

## Do be safe, but keep the risk in proportion

You don't need to do anything that makes you feel uncomfortable or puts you at risk but feelings of anxiety and fear can increase our perception of risk. Think of ways to manage the risk and to make an activity possible.

### ASK FOR HELP

If you've tried to get back into some form of socializing but anxiety and panic are interfering with your ability to do so, help is available and it may be time to reach out to your family, a friend or the Hopeman Helpline 07708 178299. There is always someone there to help you.



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### One Step at a Time

*You are trying to get from A to D  
But first you must get through B and C  
Don't let a locked door stop you  
From getting to where you want to be  
There's lots you can do with a sledgehammer  
Or perhaps you might find the key  
Look at the options  
Make a plan  
Can you do it?  
Yes you can (Ms Moem)*

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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**.



# Hopeman Wellbeing Newsletter No.9



Things are changing again. More shops are opening as are hairdressers and many other facilities which we have not had for many months. This means that we are able to do more things, meet up with more people and to start doing things that we did before lockdown. It seems therefore that it is time to move on from the Wellbeing Newsletter. The intention is to produce one more issue after this one that should be with you by the end of July. Once again, we have an interview with a well know member of our community and a quiz and more puzzles. We also have an article on coming out of lockdown especially since some people may be anxious about some aspects of being unlocked.

We have to thank the team of volunteers again for the articles in this issue and hope that you will let us know of any ideas you have for the final issue.

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### An Interview with Cathie Young

**Q** Can you tell us what life was like growing up on a small farm in rural Aberdeenshire?

**A** Growing up in a small croft in Aberdeenshire in the 1940's/50's was a mixed bag. All the family members had to help with feeding the animals, keeping the steading buildings clean. chopping firewood and bringing in coal. [There was no central heating in those days.] There was seasonal work such as planting potatoes in Spring, hay making and berry picking in the Summer, and harvesting crops in the Autumn. But it was not all hard slog. Us young ones had plenty of freedom climbing trees, going for walks along the banks of the River Ythan and sledging when the snow came.



**Q** You received your education from three different schools. How did you get on at school?

**A** Millbrex was a small country primary school with 3 or 4 classes and one teacher. When I moved to Fyvie Junior Secondary, it was strange at first having a different teacher for different subjects. I enjoyed Domestic Science as I was always cooking and baking, and this helped me to win the Domestic Science prize in 3rd year. I also won a Book of Scots Poems for writing an essay in Doric. Turrif Academy was a different kettle of fish as I was the only new pupil going into 4th year. My new classmates were nice but I missed my old classmates.



**Q** Tell us about your post-school education.

**A** In September 1958, I went to Aberdeen School of Domestic Science where all the girls were meeting for the first time. I gained a Housekeeper's Certificate.

**Q** In your early working life, you were employed in various institutions. Which job did you enjoy most?

**A** I started work in a hotel in Ballater for the summer season which I enjoyed very much. When it closed for the Winter, I worked as an Assistant Cook at Woodend Hospital. After 2 years, I moved to Linn Moor Children's Home as a cook and when it closed down, I applied for the cook's post at Hopeman Lodge which used to be used as accommodation for pupils at Gordonstoun School.



**Q** Would you care to share with us how you met James, your future husband?

**A** I met James in Mrs. Raich's chip shop in December 1962 – and the rest is history!

## Coming Out of Lockdown

Having been in lockdown for weeks some people can't wait to get back into pubs, cafes and have a social life again. There are also people who feel far less sure of re-entering the outside world. Social anxiety is a common issue that about 11 per cent of us will face at some stage in our lives. You may have concerns that affect your thinking, e.g.s. how to ensure social distancing, how to shop and how to speak to people again.

Here are some tips to help you:

### Take it slowly

Start by connecting with those in your closest inner circle, your comfort zone. Begin with those you trust, then when you feel more confident you can slowly expand your circle.



### Be gentle with yourself

it's normal to have uncertainties and doubts. It may seem that other people have less worries. Remember, no one has ever been through anything like this before so just take things at your own pace.



### Be aware of your own thoughts

If you are overwhelmed by negative thoughts then prepare for upcoming events by playing these events over in your head, on paper or with someone you trust. Talking about your worries is a good way to manage anxiety.



## It's in Scotland quiz!



1. The site of an important declaration.
2. Where the beast is a wolf.
3. An Abbey School was located here.
4. The highest village in the Highlands.
5. Famous for its book festival.
6. A folly stands on the hill overlooking this town.
7. Once known for the 3Js.
8. Where the uppies and the doonies battle for a ba.
9. Location of an aircraft disaster.
10. Start of the John Buchan Way.

## Recipe for oven scones

Some of you may have visited Aviemore and treated yourself to scones at the Mountain Warehouse. What follows is their recipe for oven scones which are easy to make and delicious.

### Ingredients

- 500g Self Raising Flour
- 65g Caster Sugar
- 75g Butter cut into cubes
- 110 ml Full Fat Milk
- 1 large egg



### Method

- Mix the flour and sugar in a baking bowl.
- Rub in the butter until the mixture resembles fine breadcrumbs.
- Whisk the egg and add to the milk.
- Add the milk mixture to the flour mixture
- Mix gently into a soft ball.
- Handle as little as possible (I don't roll it out)
- Make into about 8 scones
- Brush with a little of the egg and milk mixture
- Bake at 180C for 12-15 minutes

**Q** Can you tell us about you and your husband's long association with Hopeman Bowling Club?

**A** When James and I were married in Turrif on 27th March 1964, I became a fully fledged resident of Hopeman! Now James was very keen on sports and when he joined the bowling club, I felt 'if you can't beat them, join them'... I did, and became a "bowler." When the club expanded with the addition of a new social lounge and a kitchen, I became Kitchen Convener – a job I did for a number of years. After James passed away, I gave up the catering and bowling and went back to things I had done before.



**Q** Give us a flavour of the other ways in which you have contributed to village life.

**A** I have been involved with the Church of Scotland and Women's Guild, the Boys' Brigade, the Women's Institute, and the Community Association. I am a past president of the Guild and recently took on the post of Contact Person for Duffus, Spynie and Hopeman on Moray West Guild. I have recently taken up membership of the Ball Group and the Senior Citizen's Club.



**Q** I believe you have also joined a walking group. What is it about the outdoor life that attracts you?

**A** I have joined a walking group in Lossiemouth through which I have made new friends. We have been on weekends away and I have enjoyed visiting many new places in Scotland.



**Q** How have you been faring since the pandemic restrictions were introduced?

**A** I have four sons – two in Elgin and the younger two live in Hopeman. So I have been very well looked after during Lockdown by all four of them. Also, I would like to thank Hopeman Community Association for looking after us “Oldies”!



### Wordsearch

Here is a wordsearch for different generations to work on together. Grandparents may need to ask children or grandchildren to help them. Can you find out what each of the words mean?

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

EMOJI, SHADE, SALTY, DOPE, OMG, FLOSS, INSTA, MEME, GIF, TIKTOK, SNAPCHAT, VINE

### Can you solve these puzzles?

STORM	JOB	H I L L	 	<b>STOOD</b> mis
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### Answers to last Weeks Quiz and Puzzles Nature Quiz

1. Adder, 2. Pine Martin, 3. St. Kilda, 4. The Flow Country, Caithness, Sutherland, 5. Antirrhinum, 6. Highlands especially in pine forests, 7. Isles of Mull and Skye, 8. Sea Eagle, 9. The Great Black Backed Gull, 10. Puffin, 11. Grey Seal, 12. Tenth Century.

### Anagrams

Aberlour, Aultmore, Benrinnes, Cragganmore, Glenfarclas, Glenkeith, Macallan, Strathisla, Tomintoul, Knockando.

### Puzzles

Man overboard, Reading between the lines, Forgive and forget, Backward Glance, Down arrow.

### Crack the Code - 042

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.

