

Newsletter

Edition 17: May 22

Our Platinum Lady.....



The Queen has recently celebrated her 96th birthday and will be looking forward to the Platinum Jubilee. Whether you are a Royalist or not, you cannot help but be inspired by someone who has given 75 years of her life to the service of her country!

Carron Kith hope to be celebrating the Platinum Jubilee in style, if the Falkirk Council Community Choices Small Grant can be

confirmed in time for our June Movie Event., with afternoon tea.

However, our May Movie Group will go ahead as normal—on the 4th Saturday of the Month (28th May 2022), which is a Bank Holiday Weekend and we hope to see you there

Barbie has released a special doll of the Queen to celebrate the Platinum Jubilee (picture above) — they sold out like hotcakes!

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

Picture from Harpers Bazar

Contents

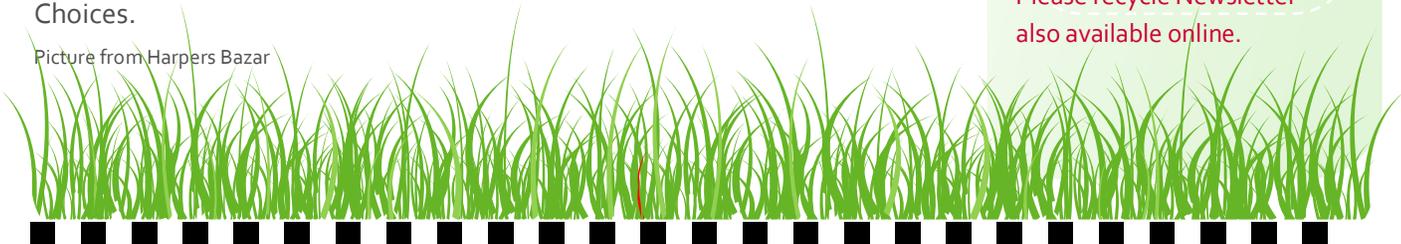
Pea & Mint Soup.....	2
Likeable Rogue.....	3
Part of the Community.....	3
Daffodils for Treatment.....	4
It's a Waiting Game.....	5
May.....	6
Bikers with a Warm Heart.....	7
Falkirk High School.....	7
What Type Are You.....	8
Speaking in Tongues.....	9
Wordsearch.....	10

Important Dates

Movie Group:

- Sat 28 May
- Sat 25 June

Please recycle Newsletter—
also available online.



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!

Pea & Mint Soup*

Cook Time: 40 min (Moderate)

1 litre/1 pint 15fl oz water

salt

large handful fresh mint, leaves only

500g/1lb 2oz fresh peas (shelled weight)

salt and freshly ground black pepper

drizzle olive oil

200ml/7fl oz crème fraîche

4 slices Parma ham, fried or grilled until crisp (optional), to serve

1. Bring the water to the boil in a large pan and add a generous pinch of salt.
2. Add the mint leaves and bring the liquid back to the boil.
3. Add the peas and cook for 2-3 minutes, until the peas are just tender and bright green.
4. Strain the mint and peas, reserving the cooking liquid, and transfer the peas and mint to a food processor. Allow to cool for 3-4 minutes.
5. Add just enough of the cooking liquid to cover the peas and mint, then blend for 1-2 minutes, to create a smooth, bright green purée.
6. Season, to taste, with salt and freshly ground black pepper and add a generous drizzle of olive oil.
7. Add 140ml/4½fl oz of the crème fraîche to the pea and mint purée and pulse in the blender for a few seconds, until combined.

To serve, pour equal amounts of the soup into four warmed bowls. Add a neat tablespoon of crème fraîche into the centre of each and, if you wish, garnish with the crisp Parma ham.



* Recipes from BBC.co.uk

Likeable Rogue.....

If you're gonna face a jury for a crime you've already confessed to — and even explained how you did it — you'd better have something going for you besides a "not guilty" plea.



The real-life character of Britain's Kempton Bunton, an amiable sexagenarian taxi driver who was acquitted of stealing a national art treasure in 1961, definitely did.

He had charm, he had wit, and he had a good story. The same could be said for what British director Roger Michell, who died last year at 65, brings to ["The Duke."](#)

He imbues his last film with so much charm, wit and good storytelling that he, too, cannot help but win.

One of Michell's talents was to pick the right cast and let the chemistry shine. After all, this is the man who directed Julia Roberts and Hugh Grant in the classic rom-com "Notting Hill."

Sounds like 'The Duke' is a good choice for a future Movie Group Event. *From Stacker Online*

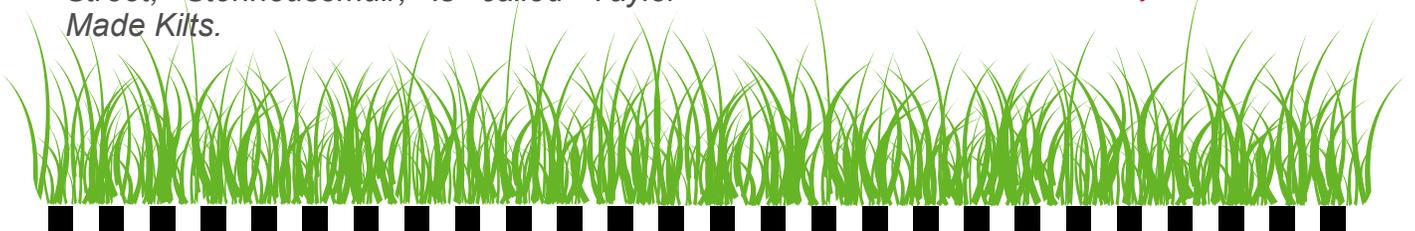
Part of the Community...

A local man is about to realise his long-held dream to open a kilt shop in his home town and he wants it to become more than just a business. I want it to be part of the community and not just a shop," said Stenhousemuir resident and now business owner Glenn Somerville.

"I want it to get involved with community events and things like that. "For instance when the school has before a prom I could donate a couple of free kilts to lads who wouldn't normally be able afford it." The shop, which is located at 362 to 370 Main Street, Stenhousemuir, is called Taylor Made Kilts.



Article from Falkirk Herald



Daffodils to Treat Alzheimer's...

Pharmaceutical entrepreneur Sir Roger Jones said more of the plants were needed by his industry. The firm he chairs, Agroceutical, has pioneered their use in treating Alzheimer's and is producing an over-the-counter supplement. It wants clusters of growers established.



The pills could be available for sale by spring 2023. Agroceutical founder and director, hill farmer Kevin Stephens, has been growing Wales' national flower in

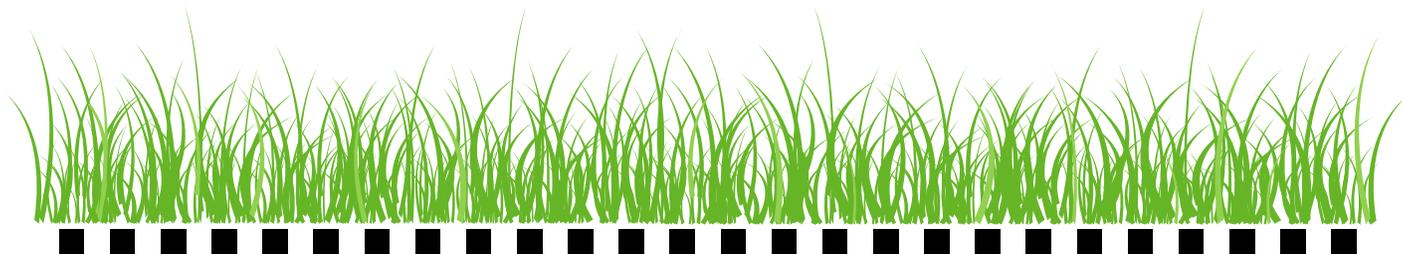
Powys' Black Mountains for more than a decade. He discovered a hardy daffodil variety, grown under stress in wind-swept conditions, produced higher levels of the chemical galanthamine.

That is an approved treatment for slowing down the progress of vascular dementia and Alzheimer's disease. The farm harvests enough to help about 9,000 patients a year. Agroceutical has set its sights on producing an over-the-counter brain supplement with Canadian neuroscience company Neurodyn Life Sciences, for sale in North America.

If all goes to plan, more daffodils will need to be grown across Wales' uplands, Mr Stephens said. He hopes to work with clusters of farms, with each planting a couple of fields with daffodils while grazing their sheep among the rows of flowers.

Mr Stephens said sheep don't like daffodils but will eat the grass in between. This presents the opportunity of an additional income rather than an alternative," he said.

He hoped the project would form a blueprint for growing other medicinal crops in the uplands. Millions of people suffer from this disease and anything that can be done to mitigate the symptoms is most welcome," he said.



It's A Waiting Game...

I think everyone has a story to tell of experiences at the local doctors—either about our ability to 'get past' the receptionist to speak to a health professional or only manage to get an appointment long after you are better! Love them or hate them—they are an absolute necessity, do a difficult job, and are facing a lot of challenges.

It was with interest that I saw the article in the Falkirk Herald with the latest figures on GP Practices in the Falkirk Area:

Surgery	Location	GP's	Patients Per GP
Stenhouse Practice	Larbert	1	3,079
Braesview Medical Group	Polmont	5	1,610
Wallace Medical Centre	Falkirk	5	1,596
Bo'ness Road Medical Practice	Bo'ness	5	1,588
Camelon Medical Practice	Camelon	6	1,364
Meeks Road Surgery	Falkirk	8	1,341
Parkhill Medical Practice	Polmont	8	1,336
Ark Medical Practice	Larbert	2	1,305
Parkview Practice	Larbert	4	1,280
Viewpoint Medical Practice	Stenhousemuir	5	1,255
Bonnybank Medical Practice	Bonnybank	7	1,201
Ochilview Practice	Stenhousemuir	5	1,182
Westburn Medical Practice	Falkirk	4	1,150
Graeme Medical Centre	Falkirk	5	1,106
Tryst Medical Centre	Stenhousemuir	6	1,037
Carron Medical Centre	Carron	4	1,018
Denny Cross Medical Centre	Denny	6	871
Richmond Practice	Bo'ness	10	840
Antoine Medical Practice	Bonnybridge	6	827
Carronbank Medical Practice	Carronbank	13	801
Polmont Park Medical Practice	Polmont	10	777
Forthview Practice	Bo'ness	6	729
Kinglass Medical Practice	Bo'ness	5	720

Figures published by Public Health Scotland show GP practices across Scotland usually have thousands of patients on their books.

The latest data shows there are more than 5,000 GPs working across 921 surgeries across Scotland, as of 1 January 2022.

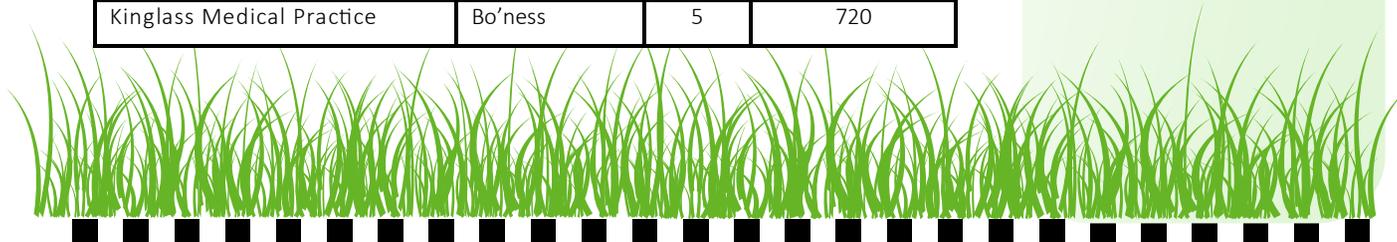
An average surgery has 6,349 patients but some practices have a much higher GP-to-patient ratio than others.

It is also worth noting that overall 62% of GP's in Scotland are female.

In Falkirk, the largest number of patients were between the ages of 24-64, reflecting 55% of all patients and 19% were older than 64.

We know that the population is getting older—so I wonder what will happen to the waiting lists when this generation ((85k patients) grows older.

Please note that the number of patients for every GP is not an indicator of the quality of service, but I worry about the poor GP with 3,079 patients!





You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.
Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high, Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops.
Weakened by my soulful cries.

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own back yard.
You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Leaving behind nights of terror and fear, I rise
Into a daybreak that's wondrously clear, I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise, I rise, I rise.

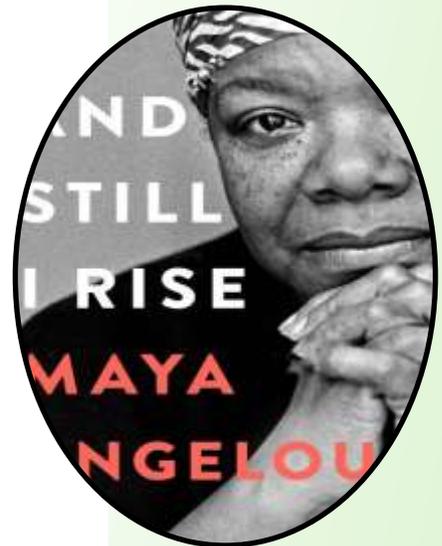
Maya Angelou

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.



Bikers with a Warm Heart...

Almost 500 bikers joined this year's special Easter bike run from Falkirk to Kinross in aid of Children's Hospices Across Scotland (CHAS). The event, organised by Carron Valley Motorcycle Club, saw bikers meeting at the Falkirk Wheel before riding to Kinross services where they handed over Easter eggs and other chocolate treats and a cash donation to representatives from the charity's Rachel House hospice.



Tam Reid, from the motorcycle club, said: "It was brilliant, a really good day out. "The turn-out was above our expectations. As we're just coming back from Covid we thought if we got 300 bikes we'd be doing well, but we counted 495 bikes.

"We collected £3472 on the day through collection buckets.

"We also have our auction page online and other donations, so there's still more money to come.

"To get over £3000 on the day was brilliant.

"The weather was good for us and Police Scotland were excellent with their help on the day stopping traffic for us."

Article from Falkirk Herald

Falkirk High School, Rennie Street

Falkirk High first opened its doors to pupils in 1889 as a replacement for the Grammar School, which had been in Park Street since 1846.

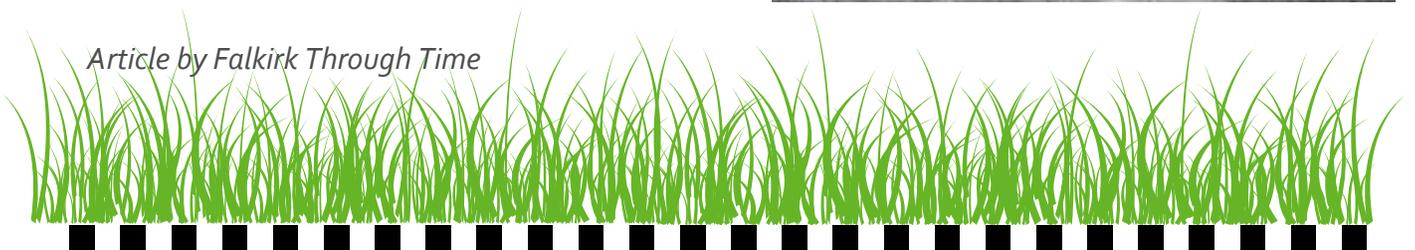
The new Falkirk High in Blinkbonny Road was opened in 1961 by the former rector of the school, Sir James J Robertson.

The Rennie Street building was used as a new secondary school, Woodlands High, until 2000. The site was redeveloped for housing after the building was burnt out by a fire.

There is a Facebook page for anyone who attended Falkirk High and looking to get in touch with school friends. Click Here for [Link](#).



Article by Falkirk Through Time



What Type Are You.....

You wouldn't know it by looking on the surface, but your blood into one of these groups: A+, A-, B+, B-, O-, O+, AB+ and AB-. Ongoing research into blood type suggests it may matter more than we think - at least when assessing risk for certain health conditions, especially heart disease. These invisible differences in the blood may help some people, and may leave others more susceptible.



What does blood type mean?

The letters A, B and O represent various forms of our blood cells. People with type O- blood are considered "universal donors" because their blood doesn't have any antigens or proteins, meaning anybody's body will be able to accept it in an emergency.

People with type A, type B or type AB blood are slightly more likely than people with type O to have a heart attack or heart failure, according to scientists.

People with type O blood may fare worse after a traumatic injury due to increased blood loss. Other research has found people with type AB blood might be at an increased risk for cognitive impairment when compared to people with type O. Cognitive impairment includes things like trouble remembering, focusing or making decisions.

What Can We Do?

There's no special recommendation to keeping a health heart other her than a good healthy diet that lowers inflammation, regardless of someone's blood type.

HEART DIET

All the information in www.botanical-online.com

• **Eat foods rich in fiber:** whole grains, legumes, vegetables

• **Soluble fiber:** fresh fruit, oatmeal

• **Foods rich in potassium:** bananas, potatoes, tomatoes, peaches, grapes

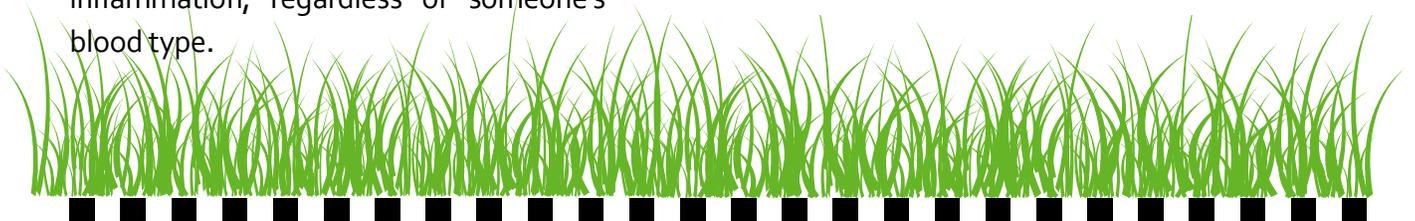
• **Vitamin C:** fresh fruit

• **Folate-rich foods:** green leafy vegetables (spinach, cauliflower, broccoli), nuts

• **Omega 3 and olive oil**



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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.

Speaking in Tongues...

He's been described as a real life superhero.

By day he's a mild mannered carpet cleaner, by night he's a hyperpolyglot, someone who can speak at least 11 languages fluently. In Vaughn Smith's case – his mastery spreads to a knowledge of 40 languages – including Cymraeg. The 46-year-old from Maryland in the United States has a passion for languages that is quite incredible – although most people don't know he has such a gift for words.



Studying with apps and books he picks up languages with amazing speed.

Vaughan is modest about his ability, preferring instead to major on the social benefits of learning so

many languages. Although never diagnosed both Vaughn and his mother believe he is autistic, which he believes could account for his skills.

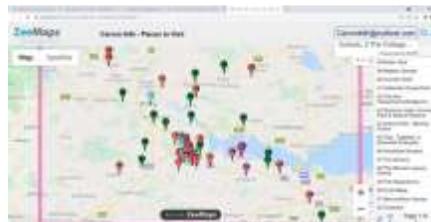
He believes that making the effort to speak to someone in their native tongue, people are so grateful friendships often follow.

"It's all about being able to connect to people," he says.

Watch this video from [CBS](#) and marvel at Vaughn's incredible talent.

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.

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

Topic: PARKS

DOLLAR	ANDERSON	FORESHORE
BONNYFIELD	CARRON	DAMS
CROWNEST	HELIX	INCHRYA

For information on parks in the Falkirk and Surrounding Area—go to www.Carronkith.co.uk—Places to Visit or [MyScotPark..](#)

Prepared By: Carron Kith

