



Kincarrathie House

Winter Newsletter 2024

February is upon us, the days are getting longer, at last, and we are starting to see the first snowdrops of Spring. Winter has not left us yet and there will be some snow and frosty nights still to come, but the first glimmers of new life are starting to appear. It is a time of hope as warm summer suns beckon.

Hope is very much a topic of conversation these days. Because of the bleakness of winter, the continuing wars in Ukraine and Palestine, and the concerns many have over the cost of living, I think people are looking for hope and connection wherever they can find it. For many they find it in the gospel: that there is an assurance that in the end it will be alright, that good will triumph and that there is joy ahead. Many find it also in the church, because they look for connection, friendship and relationships and so there is an ever-increasing number of events going on throughout the week where one of the primary purposes is simply fellowship, whether it is the group for young mums and their babies to blether buddies, which I know some of you attend, to the growing number of young people coming to youth groups and even Boys' Brigade. There is this desire to be a part of something bigger where people know your name, where people care. And that is where so much that goes on at Kincarrathie is so important. There is a sense of fellowship, of community, which I think is hard to beat. So I want to encourage you, as the days get warmer, to come out of your rooms, build up the community, maybe even talk to someone new or participate in more of the activities. For these are signs of hope in an increasingly disconnected world.

Every blessing,

The Reverend Graham Crawford, Kinnoull Parish Church

Some recent activities ...



Autumn flower arrangement by Lynn Bryce



**Visiting Highland Dancers for Burns Day
Celebration**



Christmas decorations by Corner House Nursery children



**Billie celebrating her special
100th birthday!**



**Christmas felt wreath made
of "residents' hands"**



**Perth Amateur Operatic Society visiting in December
to sing carols (plus mulled wine and mince pies!)**





Some Christmas party guests



The Blackford Fiddlers



Balloon Volleyball with Perth College Students





'Shot of the Day' bowling awards with the students





A special tea to celebrate Sheena's birthday



Quiz Night winning team in January

Kincarrathie Kitchen
'A Favourite Recipe'

Cheese Pudding

INGREDIENTS

2oz Grated cheddar cheese
8 Slices of white bread
(crumbed)
8 Eggs
2 Pints of milk
Salt & Pepper

METHOD

- 1. Place crumbs in baking dish.***
- 2. Beat eggs and milk together, and add grated cheese.***
- 3. Season to taste.***
- 4. Bake in oven at 180°C for approximately 1 hour.***

'Spotlight on a Resident': Phil Atterton



Phil is the oldest and longest serving male resident at Kincarrathie. He left school with VERY indifferent results, having spent most of his time on the sports field...

He commenced an apprenticeship in aircraft engineering with the Supermarine Company and Southampton University, but in 1943 he joined the Fleet Air Arm of the Royal Navy and trained as a pilot in Canada. Returning to the UK, he became a fighter pilot and served in, or in command of, a number of squadrons, retiring from the Navy in 1964.

He joined the Ferranti Company in Edinburgh, initially as a service liaison officer and then in marketing, leading to management appointments in both the defence side of the business and the industrial sector. He was appointed Managing Director of Ferranti Defence Systems Ltd in the late 1980s, with a seat on the main Ferranti Board, and then Chairman of most Ferranti interests in Scotland. Ferranti employed around 5000 people in Scotland. Also, he was President of the Scottish Engineering Employers Association (now Scottish Engineering).

On retirement, Philip became Chairman of the Lowland Employers Liaison Committee (LELC), assisting the reserve forces and their employers. He also chaired the Edinburgh Venture Enterprise Trust, encouraging enterprise within the Edinburgh area. Finally, he retired to live in Dunkeld for 25 years, where he volunteered as a member of SSAFA - the Armed Forces charity. He joined us in Kincarrathie House in 2018, where he has lived very happily for four and a half years.

'News from the Garden'

We now have several snowdrops in the garden, along with some crocuses that are just starting to bloom. The gardeners have been mainly working on many pruning and tidying tasks, but, as you can see from the photos below, in the greenhouse they already have onion sets and some seedlings (including tomatoes, chillis, calendulas and dahlias).

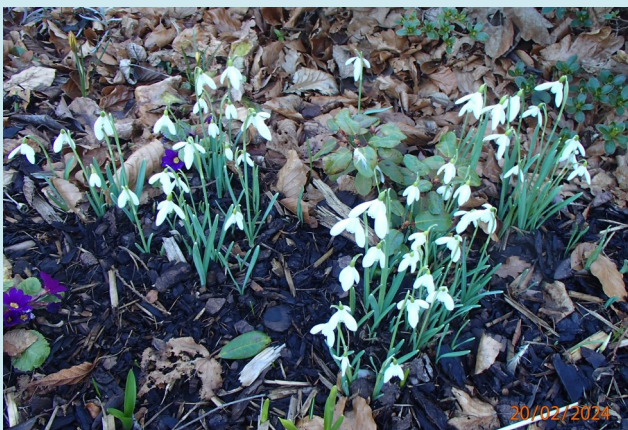
There has also been a reported sighting of two woodpeckers in the grounds, possibly a breeding pair, near the Gannochy offices.



Crocus



Tomato seedlings



Snowdrops



Onion sets

'Notes from Nicola'

As you can see, December was a busy month, with musical entertainment, Christmas parties and a special birthday celebration. After a quieter start to the year, we are now looking forward to the Spring, and we are beginning to see changes in the garden as buds and flowers are beginning to appear. In March we will have a delivery of eggs to incubate and hatch, so we hope to see chicks appearing in the week before Easter, and the activities team are planning an Easter coffee morning/Tombola for Easter weekend.

Also, we have been delighted to host visits from Perth College Health & Fitness students once again, and their strength & balance exercises and games sessions are proving to be popular, especially with the participating residents rising to the challenge of producing the '*Shot of the Week*' during their bowling game!

If you have any suggestions or photos for the next edition of our newsletter, please send email them to:

activities@kincarrathiehouse.org

With best wishes

Nicola MacCallum, Home Manager