



Kincarrathie House

Newsletter

Spring 2024

MANSE MUSINGS

Finally, it would seem, summer is nearly here. Warm days and balmy nights are hopefully ahead. At Kincarrathie you have the pleasure of going round the walled garden or round the house just enjoying the fresh air.

I always feel that, particularly in Scotland, you really have to make the most of summer days. When the weather is fine, get out and enjoy it. Certainly, that will be my intention. One of the ways I will be doing this is by supporting *Malawi Fruits*. It is a church-based charity that does development work in Northern Malawi. It is one of the poorest countries in the world that is struggling with climate change. It means that producing cash crops is very hard. One thing that can be done is growing tomatoes in greenhouses. Another thing that is vital for the villages is clean water.

I am trying to raise £1700 that will provide two greenhouses for two families, and two wells to provide water for two villages. I am doing this by riding four cycling events that raise money for this charity. I also have a *JustGiving* online fundraising page that people can contribute to. Nicola and Karin will have the details should you want to help.

But in the meantime, enjoy the summer, enjoy the beautiful surroundings you have and make the most of every day.

Every blessing,

The Reverend Graham Crawford, Kinnoull Parish Church

Some of our recent activities



Spring art and chicks!



Visiting Kinnoull RDA Stables to see the ponies



**Playing games with children from St Ninian's Primary School
and making Easter cards**



**Last week of our Strength & Balance sessions
with Perth College Students**



Easter Bonnets made, and modelled by, some of our residents



Spring Art

Flowers made by Dorothy,
Sheena, Doreen and Bill;
painting of vase by
Sonia Cranna

More outings to see the ponies!



**Carol (Activities): Carol has worked at Kincarrathie for 4.5 years.
Happy retirement Carol!**



'News from the Garden'

Some residents have been helping Kirean place the bedding plants in our raised flower beds



Garden wildlife: ducklings, tadpoles, dragonfly nymphs, greater water boatman beetles and a red damselfly have been seen in our ponds. A sparrowhawk has been sighted in the Walled Garden and adjacent fir tree, with housemartins nesting nearby. A stoat has been spotted in the meadow!





Our fruits and vegetables are beginning to grow well: strawberries, gooseberries, blackcurrants, blueberries, radishes, potatoes, lettuce, onions, leeks, courgettes, rhubarb, kale, peas, runner beans and pumpkins! Also, tomatoes, herbs, spinach and cucumbers in the greenhouse (and a grape plant!)



Kirean's last day! Kirean has worked at Kincarrathie for 5 years, initially in care and later in the gardens. We wish him good luck for the future.





*Some of our
garden flowers*



‘Spotlight on a Resident’

Robin Hawthorn



Robin was born in Stirling and went to Stirling High School. While still at school, he developed an interest in radio sets, which started when he bought an old battery three-valve radio (c. 1920s) at a church jumble sale and wanted to make it work again. Robin was fascinated by how radios received information from a transmitter and converted this into sound that people could hear. Fortunately, he learnt how to repair the old radio through a friend who worked at the local sawmill.

After finishing school, Robin began work with Radio Rentals as a Field Service Engineer and attended the company training school. Around this time, he had developed an interest in tank wireless sets from armoured vehicles (army transmitters) and he joined the Radio Amateurs group in Stirling (now the Radio Society of Great Britain) and undertook their training course. Robin then moved on to work for the Educational Television (ETV) Service at their studios in Bath Street, Glasgow, where he looked after the technical equipment being used (videotape recorder, telecines). ETV made educational programmes in the 1960s/70s, and transmitted them to schools using landlines. When the ETV studios closed, Robin went on to work for Philips Medical Systems, looking after the ‘TV’ side of scanners and x-ray machines, which, although different technically, required similar knowledge and skills to keep them in good operative condition. While working for Phillips, Robin spent some time working at their premises at Eindhoven in the Netherlands.

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The next stage of Robin's career involved him returning to Stirling to work at the university as a studio engineer, mainly with students on media courses. Working in this educational environment suited Robin and he stayed there for 30 years until he retired. During these years, Robin hosted several foreign students, many of whom remain in touch with Robin today and he is delighted several continue to visit him. He also helped students to improve their English language skills and provided a service checking written English in dissertations. Also while working at the university, Robin found himself able to follow up another interest - singing with the University Choir. He particularly enjoyed singing requiems and classical music, both of which remain amongst Robin's interests today.

Finally, Robin had another favourite pastime - flying! He started flying lessons at Scone Airfield in the 1960s and soon earned his private pilot's licence. He spent as much time flying as he could afford over the years and shared the ownership of three small aeroplanes with a friend. Robin has flown Cessnas and also microlites. Although Robin no longer flies, he has Subaru Outback car, which he enjoys driving locally.

Kincarrathie Kitchen

'A Favourite Recipe'

Sticky Toffee Pudding

(6-8 portions)

Ingredients

100g chopped dates

150ml hot coffee

75g butter

135g dark brown soft sugar

2 eggs

150g self-raising flour

Half teaspoon of bicarbonate of soda

For the sauce

40g butter (for sauce)

40g dark brown soft sugar

100ml double cream

Half teaspoon of salt

Method

1. *Soak dates in coffee and boiling water.*
2. *Mix butter and brown sugar until smooth.*
3. *Add eggs gradually.*
4. *Add flour and bicarbonate of soda.*
5. *Add dates and coffee.*
6. *Bake at 180°C for approximately 45 minutes.*
7. *For the sauce, melt butter and brown sugar.*

Kincarrathie in Spring

**Rhododendrons blooming bright
What a lovely glorious sight!
Baby ducklings in the sun
Enchanting each and everyone
Garden walks make us feel good
Watching the birds, the bluebell wood
Remarkable colours of the trees
Ladybirds and bumble bees
Our faces full of dreams and smiles.
As we see for miles and miles
The beauty makes our glad hearts sing
This is Kincarrathie in Spring.**

By Pat Gray, Dorothy, Ann and Sonia Dowse

‘Notes from Nicola’

It is lovely to see the blossoming flowers in the garden and around the house as summer is getting closer. We have just experienced our first ever successful hatching of five baby ducklings and the residents have thoroughly enjoyed the opportunity to observe their growth and development.

We are now looking ahead to our outside Fun Day in July, and also an outside performance from the Adventure Circus (acrobatic group) - hopefully both will take place in good weather! And, of course, we intend to host our annual Garden Party at the end of the summer (date tbc).

We have been pleased to maintain our connections with younger visitors, including the children from Corner House nursery, who recently made some pasta jewellery with the residents (see photos below), and also St Ninian's Primary School, who are due to come for a garden visit with the residents later this month.

Also, there has been some redecoration work in some areas of the Home and we are all now appreciating the fresh new look and colours.

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

With best wishes

Nicola MacCallum, Home Manager

