

# Lothians Conservation Volunteers

In support of the Scottish Wildlife Trust



# puggled mucker

Winter 2009  
Issue 148



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**Lothians  
Conservation  
Volunteers**

[www.lcv.org.uk](http://www.lcv.org.uk)

Autumn was blowing in last time I wrote this column. Now the leaves have well and truly fallen and the festive season beckons—but what has LCV done with the last part of 2009?

Well, we've had our usual mix of tasks including a weekend at Carrifran—a site we've not been able to visit for a while due to a lack of suitable accommodation. Abysmal weather forced an unplanned retreat halfway through the Sunday but it was nevertheless good to get back to this interesting site which is being reforested from a treeless state by the Borders Forest Trust.

We have managed to clear the final hurdles to ordering a new bus and it may be in service by the time you see this. We're also having a water tap installed in our garage and are hopeful that we will qualify for the Government's 'Water Services Charges Exemption Scheme' so that we can reduce the ongoing costs associated with this vital utility.

The 2009 fundraising LCV ceilidh was a great success with lots of attendees saying how much they enjoyed themselves. Many, many thanks to all those who helped out with special mentions to David Nutter for organisation and Mark Herron who managed to bring in a truly impressive number of punters!

*Louisa Martin—Co-ordinator*



## **Lothians Conservation Volunteers**

*We are a Scottish Charity, run entirely by volunteers, and we've been doing conservation work in and around Edinburgh for over thirty years.*

*We are affiliated to BTCV, the UK conservation volunteering charity. Our funding comes from the clients that we work for, and also by grants from organisations like Scottish Wildlife Trust and Scottish Natural Heritage.*

Charity number SC020384



Supported by grant aid from  
Scottish Natural Heritage.

## **The Editor Writes...**

If I could knit I might feel compelled to fashion myself a classic conservationist's bobbly hat for the next LCV season. Yes folks, it's officially winter. Matt our task organiser has put together a busy programme to take us through to March 2010. We have plenty of woodland management work on offer throughout the festive season, followed by a wide variety of tasks at new and established sites. We return to the popular and unique Taynish peninsula for our March residential—for details see page 7. We have been unable to secure a New Year residential this year so have put in an extra felling task on January 2.

Looking back at our autumn activities, David Nutter has sourced an interesting review of LCV's damp residential weekend at Carrifran; see page 15 to learn more. He has also given us this quarter's 'resi recipe'—an Indian feast to stretch your residential catering skills—on page 18.

Many thanks to everyone who has contributed to this issue of the Mucker. This is your newsletter, and contributions from all LCV members are welcome. Most formats can be accommodated—handwritten, drawn, photographed, electronic. Just get in touch with me by 25 February if you have something you'd like to see included in the next edition.

*Nicola Murray*

# Task Programme

**December 13**

**Addiewell Bing: tree felling**

Addiewell Bing is a long, narrow reserve of 21 hectares just south of Bathgate in West Lothian, which is leased and managed by the Scottish Wildlife Trust (SWT). It is an excellent example of how a derelict industrial site—part of the oil shale industry—can be converted into an important wildlife refuge.

Most of the reserve is covered by woodland and scrub, but there are also patches of bracken, heather, open grassland and marshy ground with a rich variety of plants and birds. Originally, the area was planted with lodgepole pine to help stabilise the steep sides of this old spoil heap. More recently, these trees have been replaced with native species including oak and ash.

In the past we have felled lodgepole pine, upgraded the footpath and cleared invading broom from areas of heather. This time we will be working with SWT to continue to fell lodgepole pine trees in order to provide more room and light for native species.

**December 20**

**Addiewell Bing: Christmas-tree felling**

This will be a continuation of the work begun on December 13. Volunteers on this task may select the tops off the best thinnings to take home for Christmas trees. If you bribe the driver, you may also have it delivered to your door!



**December 27**

**Addiewell Bing: tree felling**

This will be a continuation of the work begun on December 13.

**January 2 SATURDAY**

**Addiewell Bing: tree felling**

This will be a continuation of the work begun on December 13.

**January 3**

**Addiewell Bing: tree felling**

This will be a continuation of the work begun on December 13.

**January 10**

**Springfield Mill: tree thinning**

Springfield Mill is a new site in the North Esk Valley between Loanhead and Bonnyrigg. A paper mill until the late 1960s, the site has now been reclaimed and restored as a wildlife area for use by the public. It has been seeded with wildflower mixes and planted with various native trees. Located at a bend in the River North Esk there are two seasonal ponds, areas of birch and willow woodland and grasslands. On this task we will be working with the Midlothian Ranger Service to thin areas of birch and willow regeneration. We will burn the resulting brash and stack the larger bits of wood to form habitat piles for wee beasties such as beetles, grubs and woodlice.

**January 17**

**Addiewell Bing: tree felling**

This will be a continuation of the work begun on December 13.



**January 24**

**Addiewell Bing: tree planting**

For a description of this site see December 13. On this visit we will be planting native tree species in some of the areas that we have clear felled.

**January 31**

**Aberlady Bay: sea buckthorn removal**

Situated on the coast, Aberlady Bay is a Local Nature Reserve owned and managed by East Lothian Council. It is a large area—580 hectares—made up of an open bay with sand and mudflats, as well as expanses of saltings, dunes and grassland. The area is best known for its birds, where over 200 species have been seen. There is also considerable botanical interest—you can see the full plant succession from mudflat to saltmarsh, to dune scrub and grassland. On this task, we will be clearing areas of invasive sea buckthorn. Sea buckthorn is quite prickly, so hard-wearing clothes are advisable.



## **February 7**

## **Bawsinch: tree planting**

Bawsinch and Duddingston Loch are found on the southern edge of Holyrood Park, just below Arthur's Seat and only three kilometres from the city centre. Formerly a derelict industrial site, Bawsinch is a triangular area next to the south shore of the loch. This 26 hectare reserve, partly owned and managed by the Scottish Wildlife Trust, is a bird sanctuary and has been designated a Site of Special Scientific Interest. The area boasts breeding and wintering wildfowl, marshland with reedbeds and willow, patches of scrub and woodland, some fresh-water ponds and an area of grassland named Goose Green. In the past LCV has felled trees, cleared ponds, built log bridges and cleared invasive vegetation. On this task we will be planting trees.

## **February 14**

## **Whitmuir Farm: tree planting and fencework**

Whitmuir Farm is a small, organic farm in the Scottish Borders where fruit and vegetables are grown and poultry and livestock are raised in natural, chemical-free conditions. Pigs roam free through the forest and chickens are truly free-range.

The farm sits in a very exposed position where strong prevailing winds cause soil erosion. Trees were recently planted in a wide alley system between which crops are grown. This not only helps reduce soil erosion but planting native tree species—beneath which will be an area of uncultivated ground cover—will also benefit biodiversity and increase soil fertility as nutrients cycle through the trees.

On this visit, our first to the site, we will plant trees around a pond and fence off the area. The pond will be used to supply a cattle trough. We will also construct simple shelters to protect oak trees in an area used for grazing livestock.



## **February 21**

## **Roslin Glen: pathwork and woodland maintenance**

Roslin Glen is a 19 hectare reserve to the east of Roslin village and on the south bank of the River North Esk in Midlothian. The site is leased and managed by

the Scottish Wildlife Trust and has been designated as a Site of Special Scientific Interest. It is a relatively undisturbed mixed deciduous woodland largely made up of native sessile oak, wych-elm and ash, with a shrub layer of hazel and holly. There are also some introduced sycamore, beech and Norway spruce trees which are gradually being removed.

The area boasts a rich woodland flora which includes dog's mercury, ramsons, wood-rush and various ferns. Dippers and kingfishers can be seen in the fairly clean waters of the Esk. The area has been put under a Millennium Forest for Scotland grant scheme to return the woodland to a native mixture of trees such as ash, alder, oak, pine and birch. On this task we will maintaining the woodland habitat and improving access by working on steps and paths in the glen.

## **February 28**

### **Donald Rose Wood: tree tubing**

Donald Rose Wood is in Fife near the village of Star, close to Markinch. It was formerly a sitka spruce plantation, and was acquired by a group of six people in 2001, including our own Tim Duffy. The site surrounds a picturesque reservoir, with stunning views of the Ochil Hills and Edinburgh. Part of the reservoir has been designated a Site of Special Scientific Interest.

On previous tasks, LCV has burned the spruce brash from the former plantation to make way for planting with native broadleaf trees, planted trees and carried out the post planting management called 'beating up'. This means checking newly planted trees are healthy; weeding, restaking and restocking dead—or eaten by roe deer—trees as necessary. On this task we shall be tubing and staking trees that need to 'get away' from the effects of the beautiful roe deer. There will also be chicken wire cages to put on especially sensitive and apparently tasty—to roe deer—species.



## **March 7      Gartmorn Dam Country Park: habitat improvement**

Nestled gracefully between the Ochils and the Firth of Forth, Gartmorn Dam was built in 1713 to power pumps for the burgeoning coal industry. At the time it constituted the largest artificial body of water in the country. Coal mining in the area continued right up to the 1980s, after which Gartmorn Dam became

a country park and is now the jewel of Clackmannanshire's countryside. Having been notified as a Site of Special Scientific Interest in 1980 due to its overwintering wildfowl, the country park is an important area for many species including goldeneye, great crested grebes, whooper swans and dabchicks. On this visit, our first to the site, we will be working with the Clackmannanshire Ranger Service to help improve a grassland area and increase access for ground nesting birds. The area can be quite damp, so wellington boots are recommended if you can bring them.

### **March 14                      Whitmuir Farm: tree planting and fencework**

This will be a continuation of the task begun on February 14.



### **March 19 – 21                      Taynish Residential: woodland management**

The ancient deciduous woodland at Taynish is one of the largest in Britain. Oak trees have flourished here for 6,000 years or more—a little longer than people have lived here. Once a source of timber and charcoal, these woods now form one of Britain's largest remaining native oakwoods. The importance of the site was recognised in 1977 by designation as a National Nature Reserve and it is now managed by Scottish Natural Heritage (SNH). Taynish lies on a scenic peninsula overlooking Loch Sween, which was scoured out by glaciers 11,000 years ago, and has an atmosphere all of its own.

The peninsula has a wide range of habitats, including shoreline, grassland, scrub, bog, heath and woodland, each home to a host of plants, insects, birds and mammals that thrive in the clean, humid air. In all, between the woodland's dripping ferns and mosses and the marsh and grassland, over 300 plant species and more than 20 kinds of butterfly are supported. To help the woods keep their near-natural character and rich wildlife, SNH is encouraging the spread of native trees by controlling deer, which browse on young trees. SNH is also removing rhododendron, which crowds out other plants.

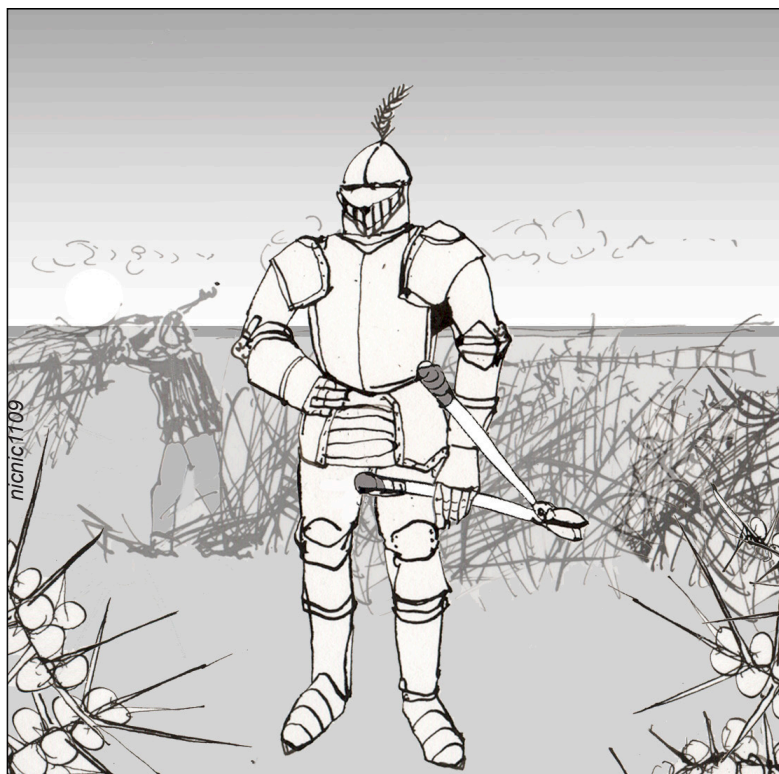
On this visit to the site we will be removing invasive beech, gorse and rhododendron. Accommodation is in the luxurious Kilmartin 'bothy' with cosy beds,

en-suite showers and a useful 'drying room' for your gear in the possible event of rain. Duvets and pillows are provided, but please bring (single) bed linen with you. Book your place with Debbie by 17 March at the latest.

## March 28

## Spottiswoode: tree planting

Dr David Long from the Royal Botanic Gardens has purchased land near Lauder that contains a spruce plantation. He has gradually removed the spruce and replaced it with natural broadleaf woodland, to increase biodiversity. LCV has visited Spottiswoode a number of times in the last couple of years, clearing and burning spruce and planting trees. On this task we will be continuing the tree planting work—planting native species on the land cleared of spruce and brash, and protecting the trees with guards and stakes.

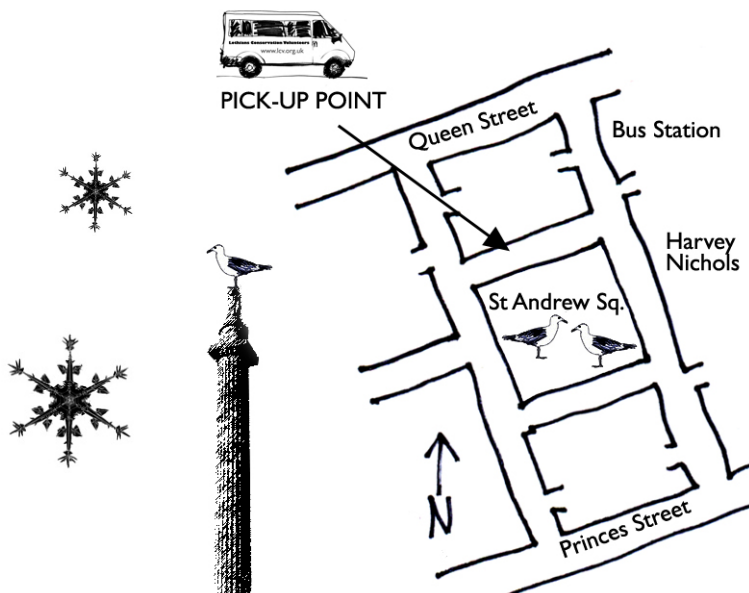


*At last he had found some hard-wearing clothing on eBay that would be ideal for the sea buckthorn clearance task.*



# How to book and what to bring

## Day tasks



We meet on the north side of St. Andrew Square at 9.30 a.m. prompt—look out for our minibus. We normally aim to return around 5.30 p.m. Bring warm clothes, a winter hat, waterproofs, a packed lunch, plenty of drinking water and boots or wellies—steel toe-cap wear is recommended. If you have your own work gloves, you might want to bring them, though we do have gloves that anyone can borrow. Tea, coffee and biscuits will be provided.

Transport is free, but please phone Debbie, the Transport Secretary, by the Friday evening before the task if you are coming—this is so that we know how many tools to take, whether there's room in the minibus and so that we don't go without you. Tasks are very popular, so you're advised to book early. We also only have 12 seats in the bus, so please come if you've booked, or someone else might miss out. If the bus is full, or it's easier for you, you can of course meet us at the site of the task, but again please inform the Transport Secretary, so we can let you know the meeting point and also when we expect to arrive.

Before you come on any task with us, please make sure that your tetanus vaccination is up to date. We don't cancel the task if it's raining.

## Residential Tasks

Residentials are great fun—see the review in the *Views* section—and they allow LCV to undertake larger tasks further from Edinburgh. They involve a weekend away to work on the Saturday and Sunday. We leave on Friday night and usually take in a chip shop on the way. We get back to Edinburgh on Sunday evening.

Regardless of the time of year, bring a complete change of clothing so that you can get out of your work clothes in the evening. Remember that the weather can be very changeable, so bring a warm jumper and hat and above all don't forget a waterproof jacket and trousers and sturdy footwear. A sturdy bottle for drinking water is recommended. Unless otherwise indicated you'll probably need to take a sleeping bag and, if sleeping on the floor, a Karrimat or air-bed.

On residential tasks, breakfasts, lunches and the evening meal are organised by a volunteer. Everyone helps to prepare the food. The fare is usually vegetarian and there is plenty of it. Food for a weekend usually works out at £6 – £7 each. Pick-up is from St. Andrew Square at 7.30 p.m. on Friday, unless otherwise stated. If you want to go on a residential task, please book with the Transport Secretary. Normally, bookings will be accepted for weekend residential tasks up to the preceding Wednesday evening.

Before you come on any task with us, please make sure that your tetanus vaccination is up to date.

## Monthly committee meetings

Every second Tuesday of the month, we have a meeting at 16 Forth Street, off Broughton Street, at 7.30 p.m. We leave a notice near the door with a mobile number to call so we can let you in. You are welcome to join us while we discuss LCV business. We often go for a drink in a local pub afterwards.



# News



## Leading tasks and driving for LCV

We are always looking for new volunteers to lead tasks. There is a description of how to lead a task on the LCV website—look under ‘how to’—and training courses are run from time to time. Normally an experienced leader would be around for backup for the first few tasks. Minibus drivers are also needed—if you are a relatively experienced driver, the first step is to do an LCV familiarisation session with the minibus to see how you get on. Our aim is that all LCV drivers will also receive MiDAS training, which involves theoretical and practical aspects of safe driving. If you might be interested in either leading tasks or driving for LCV, please get in touch with Simon Bonsall, contact details inside the back cover.

## LCV clothing

Our range includes LCV tops (S, M, L, XL sizes in deep navy or khaki with the LCV logo on) and fleece neckwarmers with drawstrings, so they also double as hats (one-size in charcoal). Costs are: £25 for a hooded sweatshirt, £20 for a sweatshirt, £12 for a T-Shirt and £7 for a neckwarmer. If you’re interested in adding to your wardrobe, please send your order to Mark Herron—address inside the back cover of the Mucker—noting the item, size and colour. We need payment with your order: please make cheques payable to ‘Lothians Conservation Volunteers’.

## Newsletter subscriptions

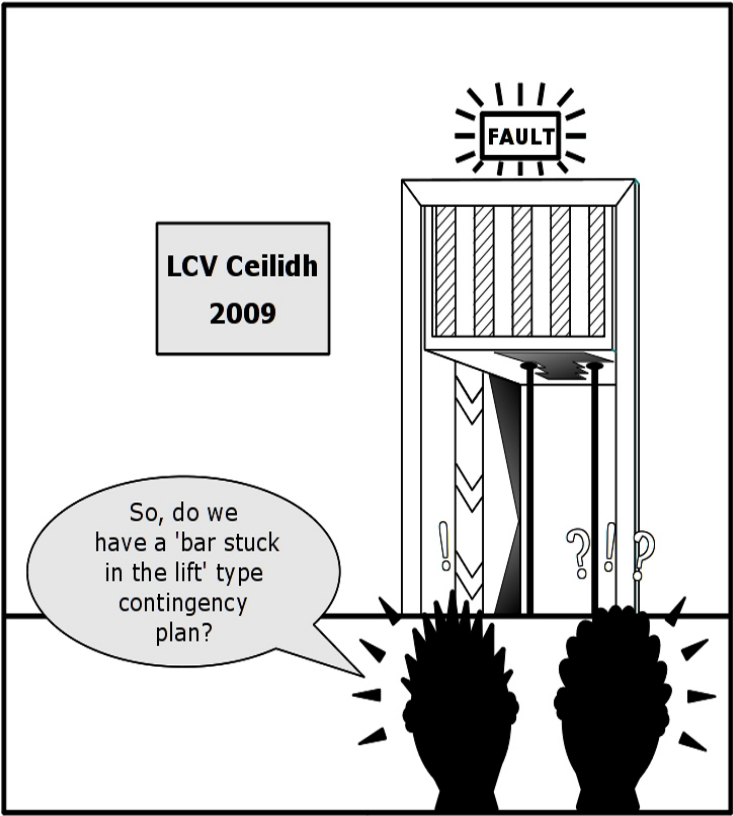
If you would like to receive the *Puggled Mucker* newsletter, the cost to cover printing and postage is £4 per year (£2 unwaged). Please send a cheque payable to ‘Lothians Conservation Volunteers’ to Mark Herron—address inside the back cover—and let him know if your contact details change.

## LCV Online

Don’t forget that you can check the task and social programme online at [www.lcv.org.uk](http://www.lcv.org.uk). The website is a mine of useful information for leading tasks, working the kettle and catering for large groups on residential.

**Keep up with LCV news**

Join our Yahoo! online discussion group, where we publish LCV news, discussions about LCV activities and social events. If you want to subscribe contact David Monaghan—contact details in the LCV web site *Contact Us* section.



Cartoon: Louisa Martin

# Social Events

For all events it is better to book beforehand by emailing either Alexandra or Emma, social convenors—contact details in the LCV web site *Contact Us* section—giving your contact details, this way you can be updated if there is a change in arrangements. But, if you are not sure what you're doing until the last minute, for most events it is possible to just turn up. Updates on social events are sometimes circulated on LCV News our online newsgroup, see page 12 for details.

## Thurs 17 December

## German Market and the Big Wheel

Join LCV at the German Market on Princes Street for a wander around the market stalls followed by some *gluhwein*, perhaps some ice skating and if you are feeling brave, a ride on the Big Wheel. Meet at 7 p. m. by the Scott Monument. Please let Alexandra know you are coming—contact details in the LCV web site *Contact Us* section—so that she can look out for you. It should be a lovely night—the more the merrier!



## Sun 20 December

## Mulled Wine and Mince Pies

From 8 p. m. meet in Sarah McConachie's flat for mulled wine and mince pies. Please bring along a festive contribution and let us know you are coming—contact Emma or Alexandra—contact details in the LCV web site *Contact Us* section.

## Sat 2 January

## Pantomime—*Peter Pan* at the Lyceum

Join LCV for panto fun to see *Peter Pan* at the Lyceum Theatre. Tickets £17.50 (Upper Circle). We purchased tickets at the beginning of December for this

event to ensure that we would get seats together. If you would like to come but missed the earlier deadline then you could buy your tickets independently and meet up with us on the night. Let us know if you intend to do this so that we know to look out for you.

The panto starts at 7 p.m. so we will meet at 6.15 p.m. in Espresso Mondo on Lothian Road.

## **Mon 1 Feb**

## **Pub Quiz at The Cumberland Bar**

We intend to try out the pub quiz at the Cumberland Bar on Cumberland street in the New Town. Quiz starts at 8.30pm so meet in the bar between 7.30pm and 8pm. Drop Emma an email so we have an idea of team numbers.

## **Sat 27 March**

## **Party**

There will be a small birthday party for Alexandra, further details to follow nearer the time.



## **Sat 24 April**

## **Pentlands Hillwalk**

Walk from Flotterstone up and over the Kips, then back to Flotterstone. Meet at the bottom car park at Hillend (no 4 LRT bus) at 9.30 a.m.

If you plan to come along, please let Emma know in advance—contact details in the LCV web site *Contact Us* section—so that she can co-ordinate lifts from Hillend to Flotterstone.

# Views

**Carrifran Residential: Oct 30 - Nov 1**

**The Voles of Carrifran Speak:  
Dispatches from XVII Borders Vole Corps—‘The Nibblers’**

The humans have been disturbing the peace of our plashy glen once again. Far from feather-footed though they are, these humans brought with them a large supply of delicious sessile oak and hawthorn saplings. Sadly the entire supply was encased in protective boxes. Fortunately an allied force going by the name of Lothians Conservation Volunteers (LCV) was recruited to plant the trees and make them available for consumption by vole-kind!

Notwithstanding this excellent news, I am sorry to report that Lance Corporal Jeffrey Vole expired on a rock in the course of his duties. A most regrettable incident then occurred: his corpse was clumsily squashed by the hulking paw of an ‘LCVer’ during their strenuous clamber up the hill on Saturday. Instead of the expected contrition, cries of ‘Euw!’ and ‘That’s grim’ were heard and the lance corporal’s mortal remains were cast unceremoniously into the long grass.

Fortunately our recovery teams were on hand to remove Jeffrey’s body in a manner befitting a long serving vole. These humans may be able to bring us unprecedented numbers of delicious trees but they are far from civilised creatures.

Upon reaching a tree supply dump halfway up the hill, the LCVer’s set to with gusto and



A brief glimpse of blue sky



Conservation volunteers in the magnificent ice-carved valley at Carrifran

numerous tasty oaks and hawthorns were soon firmly planted in the ground. Unfortunately the invidious 'vole guard' was deployed around each one. Research into means of defeating this dreadful invention is ongoing and we are confident that this menace will soon be defeated. In the meantime we are sure that at least some of the trees will be improperly guarded and there, my friends, we shall pounce!

Intrigued by this new group of humans further Border vole scouts were dispatched with instructions to follow them. Undoubtedly anticipating such a move the LCV force split up immediately, a blue conveyance or 'van' heading north and larger yellow van heading south. Our scouts opted to follow the larger party. Their patience was rewarded when they were privileged to observe the humans devouring staggering quantities of broccoli au gratin followed by bread pudding, washed down with a troubling grey beverage believed to be called 'Sainsbury's Basics Tea'. Fellow voles, I will certainly be sticking to juicy trees as this substance was greyer than a Borders sky preparing to pour with rain.

On which subject: despite the foul weather, which confined some of our newer Border vole recruits to their burrows on Sunday, the LCVerS arrived in our glen even earlier than the day before and spent the morning battling the elements.



Fortunately the pace of work was not affected but, alas, neither was the quality. All the trees were still protected by the confounded vole guard. From close surveillance it is believed that over 1,000 new trees were planted. If only we could get at them!

Increasingly inclement weather conditions drove the planting team away at 1230hrs. We were hopeful that some trees would be left unprotected but this was not to be. Our reconnaissance teams were unable to follow their yellow van far but we believe they made it back to the place they call 'Edinburgh' safely. May they soon return, bringing more trees of course.



Conservation volunteers make their way up the hillside

*Thanks to David Nutter who intercepted this document from the Voles of Carrifran and Keith Knight and Greg Milne for providing the photos. David led the Carrifran task, ably assisted by Ken Humphreys (catering) and Willie McSporran (driver). David would also like to thank Greg, Sarah, Evelyn, Keith, Ian, Mark and all those who braved the weather for a day's planting and George Moffat of the Borders Forest Trust who selflessly gave up his Sunday to direct LCV activities at the site—Ed.*

### **Further information:**

For more on the Carrifran Wildwood project see: [www.carrifran.org.uk](http://www.carrifran.org.uk)

## Resi Recipe

David's split-pea and paneer biryani with tomato raita and aloo paratha—serves eight to twelve.

Notes:

This substantial Indian feast will serve around twelve church mice or eight greedy pigs. The paratha dough should be made in advance or you can use store-bought breads instead. Seasoning can easily be adjusted by stirring more cayenne pepper into individual portions so the recipe as given is not that hot.

### Biriyani

Ingredients:

200g yellow split peas, soaked  
450g basmati rice  
4 large onions, thinly sliced  
4 cloves garlic, crushed  
2 green chillis, deseeded and chopped  
30g root ginger, grated  
2tbsp cumin seeds  
2 cinnamon sticks  
12 green cardamom pods  
2 bay leaves  
1.8 litres water  
1/2 tsp cayenne pepper—optional  
butter  
salt and pepper  
lime pickle  
mango chutney



For the garnish:

8 hard-boiled eggs, shelled and chopped  
450g paneer, cubed and fried in butter until golden  
1/2 cucumber, diced  
2tsp garam masala  
2 lemons for squeezing  
fresh parsley, finely chopped

## Method:

- 1 Place the split-peas in a pan and cover with water. Bring to the boil, reduce the heat, partly uncover the pan and simmer for 15 minutes. Drain and place on one side.
- 2 While the peas are cooking, rinse the rice and soak it in cold water.
- 3 Melt the butter in a large saucepan. Add the onions, garlic, chilli, ginger, cumin, cinnamon, cardamom and bay leaf. Stir and cook for 10 minutes.
- 4 Drain the rice and add it to the onion mixture with the cooked split peas. Season to taste then add the 1.8 litres of water. Bring to the boil, reduce the heat to the lowest setting, tightly cover the pan and simmer gently for 20 minutes. Finally, remove the pan from the heat and leave to stand for at least 10 minutes.
- 5 Add the fried paneer and eggs to the rice mixture and combine. Remove the bay leaf and cinnamon stick.
- 6 Mix the diced cucumber, parsley and garam masala—if necessary use a little lemon juice—and garnish the finished biryani.

## Tomato raita

### Ingredients:

- 1 green chilli, deseeded and finely chopped
- 1 onion, finely chopped
- 2 tomatoes, skinned and finely chopped
- 1 tsp cumin
- 1 tsp mustard seeds
- 1 tsp coriander



## Method:

- 1 Mix the tomatoes, onions and chilli.
- 2 Heat some oil in a saucepan and fry the mustard seeds until they start to crack.
- 3 Mix in the other spices and stir into the raita.

## Aloo Paratha

### Ingredients:

- 600g chapati flour—or half and half plain/wholemeal—plus extra for dusting
- 280g potato
- 3tbsp soft butter
- 1 tsp grated root ginger

1/2tsp cayenne pepper  
2tsp coriander  
2tsp cumin  
250ml water  
cooking oil  
salt

**Method:**

- 1** Boil the potatoes in their skins until cooked.
- 2** Peel and grate the potatoes and rub into the flour with the butter.
- 3** Mix in the spices.
- 4** Slowly mix in the water until you have a soft dough. Press into a ball and knead on a floured surface until smooth and elastic.
- 5** Rub with a little butter; wrap in clingfilm and leave to rest for at least 30 minutes.
- 6** Divide the dough into evenly-sized balls.
- 7** Heat some oil in a frying pan.
- 8** Roll out the breads one at a time until they are very thin—2 to 3mm—then:

- Slam into the pan and fry until white spots appear
- Turn over and fry for 30 secs
- Turn over again and drizzle 2tsp of oil or melted butter around the paratha. Keep turning every 15 seconds and cooking until the paratha has golden spots all over and cooked through

**9** Keep warm in the oven until ready to serve. Cover if you are going to be storing the paratha for a while.

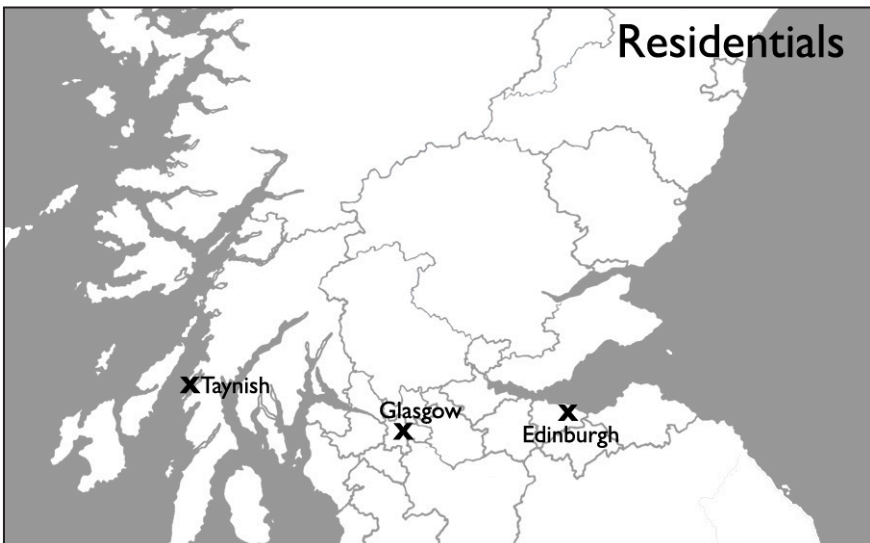
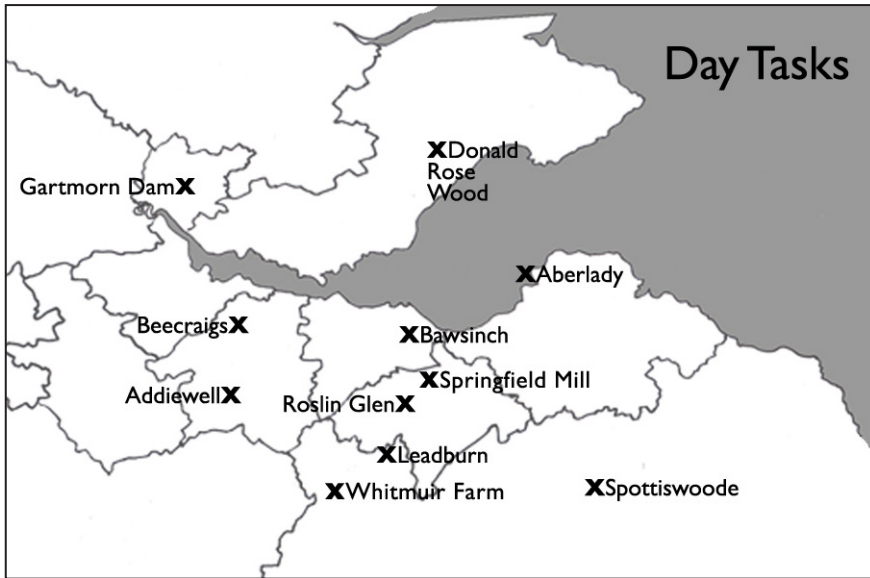
*Thanks to David Nutter for this recipe—a big hit on the Lewis residential this summer, although the frying of the Aloo Paratha did set off the smoke alarm more than once—the hot oiled frying pan can get smoky at this stage so be prepared!*

*If you are willing to share your vegetarian culinary secrets send us a recipe—for ten—and we'll pull one out of the pot for the next Mucker—Ed.*





# Task locations



# LCV People

For email addresses please see the *Contact Us* page on our web site at [www.lcv.org.uk](http://www.lcv.org.uk).

**Louisa Martin**

**Co-ordinator**

**David Monaghan**

**Treasurer**

**Matt McCabe**

**Task Organiser**

**Debbie Tribak**

**Transport Secretary**

**Mark Herron**

**Membership Secretary**

**Simon Bonsall**

**Leader/Driver Organiser**

|

**Martin Brownjohn**

**Publicity**

**Alexandra Costello  
Emma Brown**

**Social Organisers**

**Tony Irving**

**Tree Nursery**

**David Nutter**

**Fundraiser**

**William McSporran**

**Minibus**

**Peter Gilbert**

**Training Organiser**

**Ken Humphreys**

**Toolshed**

**Nicola Murray**

**Newsletter Editor**

# Conservation Tasks

December	Sun 13	Addiewell Bing	Tree felling
	Sun 20	Addiewell Bing	Christmas Tree felling
	Sun 27	Addiewell Bing	Tree felling
January	<b>SAT 2</b>	Addiewell Bing	Tree felling
	Sun 3	Addiewell Bing	Tree felling
	Sun 10	Springfield Mill	Tree thinning/felling
	Sun 17	Addiewell Bing	Tree felling
	Sun 24	Addiewell Bing	Tree planting
February	Sun 31	Aberlady Bay	Sea buckthorn removal
	Sun 7	Bawsinch	Tree planting
	Sun 14	Whitmuir Farm	Tree planting/fencework
	Sun 21	Roslin Glen	Pathwork/woodland maintenance
	Sun 28	Donald Rose Wood	Tree tubing
March	Sun 7	Gartmorn Dam	Habitat improvement
	Sun 14	Whitmuir Farm	Tree planting/fencework
	<b>19 – 21</b>	<b>Taynish residential</b>	Woodland management
	Sun 28	Spottiswoode	Tree planting



# Other Events

December	Thurs 17	7.00 p.m.	German Market
	Sun 20	8.00 p. m.	Mulled wine and mince pies
January	Sat 2	6.15 p.m.	Pantomime - <i>Peter Pan</i>
	Tues 12	7.30 p.m.	<b>Monthly committee meeting</b>
February	Mon 1	7.30 p.m.	Pub Quiz at Cumberland Bar
	Tues 9	7.30 p.m.	<b>Monthly committee meeting</b>
March	Tues 9	7.30 p.m.	<b>Monthly committee meeting</b>
	Sat 27	TBC	Party
April	Sat 24	9.30 a.m.	Pentlands Hillwalk

