

Prestonfield Neighbourhood Project

Newsletter – Edition 28 – February 2015

The word February is believed to have derived from the name 'Februa' taken from the Roman 'Festival of Purification'. The root 'februo' meaning to 'I purify by sacrifice'. As part of the seasonal calendar February is the time of the 'Ice Moon' according to Pagan beliefs, and the period described as the 'Moon of the Dark Red Calf' by Black Elk. February has also been known as 'Sprout-kale' by the Anglo-Saxons in relation to the time the kale and cabbage was edible."



14th February is also when we celebrate St Valentines Day which over the years has had many traditions including ladies proposing to the gentleman they wished to marry.

During the medieval era of chivalry, the names of English maidens and bachelors were put into boxes and drawn out in pairs. Each couple exchanged gifts and the girl became the man's sweetheart for a year. He wore her name on his sleeve and was bound by duty to attend and protect her (the accepted origin of the phrase, "to wear one's heart on one's sleeve"). This old custom of drawing names was considered a good omen for love and often foretold a wedding. In 1537, King Henry VIII declared, by Royal Charter, that all England would celebrate February 14 as "Saint Valentine's Day" and with the passage of time, February 14 became the traditional date for exchanging love messages and simple gifts (such as flowers or candy), with Saint Valentine becoming the accepted Patron Saint of Lovers.

What's on this month

Monday 2nd February - Craft with Isobel
 Wednesday 4th February - Gentle exercise with Pat
 Friday 13th February - Craft with Isobel (Women)
 Monday 16th February - Craft with Isobel
 Friday 20th February - Gentle exercise with Pat
 Friday 23rd January - Gentle exercise with Pat
 Wednesday 25th February - Gentle exercise with Pat
 Friday 27th February - Craft with Isobel (Men)

This month in history.....

February 8, 1587 - Mary Stuart, Queen of Scots, was beheaded at Fotheringhay, England, after 19 years as a prisoner of Queen Elizabeth I. She became entangled in the complex political events surrounding the Protestant Reformation in England and was charged with complicity in a plot to assassinate Elizabeth.

February 6, 1911 Ronald Reagan the 40th U.S. President, was born in Tampico, Illinois. Reagan spent 30 years as an entertainer in radio, film, and television before becoming governor of California in 1966. Elected to the White House in 1980, he survived an assassination attempt and became the most popular president since Franklin Roosevelt died in 2004

February 14, 1929 - The St. Valentine's Day massacre occurred in Chicago as seven members of the Bugs Moran gang were gunned down by five of **Al Capone's** mobsters posing as police.

February 6, 1952 - King George VI of England died. Upon his death, his daughter Princess Elizabeth became Queen Elizabeth II, Queen of the United Kingdom of Great Britain and Northern Ireland. Her actual coronation took place on June 2, 1953.

February 11, 1929 - Italian dictator Benito Mussolini granted political independence to Vatican City and recognized the sovereignty of the **Pope (Holy See)** over the area, measuring about 110 acres.

February 11, 1990 - In South Africa, **Nelson Mandela**, at age 71, was released from prison after serving 27 years of a life sentence on charges of attempting to overthrow the apartheid government. In April 1994, he was elected president in the first all-race elections.

February Quiz

1. What was 'Tam o' Shanter' in Scottish poet Robert Burns' 1790 poem of that name?
2. Known as a 'jumper dress' in US-English what garment is named originally from its being attached to the front of a dress?
3. Name the Soviet Russian orbiting space station, continuously occupied 1989-99 until its replacement by the International Space Station?
4. Fowler's Vacola, Kilner, Mason, and Weck are brands/designs of what?
5. What food can be a wheel and contain eyes or veins?
6. Mount Vesuvius and the ruins of Pompeii and Herculaneum, destroyed by its eruption in 79AD, are nearby which major modern city?

The Project User Group

Eddie Cathy June

Marjorie



Janet



Betty Jimmy Liz Anne

The Next meeting of the Project User Group is **Monday 16th February 2015**. If you would like to be involved speak to one of the group or ask at the office.



Prestonfield Carers Corner

We had the first Carers Café meeting of the year on 26th January. The Wednesday evening Café has had no-one for several months (perhaps the winter weather putting people off) and we will not be holding the evening session until after April. We will be contacting all the relatives and Carers later this month to either hold a meeting or do more research to find out which services you would like us to focus on in the following months. The Morning Café on the last Monday of each month will continue with Care for your relative also provided at the Centre here in Prestonfield.

We have had feed back that the hospital or appointment service which Caroline is offering has been helpful to supporting people during those types of visits and we are continuing it as well as Carers Slots - contact Caroline on **620 7222**.

Several Carers took the opportunity to apply for funding from the Life Changes Trust for a variety of additional supports. Please let Caroline know of your application was successful.



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.



**Little Monkeys
pre-Christmas
visit to the
Centre**

Quiz answers
1. A Farmer
2. Pinfore or Pinny
3. Mir
4. Glass Jars
5. Cheese
6. Naples