

CAITHNESS



SUPPORT GROUP

NEWSLETTER

CHRISTMAS EDITION 2011

Merry 
Christmas 



NEWS AND LETTERS



Hi Folks

Once again we find ourselves approaching the festive season and its back to browsing through your Newsletter. We have lots to jog your memory such as photos of past outings and many more things to keep you reading. I do hope you have enjoyed all your activities so far. However we are not finished yet though, we still have one important date yet to come. The 4th December our Christmas party, which I really do hope you will all be well enough to attend. I just want to take this opportunity as well to say, welcome to all our new members. I do hope to meet up with you all soon. But for now just sit back with a nice cup of tea and start browsing.

Take Care and a very Merry Christmas to you all.

Barbara

Here are a few jokes for the kids

What do you call a man with
Christmas wrapping paper
on his head?
Russell

What does a cat on the
beach have in common
with Christmas?
Sandy Clause

What do you give a train driver
for Christmas?
Platform shoes

Who is Santa's most
famous Elf?
Elfis

RECIPE



CONTINENTAL CHRISTMAS BISCUITS

INGREDIENTS

10 to 30 mins cooking time - Makes 12

- 100g/3½oz plain flour
- 1 tsp cinnamon
- ½ tsp ground ginger
- ½ tsp freshly grated nutmeg
- ½ tsp baking powder
- ½ tsp salt
- 50g/2oz soft brown muscavado sugar
- 1 tbsp whole milk
- 75g/2½oz butter
- 2 tbsp candied peel
- Finely chopped flaked almonds, to garnish (optional)

PREPARATION METHOD

1. Preheat the oven to 180c/350f/gas 4
2. line a baking tray with greaseproof paper.
3. In a bowl, mix together the flour, cinnamon, ground ginger, nutmeg, baking powder, salt, muscavado sugar, milk, butter and candied peel until well combined.
4. Using your hands, bring the mixture together, as a dough.
5. Turn the dough out onto a lightly floured work surface and roll out to a 0.5cm¼in thickness.
6. Using a cookie cutter, cut out shapes or circles from the dough and place them onto the lined baking tray.
7. Decorate the tops of the biscuits with flaked almonds, if using.
8. Transfer the biscuits to the oven and bake for 15-18 minutes, or until golden-brown.
9. Set aside to cool on a wire rack, and then serve.

LUNCH BEFORE A.G.M.



Well this going out for lunch before the A.G.M. has turned out to be a very popular event. As you can see here we are at the Castletown Hotel, what a lovely meal we had as well as a good varied menu, yes I thoroughly recommend it.



We had a very good turnout too There was Barry and Valerie who travelled all the way from Elgin, Paula from Orkney and of course all our local members (what would we do without them) thanks all for making the effort



It was certainly great having time to catch up with everyone. As you can see we had a great time

LUNCH



Once lunch was over we settled down for our A.G.M. meeting which was well attended as usual. David Shearer the Chairman opened the meeting and welcomed everyone.



A.G.M.

There were not many changes at the A.G.M. everyone seemed happy the way things were run. The only thing was, it was decided to look into purchasing a ramp suitable for our group.

The new committee is below for you to see.

Chair Person	David Shearer
Vice Chairperson,	Wendy Shearer
Treasurer & Membership Sec.	Wendy Shearer
Secretary	Doreen Barnie
Welfare	Liffy Ross (Assist) Olive Whittlesea, & Rena Ross
Librarian,	Alison Bain
Webb Site Moderator	Wendy Shearer / Cathy Wratten
Newsletter Editor	Barbara Shearer
Committee Members	Elaine Grant

SUMMER OUTING

Our first stop was Greenland house in Castletown where we all met up. We decided to have a nice cup of tea and cake before we started out on our adventure, boy we don' half spoil ourselves. This was the first time anyone had been to Greenland house and it certainly was a nice place and what a warm welcome we got

As most of you know Peggy Barrett has not been keeping to well and was not fit to go on our summer outing. Her daughter Margaret thought it would be a good idea though just to take her for a cup of tea with us in Greenland House. This was a great idea as she got to meet everyone for a wee blether, we were all so glad to see her.

A speedy recovery to you Peggy from everyone.

OUTING



This year we decided to go to Castletown heritage centre because most of us just hadn't explored it yet. This turned out to be much more interesting than expected there was so much to see, we even got a wood turning and spinning demonstration as you will see in the pictures to come. The old pictures too were amazing which came from old glass negatives, they were so unbelievably clear.

Here we have a flagstone just at the entrance; yes Castlehill was the birthplace of the flagstone industry. It was once a thriving self-contained flagstone factory which employed hundreds of people. This is certainly the place to find out all about how flagstone was formed in Caithness many millions of years ago and discover why it has been such a popular building material. There is just so much going on in this heritage place it is impossible take it all in, you just have to keep going back as there just is so much happening there.



Here we are arriving at the Heritage Centre and it turned out to be a lovely sunny day as you can see.

SUMMER OUTING



We are now in the Heritage centre and this is Fred Houghton giving a wood turning demonstration.

Today he is going to show us how to make a spindle



Here we have Wendy as his little helper

These are some of the things he makes. He also has shop in the High Street in Wick.



SUMMER OUTING



Here we have John and Alison studying some of the old pictures

As you can see we all found the photos very interesting and so amazingly clear



Here is one of the glass negatives that these pictures were taken from

SUMMER OUTING



This was also very interesting watching how to spin the wool into thread.

We really did have an interesting day.



Here we are outside again I did manage to get a photo of some of the group, even I

am in this one.
So let's hear no more that I never get my picture taken.
Now it's off to Dunnet Hotel for our tea.
Here we are sitting back enjoying a nice cup of tea after our meal.



A great day out was had by all.

LUPUS DANCE



What can I say, what a great night, good crowd, good music, what more could we ask for. The band Slange Ava was really terrific as usual. I don't know if I have already told you but they have adopted us as their sponsored charity isn't that great. I know we certainly would not have raised £1,056.34 at our dance

or anywhere near this amount of money if these lads did not give up their time and money to play for us. It's just a fantastic sum to have

raised I think, a big thank you must go to these lads. **Thanks Boys.**

Just look at this raffle table goodness me what prizes; these were all donated by those people at the dance or just handed in as a



donation. People's generosity is really so unbelievable.

Enjoying the dancing



Here we have Nan Sutherland winner of our bottle game





Christmas Greetings

At Christmas time our hearts reach out
to friends we think of dearly,
And checking through our friendship lists,
as all of us do yearly,
We stop awhile to reminiscence
and pleasantly review,
Special talks, happy times
and things we used to do.

And though we've been too busy
to keep in touch all year,
We send a Christmas greeting
at this season of good cheer.
So Christmas is a lovely link
between old years and new,
That keeps the fond of friendship
forever unbroken and true.

(adapted from a poem by Helen Steiner Rice)



Please check with Coreen that these are up to date prices as these do change

What is Dial-A-Ride?

How Do I Use Dial-A-Ride?

Just ring our office on 01955 605588 between 9a.m. and 2p.m. Monday - Friday. Tell us the following information

- The time you want to travel
- The pick up address and destination
- The time of your return journey

• How many people want to travel Who Can Use It? Anyone living in a rural area who has no transport or reasonable access to any public transport regardless of age. Disabled and elderly throughout the county. When Can I Use It? Both vehicles operate 5 days a week between 9am and 5pm. Evening and weekend services is dependant on volunteer drivers. Can I Bring An Escort? Yes. They will pay a basic fare of £1.60 but you must tell the office at the time of booking the journey. How Much Does It Cost? There is a charge of 31p-£1.60 per person per mile depending on the length of the journey. 1 mile = £1.60 2 - 3 miles = 84p per mile 4 - 6 miles = 48p per mile 7 - 10 miles = 42p per mile 11 miles + = 31p per mile There is a membership fee of £6 paid yearly on 1st July, which may be done by completing and returning an application form. Will I Get Assistance To Board The Vehicle? Yes. The driver will be there to assist you with the steps or wheelchair access. Is It Just For Special Journeys? NO! You can use it for almost any purpose. Go shopping, visit friends and relatives, social functions, medical appointments, go to the pictures. Remember we operate over the festive period! Questions? If you have any questions or enquiries please contact COREEN CAMPBELL on 01955 605588. Office hours are between 9am and 2pm Monday to Friday.



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Dear Member

As a committee we have decided that as a support group we are not meeting your needs as much as we could. One way of achieving this we have decided is to make a regular meeting place available to you all.

Therefore we will be meeting on the first Tuesday of every month between 11am and 2pm. This will alternate each month between Wick and Thurso. The first of these will be in Wick on Tuesday 7th February, venue yet to be arranged. These meetings will not run during December and January for a variety of different reasons the main one being the unpredictable conditions of the road during this time.

These meetings will be totally informal and its main aim is to get members meeting each other more regularly as you are the people who can help each other the most. It is amazing what you can get from a wee chin-wag over a cup of tea when talking to someone who truly understands your daily fight.

We are hoping to have tea and coffee facilities available to you during this time but until venues are in place I cannot confirm full details to you. However all information will be sent to you in advance of our first meeting.

We will be trialling this for a year so please attend as many as you can to ensure it continues well into the future. This I have to state is not just for those people with Lupus it is also for their friends and family alike. So if you can't make it but you have a family member who is struggling with getting their head around your illness they can hopefully benefit from these chats as well.

If you wish to attend any meeting but for obvious reason you are unable to get yourself there on your own steam, then do not hesitate to contact me Wendy Shearer (Vice Chairperson) and I will arrange alternative transport for you.

Please help us to make this a success, look forward to meeting a lot more of you on a more regular basis and getting to know you better.

Thanks once again for your continued support and please do not hesitate to contact any of the committee members if you feel there is anything we can do as a group to help you more, with ideas like the one above or on a more personal one-to-one basis.

Wendy Shearer
Vice Chairperson