

Mearns Memory Café, December 2020



WELCOME

Christmas is fast approaching once again, along with the end of a year that has been difficult for many, and which has seen many changes. We'd like to extend our warm wishes to you all for the festive season, and hope that next year will be much brighter for everyone.

To all our volunteers, contributors, donators and anyone who has helped our charity this year, grateful thanks. We couldn't have helped so many people without you!

OUR GARDENERS WIN GOLD!



Our Portlethen social gardening group were nominated in the *Scotrail in the Community Awards* for the beautiful planters and gardens that they maintain at Portlethen train station. The group members were delighted to hear that they had won the gold award for Train Station Adopters of The Year.

Everyone enjoyed a socially distanced virtual awards event online at Mains of Balquharn hotel at the end of November to hear the good news and celebrate!



9 MINUTE MICROWAVE CLOOTIE DUMPLING

"Gone are the days of the muslin cloth which I remember my mother using to make a clootie many years ago! She also used to wrap up small coins and put them into the dumpling so we would all get a wee treat especially if it was your birthday!"

Dorothy Sutherland

- ½ pint of water or milk
- ¾ cup of white granulated sugar
- 2 beaten eggs
- ½ lb plain flour
- 1 rounded tablespoon of mixed spice
- 1 rounded tablespoon of cinnamon
- 1 teaspoon of bicarbonate of soda
- ½ lb margarine
- ½ lb sultanas
- ½ lb raisins

Put water, sugar, fruit, spice, cinnamon and margarine into a saucepan on top of the cooker to boil. Then simmer for one minute. Remove from heat, and then mix in flour and bicarbonate of soda. Add beaten eggs.

Pour mixture into a medium sized microwave bowl which has been lined with clingfilm to go right over the edge of the bowl. DO NOT cover the mixture with clingfilm.

Cook in the microwave oven at 650 watts for 9 minutes (reduce the time for higher watt ovens - 900 watts will be 5½ minutes).

Allow to stand till cool.

A HOLLY CHILDHOOD MEMORY



John Shackleton from Portlethen Gardening Group recounts this amusing tale from his childhood in 1950s Bradford.

I would be about ten years old when my parents had a florists shop in Bradford. They had no experience of the business and it was far less lucrative than they expected. However, the Xmas holly wreath trade was a boon, so we were on a fast learning curve of wreath making. Hollies were not particularly abundant in Bradford and my parents had difficulty obtaining supplies and tried as far afield as Wales to obtain some. However, my father knew a contact of rather questionable reputation who said he could acquire a substantial amount of holly.

At that time in the 1950s Bradford had a flourishing wool trade, with many mills pouring black acrid smoke into the air through scores of mill chimneys. Consequently all the buildings were jet black including Bradford Town Hall, with its ornate architecture decorated with a topping of white pigeon droppings like a black Xmas cake. (It was in the 1960s, when the government gave grants for steam-cleaning buildings, that I realized the Town Hall was not built with black granite, but a lovely buff sandstone.)

I arrived home from school one day to find that I had to use the back door as there was a large pile of holly in the shop, blocking the internal door to the house. My father was always a sucker for a bargain, and he was in a tight spot anyway, so he was grateful to acquire such a large amount at, I presume, a reasonable price. Unfortunately it was very obviously "Bradford" holly, since it was, like the buildings, jet black with soot and no doubt acquired from unauthorized sources generally occupied by the dead, rather than the living. I therefore spent most of the weekend sitting on top of a pile of holly, scrubbing it clean, leaf by leaf with a scrubbing brush. I also had the doubtful privilege of helping to make holly wreaths with it, using pre-made wire rings, sphagnum moss, twine and wire.

I have not made a wreath since!

BAFFIES AND PANCAKES!

The Scots word baffies comes from baffs (old loose slippers). It first appeared in the Sunday Post in 1956 but is much older.

"Our Grannie Clerra used to refer tae cauld dreich days as 'Baffie Days'. She would licht the fire and get the griddle really hot. A smell of flour and dough would waft through from the scullery. In a flash you would be tucking into hot pancakes, butter and jeely. She would say, "Settle doon, ma loon and lass and hae a Baffie Day". You always fell asleep sound and warm as toast. "



**Courtesy of the Guid Fer A Laugh
Introduction to Scots Literacy team**

FESTIVE GAMES AND PUZZLES

What Am I? Christmas Riddle



*I can be long, I can be short
I can grow and I can be bought
I can be painted, or left bare
I can be round, or I can be square*

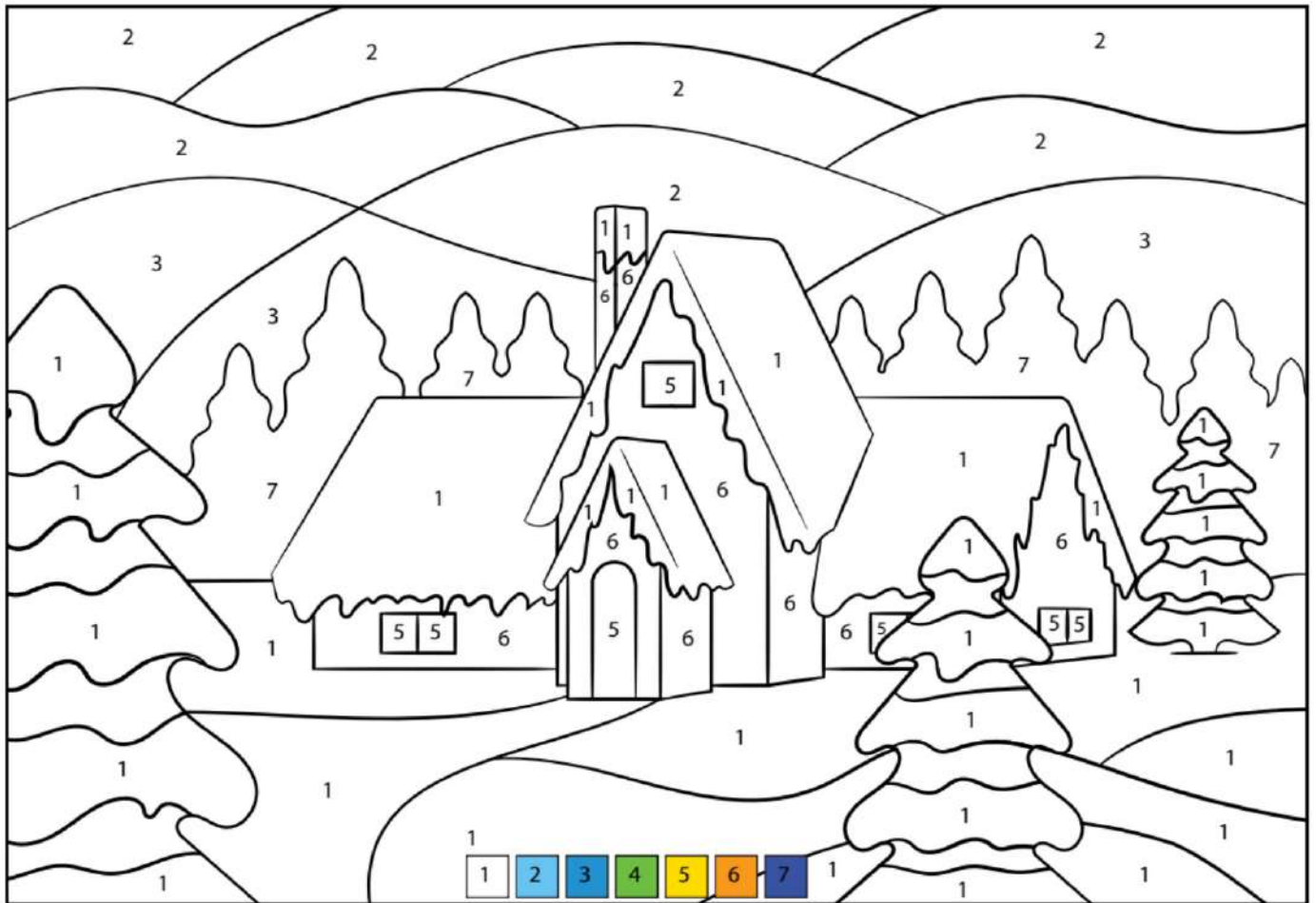


To answer this riddle, follow the steps below. Once complete the unmarked words will reveal the answer.

- Cross out 6 Christmas desserts
- Tick 6 countries where a white Christmas is a possibility
- Circle 7 things "My true love sent to me"
- Underline the names of Santa's 8 reindeer
- Scribble through 8 popular Christmas decorations
- Shade 6 items of winter clothing

Fruitcake	Dasher	Gloves	Holly	England	Hens
Doves	Poinsettia	Eggnog	Canada	Dancer	Sweater
Ireland	Vixen	Coat	Partridge	Cupid	Candles
Scarf	Mince Pie	Prancer	Trifle	Angels	Germany
Garlands	Lords	Donder	Swans	Marzipan	Blixem
Russia	Fingernails	Geese	Wreaths	Ear Muffs	Stars
Maids	Mistletoe	Boots	Pudding	Austria	Comet

Festive Colouring Fun



A Christmas Brain-Teaser Quiz



1. In "A Christmas Carol" what was the first name of Scrooge?
2. Who was the author of "A Christmas Carol"?
3. How many ghosts show up in "A Christmas Carol"?
4. In the song "Winter Wonderland" what do we call the snowman?
5. What song talks about multiple days of Christmas celebrations?
6. Which type of tree was the partridge sitting in according to a well known Christmas song?
7. How many gifts were given in "The 12 Days of Christmas" song?
8. What did my true love give to me on the 8th day of Christmas?
9. In the song "Jingle Bells" what kind of sleigh is mentioned?
10. What colour are the berries on the mistletoe plant?
11. What are the gifts that the 3 wise men gave to Jesus?
12. Which is the most famous Christmas Ballet of all time?

13. In 1949 Gene Autry recorded a song about a famous reindeer. What is the name of the song?
14. Three of Santa's reindeers names begin with the letter "D". What are they?
15. What is the name of the song recorded by Vaughn Monroe that opens with the lines "Oh the weather outside is frightful, but the fire is so delightful. And since we've no place to go"?
16. In 1946 Nat King Cole recorded a hit with a song about "Chestnuts roasting on an open fire". What is the name of the song?
17. What made Frosty come to life in the movie "Frosty the Snowman"?
18. Bing Crosby recorded this Irving Berlin song in 1942. It remains to this day one of the most popular Christmas tunes ever written. What is it?
19. Finish the name of this song, released in 1948 by Spike Jones and His City Slickers "All I Want for Christmas Is ..."
20. If you were born on Christmas Day what is your Star Sign?



Answers on last page.

Word Search

Christmas tree decorations



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

Tinsel

Angel

Snowflake

Crib

Ribbons

Baubles

Snowman

Star

Lights

Bow

Christmas

Reindeer

Santa Claus

Presents

Garland

Tree

Bows

Wreath

Bells

Decorations

Sudoku



Fill the spaces with the numbers 1-9 once in each row, column and square block.



	5	1	3					7
9			1			5		4
7						9		
4				1	6	2	9	
		2			5			
6			7	2				8
5			9	3		4	1	
	1			6		7		
			2			3	5	



Solution on inner back page.

A BEAUTIFUL CHARITY CALENDAR

Catriona and Franz Komlosi have kindly produced a gorgeous fundraiser calendar featuring their stunning photos of wildlife and flowers. We're delighted to be one of their chosen charities to benefit, along with The New Arc Animal Rescue Centre.

A large A3 wall size, the calendar features a high quality photo for each month. It costs £12.50 and is available from our office at 44 High Street, Laurencekirk (please call 378130 to check we're open before coming in). We can also post it out to you.

Whichever month you're on, it will certainly brighten up any wall in your home over the coming year!



2021 CALENDAR

A HELPING HAND FROM THE CO-OP



We're delighted to have been chosen to benefit from the Stonehaven Co-op Local Community Fund. This will help towards setting up a forum for older people in Stonehaven, to give them a voice within their community.

Co-op members (it costs £1 to join) can help when they purchase selected products from Stonehaven and surrounding area Co-op stores. To choose us as your local cause, go online to membership.coop.co.uk/causes/53389. Any causes that aren't chosen still benefit at the end of the year, as the Co-op splits unallocated funds raised between all of them. Thank you!

OUR SERVICES

We currently offer the following services:

Transport for healthcare appointments; Home delivery grocery shopping; A friendly call telephone service; Prescription deliveries; Garden maintenance; Handyman service.

Our services are provided by volunteers, for people aged 50+. Some services incur a charge. If you would like more information please call 01561 378130 or email us at office@mchln.org.uk. Services are subject to change, depending on covid regulations.

COLOURFUL GARDEN BIRDS



Blue Tits: aren't they just the cutest little bird with their colourful mix of blue white, white, yellow and green plumage? I just love their tinkling birdsong. They are found across the whole of the UK.

It is essential to give these little beauties a safe place to have a proper bath all year round. They also love seeds. Sunflowers are a good flower to plant in your garden, not only because the birds love them but they bring a lovely splash of sunshine into your garden.

If you are lucky enough to have a bird house in your garden and these little darlings nest, they will give you hours of pleasure through their breeding and feeding season, and hopefully they will stay around to steal the cream from the top of your milk in winter! Good luck to them! And to you, keep well.

Margaret-Anne Mackie

A CHRISTMAS CONCERT AT HOME



Songbook Melodies are giving everyone a treat this year with a festive video concert that you can watch at home via YouTube. 1 hour 50 minutes long, it's full of well-known Christmas songs that you can sing along to.

To watch the concert, visit youtube.com and search for "Songbook Melodies 16". Don't forget to give it a thumbs-up afterwards!

SUDOKU AND WORDSEARCH SOLUTIONS

2	5	1	3	4	9	8	6	7
9	3	6	1	8	7	5	2	4
7	4	8	6	5	2	9	3	1
4	7	3	8	1	6	2	9	5
1	8	2	4	9	5	6	7	3
6	9	5	7	2	3	1	4	8
5	2	7	9	3	8	4	1	6
3	1	9	5	6	4	7	8	2
8	6	4	2	7	1	3	5	9

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

CHRISTMAS CLOSING DATES

We will be closed from midday on Wednesday 23rd December, and will reopen at 9am on Monday 11th January.

CONTACT US

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Email: office@mchln.org.uk

Address: 44 High Street, Laurencekirk AB30 1AB

Website: mchln.org.uk

Facebook: www.facebook.com/healthylivingnetwork

USEFUL PHONE NUMBERS

If you're struggling over Christmas, or at any time, there are people who can help at the numbers below. Availability may vary over the festive period.

Age Scotland helpline: 0800 124 4222

Grampian Coronavirus Assistance Hub: 0808 196 3384

Silverline helpline for older people: 0800 470 8090

Samaritans (24/7): 116 123

PUZZLE ANSWERS

Christmas Riddle: Fingernails



Christmas Quiz:

1. Ebenezer, 2. Charles Dickens, 3. Four, 4. Parson Brown, 5. The 12 days of Christmas, 6. Pear tree, 7. 364, 8. Eight Maids a-milking, 9. A one-horse open sleigh, 10. White, 11. Gold, frankincense and myrrh, 12. The Nutcracker, 13. Rudolph the Red-Nosed Reindeer, 14. Dancer, Dasher and Donner, 15. Let it snow!, 16. The Christmas Song, 17. His hat, 18. White Christmas, 19. My Two Front Teeth, 20. Capricorn.

Newsletter funded by the Scottish Government Wellbeing Fund.