

FREE

eyemouthingiving

Your local community and healthy lifestyle magazine

December 2023 / January 2024



Jorgie, P6

Bumper Christmas / New Year Issue

welcome

contents



Welcome to our Bumper December/January issue of *Eyemouth Living*. I don't know about you, but Christmas seems to have crept up on us all, but maybe it feels like that every year if we're really honest with ourselves! As we prepare to celebrate this holiday we at *Eyemouth Living* are celebrating too as it is the 2nd anniversary of the *Eyemouth Living Magazine*. Over the years we have tried to keep our local community informed, healthier and better prepared for all that might come our way. To give us a little time off before the next deadline looms we're not having an issue in January, but don't worry we'll be back with a bang for February. If you've got any great ideas for what we might include in our magazine feel free to get in touch and we can see what we do. Everyone at the magazine hope you have an excellent Christmas time, with a good balance of time with others and time to relax and restore. May your New Year be full of great things and we look forward to another year of excellent articles. We will see you all in February! All the best.

Andy Hadow
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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Magazine contact: livingmagazine@eyemouth.org

If you would like to promote your business or simply support us by placing an advert in the magazine please contact us at: livingmagazine@eyemouth.org

Our rates are as follows:

Full page (portrait size)	£100.00
Half page (landscape size)	£50.00
Quarter page (portrait size)	£25.00
Eighth page (landscape size)	£10.00

it's our birthday!

puzzle

Happy Birthday to Us!

It's Eyemouth Living's 2nd Birthday this Month! This is our 25th issue and to celebrate we've expanded it to 40 pages.

We would like to thank the Eyemouth community and all our wonderful and amazing contributors for supporting us – without whom we wouldn't have a magazine at all! Special thanks go to our regular monthly contributors for their continued support and enthusiasm for our magazine. Thanks also go to the team at Fantasy Prints for the great job they do for us. We are a small team of only 4 volunteers and couldn't produce this now eagerly anticipated publication without the community support. Thank you.

We have come a long way since our first issue in December 2021, and have had to make changes and adjustments to finally arrive at a format which we are proud of. There have been challenges along the way not least the fact that our funding was withdrawn earlier this year and we now have to be self-funded, but we are still here!

The team, Jackie Clifford, Susie Hopewell, Jo Pawley and Joanna Payne, would like to wish all our readers, contributors and advertisers a very enjoyable Christmas and New Year.



Join the Dots and Colour Me In!





Rotary ‘Purple for Polio’

Some of our readers will be old enough to remember Polio. It was a devastating disease mainly affecting children under 5 years of age and endemic across the world. There is to this day no cure for polio but prevention by immunisation has been the route to reducing its impact world-wide.

The last major epidemics in the UK were in the 1950s with some 8,000 children per year being affected, causing up to 750 deaths with many more permanently incapacitated. The last outbreak of Polio was in the late 1970s with the last case in the UK in the 1990s.

Whilst there is still no cure, prevention is easy. The American virologist Dr Jonas Salk perfected a vaccine in 1955 that when administered prevented the virus achieving its aims. Jonas Salk could have made his fortune from the vaccine but chose the philanthropic humanitarian route and gave his vaccine to the world. Over the years the vaccine has improved and the method of delivery was simplified to an oral dose which children all over the world still take.

In the late 1980s Rotary International began their largest campaign to date with the specific aim of eradicating the Polio virus from the world. This can only be achieved by global mass immunisation programmes. Funds were (and still are) raised and, in partnership with the World Health Organisation, a worldwide programme involving many hundreds of volunteers began to administer the vaccine. In 2007 the Bill & Melinda Gates Foundation became involved in the project, pledging that for every \$1 raised they would add \$2. So every \$1 donated to the End Polio Charity now becomes \$3. This has had a marked effect on the speed with which the programme can deliver results, to the point where the Polio virus is now only endemic in two countries, Afghanistan and Pakistan. From a high of 350,000 cases world-wide in 1988, the number of cases reported in 2022 was just 13.

In the early days recording the fact that children had been immunised



was done in a physical manner. They had one of their little fingers dipped into a purple dye. This colour has now become synonymous with the End Polio Campaign and is best illustrated in Eyemouth on two occasions per year. In the spring two Rotary Logos appear on the banking by Gilsland and the toll cross-roads. This is the display of purple crocuses that was planted by Eyemouth Rotarians and a number of volunteer pupils from Eyemouth High School.

The second and most recent occasion was when the team at the NnG Maintenance depot bathed their building in purple from Tuesday 24th October, ‘World Polio Day’, until the end of the week. Rotary Eyemouth are very grateful for the enthusiastic support of the team at NnG this year and hope that this demonstration will become an annual display to celebrate the work of Jonas Salk, Rotary International, The World Health Organisation and The Rotary International End Polio Now campaign.

Should you wish to contribute to the campaign contact Rotary Eyemouth through our Facebook page. For further information on all things Eyemouth Rotary check out the Facebook page or visit our Eyemouth & District Rotary website:
<https://www.rotary-ribi.org/clubs/homepage.php?ClubID=81>



sea the change



New Year's
RESOLUTION
of small changes

A few small actions you can take in 2024 to help protect our environment:

REDUCE, REUSE, RECYCLE 

Make a conscious effort to minimise waste by recycling materials, reusing items and reducing single-use plastics. Composting organic waste can help reduce methane emissions from landfills. Consider taking part in a local community clean-up.

CONSERVE ENERGY 

Use energy-efficient appliances and lighting. Practice energy conservation in your home; turn off lights and electronics when not in use. If possible, choose renewable energy sources like solar or wind power for your home. Opt for a green energy supplier.

SHOP SMARTER 

Buy less plastics and bring reusable shopping bags. Opt for products that are eco-friendly, ethical, locally-produced and come with less packaging. Utilise recycling points at larger supermarkets for items that are unable to be recycled at home.

CHOOSE A PLANT-BASED DIET 

Adopting a more plant-based eating pattern can have a significant positive impact on the environment and your health. If possible, buy locally-produced, organic and sustainably-sourced food. Or why not try growing your own fruit and veg!

USE ALTERNATIVE TRANSPORTATION 

Use public transportation, carpool, bike or walk whenever possible. Consider purchasing a fuel-efficient or electric vehicle. Cut down on air travel if you can.



Together small changes make a BIG difference!
www.seathechange.org.uk



EYEMOUTH LARDER & COMMUNITY FRIDGE

Opening Hours:
 Mon 9am - 11am
 Tues 3pm - 5pm
 Wed 9am - 11am
 Thurs-Closed
 Fri 9am - 11am
 Sat - Closed
 Sun - Closed

CHRISTMAS OPENING HOURS
 FRIDAY 29TH DEC

KEEP AN EYE ON OUR FACEBOOK PAGE
[HTTPS://WWW.FACEBOOK.COM/EYEMOUTH LARDER](https://www.facebook.com/eyemouthlarder)

SUGGESTED DONATIONS £1

Find us in Eyemouth Parish Church

gardening notes

Winter in the garden

There is nothing nicer in the mid winter than to wake up to a garden covered in fresh snow.

Let's hope the rain has stopped and we can look forward to a White Christmas.

But don't forget the wildlife. Birds may need a little extra help to see them through the cold months until spring. Try to

make it a regular habit to put out fresh bird food and water. And if it's really cold you will need to put food out twice a day. If you're buying bird food it is recommended to use a mix of seeds and live food such as mealworms. Windfall apples are a good food source particularly for blackbirds so leave them on the ground. A tray of water on the ground will help them too, especially if you keep it free from ice and debris. Any feeding station needs to be kept clean and old food removed.

If you have a pond you will need to make sure it doesn't freeze over so place something to float on the surface. But if you do see that it has frozen please don't crack the ice since this will hurt the fish. Get a saucepan full of hot water and hold it onto the surface until a hole appears.



Why not give someone a gift for the garden such as a hedgehog house, a bird table or a bat box? They are all easy to make or find them online. Good places to look for gardening gifts include the National Trust, the RSPB and BBC Gardeners World. There's still time to make some jam or how about a wreath? There are plenty of local workshops to help you

gardening notes



produce something lovely...

Jobs to do in the garden in December

If you have a greenhouse it will need getting ready for the winter by checking any heaters are working and making sure it is prepared for winds and heavy rain. Precious plants also need protecting. Some tender plants should be wrapped up whilst others will need staking or protecting from the wind.

Apple trees can be pruned now as it is a good idea to prune trees in the middle of winter whilst they are dormant to prevent them losing sap when they are cut. Other trees suitable to be pruned now include maple trees, birch, walnut, laburnum and magnolia.

This is the best time to plant new trees and shrubs and many of these are only sold in mid-winter because of this. But please don't try planting them when the ground is icy or waterlogged. Wait until the weather has been dry and sunny for a few days.

Any remaining leeks, parsnips, sprouts or other root crops should be harvested.

Propagate some of your favourite plants from hardwood cuttings. These are cuttings taken using the older 'hard wood' rather than the soft green stems of plants such as geraniums. Deciduous shrubs, climbers and fruit bushes can all be propagated this way. Select a healthy stem and using clean secateurs make two cuts as shown. Dip the base in hormone rooting powder and insert the cuttings into a pot or a trench outdoors until next summer. There should only be a couple of buds showing above the surface.



If you're not sure about how to take cuttings or propagate plants come along to one of our workshops in Ayton.

Caroline Lathe (Ayton Gardening Society)

thought for the month

A thought from St. Ebba's

wonder if you find yourself being rushed toward Christmas?

If you do, then you may find just how little time there is to pause and reflect upon what Christmas is really all about – the coming of Emmanuel, God with us, and all that that means.

Yet, even if we do find a moment to pause, the images around us can shape our understanding such that we see God as somewhat 'cotton-wooled' – meek and mild, wrapped up, confined to a crib, powerless: he the child, we the adults.

But is this true? Cast your mind back to that very first Christmas. Two people, Mary and Joseph, looking to the future with all of the usual hopes and dreams; and then... Emmanuel – God with us! And life is interrupted, plans are changed, priorities rearranged (you might like to read the full account in Matthew 1: 18-25).

This challenges our perceptions of, and preparations for, Christmas. For it's not so much about *our* being able to create the perfect Christmas; rather it is about our putting all of those things to one side and allowing *God* to interrupt, to challenge, to rearrange our plans – reminding us: we are his, not the other way around.

As we approach Christmas I'd encourage you to stop and pause and to reflect – what might Emmanuel; God with us, mean for you? Remembering that he came to offer us everything that we long for, yet so often don't find amidst the light and sparkle of our self-made Christmas.

Chris Jones



abundant borders recipe

Try something different to have alongside your Christmas Roast?

BROCCOLI, CAULIFLOWER & CHEESE CRUMBLE

Serves 2



Ingredients

- 1 bunch of broccoli
- 1 cauliflower
- 1 small onion sliced
- 2 slices of wholemeal bread (day old if possible)
- 1 good handful grated mature cheddar cheese
- 1 clove of garlic finely chopped
- 1 stock cube
- Pepper to taste



Method

1. Pre-heat oven to 200C/400F/Gas Mark 6 1.
2. Wash broccoli and cauliflower and cut into florets.
3. Cook in boiling water until tender (soft, but not mushy) - about 10 minutes
4. While the vegetables are boiling, make breadcrumbs from sliced bread and mix with grated cheese
5. Add sliced onion and garlic to the vegetables and cook for 2 minutes
6. Drain water from vegetables, reserving liquid, and place in an ovenproof dish
7. Make up stock using 1 mug of the liquid from the vegetables and pour over the vegetables
8. Sprinkle breadcrumbs over vegetables adding pepper to taste.
9. Bake in oven for 10 minutes and then grill for a few minutes until cheese and breadcrumbs have browned.



Abundant Borders (SC049008)
 web - abundantborders.org.uk & [facebook.com/abundantborders](https://www.facebook.com/abundantborders)
 contact: robin@abundantborders.org.uk



wildlife notes

Blackbirds

A bird of woodland, hedgerow, park and garden, the blackbird is seen so frequently that it's easy to overlook just what an attractive and tuneful bird this is. Paul McCartney wrote "Blackbird singing in the dead of night..." and while that's not quite true, their melodious song is often to



be heard well into the dusk or very early in the morning. Like most songbirds, the male is the singer and while the prime singing season is spring, a fine day can prompt a blackbird to hop onto a prominent perch and give voice even if it's not the breeding season.

The male (*above*) is jet black with a bright yellow ring around his eye to match his yellow beak. Females (*below*) are a dull brown, lightly streaked, while the youngsters (*right above*) are much more speckled for camouflage. Despite that, the young are very vulnerable to predation; the domestic cat



being a prime culprit as well as foxes, stoats, birds of prey and all the crow family. Blackbirds are often prone to leucism, the genetic aberration which results in some or all of their feathers lacking pigment (*right below*).

wildlife notes

Why am I writing about them in the winter? That's because there are many more around at this time of year. Blackbirds breed across most of Europe from Iceland to the Mediterranean (as well as introduced populations in New Zealand and the southeast of Australia), but their migration habits depend on where they breed. The British population breeds throughout the country except the highest mountains and mostly stay where they are or move a little south in winter. However most Scandinavian birds move south for the winter, boosting the British population by more than a third. The migratory birds seem to be more gregarious which is why you're more likely to see blackbirds in groups in the winter.



Blackbirds have a varied diet, mixing insects and worms with fruit and berries when in season. Their favourite earthworms are only accessible when the ground is soft. So spare a thought for any you see foraging on frosty days and leave out some mealworms or a piece of fruit for them.

David Hunter



splash

Splash
it's your space

Splash
it's your space

Christmas Coffee Morning

SATURDAY 9TH DEC
9:30AM-12PM

MASONS HALL - EYEMOUTH
ENTRY - £3 (KIDS- £1)

Tombola & Raffle Cake stall
Kids Christmas Crafts

splash

Chill, Skill & Chat

STARTING 4TH JULY, EVERY TUESDAY 1PM -3PM.
MASONS HALL, EYEMOUTH

We are a women's group based in Eyemouth, all ages welcome. Refreshments are provided at every session.

WHY JOIN US?

- Learn new skills and bring new skills.
- Meet other women around the community.
- Variety of workshops available.
- And more...

CONTACT US:
SUSIE@EYEMOUTH.ORG



Eyemouth CAB are seeking new volunteers

Roxburgh and Berwickshire Citizens Advice Bureau (CAB) have offices in Hawick, Kelso, Duns and Eyemouth. The demand for our services is increasing at the moment with demand having increased by 27% across our bureau in the past year. We offer free, impartial and confidential advice to anyone and we offer advice in many areas of concern including (but not restricted to) benefits, housing, energy, tenancy or rent issues, immigration or for myriads of other concerns that people have but don't know where to turn.

We are really keen to strengthen the team by inviting new volunteers join us so that more help can be offered. There are roles available as Volunteer Advisers, as Board members and Trustees and the wider CAB in the Scottish Borders are also keen to hear from suitable people willing to come and help as Treasurers.

“Hello, I am Colin Robson, and I am one of the Training and Development Officers for Borders CAB network. I am passionate about helping others and I genuinely believe that volunteering at a CAB is a hugely rewarding experience. You learn new skills and get great experience, but above all you are helping people who often don't know where to turn. When we do help, it is wonderful to see those same people leave looking intensely relieved, having talked through their problems and found practical solutions. You don't need to have any prior experience or qualifications; we'll train you, support you throughout. We're looking for people of all ages and backgrounds. There really has never been a better time! You can drop into any of our offices to ask about volunteering, or email us at volunteer.borders@cas.org.uk You can call me directly on 07592947112”.

There are many positives for people who give up their time and experience to volunteer with CAB, as shown by the testimony of one of our local Volunteers who share her story.

Ann Marie is a Volunteer with CAB in Roxburgh and Berwickshire. She volunteered with a CAB in England some years ago but gave this up when she started a family and new career in academia. Now living again in the Scottish Borders, she has returned to volunteering again. Ann Marie says:

“Around the time COVID happened I decided to change the direction of my life and started to volunteer with the CAB here. I just grew frustrated at listening to the radio and hearing people share the huge problems they were going through, and I decided to do something practical to actually make a difference.

“As an adviser, when you help a client with an issue or help them challenge a decision, you see how you can really change someone life. Who wouldn't want to do that?

“I would encourage anyone who is interested in volunteering to please come and talk to us about it and see what the CAB service does. Everyone is so helpful and friendly, and every volunteer really does make a difference. Please come and join us. It'll be one of the best decisions you've ever made.”

If you prefer, our office in Eyemouth Community Centre is open on Mondays between 10am and 12pm. (018907 50500). Pop in and see us and we will welcome you!

You can also email enquiries@roxburghcab.casonline.org.uk for information and we will get back to you as soon as we can.

Eyemouth High School Shoebox Appeal Scheme

Every year, Eyemouth High School sets out to make and collect multiple decorated and filled shoeboxes in order to help those in foreign countries currently struggling economically. Anyone in the school (including staff, janitors, and LSA staff) were encouraged to fill as many shoeboxes as possible. Things such as blankets, stuffed toys, toothbrushes, combs and many more were placed inside these shoeboxes which were then wrapped and sent off. The school managed to fill 38 boxes which were sent away with Blytheswood Charity to Moldova, neighbouring Ukraine. We are extremely proud of Mrs Lowe and her team for filling so many shoeboxes!



THE SHIP EYEMOUTH CHRISTMAS SPECIALS

Special festive dishes served from 1st to the 24th December. Ship's winter menu also available.

ALL ABOARD

- The 3 soups of Christmas! (v, gf available) £6.00**
Truffled cauliflower, smoky tomato and spinach 'n' basil served with 3 wee rolls and Edinburgh butter
- Lobster, crab and prawn cocktail £9.00**
On crispy romaine lettuce, crunchy coriander salad and bloody Mary cocktail sauce and a little avruga caviar

THE MAINSAIL

- Roasted breast of Turkey (gf available) £17.00**
Cranberry and pink lady stuffing, duck fat roasties, potato and Emmental soufflé, honey and rosemary roasted carrots and parsnips, artisanal micro cabbage with smoked bacon and crème fraîche, kilned sausages, bread sauce and lashings of rich pan gravy
- Braised shin of beef with giant butter beans & roasted shallots .. £17.00**
In sticky tomato jus with potato and Emmental soufflé and a side of festive cheer (all the other veg that the turkey comes with)

Vegan option is as the main menu and changes day to day

PUSH THE BOAT OUT

- Festive dessert platter £8.00**
4 festive favourites in miniature: gingerbread brûlée, black forest trifle, festive fruit Eton mess, stollen

**BOOK YOUR TABLE NOW,
CALL US ON 01890 751495**

www.theshipeyemouth.com



book news

Library opening times:
Monday 10am–1pm, 2–5pm, Thursday 10am–1pm, Friday 10am–1pm, 2–5pm.

The Christmas Bookshop by Jenny Colgan

A lighthearted Christmas story from Jenny Colgan to get you in the mood for the holidays! It is the tale of two sisters, a bookshop in Edinburgh and what can happen as the festive season approaches!

Carmen is at a loose end having been made redundant from her local department store. Sophie, her sister, is persuaded by their mother to invite her to Edinburgh to look for a new job and help with the family. Neither are that keen but needs must and Carmen moves into Sophie's impressive Georgian townhouse and joins the family. Sophie is a lawyer and one of her clients needs assistance in his bookshop so she decides this is just the job for Carmen. Thus Carmen ends up in a dusty bookshop on Victoria Street working for the eccentric Mr McCredie. Mr McCredie has his own problems. The shop is not making money, the rent is increasing and he has spent his fortune propping up the business. He loves his ancient tomes but disaster is looming. Can Carmen help him to turn the business around before the new year and the financial deadline? Can the sisters work through their old grievances and learn to love each other's strengths and weaknesses? Try this for an enjoyable read full of Christmas spirit!

Available at Eyemouth library.



*Joany Cook
Library Supervisor*

Library News!

The library will be closed on Monday 25th December but open as normal on Thursday 28th and Friday 29th December. It will be closed Monday 1st January and back to normal opening hours on Thursday 4th January.

Join us for a **Christmas Bookbug Session** at 10.30am on 12th December, the last one before the holidays!

The Hearing Aid Clinic in on Friday 15th December 10am–12pm.

Drop-In Lego Sessions are on Friday 8th and 22nd December 2–4pm.



links



eyemouth rotary

LINKS COMMUNITY COOKING CLASSES

aimed at adults age 19+ who are not confident with numbers.

8 classes over 4 months

Over the 8 classes we will make delicious, nutritious easy to make meals on a budget. We will double up recipes to batch cook, convert recipes into other units, slow cook and much more. Each week you will take home a recipe bag to make again at home.

Other information

- All 8 classes need to be attended
- It is free to attend
- All classes will take place at Eyemouth Community Centre
- During each session we will share a light lunch/meal
- Support with travel and childcare can be given if required. Get in touch with Charlene.linkseyemouth@gmail.com for more info.

Booking

To book scan the QR code

or contact
Charlene.linkseyemouth@gmail.com

Dates & times

Week 1 - Wednesday 6th December 10.30am - 1.30pm
 Week 2 - Wednesday 20th December 10.30am - 1.30pm
 Week 3 - Wednesday 17th January 10.30am - 1.30pm
 Week 4 - Wednesday 31st January 10.30am - 1.30pm
 Week 5 - Wednesday 7th February 10.30am - 1.30pm
 Week 6 - Wednesday 21st February 10.30am - 1.30pm
 Week 7 - Wednesday 6th March 10.30am - 1.30pm
 Week 8 - Wednesday 20th March 10.30am - 1.30pm

ROTARY EYEMOUTH AND DISTRICT SANTA CLAUS VISIT 2023

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 15th December

COCKBURNSPATH	(Village Square)	4.30pm
GRANTSHOUSE	(Grantshouse Inn)	5.20pm
RESTON	(Old Red Lion Car Park)	6.00pm

Saturday 16th December

EYEMOUTH	(Hallydown Crescent)	4.30pm
EYEMOUTH	(Deanhead Drive/Callercove)	5.15pm
EYEMOUTH	(Co-op Car Park)	5:45 pm
EYEMOUTH	(Stebbings Rise/ Skeldons Brea)	6.15pm
EYEMOUTH	(The Avenue/ Gunsreen Circle)	6.30pm
EYEMOUTH	(Gillsland Top of)	7:00pm

Sunday 17th December

AYTON		4.30pm
BURNMOUTH	(Near Village Hall)	5.00pm
*BURNMOUTH	(Cowdrait)	5.15pm
ST ABBS	(Post Office)	5.45pm
COLDINGHAM	(Village Hall)	6.15pm

* The visit to Burnmouth Cowdrait will depend on weather conditions





flag for berwickshire

A New Flag for Berwickshire.

On 14th November 2023 the Lord Lyon for Scotland signed the warrant authorising a new flag for Berwickshire. This is now and forever the flag that the community can use to show that we are part of one historic place and the proud social heritage of Borderers.

The campaign for the new flag was organised by the Berwickshire Civic Society with the permission of the Lord Lieutenant. 203 entries in an open competition were judged by a panel of folk with strong links to Berwickshire. From those entries 5 final designs were put to public vote. One design garnered more than the other 4 put together. The winning designer lives in Berwickshire, wishes to stay anonymous and is dividing the £250 prize between local Berwickshire charities.

Already the flag design is being used by a youth enterprise scheme and there are plans afoot for a ceremonial flag raising. More news will be published by the Flag for Berwickshire team on the website and Facebook pages. And, yes, if you want, you can go to the commercial flag makers and order your own flags. The design is open source – stick it on your car, put a pennant on your fishing boat, paint it on your tatty boxes. Its now yours.

Go Berwickshire!



pop-up shop

Eyemouth Pop-up Shop

All shops look forward to the busy spell in the run up to Christmas and the New Year. The pop-up shop has brought a fantastic selection of local and nearby businesses to the town centre and we all thank you for your continued support.

We are pleased to announce a last minute visit from Santa who will be in the shop on 23rd and 24th December before he heads off for another busy night delivering lots of lovely things to everyone. This is a ticketed event with allocated time slots. Tickets are available on citizen ticket and there are links to the event on our facebook page.



We were invited to an event at Eyemouth High School organised by Developing the Young Workforce (DYW) to talk about the pop-up shop and how to run a business. We met so many interested young people who asked lots of questions about being self-employed and running their own shops. There were so many great ideas that we are planning to work with a few other groups to organise an enterprise project with the prize being the use of the shop for a day. We will keep you informed of the plans in the New Year as the project develops.

We are busy putting the finishing touches to our E book which is full of advice and help for people and groups looking to hire the shop for the first time. We want everyone coming in to the shop to have a successful day selling their goods and services and the book gives helpful hints on making the most of the day. It will be released at the end of January along with a couple of other new developments that we are excited to tell you all about in 2024.

The Merriest of Christmases and Happiest of New Years to you!

Lesley Cherrie





history

**Robert Burns and Lodge St Ebbe No70**

After the publication of the Edinburgh edition of his poems Robert Burns became a celebrity, and the rich and famous of Edinburgh were keen to entertain the 'Ploughman Poet' in their elegant town houses. But Burns soon tired of being the centre of attention and decided he wanted to see more of his homeland.

He planned three tours, the first of which was to the Borders with his friend, apprentice lawyer Robert Ainslie. Burns, for the first time in his life, had money to buy new clothes and a mare that he called 'Jenny Geddes'. She was the Protestant heroine who, in 1637, hurled her stool at the Dean of St Giles when he tried to use the English Book of Common Prayer.

Burns decided he would keep a travel journal, writing mainly about the people he met and those who offered him hospitality. Occasionally he mentioned the countryside but there are more references to the charm or beauty of the young ladies he met than to places of historic interest he visited.

The two friends left Edinburgh on 5 May 1787 and headed for Berrywell, near Duns, to stay with the Ainslie family. Burns was immediately taken with Ainslie's sister, Rachel. Berrywell was to be their Border base. Their travels took them first to Coldstream and then to Jedburgh, Kelso, Dryburgh Abbey, Melrose, Innerleithen and Selkirk before riding back to Berrywell, exhausted!

After two days rest the friends headed south-east to Berwick. From there they travelled north along the coast where in Burns' words,

Come up a bold shore and over wild country to Eyemouth: sup and sleep at Mr Grieves.

Spent the day at Mr Grieves; made a royal arch mason of St Abbs Lodge. Mr William, the eldest brother, a joyous, warm hearted fellow – takes a hearty glass and sings a good song. Mr Robert, his brother and partner in trade, a good fellow but says little. Take a sail after dinner.



history

Burns and Ainslie, who were already Freemasons, were invited to Lodge St Ebbe on 19th May. Members of the Lodge were so delighted to meet Burns that they arranged for the two young men to be exalted to Royal Arch Masons. Lodge St Ebbe didn't have a Royal Arch Masons' Chapter, but luckily, a troop of Irish Dragoons who were visiting the area had an 'encampment charter' and this was used! Ainslie had to pay a guinea for the honour but Burns was exempted because of his status as 'a poetic genius'. As you can imagine they celebrated well into the evening with food, drink, songs and poems. A plaque on the outside of the Masons' Hall celebrates Burns' visit.

One of the Masons must have remained sober because that very night a letter was sent to the Supreme Royal Arch Chapter of England applying to form a Chapter in Eyemouth. Permission was granted but because Eyemouth was in Scotland, the Chapter was called Land of Cakes* Royal Arch Chapter No 52. The Supreme Grand Royal Arch Chapter of Scotland was only formed in 1817. Lodge St Ebbe received a new charter, Royal Arch Chapter Land of Cakes No 15.

Ainslie had to return to Edinburgh the next day but Burns continued to Dunglass and Dunbar before returning to the capital. He wrote that he liked the company in the Borders better than the gentry in Edinburgh!

*'Land o' Cakes' is an old name for Scotland, and for the Borders in particular. The Border Reivers, on their raids into Northern England, usually carried a small bag of oatmeal tied to their saddles. When they rested they seldom went hungry. They could quickly make oatcakes by adding oatmeal to water and cooking them over a fire on the iron plate the Reivers wore under their blue bonnets to protect their heads!



christmas services

St. Ebba's

Carols & Cake: Sunday 10th Dec at 3.00pm
 Carols and Communion: Sunday 17th Dec at 11.15am
 Christmas Eve Communion: Sunday 24th Dec at 11.15am
 Christmas Day: Monday 25th Dec at 10.30am



Eyemouth Parish Church

Christmas Tree lights turn on in Kirk Square: Sunday 3rd December at 6pm
 RNLI Carol Concert in Eyemouth Parish Church: Friday 8th December at (time not confirmed at date of going to press)
 Carols by Candlelight in Coldingham Priory: Sunday 10th December at 6.30pm
 Christmas Film Night in Church Hall: Thursday 21st December at 6pm
 Christingle in Eyemouth Parish Church: Christmas Eve Sunday 24th December at 6pm (followed by soup)
 Watchnight in Eyemouth Parish Church: Christmas Eve at 11pm for carols, 11.30pm for service.
 Christmas Day Service in Eyemouth Parish Church: Christmas Day at 10.30am

St Andrew's RC Church

Services for Christmas in December will be held in Eyemouth church as follows:
 Advent retreat/Reconciliation: Wednesday 13 December at 10.00am
 Fourth Sunday of advent: Sunday 24 December, Mass at 11.00am
 Christmas Day Mass: Monday 25 December, Mass at 11.00am





Christmas Greetings from the Waterfront Cafe to all our customers!



SUDOKU

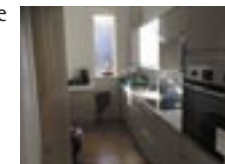
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6		7	9		5	3		2
7		8		9		5		1
	1		5		4		3	
		3		7		6		

Well-equipped rooms for hire.
 St Ebba's Hall, Paxton Terrace, TD14 5EL

Ideal for regular group meetings, workshops, music groups, children's parties and one-day events. St. Ebba's offers an attractive, accessible and well-equipped space (with free Wi-Fi) for hire.



There is a small meeting room in the annexe which will comfortably seat 12, with an adjoining kitchen well equipped with oven and microwave. There are two toilets, one with disability access and baby changing facilities. This room has direct access



through the glass door at the west side of the building.



For larger groups and events there is the main hall with a sanded wooden floor and plenty of tables and chairs which can be arranged to suit, seating up to 70 people.



Limited parking (7cars) is available at the rear of the church. Our competitive rates are: £12.50 per hour – this includes the use of the kitchen facilities. To view please contact: Frankie Taylor: 01890751123 or E-mail: taylor_fct@hotmail.com

st andrew's catholic church

St. Andrew's Catholic Church, Eyemouth

Our Parish Administrator is Rev. Fr Isaac Oshomah. Fr Isaac is a priest on mission from Nigeria, has been with us since September 2022 and is passionate to meet other members of our community. He loves music, plays football and is also a student in Edinburgh. He can be contacted on 01361 883714 or via email at saintmargaret2@gmail.com.

St. Andrew RC Church Eyemouth is open for services every Wednesday at 10.00am and on Sundays at 11.00 am, with the opportunity to meet the priest and other parishioners for a chat after the Sunday service.

Christmas is uppermost in the forthcoming events of the parish. It is a season of joy for it heralds the birth of our Saviour Jesus Christ. It is the dawn of human salvation. See page 28 for a list of Christmas services in December.

We welcome everyone to our amiable parish.



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.

- 01573 224862
- ① rachael.hamilton.msp@parliament.scot
- ✉ 7 Abbey Court, Kelso, TD5 7JA
- 🐦 @rachael2win
- 📘 /Rachael2Win

The cost of this publication has been met from parliamentary resources. The SPCB is not responsible for the content of other internet sites.

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

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- 📘 JohnLamontBorders

Working hard for the Borders, all year round

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

borders community action



Borders Community Action Celebrates Six-Month Milestone

Borders Community Action is celebrating over six months of service as the new Third Sector Interface in the Borders and is proud to have achieved significant milestones in strategic planning and community support during this time.



The organisation is committed to creating a robust and sustainable third sector in the region by providing essential support and services to third sector organisations and community groups of all sizes. From funding to training, Borders Community Action offers a range of assistance to help create a vibrant third sector across the region. One of their most notable efforts includes the distribution of £50,000 in energy relief grants between May and July, which has directly aided over 60 organisations struggling with rising energy costs.

Borders Community Action exists to support the third sector and volunteers in the Scottish Borders by offering networking opportunities, strategic representation and support with governance, funding opportunities and training.

Membership has soared past 100, with a growing community actively participating in their newly launched training program which provides events across all Borders localities. Membership is free and the best way to access the support you need.

CEO, Juliana Amaral, announced, "We are looking forward to the next 6 months as the new Borders Community Action continues to develop. I am grateful for all the comments shared, the calls, feedback, and responses to our online surveys – we cannot build the new without your help so please let us know how and feel free to be our critical friend."

Further information can be found on www.borderstsi.org.uk

Alternatively, you can contact the team by email at info@borderscommunityaction.org.uk or by phone on 0300 1247 522.



u3a



East Berwickshire u3a has had a great start to the season with some excellent talks and two new groups starting up: Local History and a Murder Mystery Book Group. As the festive season approaches members will gather for a Christmas lunch, the first for a few years!

All group activities will start again in January and we still welcome members old and new. So if you are looking for something to do during the day and keen to meet others please check our website for details or come along to one of our talks. These monthly talks resume on Jan 10th in Eyemouth Community Centre. They are always well attended with the chance to meet friends old and new over a coffee.

Jan 10th Ciaran Hatsell, Head Ranger, St Abbs Head Nature Reserve

Ciaran will talk about the on-going work and management of the NNR, including grey seal conservation and legal protection, monitoring of sea bird populations and public engagement.

Feb 14th Marcus Paine, Managing Director, Hutton Stone

Marcus is the second son of a Purbeck Limestone Quarrier, with a 5 generational family link to quarrying in County Durham He will speak about extraction of Dimension Natural Stone and production of Masonry.

March 13th Maggie Hodgkins, Principal Teacher Partnerships Religion and Ethics, Eyemouth High School

Maggie will talk about her travels and experiences in the USA, France, Australia and New Zealand during a recent 2-year career break. She will also cover the High School's involvement with the Community Partnership scheme.

April 10th Sandra Gann, a former lady almoner at St Barts

A presentation on the origins of mediaeval hospitals and their role in healing the sick. From the oldest hospital (Barts, London) still offering free health care on its original site to many local examples.

<https://u3asites.org.uk/eastberwickshire>

Wishing all readers a very Merry Christmas and a Happy New Year!



YPI's Charitable Generosity to Local Organisations

On the 14th of November, Eyemouth High School hosted their annual YPI charity event for the third year in a row. This is where the Youth and Philanthropy Initiative organisation, based in Glasgow, award an outstanding £3000 to a local charity. YPI team up with the RME sector of the school for their 'Beliefs and Values' unit to expose the pupils to the many ways of helping various social issues in the world, as well as locally.

Last year's YPI prize winner was the 'St Abbs Independent Lifeboat' who came in to talk about how winning last year made a positive impact on life-saving in the local community.

This August a charity fair was held at the High School where 13 charities participated in a series of stalls to bring awareness as to how their charities work and what they do to help the community. During this fair, the S3 students shortlisted the 3 charities they found the most interesting and impactful. During the following six weeks pupils researched their chosen charity to create a spoken presentation, used alongside a creatively crafted PowerPoint slideshow and video. This presentation had to include what their charity's values were, how they would use the prize money, and what the social issue is that they are intensely trying to correct.

This year's winner of this amazing £3000 prize was the 'Teen Challenge' unit based in Duns, run by John McMahon, which aims to help those of all ages who are faced with some form of addiction. The girls presenting on behalf of Teen Challenge met with them personally, speaking and discussing the information to include in presenting the charity to the judging panel.

Their presentation was well crafted and they were confident, articulate, expressive and intensely passionate! This, along with the work that Teen Challenge does, is why the judges chose them as the winners.

Well done to everyone who took part in the event!

By Evie Marshall (pupil)



Eyemouth Town Team

The 5th meeting of the Eyemouth Town team took place at the Community centre on 13th November, chaired by Ben Ingle. Representatives from BHA, SBC and South of Scotland Enterprise were also in attendance along with Beth Landon of Borders Community Action. The work that had taken place in Stranraer which had recently completed its Place Plan was outlined. This took around 11 months to complete after a lot of public engagement on what the good folk of Stranraer wanted for their town. This timescale of around a year was discussed among the attendees as this would be the kind of time commitment for anyone wishing to be part of the 'core' team to drive things forward.

A number of attendees expressed their desire to be part of the process. Those unable to attend the meeting but have previously expressed an interest in being part of the core group will be contacted by Beth.

At the next meeting of the core group the memorandum of understanding (MOU) will hopefully be ratified and submitted to SBC. If this is deemed acceptable then we can proceed and get the engagement process started with the residents of Eyemouth as to what they would like to see happening in the town. From this we can then begin to form the bones of a Place Plan which is a requirement of the Borderlands funding agreement.

On Tuesday 14th November some of the Town Team met with SBC officers regarding an update on the provision of extra Cemetery space. A number of sites/options are being investigated as possible alternatives to just extending the existing site at Coldingham road and potentially losing a green space in the centre of town.

On the same evening Borders Community Action ran a workshop in the Masons hall on Community Engagement, ably delivered by Anne McNeil, outlining Community-led planning and Community engagement which will be essential in the coming months when we are building the Place Plan. (This was in the diary before the Cemetery meeting came up).



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The First & Last Inn Burnmouth

The
FIRST & LAST
BURNMOUTH

Christmas lunch
available 3rd – 24th
December

Bookings being
taken now!



Christmas Self Menu

Starters

Cream of leek and potato soup - Topped with pancetta crumb and parsley pesto
Homemade smoked mackerel pate - Served with a lemon and oil dressing accompanied
with melba toast
Deep fried brie wedges served with a port & cranberry sauce topped with rocket

Mains

Roast Turkey dinner with all the trimmings- Pigs in blankets, chestnut & cranberry stuffing,
peas, brussel sprouts sautéed with bacon, honey roast charlilly carrots, roast parsnip,
creamy mashed potato, roast goose fat potatoes with homemade rich gravy

Slow roast beef dinner served with Yorkshire pudding, peas, brussel sprouts sautéed with
bacon, honey roast Charlilly carrots, roast parsnip, creamy mashed potato, roast goose
fat potatoes served with homemade rich gravy

Baked portobello mushroom stuffed with rotabouille topped with parmesan, served on a
bed of herb cous cous

Dessert

Sticky Christmas pudding served with brandy custard
Sticky toffee pudding served with butterfotch ice cream drizzled with toffee sauce
Lemon cheesecake served with homemade raspberry coulis

2 Courses £25.50
3 Courses £28.50



Open from 12.00pm
Tuesday – Sunday
(closed on Monday)



Oblo Christmas
Party Nights

Dance the night away with
the one and only Roger West
on these dates throughout December

Enjoy a festive night filled
with great food, music and laughter
Whether it's a work party, family get-together
or a good night with friends,
we've got you covered.

FRIDAY 8TH
SATURDAY 9TH
FRIDAY 15TH
SATURDAY 16TH

Book early to avoid disappointment.
All party night bookings will be required to
pay a non-refundable £10pp deposit and bookings 10 or more on other nights
throughout December.
A pre-order is required for parties of 10 or more.

Our Christmas menu can be available at lunchtime
a pre-order and a non-refundable £10pp deposit is required for all bookings

enq@oblobar.com phone 01890 52527

Oblo Christmas Menu 2023

Starters

Chicken liver pâté,
with caramelised spiced onion farfalle £8
Roasted wild mushrooms, garlic, tomatoe butter
with sea flavoured glass bread £8 (P)
Roasted leeks & root vegetable soup £7 (available GF, vegan)

Flourish of pastry with north atlantic prawns,
crayfish & cornichon sauce £8

Mains

Roast turkey with all the trimmings £19 (available GF)

Roasted duck leg with cranberry jus,
crushed potatoes, smoked pancetta & walnuts £19 (GF)

Slow cooked buttered squash,
flavoured with cinnamon & nutmeg,
labani yogurt & easy granola
with mild roast herb potatoes £18 (V, GF)

Baked sea trout, carrot puree
flavoured with stem ginger,
mild roast herb potatoes & crispy leeks £18

Baked haddock, marrow,
mild roast herb potatoes & vegetables £18

Desserts

Baileys & chocolate cheesecake £7.99 (GF)

Sticky toffee pudding,
spiced caramel ice cream & pouring cream £7.99

Crispy tart topped with chocolate & gel creme £7.99 (GF)

Selection of local cheese with nutcrack,
flavoured with shot of port £14.99

Signature sweets with chocolate ganache £1.99 (GF)

10.12.23 6.17.12.23
2 - 5 PM

THIS DECEMBER
OBLÒ BAR PRESENTS

SIP
SNACK
& SOUNDS

FEATURING DJ SET FROM
WILS

FREE ENTRY / IBIZA VIBES / VOCAL HOUSE

TAPAS DISHES / £20 PROSECCO / ALL WELCOME

GET THE RIGHT CARE IN THE RIGHT PLACE



NHS inform includes self-help guides for a range of common conditions: [NHSinform.scot/self-help-guides](https://www.nhs.uk/infomedia/self-help-guides/)
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.

NHS 24



- Colds
- Cold sores
- Sore throat
- Diarrhoea or constipation
- Indigestion
- Aches and pains
- Help if you run out of your repeat prescription

Pharmacist



Contact your GP Practice
Call NHS 24 on 111, 24/7, 365 days a year
Breathing Space: 0800 83 85 87
Weekdays: Monday - Thursday 6pm to 2am
Weekend: Friday 6pm - Monday 6am

Mental Well-being



- Tooth pain
- Swelling to your mouth
- Injury to your mouth
- Painful or bleeding gums
- Advice on oral hygiene

Dentist



- Red or sticky eye
- Pain in or around your eye
- Blurred or reduced vision
- Flashes and floaters

Optometrist



A range of clinicians, including doctors, nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues.

GP Practice



- Cuts and minor burns
- Sprains and strains
- Suspected broken bones and fractures

Minor Injuries Unit



- Suspected heart attack or stroke
- Breathing difficulties
- Severe bleeding

A&E or 999

If you are unsure about where to go or who to see, find out at:
[NHSinform.scot/right-care](https://www.nhs.uk/infomedia/right-care/)