



F E R R Y N E W S



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fun loving people

Would you like to get involved with the Gala but are too busy to join the Committee?

Able to offer help / ideas on an occasional basis?

Join Friends of the Gala and do as little or as much as you can.

Find out more

E Mail northqueensferrygala@hotmail.com

Telephone Merrin Storie 411403
Sue Kerr 420393

It can't happen without YOU !

Community Centre

The Community Centre held a St. Andrews Beetle Drive and Scottish Quiz on November 25th. Despite the awful weather and more limited number, those who attended greatly enjoyed the evening and there are plans to hold another similar event before long. Watch this space!

A burst pipe during the freeze caused some flooding and damage but prompt action from the Caretaker and the Secretary of the Committee limited damage. At the same time news came though of a grant from Fife Council for the refurbishment of the kitchen and work will begin on this hopefully in the early spring.

The popular Burns celidh is at the time of writing almost fully booked. Hopefully a good evening enjoyed by all on February 5th will raise plenty of funds for the Centre.

The Management Committee would be delighted to see more volunteers joining it. Please contact the Secretary on 417429.

VILLAGE COFFEE MORNING

DATES FOR 2011 – JAN TO JUNE:

FEBRUARY 9 23

MARCH 9 23

APRIL 6 20

MAY 4 18

JUNE 1 15 29

The group, who meet in the Church, continue to attract around 30 people on alternate Wednesdays. If you feel you would like to join us, or know someone who would benefit from some company, then please contact Christine on 01383 413372 or just come along. Although there is no charge we raised **£700** from donations this year which has been distributed to local groups or groups that we know have been actively connected to our village. If your group is not here then just let us know.

Gala Day £58 Toddlers Group £58
Sunday School £21 Local Scouts £50
Macmillan Nurses £56 Ferry News £48
Rachel House £67 Maggies Centre £118
Homeless World Cup £114
Chernobyl Children £110



An Invitation

To try a unique seafood restaurant.....

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Lunches:
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To make a reservation call:
01383 860 402

Room with a View, Forth View Hotel
 Hawkcraig Point, Aberdour, Fife KY3 0TZ

Ferry Birds - September 2010 to January 2011

The weather over the last month or so has been very similar to what it was a year ago. This means the birds I have seen have been essentially the same although with a few differences. I said a year ago how important Draught Beach and West Bay were for the provision of feeding areas for the birds which had been driven to the slightly warmer coast. This year it has been just West Bay which has had the variety and large numbers of birds. There have been up to 11 **shelducks** in the Bay. They feed by grazing the mud for small snails. Waders are the main type of birds in The Bay. **Redshanks** are seen throughout the winter along with **oystercatchers** and **curlews**. This winter they have been joined by up to 200 **dunlins** which were crowded into what remained of the beach below Main Road at high tide on the 12th of December. There were about 60 **redshanks**, a few **lapwing** and **turnstone** with them. There was also a **ringed plover** in West Bay on the 9th of December and three of these birds were puzzling the dog-walkers on Port Laing beach at the beginning of December. The number of birds of about 10 different species emphasises the importance of West Bay as a feeding place for these birds. In terms of the biomass present in a habitat, muddy estuaries are similar to tropical rain forest. The estuaries may not have the same variety of species, but the number of ragworms, lugworms and small snails and various crabs, shrimps and other crustacea is huge and provides essential feeding for the waders. This is particularly important when the wetlands away from the sea are frozen or covered with snow.

The ducks which winter around our coast have been seen, but in smaller numbers than usual. The **elder ducks** are, of course, here for the whole year, but the **red-breasted mergansers** and **goldeneyes** are just winter visitors. There are plenty of **goldeneyes**, but very few **mergansers**. Other ducks I have seen from the coastal path have been about a dozen **tufted ducks** with one male **pochard** between Port Laing and Cruickness Point on the 7th of December and a female **smew** with 2 **goldeneyes** in the same place on the 10th. **Smews** are uncommon winter visitors to the east of the UK from Europe. They are normally seen on fresh water - Linlithgow Loch is a favoured place - so this was an unusual sighting. The very cold weather was probably responsible in that most inland fresh water was frozen so that no feeding was possible and the **smew** was forced to find food in the sea. Our resident **little grebes** have the same problem and I have seen a few on the sea from the coastal path and one was in West Bay on the 19th of December. A few **great-crested grebes** have been around. Five from the coastal path near Cruickness Point on the 10th of December was the

highest count. This is way below the 119 I saw in the same place several years ago. **Red-throated divers** have not been seen this winter. The **kingfisher** is another bird which comes to the shore to feed in cold and frosty weather. I had 3 local sightings in December. I saw one flying across Inverkeithing Inner Bay on the 12th and one off Port Laing beach on the 10th and 30th.

The feeders in my garden have attracted **coal**, **blue** and **great tits**, **blackbirds**, **song thrushes**, **bullfinches** and **chaffinches**. **Dunnocks**, **wrens** and **wood pigeons** also visit to feed on the ground on the food which falls from the feeders. The recent highlight has, however, been a male **blackcap** which joined the other birds for a few days just before Christmas. **Blackcaps** have recently started to winter in small numbers in the UK and are seen occasionally in the village in winter but this was the first I had seen for a few years. The very cold spell at the beginning of December also brought a **woodcock** to The Brae. It was sitting in one of the few snow free patches near the Jubilee Well on the 8th of December apparently oblivious of the interest from passers by. I managed to get a good photograph of it and it was there again on the 9th. The wintry conditions were just right (from our point of view) to see one of these birds and I noted lots of reports on the internet of **woodcocks** being seen in Edinburgh and surrounding areas.

You may have seen from the local press that there was a large and early invasion of Scotland by **waxwings** from Scandinavia. These very striking birds come to the UK when the weather or lack of food forces them to find food and shelter elsewhere. They appeared at the end of October and I think a few visited North Queensferry. I didn't see them at the time, but was lucky enough to see about fifty birds on November 10th and December 12th in Edinburgh. They are quite noisy birds which feed on berries from ornamental shrubs so city centre gardens and super-market car parks are good places to look for them.

Unlike this time last year I haven't yet seen any **fulmars** on Inchgarvie although viewing has been a bit difficult recently. I did however see 9 in Kinghorn Bay on the 16th of January so we can expect a few to be inspecting their nesting sites on Inchgarvie in the next few days.

The scheduled bird walk on the 8th of January coincided with a snowfall onto already frozen ground so it was not surprising that no-one turned up. Here's hoping for better weather for the next one in May.

John Done

COMMUNITY COUNCIL

Following the election in October, your new Community Council held its inaugural meeting in November. Your Community Councillors are: Brian Armstrong (Chairman), Colin Bell and Iain Mitchell (Joint Vice-chairmen), Marisa Di Filippo-Ferrier (Secretary), Christina McKenzie (Treasurer), Jan Short, Simon Tate, Jim George and Myles Fitt. Contact details are on the North Queensferry website at www.nqcc.co.uk/.

All are keen to continue the work of the previous council in representing and supporting the interests of residents in their dealings with Fife Council and other authorities and in helping to improve the facilities and environment of the village.

To quote from the guidance issued by Fife Council, "the general purpose of a Community Council is to ascertain, co-ordinate and express ... to public authorities, the views of the community it represents". In order that it may continue to do so, it is vital that residents let the Community Council know what they think and one way of achieving this is by attendance at its meetings which are open to all and are held on the 2nd Thursday of each month in the Community Centre commencing at 7.30 p.m. Regrettably, to date, very few have taken advantage of this.

We have therefore set in train a study into how we can best fulfil our remit and it is already clear that we need to improve communications between the Council and households. In particular we need to find a better way of passing on the various items of information that we receive from external authorities. Examples are; details of the recent changes to wheelie bin arrangements, updates on Fife Council's responses to the recent bad weather, changes to bus timetables, etc. Whilst we have occasionally managed to arrange a leaflet drop to houses, the cost and resources required is considerable, therefore it is done only sparingly.

We are therefore considering the establishment of a database of email addresses that we could use to supply useful information to residents. This would also permit speedy responses or comments to be made on issues such as the extension to Cruicks Quarry (see below). Those households that do not have an email address would still receive information by leaflet drop where necessary.

We shall be requesting the views of residents on this and other matters in the coming weeks, through a questionnaire.

CRUICKS QUARRY

Tarmac's current three year consent is to extract 750,000 tonnes of minerals from Cruicks Quarry over the next three years, with all operations to cease by 31st December 2013. Quarry production

levels have decreased significantly over recent years and blasting has not taken place for some considerable time. Tarmac have now submitted a Proposals of Application Notice to quarry below the existing quarry floor level to extract up to a further 4.25 million tonnes, which could take a further 17 years; i.e. up to the year 2030.

Tarmac hosted a public consultation event at Inverkeithing on 19th November 2010 which North Queensferry Community Council considered to make inadequate provision for its residents, especially as a substantial part of the quarry lies within its boundary. The Community Council accordingly invited Tarmac to send representatives to its meeting on 13th January in order to outline the proposals in full and to provide an opportunity for residents to raise questions. Tarmac's response was that it was willing to meet with members of the Council but not to attend a meeting to which the general public were invited.

It is anticipated that Tarmac will lodge a Planning Application shortly. The Community Council has previously opposed extensions to quarrying operations at Cruicks, on various grounds. In view of the long term implications of this particular application, it is considered vital that any response it makes fully reflects the views of residents. In order to achieve this, the Community Council meeting on 10th February will be devoted largely to this matter and all residents will have the opportunity to air their views. It is important that you do so. The Community Council's invitation to Tarmac to attend extends to this meeting too; we await their response.

If you are unable to attend this meeting but wish to comment, please feel free to contact me by telephone on 01383 417429 or by email at brianmretired@btinternet.com.

Brian Armstrong Chairman (Tel. 417429)

NQHT Photo Archives – available on DVD

Previously published CD-ROMS of photographs of the village and villagers were designed to be viewed on a personal computer. As not everyone has access to a PC, we have created DVD versions of these sets of images. These display the photographs on a TV set, as a slide-show. A DVD menu makes it easy to navigate through the sets of images.

Three DVDs are available:

- ◆ Photo Archive 2
- ◆ History Bridged (The story of bridging the Forth, with commentary by Bob Cubin)
- ◆ History Restored (refurbishment of the light tower and official opening by Princess Anne.)

These are all priced at £7.00 each (£5.00 to NQHT members).

To order copies, please telephone Boyd Williamson on 01383 417735

Heritage Trust

The Heritage Trust has had the support of its members since 1988 and will celebrate its 25th anniversary in two years time. Much has happened in North Queensferry and the surrounding area since then and other articles in this edition suggest much is being planned for the future.

The Trust, as a registered charity, continues to serve the community on matters relating to local heritage as defined in its constitution, thereby ensuring a central source of archive and enquiry. It also represents its members by working with other similar minded committees where the heritage aspect is important to retain without impeding progress.

This year the Trust has a very forward looking programme of aims to build on some of the basic work already achieved - the restoration of the light tower, publishing the North Queensferry brochure and establishing a photographic archive with further publication of results.

The research group has identified the possibility of establishing an observation site for the **Battle of Inverkeithing** located on the north side of the Ferryhills. Perhaps little known to the public, this was an important battle (1651) in the history of Scotland and the subsequent succession of Charles II as King. The Trust is at an early stage of discussion with Historic Scotland and Fife Council on how the site should be portrayed but we will be publishing more information when available later in the year.

The **Photographic Archive** continues to grow with new material coming from local sources with some received via email from this country and overseas.



Brock Street - pre flats

Reproduced with permission from Dennis Penny

A new **Audio Archive** is now in course of preparation which will surely produce some hitherto untold stories and information on the past. This information is expected to be published later in the year.

The restoration of the **light tower** and opening as a visitor attraction, rated 3 star by Visit Scotland, gave an opportunity to become involved in the tourist industry and learn from the experience. On Christmas Eve the lamp in the tower was lit for two hours to give photographers an opportunity to record a unique event. It is proposed to continue with this lighting event at other suitable times, these will be publicised well in advance.

The guide and 'lighthouse keeper' was asked by many visitors when boat trips would be starting from the pier. The Trust thinks there is an opportunity for some organisation to start such a service and as the Heritage Trust is now based at the pier it is probably best placed to make a start to fill a gap in the market. Discussions are now ongoing to try to establish a regular **Boat Trip** service from the Town Pier. Fife Council has already agreed in principle.

The website www.nght.org has recently been refreshed and the Trust continues to improve service to members as new information becomes available. Membership forms may be downloaded and returned to the address on the form.

Membership of the Trust is a vital part of providing the revenue and volunteers required to keep many activities and services operating for the community.

SWRI

It has been suggested that the time is ripe for the "Rural" to re-start in North Queensferry.

The Scottish Women's Rural Institute, (SWRI or "Rural") is a women's organisation with educational and social aims and charitable status. It has no religious or party political affiliations.

Membership is open to all, whatever their religion, colour, occupation or age. Meetings are monthly and usually include a talk or demonstration, and these can cover a wide range of topics and subjects. There will also be time for a cup of tea and a chat.

A meeting has been arranged for Thursday March 3rd at 7.30pm to judge the strength of interest in North Queensferry and the surrounding district.

The Community Centre is not available on Thursdays and so this initial meeting will be in the Church Hall, which is to the rear of North Queensferry Church.

One or two members of the Rural will be with us to lead a discussion and answer questions.

Forming a North Queensferry branch will depend on the support found at this exploratory meeting on Thursday March 3rd 7.30pm in the Church Hall, so your attendance is important.

If you are interested but unable to come, would you please phone Anne Monteith, Tel 01383 412365

North Queensferry Boat Club have formed the North Queensferry Harbour Trust.

The North Queensferry Harbour Trust has been formed for the development and betterment of the harbour area, to maximise its potential. Individuals and local groups shall be invited to join the initiative and to have their say in how to structure and manage the trust to maximise its potential. We shall be sponsoring a public consultation to establish local interest in the area. With all collated information contributing to the development of a business plan for the area.

We propose that the harbour should be developed with the primary function of community maritime initiatives: Boat building, sail training, sub aqua, sea kayaking, boat and Harbour festivals and the ever growing Coastal Rowing Project. Common sense dictates that it is an area that is dominated by these and similar maritime interests. However we do not see this as a barrier to further secondary and complementary initiatives that could be developed alongside the maritime backbone. We propose the development of the site with lottery support to establish a unique and Eco friendly buildings with workshops, classrooms, showers, toilets, cafe and galleries for utilisation by local groups and individuals, encouraging community cohesion and education to all ages and genders.

These are early and exciting times, with a lot of work ahead, if you have a contribution, ideas/comments or would like to know more please write in the first place to: Mr John Drury 10 Woodside Street, Rosyth, Fife, KY11 2JR

or E mail info@northqueensferryboatclub.co.uk



NORTH QUEENSFERRY
TRANSITION INITIATIVE

Free course in North Queensferry

What can we do about the financial, environmental and social challenges ahead of us?

- Rising fuel and energy prices
- Climate change
- An unstable economic situation

How can we make the most of local resources, the local community and local knowledge and skills?

Transition means working together to find tangible, practical and enjoyable ways to move towards a low-energy lifestyle.

Course: Training for Transition - for anyone who wants to know more about Transition Initiatives

Dates: 5th/6th February, 9.30 - 5.30

Venue: North Queensferry Community Centre

Cost: Free if you are from North Queensferry, South Queensferry, Rosyth or Inverkeithing. This course usually costs £100.

View: Lovely

Cake: Definitely

To book or find out more please get in touch with Lucie Macaulay:

Phone- 01383 412 316

E-mail- nqtransition@gmail.com

Walking Group

PROGRAMME FROM FEBRUARY to JUNE 2011

The group meet in the Church carpark at 10 a.m. on the dates below. Car share is arranged at this time. Please make sure you have adequate footwear / rainwear plus a snack/drink. Call Janet on 01383 416734 if you need any further information or sign up for a copy of the current programme at jsking1@btinternet.com

February 2	Kirkcaldy to Dysart – linear – 3 miles
February 16	Shiresmill to Valleyfield – linear – 2 ½ miles
March 2	Craigencalt via Standing Stanes – circular – 4 miles
March 16	Culross – circular – 3 miles
March 30	The Pineapple, Airth – circular – 3 ½ miles
April 13	Aberdour to St Bridget's Kirk – circular – 3 miles
April 27	Rough Castle from Falkirk Wheel – circular – 4 miles
May 11	Corstorphine Hill – circular – 4 miles
May 25	Balbirnie Park – circular – 3 miles
June 8	The Hermitage, Dunkeld – circular – 5 miles – Day Walk
June 22	Cramond Island – linear – 2 miles

Contributions for the next issue

are to be with us by
Friday 6th May
to
7 Carlingnose Park
or

mary@ferrynews.co.uk

Gala

Happy new year from the Gala Committee.

If you are new to the village, or have not been involved in Gala Week before, we have a range of events planned. Gala Week this year starts on Saturday 11th June and Gala Day is Saturday 18th June. So put the following dates in the family calendar.

11th - 12th June

Saturday / Sunday - Fishing Competition

The fishing competition is open to all ages and starts at the Pier. The competition runs over the weekend, and the person to bring in the biggest fish takes home the trophy. Weigh-in will take place on Sunday afternoon. The fish must be caught in the coastal waters of NQ.

12th June Sunday - Raft Race

The biggest challenge is to keep your raft afloat. Build & decorate your raft and launch it from the Marina Pier. In the past we have had 1 person raft (or bath tub) to up to 8 - but there are no limits. The Queensferry Hotel provided the winning shield which was taken last year by the Lager Louts. Bring the family for the afternoon, and enjoy a BBQ and see how many of the rafts survive the waters of NQ.

Monday Night - Bike Race

The bike race starts for the toddlers to Primary 7 kids at the Community centre from 6:30pm. If you have a bike - then you are welcome to race.

The Landmark bike race starts at 7:30pm and is open to High School students and adults. The race starts at the Church and continues down to the Comfort Store, and back again. Nichol Kerr won the trophy last year, and is rumoured to be planning his training already! We are looking to make some changes to the course this year, so watch this space!

Tuesday - Running Race

Similar to the format of the bike race, the running races start at the Community Centre for the toddlers - P7's at 6:30pm.

For high school students and adults - the Landmark race starts at the Church at 7:30pm and follows the same course as the bike race. The first person back to the church takes home the coveted Landmark Trophy.

For S1-S3 students, there is a ½ Landmark race which proved to be very popular last year.

Wednesday - Football / Netball

For the budding football stars Wednesday night is for you. This year, we will be running a competition for Primary 1 - Primary 3, and Primary 4 - Primary 7. The winning teams will go head to head and play for the title on Gala Day.

For Primary 5 girls and upwards, Wednesday night is game on for Netball. The competition is not for the faint hearted, and proves hugely popular for all ages. Teams will be decided on the night - so come along and take part in this ladies only sporting event. Registration is 6:30pm at the Community Centre.

Thursday - Talent Night

This is your opportunity to show case your talent to the locals of North Queensferry. The talent night is open to all ages and in the past we have had a variety of acts including singing, dancing and musical instruments. The talent night is held in the Community Centre from 6:30pm - all welcome to attend.

Friday Night - Scavenger / Treasure Hunt

Get together a team (minimum 2 people) and get involved in the hugely popular scavenger hunt. This hunt is part quiz, part scavenger hunt and bonus points are always available to the team who can make us laugh. Registration starts at the Community Centre from 6:30pm, and the team with the highest points and fastest time wins. Put your local knowledge of North Queensferry to the test, and let your creative juices run wild. Last year we had over 20 teams take part in this fun night.

Saturday 18th June - Gala Day

North Queensferry has been holding Gala Days since the 1950's and the location and theme has varied over time. There is a traditional start to the Gala Day where the appointed Gala King greets the Gala Queen and ladies in waiting from a boat at the Pier and a procession forms near the Albert Hotel. A pipe band leads the procession up the Brae, and continues along Brock Street to the Queen Margaret Playing fields. A traditional ceremony then marks the start of Gala Day.

Throughout the day there are activities and rides for all ages, and a variety of games for the kids. There is a fancy dress competition, face painters, temporary tattoo artists, a variety of stalls and much more.

We have had a number of comments about the free food for the Primary students, and this year we are looking at some alternative options to the burger and ice-cream that has been provided in the past.

We are also looking at some new team activities on Gala Day such as relay races.

In the past Gala Day has concluded with a disco at the Community Centre. We have seen fewer people come to this over the years, and we are looking at some different ideas for an evening event such as a family Ceilidh. Your suggestions are welcome, so please let us know if you have an idea.

Get in touch with us at;

NorthQueensferrygala@hotmail.com

Christmas and New Year in Uganda.

Religion (Christianity) is very much 'in your face' here in Uganda: all work meetings start with a few prayers; most people have names from the bible, Daniel, Simon, Mary, John, as well as Innocent, Mercy and Immaculate; businesses have such names as 'Miracle Supermarket', 'God's Gifts Supermarket', 'God's Happy Days School' and 'God's Good Job Hairdressers'; at night the air is filled with distant hymn singing and in the day the children sing hymns as they play. Christmas and New Year are celebrated with extensive church services and religious fervour.

I live/work in Lira (renowned for being home to the Lord's Resistance Army which you will have no doubt heard about) which is 2-3 hours by taxi (minibus away) from Gulu where I spent Christmas. I travelled there on Christmas Eve by taxi, a rusty dusty old vehicle, which does not run to a time table just fills up and goes. Well, I waited in Lira sitting on the vehicle for about two hours.....just sat and soaked up the Christmas scene.....the majority of women, and some children, were carrying live chickens, a couple of bicycles had goats tied on wooden trays behind the saddle (the goats actually looked comfortable and as though they were enjoying the ride), there were hawkers with their goods carried in baskets on their heads selling everything from yellow bananas to plastic jewellery, fresh eggs to roasted sweet corn, sheets and towels. The Christmas excitement was tangible. Christmas Uganda style is about going to church, visiting your family in the village, having new clothes and eating a big meal with meat. The taxi eventually left Lira with 14 passengers and a dozen or so chickens and one fat turkey. They were stored under the seats.....and enjoyed wandering around between passengers' feet and having the odd peck throughout the journey. As the taxi trundled along we passed many villages with low round thatched houses with crowds of villagers bargaining for lumps of meat displayed on tarpaulin on the ground...freshly killed goats / pigs being sold for Christmas dinner.

Christmas Eve afternoon in Gulu was a different experience of the 'Festive Rush' as we went to the market to buy fruit and vegetables. Princes Street had nothing on this! The market sold everything: household goods made of tin or cheap Chinese plastic, dried and fresh fish and meat, pulses and all sorts of strange flours and spices, tea leaves still on the stem and every type of fruit and vegetable, particularly cow peas fresh from the pod. Stall holders were actually shelling the peas, I assume so that you did not pay for the weight of the shells!

Christmas for me was an odd day here in central northern Uganda. The day started, as usual, with

the first cockerel crowing about 4am, most families keep chickens with a handsome cockerel and there always seems to be one crowing by my bedroom window. At eight the friends I was staying with over the holiday season and myself left the house (a concrete bungalow in a walled locked compound) and walked along a very dusty road (it was like walking along a sandy beach) with a few cycles, no cars and many people walking in their very best clothes, little boys in replica adult suits and girls in their party dresses, to where a Watoto service was taking place. Here we experienced lots of communal singing, raising of arms and hallelujahs, a live band and preachers making frequent bible quotes and readings and expecting the congregation to follow using their own bibles. There was lots of discussion about Mary and Joseph being teenagers and how the adult community would not have understood them...as with all adults and teenagers. Two hours later we were back 'home' enjoying a piece of Christmas cake (made when one of my friends was in the UK in September) and a piece of wonderful Cheddar cheese given as a present from a friend in Kampala. The day continued with lots of skyping and more culinary delights: carrot and coriander (from the garden) soup and sampling another present of real bacon in a sandwich....wonderful!

New Year Ugandan style is again about enjoying a feast with your family, going to your village and attending a religious service. That church in Gulu I visited at Christmas was having a twelve hour, all night hymn singing session to bring in the New Year. Lira brought in the New Year with a large, (7am-7pm, dusk to dawn) open air service in the Mayor's Garden...an open space with trees in the middle of town. The service was loud and boisterous, a stage with microphones and live music, much singing and lots of hallelujahs: altogether very similar to a pop concert. I saw in the New Year on the balcony of a café overlooking the Garden, it was too noisy to talk! Nobody knew or seemed to care about the time: the only sign that New Year had actually arrived was a small firework display from the Lira Hotel at midnight.

New Years Day...oh so quiet....just like Scotland.....but the wee stalls selling the usual groceries were open as usual, unfortunately there was no steak pie!

With best wishes to everyone in North Queensferry for 2011.

Lin Collis

(I'm working here for six months, in Lira, supporting Lira NGO Forum, an umbrella organisation with over 70 civil society organisation members working on education, health, human rights, integrated development and the environment.)

Pilates classes



Simply Pilates

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Pilates Class Timetable

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Tuesday	10.30-11.30am	SQ Rosebery Hall
Thursday	10.30-11.30am	Dalgety Parish Church
Thursday	12.15-1.15pm	NQ Community Centre
Friday	10.30-11.30am	NQ Community Centre

Contact:

Amanda Johnstone

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