

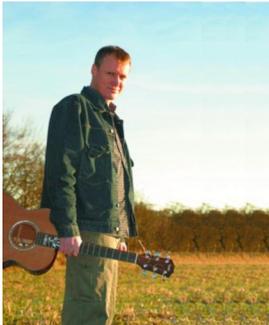


CRAIL MATTERS

W/C 22 July 2019. No 118 Free - donations welcome
Suggested hard copy Donation 40p

Crail: The Jewel of the East Neuk.

Crail Folk Club



We join forces with Crail Festival to present a bumper folk night featuring BBC Radio 2 award winner, and three time Scots Singer of the Year, Siobhan Miller. On her return to the club Siobhan will be joined by her regular musicians. Also on the bill we have Jim Malcolm, Perthshire folk royalty, and his wife Susie. If that wasn't enough Johnny Izatt will bring his wide range of music to start the evening. Crail Community Hall at 7.30 on Thursday 25th July. Doors open at 6.45pm for a Complimentary Gin Tasting courtesy of Kingsbarns Distillery.



Vacancy – Morton of Pitmilly Countryside Resort

We are looking for an experienced Front of House Team Member w/Business Dev. & PA skills to join an established and award winning resort in Kingsbarns. The resort is renowned for its excellent customer service, facilities and beautiful surroundings. This is a full time role (40 hours per week) and requires excellent administration and customer service skills. Days required to work are Tuesday through Saturday. If interested in this position, please email admin@pitmilly.co.uk for a full job description.

Wee Crailers

'Wee Crailers' is an art, craft, and lunch club for all ages of tiny humans and their big humans too! Our arts and crafts have a nature and science theme to them and are, most importantly, fun! Held in Crail Kirk Hall, 2nd Friday of the month, 12-2 pm.

With our coffee morning we hope to raise funds to help us get up and running; buying some art and craft supplies and providing a nutritious lunch for our wee crafters. Come along and enjoy some lovely homebakes, win some unique prizes in our raffle, and try your hand at some Wee Crailers arts and crafts.

Wee Crailers can be contacted at dawn.wallace.100@hotmail.com

Wee Crailers Coffee Morning

Raising funds to re-start
Crail's kids craft & lunch club



Kirk Hall
Saturday 3rd August
10 am – 12 pm

Home baked cakes
Raffle
Children's crafts £2 entry

All welcome

Donations of cakes appreciated – drop them off in the Kirk Hall from 9 am
Donations of good quality toys and craft materials welcome – just bring them on the day

 Find us on Facebook @weecrailer

Crail Rowing Club report from 2019 World Championships

20 club members and families travelled from Crail to Stranraer with skiff "Partan" in tow to compete in the third St Ayles Skiff World Championships which were held 9-13 July. We joined over 700 crews, mainly from Scotland, but also rowers from Australia, Canada, The Netherlands, Tasmania and the United States, to take part in six days of exciting races on Loch Ryan.

Stranraer pulled out all the stops to make us feel welcome, providing excellent facilities and entertainment throughout the week. The breezy opening day featured a mass row-in to the beach and the brightly coloured skiffs carrying flags in the sunshine was a truly memorable sight. This was followed by a procession by competitors along the waterfront led by the Stranraer Pipe Band, and a welcome from the Convenor of the Scottish Coastal Rowing Association, Robbie Wightman.

The second day saw the arrival of HRH Princess Anne, who set off one of the races, presented some medals and did a walk-about, chatting with locals and rowers. Her Royal Highness seemed impressed to hear that Crail had continued to take part in these Championships since we last saw her at the first one in Ullapool in 2013!

Conditions for racing weren't exactly easy - calm waters on the first day didn't last, quickly deteriorating as the week progressed with a strong north westerly wind funnelling down the loch and whipping up the waves. Launching from the beach was challenging enough, with helpers getting completely soaked in the strong surf and crews finding it a hard slog to the turning buoys. However, they were rewarded with some great surfing on the way back to the finishing line.

So, how did we do? Qualifying for the finals, the Men's 60+ team started the week winning bronze. A couple of days later our Mixed 50+ team picked up another bronze medal, coming joint third with Dundrum from Northern Ireland. In total Crail made it through to six finals, narrowly missing another medal in the Ladies 50+ race, and earning well deserved club points. Having entered 11 out of the 22 race categories, we were delighted with our final placing of 13 out of 55 clubs. The World Champions were Dundrum, who retained their title from 2016.

Racing apart, special mention must be made of a local Stranraer lady, Sandra, who adopted our club and kindly brought us delicious home baking each day to keep up our energy levels.

For more results and photos please see Crail Rowing Club Facebook page and www.skiffieworlds2019.com



WILD CRAIL

Will Cresswell,
with Photographs by John Anderson
There will be no Wild Crail 22 and 29 July



Community Council Notes



Our new website is <https://crailcc.com/>
Next Community Council Meeting 7.15pm 26 August in the Town Hall

Community Council Notes is taking a holiday until 19 August

Crail Matters Holiday

There will be no publication of Crail Matters on 26 August and 2 September.

Advert/Copy Submission to Crail Matters

The Editors are happy to accept material for publication in a variety of formats, but we prefer .jpg and .pdf copy. We would urge anyone submitting material to have regard to efficient use of space - we cannot guarantee to publish in original format large adverts designed as posters. We reserve the right to edit material.

Crail Matters

We continue to need funds. If you have already donated, then **thank you**. If you haven't, will you consider making a donation? You can make a bank transfer to sort code 83-26-28, Account No. 15518709, or by cheque payable to 'Crab Publishing' given to any member of the Editorial Board or posted to Crab Publishing, 1 Fife Ness, Crail, KY10 3XN.

Crail festival

Monday 22 July	Monsters & Mischief Crabbing Competition Illyra- The Tempest	10am 12.30pm 5pm (picnic) 6pm (performance)	Kirk Hall Roome Bay Castle Grounds	£4 £2 £18/£12/ Under12 free
Tuesday 23 July	Rock Stacking Competition Junior Golf Skills Competition	1pm 5pm-7pm	Roome Bay Crail Golfing Society	£1 £4
Wednesday 24 July	Adult Ceramic Workshop Zoolab Ali Affeck & The Copper Cats (BYOB)	10am 11am, 1pm, 2.30pm 8pm	Legion Hall Community Hall Community Hall	£25 £5 £12
Thursday 25 July	Art Workshop Folk Club Concert (BYOB)	10am, 1.30pm 7.30pm	Legion Hall Community Hall	£5 £12
Friday 26 July	Bake Off Competition Krafty Kids Workshop Michael Christian Durrant	10am 2pm 8pm	Legion Hall Legion Hall Community Hall	£5 £5 £14
Saturday 27 July	Scavenger Hunt Putting Competition Something Blue (BYOB)	10am 2pm-5pm 8pm	Town Hall Crail Putting Green Community Hall	£1 £1 £18



The Putting Green will be open
1.30pm - 7.00pm

22 June - 25 August

Letters to the Editor

(All letters to Crail Matters must supply name and address. If requested we will withhold names)

Holiday Homes/ Second Homes

Sir

Lead story from issue #117: "A recent survey of occupancy of houses on Shoregate reveals that around 25% of houses are permanently lived in, the rest are either holiday homes or short term lets of some form," then quoting "one resident" as stating this meant the harbour had "no community heart."

1. Please give full details of this "survey". Who carried it out, what methodology was used, and what options were given to the occupants of Shoregate when asked to state their residential status?

2. Clearly those of us who live on Shoregate anything less than 100% of the time are not part of the community. How shall we refer to ourselves then? Maybe 'non-community'? Would that work for you?

It's confusing you see. We live on Shoregate, but nobody surveyed us. So was it done by members of "The Community" peering through the windows? Did "The Community" install bugging devices? Maybe "The Community" set up bird-watching-style hides on Castle Terrace to log comings and goings?

We have owned our home for almost a decade, and while still working in Glasgow, can only spend 3 days of each week here. It is not a holiday home, nor is it a rental property, it is simply our home in a place we love. Yet we are not part of "The Community" it seems, or perhaps just a lesser class (think India's caste system of social status and acceptability).

Next time we're shopping in the Co-op, or the butcher, or

Clem's, or the chemist; next time we are paying our local window cleaner and gardener; next time we're employing local tradesmen like Airds to maintain our old, drafty property that someone was only too willing to sell to us; indeed, next time we are paying our full 100% Council tax for our 3 days per week here, we'll certainly lower our heads in shame as we are not part of "The Community". We might stop short of wearing the sackcloth and ashes though.

Name withheld

As a second home owner (and feeling defensive) may I make a few points? I agree that properties that are empty most of the year are not good for a sense of community; and transient visitors may do little to contribute to community life. But many second home owners (as opposed to holiday home owners) are concerned about the community their house is in, want to spend time there, and do wish to contribute. And while we live in a market economy, I'm afraid the market for attractive homes in desirable locations will inevitably price out local low income families; the remedy if there is one is for some kind of State or other organisation stepping in and purchasing vacant properties for rent at affordable levels - an unlikely prospect.

Perhaps it would be useful to distinguish between 'genuine' second homes, holiday homes and investment properties. The last of the three seems to offer the least to communities, and perhaps that is where attention should focus in the forthcoming Government review.

Name withheld

Overnight roadworks on A92 eastbound 25 July

There will be no access to the A92 eastbound from M90 Junction 2a from 20:00 until 06:00 on the night of Thursday 25 July. This is to allow operating company Amey to carry out repairs to potholes.

A diversion route will be signposted via M90 Junction 3 and the Crossgates roundabout.

These repairs have been planned overnight to minimise disruption and are not expected to cause any significant delays, however motorists planning to use this route are advised to allow a little extra time for their journey.

Greens of Crail - reusing plastic

The scallop tubs which are quite well made and are ideal for salmon are available if anyone would prefer a reusable tub instead of a plastic bag - please ask. Also if anyone wishes to bring in their own plastic tubs for haddock there is no issue as it can simply be tared on the scales. *thanks Clem at Greens`*

Celebrate International Scottish Gin Day at Darnley's Distillery & Gin School.

"This is a day to celebrate all things Scottish Gin. The people, the places, the passion, the gins. With a rich and diverse range of Scottish Gins being made across the width and breadth of Scotland, ISGD is the perfect opportunity for you to discover Scottish Gin." – The Gin Cooperative

You can start the day by booking a space on a Distil Your Own Experience to make your own Scottish Gin, choose from a selection of botanicals to create your recipe before distilling your gin on your own mini copper pot still. Visit our Gin School page to discover more.

In the afternoon, take a seat on our distillery terrace and enjoy a complimentary G&T or cocktail whilst taking in the scenery and listening to music from a local guitarist. We have FREE quick fire tours of the distillery all afternoon and our cafe will be open as usual serving sandwiches, soups, cakes and tea and coffee.

If you want to make a purchase in our shop we have special offers running throughout the day.

Saturday 3rd August

11AM – 4PM

Darnley's Distillery & Gin School, East Newhall Farm, Kingsbarns, KY16 8QE

11am – Distil Your Own Scottish Gin at Darnley's Gin School

12.30 – Discover Darnley's Tour

1pm – 4pm Darnley's Summer Terrace

Ticks - and how to deal with them

What are ticks? The tick is an invertebrate related to spiders. There are over twenty species in Britain related to various different mammal or bird hosts. They carry a number of diseases, the most well known of which is Lyme disease. They can be found all across Scotland and particularly in the wetter west, in woodlands, moorlands and long grass. Scientists recorded more than 800,000 ticks in just a short stretch of thick vegetation at the side of a path. They are active all through the year, but particularly in summer.



What's the problem? The tick has three life stages: larva, nymph and adult, taking between one and three years to complete a life-cycle. Each stage requires a single blood meal to grow. It is when they are feeding that ticks can pass on infections and bacteria.

Both larval and nymph stages of the 'sheep tick', the most common species found in Scotland, are the ones most commonly encountered by walkers. They climb to the top of foliage and attach to passing animals, generally small mammals, but they will also feed on humans if they get the chance. Climbers on sea cliffs can be at risk of encountering tick species, like the 'seabird tick' too.

The tick's bite is painless and some ticks can be as small as a poppy seed or spec of dirt, so it can be easy to overlook them. A tick will generally remain attached until it is gorged with blood, increasing greatly in size, before dropping off. This can take between a few days and 2 weeks.

Top tips for avoiding ticks

Avoid walking through long grass and areas of thick foliage - consider keeping to paths and tracks in heavily infested areas.

Leave no exposed skin on your legs, feet, ankles or arms - wear long sleeves, tuck trousers into your socks or wear gaiters, choose fabric which is thickly woven.

Spray insect repellent on clothing and socks.

Wear light-coloured clothing so you can see the dark ticks and remove them - inspect clothing often to remove the ticks. Check yourself, your children and your pets for ticks when you get home, especially your hairline, navel, groin, arm pits, between toes, behind the ears and knees.

How to remove a tick... Firstly, don't panic if you find an embedded tick - it's most likely that it's not infected, and if you remove it within 24 hours it is unlikely to have passed on the bacteria. The most reliable method of removing a tick without leaving any remnants in your skin is to purchase a tick hook. Tick hooks come in different sizes for different

sizes of tick and only cost a few pounds - they also come with instructions for safe removal. Essential kit for outdoorsy people (use your membership card to get a discount at these outdoor shops). Don't use a lighted cigarette or match or essential oils to encourage the tick to fall off and don't squeeze the tick (especially one that is engorged with blood) as this will inject the fluid in the tick back into your body.

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If you become unwell... Lyme disease is notoriously difficult to diagnose as it can demonstrate different symptoms in different people and some of the symptoms are similar to other infections and illnesses. It takes up to 24 hours before the bacteria are transmitted from the tick to its host and symptoms of infection may appear at any time within two weeks after the bite. A common sign is a distinctive bulls-eye rash that may appear (though not always) around the area of the bite. As infection spreads several rashes can appear at different sites on the body.

Other symptoms include fatigue, fever, headaches, stiff neck and body aches - similar to the flu. These symptoms may be persistent or may occur intermittently.

If you experience any of these symptoms, see your GP immediately and mention your concerns about Lyme disease.

Lyme disease - what is it?

Early treatment with antibiotics is required in order to be effective in lessening the short-term symptoms and the long-term complications. Full recovery is possible, but treatment in the later stages of infection is more difficult and relapses are common.

After several months of being infected, about ½ of those treated with antibiotics develop recurrent attacks of painful and swollen joints (arthritis) that last from a few days to a few months. The arthritis can shift from joint to joint, the knee being most commonly affected. About 10-20% of infected patients will develop chronic arthritis.

Research indicates that the variant found in Scotland is different to that found elsewhere in the UK. The Scottish variant seems to cause more neurological problems with symptoms ranging from stiff neck, severe headache, meningitis, temporary paralysis of the facial muscles (Bell's Palsy), numbness and poor motor coordination.

East Neuk Book Group

We meet 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 6pm but pop in from 5.30pm and have a chat with us over coffee or hot chocolate.
£1 payable on the night.

Thursday 1st August
Mike Gayle
Half a World Away

Thursday 5th September
Barbara Kingsolver
Unsheltered

Thursday 3rd October
Danny Scheinmann
Random Acts of Heroic Love

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

An Appeal

As noted in earlier Crail Matters, the Community Council agreed a proposal to place a second Memorial bench at the War Memorial at the Kirk Gate. The second bench would be placed at the opposite side of the gate to the existing bench. Readers will recall the last Memorial Day Service, when the memorial bench was presented.



An appeal to raise funds to purchase a second bench has now been launched. The target of the appeal is £1000. For further information please contact Victor Reynolds. Crail Matters will be very pleased to pass on any donations it might receive. The organisers wish to thank all those who have supported this appeal so far by their generous donations.

Related to this, the Community Council have established a group in co-operation with Crail Kirk, to develop plans for the War Memorial Service for this year, which will be held on Sunday 10 November. For further information please contact Bailie Hutchison at:
crailcommunitycouncil@gmail.com.

PITMILLY STREET FOOD EVENINGS & POP UP BAR

ALL WELCOME! 4:30 PM - 8:30 PM

WED, 17th JULY: MEZZALUNA ITALIAN STREET KITCHEN
WED, 24th JULY: FISH & FRITES
WED, 31st JULY: WILD & SMOKY - Winners of the 2019 Food & Drink Awards

More dates to be added soon...

MORTON
PITMILLY
Country side resort

**Singing for the Memory
and Music and Movement
for people with Dementia and their Carers at
Kilrenny Parish Church Hall**

1.30pm-4.00pm Wednesdays

Singing for Memory	Music and Movement
31 July	
28 August	11 September
25 September	13 November
30 October	11 December
27 November	

Community Transport

Transport service for people with visual impairments in the East Fife area.

Royal Voluntary Service volunteers provide Community Transport for trips where mobility issues can make it difficult, if not impossible, for you to use public transport or if you live in rural areas with limited transport. Trips usually include getting to or from hospital or to a GP appointment but can also include trips to the shops or into town or to social activities.

Telephone: 0330 555 0310

Email: fifegnhs@royalvoluntaryservice.org.uk

Or have someone do it on your behalf:

<https://www.royalvoluntaryservice.org.uk/our-services/service-enquiry?serviceid=884>



Mobile Library

The mobile library calls at Marketgate every 2nd Thursday.

Skeith Surgery

Routine GP appointments - appointments released Monday at 2pm for Monday, Tuesday, and Wednesday morning for the following week. Appointments released Wednesday at 2 pm for Wednesday afternoon, Thursday and Friday the following week.

Nurse appointments can be booked approx 1 month in advance.

Crail Bowling Club

Our club has now opened for the season and we welcome new members or anyone wishing to try bowls. Single game tickets are available.

**CRAIL MUSEUM
AND HERITAGE
CENTRE**

MUSEUM OPENING TIMES

1st June - 27th October: Daily

Guided Walks: Wednesdays and Sundays

Monday - Saturdays: 11am - 4pm

Sundays: 1.30pm - 4pm

Admission to the Museum is FREE but donations are always gratefully received.

Guided Walks

It is not a difficult walk but there is a steep hill down to and up from the harbour.

Meet at the Museum 2.15pm for 2.30pm start, walks usually lasts 1.5 - 2 hours.

Adults £3.00 Children (10 - 17) £1.00

Contact your Fife Councillor?

Cllr.Linda.Holt@fife.gov.uk 07725 223773.
cllr.bill.porteous@fife.gov.uk 01333 730837 or
07753982311
cllr.john.docherty@fife.gov.uk 07718 66 89 96

Crail Mobile Post Office Service

Location - Along High Street opposite the Beehive

Opening times:

Monday: 1400-1600

Tuesday: 1400-1600

Wednesday: 1400-1600

R.B.S. Mobile Branch Timetable

Tuesdays St. Andrews Road Car Park, Anstruther – 2.15pm -3.00pm; Thursdays North Marketgate, Crail – 10.20am 10.50am

Useful Emergency Numbers

Samaritans	116 123
Breathing Space	0800 838587
Social Work Out Of Hours Emergencies	03451 55 00 99
Adult Protection Phone Line	01383 602200
Child Protection or Social Work	03451 551503
NHS24	111
Police	101
CARF (Citizen's Advice & Rights)	0345 1400 095
Homeless Emergency Number	0800 028 6231

Crail Hospital Car Service

Crail is full of good neighbours and it is they who provide the Hospital Car Service. It's only when you can't drive because you or the car is sick, or it is too daunting to think of standing in the cold, waiting for a return bus from the health centre or the dentist, or you need to get to Kirkcaldy hospital that you wish for a bit of help. Maybe you're new to Crail and don't know many people yet. That bit of help is there and has been for 54 years in Crail. It's the Hospital Car Service. If you could do with that bit of help, ring. 01333 450096.



The Crail Seagull

Hmm, I haven't seen the man who lives down the hole at the former bank corner for some time now but I think he may have several brothers. During my flights, I see quite a few Openreach vans around other areas of the East Neuk, particularly Fluke Dub, with men investigating other holes. What is 'superfast broadband' anyway? Does anyone know? More importantly, does anyone in and around Crail actually have it? Why do these people live in holes?



Oh I wish I had my camera with me the other day! I took a turn 'west by' towards Leven and what a shock – I saw 2 mysterious objects floating on the clouds so went have a closer look. I flew over and it turned out to be a couple of drilling rigs but as the sea and sky were the same colour, they appeared to be floating! I thought that was particularly brave of me, it could have been anything.

I keep my eye on the emerging playground at Roome Bay. Its definitely 'emerging' but at a very slow pace. Will it be finished before the Schools start again? That is the question! Speaking of leisurely progress, I can't see much evidence of work on the Wall monuments in the Graveyard. Maybe its a very complex task. I notice that the various containers that seem to be to do with this are in the Cemetery car park - no doubt at huge expenses in weekly rental charges. But why worry.....

Some of my over caring relatives have become a bit aggressive recently as chicks start to spread their wings and fly. Dogs seem to cause most concern, but I've noticed some over enthusiastic 'bombing' of people as well. Sorry.

A rather irritating dog showed me this - you wouldn't believe it would you?

Research has shown that dogs love listening to music
- a study by the Scottish SPCA and the University of Glasgow

Key findings include music can lead to dogs:

- Having better cardiovascular control**
- Displaying more relaxed and chilled behaviour**
- Barking less**
- Having lower levels of stress hormones**

Dogs:

- Love music that has the same rhythm as their heart rate**
- Particularly enjoy soft rock and reggae**
- Prefer a variety of music**

#PawsPlayRelax

Crail Community Partnership and Crail Charrette

Crail Community Partnership invite all members of the Crail Community to join. An application form can be found here: <https://crailmatterscom.files.wordpress.com/2019/07/membership-form-short.pdf>

Material for inclusion in Crail Matters should be sent to 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. © Crab Publishing 2019: Editorial Team this week: Helen Byres, Julie Middleton, Isla Reid, Valencia Sowry, Max Taylor, John Wilson