

# Blide Blether

Issue: 373 (Week Beginning 21st January 2019)

Hello and welcome to the Blide Blether! In this week's edition: Archaeology Update, Story Stacks, weekly recipe, Hoo's it gan,

## Archaeology Plus, an update



We've researched with Dr Sarah Gibbon, excavated with Dan Lee, taken wonderful photographs with Rebecca Marr, fantastic creative writing with Dr Ragnhild Ljosland and soon, in April, the Archaeology Plus Project will be moving on to its final phase. Dan Lee will be coming to the Blide, to look over finds and photographs and to think how they can inspire us.

Working with Joanna Buick from Orkney College we will be making, using ideas and materials related to the project and the way that people have responded to these.

This will take place on two

Monday mornings in April, at Orkney College



More information will follow soon but meanwhile I'm whetting people's appetite by posting photographs and some writing from previous workshops onto Facebook and looking forward to the responses.

When all the work is done we



will be having an exhibition to show all the great work that has been done.



ORKNEY STORY STACK

A few weeks ago we had our Story Stack taster session with Rebecca Marr and Mark Jenkins. We were all

a little nervous but during the session we were gently encouraged to come up with memories, first sharing them with each other in a small group and then recording our stories onto an iPad. It was interesting to see and hear the stories that people had already recorded (loved the one about the hens with no teeth) and to get an idea of what we could do. This ended up being a very enjoyable session and I'm looking forward to the sessions to come.

We have six sessions coming up over the next month and a half and one space left. If you would like to take part please let Sheena know on 874874. The next session will be from 10am to 12 noon on Monday 21<sup>st</sup> January.

## Walk to Woodwick House

The Out and Abouters set off for Woodwick House, the bus was full except for one seat. We parked up the lane from Woodwick house as there were quite a few cars parked there, as if the owners may be in residence. Then we walked down the lane to the house, there was an attractive stream and a path beside it, which we took. We all enjoyed walking by the stream. We came across a dovecot house where weddings were held which we all looked inside of at the beginning of the path. Then we resumed our walk by the stream. The walk was tree lined and the path was narrow so we followed it slowly, it led to the sea. There we stepped out of the trees and were able to admire the view over the sea.



At this view, we noticed a spiral that had been built in stone on the lawn, and then we walked

up to the house on a grass path where gardens obviously



flowered in the summer. When we got back to the van we decided to go to Betty's Reading room, which we drove to. Inside was a little dark and there was an old lady welcoming us in dressed in a shawl. This turned out to be Joanne and Denyse tricking us. The reading room has its own wood burning stove to keep readers warm. We explored the reading room and then it was time to drive back to the Blide.



## Spanakopita

### Ingredients

- 200 g bag spinach leaves
- 175f jar sundried tomato in oil
- 100g feta cheese, crumbled
- 2 eggs
- ½ 250g pack filo pastry

### Method

Put spinach into a large pan. Pour over 2 tbsp water, cook until just wilted. Tip into a

sieve, leave to cool a little, then squeeze out any excess water and chop roughly. Roughly chop the tomatoes and put into a bowl along with the spinach, feta and eggs. Mix well.

Carefully unroll the filo pastry. Cover with some damp sheets of kitchen paper to stop it drying out. Take a sheet of pastry and brush liberally with some of the sundried tomato oil. Drape oil-side down in a 22cm loose bottomed cake tin so that some pastry hangs over the side. Brush oil on another piece of pastry and place in tin, a little further round. Keep placing the pastry pieces in the tin until you have 3 layers, then spoon in the filling. Pull the sides of the pastry into the middle, scrunch up and make sure the filling is covered. Brush with a little more oil.

Heat oven to 180C/fan, 160C/gas 4. Cook in oven for 30 minutes until the pastry is crisp and golden brown. Remove from tin, slice and serve with salad.







## Hoo's Hid Gan

**Name:** Jemima Sinclair  
Cochrane

**Role:** Blide Trust Board  
Member

**How long have you been at  
the Blide?**

Three years.

**What is your favourite film?**

Kill Bill Volume 2 by Tarantino.

**What is your Favourite  
Drink?**

Pink Bollinger.

**Do you have any pets? If so,  
what are their names?**

Robbie the lurcher and Sadie  
the tabbi.

**What 3 things would you do  
if you won £1million?**

Buy a new range rover, new  
roller skates and buy a house  
with land for rescue lurchers  
and greyhounds.

**What hobbies do you have?**

Roller Derby and Travelling.

**What's your favourite food?**

Pizza.

**What's your least favourite  
food?**

Meat.

**When you were little what  
did you want to be when you  
were older?**

An actor.

**What is your favourite TV  
series?**

Sherlock (with Benedict  
Cumberbatch).

**What's your favourite thing  
about the Blide?**

The Stromness drop-in.

**What 3 things would you  
take to a Deserted Island?**

My dog, a lighter and lighter  
fuel



## FEEL FAB IN FEBUARY

Watch out for 2 weeks of  
wellbeing activities at the  
Blide!

## What's On this Week

### Monday 21st

2.30pm Stromness Drop-In

### Tuesday 22nd

10.30pm St Margaret's  
Drop-In

### Wednesday 23rd

10 am Out & About to  
Kame of Corrigan track  
1.30pm Knit and Knatter in  
the Lounge

### Thursday 24th

1.30pm Craft Group &  
Needle felting

### Friday 25th

2pm Trust Meeting



## PEG LOOM WEAVING

Coming Soon in February Peg  
Looming weaving 11.30M -  
3PM Thursdays, Feel free to  
come along and give it a try.

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## Minutes of the Trust Meeting held at 2pm on Friday 11 January 2019

### Present

Sheena, Rosalind, Shaun, Nikki, Kerry, Joanne, Anna, Lynn, Leigh, Penny, Jemima, Lena, Frazer, Martin, Annie (notes)

### Welcome from the Chair

Lena welcomed everyone to the meeting.

### Matters arising from the Minutes of the meeting held on 4 January 2019

Coffee loyalty cards are back in action!

**Proposed:** Martin

**Seconded:** Leigh

### Newsletter – articles

Greek Week – Nikki

Story Stack – all

Archaeology Plus – Sheena

Recipe – Nikki

Out & About – Carol

Hoo's Hid Gaan - Jemima

### Healthy Working Lives

Work is continuing. Nothing new to report.

### Member Rep Items for the Board

If you have anything you'd like to discuss with the Board please see your member reps Cath, Jemima or Mike.

Shaun said he felt that on one occasion the portion size at lunch time was quite small. After a short discussion it was established that it had been on a day when the café was extremely busy and the portions had been reduced to allow everyone to get a main meal. It was therefore agreed that orders for main meals must be in by 11.30am so that proper portion sizes can be

maintained.

### Archaeology Plus Update

The recent Dig was followed up by a photograph display and a creative writing session. The next stage is to go to the Art Department at Orkney College to do some clay work. This would involve 2 sessions working with Joanna Buick. Once more details are available a poster will be displayed in the foyer where anyone who is interested can add their name.

### Wellbeing Fortnight

The wellbeing fortnight will be held from 11-22 February. There are activities planned for every day. This year it will be open to the public and will be advertised in The Orcadian. Places on each activity must be booked in advance.

### AOCB

None

### Meetings

#### Trust Meeting

Fridays at 2pm.

This meeting is open to anyone wishing to come along and is to discuss anything in regards to The Blide.

Do you have something you would like to write about? A particular story you would like to share?

We are always looking for articles to go in our blither and would appreciate contributions of any kind.

Why not contact our editors on

Visit our website:

[www.blidetrust.org.uk](http://www.blidetrust.org.uk)

Follow us on social media:

@Blide Trust



*Please check Facebook daily for our evening opening hours*

### Blide Trust

#### Opening Hours

##### Monday

9am to 7.30pm

##### Tuesday

9am to 5pm

##### Wednesday

9am to 7.30pm

(except from the first Wednesday of the month which is 9am to 5pm)

##### Thursday

9am to 5pm

##### Friday

9am to 7.30pm

##### Saturday

11am to 4pm

##### Sunday

11am to 4pm

Please note that the views expressed in this newsletter are not necessarily the views of Blide Hoose, Orkney Blide Trust or the Clubhouse movement.