Supporting Individuals Living With the Effects of Mental Illness.

What’s been happening?
Another year is coming to an end and we’re all busy planning for Christmas, how did that happen!!!!

It’s been a busy few months at the Clubhouse as we’ve had a Christmas Arts and Crafts Fair, been out for our Christmas Lunch along with all the other work and groups we are involved in.

We would like to wish everyone a Merry Christmas and a Happy New Year; however we are aware it’s not always a great time of year for everyone....so if you need to be around other people pop in or phone and speak with a member or staff member who may be able to help.

What’s In This Edition?
- Business And Admin Update
- Conservation Trust For Volunteers
- What Is Mental Health
- Recovery Quotes
- PR Update
- Another Student Farewell
- Film Review
- Mental Health Stigma Quotes
- Welcome To New Members
- Surprise Happy Birthday
- Guess the Film Quiz
- Music Quiz
- Christmas Fun Facts
- Theatre Review – Shrek
- Mental Health Myths & Facts
- Sudoku
- General Knowledge Quiz
- Christmas Week Socials
- Christmas Craft Fair
- Trivial Pursuit
- Festive Closure Times
- Poems
- Recipes
- And more....

We hope you enjoy this edition of Calatria and we would love to hear your feedback. Please refer to the back page for contact methods, or drop into the Admin Unit.
Since the last edition of Calatria, we have been busy carrying out various tasks.

**New Student**

Zoe from Stirling University (training to be a psychiatric nurse) is at the clubhouse on an eight week placement, she has been helping out in the upstairs and downstairs units.

**CAB**

Katie from CAB has been coming in and helping members out with their benefits, whilst also holding seminars.

**Christmas Lunch Money**

The upstairs unit have been collecting the monies for the lunch at the Cladhan Hotel. We are also having to collate all the meal choices to let the restaurant know in advance what we want to eat.

**Task Board Review Meeting**

We will be having this meeting on Tuesday 1<sup>st</sup> December to see if any members have any ideas about new jobs for the board.

**Christmas Arts and Crafts Fair**

The upstairs unit designed posters to advertise the Christmas Arts and Craft Fair, and tea/coffee and cake vouchers to sell on the day. We also had to process all the takings that we made on the day. We were delighted to make over £200 on the day and money is still coming in.

Stephen
We have had a wonderful and educational year working with the TCV. The clubhouse members and staff along with Anna Canning and Julia Duncan have had a variety of sessional days in Callendar Park where we learned some Bush craft skills including building a campfire to cook and brew some tea in the Kelly Kettle. We also had two contrasting days at Dalmeny Beach in South Queensferry, one was a stunning sunny day the other a tad chilly... But we all had a great day.

*What we’ve seen and done.*

Small boat and yacht in water, having a competition to see who can find smallest and largest shell. Had a taste of seaweed from a health shop, it tasted really unusual top of bottle (blue) raspberries. Meadowsweet pink campion, current bush, forget me nots, Oak tree, buttercups, nettles docking leaf, oil seed rape, wood, froghopper, red campion and bluebells.

St johns wort, pigeon feathers, birds foot trefoil, grass hoppers (heard), tanker come in, big daisy grasshopper. Meadow brown butterfly.

*Quotes from people.*

Davie: “Awesome day, good company, real friends enjoyed day for today.”

Dev “really enjoyed it” “going without a fag”

Lynn “enjoyed support + company”

Linda “enjoyed being with everyone seeing lots of things and finding out what they are”

John “fine and dandy good weather everything brilliant”

Ian “i enjoyed building and lighting the campfires” (your local fire starter)

Linda “enjoyed cooking + fire”

Alasdair “good day good company thanks to Julia + Anna, Margaret + James”

Davie “liked being fed + watered and lovely scenery”

Jennifer “thoroughly enjoyed myself, climbed which I didn’t think I would manage, good to learn about wild life and flowers”

Margaret “enjoyed listening to the water and the trees the waves and the boats and the trains passing through”

My name is Mr David Weir. I have really enjoyed myself today. I really liked lighting & cooking on a camp fire beside the Bridges of the Forth River. The beach brought me back to my youth with my Mum and Dad and my two brothers. We had a coffee and a bacon roll.
It is a long time since I’ve been to South Queensferry, the day out was really enjoyable one. I am amongst friends – 11 people were with me I enjoyed there company. They are really friendly; not fair weather friends.

The Conservation Trust for Volunteers (TCV)

Anna met us at the meets of Conservation and Clubhouse. The Clubhouse and Anna went to South Queensferry again beside the bridges. I wasn’t at this meeting but was at previous outings of the TCV. The members collected some stones and shells for the Arts & Crafts at Clubhouse. As often the case they have a fire on the beach at Dalmeny beside the Forth Railway Bridge. We always have a good time with TCV. Weather is changeable. We also learn something new.

The last time we went out was to Callendar Park Woods to collect branches, cones, moss and anything of interest. Nine people from Clubhouse went on this excursion to the woods. We collected what we found in buckets. Weather not too bad and had a cuppa at the end of the session though no fire this time. Really great times in the open learning about wildlife.

Thanks a million to Anna and to Clubhouse. We also took pictures of the scenery.

Woodland Craft Morning

After our forest floor collection day at Callendar Park we had our final session of the year in the Clubhouse. Anna Canning from the Tcv joined us that morning to help us make some festive decorations...

Everyone had fun throughout the morning coming up with interesting and intuitive ideas.

We would like to thank Julia and especially Anna who spent the most time with us all, putting up with our bad jokes and general banter...

Cant wait to start some new adventures in 2016..
“I don’t let it control me. And it is an ‘it’. It’s not the whole of my life; it’s just part of my life now.”

“You have to be prepared to make the first step yourself and be prepared to work from then onwards.”

“Recovery for me has meant that I can actually choose where I want to live...what I want to do, and how I want to live.”

“Challenging my thoughts and experiences was difficult, especially as I didn’t quite believe that it was the right thing to do. Thankfully the pay-off has been worth it.”

“I just try to trust myself. I have brought a lot of strength, courage and creativity to my own recovery and I think this is true for everyone who embarks on a similar journey.”

“I am an occupational therapist [OT] and mental health nurse and through experiencing mental health problems myself I feel like I’ve now got a lot more to offer clients. I can bring a totally empathetic understanding of what they’ve been through.”

“About two years ago I realised that I really could recover. I find that quiet an amazing fact, because over the years no has actually said you can recover.”

“There are a number of strategies that I follow in order to stay well. Keeping busy is one of them.”

“One of the major things me since my recovery started was feeling integrated and part of the wider community…”

“A big step in my recovery process was joining a hill walking club. Nobody knew that I’d been in hospital about a dozen times and I was just accepted as one of the other hill walkers.”

“Learning about what trigger signs were, about what the early warning signs were, and also about some of the traits of the illness armed me to form assort of self management style for myself.”

“Every problem and every hiccup was necessary for me to arrive at where I am today. The experience was required to Give me the tools and knowledge to keep going.”
Back in October we were involved in having information stalls at Forth Valley Royal Hospital during mental health week. This was done in partnership with the other mental health services in Falkirk over two days. This was a very worthwhile event to be involved in as we reached out to a large group of people increasing their awareness and the supports available in the local community. Hopefully we can all get together and work on similar problems in the future.

The group has also been involved in teaching sessions at Stirling Uni as part of the Unity Group. The members who are involved in this group love getting a chance to shape the learning of future social workers and getting the chance to meet people from other services.

The group has recently been at Forth Valley College – Falkirk Campus delivering a mental health workshop to more than 30 social care students. This went really as the students gave great feedback in their evaluation forms. Next up we are off to the Stirling Campus to deliver the same workshop to a different group of students.

Our group is always looking for new members to get involved in our work, so if you are interested please come along to our weekly meetings in the Clubhouse each Tuesday at 11.30am.
Spotting signs that a psychotic episode is close can be hard- but succeeding means heading off a period of immense personal difficulty, and costly NHS treatment. Emily Eisner, a Medical Research Council postgraduate student at the University of Manchester and winner of MRC’s Max Perutz Science Writing Award 2015, is investigating how smartphone technology might help identify when people are at risk of an episode.

Most people with a diagnosis of schizophrenia recognise warning signs that they are getting unwell- for example poor sleep or increased anxiety. Intervening early can prevent a full-blown psychotic episode. Each new episode of psychotic illness brings its own fears, costs and risks. Aside from the distress of the psychotic symptoms themselves, the disruption to an individual’s work and social life can be huge.

What if we could prevent new episodes before they started, using a device that’s within reach right now: your mobile phone?

In the next two years I’ll be trialling a smartphone app called ExPRESS. The aim is to help people track their own warning signs of relapse. It asks them a series of personalised questions every week and sends the information securely to their care team.

If warning signs increase above a critical level, the patient and their team take action to prevent relapse. The mathematics of misery is economic as well as personal, so using an app like ExPRESS could potentially save the NHS millions.
Many parents ‘never talk about mental health’ to children

More than half of parents in England have never spoken to their children about stress, anxiety or depression, a survey has suggested. A poll of more than 1,100 parents found that 55% had not spoken about the subject to their offspring.

Of those, 20% said they did not know how to address the issue. The survey results have been released as part of a campaign, funded by the Department of Health, to break down the stigma associated with mental health.

The poll, of parents to children aged between 6 and 18, was carried out by market research company Opinion Matters on behalf of the Time to Change campaign, which is being run by charities Mind and Rethink Mental Illness. It also found that 45% of parents felt they did not need to have the conversation because mental health “was not an issue”.

‘Generation for change’

One in 10 young people will experience a mental health problem, the campaign claims. Sue Baker, the director of Time to Change, said: “This has to be the generation for change. Mental health problems are a common experience for three children in every classroom.

“Our research has shown that talking about mental health is still seen as too awkward for many parents and young people and we need to change that in the home, at school, on social media and in wider social circles.”
‘Hi how are you doing?’

‘I’m good thanks glad it’s the weekend. You?’

‘Bit fed up actually it just feels like everything I do goes wrong’

‘This conversation is about mental health. Mental health is about the way you think and feel and your ability to deal with ups and downs.’

Being mentally healthy doesn’t just mean that you don’t have a mental health problem.

**If you’re in good mental health you can:**

- Make the most of your potential
- Cope with life
- Play a full part in your family workplace, community and among friends.

Some people call mental health emotional health or wellbeing and it’s just as important as good physical health.

Mental health is everyone’s business. We all have times when we feel down or stressed or frightened. Most of the time those feelings pass. But sometimes they develop into a more serious problem and that could happen to any one of us.

Everyone is different. You may bounce back from a setback while someone else may feel weighed down by it for a long time.

Your mental health doesn’t always stay the same. It can change as circumstances change and as you move through different stages of your life.

There’s a stigma attached to mental health problems. This means that people feel uncomfortable about them and don’t talk about them much. Many people don’t even feel comfortable talking about their feelings. But it’s healthy to know and say how you’re feeling.
Well what a year we’ve had with our football group. As part of the Scottish Football Associations Mental Health League, we have played games in Aberdeen, Dundee, Perth, Glasgow and Stenhousemuir. Our team done great and managed to finish third in a league made up of ten teams!! The league has made a real difference to people’s mental, physical and social wellbeing, so we really hope to be involved again in the New Year.

As well as being part of the league we’ve also had our Wednesday and Friday coaching sessions with the Falkirk Football Foundation at Falkirk Stadium. Again this has been a great experience for our members and it’s great to be involved in this with Woodlands Resource Centre and Tryst/Russell Park.

We are really looking forward to hopefully building on our what our group has achieved this year so if you want to know more speak with John (staff) in the Clubhouse.
Film Review

American Sniper (DVD, 2014)

It tells the true story of navy seal Chris Kyle who fought in the Iraq war.

Directed by Clint Eastwood, it stars Bradley Cooper and Sienna Miller in the lead roles.

I really enjoyed this film because it contained realistic action and great visual effects, which helped to depict the atrocities of war, the stress of losing comrades and not knowing if each day could be your last.

Out of 10 this film receives top marks.

Stephen Boyle
Reflecting back on my time here at Caledonia Clubhouse, it really does not feel like eight weeks placement. The time has flown by and I have relished every minute and hope to take this learning experience forward as I continue my journey towards becoming a Mental Health Nurse.

Walking into clubhouse on my first day, I had no idea what to expect as it was a very different setting from my previous placements which I had spent on wards and in a hospital environment. I was thrown into the deep end and shipped off to watch the members play football at McDiarmid Park in Perth. Despite being terrified and constantly paranoid a ball would inevitably be kicked towards my face! I very much had a good day meeting everyone and experiencing my first day out at clubhouse. This would have been the first of many days out and social nights with clubhouse which I loved attending as it allowed me to speak to members and get to know each individual. I found this to be very important in the development and enhancing my skills as a nurse.

It was interesting for me to see such a different environment for people with mental health issues and how the service helps with recovery and rehabilitation. I thoroughly enjoyed spending time with members during day to day tasks, leaning about their mental health problems and experiences. It was also rewarding to hear about members previous experiences with nurses and I feel this will help me to become better and take forward all the advice that each individual has given me. Taking part in the walk for mental health day was also a very rewarding experience and I am glad I was able to participate in helping “Stop the Stigma.” Each individual, members and staff have made my experience at clubhouse very enjoyable and the most rewarding placement I have had to date. I feel it has been a great learning experience for me and I hope I can take forward everything I have learned and the skills I have gained in becoming a Mental Health Nurse and shaping the field of nursing into becoming a better person-centred experience. Thank you to everyone for your help and patience, don’t miss me too much!! <3

Sara Murchison, BSE (best student ever).
In October we decided to have a winter holiday to Ibiza. The hotel was lovely spotless and the food was to die for. The only downside was the hotel was a bit away from the town and no little shops to browse in. We were all inclusive there was entertainment all day and night so that made up for this. Several days in the San Antonio town it good price. San many happy memories over 20 years ago much of the town was much the same also a lot of changes with new hotels and shops the front was exactly the same as the time we were there. It was a fabulous to have a winter holiday in the sun.

Roll on next year for another holiday in the sun.
At the root of this dilemma is the way we view mental health in this country. Whether an illness affects your heart, your leg or your brain, it’s still an illness, and there should be no distinction. – Michelle Obama

I think it’s really important to de-stigmatize mental illness in any form. I think there are a lot of people that are carrying around guilt and shame and baggage for something that doesn’t matter. Everybody is going through something; everybody has had something they’ve had to overcome. – Mary Lambert

We need so much more openness, transparency and understanding that it’s ok to talk about depression as an illness. It’s not a weakness. It’s not a moral shortcoming. It’s not something people brought on themselves. – John F. Greden

It is an odd paradox that a society, which can now speak openly and unabashedly about topics that were once unspeakable, still remains largely silent when it comes to mental illness. – Glenn Close

You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle. – Julian Seifter

No one would ever say that someone with a broken arm or a broken leg is less than a whole person, but people say that or imply that all the time about people with mental illness. – Elyn R. Saks

What mental health needs is more sunlight, more candor, and more unashamed conversation about illnesses that affect not only individuals, but their families as well. – Glenn Close

We know that mental illness is not something that happens to other people. It touches us all. Why then is mental illness met with so much misunderstanding and fear? – Tipper Gore

We take care of our dental health. We don’t take care of our mental health. I think the solution to making this world better is if we would just be healthy mentally. – Howie Mandel

A child’s mental health is just as important as their physical health and deserves the same quality of support. No one would feel embarrassed about seeking help for a child if they broke their arm, and we really should be equally ready to support a child coping with emotional difficulties. – Kate Middleton

Mental Illness is nothing to be ashamed of, but stigma and bias shame us all – Bill Clinton
WELCOME

To our new members

Shaun G
James W
Angela S
James M

A warm welcome back to

Sandy McN
<table>
<thead>
<tr>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scott S</td>
<td>Tracey K</td>
<td>Dev D</td>
</tr>
<tr>
<td>Helen S</td>
<td>Lauren S</td>
<td>Lauren S Jim M</td>
</tr>
<tr>
<td>Gary F</td>
<td>Patrick F</td>
<td>Thomas Mc</td>
</tr>
<tr>
<td>Ian Mc</td>
<td>Dawn Mc</td>
<td>Robert H</td>
</tr>
<tr>
<td>Gary M</td>
<td>Wendy H</td>
<td>Collie R</td>
</tr>
<tr>
<td>Robert B</td>
<td>Margo J</td>
<td>John G</td>
</tr>
<tr>
<td>Annette C</td>
<td>David J</td>
<td></td>
</tr>
</tbody>
</table>
1. “If my calculations are correct, when this baby hits eighty-eight miles an hour, you’re going to see some serious ****”.

2. “It’s 106 miles to Chicago, we got a full tank of gas, half a pack of cigarettes, its dark, and we’re wearing sunglasses”.

3. “I’ve been waiting for you, Obi-Wan. We meet again, at last. The circle is now complete. When I left you, I was but the learner; now *I* am the master”.

    “Only a master of evil, Darth”.

4. “I’m also just a girl standing in front of a boy asking him to love her.”

5. “The first rule of fight club is - you do not talk about fight club?”

6. “My name is Pussy Galore”

    “I must be dreaming”

7. “There’s no place like home”.

8. “They caught a shark. Not The shark”.

9. “Wax on, right hand. Wax off, left hand. Wax on, wax off. Breathe in through nose, out the mouth. Wax on, wax off. Don’t forget to breathe, very important. Wax on, wax off. Wax on, wax off. ”

10.”To Infinity and Beyond!”

11.”Run, Forrest, run. Run, Forrest!”

12.”Oooh! Somebody stop me!”

13.”Mmmm-hmmm! This is a tasty burger!”

14.”Do you like scary movies?”

15.”Play Misty for me”.

16.”This is Ripley, last survivor of the Nostromo, signing off.”

17.”There can be only one.”

18.”I have given a name to my pain, and it is Batman.”
1. Which British act won the last Eurovision song contest and what year?
2. Who had the very 1st Number 1 hit (UK)?
3. Who reunited in 1981 for ‘The Concert in Central Park’, which attracted more than 500,000 music fans?
4. Which Italian classical tenor became blind at the age of 12 following a football accident?
5. Sean John Combs is better known by what stage name?
6. Jimmy Page is an English musician who formed which rock band in 1969?
7. In which European city was ABBA formed in 1972?
8. What is the first name of composer Vivaldi?
9. What is Alice Cooper’s real name?
10. How many lead singers have AC/DC had in their history? (Bonus-Name them)?
11. In which year did Pink Floyd release their final album ‘The Division Bell’?
12. AC/DC are mostly known as from Australia, but where were the founding members from?
13. Which American state were Bruce Springsteen & Jon Bon Jovi born?
14. Where was Freddie Mercury born?
15. How many Number 1 singles did The Beatles have in the UK?
Have you ever wondered about some of the things we see and embrace at Christmas? We know that Christmas is the day we celebrate the birth of Jesus Christ. That story is familiar to us all and embraced by billions around the world. But what about some of the other things-like Christmas trees and stockings and Santa? And just how many people on earth celebrate Christmas anyway? Wondering I took a look and found some fun facts. Here are a few did you know kind of things that intrigued me:

1. The French gave the biggest Christmas present ever in 1886. It was the Statue of Liberty, and they gave it to the USA. (The French have one too, a smaller one in Paris).

2. Santa Clause was a real Saint. He lived in Myra in the 300’s. Myra is in what’s now Turkey. The German name for Saint Nicholas is Sankt Niklaus.

3. The first artificial Christmas tree wasn’t a tree at all. It was created out of Goose feathers that were dyed.

4. Christmas has many, many names. Do you know some of them-aside from, of course Christmas? How about Sheng Tan Kuai Loh (China) or Hauskaa Joulua (Finland), or Joyeux Noel (France)? In Wales, it’s Nadolig Llawen, and in Sweden, God Jul.
5. That “Xmas” stems from Greece. The Greek “X” is a symbol from Christ.

6. Riga, Latvia was home to the first decorated Christmas tree. The year was 1510. About 36 million Christmas trees are produced each year on Christmas tree farms.

7. The Candy Cane is one of the most familiar symbols of Christmas. It dates back to 1670 in Europe but didn’t appear in the U.S. until the 1800’s. The treat we see today, where the shape is Jesus’s hook to shepherd his lambs and the colour and stripes hold significance for purity and Christ’s sacrifice, became common in the mid 1900’s.

8. The Christmas stocking got its start when three unmarried girls did their laundry and hung their stockings on the chimney to dry. They couldn’t marry, they had no dowry. But St. Nicholas, who knew of their plight, put a sack of gold in each stocking and in the morning the girls awoke to discover they had dowry. They could marry.

9. An estimated 1 of 3 people worldwide celebrate Christmas, including 2.1 Billion Christians. There are about 7,038,044,500 people in the world, so about 23,460,148 celebrate Christmas.

10. The most popular Christmas song ever is **WE WISH YOU A MERRY CHRISTMAS**. The song can be traced back to England, but its author and composer remains unknown.
On Sunday 1\textsuperscript{st} November 2015, my wife and I went to see ‘Shrek’ at The Edinburgh Playhouse; it had all the excitement and humour of the Dream Works’ films, with all your favourite characters, theatre sets, plus great song and dance numbers. In my opinion the standout performances were by Princess Fiona (Bronte Barbe), Lord Farquaad (Gerard Carey) and Donkey (Idriss Kargbo). One of the best shows I have seen for a while and it was great how the production team brought the animation to life for a live audience.

Before Shrek was a musical, or even a movie, he began life as a story book character Created by famous New Yorker cartoonist and author, William Steig in 1990.

Stephen Boyle
Mental Health myths and facts

- **Myth**: Mental health problems are very rare
- **Fact**: 1 in 4 people will experience a mental health problem in any given year
- **Myth**: People with mental illnesses aren’t able to work
- **Fact**: We probably all work with someone experiencing a mental health problem
- **Myth**: Young people just go through ups and downs as part of puberty, it’s nothing
- **Fact**: 1 in 10 young people will experience a mental health problem
- **Myth**: People with mental illnesses are usually violent and unpredictable
- **Fact**: People with a mental illness are more likely to be a victim of violence
- **Myth**: People with mental health problems don’t experience discrimination
- **Fact**: 9 out of 10 people with mental health problems experience stigma and discrimination
- **Myth**: It’s easy for young people to talk to friends about their feelings
- **Fact**: Nearly 3 in 4 people fear the reactions of friends when they talk about their mental health problems

Statistics about violence and mental illness

- The majority of violent crimes and homicides are committed by people who do not have mental health problems
- People with mental health problems are more dangerous to themselves than they are to others: 90% of people who die through suicide in the UK are experiencing mental distress
- In 2009, the total population in England and Wales aged 16 or over was just over 43 million. It is estimated that about 1 in 6 of the adult population will have a significant mental health problem at any one time, (more than 7 million people). Given this number and the 50-70 cases of homicide a year involving people known to have a mental health problem at the time of the murder, clearly the statistics data do not support the sensationalised media coverage about the danger that people with mental health problems present to the community.
- Substance abuse appears to play a role: The prevalence of violence is higher among people who have symptoms of substance abuse (Discharged psychiatric patients and non-patients).

www.time-to-change.org.uk/mental-health-statistics-facts
SUDOKU PUZZLES

```
7 8 6 9
5 2 1 3
4 9 3 8
5 6 4 1
```

```
1 3 4 2
7 9 1 5
6 9 2 4
2 8 3 9
```

```
5 3 7 8
6 7 9 1
2 9 1 6
```
About a few months ago my two sisters and I went on holiday to Tenerife, we were on the south of the island. It took 5 Hours flying from Glasgow airport.

The hotel that we stayed in was close to the sea shore.

The complex had a heated swimming pool, a Bar, a restaurant and a few small shops.

There is a good bus service and taxis that run round the Island.

We dined out every night at local restaurants.

One night in the bar in the complex they cooked paella which is a local delicacy.

One day my sisters Sadie and Charlotte went on a bus ride up mount Teidi and that day I went SCUBA diving with a local group. We went by Inflatable Boat to the dive site about a mile from the marina. We dived down to about 30 Ft .I saw some Small Clown fish and an old tyre there was a plastic bottle which was recovered as it was just litter on the sea bed.

The sea temperature was 22.8 degrees centigrade which was warmer than the temperature in Scotland on dry land.

We went into one of the local markets. There are quite a few diving shops in the local towns it was quite expensive but quite interesting all the same.

Ian Milne
1. What is the capital of Lithuania?
2. When was the very first episode of Coronation Street aired on TV?
3. Who was Marilyn Monroe’s first husband?
4. Who were the names of Michael Jackson’s brothers in ‘The Jackson five’?
5. What are the ingredients in a Mojito drink?
6. Who played the joker in the ‘Batman’ TV series from 1966 to 1968 for 22 episodes?
7. What was Cameron Diaz before she became an actress; and what age was she when she auditioned for her first film ‘The Mask’?
8. The car manufacturing company trading as ‘Rover’ manufactured cars in Britain for how many years starting 1904?
9. What is the proper name for the ‘cabin’ suspended from an airship?
10. The region of Andalusia is found in which European country?
11. A common name for the ‘bushrangers’ of the ‘1800’s’ Australia is what?
12. The Italian fashion designer Gianni Versace was murdered in July 1997; whereabouts did his murder take place?
13. What is the colloquial phrase used to describe someone who makes a blunder?
14. Which famous athlete is the only British man to have won gold medals in the ‘100 metres’ at all four major competitions open to British athletes: the ‘Olympic games’, ‘World championships’, the ‘European championships’ and the ‘Commonwealth games’?
15. Which racing driver recently won the Formula 1 drivers’ championship 2015?
16. Around 90% of which African land animal whilst still a cub never reaches its 2nd birthday due to various factors such as predators, starvation etc?
17. Approximately, what ratio of Hyena’s to Lion’s is required for a clan to drive off a pride of lion’s from its kill?
18. When and where was the ‘Queen Elizabeth II’ born?
19. Which member of the ‘Royal Family’ is also a horse trainer in Britain?
20. ‘Jon Brower Minnoch’ an American man born Sep 29th 1941 to Sep 10th 1983 is recorded as the heaviest man to ever have lived. What weight was he at his peak?
Christmas Week Socials

Friday 18th: Frank Sinatra Live performed by Gerry Smith

Tuesday 22nd: Baking Christmas Cookies at 2pm

Wednesday 23rd: Christmas Quiz Day

Thursday 24th Christmas Eve: Carol Singing and Karaoke or Christmas film.

Tuesday 29th December: Wii games afternoon

Wednesday 30th December: Pictionary and afternoon games

Hogmany: New year quiz game
Our annual Christmas fair was held on Friday 27th November, a big thank you to everyone who came along and bought things, and to those members who helped with the stalls and a big thank you to the Arts and Crafts Group because without their support this event wouldn’t have happened. Items for sale at the event included decorated wine glasses, canvasses, cards, chocolate bars with mini hats and scarves, Christmas stockings, fairy doors etc.

Admission to the event was £1 which got you cakes and a cup of tea or coffee from our bistro, and the day was open to family and friends.

On the day we made over £200 and still counting.

Now that the craft fair is over the Arts and Craft group have been working on their own individual projects.

I enjoy the Arts and Crafts Group because it is very therapeutic and enjoyable.

The group is held on Thursday afternoons at about 2.15pm, so please feel free to come along.

Stephen Boyle
Questions

1. For what luxury food is the French town of Perigord particularly famous?
2. What haven’t the cities of Bath and Hull got that the towns of Chelmsford and Guilford?
3. What new invention was Butch Cassidy discovering during the signing of Raindrops keep falling on my head?
4. Which national chain-store group have you purchased this game from, if their Head Office is in Swindon?
5. What is there in a German ‘Big Mack’ that there isn’t in a British one?
6. Of what was the Prescot Steamer an early version?
7. Which Beatie was left handed?
8. What do sailors and the Queen do sitting down that other men are expected to do standing up?
9. What is the capital of California and was the terminus of the Pony Express?
10. Who was the first woman to fly solo from Britain to Australia?
11. Who was the first person to get drunk on home-brew in the Bible?
12. How long is the Campdown race track (Do dah, Do dah)?
13. What did William Dockwra introduce in 1682 that Roland Hill always get the credit for introducing in 1840?
14. Which city, being an anagram of Tokyo was the capital of Japan from 794 to 1868?
15. Which side were the Spaniard on in the second world war?
16. Which former funny man went from party political TV films to a promotional role opposite Prince Charles?
17. What does Steve Davis do when he wants to screw?
18. On which route, was it announced in 1990, that the British trains would flush their loos into tanks rather than onto the tracks because of the smell?
19. What should Judo contestant do immediately if the referee shouts “Sonomama”?
20. Why should the Union Jack fly on public buildings during daylight hours of April 21’?
Poetry Corner

Walnut Girls

I’d love to give you my whole life
To make you glow, make you my wife
I’d love to love to buy you diamond rings
Soft silk and satin, a clock that sings
Lalique and pearls and walnut curls
A painted sea the ebbs and swirls

I’d love to have just half a chance
To watch you laugh, click heels and dance
If I could take you buy the hand
We’re run barefoot on sloping sands
Where once you swam as time began
Stole birthday kisses from this man

I’d love to leap in arms
To catch your breath, capture your charms
I’d set you free to fly forever
We’d dive and swoop and soar together
We’d own the sky, the heavens high
And every cloud that ever cried

If I could give you yesterday
We’d never find a better way
To live and love and share our dreams
To give so much until it seems
Our hopes and fear, our salty tears
Have flowed as one through all these years
My Angel My Wife

I dreamed I went to heaven and an angel met me there,
She looked so much like my wife down to the strands of her dark hair.
I knew it couldn’t be her because when I closed my eyes,
She was beside me sleeping; she was there right by my side.
Then she took me by the hand and led me to God’s throne,
His light was so brilliant like none I’ve ever known.
He spoke to me about my life, each word he’d written down,
He smiled and gave me his mercy for the goodness he had found.
Then suddenly I awakened and found that angel there,
I reached and touched her halo the wedding band she proudly.
Then she opened up here eyes and smiled so lovingly,
Thank you God for this angel that you sent here just for me.

Love you
Why did Santa’s helper see the doctor?
Because he had low “elf” esteem!

What kind of motorbike does Santa ride?
A Holly Davidson!

What do you get if you cross Santa with a duck
A Christmas Quacker!

What is the best Christmas present in the world?
A broken drum you just can’t beat it!

What does Santa suffer from if he gets stuck in a chimney?
Claustrophobia!

Who delivers presents to baby sharks?
Santa Jaws

How does Good King Wenceslas like his pizzas
one that’s deep pan crisp and even!

What do you call a cat in the desert?
Sandy Claws!

What does Santa do with fat elves?
He sends them to a Elf Farm!
Chocolate Mint Cookies

Ingredients

for the cookies

- 100 grams soft butter
- 150 grams soft light brown sugar
- 1 teaspoon vanilla extract
- 1 large egg
- 150 grams plain flour
- 35 grams cocoa powder
- ½ teaspoon baking powder
- 200 grams dark chocolate chips

for the glaze

- 75 grams icing sugar
- 1 tablespoon cocoa powder (sieved)
- 2 tablespoons boiling water
- ¼ teaspoon peppermint essence

Method

1. Preheat the oven to 180°C/gas mark 4/350°F.
2. Cream the butter and brown sugar (I use a freestanding mixer for ease), then beat in the vanilla extract and the egg.
3. Mix the flour, cocoa and baking powder in a bowl and gradually beat in to the creamed mixture. Finally, fold in the chocolate chips.
4. Using a rounded 15ml-tablespoon measure, spoon out scoops of cookie dough and place on a lined baking sheet, leaving a little space in between each one.
5. Bake in the oven for 12 minutes and then let them sit on the baking sheet for a couple of minutes before moving them to a cooling rack, with some newspaper on the surface underneath to catch any escaping glaze later.
6. Put the glaze ingredients into a saucepan and heat until combined.
7. Using a teaspoon, zig-zag the glaze over each cooling cookie.
General Knowledge

1. Vilnius
2. 9 December 1960
3. James Dougherty
4. Tito, Jermaine, Marlon, Jackie
5. White rum, mint leaves, lime juice, soda water.
6. Cesar Romero
7. Fashion model and 21 years old
8. 63 years
9. Gondola
10. Spain
11. Outlaws
12. Miami Beach, Florida.
13. ‘Dropped a clanger’
15. Lewis Hamilton
16. Cheetah
17. 4:1
18. 21st April 1926; Mayfair, London
19. Zara Phillips
20. 100 stone approximately.

Music Quiz

1. Katrina and the Waves in 1997
2. Ink Spots – You’re Breaking My Heart in 1950
3. Simon & Garfunkel
4. Andrea Bocelli
5. Puff Daddy (Or any other Aliases)
6. Led Zeppelin
7. Stockholm
8. Antonio
9. Vincent Damon Furnier
10. 3 (Dave Evans, Bon Scott & Brian Johnson)
11. 1994
12. Glasgow
13. New Jersey
14. Zanzibar
15. 17

Guess the Film

1. Back To the Future
2. The Blues Brothers
3. Star Wars: A New Hope
4. Notting Hill
5. Fight Club
6. Gold Finger
7. The Wizard of Oz
8. Jaws
9. The Karate Kid
10. Toy Story
11. Forrest Gump
12. The Mask
13. Pulp Fiction
14. Scream
15. Play Misty For Me
16. Alien
17. Highlander
18. Batman

Trivial Pursuit

1. Truffles
2. Cathedral
3. Bicycle
4. W.H. Smith
5. A letter (K)
6. The car
7. Ringo Starr (Paul only plays the bass with his left hands)
8. Drink the loyal toast
9. Sacramento
10. Amy Johnson
11. Noah
12. Five miles
13. The penny post
14. Kyoto
15. Neither
16. John Cleese
17. Puts a backspin on the cue ball
18. Freeze
19. It is the Queens birthday
Festive Closure Times

Friday 25th December
Monday 28th December
Friday 1st January
Monday 4th January
Thank you for reading our newsletter!

As always, the editorial team welcomes any comments on this edition of

**Calatria Newsletter**

*Caledonia Clubhouse*

Etna Road
Falkirk
FK2 9EG

Tel: 01324 501720

E-mail: [caledonia.clubhouse@falkirk.gov.uk](mailto:caledonia.clubhouse@falkirk.gov.uk)
Website: [www.caledoniaclubhouse.co.uk](http://www.caledoniaclubhouse.co.uk)

Please note that the views expressed in this newsletter are not necessarily the views of Caledonia Clubhouse or the Clubhouse movement.