

Community Connections

North Berwick Coastal

October 2023



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

HAPPY BIRTHDAY!

One of the October birth flowers is the marigold.

They have a meaning of stubbornness and determination and symbolise warmth, passion, and creativity.



'Autumn colours at the Whiskey Bottle reservoir' Ruth Fraser

Welcome to October!



The air is crisp, leaves are falling, and a sense of enchantment fills the atmosphere - it can only mean one thing: Hallowe'en is just around the corner! In this month's issue, we're embracing the eerie, the mystical, and the spellbinding as we dive headfirst into the spirit of All Hallows' Eve.

As October blankets us in a tapestry of fiery foliage and mysterious mist, our newsletter becomes your trusty lantern guiding you through the month. We've conjured up a bewitching brew of articles, activities, and insights to leave you spellbound.

Whether you're a fan of Hallowe'en festivities, autumnal flavours, outdoor adventures, or simply the beauty of changing seasons, there's something for everyone to enjoy about October. It's a time of transformation, celebration, and appreciation of nature's wonders.

- Ruth Fraser

Celebrations in October

- **World Dyslexia Awareness Day - 4th**
A day for awareness of the issues faced by those with dyslexia.
- **National Poetry Day - 6th**
A day for celebrating poetry's power to bring people together.
- **Grandparents Day UK - 19th**
UK's celebration of grandmothers, grandfathers, and all grandparents.
- **World Singing Day - 21st**
An opportunity to celebrate our global family through the international language of music.
- **October Half Term - 16th - 23rd**
Local school holiday
- **British Summer Time Ends - 29th**
Clocks go back 1 hr at 2am

North Berwick Coastal Community Connections

Creating compassion, companionship, and confidence in our community

Our mission is to have a community where no-one need feel isolated or lonely, by connecting people to local networks, activities and friendships.



All Hallows and Absent Friends

All over Europe, the souls of the departed were believed to revisit their old homes on the eve of Allhallows and warm themselves at the fire or regale themselves with the food and drink set out for them by their kinsfolk.

'It was perhaps a natural thought,' says Frazer, 'that the approach of winter should drive the poor, shivering, hungry ghosts from the bare fields and the leafless woodlands to the shelter of the cottage with its familiar fireside. Did not the lowering kine then troop back from the summer pastures in the forests and on the hills to be fed and cared for in the stalls, while the bleak winds whistled among the swaying boughs, and the snowdrifts deepened in the hollows? And could the good-man and the good-wife deny to the spirits of their dead the welcome which they gave to their cows?'

In Roman Catholic countries, people visit the graves of those dear to them on the jours des morts and, kneeling, sprinkle them with holy water. In modern Brittany, as in ancient Egypt, people left food on the table before retiring for the night, and it is questionable if the old belief has even yet entirely died out in Scotland.

- F. Marian McNeill, *The Silver Bough*, Volume 3, 1961



It's the night atween the Sancts and Souls

*When the bodiless gang about,
An' it's open hoose we keep the night*

For any that may be oot.

- George Macdonald, 'Halloween'

Wandering among the secondhand bookshops this weekend at the wonderful Wigtown Book Festival, I was thrilled to pounce on a long-wanted rare volume of *The Silver Bough*. It's a classic series on the national and local festivals of Scotland, by the folklorist, cookery writer, and suffragette F. Marian McNeill. This one covers Halloween to Yule, and I can't wait to snuggle up on a fireside sofa to pore over it in depth.

Any regular readers will know of my fondness for seasonal celebrations. And of course, you know I love to encourage hospitality and gatherings like Coffee Connections, Scone Café, and our friends at the Beacon Lunches.

But what about the ancient tradition of hospitality to the spirits of our forebears? This extract got me thinking that perhaps we've lost something valuable. If we used to lay a place for the one who has gone at

special times like this, or even leave out some nourishment for them (as those in many other countries still do), maybe there is a case for reviving this practice.

Did you know that the carved lantern placed at our doors or windows at Halloween, previously a tumshie (turnips are a nightmare to carve, so I recommend the pumpkin, simply a North American inheritor of this practice), was not originally to scare away evil spirits but instead to guide and welcome our ancestral spirits home on this night?

It's true that we're now unlikely to live in the same home that our grannies and granddads used to dwell in. But I have a feeling they will find us if we are ready to welcome their spirits and reconnect with the past, through reminiscing and sharing memories of when those folk were alive.

There will be a wealth of local events to help us do this during [Absent Friends Week](#), 1-7 November - stay tuned!

May you go well this Autumn, and please join us whenever you care for warm-hearted company of the living kind.

- Carol,
Connections
Coordinator



Happy Gusing Memories from 2017 (Carol)

NBCCC Hallowe'en Memories and Fun

I remember.....turnip lanterns - the tops cut off, hollowed out, triangular eyes and a gash mouth, a string handle and a candle inside (I always started mine but Dad usually had to finish it - the turnip was just too hard for little hands!!). Treacle scones on string. Dooking for apples by dropping a fork into the bowl (and never forking one). Guising round neighbours. Hot drinks on cold nights. Witches costumes and Halloween discos (as a teacher). Knowing that the wonder of fireworks and bonfires wasn't far off.

- Hallowe'en memories from vol. Alex



Dance with me
 but for a while
 and embrace with me
 a kiss perchance
 and pass to others
 fever haste
 do peel my breath
 so cold and vile
 unto to the ground
 thee surely waste.



Our friend Euan MacMichael's history-themed poem

'I remember being a Brown Owl, here in NB, it the late 1960s. Leaving straight from my work, I had to dress up very quickly. So put shoe polish on my face. On taking one of my charges home afterwards, her Dad just opened the door and L A U G H E D, when I arrived home I could see why! MIDNIGHT hadn't a look in! I was covered in shoe polish.'

- Hallowe'en memory from vol. Margaret



Margaret has witching connections and has been known to been known to cast a spell on our Jacobite friend Euan...



NBCCC AGM 2023

Community Connections is holding our 2023 Annual General Meeting on **Thursday 26th of October at 6 pm** in the small hall at the Abbey Church. You are warmly invited to attend.

Hallowe'en Origins

The origins of Hallowe'en can be traced back to the ancient Celtic festival known as Samhain, which was held on the 1st of November in contemporary calendars. It was believed that on that day, the souls of the dead returned to their homes, so people dressed in costumes and lit bonfires to ward off spirits. In this way, popular Hallowe'en tropes such as witches, ghosts, and goblins became associated with the holiday.

In the 7th century CE, Pope Boniface IV created All Saints Day, originally celebrated on May 13. A century later, Pope Gregory III moved the holiday to November 1, likely as a Christian substitute for the pagan festival of Samhain. The day before the saintly celebration became known as All Hallows Eve or Hallowe'en.

You will see a lot of orange and black during the Hallowe'en season. And it's not just because pumpkins are orange! Orange symbolises autumn and harvest whilst black symbolises darkness and death.



Hello October

One of the best things you
 Can do for yourself is
 Taking time to learn and grow.
 Once you give yourself patience, you
 Become your best friend. And the
 Empathy, self-kindness and
 Resilience are what you need to grow

OurMindfulLife.com

Pumpkin-Lentil Soup

Enjoy this healthy delicious soup - perfect for a chilly October day.

Prep: 15 min. Cook: 45 min.

Makes: 6 servings

Ingredients

- 3 cups water
- 3 cups chicken broth
- 2/3 cup dried lentils, rinsed
- 2 large garlic cloves, minced
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (15 ounces) pumpkin
- 1/2 cup mild salsa
- 1/2 teaspoon salt
- 5 cups fresh spinach, lightly packed

Method

1. In a 6-qt. stockpot, bring first six ingredients to a boil. Cook, covered, over medium heat until lentils are tender, 20-25 minutes.
2. Stir in beans, pumpkin, salsa and salt until blended; return to a boil. Reduce heat; simmer, uncovered, 20 minutes, stirring occasionally. Stir in spinach; cook until wilted, 3-5 minutes.



photo by Taste of Home

<https://www.tasteofhome.com/recipes/pumpkin-lentil-soup/>

A wheely good time at Scone Café!

We had an amazing visit to Scone Café from the Beach Wheelchairs. First to opt for a test-drive was of course Community Connections volunteer and local legend Barbara, here with the equally legendary Mel Kay! We can't recommend this experience highly enough.

Our wee Scone Walking group walks on Wednesdays are always wheelchair-friendly, gently-paced and inclusive - and everyone gets a free scone and coffee after all that fresh air.

Find out more about Beach Wheelchairs here: www.facebook.com/beachwheelchairsnorthberwick



East Lothian Health & Special Care Partnership

Our chance to shape the future. East Lothian Health & Special Care Partnership wants to hear your ideas and suggestions. The survey closes on the 27th of October. Paper copies available for those without digital access.

East Lothian's population is ageing. We need to put plans in place now to meet the demands for older people's services in the future, and we want to design these services WITH you!

Why get involved?

- The services we're planning will be in place to support you and your community in older age.
- We want to co-design these services with you!
- So we want to gather your thoughts, views, and ideas on how we can deliver older people's services in the future.

We want to involve you in the planning of older peoples services in East Lothian



East Lothian
Health & Social Care
Partnership

Share your views
complete the survey

[Complete the survey here.](#) Or contact Jane Ogden-Smith (ELHSCP Equalities and Engagement Officer)

ELHSCP Planning and Performance on 01620 827 755 or email: engagement-hscp@eastlothian.gov.uk

Congratulations North Berwick in Bloom!

Well done to North Berwick in Bloom (NBiB) for their success at the annual 'Beautiful Scotland' awards hosted by environmental charity, Keep Scotland Beautiful.

NBiB won four awards: a Gold medal in the Judged Entry category; the VisitScotland award for Tourism; Best Coastal Town and joint winners with Forres for the top award of The Rosebowl.

NBiB maintains over 100 seasonal planters, a tulip festival with 40 varieties in spring, 100 hanging baskets in summer and 30 permanently planted beds. It looks after a historic rock garden, fernery, stumpery, daffodil display, a shade bed, a subtropical bed, and a semi-desert bed, uses annual mixes for insect-friendly displays around town, and maintains beds of biblical plants at a church.

The judges praised the group's strong relationship with their local council, the beautifully presented WW1 memorial garden created and maintained by the council, verges which were planted with native wildflowers, and its efforts to engage with other groups, businesses, schools, youth organisations. and churches.

East Lothian Council won the Royal Caledonian Horticultural Society Award for the 3rd year in a row.



October Wildlife Watch by Ruth Fraser

The month of October comes with a host of incredible wildlife spectacles from deer ruts to the birth of grey seal pups, the turning of the colour of the leaves, to departing migrate birds.

Starling murmurations



It's time to start looking out for the stunning sight of starling murmurations. Thousands of birds swooping and diving in unison is simply breathtaking to witness. It's thought that murmurations offer safety in numbers; predators such as peregrine falcons find it hard to target one bird in the middle of thousands. Murmurations start just before dusk and form over the birds' communal roosting site. They gather to keep warm at night and to exchange information, such as good feeding areas. Scientists still aren't completely sure how starlings know which way to turn without bumping into each other!

Basking shark



It was amazing to see footage of a basking shark visiting the coast of North Berwick last month! They return to Scottish waters each summer and even though they are most frequently seen around the west coast of Scotland, they are found all around our coasts. The basking shark is a gentle, toothless giant, feeding solely on plankton. It's the second-largest living shark and fish, after the whale

shark, and can grow up to 10m (33ft) long. Basking sharks are classified as Endangered on the IUCN Red List.

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

"October's poplars are flaming torches lighting the way to winter."

- Nova Beir

Wildlife Anagrams

SORGE
ECENIPETD
ISALN
LMEINR
SAH

(answers on page 6)



*Sea, Sand and Lava,
 Flow in their own times.
 And people too.*

North Berwick Shore

Seaside. Temperature normal

I must go down to the sea again,
 To the caravan site by the sea.
 And paddle around by the rock pool's edge,
 And back for a bun and a tea.

There's a pub on a nearby hillside.
 A mile or two in the car.
 But there's cans of beer in the cupboard
 No need to go that far.

If it gets a bit cold and windy
 There's a heater on in the van
 And double glazed windows and blankets
 Are ideal for an elderly man.

- poems by Bill Waugh (NBCCC Supporter)



COMMUNITY CONNECTIONS EVENTS UPDATE, OCTOBER 2023**MONDAYS**

ANDY'S MAN CLUB, 7-8.30pm at North Berwick Rugby Club. Going through a storm or just been through one? Andy's Man Club are talking groups to help you through those storms. No need to book or register. Open to any man over 18. No pressure to talk, come for a brew, a biscuit or two and see what goes on.

TUESDAYS

COFFEE CONNECTIONS, 2-3pm at Seabird Centre (*Please note: 3rd and 10th of Oct will be held at No. 12 Bistro*)
Join our small, friendly Community Connections gang and get into the way of enjoying cafés again in this spacious, dog-friendly space full of great baking, lunches etc. Please contact Carol if you'd like to come along.

SPORTING MEMORIES, 1.30-3pm, North Berwick Rugby Club

Dedicated to bringing together older adults to talk about and remember sport. Everyone welcome to this group. Contact Graham Cross for details at graham@thesmf.co.uk

ABERLADY SCONE CAFÉ, at the Aberlady Inn & Duck's Inn

Meet for a cuppa, scone and chat on the second Tuesday morning of the month at the Aberlady Inn (from 10 - 11.30am) and the fourth Thursday afternoon of the month at Duck's Inn (from 2 - 3.30pm).

WEDNESDAYS

NORTH BERWICK SCONE CAFÉ, 2-3.30pm, Abbey Church Small Hall, Church Rd

Community Connections' weekly gathering for blethers, scones and coffee, making new friends and sparking off new adventures. All welcome - free (donations welcome) and dog-friendly!

SCONE WALKING, 2.15-2.45pm. Group Walk meeting at Abbey Church Side Entrance. Friendly, small group walking at a very gentle pace along Elcho Green and back. Free refreshments afterward!

THURSDAYS

BEACON LUNCHES, 11-1pm at St Andrew Blackadder Church, North Berwick High St

Meet Community Connections, other members and guests at the weekly Beacon Lunch – ask for us at the door! We're here to enjoy making new friends over a bowl of soup, cake or coffee. (Donations welcome).

KEEP THE HEID MENTAL HEALTH CAFE, 7-9pm at the Hope Rooms, Forth St, North Berwick. Come along to a safe space to talk about mental health problems. Further information: Emma at +44 7548 136575 or KeepTheHeidCafe@gmail.com

MONTHLY MUSIC NIGHT - TUNES AND SONGS, 2nd Thursday each month 7.30-10PM at North Berwick Rugby Club, Dunbar Rd. Join Eddie and other music enthusiasts for this friendly session - sing, play or just listen! FREE

SATURDAYS

GULLANE SCONE CAFÉ, 10.30am - 12pm at the Gullane Day Centre

Meet for a cuppa, scone, and a chat on alternate Saturday mornings. For more information ring Margaret on 07907 99967 or Di on 07410 448869.

Other community activities...let us know of others and we can include them here!

CRAFT GROUP, Mondays 10.30-12 at North Berwick Library

Pop along this morning with your chosen craft for a natter! Call 01620 820700 if you'd like more information.

GOLF SESSIONS, Mondays 11-1pm with Golf in Society, Gullane (info@golfsociety.com)

Tailored golf sessions for people living with dementia, Parkinson's, stroke, loneliness or depression.

HEALTH WALKS with Ageing Well - meet Mondays 1.30pm at Lodge entrance

Friendly group walks. Parvine, Ageing Well Coordinator on pwoodger@eastlothian.gov.uk or 07718 117585

ZUMBA GOLD, Mondays 6pm to 6.45pm at St Andrew Blackadder Church Hall, North Berwick

Low impact Latin-based dance class. Contact Ruth 07785707683 figaroroo@yahoo.co.uk or rhunterpepper.zumba.com

TABLE TENNIS, Mondays 8.30 - 9.30pm at St Andrew Blackadder Church Hall, North Berwick

Join North Berwick Table Tennis Club for their over 50s group on a Monday evening.



**North Berwick
Volunteer Car Scheme
Fundraiser
Coffee Morning**




Saturday 7th October 2023
10am - 12 noon £3 - Cash only event

HOPE ROOMS

Home Baking, Raffle, Pin the tail,
guess the weight & Table sales



NBVCS is a local charity, supporting elderly and infirm residents to appointments - we run on donations only and all drivers are volunteers - please support us by sharing our information, volunteering and donating



Find us on Facebook
Call Bex: 07536 388 753
Email: nbvcarscheme@gmail.com

Registered
Charity
SC 006385



**HARVEST
FESTIVAL
MARKET**

A mix of local, quality market stalls and fun activities for the whole family

**SATURDAY
7TH OCT
12-4**

**DIRLETON
VILLAGE GREEN**

DIRLETON
CASTLE
ACTIVITIES

SCARECROW
TRAIL

FACE PAINTING
AND GAMES



With support from:



poster by Designs from the Edge

NBMovies Presents: Bullet Train



Oct 27th 7pm,
NB Community Centre
Cert 15, Adults £6 Minors £3

<http://nbmovies.co.uk>

Tea Dance



North Berwick Rugby Club

Will take place on the last Wednesday of each month
2:00pm-3:30pm
(Only £1 for refreshments)

Dates:
26th Apr 2023
31st May 2023
28th June 2023

No Tea Dance in July and Aug
27th Sept 2023
25th Oct 2023
29th Nov 2023
No Tea Dance in Dec

Dust off your dancing shoes and come join us.

You can come along as an individual, with a friend, or even take your spouse or partner – all are welcome to attend!

Call Parvine, Ageing Well Coordinator on 07718 117585
or email pwoodger@eastlothian.gov.uk if you would like more details.





Wildlife Anagram Answers:
Gorse Centipede Snail Merlin Ash





Coastal Wildlife Tours: 6 & 21 October 2pm – 3.30pm

Join their Conservation Officer for a wildlife wander along the coast to find out about the wonderful wild animals that can be spotted around Scotland's shores. Tickets £6 (discount for SSC members) To book: www.seabird.org/events/coastal-wildlife-tours

Family Friendly Beach Cleans: 6 & 20 October 2pm to 3pm

Join us to remove marine debris from the North Berwick coastline, whilst enjoying some amazing marine wildlife and habitats with like-minded people. Reserve your place: www.seabird.org/events/north-berwick-family-friendly-beach-cleans

Meet the Scientist – Discover Scotland's Underwater Meadows with Issy Key: 26 October, 7pm Online Event

The underwater world is home to some weird and wonderful creatures, and seagrass meadows are no exception. However, there hasn't been much research into what animals like to live in seagrass in Scotland. Issy's Ph.D. addresses this by comparing the animal biodiversity in seagrass with that of neighbouring sandy seabed. Come along to this FREE talk to hear more about Issy and her colleagues splashing around in the water to collect data, and what she's found out so far! Tickets are free but must be reserved: www.seabird.org/events/meet-the-scientist-discovering-scotland-s-underwater-meadows-with-issy-key

October Family Fun: 14 to 22 October

Professor egghead is back for the October holiday and has two fantastic live science shows: WaaatsZaap! And Animal Avengers. Perfect for children aged 6 and over. For younger visitors, there is a puppet show and storytelling session. Full details and booking here: www.seabird.org/events



Pop up Curry Night with Keatings Kurries: 3 November, 7pm

Delicious, homemade curries served up buffet-style. Meat, fish, vegetarian and vegan options are all available and dairy, nut, and gluten-free can be catered for. Tickets £20 www.seabird.org/events/pop-up-curry-night-with-keating-s-kurries

BRITISH DIVERS MARINE LIFE RESCUE
Supporting marine mammal rescue
Rescue Hotline: 01825 765546

ART EXHIBITION & CRAFT FAIR

MARINE HOTEL, NORTH BERWICK
SUNDAY 22 OCTOBER 2 - 8PM

Featuring artwork, photography & local crafts by:
Gordon Corrins, Rosemary Oberlander,
Helen Grierson, Jennifer Mole, Laurie Campbell,
Shelley's Candles, Lyndsey Webb,
LuSeaLu Jewellery, Stormy Seas Scotland
and Fingers & Thumbs Crafts

Plus Doug Allan prints,
BDMLR merchandise,
marine-themed cocktails,
a fabulous raffle
and more!!

FREE ADMISSION!

Scottish Charity No. SCO39304

The Edinburgh Lothians and Borders team of British divers marine life rescue is a very busy team with rescues of common and grey seal pups. We also attend stranded cetaceans.

We are holding this event to raise funds for the essential life-saving equipment we require at rescues.

This event is free to attend and all are welcome.

Save the date!

Saturday 25th November will see the return of a whole community event for the North Berwick Christmas Lights Switch on. Get ready for North Berwick to light up from 5.30-6.30pm!

NORTH BERWICK LIFEBOAT

QUIZ NIGHT

THURSDAY 05 OCTOBER 7.30-9.30PM

NORTH BERWICK ROTARY CLUB PRESENT
THE RETURN OF THE NORTH BERWICK RNLI QUIZ NIGHT
£30 for a table of four

NORTH BERWICK HIGH SCHOOL
Tickets from the Westgate Gallery

The RNLI is the charity that saves lives at sea
RNLI logo



The NBCCC team:

For all general enquiries, newsletter subscriptions, gatherings, partnerships and activities sign-ups, meantime contact **Carol Stobie**, Connections Coordinator on 07940 203380 (Tuesday - Thursday) or email: carol@nbc-communityconnections.org



For volunteer applications and referrals for the following one-to-one services, contact **Lynn Artesse**, One-to-One Services Coordinator, on 07862 694842 (Tuesday or Wednesday morning) or email: befrienders@nbccommunityconnections.org



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

For enquiries on Compassionate Communities, please contact **Kerry Kirkwood** at kerryk@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 November newsletter: 19th of October



Current NBCCC Services Offered:

- * **Scone Café weekly drop-in**
- * **Scone Walking**
- * **Coffee Connections at local cafe**
- * **Befriending calls or meet-ups**
- * **Buddy Walks**
- * **Chumming to local activities, when available**
- * **'Community Connections' monthly newsletter**
- * **Compassionate Communities** - our project on death, dying and bereavement

Website: <https://www.nbc-communityconnections.org/>

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.



'In October any wonderful unexpected thing might be possible.'
- Elizabeth George Speare