



To our members and volunteers having a birthday this month, we wish you a very

**HAPPY
BIRTHDAY!**

The October birth flower is the marigold which represents positive emotions and energy.

Community Connections

North Berwick Coastal

October 2021



'Changing colours' by Ruth Fraser

Goodbye Summer, Hello Autumn

Autumn marks the transition season between summer and winter. The days are getting shorter, the sun isn't as warming anymore. A colder wind starts blowing while the trees change from fresh green to warm browns, rich oranges, and deep reds. Some of us watch this transition with a crying eye while others look forward to the autumnal months. I have to admit up until now I would place myself firmly in the first group. I love the summer and find it hard when it starts to get colder and darker. However, this year I have set myself the challenge to embrace Autumn and all its wonders. Here are some of the best bits that the autumnal season has to offer to help me on my way:

- 1.) **Immerse in nature** - October is a picturesque month. Time to enjoy the array of vibrant colours on display while taking a walk in the crisp autumn breeze. Leaves float delicately towards the ground, creating a fiery carpet underfoot. Rain becomes more frequent, inviting for a stroll in the soft drizzle or a jump into a freshly made puddle! And if the rain doesn't want to stop, time can be spent inside, reading, writing, or painting while enjoying the sounds of the rain against your window.
- 2.) **Delicious food** - it's time to enjoy all things pumpkin-spiced while sitting next to a crackling log fire. During the harvest season, many crops such as apples and pears are available in abundance. Pumpkin patches are opening up to get your own, for cooking or carving.
- 3.) **Snuggle up in warm clothes** - let's get out our favourite chunky knitted jumpers and warm scarves and snuggle up with a hot chocolate
- 3.) **Get into the Hallowe'en spirit** - things will get spooky at the end of the month! Enjoy creative pumpkin carving and visiting spooky places to get into the Hallowe'en spirit.

And if all that doesn't do the trick, we've got the Great British Bake Off and Strictly Come Dancing back on our telly boxes to brighten up the dark evenings! - Ruth Fraser



A Rough Guide to Hallowe'en

I'm delving back into my folklore studies.

Hallowe'en, or Hallowmas, is celebrated on the eve of the old Celtic new year (Samhain). It is associated with storing and giving thanks for the harvest, bringing animals inside for winter, acknowledging the death of plants and nature going underground, and hoping for more in the year to come. It has roots in the Roman festivities of Feralia (honouring the dead) and Pomona (goddess of fruits and trees).



Much later, there were ceremonies in these islands led by Druids... possibly involving human sacrifice...

Traditionally, we believed the layer between living and dead worlds was thinnest then, which made us vulnerable to encounters with the souls of the dead, seeking to intermingle with the living. We made bonfires, dressed up, and paraded round to frighten away evil spirits – some baked and gave out Soul Cakes representing the souls of the departed. The early Christian church skilfully adapted existing pagan celebrations to Christian versions, honouring the departed

believers and the faithful by establishing their festivals of All Saints on 1 Nov and All Souls on 2 Nov. But Christian and pagan ceremonial mingled and overlapped for centuries here, as with other festivals.

It's a time for reflection on death, remembering departed souls. The world of our ancestors could have effects (adverse or otherwise) on our world - so it was wise to keep on good terms, placate the dead with food, not to speak to or interfere with them, allow them to pass through their accustomed ways and places. Doors should be opened, rooms unswept - but cover all water vessels lest souls drown in these.

This was the threshold between old and new year, the time of conflict between the forces of chaos, darkness, and disorder and those of order, light, and reason.

Our world might even be plunged into chaos - the old rituals of Mischief night (the origins of Trick or Treating, with minor vandalism, rattling the door and running away, tricks and traps) are a symbolic re-enactment of this return to chaos. Scottish 'Guisers', in their homemade costumes and disguised voices, avoided being taken by spirits - the origin of dressing up on this night. We used to carve neeps (turnip) lanterns instead of the

North American variant, pumpkin (admittedly easier to carve...).



They were to guide the good ancestral souls home for a visit! We'd bob for apples or try to take a bite out of suspended treacle-covered scones (no hands in either case). To predict your future or who you might marry, there were many divination rituals, such as each putting a nut into the fire to see if a union will be harmonious (if they hissed and crackled, it wouldn't last!); pulling up a kale stalk (from the irritated farmer's field) to determine the form of a future husband or finding charms in a cream crowdie.

For some of us, it could be a time of quiet reflection, of honouring those gone before or just celebrating the good and abundant things we still have in our lives, even after the losses of the past year or two. Whatever it means to you, let's take time to honour the season and make it our own.

- Carol Stobie
(Project Officer)



Befriending Update - Lisa Brownlie

This month I had the pleasure of attending the Paths for All training, which allows me to become a walk leader and to safely take part in Buddy Walks. A few of our volunteers have already done this training and will agree it is a great course, informative, fun, and interesting. I now have a greater understanding of our volunteers in this role and the huge benefits walking has, both physically and mentally.



We continue to receive new referrals and more matches have been made. All our volunteers continue to do great work and we are extremely grateful for their commitment and support, we really couldn't do what we do without them.

Autumn is on the horizon now and it is my favourite season. I love the feeling of the weather getting slightly cooler, going for long walks, and enjoying the ever-changing scenery as trees begin to change and drop their leaves. I love conker hunting with my kids wondering who will find the biggest and shiniest one!

I hope you all enjoy the changes too.

Traditional Soul Cake Recipe

Ingredients

- 500g flour
- 1 level tsp baking powder
- 175g butter
- 3 eggs
- 300 ml milk
- 1/3 tsp each of ground cinnamon, cloves and nutmeg
- 175 sugar
- Currants
- Cup-cake cases



A **soul cake**, or a **soulmass-cake**, is a small round cake / biscuit which used to be traditionally made for Hallowe'en and All Souls' Day in the UK, to honour the dead. They were distributed to 'soulers', who went from door to door offering to say prayers for the souls of the givers or their departed relatives. This still happens in some parts of England and Catholic countries. Trick or Treating may have roots in this custom.

Method

Cream butter and sugar until fluffy. Beat in the eggs, one at a time, keeping the mixture as fluffy as possible. Sieve in the flour, baking powder and spices. Carefully fold in the milk and mix but don't beat, to allow the mixture to stay as airy as possible. Fill mixture into the cupcake cases and mark out a cross on the top of each cake with a few currants. Bake at 200 C for about 15 minutes or until golden.

From 'All Year Round, a calendar of celebrations', by Ann Druitt, Christine Fynes-Clinton, Marije Rowling

Aberlady's Scone Café



The Aberlady Community Connections group launched our own local Scone Café on 14th September, thanks to the fantastic support of the Old Aberlady Inn, who generously provided complimentary tea, coffee, and scones to our guests. The morning was a huge success, with five wonderful volunteers in attendance to make folk feel welcome. We enjoyed the company of six guests, who all seemed to have a good time and chatted away with us and each other. Our local minister also joined us, having mentioned the gathering to the church congregation the previous Sunday.

The Old Aberlady Inn did an amazing job of creating a cosy, welcome atmosphere, providing tea, the very best coffee, and delicious home-baked (and still warm!) scones, jam, and cream - even encouraging us to take away the leftover scones and

providing carry-out boxes for us to do so! And all at no charge whatsoever - we are so grateful to them.

We are already looking forward to our next Scone Café, taking place this time at Duck's (our other village inn) on the afternoon of **Thursday 30th September, from 2 to 3.30 pm.**

Once again, Duck's are generously sponsoring the

Scone Café event, providing complimentary scones and refreshments.

If anyone knows of anyone in Aberlady who might benefit from coming along, please contact **Kathy Allan** at kathyaberlady@btinternet.com

Going forward, we envisage holding the Scone Café twice a month, alternating between the Old Aberlady Inn on the second Tuesday morning of the month (10 - 11.30 am) and Duck's on the fourth Thursday afternoon of the month (2 - 3.30 pm). We will keep you posted on our progress, but already this feels like a great way to connect members of our village community, so please feel free to spread the word!



The North Berwick Sunflower Challenge 2021

Our member Margaret took on the North Berwick Sunflower Challenge and just look at the results! Margaret planted the sunflower seeds, which were given out with NBCCC newsletter back in June, and since then her sunflower has grown to quite a height, looks beautiful in her garden, and has attracted lots of lovely bees.



Look out for the Witches of East Lothian!



After the success of last year's event, the Wicked Witches of East Lothian will be returning to North Berwick's West Beach on the **30th of October** for another Spooktacular scene! Look out your costumes and come join us for a play on the beach, a dip or paddle in the sea or follow the fun on Facebook.



Our aim is to make our community smile while raising funds for local causes and raising awareness of important issues affecting families within our community. Money raised will go towards Flora's Fund Campaign and Law Primary PTA.

- Emma Papakyriakou and Ruth Fraser

(photos by Derek Selmes)

Photo Gallery



A Visit to Northumbria - photos by Robina Brown

Scottish Seabird Centre Events

Lots going on at the Scottish Seabird Centre this Autumn. Join in with a **wildlife walk** along our coast to find out more about the variety of seabirds, shorebirds, and cetaceans that can be spotted around Scotland during the autumn months.

Learn how you can get involved in collecting data to safeguard wildlife and marine habitats. Everyone is welcome to ask questions, share their knowledge and experiences, or simply unwind and enjoy the wildlife. Dates are **14 October** for the sunset walk and **22 October** for the sunrise walk. Lots more information on the website: www.seabird.org/events/wildlife-walk

The next **Meet the Scientist** online talk will be a suitably creepy, slithery-themed Hallowe'en special, 'Seabirds living in a wormy world' on **26 October**. Dr. Sarah Burthe, (Animal Population Ecologist, CEH) will share her knowledge of nematode worms and how they play their part in the survival of seabirds on the Isle of May. This is an online Zoom event. Tickets are free and available to book online at www.seabird.org/events

Join Scottish Seabird Centre's Conservation officer, for a group **beach clean** on Saturday **9 October**, to remove marine debris from the North Berwick coastline, whilst enjoying some amazing marine wildlife with like-minded people. Sign up via the Scottish Seabird Centre website. Further events coming up over the October school holiday include the return of the ever-popular science shows with Professor Egghead. Keep an eye on the website and social channels to find out more.



What's On

AGM NOTICE:

Community Connections are holding our Annual General Meeting on **Wednesday 29th September** at 10 - 11am on Zoom and you are warmly invited to attend.

Please email Carol at nbc-communityconnections@outlook.com if you'd like us to send you the link. You can read our latest [Annual Report here](#), before the meeting, or request it by post by leaving a voicemail or writing to Carol by 27th September.

Monthly Music Nights are Back in North Berwick!

Would you like to hear some live music again? Perhaps even join in - but no pressure! Community Connections are collaborating with our friends at the much-missed monthly **Music Night**, hosted by the wonderful piper and NBCCC volunteer Eddie McFadzean. Eddie is restarting these friendly, welcoming and laidback music sessions, this time at the NB Rugby Club, which has a very spacious bar/cafe area, and even parking! The plan is for the second Thursday of each month. The music is often Scottish traditional, but often you'll hear something on the country, jazz or even pop side - and you're really welcome to sing or dust down that instrument you've not played for a while. Or just listen! We love it.



The first session is on **Thursday 14th October, 8-9.30pm** at North Berwick Rugby Club, Recreation Park, Dunbar Rd, North Berwick EH39 4DG.

Please contact organiser Eddie McFadzean eddiemcf1953@hotmail.com with any questions or offers of musical contributions, or contact Carol if you'd like to be chummed in by one of our volunteers who can meet you there. We're looking forward to seeing you!

We want to feel fitter

walk!

Whatever it is that you really want to do - get fitter, meet new people or just feel better today - walking is the easy way to a happier, healthier you! Stop wanting, start walking with us. Our free Health Walks are short, low-level walks with a friendly, trained leader to show you the way.

Join us!

Haddington Walk
 Location: Outside The Aubigny
 Day: Monday
 Time: 10am

Get in touch to book & for more info
 Call: 07718 117585
 Email: ageingwell@eastlothian.gov.uk
 Everyone's welcome!

paths for all
 FOR A HAPPIER, HEALTHIER SCOTLAND

healthier scotland
 Scotland's national health service

Paths for All Partnership is a registered charity of NHS Forth Valley, SC200400.

Introducing
 British Gymnastics Foundation
Love to Move

Love to Move is a chair-based age, Dementia and Parkinson's friendly exercise programme especially designed to improve movement, motor function, memory stimulation, coordination, flexibility and balance.

Mondays 11am-12pm
Musselburgh Sports Centre

£3 per class, carers free

Suitable for anyone who would enjoy a seated exercise programme.

To book a space, call
0131 653 5208

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October Wildlife Watch by Ruth Fraser

Autumn is now in full swing, and with it comes a host of incredible wildlife spectacles, from the arrival of winter migratory birds to leaves changing colours, and the deer rutting and conker seasons. Lots to keep a lookout for when out and about during October.

Pink-footed geese



Geese arriving to their winter ground

October may be the time of year that a lot of our bird species, such as house martins, swallows, and swifts, are heading off to warmer climates, but there are plenty of birds returning to the UK. For example, in the Autumn up to 30,000 pink-footed geese migrate to East Lothian. These marvellous birds breed mainly in Iceland and spend the winter with us, roosting out on the shoreline and commuting inland each day to feed.

Autumn leaves



Changing colours

Autumn in the UK really is a feast for the eyes. Trees put on a show of stunning gold, reds, and oranges. The reason behind the change in colour is the lack of sunlight and drop in temperate which causes trees to stop producing chlorophyll. Chlorophyll is the pigment inside leaves that makes them green, so when this disappears, stunning yellow and red colours emerge.

Wildlife Anagrams

H O D N I C F G L

Y R B E B C R A K L

W A N O R

P E Y O S R

L A M S N O

(answers on page 11)

Get snapping: please send any photos of October wildlife you capture, for us to share in the November edition.



Robina Brown captured this beautiful photo of a red admiral butterfly.

Bass Rock Community Group's Window Wanderland

The Bass Rock Community Group is bringing a new exciting event, **Winter Wonderland**, to North Berwick, between **3rd and 10th October**. It's been a hard 18 months for everyone and here is an opportunity for our community to join in and have some fun before the winter sets in.

Window Wanderland is a fun, free, easy individual and family-friendly event where a community creates illuminated displays in windows. People can use the street-facing windows of their home, business, school, nursery, car, shop, or even their front door, or shed window. A map showing the locations of the lit-up window displays is then created to form an after-sunset walking trail, transforming local streets into art galleries.

All people have to do is:

- register their postcode on the Window Wanderland website to get tagged onto the online map and receive an emailed Welcome Pack
- create their own window design
- put it onto a window
- between 3rd and 10th October leave a light on to illuminate it between 6pm and 9pm
- use the map to get out and enjoy lovely evening walks to see the different designs

What people design is entirely up to them as long as it's family-friendly! To find out more about what other communities have done, to give participants ideas and to learn more about how everyone can join in, please go to **www.windowwanderland.com**

We are contacting our schools and as many groups in the town as we can. We will be putting up posters and delivering leaflets. We hope that people will also promote this event amongst friends and neighbours so we can get as many people participating as possible.

We would particularly ask that you mention Wallace Financial Planning Limited in North Berwick who have kindly sponsored the event.






North Berwick WINDOW WANDERLAND

3rd - 10th
October
2021

Easy, Free, family-friendly event for all ages & abilities, YOU create displays in your windows, at home, business, school, shop or Even your or shed window or front door

A map showing the locations of the lit-up window displays can be found on our website, this will Show an after-sunset trail, transforming our local streets into galleries.

For inspiration, how to vidoes, pictures and much more check out  North Berwick Window Wanderand



Sign up today & receive your free emailed welcome pack www.windowwanderland.com



Kindly sponsored by



Community Links Worker for North Berwick and Gullane



Tara Broadfoot, Community Link Worker from **We Are With You**, is based in both the North Berwick and Gullane Medical Practices. Gullane every Wednesday and North Berwick every Thursday and Friday.

I can offer you a safe space to talk about issues that are stopping you living well and time to explore what changes and support you might need to help improve your health and well-being. All at your local surgery.

If you would like to be referred ask your GP, practice nurse or receptionist. They will explain how you make an appointment.



Wildlife Anagram Answers:

Goldfinch Blackberry Rowan Osprey Salmon

North Berwick Coastal Community Connections - *our current services*

Community Connections can meet you for coffee, chum you along on a walk and help you make the most of your days - in a Covid-safe but very companionable way!

Time to venture back to the cafe and reconnect with others, or make new friends? Say the word and we can help. Just contact Carol or Lisa if you'd like some more company, conversations and connections in your life. Please note that we have had to close our waiting list for Befriending and Buddy Walks at the moment, but hope it will be possible to reopen this soon - bear with us.



For weekly befriender phone calls and/or meet-ups: contact **Lisa Brownlie**, Befriending Coordinator, on Tuesday or Wednesday mornings. Telephone 07862 694842. Email: befrienders@nbc-communityconnections.org



For the following services: contact **Carol Stobie**, Project Officer. Telephone 07940 203380. Email: nbc-communityconnections@outlook.co.uk

- **Buddy walks** (weekly or one-off)
- **Monthly newsletter subscriptions**
- **Coffee Connections:** let us introduce you to new and veteran members at the Seabird Centre or other cafes
- **Volunteer applications**

To send any contributions to our newsletter, email newsletter@nbc-communityconnections.org or contact Carol to

North Berwick Coastal Community Connections has been funded by the North Berwick Coastal Area Partnership, National Lottery Community Fund, North Berwick Trust & East Lothian Council.



November newsletter content request...

We welcome a range of content so please share your stories, your own photos, hobbies, news, as well as any events taking place across North Berwick and the Coastal Villages. Please email Ruth at newsletter@nbc-communityconnections.org by the 19th of October. Thank you.

'How beautiful the leaves grow old. How full of light and colour are their last days.'
- John Burroughs