

Newsletter

Edition 15: Mar 22

Time For Action

March is starting to show some signs of promise, with buds opening up!



Our next Movie Event is set to put some action back in our lives, with the classic western, Butch Cassidy & the Sundance Kid.

This is a movie we have all grown up with, including fantastic performances from Paul Newman and Robert Redford.

Who can forget that bicycle scene and a chance to singalong to Raindrops Keep Falling On My Head.

We have a selection of other Movies on offer, and our members get the chance to vote on the day.

The Movie Event will start at 2pm, with the usual popcorn and ice-cream, followed by a small snack, juice or cup of tea., finishing around 5.30pm

Everyone is made welcome at our Community Group.

All events are free, but donations are always welcome, as the Group is run by volunteers, with some funding by Life Changes Trust and Community Choices—Falkirk.

Contents

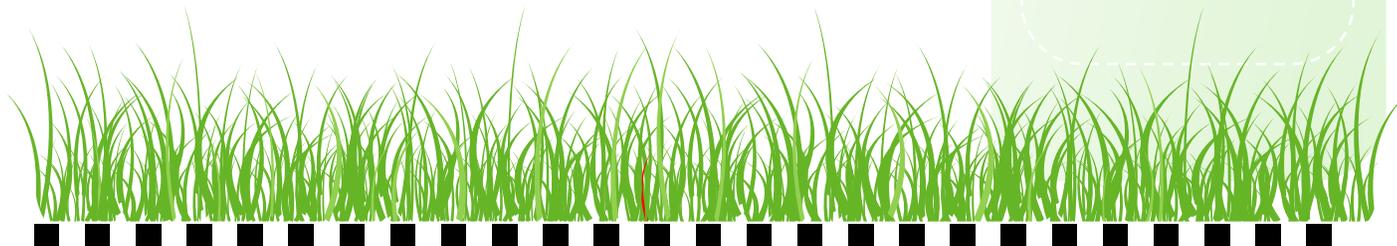
Breakfast Pancakes.....	2
Let it All Hang Out.....	3
Shoot for the Stars.....	3
Carron Kith—Movie Events.....	4
Humble Pie.....	5
March.....	6
Falkirk Lady with a Heart.....	7
Godfather at 50.....	7
Oscar Refused.....	8
Thanks for the Memories.....	8
Denny By-Pass.....	9
Wordsearch.....	10

Important Dates

Zoom Group—Thurs 18 Mar 4pm
(Monthly)

Movie Group:

- Sat 26 March
- Sat 30 April
- Sat 28 May



Recipes



Please send your recipes to our mailbox, for inclusion in future Newsletters.

Carronkith@outlook.com

All contributions to the Newsletter will be entered into a prize draw!

Potato & Spring Onion Breakfast Pancakes

Quick and Easy Breakfast

Cook Time: 10 min (Easy)

- 140g floury potatoes (weighed after peeling), cut into large chunks
- 50g self-raising flour
- ½ tsp bicarbonate of soda
- 3 large eggs
- 5 tbsp milk
- 3 spring onions, finely chopped
- 2 tsp sunflower oil, plus extra if needed
- knob of butter
- 6 rashers streaky bacon (smoked or unsmoked)

Step 1—Put the potatoes in a large pan of salted water and boil until tender. Drain well, tip back into the pan, shake for 1 min over a gentle heat to dry them off, then mash and leave to cool.

Step 2—Put the cooled mash in a bowl with the flour and bicarb. Whisk 1 egg with the milk, season, tip into the bowl and whisk until smooth. Stir in the spring onions, reserving some to serve.

Step 3—In a non-stick frying pan, heat half the oil and butter until sizzling, then spoon in half the pancake batter to make 3 pancakes. Cook for 1 min or so on each side until browned and set underneath, then flip and cook the other side. Keep warm in the oven while you make 3 more pancakes.



* Recipes from BBC Goodfood



Let it All Hang Out.....

Jamie Lee Curtis lets it all hang out for honest new role after 'sucking in my stomach since I was 11' as she shuns body prosthetics: 'I want there to be no concealing of anything'



Jamie Lee Curtis has revealed how she defiantly refused to use body prosthetics to play a downtrodden character in her upcoming film **Everything All At Once**.

Shot just before the coronavirus lockdowns swept the country, the film features Jamie Lee as a stern-looking IRS auditor in a tight-fitting and unflattering polo neck that shows off the star's tummy.

The 63-year-old actress, who declined to use a prosthetic for the character's midriff, uploaded an Instagram photo of herself in character with a candid caption about letting her belly out for the role after 'sucking in my stomach since I was 11. I very specifically decided to relinquish and release every muscle I had that I used to clench to hide the reality. That was my goal.'

From Mail Online Sat 12 March 2022

Shoot for the Stars.....

Construction of a spaceport in the far north of the UK could finally get under way next month after planning permission was granted.

Shetland Islands Council says work to prepare the Saxavord Spaceport can proceed provided Scottish ministers don't call the project in for review.

Three rocket pads would be built at the Lamba Ness peninsula in Unst.

The hope is the first launch of what's likely to be a meteorological satellite could occur before the year's end.

It will be a tight schedule, however. Both Saxavord and the rocket company tipped to



send up the spacecraft will first need a licence from the UK's Civil Aviation Authority.

Article from BBC News



Carron Kith—Our Movie Events

Our Movie Events are growing in popularity every month. Carron Kith was set up by volunteers, as part of a Scottish Care initiative to help connect local people and give them something to do at the weekend.



It was a common feeling that a lot of support, clubs and other groups all met during the week—Monday to Friday, and weekends could be long, if you were on your own, or family were busy.

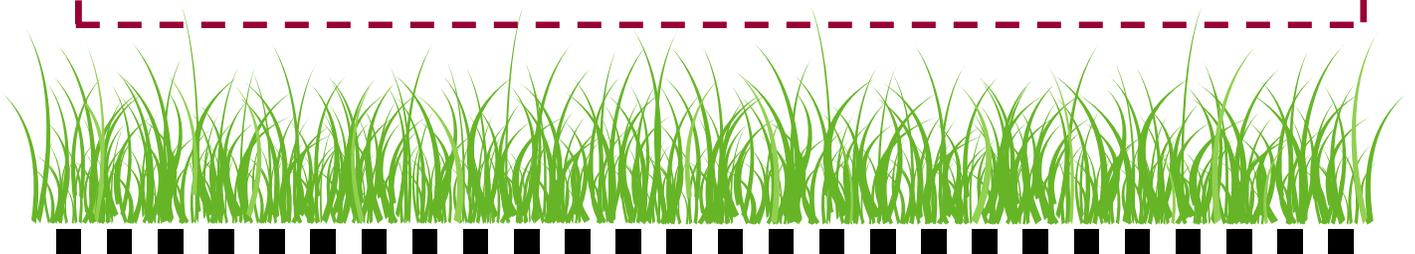
The Group agreed that a Saturday Afternoon at the Cinema was what was needed, and Carron Kith was set up!

The Group has gone from strength to strength, supported by funding from Todhill Windfarm, Life Changes Trust and the Falkirk Community Small Grants.

Some Highlights....

- *Welcomed by staff and residents at Thornhill Court, with use of lounge.*
- *Little bag of 'pic'n'mix' and popcorn to enjoy with the movie.*
- *Comfortable chair, with large screen (soon to get bigger) and sound (soon to get louder)!*
- *Central location with parking and access to toilet facilities.*
- *Kind and friendly group, who enjoy meeting up, once a month.*
- *Cup of tea and a blether afterwards, with some small snacks.*
- *Christmas Special with Andre Rieu, mulled wine and mince pies.*
- *Jubilee Special planned, with afternoon tea and a wee toast for the Queen.*

GET IN TOUCH FOR MORE INFORMATION—Lesley 07787 435059



Humble Pie.....

Two studies show the positive health benefit of humility.

College students who were more humble benefited from a greater love of life and higher self-belief, and older adults benefited from greater well-being.

Humility is a newly popular topic, with research suggesting that being humble supports mental health in numerous ways.

Researchers say that humility involves an accurate appraisal of one's characteristics and a low self-focus.

People who are humble recognise their limitations and appreciate the views of others but do not belittle or disparage themselves.

Researchers suggest that humility is part of who you are and remains stable over time.

The study revealed that humility was related to several positive mental health outcomes. Humility was associated with a greater love of life.

Greater humility was associated with fewer depressive symptoms. Higher religious, valuing, and other-oriented humility were associated with greater happiness.

The researchers say that future research could explore whether mindfulness practice encourages humility, noting that certain styles of meditation encourage a focus on others.

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Article from PsyPost

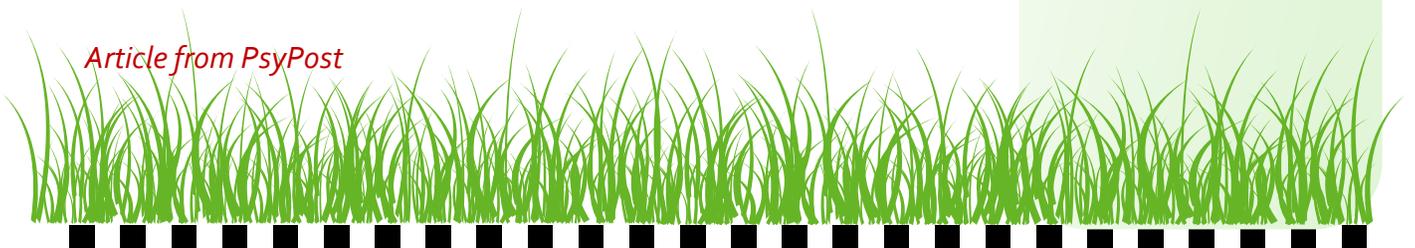


The charity Tide (together in dementia everyday) continues to run Groups for family members of people living with dementia.

These run regularly, and offer a chance to chat with people with similar experiences, step back and take breath without fear or judgement.

The Groups include people from around the UK, and offers practical insight and advice on care experiences in other areas of the country.

Please go to www.tide.uk.net for more information.



MARCH

*The March wind blows winter away
And sweeps the streets from day to day
March brings surprises, first the day's hot
Then it starts snowing, likely as not
Hurry, March wind, hurry along
We like to hear you sing your song.
~ Author Unknown ~*

*Now when it's March
It's really spring
There's a bright new look
On everything.
~ Author Unknown ~*

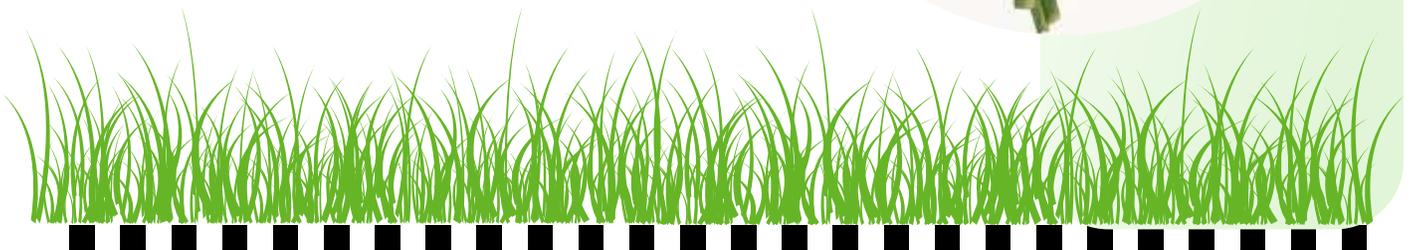
*When the rain is splashing down
On the fields and in the town
Singing winds begin to blow
And the flowers start to grow
How glad I am when I have seen
Those tender leaves of gentle green
They warm my heart and make it sing
For now I know at last it's spring
Spring makes the world a happy place
You see a smile on every face
Flowers come out and birds arrive
Oh, isn't it grand to be alive.
~ Author Unknown ~*

Stories

Please send your Stories to our mailbox, for inclusion in future Newsletters or on our website.

Caronkith@outlook.com

All contributions to the Newsletter will be entered into a prize draw.



Falkirk Lady with a Heart.....

A 77-year-old Falkirk woman has set a new world record by becoming the longest surviving recipient of a pioneering heart surgery procedure.

Anne Bell was a 28-year-old mother of two young children when she received a single artificial heart valve replacement in December 1972.

Her family's recent research revealed the previous record was surviving 47 years after surgery.

Anne said she "didn't expect to last this long."

"I can't thank them enough really," she said.

"I was one of three people in hospital at that time who underwent this operation.

Out of the three I am only one who survived as sadly one patient died a few weeks after surgery and the other died a year later."

The operation to replace Anne's mitral heart valve was carried out at the former Meanskirk Hospital in Glasgow. Anne, who was discharged from hospital just 19 days after the operation, said: "I feel incredibly lucky to have lived for such a long time after this operation. "It's given me the opportunity to see both my children grow up and spend time with my husband and the rest of our friends and family."

Article from BBC News



Godfather turns 50...

THE GODFATHER star James Caan and Gianni Russo clashed throughout the production of the legendary film.

Gianni later claimed, "this guy's nuts," and that the Sonny Corleone star "hit him" during a famous scene, and he even suffered broken bones.

The two violently clashed in the movie, and there was plenty of bad blood between them off camera of the Francis Ford Coppola directed masterpiece.

Article by Daily Express



Oscar Refused...

Its that time of year again, when the stars of stage and screen get their best dresses out for the awards, but not everyone welcomes the prize.

Famously, George C Scott has been nominated for an Academy Award several times, but was the first actor ever to refuse. George told the Academy that he wouldn't accept the nomination as he disliked the voting process, felt the awards forced actors to become stars and was little more than a 'meat market'. The films producer accepted the award on his behalf, but told to return it the next day.



Surprisingly, the Academy nominated George the following year for his performance in *The Hospital* (1971).

Other actors who have refused to accept an Oscar include:

Marlon Brando; Anthony Hopkins; Katherine Hepburn; Elizabeth Taylor; Paul Newman; Peter o'Toole; Woody Allen; John Geilgud; Eminem and Alice Brady (in 1937). So George is in good company.

Thanks for the Memories..

Barry Cryer, writer, comedian and quiz show panelist, died aged 86 on January 27. He was a stalwart of British TV Comedy and Radio, with over 60 years in the business.

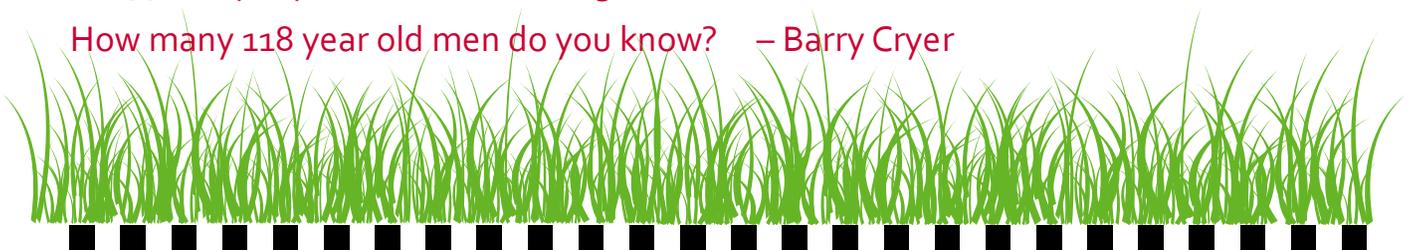
He wrote for many comedians and was highly regarded by many of the new comedians, inspired by his hard work and generosity.



Article from Retro Magazine

I'm 59 and people call me middle aged.

How many 118 year old men do you know? – Barry Cryer



Our Details:

Twitter: @Carronkith

Web: www.carronkith@org.uk

Contact:

Lesley—07787435059

Nicola—07950 659158

Our Thanks

Many thanks to the supporters within our Group and our Friends and for everyone who voted for us on the Falkirk Community Choices Small Grant Scheme—Fund 2.

We are very pleased to confirm we were successful in the Falkirk Community Choice Small Grant Scheme—Fund 2.

Further Detail next month.

Contact us to get involved. All new members and volunteers welcome.

Denny 'By-Pass'...

Work on the long-awaited Denny Eastern Access Road (DEAR) is expected to start later this year following a successful Compulsory Purchase Order (CPO) on land vital to the £7.5m project.

The route will provide a by-pass road for Denny (leading from Broad Street to Glasgow Road) and will reduce congestion, air pollution and improve road safety in a busy section of the town centre.

It will also provide sustainable travel routes to Denny High School and includes links to the existing core path network allowing better access for leisure and recreation use.



Once completed the road will also provide an access route for the many new homes being built as part of the Mydub 1 development and any future homes on the Mydub 2 site both identified in the Council's latest Local Development Plan in that location.

A tender for the work will be issued in the coming months with

work expected to start in November 2022.

Full details on the Catchathon [here](#):

And Finally.....

Thank you to our Friends, who continue to support us, by sharing information and connections across our community on our website.



This includes an interactive map, that allows you to search for information on places to go, based on information and experiences from our members. It is colour coded and includes Local & Community Support Groups, Outdoor Trips, including places to grab a cuppa. It is constantly updated with information from our friends and members.

Any new Groups or events will be highlighted in our Blog!

Click [Here](#) to visit today!



Word Search

Welcome to this month's Word Search. Please send in suggested topics for next month's Word Search.

T	R	W	A	Y	N	E	T	W	L
R	A	N	C	H	D	S	E	R	S
T	Y	E	L	L	O	W	C	K	A
R	I	B	B	O	N	H	N	E	L
A	D	U	H	L	J	C	A	M	O
W	R	T	M	H	O	N	D	O	O
E	T	C	L	G	O	A	N	S	N
T	O	H	K	P	P	R	U	A	M
S	H	A	N	E	P	O	S	B	N
G	U	N	S	L	I	N	G	E	R

Topic: WESTERN MOVIES

KEMOSABE	GUNSLINGER	STEWART
YELLOW	RIBBON	WAYNE
BUTCH	SUNDANCE	SHANE
RANCH	HORSE	SALOON

Prepared By: Carron Kith

