

Christmas Cookies

¾ cups granulated sugar
½ teaspoon nutmeg
2/3 cups of butter
1 tablespoon vanilla
1 egg
4 teaspoons milk
2 cups flour
1 1/2 teaspoon baking powder
¼ teaspoon salt

Cream together sugar, nutmeg, butter and vanilla in a large bowl until light and fluffy. Next, add the egg and milk to creamed mixture.

Sift flour, baking powder and salt then blend the sifted ingredients with the creamed mixture.

Divide dough in half and chill for 1 hour.

On a clean, lightly floured surface, roll out sections of dough to about 1/8 of an inch.

Cut into cookies with shaped cutters.

Bake on greased cookie sheet at 375 degrees for 6-9 mins.

Decorating can be done either before [for sprinkles] or after for icing, piping, frosting, baking.

ENJOY!

Mistletoe

Sitting under the mistletoe

[Pale green fairy mistletoe]

One last candle burning low

All the sleepy dancers gone

Just one candle burning on

Shadows lurking everywhere

Someone came and kissed me there

Tired I was: my head would go

Nodding under the mistletoe

[Pale green fairy mistletoe]

No footsteps came, no voice, but only

Just as I sat there, sleepy,
Stooped in the still and shadowy air,

Lips unseen, and kissed me there.

by

**Walter de la Mare
[1913]**

IN THE MOOD

Edition 106

Dec 2008



www.bipolar.uk.com

E-mail: office@bipolar.uk.com



8 Alford Place

Aberdeen

AB10 1YB

Tel. 01224 573910

The views expressed are those of the authors and not necessarily those of Bipolar Aberdeen.

Bipolar Aberdeen is a Registered Charity (SCO 25471) and a Company Limited by Guarantee (206721)

Office News

As the year draws to a close I would like to take the opportunity to thank you all for making me so welcome into my post at Bipolar Aberdeen. You have all been so friendly.

I would like also to thank all the people who have given their time, effort and skills on a voluntary basis especially Jacqueline and Gavin who have helped me so much getting to know the ropes on how Bipolar Aberdeen operates. There have been too many people to mention them all who have been so supportive but I would say a special thanks to the ACVO staff that has always been patient and understanding with their assistance.

We would like to extend a big thanks to **Acergy** for their donation of £250 to our funds, which will help us send out future news letters!

From every one in the Bipolar office and the board we would like to take this opportunity to give best wishes for the festive season and health and happiness in the new year.
Morag, Jackie and Gavin

Future Events

Our next support meeting is on Thursday 18th December. We are having a meet and greet evening of Christmas Cheer with evening eats and drinks.

Raffle

We are having a raffle in the bipolar office. We have various prizes including a hamper donated by Pappigallos, £20 M&S vouchers, chocolates, wine and more. £1.00 a strip. All proceeds to the project.

Christmas Closure at Bipolar:
Last day opening 19th December 2008 reopening 5th January 2009

Alford Centre opening times:

The centre will be closed from Thur 25th Dec until Mon 29th of Dec 2008.

It will also be closed on Wed 31st Dec until Mon 5th of Jan 2009.

To

All readers of 'in the mood'
A cheery hello,

**Morag, knowing me says:
"Keep it short!"**

I'm Jack Ferris, and have recently been made 'Chairperson' of the committee that looks after the 'nitty gritty' business of Bipolar Aberdeen.

This we aim to do the best of our ability and to help us in this we would welcome ideas, and comments from you;

So get them rolling in. Bye the noo, have a happy day.

Jack Ferris Nov 28th 2008

DID YOU KNOW?

There are few sebaceous glands on the skin in your hands, and if you don't protect them in the cold weather you run the risk of developing tiny cracks that can quickly get red, raw and inflamed.

Edinburghs Christmas

In the Winter, Edinburgh sparkles and never more so than during our sensational Christmas activities, which run from Thur 27th of November to Sunday 4th of January 2008.

We re preparing our time honoured activities for a return such as Edinburgh's Christmas Wonderland, the Edinburgh wheel, Christmas Carousel, as well as the hugely popular Traditional German Christmas and Highland Village Christmas Markets.
For more info check this out!
www.edinburghschristmas.com

Vitamin C

Research has shown that Vitamin C increases the production of infection fighting white blood cells and antibodies while increasing levels of interferon.
Look out for supplements that contain bioflavanoids, as they enhance Vitamin C.