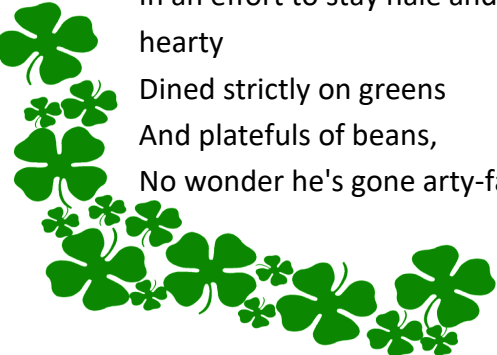


## Capital City Anagrams: How many can you solve?

RACNABRA, VORJEASA, TOWATA GEPOCHNEAN, SKENLIHI, KAKEYRVIJ,  
MULPLAKRUAU, TEWOLLNING, REBHASTUC, THOOLKCMS.



## Limericks



An artist, who lived in Luncarty,  
In an effort to stay hale and  
hearty  
Dined strictly on greens  
And platefuls of beans,  
No wonder he's gone arty-farty.

A long jumping athlete named  
Pete  
Wore size sixteen shoes to  
compete.  
In the final, you know,  
He won by a toe.  
All hail the Olympian feat!

## Smartie Cookies

100 grams softened butter  
100 light brown sugar  
1 tablespoon golden syrup  
150 grams self raising flour  
85 grams (3 tubes) smarties.  
Preheat the oven to 180C/Gas4, Fan 160C



Beat the butter and sugar until creamy and then add in the syrup.  
Work in half the flour.  
Stir in the smarties with the rest of the flour and bring together with your fingers.  
Form 14 balls, do not flatten.  
Place on to a baking sheet and bake for 10-12 minutes.  
Leave to cool before eating.

Helpline no. **07708 178299** 

# Hopeman Wellbeing Newsletter No.5



This issue of the Wellbeing News differs slightly from the other issues since it has sections which should suit all age groups and encourage some fun competition among them. We have a word search for the first time. This is an easy one and we will have a more difficult one using Hopeman Words next time. Phone friends and family to help you with the answers. The Smarties cookies are easy to make especially for young children and really good to eat. Please send ideas for the next issue to [carolejthomson@aol.com](mailto:carolejthomson@aol.com) or [normafm@btinternet.com](mailto:normafm@btinternet.com).

## An Interview with Marion Ingram

**Q.** Can you tell us about your childhood days in Hopeman?

**A.** Childhood days were happy days in Hopeman. Not many toys then but we made our own entertainment playing \*smoogle, kick the can, skipping and many more.

We weren't allowed to go to the beach by ourselves; someone older would take you. I looked forward to my father coming home from Yarmouth to get a stick of rock. When I was older, I enjoyed attending a Girls' Club in the village and Girl Guides where soldiers from Gordonstoun used to give us Physical Training. \*  
*[Smoogle is a form of hide and seek]*

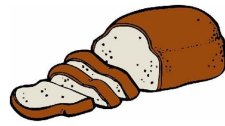
**Q.** How did you get on at school?

**A.** I enjoyed my schooldays. Miss Ledingham was my first teacher – very strict, but I liked her. Miss Finlay was my next class teacher. Teaching us to spell 'sure' always sticks in my mind [no 'h'] and we had to keep repeating that but remember the 'h' in 'rhubarb'. I took scarlet fever before going into primary 3 and they had to fumigate our house. I won several prizes in primary school including 'Aesop's Fairy Tales'.



**Q.** What age were you when you left school and how did you earn a living in these early days?

**A.** I left school when I was 14 and got a job in Main the Bakers. With the War being on, many things were scarce. I enjoyed working there but my mind was set on studying typing and book keeping. I got a good reference from Main's and encouragement to go on. My parents didn't have the money to send me to the college in Elgin, so my only option was to work during the day [at Low's Net Factory] and go to night school in Elgin Academy after having tea at my cousin's house. It was a long day.



**Q.** Where did you gain employment after leaving night school?

**A.** After that, I got an office job in the Linkwood Dairy office [where Scribbles is now]. I left there to have an operation and went to an aunt's in Melrose to recuperate. When I came back, I got an office job in Elgin Central Engineers and was there for 7 years until I left to get married. I wasn't called up because the work we were doing was for the Ministry of Transport and The Department of Agriculture Scotland.

**Q.** I remember when you used to take part in hilarious sketches at local concerts. You were a talented actress. Tell us about your experiences on stage.

**A.** I got involved with friends Jeanne, Isobel and Margaret and we formed a concert party called 'The Dolly Mixtures'. We went to different places in Moray and Banff to help out when they were raising money for something, and we really enjoyed it. It was good, clean fun.

**Q.** Over the years, you have played central roles in the Hopeman Community Association, the Gala and other village institutions. Can you tell us about your involvement?

**A.** I worked as Treasurer of the Hopeman Community Association and got involved with the Gala over many years, attending to the Gala Queens. I helped at the Bowling Club at the time we erected the old classrooms from Lossie High School as a clubhouse, and I also spent time as Treasurer of the Hopeman Dynamos and the Hopeman 200 Years Committee. I was proud to receive an award for 60 years' service to the community.



## Easy Wordsearch

S	K	A	T	E	P	A	R	K	O	N
T	A	C	L	A	S	H	A	C	H	O
H	I	N	C	O	V	E	R	O	P	O
A	E	S	D	S	K	E	R	R	Y	T
R	C	A	R	A	V	A	N	Y	S	N
B	E	A	C	H	H	U	T	S	F	O
O	C	H	A	C	H	S	E	I	R	P
U	O	M	E	A	R	B	S	A	D	L
R	F	P	S	B	K	L	O	D	G	E
C	K	C	O	R	Y	S	I	A	D	L

SEA, SCAP, SKERRY,  
BEACH HUTS,  
SKATEPARK, LODGE,  
HARBOUR, COVE,  
PRIESHACH, TIDE, DAISY  
ROCK, SAND,  
PONTOON, BRAEMOU,  
CLASHACH, CARAVAN

## Quiz

This quiz has been compiled to suit the younger generation and could be used as a competition between grandparents and grandchildren to see who can get the most answers correct.



1. Which country did Paddington Bear come from?
2. Which series of stories did J. K. Rowling write?
3. What are the names of the Simpsons' children?
4. What is the name of the Darth Vader's car in the Star Wars Series?
5. What are the names of the princesses in Frozen?
6. Who in the Bible had a coat of many colours?
7. How many years is it since VE day was celebrated?
8. Which river flows through Elgin to the sea at Lossiemouth?
9. Who has two brothers named George and Louis?
10. Which music group does Harry Styles sing with?
11. What is the name of the play park in Hopeman?
12. Who are Prince Archie's parents?

**Answer to last weeks True/False Quiz:** 1. True, 2. False, 3. True, 4. True, 5. False, 6. True, 7. False, 8. False, 9. True, 10. False.

