

Hopeman Pantomime 2021

Our 2021 Pantomime Robin Hood and the Babes in the Woods cannot take place this January but we do plan to offer entertainment to the community on our backup dates 18th, 19th & 20th March 2021. The format of the show may well be different to other years but we endeavor to ensure that the core elements of fun, frolics and funny jokes – well some of them anyway – are still there !



The Plot

Robin has returned to Nottingham just as the new Sheriff is installed. Miss Diagnosis and Miss Treatment, naughty nannies to the babes Hansel & Gretel have come from Hopeman at the end of lockdown. Robin our hero, loses everything but still takes on a whole host of baddies including the pompous Prince John. Robin's gang of Merry Men have many a laugh while fighting injustice. What will happen to the babes in the Woods ? Will Robin defeat the Sheriff ? What wild costumes will Pat think up for the Dames this year ? What pants will they wear Smarty or Fancy? Watch out for more information nearer the time on our Hopeman Amateur Dramatic Society Facebook page.

Christmas Jokes

- Q: How can Santa deliver presents during a thunderstorm?
A: His sleigh is flown by reindeer
Q: What kind of Christmas music do elves like?
A: "Wrap" music
Q. What do you call Frosty the Snowman in May?
A. A puddle
Q. What happens if you accidentally eat a Christmas decoration??
A You get "Tinsel"-itis!
Q. How do sheep greet each other at Christmas?
A. A merry Christmas to EWE!

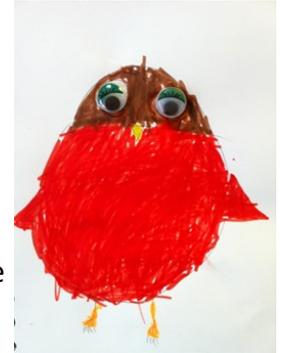


Hopeman helpline **07708 178299**

Hopeman Wellbeing Xmas Newsletter No.11



Welcome to the Christmas edition of the Wellbeing Newsletter where you will find some old favorites like the quiz and word searches and some new items which we hope you will enjoy. This time we have aimed to make it relevant to all age groups which should give it more of a family feel. We are asking you to make up your own 'feel good' Advent calendar and we hope you will share this with your friends and family. Don't forget to talk about your past childhood memories especially with your grandchildren.



Picture by Anna

We wish you a very Happy and Healthy Christmas.

An Interview with Father Christmas (Santa Claus)

Interviewer Here I am in a Store in Elgin, about to enter Santa's grotto where the Big Man has granted me an interview. Ah, he's waving me over. [Enters grotto.] Hi Santa. Good of you to see me. You must be very busy.

Santa You can say that again.

Interviewer You must be very busy.

Santa [Not amused] Ho Ho. Very funny! Any more of that and I'll add you to my 'Naughty List'.

Interviewer Sorry Santa. Just joking. I understand you have had visits from loads of boys and girls. You must love children, seeing all their little faces lighting up with joy and wonder when they meet you.



Interviewer Oh? Tell me more.

Santa Well, last year this little boy jumped on my knee, pulled my whiskers and yelled, "Give me an i-pad for Christmas."

Interviewer Wow. What did you do?

Santa I gave him and eye pad to stick on his face!

Interviewer Hee hee. Very good. Now tell me, are you pretty much on schedule in your preparations for Christmas Eve?

Santa Yup. The Elves are nearly finished making the toys and Rudolph and Co. can't wait to pull my sleigh... But, I might have a problem.

Interviewer Oh? What problem?

Santa Covid travel regulations. You see, there's no Covid at the North Pole, and the regulations state no-one is allowed to travel between different tiers or enter other people's houses.

Interviewer I see. And how do you intend to get round these?

Santa I've just sent an email to the Minister arguing that at Christmas time, all children are part of my Extended Family or 'Bubble' and I should be allowed to visit them. Besides, there is no 'bubblier' character than Santa Clause!

Interviewer True. Well, good luck. I'm sure the Minister will help you out. Thanks for the interview.

[Santa waves bye bye and makes his way over to the cafeteria whistling 'Jingle Bells' and greeting customers with a "Ho ho ho." There he orders up a cup of cocoa and a large slice of carrot cake, getting in some little-needed practice for his journey on Christmas Eve.



Christmas and Winter Family Quiz

1. Which Saints Day is celebrated on 30th November?
2. What do Americans celebrate on the 4th Thursday of November?
3. What is the 5th of November remembered for?
4. Name the seven dwarfs in the story of Snow White
5. What type of building was Jesus born in?
6. How did Santa get his name?
7. Which of Santa's reindeer has a red nose?
8. What did children receive for Christmas presents in 1920?
9. What is celebrated on the day after Christmas Day?
10. What do we call New Year's Eve in Scotland?
11. In which year was January 1st adopted as the beginning of the New Year?
12. What happens in Burghead on 11th January?
13. What is celebrated in Shetland on the last Tuesday in January?
14. Whose birthday do we celebrate on 25th January?
15. What is the 'Chieftan o'the great Puddin' Race'?
16. What is January said to bring to 'make our feet and fingers glow'?
17. What day is New Year's day in January 2021?
18. What Saint's Day is celebrated on February 14th?
19. What do we cook on Shrove Tuesday?
20. What do we call the moment when winter ends and spring begins?



A New Type of Advent Calendar

Growing up in the 1970s an advent calendar was an A4 flimsy card-board affair depicting a colourful, festive scene. Nevertheless each morning we were all excited to open our doors and find the star or the crown or holly sprig or whichever wee image was hidden . This year we have all been forced to change the way we live dramatically and it has been a challenge in lots of different ways. But has it been all bad ? It has allowed folks to connect in ways that we didn't have time to do before. Communities have reached out to each other and we have supported each other to make it through the difficult days. Maybe this is a year for a different advent calendar too:

Make an Advent Calendar of things you are grateful for each of the 24 days of December

e.g. Dec 1st- I am so delighted that I chose to live in Hopeman

Dec 2nd

Share your thoughts with a friend.

Christmas Word Searches

One for the younger generation whatever your age

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



WORDS: RUDOLF, SNOWMAN, TREE, SANTA, PAPER, NATIVITY, CAROLS, TINSEL,

Old Christmas Recipes

Cloutie Dumplin story from Catherine

Every year my mother in law gave us a cloutie dumplin and every year she told us that the recipe won the best recipe in the Sunday Post! My sister in law was looking through her recipe book after she passed and at the bottom of the recipe she'd written cooking time



“Boil until 1/4 to 7”!!

Ingredients

6oz S R flour, 1 teasp soda bicarbonate, 6oz brown breadcrumbs, 2 teasp cinnamon, 6oz suet, 1 teasp ground ginger, 4oz brown sugar, 2 tablesp syrup, 4oz currants, 1 - 1 1/2 cups milk & 6oz sultanas

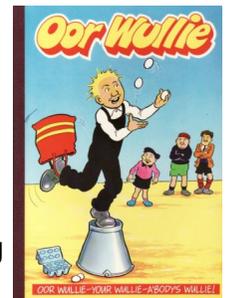
Method

Mix dry ingredients add milk and syrup mix to a fairly soft consistency.. Scald clout sprinkle liberally with flour add mixture tie loosely and boil for 2 to 3 hours.

Thinking Back on our Childhood Christmases

In this strange year which we are still coming through, I wonder, if like me, you are getting quite nostalgic, especially as Christmas draws near. Christmas memories of family time are special and I find myself going right back as a child in our house in those days.

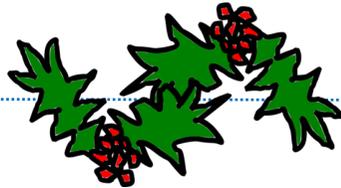
One of my early memories was finding a Black Doll in a box in a cupboard at the top of the stair. (They must have been all the rage in these days). I swiftly put it back and was not found out! I loved that doll. I was up at the crack of dawn as usual, opening all the parcels with excitement. As I grew older I loved going back to back to bed with The Broons or Oor Willie books.



Mum was busy in the kitchen preparing for Granny and relatives coming for Christmas dinner. I loved seeing the house full and happy. Dinner was always organised and arranged around the time of the the Queen’s Speech. That could not be missed and this tradition carried on for as long as Granny and Mum were still around. Church and Sunday School concerts were also a big part of the seasonal activities

I remember Dad being called out to fix fairy lights and when TV came on the scene he more often than not had to go and fix those too. He never said said ‘no’ but Mum used to complain a bit!

Then came the time when I had my own family and traditions carried on. We still have a hectic time with family and grandchildren. We have a Special Xmas quiz with a trophy which has come down through the years for the team winners. We still have friendly arguments but all in good fun.



Pat’s Mincemeat Sultana Muffins

10oz plain flour, 2tsp baking powder, 1/2 tsp bicarbonate of soda, 1/4 tsp salt, 3oz caster sugar (or golden), 1 Egg, 8fl oz milk, 8fl oz mincemeat (3503fl oz veg oil, 3oz sultanas & icing sugar to dust the top

METHOD

Preheat oven to 170oC fan. Prepare muffin cases.

In a large bowl, sift together flour, baking powder, bicarbonate of soda, salt & sugar.

In a separate bowl, beat egg with a fork. Stir in milk, mincemeat & oil Pour all of liquid mixture into the dry ingredients. Stir just until combined. Add the sultanas. The batter will be lumpy, but no dry flour should be visible. (Do not over-stir). Fill muffin cases 3/4 full. Bake for 20 mins until tops are lightly browned and spring back when pressed gently. Allow muffins to cool for several minutes. Sieve icing sugar over top.

Pausing only briefly to wrap up against the cold, we stepped into the bitter night. I reached down and lifted Jenny up into my arms, holding her close to keep us warm. For a moment she was silent as her eyes scanned the Heavens, then, with a suddenness that startled me, she planted her feet against my hip and pushed herself vigorously upwards. “There’s my letter!” she cried, pointing firmly towards the glittering skies. I followed her gaze where, to my utter astonishment, I saw what she was looking at. A tiny pinprick of light was gliding serenely Northwards across the starry landscape.

We both watched, spellbound, as it continued its celestial journey – Jenny full of awe and excitement, myself filled with amazement at this most wonderful of coincidences... It was not a letter of course, but a satellite! I turned to look at Jenny’s face as she followed its progress. Even in the dark I could see her eyes, wide with the wonder of it all, glinting faintly in the starlight. My heart went out to my wee girl, and I thanked my lucky stars for this magical moment – the most wonderful Christmas present I had ever received!

One related to Scottish snow words. It comes from a project by Glasgow University to create an historical thesaurus of the Scots’ language.

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

WORDS: FEEFLE, FLINDRIKIN, UNBRAK, SCOWTHERIN, SNAW, FLAUCHT, SPLEITER, DOUNDING, DRIFLE, SPITTERS,

'JENNY'S LETTER' [A True Christmas Story.] [Abridged]

The night was still, clear and bitterly cold. I stood in the driveway of our country home and looked Heavenwards. A million stars shimmered magically against the blue-black sky, keen, sharp and focused – except towards the South East where a homely amber glow from the distant lights of Elgin obscured or obliterated their brilliance. Turning toward s the house, I could see a warm light from the living room projected onto the lawn and it beckoned me forward in anticipation of a comfortable night in by the fire.

As I entered the living room, little Jenny bounced up, pencil and paper in hand, from where she had been lying on the floor in front of the fire.

"Daddy, Daddy," she cried, vigorously tugging at my trouser legs. "Look what I've done – all by myself!"

"What is it Pet?" She thrust a piece of crumpled paper into my hand. "It's my letter to Santa." I studied the 'letter'. It consisted of an intricate set of scribbles, entirely undecipherable – not exactly surprising from a three year old.

"That's lovely. Now what have you been asking Santa for?"

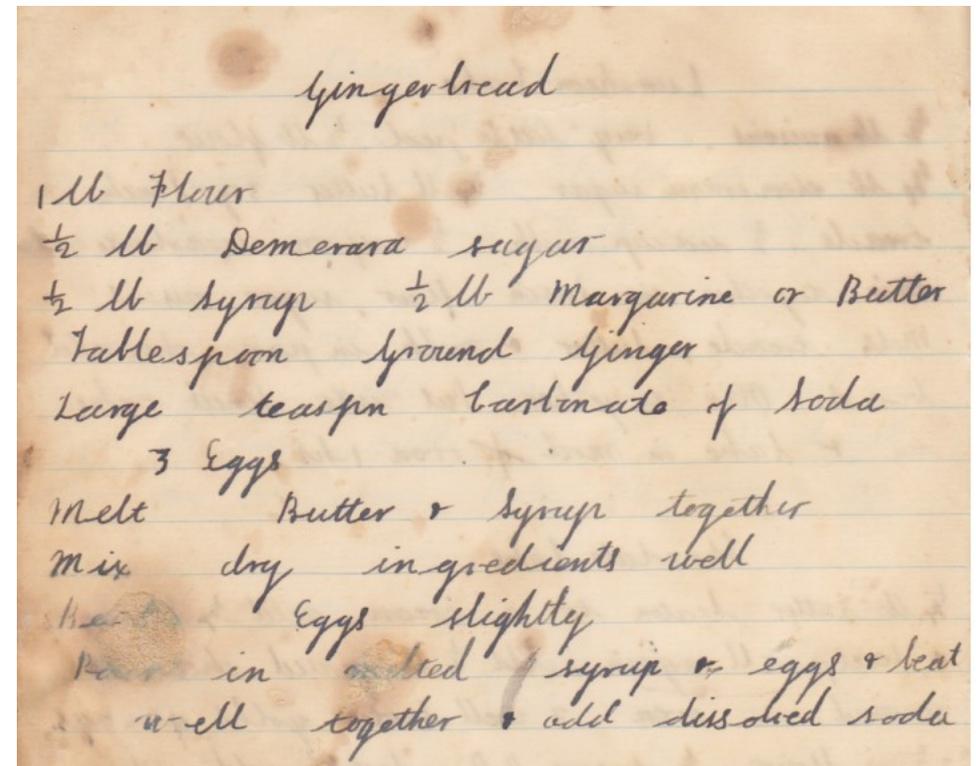
"A puppet," she replied. Then added enthusiastically, "And chocolate buttons! Let's put my letter up the chimney."

Moments later we were kneeling in front of the fire. Jenny allowed me [despite her independent nature] to clasp my hands over hers as we gripped her letter in the brass tongs and manipulated it into the space above the flames. We paused until it suddenly ignited, then released the tongs' grip. Her letter vanished from view.

"Hey Dad," she exclaimed, jumping up and hopping with excitement from one leg to the other. "Let's go!" Clearly she wanted to see her letter going skywards from the chimney to Santa's grotto.



Margaret's Mother's Gingerbread Recipe



1lb Flour, 1/2 lb Demerara sugar, 1/2 lb Syrup, 1/2 lb Margarine or butter, 1 tablespoon ground ginger, 1 large teaspoon bicarbonate of soda & 3 eggs

Melt butter & syrup together. Mix dry ingredients well. Beat eggs slightly. Pour in melted syrup to eggs and beat well together add dissolved soda.



Christmas Exercises

Equipment Required.

- 1 piece of Christmas wrapping paper about A4 size,
- 1 bobble or tassel hat or a Santa hat,
- A piece of ribbon about 6 ft. Long or a floaty scarf,
- 1 Christmas tree bauble preferably unbreakable.



Exercises.

- 1) Put hat on, sitting down, if possible in front of a mirror, so you can laugh at your antics. Bring chin slowly down to chest, lift to normal repeat 4 times, (Do Not Tilt Head Backwards. Older necks do not like excessive back extension. ie tilting too far back.) Turn head to right return to centre, turn to left, return to centre repeat 4 times.
With head turned to one side drop chin if a half circle to other side then back again 4 times. Is your hat still on?
- 2) lift shoulder and tilt head to same side drop shoulder then do same thing to the other side. feel the bobble move as you do.
- 3). Shoulders foreword and back arms crossing in front then behind elbows going back to open up chest to give a good stretch.
- 4) a) Take your ribbon or scarf gently wave-arm up and down out to the side making the ribbon float 4 times repeat or other side.
b) Make small circles getting bigger and bigger until a full arm circle is achieved repeat to the other side, then in front of you. 4 times
c). In front of you, slightly to one side, make small circles going from low to high and back down again with ribbon floating in lovely circles. 4 times each side.
d). Ribqbon in hand start out on front of you take arm out to the side as you reach the side flick the wrist upwards to make the ribbon float, return it centre front, change ribbon to other hand, do the same thing to the other side. Repeat 4 times ,
e). Lean forward make circles from low to high finishing high in a good stretch repeat using other hand. 4 times.

- 5). Hold ribbon shoulder width apart in front of you keeping ribbon taught, turn to one side then the other times 4
- 6). Take wrapping paper scrunch into a loose ball, in front of you palms upwards play Keepieuppie with the ball using both hands. I guarantee you will get a lot of exercise retrieving the ball.
- 7). Throw the ball into a large bowl in front of you. Not too close.
- 8). Take the bauble, roll it in your hands, then round your hands both directions. Roll bauble up and down both arms all without dropping the bauble.
- 9). Holding ribbon shoulder width apart in front of you lift knees in front of you to tap the ribbon, same thing to tap the feet, turning knees outwards to allow you to reach. 2 sets of 4 times.
- 10). Holding ribbon wider bring feet up to touch hand and ribbon out to the side. 2 sets of 4 times
- 11). Joyous bouncing of feet in, out, side to side, legs apart then together.
- 12). Gently stretch up down side to side turning, give a whole body wriggle and shake.

Feetle-to swirl, Flindrakin- a slight snow, Untrak-beginning of the, Scowtherin-a sprinkling of new fallen snow, Snaw-snow , Flaucht-flakw, Spleter-wind driven snow, Dounding-heavy fall of snow, Driffle-slight shower, Spitters-small flakes.

Meanings of words

St. Andrew, 2. Thanksgiving, 3. Guy Fawkes attempt to blow up the Houses of Parliament, 4. Bashful, Doc, Dopey, Grumpy, Happy, Sleepy and Snezy, 5. Stable, cowshed, 6. From Saint Nicolas, 7. Rudolph, 8. Sock with apple, orange nuts and a small toy (one for research). 9. Boxing day, 10. Hogmanay, 11. 1752 in the Gregorian Calendar. 12. Burn-ing of the Clavie, 13. Up Helly Aa. 14. Robert Burns, 15. Haggis, 16. Snow, 17. Friday, 18. St. Valentine, 19. Pancakes, 20. Spring equinox

and Puzzles

Answers to Wellbeing No. 10 Quiz