

2 0 1 6 - S P R I N G E D I T I O N

the KINCARRATHIE newsletter



Springtime



A Fond Farewell from Rev David Souter - Your Chaplain and your friend.

It has been a special privilege and a joy to me to have been able to serve as your Chaplain and as your friend. Over the last five years, as I came beyond the official retirement age of the Kirk, many of you have enquired in conversation how long I would be able to serve in this role. With the arrival of Rev Graham Crawford at Kinnoull Parish, the time has come for me to step back and to bid you a very fond farewell.

Looking back I realise that I first came to visit Kincarrathie House as a Minister more than twenty years ago when I was in training at St Leonards in the Fields. I was given the assignment of making Pastoral calls and getting to know these resident ladies.

At that time I recall the character of Kincarrathie was quite different. It was still perceived in the area as an 'elegant' retirement option. It had the feeling of being more of an up market "Ladies Club" rather than a Care Home and the average age of residents was considerably lower. That has gradually changed over the years with the greater provision of support for people in their own homes for as long as practically possible. The increase in male residents and couples has also been noticeable.

However the elegance of Kincarrathie remains, and the community is still a very special one, and I shall certainly miss my weekly visits and the many wide ranging conversations and the valued friendships that have formed over the years.

To have often been greeted by the words, "It must be Tuesday" from those I spoke with, gave the days of the week a clear marker for me and many of you.

In the meantime, I hold on to the hope that when the time comes for me to consider a Residential option that my past connections with Kincarrathie House may serve me well and perhaps a place with yourselves might become available!

With all good wishes and every Blessing.

Rev David Souter



'I always wanted to fly' - Part 4



Kenneth Tapper M.B.E. (Wg Cdr retd.)

All this was at a time when Aviation Medicines was becoming a significant new subject for air crew. As an introduction we were locked into a metal tube with windows for said aviation experts to view what could be discovered when flight was simulated at 30,000 feet and above, in addition to which, lack of oxygen produced many symptoms chief of which was the feeling that everything was O.K. An attempt at a simple arithmetical problem soon showed us otherwise! Similarly, a rapid return to more moderate flight levels caught out those with respiratory problems which were confirmed in later other unmentionable tests. Anyway, we noticed that there were a number of names who were deleted from Course 40. Another unpopular device was a rotating arm which simulated high "G" forces when rotated. I discovered how I looked when subjected to a "4G" manoeuvre and as my name still featured on Course 40 list I presumed I passed these diversions from a normal day.

Later we were taken to meet our instructors. I did not care for the look of mine and, I'm sure, this view was reciprocated. As time passed it appeared to both sides that we just did not "get on". I could do nothing right to please him and this was reflected in my progress or lack of same. The aircraft nose was either too high or too low but there was no explanation or help in selecting a nose position. I began to dread these dual flights and sooner or later the situation came to a head with the word "fail" against my name on the Course 40 list. More worrying came when I saw on the programme I was to fly with the Flight Commander. No matter what it was called, for me it was a "scrub check" as had been recommended by my instructor.

The Flight Commander was an older man and seemed to take his responsibilities lightly. I remember my confidence was partly restored when he put a friendly arm round my shoulders and asked me to tell him which of the Moths was to be ours for the next hour or so. He said he knew the aircraft had been inspected after its last flight but I noticed he paid particular attention to the cables to the flight controls. A previous incident perhaps? Anyway, at the pre-flight briefing he said after take-off I was to climb on a heading of 0150 degrees to a height of 3,000 feet. At 90 knots, hands and feet off. Then we would try one or two aerobatics.

Much has been said about the joy of flying the Moth but on the ground it was a contrary brute. It had no brakes or tail wheel and the only way to steer it was by slip stream from the propeller on the rudder. Unfortunately the slip stream meant that the Moth gained speed which explained why the airfield was often dotted with machines in strange attitudes pointing in all directions. However more by luck than judgement I managed to stop at the holding point where the duty pilot could flash the green light "O.K. to go".

I had never turned right after take-off before but we made it and settled into the climb. I had already planned a limited aerobatic sequence: $\frac{3}{4}$ of a loop followed by 2 stall turns into a barrel roll. The roll was a bit sloppy but the rest seemed to be o.k.

The conclusion of Mr Tapper's memoirs will be in the next edition of the Newsletter

The Royal Horticultural Society Of Perthshire - Spring Flower Show

Although I am an avid gardener I have never entered any exhibits into a horticultural show, until this spring.

The Royal Horticultural Society Of Perthshire held their annual "Spring Flower Show" so I thought why not exhibit some of the lovely daffodils we have around the grounds of Kincarrathie how difficult can it be?

I found out that there are at least 12 different divisions and over 30,000 species of daffodils!! Daffodils are categorised by their appearance i.e.

Division 1 - Trumpet daffodils; Division 2 - Large cupped daffodils; Division 3 - Small cupped daffodils; Division 4 - Double daffodils etc.

The next problem is selecting your best three daffodils they must be straight no wrinkles in the petals (apparently!!) and a good colour.

The gardening team had been busy all week picking daffodils at different stages of opening to get the correct blooms for the show, these were put into the greenhouse for Friday's selection process.

Unfortunately we were unable to name some of our daffodils but under the show rules you can mark your entries as "unnamed" and if the judges know the name they will tell you at the end of the judging.

This did happen to me with an exhibit I was not sure of - I thought it was called "Rip Van Winkle" but it turned out to be a historic daffodil called "Van Sion" which dates from pre 1620 a great find hopefully we will remember where it is in the grounds!! Unfortunately it came only third in its class.

We did manage a first place and this was a miniature daffodil called "Tete A Tete" it had three heads on each stem and I know I am bias but it was a wee cracker even though it was bought from a local "cheap" store.

The show also had a class for pot plants and we were lucky to get two firsts in this and a third not too bad at all!! We also received a first for our vase of Forsythia which was in full bloom (thanks again to the greenhouse).

Another first place was in the category of a "vase of spring flowers" thanks to Paul who created this.

All in all we received 5 first places, a second and 5 third places not too bad for our first show. Now I know what the judges are looking for, next years spring show can't come soon enough.



Susie

PS - here is our new volunteer gardener/quad bike driver, John, in full safety gear (Husky & flat cap)!

Billie Jardine-Finlay:

We say a huge thank you and a fond farewell to Billie who after nearly 7 years leaves us for some quieter times ahead.

We will remember with fondness the care, laughter and effort that Billie has given us over the years. The exercises, the blankets, baking, concerts and so many more things that helped brighten our lives at Kincarrathie.

We look forward to seeing her continue with our stretching and breathing exercises but take this opportunity to say

THANK YOU



DIARY DATE **Garden Party**

SUNDAY 3RD JULY

DUE TO POPULARITY, GUESTS WILL BE RESTRICTED TO 4 PER RESIDENT

Check List

Fire Inspection - passed satisfactorily.

Environmental Health & Hygiene Inspection of the kitchen - "A" Pass awarded.

Social Work Compliance Annual Inspection - passed satisfactorily. Report available in the office or website.

Go4Gold 2016

Following the success of last year's event we hope that 2 teams of 3 residents will be happy to get into training in order to compete at this prestigious event on Tuesday 14th June at Bells Sports Centre.

This is a fun, interactive and social day out. If you would like to join 'The Kincarrathie Bells' see Alison or Vikki.

Residents News

A warm hand of friendship is extended to

Mr C. George
Mr E. Holmes
Mrs I. Holmes
Mrs A. Marrs
Mr F. MacTavish
Mrs L. MacTavish
Mr J. Patterson
Miss M. Shand
Mrs I. Taylor

Staff News

Welcome to

New Care staff

Linda McAulay
Clunie McNicol
Shannon Rodgers
Christina Gibson
Ann Bishop

During Pam's maternity leave Karen Harvey is acting Deputy Manager and Nicola MacCallum is acting Deputy Team Leader.

Congratulations to

Pam & Alan McAllister on the birth of **Ben**



Jerri Wilkie on the birth of Ella