

Prestonfield Neighbourhood Project

Newsletter – Edition 29 – March 2015

What's on this month

Daffodils the flowers of March



Cheerful yellow daffodils signal the end of winter cold and the return of warmer days. If you live in a moderate climate, daffodils are among the first flowers to burst into bloom every Spring, making them a symbol of rebirth. If you were born in March, daffodils are also your birthday flower.

In the language of flowers, daffodils symbolize friendship, chivalry, respect, modesty and faithfulness.

March Birthstone poem - the Aquamarine



*"A March born shall always be
Soothed by Aqua, gem of sea
This mermaid's treasured stone
you wear
Will bring happiness, love,
affection and care."*

For those who were born in the month of March the Aquamarine is the traditional birthstone. The March birthstone poem reflects some of the properties with which the Aquamarine is associated - faithfulness, courage and friendship. The Traditional Metaphysical Properties for the March Birthstone Aquamarine are awareness, quick response and easing communication problems. The healing properties of the March birthstone are reputed to be effective for health problems relating to throat problems and stress-related illness.



Monday 2nd March - Craft with Isobel
Thursday 5th March - Gentle exercise with Pat
Monday 9th March - Concert in the Gallery
Friday 13th March - Craft with Isobel
Monday 16th March - Musical Bingo
Wednesday 18th March - Gentle exercise with Pat
Friday 20th March - Craft with Isobel
Friday 27th March - Craft with Isobel

This month in history.....

1st March -American band leader Glenn Miller (1904-1944) was born in Carilinda, Iowa. His music gained enormous popularity during the 1940's through recordings such as *Moonlight Serenade* and *String of Pearls*. On December 15, 1944, his plane disappeared over the English Channel while en route to Paris where he was scheduled to perform.

3rd March -Telephone inventor Alexander Graham Bell (1847-1922) was born in Edinburgh, Scotland. Bell and his father were involved in teaching deaf persons to speak. Bell developed an interest in the vibrating membrane as a method of electrically transmitting sounds. His very first sentence spoken on the newly invented telephone on March 10, 1876, was to his assistant, "Mister Watson, come here, I want you."

9th March -Russian cosmonaut Yuri Gagarin (1934-1968) was born in Gzhatsk, Russia. On April 12, 1961, he became the first human in space, orbiting in a capsule 187 miles above the Earth's surface in a flight lasting 108 minutes. His space flight caused a worldwide sensation and marked the beginning of the space race as the U.S. worked to catch up to the Russians and launch an American into space. President John F. Kennedy later asserted the U.S. would land a man on the moon before the end of the 1960's.

19th March 2003 The United States launched an attack against Iraq to topple dictator Saddam Hussein from power. The attack commenced with aerial strikes against military sites, followed the next day by an invasion of southern Iraq by U.S. and British ground troops. The troops made rapid progress northward and conquered the country's capital, Baghdad, just 21 days later, ending the rule of Saddam.

March Quiz

1. Harold Wilson was born on 11th March 1916, in which year did he first become Prime Minister?
2. Name the ballet dancer who requested asylum in France while in Paris with the Kirov Ballet, in June 1961? ?
3. The first Butlins holiday camp opened in which English seaside resort?
4. Who was the first person to fly solo from Hawaii to California?
5. What were the names of the British spies who resurfaced in the Soviet Union in February 1956, after being missing for five years?
6. Who did Marilyn Monroe marry in January 1954?



603 8311

This phonenumber can help older people join events that are going on locally, Call for a chat with a friendly volunteer for info on local activities.



Safer Southside Project

The **Safer Southside Project** is a joint venture between Police Scotland and the Prestonfield Neighbourhood Project and its aim is to :-

- a) Seek to improve the security of people's homes rendering them less vulnerable to housebreaking and the bogus caller.
- b) In the longer term - address the very real fear of crime which affects many people regardless of how vulnerable they really are.

The **Safer Southside Project** will offer you a home and personal safety assessment. This will be carried out by trained officers from Police Scotland Community Involvement Team. If during this visit, it is assessed you need additional features to make your home more secure - we have a small fund to carry out those works. For more information contact the Project Office on 620 7222



Prestonfield Carers Corner

A letter is coming out shortly inviting all our Carers to a Supper evening on Wednesday 15th April 2015. The purpose of the evening is to review our work supporting Carers over the last year and to ask people about other ways they think we can support them in their caring role.

Life Changes Trust - we mentioned last month about applications made from carers on the person they care for - we are delighted to report that to date our carers have received £6000 in grants from this trust - let us know if your application was also successful.

Caroline Fleming - Carer Support worker
Tel 620 7222

1. 1964
2. Rudolph Nureyev
3. Skegnass
4. Amelia Earhart
5. Guy Burgess & Donald Maclean
6. Joe DiMaggio!

Quiz Answers

Our busy & talented Art Group

