



T h e F e r r y N e w s

The Rotary Club of Inverkeithing and Dalgety Bay (which also includes North Queensferry)

The Rotary Club continues its active programme of fund raising and support for local organisations. A recent ceilidh held in the Sailing Club in Dalgety Bay raised almost £400 for Dunfermline Advocacy. And the date of the club's popular annual charity walk, from the Ballast Bank to the Silver Sands in Aberdour, has now been decided. The walk will be held on Saturday 19 September, with most of the funds raised going to Myleoma UK, a charity that supports sufferers of a particularly unpleasant bone cancer and supports research in to the disease. The walk regularly attracts more than 200 participants and a special feature of it is that clubs and organisations that take part can reclaim 50% of what they raise for their own use. In recent years a number of organisations in our area have taken part. To register for this year's walk get in touch with Bob Tait at bob.tait@btinternet.com or Diane Garriock at diane@kingdominsurance.co.uk. On the international front, the club has moved very quickly to contribute £1000 to the earthquake relief effort in Nepal. And the club will be out and about throughout the summer supporting local organisations' galas and events.



Police Scotland

Following concerns raised at a recent Community Council Meeting regarding speeding motorists in the village, Community Officers from South West Fife have been proactively monitoring the situation. The hand held speeding device has been utilised on a number of occasions and to date, approximately fifteen warnings and two fixed penalties have been issued for speeding offences. Sadly, the majority of the persons spoken to regarding the offences are North Queensferry residents!!

A joint visit between Police Scotland and Fife Council has been carried out and Ferryhills Road and Battery Road were specifically looked at. It is anticipated that speed surveys will be carried out on both roads in the coming months, the result of which will assist in determining if any further measures can be taken to ensure speed limits are adhered to.

All residents are reminded to be mindful of their speed and manner of driving within the village and in particular Ferryhills Road which is 20mph.

Toddlers Group

The toddlers group meets most Thursdays at NQ Community centre between 9.30 - 11.15am. We are always pleased to see new faces and those that are visiting us after a bit of a break! All families are welcome, with children from newborn to pre-school age. We provide a safe environment for your children to play, equally important is the adults corner where you can relax with a drink and have a chat. A £1.50 charge covers refreshments, including a snack for the children.

Hope to see you there!

Coming soon.....Sports Day and Musical_Steps @toddlers

Everyone is very welcome!

Chernobyl Children's Life Line, Fife Link

Once more CCLL thanks North Queensferry Church for their support for the children. A very generous total of £853.25 (including Gift Aid

rebates) was raised at the recent Brunch. This more than covers the travel costs for one of the twelve Ukrainian children who will be visiting us this summer.

The financial assistance is vital for us to bring the children over. In addition to this, knowing the efforts that so many members of the church make on behalf of the children is very, very encouraging for us all.

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Coeliac Disease

I am someone who lives in North Queensferry and works for the charity Coeliac UK. My oldest daughter has coeliac disease which is why I got involved professionally to help others with this condition. I would like to tell you about a new campaign the Charity has launched called *Is It Coeliac Disease* - to find the estimated 40,000 people in Scotland currently living with the unpleasant and damaging symptoms of coeliac disease without realising it.

Coeliac (pronounced see-liac) disease is caused by a reaction of the immune system to gluten - a protein found in wheat, barley and rye. When someone with the condition eats gluten, the body attacks and damages the lining of the gut where food is absorbed, making it difficult for the body to get the nutrients it needs. Gluten is found in many every day foods such as bread, pasta, cereals, cakes, and biscuits.

People with undiagnosed and untreated coeliac disease can have a wide range of symptoms such as stomach pains, regular bouts of diarrhoea, on-going fatigue, constant mouth ulcers, nausea, vomiting and anaemia, and in some children a lack of weight gain. These symptoms, combined with a lack of nutrition, make many people just feel rotten. Yet if left untreated, it can lead to serious health problems such as osteoporosis and in some cases small bowel cancer.

Unfortunately there is no cure or medication, the only treatment is a strict gluten-free diet for life. But the good news is once diagnosed and on a gluten-free diet, people feel much better and symptoms abate.

1 in 100 of us have coeliac disease yet of the 52,000 people in Scotland estimated to have it, only around a quarter have a confirmed diagnosis. This means nearly 40,000 are living with the condition, untreated.

So Coeliac UK has launched a website called www.isitcoeliacdisease.org.uk Visitors to the website will find out more about coeliac dis-

ease, the most common symptoms and the details of the diagnosis process. Those who suspect they might have coeliac disease will also be able to complete an online assessment, and be provided with some further advice about what to do next through an assessment form which they can take to their GP if the assessment highlights the need for further investigation.

If you think you have any of the symptoms mentioned, it's worth asking yourself - is it coeliac disease?

Myles Fitt, Scotland Lead, Coeliac UK (and resident of North Queensferry)

PS if anyone wishes to contact me about the work of Coeliac UK my email is myles.fitt@coeliac.org.uk

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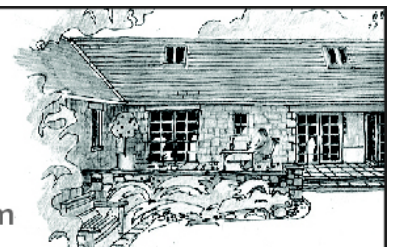


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Parent Council

The parent council is there to represent the views of parents with children at the school and to assist and support the head teacher with the running of the school. We hold 5 or 6 meetings a year and parents are very welcome to attend. Our next meeting will be on Thursday 28th May at 7.00pm and the first meeting next term will be on Monday 24th August at 7.00pm.

If you have any issues you wish to raise at the Parent Council please let us know in advance by contacting Rosie Mann at the school or either Bill Foreman (Chair) or Anne Grieve (Secretary). Copies of the minutes of all meetings are now held at the front of the office.

Earlier this year we invited council representatives to discuss the issue of changes to the school week and presented a number of questions regarding the rationale and the practicalities of the possible changes. Recently we have also been discussing the menu offered to pupils at lunchtime and have been in touch with the catering company.

One other important aspect of the work of the Parent Council is raising funds for the school and with the help of a number of very willing volunteers we are able to raise a substantial sum every year to help with a number of initiatives. We would be delighted if any parent contacted us to offer some time or expertise during any of our fundraising events.

Bill Foreman, Chair N Q Parent Council

Heritage Trust

North Queensferry Heritage Trust has a wide-ranging calendar of events planned for the rest of the year. We are really delighted to be welcoming the Darjeeling Himalayan Railway Society to the railway station during the Forth Bridges Festival in September. The station rooms will be decorated in the style of a Darjeeling Railway - which will bring beautiful colours and Asian atmosphere to the station!

Our next event is on Tuesday 26th May when we will be hosting an evening of North Queensferry Nostalgia and Memorabilia. This is a call out to all the village to bring along any old and new photos, films or clips you have from over the years. If you have great stories to tell about the village then please do come along - we would love to hear them! We will be

showing some film clips and have "show and tell" tables. We will also be organising recording sessions to put the stories into audio for the sake of the village archives. If you know people who have moved away but still have North Queensferry close to their heart then please do ask them to come along. The evening will start at 7.30pm at the Community Centre.

On the 23rd June we welcome Mary Welsh whose will be giving the talk "The Miscellaneous Ramblings of an Abbey Custodian". Our annual village show is being held on Saturday 29th August while the Darjeeling Station event will be from 19th - 20th September. Our next nature walks are planned for 24th June and 2nd September and we are very likely to have more walks round the village for Open Doors and during the Forth Bridges Festival in September. We have further talks planned for later in the year, with a talk about Lawrence of Arabia, including his link to West Fife, and then Trevor Watkins will be giving a talk entitled "The Ancient World Beneath Our Feet". With so many exciting events planned we hope that you will join us throughout the year.

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Wednesday	10.00-11.00am	D.Mains Parish Church
Thursday	10.00-11.00am	Dalgety Parish Church
Thursday	11.05am-12.05pm	Dalgety Parish Church
Friday	10.00-11.00am	NQ Community Centre

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The Community Centre Needs Your Help and Support!

A brave team of 10 North Queensferry ladies will be abseiling 165 feet off the Forth Rail Bridge on the 7th June to help raise money for the Multi-Use Games Area that is being planned next to the Community Centre. A big round of applause to:

- Christina McKenzie
- Jordan Howie
- Sarah Jayne Morris
- Annie Macaulay
- Bethany Howie
- Lauren Moffat
- Josephine Haigh
- Sarah Jeffs
- Jennifer Linejs
- Claire Lumsden

They represent long-term residents of the village, families with kids at all ages and stages from toddlers to teenagers, young people who have graduated from the local primary and secondary and members of the NQ Primary school staff. Thanks to all of them for volunteering for this worthwhile cause. Maybe by next summer we will be able to be playing tennis, 5-a-side, netball or basketball on our very own (flat!) games area? Thanks also to the Rotary Club who are organising the event.

If you would like to support them and help the Community Centre fundraise for the MUGA please donate here:

<https://www.justgiving.com/NQCommunityCentreMUGA/>

or text NQCC60 to 70070 to donate £3.

The Community Centre has had its roof insulated and new double-glazed windows fitted and is looking very smart as well as being much easier to heat and keep warm. We are recruiting a new caretaker as well as working with new volunteer caretakers to keep your Community Centre working efficiently and smoothly. An amazing range of groups use the Centre for everything from belly-dancing to Rabbit shows and the Management Committee are looking for people to join the team to help us manage the building and keep it going strong. You can find out more or get in touch via our webpage: <http://www.nqcommunitycentre.org.uk>

The Hairdresser to the Chernobyl Children

We have lost a good friend. It seems scarcely possible that Jen Foster, so full of life, so much fun and so very kind, is no longer with us.

Certainly the Fife Link of Chernobyl Children's Life Line will miss her sorely.

For the last eight years Jen treated the visiting children to a hair do: shampoo, cut, blow dry - the works. Not only did the youngsters choose exactly how they would like their hair styled, there was also The Salon Experience. Both of these aspects delighted them.... not least the boys! We were all set for another session this year, and into the future. When asked if she would be available again this year, Jen replied - "Don't ask me each year. Of course I will be available, just write me into the timetable. I am the Hairdresser to the Chernobyl Children."

Now we will miss Jen's generosity of spirit, her hours spent taking care of the children and all her hard work - she must have been exhausted by the end of the day. But mostly, we will miss her remarkable empathy with the children and the great pleasure she gave to them.

Many people attended the church service and Perth Crematorium -a fitting tribute to a wonderful person. Link members are moved that Gavin and Cameron decided that the Chernobyl Children should be the recipients of the £875 retiring collection. We thank them heartily.

All three members of the family are in our thoughts, as they will be for so many people.

Thank you

Gavin Foster would like to extend his thanks on behalf of himself and Cameron for all the kindness and support they have received from the people in the village during this difficult time. Many thanks for all the cards and well wishes they have received from friends and clients of Jen's.



Gala

Gala week is fast approaching and we're hoping this year's will be as good as (if not better than) previous. We are pleased to announce this year's Gala King and Queen are:



Aislynn Crichton



Ollie Jones.

The week will run from Saturday 6 June until Saturday 13 June and there will be the usual events culminating in an activity packed Gala day. Gala evening will be for over 18s as per the past few years and Sid's Garage will be performing again due to popular demand.

We can't guarantee the weather but it's never stopped us in the past - other than a delay to the cycle races last year due to safety reasons! The enclosed flyer will give you more detail but to summarise:

Sat 6 June: Beach Party - Port Laing Beach

Sun 7 June: Raft Race - Harbour

Mon 8 June: Cycle Races - Community Centre

Tues 9 June: Running Races - Community Centre

Wed 10 June: Football/Netball - Community Centre

Thur 11 June: Treasure Hunt - Community Centre

Fri 12 June: Junior disco - Community Centre

Saturday 13 June: GALA DAY!

On Gala Day the procession of the King and Queen will start at the pier at 12 noon and the parade will be led by the Dunfermline District Schools Pipe Band up the Brae and along Brock Street to the Community Centre playing fields. Be sure to come out and wave or join in! We also encourage the decorating of houses (there will be a prize).

We've got some fab activities planned for young and not so young - Animal Man will make a return, as will Mr B'Loon, human football, rodeo bull, little dipper bouncy castles and stalls! And a couple of additional surprises.

The fabulous tea ladies will be offering a tempting array of cakes and biscuits - and tea funnily enough (if you fancy contributing it would be much appreciated). There will be a burger van on the field and an ice cream van. Free food bags are kindly donated by The Albert Hotel and vouchers will be made available to children in the village via the school up to P7. If you are a resident in the village but your child doesn't attend the primary school then please contact us via northqueensferrygala.com.

We do require all trophies and shields, engraved, to be returned as soon as possible.

The North Queensferry Gala has been an integral part of community for many years - stretching back to the 1950s and we are one of the only (if not *the* only) free Galas in Fife. It hasn't been without its challenges though - we rely on fundraising and the support of volunteers to keep it going. Dalgety Bay Gala had to cancel this year through lack of funds and support. So if you can offer some assistance during the week then please contact the committee. We don't want to cancel any events down to lack of stewards/volunteers.

We hope you have a fantastic Gala in 2015! Get in touch at northqueensferrygala.com

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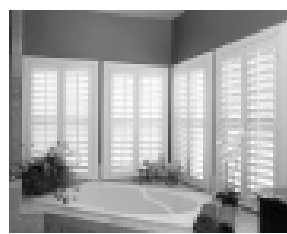
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Sorry to Spoil the Party

North Queensferry is a Conservation Area. The incremental impact from World Heritage Status, the granting of planning permission to Network Rail for its Visitor Attraction to the top of the Forth Rail Bridge and also the Fife Council Town Pier Pontoon proposals will profoundly change the village. As yet no one can say whether these changes will be all bad or all good but we do know that the village will be changed.

With a projected 500,000 visitors per annum expected to visit the Three Bridges area, North Queensferry is now being promoted by the Scottish Government, Locate in Scotland and Fife Council as a new tourism hub.

This will force a Step Change to our village and, as far as we are aware, the decision to promote the area has been taken in isolation of North Queensferry residents' sentiments.

The cheers from outside the village are worryingly loud; we hear great things from Fife Council Economic Development and Tourism experts on job creation and the increased tourism draw to the South West Fife Area as result of their plans for the Three Bridges.

Alas, to date the celebrations from within the village are on hold. It seems the importance of North Queensferry's Conservation Area status has been put to one side.

The intellectual debate of a world class historic structure, once granted the equivalent of an Olympic Gold medal via UNESCO being immediately adapted has been put on hold, as has the threat of undermining an A-Listed Pier from routine dredging. Rather surprisingly, no one in an empowered position has as yet flexed our SSSI status to defend the North Queensferry Harbour Area.

All this will no doubt be debated later.

The present issue which generates all the noise in the village is traffic. Our streets were not built for modern traffic. Our streets were not designed for double-decker buses, lorries and the continuous flow of cars. The road kerbs are broken, street furniture knocked over and drains are compressed into the road surface - all symptoms of the public realm being stressed.

Perhaps one way to engage with this particular issue is for Fife Council to commission a ro-

bust Traffic Management Plan. This would better inform and manage the impact from the existing traffic issues and also the future proposals coming our way, particularly in respect of the presently inadequate public realm.

It would deal with hard and soft landscaping, signage, road safety, co-ordinate street furniture and among other things deal with traffic management and traffic calming measures. To be effective a North Queensferry Traffic Management Plan should be in-place in advance of planning permission being granted to any proposals which will impact on village amenity.

Perhaps just as importantly it could secure investment for the public realm via appropriate Sec 50 / Sec 75 planning requirements. This would then be applied to all development proposals which impact on North Queensferry; those which are forcing the Step Change.

It is this Step Change which concerns HONQ - Help Our North Queensferry. We wish to encourage Fife Council Planning Department, Senior Officers and Elected Members to explore the benefit of commissioning a Traffic Management Plan for North Queensferry in advance of considering the planning applications from Network Rail and Fife Council.

HONQ has already engaged with Senior Officers in Fife Council and its Elected Members on this issue. It seeks to represent local residents and will continue to make representations. HONQ shall also seek that the North Queensferry Community Council communicates our concerns and proposals to Fife Council.

HONQ - Help Our North Queensferry

Meet at 7.30pm on the last Tuesday of the month at the Ferrybridge Hotel. All welcome.



Twining of North Queensferry with Hohoe in Ghana 2009 - 2014

"..as a consequence of like minded people being present at the right place at the right time and with God's blessing, now is the time for us to pursue this route." Rev Chris Park 2009

These were the prophetic words of the minister in North Queensferry in 2009 that launched our journey into to the twinning process which to date has produced a visit by two members of NQPC to Hohoe in Feb 2012, a return visit by the minister and session clerk from Hohoe to NQ in Sept 2012 and more recently in Sept of this year a further visit by the new minister Rev Hannah Ofori and a church member and school teacher Frederick Godsway.

The purpose of the most recent visit was for the new minister in Hohoe to meet our new minister in NQ but also to further develop the essence of our Twining Agreement which states in our Declaration:

"We agree to walk together in our journey of faith and to share in Christian friendship, love and oneness and to develop an understanding of each other's community and cultural heritage."

The twinning committee in NQ decided that to further develop the above declaration, our programme would have to extend beyond the resources within NQPC and tap into contacts and links held by the committee across Scotland.

To this end, as well as visits to 121, the services and activities of NQPC, Inverkeithing PC, and visits to NQ Primary School and Bathgate Academy, they also attended the Scottish Work Place Chaplaincy conference in Edinburgh. They visited Urban Priority Projects in Glasgow like "Big Thursdays" drop in lunch in the Gorbals and the Ruchazie Community Church project. Then back in Edinburgh, visits were arranged to see a food bank in operation and to observe the work of the Greyfriars Regeneration of Wood (GROW) project in Greyfriars, Edinburgh.

Visits to New College, Chamber Street Museum and Scottish Parliament were also included before, on the final day, a trip up the north cantilever of the Forth Bridge.

Since their return home Hannah and Frederick have submitted a report on their visit and listed among their memorable encounters, the length of our church services compared to those in

Ghana (ie 3hrs), also the lack of children and dancing in our churches. Generally Hannah states: "The Service and Worship is more active in Ghana than in Scotland"

Hannah also noted that they were "touched and surprised" about the number of people who needed to use food banks, drop in centres and the GROW project.

"It beats our imagination because the perception in Africa is that all Europeans are wealthy and should not lack a basic necessity of life like food, amazing indeed."

She also notes that "The Spirit of Volunteerism" was very evident in Scotland and was not the case in Ghana.

In the Words of our Bard.

"O, Wad some Power the giftie gie us, to see oursels as others see us"

Our journey continues....

Douglas Short

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Ferry Birds – January to May 2015

The usual change over from wintering to summer birds is progressing quite slowly this year. It may be related to the very changeable weather but things have started. The **redshanks** have left West Bay and the **red-breasted mergansers** have also disappeared from the sea between Port Laing and Cruickness Point. The latter didn't seem to be able to make up their collective minds about flying north and west with 15 there on the 23rd of February and about 35 present on the 7th of April. In between it was often difficult to find more than maybe half a dozen scattered around. The **goldeneye** which favoured Inverkeithing Inner Bay have also left for their breeding grounds to the north and west. Between 35 and 45 **redshanks** wintered in the West Bay and were joined by a few **dunlin** as well as the resident **oystercatchers** and a few **curlews**, but I was unable to find any **redshanks** in West Bay at the end of April. The **shelducks** in West Bay are down to 2 from the peak of about 8 but even these can disappear without warning.

The first summer visitor to appear was the **chiffchaff**. The first I heard was at the north end of Port Laing on the 17th of March. They were soon singing in many places and when I walked along the coastal path on the 7th of April I heard them in 7 different places between the village and Jamestown. I suppose it could have been the same individual taking the mickey and following me along the path but probably not.

Some of the other warblers which come from Africa to breed here have also made their presence obvious by singing from the trees in the village and along the coastal path. These include **willow warblers** and **blackcaps** which are now scattered around the peninsula in good numbers. My first **swallow** in the village was on the 8th May above the station although I had seen them elsewhere before that. Kinghorn Loch again was favoured with many **swallows** feeding over the loch along with **sand martins** and a few **house martins** on the 27th of April. **Sand martins** have bred in the quarry in recent years, but this may not happen this year as it is now back in use.

Some **common terns** were back checking out the wooden pier in Inverkeithing Inner Bay on the 3rd of May. They bred there last year and there should be more of them in the next few days so keep an eye out for them if you are on the coastal path near Cruickness Point. Last year there were no nesting **terns** on the Guvy pier but maybe this year they will have some success there. **Sandwich terns** arrive a little earlier than the common variety and the first local sighting I had was of 2 from the coastal path on the 24th of April. These birds occasionally breed with the **common terns** on Long Craig, but are mainly seen in the Estuary on their way north or during late summer when returning from their breeding sites further up the coast.

I have had several sightings of some of the less common birds around the village. I saw a **peregrine** over the quarry on the 17th March chasing a **raven** away and one doing the same to a **herring gull** on the 8th of May. I spotted a **sparrowhawk** near Northcliffe on the 9th of February and one was hunting along the unofficial coastal path between Jamestown and the mouth of the Keithing burn on the 29th of April. Another unusual sighting was a male **goosander** at this latter spot on the same day. A couple of **mute swans** were also in West Bay at the beginning of February.

Eider chicks will also soon be appearing in West Bay and around the coast in general and the resident song birds have probably all sorted out their territorial disputes and many will be incubating eggs. The Brae has been echoing to the songs of **robins**, **wrens**, **dunlocks**, **song thrushes** and **blackbirds** and from the food collecting of the male **blackbirds** there are now hungry chicks to feed. The **eider** chicks feed on quite different food to the song birds I've just mentioned but the different food chains just emphasise the vital relationships between the species in the living world on our doorsteps. We, as a species, must do better by acknowledging this and give other species space to thrive. The food chains in the natural world have evolved over countless years and we interfere with them at our peril.

John Done

Coastal Rowing Club

The rowing club is all set for another season out on the water with both our rowing skiffs looking shipshape. Ferry Sonnet has just been repainted (a big thanks to Peter!) and we have new racing oars for all the races and regattas we'll be going to over the summer. If you'd like to give coastal rowing a try then please come down to see us and give it a go. It's suitable for all ages and fitness levels and it's not all race-training and competitions. We are usually out for leisure rowing on:

Saturdays at 10am

Sundays at 1pm

Tuesdays at 6.30pm

and everyone is welcome to come out for a gentle trip out round the bridges to see if we can spot any seals or porpoises and look at the village, the new bridge-works and our local coastline from a new angle.

Rowing sessions are tide and weather-dependent so please get in touch if you'd like to come along or find out more:

Facebook: North Queensferry Coastal Rowing Club

Email:

n.queensferrycoastalrowingclub@yahoo.com

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