

### Pampering Special (for females and males)

- After a long winter and now with the current situation, we have to spend more time indoors and we need to remember to give our body more pampering especially our **skin**.
- Make sure you drink plenty of water each day (at least 2 litres) **Cleanse, Tone** and **Moisturise** your face and neck **Daily** using an upward movement with your finger tips.
- Remember **Night Cream** as your skin will rejuvenate while you sleep. Use a serum and eye cream if you have it.
- **A Face Mask** once a week is also beneficial. A cream one is very relaxing and does not have to be on for long
- Put a jug of water in your bedroom at night to stop your skin drying out (you will see how that heated room soaks up the water !)
- Don't forget your **Body Skin** too needs body lotion after your daily shower
- **Exfoliating** is also very good to get rid of dead skin

**YOU**  
*deserve it!*

*If you look the right way the whole world is a garden.  
(Frances Hodgson Burnett)*

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



This is the beginning of week 6 of our lockdown and it is becoming more difficult for many people especially since we can't meet up with our family and friends. We hope this newsletter will provide some entertainment for you and get you thinking. New ideas and articles are always welcome. And remember it's always good to phone a friend to help you with a quiz question.

### An Interview with George Welsh (Part One)

**Q George, where were you born and brought up?**

**A** I was born and raised in Ardersier [which was formerly known as Campbelltown.]



**Q Where did you go to school and have you any abiding memories of your schooldays**

**A** At the age of ten I was sent to Queen Victoria School – a boarding school for the sons of Scottish military personnel. It was situated in Dunblane [where the Murray tennis family hail from.] There, I elected to be taught Piping and Highland Dancing and for years thoroughly enjoyed entertaining with the pipe band at prestigious hotels such as Gleneagles. My favourite location was playing at Murrayfield for Scotland's home rugby internationals. I can therefore truthfully boast that I played at Murrayfield. [That gets folks wondering!]

**Q Did you join the army straight from school?**

**A** Yes. It was hoped that you would join one of the services.

Helpline no. **07708 178299**



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**Q What was your job in the army and where did you serve?**

**A** From 1938-45 I was a Seaforth Highlander whose job was to give physical training to the new intake of Militiamen who were called up for war service – policemen, tram drivers, bus drivers, Uncle Tom Cobley and all. They had to be fully fit before being posted to units all over the country. In 1945, I was recommended to attend an advanced physical training course at Aldershot and was transferred to the Army Physical Training Corps. My Infantry days were over. Thereafter, I was posted for numerous spells abroad – Malaya [twice], Ceylon [now Sri Lanka], Egypt, Northern Rhodesia – before returning to the UK in 1958. [Note that travelling abroad in those days was by troopship, not cruise ship!]



**Q What made you turn towards a career in teaching?**

**A** Having served in the army under four different monarchs for a total of 27 years and 52 days, it was time for 'pastures new', and the appointment as Head of Physical Training at Gordonstoun was too good to turn down.



**Q Did you enjoy your career at Gordonstoun? What were the best things [and worst things] about your job?**

**A** I enjoyed every minute of it. The move from instructing men to instructing boys was a challenge I readily accepted. The worst thing about my job was that all the lessons were outdoors; there was no building in which to teach indoors. Having to cope with Moray Firth gales daily just had to be accepted. The best thing was the day it was announced we were to get a sports centre. It had no heating but at least it had a roof and walls. (More-next issue)

**Hopeman Words**

Translate the following:

Fa Yas Ye Fa Yacht Ye;

Let the toe go wi the bucket;

Cockie bendie

**Oat Pancakes (fat free)**

40 grams oats blitzed but sometimes if in a hurry just leave them rough.

3/4 teaspoon baking powder.

1/4 cup fat free yogurt (I like vanilla one).

3/4 tablespoon powdered sweetener.

1/2 teaspoon almond essence.

1 large egg.



**Method:** Beat altogether and spoon whichever size you want for pancake into pan with a spray of fry light. Make like you would pancakes and watching they do not burn Delicious served with blueberries or with any fresh fruit topped with some of the yogurt

**Scottish Quiz**

(answers in next issue)

1. Who was called the father of the Scottish parliament?
2. When was the declaration of Arbroath made?
3. Who's forces defeated the army of Edward I at Stirling Bridge?
4. Who led the massacre of Glencoe?
5. Which Scottish city was most frequently bombed during the second world war?
6. Where is the Speyside cooperate?
7. What was the name of the residence of the Bishops of Moray from 14 to 17 century?
8. Which is the oldest distillery in Scotland?
9. Which is the oldest university in Scotland?
10. What is the name of the first new town in Scotland?



Answers to last weeks questions: Opal Fruits, Milky Bar, Cornetto, Cadbury Flake, Mars Bar, Cadbury's Whole nut, Murray Mints, Milky Way, Skittles, Topic