



Viewlands Review – December 2023

Hello everyone!

Welcome to the last magazine of 2023. I can't believe we are at the end of 2023 already. What a packed year we have had, and Clarissa has arranged for more outings and visiting entertainment in December so it will be a busy month.

I'd like to say a huge THANK YOU to Elaine Donald and the Friends of Viewlands for all their efforts supporting the house this year with coffee mornings, afternoon teas, trolley shop and general visiting. 2023 has seen the welcome return of the crafting and art sessions as well as Knit and Natter. These activities are really enjoyed by all who take part.

Also, Clarissa deserves a special mention for keeping everyone entertained and making sure the ladies all have lovely nails!!!

Christmas is fast approaching, and the house is looking very festive, so another big THANK YOU to all the staff who work so hard to ensure that Christmas is a special occasion for everyone.

Thanks to everyone who gave articles for this magazine, there should be something for everyone to enjoy and some lovely photos to see.

*From Elaine, Louise and myself,
we hope everyone has a fantastic time over
the festive period.*

Kat

CHRISTMAS COUNTDOWN

Christmas is well on the way once again.
And I've beads of sweat coming out of my brain,
My advent calendar is like a time bomb –
Each open door tells me that time's ticking on.

There are myriad tasks and missions to handle,
Like old decorations and lights to untangle,
The tree to drag out and made to look lively.
(It'll do one more year – it's getting unsightly!)

I've presents to buy in all shapes and sizes,
Large, small, short, tall, at all sorts of prices!
I've to amass wrapping paper, all festive and nice,
Enough rolls to wallpaper my entire house twice!

I've a long list of cards to write out and send.
To long-in-the-tooth relatives and long-lost friends
(Though I know when I think there's no-one I've missed,
I'll get one from someone who's not on my list!)

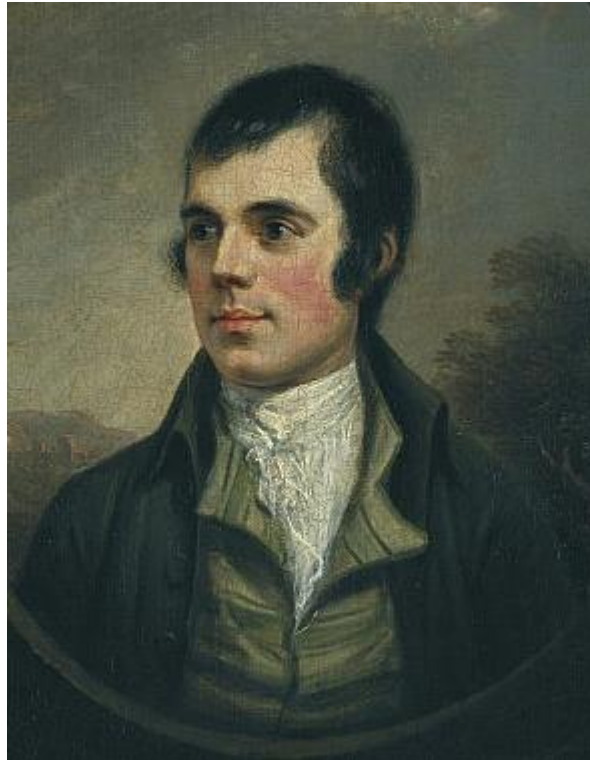
The turkey needs buying and all of the trimmings.
And cake, nuts, and dates – all things anti-slimming!
Wrapping and posting and stuffing and roasting –
These are the rituals we indulge ourselves most in.

In a desperate attempt to get things just right,
We can't relax until Christmas night!
But first there's the Christmas pudding to make.
As I stir in the mixture, I'll make sure I partake.
In making a wish, one that I hold dear –
I really wish Christmas Day wasn't so near!



Historical Talk

On Tuesday, 2nd November the residents of Viewlands House were treated to a Historical Talk from Roy Johnstone, Amateur Historian about the famous poet, Robert Burns – **His Life, His Poetry, and His Songs.**



Roy Johnstone is a very good speaker, and we all enjoyed it. Mr Burns was quite a man and became very famous, however, sadly didn't live that long.

A few weeks after Roy's talk, I came across the following poem. I thought you might like it to refresh your memories.

Greta Grieve – Room 26

The Staff and Residents of Viewlands House look forward to celebrating Burns Day on 25th January with some poetry and haggis, neeps, & tatties!!

The Life and Times of Robert Burns

The Poem

William and Agnes' very first child
Had an imagination which would run
wild.

Instead of helping to plough on the farm,
He would rather have a girl on his arm.



Robert's family continued to move,
In Tarbolton hall they found their groove. Burns wrote
about a wee fieldmouse, A lamb, two dogs and even
a louse.

Robert's first love was Elizabeth Paton,
She had a child while they were just
Next there was Jean, who fell pregnant too,
He planned for Jamaica but this soon fell
through.



dating.



As Robert's career began to shine,
He wrote the classic, "Auld Lang Syne".
To Edinburgh he went during the winter, To find
another willing printer.



On return to Mauchline his welcome was warm,
But between Jean and Nancy his heart was torn.
Though Robert had much admired young Nancy,
He married Jean Armour, his only true fancy.



With his new bride Robert moved to a farm,
His kids in tow and a newborn in arm.
He began a new job as a taxman in autumn,
Yet nothing but tiredness and illness brought him.

Robert had a child with an innkeeper's niece,
Not long after this he moved to Dumfries. The
family moved to a new house again, After
Elizabeth, child number ten.



To the
But di

Through his ill health he
continued along, He
managed to pen another
great song.

To the coast to improve his
health he would go, But died
a great Scot, who all men
would know!

Mackenzie's latest adventures

Dorota and Graham decided on a trip to Thailand earlier this year as they wanted to experience a different culture, different food and see the local wildlife. Mackenzie joined them on their Qatar Airways flight from Edinburgh to Phuket, via Doha, which took 16 hours.

They stayed in Phuket for 5 days seeing all sorts of new and exciting things and trying out new foods. It was 38 degrees so a bit too hot to do much, but they saw elephants and also monkeys on Monkey Hill. There were lovely beaches and many beautiful temples. They went to Phi-Phi Island famous for the Leonardo Di Caprio movie, *The Beach* and also visited the island where a Bond film was made.



After Phuket, they travelled to Chang Mai for 2 nights. There they sailed through a floating market and visited some more temples such as the White Temple and the big Buddha.



On then to Bangkok for another few days where they visited the Ayutthaya Temple and also saw the Ladyboys of Bangkok.

Dorota had her own adventures – being bitten by a monkey who was after food from her pocket – so a course of rabies vaccines had to be endured. Then the next day she was enjoying swimming in the ocean when the current took her further out and she



couldn't get back to shore without help. Poor Dorota then had a seizure shortly afterwards brought on by the panic of almost drowning. It's certainly a holiday they will never forget.



Mackenzie is one lucky bear!!

Welcome to Viewlands Court

Since our last magazine, we have welcomed Tim, our new tenant in Bungalow 3. Tim would like to introduce himself



Hello, my name is Tim Stoddard.

I was welcomed to bungalow 3 by Elaine on the 8th of September 2023. It was a hot sunny day and thankfully the removal men helped construct my bed so that I could have a lie down later. I was greeted with warmth and kindness by all staff and residents at Viewlands House, which I greatly appreciate.

I was born in Galashiels Borders Hospital and spent 7 happy years living in Ancrum village before moving to Hereford then Epsom with my parents. When I married, we moved to Guildford then up to Moffat. We then moved to Gretna Green before setting up our own retail antique business in Kirkby Stephen. After 30 years there I married my second wife and moved to Kirkby Lonsdale where she managed an Abbeyfield house for 25 residents. When we both retired, we arrived in Scarborough, where my wife originated - after 3 years there, my wife left, and I decided to move to Perth where my daughter and family live. I am now happily settled here and usually come up for lunch on Sundays - no doubt I will see you all then – Tim.

Here are a few photos of my family enjoying a day in St Andrews recently for my birthday.



The further adventures of Mackenzie Bear

This lucky little bear has also had a holiday on Majorca with Przemek and his family, Sylwia and Liliana.



This was their first holiday to this Spanish island, and they enjoyed it so much they will definitely go again.

Przemek hired a car so that they could explore the island and they drove a lot on the beautiful west coast and over the mountains.

Liliana (almost 6) loved taking Mackenzie with her either on her suitcase or to the beach.





CHRISTMAS TRADITIONS FROM AROUND THE WORLD



Sweden

The Yule Goat has been a Swedish Christmas symbol dating back to ancient pagan festivals. However, in 1966, the tradition got a whole new life after someone came up with the idea to make a giant straw goat, now referred to as the Gävle Goat. According to the official [website](#), the goat is more than 42 feet high, 23 feet wide, and weighs 3.6 tons. Each year, the massive goat is constructed in the same spot. Fans can even watch a livestream from the first Sunday of Advent until after the New Year when it's taken down.

Iceland

Similar to the 12 days of Christmas in the U.S., Iceland celebrates 13. Each night before Christmas, Icelandic children are visited by the 13 Yule Lads. After placing their shoes by the window, the little ones will head upstairs to bed. In the morning, they'll either have received candy (if they're good) or be greeted with shoes full of rotten potatoes if they're bad. And you thought coal was a terrible gift!

Finland

On Christmas morning, Finish families traditionally eat a porridge made of rice and milk topped with cinnamon, milk, or butter. Whoever finds the almond placed inside one of the puddings "wins"—but some families cheat and hide a few almonds so the kids don't get upset. At the end of the day, it is customary to warm up in a sauna together.

Poland

On Christmas Eve in Poland, many families share *oplatek* (an unleavened religious wafer), each person breaking off a piece as they wish each other Merry Christmas. Dinner may not begin until the first star appears in the night sky and, traditionally, an extra setting is left at the table should someone show up uninvited.

Ukraine

Orthodox Christians make up nearly [49 percent of Ukraine's population](#); they observe Christmas Day on January 7 by dressing in traditional garments and walking through town singing carols. A dish called *kutya*, made of cooked wheat mixed with honey, ground poppy seeds, and sometimes nuts, is a popular Christmas Eve treat. Some families throw a spoonful of *kutya* at the ceiling: If it sticks, there will be a good harvest in the new year.

El Salvador

Central American countries like El Salvador toast Christmas with fireworks displays on December 24 and 25. Children celebrate with smaller firecrackers called *volcancitos* (little volcanos) and *estrellitas* (little stars) while those who are a little older tend to prefer the larger varieties and Roman candles. *Pictured: A Christmas tree in front of the National Palace at the historic center of San Salvador, El Salvador.*

Congratulations to Eve's daughter!

Since leaving Viewlands House after 6 lovely years of working in care, I decided it was time for a change and moved to the NHS and got a post as a healthcare support worker for Urology.



Since then, I have learned many skills. My greatest achievement lately is graduating and qualifying as an Assistant Practitioner which is now the modern-day equivalent of the old, enrolled nurse.

I love my job in urology, and I have Viewlands House to thank for part of my journey for where I am today.

To all the residents and staff at Viewlands House – I wish you

all a lovely Christmas and a Happy New Year.

Louise Baxter





CHRISTMAS PREPARATIONS



Look for the words listed below.

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



- | | | | |
|----------------|----------------|--------------|----------|
| GIFTS | CELEBRATE | SURPRISE | SWEET |
| CHRISTMAS TREE | BELLS | BALLOONS | DECORATE |
| CRIB | CHRISTMAS CARD | SECRET SANTA | GAMES |
| WISH | SANTA MASK | JOY | CAKE |



An Old Lady's Poem

When an old lady died in the geriatric ward of a small hospital near Dundee, Scotland, it was felt that she had nothing left of any value. Later, when the nurses were going through her meagre possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Ireland. The old lady's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the North Ireland Association for Mental Health.

... And now this little old Scottish lady, with nothing left to give to the world, is now the author of this simple, yet eloquent, poem traveling the world by Internet. Goes to show that we all leave "SOME footprints in time".....

What do you see, nurses, what do you see?
What are you thinking when you're looking at me?
A crabby old woman, not very wise,
Uncertain of habit, with faraway eyes?
Who dribbles her food and makes no reply
When you say in a loud voice, "I do wish you'd try!"
Who seems not to notice the things that you do,
And forever is losing a stocking or shoe.....
Who, resisting or not, lets you do as you will,
With bathing and feeding, the long day to fill....
Is that what you're thinking? Is that what you see?
Then open your eyes, nurse; you're not looking at me.

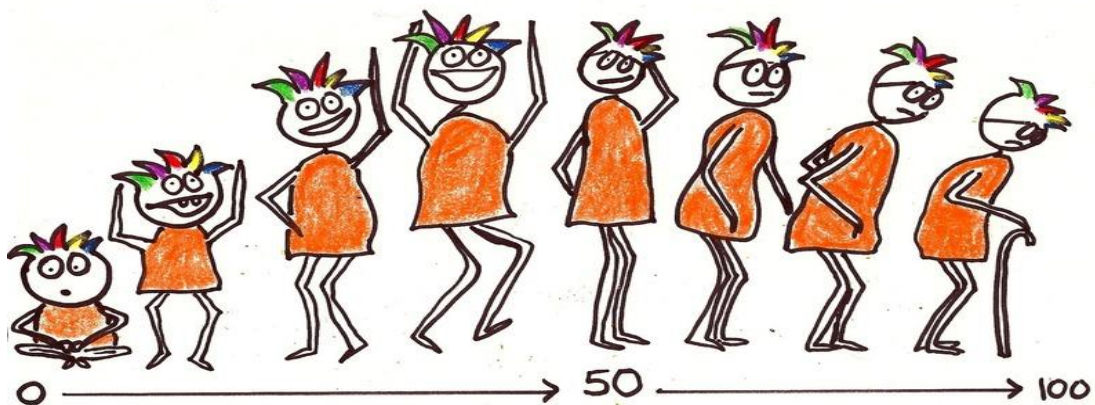
I'll tell you who I am as I sit here so still,
As I do at your bidding, as I eat at your will.
I'm a small child of ten ...with a father and mother,
Brothers and sisters, who love one another.
A young girl of sixteen, with wings on her feet,
Dreaming that soon now a lover she'll meet.
A bride soon at twenty -- my heart gives a leap,
Remembering the vows that I promised to keep.
At twenty-five now, I have young of my own,
Who need me to guide and a secure happy home.
A woman of thirty, my young now grown fast,
Bound to each other with ties that should last.

At forty, my young sons have grown and are gone,
But my man's beside me to see I don't mourn.
At fifty once more, babies play round my knee,
Again we know children, my loved one and me.
Dark days are upon me, my husband is dead;
I look at the future, I shudder with dread.
For my young are all rearing young of their own,
And I think of the years and the love that I've known.

I'm now an old woman ...and nature is cruel;
'Tis jest to make old age look like a fool.
The body, it crumbles, grace and Vigor depart,
There is now a stone where I once had a heart.
But inside this old carcass a young girl still dwells,
And now and again my battered heart swells.
I remember the joys, I remember the pain,
And I'm loving and living life over again.
I think of the yearsall too few, gone too fast,
And accept the stark fact that nothing can last.

So open your eyes, nurses, open and see,
...Not a crabby old woman; look closer ...see ME!!

Remember this poem when you next meet an old person who you might brush aside without looking at the young soul within We will one day be there, too!



Name That Christmas Song

A lyric from the song is given. In what song would you find the lyric?

1. "Round yon virgin mother and child"
 - a. Jingle Bells
 - b. Silent Night
 - c. I'll be Home for Christmas
 - d. We Three Kings
2. "And Heaven and nature sing"
 - a. Away in a Manger
 - b. Joy to the World
 - c. While Shepherds Watched
 - d. White Christmas
3. "'Tis the season to be jolly"
 - a. Jingle Bells
 - b. While Shepherds Watched
 - c. Deck the Halls
 - d. God Rest Ye Merry Gentlemen
4. "God and sinners reconciled"
 - a. O Come O Come Emmanuel
 - b. O come All Ye Faithful
 - c. Hark the Herald Angels
 - d. The First Noel
5. "Disperse the gloomy clouds of night"
 - a. O Come All Ye Faithful
 - b. O Come O Come Emmanuel
 - c. Hark the Herald Angels
 - d. The First Noel
6. "Joyful and triumphant"
 - a. O Come All Ye Faithful
 - b. Joy to the World
 - c. Deck the Halls
 - d. Ave Maria
7. "Looked down where he lay"
 - a. The First Noel
 - b. Little Town of Bethlehem
 - c. Joy to the World
 - d. Away in a Manger
8. "O tidings of comfort and joy"
 - a. God Rest Ye Merry Gentlemen
 - b. The First Noel
 - c. Ding Dong Merrily on High
 - d. Away in a Manger
9. "On a cold winter's night that was so deep"
 - a. Away in a Manger
 - b. The First Noel
 - c. Ave Maria
 - d. Deck the Halls
10. "Hang a shining star upon the highest bough"
 - a. O Come O Come Emmanuel
 - b. Have Yourself a Merry Little Christmas
 - c. Hark the Herald Angels
 - d. Frosty the Snowman
11. "City sidewalk, busy sidewalks, dressed in holiday style"
 - a. Joy to the World
 - b. Deck the Halls
 - c. Rudolf the Red Nosed Reindeer
 - d. Silver Bells
12. "Please have snow and mistletoe and presents under the tree"
 - a. Beginning to Look a Lot Like Christmas
 - b. Silent Night
 - c. I'll Be Home For Christmas
 - d. Jingle Bells
13. "Somebody snitched on me"
 - a. Bill's Christmas Treat
 - b. The First Noel
 - c. Nuttin' for Christmas
 - d. Deck the Halls
14. "Bearing gifts we traverse afar"
 - a. Jingle Bells
 - b. Silent Night
 - c. I'll Be Home for Christmas
 - d. We Three Kings
15. "Come on, it's lovely weather"
 - a. Deck the Halls
 - b. While Shepherds Watched
 - c. Jingle Bells
 - d. Sleigh Ride

Christmas Riddle

My 1st is in candle but not in handle

My 2nd is in hamper but not in pamper

My 3rd is in star but not in angel

My 4th is in tinsel but not in snow

My 5th is in stocking but not in gift

My 6th is in tree but not in bauble

My 7th is in mince pie but not in treat

My 8th is in cake but not in food

My 9th is in puddings but not in ice cream



Decorating the Christmas Tree

Some of the residents enjoyed a festive afternoon decorating the Christmas Tree in the lounge. What a fantastic job, our tree looks wonderful.





DECEMBER EVENTS

- Thursday, 7th** **Bus Trip to Taste Perthshire, Bankfoot for Shopping and Afternoon Tea at 2:00pm.**
- Tuesday, 12th** **Perth Strathspey & Reel Society Mini Concert at 2:30pm.**
- Thursday, 14th** **Carol Singing by Viewlands Primary School at 10:15am.**
Bus Trip to Glendoick Garden Centre for Shopping and Afternoon Tea at 2:00pm.
- Saturday, 16th** **Concert by Pavlina at 2:30pm.**
- Monday, 18th** **Historic Talk by Roy Johnstone at 2:30pm.**
- Tuesday, 19th** **Care Sound Radio – all care home request show – put in your Christmas messages.**
- Wednesday, 20th** **Viewlands Christmas Party with a visit from Santa. Concert by Eddie Cairney, 2:00pm – 4:00pm.**
- Thursday, 21st** **Visit from Munchkins Nursery at 2:00pm.**

- Friday, 22nd** **Family Christmas Bingo at 2:30pm.**
- Monday, 25th** **Christmas Lunch and Drinks followed
by a Christmas Movie.**
- Tuesday, 26th** **Boxing Day Lunch.
Christmas Raffle Draw.**
- Friday, 29th** **Family Christmas Bingo at 2:30pm.**
- Saturday, 30th** **“Cinderella” Pantomime at 2:30pm
followed by Afternoon Tea and Fish &
Chips.**
- Sunday, 31st** **Hogmanay Evening Celebrations from
9:00pm.**
- Monday, 1st** **New Year’s Day Lunch.**



Answers to Christmas Quiz:

1 A	6 A	11 D
2 B	7 D	12 C
3 C	8 A	13 C
4 B	9 B	14 D
5 C	10 B	15 D

Answer to Christmas Riddle:

CHRISTMAS

Wishing all residents, staff, families and
friends a

Merry Christmas

&

Happy New Year