured by anyone to hand over money, banking details or personal information. Scammers like the anonymity of the telephone but they also use the internet and they may knock on your front door.

Don't be a victim, stay calm and shut them out.

Our OiR Choir performing at the Ayrshire Music Festival on Monday 16th March 2026 in Ayr Town Hall



We had the honour of performing at the 100th Ayrshire Music Festival on 16th March in Ayr Town Hall.

We were entered in the adult choir section with another three adult choirs. It was a very close competition as all the performances were of a very high standard.

We didn't win, but we gave a great performance which was well received by the audience, and they gave us some lovely positive feedback as well as admiring our T-shirts.

What a great experience for us all and although it was both nerve wracking and emotional, we all thoroughly enjoyed it.

Of course, we couldn't have done it without our fabulous choir leader Adele and our excellent accompanist Andrew on piano.

The festival adjudicator, Graham Dickie MBE gave us very complimentary verbal feedback, and his written comments were extremely positive, we even got a tick in the "honours" box.

The Arnie Green Music Award

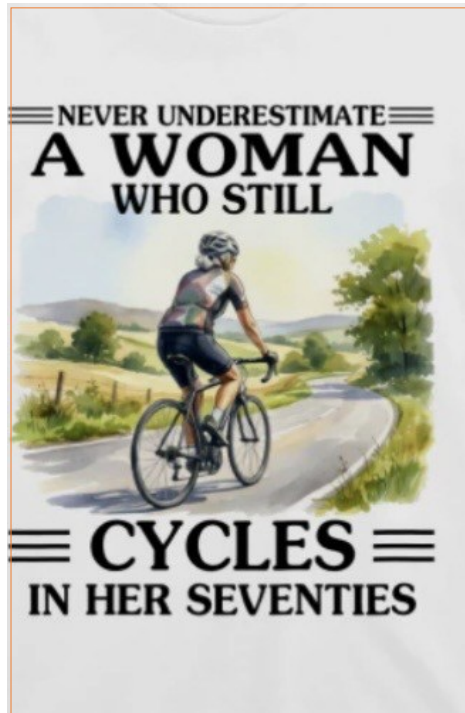
The committee have approved the introduction of a Music Award to be presented annually, at the AGM, to an OiR member of one of our musical groups. This award has been contributed by Arnie's family.

Initially, the award for 2026 will be presented to a member of the OiR Folk Group as Arnie was heavily involved with this group.

More details will follow in our monthly News Emails.

OUTLOOK NEEDS YOU

To fill the pages of Outlook we need your help, so please send us news about group activities (doesn't have to come from the Group Leader) your hobbies or holidays, recipes and books you've read, poems and practical advice on how to cope with new technology and advancing years. Please send your articles and pictures to the OiR office at - office@oirayr.org.uk - and please read the guidance notes on page two (2) before sending an email or delivering your article (s) to the office.



Friday E-Cycle Group

Have you seen t-shirts with these slogans?

"Never underestimate a woman who still cycles in her 60s, 70s or 80s!!"

I find the word **still** is a bit patronising because why wouldn't we be cycling??

I am aware that my new much younger neighbours seem bemused as this 70 something gets her bike out every Friday morning. "Where are you going today they shout?". "Gourock" I say to which they seem somewhat surprised and impressed. I don't feel the need to explain that we were getting the train to Johnstone first.

Our e-bike group has made a good start to the 2026 season with rides to Gourock, Pollok Park, Ardrossan, Dean Park etc

We make extensive use of the national cycle network and trains. This enables us to cycle almost exclusively on cycle paths and if necessary, very quiet roads. We usually cycle between 15 and 25 miles on a Friday depending on the weather.

We have plenty more destinations in the pipeline - Balloch, Falkirk, Strathblane, if the weather is good or closer to home: Troon/Barassie, Langholm Farm or Auchincruive when the weather forecast is poor.

We are always looking for new routes, so we are looking forward to the opening of the new cycle path to Dundonald which is due to open this year.

We are a small very friendly group who have swapped our ordinary bikes for e-bikes not because we couldn't manage without power - oh no, no, no, but because e-bikes are FUN

There is nothing better, when you see a hill ahead, than being able to drop down a gear or two and increase the power then reaching the top still smiling.

We can go further. Of course, some observers say it is too easy, not enough exercise, but we still have to pedal, or we go nowhere. And of course you don't have to switch the power on. In fact, some of our members like to challenge themselves and manage the hills with pedal power alone. We are happy to wait for them at the top.

We have a few spaces in our group so if you have an e-bike or are thinking of buying one why not join us on a Friday and see what you think. Just phone Pauline on 01292 443358. Evenings are the best time to phone and get an answer.



OiR BAKING GROUP

Do you like baking? Do you often not know what to bake? Why not join our friendly Baking Group and see how you get on?

The Group runs entirely online - although we have an annual get-together for Afternoon Tea each summer. Every two weeks, I send out a new recipe by email. Everyone is invited to try it, share feedback by email, suggest any amendments, variations or additions and submit a photograph for the Group Webpage on the OiR website. There's no obligation to bake everything ... just choose to make whatever appeals to you!

Members contribute to the Group by supplying recipes - cakes, pies, loaves, scones, savoury dishes, fancy desserts, good old-fashioned puddings, or whatever. Anything goes! These photographs show you some of the recipes we have tried recently.

If you visit our Group Webpage, on the OiR Website, you'll see examples of the wide range of tasty recipes we have tackled.

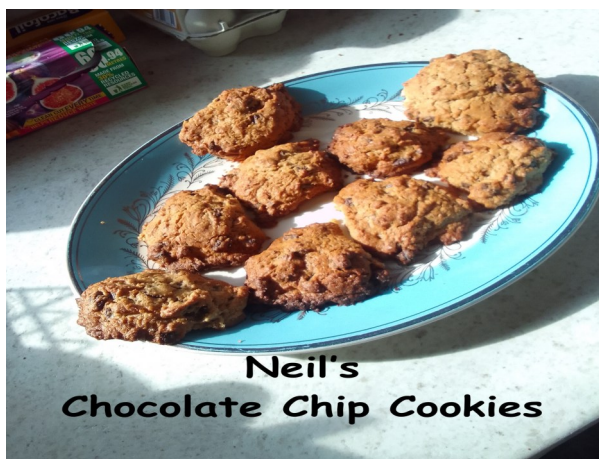
The Group is open to all OiR members whether male or female, novice baker or experienced chef. We can all learn from each other and improve our baking skills. This is a very informal Group and you are very welcome to join.us. Just get in touch - hazel.sommerville@yahoo.co.uk. I look forward to hearing from you.



Mairi's
Courgette & Cardamom Cake



Hazel's Sage & Onion Tart



Neil's
Chocolate Chip Cookies



Pat's Biscoff Rocky Road



Norma's
Key Lime Pie



Mary's Almond Slice



The Book Club

The Book Club been running now since 2021 and when I count the number of books I've read over the past 5 plus years, I feel quite proud of myself. Over the people have come and gone, however we have a steady group of ladies and gents who I now feel are close friends. That's the thing about the Oir, your circle of friends just keeps growing and meeting so many folk with the same interests as yourself is a joy.

Apart from reading, and keeping the old brain ticking over, it has certainly widened my knowledge of so many things. I'm sure the group will agree when I say that every book we review has a learning experience within it every time! I can hear myself now 'Oh I didn't know that'.... countless times

I've said that to myself over the years. Whether I remember the info right enough is another story! Our books come from a wide range of places, the Library, World of Books, Apple Books, Book bub, Amazon, Ebay, and more. Most of us really don't buy new, its either charity shops or used booksellers. Once read, they go back for resale somewhere else.

So, we are over half-way through 2026 and our books for this year have so far been fabulous. You will see what we have been reading and a short review of each book on the OiR webpage and OiR Facebook. Our book group is online and we have a full complement of members now, but there is always room for another book group if anyone wants to start one. Below a quick quiz to test your knowledge.

Happy reading everyone!

Margo Ross

A BOOK CLUB QUIZ - just for fun

- Q1. Name the best selling book of all time.
- Q2. To Kill a Mocking Bird - Can you name the narrator of the story.
- Q3. The Outlander TV series was based on whose books.
- Q4. Where and when is the Boswell Book Festival held each year.
- Q5. Can you name at least three Scottish Writers.
- Q6. Which two countries provide the setting for Charles Dickens
'A Tale of Two Cities'
- Q7. Which British Prime Minister was awarded the Nobel Prize for Literature.
- Q8. Which Book, earlier in the year, was in a scandal regarding whether
The story was true or not.
- Q9. Which book written by Richard Osman has been made into a Netflix Movie.

???

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???

Answers on page 21

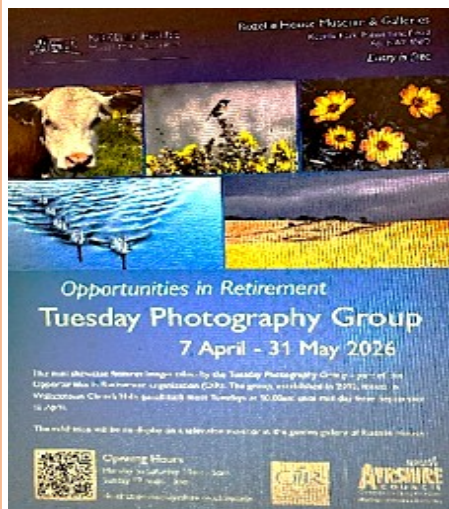
A polite reminder to Group Leaders - please ensure that the information the office has about your group is up to date and also how you wish to be contacted by folks seeking information about your group. Would you prefer email, telephone or text? If you would rather not be contacted directly the office will handle enquiries for you and then forward the information.

The Tuesday Photography Group (TPG)

The Group restarted on 20th January 2026. Over the following 17 weeks we had a full programme.

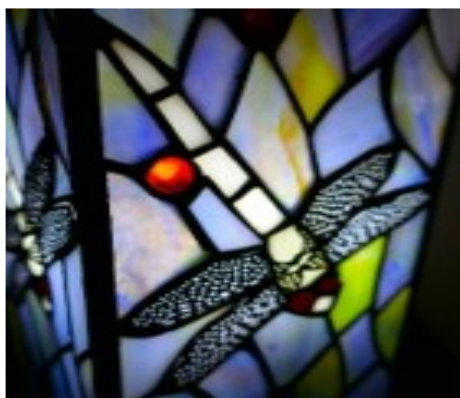
The TPG met at The Fairfield Hotel for a post Festive Season lunch on 13th January.

A highlight of this session was the TPG Show of Work at The Rozelle House Museum & Galleries on a large TV screen. The feedback has been positive and Museum Curator, Erin Crossan, is keen to work with our group again in the future.



During the colder, more inclement weather at the beginning of 2026 the group met each week at North Ayr Parish Church Hall (formerly known as Newton & Wallacetown Church). We welcomed speaker Stephen Byrne from the Scottish Air Ambulance Service. Our second speaker, Campbell Montgomery told us about his "Photography Journey" from using a camera to a drone.

Stuart Dreghorn, a professional photographer, visited our group in April. He gave members hints and tips which helped with practice the following week.



Throughout this session, the members' photographs were viewed. These included images from the weekly topics; Photographs of the Month; Monthly Favourite images, Jolly images and visits. Members were encouraged to discuss their photographs – when, where, why and how they were taken.

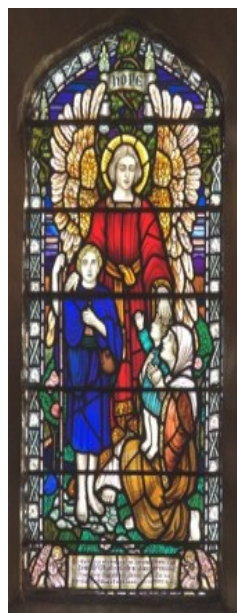
Two group members each gave presentations - entitled "My Best Pics with the TPG" and "A Scandinavian Adventure".

Outside visits away from the hall were made to The Museum of Rural Life at East Kilbride, to Culzean and a Walkabout in Ayr looking for unusual signs and windows.



TPG continued

In addition, we were invited to Fisherton Church (built in 1843) to make a photographic record of the interior of this now closed church.



Thanks to the TPG committee who work hard to produce a varied programme for all our members. The TPG meetings will restart on Tuesday 15 September 2026 at 10:00 in North Ayr Parish Church Hall (formerly known as Newton & Wallacetown Church) – new members are always welcome.

For more information about this group please visit the OiR website or speak to the OiR office and the Group Leader will contact you.

The pictures below are a selection from our display at the Rozelle Gallery in the Spring of this year. They also featured on the poster created by Rozelle Gallery to advertise our display. (top of previous page)



Photography is the art, application and practice of creating images by recording light.

Bird Watching Group

A few weeks ago Donna Gregory, Activity Coordinator at River Garden, Auchincruive, invited our Bird Watching Group to meet her for a guided tour around the gardens and the riverside. An interesting and enjoyable tour was followed by lunch in the Bothy Café. Our visit to Auchincruive was enjoyed by all.

Alice Bates

The Bothy Café is run by a charity dedicated to helping people re-build their lives - combining purpose, therapy and community to create lasting recovery from addiction.

The Bothy Café is open seven days a week.

To discover more about Auchincruive visit the website at - rivergarden.scot

Ed.



A FRIENDLY REMINDER OF A DATE FOR YOUR DIARIES: PLUS, A CHANGE OF VENUE FOR OUR WELCOME DAY 2026



Once again, we will repeat our Annual Welcome Day in 2026.

Our Day this year will be **WEDNESDAY 21st OCTOBER FROM 1-3.00 PM, in AYR TOWN HALL.**

Everyone is assured of a friendly welcome.

We will welcome and enrol new Members, and you can renew your OiR membership for 2027 on the day. for £25.00. Just bring your Membership Card and we will do the rest!

We would also encourage members to bring along a friend, or two, who are not yet Members of OiR to introduce them to the variety of activities we have on offer.

Refreshments will be available during the afternoon.

Please, would Group Leaders consider taking a table at this event and contact the office as soon as possible to book a space (office@oirayr.org.uk). Thank you.

Error—correction

In the last edition of Outlook we celebrated our 40th Anniversary but the dates shown beside the OiR logo were wrong, a typing error, they should have been 1985 to 2025 not 1995 to 2025 which is only 30 years and nobody noticed!

Do you remember the 80's?

Prince Charles married Lady Diana Spencer (81) and in the mid 80's the HIV virus was identified by US and French researchers. The Live Aid Concert (85) held simultaneously in London and Philadelphia raised millions for Famine Relief. The wreckage of Titanic was found in the North Atlantic by a team of oceanographers. The US Space Shuttle "Challenger" exploded after takeoff killing the crew of seven Astronauts (86) The Chernobyl disaster in Ukraine remains the worst nuclear reactor accident in history.. Pan Am flight 108 (1988) exploded over Lockerbie Killing 259 on board and 11 people on the ground. At the end of the 80's (89) the Berlin Wall fell. For 30 years the concrete barrier surrounded West Berlin preventing access from East Germany.

A gallon of Petrol cost £1.28 - a large white loaf cost 36p - a 20" Colour TV cost £260.00 - a daily paper 8 to 12 pence - a bottle of Whisky was £5.29 - a can of Coca Cola was 16 pence - and you could buy an automatic washing machine for £200.00. The milkman delivered fresh glass bottles to your doorstep every day and the familiar Red Telephone Box was a lifeline on almost every street corner.

Here's to another 40 years!

PROPOSED COACH TRIP TO THE SCOTTISH PARLIAMENT

Thursday 26TH November 2026

It is proposed to arrange a visit to the Scottish Parliament, Edinburgh, on Thursday, 26th November.

There would be a tour of the building and then, seated in the public gallery, we would listen to questions to the First Minister. If there is sufficient interest a coach would be arranged with an approximate cost of £20 per person. Otherwise, we will travel via public transport. Please email the office (office@oirayr.org.uk) to register your interest in joining this trip. Spaces still available.



**EVERYONE
IS
WELCOME**

Christmas Lunch 2026

**This is an invitation to all our
Members**

**Join us for Christmas Lunch
on Tuesday 1st December
in the Horizon Hotel,
The Esplanade, Ayr,
12.30 for 1.00 pm.**

Cost - £30.00 per person.
(entertainment & gratuities included)

Menus and booking forms will be available at our Welcome Day also from the OiR office and at Town Hall meetings from October

Booking is essential and please note the amount due is to be paid in full **no later than Thursday 19th November.**



PRIMARY SCHOOL MEMORIES - from a teacher

I was a teacher in a Primary School and then Head Teacher in the same Primary School.

During my career, I was often amused by the children's questions to me, which were so honest and innocent.

For example, I had a teaching commitment on a few afternoons per week with a Primary 2 class – 6-year-old pupils. This meant that I would not be in my Head Teacher's office. However, my room was next to the Janitor's room. Mr Jim B was the Janitor, and Jim would answer the phone if he heard it. I had also asked Jim not to come and get me for the phone, unless it was a call from the County Buildings in Ayr, or a similar official source.

I was in the classroom one afternoon when Jim came in to say that there was a phone call from the Education Department in County Buildings. Jim said, "I'll watch your class", so I went out, leaving Jim in charge at my table.

On my return I thanked Jim and then spoke to the class, Elaine M put her hand up and said – "Mrs Kinnaird is Mr B your man?"

I needed to start wearing glasses in the mid-70s when I was a primary teacher. I didn't put them on when I spoke to the class first thing in the morning of the first occasion of wearing them. I got the children to start on their News jotters, then I put on the specs to check the class register. I looked up at one point, and a small girl called Henrietta spoke clearly and loudly – "Oh Mrs Kinnaird's got specs, you look like Deirdre in Coronation Street" The children all looked up to see this phenomenon – Their teacher was wearing glasses. I watched Coronation Street (for the first time) that evening to see Deirdre. Her glasses had huge rims, very popular at that time.

Young children are so open and talk about life as it is or as they see it. Another wee girl put her hand up one morning and said "My Mammy says that Mrs McG's no greedy. If you are hard up, she'll lend you a pound until the end of the week."

One morning just after 9.00 am I was in my room when there was a knock on the door. On opening it, I confronted two little boys, Tommy and his little brother Kevin. Kevin was in a very distressed state. "What's wrong?" I asked. Tommy, the elder brother said, "Kevin has dirtied his pants." I looked down at Kevin, and his trousers were in a perilous damp state. Through his tears, Kevin blurted out – "Mrs Kinnaird, a thocht it was a fart, and here it was a "jobbie"." His physical and emotional needs were quickly attended to. He went home soon afterwards with a note for his parents.

Continuing with the "toilet theme", I once had 3 boys called John in a Primary 4/5 class. I called them John 1, John 2, and John 3. Just after the lunch break, I noticed that one of the Johns was missing. "Where is John 1?" I asked. "He's in the toilet Mrs Kinnaird" said John 3. So, I sent John 3 to see if John 1 was all right. I closed the classroom door. Shortly afterwards, the door was flung open dramatically, and still holding on to the door handle, John 3 announced – "Mrs Kinnaird, John 1 is doing a jobbie. I heard a plop!"

So, it is not all sums and sounds in a primary classroom! Children provide an honest, non-judgemental attitude to this business of living. They do brighten up your day without even trying.

Another innocent remark from a small boy – 9 years old at the time. This small school in New Cumnock had only two classrooms – a modern building with a hall area in the centre – opening out to the main entrance and the car park. My class consisted of 15 pupils (P4 – P7). I had no office help. In the adjacent classroom, the teacher was S. S - the full-time teacher of P1 - P3. I kept my classroom door open into the hall and the main door to the car park outside. I had to be aware of anyone entering the school unlawfully. One afternoon my pupils were working on a project. One P5 boy, Darren, had finished his task and was casually swinging on his chair. From there Darren could see into the hall area – a good lookout lad. In the quietness, Darren suddenly announced – "Mrs Kinnaird, here's a daurkie coming! I went into the hall to speak to the man – a Securicor delivery driver whose van was out in the car park. I signed for the delivery and thanked the courier who said

nothing and just smiled. He must have heard Darren’s remark as he came forward towards the classroom. Afterwards. I spoke to Darren and the children about skin colour and kindness to others. It was a difficult subject to tackle, but there was no malice intended on Darren’s part. It was rare at that time for a black person to be seen in New Cumnock.

I always found the villagers in New Cumnock friendly and helpful, and kind to strangers. That remark from Darren was an innocent reaction – not intended to be insulting or unkind. Teaching is also a learning situation for the teacher.

Amy Kinnaird



**A SUMMER 2026 QUIZ
JUST FOR FUN**

Think you’re sweet enough?
See how many of these chocolate and sweet treats you can find.

- 1. Sly Giggles.....
- 2. High Class Thoroughfare.....
- 3. Coin Producer.....
- 4. Dark Occult.....
- 5. Planetary Pub.....
- 6. Clever Folk.....
- 7. Sport for Princes.....
- 8. Garden Flowers.....
- 9. Hello – An Assorted Musical.....
- 10. Dairy Holder.....
- 11. Arrange Marriage Partners.....
- 12. Edible Fasteners.....
- 13. Wobbly Infants.....
- 14. Talk Quietly.....
- 15. Big Bus.....
- 16. Spin Around.....
- 17. Lorry Drivers’ Snack.....
- 18. 100% Au.....
- 19. Istanbul Harem.....
- 20. Pub Game with Pins.....

Answers on page 22

Write your Life story

Why should you write your life story?

I think it is important that we leave a record of our lives. It can be a precious gift for children, grandchildren, relatives and friends. How often have we all wished we had listened more to our parents and grandparents or asked them questions?

When I was a Humanist celebrant conducting funeral services, it was a great privilege to put together the story of someone's life. Everyone has their own unique story to tell.

I have started writing my own life story and have found a very helpful book to assist me – **How to write your Life Story by Sophie King** which sets out the steps. I would plan to offer a two-hour session each week with a written handout detailing what is covered.

Week 1 How to begin/Using memories

Week 2 Verbal research/Written records

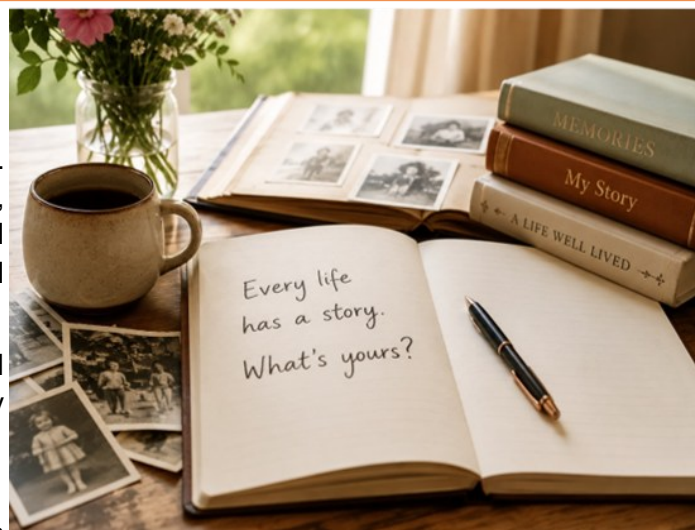
Week 3 Different ways to structure story/How to add pictures, illustrations, appendix

Week 4 Add in fads, gadgets and inventions/Write a timeline/End the story

If there is sufficient interest from OiR members I would hope to start this course in October 2026

To register your interest please contact the office.

Maggie Roebuck



OiR - Activities and Healthy Ageing

I'm sure all readers of this edition of Outlook are aware of the many benefits they receive from the activities that they engage in with OiR Ayr.

Two pieces of recent research in May 2026 from University College London and a report from MPs in Westminster have confirmed the benefits.

The first report focussed on the links between arts activities such as singing, playing music, dancing, painting and crafting and healthier ageing. One arts "session" a week was found to have a similar effect on the ageing process as an extra workout, with cognitive stimulation one potential benefit. For example, practising a musical instrument or singing stimulates the brain and lowers stress levels. Reading fiction at least once or twice a week was associated with a reduced risk of cognitive decline for older adults.

The other report by MPs in Westminster, the Commons Health and Social Care Committee, stressed the importance of exercise and activity for older adults. They said exercise "was as important as medication" for keeping older people healthy. Low levels of exercise "being a major driver of ill health in later life."

We are incredibly lucky to have a charity, with so many enthusiastic and dedicated volunteers. OiR currently runs a wide variety of over 50 creative and physical activities including walking groups, cycling, tennis, bowls, singing, crafting and drawing and painting, among many others, helping local people stay active, socially connected and engaged in later life.

You can try out an activity to see if it is for you. If you are unsure, pop into the OiR office and have a chat or email us on office@oirayr.org.uk.

Remember too, anyone can suggest a new activity and we then try to gauge interest amongst our members.

Try something new and feel the benefit!

Maggie Roebuck

THE DAY THE WORLD CHANGED

We all have our own memories of where we were on that seemingly normal September day in 2001 when the terror attacks on New York's Twin Towers and the Pentagon, followed by the plane crash in Pennsylvania, changed our world for ever.

On Tuesday 11th September 2001, nearly 25 years ago, this happened to be a usual Tuesday fortnightly OiR walk with the late Bob Smillie as our Group Leader. The walk was a circular one in Kirkoswald and our cars were parked in the church car park.

At that time the late Hector McAndrew and I were on the walk, as were other members of the OiR Executive Committee, before we were due to represent OiR at a meeting involving various voluntary South Ayrshire groups. The meeting was taking place in the John Pollock Centre at Mainholm Academy later that day. Because of the timing of the meeting, we had to leave the walk, before it was completed, to attend.

When the meeting was over, we went downstairs to the reception office of the academy where a couple of staff were looking at a TV screen. I thought the two ladies were engrossed in a film as I could see dark grey smoke and flames shooting up into the air, and I could hear the wail of sirens and gasps of horror.

Then one of the ladies turned round to us and, with abject horror on her face, told us about the horrific scene and the anxious moments of the collapse of the Twin Towers in New York. We were all stunned into silence as we stood in that school watching a scene that we would never forget.

Today, the legacy of 9/11 has left millions of people in the US and Europe going about their public business under the constant gaze of security cameras while other surveillance tools scoop up private communications.

In a frantic 180 minutes of devastation nearly 3000 people died, 6000 were injured, and in the twenty-five years since, countless lives have been destroyed.

Amy Kinnaird

Out & About - Loch Doon

Follow the A713 from Ayr to Dalmellington and the Loch Doon turn-off is a mile south of the town. About two miles from the turn your reach Loch Doon Dam, built in 1935 to create the largest inland loch in south Scotland, it's 7 miles long.

Water flows down from the loch, via a large pipe, to other lochs to drive the Turbines in Hydro Electric Power Stations between Carsphairn and Dumfries

Osprey can be viewed from the Roundhouse Café beside the loch. They had their first chicks here in 2014 and return every year to a permanent nest site.

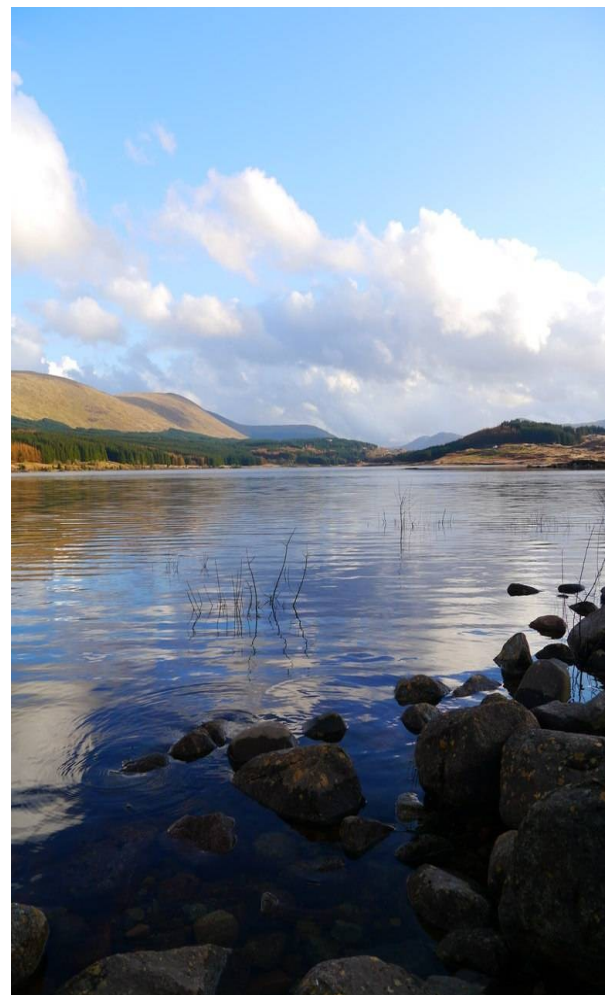
Loch Doon Castle, on the shore towards the end of the loch. dates from the 13th Century. Originally it stood on an island in the middle of the loch but it was moved to the shore when the water level was raised.

Popular with visitors there are a limited number of pitches available for touring caravans on a site beyond the Roundhouse Café. The site is maintained by the Loch Doon Caravan Club.

There are a number of bank fishing spots all along the loch. Brown trout are the fish most caught.

On a fine day Loch Doon is a great place for a walk or a picnic. Many quiet spots to settle. But please picnic sensibly and take your litter home with you

SD



THE GAIETY

TEL 01292 288 235
www.thegaiety.co.uk

MEMORY LANE CAFÉ



**DEMENTIA FRIENDLY
DROP-IN SESSIONS**

THE GAIETY

TEL 01292 288 235
www.thegaiety.co.uk

MEMORY LANE CAFÉ

Join us at Gaiety 2, 1C Arthur Street for a relaxed afternoon with friends old and new over a cup of tea.

Memory Lane Café is run by Gaiety volunteers, and welcomes everyone living with dementia or memory loss, along with their carers and family members to attend.

For those living with dementia, it's hugely important to receive regular interaction with others as this will help with their confidence and trigger mental stimulation.

Attending a café and talking to like-minded people also provides an informative and friendly space to answer any questions people living with dementia, their carers, friend and family may have.

Our Memory Lane Café will also provide activities to keep body and mind active, ranging from a simple quiz, to arts and crafts and listening to music.

For more information and dates please email
info@ayrgaiety.co.uk

Book Club Quiz Answers

Q1 Bible

Q2 Scout Finch

Q3 Diane Galbandon

Q4 Dumfries House – May / June

Q5 Ian Rankin, Chris Brookmyre, Arthur Conran Doyle (Sherlock Holmes)

Alisdair Gray, Alistair McLean, Iain Banks, Janice Galloway,

William McIlveney, Damien Barr

Q6 Paris and London

Q7 Winston Churchill

Q8 The Salt Path

Q9 The Thursday Murder Club

Devised by Margo Ross



Summer Quiz - **answers** - Just for fun.

1. Sly Giggles – SNICKERS
2. High Class Thoroughfare – QUALITY STREET
3. Coin Producer - MINT
4. Dark Occult – BLACK MAGIC
5. Planetary Pub – MARS BAR
6. Clever Folk - SMARTIES
7. Sport for Princes – POLO MINT
8. Garden Flowers - ROSES
9. Hello – An Assorted Musical – DOLLY MIXTURES
10. Dairy Holder – MILK TRAY
11. Arrange Marriage Partners - MATCHMAKERS
12. Edible Fasteners – CHOCOLATE BUTTONS
13. Wobbly Infants – JELLY BABIES
14. Talk Quietly - WISPA
15. Big Bus – DOUBLE DECKER
16. Spin Around - TWIRL
17. Lorry Drivers' Snack - YORKIE
18. 100% Au – ALL GOLD
19. Istanbul Harem – TURKISH DELIGHT
20. Pub game with pins - SKITTLES



Quiz Devised by Isabell Roger.

Our thanks to Isabell & Margo for devising these quizzes. Did you get all the answers right?

Don't advertise your phone

Stay Safe, Keep it hidden.

Stay alert. When you are away from home, be aware of your surroundings and don't use your phone in crowded areas or where you might feel unsafe.

Keep your phone out of sight when not in use.

Don't attract attention to your mobile phone when carrying it or using it in the street.

Mobile phone theft leaves you vulnerable. Thieves can get access to information which is personal to you including your bank details. Lock your phone with a password, or another method of securing your phone, so a thief is unable to gain access.

Report a lost or stolen phone to the police or to Crime Stoppers - a registered charity dedicated to fighting crime in Scotland.

Visit the Crime Stoppers website for more information about your personal safety.