

FREE

# eyemouthingiving

Your local community and healthy lifestyle magazine  
*April 2023*



**Easter Issue**

# welcome

Welcome to the April issue of *Eyemouth Living*. This is the first month we are producing the magazine independently of the Eyemouth Gateway to Good Health (Whole Systems Approach). We are very grateful to them for their financial support in getting this community-led project started. We are now fully operating under the umbrella of the Eyemouth Development Trust and aim to become self funding in the future. So if you or anyone you know would like to support us through advertising or sponsorship, please get in touch with Jackie on the email below.

We couldn't produce this magazine without all those who contribute articles (a big thank you!!) however we are always looking for fresh ideas so please don't hesitate to let us know if you'd like to write something for us or showcase your local group.

Free to all local community groups!! Do let us know if you are organising a fund raising event to include on our What's On? page; give us the details by the middle of the previous month for free inclusion.

We would like to wish everyone a very happy easter!

*Jackie, Susie, Joanna, Jo and Ellen*

Magazine contact: [jackie.clifford1958@gmail.com](mailto:jackie.clifford1958@gmail.com)



Pick up points for the magazine in Eyemouth are currently: Community Centre, Larder, Petrol station, Swimming pool/Leisure centre, BAVS shop, Coop, General store, Swan Court, Linkim Court.

We also distribute to: Ayton, Reston and Coldingham village shops.

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If you would like to promote your business or simply support us by placing an advert in the magazine please contact us at: [jackie.clifford1958@gmail.com](mailto:jackie.clifford1958@gmail.com)

Any advertising must remain true to our healthy living ethos and we reserve the right to refuse any adverts that do not uphold this.

Our rates are as follows:

Full page	£100.00
Half page	£50.00
Quarter page	£25.00
Eighth page	£10.00

# eyemouth primary school

## BUD the Poppy Bus Visits Eyemouth Primary School!

On Wednesday the 8th of March BUD the Poppy bus came to Eyemouth Primary School for the first time. BUD is a mini museum on wheels, it travels around Scotland educating people about remembrance, wars, veterans, and the work of Poppy Scotland. It shares stories of hope and reflections.

Laura (BUD staff member) welcomed P7s to the bus. First, all P7s went in groups so it wouldn't be crowded, you got to check in and check out with a piece of card. In the factory in Edinburgh that's what they do the workers, they can be ex-service men and women or people who want to work there, and then they get paid by how many hours they work. So we clocked in just as they do at the factory. Aboard the bus we heard stories of war, reflection and there were pictures of people who work at the factory and the founder of Poppy Scotland that spoke to you, they were interactive. BUD has never been to Eyemouth primary before, so this is the first time for BUD and us.



BUD is a part of Poppy Scotland and Poppy Scotland is a charity for veterans that have been injured. They help with money issues, and they support with getting wheelchairs, cars, help with bills/rent etc. They also support people returning from service to find jobs and houses and just live back home out of the forces again.

Poppy Scotland raises money in so many ways. One way is by getting donation tubs and going around selling poppies for donations, these come in all shapes and sizes and a collection of these, some very old, are on



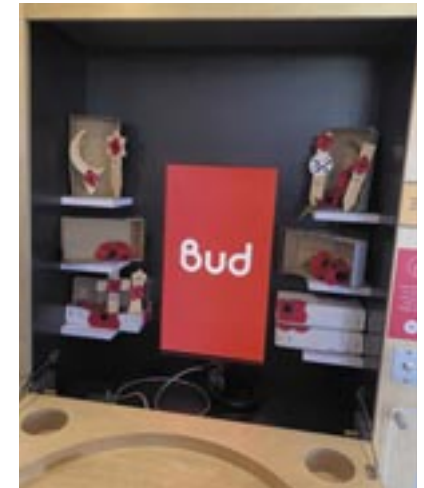
# eyemouth primary school



the bus. Poppy Scotland shares stories from people that have served in the Army/Navy/Air-force.

P7s and P5s that visited the bus were shown how to make a poppy from scratch. Each person made a poppy that is unique to them. These are easy to make. We got to see some of the different poppies that

are there, the colours, shapes, designs and products. Things like wreaths, grave memorials. Some were crosses, moons,



and they represent different religions because any religion can join the armed forces.

This was the first time BUD has visited Eyemouth, so we felt very lucky. A visit is worth around £3000. It was a great experience and we really enjoyed it.

*Lacey, Lily, Luis and Connie, P7A*

# eyemouth police station

**E**yemouth Police Station is a 24-hour base for Response Policing, there are five response teams who work on a rotation from the station along with the Community Policing Team.

The Community Policing Team comprises of PC Kris MacLeod, PC Suzanne Jacobs and School Campus Officer PC Luke Cameron. Local residents may have seen us out and about within the schools and whilst carrying out foot patrols and speed checks in and around the town. The team also assists with the many local events held throughout the year in the Scottish Borders, including the Herring Queen festival.



PCs Kris, Luke and Suzanne

It is not unusual for us to attend approximately 600 calls in the Eyemouth and Coldingham area alone over the course of a year – with no two jobs ever being the same!

We respond to a large variety of incidents ranging from road traffic matters, antisocial behaviour, drug and alcohol misuse and acquisitive crime along with assisting our most vulnerable residents within our community. We have a close working relationship with partner agencies, such as Scottish Ambulance Service, Scottish Fire and Rescue Service, Coastguard, Mountain Rescue, Social Work and Education – working together to better serve our community and provide regular inputs to local schools and organisations.

If you wish to speak with an officer, you can pop into the station, call 101, or complete our Contact Us form online. In an emergency always dial 999. Eyemouth Police Station is currently open:

0830 – 1630 Mon–Wed

0830 – 1600 Thursday

If there is no one at the station, please feel free to use the yellow phone by the door.

You can also keep up to date with what’s happening in your local area through the Divisional Facebook and Twitter channels.

# splash



**Splash**  
**BRUNCH**  
**HUB**

Pay as you feel!

**THURSDAYS | 10.30AM-1.30PM**

**BREAKFAST & LUNCH**

Jacket Potatoes - Toasties - Sandwiches - Cakes - Coffee

**EYEMOUTH COMMUNITY CENTRE - ALBERT ROAD**



## Smoked Salmon & Leek Macaroni Cheese



### METHOD

Bring a large pan of water to the boil. Once boiling, stir in the pasta and simmer for 8-10 minutes [as per packet instructions]. Once cooked, drain and put aside

Heat the oil in a pan, add the leek and fry until softened, set aside

Meanwhile, make the sauce.

On a medium heat, melt the spread in a sauce pan

Add the flour and stir together until combined

Gradually add the milk, constantly whisking or stirring until you have a smooth, thickened sauce. This will take 5-10 minutes

Take the sauce off the heat, stir in 1/2 of the grated cheese, then stir in the macaroni, leeks and smoked salmon

Pour into a large oven proof dish, slice the tomatoes and arrange on top and sprinkle with the remaining cheese

Put under a hot grill until golden brown

Serve

### INGREDIENTS

250g macaroni

1 tbsp vegetable oil

70g smoked salmon, chopped into small chunks

1 small leek, chopped into small chunks

3-4 medium tomatoes

60g sunflower spread

60g plain flour

1200ml (2 pints) semi skimmed milk

200g mature cheddar cheese, grated

# Eyemouth Food Bank

## Needs YOU!

Volunteers needed to join our team to assist with the day-to-day running of the food bank. If interested please contact us: [eyemouthfoodbank@gmail.com](mailto:eyemouthfoodbank@gmail.com)



## wildlife notes

### Eyemouth's Marvellous Moths

by Barry Prater

**H**ello! I volunteer with Butterfly Conservation and am also the Berwickshire Moth Recorder which means that I collect together all people's reported sightings of moths in the County, check them and then send them on to help create detailed maps of where all the different species are found.

A few facts about moths:

- Moths are a very important part of our biodiversity – they are indicators of the health of the environment and are a major food source for birds and bats. Understanding how their numbers and distributions change helps us keep track of trends and take conservation actions.
- Around 1500 different species of moths can be found across Scotland and even a small urban garden will have 100+ visiting it; a rural one probably many more.
- Like much of our wildlife, moths are in decline – seriously so for some species.
- Most (but not all) moths are only active by night and so we just don't see much of them.
- Only two moths cause problems with clothes.
- Many moths are attracted to light and this is a great way to find and study them.

Here by the coast we are blessed with a huge variety of moths of all different colours, sizes and appearance. While many more fly in the warmer months, some species are active in much cooler periods, even mid-winter. Here are a few which are around in April:



#### Hebrew Character

A very common and widespread moth which gets its name from the prominent dark mark on the wing. It can be found almost anywhere and its caterpillars feed on a wide range of trees and plants including hawthorn, birches and nettles.

## wildlife notes

### Dew Moth

Really rare in Britain, but it lives in good numbers on the rocky coast between Eyemouth and Burnmouth. The next nearest colonies are in Argyll and on the Isle of Man. The moths fly in late May and through June when they mate, and eggs for the next generation are laid. These soon hatch and then the bristly black and yellow caterpillars feed on lichens which cover many of our coastal rocks. Look for them on sunny days in autumn but especially in spring – Agate Point rocks are a good spot.

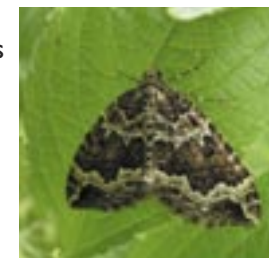


#### Pine Beauty

As the name suggests, this one is associated with Scots Pine trees where the caterpillars feed on the needles despite their rather unappetising texture. It's one of those moths which helps dispel the myth that all moths are a dull boring brown colour.

### Water Carpet

There are many moth species with 'carpet' in their names. This is **not** because their caterpillars eat carpets, but comes from the very intricate pattern on their wings which could be thought similar to those on some carpets. The Water Carpet's caterpillars feed on various plants in the bedstraw family and so it's another very widespread species.



I carry out a lot of moth recording across the whole of Berwickshire, mostly using little light traps. These attract moths during the night and then I return in the morning to see what's arrived and release the moths back into the environment. There's always a bit of excitement when I approach the trap as it might hold something unexpected.

If you'd like to have a go at finding some moths, one of the simplest ways is just to leave an outside light on overnight. Moths will often just settle on the nearby wall so you can take a photo (in the evening or early morning) from which you can identify them. Help is at hand with plenty of online guidance and local people you can get support from.

Do get in touch if you'd like to find out more or borrow a light trap.

barry@prater.myzen.co.uk

# thought for the month

The day began much as any other day. The air was cool, the ground damp with dew, everything still in shadows. All was quiet before the sleeping city awoke. Yet the course of human history hung in the balance. In the stillness of the dawn, the destiny of humankind was changed for ever. For early that morning, Jesus rose again from the grave. The stone that sealed his tomb was rolled away, not to let him out, but to let others in, so they could see for themselves he was not there. He was risen from the dead (e.g., Matthew 28:1-8)

The stone sealing the tomb symbolised the victory of death. The stone rolled away speaks of his victory over death. Jesus had fought a battle on behalf of humankind. When he suffered and died on the cross, he did so as the sacrifice for the sins of the world. He suffered and died in our place that we might be forgiven.

And when he died, he was buried in a nearby tomb. A stone was rolled across the entrance, and it was sealed shut. But the grave could not keep its prey. In rising again, Jesus won the victory over sin and death. He tells us, "Because I live, you shall live also." (John 14:19). If death had kept him in the grave, we would be without hope. But Jesus rose again. Because he lives, we can have hope today.

The promise of God's Word is this: "If you openly confess that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by openly confessing your faith that you are saved." (Romans 10:9-10).



Pastor Stephen Bender  
Eyemouth Baptist Church


## Bite & a Blether

Come along and enjoy a lovely lunch, make friends and have a blether.

The group aims to provide a supportive environment for anyone affected by dementia, their family and friends to socialise, share stories, build friendships and support one another. The café is a 'pay what you can' supporting people to have an affordable meal. All donations help to ensure affordable food is available to all.

**When:** Fourth Thursday of the month from 11.30am until 1.30pm

**Venue:** Splash, Eyemouth Community Centre, Albert Road, Eyemouth, Berwickshire TD14 5DE

**Contact:** Alzheimer Scotland for more information

**Tel:** 01573 400324

**Email:** borders@alzscot.org

Our community groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, and their families and friends. All are welcome, people who can attend independently and/or for those unable to do so should come with a companion who can provide any support for them. We don't provide transport for these groups and therefore it is your responsibility to get to and from the community groups safely.

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 148994. Recognised as a charity by the Office of the Scottish Charity Regulator. no. SC032127 100 Dundas Street, Edinburgh, EH11 1DF, 01573 443 3411, www.alzscot.org



## eyemouth high school



At Eyemouth High, every year some of our S5 and S6 pupils sign up to participate in the Young Enterprise Company Programme. The programme allows these students to fully immerse themselves within the business world by not only learning about business but running a business and dealing with all the ups and downs it has to offer. This is a perfect opportunity to gain experience to put on CVs and it is a great way for pupils to learn more about themselves in general.

This year we have two groups who are participating in the programme: Collective who are creating tote bags about mental health (*below*) and Jars Of Joy who are creating candles focusing on self-care (*right*) So far, these groups have taken part in a multitude of fairs and events both within the school and the local community. Both teams have been incredibly successful and have sold a lot of their products while learning key skills along the way such as problem-solving and teamwork.



## eyemouth high school



The teams have worked hard and have met every week over the course of the year and have collaborated their skill sets to ensure their businesses continue to grow and they get the most possible out of the programme.

The next step for these groups is the Borders Final on the 30th March where they will join a variety of other teams from other schools around the Borders and where they will have to present their business to a panel of judges and be interviewed to assess their learning that they have gained from the programme. If they win this event, they will have the opportunity to attend the Scottish Finals in Glasgow and furthermore represent Scotland at the UK Finals.

We wish both of our groups the best of luck and we are sure they will be an excellent representation of the student body at Eyemouth High School.



# let's go for a walk

A Pull Out and Keep Guide to the walks of Eyemouth



## St Abbs to Eyemouth Beach

**H**ow about jumping on a bus to St Abbs and walking back along the coastal path home to Eyemouth for a well-earned coffee and cake or fish and chips?

If you have the app you can book a Pingo bus, or catch a regular bus to St Abbs (see box below left).

The walk should take approximately 3–4 hours. Start from the St Abbs Visitor Centre, where you will find one of the Jill Watson mem-

**Bus times for Border Bus number 235:**

Eyemouth, Albert Road	St Abbs, Old School
1005	1020
1205	1220
1330	1345
1450	1510

orial statues (*right*) to the Fishing Disaster of 1881 (there is another larger one on the bantry at your destination at Eyemouth).



Walk down to the harbour and take the path to the right of the cafe and bearing right, up the hill and along Seaview Terrace. At the end, turn right past the green and onto the clifftop path, past several benches along to Coldingham Bay (*opposite top left*).

Go down steps though a tree tunnel and onto the beach. Cross

# let's go for a walk



the sands (if the tide is in, you can cross the stream up by the beach huts) heading towards the (seasonal) Beach Cafe and along the path in front of the last of the beach huts. Up and over the hill, descend more



steps and over a footbridge onto the pebbly beach at Milldown Point (*right*). At the far end of the beach climb up onto the clifftop path again.



Eventually there will be another descent down to Linkim shore, a long stretch of mostly pebbly beach (*left*). At the end, the path climbs again, crossing a small wooden bridge over a stream.

From here follow the coastal path as it winds around the coast, following a stone wall at times. You will look down on Killiedraught bay (*right*) as you approach Eyemouth and the caravan site. The path keeps close to the cliff until you go past Eyemouth Fort and then down steps to reach Eyemouth beach and your destination.





Eyemouth Rotary recently held our annual Young Writer Competition. The topic this year was 'Peace'. Following judging we are pleased to confirm that first place was awarded to Ava Heald, second place was awarded to Anna Campbell, third place was awarded to Freyja Morton and highly commended was awarded to Faith Ritchie.

All of the young writers impressed the judges.

We are pleased to share Ava's winning entry with you:

### **Peace by Ava Heald**

I pulled on my school uniform with a heavy heart. Monday again. Why couldn't every day be a repetition of Saturday or Sunday? I used to enjoy school, when it was about learning and reading and writing but now it was about friends and boyfriends and I'd never fit into that crowd.

When I walked into my first class my heart stopped. Chloe and her gang of blonde, small minded robots were crowded on one table conveniently close to the boys table. I kept my head down and tiptoed toward an empty table at the front.

Just as I thought I'd got away I heard my name being called in a mocking way and bursts of laughter ripped through the crowds.

"Rose, hey don't ignore me you freak!"

I sighed and continued to ignore her. Rising to the challenge only made things worse. I knew that. She had much more people on her side than I had on mine and to survive in school you had to be smart.

"Is it just me or does it stink in here?" One of Chloe's minions asked.

"Hey leave her alone!"

I flushed in surprise as a deep, masculine voice shocked all other voices into silence. I was scared to turn around but curiosity finally won over and I peaked over my shoulder to see the scene unfolding behind me. Chloe and her gang was staring at the table of popular boys in shock. The boys were laughing behind their hands, all but one. The most dreamy boy there.

He had brown fluffy hair and hazel eyes streaked with orange. Not a bright orange but a look of sunset and beauty.

I stared forward and focused on the lesson. As soon as the lesson finished, I stormed out of the class planning to go to the bathroom and hopefully get away with skiving but just as I opened the door someone stopped me by grabbing my wrist.

"Who's" I started however immediately shut up when I saw Nathan tall above me.

"Are you okay?" He asked.

He looked at me with such adoration that I was momentarily transfixed by how pretty he was.

Then suddenly we kissed.

I felt enchanted. Happier than I'd ever been.

"Nathan. Why are you with her?"

The only thing that could make me feel worse was Chloe's snarky voice.

"Chloe shut your mouth. Nobody finds you funny." Nathan snapped turning on her with a huff.

# eyemouth rotary

# berwickshire deputy lieutenant

“Urgh!” She exclaimed, “What has gotten into you?”

“A better life, Chloe. I mean you’re all hung up on the fact of being the most popular person in school that you don’t care how you are treating others in the school who don’t look exactly like you do. Why are there people in school like you? And maybe, maybe I could forgive that all if you weren’t so shallow. I don’t think I’ve ever heard you talk about anything but boys and Rose. I mean why are you so obsessed. God why are you like this?”

She looked at Nathan then at me and I could see genuine sorrow in her eyes. Like she wanted to cry.

She walked over to me and put her hand on my shoulder.

She never bullied me again. We actually became quite close.

Peace was restored to my school life.

**If you need to talk,  
we're here to listen**

If you are worried about any aspect of bullying, call us for support and advice. We are here to help.

**0808 800 2222**

Our services are free and confidential. Visit us at [www.familylives.org.uk](http://www.familylives.org.uk) for more info on how we can help you.



## What do the letters DL behind your name mean?

In November last year, Ian Waddell retired as a Deputy Lieutenant for Berwickshire with responsibility for Eyemouth and the surrounding area. The Lord Lieutenants are the King’s representatives across the United Kingdom, mainly based on the old county divisions, and each Lord Lieutenant appoints a number of deputies to assist and inform them. Although the name implies a military rank, the ancient responsibilities of raising local militia and defending the county for the King have long since lapsed. Today, the Lieutenancy acts on behalf of the Royal Household and other senior organisations across the countries, as well as looking to the welfare of the county as a whole.



In practical terms, the Deputy Lieutenants provide advice and local knowledge about a variety of things. If someone has done something that might be worthy of an award or honour, if a company or organisation has gone beyond the normal and deserves recognition, if a Royal visit is planned for a particular place or purpose then the Deputy can be asked to provide information or make recommendations to the Lord Lieutenant. The Honours system is open to the public to make representations, and Deputies can often help with that process as well as make recommendations of their own.

The new DL for Eyemouth, Burnmouth, Coldingham and St Abbs is Brian Payne. Brian comes from an Eyemouth family, and settled in Berwickshire in 2012. A former regular army officer, he is now a Barrister specialising in prosecuting crime in the North East of England. Married to Joanna who owns and runs The Payne Clinic at Redhall, Brian is or has been on the board of various Heritage charities in the Borders. He is a gardener, countryman and conservationist.

He has a central message about his appointment: “Please feel free to ask me about what I do and ask me to help. I will if I can.”

# keeping fit

# mental health & wellbeing

**EYEMOUTH AND DISTRICT WALKING FOOTBALL**

**£2 PER SESSION FOR THE FIRST 4 SESSIONS**

Walking Football  
A slower version of the beautiful game!

Improve your health, fitness and mental wellbeing  
Meet new like-minded folk  
Suitable for anyone that would like to have a go!

**COME ALONG AND HAVE A GO!**

starts  
**Thursday 23rd February**  
**6pm - 7pm**  
**Eyemouth High School Sports Hall**

**Bavs** Working for Social Change  
**COMMUNITY FUND**  
**ABOUT BERWICKSHIRE** YOUR COMMUNITY HUB ON THE MOVE

**Do you have experience of using adult mental health services?**  
**Maybe you are caring for someone who does?**

People with lived experience and professionals in the Scottish Borders are working together to improve local mental health services. #EqualExperts

The Mental Health and Wellbeing Forum (MHWF) is peer-led and aims to give a voice to people with lived experience and their carers, friends and families.

*"The forum gives us a platform to make a difference: we have direct access to the Mental Health Board".  
Forum Member.*



**We need your input!**  
**This is your chance to improve services.**

For further information or to get involved, please contact: Lynsay Laird  
Mental Health Development Worker  
07546 709994  
lynsay@borderscarevoice.org.uk

**Scottish Borders**

Borders Care Voice 

# TEEN TALKS

## Easter

### Happy Easter!

Welcome to the Teen Talks article!  
Easter is about spending time with friends and family, eating lots of chocolate and making sure that you are staying positive and keeping busy throughout the school holidays.



### What are you doing for Easter?

WATCHING MOVIES

MAKING CHOCOLATE CAKE

SPENDING TIME WITH FAMILY

### Spending more time with family at Easter

Easter is the best time to make memories with friends and family, as you spend a lot of time with them being off school.

It can be camping trips, road trips, lazy beach days, picnics, long lunches or even just staying at home with them.

Family and friends give you the motivation to be the best version of yourself, so spend as much time as you can with them this Easter.

# history

## What's in a Name? – Fishing Boats

If you walk along Eyemouth harbour, or any other fishing harbour, you will quickly notice that, while all the boats have names, it's usually only fishing boats that have registration letters and numbers.

While a few modern leisure boats may have catchy or humorous names like Aquaholic or Gone With The Wind, fishing boat owners tend to keep to traditional names for their boats. Names in the past have often fallen into three categories: family names eg Dougals, The Margarets, Three Brothers, Maureen, Maggie Janes; biblical names eg Star of Bethlehem, Star Divine, Bethel, Mizpah; or names that bring hope of good fortune eg Bonaventure, White Heather, Incentive, Supreme. Today in Eyemouth that tradition still holds sway. Among the fishing boats you will see are Sophie Louise, Crystal Sea, Endeavour, Radiant Way, Tranquility.



The fishing industry in the UK, and in many other European countries, has a registration system. Every boat involved in 'fishing for profit' has to be measured by an approved marine surveyor and checked by him to ensure the boat conforms to current standards of safety and seaworthiness. A certificate or 'marking note' is issued and is valid for a period of five years when it needs to be renewed. Complying with these regulations comes at a cost

to the owner but it helps the government keep boat standards high. After all fishing is one of the most dangerous occupations in the world.

The registration letters and numbers on the bow of a boat come from the port of registration nearest to where the boat was built, or the harbour from where it will fish. The



# history

usual practice is to combine the first and last letters of the registration port eg PD for Peterhead or KY for Kirkcaldy (but there are exceptions). Quite simply, the number given is the next one available on the port's register. You will



see that Eyemouth's fishing fleet registration letters are usually BK for Berwick-upon-Tweed or LH for Leith. Boats bought and transferred from other harbours will keep their original registration and so sometimes you'll find K for Kirkwall, or BCK for Buckie, in Eyemouth. If a fishing boat sinks, or is decommissioned, then the registration can be reallocated. In 2021 there were 5,783 fishing boats registered in the UK.



See how many names of Scottish registration ports or centres you can work out from this list (answers below):

A; AH; BF; CN; CY; DE; FR; GW; INS; LK; ME; OB; UL; WK

Another point of interest is that all boats and ships, whatever their name, are referred to as 'she'. This tradition is linked to the idea that a mother or goddess is guiding and protecting the boat and crew. But it may be because the word 'boat' in Latin is 'navis' which has feminine gender. Whatever the reason the blessing given when boats are launched remains 'God bless her and all who sail in her'

Fay Waddell

Answers: Aberdeen; Arbroath; Banff; Campbeltown; Castletay; Dundee; Fraserburgh; Glasgow; Inverness; Lerwick; Montrose; Oban; Ullapool; Wick





Charity No SCO 31477

# u3a

The view from the coast path towards the cliff below Eyemouth Fort with its colourful and varied rocks is familiar to most of us.

The mauve-coloured cliffs in the middle of the view are volcanic lavas called dacites and are the oldest rocks in the bay, dating from 400 million years ago. It is difficult to imagine but there were small volcanoes erupting in this area at that time! The rocks around the Eyemouth Fort headland are largely volcanic, even though most of the lavas have been eroded. Dacites are an uncommon type of lava and this is one of the best places in Scotland to see them.



Shortly after the volcanoes became extinct, the area was covered by sand and pebbles deposited in valleys as the Scottish mountains were worn down by rivers and ice. The Old Red Sandstones on top of the cliffs of Eyemouth Fort are reddish/orange in colour and are composed of sand, gravels and pebbles dumped in river channels after floods. At the base of the cliff, on the right of the picture, the huge fallen boulders are a greenish/grey colour. When you get close to them, by walking very carefully over the rocks and seaweed, you will see that they are full of rounded cobbles.

The section of cliff on the left of the photo is distinctly orange and is made of glacial and meltwater sands and clays, partly debris carried by an ice-sheet and partly sands deposited by meltwater streams as temperatures rose at the end of the last ice event about 15,000 years ago. At the base of the cliff are sands thought to date from the previous glaciation, about 150,000 years ago, which may be the oldest glacial deposits in Scotland.

*Alison Tymon leads the Geology Group which meets in Ayton Village Hall on the first Friday of the month at 10am.*

# what's on

**Eyemouth Baptist Church**

**Good Friday Service**  
7 April, 7:30 p.m.

**Easter Sunday Service**  
9 April, 11:00 a.m.

[www.eyemouthbaptistchurch.co.uk](http://www.eyemouthbaptistchurch.co.uk)  
a registered Scottish charity (SC007404)

**Do let us know 'what's on' in our community to include here – we need copy/advert in by the middle of the previous month.**

**TEA & TOAST**

A WARM HALL, TABLES, COMFY SEATS AND TEA/COFFEE & TOAST

Drop in for a cuppa, some toast and a chat with others. Bring your friends and your neighbours!

**MON/WED/FRI - 9-11AM**  
**EYEMOUTH CHURCH HALL**



# book news

## Eyemouth Library book review – *Some Luck* by Jane Smiley

A book I have really enjoyed was *Some Luck* by Jane Smiley. It is the first in a trilogy and I enjoyed all three books. It is about the life of the Langdon family who have a farm in Iowa, USA. It starts in 1920 when the first characters, Frank and Rosanna, begin their married life on the farm after Frank returns from World War I. It progresses through the years: each chapter is another year, and you follow the family as it grows and their lives as they struggle to survive in difficult and changing times. Frank and Rosanna’s children grow up and follow their own paths and in turn have their own families and so on. The family’s story mirrors the fortunes of the nation so you also learn something about American history along the way. *Some Luck* covers the aftermath of the First World War, the Great Depression in America and continues through the Second World War ending in 1953.

The story is then picked up in the second book *Early Warning* and subsequently the third book *Golden Age*. All together they cover 100 years. You get to know the family as it expands and the characters as they develop (you will like some and maybe not others!). You become invested in what they get up to! Each book helpfully has the family tree at the front so you can keep on top of who is who as the story develops.

These are not new books. *Some Luck* was published in 2014, *Early Warning* and *Golden Age* in 2015 but they tell a great tale. Jane Smiley is a Pulitzer Prize winning author and her no-fuss style is easy to read.

Eyemouth Library has a copy of all three books.

Joany Cook, Library Supervisor



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# Eyemouth Food Bank



## ARE YOU OR SOMEONE YOU KNOW HAVING DIFFICULTIES MAKING ENDS MEET?

Eyemouth Food Bank is an independent volunteer run food bank covering East Berwickshire. Its volunteers make up and deliver emergency food parcels to help those in difficult circumstances. The Food Bank operates on a referral basis and will only take referrals from the following agencies: Berwickshire Housing Association, Citizens' Advice Bureau, Eyemouth Chemist, GPs and other health professionals, Ministers of any of the churches, Nurseries, Schools and Social Services.

## DONATIONS NEEDED

*Donations of money and food are always gratefully received. Food donations can be left at: the Eyemouth Co-op, Eyemouth Larder, Coldingham Priory, Eyemouth Catholic Church and Reston village shop.*

*Cash donations can be made to:*  
• The Eyemouth Food Bank  
Acc. Number - 00662510  
Sort code - 16.12.85

