

Community Connections

North Berwick Coastal

April 2022



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

HAPPY BIRTHDAY!

One of the April birth flowers is the daisy. It represents beauty, innocence, love or purity, and can also mean, "I'll never tell."



'Ukraine flag flying over the West Bay'

Happy Easter

Everyone at NBCCC wishes you a happy Easter. The month of April is designated as the National Month of Hope. We wish that you feel the hope of new beginnings, love, and happiness during this Easter holiday. We have enjoyed seeing spring-themed post box toppers in North Berwick (below), and this one on the right in Aberlady.



Hope is something we all need at the moment. Local residents have

stepped forward to raise awareness, funds, and support for the ongoing crisis in Ukraine. Ukrainian emblems made by Pat Christie are on display, ceramic 'Sunflower of Peace' hearts, created by Susan Cameron (owner of Echo Beach Designs), are raising funds for charity, various emergency supplies collections are taking place across East Lothian, and there are illuminations in the town centre and on top of North Berwick Law. There's a mass of empathy from the North Berwick coastal ward for all the families caught up in this absolutely horrific situation.

- Ruth Fraser



How Was Your Huntigowk Day?

Ever been made a fool of? I have. Lots of times.

Not everyone knows the Scots traditional name for April Fools' Day - Huntigowk, or 'Hunt the cuckoo'. There was one tradition of sending a new apprentice on a fool's errand, carrying a message to be read only by the series of recipients - it might say, "Hunt the gowk another mile", conspiring to extend their mission to fetch something non-existent, such as 'tartan paint' or 'elbow grease'.

We've all heard of some successful media April Fool stunts that fooled thousands. Among the most famous was the Panorama documentary on the Spaghetti Harvest in Switzerland (1957), with artful footage of Swiss peasants standing on ladders to hook down long strands of pasta from their trees.



Many Britons got in touch afterward wanting to know how to grow their own. The BBC kindly advised them to stick a sprig of spaghetti into a tin of tomato sauce. We were a little less familiar with Italian food in those days.

Did anyone ever fool you? Well,

it wasn't an April Fool, but I felt like one soon after arrival in San Francisco, having spent most of my savings on the flight to live with my Californian amour (at his invitation) - only to be told he'd recently changed his mind about the whole thing. (Timing is everything.)

After some uneasy weeks staying at the YMCA and seeing some sights, in between bouts of sobbing and cringing with humiliation at my predicament, I fled home with my tail between my legs.

Well. No doubt I learnt a thing or two from the whole experience, though at the time I'd still rather have learnt these things less expensively and painfully.

You'll be glad to know a more ethical and trustworthy man came along later, and I'm happily married. But the dating world, and indeed many other worlds, are fraught with peril for the unwary.

Years ago, a relative of mine nearly fell victim to fraudsters who'd been writing to him, building up trust and promising a fortune (he thought he'd kindly pay off his daughters' mortgages), if he'd only start by depositing £4000 in their account. The intervention of his local bank manager, when he went to make the payment, persuaded him not to take that final step. He might not have been so lucky now, with the even

more sophisticated wiles and algorithms of hackers and conmerchants using email and text to hit their victims. The use of emotive and worrying references to Covid often persuades worried folk to click links they shouldn't.

Be on guard for the various ways these scammers operate and beware of any unexpected request to click links (or send money) that you are not 100% sure of. You'll never be wrong to pause, check, and perhaps ask a friend or relative what they think.

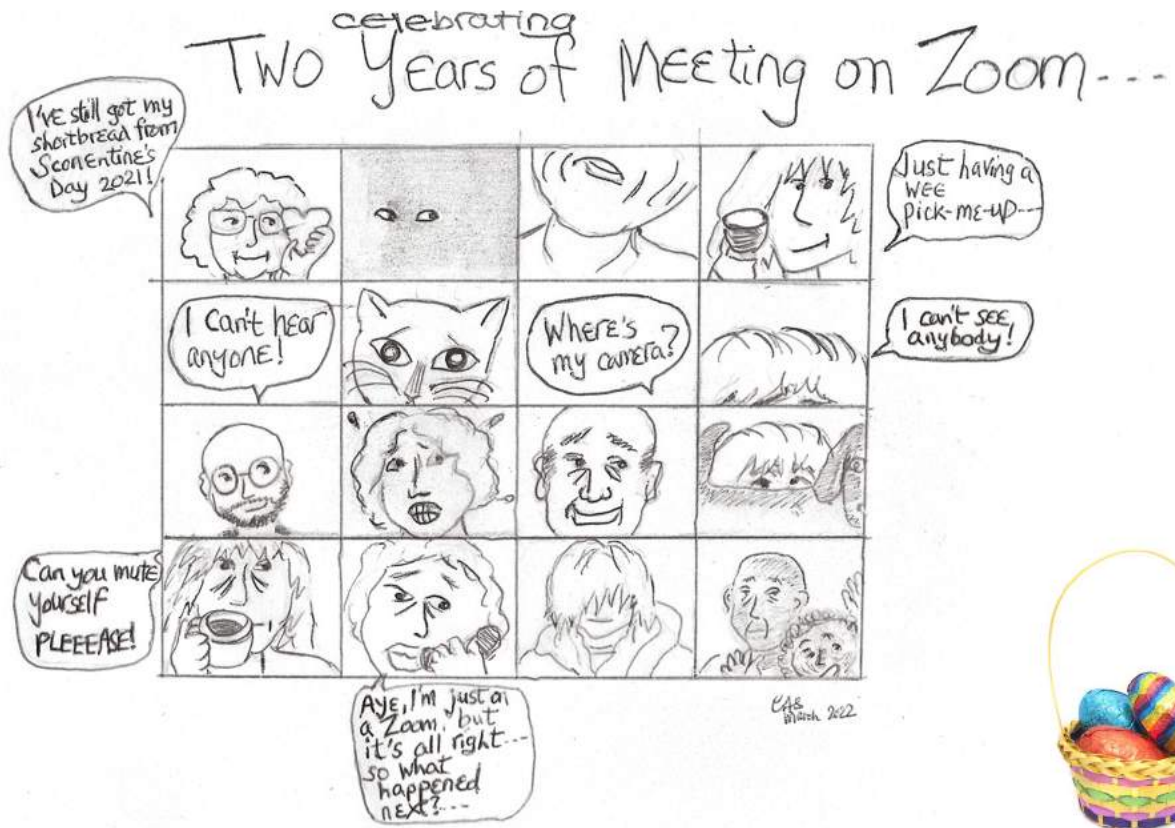
The police can advise on this, and there are some great spot-the-scam resources online. Find out about the Take Five campaign on page 6. And here is a helpful website that you - or a neighbour or relative if you are not online - could start with:

[https://
www.citizensadvice.org.uk/
consumer/scams/check-if-
something-might-be-a-scam/](https://www.citizensadvice.org.uk/consumer/scams/check-if-something-might-be-a-scam/)

Meanwhile, though, let's not stop trusting one another or reaching out. How else are friendships (and Community Connections) made? I'd rather take a few emotional risks - and sometimes be made a fool of - than close off these possibilities. After all, that's how I ended up in the 1997 [San Francisco Day of the Dead](#) procession.

- Carol Stobie (Project Manager)





Befriending Update - Lisa Brownlie

It's Easter time!! I love Easter and, like most families, we have our traditions which I'm enjoying passing on to my own children.

The main feature of our Easter weekend is a hard-fought egg decorating competition in which all generations participate. One year the youngest entrant was 7 and the eldest 90!! We hard boil our eggs on Saturday, keeping our creations a secret from everyone else. The decoration can be a simple pattern or something a little more creative! We have had an egg version of Amy Winehouse, The Beatles, the whole of The Simpsons family, and my favourite, my 90-year-old Gran decorating her egg as.... Rod Stewart! Extra points are available if there is a pun in the name - Eggy Stardust is particularly memorable.

On Sunday we gather together for a family meal, followed by the big egg reveal with judging for the best egg - an accolade that I am still waiting to receive! On Monday we have a family picnic day out which will involve rolling our hard-boiled eggs down a hill, the winner being the egg that survives intact.

For me, it is the bringing together of all the family to eat together, to compete, and to enjoy each other's creativity that makes this time of year so special. My daughter has already decided on how she will decorate her egg this year.... Will she be the winner of the egg competition?! I will keep you posted.



Traditional Hot Cross Bun Recipe

Ingredients

- 5ml (1tsp) caster sugar
- 300ml (½pt) warm milk
- 15ml (1tbsp) dried active yeast
- 450g (1lb) strong plain flour
- 75g (3oz) butter, diced
- 50g (2oz) light brown sugar
- 5ml (1tsp) ground cinnamon
- 10ml (2 tsp) ground mixed spice
- 1 medium egg
- 150g (5oz) luxury dried mixed fruit
- 100g (4oz) shortcrust pastry
- 1 egg, beaten, to glaze



Makes: 12 buns
Preparation time: 10 mins
plus 2 hrs rising
Cooking time: 20 mins

For the sugar glaze:

- 50g (2oz) caster sugar
- 30ml (2tbsp) water

The origins of hot cross buns may go back as far as the 12th century. The story goes that an Anglican monk baked the buns and marked them with a cross in honour of Good Friday. They gained in popularity, and eventually became a symbol of the Easter weekend.

The practice of sharing a bun ensures a lasting friendship:

'Half for you and half for me, Between us two shall goodwill be'.

1. Place the warm milk in a jug and stir in the caster sugar. Sprinkle the yeast over the surface and leave to stand for 10 minutes until frothy.
2. Place the flour in a bowl, rub in the butter and stir in the sugar and spices. Whisk the egg into the yeast mixture. Make a well in the centre of the flour, add the yeast mixture and mix to a soft dough.
3. Knead the dough on a lightly floured surface for 5 minutes until smooth and pliable. Place the dough in a bowl and cover with oiled cling film. Leave in a warm place for 1- 1½ hours until doubled in size.
4. Mix in the dried mixed fruit, then knead on a lightly floured board for a further 5 minutes or until smooth. Divide the dough into 12 equal pieces, knead each into a ball and place apart on a greased baking tray. Flatten them slightly, brush with egg wash, then roll out the pastry and cut into narrow strips. Use to make a cross on top of each bun. Cover with cling film and leave to rise in a warm place for 45-60 minutes until doubled in size.
5. Preheat the oven 200°C, gas mark 6, bake for 18-20 minutes, until risen and golden. Place the sugar in a small pan with the water. Heat gently to dissolve the sugar, then boil rapidly for 2 minutes. Brush the hot syrup over the buns, then cool on a wire rack.
6. Delicious served toasted spread with butter.

https://www.eparenting.co.uk/easter/hot_cross_buns_recipe.shtml

North Berwick Youth Project

We are very excited for the Easter holidays as we will be taking a group of 8 young people away on a 5-day 'Resilience Residential' to Wiston Lodge, near Biggar. This will be our first residential since 2019! Over the next few weeks, we will be working closely with the group to create personal targets which they will be working towards



in the run-up to the residential and whilst on residential. A key outcome we will be focusing on is building resilience and helping the young people become more engaged in their learning at school. The young people will be involved in a variety of activities whilst there including water sports, gorge walking, den building, and rope courses.



If ever I needed a reminder of how privileged I am to be living in a place like North Berwick, then the morning of a recent Buddy Walk was just a reminder.

I have been walking with my buddy for several months now. I have known him for many years but sadly dementia has affected him in recent times. His conversation is now somewhat limited, but I usually know what he is trying to say, and I believe that we have developed a mutual trust over the course of these walks. Our walks take place every two or three weeks (due to my other diary commitments) and there has only been one occasion to date when we were forced to abandon (due to persistent heavy rain). Buddy Walks often need to be short if the person being accompanied has mobility issues. My buddy has no mobility issues and enjoys walking, so we can often be out and about for a couple of hours (admittedly including a stop for coffee and cake).

Having arranged a walk for the morning of Monday 21 March 2022, I was pleased to open the bedroom curtains that day to see that we had a blue sky and full sun- a good start! After meeting my buddy at his home, we took our usual (risk-assessed) route along the west golf course towards the town.



The temperature might only have been 7C (44.6F in old money) when we were walking and the coast of Fife was shrouded in mist, but the walking conditions were ideal. My buddy commented to me how quiet everything was- and he was so right. There was no wind, very little traffic on the roads and we were able to appreciate the beauty of the town.

After a very pleasant coffee stop (with the sun beating down on us in the outside courtyard of a local café) we commenced the return journey along the beach and exchanged greetings with several people who were also enjoying the weather that morning. One man (whom we did not know) acknowledged our greeting and raised his hands to indicate what a lovely place this is.

I think that my buddy enjoys his walks (and his wife enjoys the space which these walks give her to do other things). I know that I most certainly enjoy them too and I encourage any volunteers who like walking to undertake the Paths for Life training and support the NBCCC project by becoming a Buddy Walker. If your experience is anything like mine, it will be really worthwhile both for the volunteer and those being taken for walks.

A happy Buddy Walker



Easter Wordsearch



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



EASTER JESUS CROSS BUNNY RABBIT EGG LENT CHOCOLATE
 SPRING EASTERTIDE PALM SUNDAY CHICK PARADE BONNET
 DAFFODIL FLOWER BASKET

Take Five Campaign

Fraud poses a major threat to the UK. It's a crime that the finance industry is committed to tackling, but it's also one that requires the combined efforts of every sector, both public and private, to overcome. Take Five is a national campaign that offers straightforward and impartial advice to help everyone protect themselves from preventable financial fraud. This includes email deception and phone-based scams as well as online fraud – particularly where criminals impersonate trusted



organisations. Take Five urges you to stop and consider whether the situation is genuine – to stop and think if what you're being told really makes sense.

Lots of tips can be found at: <https://www.takefive-stopfraud.org.uk/>

STOP

Taking a moment to stop and think before parting with your money or information could keep you safe.

CHALLENGE

Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

PROTECT

Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.

History's Most Outrageous April Fools' Jokes

We explore the origins of April Fools' Day on page 2. These days it is an excuse for journalists and advertising executives to have a bit of fun. Many have made "gowks" or fools of a sizeable percentage of the population.

- * A BBC classic was in 1976 when respected astronomer Patrick Moore announced on the radio that a once-in-a-lifetime event was about to happen when an unusual planetary alignment would lessen gravity on earth. Moore told listeners to jump in the air at 9.47 if they wanted to experience a strange floating sensation!
- * In 2008, the BBC reported on a newly discovered colony of flying penguins. An elaborate video segment was even produced, featuring Terry Jones walking with the penguins in Antarctica, and following their flight to the Amazon rainforest.
- * The British Library used its Medieval Manuscripts blog to announce the "near miraculous" find of a long-lost recipe book which included instructions for cooking a unicorn. The blog "reproduced" hand-drawn illustrations showing the beast being roasted after being marinated with olives and garlic.
- * In 1962, the Swedish national network put on a technical expert who told the public that its black-and-white broadcasts could be made colour by viewing them through nylon stockings. Many Swedes fell for the hoax.
- * Thousands of Americans were taken in by Burger King's full-page advert in USA Today in 1998 announcing the introduction of a new Left Handed Whopper for the 32 million left handed Americans. This contained the same ingredients as the original Whopper but rotated 180 degrees. Thousands flocked to Burger King to try it out while many others requested the original "right handed version".
- * National Geographic got in on the fun in 2016. The media company announced via Twitter that National Geographic would no longer be publishing photographs of naked animals: "The media group says that it will no longer degrade animals by showing photos of them without clothes."



Keep your wits about you on the 1st of April!


Reopens on Saturday 9th April

It's free to enter (donations appreciated), you'll get a warm friendly welcome and there's lots to discover.



SUNDAY MAY 1 2022
AT 10 AM
North Berwick Harbour

For all Plant Lovers! A FREE Event for anyone who wants to gather to see what plants can be propagated and swapped. Please bring a plant or two.




Beautiful sunrise - photo by Robina



Springtime on the banks of the Tyne - photo sent in by Jenny



GET ACTIVE IN EAST LOTHIAN

East Lothian Leisure enjoyleisure

In partnership with
MACMILLAN CANCER SUPPORT

Are you living with or beyond cancer and would like to be more active?

GENTLE MOVEMENT
Tuesdays, 3-4pm
Aubigny Sports Centre

Come along and join our FREE Macmillan Move More Gentle Movement class for all abilities. The class integrates gentle movement for mobility, balance and strength, with relaxation, breathing techniques and meditation.


To find out more or book a space, call 07929015087 or email movemore@enjoyleisure.com

enjoyleisure East Lothian

FRINGE
BY THE SEA
5-14 AUGUST 2022

I whispered did you hear what I Said
Do you understand my words Spoken so softly
You heard me I'm glad it was a Secret
Keep in confidence please never Say
I've saved my secret to this day
To tell you
My friend

- A poem by Cilya 10/11/19



North Berwick in Bloom



Coffee Morning

to celebrate our 2022 Tulip Festival

Good Friday April 15th



Entry £3

Raffle

Pots of tulips for sale





Slideshow

"All You Need to Know about Tulips"



Abbey Church Hall

10am - Noon

For more info please visit www.northberwickinbloom.org



North Berwick Knit and Natter

We are a bunch of friendly knitters and crafters who meet every **Tuesday** between 5pm - 6:30pm at the **Auld Hoose** in Forth Street, North Berwick. No need to book, no fees, just come along and join in!



A local community based event to encourage knitters, crocheters, and natters to come together for fun and to develop our handcraft skills.

Scottish Seabird Centre Events

Book via website: www.seabird.org/events or by calling 01620 890202



© Greg Macvewan

There's lots going on at the Scottish Seabird Centre as we get ready for our busy Easter season. The gannets are returning in numbers to the Bass Rock and puffins have been spotted on Isle of May and Craigleith. Our boat trips are also starting on 1 April.



WILD Exhibition

From 28 March to 24 April, Exhibition is open daily 10am - 5pm

Tickets are free for Seabird Members and included with paid entry to the Discovery Experience.

Calling all children and families, head to our Discovery Experience for a WILD encounter! Get up close to a Gannet in full dive as it plummets towards the sea to catch fish, or find out more about the migration of the incredible Atlantic Salmon. This spring you can enjoy some of Britain's finest wildlife when touring natural history exhibition company Blue Tokay bring their fantastic exhibition WILD to North Berwick for the first time.

Wine Wednesdays

Thursday 7 April, 7 - 9pm



Come along to taste some of Wine Wednesdays new spring selection. Lots of organic and vegan wines, fizz, local spirits and liqueurs, and Easter chocolate to taste. Drop into the Scottish Seabird Centre any time between 7pm and 9pm. £15 per ticket.

Entry by ticket purchased in advance only. Tickets: £10 redeemable against any case ordered on the night. Cases from £50 for 6 bottles. Over 18s only.

Meet the Scientist – Online Talk: Examining Scotland's marine habitats through a camera lens: uncertainty and change

Wednesday 13 April, 7 - 8pm.

We are delighted to welcome Dr. Graham Saunders for our April Meet the Scientist talk. Marine biologist, commercially qualified diver, and underwater photographer, Graham uses underwater images to reflect on his incredible work studying and conserving Scottish marine habitats and species.

Social Beach Clean

Friday 22 April, 11am to 12pm

We run a range of group events to help to clean up the coastline. Our beach clean walks primarily aim to remove marine debris from local beaches, whilst enjoying some amazing marine wildlife along the Firth of Forth shoreline with like-minded people. If there is only a small quantity of debris to collect, we may choose to undertake a citizen science survey (such as a nurdle hunt) and submit the data we collect to increase understanding about marine pollution and habitats.



Easter Fun!

We've also got a fun-filled programme of activities to keep all the family entertained over the Easter holidays. Please ask for more details.

April Wildlife Watch by Ruth Fraser



April is associated with springtime, new beginnings, and a time to bloom. April comes from the Latin verb "Aperire" which means "to open." Like the trees and flowers, it's a time to start fresh, and time to spot lots of wildlife when we are out and about.

Brown hare



Keep an eye out for brown hares bounding about in our local fields. They are much larger than rabbits and live exclusively above ground. Brown hares are at their most visible in early spring when the breeding season encourages fighting or 'boxing'. It is most likely that you are watching a female warding off the advances of an amorous male, not two males fighting.

Tufted duck



This stunning duck is our most common diving duck species. Tufted ducks nest on flooded gravel pits, ponds and reservoirs. The female is entirely chocolate-brown, while the male is black with white flanks and a long tuft at the back of the head. At this time of year the males will try to impress the females by

dipping (swimming together and dipping their bills in and out of the water) by neck stretching (the male swims fast past the female and stretches its neck as far as possible) and by other behaviours such as nod swimming, head throwing, and preening behind the wing.

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

Wildlife Anagrams

SRNEAKDH

KSKLYRA

YGALIGNR

ASRSE GAS

STILEHT

(answers on page 11)

Would you like to get out and about again?

The Aberlady Scone Café launched in September, thanks to the fantastic support of the Old Aberlady Inn, who generously provided complimentary tea, coffee, and scones to our guests. The first 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.

Aberlady Scone Cafes are being held twice a month, alternating between the **Old Aberlady Inn on the second Tuesday morning of the month (10 – 11.30am)** and **Duck's on the fourth Thursday afternoon of the month (2 – 3.30pm)**. We will keep you posted as to 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!

Both venues are generously sponsoring the event, providing complimentary scones and refreshments to our participants. If anyone knows of anyone in Aberlady who might benefit from coming along, please contact Kathy Allan at kathyaberlady@btinternet.com.





FUND RAISING FOR
 **DISASTERS EMERGENCY COMMITTEE**
 Ukraine Appeal

Spring MARKET

**SUNDAY
 3RD APRIL
 11-3
 DIRLETON GREEN**



A community market in a gorgeous village setting




poster by: Designs from the Edge



Spring MARKET

FUND RAISER FOR
 **DISASTERS EMERGENCY COMMITTEE**
 Ukraine Appeal

We are urgently looking for donations of items for our fundraising stalls on 3rd April on Dirleton Green

- Items suitable for RAFFLE/TOMBOLA.
- BOTTLES (any wine, juice, vinegar etc) for bottle stall
- PRESERVES, JAMS etc
- EASTER EGGS for children's stall to collection box at *Braeside*, Station Road (Kate).

We are also happy to collect items please contact 07740959228

- HOME BAKING please contact Mary Carter on 07825 233794 or email mary_carter00@hotmail.com

We do not need bric-a-brac or books at this time thank you.

Many thanks in advance
 Kate Harmer & Shona Pickering
 (Dirleton Market on the Green steering group)




flyer by: Designs from the Edge

BASS ROCK COMMUNITY GROUP



NORTH BERWICK COMMUNITY CENTRE CAR PARK

**SATURDAY 23RD APRIL
 10AM TO 12NOON**

**CARS £8 VANS £10
 SET UP FROM 9.15AM**

PLEASE PRE BOOK PITCHES VIA OUR FACEBOOK PAGE OR EMAIL US ON

BASSROCKCOMMUNITYGROUP@GMAIL.COM



Pitches must be booked and please bring your own table.



Quiz Night

In aid of
Rora's Fight Against Neuroblastoma

2nd April 6.30pm-12

Venue: Aberlady Bowling Club

£10 per person. Message to book your place.

Karaoke Bar & Pizza Raffle

Wildlife Anagram Answers:
 Redshank Skylark Grayling Seagrass Thistle



The NBCCC team:

For general enquiries, newsletter subscriptions, or signing up for our activities, contact **Lyndsey Gdulewicz**, Administration and Communications Assistant, on 07915 719342 (Mon morning, Tuesdays and Fri morning) or email: admin@nbc-communityconnections.org



For the following services, contact **Carol Stobie**, Project Manager, on 07940 203380 (Tuesday - Thursday) or email: nbc-communityconnections@outlook.co.uk

- Gatherings, Coffee Connections, Scone Café, and drop-ins
- Partnership activities and outreach
- Volunteer applications



For the following one-to-one services, contact **Lisa Brownlie**, Befriending Coordinator, on 07862 694842 (Tue or Wed morning) or email: befrienders@nbc-communityconnections.org

- Befriending (weekly calls or meet-ups with a volunteer)
- Buddy Walks (any length, any speed fine!) with a trained volunteer



For Compassionate Neighbours services, contact **Charli Prime**, Compassionate Neighbours Coordinator, on 07360 587369 (Monday afternoon or Tuesday morning) or email: compassionateneighbours@nbc-communityconnections.org



For newsletter matters, contact **Ruth Fraser** at newsletter@nbc-communityconnections.org

· Please send in contributions for the newsletter (we'd love your stories, pictures, recipes, quotes, letters, practically anything you'd like to share with other members!)

· Deadline for May newsletter: **26th April**



Current NBCCC Services Offered:

- * Scone Café weekly drop-in
- * Coffee Connections at local cafes
- * Befriending calls or meet-ups
- * Buddy Walks
- * Chumming to local activities, when available
- * 'Community Connections' monthly newsletter

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.



"Out of the mountain of despair, a stone of hope."
- Martin Luther King Jr.