



## VIEWLANDS REVIEW - Issue 7 Autumn/Winter 2019

Hello everyone,

Welcome to the latest edition of the Viewlands Review. As usual there are lots of interesting items for you to read. Thank you to everyone who contributes articles and to Louisa and Elaine for taking the time to put it all together.

The Summer Fair was great fun as well as a great success raising over £1000 for the Residents Social Fund. Thanks to everyone who contributed to this especially Alison and the Friends of Viewlands who did an outstanding job organising the Fair and participating on the day. Thanks to Kat who again organised the Army Cadet Band which everyone thoroughly enjoyed.

This year we were a runner up in the Beautiful Perth Garden Awards for Residential Care Homes receiving a Silver Award. Residents really enjoy their time in our garden and summer houses during the better weather.

The kitchen has now been fully refurbished. The work was carried out as planned with the minimum of disruption to our residents. Thanks to our staff team for rising so well to this challenge.

The Society has a further plan of improvements for maintaining the House. Most of these involve external work to the building. This work has started and please accept our apologies for any inconvenience and noise.

There is a full diary of seasonal events planned for residents which I hope you all enjoy.

Best wishes,

Catriona

## Welcome To Amanda!

I have been asked to write a bit about myself for the magazine so I will try not to make it too boring.

I am originally from Dundee, which is where I did my nurse training. My first post was in orthopaedics in DRI, which shows how long ago it was. I learned so much there and loved every minute of it. I also worked in Royal Victoria Hospital which was another great place to work. Throughout my career, I have thoroughly enjoyed everywhere that I have worked, except perhaps the 4 weeks in my training which was on the eye ward... I am not the best with eyes, so please don't ask me to do eye drops!

I moved away from Dundee and into the wilds of Perthshire back in 1992. I then worked in the cottage hospital in Blairgowrie for many years. This was initially in a long stay care of the elderly ward and then dementia assessment.

I took the leap into Care Homes in 2011 and part of me wishes that I had done it sooner. It is so nice to be able to get to know people really well when you are caring of them over a longer period of time as well as getting to know and also supporting the relatives and friends of our residents.

I now live in the countryside a few miles from Blairgowrie. I have 3 children, all in their 20s and all still at home, as well as two Northern Inuit dogs and 3 chickens. In my spare time there is always plenty of walking the dogs to do and plenty of eggs to use up, which is a good excuse to do some baking. I'm not the best but the eggs can't go to waste! I also enjoy knitting, reading and hope to start a vegetable plot next year.

Everyone has been so welcoming here and it is a lovely home. I am truly looking forward to really settling in, hearing peoples' ideas and making plans to benefit residents, staff and visitors.

My door is always open so please feel free to pop in for a chat.

Have a lovely Christmas and New Year.

Amanda



## The Sun had got his Hat on....

### **Hip, hip, hip hooray!**

The balloons and bunting were up, the garden was at its summer best, the Cadet Band struck up and, on the afternoon of the 24<sup>th</sup> August, our doors were opened to the many supporters of Viewlands House for our Summer Fair.

Such was the tempting array of cakes, bottles, gifts, jewellery, woodcrafts and raffle prizes that the stall-holders were kept very busy; children had some fun spending their pennies at the Sweetie Tombola, Lucky Dip, tattoos and Lollipop Draw, and folks were game to have a go at guessing the names of the Scottie dogs and the end numbers on the £50 note or completing our quiz. By way of refreshment, delicious teas were served inside the house, and old and young alike enjoyed an ice-cream treat in the garden.

Thanks to the generosity of all those attending our fund-raiser and of everyone who so kindly made donations, handed in contributions for the stalls and helped in so many other ways, we raised the terrific sum of £1549.51 which will be used to provide treats for the residents by way of outings and entertainments over the coming months.

An afternoon of good-will, fun and enjoyment - and with a super result!

*Alison*





## We Made The News!

We are very pleased and honoured to have been selected to be included in the Perthshire Advertiser - what a lovely article. Many thanks to all our staff, residents and friends who make our success possible.

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### Caring staff are praised

Staff working at an assisted living facility in Perth have been praised by inspectors for their enthusiasm for keeping residents active.

The Care Inspectorate decided staff supporting elderly people staying at Viewlands House deserved a "very good" rating after visiting the home in July.

Viewlands House is run by the Abbeyfield (Perth) Society and registered to look after up to 32 people at a time.

The inspectorate's report on the home said: "Our observation of staff interactions with residents was very positive: smiles, humour, choice and respect much in evidence. Staff went at residents' pace.

"Activities were plentiful and wide ranging led by an enthusiastic and able organiser and by the impressive team of volunteers who form an important element of support at Viewlands."

It added: "Training was comprehensive and enjoyed by staff. They were suitably qualified and knowledgeable about adult protection."

## MacKenzie's Latest Adventure

I was able to hitch a lift in Elaine's suitcase when she went off celebrating a "special birthday" and her and Brian's 40th wedding anniversary recently. First of all we flew via Dubai to Hong Kong and stayed there a few nights. We were very lucky that we did not see any of the current protests and demonstrations in Hong Kong, but shopkeepers there told us that tourists are staying away and so their businesses are suffering.

This is me at the rooftop pool on the 20th floor – I couldn't look down!



Then we all boarded the Westerdam, for a 14 night cruise from Hong Kong to Singapore. We stopped at several places in Vietnam.



Hạ Long Bay, in northeast Vietnam, is known for its emerald waters and thousands of towering limestone islands topped by rainforests. We had a Junk boat tour which takes visitors past islands named for their shapes, including Stone Dog and Teapot islets and into many caves.

Our next stop was at Da Nang where we drove an hour inland, then took a cable car ride over the rainforest (which took 25 minutes as we climbed so high) to a resort named Ba Na Hills. The cable car line holds multiple Guinness World Records: the longest one-wire sling, the greatest elevation between stations, the longest unpatched wire, and the heaviest cable roll in the world. The ride travels over the beautiful Toc Tien waterfalls.

This is actually a theme park, although we hadn't realised that until we got there - there is a French village at the top of the mountain, even a Mercure hotel, restaurants, rides and wax museum. The only way in and out is by cable car. Sadly, the day we were there was pretty cloudy and as we were so high, the photos are not so clear. This is me in the cable car.

Elaine had wanted to go there specifically to see the Golden Bridge – our photos weren't so good due to the mist, but this is what it looks like on a clear day.



I was nearly captured by a giant troll in the mist – it really is an amazing place.

Our other stops in Vietnam were Na Trang, Phu My, and Ho Chi Minh City. The Vietnamese people were very friendly, the shopping was good, food was good, and the traffic extremely busy – when you need to cross the road, you just have to wait for a small space in the traffic, then walk quickly across, don't look to the side, and not hesitate! If you hesitate you get stuck in the middle of the road with hundreds of mopeds going around you! The Vietnamese carry everything on mopeds – from mops and brushes to 5 children and a dog, or a 52" TV!



Next we sailed to Sihanoukville in Cambodia. Sihanoukville used to be a pretty fishing village near to lovely beaches. In the past few years though, it has become a bit of a building site as there is a lot of Chinese investment building casinos and hotels. The area is very poor, with only a few proper roads. We visited a pagoda and waterfalls, which were pretty but not as dramatic as we have in Perthshire at the Hermitage or Bruar!



Another day, another country! We had 2 days on mainland Thailand, where we visited Pattaya, a popular but busy, tourist resort. Some of our fellow cruisers went inland to Bangkok and stayed overnight as it was a three hour drive there and back. Unfortunately for them, the Pope was due to arrive the next day and so many roads were closed to prepare for the Papal procession.

Next we sailed to Ko Samui, a small Thai island, with many lovely beaches. Here we had a very restful day on the beach which was fairly deserted. The Thais also report a drop in tourism this year – probably due to the Australian economy being so poor at the moment.



Final stop was Singapore where it was time to leave our ship. We were able to spend the day here as our flight wasn't until late in the day. It was amazing to see the Marina Bay Sands Hotel up close (from a boat trip) after having seen it on television – what a building.



We completed our day in Singapore with a visit to the famous Raffles Hotel and sipped on a Singapore Sling, of course!

The cruise had been wonderful, we saw many beautiful places, met lovely people from all over the world, ate some amazing foods and of course drank a glass of wine or two! All in all a fantastic trip. Thank you Elaine!



Where can I go next?

## Therapet & Adwoa

We have had Adwoa and her therapet dogs visit again recently. The residents are thoroughly enjoying their visits!



## Recent Celebrations – Annexe Party!

The official opening was held on Friday 25th October, attended by residents, relatives, friends and staff. Mrs Hetty Morrison, a resident at Viewlands House for almost 10 years, cut the ribbon to declare the Annexe open at last. A special guest was Mr Malcolm Thoms, son of the late Mrs Alice Thoms, another long serving resident, whose kind donation was used to support the refurbishment project and a plaque “The Alice Thoms Suite” was unveiled.



## Recent Celebrations - Weddings!

### Donna's Daughter Got Married

“My daughter Lynsey and her husband Jamie got married on 12.10.19 in St Matthews Church Tay Street, Perth. It was such a beautiful day, the sun was shining and to see the two families united with this blessing was wonderful.”

I think you'll agree that everyone looks fantastic and I'm sure Cam and Caitlin did a wonderful job!

Many thanks Donna.



## Recent Celebrations – Births!

### Irene Valente's Great Grand-daughter was born

Little Anni was born on the 27th September 2019 in Vienna. It looks like she will be very loved by her big sister Lotte. Many thanks to Michael Valente for these lovely photos.



## Recent Celebrations – Births!

### Iza's Baby Arrived Safely

Dominic was born on 20<sup>th</sup> September 2019, weighing 7lbs. Many thanks Iza for the beautiful photos, we hope you're well.



## Recent Celebrations – Births!

### Anna's Grand-daughter Arrived Safely

Katie Anna Lynch was born on 21<sup>st</sup> August 2019, weighing 7lbs 10 oz. We think her big brother Ciaran is smitten. Many thanks Anna for the beautiful photos.



## Recent Celebrations – Births!

### Ela's First Grandson

John Pokora was born on 18<sup>th</sup> January 2019 and we missed putting him in the magazine when the next one was printed. Our apologies!



## Remembering Recent Events at Viewlands House

By Hetty Morrison

We have thoroughly enjoyed our History Talks with Roy Johnstone. So far we have covered topics such as the Battle of Britain, Women Pilots of The Air Transport Auxiliary and The Assassination of President John F Kennedy. We hope to continue these in the future.

Our walks around the garden are lovely. There is a hand rail all around the house which makes it very accessible to all residents.

The Annexe is being very well used for our painting classes and other activities. The opening party was good fun!

We continue to have our weekly activities such as Fun & Fitness, Golf, Curling, and Movement With Music; many thanks Clarissa for continuing to organise these for us.

Our knit and natter stopped over the summer, however we are all enjoying being back now. It doesn't matter what level of knitter you are, you are more than welcome. Even if you can only knit a little bit, there are lots of things that can be done!

We have had the Therapet dogs and puppies visit us, this is very enjoyable.

Our coffee mornings with the Friends of Viewlands are great fun, the conversations are wonderful and it is a lovely atmosphere.

We are all looking forward to the upcoming Christmas activities and outings. I always remember the Christmas table set up by Maureen and Jean. A lot of work and effort is put into making the festive period memorable by all staff.

Please do have a look at our Christmas card selection, they are in our foyer.

## The Moosie's Prayer

A puir wee Kirk moose a' forlorn  
Its furry coat fair sairly worn  
Sank doon upon its bony knees  
And prayed for jist a wee bit cheese

The tears ran doon its wee thin cheeks  
But nane could hear the saddest squeaks  
That drifted on the cauld nicht air  
Till whiles it could nae pray nae mair

Syne daylight cam, the Kirk Bells rang  
The doors swung open wi a bang  
Communion Day had come on by  
Wi wine and plates o bread piled high

The wee moose lay as still as daith  
And watched it a' wi bated braith  
Then thocht – if I keep awfu quate  
A bit jist nicht fa aff a plate

And so it gazed as roon they went  
Then just as tho' was Heaven sent  
Whit landed richt upon its heid  
Bit two lumps o' Communion breid

The stuff o' life lay on the flair  
The bounteous answer to his prayer  
Just as he thoucht it looked gey dry  
A body cowped some wine forbye

Wee moosie started up the aisle  
Wearin sic a boozy smile  
The folk stopped singin, fair aghast  
Tae see a drunken moose walk past

The organist fell aff his chair  
The minister could only stare  
Tae see this drunken sinfu moose  
Cavortin' in his sacred hoose

At last it staggert up the Nave  
Then turned and gave a happy wave  
I ken noo when its time tae pray  
I'll do it on Communion Day

Supplied By Betty Pearson

An excerpt from a church magazine many years ago

## Flower & Plant Quiz

Many thanks to Alison for this.

Can you work out the answers to our riddles?

- 1 Brrr...Very cold for you. \_\_\_\_\_
- 2 These are for your thoughts. \_\_\_\_\_
- 3 Its blue... Dilly Dilly! \_\_\_\_\_
- 4 Never an idle moment for Elizabeth. \_\_\_\_\_
- 5 Chaps on bikes? \_\_\_\_\_
- 6 TPITESONIA (anagram) \_\_\_\_\_
- 7 Pleased as a Spanish dancer exclaims. \_\_\_\_\_
- 8 Or Billy & Nanny's offspring. \_\_\_\_\_
- 9 A frog in your throat. \_\_\_\_\_
- 10 SHOUKNECYEL (anagram) \_\_\_\_\_
- 11 Safari Park patroller is concealed \_\_\_\_\_
- 12 These birds don't; happy cats do though. \_\_\_\_\_



## Many Thanks To Albert

Albert is a friend and volunteer who has sent in these beautiful photos...

River Dee in the centre of Braemar



These are of Lake of Menteith (in The Trossachs), Scotland's only lake, taken on 19/11/19, after the first heavy frost of this winter.

Taken from Port of Menteith.

Mary Queen of Scots took refuge in a Priory on an island in the lake when she was a child.



# Shhhhhh..... Christmas Section!

## December

All the months go past,  
Each is like a guest.  
December is the last,  
December is the best.  
Each has lovely things,  
Each one is a friend.  
But December brings  
Christmas at the end!



## Christmas Party

We are having our Christmas party on Monday 16<sup>th</sup> December.

We have the Entertainer "Degsy" coming along to provide our musical festive cheer!

This is always a great day and fun is had by all.

## The Elves and The Shoemaker

Jo was a shoemaker who lived with his wife Margaret. They were very poor. One day, there was no more leather left. Jo had no more material to make shoes. Hungry and miserable, they went to bed.

When they woke up the next day, Jo and Margaret found a shining pair of beautiful shoes. They wondered where these shoes had come from. A man, who was passing by, saw the shining shoes and bought them at a good price. Jo was very happy. Margaret and Jo had a hearty meal that night. The next morning, when Jo went to his work shed, he saw another pair of new shiny shoes. He told his wife the good news. Margaret was surprised and happy but very puzzled. The two decided to keep a watch that night to find out who was being so kind to them.

In the middle of the night, when everybody else was asleep, Jo and Margaret waited secretly in the working shed. At midnight, they saw two elves! The elves were deep in their work, making shoes for them. By morning, they had made many new shoes. Jo and Margaret were filled with gratitude. When they saw the elves had nothing to wear they decided to make new, warm clothes for them as winter was approaching. They kept their gift in the work shed the next night and hid behind the door. At midnight, the elves came again and saw the beautiful, tiny clothes. The elves were so happy with their new clothes that they sang and danced all night. They now knew that Jo the shoemaker and his wife no longer needed their help, and went away to help someone else in need.



## Fun Christmas “Facts”

**1. “Jingle Bells” was written for Thanksgiving, not Christmas.** The song was written in 1857 by James Lord Pierpont, published under the title *“One Horse Open Sleigh”*. “Jingle Bells” was also the first song to be broadcast from space.

**2. In Germany, Poland, and Ukraine, finding a spider or a spider’s web on a Christmas tree is believed to be good luck.** According to one legend, a spider wove a blanket for Baby Jesus, according to the other – a spider web on the Christmas tree turned silver and gold once the sunlight touched it. One way or another, decorating a Christmas tree with artificial spiders and spider webs will inevitably bring you luck and prosperity!

**3. Santa stretches time like a rubber band, in order to deliver all the gifts in one night.** According to the United Nations Children’s Fund (UNICEF), there are 2,106 million children under age 18 in the world. If we assume that each household has in average 2.5 children, Santa would have to make 842 million stops on Christmas Eve, traveling 221 million miles. Given the different time zones, Santa has 36 hours to deliver gifts, therefore his average speed would be approximately 650 miles per second. It is less than the speed of light (therefore, it’s, theoretically, doable but still quite hard for a chubby old man). Larry Silverberg, a professor of mechanical and aerospace engineering at North Carolina State University, suggests that Santa uses relativity clouds to get the work done. Relativity clouds, based on relative physics, allow Santa to stretch time like a rubber band which gives him months to deliver gifts, while only a few minutes pass for the rest of us. (Not sure how to explain that to little people! 😊 )

**4. The “X” in “Xmas” doesn’t take “Christ” out of “Christmas.** Xmas is a common abbreviation of the word Christmas, however, some people think that this spelling is not right, because it takes the “Christ” out of Christmas. Don’t worry, no one is taking the “Christ” anywhere. In the Greek alphabet, the letter X (“chi”) is the first letter of the Greek word for Christ or Christos.

**5. In Germany, *Heiligabend*, or Christmas Eve, is said to be a magical time when the pure in heart can hear animals talking.** They can also see that rivers turn into wine, Christmas tree blossoms bear fruit, mountains open, revealing gems hidden inside and bell ringing can be heard from the bottom of the sea.



## Recommended Posting Dates



Why not beat the festive rush and get all your letters and parcels in the post on time.

2<sup>nd</sup> Class and 2<sup>nd</sup> Class Signed For – Post By Wednesday 18<sup>th</sup> December

1<sup>st</sup> Class and 1<sup>st</sup> Class Signed For & Tracked 48 - Post By Friday 20<sup>th</sup> December

Royal Mail Tracked 24 - Post By Saturday 21<sup>st</sup> December

Special Delivery Guaranteed - Post By Monday 23<sup>rd</sup> December

Christmas Eve is technically a normal working day, and falls on a Monday this year, which means you should be able to get post delivered.

## International Postage

If you want to reach the rest of the world using the International Standard (formerly known as Airmail) service these are the latest recommended posting dates for your diary:

Africa, Asia, Caribbean, Central and South America, Far and Middle East – Post by Monday 9<sup>th</sup> December

Cyprus and Malta – Post by Tuesday 10<sup>th</sup> December

Eastern Europe (except Czech Republic, Poland and Slovakia) – Post by Wednesday 11<sup>th</sup> December

Greece, Turkey, Australia and New Zealand – Post by Thursday 12<sup>th</sup> December

Czech Republic, Finland, Italy, Poland, Sweden, Canada and USA – Post by Saturday 14<sup>th</sup> December

Austria, Denmark, Germany, Iceland, Portugal, Netherlands, Norway, Slovakia, Switzerland and Spain – Post by Monday 16<sup>th</sup> December

Belgium, France, Ireland and Luxembourg – Post by Wednesday 18<sup>th</sup> December

# Upcoming Events

Tuesday 3rd December at 2.30pm - Ukulele Concert

Tuesday 10<sup>th</sup> December at 6.30pm – Carol Singing by Baptist Church Choir

Thursday 12<sup>th</sup> December at 11am – Viewlands School Nursery Visit

Friday 13th December at 2.00pm – Christmas Tree Festival  
at Perth North Church

Monday 16th December at 2.30pm – Christmas Party and Concert with Degsy

Wednesday 18th December at 2.00pm - Christmas Tea & Coffee  
at Glendoick Garden Centre

Saturday 21<sup>st</sup> December at 2.15pm – Christmas Karaoke with Joey

Saturday 28th December at 2.30pm - Theatre Presto Pantomime  
"Handsome & Gretel"

Many thanks to Clarissa for organising such fantastic activities this year as well as the regular exercise classes, bingo, Friends coffee mornings, afternoon tea parties, curling and knit & natter group.

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A big thank you to all who have contributed towards our magazine over the past year, especially our regular contributors! We look forward to all your future articles.

**Please cut off and use the slip below for any comments which you feel may help improve life for our residents at Viewlands and post into comments and suggestions box. Thank you!**

