

Caledonian Times



Newsletter of the Bournemouth Caledonian Society
"Ceud Mile Failte"

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www.bournemouthcaledonian.com

UPDATE ON MAISIE

Monday 3rd Feb opened the month with the Dance Class.

Everyone is welcome to come to them and I understand they are very popular. They are led by Alex Harvey and Mervyn Fraser

A rare moment when all the planets will align in the sky... 28th Feb 2025



On **Thurs. 13th** Paul came and showed us video clips of the club from the past few years. We saw some great times that had been in the past in the Hall, where we all seemed to be enjoying ourselves. **Shortly after this he and Jenny went skiing in Austria, lucky things**



From Paul 1st Feb.
Hello everyone: this is the best news re Maisie so far...

During her visit today, Julie showed Maisie photos from last week's Burns' Night Supper, and it's absolutely fantastic that Maisie recognised some of us in the photos, and she talked about friends, although still at times she was confused.

Read Julie's update for this great news, and the fact that Maisie is now eating more normally, and that the Unit are planning to take her, and other patients, out to a local café soon.

From Julie ... 1/FEB/25

"Hi everyone: Hope you are well. We have been to see Maisie today and it was a really good visit.

She recognised you all in the photos, she was chatting about friends. Some of it was muddled but not all of it.

From today they have taken her off tube feeding and seeing how she does with meals. When we arrived, she was having some apple pie and custard, and she must have managed 4 or 5 spoons.

On Friday, the team are taking her, and some other patients, out for a cup of tea to a local café! Things feel really positive.

HOWEVER.....

Ryan, (Maisie's son) attended her team meeting the following week and the news was not quite as good. It seems it is one step forward then one step back.

Programme for March

Every Monday Dance Class at 7.30pm

Thurs 6th Bagoo with Jacquie 10.30am

Thurs 13th Fitness & fun Nicola

Thurs 20th SPRING CEILIDH 7.45pm

Thurs. 27th Quiz Irene

Do come if you can to keep to the numbers up.

6th FEB. We had a **Skittles morning** which was fun. We had two teams Robin, Marion, Rene, Norah, John, Pam, Joan, Irene, Charlie, Phil ...and Veronica who kept score.



Below ...A few of Paul's PICS ...from a PAST Christmas party



Charlie and John and Kaitlyn & Fiona



<<< Game of musical chairs for the girls

ZOOM..... from the recent past as well



Jim >>>

Sam sometimes joins in as well.

ZOOM Meetings Message from Iain ... 6/2/25

'My health continues to be an exhausting problem! As a result...severe tiredness, headaches and a very croaky voice have meant cancelling the Friday Quizzes.

I am still nowhere near back to normal and have visits to the Hospital and GP's every week this month.

So can I ask you to bear with me until I feel able to enjoy a Friday night quiz. So for the rest of this month I'm not going to do a Quiz. Hopefully I will be better able to cope with them starting in March!'

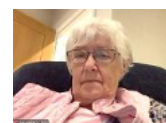
No problem Iain.....We hope you feel better soon and look forward to our weekly 'meet up' and quiz starting again.

It is especially nice for those who cannot always make it to the Club and see old friends.

On **11th Feb** Charlie and Joan went to visit **IAN COLLIE** who lives in Southbourne. He was a long time member of the Caledonian club and a very good **Treasurer** for years too. He is amazing for his years...over 90.... Looks after himself well, has an excellent memory, and is full of interesting stories. He showed us the DVD of the Club's **100th** year Celebrations at Highcliffe Castle. Great to see us all as we were about 20 years ago *Must show it at the club one morning ...when we get the projector fixed.*



The other day I found Fiona really **enjoying** a book. I saw that it was written by **Sophie McKenzie...** that is **Carole Finn's** daughter. It says on the cover that she has sold a **million copies** of one of her other books. Wow! **You must be very proud Carole.**



On **15th Feb** **John & Pam** and their daughter **Alison** went to visit Joan and Fiona in Corfe Mullen.

They were **'Piped'** in by the two pipers who reside there! **Hamish & Calum**



These two play great Pipe music



Feb 14th is the day we celebrate **Valentine's Day**. Most histories agree that Valentine was a Bishop in the 3rd century in Terni, Italy, in the reign of the Roman Emperor Claudius 2nd. Now the Emperor had decreed that Roman soldiers may not marry. But.... **Bishop Valentine...** did perform marriage ceremonies on those that wished to. He was found out, arrested, put in jail, and **condemned to death**. The story goes that he fell in love with the jailor's daughter in prison and on the day he was executed, they found a note left in his cell addressed to the girl signed...

'Your Valentine'



*Later, when the Church were trying to Christianise an old pagan festival around the 14th Feb ... (to do with the coming of Spring and choosing partners)... they named it **Saint Valentine's Day**.*

Feb 27th A Poetry & Coffee Morning.

Sitting in a circle everyone there brought along poems of their choice and read them out. Phil brought along ones which Phyllis had written ...so nice to 'hear her voice' again. Those who participated were **Joan** Phil, Charlie, Rene, Norah, Robin, Marion, Veronica, John, Pam & Wanda. All poems were welcome, not just Scottish ones and it was a most entertaining morning with quite a few laughs....and coffee of course!

One of the POEMS that we heard... **Contentment**

Always be proud of your roots,
And stand proud and tall.
And make the best of what you have,
There is no need to have it all.

Be thankful for the little things,
Life is better this way.
Just smile whenever you can,
And take life day by day.

Always try to be grateful,
There is nothing worse than greed.
When you love the things you **have**,
You have everything you need.

Always think carefully before
you open your mouth to speak,
And never assume that loud is strong
Or someone who's quiet is weak.

Show compassion to others
Life is better this way you'll find.
Often people just need a kind heart,
And not a brilliant mind.

One day we'll realise,
It is **not** about **money or wealth**.
And the most important things in life
Are love, happiness and health.

by Michael Roan © His poems can be read on the Internet on Facebook *He is a Scot... from Paisley.*



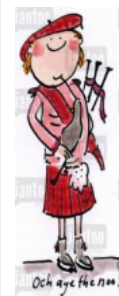
Sorry, Just out of the picture were Phil & Joan

Sorry to hear that **Irene** is not feeling well at the moment. *Hope to have you back with us soon.*

Iain too is still struggling with the virus he has, which gives him headaches and fatigue.

Also **Nicola** has hurt her back and has been unable to take us through our exercises.
Do hope you feel better soon ... We miss you all.

Roll on summer and sunshine to make us all feel better. Spring is almost here !



FUN Catch Phrases

| | |
|---------------------|-------------------|
| See you later | Alligator |
| In a while | Crocodile |
| In an hour | Sunflower |
| Maybe two | Kangaroo |
| Gotta go | Buffalo |
| See you soon | Big Baboon |
| Better swish | Jellyfish |

