

## Household Hints from Times Past

- To clean the oven.... place a bowl of ammonia on the top shelf and a bowl of water on the bottom. Leave in the oven overnight and next day remove the bowls and sprinkle baking soda on the inside of the oven. Leave for a minute and then wipe with a damp cloth.
- Brighten up stainless steel by polishing with the crumpled newspaper.
- Fabric softener sheets make a great job of polishing stainless steel taps and chrome plated fittings
- Believe it or not a bottle of coke poured down the toilet and left overnight removes stains and leaves a sparkle
- Raw egg white worked into chewing gum on your clothes helps to remove it
- Ball point pen marks can be rubbed away with toothpaste
- Add half a cup of baking soda to liquid washing detergent to make you whites whiter and colours brighter
- Rub a sticky zip with pencil lead or candle wax.
- Sprinkle the inside of trainers with baking soda to maintain freshness for fluffier mashed potatoes add half a teaspoon sugar to the water

Remember, "We can't help *everyone* but every-one can help *someone* "

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**. We plan to continue to deliver the Newsletter to you as long as conditions allow.



## Hopeman Wellbeing Newsletter No.6



In this issue we have an interview with Masson McPherson and some more quiz questions to keep your minds active. The last 'easy' word search would have been difficult because some letters were not in the right places. I wonder if you managed to find the mistakes? There is a more difficult one this time using Hopeman Words. There will be more physical exercises next time but I hope you are continuing with those from previous issues. A big thank you to all the volunteers that are keeping me supplied with articles for these Newsletters. Please keep ideas and suggestions coming.

### An Interview with Masson McPherson

**Q** Can you share with us any of your earliest memories of growing up in Hopeman?

**A** I was born in 1940. When my Dad returned at the end of the war, I ran down to tell my Granny, who lived in 'Roseneath', that there was a strange man in the house. I remember my childhood as a time when there were seasons, and each one had its own weather-related activities. On Sunday, teenagers used to walk along the beach to the Cove, and then back for ice cream at the Beach Café, which was located near where Eric McGillivray's beach hut now stands. My Dad was lost overboard when I was 17 and it was 6 weeks before his body was washed ashore. My Mam and two brothers found this time very hard.

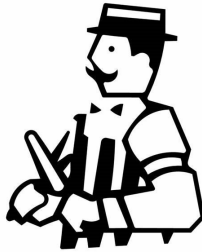


**Q** How did you enjoy your schooldays in Hopeman?

**A** I enjoyed my time at school though I was never very academic. All boys wanted to do was to go to the fishing but my Dad insisted I got a trade first. It was the tradition that you started to wear long trousers the year before you left school and I was told off by the headmaster, Mr. Petrie, for wearing them too soon. The teachers were strict and not always very fair. If you got into trouble, you would not dare go home and complain, because you would likely get an additional punishment at home.

**Q** I understand you served your apprenticeship as a butcher in Elgin. What do you remember most about your first job?

**A** I served my apprenticeship, four years, with Dawson Butcher, Batchen Street, Elgin. There were plenty of high jinks, though the working day was long and busy. Later, I worked in the mobile van. In the Winter, you could be digging yourself out of snowdrifts so you had to carry a spade. Getting soaked serving in the rain and then being in wet clothes the rest of the day was not pleasant either. However, I preferred the van as I loved observing the changes in Nature through the seasons.



**Q** Tell us about how you started your business in Hopeman.

**A** After working for Dawson's for 11 years, I decided to build my own shop in Hopeman in 1966. This was a big risk but my brother William decided to join me. The site of the shop was originally a coal yard. We also had a mobile shop that travelled as far as Miltonduff and I made many friends in the farming and distillery communities. The fishing boats were a valued source of income. The coming of the large supermarkets to Elgin and the free transport at the start for customers sounded the death knell for us and many other small shops.

## Recipe for Microwave Tablet

Ingredients

500g icing sugar

60g butter

185g condensed milk

2 tbsp syrup, 1 tsp vanilla essence



### Method

A large Pyrex bowl put all ingredients in except essence. Put on defrost for 10min, then give a good stir. Put on full power for 2min scrape down, then 2min, 1 min, 1min, 1min scrape down between each surge and before last surge. Add vanilla, pour into tin 8x8 non stick. Tip: If you have a bowl with a handle use it.

**\*Be very careful the bowl can be very hot. Don't get any of the hot tablet on your skin.\***

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### What are you Reading?

How many of you are enjoying reading the books that have been waiting for you to have some spare time? Please send me titles and authors of books you are reading and a short review.



I would suggest any book by **Maya Angelou**.

A quotation from her: "Try to be a rainbow in someone's cloud".

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### Best/Worst Panto Jokes

What do sad owls sing in a rainstorm?

Too Wet to Woo.



What's the best thing about Switzerland?

I don't know but the flag is a big plus.



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## A logic puzzle

Three friends have booked a day at the races. From the information given, work out the name of the person, which horse each person placed a bet on, and the amount of winnings each person took home. Deborah had luck on her side as she took home the highest amount of winnings. She won more than Julia, who took home £50. Arctic Orchid provided one of the friends with £20 winnings. Georgia was not the person who placed the bet on Red Whiskey. £400 was not achieved with the bet placed on Seacracker.



## Answers to Quiz

1. Peru, 2. Harry Potter, 3. Bart, Lisa and Maggie, 4. Death Star, 5. Elsa & Anna, 6. Joseph, 7. 75, 8. River Lossie, 9. Charlotte, 10. One Direction, 11. Cameron Park, 12. Duke and Duchess of Sussex (Harry and Megan)

**ANSWERS**

## Answers to Anagrams: Capital Cities

Canberra, Sarajevo, Ottawa, Copenhagen, Helsinki, Reykjavik, Kuala Lumpur, Wellington, Bucharest, Stockholm

## Anagram-Hopeman Streets

REBSHROUTAR  
DAMSONARE  
CTEOSTHEUHNRET  
PNOREHSERTSCMTE  
AEETRABCRHCE

VDOLWIGEE  
IDRAVOGENIURE  
GESDDOMARDEWN  
LIEMIFRDVLILE  
PTORCEOERTSE



**Q** What were the main changes in a butcher's working conditions over your working life?

**A** Health and Safety rules and Environmental Health became stricter over the years. In my days, the butcher 'boned out' and prepared all the meat that was sold and that is something you do not see nowadays. Nor are there trips to the mart and abattoir to select the meat or birds you wanted to sell.

**Q** Can you tell us about your involvement in Church of Scotland activities?

**A** I came from a very strong Church going family and attended Church and Sunday School all my life. The Churches then were at the heart of the community. My Dad had been an Elder so it was with great pride that I also took on this role. Despite a busy life, I always made time to visit in my district. I sometimes doubled as Beadle, ringing the bell which a local wag said could have been heard in Helmsdale. My Dad had done the same and had a nail by the bell for his pocket watch to hang on so the timing was exactly right. I followed that tradition! I regularly prepared the Church for Communion and was roll keeper for a number of years.

**Q** You used to lead the fancy dress parade in the Hopeman Gala. How did that come about?

**A** I have no idea why I was asked to lead the Gala Fancy Dress Parades, but I was always willing to dress up and join in and I was very proud to be asked.

**Q** You are well known for your sense of humour. Were you always a bit of a joker?

**A** My sister-in-law says I'm just a 'cheeky chap-pie'. I do like to have a blether and laugh with folk...though some of my jokes are a bit corny!



**Q** What would you say are the main advantages you have enjoyed from being a 'Howpman Loon'?

**A** I never wanted to live anywhere but Hopeman to the extent that Hazel despaired of ever getting a holiday! I do think I was fortunate to grow up in this lovely part of the world and to have had the freedom to enjoy it.



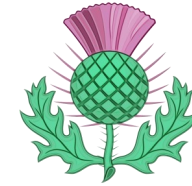
### Difficult Word search



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

FANTOOSH, HIPPEN, KOUK, ORRA, DADLE, FEELTY, MOOLICH,  
LUNDER, WAAKIT, KYARNED, JUNTUCH CHEIL, BOOS, WURSET

## Scottish Quiz



- Where can you visit Dynamic Earth?
- Which town is Glenmorangie near?
- Where is the Scottish Fisheries Museum?
- Which town is at the foot of Ben Nevis?
- Where will me and my true love never meet again?
- On which Firth does Portknockie lie?
- Which two rivers flow into the sea at Aberdeen?
- Which is the first village you travel through on your way from Elie to Anstruther?
- Which Loch lies near to Ullapool?
- Which town south of Mallaig is famous for its sandy beaches?
- In which town will you find Sueno's Stone?
- Which stretch of water lies between Lewis and North Uist?
- Near which town will you find the Bullers of Buchan?
- Travelling west to east in which order will you travel through the following towns, (Potknockie, Buckie, Findochty)?
- Is the village of St Cyrus, north or south of Stonehaven?

