

Easy Recipe for Flat Bread

200g of Self raising flour
150ml natural yoghurt
50ml cold water

Salt and pepper. Optional extras could include cumin seeds, garlic powder, onion seeds or even a touch of honey and a few sultanas.



Mix the yoghurt with the water and add to the seasoned flour, mixing by hand to a soft dough. Cover loosely and leave to sit for 10 mins. Remove from the bowl, dust the worktop with a little flour and divide into 4 equal pieces. Roll each one out to the thickness of a coin. Heat the grill to medium or use a frying pan or pancake girdle on medium heat. Heat each round separately until they puff up slightly and colour then flip and repeat.

Success is not final, failure is not fatal, it is the courage to continue that counts.

Winston Churchill



Best/Worst Panto Jokes

Once my dog ate all the Scrabble tiles. For days he kept leaving little messages around the house.

Yesterday I was out for my daily walk when I saw a man drop a game of scrabble?
I asked him what was the word on the street!

Did you hear about the man who fell into an upholstery machine? He's fully recovered.

Helpline

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



Welcome to this second Issue of the **Hopeman Wellbeing Newsletter**. The volunteers have been working hard to provide stimulating and interesting articles. We have more exercises for you, an interview with a well know resident and a 'sweet treat' quiz. Please forward any ideas you have for the next issue. If you are lonely and would like a regular phone call or need any other help, the **Hopeman Helpline number is: 07708 178299**.

An Interview with Eric McGillivray

Q. Where were you brought up? **A. I was brought up in Elgin but moved to Hopeman in 1978 with my wife and two children just as I was leaving the RAF. I was married to a lovely Hopeman quine Elizabeth [Liz] who wanted to be near her family**



Q. Was Hopeman a good place to raise your family? **A. Wonderful! The best thing about Hopeman was the great community spirit. In those days, Hopeman's population was around 95% indigenous – and they all seemed to be related to my wife!**

Q. For many years, you were Convener of/or played leading roles in the Gala, and you have also served as Chairman of Hopeman Community Association. What made you volunteer for these roles? **A. I was keen to take part in anything which benefited my community and family life. I gained particular satisfaction from the community spirit these organisations generated.**

Q. I believe you were also involved in some major projects in the village? **A. Yes. I spearheaded many different projects in the village with the help of small committees; most notable I suppose were the beach development and the new pavilion.**

Q. You are also a well-known entertainer. Can you tell us about that? **A.** I have worked as a semi professional musician for over 50 years playing for clubs, bars, theatres, hotels, weddings all over the North of Scotland. My most memorable gig was a ten day tour of the Falkland isles.

Q. What is your signature song? **A.** In the 1980's, I helped to set up Hopeman Youth Club and street parties where I used to sing Puff the Magic Dragon to the kids. Ever since then, no matter where I play, local people often request it.

Q. Did you find life as a Councillor satisfying? **A.** Yes, it was good to be able to help people in our community who had many different issues and also be able to help set policy for the area.

Q. What are you missing most during this period of self-isolation? **A.** The company of others ...and having a tune with other musicians.

Q. Have you any message for the people of Hopeman at this time? **A.** Hopeman community has overcome many different issues over the years and we will get through this difficult time together. Shout out if you need assistance, keep the Hopeman spirit going, keep your chin up and keep your two metre distance!

Answers to last weeks questions

Questions

- | | | |
|-----------------|----------------------|--|
| 1. French | 6. Spanish | 12. 1936 (George V, Edward VIII, George VI |
| 2. Tasmin Sea | 7. Johnathan Swift | 13. Corner of Coal Row and McPherson Street. |
| 3. Buffalo Bill | 8. Geoff Hurst | 14. Needle Threader |
| 4. A plant | 9. Cranachan | 15. Cherry/olive stoner. |
| 5. George IV | 10. Live and Let Die | |
| | 11. Seafood | |



Mini Sweet Treat Quiz

1. Made to make your mouth water.
2. The creamiest milk, the whitest bar.
3. Delicious ice cream from Italy.
4. The crumbliest chocolate.
5. Help you work, rest and play.
6. ? takes 'em and covers 'em with chocolate.
7. Too good to hurry.
8. The red car and the blue car had a race.
9. Taste the rainbow.
10. A had a hazelnut in every bar.



Answers next time!

Exercise

Begin with slow music for us to warm up with this is to gradually get the joints moving and gradually raise the heart rate.

- Sitting in the chair raise the shoulders up towards the ears slowly and then slowly lower them back to normal position. Repeat 4 times. X4
- Arms by side roll the shoulders in a circular pathway moving forward, up, back and down to resting position x4
- Circle shoulders backwards, up, forwards and down x4
- Hands on shoulders bring elbows forward to meet in front of face then open to the side. X4.
- Arms by side shake out arms and hands.
- Clasp hands tight in front of you, spring them apart stretching fingers to the fullest extent. X6
- From clasped hands, release fingers one at a time to make 'steeple' fingers meeting. X6
- From hands clasped stretch arms forward to finish with palms facing away from you X4
- Roly poly hands round each other, reaching up and then down to knees. Watch not to tip forward off the chair x4
- Sitting upright stretch one hand up to ceiling then reach across to opposite side, Arm back down , do same to the other side. X4
- Head turn to one side, return to centre, turn to other side return chin lowered to chest, return to normal. DO NOT TILT HEAD BACK. Athletes do but we are a bit long in the tooth now.



Change to faster music

- Feet together bounce legs up and down 1234, out with feet 1234 in 1234 repeat 8 times
- Heel and toe feet in front of you X8 same out to the side X8 turn feet heels in then toes in X8 Repeat whole thing X8
- Stand up. Sit down without using any hands to push up off the chair. Do 5 times or 3 more if you can.
- Walk forward for 4 steps then back for 4 steps. Repeat 4 times.