

## Keeping Brain Fit At Home

*Our Groups: Pick and Mix, The Giggly Group, Young at Hearts, The Urchins, Passmore Pals, Happy People, Us Lot and Freya's Friends.*

This week our topic is: **BONNY SCOTLAND**



“You’ll take the high road and I’ll take the low road, and I’ll be in Scotland before you.”

Here at Memory Matters we have been talking about all things Scottish as we come to the time of year when many people celebrate **Burns Night** (celebrating the life and poetry of Scottish poet Robert Burns):

**Sophie** climbed Ben Nevis 18 months ago. It was very hot and sunny at the bottom, thick fog and freezing cold with no view from the top, then thunder, lightning and torrential rain on the way back down!

**Annie** used to enjoy Scottish Country Dancing at her local Methodist chapel “socials” during the winter months and knew all the steps to the Dashing White Sergeant and the Gay Gordons!

- We wonder if you used to “trip the light fantastic” and which dances moves were your speciality?  
**Jiving    A Quickstep    The Waltz    The Twist    Strip The Willow**
- Tell us about a favourite outfit that you would wear for a night of dancing.

## The Greatest Place on Earth by Pat Mullaney (Musings of a Glasgow Taxi Driver!)

The misty Glens, the butts and bens,  
The bracken and the heather.  
It's still the greatest place on earth,  
Even with the weather!

Oor Wullie, The Broons, the wee Scottish toons,  
The Scotsmen in their kilts.  
The bagpipes playing, kilts all swaying,  
To bonny Scottish lilt.

A salmon's leap, lochs wide and deep,  
A stag on mountainside.  
Ben Nevis soaring to the sky,  
It fills your heart with pride.

Scott's porridge oats, big fishing boats,  
A taste of scotch or malt.  
Fish supper wrapped in newspaper,  
With vinegar and salt.

For Scots who travel far and wide,  
Or round the world you roam,  
Read this wee poem now and then,  
It'll make you think of home.

- We wonder what images spring to mind when you think of your childhood home? The poet describes some lovely images of his homeland, what sort of things do you picture when you think of Scotland?

**Lochness Monster**      **Edinburgh Castle**      **Heather**      **Bagpipes**

- Which of the following Scottish foods would you recommend?

**Porridge, Haggis**      **Shortbread**      **A wee dram of Scotch whisky!**  
**"Neeps and Tat ties" (Turnips and Potatoes)**      **Black Pudding**

We have been discussing some of our favourite foods and foods we wouldn't touch with a barge pole!

**Food Heaven:** Strawberries, Bread and Butter Pudding, Homemade Trifle, Pavlova

**Food Hell:** Pickled eggs, Liver, Kidneys, Mussels

- What foods would you choose to add to these lists?

### Highland Games

Highland games were traditionally held by Scottish Clan Chiefs to test their Men's strengths. Observing their performance, the Chief would decide who was best suited for different tasks. The fastest runner would become the messenger, and the strongest men would become the warriors.

Here are some events that might have been used to “separate the weak from the chaff”

**Tossing the Caber**

**Hurling the Hammer**

**Throwing the Wellie**

**Weight Over the Bar**

**Farmers Dash** - we hope the farmers have remembered to put their wellies back on after the wellie throwing event before the start of this race...

**Haggis Shy** - knocking a haggis off its post instead of a coconut!

- If you were going to take part in these Highland games, which events do you like the sound of?
- Children like to run, jump and throw when they can - what games did you play with your friends when you all had the freedom to play outside?

**Climbing trees or lampposts      Skimming stones across the river  
Running races**

- If children today could travel back in time to when we were growing up, how do you think they would cope?!

**No computers      Three TV Channels      No mobile phones  
Children seen & not heard!**

“There are two seasons in Scotland: June and Winter” - **Billy Connolly**

**Photo Archive:**



The ladies at Newquay enjoying each others' company.