

ABERCROMBIE AND ST MONANS TIDINGS



*Community Newsletter
August/September 2020*



WELCOME MESSAGE FROM THE EDITORIAL TEAM

Back in February, the last time that we produced a print copy of *Tidings*, Coronavirus was reportedly something happening thousands of miles away; very quickly, its prominence in news bulletins increased as the virus relentlessly spread across the globe, and soon our lives changed in ways few of us dared imagine as lockdown restrictions were implemented.

We are delighted to welcome you back to the first print edition of *Tidings* since those restrictions were imposed and subsequently eased. We published an online edition during lockdown, but we recognise that paper copies delivered to residents' doors is the best way of reaching out to the whole of our community in the villages of Abercrombie and St Monans. Inevitably, much of the content of this edition of the newsletter reflects the extraordinary

times we have lived in for most of 2020; but we look forward with cautious optimism to a return to more normal times and hope that the next time we publish, we will be telling you about things that have and are due to happen rather than cancellations and restrictions. In the meantime, we wish all our readers a safe passage back to the "new normal" and happy reading!



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Front and back cover
pictures courtesy of
Joanna Pulver ©

SPORTS

The Bowling Club

The Bowling Club is pleased to be back to the normal opening hours which are Friday, Saturday and Sunday evenings. Non-members are welcome with the same social distancing rules. Please note that a Track and Trace system is in place. It is hoped to play some trophy matches this season - please check the Bowling Club Facebook page for more up to date information and we hope to see you soon.

Yoga with Jayne Wilding

Yoga classes in the Town Hall are still suspended at the moment due to coronavirus. Things may change soon but we await government announcements to guide us.

For those of you who have discovered yoga recently or continue to wait for halls and gyms to reopen, I have a couple of suggestions for looking after yourselves from a yogic perspective.

If you use on-line resources, please listen carefully to your body and make sure you are not going into pain or feeling stressed. Remember we are all very different and what might suit one person's body/mind might not suit the next. Yoga is as much about calming and soothing the nervous system as it is about developing strength, freeing the joints and developing flexibility. Calming the nervous system is especially important when we are dealing with the kinds of changes that the coronavirus situation has brought on so many levels.

I, like many other teachers, am changing the way I work in order to meet the changes. Some yoga teachers have moved to on-line teaching. I am able to teach students I already know online, on a 1-1 basis. I am also exploring the delights of teaching yoga outside 1-1!

Take good care and may you be aware, present and at ease with all the changes.



EXCITING NEWS FOR ST MONANS

Jim Matthew Camera Collection

Jim Matthew was an avid collector who amassed an amazing array of cameras and related memorabilia. At the heart of his collection were his most prized possessions – Kodak Brownies, which were the first (from 1900), and for a long time, the most popular mass-market cameras in the world.



He had almost every model ever made – hundreds of them. He also had other thematic collections, such as stereoscopic and 3D cameras and viewers, and East European models, including many that were rare in the West.

He travelled the world with his work and bought cameras wherever

Above and right,
inside the amazing
collection.

he went. It was a private collection but was opened occasionally for public viewing, for example, during the St Monans Community Arts Festival.

After his death, the collection was in danger of being broken up, but now there is a plan to rescue and keep it as a community asset. A charitable trust has been set up, and fundraising is now beginning in earnest, with the aim of ensuring that the collection is maintained in St Monans, and open to the public on a regular basis.

We are planning to have an official launch of the fund-raising campaign on Wednesday, August 19th – World Photography Day. In the meantime, you can get more details about the collection and how to support the fund-raising effort to secure its future, by sending an email to donations@stmonans.photography

Dave Smith



NEWS FROM OUR FARMING COMMUNITY

The unprecedented times we have experienced over the past few months resulting from the pandemic have seen us all having to adapt to comply with the measures being taken to contain and control the virus.

We asked Marjory Ashworth from Abercrombie Farm to give us an idea of its impact on the local farming community. Here is what Marjory had to say:

“Lockdown and COVID -19 has not had the dramatic effect on farming life in the East Neuk as it has on those farming businesses that have diversified into tourism and the food industry. Farming life still goes on, dictated by the seasons and weather. On 23rd March 2020, when lockdown started, we had 114 cattle in our sheds which needed to be fed every day until they left our farm in May to go to grass fields in other parts of Scotland.

“Springtime is a busy season on the farm; with 160 acres of spring barley to sow and 52 acres of potatoes to plant, the work had to be done to keep in rhythm with the growing season. Dry weather after a wet winter meant that the ground baked hard and needed extra working and irrigation to get crops established. During the lockdown, fields have turned from brown to green and will soon be golden and ready for harvest.

“We have seen a large volume of

walkers and cyclists since lockdown was introduced and as long as they use the correct footpaths through our beautiful countryside, they are welcome! Farming is often a 7 day a week job and the weather plays a huge part in our work. Our farm is preparing for harvest now with winter barley already combined in late July. Farming can be quite an isolating way of life - we just get on with growing crops to feed the people.”

We thank Marjory for her unique insight and we send Abercrombie Farm our best wishes as they enter into harvest season and prepare for the winter ahead.



ST MONANS COMMUNITY ARTS FESTIVAL

This year's SMCAF will not be able to be held in the way that we are now used to. However, the weekend will not pass without celebrating in some way what has now become a popular event in the St Monans diary. There are a few activities planned for the weekend of the 12th and 13th September.

The annual photographic competition has already been launched with more information available at <https://stmonans.org.uk> - 2020 *Visions of St Monans*, so please get your cameras in action!

A selection of these photos will be used in St Monans 2021 Calendar.

Everyone, of any age, is asked to get their paintbrush out and paint a pebble/stone in readiness for the Arts Festival weekend and leave in a place for others to find and then move to the Welly Boot garden for a grand Festival display.

It is hoped to still be able to highlight the work of local artists over the SMCAF weekend in some way and, of course, the festival looks forward to returning in its full format in September 2021!

THIS AND THAT

St Monans Youth Club - The search is on for a name for the Club!

St Monans Youth Club will open its door when it is safe to do so and in line with the Government Guidelines. In the meantime, the search is on for a name for the Youth Club.

We are inviting young people aged 5-18 to help us name the Club. Send your ideas to: spotjewijd@gmail.com or text Sonja at 07939147150



Photo Quiz

Can you guess where this photo was taken and what it is?

Clue: It is within 1 mile of the village
Answer on page 9.



A SHORT HISTORY OF THE WINDMILL

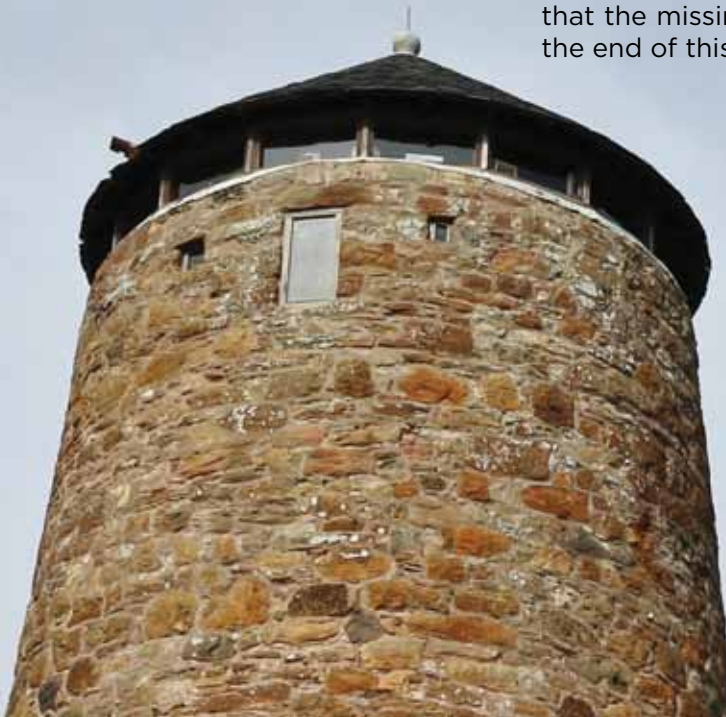
The windmill just to the east of the village of St Monans, part of the St Philips Salt Works, was built around 1770; it was not a windmill at all, but a wind pump which drew saltwater from a reservoir, built in the rocks, to a holding tank situated below the tower. From this holding tank, the saltwater could flow down into the pan houses into metal pans which were heated to evaporate the water to leave behind the salt, a valuable commodity in those days.

The windmill and salt pans were part of a large and well-integrated industrial complex where coal and salt were exported out of Pittenweem to ports down the east of England and also ports in Belgium and Holland. The different parts of the enterprise were all connected by a wooden railway so that coal

could be brought to the pans and salt could be taken from the pans to the harbour along with the good quality coal for export. At this time there were only a handful of wooden railways anywhere in Scotland. If you had visited this site in its heyday, it would have been a very unpleasant place to be: the pans required several tons of coal to produce a ton of salt, and the nine pan houses would have been belching out thick smoke all day, every day. Also, there was a steam engine situated close to where Coal Farm cottages now stand and it would also have been giving off copious amounts of smoke as it attempted to drain the mines.

Although it looks clean and pristine today, in the late 1700s, St Monans was at the very forefront of the Industrial Revolution. It is intended that the missing sails be replaced at the end of this year's harvest.

Peter Peddie





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MORE RECOGNITION FOR LOCAL BUSINESS

In the last edition of *Tidings*, we reported on the regional awards recently scooped by G&J Wilson Ltd and Bowhouse Market. We are delighted to report that another of our local businesses, **Catchpenny Safari Lodges**, has also been recognised by the Visit Scotland Scottish Thistle Awards, winning the

category “Innovation in Tourism” for the Central, Fife and Tayside region at a ceremony held in November last year.

The luxury lodges are idyllically located on the Fife coastal path between St Monans and Ardrross, taking their name from a former

tavern that was located close by the site, and offer a sophisticated and stylish “glamping” experience.

As winners of the regional award, Catchpenny Safari Lodges were eligible for the national award at the finals ceremony in March, only to be

pipped by the Edinburgh regional finalist, “Invisible Cities”, in their category. Nevertheless, this does not detract from the tremendous achievement in winning the regional title, and the Tidings team wish Catchpenny every success in the future.

LOCAL CONTACTS

East Neuk & Landward Councillors

Cllr John Docherty

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Cllr Bill Porteous

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Cllr Linda Holt

cllr.linda.holt@fife.gov.uk

Community Police Officer

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Telephone 101 or

EastneukLandwardCPT@ScotIsnd.pnn.police.uk

St Monans & Abercrombie Community Council

Chair: Peter Copland

pmc3854@btinternet.com

St Monans Residents Association

Chair: Hugh Wallace

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Beautiful St Monans

Wellybootgarden@gmail.com

East Neuk Preservation Society

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Harbour Users Group

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St Monans Charity

Chair: Steven Collier

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St Monans Parish Church

Session Clerk: Duncan Reekie

Duncan.reekie@talktalk.net

St Monans website

st.monans@yahoo.co.uk

The Rowing Club

helenprydelaw@gmail.com

The Little Welly Club

thelittlewellyclub@gmail.com

***If you would like to include your local contact details,
please email us at stmanewsletter@gmail.com***



Answer Photo Quiz: It is a “Drainage Well” to be found on the road between St. Monans and Abercrombie.

MINDFUL EATING AND WEIGHT LOSS?

One of my lovely Pilates and Yoga clients recently posted about Fit to the Core. He said we could come out of lockdown as either; hunk, chunk or drunk! I am hoping for the first of course.

When it comes to eating healthily and managing your weight there are so many conflicting messages out there. There is a lot of talk about the right foods to eat or not to eat or which diet you should do or whether to cleanse and detox the body.

What many miss out in their quest for weight loss is how we should eat, and this is as important as what we eat. Nevertheless, dietary choices aside, studies show that eating in a rush makes us more likely to overeat and less likely to digest our important micronutrients (vitamins and minerals).

Remove distractions for at least one meal a day. No TV, no PHONES, no BOOKS - just you and your food.

Slow down and chew thoroughly. Maybe using a smaller fork or spoon or eating with the opposite hand. Try chewing each mouthful at least 20 times.

Pay attention to the flavours. Slowing down can make you appreciate the flavours, smells and textures you would have otherwise missed, making the food much more enjoyable.

Bring mindfulness to your mealtime and create a better relationship with your food and remember it doesn't have to be every meal. Some meals are eaten on the go like a smoothie, or that sandwich at lunch. It is more about being kind to yourself and bringing those few moments of pleasure that food can give us.

The more we can do this the more in tune we become with our bodies and the better relationship we can create with our food - a recipe for long-lasting results.

In the next article, I shall talk about the effect of sleep on weight/fat loss and the rise of cortisol levels through lack of sleep affecting this very fine balance. Lose fat while we sleep - is it possible?

Suzy Cheong

Personal Trainer and Nutritional Coach at 'Fit to the Core' St Monans.



NATURE NEWS

Since stone-age times, man has had an intimate relationship with seals in Scotland. Originally, they provided an essential supply of oil for lamps, hide for clothes and meat for the larder. In fact, it was their availability on land, albeit seasonal, that enabled early Scots to sustain a precarious living in far-flung, remote areas.

In the 18th and 19th centuries, the boom in Arctic whaling also established sealing on an industrial scale off the Greenland and Newfoundland ice floes. In bad years, Arctic whalers returning to Dundee were known to top up their catch with grey seals from the Farne Islands of Northumbria.

In the early 20th century both grey and common seals were heavily hunted (sometimes just for sport) and numbers decreased to an all-time low. This instigated some of the earliest pieces of UK conservation legislation. Today seals are protected under the Marine (Scotland) Act 2010 which makes it an offence

to kill seals at any time. However, sea fisheries, salmon fisheries and salmon netmen may continue to be able to protect fish, fisheries and gear by applying for a seal management licence. An adult grey seal can eat 4-7 kg of fish per day - there is no doubt they compete with some fisheries. But it is politically unrealistic to imagine wholesale seal culls in the future. And we should also remember the large number of fish taken in the North Sea by porpoises and minke whales, and by large fish themselves.

But there is also a positive side to our current relationship with seals. They are the subject of booming eco-tourism and have contributed to our cultural heritage in poetry and music. It was said that seals (also called Selkies) were the reincarnation of lost fishermen, occasionally coming ashore and, leaving their skins on the beach, engaging in romantic doings with local folk. But that is another story!

Dr Bernie McConnell

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Illustration: Skinning seals on the Greenland ice floes. Firdtjof Nansen (1890), Crossing Greenland.



Dear Community,

We hope you enjoyed reading the selection of articles in this edition of the *Tidings*. Our newsletter is run entirely by an enthusiastic team of volunteers, and we can't do it without your input and support! If you would like to make a donation or if have ideas for articles, newsletter topics or you would like to send a picture please contact us at stmannewsletter@gmail.com

Kind wishes,

Newsletter Team



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