



## THE SUPPORT CENTRE

For those affected by Murder and Suicide

### Welcome to your First Newsletter of 2011

The Petal Newsletter is for promoting information sharing

We are always delighted to receive contributions:

So, No matter how big or small so please call us, or e-mail us at [kduffy@petalsupport.com](mailto:kduffy@petalsupport.com)



### METAL

#### Peer Support for Men

An Invitation to  
PETAL Men

*Regardless of Age,*

Come along to

an informal

get together on every  
second Thursday at 7pm

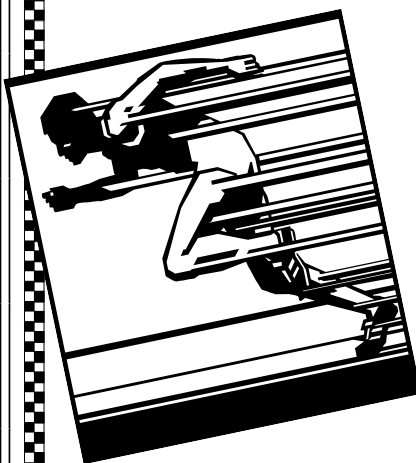
### METAL

Men Experiencing Trauma And loss

Come along and talk  
about what support  
and activities  
you want

## BERLIN MARATHON

### 25th September 2011



Fin Collins  
Is taking part  
in this event  
**To raise funds  
for Petal**

Everyone  
wishing to  
Sponsor Fin:

Please just get in touch.

*C'mon, he needs your support*

## **Basic Pancakes with Sugar and Lemon,**

**By Delia Smith**

Trust Delia Smith to show you exactly how to make classic pancakes - and enjoy Pancake Day without any flops.

### **Ingredients:      *For the pancake mixture***

110g/4oz plain flour, sifted.      Pinch of Salt,      2 Eggs  
200ml/7fl oz Milk mixed with 75ml/3fl oz water,      50g/2oz Butter

**To serve:**      Caster Sugar, Lemon Juice, Lemon Wedges

### **Preparation method**

Sift the flour and salt into a large mixing bowl with a sieve held high above the bowl so the flour gets an airing. Now make a well in the centre of the flour and break the eggs into it. Then begin whisking the eggs - any sort of whisk or even a fork will do - incorporating any bits of flour from around the edge of the bowl as you do so.

Next gradually add small quantities of the milk and water mixture, still whisking (don't worry about any lumps as they will eventually disappear as you whisk). When all the liquid has been added, use a rubber spatula to scrape any elusive bits of flour from around the edge into the centre, then whisk once more until the batter is smooth, with the consistency of thin cream. Now melt the 50g/2oz of butter in a pan. Spoon 2 tbsp of it into the batter and whisk it in, then pour the rest into a bowl and use it to lubricate the pan, using a wodge of kitchen paper to smear it round before you make each pancake.

Now get the pan really hot, then turn the heat down to medium and, to start with, do a test pancake to see if you're using the correct amount of batter. I find 2 tbsp is about right for an 18cm/7in pan. It's also helpful if you spoon the batter into a ladle so it can be poured into the hot pan in one go. As soon as the batter hits the hot pan, tip it around from side to side to get the base evenly coated with batter. It should take only half a minute or so to cook; you can lift the edge with a palette knife to see if it's tinged gold as it should be. Flip the pancake over with a pan slice or palette knife - the other side will need a few seconds only - then simply slide it out of the pan onto a plate.

Stack the pancakes as you make them between sheets of greaseproof paper on a plate fitted over simmering water, to keep them warm while you make the rest.

To serve, sprinkle each pancake with freshly squeezed lemon juice and caster sugar, fold in half, then in half again to form triangles, or else simply roll them up. Serve sprinkled with a little more sugar and lemon juice and extra sections of lemon.

*A smile is a light on your face  
that lets people know  
your heart is at home.*

## Donations & Fundraising in 2010

To all our Members and Friends of Petal,  
Please accept our thanks for Funds raised at events  
and all the very generous Donations received during 2010

These funds were used to provide support to Adults, Young People & Children across Scotland who have experienced the loss of a family member or friend through murder or suicide and assist them in developing skills and techniques to identify their own needs and consider a range of solutions to make positive changes in their lives.

We can only continue to provide the necessary level of service provision with the ongoing commitment of our Fundraisers  
Your ongoing generosity, commitment and support is greatly appreciated and assure you that all funds will continue to be used for the benefit of our members.

## Upcoming Events in 2011

### **“Cabaret Night”** *with special guests*

**Friday 4th of March 2011      The Greenfield club Burnbank**

Tickets cost **£5**, Everyone wishing to attend please contact us  
*Please remember this event is not fancy dress !*

**The Annual Sponsored Cycle around Millport**  
**Saturday 6th August 2011**

Everyone interested in taking part can now register and  
receive Sponsor Forms , just give us a call

### **Annual Dinner & Dance** **Saturday 1st October 2011** **Get this date in your Diary**

We look forward to a great response to this event again this year  
You can offset the cost of the Ticket by using our **“Payment Plan”**  
This is available to everyone and allows all those wishing to attend  
to make a payment at suitable intervals.  
***For further details please just get in touch***

## Paraprosdokians

A Paraprosdokians (yes, it's a real word) is a figure of speech in which the latter part of a sentence or thought is surprising or unexpected in a way that causes the reader or listener to reframe or reinterpret the first part.

It is frequently used for humorous or dramatic effect and for this reason, it is extremely popular among comedians and satirists.

The last thing I want to do is hurt you.  
But it's still on the list.

We never really grow up;  
we only learn how to act in public.

Evening news is where they begin with  
"Good evening"  
and then proceed to tell you why it isn't.

To steal ideas from one person is plagiarism.  
To steal from many is research.

I didn't say it was your fault;  
I said I was blaming you.

Why do Americans choose from just two  
people to run for president and  
50 for Miss America?

Behind every successful man is his woman.  
Behind the fall of a successful man is usually  
another woman.

You're never too old to learn something  
stupid.

A clear conscience is usually the sign of a bad  
memory.

You do not need a parachute to skydive.  
You only need a parachute to  
skydive twice.

The voices in my head may not be real,  
but they have some good ideas!

Always borrow money from a pessimist.  
He won't expect it back.

A diplomat is someone who can tell you to go  
to hell in such a way that you will look forward  
to the trip.

Hospitality: making your guests feel like they're  
at home, even if you wish they were.

Money can't buy happiness, but it sure makes  
misery easier to live with.

Change is inevitable, except from a vending  
machine.

### Consultation Paper on Defamation and the Deceased

The Scottish Government have launched a consultation on Defamation and the Deceased. The 2006 consultation paper, *Making Sure That Crime Doesn't Pay*, noted that "*the issue of defamation of homicide victims is not discussed in this consultation but it remains under consideration separately with a view to possible consultation in the context of other work on defamation...*".

In consideration of Public Petition PE504, which was lodged in May 2002 has led to the Committee's conclusion that a Scottish Government consultation exercise is the appropriate way to take this issue forward.

Everyone wishing to take part in petition can either contact us for further information or it is available at: [www.scottish.parliament.uk/business/petitions/docs/PE504.htm](http://www.scottish.parliament.uk/business/petitions/docs/PE504.htm).

The Scottish Government is inviting online or, where this is not possible, written responses to this consultation paper **by 4 April 2011**.

If you have any queries please contact the Petal office **ASAP**

### Young People & Children's Outings

*Here are some dates for 2011, when we will take the PETAL Young People & Children to the 10 Pin Bowling and the Panto*

*The Bowling night will take place on Friday the 11th of November @ M & D's*

*The Panto this year is the Matinee Performance in the Kings Theatre Glasgow on Saturday 10th December The Coach to the Panto will depart Barrack Street at a Time to be confirmed*

*Anyone wishing to attend either, or both, of these events, Contact the office*