

## A Note from the Chairman

As the lockdown restrictions ease, I hope this finds many of you getting out and about a bit more. The recent weeks of lockdown have certainly not been fun for anyone. During that period, I hope that the Wellbeing Newsletter brought a bit of light to brighten up the darker moments. We've had so much positive feedback regarding the interviews, puzzles, gardening tips and nostalgic memories. At this point however, we expect that most of you will be less confined to home and able to do other things to stimulate the mind and therefore this will be our last version of the newsletter. On behalf of the HCA Covid-19 group, and on behalf of so many people in the village, immense appreciation to Carole Thomson and Norma McPherson for their amazing enthusiasm in producing the leaflets, and to their willing band of contributors who made them so interesting. Take care and stay safe. Murray Easton

# Hopeman Wellbeing Newsletter No.10



This is the last issue of the Wellbeing Newsletter. We hope you have enjoyed the range of articles we have included over the last few months and have tried the quizzes and puzzles with the help of family and friends. Hopefully now you are able to meet up with people and venture out to places that you haven't seen for some time. The team of volunteers, providing material for the newsletter, deserve a **very big thank** you for their time, effort and creativity. We must also thank the members of the community who were willing to be interviewed to give us an insight into their lives. And finally, thank you to all of you who have read our newsletters and tried the quizzes. We hope that you can now find new interests to follow. It has been a joy to produce the newsletters and we have been very grateful for your positive feedback.

## An Interview with Lauren Caldwell [Aged 13]

**Q** What memories do you have of your earliest years of growing up in Hopeman?

**A** I have fond memories of attending groups in Hopeman Church Hall, especially the 2-3 Club and Rainbows.



**Q** Did you enjoy your time at Hopeman Primary School? What particularly did you enjoy?

**A** I really liked Hopeman Primary School; it is a very friendly school. My favourite time was in Primary 7 and our trip to Alltnacriche. I enjoyed the build up to leaving Hopeman Primary.



**Anagrams-Scottish Mountains** Ben Nevis, Buachaille Etive Mor, Ben Macdui, Cairn Gorm, Suilven, An Teallach, BenLomond, Braerlach, Stac Pollaidh, Aonach Mor.

**Puzzle** Broken Record, Thumbs Up, Big deal, Differing Opinions, Out of Touch

**Quiz** 1. Sir Walter Scott, 2. Robert Burns, 3. Mary Slessor, 4. Sir Alexander Fleming, 5. David Livingstone, 6. Alexander Graham Bell, 7. James M. Barrie, 8. Dornoch Cathedral, 9. Jock Stein, 10. Sir Chris Hoy, 11. George Wilson (Doddie) Weir, 12. Andy and Jamie, 13. Paul Lawrie, 14. Richard Wilson, 15. Elaine C. Smith, 16. Andy Stewart, 17. Jimmy Shand, 18. Robert Wilson, 19. Sir Harry Lauder, 20. Annie Lennox.

## Answers to Wellbeing No. 10 Quiz and Puzzles

If you are on your own and would like to be registered for a chat or the Wellbeing Newsletter please phone the helpline **07708 178299**.



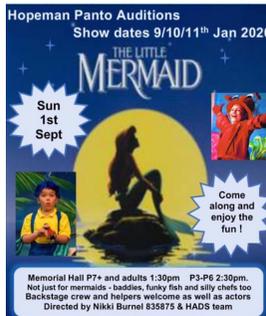
**Q** At Lossiemouth High School, you recently helped raise the magnificent total of £3,000 for the Royal National Lifeboat Institution. How was this accomplished?



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**A** As part of our RME [Religious and Moral Education] coursework, 4 friends and I took part in a competition to raise awareness of charities through the YPI [Youth and Philanthropy Initiative] scheme. We researched and created a Power Point presentation to show the work of the RNLI. We met with representatives of the RNLI and they kindly lent us some lifesaving equipment which aided our presentation. We won through 3 rounds of the competition and made it to the final at which we gave our presentation to a panel of judges. We won first prize! We thoroughly enjoyed and embraced the challenge and were delighted to be awarded £3,000 for the RNLI.

**Q** Over several years, you have been an enthusiastic participant in Hopeman Amateur Dramatic Society pantomimes. What attracts you to acting on the stage and which character have you most enjoyed playing?



**A** My favourite characters have been the Prince in 'Snow White' and most recently Flounder in 'The Little Mermaid'. I really enjoy the excitement of being on stage and the challenge of bigger parts and learning the lines.

**Q** Have you had any other experiences of participating in drama?

**A** During my time at Hopeman Primary, Highland Theatre Group ran an afterschool club which I attended every year from P4 onwards.

**Q** Do you have any other hobbies/interests?

**A** I really enjoy Highland and National Dancing with the June Roy School of Dance in Elgin with whom I have danced in 3 'Showtimes' in Elgin Town Hall to sell-out audiences. I also love music and I play the bagpipes. I enjoy drawing and doodling.



## Quiz-Famous Scots (answers on last page)

1. Which novelist wrote the Waverley Novels?
2. Who was the ploughman lad who became the national bard?
3. Who was the Dundee mill worker who became a missionary in Nigeria?
4. Who discovered penicillin?
5. Which missionary and explorer discovered the River Zambezi in 1851 and Victoria Falls in 1855?
6. Who was the inventor, born in Scotland and moved to Canada, who invented the telephone?
7. Who wrote Peter Pan?
8. What was the name of the person who was Minister at Dornoch Cathedral and Moderator of the Church of Scotland?
9. Who was manager of Celtic Football Club when they won the European Cup in 1967?
10. What is the name of the cyclist from Edinburgh who won 7 Olympic Gold Medals?
11. Who is the Scottish rugby player who suffers from Motor Neuron Disease?
12. What are the first names of the tennis playing brothers from Dunblane?
14. What is the name of the golfer, who used to spend his holidays in Hopeman, who won the Open Golf Championship in 1999? Which actor had 'one foot in the grave'?
15. Who played the role of Mary Doll in Rab C. Nisbett?
16. Who sang about 'A Scottish Soldier on the Green Hills of Tyrol'?
17. Who was the Scottish accordionist from Auchtermuchty?
18. Who made the song Down in the Glen famous?
19. Who 'Kept right on to the end of the road'?
20. Which Aberdeen born singer was the lead singer with the Tourists?



## Answers to Wellbeing Newsletter No. 9 Quiz and Puzzles

### It's in Scotland Quiz

1. Arbroath, 2. Badenoch, 3. Fort Augustus, 4. Tomintoul, 5. Birnam, Dunkeld, 6. Edinburgh, 7. Dundee (jute, jam and journalism), 8. Kirkwall, 9. Lockerbie, 10. Peebles.



### Puzzle

Eye of the Storm, Inside Job, Downhill, Tennis Elbow, Misunderstood

### Poem

What kind of storm the poem is referring to is not clear but it seems appropriate as we move forward from the lockdown due to COVID-19.

#### Once the Storm is Over

And once the storm is over,  
You won't remember how you made it through,  
How you managed to survive.  
You won't even be sure, in fact, whether the storm is really over,  
But one thing is certain,  
When you come out of the storm,  
You won't be the same person who walked in.  
That's what this storm is all about.

*Haruki Murakami*

The **Fish Van** comes to the golf club every Thursday at 1.30 pm. If you would like fresh fish delivered contact the Help Line to put your order in **no later than Wednesday 5pm**. Fish will be delivered after 1.30 pm on Thursday. Pay the volunteer on delivery.



**Q** What is it that appeals to you in learning to play the bagpipes?

**A** Playing the pipes is a unique skill which gives me great satisfaction. Through playing the bagpipes, I have made lots of new friends. I enjoy competing at various events such as Highland games, ceilidhs and school events. Recently, I piped with Lossie and District Schools Pipes and Drums at our first competition at Kilmarnock. It is a very sociable and enjoyable hobby... and the fact that my Mum plays and teaches the pipes comes in very handy!



**Q** I understand you enjoyed a family holiday in South Africa. Tell us about it.

**A** My aunt invited us to join her in her holiday cottage in Hermanus, South Africa. Highlights for me were feeding an elephant, walking with penguins on the beach, reaching the top of Table Mountain, visiting the Waterfront in Cape Town, hearing the history and stories of Robin Island and learning about the food and culture of South Africa.



**Q** What do you consider to be the best advantages to living in Hopeman?

**A** I like the friendly village of Hopeman where everyone speaks to everyone. I love living by the beach and dooking in the harbour. We are very lucky to live in such a lovely village.

### Houpmin's Lockdown Recipe Book

My house was probably like many when trying out new or old trusted recipes from years gone by and all this baking and cooking was happening. It gave me a thought about asking the good people of Houpmin if they would like to share some of their recipes so I could put them together to make a memorable cookbook. This should be ready around October time and would make a lovely Christmas present. All profits from the book will be split between the Memorial Hall and the Floral Committee. If you would like to share your recipes, please send to me at:

**email** - [saraht1475@aol.com](mailto:saraht1475@aol.com), **Post** – 24 Duff street Hopeman  
**Phone** – 07483293376/830373 ( to arrange a pick up if needed)

## Can you solve this puzzle?

|            |                       |                       |             |   |                          |
|------------|-----------------------|-----------------------|-------------|---|--------------------------|
| REC<br>ORD | B<br>M<br>U<br>H<br>T | B<br>M<br>U<br>H<br>T | <b>DEAL</b> | <i>Opinions</i><br>Opinions<br><i>Opinions</i><br><b>OPINIONS</b> | <b>TO CH</b><br><b>U</b> |
|------------|-----------------------|-----------------------|-------------|---|--------------------------|

## Word Search

### Words and meanings

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| T | A | R | E | H | C | O | O | L | S |
| H | I | F | O | U | S | T | P | D | E |
| I | W | P | V | J | U | B | R | I | E |
| N | M | N | P | N | E | K | G | C | T |
| G | A | U | B | E | D | T | A | H | N |
| M | U | Y | C | P | T | H | J | T | U |
| E | K | T | Z | P | J | E | B | A | G |
| R | I | O | H | U | C | K | I | E | I |
| T | T | R | P | L | S | F | Q | Y | A |
| R | F | G | X | W | U | S | K | E | R |
| P | K | C | A | B | B | A | H | K | G |

Huckie: Itchy, Jubrie: Fancy Cakes, Maukit: Dirty, Khabback: Lump, Sloocher: Slurp, Graiguntees: Gosh, Luppen: Allow, Tippett: Shawl, Wusker: Knitting Sheath, Thingmert: Forgotten the name, Grotyun: Bad Tempered, Dicht: Wipe.

## Anagrams-Scottish Mountains

EEVSINBN  
ANUIMBECD  
ULNVSIE  
MONDBLNOE  
ACHOSAILDLTP

VTEIEORMLLUBCAHIEA  
RCIMGNORA  
ELHATACLAN  
ARHCREBIA  
HRMOAACON



## Chicken Noodle Soup

### Ingredients

Chicken Breast Strips, Spring Onion, Strips of carrot, Fresh Ginger, Vermicelli Thread Noodles, Tomato Puree, Sweet corn or Frozen Garden Peas & Parsley

### Method

- Sauté Chicken Strips in little olive oil, add chopped spring onion, carrot strips, small amount of FRESH Ginger and sauté
- Add chicken stock, salt and pepper and cook for short time
- Add Noodles and cook , adding large teaspoon of Tomato Purée
- Cook until noodles soften

### Note :

Noodles will bulk so keep an eye on stock levels.

Add desired amount of sweetcorn or frozen garden peas and fresh parsley

Add any herb if your choice can be added to above if desired for your own taste

Enjoy

