



# Viewlands Review

## Summer 2023

Hello and welcome to the summer 2023 edition of Viewlands Review! Hopefully, this will keep you updated on the latest news, events, and activities happening at Viewlands House. We hope you enjoy reading it and find it useful and informative.

We have introduced a uniform at Viewlands. You may have noticed staff wearing some new bright colours! We are hoping that the uniform can help residents and relatives easily identify staff members. Each staff member has their name embroidered onto the left side of their tunic. The following colours should help you identify each member of staff and their role: -

**Nurse / Shift Leader**

Team Leader

**Carers**

Housekeeper

**Domestic Staff**

**Royal Blue**

Hospital Blue

**Purple**

Navy

**Burgundy**

Lanyards have also been introduced to identify, Trustees, Friends, Manager, Deputy Manager and Admin Staff.

You may have noticed new signs on the back of resident's doors, listing their Named Nurse and Key Worker. Please feel free to get in touch with either of them at any time.

We are planning to hold a Summer Fair on **19<sup>th</sup> August from 2pm – 4pm**. (Please note the date change due to unforeseen circumstances). The fair is organised by the Friends of Viewlands to raise funds for activities for residents. These funds are used to pay for trips, ice creams and concerts for everyone to enjoy. We hope to see you all there!

Congratulations to Carl MacKenzie, our Maintenance Man. He has passed his minibus driving test and is now licenced to transport our residents. Well done, Carl!!

Please feel free to contact me if you have any questions, comments, or ideas for future issues. Thank you for being part of our Viewlands community!

Best wishes, Kat, Manager

## **The Survivors! - For Those of us Born Before 1945.**

We were born before television, before penicillin, polio shots, frozen food, contact lenses and videos let alone DVD's. We were born before radar, credit cards, split atoms, laser beams and ball point pens. Before dishwashers, tumble dryers, electric blankets, air conditioning and before man walked on the moon.

We got married first, then lived together after (oh how quaint that would be today!) we thought that fast food was what you ate in Lent, a Big Mac was an oversized raincoat and crumpet was what we had for tea. We existed before househusbands, computer dating, dual careers and when a meaningful relationship really meant getting along well with your cousins and that sheltered accommodation was where you waited for a bus!

We were before day care centres, group homes and disposable nappies. We had never heard of FM radio, tape decks, electric typewriters, artificial hearts, word processors, yoghurt and young men wearing earrings. For us time-sharing meant togetherness, a chip was a piece of wood or fried potato, hardware meant nuts and bolts and software wasn't even a word.

Pizzas, McDonalds and instant coffee were unheard of and in our day cigarette smoking was fashionable. Grass was mown, Coke was kept in the coal shed, a Joint was a piece of meat you ate on a Sunday and Pot was something you cooked in.

Rock music was a grandmother's lullaby. A Gay person was the life and soul of the party (and nothing more), whilst AIDS just meant a beauty treatment, or help for someone in trouble.

We, who were born before 1945, must be a hardy bunch, when you think of the ways in which the world has changed and the adjustments we have had to make. No wonder that we are so confused and that there is a generation gap today but By the Grace of God, We Have Survived!

## Trip to St Andrews



The 25<sup>th</sup> of May was the day of our summer outing to St Andrews. Luckily, the weather was gorgeous! When we arrived at St Andrews the driver parked up so that we could see the sea and the sand. We had a short walk before our picnic lunch. Everyone was very happy that a seagull decided to join us! He thought that Clarissa's lunch looked good and took it! Clarissa got such a fright! I do hope he enjoyed Clarissa's roll!



Our driver on the day was excellent, he took us for a run in the coach around St Andrews. Jenny pointed out some sites as she had previously lived in St Andrews.

On our way back to Perth, we stopped off at the café at Calders Garden Centre in Cupar where we enjoyed afternoon tea. There were some lovely shops there too, and of course, a few of the ladies purchased some nice things.

We arrived back at Viewlands House at 4:30pm, just in time for a wash and brush up before our evening meal.

*Thank you to everyone for making our trip a lovely day.*

*Greta Grieve*

Here are some snaps  
from our trip!





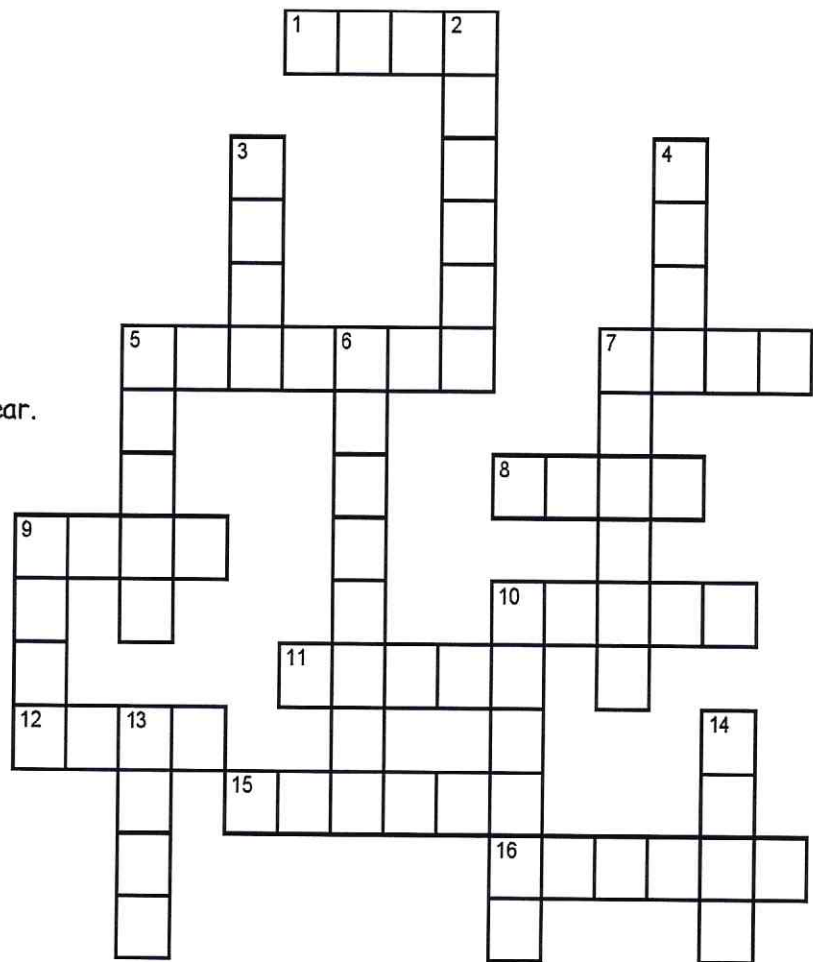


Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.





## MacKenzie Bear's Adventures

In South Africa

April 2023

Mackenzie Bear accompanied me when I spent a fortnight with my family in South Africa. 'We' consisted of my son, Stuart, his wife, Cat, their daughters, Elodie (14) and Aila (11) and Cat's mum, Sheilah and of course Mackenzie Bear!



Here he is showing his many badges collected on his previous travels and now includes the South African flag purchased at the top of Table Mountain

Our overnight flight from Heathrow to Johannesburg arrived very early in the morning followed by a taxi trip north to Pretoria. There we were welcomed by Cat's brother and his family and stayed in their amazing house in the gated estate called Waterkloof. Even within this estate of magnificent buildings, each one was surrounded by very high electric fencing and had very high, solid remotely-powered gates. I must say, I found the juxtaposition of extreme wealth and abject poverty really quite disturbing. But it was a lovely time to spend with the family and the children all had a great time.



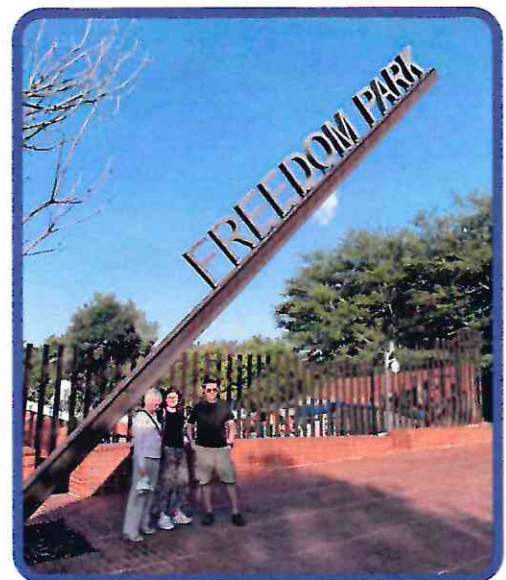
MacKenzie got his first outing when we went to the Freedom Park in Pretoria which was a very new and impressive building, a museum which gave the rather distressing history of the indigenous population of South Africa over thousands of years. The final part, though, was much lighter and documented the ending of Apartheid with wonderful pictures of Nelson Mandela. Here is a photo of MacKenzie with Nelson and a picture showing one of the wall hangings which I found extraordinary, relating as it does to our very own Scottish Sunday Post!



**1980**

The Sunday Post launches a nationwide 'Release Mandela' campaign, which is soon supported by numerous organisations.

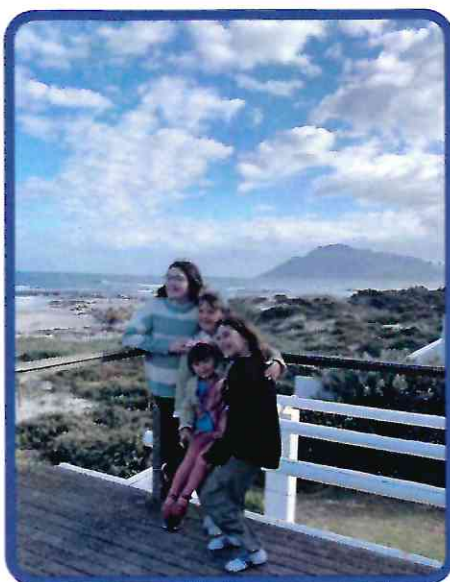
After 3 days in Pretoria, we flew down to Cape Town, picked up a hired vehicle for 6 and spent 3 nights in Franschhoek which is a very rich, beautiful and safer-feeling area, globally known for its Vineyards. The house we stayed in was called The Explorer's Club and was full of maps and works of art, culture and history – quirky in so many ways and fascinating. On two mornings when it was cooler we visited a couple of Vineyards for outdoor breakfast in the shade of very old trees followed one day by a walk in the beautiful shaded gardens and the other day, visiting a museum then back to the house for a dip in the pool – temperature reached 32degrees one day – much too hot for McKenzie! On our final evening we had a wonderful meal on the terrace of one of Richard Branson's hotels watching the lovely sunset across the valley.





Our next stop was in Cape town and this time MacKenzie was allowed to join us when we visited the Waterfront which is very lively and bustling before we took him up Table Mountain seen here in the background.

We then drove to a wonderful house literally on the beach an hour or so south of Cape Town where we were joined by Cat & Sheilah's family who had flown down from Pretoria for the Easter weekend. Weather deteriorated to be 17degrees which was apparently on a par with Scotland one day and we looked out on a grey and drizzly sight, much like the North Sea! But it didn't stop us from having lovely walks on the beach and the children braved the water and swam in the sea and had lots of fun.



On the Monday which was baking hot again we went to see the tiny penguins on Boulder's Beach – too wet for MacKenzie but the kids all had a ball! There are two beaches there, one for the penguins only and the other for people and penguins which shows sometimes they enjoy mingling with and, when the tide is in, swimming with the humans.



After flying back up to Pretoria we spent our last 2 nights on a non-carnivorous game reserve called Zebra Crossings which was wonderful with, of course, zebras as well as impalas, giraffes, wart hogs and two very tame ostriches.

Although there were enough beautifully furnished little thatched huts for 4 families, we were on our own as it was midweek and Autumn and were so impressed with the kindness of the staff and superb quality of the accommodation. We had our own game reserve expert who took us on an early morning walk and on two drives pointing out animals, birds and nature features which included testing us on animal paw prints and spoor – I'm afraid we were not very good at



recognising these! He also took us to a very deep pool with a waterfall which was greatly enjoyed by the younger members and the grannies looked on with awe! We also had our own chef whose preparation and presentation was superb.

As we drove there we turned a bend in the very rocky and rutted road to find a giraffe standing in the middle of the road. It was massive and eventually moved into the bush

– what a sight – and we were so lucky to have done so as we didn't see another although we were told there were many on the estate.

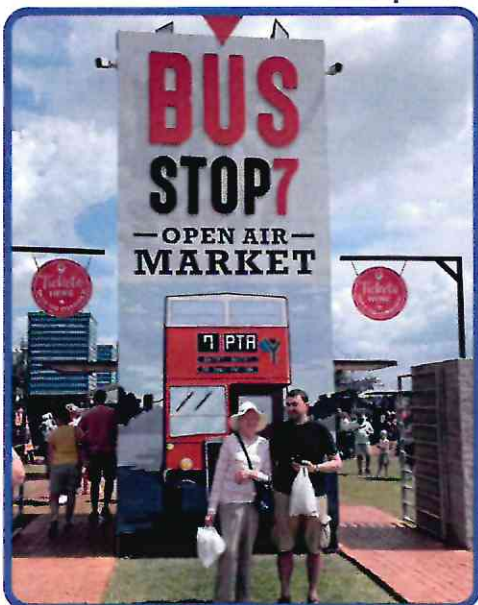


These zebras were totally unphased by our presence as was this ostrich whose eye is bigger than its brain and its head is totally out of proportion with the size of its body.

Other activities included a visit to Cape Town's wonderful Botanic Gardens with the lovely Bird of Paradise flowers.



There were several open-air markets too, selling amazing beaded, leather and hand painted items all made locally and just the right size for transporting! One, called Bus Stop 7, with fresh food, lovely fruit and veg and an impressive play area was outside town by about an hour's journey and was a popular weekend destination.



So many lovely memories from a trip of a lifetime!

## Student Paramedic – from Stewart Meehan

Being a student paramedic for a year now has given me chances and experiences that I would never have thought of. It has helped open my mind to different ways of thinking around situations and how to effectively resolve them. During my first year I have been both out with the Scottish Ambulance Service (SAS) and currently experiencing care work through my placement at Viewlands House Care Home.

The experiences and techniques that I am learning in Viewlands House are helping to both develop my skills that I picked up with SAS as well as giving me new views that I can combine with to provide the best person-centred care possible for each individual person I come into contact with.



I wanted to become a paramedic to help those in their most vulnerable and time critical moments to ensure they can receive the best care possible and are looked after in a dignified and respectful way. To do this I started to work with the British Red Cross First Aid group which helped to create a baseline of skills and knowledge that has only grown during my time as a student paramedic. I also during the pandemic assisted with the emergency response group of the Red Cross providing food and items to those too vulnerable to leave their homes. This helped to further boost my willingness to become a paramedic as I wanted to continue helping folks and ensuring they can receive the best possible support when they need it.

During the first year of my three-year course, I have learned skills and techniques that will help to create the backbone of my learning and will be built on. From techniques like using tourniquet and Trauma Bandages to help with catastrophic bleeds, to learning about the main routes of injections being Intradermal, intramuscular, and subcutaneous. These methods will further be built on during my course when I learn cannulation and IV medications.



## King's Coronation - 6<sup>th</sup> May 2023

The crowning of King Charles III and Queen Camilla on 6th May 2023 was a momentous and sacred event that signified the start of a new chapter for the British monarchy. The ritual, which took place at Westminster Abbey, led by the Archbishop of Canterbury adhered to ancient traditions and customs. The King and Queen Consort reached the Abbey in a splendid procession from Buckingham Palace, escorted by other members of the royal family and officials. They were welcomed by the applause of thousands of people who filled the streets to watch the spectacle. The service consisted of the recognition, the oath, the anointing, the crowning, and the enthronement of the new sovereigns, as well as hymns, prayers, and music.

After the service, the King and Queen Consort returned to Buckingham Palace in a bigger procession, where they appeared on the balcony to greet the public. The crowning was broadcasted live on television and radio, as well as online, to millions of viewers around the world. The crowning was followed by a series of celebratory events over the weekend, including a concert at Windsor Castle featuring global music stars. The crowning weekend was an opportunity for people to come together in celebration of the historic occasion and to show their support for the new monarchs and their commitment to serve God and their country.



King's



Coronation

Party



Party Time!!



PIC•COLLAGE



# Sunshine or Showers?



Scotland is looking forward to a warm summer this year, according to the latest weather forecasts. The Met Office predicts that temperatures will be above average, and rainfall will be below average for the next three months. There is also a chance of a heatwave in July, when the mercury is predicted to soar above 25°C. This would be a welcome change from the wet and cool spring that Scotland experienced this year.

Here are some **top tips** for keeping cool: -

Drink lots of water 

Wear light clothing 

Avoid direct sunlight 

Use a fan or air conditioner 

Eat ice cream 

## Interesting History...

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s:

Most people got married in June - because they took their yearly bath in May, and they still smelled pretty good by June. However, since they were starting to smell . . . brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

Houses had thatched roofs - thick straw - piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs etc) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof . . . Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could land in your bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the phrase, "dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a thresh hold.

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day.

Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old". Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and "chew the fat".

Those with money had plates made of pewter. Foods with a high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive . . . So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be literally saved by the bell, or was considered a dead ringer.

And that's the truth . . . Now... whoever said history was boring?

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## FOOD & DRINK

Can you find the hidden words? They may be horizontal, vertical or diagonal, forwards or backwards.



APPLE, APRICOT, BANANA, BEANS, BEEF, BEER, BREAD,  
BUTTER, CABBAGE, CAKE, CANDY, CARROT, CEREAL,  
CHEESE, CHICKEN, CHOCOLATE, COFFEE, COOKIE,  
CREAM, EGGS, FISH, JUICE, LEMON, LETTUCE,  
MARMALADE, MELON, MILK, MUSHROOM, ONION,  
ORANGE, PASTA, PEACH, PEAR, PEAS,  
PICKLE, PINEAPPLE, POTATO, PRESERVE, RICE, SODA,  
SOUP, SPINACH, STEW, SUGAR, SYRUP, TOMATO,  
TREACLE, TURKEY, WATER, WINE.

## Joseph and the Amazing Technicolor Dreamcoat

Erin Tindal recently performed with her musical theatre group – **Ad-Lib Arts** in Joseph and the Amazing Technicolor Dreamcoat. Here are some photographs from the performance and backstage.



# Future Events

Tuesday, 4<sup>th</sup> July 2023 – Independence Day

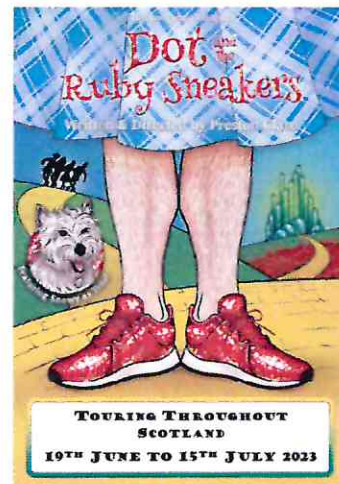
American themed Lunch and Power Quiz

Saturday, 15<sup>th</sup> July 2023 - Dot and the Ruby Sneakers

"This summer, Theatre Presto proudly presents:

## Dot and the Ruby Sneakers

Dotty dreams of a better life when suddenly she and her faithful dog Toto find themselves transported to another world. There she makes friends with Mophead, Rusty and a lion who help her defeat the Wicked Witch of the West. However, although she has made some great new friends Dotty comes to the conclusion that there is 'No Place Like Home'."



Saturday, 19<sup>th</sup> August 2023 – Summer Fair

Join us for a fun-filled day at our annual Summer Fete! There will be plenty of activities for all ages, including tombolas, raffles, tea and cakes.

We hope to see you there!"

## GO4Gold

Go4Gold brings together over 120 residents from care homes across Perth and Kinross for a series of fun physical activities. The event is held each year to highlight how meaningful physical activity can contribute positively to individuals' quality of life.