



Viewlands Review – Spring 2024

Hello Everyone

Springtime again. Springtime is the land awaking.

The March winds are Morning yawn (Lewis Grizzard).

Now that the weather is warming up, we are starting to plan some bus trips. We will be holding our Easter raffle on Easter Monday.

We have had a few Big Birthdays already this year residents and staff, Millis Thomson, Betty Dallas and Pauline Stevenson, also Alison Smith, one of our Friends.

You will have noticed that we have had a few work men around the house these past few weeks. Solar Panels have been installed on the roofs, and the ventilation duct system cleaned out, We would like to thank you for your patience while the work has been done.

We have had a few staff leave our team this year. Cameron is away to work in the NHS after being here for 10 years, and our hairdresser Mima is retiring after 27 years at Viewlands.

An unannounced inspection was carried out by the Care Inspectorate at Viewlands house on the 28th and 29th February. 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 5 (very good) for ‘How good is our Leadership?’ I would sincerely like to thank all staff members for their dedication to Viewlands House.

I’d also like to thank our volunteers for setting up the arts and crafts afternoons along with the Knit and Natter as they are very popular social activities which many residents enjoy.

Please feel free to contact me if you have any questions, my door is always open.

Kat, manager

Embracing Spring

A Season of Renewal and Joy

As the days grow longer and the air turns warmer, we welcome the arrival of spring—a season that brings forth new beginnings, vibrant colours, and a sense of rejuvenation. Spring holds a special place in many hearts, evoking memories of blossoming gardens, picnics in the park, and the promise of brighter days ahead.

The Symphony of Springtime

Blossoms and Blooms

Springtime is synonymous with flowers. As the earth awakens from its winter slumber, gardens burst forth with a kaleidoscope of colours. The fragrance of blooming flowers can lift spirits and evoke nostalgia. Perhaps you'll spot a daffodil, tulip, or cherry blossom—the delicate petals whispering secrets of seasons past.



Spring Cleaning Rituals

While spring cleaning may seem like a chore, it's an opportunity to declutter, refresh, and create a harmonious living space. Reminiscing about cherished belongings and deciding which items to keep or donate, dust off old photo albums, or rearrange furniture, find joy in the simple act of renewal.



Feathered Friends

Birdsong fills the air as our feathered friends return from their winter migrations. Observe robins, sparrows, and finches. The rhythmic chirping can be soothing,

A Time for Reflection and Gratitude

Spring invites us to pause, reflect, and appreciate life's simple pleasures.

Let's embrace spring with open hearts. May it be a season of laughter, growth, and cherished moments. As the world transforms, so do we—ready to dance in the rain, savour the scent of freshly mown grass, and marvel at the resilience of nature - Happy Spring!!



Flower and Plant Quiz

- 1 She got up very correctly? _____
- 2 Truthfulness. _____
- 3 Wed for money? _____
- 4 Use this for a clean sweep! _____
- 5 YGAHDAREN (anagram) _____
- 6 Admiring his own reflection. _____
- 7 A clanger feels rather sad. _____
- 8 It conquers all, despite a haze. _____
- 9 GMOAINLA (anagram) _____
- 10 A people of automobile owners? _____
- 11 Burn your fingers at this game! _____
- 12 Give me your answer do! _____



Volunteers

We are lucky enough to have a fabulous group of volunteers who help at Viewlands House.

We have a board of Trustees who hold quarterly meetings as part of the management of the home. Many of the Trustees also take on some additional responsibilities, like our shopping trolley on a Monday morning.

Our "Friends of Viewlands" volunteers are essential to help create a homely, welcoming atmosphere. They provide many extra services for the residents including arts & craft classes, flower arranging, knitting and assist with outings.

Their dedication, compassion, and willingness to give their own time make a significant difference. We thank them all for their hard work.



Some recent activities supported by our "Friends of Viewlands".

Fascinating Facts about **Perth, Scotland**



River Tay, Perth, Scotland

1. **Fair City:** Perth is affectionately known as the '**Fair City**', inspired by Sir Walter Scott's 1828 novel, *The Fair Maid of Perth*. The name reflects the city's historical significance and charm.
2. **Medieval Roots:** In medieval times, Perth was referred to as '**St John's Toun**', which explains why its football team is called **St Johnstone**.
3. **Jacobite History:** The Jacobites, during various periods, took control of Perth three times: in **1689, 1715, and 1745**.
4. **Former Capital:** From the **9th century** until **1437**, Perth held the prestigious title of **Scotland's capital**. It remained the country's '**second city**' until local government changes in **1975**.
5. **Scone Palace:** Close to Perth lies **Scone Abbey**, historically significant as the place where Scottish kings were traditionally crowned. It once housed the **Stone of Scone**.
6. **River Tay:** The **river Tay**, flowing through Perth, is the **longest river in Scotland**, stretching **119 miles**.
7. **Tragic Event:** In **1437**, King James I was tragically murdered in Perth by his uncle, **Walter Stewart**.
8. **City Status:** Perth regained its '**official**' **city status** in **2012** to commemorate the **Queen's Diamond Jubilee**.
9. **Birthplace of the Reformation:** The fiery preacher **John Knox** delivered a sermon in Perth that inspired citizens to destroy all the city's monasteries, making it one of the birthplaces of the **Reformation**.
10. **Island Parks:** The two main parks in Perth, the **North Inch** and **South Inch**, were once **islands** in the river Tay.

Mackenzie bear's latest adventure

On 1st March, Mackenzie stowed away in Elaine's case as it had been a while since he had been away on a trip. Elaine and husband Brian were going on a cruise for a week around the Canary Islands and Mackenzie fancied trying out his "sea legs".

First, they flew to Tenerife where they landed at the airport in the south of the island where all the holiday resorts are. There was then a 45-minute bus journey to the north of the island where the ship was in port. What a difference in the weather, the north of the island was pretty cold and wet!! Luckily hot sunny weather wasn't needed as there was lots to do onboard.

We boarded the ship, the P&O Azura which was built in 2010. The ship has 14 decks and has the capacity for 3,100 passengers and 1,250 of a crew! There were 10 restaurants and 13 cafes and bars on board. Over the week we also saw lots of shows and entertainers in the evenings.



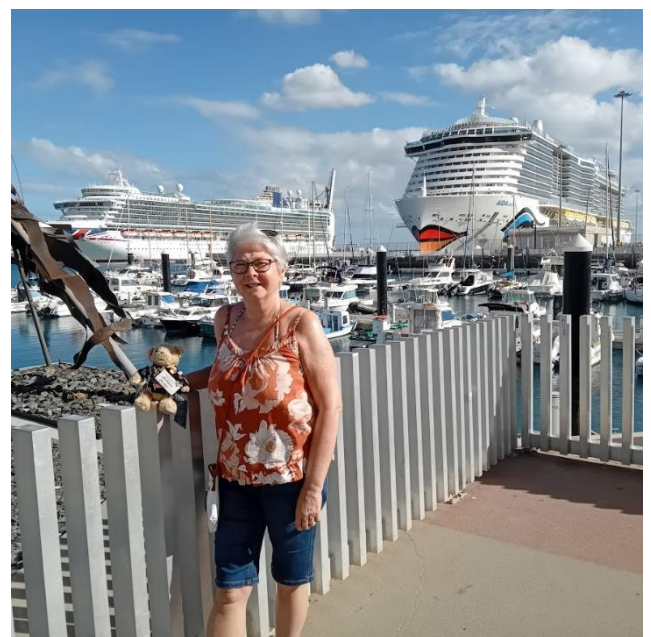
The main draw of a cruise though is visiting the different ports. Our first day was spent at sea, sailing north to the beautiful island of Madeira where we stayed for the day and enjoyed a hop on – hop off bus tour and a stroll around the pretty harbour area. We also saw the Cristiano Ronaldo museum. Ronaldo was born on the island, and they are very proud of their famous son. The references to CR7 are everywhere. We hadn't been to Madeira before but thought it would be lovely to go back another time to stay for a holiday and then be able to explore the island further. Mackenzie now has his Madeira badge on.

We obviously then had to then spend another day at sea, sailing back south to our first stop in the Canary Islands, La Palma. La Palma was another pretty

island with narrow streets and brightly painted houses. Although it is a tourist destination, there doesn't seem to be any flights there from Scottish airports, so it was another new experience for us. The capital, Santa Cruz de la Palma is famous for its naval museum which is in a replica of a ship that Christopher Columbus used on his 1492 voyage to America. The Santa Maria Ship (Barco de la Virgen) was the largest of three small sailing ships that were used on his voyage of discovery. The two other ships that were used on his historic journey were named "La Nina" (The Girl) and "La Pinta" (The Painted).



The next day saw us sailing to Fuerteventura which is an island where we have spent one winter holiday, several years ago. However, this time we were at a different area and again it was very nice to see. Then it was an overnight sail back to Tenerife, disembark and then fly home again. Other than the first day, we had lovely sunny weather, mostly in the mid-twenties, so a lovely time was had by all 3 of us.



As we left Tenerife, we had a fantastic view of Mount Tiede rising above the clouds. Tiede is the highest point in all of Spain and the highest point above sea level in the islands of the Atlantic Ocean. If measured from the ocean floor, its height of 7,500 m (24,600 ft) makes Teide the third-highest volcano in the world.



Now where will Mackenzie go next?

How many do you remember?

- Headlight dip switches on the floor of the car?
- Ignition switches on the dashboard?
- Using hand signals on cars without turn indicators?
- Trouser leg clips for bicycles without chain guards?
- Sweetie cigarettes
- Coffee shops with juke boxes
- Home milk delivery in glass bottles
- Peashooters
- Party lines on telephones
- 33 RPM records
- Newsreels before the movie
- 45 RPM records
- TV test card that came on at night
- Hi-Fi's
- Only 2 TV channels
- Metal ice trays with levers
- Blue flash bulbs on cameras
- Cork popguns
- Wash tub wringers
- All TV programmes in black & white

If you remembered 0 - 3 you are still young

3 - 6 - you are getting older

7 - 10 - don't tell your age

And 11-14 – you are positively ancient!!



60th Birthday Celebrations

Pauline recently turned 60!

Pauline's family, staff and residents helped her celebrate. Pauline received a birthday cake and some beautiful flowers.



Betty Dallas

Betty Dallas recently celebrated her 95th birthday. Her family have given us an insight into her earlier life before she became a resident of Viewlands House.

Betty was one of 10 children, William, Mary, Jimmy, Jock, Harry, Betty, Freddy, Alan, Anne and Maureen of James McHardy Emslie and Ann Drummond Ames who married on 14th June 1918 and lived in Gairdrum Farm, St Martins.

Betty was born on 13th February 1929 at Cross Street, Lower Scone. She attended Robert Douglas Memorial School. The headmaster at the time was Mr Henderson. Betty left school at the age of 14 in 1943. However, she was often kept off school, looking after younger sick siblings as the older ones were working and their earnings were needed. Her upbringing was a strict one, bad manners were not tolerated by her father, balanced with his coothiness and keen sense of humour.

Betty's first job was Hampton's Book and Paper Shop in Scott Street for a year. Returning to work at Murray Brothers Radiator repair and welders taken over by Bob Wilson, after contracting Scarlet Fever and looking after her mother. She then went on to work for General Accident.

Betty's mum and dad ran the dances held in Scone village hall. It was there she met Jacky Dallas. Her friend said, "I'll have the nice looking one" and Betty said, "I'll have the nice wee soldier in the middle". They married on 10th March 1951 at the York House Hotel by Rev Robertson. Betty made her own wedding dress with the help of her sewing teacher Miss McGowan. They honeymooned in Torquay.

When Jacky was demobbed, he worked as a signalman at Stratford. Ronnie was born on 19th January 1951. The family then moved to Kincaig after promotion for Jacky.

The first family home in Kincaig had no running water at all. The luxury of a cold-water tap was found in 2 Railway cottages, but still an outside toilet. Elizabeth was born here on 24th May 1954 and her Joan was born on 2nd November 1956. The family later moved to 19 Railway Terrace, Aviemore,

with the luxury of an inside toilet, running water and 3 bedrooms. Many friends were made in the Terrace. Anne was born on 30th March 1959 followed by Lynne on 16th October 1961.

There were many happy times picnicking down by the river Spey, or swimming in Loch-an-Eilen or Loch Morlich. When all the children went to school, Betty went back to work as a receptionist / bookkeeper at the Cairngorm Hotel, managed by Mr McLeod. She met and made many friends there. Callum Kennedy and this family as they often stayed and entertained at the hotel. Alistair Gilles and Jimmy Shand were also friends of Betty and Jacky.

The family moved back to Perth in 1971, again, through promotion for Jacky. With moving to a new estate in North Muirton, Betty became involved with the founding of the Muiralmond WRI – Starting in the WRI Concert Party in 1982.

Betty was sadly widowed in 1975 but with Anne and Lynne still being at school, she showed great strength of character using her bookkeeping talents at the Top Flight Leisure Group. Heading the office and training many an office junior to excel. She also passed her driving test and bought herself a car.

In 1987 Betty went to see her tennis idols John Newcombe and Tony Roach at Wimbledon. She had many a foreign holiday with family then laterally with her sister Ann. She enjoyed holidays to the Borders and bus trips to Ireland and Wales with the family.

She had a long career with Top Flight Leisure mastering and honing her computer skills at 60. Betty was a very “hands on” Granny to her 10 grandchildren with many a school run, accompanying to Sunday School at the North Church. She also enjoyed the Tuesday Club at the church run by Kathleen and Maureen. Betty went on to enjoy bowling and knitted constantly for grandchildren and PRI babies. She also endured a Perth flood where she was decanted out of her home for 6 months to a cottage in Balathie.

Betty again increased her knowledge with mastering her iPad in her eighties!

Some lovely photographs of Betty through the years



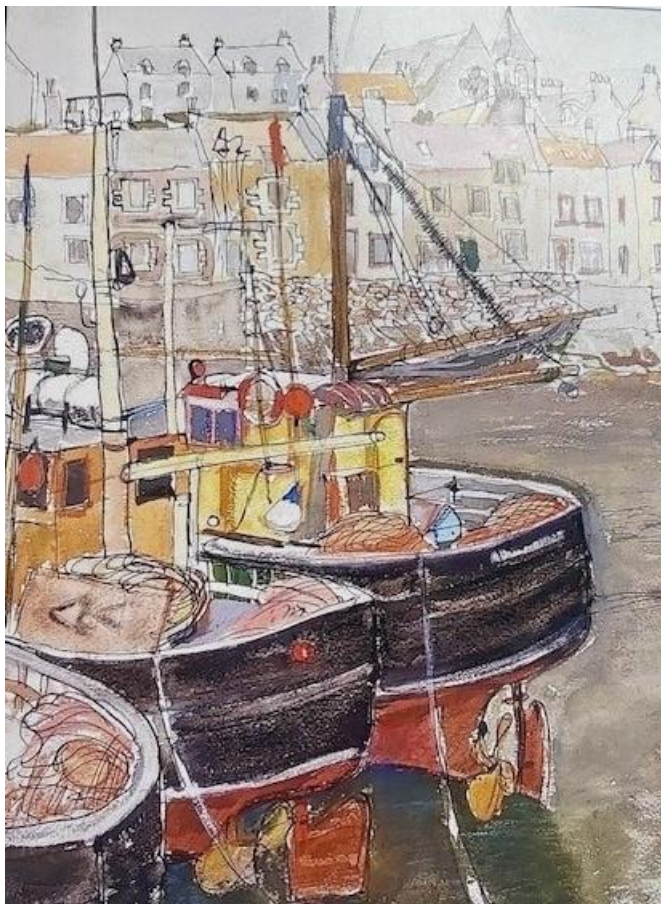


All the family gathered at Betty's celebrations in the Annexe

Spotlight on Gavin Waddell

During the Covid pandemic, one of Gavin's grandsons collated a number of his paintings to compile a book depicting Gavin's artistic journey across the world.

Gavin graduated from Edinburgh College of Art and for 8 years in Edinburgh schools. In 1969 Gavin and Moira moved to Singapore and lived and worked there for over 20 years while also starting their family. Gavin played a part in establishing a thriving creative scene by working with local artists and helping to organise the annual Festival of the Arts at UWC (United World College). The Gavin Waddell Art Prize is still awarded at UWC to this day. Gavin spent over 40 years teaching art in Edinburgh, Singapore, and then in the 1990's returned to Scotland and taught at Blairgowrie High School. When faced with a new class of students, he would start with *"You have a blank piece of paper before you. What will you do with it? How will you make a start? And from the start, how will you grow from there?"*



Many of the paintings in the book were created specially by Gavin as gifts for family and friends to celebrate weddings, births, anniversaries, new homes etc. and so they are now scattered all over the globe.

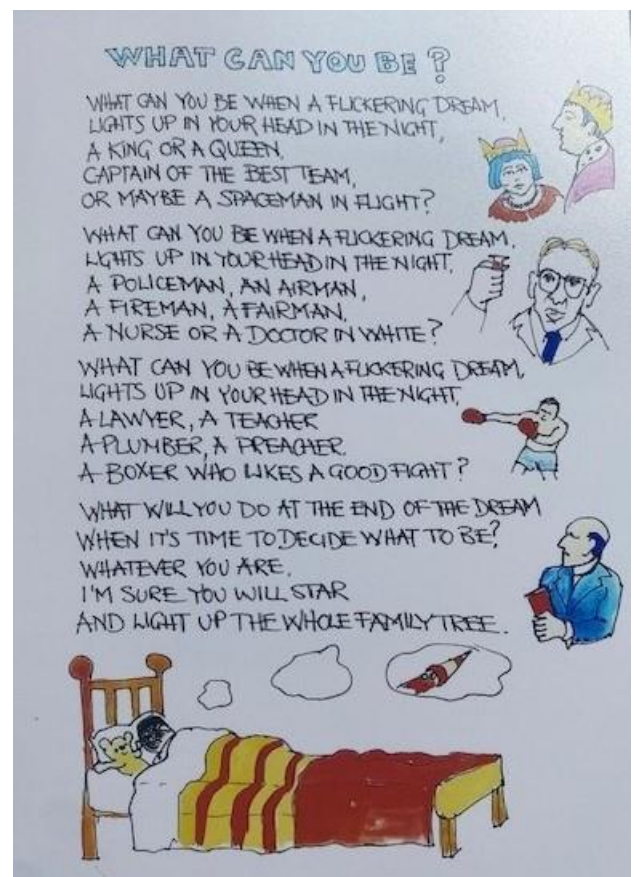
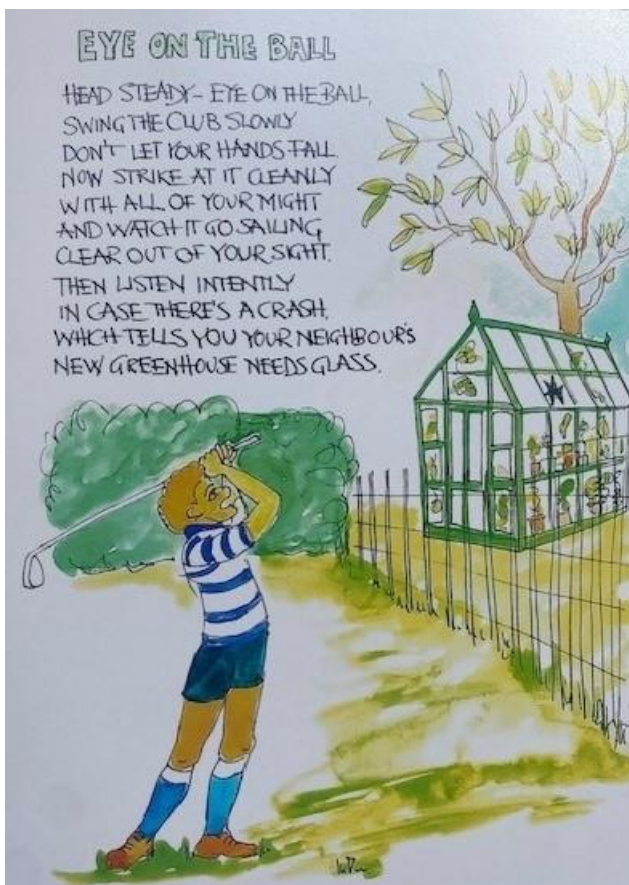
As well as teaching thousands of students over the years, Gavin has also exhibited his own work in such distinguished venues as the Royal Scottish Academy, UWC Annual Arts Festival, National Gallery of Singapore, and the Alpha Gallery in Singapore.

Many of Gavin's paintings were inspired by places he and Moira visited such as the south coast of France, or the islands on the west coast of

Scotland. However, he was also talented in other mediums, and made many still life sketches and paintings of animals and birds, particularly geese.



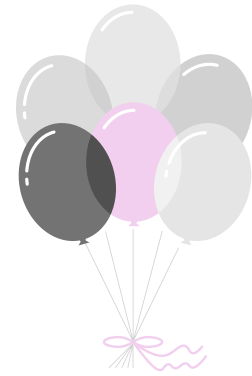
Gavin retired from teaching in 2003 and was then able to spend more time on other hobbies, but still kept an easel in his studio at the top of the garden where he was happy painting and listening to classical music. Once grandchildren came along, Gavin loved to compose poetry for them and always illustrated them beautifully. A few of his poems are copied here for you to enjoy.



Easter Quiz

1. What colour were the first Easter eggs?
 - A. Yellow
 - B. Green
 - C. Red
2. What is the traditional flower for Easter?
 - A. Daisies
 - B. Daffodils
 - C. Roses
3. What day of the week is Easter usually celebrated?
 - A. Sunday
 - B. Wednesday
 - C. Saturday
4. Easter takes place on the same day every year, true or false?
 - A. True
 - B. False
5. What name is given to the Sunday before Easter?
 - A. Rest Sunday
 - B. Easter Sunday
 - C. Palm Sunday
6. What hat is traditionally worn during Easter?
 - A. Easter Bonnet
 - B. Easter Woolly Hat
 - C. Easter Baseball Cap
7. What is the name of the 40 days before Easter?
 - A. Christmas
 - B. Advent
 - C. Lent

Birthday Celebrations! Millis 102 years



Millis recently celebrated her 102nd birthday. She enjoyed a tea party with her friends and family in the annexe.



We all agree that Millis looks fabulous for her 102 years.

Millis recently quoted, “I’m already looking forward to next year’s birthday”!!

Spring Word Search

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

April	fog	puddle	stem
baseball	garden	rainbow	storm
bird	grow	raincoat	sunshine
bloom	hatch	rainy	thaw
butterfly	insect	roots	tulip
caterpillar	kite	season	umbrella
chick	leaf	seed	violet
cloud	lilac	shovel	warm
daffodil	March	shower	water
dig	May	soil	weed
earth	nest	spring	wind
egg	picnic	sprout	worm
flower	plant		



The Pitter Patter of Tiny Feet

Melissa and Jordan were thrilled to welcome their beautiful baby boy to the world on 4th March 2024 at 8.23 am. Despite being four weeks early he weighed a very healthy 7lb 1oz. Both parents have commented that he seems to have big hands and feet. Perhaps he is taking after his great grandfather who was a professional goalkeeper and had size 14 feet!

Baby has been named Lochlin John Mackenzie. Melissa and Jordan chose Lochlin just because they liked the Scottish sounding name and because they felt it was a little unusual. They chose John because it is Jordan's middle name, and it is also Melissa's grandad's name. They felt this was a nice link to both families.

So far, he has been a very contented baby who cries only when he is hungry or undressed! He sleeps and feeds well, and also enjoys wakeful spells when he loves to look at someone speaking to him. Of course, he also loves cuddles and there are plenty of people who are more than willing to provide these in abundance.

Grace, one of our residents, and her husband John are delighted with their lovely little great grandson. Stephen and Gillian, and Carl and Shirley are equally overjoyed to welcome their first grandson.



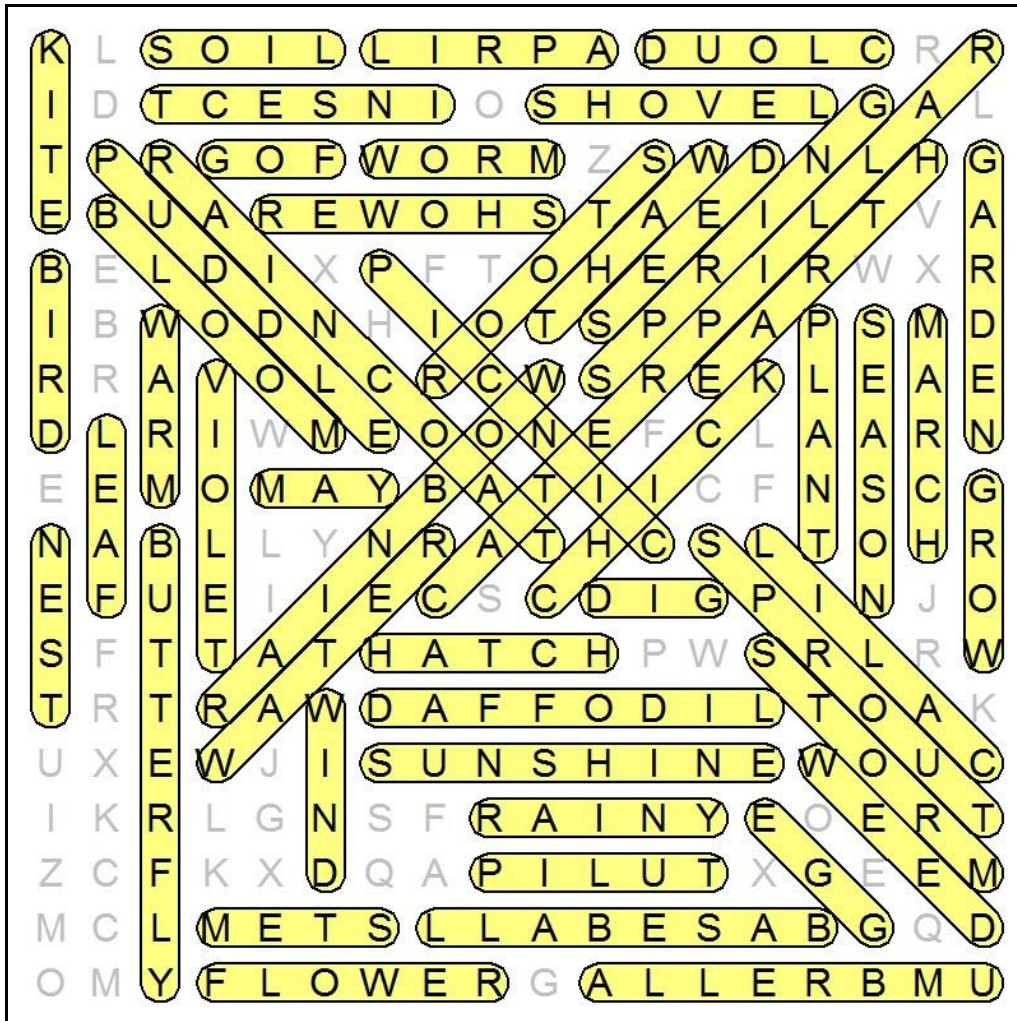
The answers to the Flower and Plant Quiz are: -

- 1 Primrose
- 2 Honesty
- 3 Marigold
- 4 Broom
- 5 Hydrangea
- 6 Narcissus
- 7 Bluebell
- 8 Love in the Mist
- 9 Magnolia
- 10 Carnation
- 11 Red Hot Poker
- 12 Daisy

Answers to Easter Quiz are: -

- 1 Red
- 2 Daffodils
- 3 Sunday
- 4 False
- 5 Palm Sunday
- 6 Easter Bonnet
- 7 Lent

Answer Key



Monday 1st April



WE WILL SHORTLY BE HOLDING AN EASTER RAFFLE

Tickets can be purchased at £1.00 per strip.

ANY DONATIONS OF PRIZES WILL BE MOST WELCOME

Future Events

Now that the air is warming up, we are looking to get out and about on some bus trips. Does anyone have any suggestions on where to go?
