

THE GRAPEVINE

CRAMOND KIRK MAGAZINE

8th May 2020

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www.cramondkirk.org.uk

VE Day – 8th May 2020

We mark the 75th anniversary of the end of the Second World War in Europe



This year 8th May 2020 is a day of celebration to mark the 75th anniversary of VE Day – 75 years since the guns fell silent at the end of the war in Europe.

Her Majesty the Queen will broadcast to the Nation at 9pm the same hour her father King George VI made his radio address marking victory in Europe after what he called nearly six years of suffering and peril.

There will be a national singalong of “We’ll Meet Again” – a song made famous by the legendary Vera Lynn now 103 years old! Years of carnage and destruction came to an end. Millions of people took to the streets and pubs to celebrate peace, mourn their loved ones, and to hope for the future. This year’s anniversary is a time to reflect on the enormous sacrifice, courage and determination of people from all walks of life who saw us through this dark and terrifying period. And the arrival of peace in Europe.

There are many parallels between the struggles of the Second World War and what we are going through today. We look to our Second World War generation to learn from their experiences, and we continue our work to protect them from the threat we currently face.

Cramond Kirk parishioner Professor Bill Shaw was evacuated as a youngster from June 1940 – 1943. Bill started his career as a lawyer but changed to divinity, and after parish work he joined the Faculty of Divinity at Edinburgh New College where our Minister Russell studied! He became senior lecturer in Divinity, then Dean of the Faculty and then Principal of New College Edinburgh, before becoming Professor of Divinity at St Andrews University. Bill told us he played truant from school, Edinburgh Academy and went “up town” with his pals to join the celebrations – and remembers seeing Princes Street packed with everyone dancing and singing the Vera Lynn Song

Continued over...

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USEFUL INFORMATION

On symptoms of Coronavirus, and current procedures to protect us all – BBC radio and television have regular advisory updates on news channels and very good information online at www.bbc.co.uk/news
The Government website and NHS websites – at <https://www.gov.uk/coronavirus>
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"We'll Meet again", and a Norwegian chap hanging on to the tram wires above his head. "I thought he was going to kill himself. He didn't. But he did fall! I have very happy memories."

Like many in the spring of 1940, Bill's parents were keen to protect their children and sent him and his older sister to stay in Canada, while there was a risk that Britain might be invaded by "the enemy". A business associate of his father put him to school with his son in Ottawa and his sister went to school in Vancouver with the daughter.

He says: "our parents were keen to protect us. I was 12 at the time. They asked what we wanted to do, but we could tell they were keen to protect us from the potential invasion of Great Britain by the enemy. It was quite a journey –our mother sailed with us from Glasgow to New York in July. In 1943 we wrote to our parents asking if we could come home, as we heard that invasion by then was unlikely and we wanted to be home." It was quite a journey back including train journeys across North America, a voyage to Lisbon in Portugal, an RAF plane to Bristol and subsequent train back home to Edinburgh with his parents.

Bill sees some similarities in the WW2 experience to the current COVID 19 pandemic. "Even during VE Day celebrations, at the back of many minds was the realisation that this was not the end of the War. Fighting continued in Burma, and the Japanese prison camps were still full."

"We suffered severe rationing of food and that was to continue for a further 4 – 5 years. There was a lot of isolation during the War. My brother was away from home fighting for 6 years in Palestine, Egypt and Italy in his early twenties. It was a long time to be away. We had to accept it. Distancing in a different way from today." Bill became Scottish squash champion in the early 1950s, and was a competitive golfer when he was younger. He was chaplain

to the R&A for many years and has climbed some of the world's biggest mountains.

Joan Manson, another of our parishioners remembers VE Day clearly.

"I can remember clearly the day war was declared. My mother was wearing a black and yellow plaid dress when Neville Chamberlain made the announcement on the radio –and she left the room weeping because my father had been through the first World War and knew what was likely."

"As children we were evacuated to Blair Atholl. The cooking was awful –and we had an outside loo. We told our parents we would walk all the way home to Dundee if they didn't let us come home! My father was a teacher at Harris Academy and he wasn't allowed to sign up when he volunteered. They needed him in school. Ultimately we were evacuated again by our parents to stay with an elderly couple in Newtile, just outside Dundee."

"I remember vividly, the names of each of the boys in my street who were called up, and never returned. Two of them were pilots in the RAF. We youngsters had to pick raspberries and dig the potato crops while the men were at war. We were put up in a school building in Brechin for two weeks. That wasn't comfortable either! With rationing only allowing one egg a week, my parents got some hens. Rationing meant only 2oz of meat and 2oz of tea per week. Fish wasn't rationed, but you had to queue at the fishmongers."

"On VE Day we went to Caird Square in Dundee – everyone was dancing, with strangers...everyone! Mostly hugging, all types of dancing. It was so good to know it was all over."

"German planes didn't bomb Dundee but they came over our way on the way to bomb Glasgow and we had air raids. We slept under the kitchen table with our parents."

This year's 75th anniversary celebrations:

VE Day celebrations 2020 will take place in gardens, doorsteps and living rooms, rather than the street parties and parades previously planned.

"In these difficult times, acts of remembrance are even more poignant, and I am sure that millions want to join me to remember and give thanks to those who gave so much to secure peace, freedom and prosperity in Europe" said culture secretary Oliver Dowden.

Prince Charles will read an extract from a diary entry by his grandfather describing the day's events, including the royal family's Buckingham Palace balcony appearances. Later that day the then Princess Elizabeth and her sister Princess Margaret danced unnoticed among the cheering throngs on London's streets, in what the monarch later described as one of the best nights of her life.

With members of the public unable to attend VE Day 75 events, The Royal British Legion is playing a central role in the delivery of a range of remote activity, including:

- A live VE Day 75 livestream at 11.15am
- National moments of Remembrance and thanksgiving, including a Two Minute Silence
- A UK-wide singalong to Vera Lynn's "We'll Meet Again" at 9pm
- A VE Day learning pack for children aged 7-14 years
- An evening of memories and music in partnership with the BBC from 8pm on BBC One

Singalong

<https://youtube/T5C4meGkNyc>

https://www.youtube.com/watch?list=RDT5C4meGkNyc&v=T5C-4meGkNyc&feature=emb_rel_end

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FROM THE MANSE



As the sun rises on 8th May 2020, it will be 75 years since VE day and the end of the 2nd World War in Europe.

My late father served in the RAF and he would be the first to remind me his war was far from over and it would be several more months

and two atomic bombs later before Japan surrendered on 15 August 1945.

Back in Britain, however, VE day was celebrated as years of destruction and loss of life came to an end and millions of people took to the streets, many to celebrate, many to mourn their loved ones, and all to hope for a better future.

75 years later it is right and proper to remember and give thanks for the courage and sacrifice of those who defended not just our world from the evil that was Nazi Germany.

Sadly today another 'war' is being fought as Covid 19 has spread disease, fear and death in its terrible wake and the nations of the world fight an unseen foe which knows no national boundaries and attacks people of whatever creed, colour, race, age or gender.

Hasn't it been good to see the world's medical scientists and research laboratories working together against a common foe which once again endangers our common humanity?

And although there might not be any kind of VE day celebrations if and when this 'war' comes to an end, it is also right and proper we give thanks for the courage, sacrifice and selfless response of medical teams and care workers who are defending us during these dark and difficult days and to hope for a better future for ourselves and our world.

Russell Barr

PRAYER

Almighty God

as we commemorate the 75th anniversary of
VE day

we remember with undying gratitude
the courage, loyalty and sacrifice
of those who guarded our freedoms
and delivered us from our enemies in time of
war.

At a time of continuing uncertainty
as disease spreads across the world
we are truly thankful for medical teams and
care home staff
medical scientists and researchers
and all who are working to overcome Covid
19's destructive power.

In these dark and difficult days
be our strength and our hope
as we work and pray for a better future
for ourselves and our world
through Jesus Christ our Lord.

Amen



Turi Children's Project

We were concerned to hear that the Turi Children's Project in Kenya has closed its doors due to the COVID-19 crisis. This charity has been part of our church's outreach for the past 5 years. We know that the lives of the children and their immediate families will have become unbearably hard. Therefore some comfort came in a message from the charity telling of an interim programme being put into place for the children to take food home during the school closures. The 80 children who would normally enjoy meals and activities at TCP will collect maize, beans, soap and face masks on a fortnightly basis to help needy families in this uncertain time. They ask that we pray there are no obstacles and that the families are blessed through the provision of food.



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CHRISTIAN AID WEEK:

A visit to Christian Aid Project Kenya

Anthony Vennelle, former Beadle Cramond Kirk and past Convenor CAID

Many of you may remember I was Properties Manager and Beadle at Cramond Kirk from 2009 until retirement in 2015. Several years prior I was convenor of Christian Aid for the church, a role I took on with some trepidation not realising what a life enhancing opportunity this would be. Co-ordinating the volunteers for the door-to-door collections across the whole parish, along with organising the Quiz night and Sunday morning Fair proved to be quite a challenge. Due to Cramond generosity, it became one of the highest fundraisers in the country.

Christian Aid invited me to represent Scotland in a group being taken to Kenya in 2009, to contribute in a film showing their work in action. We visited several projects around Nairobi, focusing on safe, fresh water supply and subsequent drainage. I share my experience with you here:

I was surprised to find that Nairobi is an affluent city with wealthy districts, gated communities, latest model Mercedes-Benz and designer shops. As I stood looking down the neatly mown eighth fairway of The Royal Nairobi Golf Club I felt quite at home, the climate and vegetation are not unlike that of central Scotland, despite lying just south of the equator.

As I walked on the sleepers of the Mombasa railway line along with everyone else, I watched as two smartly attired golfers approached the lush green, their caddies a respectful couple of strides behind as, overhead, a steady stream of private aircraft approached Wilson Airport. I realised why so many Europeans settled here, it was all very comfortable.

My gaze was diverted by the approaching train. Everyone sidled on to the dusty path alongside the track. Impromptu stalls using trestle tables or



Anthony looking down on Kibera

cloths lying on the ground were moved back to make way for the huge diesel locomotive trundling past us spewing out black exhaust.

I had stepped on to the side away from the golf club and missed the putts. Instead I was looking over the biggest slum in Africa - Kibera - home to one million people. It's staggering fact that 95% of Nairobi's population lives on 5% of the land area.

This shanty town is made up of huts the size of a box room, made from corrugated iron panels, car bonnets, plastic sheets and other scrap, all owned by landlords, many working for the government, and rented at £5 to £10 per month (average earnings are 65p to £1.20 per day). Each proprietor owns several huts giving them sufficient income to live in the gated communities we saw earlier, in a position of power able to ensure this source of easy income continues.

The railway line was a popular thoroughfare and, further back were shops including a bible binder, barbers, dentist and electrician. Lots of school children came towards us, the young ones with huge smiles shouting "how are you?" They were all wearing school



Golf course next to the slum

uniforms with pride, always spotlessly clean and anxious to have their photograph taken.

Our visit was to help Christian Aid expose the scandal of poverty evident in the urban slums. People living in a rich vibrant city without adequate housing, clean water, sanitation facilities, roads, healthcare or other essential services, and in constant fear of eviction.

Christian Aid believes that all of these issues can be addressed. They fund schemes where the residents can help themselves. We visited projects where we could see first-hand the money has really made a difference. We also saw areas where no help had been given.

In slum resident's homes, I could see daylight through the roof of every hut we visited. The rainwater must pour in. Between the rows were open drainage ditches a foot or eighteen inches deep.

Imagine defecating into a plastic bag at night in the same room as your family sleeps. These plastic bags are called "flying toilets". Once filled, thrown into the ditch, the path, your neighbour's roof or as far as you can make it go. These flying toilets are everywhere you look, piles of them in some corners. The smell was absolutely dreadful.

Across the ditches rickety planks made walkways – sometimes nailed down but often with large gaps. You had to take care with every step, at the same time watch your head on sections of overhanging, rusty, corrugated iron roof. And avoid strands of barbed wire used for hanging washing including spotless school uniforms.

So many contrasts – cleanliness in squalor, laughter in misery.

In Kiambui, the members of Usafi were granted funds by Christian Aid to install a tap offering clean safe water. Sold at 2p per 20 litres (a strict record is maintained), the income saved plus grants applied for and eventually enough money was raised to build a toilet block. The manual work was done by the members and the cash spent on materials and skilled labour. A charge was made to each user (2p to spend a penny), more grants applied for and more toilet blocks built.

The next step is to buy 37.5 acres of land for 180 members giving each a plot 50 feet by 100 feet. Usafi will contribute £24,000 and each member will pay £17.60. If Christian Aid had not started to support Usafi ten years ago, thousands of people would not have



Drainage system

clean water, safe toilets or the chance for 180 families to escape the tyranny of the slums.

Some of the women in our group were often in tears and could not complete their piece to camera because of the emotion they felt after each visit we made in these slums. We were so obviously out of place. Only one of our group was coloured and we all had rucksacks, cameras and sun glasses. I expected resentment from the residents and to be a target for abuse.

Christian Aid had arranged "protection"



Wash day in suburbia

for us with the local community leaders and we were told to stick together because of the danger, shepherded by the Christian Aid staff who had all been on anti-terrorism and kidnap training (even if they were tiny 30 year old bubbly women). Inevitably each of us would wander off down a side alley. But at no time did we feel threatened or at risk, and only found smiles and friendship in these poverty stricken slums.

We did not know it at the time but Christian Aid door to door income was down by 4% the previous year, as was

the Cramond collection. That was 2008, the financial crash. Christian Aid did not want to reduce their support to Usafi and Maji na Ufanisi type organisations around the world and so had cut back internally, and scrapped the promotional film.

Christian Aid is focused on the fact that around the globe millions of people are in desperate need. Please be generous with your Christian Aid donation this month – I certainly will be!

Anthony Vennelle



HOW TO MAKE YOUR DONATION IN CHRISTIAN AID WEEK

The Christian Aid Quiz Night

In previous years we have held a Quiz Night in the Kirk Hall with teams competing for prizes – usually edible or drinkable. Sadly this won't be possible this year. However we do have the quiz questions (and answers!) – there are 8 categories, each with 10 questions.

So if you would like to hold a virtual quiz night with family and friends, we would be happy to supply the quiz. The idea is that you would compete against each other and, if you wish, then combine your correct answers to get a grand total which you can submit to the Kirk Office for the grand prize draw.

All quizzes should be held during Christian Aid Week (10-16 May). If you would like to take part, please contact the Kirk Office at cramond.kirk@blueyonder.co.uk and Louise will be able to provide the quiz questions and answers.

One person should be the designated quiz master and will promise not to read out the answers until the quiz is completed! In previous years an entry fee of £5 per person was charged so again we would ask you to donate a similar sum direct to Christian Aid to help with their fund-raising effort. Look forward to hearing from as many quizzers as possible.

The e-Envelope

Christian Aid's red envelope has long been symbolic of Christian Aid Week and the commitment of the volunteers who take to the streets to deliver it each year. This May Christian Aid is doing things a little differently and are delighted to share their e-Envelope. In three simple steps, you can create and send a personal message, picture or video to your friends and family and continue to raise important funds for people living in poverty around the world - more important than ever in light of the coronavirus pandemic. The e-Envelope is available on the Christian Aid website.

https://envelope.christianaid.org.uk/?utm_source=christianaid&utm_medium=email&utm_content=txt-header-CAWEnvelope&utm_campaign=20200427-CA-CAW-Org-4

Christian Aid Week Services

Christian Aid invites you to join them for an on-line service at 1 pm on Sunday, 10 May. The service will be introduced by Amanda Mukwashi, Christian Aid's Chief Executive, and she will be joined by special guest speakers, with prayers from partner organisations and a sermon from Dr Rowan Williams. Throughout Christian Aid Week (11 - 16 May) Christian Aid will also be streaming short reflections each day. The services are available on the Christian Aid website.

CROSSREACH IN NEED OF VOLUNTEERS:

In past editions of Grapevine we have featured the charity Cross reach:

Crossreach is in urgent need of volunteers to help them continue providing vital care services to some of the most vulnerable individuals in society, during this unprecedented healthcare emergency. The need is greatest in their residential care facilities and other services for the elderly. In particular they are looking for volunteers who have experience of working in care and/or nursing. Potential helpers might have looked after a relative in the past or would even like to learn new skills.

In addition, those with existing membership of the PVG scheme, would be fast tracked into helping as soon as possible. the types of tasks they need assistance with as keeping people company, / engaged, help with feeding residents, supporting hydration needs and general cleaning tasks. Personal Protective Equipment is in place (PPE) and would be provided. If you or anyone you know is currently on Furlough and might be interested in volunteering, please email Mari Rennie CrossReach's director of HR at mari.rennie@crossreach.org.uk



At the recent Elders' Seminar held in Cramond Kirk, Viv Dickenson, Crossreach Chief Executive, spoke movingly and personally about its work. Crossreach is one of the leading social care providers in Scotland, offering care and support to thousands of people every year. Viv touched on the good work being done in prisons by Crossreach having been with HM Prison Service at Governor Grade for 10 years before joining Crossreach. Volunteers play a very important role in Crossreach and the photograph shows Viv with Russell Barr and Edith Butler (Session Clerk).

St Mary's by the Sea



In February Tom Cowan and I visited Australia and spent some time in Port Douglas, North Queensland where we noticed a lovely little church. On the Sunday we decided to attend a service of the Uniting Church being held there.

We were entertained by a seven piece travelling ukulele band and their two singers before the start of the service. The congregation - totalling 15 - sang several rousing hymns including the Battle Hymn of the Republic. The

microphone was then handed round for everyone to introduce themselves. They were mostly local. When Tom said we were from Edinburgh, Scotland, where it was snowing at that time, there was a round of applause. He conveyed greetings from the Minister and congregation of Cramond Kirk after which the service continued with prayers and a 20 minute sermon from the Rev Michelle Cullen. Altogether it was an interesting and enjoyable experience, after which we emerged into the February sunshine and a temperature of about 30 degrees!

Hurley Mendelsohn

WORD REDUCE

Answer each clue so that every word contains the same letters as the previous word minus one.

1. NAME OF THIS PUBLICATION - - - - -
2. COVERING DRIVEWAY AGAIN - - - - -
3. FOR PICKLING - - - - -
4. GET BACK - - - - -
5. MORSEL - - - - -
6. CALL - - - - -
7. ADD TO TONIC - - - - -
8. FASHIONABLE - - - - -
9. ONE - - - - -

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From Penguins to Tigers, all in a day's work for Dr Georgina Cole, Zoo vet at Edinburgh Zoo.

Established in 1909 by Edinburgh lawyer Thomas Gillespie, the Royal Zoological Society of Scotland (RZSS) is a registered charity which has been working to promote awareness and conservation of rare and endangered animals for over 100 years. Edinburgh Zoo is an 82 acre site on the south facing Corstorphine Hill, home to over 2,500 animals of 156 species.

Since lockdown, the webcams for several different species at Edinburgh Zoo have enjoyed millions of visitors - Last week endangered Rockhopper penguin chicks hatched live on the zoo webcams - see more here:

<https://www.edinburghzoo.org.uk/webcams/rockhopper-penguin-cam/#rockhopperpenguincam>



Dr Georgina Cole with a male Hercules beetle

We had the privilege of an interview with Cramond resident Dr Georgina Cole, one of four vets working in the team at Edinburgh Zoo. She trained at the Royal Veterinary College in London and started her career as an equine vet. Keen to pursue a career working with wild animals, this led her to work in South Africa, initially in Johannesburg working at the Johannesburg Zoo and with free-ranging Rhinos. She then moved to Cape Town to work at the Two Oceans Aquarium. Conservation of animal life is important to her and there's a fair bit of that too at Edinburgh Zoo.

Do the animals ever inspire you?

Yes - animals have pretty much shaped my entire life and career. They are what keep me coming to work every day. They have taken me to some inspiring places. In South Africa I had the opportunity to work with amazing wildlife from Rhinos in the bushveld to sharks in the waters off Cape Town. More recently I have been up to the Highlands, to work with the Scottish wildcat, and to the beautiful West coast of Scotland to work with the Flapper skate. I have seen some incredible wildlife throughout my career.

What is an average day like?

In the morning we carry out any planned procedures, or follow up on current cases and see any animals that keepers may have concerns about. That usually involves walking round the zoo to different animal enclosures, talking to the keepers, observing the animals and examining them where necessary. Some animals are easier to examine than others - for example we can pick up penguin with a sore foot and have a look. Other animals such as large cats, bears and chimpanzees require an anaesthetic to safely enable a full examination. With these animals, we would discuss the symptoms, and if more information is required to make a diagnosis we would plan a general anaesthetic. The anaesthetic drugs might be administered by dart, or some animals are trained to accept an injection by hand. Once safely asleep we can perform a full investigation, this might include x-rays, blood tests and an ultrasound for example.

Do you have a favourite animal/species?

For me, this changes all the time - I think it tends to reflect my recent patients! I am quite fond of armadillos. They are fascinating creatures, they are covered by an armour of bony plates, there are 21 species of armadillo, the Three-banded armadillo can roll itself into a complete ball to protect its soft underside and limbs. One of the armadillos at Edinburgh Zoo is a "Large Hairy" armadillo called Nymeria. She is a fantastic digger and has created a network of holes and tunnels in her enclosure at the zoo. Her diet consists of a variety of insects and other protein items and vegetables.

Whats the smallest animal in the zoo?

A newborn Partula snail is just 1-2mm in length. Breeding of Partula snails at Edinburgh Zoo and other collections in the UK has enabled many of these Partula species to be saved from extinction. The biggest animal at the the Zoo currently is the Indian rhinoceros. An adult male may be more than 2500kg when fully grown.

How do exotic animals get on with our Scottish weather?

We provide those that need it with heating and an indoor house. Animals that require more UV light than the Scottish weather provides, have UV lamps, like the koalas and chimpanzees. The rhinos have an indoor heated pool. As long as they have somewhere dry and warm to retreat to, many animals can adapt.

What made you decide to become a zoo veterinarian?

I have wanted to work with animals for as long as I can remember and from a young age I wanted to become a vet. I have always been interested by the diversity of the natural world, and zoos and aquariums have always been fascinating places for me.

What was your most exciting moment on the job?

Having the opportunity to be involved in projects supporting the conservation of our native wildlife is a privilege. I am currently involved in an exciting project investigating various aspects of the biology of the Flapper skate on the west coast of Scotland. The veterinary team at the RZSS are assisting researchers at St Andrews University to tag skate, enabling them to understand their movements, which in murky waters at depth of over 200m can be challenging! We are also collecting a range of other data on their health and physiology, which will help us to better understand this little studied species. Flapper skate are huge - the females may weigh up to 100 kg. They are a critically endangered species and understanding their movement patterns is important in enabling us to understand the best way to protect them in their marine habitat.

YOUNG CRAMOND CORNER

SUNDAY CLUB

The Sunday Club youngsters & leaders are meeting every Sunday morning at 10 am on Zoom. Sunday Club starts with children's church, presented by either Russell or Iain. Sunday Club then breaks into two groups with the older Sunday Club children joining Alex and Edith for Godly Play while the younger ones enjoy an activity session followed by a story and crafts. If any youngsters would like to join Sunday Club Zoom, please let Louise in the Kirk Office know (cramond.kirk@blueyonder.co.uk) and she can send out an invite.

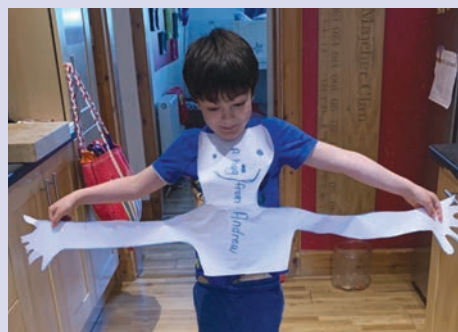
SEND A HUG!

Missing your granny or grandpa?

Why not send them a hug?

You'll need a long piece of paper, scissors, colouring pencils or paints, and a helping hand from someone else.

Lie down across the paper, with your arms stretched out. Ask your helper to draw round your head, shoulders and arms, and down your sides.



Then cut out the outline, and decorate it. Maybe paint it like you in your favourite outfit?

Fold it up, pop it into an envelope, and send it off!

CAN DO!

Keeping healthy at home, with Pilates teacher Jane Robson

Using weights improves your posture and bone density, maintains weight loss, boosts metabolism and sleep quality, and relieves tension.

So raid your kitchen cupboard, and arm yourself with two 400g tins - beans, chickpeas, tomatoes...

Make sure you keep a firm grip on them!

- Backstroke Arms. Stand with tin in each hand, feet hip-width apart. Stretch one arm up, the other down, and slowly swap over, lengthening through each arm. Repeat 10-12 times.
- Shoulder shrugs. Arms by sides, let the weight of the tin draw your shoulders down. Slowly shrug shoulders up to ears, keeping arms long, then release gently. 10 repetitions.



- Fly Arms. Both arms in front of your chest, shoulder-width apart. Slowly open arms to the side at shoulder height, return to shoulder-width. 10-12 repetitions.
- Arm Circles. Arms forward as before, lift them up and circle behind the line of your spine, then back to start. Repeat 10 times, then reverse direction.
- Chest expansion. Arms by your side, press them back behind the line of your spine. Imagine the can-ends are being magnetised together. Breathe in to hold, out to release. 10 repetitions.
- March on the spot, swinging one tin back and the other forward.
- Lunge and punch. Step forward: bend front leg, keep back leg straight. Punch each tin forward in turn. Change leg positions after 10 punches.
- Sit-to-stand. From a sturdy chair, hinge forward from the waist, plant feet firmly and stand up tall, one tin in either hand. Use the tins as counterbalance. Send your tailbone back towards the chair, and sit down again (carefully). Repeat up to 12 times.

CAN you do all of these?

ANSWER TO WORD REDUCER

1. GRAPEVINE 2. REPAVING 3. VINEGAR 4. REGAIN 5. GRAIN 6. RING 7. GIN 8. IN 9. I

A special thank you to all the local membership organisations who have helped us to get the digital editions of Grapevine out to everyone during "lockdown".

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