



VIEWLANDS REVIEW - Issue 70 Summer 2019

Hello everyone,

The Annexe is open to use at last! We will have an official opening later in the year. Residents enjoyed afternoon tea there recently and admired the building. Art class sessions are taking place there. Several meeting and training sessions have also taken place. Please feel free to give us suggestions on what you want to use this facility for. Games afternoons have been suggested.

We will be having a Summer Fair on the 24th August organised by the Friends of Viewlands to raise funds for activities for residents. These funds are used to pay for things like the bus for outings, ice-creams and for concerts in the House. We normally have a lovely afternoon with stalls and afternoon tea.

An unannounced inspection was carried out by the Care Inspectorate at Viewlands house on the 16th and 17th July. The final Inspection Report has still to be published – it will be put on the noticeboard when received. We have been awarded grade five (very good) for ‘How well do we support people’s wellbeing?’ and grade 4 (good) for ‘How well is our care and support planned? Going forward the company is looking at using a digital system for care planning.

Stan has gone home to the Czech Republic but says he will keep in touch with us. Carl has started as maintenance person and is fitting in well. We also welcomed Kenny, chef, he is also fitting in well to our staff team as Alan left to run his own business.

There is a major kitchen refurbishment planned for September. Residents will be provided with meals from NHS Tayside during this time, probably eight days. Information about this will be put on the noticeboard.

Enjoy the rest of the summer.

Best wishes,

Catriona

Celebrating Iain's 80th Birthday!

We had a party on 20th June to wish Iain a happy birthday.

Everyone had a great time and it was wonderful to be able to celebrate together.



Go 4 Gold Competition

We went along to the annual Go 4 Gold Competition at the Bells Sports Centre on 11th June. There were 120 participants and everyone had such a fantastic time!



Hazel's holiday in Peru

In early May we set off to Peru. It meant travelling on three planes and after 16 hours of flying time we arrived in Lima. After checking into our Hotel we had a walk along the waterfront to see the famous statue of Peruvian Bear, Paddington.



The next morning was spent visiting several places of interest i.e: an old monastery that served as a base for Dominican nuns during the 16th and 18th centuries, the Cathedral and also the Museum where gold and silver from ancient Peru is displayed. In the afternoon we boarded the flight for Arequipa where we spent some time before heading off on our bus journey to the Colca Canyon. Along the way we saw lots of Andean Condors at close range as they flew past. The scale of the Canyon was quite breath-taking, 10,730ft deep, (3270m) and is one of the deepest in the world.

One of the great highlights of the trip was to Lake Titicaca. This is South America's highest Lake. The Quechua speaking natives live on floating totora-reed islands constructed of huge mats of the reeds. The ground on the islands feel a bit spongy, but people have been living on them for hundreds of years and are in no danger of falling into the water. New reeds are constantly added to the top to replace ones on the bottom that have dissolved. We went into some of the houses which consisted of only one room with several people living in it.

Next was a train journey to Cusco and the Sacred Valley, stopping at the village of Pisac where Quechua people sell their stock in the market. We made some purchases of some of the many handmade Peruvian souvenirs before heading to the ruined Fortress at Ollantaytambo. After climbing up a series of steps and niches carved out of the cliff we reached the Military area where the soldiers watched for Spanish invaders. We also got a great view over the Sacred Valley.



Now we were nearing the end of our holiday but the best was yet to come, our trip to Machu Picchu. After arriving at the small railway station we then enjoyed a scenic train journey over rivers and through the foothills to Aguas Calientes, which is the nearest town to Machu Picchu. A bus then drove us up a very steep windy road to our destination. Eventually we arrived and enjoyed a great tour of the site. The Incas built the estate around 1450-60 but abandoned it a century later at the time of the Spanish Conquest.

The site consists of more than 200 buildings which are arranged on wide terraces. Stone stairways set into the walls allow access to the different levels. We got brief explanations of some of the most important buildings including Temples, ritual centres and a stone structure that served as some kind of sundial. Only priests and higher nobles were permitted to enter the Temple of the Sun. There was a Royalty area characterized by its reddish walls and a residential district where the lower class people lived.



It had been a very enjoyable holiday but soon it was time to travel back to the Hotel and get ready for our long trip back to the UK.



Knit and Natter



Our Thursday afternoon Knit and Natter Group is having a break for the summer and will resume in September. Jenny, Hetty, Lucinda and Irene have all been coming regularly each week while other residents join us occasionally, sometimes only for the “natter.” Any new residents who would like to come along would be most welcome even if they think their knitting days are over.

Jenny continues to knit her lovely baby jumpers which go to Save the Children charity shop.

Despite her hands giving her trouble, Hetty has knitted many little cosy hats to give to staff when a new baby arrives. Irene has worked hard to knit a small teddy bear which will go, along with a few other teddies, to Children1st.

Lucinda’s knitted squares have been made up into a small blanket which might be kept in Viewlands for use by residents in the lounge. We have lots of chat during the hour of knitting and always welcome the sound of the tea trolley around 3pm when the knitting pins are stored away for another week.

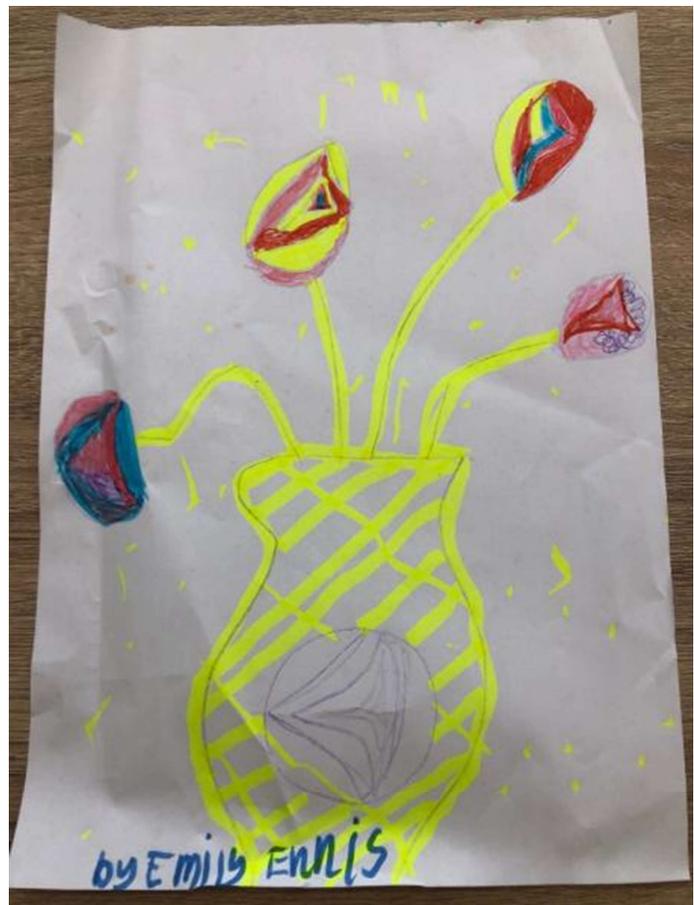


Summer Pictures by Olivia & Emily Ennis



Olivia is 9 years old and has drawn her interpretation of the Van Gogh painting "Sunflowers".

Emily is 7 years old and has drawn her interpretation of the Rennie Mackintosh "Roses"



Remembering Recent Events at Viewlands House

By Hetty Morrison

First of all, I'd like to start by reminiscing about a custom my sister and I had. On the 1st of May, we would wash our face with the morning spring dew. There is an old tale that says that May dew has magic properties and that anyone who has washed their face in it will have a beautiful complexion all through the year. I wonder who else also did this?

Over the last few months, we have enjoyed a variety of activities which we are all invited to join in with. We have had singing classes during which Jean Naysmith plays the piano, it is very entertaining. We also had Karaoke recently which Clarissa's husband Joey, helped us with. We hope to be able to do this again sometime.

We have manicures twice a week by different members of staff. Lots of our staff are trained to do manicures as it such a lovely treatment to have available.

We had our coffee morning with the Friends of Viewlands. It is always lovely to have a chat and catch up with everyone.

Our other activities such as curling with Chris, Bob, Mike and Brian, church services, painting, chair yoga etc are all wonderful for everyone to join in with. You don't have to have previous experience of the activity, come along and join in and you will learn as we go!

Our garden is looking very beautiful at the moment, thank you to Stan for all of his hard work. He has now left us however we hope the ground work Stan has put in to making our garden so colourful and alive will continue. We often go for walks around the garden. We had a gardening club last year during which we grew lots of things, but what I remember the most is the sweet peas. They were wonderful!

We still have our quizzes – we miss Jean McDonald, who was previously a resident before she sadly passed away, as she was a wizard at the questions - she was very well travelled.

I didn't make it to the "walk around the annexe" however I have watched it from the beginning to the completion. I have had many chats with the various contractors throughout the months and I have thoroughly enjoyed watching the development of the building. Well done to all involved!

We have had several concerts and trips over the last few month. We were invited to the Weavers Tea Party again on the 15th May. This is always a lovely day with music and dancing and delicious home baking.

We had a trip to Glendoick Garden Centre where we are always made to feel very welcome and the best bit is the 'doggy' bag we get to take home!

We also went to Loch Leven Larder. It is very nice to get out into the country. We have such a lovely bus driver, Dave, he comes with us on our trips. He is a marvellous driver.

The Resident Meetings we have here at Viewlands are very enjoyable. It's a great chance for everyone to have a chat and also for new residents to get acquainted with existing residents.

Our trolley shops ladies are very helpful and friendly, they will help you to write cards and postcards if you wish and also provide us with all the little bits and pieces we may require.

From Hetty



MacKenzie Bear's Summer Holiday

On 21st July MacKenzie set off on another holiday. This time he was hoping to find one of his long lost relatives! He flew from Glasgow airport to Anchorage in Alaska with a brief stop in Kevlavik Airport, Iceland. The journey was extremely long because Alaska is 9 hours behind U.K. in time which gave him a 33 hour day but after a good night's sleep he was all set to begin his 2 week adventure in this massive state.

Once the rental car had been picked up we headed off on the highway towards Denali National Park, remembering to always drive on the right! The roads were wide and straight with no potholes. The sun came out and the sky cleared and as we got nearer the Park we spotted Mount McKinley (or Denali as it is now called) North America's highest mountain which rises to 20,320ft. We were lucky that day because visitors do not often see the very top. It is often covered in cloud.

MacKenzie's lodge for 2 nights was called Denali Bluffs Hotel. He is standing by the entrance in the photo with a very old friend! Next day he was off on the school bus for a day trip far into the Park. Our guide took us 90 miles into the interior of this beautiful



unspoilt wilderness. We had many stops on the way but the best one for Mackenzie was when he spotted mother brown bear with her two cubs wandering not far from the road, eating berries from the bushes. We were all very quiet on the bus so that they were not disturbed but managed to get lots of wonderful photos – from inside the bus!!

Other sightings included a Lynx, a Golden Eagle, a Bald headed Eagle, Moose and Caribou. Sometimes it felt as if we were watching a documentary on the TV at home. It was all quite amazing. Our route took us north to Fairbanks where we had hoped to take a small plane to the Arctic Circle but there have been many bush fires in Alaska this year due to an abnormally hot dry summer and the smoke from the fires made the visibility too poor to land a small plane at an airport with no control tower to guide them down.

We settled on visiting North Pole and picking up a few Christmas decorations from the huge Christmas shop there. We made our way south through huge expanses of wilderness with massive glaciers popping up at every viewpoint. When we reached the Kenai Peninsula in the south we were booked on a day cruise on the Prince William Sound. This took us close to the Columbia Glacier but before we reached it the captain of the catamaran had to carefully steer through huge chunks of ice (icebergs) which took some considerable skill and time. She switched off the engines once we had a good position to view the glacier and we listened to the calving (cracking) of the glacier and watched huge chunks of ice crash into the sea. It was spectacular. We shared our trip with lots of American tourists who were on a tour from Oklahoma City and of course they asked us if we knew their long lost cousins in Scotland!



They were a great bunch and we had lots of laughs with them. On the return sail we were lucky to see Orca “killer whales” and Hump Back whales and as we got nearer the harbour we spotted Sea Otters having a game together in the water. They are very amusing creatures and fun to watch. The next and final part of our trip had to be changed because the ferry men decided to go on strike – first time in 40 years. It meant a very long drive for MacKenzie and a lot of extra miles but it turned out to be the most scenic highway of all so it was no hardship.

MacKenzie has had the most amazing holiday. He has eaten loads of burgers and plenty of lovely fish and will have good memories of seeing his distant cousins in Denali National Park. What a trip. Now all he has to do is get over the jet lag!!



The Gardeners Hymn

All things bright and beautiful.
All creatures great and small
All things wise and wonderful
The Lord God made them all.

But what we never mention
Though gardeners know it's true
Is when he made the goodies
He made the baddies too.

All things spray and swattable
Disasters great and small
All things paraquatable
The Lord God made them all

The greenfly on the roses
The maggots on the peas
Manure that fills our noses
He also gave us these.

The fungus on the goose-gogs
The club root on the greens
The slugs that eat the lettuce
And chew the aubergines.

The drought that kills the fuchsias
The frost that nips the buds
The rain that drowns the seedlings
The blight that hits the spuds.
The midges and the mosquitoes
The nettles and the weeds
The pigeons in the green stuff
The sparrows in the seed.

The fly that eats the carrots
The wasp that eats the plums
How black the gardener's' outlook
Though green may be his thumbs.

But still we gardeners labour
Midst vegetables and flowers
And pray what hits our neighbours
Will somehow pass ours by.

All things bright and beautiful....



The Grandparent Detox

At this point in the summer, it is safe to say that most parents with small children have experienced the dreaded phenomenon known as “Grandparent Detox.” Children love their grandparents, and grandparents love their grandchildren. It’s a love that leads to freezers stocked with ice lollies, marathon games of hide and seek, and hordes of presents and treats just for being alive.

It’s a dangerous love. Once the kids get a taste, they want more. They are hooked. In fact, I suspect before our visits, the grandparents plot ways to guarantee their grandchildren’s loyalty and affection. Let’s see. We’ll start with ice cream for breakfast, and then we’ll play ‘Thomas the Train’ for three hours and then maybe take a trip to the moon!

You can imagine the children’s reaction, then, when we try to bring them back to reality after a visit with the grandparents. They are shocked when we announce it is bedtime after the sun goes down. “But we haven’t even roasted marshmallows yet!” They stare into the kitchen in complete bewilderment. “Why don’t we have chocolate bars like Grandma does?” Even the suggestion of bathing sparks a complete meltdown. “But I never had to take a bath at Grandpa’s howwwse! He said the hot tub was just as goood!”

In fact, when the grandparent withdrawal hits, it manifests itself as one long, whiny, sobbing, floor-flopping meltdown, and so begins the Grandparent Detox. How long will it take for the effects of the grandparent narcotic to wear off? It’s simple, really. To calculate, you must add up the amount of time your children spent with their grandparents, and then multiply the total by 2. So, if your children spent three days at Grandma’s house, it will take six days for them to properly detox.

Grandparent Detox is hard on children and parents alike. Here are five steps to help everyone survive this gruelling process:

1. Be Understanding

It is important to remember that it takes time to unlearn bad habits. Be understanding with your children and slowly guide them down from their grandparent high with baby steps. Perhaps Grandma left the Disney Channel on for the entire 72 hours of their visit. It may be an overwhelming shock to the system to quit Doc McStuffins cold turkey. Instead, allow your children a good four-hour TV block upon returning home and gradually reduce the time each day.

2. Be Firm

If there was one word to describe grandparents, “firm” would not be that word. Sometimes, my 2-year-old will climb out of his bed after I put him down for a nap. I calmly, but firmly, put him back in and tell him to stay there, or else.

On our latest visit to Grandma’s house, I had just put my children down to nap when Grandma implored me to lie down and rest as well. After I woke from a magnificent snooze, I found my 2-year-old in hysterics, convulsing on the floor, practically foaming at the mouth exactly like a, well, exactly like a toddler who has skipped his nap.

3. Use Threats

Let’s say, hypothetically speaking, that you have very firmly explained to your children that you cannot just hop in the car and rush to the shops on a whim because they want a kinder egg. You don’t care that every time they see Grammie they head to the shop for a kinder egg—it does not happen every time they see Mummy. Truth be told, it’s really not a fair fight. Of course the children prefer the grandparents to Mummy.

Naturally, your children will fight you with every fiber of their beings in hopes of escaping back to The Place Where All Their Dreams Come True. Threats may be your only weapon against them, as in, “Stop your screaming and get up off the floor or you will never see Grandma, again!”

4. Seek Help From a Higher Power

Sometimes, the only way to succeed is to admit defeat. When all else fails, close your eyes, bow your head and call a grandma. Beg her to take the kids for a few more days.

5. Repeat Steps 1 to 4

It’s a vicious cycle, really!

Painting from Betty Pearson



Betty Kindly gave us a painting she did recently replicating a photo her great grand-daughter sent her of her holidays in Cornwall.

Thank you Betty!

Welcome to Baby Merida!



Michelle Elder welcomed baby Merida on the 28th July
weighing 7lbs 14oz.

What a beautiful little girl!

We're Registered With Easyfundraising



The image features a purple banner on the left with the Easyfundraising logo and the text "You Shop. Retailers Donate. We Raise." To the right, a grid of logos for various partner retailers is displayed, including Amazon.co.uk, eBay, M&S, John Lewis, Argos, Booking.com, ASOS, Just Eat, Screwfix, Sainsbury's, TUI, Boots, Expedia, trainline, Viking, Next, and H&M.

We've registered with easyfundraising and we need your help!

easyfundraising is a great website where you can help Abbeyfield Perth Society Ltd raise funds simply by doing your everyday online shopping with over 3,600 big name retailers like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden, and M&S.

Every time you shop, we receive a small donation to say 'thank you' and it's completely free too! We want to raise as much as possible so please sign up and help us at

<https://www.easyfundraising.org.uk/causes/abbeyperthsocltd/>

Summer Fruit Cake Recipe

Ingredients:

1 cup water	1 cup sugar
4 large eggs	2 cups dried fruit
1 tbsp salt	1 tbsp baking soda
1 cup brown sugar	8 oz nuts
Juice of 1 lemon	1 bottle Drambuie

Method:

Sample Drambuie to check for quality. Take a large bowl. Check Drambuie again. To be sure that it is of the highest quality, pour one level cup and drink. Repeat.

Turn on the electric mixer, beat one cup of butter in a large fluffy bowl. Add one teaspoonful of sugar and beat again. Make sure the Drambuie is still ok. Cry another cup. Turn off the mixer. Break two eggs and add to the bowl and chuck in the dried fruit. Mix on the turner. If the dried fruit gets stuck in the beaters, pry it loose with a screwdriver.

Sample the Drambuie to check for consistency. Next sift two cups of salt or something. Who cares? Check the Drambuie. Now sift the lemon juice and strain your nuts. Add one table. Spoon. Of sugar or something. Whatever you can find. Grease the oven. Turn the cake tin to 350 degrees.

Don't forget to turn off the turner. Throw the bowl out of the window, check the Drambuie and go to bed.

SUMMER

wordsearch

E U C E B R A B F U T S I A P F
R P A Y S U N G L A S S E S C L
A O U L P F E E E R T M L A P I
X P W O N M A E R C E C I N U P
I S O A L L I F E G U A R D M F
T L E A T S W I M M I N G C A L
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L E K R O N S P A R A D I S E C
F I R E F L I E Y N N U S R U T

SUNNY
PARADISE
POPSICLE
FLAMINGO
FLIP FLOPS
VACATION

SNOWCONE
WATERMELON
SUNGLASSES
BEACH
SNORKEL
PICNIC

BARBECUE
OCEAN
PALM TREE
SAND CASTLE
SUNBLOCK
POOL

TOWEL
ICE CREAM
STRAWBERRY
LIFEGUARD
FIREFLIES
SWIMMING

Future Events

24th August – Summer Fair

16th December - Christmas Party with Degsy entertaining

Clarissa has been visiting her home for a few weeks but additional events will be confirmed and added on her return!

As well as the regular exercise classes, bingo, Friends coffee mornings, afternoon tea parties, curling and knit & natter group.

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!

