

FREE

eyemouthingiving

Your local community and healthy lifestyle magazine
July 2023





welcome

Welcome to the July issue of *Eyemouth Living*. What an amazing and supportive community we have here in Eyemouth! It is great to see so many of our community groups coming together to work collaboratively on so many different projects around the town.

Congratulations go to our new Herring Queen, Miss Sophie Crowe. We hope she has an amazing year and we are looking forward to following her journey with you all in the magazine over the coming months.

We are so lucky to live in such a beautiful coastal town and I was fascinated to read the Wildlife Notes this month about the amazing underwater life around our coast. You don't just have to go snorkelling to see marine wildlife though, you could go rock pooling in the tidal pools on the beach instead. Rock pooling is a fantastic activity for people of all ages. Slowly submerge a bucket into the water and see what's inside when you pull it back up again, carefully pick up rocks to see if there's a crab underneath, inspect seaweed to try and find what creatures are living within in it and investigate crevices in the rocks to find shellfish. Make sure you handle any creatures carefully and always return them to their rock pool. Next time you head down to the beach why not try guddling around in the rock pools? You never know what you might find. And if you don't fancy rock pooling then we have two book reviews for you this month – perfect summertime reading.

Jackie, Susie, Joanna, Jo and Ellen
Magazine contact: livingmagazine@eyemouth.org

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.

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

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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: livingmagazine@eyemouth.org

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 herring queen

eyemouth herring queen

The Outdoor Crowning is Back!

The Eyemouth Herring Queen festival which starts on the 29th of July is going to be held outdoors for the first time since 2019 (weather permitting of course). The Covid years, as we all seem to refer to them, stopped the outside crowning. This year the crowds will be able to gather in the Co-op car park again for the 4pm Crowning, with a proper crowning procession led by the Eyemouth Pipe Band. Miss Sophie Crowe will receive her crown as our 2023 Eyemouth Herring Queen by Miss Keely-Jo Virtue in this very traditional ceremony which has taken place for the last 79 years.



The committee have put in the extra work that it takes to make sure the outdoor crowning takes place and are looking forward to having the ceremony witnessed by as many people as possible.

The week-long festival has many more events, from the emotional and picturesque entrance of the Queen to the harbour on board the Wave Dancer, to our spectacular fire work display.

You can buy a programme with detailed information from Occasions, Eyemouth General Store and Eyemouth Filling Station.

Come along and join in the fun!



see the change

essentials for living

The Borders Green Map

This is a brand new initiative throughout the Scottish Borders, brought to you by Greener Berwickshire. The map highlights local food, reuse, sharing, repairing and recycling resources across the region.

By using the Borders Green Map website or the QR code via your mobile device, you can easily locate shops and other businesses in your local area that offer 'green' products and/or services. The map is owned and updated by everybody in the Borders community.



Massage for Body Maintenance

A practicing Massage therapist since 2010, I've witnessed first-hand the welcome relief from pain and discomfort that massage can bring.

Massage isn't just for relaxation. When we use the word 'massage' we are talking about mechanically stretching, lifting and rolling movements, physically working the muscle as well as tendons, ligaments and other structures. This improves alignment of muscle fibres and encourages them to be at resting length. Think of a muscle like an elastic band – short tense muscles are thick and can impinge structures in and around the muscle. When you stretch an elastic band, it becomes thinner. Similarly, muscle does the same and the slimmer resting length muscle allows the structures around and in muscle to work more effectively. A resting muscle allows more space for blood vessels and nerves to function more efficiently. Allowing more space around muscles can help boost the immune system. This works by increasing circulation, oxygenation and blood flow around the body. Massage also stimulates the production and efficiency of white blood cells – responsible for fighting infections. In addition, massage decreases cortisol levels in the body and stimulates the lymph nodes to 'recharge' the body's natural defence system.

There is a long list of benefits from massage. Massage treatments can be adapted to suit you so it's important to find the right therapist who will discuss an appropriate treatment with you. There are many different types of massage – from Swedish Massage, great for body maintenance and the basis for many other massage techniques – to Advanced Remedial Massage Therapy, providing a remedy to a specific problem.

It's important to note that if you notice any changes in your body that give you cause for concern to make an appointment with your GP or Physiotherapist.

To find a local therapist and the treatments they offer, search the Scottish Massage Therapists Organisation Directory of Therapists via the following web address: www.scotmass.co.uk/index.php/directory.

Morag Sallabanks
07939 119662

eyemouth police station

E-scooters and the Law

Whilst e-scooters are legally available to purchase, it is important to fully understand the law and the implications of using one in a public place.

It has been widely publicised that the UK Government introduced legislation trialling the use of e-scooters, through local authorities via approved rental companies. There are currently NO such rental schemes operating in Scotland.

E-scooters are classified as Personal Light Electric Vehicles (PLEVs) which means they are treated as motor vehicles and are subject to the same legal requirements of any other motor vehicle including having insurance and a valid driving licence.

It is currently against the law to ride a privately owned e-scooter in any public place including roads, pavements, parks or promenades. The only place a privately owned e-scooter can be legally used is on private land with permission from the land owner.

Safety Advice

As the warmer weather is finally upon us, we would like to take this opportunity to remind residents of Eyemouth to keep safe whilst enjoying our beautiful beach and harbour.

Jumping from the North pier has been a popular activity amongst locals for a number of years. However constant changes in the environment along with the impact of jumping into dramatically cooler water mean that



PCs Kris, Luke and Suzanne

eyemouth police station



this may be considerably more dangerous than some believe.

Water depths, sand bars, submerged debris and rubbish around piers can change on a daily basis which makes water conditions unpredictable. In addition to this, the sand at the base of the sea wall is no longer there due to the recent and unprecedented storms we have endured, with large stones now in its place.

The impact of jumping into dramatically cooler also poses significant dangers. When you're suddenly immersed in cold water, your body reacts involuntarily, often with a 'gasp' response, which means you could breathe in water. The rate you breathe can also go up by as much as ten times.

All these reactions mean you could panic, get into difficulty and drown, even if you are an experienced swimmer.

thought for the month



What is mental health?

“Mental health is a state of mental well-being that enables people to cope with stresses of life, realise their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decision, build relationships and shape the world we live in. Mental health is a basic human right and is crucial to personal, community and socio-economic development.” (World Health Organization, 2022)

This month I am focussing on fishermen’s mental health in order to bring awareness of health issues that affect them disproportionately and to help them become aware of problems they have or could develop. Today there is a greater willingness to talk about our mental health but finding the right moment for these conversations can leave many with feelings of worry and exhaustion.

This is evident with professional fisherman; the spoils of the sea are rich but income is never guaranteed and levels of depression and stress are immense as a result. This can lead to feelings of isolation while at sea and services on land are not easily accessible. It is quite simply physically and mentally draining, finding right the balance can be difficult and destructive for any fisherman to manage alone.

In my role as Fishermen’s Mission Area Officer for S.E. Scotland I can offer practical and financial support to help alleviate feelings of worry and bring balance to their health and well-being. I also refer fishermen to SHOUT which is available for fishermen and their families who find themselves struggling with anxiety, stress or depression. If you need help text

FISH to 85258 for a free and confidential text service accessible 24/7, 365 days a year.

Donna Schwarz

DonnaSchwarz@fishermensmission.org.uk

Tel: 01489 566928 or 07917 754528



shout
85258
here for you 24/7

Feeling stressed, isolated or low?

Start a conversation with us.

Text 'FISH' to 85258
for free and confidential support, 24/7

Texting 'FISH' is anonymous and will not show up on your phone bill.



wildlife notes

Eyemouth and the Marine Reserve: Underwater Sightings this Spring

June was a great month for exploring the underwater world in the Berwickshire marine reserve. With abundant life, Spring had arrived with sightings of hundreds of juvenile fish shoaling and sheltering amongst the seaweeds. The seaweeds, particularly the kelp and thong weed, have shot up in the last few weeks, with carpets of sea lettuce and lots of fluffy red and brown seaweeds now smothering some of the rocks, providing habitats and food for lots of different creatures.

Hundreds of Hermit crabs have been battling in the shallow pools, and thousands of sandeels (*right*) pass by in front of our eyes, moving together as a school trying to avoid predation.

The colourful Corkwing wrasse are breeding. The males were busily tending to and protecting their nests full of eggs. You get fleeting glimpses of the large colourful Ballan Wrasse as they swim around shallow boulders and amongst the Kelp forest.



Four Sea Sticklebacks with nests (*left*) were sighted in Eyemouth. An interesting fish; like the Wrasse, the male guards a nest where the female lays her eggs. The nest is built out of seaweed fragments bound with a secretion from its kidneys that could be mistaken for fishing line!

Thousands of Jellyfish and their allies were bobbing about on the surface and just below. These were blown in over the last few weeks and you might have

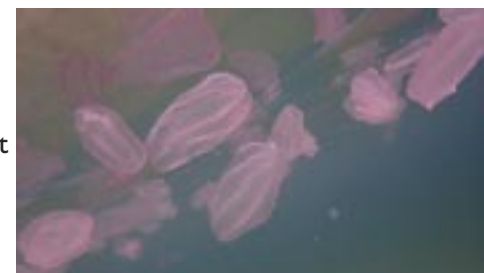
seen a few washed up on the beach.

Among the jellies are thousands of mesmerising oval-shaped Comb Jellies (*right and opposite above*).



wildlife notes

They produce a fantastic rainbow disco as the light catches the rows of hairs (cilia) that look like combs (hence their name) as they beat them to move through the water. They are not true jellyfish, they can't sting you – so you don't need to be afraid of them.



Amongst these, we saw many other species: our usual suspects – Squat lobsters (*left*), European lobsters, lots of species of Crabs, Sea Scorpions, Starfish, Edible urchins, Two-spot gobies, Shannies, Common prawns, juvenile Lump sucker and shoals of Coley.

This fascinating, colourful creature on the right is a Nudibranch – aka Sea slug (we saw 3 different species while snorkelling, which is a record for me). Some are tiny, less than 1cm!) There are over 50



species in Scotland, and as part of the Annual Scottish Nudibranch Festival in June, divers from all around the UK gather to dive, ID and record them in the marine reserve.

It's so lovely to be back sharing and learning more about the underwater world and the incredible marine life here in Berwickshire. I'm looking forward to a summer of exploring and learning more with you. As one of my clients says "You never know what you will see beneath the surface. Snorkelling is a very mindful activity. Floating on the water, peering down into the world below helps switch off from the hectic world above and create a calm and relaxed mind. Plus, it's the one place you have a reason not to answer your phone – what better way to connect with nature and switch off from our stressful connected world."

Genine Keogh

For more information email : info@snorkelwild.com or see: www.snorkelwild.com
Follow on Facebook and Instagram at @snorkelwilduk.



eyemouth high school

As a teenager, life can feel like a whirlwind of changes and challenges. Amidst the chaos, prioritising your health and wellbeing becomes essential. Taking small steps towards a healthier lifestyle can have a profound impact on your overall happiness and success. Here are some key tips to empower you on your journey to optimal health and wellbeing.



1. **Move Your Body:** Physical activity is not only great for your physical health but also for your mental wellbeing. Find activities you enjoy, such as dancing, swimming, cycling, or playing a team sport. Aim for at least 30 minutes of exercise daily. Engaging in regular physical activity boosts mood, relieves stress, and improves concentration.

2. **Prioritise Sleep:** Adequate sleep is often underestimated but plays a significant role in your overall health and wellbeing. Establish a consistent sleep schedule, aiming for 7-9 hours of quality sleep each night. Prioritise creating a peaceful sleep environment by minimising distractions from electronic devices and implementing relaxation techniques before bed.
3. **Manage Stress:** Stress is a natural part of life, but learning healthy ways to manage it is crucial. Find stress-relieving activities that work for you, such as deep breathing exercises, journaling, practicing mindfulness, or engaging in creative outlets. Don't hesitate to seek support from friends, family, or a trusted adult when you need it.
4. **Cultivate Positive Relationships:** Surround yourself with people who uplift and support you. Nurture healthy friendships and communicate openly with your peers. Seek out mentors or role models who inspire

you and provide guidance. Building positive relationships fosters a sense of belonging and contributes to your emotional wellbeing.



eyemouth primary school

CPR Training at Eyemouth Primary School

Just wow! When we all work together just look at what we can achieve! All 378 pupils of Eyemouth Primary School recently had CPR, Recovery Position, making a 999 call, and defib training (for the older classes). It was a brilliant day!



This was led by ERT (Eyemouth Response Team), which is part of SBC Resilient Communities, together with an amazing lineup: Scottish Fire and Rescue Service, Police Scotland, Scottish Ambulance Service including First Responders (East Berwickshire and Dunbar Area Community First Responders), RNLI and HM Coastguard, LIVE Borders (Eyemouth), Eyemouth High School, and Scottish Borders Council.

We aim to run the training days every year so that a Nursery child has this 7 times and becomes proficient in lifesaving skills. We intend to build upon the timetable and expand the skills in the later years so that it is not only repetition but building on their learning and becoming confident in many varying scenarios to include not only the skills above, but also choking, bleeding & bandaging and other associated First-Aid Skills for life.

The purposes of this initiative are:

- To train our young people 'to help them to help others in times of need'.
- Positive engagement in the formative years with Emergency Responders leading to better relations in the future and offering potential career path options.
- Giving the young people a sense of confidence in themselves.
- Understanding and practising teamwork.

What could be more resilient than a community of adults who have grown up learning lifesaving skills? And as added benefits have positive relations with the Emergency Services and may end up following this career path too.



borders pottery



When I received a call saying that Robson Green would like to take part in a pottery class during filming for his latest series of 'Weekend Escapes' on BBC, my first instinct was to say "Not a chance!". But then I had a quick rethink ... here was my opportunity to spread the word about the work that Borders Pottery CIC has been doing to help people make improvements to their wellbeing through attending pottery sessions.



It was too good to refuse ... and so I found myself waiting on a beautiful day of East Coast sunshine in beautiful St Abbs with two of my intrepid pottery students (bribed with a fry up in our café) ready with their pinnies on to greet Robson Green, who arrived in a fetching red pinny of his own fresh from a rib ride in St Abbs the day before. We were able to show off St Abbs at its best in beautiful weather and were able to showcase the wonderful local producers we are lucky to have supplying our café: Jarvis Pickle Pies, Lough's the bakers of Eyemouth, Soil Sisters of Ayton and The Bake Hive in Cockburnspath.

My aim was to highlight the mental and physical health benefits of taking part in regular social creativity and so I handpicked two lovely women from Eyemouth who had each chosen to take part in my classes to support their mental health. They spoke with such eloquence and enthusiasm and enjoyed teaching Robson in the way of clay. It was an easy task as both he and his small crew, made up almost exclusively of people from his local area in the Northeast of England, couldn't have been friendlier or put us more at our ease.

In addition, we were able to draw Robson into clay by asking him to make a fish to hang on the wall. I think it helped that my friend had suggested that asking him to make something related to fishing would appeal to his interests as an enthusiastic fisherman. To be fair, he didn't take much encouragement and made a very impressive 'Sweet Lips', which he chose due to its vibrant colours. He's obviously a creative person as it has turned

borders pottery

out really well. His offering will now be fired and will be handed over to my pottery regulars to be glazed. We may have to do a quick google search to work out exactly how it should look so we don't get in trouble from Mr. Green! We will then raffle it to raise money – 50% towards more free pottery classes for those with long term mental health needs and 50% towards St Abbs Lifeboat.



If you would be interested in donating your time, resources or anything else to help provide more free pottery classes in our local community, then please get in touch. We are always looking for enthusiastic people to help contribute either directly by assisting in the pottery or through donations of materials or finance.

Katie Forsyth

Tel: 07387660435 Email: katie@borderspottery.com



Splash & Eyemouth Primary School Pasta Event, 6th & 7th June

Over 360 pupils took part in an interactive 2-day pasta-making event. Ten local organisations came along to cook 36 pasta dishes in Eyemouth Primary school including:

- Field to Fork
- Abundant Borders
- Eyemouth Response Team
- Early Years Centre
- Eyemouth Rotary
- Oblo
- ReTweed
- Eyemouth Larder
- Eyemouth Primary School
- Splash



Abundant Borders supplied instruction sheets for the children to grow their own garlic at home (plant pots supplied by Splash and garlic from the Larder). Jude and Jim (Eyemouth Rotary) provided a board naming various herbs and a variety of fresh herbs for the children to match up, which proved to be popular.



While the pasta cooked the pupils watched a movie on how to make fresh pasta, before sampling the dishes they had made and then moving around the

other stations to sample the different dishes.

We had 5 young volunteers assisting with the setting up cooking and cleaning up throughout the 2-day event, which as always was a huge help and led to more hours to add to Saltire awards; 39 hours in total.



First Aid

Splash held a First Aid at work course for 10 volunteers on Wednesday 14th June; upskilling in using a Defibrillator; how to carry out CPR and how to spot a stroke, heart attack and cardiac arrest and what to do.



Volunteer Event

We celebrated the end of volunteers week with a team building event followed by afternoon tea.

The event included 15 time-limited activities for volunteers to take part in. The aim being to score as many points for their teams as possible.

22 volunteers took part in the tasks which included baking, building, art-work, cocktail-making and many more!



Many thanks to Occasions, Re-Tweed and BAVS for helping with the activities which included making bouquets, keyring and earrings and getting dressed up for a wedding. Just another example of more great partnership work in our community.

Huge thanks go to all of our volunteers who make every one of our projects possible.

If you are interested in becoming a volunteer please email susie@eyemouth.org for further information.



flag for berwickshire

what's on



Design a Flag for Berwickshire

£250 for the winning design!

Berwickshire Civic Society





Berwickshire Civic Society has launched a competition to give individuals and groups who love Berwickshire the chance to submit a design for a new, official flag for the county.

The flag will be a free, public symbol for all to use. It will:

-  celebrate the heritage and culture of our corner of the country
-  raise recognition and awareness of the area nationwide
-  express pride in our local community.

The competition opens on **1 June 2023** and the deadline for entries is **30 July 2023**. Find out more on our website and on Facebook.



flagforberwickshire



info@flagforberwickshire.org



www.flagforberwickshire.org



Netherbyres Garden Open

This year the garden will be open on
Sunday July 30th
 2–4.30pm.

Entry by donation in aid of the Eyemouth Herring Queen funds.

(No teas on this occasion and limited car parking).



Splash BRUNCH HUB

THURSDAYS | 10.30AM-1.30PM

BREAKFAST & LUNCH

Juicy Paninis • Toasties • Sandwiches • Cakes • Coffee

EYEMOUTH COMMUNITY CENTRE | ALBERT ROAD

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.



Book Online:



7th - 11th August Eyemouth Parish Church Hall

For new p1-s1 pupils

10am – 12.30 everyday

EYEMOUTH HOLIDAY CLUB

Songs, games, Bible stories, crafts, snack
 Entry £1 a day!
 Book online @
<https://form.jotform.com/231293019881357>

Find us on Facebook @EyemouthParish Church



Rotary – Never Dull – Never Boring

The work of Rotary volunteers covers a really varied range of activities, many of which involve some form of partnership working with other community groups and often other Rotary groups.

Several of us attended the 10th Border Union Schools Countryside Education Day, at Springwood Park, Kelso. The event, which is closed to the public, offered 1,204 Primary Fives from 64 Borders schools a

unique opportunity to learn about the environment, food production, farming and rural life. Working together 46 Rotarians from 11 Rotary groups acted as stewards. Helping the children in the morning to negotiate the trail from the bus park to the registration points and in reverse at the end of the day. The challenge, get the right number of children (hopefully all from the same school) back on the same bus that they arrived in. Sounds easy but it's a proper logistical challenge. The extra challenge was children, buses, heading home, passing loos on the way, "Please Miss!" was the oft heard cry. However, to misquote the BBC's Brian Hanrahan from some years ago, "We counted them in and we counted them all back again, safely" job done.

The youngsters were able to try felt, candle, flour and stick making, spinning, milking and auctioneering. Not forgetting our own Eyemouth Rotary demonstration, with the magic that is the Aquabox Family Water Filter, magically converting muddy water into crystal clear drinking water. Our timing couldn't have better, many of the schools had been working on developing a water filtration system. This meant that the pupils had already gained hands-on practical experience and were able to test our intrepid demonstrators almost to breaking point. They asked well-thought-out and relevant questions plus a few "well if you had used our system" throwaway

Primary 5 Countryside Day



lines that properly tested our resolve but, like the salmon in Junction Pool next door, we didn't rise to the bait.

We then moved on to Primary Sevens, those pupils from the 5 feeder Primary Schools, that are moving up to proper 'Big School' in August. The team at Eyemouth High are amazing. They arrange several Transition Days when the new intake are given the opportunity to visit their new learning environment but in a very informal way. A gentle introduction to a new world of learning probably very different from the one they are used to, especially for those from the smaller village schools. Eyemouth Rotarians spent a morning assisting the brilliant Mr Watson and Mr Bender and Team Greenpower. Groups of up to 8 pupils participated in a range of activities. Some were changing a wheel with a power tool or changing a wheel with a hand tool, both



Racing wheel change



Remote control racer

timed activities. Some were hearing about the school's involvement in Greenpower and what they can look forward to. Some were driving remote control cars around an obstacle course against the clock. It is fair to say that many of those pupils had no idea what a 10mm socket on a ratchet was – however after a few minutes they had become highly competitive Formula 1 Race Engineers.

Based on what we saw there can be no doubt that with these young people coming through the system, the future looks bright.

Jim Hettrick



Strawberry & Raspberry Mini Cheesecake



Recipe shared by Laura McQuater

INGREDIENTS

- 1/2 tub of light cream cheese
- 200g fat free natural or greek yoghurt
- 1 tsp vanilla extract (optional)
- 1-2 ginger nut biscuits
- Mixed punnet of strawberries and raspberries



METHOD

In a mixing bowl, mix together the light cream cheese, yoghurt and vanilla extract (if using)

In a separate bowl crush the ginger nut biscuit

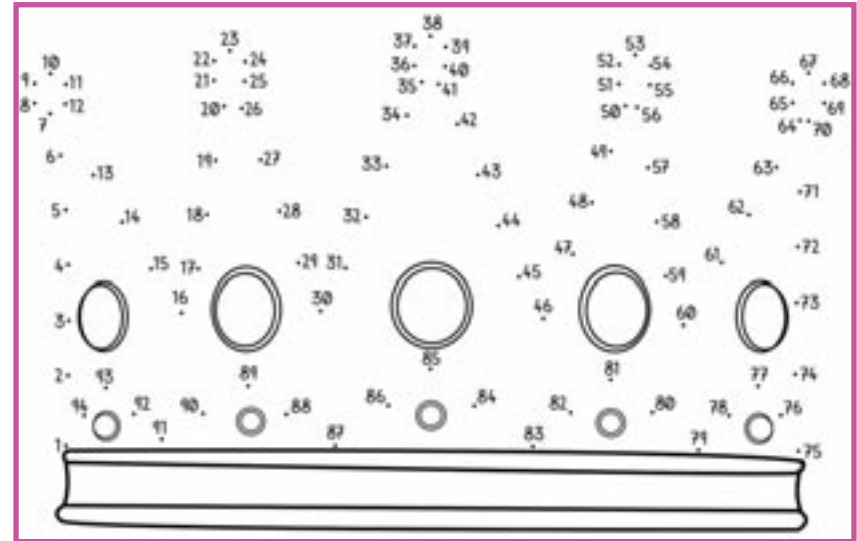
Wash the strawberries and raspberries and remove the calyx (green leafy part) from the strawberries

Using a teaspoon put a small drop of the cream cheese and yoghurt mixture on the top of each strawberry/raspberry

Then dip each piece into the crushed ginger nut biscuit

Serve

Dot to Dot Puzzle



SUDOKU

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history

Jock Willis, Master Mariner and Ship Owner

John Willis (Junior) was born in Eyemouth on 14 December 1816. He lived in the town for ten years before his father decided, with young John ready to begin his career at sea, the time was right to move the family south to Wapping, London, near West India docks. John's apprenticeship was served on his father's ships and by 1835, when he was only nineteen, his father decided young John, or Jock as he came to be known, was ready to captain *Demerara Planter*, sailing between London and Demerara on the Caribbean coast of South America. This trading route, carrying passengers and goods out and bringing sugar, molasses and rum home, had proved to be very lucrative.



In 1839 Jock became captain of the *Janet Willis* built in Sunderland: the first ship owned outright by his father. In 1840 Jock sailed her to Hobart, Tasmania with a cargo of tobacco, rum, pitch and tar. He was proving to be as skilled and enterprising as his father. Two years later he captained *Whampoa* on her maiden voyage to Demerara, and four years later he was trusted with his father's new ship *Borderer* on her voyage to Bombay and Hong Kong: she was the first Willis ship to sail to the China Sea (a 16-month round trip). In February 1848 Jock captained *St Abbs*, the biggest ship in the Willis fleet at that time, on her maiden voyage to Madras (a 15-month round trip). Jock had two more long voyages to China and the Far East. The first was to Singapore and Shanghai bringing back a cargo of silk and tea. The second to Bombay, Ceylon and Calcutta. He was away that time for two years and nine months. It's hardly surprising that he never married!

Jock retired from the sea in 1853. His father was ageing. Of his brothers, George was lost at sea aged 23, William died in his teens, James died of TB aged 27, David had poor health and his youngest brother Robert, did not like the sea but served as a clerk in the family shipping business. It was time for Jock to learn the shore side of John Willis and Sons.

history

Blackadder



From 1853 to 1862, when John Senior died, the number of ships owned by the company increased to 8 including *Lammermuir*, *Blackadder* and *Whiteadder*; names echoing the family's connection to Berwickshire. From 1852 nearly all the Willis ships sailed to the east – India, China, Australia and New Zealand. Father and son loved their sailing ships. Despite the development of the steam ship they believed, quite wrongly as it turned out, that steam would never overtake sail! One of



The Tweed

Jock's first moves when he took over from his father was to buy two steam paddle frigates from the Indian Navy and convert them to sailing ships. One of these frigates, the *Punjaub*, was renamed *The Tweed* and was Jock's favourite ship. It was her sleek hull which later influenced the design of his most famous ship, *Cutty Sark*.

Over the years ships were wrecked, lost or sold but between 1864 and 1869 John commissioned 6 sailing ships to add to his fleet, 5 of them made of iron and all of them over 1000 tons. Among them were *Lammermuir*, *Borderer* (the previous two ships with those names having been lost at sea) and *Coldinghame*.

By the mid 1860s fortunes were to be made by owning the first ship to arrive in London with the new season's tea from Shanghai. Jock Willis already had a very successful business but his ambition was to build the fastest tea clipper in the world: a sailing ship that could outrace ships like *Thermopylae* and *Ariel*.

Next month: the story of Jock Willis and *Cutty Sark*.



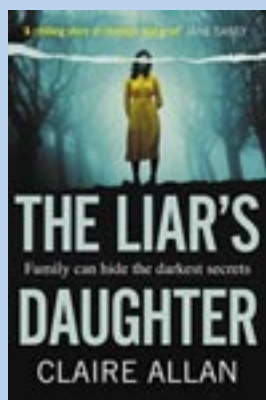
u3a

Charity No SCO 31477

The Liar's Daughter by Laurie Graham

This is an historical novel in the form of a memoir recounted by Nan Prunty, the 'liar's daughter' of the title.

Nan grows up in the early eighteen hundreds in the dockside area of Portsmouth where her single mother Ruby kept a tavern. At the start of the novel Nan is fourteen years old and her mother has lost the tavern through steadily drinking her way through the profits; whereupon she decides to put her daughter to work on the streets to keep the wolf from the door.



Nan is saved from this fate by the generosity of the local cobbler, John Pounds, who has undertaken to educate the poor children of the parish, teaching them 'reading, writing and reckoning-up' whilst working at his last, and her neat handwriting earns her a job in a dispensary.

When in her cups Nan's mother regales her with wild tales of her early life which vary according to how much drink she has taken; but one story which never varies is her steadfast claim that Nan was fathered by Admiral Lord Nelson.

Although there is no way to authenticate this claim Nan is thrilled to discover that she may be the daughter of a national hero, and sets out to prove it to her own satisfaction all through her married life, despite fierce opposition from her husband who calls her quest her 'Nelson mania'.

Halfway though, the narrative is taken over by Nan's daughter Pru, and the action moves to the war in Crimea. And here there is a surprising twist to the story of Nan's parentage. Is she really Nelson's daughter?

Pat Oldale



book news

Eyemouth Library book review: Miss Benson's Beetle by Rachel Joyce

Miss Benson's Beetle is a fictional adventure novel written by the author of international bestseller *The Unlikely Pilgrimage of Harold Fry*. I was drawn to this book because of the author and the title made me think it was about an adventure in a Beetle car. How mistaken was I?! The novel is actually about searching for a rare beetle of the bug variety!

The book is highly entertaining with many unexpected twists and turns, concentrating on the relationship between two very different women and the friendship that develops between them over a period of time. The characters are all 'larger than life', the description of their journey, both physical and mental, is very moving and it's a real page turner. It's ultimately about never giving up in the search for your heart's desire (whatever that may be) and overcoming life's obstacles along the way. Both women in the story, Margery and Enid, have very different goals, but by combining their talents and encouraging each other, they are able to realise their full potential.

The tale begins in 1914, when Margery is only ten years old and tragedy strikes her family. Fast forward to 1950 and a Britain trying to recover from the Second World War with rationing still in place – we find a disgruntled Margery, who decides to completely change her life by embarking on an epic journey in search of a very rare, elusive beetle. Then we learn of her escapades with Enid, her travelling companion and assistant, as they travel to Australia by ship and then as they explore New Caledonia together. Margery discovers that Enid has several secrets, which lead to complications along the way.

The journey made by these two very different characters is well worth embarking upon, so step inside and enjoy their roller coaster ride!

Available to read in Eyemouth Library in paperback.



Dawn Inglis
Eyemouth Library

eyemouth parish church

eyemouth parish church

Eyemouth RE:NEW Project

Many folk have commented on our new banner outside the church. We are really excited to see the start of the building work on our RE:NEW project to regenerate the inside of our building. Back in 2016 Eyemouth Parish Church



undertook to review our work in and for the community. One of the most significant areas that this review highlighted was how we use the resources we already have to serve our community. The most recognisable resource as a church we own is of course the building itself, yet as we looked at it we realised it was woefully inadequate for some of the users who currently used it as well as it having limited potential for others to use.

The main thrust of the RE:NEW project was to regenerate the current church building into a welcoming environment and flexible space allowing its use for a wider range of activities. The renewed space would have flexible seating, a more eco-friendly heating system, all-ability access as well as the potential to split the space with part of the space as an enlarged welcoming area with basic kitchen and hospitality facilities and an accessible toilet.

Since February we've been doing the preliminary works of removing the pews and clearing the space so that we could hand it onto the contractors on Tuesday 2nd May. To mark that moment on the 1st May we gathered as a congregation in our empty sanctuary and had a short 'ground breaking' service as we thanked God for all the things that had happened in our building in the 140 years or so since it was built. We also heard from some of our older members about previous reconfigurations of the building and how the building has adapted to the needs of the congregation and

the community during its history.

Already you may have seen the beginnings of our new door which will have level access via a ramp running down the outside of the building. The main floor has been lifted to put down new insulation and our underfloor heating and if you've manage to peek through the main doors you will see the wall under the gallery has gone and the beginnings of the new welcoming area are starting to take shape.



Fundraising for the work however is ongoing, as once the builders have completed their work there are a number of other things that we need to do to complete the project. Locally we have raised over £75,000, with over £100,000 coming from the central Church of Scotland funds as well as an additional £223,000 coming from other funding bodies. The overall cost of the project is likely to cost just over £400,000 so if

you would like to help us make this project a reality, or have any questions then please do get in touch: eyemouthparishchurch@gmail.com or andy@blakkie.co.uk.

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)