



WELCOME

We were all glad to see the back of an unseasonably cold and wet May, with better weather finally arriving at the end of the month and continuing throughout most of June. The photo above is of the beautiful magnolia tree in volunteer Liz Watson's garden, which came into bloom a few weeks ago. Doesn't it look stunning set against the deep blue of the sky?

In this issue, we have a recipe - along with a cautionary tale - for a sparkly floral beverage. You can also see if you agree with some of the likes and dislikes of Edenholme residents, in poetry form. And lots more! Hope you enjoy it.

CRYING SEAGULLS



This evocative painting is by our volunteer Kathleen Murray, who is a member of the Laurencekirk Artists Society (LAS). This year, LAS have been doing monthly art challenges on a variety of themes. You can find out more about LAS and see their galleries at www.laurencekirkartistsociety.org.



Some of our Laurencekirk health walkers enjoying time out at the Memorial park. The walk takes place every Wednesday, 2pm from the Masonic hall, and is followed by a cuppy and chat at the Coffee Box café at Mearns Fitness. Join us!

KILTWALK FUNDRAISING RESULTS



Congratulations to Arleine and Jill, winners of our recent Laurencekirk Walking Treasure Hunt, who received as their prize a £25 voucher for Gannets café.

Donations and sponsor money were received from both the hunt and a 26-mile walk/cycle/horse ride undertaken by our manager Jane. They were topped up 50% by the Hunter Foundation, making our grand fundraising total £2040!

A huge, hearty thanks to all who contributed. As a small independent charity, we couldn't be more grateful for the donations that allow us to carry on helping older people.

WELL DONE KEN!

The Rotary Club of Laurencekirk and District has recognised our volunteer and former Board stalwart Ken Fairweather, giving him a Community Volunteer Award. This is given to those who have gone above and beyond for their local community. We're delighted for Ken, and very grateful to have him as part of our organisation!

ELDERFLOWER CHAMPAGNE (MIND THE CEILING!)

By John Shackleton , Portlethen Gardening Group member

My mother used to make Elderflower Champagne and passed the recipe on to my wife, who then carried on the tradition. Of course, I paid little attention to the process as this was "women's work". When I ended up living on my own there were Elder trees in the back lane opposite, so I thought I would have a go at making some myself as I thought it was the nicest and most refreshing drink ever, either home-made or commercial (certainly nicer than real Champagne and a damn sight cheaper, in my opinion).

I did not have the recipe but somehow managed to find a book with a recipe for Elderflower Champagne among many others (this was long before the internet). The book was called "Fruity Passions" by Margaret Vaughan & Mary Hardiman-Jones, first published in 1990 by BBC Books.

The Recipe:

Ingredients

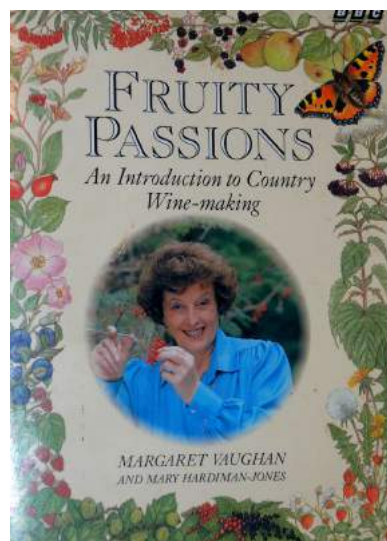
5-6 elderflower heads

2 lemons-sliced

8 pints water

1 1/2 lb sugar

2 tablespoons cider vinegar



Method

Soak both the elderflower heads and sliced lemons in the water for 24 - 36 hrs. Strain to remove impurities and then add the sugar and vinegar. Stir until all the sugar is dissolved. Pour the liquid into sterililised screw top bottles but DON'T tighten for 7 to 14 days.

I don't know if it's because of the wide variation of yeasts on flowers or what, but in practice I have found the results very variable; sometimes it is light and refreshing, but also it can turn out flat and beery-tasting.

It is important not to tighten the bottle tops too early. My bedroom was directly over the kitchen and on one occasion I was awakened with an almighty bang and went downstairs to see what had happened. I found the floor covered with broken glass and champagne and a hole punched in the polystyrene ceiling tiles. The cat was not too happy about it either.



EDENHOLME LOCKDOWN POETRY

The following poems came about at a series of sessions conducted by two Community Learning and Development Workers with Edenholme Care Home in Stonehaven over the summer and autumn of 2020. What began as a reading session soon developed at the request of residents into combined poetry reading and writing sessions. The poems were written communally, with most people present at a given session contributing at least one line. This allowed all participants to give voice to their experience and feelings.

The Poetry Group, Ed Garrett and Alistair Lawrie

What I like (and what I've missed)...

I'm not quite sure what I like

I like to read poetry and history

I used to like going walking and cycling

I like but I miss the entertainment we had

I like to see my daughter and son

We like our grandchildren's faces

I like red strawberries and ice cream

I like sunshine on the backs of mallard ducks

And finally I like happy faces

What I don't like

In general

I don't like screeching seagulls at night keeping me awake

I don't like spooky castles at night

Nobody likes spiders and beetles!

I hate stormy weather – it really scares me

I don't dislike anything – things grow on me

I don't like tripe and potted meat

I don't like people quoting from newspapers

I don't like slugs and caterpillars

Or spiders

In lockdown

I don't like lockout doors

I don't like not seeing family for weeks

I don't like sweaty masks

I don't like masks muffling words

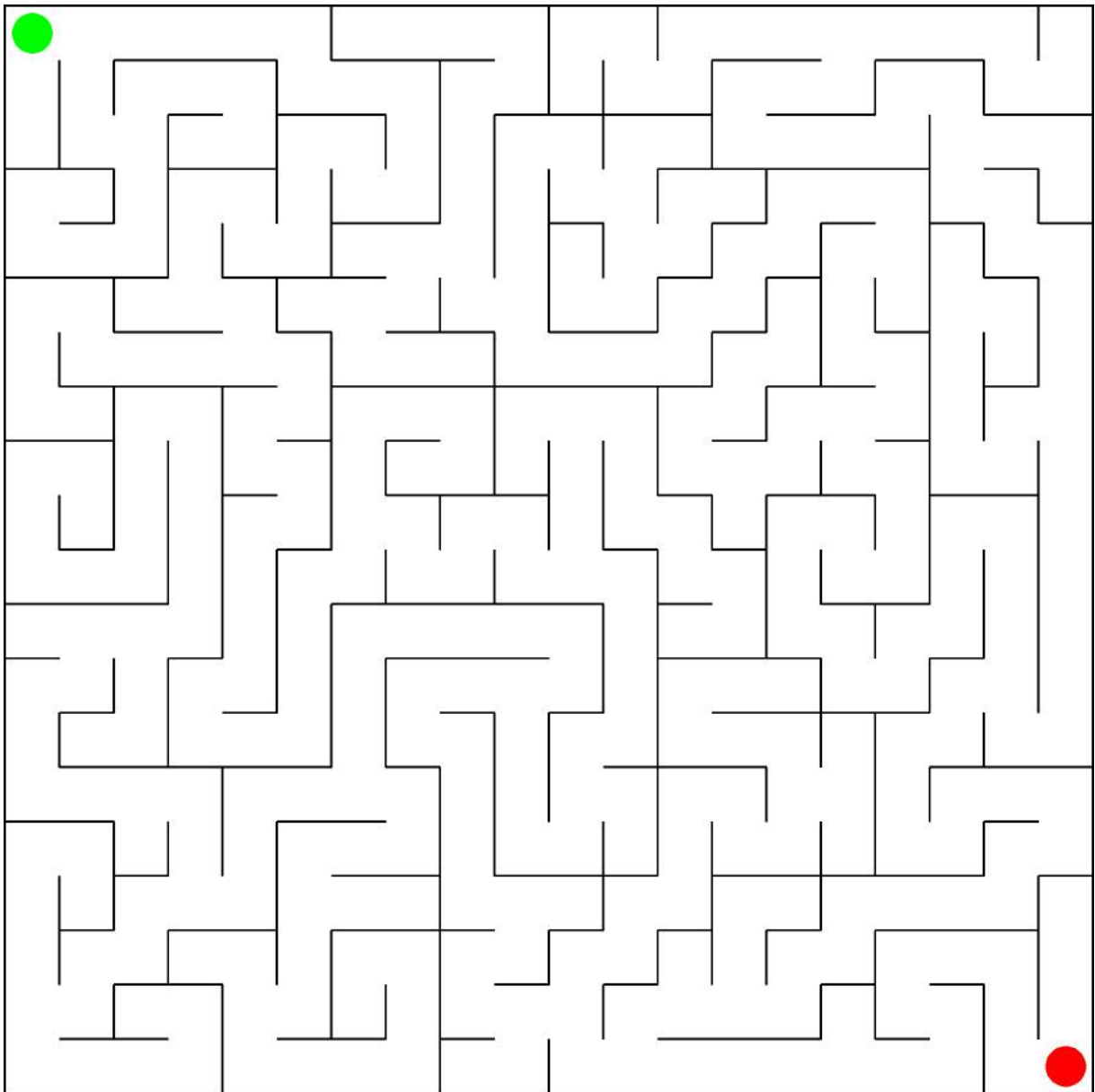
I don't like masks because they're frightening

I don't like all the lockdown repeats on TV

but

In particular I don't like spiders creeping up walls

FUN & GAMES



Puns to make you groan!

A man runs indoors and tells his wife that moose are falling from the sky. She looks out and says, no, it's only reindeer.

What did the grape say when crushed? Nothing, it just let out a little wine.

A friend of mine collects little white sweets with holes in the middle. He really looks after them; they're in mint condition.

SUDOKU

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

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Solution on back page

Another pun!

I burned over 1000 calories today - I forgot to take the tray of scones out of the oven.

AFTERNOON TEA FOR OUR VOLUNTEERS

In early June, we treated some of our lovely volunteers to afternoon tea at the Dickson Hall in Laurencekirk. This was to say thanks for all the help they provide for our clients. It also gave us the first opportunity in quite a while to catch up with everyone and have a fine chat. Held over two days, not everyone could make it, but those who did had an enjoyable time out. We look forward to the next time!



MASONS DONATION THANKS

We'd like to express our sincere thanks to the Masons of Kincardineshire, for their recent generous donation of £1000. This will help us to keep offering and extending our much needed services and support for older people across Kincardine & Mearns, from Marykirk to Portlethen, St Cyrus to Stonehaven, Laurencekirk to Drumlithie and everywhere inbetween!

STONEHAVEN GENTLE EXERCISE CLASS

Our newest project got off to a flying start mid-June, with a second class having to be added to accommodate numbers. The class, with instructor Sheila Lanning, came about by popular demand after we did a taster session during the Aberdeenshire Wellbeing Festival.



It's our first indoor group activity since the pandemic started, and we hope to get others up and running soon. Are there any other types of group activities you'd like to take part in around the Mearns? We'd love to hear your suggestions!



OUR NEWSLETTER

We hope you've enjoyed our newsletter. We welcome feedback, suggestions, and items for future editions. Contact us:

Phone: 01561 378130

Email: office@mchln.org.uk

Address: 44 High Street, Laurencekirk AB30 1AB

Website: mchln.org.uk

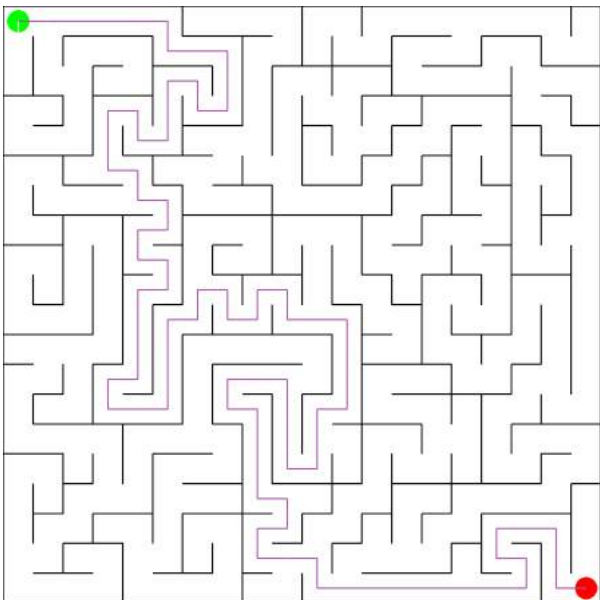
Facebook: www.facebook.com/healthylivingnetwork

Don't want to receive this newsletter again? Let us know.

THANKS

Thanks to the Scottish Government Wellbeing Fund for funding this newsletter, and to the content contributors.

PUZZLE SOLUTIONS



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If you have a photo, article, quiz, poem or recipe you'd like to share in a future newsletter, we'd love to hear from you!