



**L.O.N.S.**  
**Spring Newsletter**

Dear Friends,

Winter's over....hopefully.....and I'm sure you are anticipating a fantastic Summer with some great Holidays to places nice..... I include various bits of Information for your perusal, along with Dates for your Diary.....and all the latest news from LOONS.

### **Memberships**

Annual Memberships are now due and can be paid by sending the £ 5.00 to our dear Treasurer - Fiona Cumming, 44 Shaw Circle, Westhill. It will be a big help, if you have e-mail and not passed your contacts to Fiona...or have just got an e-mail address, please let Fiona know....it saves LOONS Postage !! Call her on - 07792 471 199 or by e-mail on [cummingroger@aol.com](mailto:cummingroger@aol.com)

### **L.O.O.N.S Programme**

As usual, for those who haven't attended for a while, we have had interesting Speakers and a few different activities for LOONS. .... We had a most enjoyable 10 Pin Bowling Session and Christmas Party at Codonas.....a great night. In January, the Inn at the Park was bursting at the seams with a full house for our Burns Supper ! A great - *Toast to the Lassies* - was delivered by Bernie and most suitably replied to by his good wife - Lorrie. A superb rendition of - *Tam o' Shanter* - was recited by Tish Howard. To save disappointment, Book your 2010 Tickets now.....

### **L.O.ON.S AGM & QUIZ NIGHT**

The LOONS **Annual General Meeting** takes place at the **Inn at the Park, on Thursday 28<sup>th</sup> May at 7.00pm**. Please note the time of the Meeting ! You can pay your Membership at the AGM. Thereafter a Fun Quiz will be held. Teams of four persons are required and Tickets are available from Fiona, phone 07792 471199 or email [CummingRoger@aol.com](mailto:CummingRoger@aol.com). As always, Raffle Prizes are required.....and gratefully received.

### **'BRING YOUR OWN' BAR - B - Q AND PETANQUE COMPETITION**

The Annual *Bring Your Own Bar-B-Q* and Petanque Competition will be held at the **Grammar F P Club, 86 Queens Road on Saturday 15<sup>th</sup> August**. Families and Friends welcome. Contact Fiona to Book your places. Raffle.....Prizes appreciated!!

### **FANCY TRYING ARCHERY?**

If you fancy giving Archery a try, give Bernie and Lorrie a shout on [bernie.lorrie@btopenworld.com](mailto:bernie.lorrie@btopenworld.com)

**Aberdeen Physically Disabled Swimming Club** meets at Linksfield Pool on Tuesday Evenings during Term Time.....and will be glad to see LOONS' Members. Contact Morag Mitchell for details on - 01224 682 373 or [-morag.mitchell@homecall.co.uk](mailto:-morag.mitchell@homecall.co.uk)

**Aberdeen Ski Club** now have Coaches for Disability Ski - ing at the Garthdee Slope and there is a range of adaptive equipment available. If interested, contact Malcolm Campbell - 01224 810 215 or e-mail - [malx2007@btconnect.com](mailto:malx2007@btconnect.com) and mention LOONS.

Get these Dates into your Diary and if you plan attending, call Fiona! Check - [www.loons.info](http://www.loons.info)

Date	Event	Venue	Time	
28 / 05	AGM and Quiz Night - Stovies / Veggie Option	Inn at the Park	7.00 pm	Raffles Needed
15 / 08	Bar B Q / Petanque	Grammar Club	1.30 pm	Raffles Needed
TBA	10 Pin Bowling / Xmas Party	Codonas	6.30	
22 / 01	Burns Supper	Inn at the Park	7.15 for 7.30	Raffles Needed

We look forward to seeing you. We also wish to know what YOU want LOONS to arrange for you.....please give any of the Committee a call with your thoughts.

### Kelly Cumming Fan Club

Our own wee star - Kelly - will be participating in a number of Challenges in the next few weeks and would appreciate any offers of Sponsorship....or Donations! She will be doing the **Bling Fling 10k** on the 17th May for Ward 15 and Breast Cancer; the **Baker Hughes 10k** on the 24th May; the **Bone Cancer Research Trust Race for Life 5k** on the 14th June and the **Cancer Research UK Moonwalk Half Marathon** on 20th June for Breastcancer. For details, contact Kelly on - [KCumming@technip.com](mailto:KCumming@technip.com)

### Pink Walk

As part of Aberdeen Sports Council's Family Fun Day at the Duthie Park on Sunday 26<sup>th</sup> July, there is a **Pink Walk** around the Duthie Park starting at 1.00 pm.....monies raised, are for a local Cancer Research Project and info is available from Katie on - [info@aberdeensportscouncil.com](mailto:info@aberdeensportscouncil.com)

### Communications Received

- Free Cinema Tickets are available for those in receipt of Disability Living Allowance or Attendance Allowance and it allows a Free Ticket for someone accompanying you to a Cinema. Telephone - 0845 123 1292 for details.
- The Switchover to Digital TV in Scotland will be during the next three years and assistance and advice is available to Disability Groups. Call Anne Tonner for information on - 07919 520n 766.
- DisabledGo have updated and expanded their Website giving advice on Accessible Hotels, Shops, Places of interest and a hard copy for Aberdeen has been produced. Please let me know, if you wish a copy.
- Staying on the same theme, **VisitScotland** have produced an updated version of their *Accessible Scotland* Brochure. Contact - 0845 2255 121 or [info@eventscotland.com](mailto:info@eventscotland.com)
- **TOP TIP!** In case of emergency (ICE) is a programme that enables first responders, such as Paramedics, Firefighters, and Police Officers, to identify victims and contact their next of kin to obtain important medical information. The idea is that you store the word "ICE" in your mobile phone address book, and against it enter the number of the person you would want to be contacted - "In Case of Emergency". In an emergency situation, Ambulance and Hospital staff will then be able to quickly find out who your next of kin are and be able to contact them. It's as simple as that, and for more than one contact name you can use ICE1, ICE2, ICE3 etc.

Quite a lot there to keep you busy.....but as we keep asking, please let us know if there is any subject you wish covered at a Meeting, or other Social Activity.....even a Beetle Drive ??

**Dave McDonald**

**Chairman LOONS**

**07866 910 865**

**[loons126@hotmail.com](mailto:loons126@hotmail.com)**

**[www.loons.info](http://www.loons.info)**