

FREE

# eyemouthliving

Your local community magazine

December 2024/January 2025



Emilie-Rose, age 8 p4/5

**Bumper Christmas/New Year Issue**



## welcome



Welcome to another bumper Christmas/New Year issue of *Eyemouth Living*. As we approach Christmas it can be a very exciting time of year with lots going on, so make sure you take some time to have a look through the magazine as there's plenty of ideas for things to try, to see and to do over the festive period and as we head into a new year. Whether 'your thing' is crafting or cooking, we have recipe ideas and a craft project to have a go at, or pop into the library for their Adult Christmas craft session. Maybe researching the history of Christmas or some of the traditions we observe at this time of year is more appealing, in which case have a look through to discover some help with that, as well as some interesting facts about our festive traditions. Also there's a few pages of puzzles just to fill in those quiet moments and keep your brain active. As we move into 2025 it is exciting for us here as we celebrate the third year of *Eyemouth Living* and look to what the future might hold as we move into our fourth year of publishing this magazine.

Well whatever you get up to, I hope you have a wonderful Christmas and a very happy New Year and we will hopefully see you all in 2025!

*Andy Haddow*

*Chair, Eyemouth Development Trust*

~∞~∞~∞~

Pick up points for the magazine in Eyemouth are currently: Community Centre, Mason's Hall, EU Church, The Pet Shop, Beachcomber, The First and Last, FMA, ReTweed, Waterfront Cafe, Oblo, Larder, Petrol Station, Swimming pool/Leisure Centre, Library, BAVS shop, Coop, General Store, Swan Court, Linkim Court. We also distribute to: Ayton, Reston and Coldingham village shops.

You can also view the magazine at: <https://www.eyemouth.org/magazine>



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*Compiled by Jackie, Jo, Joanna, Lella and Susie.*

Magazine contact: [livingmagazine@eyemouth.org](mailto:livingmagazine@eyemouth.org)

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## recipe

### Easy Mincemeat Cake

This would make a delicious last-minute and economical Christmas cake. It will stay fresh in an airtight tin for at least a week. You can add marzipan and icing if you wish, and even 'feed' it with brandy.

Prep Time: 20 minutes

Cook Time: 1 hour

Total Time: 1 hour 20 minutes

#### Ingredients

175g/6oz self-raising flour, sifted

1 teaspoon mixed spice

150g/5½oz golden caster sugar

100g/3½oz unsalted butter, softened

100ml/3½ fl oz milk

200g/7oz high quality mincemeat, homemade is best

2 medium free-range eggs

Grated zest of 1 orange



#### Instructions:

1. Preheat the oven to 180C/350F/Gas 4 and butter and line a deep round 18cm/7in cake tin with baking paper.
2. Place the flour, mixed spice, sugar and butter in a bowl with the milk, mincemeat, eggs and orange zest.
3. Using a hand mixer, whisk on a low speed for a couple of minutes until thoroughly combined. Alternatively, mix with a wooden spoon. Pour or spoon the cake batter into the prepared cake tin and bake for 50 to 60 minutes until well risen, and a dark golden brown.
4. Remove to a wire rack. Leave to cool for about 30 minutes before carefully removing from the tin and removing the baking paper.
5. Allow to cool completely before serving in slices.

## recipe



### St Clement's Trifle

Not everyone likes Christmas pudding so if you need a quick and easy alternative to serve this Christmas then this refreshing and tasty trifle couldn't be simpler. If you want to plan ahead it can also be made the day before.

Serves 6–8

#### Ingredients

300 ml double cream

25g icing sugar

Grated rind and juice of 1 lemon

Grated rind and juice of 2 oranges

6 trifle sponges



#### Instructions:

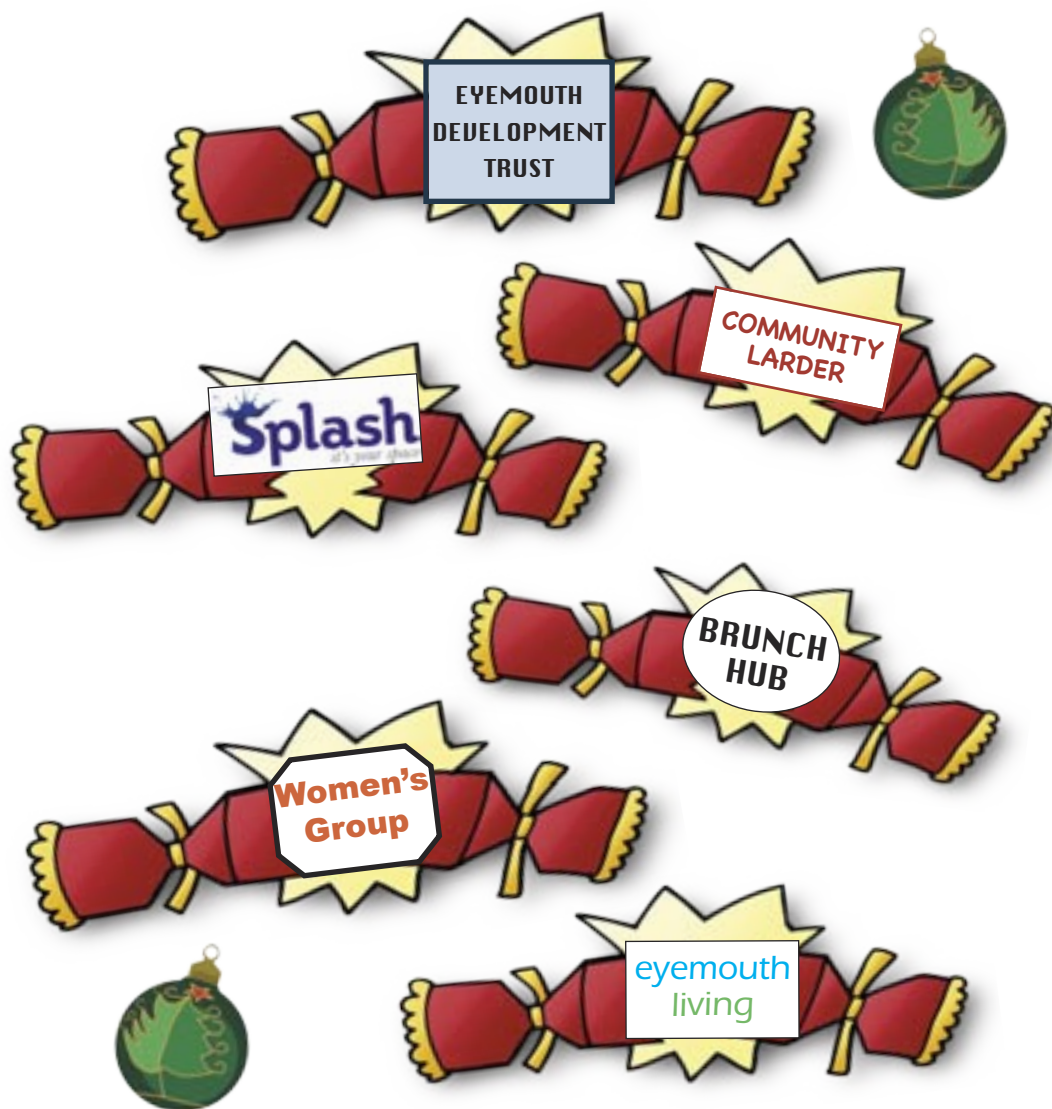
1. Whip the fresh cream to soft peaks. Fold in the sifted icing sugar and the rind and juice of the lemon and oranges.
2. Crumble the trifle sponges into the cream mixture and blend evenly through the cream.
3. Turn the trifle mix into a serving bowl, at this stage the trifle may seem very floppy but it will thicken up to a light, foamy and very refreshing dessert. Cover and chill for at least 2 hours. Just before serving decorate with thin slices of oranges and lemons or simply sprinkle with grated chocolate.





## eyemouth development trust

**Wishing everyone a Merry Christmas and a Happy New Year from the Eyemouth Development Trust and all our Projects!**



## january fun facts



**T**his month is named after the Roman god Janus (the Roman god of doors, gates and transitions), who had two faces – one looking back to the past and one looking forward to the future. It's a time for reflection and anticipation, setting the tone for the year ahead.

Here are some more fun facts:

- Birthstone is Garnet symbolizing peace, prosperity, and good health.
- Flowers are Carnation and Snowdrop for love, fascination, and hope.
- Zodiac Signs are Capricorn (22 Dec–19 Jan), Aquarius (20 Jan–18 Feb)
- The Anglo-Saxons called January 'Wulfmonath' meaning 'wolf month'. The wolf moon, the first full moon of the year, occurs 13 January 2025.
- In Tudor England, January 1st gifts were called 'handsel', which refers to a gift given to mark a first occasion or new beginning.
- The Quadrantid meteor shower peaks in early January each year.
- Orthodox Christmas is celebrated on 7 January in many Eastern Orthodox countries.
- Chinese New Year often falls in late January, in 2025 it's the 29th.
- Eating 12 grapes at midnight on New Year's Eve is a Spanish tradition believed to bring good luck.
- In Japan, people eat toshikoshi soba (year-crossing noodles) on New Year's Eve for good luck.
- Many cultures believe that what you do on January 1st sets the tone for the entire year.
- In some parts of the United States, eating black-eyed peas on New Year's Day is thought to bring prosperity.
- January's calendar pattern is shared with October in non-leap years, meaning their 1st days fall on the same day of the week.
- The Japanese celebrate 'Coming of Age Day' on the second Monday of January.
- January was designated as 'International Brain Teaser Month' to promote cognitive fitness at the start of the year.



## wildlife notes



**“We don’t own the planet Earth; we belong to it. And we must share it with our wildlife”**

**Steve Irwin**

As the festive season approaches and the New Year is on the horizon, it’s always a good time to look back on the wildlife year as the nights draw in. There has been so much to see locally from early Snow Buntings (above) in January at Eyemouth Golf Course to the magnificent seabirds nesting during the Spring and Summer and not forgetting the passage of Shearwaters and Skuas off the coast in Autumn.

There have been many highlights across the wildlife spectrum which have engaged and thrilled us all from birds, insects and flora. Here’s a few that might have gone unnoticed during 2024.

In late March, a couple of regular visitors to St. Abb’s Head NNR (Jim and Elaine) spotted something unusual on the outcrop of rock near their favoured picnic spot at Mire Loch – a bat in broad daylight, resting in the sun. After consulting the Head Ranger, it turned out to be a **Whiskered Bat** (*Myotis mystacinus*, right), a first for the reserve and rare in Scotland. Usually nocturnal feeders, they like woodland rides and hedgerows, eating flies but will also take moths and beetles.



After the poor weather at the beginning of Spring, it felt that nature was taking its time to start. Wild-flowers were slow to get started but eventually a real find, in a patch of barren ground on an industrial estate in Eyemouth – **Bee Orchids** (*Ophrys apifera*, left). After hearing the news, I went to investigate and low and behold, a whole patch of these fantastic flowers. Not a common species, especially up here in Scotland, it resembles a bee with its petals and velvety lip.

## wildlife notes



Whilst viewing a Common Gorse Moth on a rocky outcrop in May, something caught my eye running in between the crevices – a spider, but none of which I had seen before. Pictures were taken, books were thumbed, experts were contacted and finally an answer – a **V-fronted Spider** (*Aelurillus v-insignitus*, right). A real gem of a find, with only previous recordings in Scotland around the Firth of Forth. A coastal species that likes sunny positions in stony grassland habitats.



The Summer Bioblitz in August at St. Abbs, arranged by the Berwickshire Marine Reserve and National Trust for Scotland was a huge success with 589 species identified in the local area. The standout came from beneath the waves, a **Spotted Kaleidoscope Stalked Jellyfish** (*Haliclystus octoradiatus*, left), spotted and photographed by Paula Lightfoot. A first record for the region.

Going into the Autumn there are many more interesting local finds, look out for birds such as Greenish Warblers, Cetti’s Warblers and Richard’s Pipits but the last unusual find goes to my colleague Rachel, who is fascinated by all thing ‘fungi’. In September, she found in local woodland a **Common bird’s nest fungus** (*Crucibulum leave*, right). It’s a distinctive woodland species that looks like a bird’s nest filled with white eggs. The cups are first covered by a membrane that eventually splits, revealing the eggs which contain the spores! It doesn’t look real, but I can assure you that is a genuine fungus. Nature is amazing isn’t it!

From *Wildlife Notes*, a Happy Christmas and a Peaceful New Year to you all.

David Lewis, NTS Ranger Team, St. Abb’s Head NNR

Photo Credits:

David Lewis – Snow Buntings, Bee Orchid, V-fronted Spider; Ciaran Hatsell – Whiskered Bat; Paula Lightfoot – Spotted Kaleidoscope Stalked Jelly; Rachel Bonnici – Common bird’s nest fungus



## gardening notes



### The Holly and the Ivy

These are two plants which are so important to us at Christmas.

Holly was important centuries before Christianity came to Britain. It was considered a magical plant which had the power to



survive the winter, staying fresh and green. Holly trees can live for 250 to 300 years and produce a very white, fine-grained wood. It can be stained and polished and is commonly used to make walking sticks. Holly wood also makes good firewood and burns with a strong heat.

Because it is so hard, holly wood was used by Stone Age people to make sharpened sticks for hunting and soft hammers and tools which made it possible for ancient craftsmen to polish the stone artefacts they were working on to produce a finer finish. Celtic Druids in Britain regarded the tree as sacred while European mythology linked holly with the gods of thunder, including the Norse god Thor. Holly wreaths were worn as crowns by Celtic chieftains and traditionally this magical tree symbolised peace and goodwill.

Holly branches have long been used to decorate homes in winter maybe starting with the tradition of bringing holly leaves into the house in the winter to provide shelter for the fairies. This ensured that the fairies then looked after the home and the family in return. Holly trees also provide shelter for birds and hedgehogs, giving them a safe place to hibernate.

Holly is an example of a 'dioecious' plant, meaning that it has male and female flowers on different trees. Both flowers are small and white with four petals but the female flower has a large bulbous pistil in the centre. They bloom any time between early spring and the very beginning of summer, depending on the



## gardening notes



climate. That is why berries aren't produced by all holly trees.

Ivy is also renowned for its glossy evergreen leaves. And although it has only one type of flower it does have two very different types of leaves. The new, young shoots which cling and climb have juvenile leaves with 3 to 5 lobes and a paler underside (*top right*). The mature stems which produce the flowers have leaves which are oval or heart shaped but without lobes (*below right*).



Ivy, like the Holly, being evergreen and able to regenerate after harsh winters was considered a symbol of everlasting life, fidelity and loyalty. It was dedicated to the gods associated with wine and the cycles of life and death. The ancient Greeks and Romans presented newly married couples with wreaths of ivy and it is still often incorporated into bridal bouquets. The custom of decorating houses and churches with ivy at Christmas was forbidden by one of the early Councils on account of its pagan associations.



Being shade-tolerant, easy to grow and evergreen, ivy has a lot to offer gardeners. Recent research shows that it can help keep buildings cool in summer and less damp in winter. The dense growth and nectar-rich flowers are useful for wildlife too. Ivy has long been accused of strangling trees, but it doesn't harm the tree at all, and even supports at least 50 species of wildlife.

### There's not much needing doing in December and January

Most plants will be dormant just now and there is little needing doing in the garden. The soil will be wet and covered in leaves so it won't hurt to leave it alone until early spring. Fallen leaves should be removed from ponds and lawns.

Containers and tubs should be lifted up off the ground and placed on stones or bricks to help prevent waterlogging.

Winter bedding plants can still be planted and so can tulip bulbs.

Caroline Lathe  
(Ayton Gardening Society)



splash



**Eyemouth Larder  
and  
Community Fridge  
Christmas opening**

Monday	16th	9am - 11am
Tuesday	17th	3pm - 5pm
Wednesday	18th	9am - 11am
Friday	20th	9am - 11am

**2025**

Monday 6th January 9am - 11am

MERRY CHRISTMAS

12

splash




# SOUP-ER SATURDAY

**£4**

**SOUPER SATURDAY DATES**  
12TH OCTOBER  
16TH NOVEMBER  
18TH JAN

**HOME MADE SOUP  
AND A ROLL**

**TEA AND SCONES**

**TOMBOLA & BAKE SALE**

**MASONS HALL  
12PM TILL 2PM**






Soup-er Saturday will raise funds for our community projects.




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JOIN US AT EYEMOUTH LIBRARY  
FOR AN ADULTS'

# CHRISTMAS CRAFT WORKSHOP

AND MAKE DECORATIONS  
FROM OLD BOOKS




ON TUESDAY, 3rd  
DECEMBER, 2-4PM

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libeyemouth@liveborders1.org.uk

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## book news

Library opening times:

Monday 10am–1pm, 2–5pm, Thursday 10am–1pm, Friday 10am–1pm, 2–5pm.

### **Christmas: A History by Judith Flanders**

If you would like to know about all the history, legends and traditions of Christmas then this book by social historian Judith Flanders is for you.

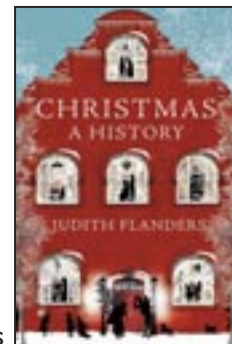
Christmas has been all things to all people: a religious festival, a family celebration, a time of eating and drinking. Yet the origins of the customs which characterise the festive season are wreathed in myth. This book will reveal the history and legends of the holiday.

When did turkeys become the popular dinner choice? Is the commercialisation of Christmas a recent phenomenon, or has the emphasis always been on spending? Just who is, or was, Santa Claus? And for how long have we been exchanging presents of underwear and socks?

Food, drink and nostalgia for Christmases past seem to be almost as old as the holiday itself, far more central to the story of Christmas than religious worship. Thirty years after the first recorded Christmas, in the fourth century, the Archbishop of Constantinople was already warning that too many people were spending the day not in worship, but dancing and eating to excess. How much has changed over the centuries?

*Christmas: A History* casts a revealing eye on the myths, legends and history of the season, from the origins of the holiday in the Roman empire to the emergence of Christmas trees in central Europe and the first appearance of Santa Claus! Pick up some interesting facts about the festive season and share them with your family and friends over the holiday period!

Joany Cook



### **Library News**

There will be a **Christmas craft session** in the library on Tuesday 3rd December, 2–4pm. Join us and make decorations from old books.

Just one **Bookbug** session in December on Tuesday 3rd at 11am.

**Hearing Aid clinic** is on Friday 20th December 10am–12pm.

**Lego Club** is on 13th and 27th December, just drop in between 2–4pm.

There will be no **Walking Bookclub** in December. Next one will be 14th January 2025.





## abi & kathy

### Abi and Kathy Discuss Christmas Traditions

It's the middle of November and it has been so mild that Abi and Kathy decided to take a pumpkin spiced latte to their favourite bench.

**Abi:** Gosh it's been so mild, it's hard to believe that it's the middle of November. I wonder when the wind will come back? I see that the town has quietened down recently.

**Kathy:** Yes, I noticed that after the Herring Queen Fireworks. It does seem to have quietened down a bit. There are still visitors to the town though. The decorations have gone up outside Pazzi's and I see that the Christmas Tree is up in the old Kirk Square. I love the decorations in The Ship's windows.

**Abi:** I saw them putting the tree up. Hope that it does not break with any strong winds like in previous years. This year's tree seems to be a lot nicer than last year's. Christmas is only a month away. Have you any plans Kathy?

**Kathy:** Not really, I am hoping to go and see my family but it depends on the weather and how I feel after my Covid booster. If I don't get there I know I can still have a fun time here at home in Eyemouth. Mind you when I was a girl it was really different. Christmas was not really celebrated in Scotland.

**Abi:** What? No Christmas! Surely not.

**Kathy:** Yes, believe it or not Christmas wasn't celebrated in Scotland till about 1958. It had all started with Oliver Cromwell back in the 1600's. He was the one that laid siege to Dunbar Castle I think.



## abi & kathy

Anyway he was the 1600's version of The Grinch and banned Christmas across the whole of the UK. For some reason when the ban was lifted it remained here in Scotland until about 1958.

**Abi:** Ok, so is that why Old Year's Night and New Year is celebrated more here?

**Kathy:** I think so. Mind you despite not celebrating it we do have our traditions up here. Mistletoe and Holly wreaths were brought into homes. The Mistletoe was believed to have fertility properties and Holly was believed to keep angry spirits away.



**Abi:** I always wondered why you are supposed to kiss under mistletoe – that makes sense now. How many have you kissed under the mistletoe then Kathy?

**Kathy:** Now that would be telling and a lady never tells. I am just glad I had all my fun before facetube and Tock Tick.

Kathy said with a wink.

And with that, questions still racing in Abi's mind, the pumpkin latte was done, Loughs black bun called to them as they set off to grab some before it all disappeared.

Have a safe and happy Christmas from *Abi and Kathy*. Watch out for them on their favourite bench on the Bantry during the festivities!





## history

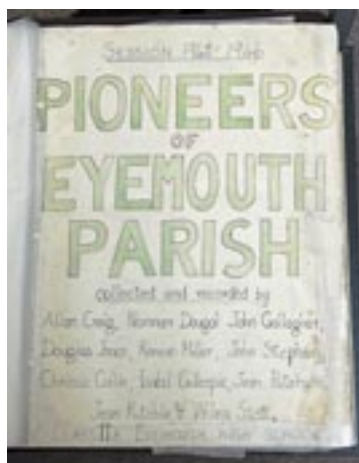
### William Crow of Netherbyres, Father of Eyemouth Harbour

The first pioneer named in Eyemouth High School's book *The Pioneers of Eyemouth Parish 1945-6* is William Crow of Netherbyres. He was the first person to give Eyemouth a harbour.

William inherited the Netherbyres estate as a child in 1702 but the Crow family had owned the estate since the 1550s. William gained a Masters degree at Edinburgh University and was an able mathematician and engineer. He took over the running of the estate in 1720.

William was a keen gardner. In the 1730s he built an elliptical walled garden to shelter his peach trees from salty winds off the North Sea. Almost three hundred years later it remains almost unique in the world.

William also took a great interest in his local community and was very keen to make life easier for fishermen and merchants. The village of Eyemouth had developed on the north side of the River Eye estuary and was only suitable for small boats to navigate. The river mouth kept silting up and boats were often prevented from entering or leaving Eyemouth, especially in bad weather. With his mathematical and engineering skills William designed a pier against which boats could lie and whose end would jut out at an angle to prevent silting. With his Berwickshire contacts he was able to raise the money needed



## history

for the pier from public subscriptions. In 1747 the pier was completed, trading and fishing from Eyemouth increased and the town prospered. Grain from Berwickshire farmers, previously exported from Berwick could now be exported from Eyemouth and large granaries were built on the harbour-side. Only a few boats fished from the harbour at this time but the new pier benefited them too.

William Crow died in 1750 aged 48, and in 1767 part of his pier was destroyed by a great storm. The local gentry raised funds to make repairs and a new breakwater on the south side was commissioned and built by engineer John Smeaton to protect the harbour from north winds. Both piers remain today as part of Eyemouth's harbour defences.

Fay Waddell





it's our third birthday!







eyemouth rotary



**ROTARY EYEMOUTH AND DISTRICT**

**SANTA CLAUS VISIT 2024**

Once again Father Christmas plus his Sleigh and Merry Helpers will be visiting the East Berwickshire communities during December distributing good cheer and gifts to children.

The programme for his visits this year is given below. **Please Note some changes to Santa's timings and locations due to Reindeer issues.** Parents/Carers are invited to bring their children along to meet Santa and his Rotarian helpers.

**Friday 13th December**

COCKBURNSPATH	(Village Square)	4.30pm
GRANTSHOUSE	(Grantshouse Inn)	5.30pm
RESTON	(Old Red Lion Car Park)	6.00pm

**Saturday 14th December**

EYEMOUTH	(Hallydown Crescent)	4.30pm
EYEMOUTH	(Deanhead Drive/Calleroove)	5.15pm
EYEMOUTH	(Co-op Car Park )	5.45 pm
EYEMOUTH	(Stebbing's Rise/Skeldons Brea)	6.15pm
EYEMOUTH	(The Avenue/Gunsgreen Circle)	6.30pm
EYEMOUTH	(Gillsland, Top of)	7.00pm

**Sunday 15th December**

AYTON		4.30pm
BURNMOUTH	(Near Village Hall)	5.15pm
ST ABBS	(Post Office)	5.45pm
COLDINGHAM	(Village Hall)	6.15pm






**OBLÒ BAR & BISTRO  
CHRISTMAS MENU 2024**

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**STARTERS**

Parsnip, Honey & Thyme Soup £6  
topped with Parmesan croutons (available GF)

Smoked Breast of Gressingham Duck £8  
pickled carrots & juniper jus (GF)

Deep Fried Camembert Cheese £8  
fig & cranberry jam

Cocktail of Prawns, Crayfish & Crab £9  
gem lettuce, cucumber pearls & Bloody Mary dressing (GF)

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**MAIN DISHES**

Roast Turkey Crown £16  
pigs in blankets, walnut & date stuffing, beef dripping roast potato fondant,  
seasonal veg, pan of bread sauce & citrus gravy

Medallions of Local Pork Fillet £16  
Roquefort & apple sauce, braised leeks and beef dripping roastpotato fondant (GF)

Baked Teriyaki Marinated Salmon £18  
lemon & herb cous cous with a warm coconut & coriander broth

Curried Sweet Potato & Butternut Squash Cakes £14  
on celeriac puree, split with herb oil and smashed peas

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**DESSERTS**

Warm Chocolate Brownie £8  
Giacopazzi's cranberry sorbet (GF)

Cookies & Cream Sundae £8  
made with Giacopazzi's Gelato

Rum & Raisin Cheesecake (GF) £8  
Chocolate & Orange Curd Cheesecake (GF) £8

Truffled Brie with Sweet Biscuits £8

Selection of Giacopazzi's Gelato or Sorbet  
£2.9 (1 scoop) £4.8 (2 scoops) £5.9 (3 scoops)

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available from 4th to 24th December

## looking back



You often hear people comment how quickly the years pass by, so let's have a look at memorable moments 25, 50, 75 and 100 years ago.

### 25 Years Ago – 1999

This year saw the establishment of the Scottish Parliament and the Welsh Assembly. The Euro currency was also introduced, although the UK government choose to retain Sterling. The minimum wage was introduced at a rate of £3.60 per hour for workers over 21. Only 20% of the UK population had access to the internet and the year closed with the opening of the Millennium Dome and the London Eye. Everyone who relied increasingly on computerised records waited to see if the threatened Millenium bug would affect computers worldwide. It was feared that computer systems would not recognise the change of date from 20th to the 21st century.



### 50 Years Ago – 1970

A PanAm Boeing 747 landed at Heathrow, this was the first Jumbo Jet to land in the UK. Paul McCartney left the Beatles, British Leyland announced



that they would discontinue the Morris Minor motor car which had been in continuous production since 1948. The Isle of Wight festival took place on 26th to 31st August. It was the largest rock festival to have taken place with 600,000 people attending. In September the first Glastonbury festival was held to a crowd of 1,500 (left). The last freight to be transported commercially by

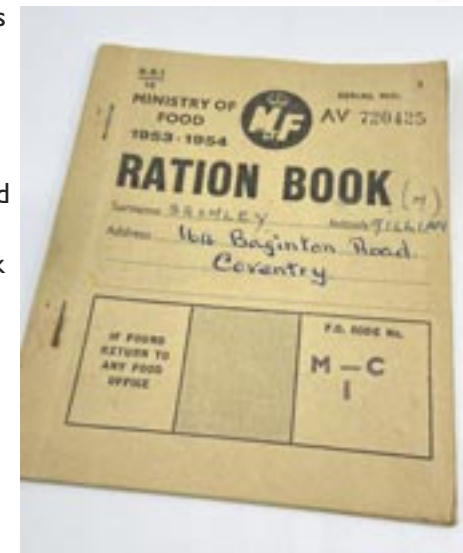
## looking back



canal took place in October (it was a load of coal headed for a jam making factory).

### 75 Years Ago – 1949

Post war rationing of clothes ended in March. Rationing of sweets was lifted briefly but had to be put back in place when shortages became common once again. (Food rationing remained in place until July 1954). The North Atlantic Treaty, NATO, was established. In May the first self-service laundrette was opened in London. The hottest average temperature in the UK, since records began in 1834, was recorded at 10.64°C (In July 2018 the record stood at 18.7°C).



### 100 Years Ago – 1924

On the 1st of January the Met Office broadcast the first shipping forecast. In February, John Logie Baird (left) sent the first TV pictures over a short distance. Gleneagles Hotel opened. In November the *Sunday Express* became the first newspaper to publish a crossword puzzle and Frigidaire became the first brand of fridge to be marketed in the UK.





## eyemouth high school



## eyemouth high school

When people think of the end of the year in school, they imagine daunting assessments and preparation for exams – but this is just not the case! In and around Eyemouth High School we have several events going on throughout the month of December such as the Christmas Dance, showcases and various performances across the community.



*The Enrichment performance rehearsal*

Firstly, of course we have the Christmas Showcase, a winter staple. Each year, the whole community gathers to display various activities and opportunities that are available to the young people in the school. There are always outstanding contributions from the students showcasing their works of art, textiles and even cake work – creating an atmospheric evening that invites over 500 members each year. In previous years, we have had students performing festive music pieces and there is always something at the showcase for the public to engage in!

Secondly, we have several performances across the community – one of them being the Enrichment show! Each Wednesday afternoon, S1 and S2s participate in the school's Enrichment programme, where they join one of three 'schools' for the year. Each 'school' is guided by a team of staff and offers a variety of opportunities for students to tailor their learning to their interests. The programme encourages personal choice, enables engagement with the local community, and allows students to demonstrate their skills by performing or presenting their work – and for the drama enrichment 'school', this is a show! The students are able to decide on how big or small their part will be, with the ultimate goal being that they are able to enhance their acting skills without feeling like their role is too 'big' for them. This year, the performance will be held on December 12th and a

full band playing a wide variety of instruments will accompany the talented actors.

Then, we have our Christmas dance. Split into juniors and seniors, each night is filled with ceilidh dancing – with the seniors also enjoying a band and food. Before the dance, we have a full month dedicated to it in P.E. where we learn all the traditional dances, such as the Gay Gordons and Strip the Willow. Even though they are daunting at first, after a few lessons you blend right in and end up finding the full ordeal quite enjoyable, and this helps the students make sure they can participate on the actual night to the fullest capacity that they can.

Overall, we have a crammed Christmas, and the school do their very best to make the festive season as enjoyable and jubilant as they possibly can. Of course, this couldn't be done without all the hardworking staff, community members and school pupils who voluntarily put their time and energy into creating a welcoming month- so we wish them a massive thank you for all that they have all done.

*Freyja Morton*







u3a



This year has really flown by! We are swiftly approaching the Christmas and New Year festivities – traditionally a time for fun, friends and family. Making friends, particularly in later life can be challenging and the U3A, with our wide range of interest groups, is a great way to meet new ones. It's never too late to join and live, laugh and learn with likeminded local people.

Contact the membership secretary at [eastberwickshire.u3a@bt.com](mailto:eastberwickshire.u3a@bt.com) or feel free to come along and meet us at one of our free Open Meetings.

The talk at our November Open Meeting was given by Ben Gothorp from Simpsons Malt. The firm was founded in Alnwick in 1862 and is still in family ownership. Producing 300,000 tons of malt annually it is now the largest independent malting business in the UK. The business provides seeds and supplies for farmers and malt for distillers and brewers. They have two maltings, the larger one in Berwick supplies the whisky industry and a smaller one in Norfolk supplies craft brewers both locally and in the USA.

They have made major efforts to reduce greenhouse gases. Their fleet of 32 trucks run on HVO (Hydrotreated Vegetable Oil made from waste vegetable oils and fats) which has reduced greenhouse gas emissions by 90% and are working with a partner company to build an 'Energy Centre' next to the Berwick Maltings.

#### Open Meeting Dates for your diary:

December 11th – an illustrated talk by Richard Blake on 'Sugar, Slaves and High Society'. This covers previously unpublished papers on wealth repatriated to Scotland from the West Indies including a direct connection between Coldingham and a plantation in Jamaica.

January 8th – a talk by Sea the Change, an environmental group based in Eyemouth. The talk will give an idea of the variety of their work/projects which aim to connect communities to coastlines, encouraging small changes that lead to more responsible and sustainable lifestyles.

Our Open Meetings are held at the Eyemouth Community Centre and start at 10.30 (refreshments from 10.00).

We hope to see you there.

**Rachael Hamilton MSP**  
Member of the Scottish Parliament for Ettrick, Roxburgh and Berwickshire constituency

The Scottish Parliament  
Pàrlamaid na h-Alba

If there are any issues that I can help you with, please don't hesitate to get in touch.

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**John Lamont MP**  
Member of Parliament for Berwickshire, Roxburgh and Selkirk

**6 ways to contact John**

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📺 John2Win  
f [JohnLamontBorders](https://www.facebook.com/JohnLamontBorders)

*Working hard for the Borders, all year round*

The costs of this publication have been met out of parliamentary resources.

# puzzles



For answers see page 32

## Christmas Movies Anagram Quiz

Unscramble the letters to reveal some well-known Christmas movies.

1. MR SINGLE (8) \_ \_ \_ \_ \_ \_ \_ \_
2. SMITH WRIST ACHE (5,9) \_ \_ \_ \_ \_ \_ \_ \_ \_
3. A DEFINITE WOLF SLUR (3,1,9,4) \_ \_ \_ \_ \_ \_ \_ \_ \_
4. A VALLEY CLOUT (4,8) \_ \_ \_ \_ \_ \_ \_ \_
5. CHARCOAL ARM SITS (1,9,5) \_ \_ \_ \_ \_ \_ \_ \_ \_
6. HIRE DAD (3,4) \_ \_ \_ \_ \_
7. MARCH SITARS HURT (6,9) \_ \_ \_ \_ \_ \_ \_ \_ \_
8. HOLY INDIAN (7,3) \_ \_ \_ \_ \_ \_ \_
9. ONE HAM OLE (4,5) \_ \_ \_ \_ \_
10. GIANT JELLY WHALE (6,3,3,3) \_ \_ \_ \_ \_ \_ \_ \_ \_
11. HOT NEWSMAN (3,7) \_ \_ \_ \_ \_ \_ \_
12. CODERS GO (8) \_ \_ \_ \_ \_ \_ \_ \_
13. PROPHETESS RELAX (3,5,7) \_ \_ \_ \_ \_ \_ \_ \_ \_
14. NIGHT RECH (3,6) \_ \_ \_ \_ \_ \_
15. HOT DELI HAY (3,7) \_ \_ \_ \_ \_ \_ \_



## Find 8 Differences



30

# puzzles



## Word Search



## The Twelve Days of Christmas

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

Calling Birds  
Christmas  
Gold Rings  
Partridge  
Lords  
Days

Turtle Doves  
Drummers  
Ladies  
Maids  
Pipers

French Hens  
Pear Tree  
Twelve  
Geese  
Swans



## SUDOKU

	2	1		4			3	8
4		6					9	
			7	1	9			
2	6	7			4			3
		4	2		1	9		
8			3			2	4	5
			1	5	2			
	3					4		6
7	9			3		1	8	

## Colour Santa in his Bauble



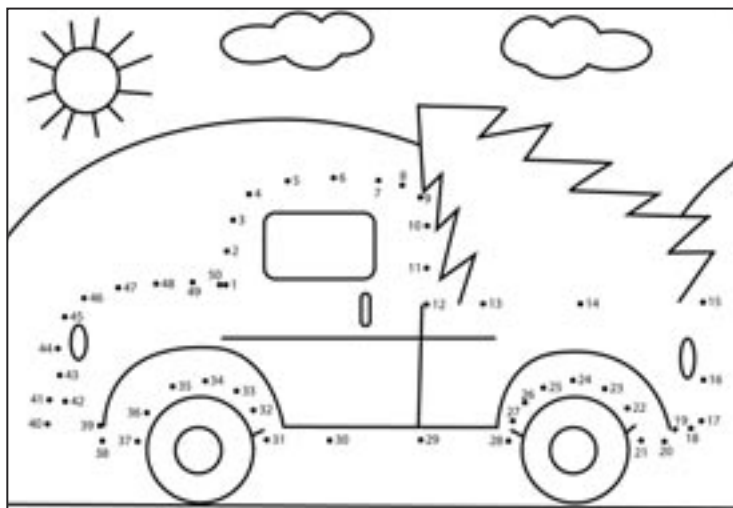
31



## puzzles



### Christmas Tree Truck Dot to Dot



15. THE HOLIDAY
14. THE GRINCH
13. THE POLAR EXPRESS
12. SCROOGED
11. THE SNOWMAN
10. JINGLE ALL THE WAY
9. HOME ALONE
8. HOLIDAY INN
7. ARTHUR CHRISTMAS
6. DIE HARD
5. A CHRISTMAS CAROL
4. LOVE ACTUALLY
3. IT'S A WONDERFUL LIFE
2. WHITE CHRISTMAS
1. GREMLINS

Christmas Movies Anagram Quiz

### The Twelve Days of Christmas



## craft project: gonk

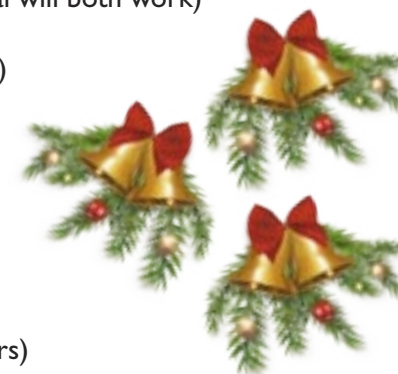
### How to make a DIY Christmas Gonk

What is a Christmas gonk? A Christmas gonk, often referred to as a gnome, is a traditional figure in homes over the festive period. Gonks first came about in Scandinavian and Nordic mythology, but have risen in popularity around the globe for their festive appearance. They are known for their unique characteristics featuring a classic white beard and a long, pointy-tipped hat. These fun little creatures can be found in a multitude of cheerful colours and sizes.



### Materials

- A pair of socks (fluffy or smooth material will both work)
- 1 A4 piece of felt
- 1 piece of fake fur (roughly 10cm square)
- Pompoms
- Toy stuffing (cotton balls will work too)
- Hot glue gun (or fabric glue)
- 10cm piece of string
- A pair of scissors
- A felt tip pen
- A ruler
- Decorations (e.g. sequins, stars or stickers)



### Steps:

1. Start by cutting the heel end off the sock, leaving the closed-toe portion. This should be roughly 10–12.5cm in length for a medium sized gonk. If you want a smaller gonk, cut the sock to roughly 8cm in length.



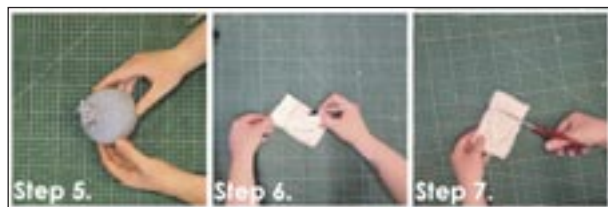
## craft project: gonk



2. Take the toy stuffing (or cotton balls) and fill the sock. You will want to leave a small empty space at the top of the sock to close it up.
3. Gather the open end of the sock and scrunch the fabric together. Do this until the hole is closed and you can't see the stuffing.
4. Holding the sock closed, take the string, loop it around the end of the fabric and tie the string in a knot to secure it in place. You may need to ask for help doing this.



5. Use the scissors to cut off the excess ends of the string. Set this to one side while you make the beard.
6. Take the piece of faux fur and place it fur side down. Use the felt tip to mark out the shape of the beard. This can be any shape you like!
7. Use the scissors to cut out the beard.



8. Place a line of hot glue along the side of the faux fur marked with pen, being careful to not get any glue on the fur side. Carefully place onto the gonk body and hold until the glue has dried – this takes roughly 30 seconds. Now set this to one side while you work on the hat.

## craft project: gonk

9. Take the felt and use the ruler and pen to outline a triangular shape on the material.
10. Use the scissors to cut out the triangle drawn on the felt.



11. Fold the felt in a circular motion to create a cone shape. Hold it over the body of the gonk to make sure it is the right size before gluing the felt in place.
12. To secure the felt into the cone shape, place a line of hot glue along the edge of the felt triangle and roll into the cone shape to hold it in place. (You may need an adult to do this for you, as hot glue can burn!) Take the cone hat and add a small line of hot glue around the inside bottom edge. Place the hat on top of the body and hold it in place until the glue dries.
13. Lastly, take the pompom nose and secure to the top of the beard, just below the hat, using a small dot of glue.



14. As an added extra, try securing a pompom onto the tip of the hat using hot glue, or decorate with stars for a touch of Christmas.



## let's go for a walk



### Boxing Day or New Year's Day Walk

After all the festivities, and if we're lucky some excesses, it's good to get out and about for a nice fresh walk. This one combines a stroll through part of the town with a country lane and a track through beautiful countryside with far-reaching views.

I have to admit I took a bit of a short cut from the marked route as I started and ended at the free public carpark on Victoria Road, but it took me only 50 minutes and that included several pauses to take photos, talk to a friendly horse and let my little dog stop to sniff a lot of interesting things. If you want to start from Kirk Square you can go along Church Street and up Harbour Road to the parish church.

I started by walking up Coldingham Road to the end, turning left opposite the park and crossing the main road to walk along Acre-dale. Past the industrial estates on the left, following the road as it narrows and goes into countryside. Although it's a quiet road with little traffic, there's no pavement so keep an eye out for cars.

Soon on the left you'll see a farm track signposted for 'High-laws'. Take the track and you'll soon have a great view across a field and over the top of houses to a glimpse of the sea.

Keep going until you come to farm buildings and follow the track between the barns with a horse field facing you. One of them was very friendly and came over for a nose scratch...



## let's go for a walk



Here the track goes right and then left past a row of old deserted cottages. There's a gateway with a fantastic view across the Eye valley.



It becomes a lovely tree-lined track as you approach the gate to Highlaws House on your left as the track turns to the right again and down to the Ayton road. See if you



can spot this hidden door in the wall.



Turn left along the paved road back to Eyemouth, with views of the gorgeous trees in Netherbyres



off to the right, and then if you're me, you have to lean over the bridge to look at the river!

Finish the walk along Victoria road back to the carpark or down Harbour Road to the harbour to see if you can spot our swan family or the seals, before home and a nice warming cup of tea.

JP (& Tinker)





## what's on



### Eyemouth Golf Club

Visitors Welcome and Memberships available.  
We always aim to offer the full course on a year round basis.  
Enjoy the great views & testing golf course. Course selected by  
Scottish Golf to host two National Competitions in 2024 & 2025.

Catering partner, The Heathers Restaurant, on site

One year full membership £480

One year Country membership (must live 30 miles distant) £360

Young Adult (18-29) Memberships available as significant reductions  
subject to age

10% discount on the above for new applicants  
or those past members who have been away 2+ years, paying in full.  
Monthly payments available for most adult member categories

Join as a Winter Member 1st Oct thru 31st March  
for significantly reduced rates

Junior memberships available (up to 17 years) at token costs only

## what's on





# GET THE RIGHT CARE IN THE RIGHT PLACE



	NHS inform includes self-help guides for a range of common conditions: <a href="https://www.nhs.uk/infomedia/scot/self-help-guides">NHSinform.scot/self-help-guides</a> If you think you need A&E, but it's not life threatening, call NHS 24 on 111. If you need same day medical attention that cannot wait for your GP Practice to reopen, call NHS 24 on 111.	<b>NHS 24</b>
	<ul style="list-style-type: none"> <li>• Colds</li> <li>• Cold sores</li> <li>• Sore throat</li> <li>• Diarrhoea or constipation</li> <li>• Indigestion</li> <li>• Aches and pains</li> <li>• Help if you run out of your repeat prescription</li> </ul>	<b>Pharmacist</b>
	Contact your GP Practice Call NHS 24 on 111, 24/7, 365 days a year <b>Breathing Space:</b> 0800 83 85 87 Weekdays: Monday - Thursday 6pm to 2am Weekend: Friday 6pm - Monday 6am	<b>Mental Well-being</b>
	<ul style="list-style-type: none"> <li>• Tooth pain</li> <li>• Swelling to your mouth</li> <li>• Injury to your mouth</li> <li>• Painful or bleeding gums</li> <li>• Advice on oral hygiene</li> </ul>	<b>Dentist</b>
	<ul style="list-style-type: none"> <li>• Red or sticky eye</li> <li>• Pain in or around your eye</li> <li>• Blurred or reduced vision</li> <li>• Flashes and floaters</li> </ul>	<b>Optometrist</b>
	A range of clinicians, including doctors, nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues.	<b>GP Practice</b>
	<ul style="list-style-type: none"> <li>• Cuts and minor burns</li> <li>• Sprains and strains</li> <li>• Suspected broken bones and fractures</li> </ul>	<b>Minor Injuries Unit</b>
	<ul style="list-style-type: none"> <li>• Suspected heart attack or stroke</li> <li>• Breathing difficulties</li> <li>• Severe bleeding</li> </ul>	<b>A&amp;E or 999</b>

If you are unsure about where to go or who to see, find out at:

**[NHSinform.scot/right-care](https://www.nhs.uk/infomedia/scot/right-care)**