

Recipe Beetroot Pickle

100g/31/2oz Pickled beetroot from a jar, grated,
plus 1 teaspoon of juice.
1 Shallot finely diced.
1 teaspoon oil.
6 drops of Worcestershire sauce or pinch of chilli
flakes.
Salt and pepper
Parsley leaves or other salad leaves.
1 tablespoon of olive oil to serve.



Method

Place all of the ingredients in a large bowl and mix well. Season with salt and pepper.

Serve with pate of your choice or try with cheese.

A Message to BALL Group Members

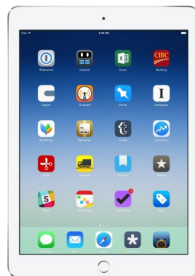
Would any of you be interested in:

Accessing online training to be able to use an iPad or computer?

Helping other people to use an iPad or computer?

A health walk, yoga, electric cycle, cycling, water sport?

Would Members please phone/text or email Carole Thomson if you are interested in any of the above.



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.8



This Wellbeing Newsletter should have a number of things to keep you entertained including a nature quiz, puzzles and an interview with a very well known member of the community .

Only a small group of people are keeping the Wellbeing Newsletter going and it would be useful to have new ideas and new material. In the meantime, we hope you enjoy this issue and the items included. Don't forget to phone family or friends to help you with the answers to quizzes and puzzles.

An Interview with Teddy

Q What was it like growing up in Cumingston?

A The Collach you mean! Playing football at the 'Tin Temple' and swimming at the beach are very fond memories of mine. When the playpark was built, I was over the moon.



Q Can you describe your clearest memories of life at Hopeman Primary School?

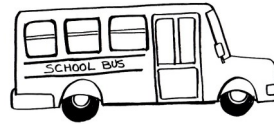
A The only things I can remember from Hopeman Primary are having to walk home every night, regardless of the weather, and Mrs Bakie being my favourite teacher in P6 and P7.

Q Tell us about an item you bought at an auction many years later which had a connection with your primary school education.

A When I was at the mart in Elgin, I bought a crystal decanter along with six matching glasses which had the name 'John MacIver' and an etching of the Hopeman Primary School logo engraved onto it. I believe it was a retirement present for Mr MacIver who was our head-master at the time .

Q What subjects did you enjoy most at Lossie High? Why?

A The only thing I enjoyed about Lossie High was my dinner and the bus home! My favourite teacher was 'Joe Soap' aka Mr. Stephens. Sorry Mr. Thoms!



Q What attracted you to a career as a butcher?

A My Old Boy was a butcher in the 'Copey' in the Broch many years ago. I started as a Saturday Boy, then when I left school at 16, I served my apprenticeship in Hopeman before taking over the business in 2005 and I haven't looked back since.

Q You have won multiple awards from 'The Butchers Federation'. Tell us about them.

A I won my first award in 2008 for Potted Meat, also called Potted Head. It was a great achievement which made me very proud. Since then, I have won 18 awards in 'Cooked Products' and another 24 in 'Raw Products'. My biggest achievement to date has to be winning the 'North of Scotland Regional Champion Award 2013' for my steak pie; I was delighted when I found out.



Q You once starred in a hilarious video which was premiered at a Gala Week. How did you become involved and what was it all about?

A A certain man called Dave Gray asked me very late one Saturday night to become involved, and I agreed. The plot was all about blind dating. I was paired with Sarah Main and together we went fishing, rock climbing and cycling, and we had a chartered voyage to Burghead for our supper in the Harbour Inn along with a few 'refreshments.' The video was shown in the marquee with Sarah and I on stage. Good time had by all!

Q Your job must keep you pretty busy. What do you do when you want to switch off?

A I spend a lot of time gardening and in my greenhouse. I enjoy going to auctions and car boot sales – and I also like going out for tea.



HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

who.int/epi-win

Do's →

- Clean your hands before touching the mask
- Inspect the mask for damage or if dirty
- Adjust the mask to your face without leaving gaps on the sides
- Cover your mouth, nose, and chin
- Avoid touching the mask
- Clean your hands before removing the mask
- Remove the mask by the straps behind the ears or head
- Pull the mask away from your face
- Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it
- Remove the mask by the straps when taking it out of the bag
- Wash the mask in soap or detergent, preferably with hot water, at least once a day
- Clean your hands after removing the mask

Don'ts →

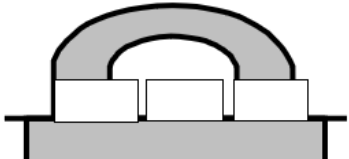
- Do not use a mask that looks damaged
- Do not wear a loose mask
- Do not wear the mask under the nose
- Do not remove the mask where there are people within 2 metre
- Do not use a mask that is difficult to breathe through
- Do not wear a dirty or wet mask
- Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 2 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

Solve the Puzzles

<u>MAN</u> BOARD	RIELAIHINIG	Give Give Give Give	Get Get Get Get	<i>ECNALG</i>	↓ D O W N ↓
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Crack the Code



This numeric lock has a 3-digit code. Can you crack

738 Nothing is correct	780 One number is correct but wrongly placed	682 One number correct and well placed
614 One number correct but wrongly placed	206 Two numbers correct but wrongly placed.	

Pantomime Jokes

Here goes... I cant wait till this is all over and I can do cheese hunting again.

I'll go out with my friends and just shoot the bries.

Why did the chicken go half way across the road?

Because it wanted to lay it on the line.

What do you call a mischievous egg?

A practical YOKER.



Q You are well known for your generosity to charities and your sponsorship of local organisations. You and your assistants have also provided invaluable service to the people of Hopeman during Lockdown. What motivates you to be so supportive?

A Everyone in Hopeman has been very supportive of my business throughout the years, for which I am extremely grateful. I am returning the favour and trying to help out the community as much as I can as a thankyou. I wouldn't have managed without Nathan and Craig. Thanks to you both.

Q When freedom to travel is finally restored, where would be your first port of call?

A At the start of Lockdown, I promised my staff they'd be taken away for a mini break as a reward for all their hard work recently. I am also due Margaret a holiday as she had a 'special birthday' in April.



A reminder to be aware of SCAMS which are on the rise at this time so please be VIGILANT

TELEPHONE CALLS WITH RECORDED MESSAGES SAYING THEY ARE FROM YOUR BANK, BUILDING SOCIETIES , YOUR INTERNET SUPPLIER, TELEPHONE COMPANIES, ELECTRIC COMPANIES THE LIST GOES ON!!

Please IGNORE if they ask your to press a number on you phone as once you do that you are vulnerable. Banks will never ask you to supply any bank details in a situation like that so put phone down and phone your bank or any of the above if in doubt about suspicious calls.

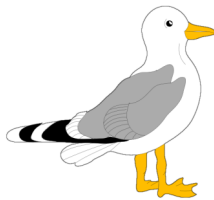
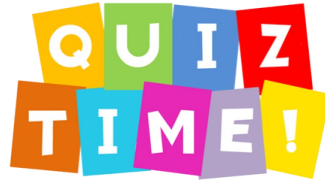
We have just passed 100 days of isolation and the biggest percentage of our society are caring and honest, but sadly there are a percentage of individuals who have no compassion, and target vulnerable people for their own ends at this time.

TAKE CARE AND BE VIGILANT

SCAM

Nature Quiz

1. What is the name of the only poisonous snake in Scotland?
2. Which animal, now rare in Scotland, is known as the Tree Weasel?
3. Where in Scotland is the largest Gannet colony?
4. Where is the largest Blanket Bog in Europe?
5. What is another name for the flower commonly known as Snapdragon?
6. In which part of Scotland does the Crested tit breed?
7. Where are the best islands in Scotland to view Sea Eagles?
8. Which is the larger, the Golden Eagle or the Sea Eagle?
9. What is the largest gull found in Scotland?
10. Which is the most numerous Auk found in Scotland?
11. Which seal is the most numerous in Scotland?
12. In which century is it thought that the Caledonian Bear became extinct?



Solve the Anagrams for Whisky Distilleries

RLBEAORU METROALU RENINEBNS

GRAOMGANCER FAALRGENSCL LAMNALAC

RISLTHAAT MOTOTULIN CODKONNAK



Last weeks answers

Solve the Puzzles

Two left feet, 2. I understand, 3. Too funny for words, 3. Neon lights, 4. Square root.



Word Meanings for Word Search

Breers, eyebrows,. Smookerin, small rain,. Redd up, tidy up. Bowgin, soaking wet. Lunder, fisherman's jumper. Lowes, flames. Sprallached, spread out. Lumur, bad girl. Mirrles, crumbs. Gulshuks, sweets, crisps. Scloor, clout, smack.

Fishes, Dab, cod, brill, hake and sole.

Solve the Puzzles

Two left feet, 2. I understand, 3. Too funny for words, 3. Neon lights, 4. Square root.

Anagrams for Scottish People

Sean Connery, Ewan Mcgregor, Alexander Fleming, Robert the Bruce, Flora MacDonald, Jackie Stewart, Nicola Sturgeon, J. K. Rowling, Robert Louis Stevenson, Annie Lennox.

Answers to Quick Music Quiz

1. 4 o' Clock, 2. Blackboard Jungle, 3. Angel, 4. Blueberry Hill, 5. Mr Sandman

Answers to Food and Drinks Quiz

1. Lamb, 2. Carse of Gowrie, 3. Orkneys, 4. Blackcurrants, 5. Prunes, 6. Choux Pastry, 7. Kippers, 8. Whisky, 9. Peat in the water, 10. Potatoes, 11. A kind of toffee made with butter, sugar and treacle, 12. A measure of alcohol, about 1 pint, 13. Iron Bru, 14. Nick Nairn, 15. Red wine, 15. Spain, 17. Tain, 18. Bell's, 19. Orchids, 20. Bacon, lettuce and tomato.