



Support 'THERE  
BUT NOT  
THERE' for Crail



www.crailmatters.com



# CRAIL MATTERS

W/C 25 June 2018. No 67 Free - donations welcome  
Suggested hard copy Donation 40p

*Crail, The Jewel of the East Neuk*

## Crail and Kingsbarns Red Cross



**British  
RedCross**

### Coffee Morning,

Saturday 30 June,  
British Legion Hall Crail,  
10am.  
All the usual stalls.

## Crail Folk Club

Thursday 28th June 2018 Crail Town Hall  
BYOB £1  
**Singers Night**

After a run of five very successful guest nights we return to an old favourite. A Singers Night which gives local singers and visitors alike an opportunity to display their talents. Every one is welcome even if they just want to listen. Always a fun night.

## Crail Mobile Post Office Service

Location - Along High Street

Opening times: Monday 1400-1600  
Tuesday 1430-1630  
Wednesday 1400-1600

## Staff Wanted

Julias Tearoom is looking for a local summer "boy" or "girl" helper.

Duties to include serving and taking customer orders, cleaning and preparation of dishes.

A pleasant and friendly personality rather than experience required as full training will be given.

Contact John at Julias or telephone 01333 450 415 if interested.

## Scottish Rural Action

SRA held a meeting with RBS at the end of May to raise concerns about further bank branch closures. At this meeting, RBS reaffirmed that there would be no further changes to branches until 2020.

SRA are concerned that this is only a year and a half away and arguably, the bank could have further cuts, currently being planned, due to be announced in 2020. Concerns were raised that this would not give adequate time for meaningful community consultation.



When pushed on community consultation ahead of branch closures, RBS stated that their branch staff are embedded in the communities they serve, and they constantly survey customers after in-branch experiences.

Surveying customers on in-branch experience does not equate to consulting a community on the impacts of a branch closure. RBS admits that they did not undertake this type of community consultation ahead of this round of closures, nor are they likely to do so without pressure.

RBS has already invested in a new fleet of vans that are not wheelchair accessible to replace closed branches. There are no current plans to make the vans wheelchair accessible. RBS claims that the transition to a cashless society will benefit rural communities and small business owners based in rural areas. Evidence of this is conflicting. Whilst this appears to be the direction of travel, it is not a reflection of where we currently are, and currently there are barriers which disproportionately impact on rural communities and businesses when compared to urban.

Digital connectivity significantly impacts on the transition away from cash. Rural populations have a higher proportion of older people – this is the population who are most likely to find it difficult to transition to a cashless society. When coupled with other impacts of living rurally, it places an unnecessary burden on rural communities.

## The Crail Connection with the Battle of Waterloo

The Golf Hotel celebrated 'Waterloo Day' on Monday 18<sup>th</sup> June in memory of former Landlord, Sergeant Major John Dickson of the Scots Greys.

In keeping with a long lost tradition the children of Crail Primary school paraded past the hotel and were greeted by current Landlord Graham Guthrie as John Dickson used to do on Waterloo Day in years gone by.

A great deal of work has gone into researching John Dickson and the Battle of Waterloo by Jean Durie, so much so, that we now know the Crail Connection and the history of the former landlord, so we have refurbished our lounge bar area and renamed it the Waterloo Lounge.

On Monday representatives of Crail Museum, family and friends were given a glass of 'Mother Duff's punch' to toast the new lounge and the memory of Sergeant Major John Dickson.

The lounge has pamphlets and literature available and we hope patrons will come in and enjoy a coffee or refreshment while they read the information and get a feel of the past, in our refurbished dining room or Waterloo lounge present.

I am the longest serving proprietor in the hotels history dating back to 1721 and 2021 marks the 300<sup>th</sup> anniversary of the hotel where I hope to still be around as this will merit a huge celebration.

We are in running for the 'Best Independent Bar of the Year' and are very excited at being in the competition as I won the 'Licensee of the Year award in 2014.

We continue to put Crail on the map and are thankful for all the support and encouragement we get from the community.

Graham Guthrie



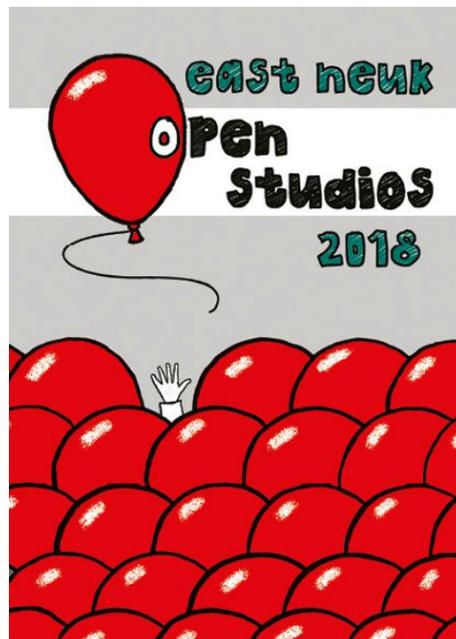
### Little Monkeys Childcare

offers the only registered child minding service in Crail for children from birth to age 12.

I currently have a few spaces for morning, afternoon, full day and after school places, and I am now taking bookings for over the summer holidays. I am fully PVG checked, First Aid trained, Foodsafe Inspected, fully insured, and registered with the Care Inspectorate.

If you're looking for childcare outwith nursery, or over the summer, whether it is single days or blocks of weeks, please get in touch!

07917 237 335



East Neuk Open Studios are open two weekends in a row on June 23-24 & June 30-July 1, 10.30am to 5pm. A warm welcome to all to come and see what the artists of Crail, and all along the East Neuk, have been creating in their studios. There is also the chance to shop local for something unique; all types of crafts, paintings, photography, printing and more. Booklets with

addresses and maps are available in local shops and in the artists' studios.

Follow the red balloons!

**East Neuk Book Group**  
 Meets in the Cocoa Tree, Pittenweem  
 Come along and join us  
 All welcome

We will be discussing the following books on the first Thursday of every month. Discussion starts at 6.00pm but pop in from 5.30pm and have a chat with us over coffee or hot chocolate

Thursday 5 July Martin Booth *The Industry of souls*  
 Thursday 2 August (venue to be confirmed) Gail Honeyman  
 Eleanor Oliphant is Absolutely Fine

If you would like any further information or would like to join our mailing list, please contact Coral  
 coralnapier@yahoo.co.uk

### Senior Carers Respite Fife

Senior Carers Respite Fife are pleased to introduce our great new service - Senior Carers Respite Fife. This is for carers 60 plus. We come to you and lend a helping hand. At a time that's convenient to you. This is a FREE service. For more information email Moira or Adele at [respite@disabilitiesfife.org.uk](mailto:respite@disabilitiesfife.org.uk) or call on 01592 203993

**CRAIL MUSEUM & HERITAGE CENTRE**  
 Charity No SC023505

## I WAS A COLD WAR SPY



**Brian Spiby (former JSSL student) reveals the truth**

**TUESDAY 26 JUNE 2018**

**7.30PM IN THE KIRK HALL, CRAIL**

**TICKETS ARE £7 AND INCLUDE REFRESHMENTS**

**AVAILABLE FROM THE MUSEUM**

## St John's Church, Pittenweem

# Summer Fayre

**Saturday 30<sup>th</sup> June 2pm - 4pm**



To be held in the garden of the Great House  
 Access via Marygate/Priory Gate and Cove Wynd  
 Come along and enjoy the many activities and stalls

Specialty for children - activities include	Stalls
<ul style="list-style-type: none"> <li>• A Treasure Hunt</li> <li>• Guess Teddy's Birthday</li> <li>• Games of skill</li> <li>• Open drawing/painting competition - Separate entries for the under 8s and 8+. All entries must be handed in by 2.15 on the day. Judging will take place about 3.30</li> </ul>	<ul style="list-style-type: none"> <li>• Baking</li> <li>• Plants and farm produce</li> <li>• Books</li> <li>• Herbals</li> <li>• Bric-a-brac</li> <li>• Tombola</li> <li>• Conducted tours of the Priory Precinct</li> <li>❖ Annual Raffle to be drawn – tickets are on sale at the Fayre</li> </ul>

**Entry £2 includes refreshments – children under 12 go free**

St John's Church is a registered Scottish charity no SC010982

### Experience of Small Business in Crail

*A couple of weeks ago, Crail Matters highlighted two Crail residents who conduct businesses from their homes, as part of an occasional series on home working. This is our second article on this topic.*

I am **Mhairi Mackenzie** and run my Talent Management Consultancy from home in Crail; I offer HR and recruitment support, offering HR solutions Executive Search and end-to-end Talent (recruitment) solutions from working with clients to write job adverts, job descriptions, advertising, search & selection, through to offering HR and employment law advice.

I've recently completed my CIPD (Chartered Institute of Personnel Development) in Edinburgh, a real challenge travelling from Crail! I love Crail dearly, and love working from home, however broadband and mobile issues can be challenging at times, especially in winter.

I've recently trained as a *Specialist Consultant* for "Investors in People" - delivering Investors in People and Investors in Young People accreditation - which has been very enjoyable and I look forward to the next chapter, working from home visiting clients across Scotland enabling them to grow their businesses.

For more info contact or 07788 485685

### Jam Time

It is jam making time again! Please could anyone who has jam jars hand them into the Museum for the jam makers of Crail.

## **Fife Women and Inclusion in Politics**

Continuation of Centenary of Women's Vote Celebration in Fife.

Fife Centre for Equalities (FCE) is pleased to announce that it has been awarded £5000 by the Scottish Government Vote Centenary Grant Scheme to run a nine-month programme 'Fife Women and Inclusion in Politics' to tackle the under-representation of disabled, minority ethnic or transgender women as voters, political activists and representatives in Fife. FCE invites women from all political groups to help us to make our political systems more inclusive of disabled, minority ethnic or transgender women.

2018 marks the 100th anniversary of the success of the Suffragette movement, when we remember the brave and inspirational women who joined together to successfully challenge discrimination, and to influence women's politics for generations.

This programme will raise women's awareness of the struggle for equal voting rights. More importantly the programme will highlight that the struggle continues for women of different protected characteristics in the UK and around the world, and how women are succeeding in overcoming the barriers they face. This programme will also aim to celebrate the successes of the unsung heroines who contribute to the Scottish political systems daily; they are the campaigners, personal assistants, researchers, analysts, lobbyists, community activists and so on.

The programme will end with a celebration event near International Women's Day in 2019 to mark the learning and achievements of the participants.

Calling on volunteers

We need volunteers to help us to:

- Co-ordinate the programme
- Recruit participants
- Be a speaker
- Arrange activities
- Take part in the programme

Additional needs requirements and reimbursement of out-of-pocket expenses will be available.

Mrs Nina Munday, Manager of Fife Centre for Equalities, stated: "It is important that we all work together to create a society where every woman (inclusive of transgender women), regardless of their age, ethnicity, disability, religion or sexual orientation, is able to enjoy an equal access of opportunities to lead a fulfilling life without fear of harm. One of the best ways to commemorate the 100th anniversary of women's right to vote in the UK would be to encourage women of marginalised groups to be active in the political systems, from registering to vote to standing for election. This way every woman's voice will be heard."

If you are interested in joining Fife Women and Inclusion in Politics, please contact Nina Munday, Manager, Fife Centre for Equalities by email [nina@centreforequalities.org.uk](mailto:nina@centreforequalities.org.uk) or by phone 01592 645310.



**Crail Festival Putting Green**

**Opens**

**23rd June-19th Aug.**

**1.30-7.30 pm**

**Adult £1 Child 50p**

*Crail festival*

## No hot dogs please!

Most of us enjoy getting outdoors in Summer but we should take extra care of our best friends, our dogs. The Blue Cross gives us good advice.



Dogs' paws can be burnt on hot pavements. The general rule is if the pavement is too hot for your hand then it's too hot for your dogs' paws. Dogs can suffer heatstroke within minutes. Unlike humans, dogs can't sweat through their skin and therefore rely on panting and releasing heat through their pads and nose to regulate their body temperature and keep cool. Imagine wearing a thick winter coat on a hot summer's day and you'll understand how dogs can succumb to heatstroke so easily. Dogs most affected by heat are the short nosed varieties of dog like English and French bulldogs, Pekingese, pugs, and any overweight dogs. It can, however, affect all dogs. Signs of heatstroke include excessive panting and dribbling. If you suspect your dog is suffering from this condition move it to a cool place in a

draught, and sponge it down with tepid water. Heatstroke is a serious condition which is best prevented.

Make sure that there is access to clean water at all times. Carry water with you when out on walks with a bowl or special dog drinker. On hot days exercise your dog in the early morning or later on in the day, and stop in the shade for a few minutes if you can. NEVER leave your pets in a car, even for a few minutes, whether or not you have left the windows open. You can also make cool treats for your dog by making ice cubes with dog treats inside, or stuff a Kong and put it in the freezer for a bit.

Swimming is a great exercise for dogs and a cool alternative to hot walks. Remember though, that not all dogs like to swim, so don't force or throw them into water. Ideally if your dog is a keen water enthusiast consider a life jacket. Be aware of offshore winds and tides. Don't let your dog drink salt water as it can make them sick. As always fresh drinking water should be available. After your outing make sure you wash your dog as when the dog's coat dries salt and sand can cause irritation. If your dog is swimming in lochs or rivers, keep a lookout for algae, especially the blue or green type which can be toxic to dogs.



Sadly dogs sometimes drown in rivers and lochs, as do some owners trying to save them, so a good idea might be to use a training lead which is usually 5 to 10 metres long, enough length to allow your dog freedom to swim, but keeping hold of him at the same time.

Pale coloured dogs are vulnerable to sunburn, particularly on the ears, nose and thin coat areas. In extreme cases excessive exposure to sun can, like humans, result in skin cancer. Best just to apply some high factor sunblock, keep your dog in-

doors, or pop on a child's t shirt.

Make sure you keep grooming your dog in warm weather as matted and tangled coats are a breeding ground for ticks, fleas, and at worse infestations of maggots after flies lay their eggs.

Enjoy the warm weather. It's far too short and before we know it we'll be back to hats, scarves and dog coats!



### Crail Museum & Heritage Centre

#### Coffee Morning

Saturday 7th July 2018  
10am

British Legion Hall  
Home Baking, Preserves, Raffle

Admission £2.00

Scottish Charitable Incorporated Or-  
ganisation  
(Charity No. SC023505)



#### Glasgow Men's 10K Update

On 17<sup>th</sup> June, I ran the Glasgow Men's 10K in aid of SAMH (Scottish Association for Mental Health), I would like to thank everyone who kindly donated to the cause.

The total amount raised in support of SAMH was £1,276.00.

Jamie Morris



## Next Community Council Meeting

The next meeting will take place on Monday, 25 June 2018 in Crail Town Hall.

Agenda items include:

Play Equipment, East Neuk Communities Emergency Response Plan, Freedom of Crail, Charrette, and Remembrance Day. Everyone will be made most welcome.

## Roome Bay Play Park

Further progress has been made towards raising enough money to fund new play equipment at Roome Bay. A very generous award of £10,000 has been made by The Helen Main Charitable Trust. This added to the £17,000 received from the Crail Common Good fund means we are half way towards reaching our target. Dr Jack Jarvis on behalf of Crail Community Trust is continuing negotiations with the Fife Environment Trust for another contribution towards the total cost. Progress is slow but we are getting there.

## There But Not There Coffee Morning

Crail Community Council wishes to express their gratitude to all who attended, provided generous donations, contributed to the raffle and volunteered to assist at the coffee morning which was held in the British Legion Hall on Saturday morning. The total of 366.00 was raised and all proceeds will go to events surrounding commemorations to mark the end of World War I.

## Posters and Notices

It would be most helpful if organisations displaying notices and posters around the village removed the fastenings along with the notices after events.

Plastic cable ties are very difficult to remove so may we suggest that either string or ribbon is used instead? Below is only some



of what was removed from the railings outside the former RBS building, from outside the Beehive and from the lovely blue railings at the Pharmacy. The paint on these railings is beginning to look unsightly due to the destructive effects of trying to remove plastic cable ties. The Road Closure notices for the Food Festival were still attached to the lampposts in the various locations at the weekend, Crail Community Council have contacted the organisers to request their removal. Incidentally, these were attached with plastic cable ties.

Most of us are concerned by the ever-increasing amount of single use plastics, everyone is encouraged to try to reduce this.

Fife Council's aim is to put no waste into landfill by 2020, provided it's financially possible. To achieve this aim, the following targets have been set:

- 1 Increase the quantity of waste that people in Fife recycle by three per cent per year
- 2 Decrease the quantity of waste from Fife that's dumped in landfill sites by three per cent per year.

This can only be aided by everyone making an effort to avoid single use plastics wherever possible.

## Spicy Garden Tips

Cinnamon is a fantastic aromatic, which makes it great for baking and cooking, but this versatile spice isn't just for the kitchen. With origins dating back to as early as 2700 B.C., cinnamon is a popular spice all over the world for uses in cooking and medicine. Once a very valuable trade commodity, you can find ground cinnamon and cinnamon sticks in most shops.

### 1. Deter ants

Cinnamon will actually kill ants. The powdery substance will suffocate the bugs when inhaled. The aroma can also make it hard for ants to smell food sources, but it's nontoxic for kids and pets. Win, win!

### 2. Defeat fungus

When you sprinkle ground cinnamon on soil, it kills fungi. The cinnamon targets surface-level fungi, so you might need to use other solutions in addition to this one, according to Indoor Gardening. You can use cinnamon to kill wild mushrooms too.

### 3. Protect seedlings from disease

The antifungal properties in cinnamon make it a great tool for protecting seedlings from rot and disease, also known as damping off. Keeping moisture at bay is key; dusting the seeds with cinnamon and using a doming tactic can protect the seeds until they grow.

### 4. Root and graft plants

You can make your roses (or other plants) sturdier after cutting and replanting by first dipping them in cinnamon powder, which works like a rooting hormone, a bit. The cinnamon kills off the competition, so to speak, so that your flower can grow better.

### 5. Heal sick plants

Try sprinkling cinnamon on a plant wound (from cutting or other damage) to speed up the healing process and protect it from further damage or disease.

# The Crail Seagull



Look at this! A friendly Tern thought he was already home when returning from wintering abroad in the southern oceans – it was only a pothole looking very like the map (and roads) of Fife! The potholes in Cyprus have at least been filled in rather creatively, it would seem. This looks to me like a Scottie dog's head, don't you think?

It's not a lot of fun being at the nose end of a Scottie Dog - preferable to the other end, I suppose! Never mind, I saw that the road is being resurfaced outside St Andrews, will it ever get as far as Crail? I wonder. I often see cars weaving around, I think they're trying to avoid the potholes - at least, I think that's what they're doing!

Well, there I was, sitting on my nest at Fluke Dub, taking the air and watching the goings on around the golf course when, whoosh, a golf ball landed in the Dub right beside me missing me by inches! I know you won't believe this but on the side it said 'Taylor Made 2'. Do you think one of the Editors has taken up golf? I hope he wasn't aiming it at me, who can tell?



I thought that as that nice Professor Cresswell was away this week, you'll all be missing Mr Anderson's wonderful photographs. Here are some snaps of ducks, they're not nearly as good quality as Mr Anderson's.

I can't seem to get away from dogs this week.

## Letters to the Editor

Dear Sir,

The articles in the last two editions of Crail Matters have shown how successful the Food Festival has been this year. I was disappointed that again there appeared to be no recycling bins available for the public to dispose of their waste, everything being put into bins for landfill. I would like to suggest that this is something that the organizers could look into for next year.

The organizers might find it useful to look at the You Tube Video 'How Sweden is turning it's waste into gold' for inspiration: <https://www.youtube.com/watch?v=14r7f9khK70>



Victor Reynolds

Dear Sir,

I fully support the piece in today's Crailmatters regarding the proposition of a Memorial Wood. It would be a marvellously far sighted project that only those with the hardest of hearts could oppose. Good luck with the initiative. I hope that your postbag will be full of similar messages to mine.

Judy Cresswell

### Denburn Wood

A group of us volunteers, the Denburn Diggers, usually meet at the wood at 10.00am on the first Saturday of every month.

There is a wedding at Denburn on Sunday 1st July, so we are meeting instead on Saturday 30th June to make sure the area is tidy, litter cleared and so on.

There will be a lot to do as the paths are littered with broken branches and drifts of leaves after last week's storm.

Anyone with a couple of spare hours to come and help on the 30th would be more than welcome.

Refreshments are supplied.

### Do you know any young carers?

We are the respite care officers for Disabilities Fife. Carers that are actively looking for families to help. Please feel free to contact us anytime by:

Phone - 01592 203993

Email - [respite@disabilitiesfife.org.uk](mailto:respite@disabilitiesfife.org.uk)

Website - [YoungCarersRespite.com](http://YoungCarersRespite.com)

### Contact your Fife Councillor?

[Cllr.Linda.Holt@fife.gov.uk](mailto:Cllr.Linda.Holt@fife.gov.uk) 07725 223773.

[cldr.bill.porteous@fife.gov.uk](mailto:cldr.bill.porteous@fife.gov.uk) 01333 730837 or 07753982311

[cldr.john.docherty@fife.gov.uk](mailto:cldr.john.docherty@fife.gov.uk) 07718 66 89 96

Material for inclusion in Crail Matters should be sent to [crailmatters@gmail.com](mailto:crailmatters@gmail.com) and received on Friday midday before publication. Any views expressed in Letters to the Editor are those of the author, and not of Crail Matters.

We reserve the right to edit copy for length and style. Submission does not guarantee inclusion.

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