



Community Connections

North Berwick Coastal

January 2021

January – a month of hopefulness

Robert Burgon Vice-Chair NBCCC

I suspect that many readers of the NBCCC Newsletter don't much like the month of January. In our part of Scotland this is usually seen as a month which never seems to end and a month in which the days are wet, windy, sometimes snowy and always dark.

In the days (before retirement) when I was driving to and from work in Edinburgh (usually aiming to be at my desk by 7.30 am), there was one thing which I always noticed and gave me great encouragement and hope

during January. The daylight hours begin to stretch out. Compared to the situation on the winter solstice or the shortest day (21 December), by the end of January we will have moved into much longer days.

I consulted the charts for sunrise and sunset in North Berwick and find the following for 2020/2021 (see below).

Although in my days of commuting it would still be dark both when I left for Edinburgh and on my return journey, in January

we will see 90 more minutes of daylight than just before Christmas. The even better news is that in February we get nearly two more hours of daylight.

Readers might think me a little odd to get excited about the approach of January but the increased number of hours of daylight we can look forward to always gives me hope. The long days of summer are approaching. Maybe that will give some readers much-needed hope too as we start 2021.



	Sunrise	Sunset	Hours of daylight
21.12.20	8.41am	3.37 pm	6 hours 56 minutes
31.12.21	8.07am	4.41pm	8 hours 34 minutes
28.12.21	7.04 am	5.43 pm	10 hours 39 minutes

A note of thanks from NBCCC

North Berwick Coastal (NBC) Community Connections would like to wish you all a Happy New Year.

We would like to thank those who participated in November to give us feedback and ideas for this newsletter.

We were delighted that out of fifteen evaluations, all enjoyed reading it. Thirteen enjoyed the content with

two stating it 'could be better,' one specifying it needed more 'oomph'!

The majority felt the newsletter helped connect them to the project. Thank you for telling us what you like to read about (interests found on page 8).

Please keep sharing your contributions.

In this edition we embrace

Scottish tradition as well as thinking about setting our intentions and hopes for the New Year ahead. You are all part of Community Connections and the project is here for you all.

In 2021 we hope that the project can bring joy, friendships and fulfilment to your weekly routines.

Best wishes,

Emma Papakyriakou

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Scotland, Burns and Me

Here's the season to rediscover the glories of Scotland and our culture, wherever we're from.

Newfoundland-born of Scottish parents, I was dragged here at 11 on their reverse-immigration. I stayed cross about that over teenage years. At university I had a revelation and ended up with a degree in Oral and Traditional Culture of Scotland, meaning folklore, festivals and stories. Friends I made then inspired me to embrace Scotland's historic, musical and cultural traditions – even to have a go at Gaelic, for a while (ok, I've forgotten most of it now). One close pal is

now Principal of the Gaelic College on Skye - having learnt from scratch! She's also fluent in North-East Doric. I love that.

I found a freelance sideline as Scottish cultural guest speaker, tour guide, storyteller and oral historian, alongside (and occasionally crossing over into) my community development career. I loathe lazy stereotypes but love Burns, the music of Karine Polwart and the fusions now to be found on the radio.

Schoolmates sometimes said, "You're no' Scottish", owing to my North American accent or birthplace. But I think you are what you feel you are. Any-

one who wants to be part of Scotland can be. So why not share, explore and celebrate the richness of these traditions?

This month, let's track down those old songs (anyone else still got some cassettes lurking?), the poetry, the history books, BBC Scotland's great programmes, Scots words we might remember from childhood (though scarcer in North Berwick than in my 1970s Aberdeenshire) – share if you can, and find out what it means to you and others. It's a braw topic for a collieshangie over a coffee – no?

Carol Stobie

Finding my Gaelic voice



Halo charaidean de NBCCC
(Hello friends of NBCCC)

At one of my traditional music nights one of the singers sang this song in Gaelic...

Cailinn Mo Ruinsa
The Maid I Adore

Hearing him sing made me realise what a beautiful language Gaelic is and I looked into what possibilities were available to learn. I found a Gaelic

conversation group run by the ELU3A (East Lothian Life Long Learning) and went along a complete learner. They mentioned a language learning app called Duolingo of which Gaelic is one of the many languages on offer to learn completely free.

Then COVID happened and conversation stopped so, 305 days later I'm still doing Duolingo. One of the benefits of being a

Befriender is the person I support also speaks Gaelic so although conversation is a bit limited our aim is maybe to try and set up a Gaelic speaking group in North Berwick in the near future, if anyone would like to come along.

Tioraidh an drasta
(Bye for now)

Kind regards
Eddie McFadzean

(Contact Carol if you're interested!)

Euan and the Jacobites

The reason I like learning about Gaelic and the Jacobite era of 18c Scotland is because I did some genealogy and I discovered that some of my ancestors were Jacobites.

The reason I dress up is because I like to feel the way they would have when they went about their business and everything to do with the culture.

I just thought they would have had a lot of bad deals during that era because of Bonnie Prince Charlie. I was more a fan of Lord George Murray but never mind!



Poem

Stood upon this bloody grund
 Are tunics red and tartan clad
 Do bladed steel and musket round
 With cries of angry battle mad
 Then from one end in massing swell
 And heavy heart will charge
 Within their grasp the broadest sword
 And mighty studded targe
 Passing fathers brothers sons
 On bended knee descend
 We hasten victory or defeat
 Upon our land's defend.

Euan MacMichael

Joy found in BBC Alba

In this miserable time of Covid restrictions I can only watch a certain amount of news on TV. You feel like Fraser in 'Dad's Army', "We're doomed."

Over the past few months, I have tended to watch Gaelic channels on BBC Alba.

I live in Marine Parade and in the summer months the place becomes like Piccadilly Circus. Traffic jams would make it impossible to access my drive way, and I was liable to be trapped, unable to drive out because cars blocked my entrance. As my daughter is disabled, life was stressful.

I loved watching a programme about Canna, a beautiful island that belongs to the National Trust. There are about ten households there who help and support each other. It showed the islanders from Eigg, Muck and Rhum coming by ferry and

meeting up on Canna for a sports day.

There have been programmes about the Highland Clearances, lighthouses, shipwrecks, cutting peat and stories about people's lives.

'Fuine' is about baking, where a cook from Lewis visits various croft kitchens. Another short programme is where a lady artist from Islay travels to paint a portrait of someone, conversing with them while she draws.

I enjoyed the dramatisation of Finlay McDonald's 'Crowdie and Cream,' about his boyhood in Harris and I went on to read the book.

My daughter likes to sing 'Dancing' by Kylie. There were recollections about the efforts taken by people to go to the 'dance' – whether walking vast distances, cycling, riding on horseback or going by boat. I do not speak a word of Gael-

ic, but you can always watch a programme, 'Speaking our Language'.

I have never watched a soap but have become absorbed by the Gaelic soap, Bannan, which has subtitles and beautiful scenery.

They say every cloud has a silver lining. Covid is like a never-ending tunnel but Covid has brought me a befriender and hopes of moving on to a future involved with Community Connections.

Sally Adie





My love of dogs

were so clever they picked up what they were meant to do in a short space of time. No doubt many of you will have seen One Man and His Dog at some point on the telly so you will understand just how clever these dogs are.

Long story short I had Tara until she was 15 years old and Cassie (we called her the wee dog) until she was fifteen and a half. They grew up alongside my children and we had many happy times.

Then it was time for a break from dogs...until we moved to Houston Texas in the good old US of A.

My husband got offered a three-year assignment by his company in Houston and we jumped at the chance. We were both in our fifties, 4 grown up children between us and ready to escape and see some of the world.

Michael would work from 7.30 in the morning until 5:00 at night and it was very lonely for me. Those of you who know me know that I like to talk so you can imagine what he had to suffer when he walked in the door at night.

One day when browsing in the local bookstore I saw a dog rescue group wrapping up Christmas presents to raise some funds. It goes without saying that I gave a donation and also asked if they were looking for another volunteer. THEY SAID YES.

And so, began my full-time volunteer work with a group Called Corridor Rescue Corridor Rescue is named after a 14 square mile area of Northeast Houston dubbed "The Corridor of

Hi everyone. My name is Linda Digney and I have been living in North Berwick for just over three and a half years with my husband Michael. We are both in our sixties and very happy to have retired here.

My love of dogs started a long time ago.

When I was in my twenties, after moving out of my parents' house I finally got my first dog Judy, a black lab cross. She was the gentlest of dogs and lived to the ripe old age of 15.

After that was my beautiful Tara who I got from a cold and windy barn at only eight weeks old, my first border collie and to this day my very favourite of all the dog breeds. When Tara was 3 years old, we decided that we would breed her with the collie at a neighbouring farm – the agreement was that the farmer would

get first pick of the litter and I was happy with that.

Tara had 7 puppies and I was there throughout the night with her whilst she gave birth, helping and encouraging her all the way. Probably without my help two of the pups would have been lost as I had to break the sacs and blow on their little tiny faces to start them breathing. I will truly never forget that experience and yes, I kept one of them after the farmer had chosen the one he wanted.

We called the pup Cassie and boy oh boy was she a hooligan. Ripped up the carpets, chewed the furniture, books, shoes... you name it she did it. Didn't settle down until she was three years old!

I trained both Tara and Cassie to the whistle in the farmers' field next to my house and they

My love of dogs, continued...

Cruelty.” The sheer number of dogs abandoned, dumped and allowed to roam the streets in this area is mind boggling. But sadly, the Corridor area is known for animal cruelty. The animals are unwanted, seen as a nuisance, and in some cases wrongly thought of as aggressive. People hit them, throw things at them, shoot them, fight them, and even deliberately run them over.

I loved working with the dedicated people in this group who gave up masses of their time to help save these abandoned dogs. I helped at fundraisers, adoption events and visited rescued dogs at the kennels and the vets just so they could have some human contact.

I have sat on many a vet’s floor with a rescued dog so scared that they wouldn’t even make eye contact. Heart-breaking...BUT...there were also good times, and happy times as well especially when one of our rescued dogs got adopted.

This was also the time when Michael and I decided we would foster rescued and abandoned dogs by helping them with house training and socialisation before they were adopted and moved on to their forever homes.

In the space of three years we fostered three dogs. Hamish was the first, a little Scotty and absolutely adorable. He was a mummy’s boy, my boy. We only had him for 7 weeks before he was snapped up.

Then there was Archie, an eight-week-old pup found in an abandoned warehouse, eating stones to fill his tummy. He had the cutest lopsided ears. We only had him for 2 weeks.

Then there was Natalie who we had for 10 months before she got adopted. She had lots of issues, too many to go into here, which was why it took so long to get her rehomed. I was heartbroken when she got adopted as she was my baby, but her adoption happened at a great time as we were on the move again to Equatorial Guinea (EG), Bioko Island, just off the west coast of Africa.

Dog rescue in EG wasn’t possible as the dogs were wild jungle dogs and not to be messed with. So for three years I did voluntary work with children and the local girls’ school and the local hospital. This is where I also learned to quilt – but that’s perhaps a story for another time.

Now we foster for Dogs Trust in West Calder and love it. You will know them by their slogan – *A Dog is for Life Not just For Christmas*.

We have fostered 13 dogs in our time with Dogs Trust:

***Indiana** who was 12

***Jones** who was 11

***Sukie** only 7 months old, sadly with many issues.

*4 puppies, at 3 weeks old. Michael and I worked a shift system for the 5 weeks. We called them **number one, number two, number three and number 4**.

*A beautiful eight-year-old staffie called **Millie** who loved Michael, followed him everywhere

*11-year-old **Mitzie** whose owner had just died, she was snapped up within days.

***Rollo**, a beautiful chocolate Labrador. 10 years old and picked up by the police wandering the streets in Edinburgh.

***Ben** aged 13 and **Max** aged 11 two gentle dogs who just needed a comfy bed and someone to love them.

*Finally, No. **13, Missy** (pic below), handed in at 11 years old and who went into lockdown with us. Scared of her own shadow and with many issues as she had been abused, and because of this we decided that we couldn’t give her back so we adopted her and she is now in a loving home now for the rest of her life.

I hope you have enjoyed my doggie journey.



I was born in 1939 and grew up in York in the 1940s and 50s in a carless, cycling family, so I always took it for granted that cycling was the obvious way to get about. Mini explorations have always been a joy of mine.

More recently, I have enjoyed years of cycling around the byways of East Lothian, and in North Berwick. Most of the traffic consists of cars going slowly round and round looking for somewhere to park, so

a bicycle is a great asset. However, age takes its toll on energy levels and I was doing less and less of this. Then the e-bike was being developed.

It manages to legally not need road tax and 3rd party insurance comes in the house insurance. The power assistance irons out the hills beautifully and the battery gives me all the range I need for my sort of day out. Anyway, I can always do the last wee bit under pedal power if necessary. I have renewed and enlarged my acquaint-

ance with the network of lightly used roads serving the hills and hollows of the area and, being East Lothian, the network of country cafes as well. Before this year, I took it (free) on the railway to all the stations between here and Edinburgh

I have had a really good time. I have covered about 1,500 miles, have visited many good places and their cafes, and have lost about one and a half stone. It can't be bad.

Bill Waugh

'A Little Help From My Friends'

The Beatles knew what they were on about when they wrote the song, 'With A Little Help From My Friends'. How else would any of us get by without this stretching out of hands to friends, family, neighbours and nations?

Thought I'd share this quote, which I came across on a calendar a friend gave us last year!

Quite appropriate during these difficult times.

*If love is the greatest force in the world,
And prayer is the mightiest force in the world,
Then, when we pray in love, we are working
With a power that can move the world.*

Betty Hawthorne

Entertainment

Now that we are all so constrained and not meeting many people face to face, we appreciate and value interacting with others. But if we really can't get out and some of us can't get on with modern technology, try something simple.

Turn on the telly. There is often a really good old film with someone we know and love acting. Remember when you last saw him or

her at the cinema? Were you with some nice kind friend? Over the weekend I inadvertently tuned in to see 'The Man Who Would be King' with Michael Caine and Sean Connery. Wow! What a film! Michael Caine is more of a local boy to me but how lucky most people in East Lothian are to have had Sean Connery as their local boy! In this superb adventure story, Sean is in his element and with so much more flair than when he was James Bond. Such poise and charm, and red really

suits him. There are more films coming up to mark his recent death and they are well worth looking out for. And if you like a film, phone a friend and share it with them.

Happy watching and listening!

Margaret McSorley

'Creative movement' can seem like a daunting term for many people. Lots of us enjoy creativity in various forms – painting, poetry, photography, to name a few. As for movement – everybody does it to some extent, whether it's very active sport or dance, right down to the most fundamental movement of all – breathing. But put the two terms together, creative and movement, and barriers immediately go up.

Preconceptions of something airy fairy, alien, and simply 'just not British' get in the way. The reality is that, if you're doing it at home, you set your own terms. You know your range of movement, your frame of mind, your preferred music, time and place. The only golden rule is to be safe. It can be seated or standing or a bit of both, and with or without simple props – a scarf, hat, etc. – with others or on your own.

There is an extensive body of research demonstrating the positive features of creative movement. It can benefit cognition, physical and emotional wellbeing and spirituality. It taps into a primal connection with rhythm and something about being human makes us connect with music. Think of your favourite tune. Can you stop yourself moving to it, even tiny internal movements? Can you attach memories to it?

In a typical creative movement session, I lay down some foundation ideas and invite participants to improvise within safe parameters. Warm up and cool down are essential features. What happens in the middle depends as much on the participants as on guidance from me. It has to be creative for everyone, not just for me. Try it – just be safe. If you are interested in *Sue Oliver's classes contact her on email@sueoliver.plus.com*



Ageing Well have a wide range of activities available including walking groups, Pilates, Yoga, Zumba, Singing and Tau Chi for anyone over 50.

For further information contact Parvine Jazayeri, Ageing Well Coordinator on pjazayeri@eastlothian.gov.uk or 07718 117585.



Zumba Gold Classes - Zumba Gold is a low-impact Latin inspired Dance class. Suitable for all levels of fitness, you take it at your own pace. The classes are fun and friendly and open to all. For more information visit the webpage [here](#) – (search Ruth Hunter Pepper Zumba)

The Warblers

The Warblers is a singing group for people with chronic lung conditions. Come and make new friends and have fun singing in a way that can lead to improvements in your breathing and emotional wellbeing. For more information see <https://www.warblers.org.uk/>

Yoga4Health

Are you interested in discovering the benefits of Yoga? I'm offering **TASTER SESSIONS** on **WEDNESDAY 13th JANUARY** at 7-8.30pm and **FRIDAY 15th JANUARY** at 10-11.30 am. You will have the opportunity to find out

about the 10-week programme I will soon be offering online, with real life courses in North Berwick to follow as soon as Covid allows. To book a taster or ask a question contact Helen Menzies, Yoga4HealthwithHelen@gmail.com or call 07769602845

Created by the Yoga in Healthcare Alliance, the course is designed for people who are at risk of developing particular chronic conditions such as Type 2 Diabetes or developing heart problems. It is also suitable for those who want to lose weight, or are living with mild/moderate stress, anxiety or depression, and those who are socially isolated. There is no need to have done any yoga before, so if these criteria apply this could be for you. The yoga practices are gentle and focus on developing strength and flexibility. Using a chair or a mat we will explore postures, breath and relaxation according to weekly themes, and there will be opportunities for sharing if you wish to. You will have access to a manual, a library of online videos and my support in order to help you develop your own personal home practice.

Mental Health Swims North Berwick



Mental Health Swims

A safe space to try the benefits of cold sea dipping, finding connection and getting outdoors. We meet regularly as a small group and everyone is welcome.

For more info, please contact Sarah at

mentalhealthswimsnb@gmail.com

7 ingredients for a Burns Supper

Whisky... to drink it

Haggis... to eat it

Address to the Haggis... have somebody recite this special poem (with practice!)

Speeches... "Toast to the Lassies" in praise of women; "Reply/Toast to the Laddies"; "The Immortal Memory", recalling Burns' achievements..

Poems... read or perform some of Burns' poetry

Songs... sing some of Burns' songs, solo or together

Celebration... have a great time! Relax, eat, drink, sing, maybe dance too.. and maybe finish with "Auld Lang Syne.."

Carol Stobie, 'Scotland the Culture'

Scots Literacy

Lydia Markham | Lifelong Learning Development Officer

(Adult Learning) City of Edinburgh

Favourite Wurds?

Whit are sum of yer favourite Scots wurds that yer grannie/mammy used to use? If you can, have a go at writing them here:

Here are some of ours:

bonnie, guid, braw, couthie, sonsie

From the list, write how you would use these words?



Coronavirus in Scots

English

Please wear a mask

Please social distance

Self-isolate

Be kind to each other

Follow the advice

Scots

Dinnae mak us ask, wear a mask

Gonnae no come sae close

Bide at hame, oan yer ane

Be guid tae ane anither

Dae as yer telt

Find the Scots Wurds

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

CROON

DINNAE

MOU

OXTER

SNECKIT

CUDDIE

DRAP

NEB

SARK

TUMMELT

DIN

HADDIE

OWER

SEMMIT

Stovies

Ingredients:

- 1 tablespoon lard
- 2 medium onions—roughly chopped
- 4 Tbsp dark beer (optional)
- 4oz roast beef (cold and diced)
- 1 1/2 pounds potatoes (peeled and quartered)
- Salt and pepper to taste
- 1 1/4 cups beef stock (or left over gravy)
- Vegetables (leftovers from day before)

*Preheat oven at 190c

*Add lard to the casserole dish and melt

*Add onions, cook until browned

*If adding stout, add and turn up the heat to burn alcohol off

*Add meat and stir well

*Add potatoes, layer and season

*Pour over stock/gravy

*Cover with a lid cook in oven for 45-50 minutes

*10 min before the end add the left over vegetables.

Mincemeat Streusel

Streusel originates from Germany and is a topping for cakes, breads. Not to be mistaken for Strudel, which of course is a pastry. This is a big seller at Gullane Golf Club and is affectionally known as "Fly Cemetery" by the staff there.

Ingredients:

- A 9x13 inch baking tray (or 23x33cm in new money).
- 2 400g jars mincemeat (or make your own if you know how)

For the shortbread

- 225g plain flour
- 175g butter (soft)
- 75g caster sugar

For the streusel

- 75g butter (soft)
- 75g self-raising flour
- 40g semolina
- 40g caster sugar
- **if you haven't got semolina, use 100g flour instead of 75

Make the streusel first as it needs to chill. Simply combine the ingredients well, should look like a cookie dough, then wrap in cling film and stick in the freezer.

Make the shortbread. Combine the ingredients well, tip out onto the tray and using the back of a spoon, spread over the tray. Use your knuckles to press firmly and bake at 150 for 25/30 mins. Take out and allow to cool.

North Berwick Coastal Community Connections

Please get in touch with Carol if you would like to build more conversations and connections into your weekly routine. Over January we will continue to offer:

- Befriending calls
- Coffee Connection dates
- Buddy Walks
- Monthly Newsletter

We would love you to get involved in contributing to this newsletter to help build a better connected community. Areas of interest include: life stories/memories, recipes, local history, poetry, photography, craft activities, gardening, book, tv and radio programme recommendations/reviews, keeping active/movement, music, life stories.

For more information please contact:

Carol Stobie, Project Officer

Phone: 07940 203380

Email: nbc-communityconnections@outlook.com



North Berwick Coastal Community Connections has been funded by the North Berwick Coastal Area Partnership, Community Fund and North Berwick Trust.

Compassionate Communities

Although our Compassionate Community team's event planning were put on hold during lockdown, we have not been thwarted, working behind the scenes to find alternative and creative ways of working.

North Berwick Compassionate Community will be hosting online 'Armchair Chats,' as a lead up to a whole town 'moving approach' to Fringe By the Sea, in August 2021, incorporating public protection and fun! The online chats will be on a series of relevant topics, linked to the Compassionate Community initiative of providing emotional support and opening 'big conversations' around death, dying and grief, from February to June 2021.

The events will be available to be booked via Eventbrite and will be shown on Zoom. Our first event in February links to a partnership we have been building with St Columbas's Hospice, to pilot a 'Compassionate Neighbours' initiative in our town. The Truacanta project awarded our town Compassionate Community status last year and they will open the event, which will also include poetry and music. Something to look forward too and further details to follow in the February newsletter...
Lorna Sinclair

Blow Away the Cobwebs!

- **Group Walk for Community Connections Members**
- **Wednesday January 13th**
- **10am**
- **Meet at Anchor on Elcho Green**

Promised yourself to get out more and rebuild your walking physical confidence? Need some moral support and company to get you doing it? This small group walk is tailored to your needs, and we have six spaces available for a gentle walk of up to 45 minutes. Good conversation, good fun and uplifted spirits by the end of it!

Leader: Claire Mackenzie of Venturing Out, with support from Carol Stobie and NBCCC volunteers trained in walk leadership with Paths for All. Please contact Carol to book a space and let us know your needs. Email nbc-communityconnections@outlook.com or Tel 07940 203380 (from 6th January).