



Kincarrathie House Newsletter Summer/Autumn 2024

Reflection of Time

It felt like just yesterday when I came to Kincarrathie for the first time. To think that was two and a half years ago! Time is a funny thing, isn't it? We get so busy with our daily routines that it just passes us by. Sometimes we are more busy than other times, but we do easily lose the sense of time over days, weeks and months.

I came across a lovely quote saying: *You can't put more time into your life, but you can put more life into your time.* If we really think about it, we realize how important this saying truly is. Staying on a routine, day in and day out, we sometimes forget to make the most of the time that we have. Every second counts. Can we live more fully and abundantly to make the most of the time that we have?

Romans 15:13 gives us a beautiful blessing:

¹³ May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

It doesn't matter in what stage of life we are or what we do with our time. It is about how we do it, how we live. My wish for you is that you take this quote and scripture and live, day by day, in abundance.

Elané, Assistant Minister, Kinnoull Parish Church

Highlights from our Garden Party

September 2024











Some of our recent activities



**More visits to
the Kinnoull
RDA Stables to
see the ponies**



Kincarrathie Fun Day



'Go4Gold' Inter Care Home Competition

Craft and Team Outfits



Working on our Team Poster and our Laurel Wreath



Our 'Tour de France' style team outfits (and

The winning team in outfits! (our top scorers in the games)



'Go4Gold' Inter Care Home competition: games challenges



Our winning team: the 'Kingpins'
(top three scores in the games)



Fitness classes with Amy



Wheelchair bike at Bell's Sports Centre: ride around the North Inch



Découpage craft

Outdoor acrobatic theatre performance by Perth Adventure Circus

Making table decorations for the Garden Party with Kinnoull Church



'News from the Garden'

This year we have experienced exceptionally wet weather, especially during the summer, and this has not been great for the garden generally, although it has been good for the bulbs!

We are pleased to have a total of 10 healthy pumpkins, an abundance of courgettes and some giant-sized runner beans. Also, we have introduced grape plants, which are in their first year and doing well so far. Our edible peas not done so well and, unfortunately, our black kale was tarnished by the pigeons, but the scarlet kale is doing well.

The cardoon thistles and the ornamental peas have had a great year and our hanging baskets with petunias and a mix of Swiss pansy have been a success. We have collected pot marigold seeds with the intention to fill the border at the front of the house.

The young trees in the Walled Garden have become well established and their stakes will be removed soon. Sadly, the wisteria did not flower this year so we are hoping to 'force' the flowers next year and are also planning to invigorate the wildlife pond.

Buzzards have been nesting in the area, and have been spotted from the garden, but the crows were not happy about their presence!

John, our new gardener, is settling in well. He previously worked on an estate near Coupar Angus for 13 years, and, before this, he worked for 25 years at Dundee Botanic Gardens.

We both enjoyed chatting with the guests at the recent garden party and appreciated their visits into the Walled Garden.

We had our first early frost of the season on Friday 13th September, an undoubted sign of Autumn!

William and John



‘Spotlight on a Resident’

Pat Menmuir



Pat was born and raised in Aberdeen, where she completed her primary, secondary and university education. During her school years, she played oboe and performed with the National Youth Orchestra for Great Britain. Pat studied for her degree in Modern Languages (French & German) at the University of Aberdeen during the late 1950s. In her student years, Pat also studied at the University of Freiburg, Germany (1 year), and the University of Rennes, France (3 months). During the holidays, she took temporary jobs, including one in a souvenir shop in Titisee, as well as hotel work and working with children.

Pat graduated in 1962, and, as she came from a family of teachers, her father advised her to obtain a teaching qualification. Although not keen initially, Pat did enrol on a teacher training course at the Aberdeen College of Education, and was surprised to find herself enjoying the training. After gaining her qualification, she went on to teach in Dundee, firstly at Lawside Academy and then as Assistant Headteacher at Craigie High School. Pat remained in Dundee (Broughty Ferry) for the next 35 years and progressed through a career path leading into guidance and training, becoming Regional Advisor in Guidance. Guidance was a developing area within education at that time, and Pat ended up chairing a national committee on school and community. She worked with all 32

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secondary schools in Tayside, together with colleagues from the Health Board and the Careers Service. During that time there was greater funding available to enable the running of a range of training courses for teaching staff and Pat specialised in residential 3-day courses. One particularly successful initiative, held at Crieff Hydro, involved a role play exercise relating to the opening and running of a new school, and included five present headteachers. The residential course made such an impact that discussions continued, *in role*, into the evening!

Pat remained Advisor in Guidance until 1996 when she retired and moved to Perth. In Perth, Pat was able to continue another of her interests - playing pétanque. She had played in France over the years during her many visits there and had joined the Perth club at the North Inch. She became a regular member of the club over many years and enjoyed taking part in competitions and club social events. Pat has visited France many times over the years and she *loves* Paris! She still keeps in touch with a friend there who occasionally surprises her with an early morning phone call in French, which can be a challenge at times!

Politics was another interest that Pat was able to pursue during retirement, specifically Scottish independence. She joined the Scottish National Party and devoted a lot of her time to support the party, even succeeding in inviting a young activist (Nicola Sturgeon) to visit her branch in Perth, not knowing at the time that her visitor would go on to become Scotland's First Minister!

In later years, there was also time for Pat to indulge in a new pastime: amateur film-making. A lifelong friend was already making short films and, following an invitation to view some films, Pat became fascinated with the whole film-making process and what could be achieved. She joined the Dundee Film Club (and, later, Perth Film Club). Although she started with little knowledge, she quickly learned about all aspects of the craft, including recruiting actors, computer-editing, scriptwriting and working with sound specialists, particularly enjoying and appreciating the team work involved to succeed. Pat found herself driven along with her passion for film-making and it wasn't long before she had reached competition level. She became Chairperson of the Scottish Association of Moviemakers for 3 years and was a member of the British Society, as well as competing internationally at this stage. Eventually, she was invited onto competition judging panels. Pat is now planning with the activities team to show us some of her short films over the next few months.

Kincarrathie Kitchen

'A Favourite Recipe'

Madeira Cake

Ingredients

150g Butter

150g Caster Sugar

3 eggs, beaten

225g self-raising flour

Zest of a lemon

Method

Mix all ingredients and bake at 180°C (Gas 4) for 1 hour!

'Memories of the Seaside'

**My brother took us to Southend in the car
It was the nearest place
I was in the back and my sister in the front
We went down to the sand and made sand pies
I went into the sea but I was scared of it
I didn't like the feeling of the water coming up
But I liked going down the pier.**

Jean Eadie

**We didn't live far from the sea
We could almost see it from the house
There were donkeys on the beach
I went into the water just over the knees
My father went in too
We were there together
The water was splashing up at us.**

Dorothy Riley

'Notes from Nicola'

We have now reached the end of our summer, which, unfortunately, did not provide the best weather for us this year. However, I'm pleased to see that we have still managed to spend time in the gardens and take part in some outside events and activities despite some weather-related challenges. Our Garden Party on 1st September proved to be a successful and enjoyable event and I'd like to thank all residents their families and friends who took part and supported the event, as well as the kitchen, care and garden staff who all worked hard to provide the sweet treats and contribute to the smooth running of the day.

If you have any suggestions or photos for the next edition of our newsletter then please email them to: activities@kincarrathiehouse.org

With best wishes

Nicola MacCallum, Home Manager

