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EMERGENCIES AND URGENT

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non-emergency **08456 005700**

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Scottish Power **08452 727999** (both 24 h)

Telephone faults: BT **0800 800151**

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LOCAL SERVICES

Church of Scotland: **840951** (session clerk)

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Doctors: Seafield and Cullen Medical Centre **835577**; Ardach Health Centre **831555**

Hospitals: Seafield Hospital **832081**; Dr Gray's (Elgin), Aberdeen Royal Infirmary **08454 566000**

Harbour Garage: **840099**

Harbourmaster: **840833**

Library: **841149**, Tuesdays 5-8, Thursdays 2-5 and 6-8, Saturdays 10-12

Moray Council: switchboard **01343 543451**, out of hours **08457 565656**; Buckie Access Point **837200**; waste uplift **01343 557318** (after 10am)

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Pharmacy: **840268**

Post Office: **840201**

School: **840244**

Taxi: **840875**

TRAVEL INFORMATION

Airports: Aberdeen **08456 015929**; Inverness **01667 464000**

Bus and coach: Stagecoach Bluebird **01343 544222**; First Aberdeen **01224 650000**; National Express **08717 818178**

Ferries: Northlink (Aberdeen) **08456 000449**

Trains: Scot Rail **08457 550033** (tickets and fares), **08456 015929** (information); National Rail **08457 484950**

CONTACTS

Damian Connell (tel: 841724; email: damianc@redisle.com): subscriptions, recipes, computing tips and puzzles, community notice board, and large print and podcasts. **Helen Field** (tel: 840192; email: field7@tiscali.co.uk): joining the team and advertising. **Katharine Connell** (tel: 841724; email: katharine.connell@zen.co.uk): letters, business features, calendar, meetings and directory. **Peter Evans** (tel: 841740; email: karen.peter@hotmail.co.uk): news, features and photos. **Next issue:** 1 December 2011; latest submissions: 1 November 2011, by email unless arranged otherwise

WHAT'S ON

VILLAGE CALENDAR

- 17 Sept** Andy Leighton James, local renowned musician, Seafield Inn
- 20 Sept** University of the 3rd Age launch, 2.30pm, McBoyle Hall
- Early Oct** (TBC) Karaoke night, Seafield Inn
- 8 Oct** Adult's disco, McBoyle Hall
- 5 Nov** Fireworks Night, approx 7pm, McBoyle Hall

REGULAR MEETINGS

- Bingo** Alternate Wednesdays, 7pm, Seafield Inn
- Bowls** Mondays and Fridays (September), 6.30pm, bowling green, Mondays and Thursdays (October onwards), 6.30pm, McBoyle Hall
- Darts League** Thursdays, Seafield Inn
- Scottish Country Dancing** Wednesdays (except on Guild nights, when on Tuesdays), 7pm, Seafield Hall
- Pool League** Mondays, Seafield Inn
- Seniors' Club** Third Tuesday, Seafield Hall (probably starting 20 September)
- Seafield WRI** Restarts 22 Sept, 7pm, Seafield Church Hall
- Toddler Club** Thursdays, 1-2.30pm, McBoyle Hall
- Youth Club** Tuesdays; Primary 1-3, 5.45-6.45pm, Primary 4-7, 6.45-7.45pm, Burgh Chambers
- Zumba classes** Mondays, 1.15pm, McBoyle Hall

CHURCH SERVICES AND GROUPS

- Church of Scotland**
Worship and Sunday School, Sundays, 11.15am
Women's Church Guild, 2nd Wednesdays, Seafield Hall
Thursday Club (Primary 5-7), Thursdays, 6-7.30pm, Seafield Hall
- Church of Christ**
Gospel Service, Sundays, 6pm
Breaking of Bread, Sundays, 11am
Ladies Fellowship, Alternate Mondays, 7pm
Prayer Breakfast, Monthly Wednesdays, 8am
Bible Study and Prayer Meeting, Fridays, 7pm

The K'nocker



PORTKNOCKIE'S QUARTERLY NEWSLETTER

AUTUMN 2011

From the K'nocker team

Welcome to this first issue of the relaunched K'nocker! It has been sorely missed since its last issue in December 2009.

Thanks go to the Portknockie Community Council for encouraging a new K'nocker team to form and get the newsletter going again. Four volunteers came forward in March this year at the Portknockie Community Association's 'Do Something Different' day at the McBoyle Hall and have been joined by two others with much-needed skills.



Most of the K'nocker team: from left to right, Damian Connell, Clare Lock, Helen Field, Katharine Connell, Peter Evans

There may be space in future issues to tell you more about each of us (and if you are interested, please let us know!) but for now this is what each of us does. Helen and Peter are our news and features scouts; Peter also writes and Helen also organises advertising. Damian is our subscriptions secretary and also writes. Katharine edits the items and Clare lays out the pages. Neil makes each issue available on the website and also organises the podcasts.

We consulted the village in May about starting the K'nocker again and got 106 positive replies. Most of you said you would

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K'NOCKER SUBSCRIPTIONS

£5 a year for four issues delivered to your door. Subscription forms and payment can be handed in at the library, the pharmacy, Costcutter and 16 New Street (Damian), by 15 October 2011.

Letters

We hope this space in future issues will have letters from you, on events in the village and even on the new K'nocker itself. Contact Katharine: details on the back page.

Not having any letters for this first issue, quite understandably, may we take this opportunity to say we are heartened by the encouragement we have had from many villagers so far.

PCA news

The Portknockie Community Association (PCA) extends a warm welcome to the K'nocker opening up once more an avenue for sharing news across the village.

The PCA is a charity recognised by the Scottish Charity Regulator. It was formed eleven years ago to manage the village hall (the McBoyle Hall) and the old Burgh Chambers and to organise various community activities such as 'village in bloom', the Christmas lights and the annual Gala.

A big task for the PCA this year has been the remodelling of the McBoyle Hall, made possible by an 'Awards for All' grant, to give it a dramatic new look and

a more flexible inside space for different users. The lowered ceiling and the new heaters have made it more cosy and will improve energy efficiency and effectiveness, particularly in the winter months. The Hall now also has better lighting, greatly enhanced acoustics, additional loft storage space, new curtains and a small meeting room, the Snug, available for hire.

The future for the old Burgh Chambers, although a village asset, is less certain. The PCA is considering giving up the lease with the Moray Council at the end of this year. Under the terms of a new lease, proposed by the Council, maintenance and insurance costs would fall on the

PCA as tenants and this would be a financial burden too much for the uses currently made of the building. The Youth Club, the only regular user, will begin meeting in the McBoyle Hall the end of the year.

This is a good time of the year to join the PCA. We need volunteers for the Hall cleaning roster and 'village in bloom' and, last but not least, more members for the managing group, which meets monthly. Contact Jim Urqhart (Chair; tel: 840004) or Bob Croucher (Secretary; tel: 841291; email: rmc dram@talktalk.net). We look forward to welcoming newcomers.

continued from front page

prefer to have quarterly issues, so we have decided on the months of September, December, March and June, which we hope will fit in well with the usual annual cycle. Most of you agreed with our suggestions on what the K'nocker would cover and some of you made the list even longer. We think most of it will be eventually included, ultimately by relying on contributions sent to us.

In the consultation, most of you said you would be happy paying a subscription, but the results were inconclusive about having it delivered or collecting it. We have decided to deliver issues directly to subscribers' doors. There should be a subscription form with this issue (otherwise please contact Damian). Please complete the form and return to the library, the pharmacy, Costcutter or Damian by **15 OCTOBER 2011** in time to receive the December issue. The subscription fee is £5 a year for four issues. If you prefer, you can buy the K'nocker over the counter at the library, the pharmacy and Costcutter for £1.50. All proceeds will go towards paying printing costs and building a reserve for unforeseen circumstances.

A heartfelt thank you goes to everyone who has sent in their news for this issue: without them, this issue would be much thinner. If you would like to join the K'nocker team, please contact Helen. The more who come on board, the better. The K'nocker was a multi-award-winning newsletter in its previous life and we hope to match the standard, if not improve on it! But for now, we simply hope you find it informative and helpful as to what's going on.

The K'nocker team: Helen, Peter, Damian, Katharine, Clare and Neil

OUT AND ABOUT THE PORT

Since December 2009...

Since the K'nocker was last posted through our letterboxes, village life has been affected in diverse and sometimes strange ways. Changes of government at both Westminster and Holyrood have most certainly had their effect, mostly through the tightening of belts for many residents. Holidaymakers appear to have been down this year: was this because of government cutbacks or simply the poor summer weather?

The property market had been buoyant for many years, but the slowing of sales has been very apparent during the last 18 months. However, it does seem to have picked up this summer, with a number of houses being under offer or even sold. Three or four caravans at Melody Brooks have also changed hands in recent weeks. New houses are to be built next year at Bow Fiddle View; this will surely bring fresh families to use the village's leisure amenities.

Tesco has opened its doors in Buckie but, unfortunately, other shops in the town have had to close, Haldanes being one such casualty. Sadly we have also lost the village's paper shop. Thankfully, the Post Office remains in Costcutter and is run by new owners, Srini and Madhu Badam.

In Cullen, the recent closure of the Seafield Arms Hotel was a blow to local jobs – maybe entrepreneurial spirit will see it reopening soon. Puddleduck Patch has changed ownership and become Puddleduck Place. Forsyth's Deli at the top end of Cullen (opposite the school) and Glamour Puss were new arrivals in the last year and are both worth visiting.

Further afield, the closure of RAF Kinloss must affect villagers who were based or worked there. Lossiemouth's base is to remain and grow in manpower and the Highland Division of the Army is to be rehoused from Germany at Kinloss over the next few years.

McBoyle Hall

Events and regular meetings are listed on the back page. More details will be posted in all shops and on the new notice board in the Millennium Garden closer to the time.

Seniors' Club

All people resident in Portknockie and aged 18 or over are eligible to join and will be made welcome. Come along and enjoy the company, a nice cup of tea or coffee, pancakes and bakes and entertainment.

If you'd like to report your event, please send it to Peter Evans in no more than 200 words: contact details on the back page.

Bowling Club

We are coming to the end of what has been a busy but enjoyable outdoor season. This year the weather has been kind and many will have noticed Wilson Weir meticulously keeping the green in really first class condition.

This year's annual Club events have included the Dougal Cup, won by Pat Murray and John Myles, the Club Open Pairs Competition, the silverware for which went to a Buckie team, the Alan Maclean Trophy, winners of which were Wilson Weir and John Wood, our recent Bowling Marathon, which raised an excellent £600 for Club funds, and our closing competition the Willie Hay Trophy, won by Jim Cowie and David Findlay.

In the area, the Club participated in the Banffshire Bowling Association Triples League, finishing a creditable fifth out of nine clubs, and the Buckie and District Friendly League, again finishing in the middle of the table. In addition, both Club and individual members took part in a variety of other tournaments and competitions, with varying degrees of success.

The outdoor season closes at the end of September, and then the Club retires to the McBoyle Hall for the indoor carpet season (see back page for details). The Club 'hat' nights continue and there are the Banffshire Indoor Coastal League and other competitions. Anyone who fancies a shot at bowling is most welcome – there are always Club bowls available.

OUT AND ABOUT THE PORT

LIBRARY NEWS

Proudly presenting the Glass Panel Project

For everyone to enjoy for years to come, Portknockie Library is the home for the completed Glass Panel Project. The project, led by teacher Mr Tom Hay and local artist Kathryn Abrahams, involved the pupils and community working together, drawing and painting their designs on the theme of Portknockie as a picturesque fishing village. The winning designs were selected by a panel of judges and the designs were transformed by Kathryn Abrahams into fabulous glass murals, which were unveiled at a ceremony on 22 June 2011. They have transformed the children's area of the Library and look fantastic.



New Adult Reading Group

The Library is setting up a new reading group, or book club, for adults. There are six reading groups in the area, with the Library Service providing copies of books to each group throughout the year. The groups are open to everyone.

The current programme includes: *Blood and Sand* by Frank Gardner, *Sweet Honey* by Matthew Fort, *All God's Children Need Travelling Shoes* by Maya Angelou and *The Ivy Chronicles* by Karen Quinn.

If you enjoy reading and discussing books, please contact the Library (tel: 841149) or Eleanor Kidd (tel: 832121) indicating when would be a good time for the new group to meet.

Computing sessions

Introductory computing sessions in the Library with Eleanor Kidd, senior librarian, are available free of charge. Eleanor can help with anything from switching on a PC to setting up your emails, shopping online, scanning documents, photos and certificates, printing and saving files to a memory pen.

Each session can accommodate six learners in relaxed and pleasant surroundings and the sessions run outwith normal library opening times. To book a session, contact the Library (tel: 841149).

School update

Many pupils represented the school at various events during the summer term. Two senior teams competed in the Buckie rounds of the Library quiz. A large group, including pupils, parents and staff, took part in the Rotary Club of Buckie 6 Harbour Walk, with many completing the whole route. Primary 3,

4 and 5 visited the Reaper, a Fife herring drifter, when she visited Buckie Harbour. A team from our Chess Club travelled to Aberdeen for their second tournament and, despite facing very experienced opposition, all played very well. In the school's chess championship, brothers Jordan and Scott

Stevenson competed in the final, with Jordan the eventual winner. The Kwik Cricket Team triumphed at the Buckie tournament and went on to win the Moray finals in Fochabers. Our inter-school sports team had many individual successes resulting in third place in the small school category.

OUT AND ABOUT THE PORT

Neighbourhood Watch

Neighbourhood Watch is simply looking out for one another. In a closely knit community such as Portknockie, this happens naturally and we are fortunate to live where crime is not on the same scale as other areas.

One age-old and national problem is bogus or fraudulent workmen and they are found periodically anywhere in the region. Grampian Police would appreciate if residents would

generally employ vigilance around their property, but more so where there are elderly neighbours. Door stickers to deter cold or unwanted callers, produced by Trading Standards, can be obtained from Sandra in the pharmacy.

Where crime does occur – even if it is more minor – the police ask that it is reported to them so that, at least, the Community Beat Officer is aware (non-emergency

tel: 08456 005700; email: servicecentre@grampian.pnn.police.uk). Two other numbers may be useful if you wish to call about crime: the Moray Antisocial Behaviour Reporting Line (tel: 08005 877197) and Crimestoppers (tel: 0800 555111, anonymous).

If you would like to join Neighbourhood Watch (no charge) or simply want more information, please contact the coordinator, John Myles (tel: 840000).

University of the Third Age

The University of the Third Age (U3A) has arrived in the village. U3A is an organisation dedicated to providing learning for people who no longer have responsibilities for children or full-time work. With it comes a host of opportunities to learn, with subjects ranging from French to the Fauna and Flora of the Moray Coast.

The U3A is a unique way of learning, with no texts or curriculum. Nationally, the U3A was founded in 1982 and has grown steadily since then. There are now 821 U3As in the UK, many of them in Scotland, with a total of 231,582 members. Our agreement with Moray Libraries gives us access to state-of-the-art computer facilities.

Portknockie's U3A group will be launched on Tuesday 20 September, at 2.30 pm at the McBoyle Hall. For more information, contact Kathy Hawkes (tel: 840718; email: kathymhawkes@yahoo.co.uk), John Bracegirdle (tel: 841370; email: bracegirdlev@aol.com) or Ian Fairbairn (tel: 835393; email: fairbairngoon@hotmail.com).

WalkMoray health walking

A health walk is a short, social, low-level walk which aims to support adults in becoming more active. Whatever your level of fitness, health walks can help you step out on the road to regular, healthy activity. Walking regularly with a group not only improves your physical and mental health, it introduces you to a whole new circle of potential friends to walk with!

WalkMoray is looking to set up a walking group in Portknockie. Some successful taster health walks were in the summer and now, in order to establish a Portknockie group, volunteer health

walk leaders are required.

If you are interested in becoming a health walk leader or want to participate in the walks, you can get more details from Debbie Barron, Health Walk Co-ordinator, 01343 567172 and debbie.barron@nhs.net. WalkMoray offers a free one-day course to equip you with the practical skills to lead health walks within your community.

Information on walking routes is also available at www.walkjogrunmoray.org.uk or www.morayways.org.uk.

On the back page, the village calendar and list of regular meetings show the dates, times and places for events in the coming months.

Portknockie Gala 2011

This year's gala was a huge success with a record number of people attending. The weather was kind and, with over 15 classic cars in attendance, we can't wait for next year!



Classic car exhibition



A visit from the firemen



Portknockie Community Association tent



Burger and kipper stand



Fun in a tea cup!



The judges' table for the dog show



Youth Club tombola stall



A sweet for every fancy dress contestant



The fire hazard tent



Portknockie nursery stand



Portknockie's Scottish Country Dancers

Portknockie's harbour and its harbourmaster

As part of the K'nocker's relaunch, we are introducing a feature section. First we go to the heart of Portknockie, the harbour and its harbourmaster, Bert Reid.

Portknockie has had a harbour since its inception as a fishing village in the 18th century. In the early 1900s, upwards of 70 herring drifters plied their trade here. Today, the harbour is used by a few hardened fishermen, who bring in mackerel, lobster and squid, and locals berthing and launching their leisure boats and jetskis. The paddling pool was built in 1952 using funds raised from bingo.

Bert Reid became Portknockie's harbourmaster in 1991 (or maybe 1992, he's not sure!) when his predecessor, Willie Wilson, retired. He works in this capacity for Moray Council for 9 hours a week. With Cullen's and Findochty's harbours now being run from Buckie, Bert remains as the only local official in place.

Bert removed the rusting lighthouse on MacDonald's Pier in the early mid-1990s, as it had already been replaced by the leading lights. The harbour is dredged regularly, with other refurbishment as necessary, but there has been no work recently owing to public sector cuts. As a means of combatting the shortfall, the Three Harbours

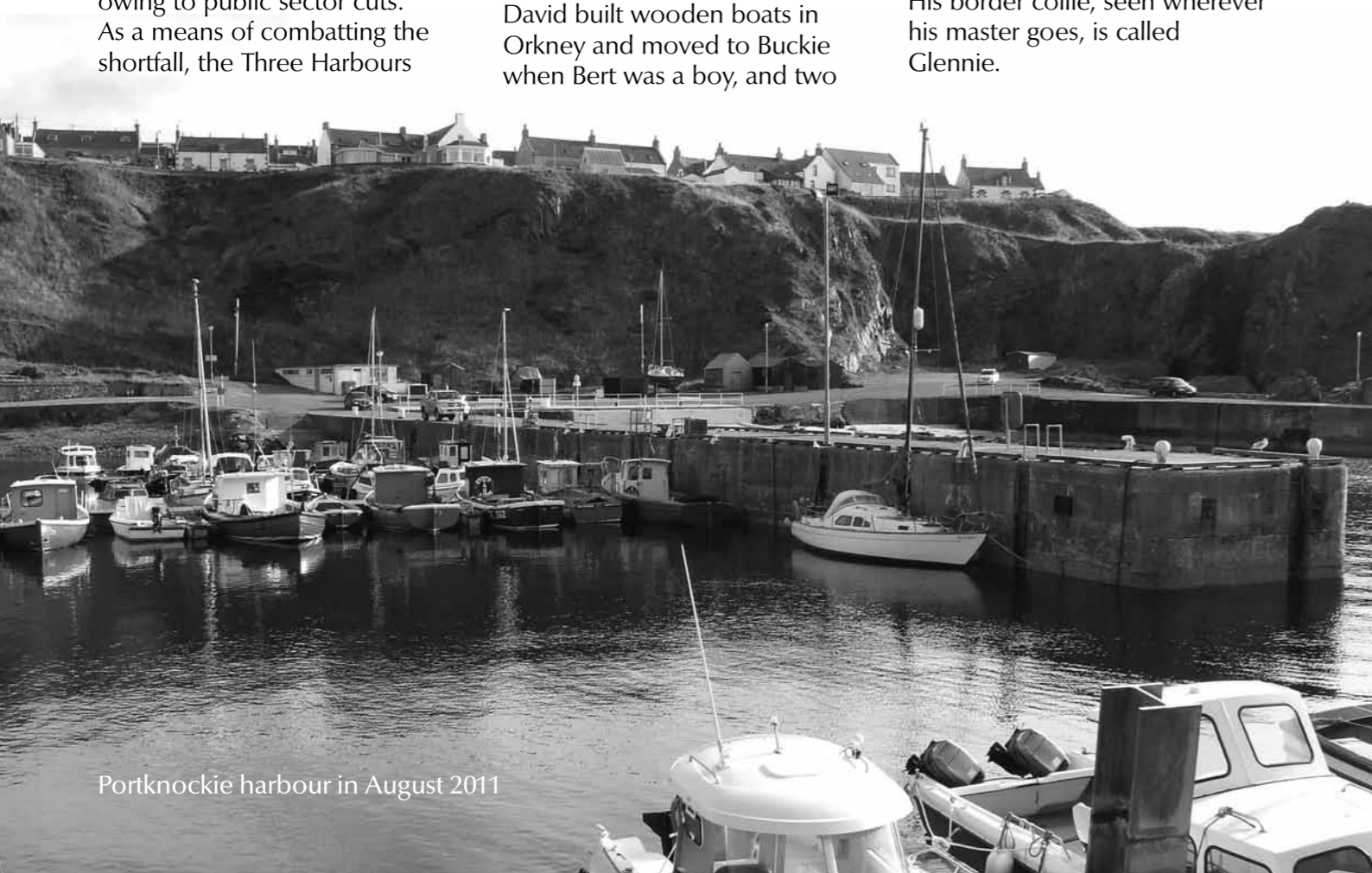
Committee for Portknockie, Cullen and Findochty, to which Bert belongs, has been set up to raise funds for essential works.

In 1991, the harbour had no floating pontoons and only enough berthing space for about 25 boats, but now the full capacity with the pontoons is 50. Owners from as far afield as Urquhart, Pitcaple and Ellon currently keep boats in the harbour and there is a waiting list for berths that is 30 strong.

As well as being Portknockie's harbourmaster, Bert is a boatbuilder, continuing in the trade of his father, David Reid. David built wooden boats in Orkney and moved to Buckie when Bert was a boy, and two

boats built by David are currently berthed in the harbour. Bert served his time in boatbuilding in the 1960s at the now defunct Jones's yard in lanstown and his workshop at the bottom of Admiralty Street was owned by his father, who bought it from Bob Wood, a haulage contractor. Today, Bert repairs all types of boats, mostly wooden clinkers, and also installs fences, repairs roofs and takes on diverse joinery tasks.

Bert is 63 and lives with his wife, Morag, in Admiralty Street. Morag is a K'nocker and the couple moved to Port in 1975. His border collie, seen wherever his master goes, is called Glennie.



Portknockie harbour in August 2011

More information

A berth for a 7-metre boat costs £313.00 a year; berthing fees for smaller craft are proportionally less. A slipway ticket costs £62.40 a year and allows you to launch anywhere in Moray. A single launch costs £13.10. A 24-hour stay in the

harbour for boats visiting from outside Moray costs £12.90. Other charges can be obtained from Bert or by referring to the harbour notice board.

Bert is always happy to help with any information concerning harbour matters.

You can find him at his workshop, by accosting him at the harbour in his silver van or phoning 840833, or on his boat collecting his creels. He can also give more information on the Three Harbours Committee if required.

A VILLAGE BUSINESS

Catherine's Creative Ceramics

Ceramic painting is an American craft and very popular in the States. I became interested in the art over 15 years ago when I saw a Renaissance Santa handpainted in cream and gold. It was beautiful and I was hooked. I spent 5 years painting ceramic pieces until I finally decided to get my teaching qualifications, which I did in Forres and Peterhead.

I started ceramic classes 12 years ago in a room in my home with five ladies. I still have these five, plus another 45! The classes are very therapeutic and the ladies enjoy going home with their handpainted items, whether they be for the garden or the home. They make new friends and enjoy a blether over a cup of coffee and a rollie.

The classes are on Monday evenings, Tuesday and Wednesday mornings and evenings and Thursday evenings. With the help of my daughter Donna, I also have an after-school class for Portknockie Primary 3 and a Juniors class.

As we are now thinking about Christmas, I have loads of new items to be painted for Christmas gifts or just for the pleasure of having your own handpainted ornaments. If you're thinking, 'I'm not arty, I couldn't do that' - well, you can, with classes in Portknockie!

For more information, visit Catherine at 8 Victoria Street or phone her on 840554.

If you own or run a business in the village and would like to write about it, contact Katharine: details on the back page.

Portknockie Pharmacy


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Gardening tips

SEPTEMBER

Beds and borders: plant spring bulbs; take cuttings of evergreens; plant hardy evergreen shrubs; move tender plants under cover before frosts; replace annuals and summer bedding plants with spring bedding as they fade; take cuttings of old-fashioned and shrub roses; check stakes and ties on trees, replacing where necessary.

Lawns: sow new lawns; rake and aerate lawns, giving them an autumn feed; repair bald patches, bumps and dips.

Ponds: cover with net; remove tender pond plants before frosts.

Vegetables and fruit: plant winter cabbage and early spring onions; harvest potatoes, all remaining tomatoes, apples and pears.

Greenhouse: pick remaining

food crops from greenhouse and discard plants; clean greenhouse glass and framework.

OCTOBER

Beds and borders: apply bonemeal to borders and around shrubs and trees; plant tulips, lilies and hyacinths; remove and burn diseased leaves from roses; lift and store dahlia roots when leaves are blackened by frost; lift and store gladioli and begonia tubers; finish planting spring bedding.

Lawns: lay new turf; raise cutting height of mower.

Ponds: remove pumps from ponds, clean and store; remove all dead foliage.

Vegetables and fruit: remove vegetable plants after harvesting remaining crops; plant rhubarb; prune fruit bushes.

Greenhouse: sow sweet peas; heat greenhouse when necessary to maintain growing temperatures.

NOVEMBER

Beds and borders: keep everything tidy; prune roses lightly to prevent root rot; protect alpines from rain; lift chrysanthemums and box roots for spring; finish planting spring bulbs; give a good weed; tidy rock gardens.

Lawns: cut for last time this year; aerate compacted areas.

Ponds: protect fish from frosts; stop feeding fish.

Vegetables and fruit: sow broad beans and hardy peas; dig over spare ground; harvest parsnips and sprouts; plant fruit trees.

Greenhouse: insulate greenhouse with bubblewrap; plant daffodils; sow sprouting seeds for early salads.

and, if you look at the URL bar at the top of your browser, the site name should start with https://, the 's' is for secure. Never enter any critical information if this isn't the case. (2) If you are thinking of making a purchase from a site you've never used before or you've not heard of the company,

do a quick online search with the company name and check consumer forums and discussion groups. People readily voice their grievances if they've been treated badly or if the company is unreliable.

Remember, there aren't very many people out there trying to trick us, but they

try quite hard and they rely on the few who look before they leap, so a little careful thought could save a lot of misery.

What other computing tips would you find handy?
Contact Damian: details on the back page.

Computing tips

Banking and shopping safely on the web

Scammers have become more sophisticated in the recent years. They often rely on tricks to make us think we are dealing with a reputable company and they also rely on the fact that we trust something if it seems alright at face value. Perhaps the best advice for staying safe online is to be cautious, even suspicious, when it comes to anything to do with money or personal information.

So if we receive an email from what seems to be

our bank and it contains all the right logos and layout, we are much more likely to believe it. However, if we follow instructions and click on their link, we can be taken to a site that looks almost identical to the bank's website but isn't. If we then enter our login details, they store the details to get access to our accounts.

First, remember that email is generally insecure and banks are not likely to contact you in this way. Also, if anyone requests personal information by email, in all likelihood it is fake! We can

check the destination of a link by hovering the mouse over the link text and looking at the words that appear at the bottom of the browser window. If it isn't the bank's website address, do not click on the link but do delete the email message.

Online shopping poses another potential hazard, but just remember a couple of simple things. (1) Whenever making an online purchase, always make sure that your browser is connected securely. You should see a locked padlock at the bottom of your browser

Nature notes

Warblers in the village

I was so pleased this spring to spot a couple of warblers, migrating birds that I haven't noticed in Portknockie before.

While walking my friend's dog, as we were joining the old railway line at the top of Admiralty Street, I heard a heck of a din from within the bushes. It was obvious that the bird was vexed at our presence, even though we were minding our own business! When the bird finally appeared, it had a very noticeable white throat that gave it away at once. Whitethroats have quite a reputation for their irritable scolding at any passer by! Later, in a field near the McBoyle Hall, the other bird also gave itself away by its call: in fact, I never did actually see it. This was a grasshopper warbler and it made a continuous noise like a small engine, something like a sewing machine! It is a very secretive bird but its call always gives it away.

Recipe Quick and easy naan bread

Naan bread is very simple to make and makes a wonderful accompaniment to curry dishes. Freshly baked, it is far superior to the limp breads sold in supermarkets.

225 g (8 oz) strong white bread flour
1 tsp dried yeast
1/2 tsp salt
150 ml (6 fl oz) natural yoghurt
25 g (1 oz) butter
2 cloves garlic (optional)



1. Sift the flour into a mixing bowl, then mix in the salt and dried yeast.
 2. Pour the yoghurt into the flour and mix together to form a dough. If the dough is a little too dry and crumbly, gradually add a little warm water. If the dough is too sticky, add a little flour.
 3. Form the dough into a ball and knead well until smooth and silky.
 4. Cut the dough into two pieces. Roll each half out to an oval shape about 6 mm (1/4 inch) thick. Cover the wire grill tray with aluminium foil, place the breads on this, and leave until risen until nearly double the height, about 30–60 minutes.
 5. Whilst the dough is rising, melt the butter on a very low heat and add two cloves of crushed or finely minced garlic. Leave to stand, but don't let the butter set.
 6. When the dough is risen (proven), brush with the garlic butter, place under a hot grill and turn over when the surface of the bread starts to brown, brushing the other side of the bread with the remaining garlic butter.
 7. Serve while hot, as soon as it is cooked.
- Alternative methods: use water instead of yoghurt; double prove for a slightly finer bread; use live yoghurt instead of yeast and allow up to about 8 hours to rise.

Community Notice Board

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