

Local News

- A debate on whether the Exmouth town hall should pressure the district council to reverse a ban on 'power kites' on the Imperial Recreation Ground takes place on Monday 7th September.
- A diver snorkelling off Budleigh Salterton beach, who was spotted in difficulty while in the water, has been rescued by the coastguard helicopter.
- Ways to combat Exmouth's growing seagull blight are being debated by town councillors.

Sports News

Football – Budleigh Salterton football club having been having a bad month which culminated in their third straight defeat on Monday 29th August, this time against Axminster.

Tennis – With a world ranking of number 2, everyone's getting excited about Britain's Andy Murray as he sets out to win at this year's U.S. Open.

Cricket – International cricket's most celebrated rivalry dating back to 1882, known as The Ashes have been regained by Great Britain once more in a hotly contested tournament.

Weather – Going up to 18th September, a forecast consisting mainly of clear skies and warm weather is on the forecast.

A little bit of animal trivia for you to ponder over.....

- A female mackerel lays about 500,000 eggs at one time.
- A Holstein's spots are like a fingerprint or snowflake. No two cows have exactly the same pattern of spots.
- A newborn kangaroo is about 1 inch in length.
- A chimpanzee can learn to recognize itself in a mirror, but monkeys can't.
- A Cornish game hen is really a young chicken, usually 5 to 6 weeks of age, that weighs no more than 2 pounds.
- A single little brown bat can catch 1,200 mosquitoes-sized insects in just one hour.
- All clams start out as males; some decide to become females at some point in their lives.



September 2009 Newsletter

Time for some target practice!



Residents at Pinewood proved that they still had it in them to hit the mark as they all performed brilliantly at the bean bag toss game. With the donkey sanctuary paying us a visit, Luc Walpot the harpist coming along, a clothing party and a variety of other enjoyable activities having taken place over the past month, the fun at Pinewood never stops!

In other Pinewood news.....

Replacement of electricity pole and fixings – Western Power want to replace the old wooden electricity pole with a steel pole and the electrical fixtures that supply our building. They are proposing to carry out their works on 9 September 2009 for a possible 3 days and on 16 September 2009 for one day. Whilst they are carrying out their works access to Pinewood will be limited. They advise that they will make way for emergency vehicles and other essential cars but it will ultimately be difficult to get into and out of the building.

Fireworks night – Following on from the tremendous success of our Fireworks night last year, the event is again being repeated on 7th November at 6 p.m. All monies raised will be going to the Budleigh Salterton Lions Club who distribute their funds to various worthwhile causes within the local area. There will be no parking at the home on the night between 4 pm to 8 pm but a minibus service from outside the public hall will be available.

Residents' and Visitors' Meeting: A great deal of thanks needs to go to the great number of people who attended our Residents' and Visitors' Meeting on Friday 31st July. We received a lot of good feedback on the Home from residents and visitors alike. At the same time, we were able to keep you up to date on various recent developments that have taken place in the home such as our new menus. Speaking of which.....

New Menus: The initial feedback we have been getting from our new menus has been fantastic. These provide our residents with much more freedom and choice. Resident's can pick and choose their menu over the coming week. Family are encouraged to help their loved ones choose their meals.

The month that's past

- Frances celebrated her birthday on 3rd August.
- All the ladies were looking all pampered up and lovely during our beauty afternoon on 4th August.
- Pauline May's clothing party on 6th August proved itself a big hit with both our ladies and gentlemen residents updating their wardrobes with some good bargains! We will try to get her back again one more time before Christmas.
- We had Luc Walpot the harpist along on 12th August in the morning.
- The afternoon on 12th August was also a lot of fun as the donkey sanctuary came to pay us a visit.
- *Music For Health* were here again for their monthly visit as they got everyone to sing along to some lovely music on 17th August.
- Michael celebrated his birthday on 24th August.

As always of course, our weekly activities agenda has always helped ensure there's no such thing as a dull day to be had at Pinewood:

Monday: Tai Chi with Joe

Tuesday: Hairdressing with Jamie

Wednesday: Mini bus outing

Thursday: Bingo and then some sing-a-long afterwards

Friday: Stretch and Movement with a quiz afterwards

Activities agenda for the month ahead

1st September – Helen Strevens' *Tranquil Moments* will be here with her usual mix of sing-a-long music, quizzes and poetry recitals.

14th September – *Music For Health* will be here for their monthly visit.

23rd September – Susie Fishwick will be here to give everyone some very nice hand massages.

26th September – Nora will also be celebrating her birthday.

28th September – Violet will be celebrating her birthday.

29th September – *Tranquil Moments* will be here at the end of the month just as they were at the beginning.